



Tamang Heritage Trek - 7 Days

LANGTANG & HELAMBU REGION

7 Days

DURATION

Moderate

DIFFICULTY

USD \$750

FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

The Tamang Heritage Trek is a culturally rich and visually stunning trek in the Langtang region of Nepal. This 7-day trek offers a unique blend of Tamang culture, natural beauty, and panoramic mountain views. Nestled north of the Kathmandu Valley, the Tamang Heritage Trail beckons with its accessibility and awe-inspiring beauty. Here, amidst terraced green farmlands, dense forests, and the towering peaks of the Langtang Himalayas near the Tibetan border, you'll discover a trekking experience unlike any other. What truly sets this trail apart is the opportunity to immerse yourself in the rich culture of the Tamang people.

The Tamang community traces its roots back to Tibet, where they were once renowned horse traders. Centuries ago, they migrated and settled in the hilly regions of Nepal, maintaining their unique identity and language deeply rooted in Tibetan heritage. Despite their vibrant culture, the Tamang people have faced historical marginalization in Nepal, making them among the most vulnerable during natural disasters like the devastating 2015 earthquake. Trekking the Tamang Heritage Trail serves as more than just an adventure; it's a lifeline for the Tamang communities in the area. By choosing this trail, you're not only exploring breathtaking landscapes but also contributing to the livelihoods of the Tamang people, providing them with much-needed income and support for their resilience and recovery.

DAY-BY-DAY ITINERARY

DAY 1 Day 01 Arrival in Kathmandu

After your flight, take some time to settle in and immerse yourself in the vibrant atmosphere of this amazing city. Explore the bustling streets filled with ancient temples, bustling markets, and the lively energy of the locals. Let the sights, sounds, and smells of Kathmandu captivate your senses as you begin your adventure in this enchanting city.

DAY 2 Day 02 Drive to Syabrubesi (1,460 m/4,790 ft)

We'll depart Kathmandu bright and early for a scenic seven-hour drive to the entrance of the Langtang Valley. While the Tamang Heritage Trail isn't too far from Kathmandu, the journey takes us through winding mountain roads, offering spectacular panoramic views of the Annapurnas, Manaslu, Ganesh Himal, and the Langtang peaks. The road then descends to the Trisuli River valley, where we'll follow its course for most of the day's drive. Get ready for a journey filled with breathtaking vistas and memorable moments along the way!

DAY 3 Day 03 Syabrubesi trek to Gatlang (approx. 5.5 hours)

Meals: lunch

Our journey begins in Syabrubesi, a familiar starting point for many treks. However, instead of following the usual routes, we'll take a detour. After about an hour and a half of ascending to a viewpoint, prepare to be mesmerized by the breathtaking vistas of Ganesh Himal, the Gosainkund range, and the Goljang Valley. Following this awe-inspiring stop, we'll make our way down to the Goljang Valley, taking a leisurely hour's walk to reach our lunch spot. Amidst the tranquility of the valley, we'll refuel with a delicious meal before continuing our adventure. In the afternoon, we'll embark on a three-hour trek to reach Gatlang, a charming Tamang village. As we traverse the picturesque landscape, let's soak in the beauty of the surroundings and anticipate the warm hospitality awaiting us in Gatlang.

DAY 4 Day 04 Gatlang to Tatopani (approx. 7 hours)

Meals: lunch

Today's trek starts with a pleasant descent to Thangbuchet, following the path alongside a picturesque river. After a satisfying lunch break, we continue our journey, crossing a charming hanging bridge and ascending to our overnight stop in Tatopani. True to its name, which means "hot water" in Nepali, Tatopani offers natural hot springs straight from the earth. Here, we have the chance to indulge in the soothing waters, believed by locals to possess healing properties. It's the perfect remedy to soothe any tired muscles and rejuvenate our bodies after a day of trekking.

DAY 5 Day 05 Tatopani to Thuman (approx. 4 hours)

Meals: lunch

Today's trek takes us to Nagthali Danda (3,300 m/10,826 ft), a stunning open grassland offering breathtaking views of the Himalayas. Along the way, we'll pause for a delightful lunch at the charming Brimdang village before continuing our ascent to Nagthali Danda. Upon reaching Nagthali Danda, we'll be welcomed with a refreshing masala chiya (tea) prepared by the caretaker of the gompa (monastery). Afterward, we'll descend to Thuman, a vibrant Tamang village known for its friendly locals who enjoy singing and dancing. Don't be surprised if you're invited to join in the fun! It's a chance to experience the warmth and hospitality of the Tamang culture firsthand.

DAY 6 Day 06 Thuman to Briddim (approx. 5 hours)

Meals: lunch

Today's trek starts with a gentle stroll along a flatter section of the trail before descending to Timure. As we follow the old trade route to Tibet, we're reminded of the close proximity to the border, just a three-hour walk away. However, due to current restrictions, crossing the border isn't possible, and the area is heavily patrolled by police. After a satisfying lunch, our journey continues to Briddim, another charming Tamang village. Here, you'll have the unique opportunity to stay in a local home, immersing yourself in the authentic culture of the community. Accommodation and meals are provided in rotation among the villagers, ensuring that the entire community benefits from your visit. It's a special way to support the local economy and experience genuine hospitality.

DAY 7 **Day 07 Briddim trek to Syabrubesi (approx. 3 hours)**

Meals: lunch

Today’s trek is a leisurely three-hour stroll back down to Syabrubesi. After arriving, enjoy a satisfying lunch and then take the afternoon to unwind or explore the town. Syabrubesi may be small, but it’s full of charm and local craftsmanship. You’ll find shops offering colorful aprons, shawls, and other handicrafts made by talented women in the local style. Take your time to browse and perhaps find a unique souvenir to take home as a memento of your Tamang Heritage Trail adventure.

DAY 8 **Day 08 Return to Kathmandu**

We’ll journey back to Kathmandu today, soaking in the majestic mountain scenery along the way. As we wind through the picturesque landscapes, take time to marvel at the beauty of the Himalayas one last time before returning to the vibrant city life of Kathmandu. It’s a chance to reflect on the unforgettable memories made during our trek and appreciate the awe-inspiring natural wonders that Nepal has to offer.

DAY 9 **Day 09 Departure to your country**

As your journey comes to an end, we’ll accompany you to Kathmandu airport for your departure back to your country. It’s time to bid farewell, but our memories of the adventures shared in Nepal will stay with us forever. Until we meet again, safe travels, and see you soon!

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
- + Accommodation during the trek

Food & Meals

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu

Guides & Porters

- + Government-licensed trekking guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + Guide and porter expenses including meals, salary, insurance, lodging, transportation, and necessary equipment

Permits & Government Fees

- + Langtang National Park entry fee
- + Trekkers’ Information Management System (TIMS) card fee
- + All government and local taxes

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (costs covered by the traveler’s insurance)