



Tamang Heritage Trekking - 10 Days

Tamang heritage trekking offers unique traditional lifestyle, customs and architecture of the tamang people. The tamang people originally came from **Tibet** as horse traders and settled in near Kathmandu valley of **Nepal** several hundred years ago. They have kept a distinct identity with Tibetan roots, as well as their own language. Most of the tamang are Buddhist and follow **Buddhism**. You will witness colorful printed Buddhist mantra cloths are put up in various places in villages and towns. The tamang society is known for their craftsmanship. So, along the way you can witness beautiful handicrafts and souvenirs.

It is a mostly visited touristic destination in **Langtang region**, located between the two mighty peaks of Langtang (3500 m) and Ganesh Himal (7429 m). As the **region** is rich in biodiversity so, you may get an opportunity to encounter wildlife such as musk deer, Himalayan red panda, monkeys (langur) and various species of butterflies and birds. The trek also takes you through the culturally rich tamang villages, lush forests, snow- capped mountains, pastureland, and terraced fields.

Sonam Lhosar is the main festival of tamang people, which falls in February- March and celebrated to welcome the tamang new year. Similarly, they also celebrate **Buddha Jayanti**, a religious festival based on birthday of **Gautam Buddha**. During the trek, you can visit their ancient monasteries, experience traditional dances and music, and taste authentic cuisine. Therefore, it's a best choice for those seeking a unique **trekking adventure in Nepal**.



PRICE INCLUDES

- Pick up and drop from and to the airport by car
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation during the trek
- Trekking permits and TIMS Card
- One experienced (government licensed) and qualified English speaking guide
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit and Duffel bag
- Bus to Syabrubesi and back Kathmandu
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu and transfer to hotel

once you arrive at the airport, one of our representative will be at airport to receive you. He will be standing there with your name plate so that you can easily recognize him. Then you will be transfer to your hotel. Either you can have a rest or stroll around the city.

Day 2: Day 01: Drive to Syabrubesi (1503 m)

We will start our journey enjoying the scenic drive from Kathmandu to Syabrubesi, the starting point of the Tamang heritage trail. The drive will leads to downhill through full of twists and turns road to reach at our destination. Stay overnight in Syabrubesi.

Day 3: Trek to Gatlang (2238 m)

The next day, we will trek to Gatlang, following steep uphill climb to Goljung village. Along the trail, we will enjoy spectacular views of landscapes and mountains like Ganesh Himal and Langtang Himal. Upon reaching, we will explore Gatlang village and experience Tamang culture and their warm hospitality. Stay overnight at this beautiful village.

Day 4: Trek to Tatopani (2607 m)

After the spending peaceful night at Gatlang village, our morning walk will leads to descend where we will cross over a suspension bridge then with long uphill to Tatopani village. On reaching, you will be rewarded with breathtaking views of Ganesh Himal. You will also get a chance to take a bath on natural hot water springs and get relaxed.

Day 5: Trek to Thuman (2338 m) via Nagthali (3154 m)

On the fifth day, our designated destination will be Thuman, another beautiful Tamang village. After having breakfast, our morning walk will be to a steep climb through dense alpine forests of variety of rhododendron, pines, magnolia, and oaks tress until Nagthali Danda. From the top of Nagthali Danda, you can witness impressive panorama of Langtang Lirung, Ganesh Himal and many more. From there, our walks will be easier on downhill as we will enter into cool forested area and then reach at Thuman village. Stay overnight there.

Day 6: Trek to Thimure (1762 m)

Another day, we will trek to Thimure, a charming farm village from where you can reach Tibet border about few hours of walks. Throughout the trail, you can enjoy a walk through dense pine and rhododendron forests. Stay overnight in Thimure.

Day 7: Trek to Briddim (2229 m)

This day, we will trek to Briddim, a traditional Tamang village where you can experience the local lifestyle and enjoy the cultural show in the evening. Moreover, enjoy alluring views of the Langtang mountain range, including Langtang Lirung and Ganesh Himal. Briddim is famous for its yak cheese where you can witness the traditional process of making this delicacy in a local yak cheese factory. Stay overnight in Briddim.

Day 8: Trek back to Syabrubesi



Thamel Chowk, Kathmandu, Nepal
Tel: +977-9851180916
E-Mail: info@visitmount.com
www.visitmount.com

This is a last day of our walk. After exploring the beautiful villages and the monasteries of the region, we will trek back to Syabrubesi from where we have started our journey. Lastly, we will stroll around the village, enjoy Nepalese cuisine, and interact with a lovely people and experience their warmth hospitality.

Day 9: Drive back to Kathmandu and transfer to hotel

After having breakfast, we will take a drive to Kathmandu. It offers scenic views, exciting drive, and chance to experience lifestyle of villagers. On reaching Kathmandu, we will transfer you to your hotel.

Day 10: Departure

We will drop you to the airport. We hope this trek fills your heart with unforgettable natural beauty of Nepal's and the warmth hospitality of locals.