Lama Adventures Pvt. Ltd.

Tamang Heritage Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accomodation
Easy	10 Days	Langtang	2607m	Trekking	2-20 pax	Tea House and Hotel

Overview

Tamang is an ancient Nepalese tribe. According to Nepalese history, the Tamang tribe migrated from Tibet and made their home to this pristine Langtang region. There is an ancient song “Gyanaka Games Phepkaziam’ which means appeared from China, proves that Tamang is the oldest Yambu tribe migrated from China to Nepal.

The Tamang Heritage Trail offers a beautiful and picturesque landscape of the Himalayas and some insights into the cultural aspects of Tamang Tribe which is pretty similar to that of the Tibetan people. Getting to know the rituals, cultural practices, combined with the natural views of the glacier, surrounding mountains, rivers are the highlights of Tamang Heritage Trail Trek. The Tamang people have their distinct festival Lhosar which differs from other Lhosar celebrated by Gurungs.

Our trek starts from Syabrubesi & is the gateway to the Langtang region. This trek route has been created for promoting the local culture, practice & customs, food of this ethnic Tamang group that lives throughout the route. The trek takes you to Rasuwagadi, the historical border which joins Langtang Valley trail crossing Tamang villages and river valleys, the scenery which is simply breathtaking.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It’s a free day/evening. You can walk around Thamel for shopping.

Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03: Drive to Syabrubesi

Today we have a scenic drive to Syabrubesi, the bus passes through the epic villages and sights of the snowy mountains on clear days. The initial section of the drive is relatively pleasant to Trishuli bazaar, and short ascends to Dhunche and slowly dropping down to Syabrubesi. Overnight in Syabrubesi.

Day 04: Trek to Gatlang

Today, we begin our first trek to Gatlang village from Syabrubesi. The trail steeply ascends till Ronga Bhanjyang. We then descend until we reach Goljung village. From there, we again make a gradual ascent until reaching the traditional village of Gatlang inhabited by the Tamang people. We can visit Parvati Kund and an ancient old monastery in the evening. Overnight in Gatlang.

Day 05: Trek to Tatopani

After breakfast today, we head towards Tatopani gently descending through a forested path. We also pass through many Chortens, colorful prayer flags, and Mani walls on our way to Chilime. We continue the trek crossing a suspension bridge and making a gradual ascent through terraced fields until we reach Gongang village. We keep on ascending until we reach Tatopani. You can take a relaxing bath in the natural hot spring of Tatopani. Overnight in Tatopani.

Day 06: Explore View Point

Today is a rest day so we spend the day exploring Tatopani. You can see the Langtang valley as well as Gosaikunda from the view point of Tatopani along with the mighty peaks surrounding the area. You can also choose to rest and heal your sore muscles by dipping in natural hot spring. Overnight in Tatopani.

Day 07: Trek to SyabruBesi

Today we continue to follow a trail upstream of Bhote Koshi River until we reach Lingling. We also gently ascend through rhododendron forest to reach the village of Briddim. Briddim is a small Tibetan influenced village inhabited by the Tamang community. Leaving Briddim behind, for the last day of the trek, we head back to Syabrubesi gently descending through a forested path filled with colorful rhododendrons till we reach Wangal. Accompanied by the beautiful view of Langtang Lirung (7227m) and Ganesh Himal (7422m) in the background, we continue our trek to Syabrubesi.

Day 08: Back to Kathmandu

After breakfast, we start our scenic drive to Kathmandu along the Bhote Koshi River. Upon your arrival in Kathmandu, you have free time to relax for a while and have a good shower. Enjoy your time in Kathmandu and buy some souvenirs for your loved ones at Thamel. Overnight in Kathmandu.

Day 09: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 10: Final Departure

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
Hotel in Kathmandu with Bed & Breakfast.
Sightseeing in Kathmandu Valley with Guide.
Entrance fees.
Conservation Fee.
Peak Permit and Climbing Guide.
Round Domestic Flight Ticket.
Local Transfer.
Domestic airport departure taxes.
Tea House Accomodation, brekfast and dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner in trekking and climbing period.
Guide, Cook, sherpa, Kitchen staffs and porters.
Insurance for trekking staff and Equipments.

Cost Excludes

Personal equipment for Trekking & Peak climbing.
Personal travel Insurance.
Lunch & dinner in Kathmandu.
Emergency Rescue evacuation.
Personal expenses/Bar bills.
Tipping for trekking staff.