

TAMANG HERITAGE TRAIL TREK



The **Tamang Heritage trail Trek** is perfect for those looking to get away from the crowds or who are looking for something new and unexplored areas of langtang regions. The trek takes you to beautiful valley and tamang villages with an extensive diversity of flora and fauna, beautiful scenery with visit old tamang villages and monastery. The Tamang Heritage Trek is the adventure of a lifetime. Throughout our trip we will be gratified with exceptional views of the Himalayas and get familiar with the society and civilizations of the Tamangs who live in close neighborhood to the massive Langtang. Since this trek combine with langtang valley, we walk through rhododendron forest to the Kyanjin Gumpa. From here we can climb two peaks: the Kyangjin Ri (4,500 m) and the Tsergo Ri (4,984 m).

The **Tamang Heritage trekking Trail** is the one of the best alternative trekking route and it is a fine adjunct to the Langtang trek. You can understand cultural values as well as panoramic mountain views. It is a unique trail with meaningful heritage significance.

Activity Levels:  **Moderate**
This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration: 14 days

AT A GLANCE

Cost Includes

- [Best 3/5 Stars] Hotel Accommodation in city
- Quality lodge Accommodation during trek
- [3 times] healthy & hygienic meals on trek

- 4 Wheel Jeep Kathmandu-**Syabrubesi**
- 4 Wheel Jeep Dhunche- Kathmandu
- Airport transfers by Private vehicle
- Expert Local Sherpa guide [Certified by Gov.]
- Strong & honest Porters [1 Porter for 2 Person]
- Duffel bag, Trek map, T-shirt & group Medical kit
- TIMS Card and Everest trekking permit fee
- Guides and porters pay, meals and insurance
- Half day sightseeing in Kathmandu on (day 02)
- Welcome dinner & healthy breakfast in KTM
- Quality sleeping bag and down jacket
- 1 hour Ayurvedic Full body massage after trek
- Private Car, Guide & Entrance fee for City Tour

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance-most recommended
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$ 5-10 Per Meal
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratuities for Guide & Porter after end of trek
- Phone, Internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/Sick

ITINERARY

Day 01:: Arrival in Kathmandu (1,300m/4,264ft)

Namaste! Welcome to Kathmandu, the heritage city and capital of Nepal! To ensure your arrival is stress-free, your private tour guide will meet at the Tribhuvan International Airport (TIA) in Kathmandu and transfer to your downtown hotel in a private comfortable vehicle. Your luggage and hotel check-in will be taken care of.

The rest of the day is your own to relax. If you want to explore nearby areas, feel free to get some practical suggestions from your tour guide. In the evening, there will be a welcome dinner hosted by **Mountain Sherpa Trekking & expeditions**. For dinner, you will be served excellent authentic Nepalese cuisine, which will introduce you to the Nepalese food culture.

Included meals: Welcome Dinner

Day 02:: Half day city sightseeing Kathmandu and Trek Preparation

After breakfast, your guide will pick you up from the hotel lobby at appointed time to start the city sightseeing; we start our tour by exploring the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Bouddhanath), which is one of the largest stupas in the world. It is surrounded by shops and markets all over. It is a very peaceful and spiritual place. It has a big, beautiful white dome. People can see Buddha eyes from all the angles. Bouddhnath is an amazing place to visit. There you will see many people on pilgrimage in their unique ways. After Lunch, there will be a pre-trip discussion where we can meet our trek leader and other team members. **Mountain Sherpa Trekking & expeditions** briefs us regarding our trek as well as provides us an opportunity to ask any questions we may have regarding our upcoming adventure. Overnight in Kathmandu.

Included meals: Breakfast

Day 03:: Drive from Kathmandu to Syabrubesi (1,550m/5,100ft): 8-9 hours

We leave Kathmandu in the morning for Syabrubesi, a village that is also a beginning point for treks into the Langtang valley. There's an early morning departure today, as we join the road that heads northwest through Balaju. Together, we'll make a steady climb to the rim of the Kathmandu Valley, eventually arriving at the pass at Kakani. As we wind ever upwards to the Trisuli bazaar you'll get views of the Manaslu Massif, Ganesh, Langtang and Jugal Himal. Prepare yourselves for a few humps and bumps, because the road from Trisuli onwards begins to deteriorate. You'll be driving in these conditions for around 50 kms (31mi) to Dhunche and then another 15 km (9mi) to Syabrubesi. Overnight in Syabrubesi.

Included meals: Breakfast, Lunch & Dinner

Day 04:: Trek starts- we trek from Syabrubesi to Gatlang (2,200m/7,217ft.): 5 hours

After healthy breakfast at our lodge, our trek starts from today. Hope you had a good night's sleep, because today is going to start with a long climb. For around 2 hours you'll be ascending up a slew of switchbacks that mark the beginning of our foray into the trail. It's all worth it when you reach a vantage point with views of Ganesh Himal, the Gosainkunda range and Langtang Lirung. Along the trail you'll see numerous Buddhist Chortens and mani walls, which all add another dimension to this picturesque landscape. After descending for around 45 minutes we'll reach the little Tamang village of Goljung, where we'll stop for lunch. There's still 2.5 hours until we reach today's destination, another Tamang village called Gatlang (altitude of 2238m). Besides its obvious cultural richness and stunning location, Gatlang also boasts a 100-year-old Tamang monastery and the secret lake, Parvati Kunda. Legend has it that this lake was discovered in ancient times while the King of Gatlang was on his way to find a missing hunting dog. It is now revered by women for its apparent powers of fertility. You'll reach each of these landmarks after a 45-minute uphill walk. Overnight at Gatlang.

