

Tamang Heritage Trekking

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

Duration

11

Max. Altitude

3,300m

Difficulty

Moderate

Group Size

2+ Pax

Per Person Cost

USD 900

Transport

Car, Jeep, Bus

Meals

Breakfast, Lunch & Dinner

Accommodation

Hotel And Local

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Golijung 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 (11 Days)...*cherry trip through rhododendron forests as we hike through scenic mountainous rural villages...*

The Tamang heritage trek 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 showed in Tamang Heritage trek with towering peaks, generous forests,

hanging bridges and random snow leopard sightings in the epic background. This 11 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 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, Brimdung 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 Kyanjing Gompa at 3,900m down the Langtang Khola relishing magnificent views. Our trekking then ends where it started at the same point of Dhunche in Syabru bensi.

Check out our fixed itinerary for Tamang Heritage trekking or just send us an [email](#) and we will prepare you a program to suit your needs if this trek is too lengthy...

Itinerary

Day 01: Arrival in Kathmandu (1400m)

After your arrival 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 Trek. 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: Kathmandu valley sightseeing tour

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening. Meals include breakfast

Day 03: Drive to Syabrubensi (1550m) - 7 hrs drive

You stay overnight at the hotel in Syabrubesi. You then head north out of Kathmandu driving through scenic foothills and ridgeline vistas to Syabrubesi passing through Dhunche. While passing along the road at the bank of Trishuli River you catch a glimpse of Ganesh Himal, terraces and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. At the same time, you notice that the road after Betrawati is still under some construction. Stay overnight at our teahouse lodge with all meals inclusive.

Day 04: Trek to Ghatlang (2,238m) - 5/6 hrs walk

While trekking you get to experience some of the most interesting insights into Tamang culture & their vibrant lifestyles. You can see the scenery from viewpoint especially as you walk through a local village. The cultural show at Goljung and Ghatlang makes your trekking a memorable one. Ghatlang set high on a hillside among terraced fields is a Tamang settlement. One can visit a Tamang monastery and beautiful Parvatikunda Lake at Ghatlang. Stay overnight at our teahouse lodge with all meals.

Day 05: Trek to Tatopani (2,607m) - 6/7 hrs walk

You enjoy the sightseeing of the Langtang range and Ganesh Himal. At Tatopani which naturally produces 'hot water', you can take a hot bath in natural hot springs with bathing areas right in the laps of the mountains. It is believed that taking a dip in this spring will heal you from your aches and pains. This day's trekking provides you an opportunity to experience some important facets of the Tamang culture. Stay overnight in our teahouse lodge with all meals.

Day 06: Trek to Nagthali (3,300m) - 3 hrs walk

En route, you may encounter animals like monkeys and deer. The panoramic view of Langtang, Kerung, Ganesh Hima and Sanjen ranges can be distinctly experienced 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 beautiful view of Langtang. Beautiful views of the mountains can be seen from every house in Thuman. Stay overnight at our teahouse lodge with all meals.

Day 07: Trek to Thuman (2,338m) - 3 hrs walk

This is also a short day where we will stop at Thuman. Since Tamang heritage trails are mostly steep and ascend and descend, it is better to make short journeys and enjoy talking with the people and knowing about their culture. People from Thuman will entertain you by singing and dancing. If you want then you can also join them. They will help you feel homely in their friendly environment. Overnight at our lodge on full-course meals.

Day 08: Trek to Birdim (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 shake. As direct descendants of ancient Tibetan immigrants, the culture and tradition of Briddim closely resemble that of Tibetan villages. Stay overnight at our teahouse lodge with all meals.

Day 09: Trek to Syabrubesi (1550m) - 3 hrs walk

You trek from Briddim to Syabrubesi via Wangel. This day the trail moves along a gently descending path passing through villages, terraces and magnificent views of surrounding hills. Stay overnight at our teahouse lodge with all meals.

Day 10: Drive back to Kathmandu (1400m) - 7 hrs drive

It is a pleasant drive back to Kathmandu with splendid views of hills, mountains, terraces, and villages. You drive along the unpaved road until Betrawati where you will begin to follow a narrow, but a well-paved road. On reaching Kathmandu, you can refresh and have some rest. 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 11: Departure from Nepal

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our 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

- The airport picks up and drops off by the private vehicle.
- 3 nights of 3-star standard hotel accommodations in Kathmandu inclusive breakfast.
- 7 nights of twin sharing local lodges accommodations while on the trek.
- 1-day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- Everyday full board meals 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.
- Supporting porters to carry your belongings while on the trek. (1 porter for 2 guests)
- 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.
- Your personal entrance fees for Kathmandu sightseeing.
- 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)

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