



## Tamang Heritage Trekking

<b>Trip code</b>	0
<b>Package name</b>	Tamang Heritage Trekking
<b>Duration</b>	12
<b>Max. elevation</b>	4773 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Kathmandu - Syapru besi - Kathmandu by private vehicals.
<b>Accomodation</b>	Hotel and Lodge twin sharing bed basis during the Trekking.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Syapru besi - Gatlang -Tatopani - Thuman - Bridhim - Lama Hotel - Langtang - Kyanjin -Lama Hotel - Syapru Besi - Kathmandu .
<b>Cost</b>	USD 775 per person

## Highlights

Climb to Kynjin Ri (4700m) Over Mountain View of Dorjelakpa (6990m, Langtang (7227m), Langtang Lirung (7200) and Ganesh himal

Test of the Best Yak Cheese in Kyanjin Goumpa.

Tamang settlements and Their Unique Culture

Beauty of forest of rhododendron, pine, bamboo and juniper trees and other medical herbs too the flow of mountain-streams and cliff of rocks amuses for those who love nature and it's magic varieties of rare wild life- Himali Black Bear, Red Panda, Langur

## Overview

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**Tamang Heritage Trek is a newly opened popular trekking destination in the Langtang Region. This is an off-the-beaten trail that is ideal for those people who want to explore the untouched culture and traditional lifestyle of indigenous Tamang and Tibetan people as the trekking route covers the culture, religion, and daily lifestyle of the Tamang community of the Langtang region.**

Tamang Heritage Trekking trail is situated at Rasuwa district in the north of Kathmandu near the Tibetan border of Nepal and Langtang Region. It is an interesting trek through Tamang villages and settlements. Their culture is virtually untouched.

During the trekking you enjoy the dramatic views of Langtang Lirung (7245m.), Langtang Kerung, Chimse Danda ridge crossed by Ganjala Pass (5122m.), Dorje Lakpa (6989m.), Jugal Himal, Paldor peak, Ganesh Himal, Manaslu, Shringi Himal, and Sanjen Himal ranges.

The views of the Himalayan snow-capped mountains will be unforgettable. Tamang ritual, Tibetan traditional culture, festival, and local Syabru dance make this heritage trek very popular and unique.

During this trek, you can discover the rough history of Tibetan ancestors. In the earlier days, they came from Tibet and they changed their ethnicity in Tamang in order to get Nepali citizenship. They are descendants from Tibet and have hardly seen any tourists. Their descendants are now Buddhists and living in agriculture and trade.

This trek is very famous for its tropical culture of local Tamang people, the beautiful architecture of the mountain houses, and ancient monasteries. It also offers memorable experiences through amazing landscapes of alpine and hot springs. The 12-day trip begins with a drive from Kathmandu to Syabrubesi and takes you to the remote region and untouched area that is still away from modern civilization.

Next, a day we start our trek into the mountainous region passing through Goljung, Gatlang, Tatopani, Thuman, Timure, Briddim, Lama Hotel, Langtang Valley, and Kyanjin Gompa respectively. Goljung, Gatlang, and Langtang are traditional Tamang villages culminating in cultural features. The visit to the beautiful local Tamang monastery and the holy Parvati Kunda Lake at Gatlang adds delight to your trekking.

Throughout our journey, we will be rewarded with outstanding views of the Himalayas and get acquainted with the culture and traditions of the Tamangs who live in close vicinity to the mighty Langtang. There is a beautiful viewpoint at Nagthali Pass from where you can see the Langtang Himalayan range and Kerung (Tibet). The Tamang heritage valley bids swift mountain streams, pine forest, grassy downs, and meadows strewn with rugged rock and snow-capped peaks, with daisies and wild primrose.

Spring (March to May) and autumn (September to November) are the best months for this trip. Although this trip can be taken during winter, the cold temperature might not be suitable for every trekker.

