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Tamang Heritage trek is one of the best cultural heritage trekking routes highlighting a rich ancient cultural heritage of the Tamang people in the Langtang Valley, an ethnic group of Tibetan origin. It offers an extraordinary experience, things to see an old lifestyle that combines it with a panoramic view and healing baths in natural hot springs. The exceptional region is exciting, culturally rich, and traditionally fascinating near the Tibetan border.

The highlight of Tamang Heritage trek

- ❖ Explore the rich culture and way of life of the Nepalese Tamang people
- ❖ The panoramic bus trip from Kathmandu to Syabrubesi
- ❖ Magnificent view of the Langtang, Ganesh Himal, Dorje Lakpa, etc.
- ❖ Walkthrough alpine forests and rhododendrons
- ❖ Travel to picturesque villages like Thuman, Timure, and Briddim
- ❖ Visit the historical site of Rasuwagadhi
- ❖ Explore the diverse flora and fauna of Langtang National Park

About the Tamang Heritage Trail Trek

Tamang Heritage Trek is a short but attractive route in the lower parts of the Langtang region. The Tamang Heritage Trail is fascinating because of the authentic lifestyle and traditions exhibited by the inhabitants of beautiful villages. Cultural exploration is, without a doubt, one of the main highlights of this trip, complemented by the stunning mountain views that the trip covers. The route takes you through beautiful rhododendrons and other alpine forests, while birds sing sounds to your ears.

The Tamang people present their culture preserved by their ancestors. To anyone traveling from another part of the world, their lifestyle may seem even stranger. It

is a great way to explore the rich culture of these people who live in the Langtang region. You can see the terraced slopes surrounding the picturesque villages. It is particularly important to leave with a guide during this trip to enrich your point of view on the local culture. Also, the language barrier can be quite challenging to navigate, and the path is not well indicated. Living among the inhabitants of Tamang, visiting the monasteries, and being surrounded by natural beauty make this an unforgettable trip. In various places, you can see cultural performances performed by the locals. In addition to artistic exploration, other activities include visiting Lake Parvati Kunda in Gatlang, diving in the warm waters of Tatopani, and visiting the historic site of Rasuwagadi.

Details itinerary

Day 1: Arrival in Kathmandu (1400m.)

Depending on your arrival schedule, we will be at Tribhuvan International Airport to welcome you to our country for this beautiful trip warmly. After exchanging warm greetings in the arrival section, we will take you to our vehicle to drop off at your reserved hotel. It's a free day, you will be alone, and you can spend the day doing anything yourself, but we will undoubtedly be happy to guide you through the city.

Meals included: Breakfast

Day 2: Guided tour of Kathmandu and preparation of the trek

Today, after having a hot breakfast, you will begin a city tour of the most spiritual and historical attractions in Kathmandu. Some of these monuments are considered a World Heritage Site, including Kathmandu Durbar Square, the sacred Hindu temple of Pashupatinath, the famous "Monkey Temple" (Swayambhunath) and the Buddhist shrine (Bouddhanath), which is the one of the largest Stupa in the world. At noon there will be a travel discussion where you can meet your trekking guide and other team members.

Meals included: Breakfast

Day 3: Drive to Syabrubesi from Kathmandu: 7-8 hours

After breakfast, we head towards Syabrubesi, leaving Kathmandu, which is also a starting point for a trek in the Langtang valley. Your trip will be on a winding road through frequent turns. On a clear day, you can enjoy great views of Manaslu, Annapurna, and Ganesh Himal. You will continue until you descend to the small village of Syabrubesi, the starting point of your trekking trip. Overnight stay in Syabrubesi.

Meals included: Breakfast, lunch, and dinner

Day 4: Trek from Syabrubesi to Gatlang: Walking Distance 5-6 hours

From the fourth day, we will organize an official trek to Gatlang through the village of Goljung. The path that you follow will bring you to the majestic views of mountains like Langtang Lirung, Ganesh Himal, Shishapangma, and many other fascinating landscapes. When you arrive in Gatlang, you can explore and immerse ourselves in the beauty of this small ethnic settlement of the Tamang people. It is the first day of the beautiful walking experience on the Tamang Heritage Trail.

Meals included: Breakfast, lunch, and dinner

Day 5: Trek from Gatlang to Tatopani: Walking distance 6-7 hours

On the second day on the Tamang Heritage Trail takes you to Tatopani. Although the trek goes higher, the first section of the section goes down. You passed a hydroelectric dam in Chilime, and then you started walking towards Tatopani. However, Tatopani is distinguished by its name as a natural hot spring; the hot springs are no longer there after the earthquake that shook Nepal in April 2015.

