

# Tamang Heritage Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Moderate

**Transport:** Private Vehicle / Bus

**Food:** Breakfast + Lunch + Dinner

**Accommodation:** Lodge to lodge



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is a remarkable trek in the Langtang region offering travellers a peek into the culture and lifestyle of indigenous Tamang people. It is a newly opened trekking route located between Mt. Langtang and Ganesh Himal ranges known for its blend of natural beauty along with the unique cultural experience.

The trek begins with a scenic drive to Syabrubesi from Kathmandu. The trail starts from Syabrubesi and passes through Gatlang, Tatopani, Thuman and Briddim. The trail goes all the way through traditional Tamang communities where life, culture and craft have remained unchanged since the establishment of the settlement. The culture and traditions of these people is identical to the Tibetan across the border.

The ancient monasteries and traditional houses decorated with rich wood engraving at Thuman add to the splendor of this trek. In addition to cultural experience, Tamang Heritage Trek also offers magnificent views of the Himalayas and wilderness walking experience through beautiful landscapes and rhododendron forests.

The stunning views of Langtang Lirung, Langtang Kerung, Chimse Danda ridge crossed by Ganjala Pass, Dorje Lakpa, Jugal Himal, Ganesh Himal, Paldor peak, Shringi Himal, Manaslu and Sanjen Himal ranges is what makes this trek immensely gratifying.

Moreover, healing bath and spa in the natural hot spring at Tatopani is an exhilarating exposure of the trek. Last but not the least you can experience the famous Tamang hospitality at Briddim where there is home stay facility in several houses.

It is indeed a trip not to be missed by those who relish immersing themselves in local culture, ancient norms and traditions. **Marvel Adventure** offers Tamang Heritage Trek with professional and friendly guides along with the necessary arrangements. Please feel free to contact us for more details.

## Highlights

- Exploration of historical sites in Kathmandu
- Walking through the newly opened trekking route
- An insight into the lives and culture of indigenous Tamang people
- Panoramic mountain views of Langtang range
- Natural hot spring at Tatopani

## Day to Day Itinerary

**Day 01: Drive from Kathmandu to Syabrubesi**

**Day 02: Syabrubesi to Gatlang**

**Day 03: Trek from Gatlang to Tatopani**

**Day 04: Tatopani to Thuman**

**Day 05: Trek to Briddim**

**Day 06: Briddim to Syabrubesi**

**Day 07: Drive back to Kathmandu**

## Cost Includes

- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipments (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- All land transportation.



- TIMS (Trekking information Management System) card
- Langtang National Park entry permit
- Comprehensive first aid kit
- Government taxes and official expenses

## **Cost Excludes**

- International Airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- Lunch and dinner whilst in Kathmandu
- Entrance fee in the heritage sites during city tour.
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips for guide and porter (Tipping is expected)