Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
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Tamang Heritage Trail - 10 Days

"Somewhere between the start of the trail and the end is the mystery of why we choose to walk."

Explore untouched natural splendor and unexploited cultural beauty of Langtang region with off the beaten and less trodden Tamang Heritage Trail. The trekking trail is named after ‘Tamang,’ one of the ethnic groups in Nepal of **Tibetan origin**. As you walk along the wild terrains of the Tamang Heritage Trail, you get an opportunity to get deep insights into Tibetan culture.

Although the trail is in the popular **Langtang region**, perhaps the most accessible trekking region from Kathmandu, it is a non-crowded and newly opened trekking route to explore best kept secrets of the Langtang region. Passing through alpine terrains, meadows and rhododendron forests, the trail takes you into Tamang settlements where you can share moments with **Tamangs** and learn their unique culture.

After sightseeing of several **UNESCO’s world heritage sites** in Kathmandu valley, we drive to Syabrubesi from where the actual trek begins and ends. In comparison, traversing the route, you admire Himalayan peaks' panoramic view, including Ganesh Himal, Langtang Lirung and several others. Finally, you step off the typical tourist route to enter Tamang hinterlands to explore areas that still needs exploration.

The trekking route takes you into picturesque Tamang villages like **Gatlang** and **Briddim** where you get to meet and greet Tamang communities. Tamangs famous for their unique culture wear colorful dresses, and their houses are decorated with beautiful woodcarvings. You also get to visit **Tatopani** where you can relax taking healing bathe in hot springs before reaching Nagthali. Tamang Heritage Trekking is for those who want to see preserved culture of local villagers along with natural beauty.

Explore the areas where many have not reached and nature has not been rearranged by the hand of man. Tamang Heritage Trek is a moderate trek and anybody with reasonable fitness who can walk at least 5-7 hrs a day can accomplish it successfully. **Autumn** (September to November) and **spring** (March to May) are the best seasons for this trek considering weather and temperature. However, if the cold temperature is suitable for you, you can do it during winter too.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in a private vehicle.
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Guided sightseeing tour in Kathmandu, including and private vehicles.
- Meals (breakfast, lunch, and dinner) during the trek.
- Twin sharing accommodation in the best available teahouse/lodge during the trek.
- Staff– one professional, knowledgeable, and friendly English-speaking trekking leader along with assistant guide (6 trekkers: 1 assistant guide) and porters (2 trekkers: 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance.
- Ground transportations from Kathmandu – Syabrubensi– Kathmandu transfers by local public bus.
- Duffel bag, sleeping bag, and down jacket for use during the trek.
- Icicles Adventure T-shirt, trekking map, and trip achievement certificate.
- First aid medical kit.
- TIMS, trekking permit.
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu and also because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- All kinds of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Private car/jeep for Kathmandu-Syabrubensi-Kathmandu transfer if requested
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrive Kathmandu

Upon your arrival at Tribhuwan International Airport (TIA) in Kathmandu, you notice our representative waiting for you there holding signboard of Icicles Adventure with your name written in it. After you meet and greet our representative, you will be transferred to the hotel in Kathmandu in our private vehicle. Overnight stay at hotel in Kathmandu

Day 2: Kathmandu sightseeing – Pashupatinath, Swayambhunath, Boudhanath, Patan Durbar Square

This day is scheduled for us to visit several UNESCO's world heritage sites in Kathmandu valley including Pashupatinath Temple, Swayambhunath Stupa, Boudhanath Stupa and Patan Durbar Square. We begin our sightseeing trip after breakfast and admire cultural beauty of Kathmandu valley visiting major sites there. Overnight at hotel in Kathmandu (Meals included: Breakfast)

Day 3: Drive to Syabrubesi (1450m), approx 6-7hours drive by local bus.

We drive from Kathmandu to reach Syabrubesi, the gateway of treks in Langtang region which takes us about 6-7 hours by local bus. It is a scenic drive heading north out of Kathmandu. While passing along the road at the bank of Trishuli River, you admire views of Ganesh Himal. You pass through Dhunche to reach the village of Syabrubesi from where our actual trek begins next day. Overnight at Guest House (Meals included: Breakfast, Lunch and Dinner)

Day 4: Trek to Gatlang (2238m), Walk approx. 5 hrs

After an early breakfast, we begin our trek from Syabrubesi. After ascending an hour and half, we reach the view point from where we can enjoy awe-inspiring view of Ganesh Himal, Gosaikunda range and Goljang valley. We descend down the hill from the viewpoint towards Goljang valley and it takes us about an hour to reach the valley from the viewpoint. After walking another 3 hours from the valley, we reach Gatlang which is a beautiful Tamang settlement. Overnight stay will be at lodge in Gatlang village. (Meals included: Breakfast, Lunch and Dinner)

Day 5: Trek to Tatopani (2607m), Walk approx. 5-6 hrs

We continue our trek descending to reach Thangbuche which is near Chilime village. Next, we pass by the Chilime Hydropower dam and ascend to reach Tatopani. 'Tatopani' is literally translated into 'hot water' and it is place with natural hot springs where people take healing bathe. Overnight stay in lodge at Tatopani (Meals included: Breakfast, Lunch and Dinner)

Day 6: Trek to Nagthali – Thuman (2338m), Walk approx. 7-8 hrs.

Continuing our trek, we pass through alpine forest to reach Brimdang, a small Tamang settlement. From there, we ascend uphill to Nagthali from where you can admire breathtaking views of Langtang, Ganesh Himal, Sanjen and Kerung. Then, we descend down to reach Thuman which is another Tamang settlement. Overnight stay will be at lodge in Thuman. (Meals included: Breakfast, Lunch and Dinner)

Day 7: Trek to Briddim (2229m), 4-6 hours walk.

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From Thuman, we continue our trek on a flatter section in the beginning and descend to Timure. From Timure, our trail continues to Briddim which is Tibetan-influenced Tamang village. Briddim is a beautiful village located on the lap of Langtang peak. We get to visit Dukchu Gompa monastery there. Tibetan culture is highly depicted in Briddim with houses built by stones and most of the people being of Tibetan origin. Overnight stay at lodge in Briddim (Meals included: Breakfast, Lunch and Dinner)

Day 8: Trek to Syabrubesi (1450m), 4-6 hours walk.

This is the last day of trekking and we descend down to Syabrubesi from Briddim. It takes us about 3 hrs to reach Syabrubesi. Overnight at lodge in Syabrubesi (Meals included: Breakfast, Lunch and Dinner)

Day 9: Drive back to Kathamndu from Syabrubesi.

This is the last day we remain in Langtang region. After breakfast, we visit local market and prepare ourselves for 7 hrs drive back to Kathmandu. Overnight stay at hotel in Kathmandu (Meals included: Breakfast)

Day 10: Airport drop

Our whole journey ends here. After we arrive in Kathmandu, you can take proper rest and then prepare for your departure by some shopping. Our representative will take you to the airport from where you can depart for your onward destination.