Meals included: Breakfast, lunch, and dinner

Day 6: Trek from Tatopani to Thuman: Walking Distance 5-6 hours

Today you are walking from Tatopani to Thuman via Brim dang and Nagthali. Crossing the dense alpine forest, you arrive at the small village of Brim dang. From there, it is a few hour's walks to Nagthali hill. Here you enjoy the fascinating views of Langtang, Sanjen, Kerung, and Ganesh Himal. Then descend the village of Thuman to spend the night here.

Meals included: Breakfast, lunch, and dinner

Day 7: Trek from Thuman to Briddim: Walking Distance 5-6 hours

Today you are walking towards Briddim from Thuman via Lingling. Briddim is ideally located in the lap of the Langtang Himal. Here Briddim is a Tibetan Buddhist village, ideally situated on the lap of the Langtang Himal. Here you visit the monastery of Dukchu Gomba. In Briddim, you will find that most of the houses are built of stone and mostly inhabited by people of Tibetan origin. Briddim looks like a typical Tibetan village on this side of Tibet.

Meals included: Breakfast, lunch, and dinner

Day 8: Trek Briddim to Lama Hotel: Walking Distance 6-7 hours

Today you are walking from Briddim to the Lama hotel. The walking descends to Ghopche Khola, which is a small stream. You then go up to the Lama Hotel via Rimche. It is located on the banks of the Langtang River, lush forests, and spectacular mountain views surround the lama Hotel. Night stay at the Lama hotel.

Meals included: Breakfast, lunch, and dinner

Day 9: Trek from Lama Hotel to Langtang Village: Walking Distance 6-7 hours

After breakfast, you begin your journey to the village of Langtang. Your path continues along dense forests. After climbing the valley regularly, you left the tree line behind us. Along the way, you also took in the magnificent view of Langtang Lirung, passing water mills, prayer wheels, and chortens adorned with heaps of sacred rocks with inscriptions engraved on them.

Meals included: Breakfast, lunch, and dinner

Day 10: Trek Langtang village to Kyanjin Gompa: walking distance 4-5 hours

After breakfast, we leave the community of Langtang and cross the yak meadows. Today we also pass the most giant mani wall in Nepal, which is made of stone with prayers written on it. The prayers on the mani wall are believed to have been

spread by strong winds. Several wooden bridges are crossed before reaching Kanjin Gompa, which is beautifully surrounded by the mighty Himalayas. You can take a stroll through Kanjin Gompa, enjoying an impressive view of the glaciers, waterfalls, birds, and yaks.

Meals included: Breakfast, lunch, and dinner

Day 11: Return to the Lama hotel: Walking Distance 4-5 hours

Today, we walk back to the Lama hotel. Since the hike is only downhill, it will only take you 4 to 5 hours to reach your destination. It is a downhill hike through the forests and along a beautiful mountain river. On the way, you cross the ethnic colonies of the Tamang people whose religious and cultural practices are similar to those of the Tibetans.

Meals included: Breakfast, lunch, and dinner

Day 12: Trek from Lama Hotel to Syabrubesi: 5 hours

Today is the last day of trekking. After breakfast, you will walk to Syabrubensi, which will be a leisurely walk through lush green vegetation. After arriving at Syabrubesi, you enjoyed lunch and celebrated the end of your trip.

Meals included: Breakfast, lunch, and dinner

Day 13: Drive back to Kathmandu

After enjoying this beautiful trek rich in cultural experiences, you will return to Kathmandu by bus. You will have a scenic bus trip along the Trishuli River. You will enjoy the beautiful view of the hills, mountains, terraces along the way. You cross many beautiful villages to reach Kathmandu. After you arrive in Kathmandu, you will rest in your hotel or take a stroll through the streets of Thamel, a famous tourist center for souvenir shopping.

Meals included: breakfast and lunch

Day 14: Drop to Airport

Your Nepal trip ends here. We take you to the airport for your connecting flight to the next destination. However, if you wish to stay more in Nepal or travel to another destination, you can let us know.

Meals included: Breakfast

Important note

Your safety is of the utmost importance when traveling with us. Please note that your guide has the power to modify or cancel any part of the itinerary if necessary for safety reasons. Every effort will be made to maintain the above plan; however, as this adventure involves traveling to remote mountain regions, we cannot guarantee that we will not stray from it. The climatic conditions, the state of health of a member of the group, unforeseen natural disasters, can contribute to changes in the itinerary. The leader will try to make sure the trip goes according to plan, but be prepared to be flexible if necessary.

