



# Tamang Heritage Trekking

Url: <https://www.glorioushimalaya.com/trip/tamang-heritage-trekking/>

**Duration**

10

**Max. Altitude**

3,300m

**Difficulty**

Moderate

**Per Person Cost**

USD 700

**Transport**

Car,& Jeep

**Meals**

Breakfast, Lunch & Dinner

**Accommodation**

Hotel And Local Teahouse

**Starts At**

Kathmandu

**Ends At**

Kathmandu

## Highlights

### Highlights of Tamang Heritage Trekking

- Goljung Village and other Tibetan villages.
- Hot natural springs and Chilime Hydro Power Dam.
- View of Ganesh Himal, Langtang Ri, Shisapangma and Kerung(Tibet) peaks.
- Witness ethnic cultures and their living style.

## Overview

The Tamang Heritage Trekking Trails (10 Days)...*cherry trip through rhododendron forests as we hike through scenic mountainous rural villages...*

The Tamang Heritage Trekking is a newly discovered trail in Nepal. It is a cultural trek through vibrant Tamang villages in Langtang with beautiful panoramic views of Mt. Ganesh and Langtang range which

lies in the northern part of Kathmandu near [Langtang National Park](#).

In Nepal, this trekking is the perfect way of enjoying your life with awesome memories. The lush mid-hill villages of Nepal and the culture of the people who live here are shown in Tamang Heritage trekking with towering peaks, generous forests, hanging bridges and random snow leopard sightings in the epic background. Our 10 days route is a great introduction to the beautiful Langtang region and the unique culture of the Tamang community.

During this journey, you will also discover a gripping Tibetan history and the control of Tibetan culture in this region. You can also see the trading routes of Tibet and Nepal from where the two countries import and export goods. People living in this region are mostly Buddhist and grow some hardy grains and vegetables. Their daily activities are agriculture including raising livestock and trade. In this region, people wear attractive colorful costumes and their houses are decorated with fabulous woodcarvings.

This trek offers dazzling views of snowcapped mountains to make this journey memorable and also trekkers get chances to observe Syabru, Mane and other thrilling local dances at Goljung, Brimtang and Gatlang villages which are located near the Tibetan border. Also, you can experience the famous [Tamang Hospitality](#) at Birddim where homestay facilities are provided.

After this, we head towards the narrow valley of Kyanjin down to the Langtang River relishing magnificent views. Our trekking then ends where it started at the same point in Syabrubesi.

*Check out our itinerary for **Tamang Heritage Trekking** below or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.*

## Itinerary

### Day 01: Arrival in Kathmandu (1400m)

After you arrive at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Tamang Heritage Trekking.

You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Overnight at hotel-inclusive breakfast.

### Day 02: Drive to Syabrubesi (1550m) - 7 hrs drive

Early in the morning, we embark on the Tamang Heritage Trek by leaving Kathmandu for the scenic village of Syabrubesi. The 7-hour drive takes you through diverse landscapes, offering glimpses of rural life and the stunning beauty that sets the stage for your trekking adventure.

Stay overnight at a guest house in Syabruebsi.

### **Day 03: Trek to Ghatlang (2,238m) - 5/6 hrs walk**

Begin your trek from Syabrubensi, winding your way through terraced fields and dense forests. Arrive at the traditional Tamang village of Ghatlang, where warm hospitality and a rich cultural experience await, providing a fascinating insight into Tamang life. You can visit a Tamang monastery and the beautiful Parvatikunda Lake at Ghatlang.

Stay overnight at a teahouse in Ghatlang.

### **Day 04: Trek to Tatopani (2,607m) - 6/7 hrs walk**

After breakfast, we continue the journey through Tamang settlements, traversing picturesque landscapes. Reach Tatopani, known for its natural hot springs, offering a perfect opportunity to relax and rejuvenate against the backdrop of the surrounding mountains.

Stay overnight at a teahouse in Tatopani

### **Day 05: Trek to Nagthali (3,300m) - 3 hrs walk**

Ascend to Nagthali, a high mountain pass, where breathtaking views of the Langtang range unfold. Spend the day exploring this serene location, surrounded by majestic peaks, providing a unique and tranquil mountain experience.

The panoramic view of Langtang, Kerung, Ganesh Hima and Sanjen ranges can be seen distinctly from Nagthali. Nagthali used to be a popular meditation center for the local monks and priests. Another cultural village, Thuman, is popular for its Shamanic performances and also offers a beautiful view of the Langtang range.

Stay overnight at a teahouse in Nagthali.

### **Day 06: Trek to Thuman (2,338m) - 3 hrs walk**

Today, we will hike only 3 hours around. Since it is a short day hike, we will interact with the locals and learn about their culture. Descend from Nagthali to Thuman, another charming Tamang village. Immerse yourself in the local culture, interact with the friendly residents, and witness the distinct traditions of the Tamang people.

Overnight at a lodge in Thuman.

### **Day 07: Trek to Briddim (2,230m) - 5/6 hrs walk**

You can experience the village life of Briddim and enjoy a cultural show performed by community members. You can also experience a homestay and Tamang culture. To mention a little about Briddim, it is a Tibetan Buddhist village in the bosom of Langtang Himal. Around 43 houses are spread in a Z shape. Most of the houses are made up of stone and have roofs of split shacks.

As direct descendants of ancient Tibetan immigrants, the culture and tradition of Briddim closely resemble that of Tibetan villages. Stay overnight at a teahouse in Birdim.

### **Day 08: Trek to Syabrubesi (1550m) - 3 hrs walk**

Today, retracing your steps through the landscapes and villages you've come to know. This shorter trekking day allows time for reflection and appreciation of the cultural and natural wonders experienced along the way.

Stay overnight at a guesthouse in Syabrubesi

### **Day 09: Drive back to Kathmandu (1400m) - 7 hrs drive**

Conclude the Tamang Heritage Trek with a scenic drive back to Kathmandu. As you wind through the countryside, reminisce about the trek's highlights and the unique cultural encounters, bringing your enriching adventure to a close.

You can then visit around Thamel at night to chill out a bit. We will have a farewell Nepali cuisine dinner at Thamel.

Overnight at your hotel.

### **Day 10: Departure from Nepal**

Today is the last day of your Tamang Heritage Trekking program. Our vehicle and escorts will be on standby to drop you off at the international airport three hours before your scheduled flight back home.

At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

## **Trip Includes**

- Airport picks up and drops off by private car.
- 2 nights of 3-star standard hotel accommodations in Kathmandu inclusive breakfast.
- 7 nights of local lodges accommodations while on the trek.
- 3 meals every day during the trek. (Breakfast, lunch & dinner)
- All the essential trekking permits and official paperwork for the trek.
- All the long-range ground transfers by local jeep and bus.
- An experienced and government-certified trekking guide for the trek.
- Waterproof duffel bag and sleeping bag to use for the trek.
- First aid medicine kit with an oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.

- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance performance.
- All government taxes and company service charges.
- Pre-meeting in Kathmandu before the trek.

## **Trip Exclude**

- International airfares and Nepal entry visa fees.
- Lunch and dinner in Kathmandu hotel.
- Your travel insurance.
- Your personal expenses such as mineral bottled water, cold drinks, hot shower, charging and use of WIFI while on the trek.
- Porters are available at an additional cost at the time of departure.
- Tips to the guide and porters.

## **Checklist**

### **Trekking Gear Checklist**

#### **Head**

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

#### **Upper Body**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

#### **Hands**

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

#### **Lower Body**

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, “broken in”)
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, “low” ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch

- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

### **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## **Contact Us, Head Office**

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