In April and March, the forest is reddish with the Rhododendron flower which is also the national flower of Nepal. The majestic view of Langtang and Ganesh Himal range is also unforgettable on the Tamang heritage trekking trip. The valley is also a paradise for wild animals like leopards, red pandas, and musk deer. It is a combined camping, homestay, and lodge trekking package. This can be organized with only homestay and lodge for a small group size.

## **Trip Itinerary**

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### **Day 1 : Drive from Kathmandu to Syabrubesi (1,550m/5,100ft) – 8/9 hours drive**

On the first day of our journey, we leave Kathmandu and drive for about 8 to 9 hours in order to reach Syabrubesi. Syabrubesi is a small village which is located on the north-western parts of Nepal. It is a gateway to Langtang valley. Our journey will be on a winding road through frequent switchbacks. While passing along the road at the bank of Trishuli River you catch a glimpse of Manaslu, Annapurna and Ganesh Himal on a clear day, terraces, rustic villages and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. At the same time, the road winds up and down. We check into the hotel upon reaching Syabrubesi and stay overnight.

### **Day 2 : Trek Syabrubesi to Goljung (1960m) – 3/4 hrs trek**

On this day, we wake up early and after having breakfast we start our trek to Goljung, destination of the day. Ascending from Syabrubesi after few hours we reach the view point from where we can see the fantastic views of Mountains including: Ganesh Himal, Gosainkunda range, Sishapangma, Langtang Lirung and the Goljung Valley. Here the Tamang, the indigenous people of the region, grow corn, potatoes, berries, and varied grains. Everything is cooked over an open fire. Their drafty houses are built out of stone and wood and during the snows of winter their only reliable source of heat is body heat. Descending down from the view point, we trek down to Goljung valley for our overnight stay.

### **Day 3 : Trek Goljung to Gatlang (2240m) – 4/5 hrs walk**

The trail today is very short and pleasant. Gatlang is a small beautiful village and the origin of Tamang ethnic people in Nepal. You can experience a warm hospitality and culture of Tamangs. Upon arrival the guests will be welcomed by "Khada" (white scarf) and the home made local drinks "Rakshi" accompanied by the cultural song. Get refreshed and enjoy the local Syabru dance. You can particularly view that most of the houses are made up of stones and woods. You can closely observe their day-to-day life. Their days are filled with activities such as gathering/chopping wood, collecting water, gathering/storing food, planting crops, weaving baskets to store the food in, as well as, needed clothing and blankets and so on. Overnight at Gatlang

### **Day 4 : Trek Gatlang to Tatopani (2607m/8550 ft) – 6 /7 hours walk**

On the following day, we trek ahead towards Tatopani. Literally, Tatopani means "Hot Water" which best describes the place as there is a natural hot spring. We begin today's trek with a descent to Thangbuche by the Bhote Koshi River and soak-in magnificent views of the Ganesh Himal and Langtang Ranges along the way. Then we will pass by the Chilime Hydropower dam and ascend until Tatopani. We take a dip into the natural hot water and relax our tired muscles. After completing 6/7 hours of strenuous trek,

we will reach Tatopani. You can take a bath in the hot spring in the lap of the mountains. Locals believe that these water have a healing quality that eases away your aches and pains. Overnight stay at local guest house.

### **Day 5 : Trek Tatopani to Thuman (2,400m/7,874 ft) via Brimdang and Nagthali – 6 hours walk**

Commencing trek from Tatopani, we pass through the dense alpine forest until we reach a small typical Tamang settlement of Brimdang. After having a close mountain view and observing the village life, we ascend to the high open grassland we reach Nagthali Danda which is about 3300 meters above sea level, where you can have mesmerizing views of snow covered Himalayas like: of Langtang, Sanjen, Kerung and Ganesh Himal. The hill is quite rich in biodiversity and is also a suitable place to have spectacular view of mountains. Nagthali is regarded as the popular meditation center for local monks. After spending some time at the top accompanied by tea prepared by the care taker of the Gomba, we descend down to Thuman via forest trail where you may encounter wildlife such as deer and monkeys. Thuman is another cultural village which is famous for its Shamanic performances. This place also offers the beautiful views of Langtang. The people here are very friendly and are influenced by Tibetan culture. At evening, you will observe Tamang cultural show and spend overnight in one of the lodges of Thuman.