THE COST INCLUDES:

- ❖ Collection and delivery from the airport and the hotel.
- ❖ All accommodation in double occupancy
- ❖ Accommodation at the local inn during the trek
- ❖ Breakfast in Kathmandu and three meals per day during the trek
- ❖ City tour with tourist guide according to the itinerary
- ❖ All entrance fees for the guided tour of Kathmandu
- ❖ Transport in a comfortable private vehicle.
- ❖ English-speaking guide trained and experienced
- ❖ Potter Potter service charge during the walk
- ❖ Entrance fees to Langtang National Park and TIMS card
- ❖ A complete medical kit
- ❖ All necessary documents and permits
- ❖ All applicable taxes and service fees

THE COST EXCLUDES:

- ❖ Nepal entry visa fee.

- ❖ International plane tickets to and from Kathmandu
- ❖ Lunch and evening meals while you are in Kathmandu valley
- ❖ Rescue and travel insurance
- ❖ Personal expenses (phone calls, laundry, bar bills, battery charging, etc.)
- ❖ Tips for guides and porters

Accommodation and meals

During the Nepal trip, you will stay in a three-star hotel in Kathmandu and tea house while on the trek. All accommodation is shared on double. The individual supplement will be served on request and will have an additional cost of \$ 275. We will organize rooms with adjoining bathrooms; however, in some places, tea houses only have common washing facilities and toilets. Also, be aware that single rooms are available in Kathmandu and the lower trekking regions, but it can be challenging to find them at higher altitudes.

Breakfast will be served in Kathmandu, while all meals will be provided during the trek. During the trek, we can enjoy Nepalese cuisine, as well as universal international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served from the hostel menu where we will spend the night, while lunch will be served en route to the next destination.

Travel insurance

Travel insurance for all of our company's itineraries is a condition of booking a holiday. You must have at least a health and repatriation insurance for emergencies, which includes the costs of mountain rescue. Please read the general conditions of your insurers carefully; in particular, you must ensure that the following are covered: 1) Activity (i.e., sightseeing, hiking, or mountaineering) 2) Maximum altitude reached during the trek 3) Evacuation by helicopter in case of emergency. You should understand that ultimately, you will be responsible for all expenses incurred in the evacuation and repatriation procedures and that you are responsible for paying the costs incurred in case of evacuation or medical treatment. You must be aware of the implications of organizing your travel

insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may initiate rescue procedures by helicopter in medical emergencies without first contacting your insurance company for approval.

Trekking guide (s) and other staff arrangements

The most important thing that makes this trip enjoyable and memorable is the trained, experienced, courteous, and helpful guide (s) and crew, able to lead your days in the mountains without any hassle. The best and most professional leaders will lead your journey. All guides of our company are carefully selected based on their appropriate experience, leadership skills, and personal aptitudes. To support local communities, we try to employ only local staff who have adequate knowledge of the culture, ecosystem, flora, fauna, geography, and history of their region.

Climate and best season for trekking

The spring and fall seasons are considered the best times for Tamang Heritage Trek because the climate and temperature are calm and constant in these seasons. The spring months offer rhododendron and many seasonal flowers. Autumn is also the best time to explore and enjoy the various Nepalese festivals like Dashain and Tihar.

Winter and summer are less suitable seasons than spring and fall. In winter, the temperature level drops below zero, making walking in higher regions less comfortable. The days are cold, followed by episodes of snowfall and snowstorms. Likewise, summer is accompanied by heavy rain and unpredictable weather conditions. However, with the right gears, you can walk around the Langtang region all year round.

Physical condition and experience

Tamang Heritage Trek is a moderate trek, and it is suitable for passionate hikers who can hike about 5 to 7 hours a day with a light backpack. Walking at high altitude is more physically demanding than walking at low elevations; however, if

we are in excellent health with the average physical condition and have a positive attitude, self-confidence, and strong determination, you can achieve this goal. Exercising and running regularly for a few weeks before the trip is an excellent idea to improve our strength and stability. Previous hiking experience would be a bonus, but no technical skill is required for this trip. It is essential that participants with pre-existing medical conditions, such as heart, lung, and blood diseases, consult your doctor before traveling. It is also recommended to inform us of your state of health before booking the trek.

Suggested preparation

- ❖ Cardiovascular exercises that include running, biking, jogging, pull-ups, and pull-ups for about 4-5 days a week for three months before your trip are beneficial.
- ❖ You must also participate in the development of necessary strength and muscular endurance during bodybuilding.
- ❖ Walking on the hills in different weather conditions will be proper preparation for this trip.
- ❖ If you have access, kayaking and swimming can be a very beneficial way to build the strength and endurance needed for this trip.