Included meals: Breakfast, Lunch & Dinner

Day 05:: Trek from Gatlang to Tatopani (2607m/8550 ft): 6-7 hours

Your expert Sherpa guide team will wake you up with hot drinks. After breakfast, we'll start the day with a descent to Thangbuche and soak-in magnificent views of the Ganesh Himal and Langtang Ranges along the way. Today is commonly known as "the toughest day of the trek". But the rewards far outweigh the grueling bits. Descend gradually along the ridge to the Bamdang Khola, which turns north along the Chilime Khola until you reach the town of Chilime (around 2 hours walking). After crossing a suspension bridge (always fun) you'll begin an arduous climb of around 450-metres to the village of Gongang. It'll take around 1.5 hours of steep uphill climbing but there's a lunch break on arrival. The next section is much less physically strenuous, as you continue the ascent for around 2 hours until you reach Tatopani (2607m).

Included meals: Breakfast, Lunch & Dinner

Day 06: : Tatopani to Thuman (2,400m/7,874 ft) via Brimdang and Nagthali: 6 hours

Today we trek from Tatopani to Thuman via Brimdang and Nagthali. As you pass through an incredible rhododendron forest clinging to the side of the mountain, the vines and moss-covered trees give your environment a real "prehistoric" feel. Further on, we reach the small Tamang village of Brimdang, before continuing up the side of the highest and steepest part of the trail. From here, it's a few hours walk uphill until Nagthali hill (3210m) it takes approximately 45 minutes from Brimdang.

Here, we enjoy the mesmerizing views of Langtang Lirung, Kerung, Ganesh Himal as well as Shishapangma on the Tibetan side. Next, it's time to descend approximately 900-metres through deep woodlands to Thuman, which faces the Shisapangma and Langtang Lirung peak. A distinct Tibetan influence can be felt in the village, with its Shamanistic beliefs, ancient monasteries and houses covered in woodcarvings.

Included meals: Breakfast Lunch Dinner

Day 07:: Trek from Thuman to Briddim (2,345m/7,693 ft): 6 hours

Today, we walk through rhododendron forests and meadows to reach the Tamang village of Briddim, located in the heart of the Langtang Himal. It will take just over 2 hours of uphill walking. Briddim marks the end of the Tamang Heritage Trail, and is often a highlight for many of our travellers. Here you will get to experience a homestay with a local family, sleeping overnight in their comfortable wooden home. You'll get a richer understanding of the culture here, and share stories with your host.

Included meals: Breakfast, Lunch & Dinner

Day 08:: Trek from Briddim to Lama Hotel (2470m): 6 hours

Today, we trek from Briddim to Lama Hotel. The trail descends to Ghopche Khola which is a small stream. Then we ascend to Lama Hotel via Rimche. Lama Hotel is located on the banks of the Langtang River and surrounded by lush forests and amazing mountain vista. Overnight in Lama Hotel.

Included meals: Breakfast Lunch Dinner

Day 09:: Trek from Lama Hotel to Langtang village (3,430m/11,253ft): 6-7 hours

After breakfast, we embark on our trip to the Langtang Village. we ascend through Langtang National Park via Gumnachowk and Ghotatabela, finally reaching the village of Langtang. (Approx. 5-7 hours walking) Langtang National Park was established in 1976 to conserve the unique flora and fauna of the region; rhododendron, Nepalese alder and oak forest thrive, due to the temperate conditions. The park is also home to red pandas, Himalayan black bears, snow leopards and more than 250 species of birds. Spend the evening at a comfortable, newly built guesthouse.

Included meals: Breakfast Lunch Dinner

Day 10: : Trek from Langtang village to Kyanjin Gompa (3,870m/12,697ft): 4 hours

After breakfast, we leave Langtang village and walk through yak pastures. Today, we also pass the largest mani wall in Nepal which is made from stone with prayers written on them. It is believed that the prayers on the mani wall spreads around by blowing winds. We cross several wooden bridges before reaching Kanjin Gompa which is beautifully surrounded by the mighty Himalayas. We can take a walk around the Kanjin Gompa enjoying astounding views of glaciers, icefalls, birds and yaks.

Included meals: Breakfast, Lunch & Dinner

Day 11: : Trek back to Lama Hotel (2,380m/7,830ft): 4-5 hours

We trek back to the Lama Hotel. Since the trek is only downhill, it will only take us around 4 to 5 hours to reach our destination. It is a downhill trek through forests and alongside a beautiful mountain river. On the way we pass through the ethnic settlements of the Tamang people whose religious and cultural practices similar to the Tibetans. Overnight in Lama Hotel.

Included meals: Breakfast, Lunch & Dinner

Day 12: : Trek to Thulo Syabru (2130m / 6988ft): 5-6 hours

It's an early start today. After breakfast, descend the trail through cornfields, then cross the Trisuli River via suspension bridge. Follow the river for around five hours until we reach our lodge in Thulo Syabru about 6 hours later.

Included meals: Breakfast, Lunch & Dinner

Day 13: : Trek to Dhunche & drive Kathmandu by 4 wheel Jeep

After breakfast, walk approximately 3 hours to Thulo Bharku/Dhunche and then transfer to Kathmandu via private 4 wheels Jeep. After arriving in Kathmandu we take a rest at our hotel or stroll in the streets of Thamel, a popular tourist hub for some souvenir shopping. In the evening, there will be a farewell dinner hosted by Mountain Sherpa Trekking & Expeditions to celebrate the successful completion of our trip. Overnight in Kathmandu.

Included meals: Breakfast & Dinner

Day 14: : Drive to Airport for final departure to Home

Our adventure in Nepal comes to an end today! A Mountain Sherpa Trekking representative will drop us off at the airport approximately 3 hours before our scheduled flight. On our way home, we have plenty of time to plan our next adventure in the wonderful country of Nepal.

Included meals: Breakfast