# Tamang Heritage Trek

Duration: 9 Days | Location: Langtang Region, Nepal



## Trip at a glance

Category: Langtang Region

Location: Langtang Region, Nepal

Duration: 9 Days

Difficulty: 4/10

Trip Style: Tamang Heritage Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3300 m

Group: Min-1, Max 20

## Summary

tamang heritage trek.Tamang Heritage trail is an interesting trek through Tamang villages. There are still bears, leopards, red pandas and musk deer.

## Overview

### Trip Introduction

Tamang heritage trek is Northern part of the Rasuwa District Nepal. Sacred Tibetan culture permeates every inch of this 15-day Expedition, seemingly touching everything in its path. This trekking trail starts from Syabrubesi and passes through Gatlang, Tatopani, Thuman, and also Briddim. Ganesh Himal (Ruby Valley Trek) and Langtang Range is community-based trekking package. Tamang and Tibetan people populates this region . Helambu trek

We can see multicultural while on the trek like Tibetan culture, festival, rituals, traditional architecture and customs, the local dance of Syabru people which makes the exposure to this culture very unique. Tamang Heritage Trek is an interesting trek through Tamang villages. langtang valley trek

Discover surprisingly verdant midlands and stay in villages to immerse yourself in Tamang culture and connect with locals. All this, and we haven't even mentioned the soaring views of Manaslu Massif, Ganesh, Langtang and Jugal Himal . There is a viewpoint at Goljung pass from where we can view of Langtang and Kerung (Tibet) can be awe-inspiring and the hot spring (Tatopani) which is believed if we bath from there then the body can be cured of an illness by the local people in the past.

This can also offer beaten track experience in recently developed route with charming mountain vistas and trek combines picturesque landscape, luring white peaks and scattered antique villages. There are many other trekking routes in this region like. Gosainkunda lake trek etc.

## Day by day itinerary

### Trip Itinerary

## Day 01: Kathmandu to Syabrubesi (1467 m.) via Trishuli (Nuwakot).

You head north out of Kathmandu driving through scenic foothills and ridgeline vistas to Syabrubesi passing through Dhunche which is about eight hours drive. You stay overnight at the hotel in Syabrubesi. 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 construction.

## Day 02: Syabrubesi to Gatlang.

After an hour and half of ascent from Syabrubesi, we reach the viewpoint from where we can see the fantastic view of Ganesh Himal, Gosaikunda range and the Goljang valley. Now we head down to Goljang valley for the Lunch which is an hour walking downhill from the viewpoint. Gatlang the beautiful Tamang village is another 3 hrs walk from Goljang. Upon arrival, the guests will be welcomed by Khada (white scarf) and the homemade local drinks Rakshi accompanied by the welcome song in the local language. Get refreshed and enjoy the local Syabru dance. Overnight at the community lodge.

## Day 03: Gatlang to Tatopani.

This would be the longest day of the entire trip and will take about 7 hours. The walk begins by descending to Thangbuchet (near Chilime village) by the Bhotekoshi River. Stop for the lunch here. Chilime Hydropower dam is situated here. After lunch, the trail will be ascending up crossing the hanging bridge. Ascend continues until you get to Tatopani which literally means ‘hot water’, you can clean yourself in natural hot springs with bathing areas in the lap of the mountains. Locals believe that the waters have a healing quality that eases away your aches and pains. Dinner and overnight stay at a local tea house.

## Day 04: Tatopani to Thuman.

The trail ascends to Nagthali Danda (3300m) the high open grassland with amazing views of snow covered the Himalayas. Stop for lunch at Brimdang village. After lunch, the trek continues ascending to Nagthali Danda. One can enjoy the view and spend some time at the top accompanied by tea prepared by the caretaker of the Gompa. Trek continues down to Thuman, Tibetan influenced Tamang village with friendly people who love to sing and dance.

## Day 05: Thuman to Rasuwagadhi (2240m).

About 7 hours of walking camping.

### Day 06: Rasuwagadhi to Briddim (2290m).

walking around 6 hours.

### Day 07: Rest and exploring a day in Briddim.

### Day 08: Briddim to Syabrubeshi.

Walking around 4 hours.

### Day 09: Syaprubeshi to Kathmandu by Jeep/Local Bus.

## Package: Standard Package

### Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

### Inclusions

- Pickups and drops from the airport(s) and hotel(s).
- All accommodations on twin sharing basis.
- Breakfast in Kathmandu all meals, Breakfast, Lunch, Dinner during the trek.
- Transportation in a comfortable private vehicle.
- English-speaking trained and experienced guide.
- Potter service charges during the trek.
- All fees for sightseeing including entry fees for visiting the temple(s), monument(s), trekking and national parks.
- Welcome and farewell dinners.
- A comprehensive medical kit.
- All necessary paperwork(s) and permit(s).
- All applicable taxes and service charges.

### Exclusions

- Nepalese visa fee (bring accurate USD cash and two passport size photographs ).
- International airfare to and from Kathmandu.
- Excess baggage charges.
- Lunch and evening meals in Kathmandu.
- Extra night accommodation(s).
- Travel and rescue insurance.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.).
- Tips for guides and porters.
- The services which are not included in our 'What is Included' section.

## Gear checklist

### Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.

- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.

- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness

- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

## Trip notes

### Trip Highlights

Trip Details:

Total Duration: 9 Days.

Group Size: Min-1, Max 20.

Trekking Region: Langtang.

Trip Type Name: Tamang Heritage Trek.

Highest Altitude of the trek: 3300 m.

Highest Point: Tamang Heritage Trek (3300 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

### Departure

### Departure

### Review

## Trip gallery

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## Plan your journey with our team

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