### **Day 6 : Thuman to Briddim (2,345m/7,693 ft) – 5 hours walk**

Today, after breakfast we trek to Briddim via Lingling. Briddim is a Tibetan Buddhist village with ancient Tibetan immigrants, ideally located on the lap of the Langtang Himal. Houses of this place are build up of stones and offers the wonderful cultural and traditional scenario to us. You can also visit the Dukchu Gomba monastery. Inhabitants of this place are originally from Tibet. Thus, this place resembles a typical Tibetan village on this side of Tibet.

### **Day 7 : Briddim to Lama Hotel (2470m) – 6 hours walk**

After closely observing Tibetan culture in Briddim, we move forward to Lama Hotel which is a 5/6 hours walk from Briddim. At beginning, our trail descends to Ghopche Khola. Passing through the small stream, our trail then ascend through Rimche before reaching Lama Hotel. Rimche has the best sun set view. It takes further 30 minutes to reach Lama Hotel from 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.

### **Day 8 : Lama Hotel to Langtang village (3,430m/11,253ft) – 6/7 hours walk**

After breakfast, we embark on our trip to the Langtang Village. The trail winds through oak and rhododendron forests. You can also have a watch for different kinds of birds. After climbing up steadily through the valley, we leave the tree line behind us. On the way, we also enjoy the marvelous views of Langtang Lirung framed by the trees. We then pass by water mills, prayer wheels and chortens adorned with sacred mounds of rocks with inscriptions carved on them. At Ghora Tabela (3000 m) the trail comes out from the forest. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who brings their livestock to graze in the high pastures during the summer months. There is a monastery which can be visited shortly before arriving at the village of Lantang. Lang tang is the headquarter of Lang tang National Park. Stay overnight at a lodge.

### **Day 9 : Langtang village to Kyanjin Gomba (3,870m/12,697ft) – 4 hours walk**

On this day, we will be having the shortest trek of the whole trek. We walk through yak pastures and 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 Kyanjin Gumpa which is beautifully surrounded by the mighty Himalayas all around.

As we will reach Kyanjin Gumpa by the noon, we can take a walk around the place enjoying astounding views of glaciers, icefalls, birds and yaks. You can explore some popular cheese factories in this beautiful valley situated at the lap of Langtang Lirung and get an opportunity to sample the tasty local yak cheese. You can walk up the valley part of the way to the grazing grounds of Langshisha Kharka surrounded by glaciers. Alternatively it is possible to climb the peak of Kyanjin Ri (4600m) with a fine view over the entire Langtang valley. We stay overnight at a guesthouse.

### **Day 10 : Trek back to Lama Hotel (2,380m/7,830ft) – 4/5 hours walk**

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 at Lama Hotel.

### **Day 11 : Trek ends: Lama Hotel to Syabrubesi – 5 hours walk**

On the last day of our trek, we will be enjoying the easy trail mostly downhill. Crossing the Lang tang River, the trail passes through the lush green vegetation, terraced fields, forests of oak and maple. The forest is alive with wildlife, mainly birds and small animals. You may see the occasional group of monkeys.

### **Day 12 : Drive to Kathmandu**

After breakfast, we drive back to Kathmandu. After arriving in Kathmandu you can spend the day leisurely or catch up on some last minute shopping or explore any sights you missed during your first day in Kathmandu. Or else you could stroll in the streets of Thamel, a popular tourist hub for some souvenir shopping. Overnight at Kathmandu.

## **Inclusions**

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### **What is included?**

kathmandu - Syapru Besi - Kathmandu by public vehicles.

Trekking permits and TIMS (Trekking Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges during the trek.

All meals (breakfast, lunch, and dinner) during the trek.

Langtang National Park entrance fee.

Basic first aid kit.

All Government taxes and service charges

### **What isn't included?**

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### **Complimentary**