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Tamang Heritage Adventure Trek



A great trek starts with the ethnic Tamang people, experiencing its rich cultural heritage really enjoy you at the Tibetan settlements of rural landscapes in Langtang region of Nepal. The trek along the off the beaten track of the rural and rugged mountains and the high passes dotted with chortens, stupas and prayer flags flapping in the wind make every trekker marvel. People of this region still practice the meditation and shamanism; local plants are used as traditional medicine. The trekkers could see the ancient Tibetan monasteries, rhododendron and bamboo forests, majestic waterfalls, snow-capped Himalayas, and many sacred lakes.

Trip Itinerary:

Tamang Heritage Adventure Trek:

Day 1: Arrival in Kathmandu - 1,310m

You will be welcomed at the Airport. You will be then transferred to Hotel .After check in, Later in the evening we will organize a "Welcome Dinner" and a short briefing for the next days program. Included Meal:(Dinner)

Day 2: Kathmandu Sightseeing & Preparation for the Trek:

Today after breakfast we start a guided tour to several of the most historical and spiritual attractions in Kathmandu. The day will also be for finalizing official procedure and other necessary arrangements. You will be also briefed on the nature of the trek, equipments and team composition. Some of landmarks we visit include the World Heritage Sites of Kathmandu, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambhu Nath) and Buddhists shrine (Bouddha Nath). In the afternoon, there will be a pre-trip discussion where we can meet our trek leader and other team members.. (B)reakfast

Day 3: Drive to Syabrubesi (1,550m): 145 km/ 8-9 hrs

After morning breakfast we drive out along the north-western hills of Kathmandu. Enjoy the Himalayan views and mountainous lifestyle through the terraced fields and rustic villages. Take Lunch at the Trishuli Bazar before continuing further to Dhunche. From Dhunche, we descend down to Syabrubesi. (B,L,D)

Day 4: Trek Syabru Besi - Gatlang (2,200m): 5 hours

The trek starts From Syabru, hike across the Goljung Village. Enjoy the views of the Ganesh Himal, Shishapangma, Langtang Lirung among others. Gatlang is a small village on the hillside with the traditional stone houses. Overnight at Gatlang. (B,L,D)

Day 5: Trek Gatlang – Tatopani (2607m): 6-7 hrs

We begin today's trek with a descent to Thangbuchet. Enjoy the magnificent views of the Ganesh Himal and Langtang Ranges. Passing by the Chilime Hydropower dam, we ascend the trail until we reach Tatopani. Tatopani literally means 'hot water' in Nepali owing to the natural hot springs there. Take a dip into the natural hot water to relax your tired muscles. (B,L,D)

Day 6: Trek Tatopani-Thuman (2,400m) via Brimdang and Nagthali: 6 hrs

Today we trek from Tatopani to Thuman via Brimdang and Nagthali. Passing through the dense alpine forest, we reach the small Tamang settlement of Brimdang. Then a few hours walk uphill, we arrive at Nagthali hill. Enjoy the mesmerizing views of Langtang, Sanjen, Kerung, Ganesh Himal ranges. Trek downhill to the Tamang village of Thuman. (B,L,D)

Day 7: Thuman – Briddim (2,345m): 6 hrs

Today, we trek to Briddim from Thuman via Lingling. Briddim is a Tibetan Buddhist village on lap of Langtang Himal. Visit the Dukchu Gomba monastery. Most of the houses in Briddim are stone houses. Inhabited by mostly the people of Tibetan origin, Briddim resembles a typical Tibetan village on this side of Tibet. (B,L,D)

Day 8: Briddim – Lamahotel (2470m): 6 hrs

Today, we trek from Briddim to Lama Hotel. The trail descends to the Ghopche Khola. Then we ascend to Lamahotel via Rimche. Lama Hotel is on the banks of Langtang River and surrounded by lush forests and mountains. (B,L,D)

Day 9: Trek to Mundu via Langtang village (3,543m): 6/7 hr

After taking morning breakfast, Our trail continues along dense forests. After making a steady climb up through the valley, we leave the tree line behind us. Enjoy the marvelous views of Langtang Lirung. Pass by water mills, prayer wheels, chortens, with sacred mounds of rocks with inscriptions carved on them we visit the Langtang village which was completely destroyed by the earthquake in 2015 and walk a hour more to Mundu village. (B,L,D)

Day 10: Trek to Kyanjin Gompa (3,870m): 3-1/2 hr

After taking morning tea and breakfast, we get out of the village and pass on through yak pastures. Also pass the largest mani wall in Nepal, made from stone with prayers written on them. The prayers written on the mani wall is supposed to be blown away by the wind. Cross several of the wooden bridges. Kanjin Gompa is surrounded by the Himalayas all around. You can take a walk around Kanjin Gompa enjoying the views, glaciers, icefalls, birds and yaks. (B,L,D)

Day 11: Acclimatization day/Rest day/ Hiking the Tserogi Ri (4900m)view point

Today day hiking around the valley will be superb idea. Hike to the Tsro go Ri views point takes 8 hrs but seeing the amazing views. (B,L,D)

Day 12: Trek back to Lama Hotel (2,380m): 4/5 hrs

Today, we get back to Lama Hotel. Since, its mostly downhill, it is 4/ 5 hours walk from

Kanjin Gompa to Lama Hotel. The trail goes all the way downhill through forest following the river. Pass through the ethnic settlements of the Tamang people who follow religious and cultural practices similar to the Tibetans. (B,L,D)

Day 13: Trek back to Syabrubesi: 5 hrs

Today would be the last day of trekking. After breakfast, we trek down to Syabrubensi. Enjoy the easy trail mostly downhill through lush green vegetation. Arriving Syabrubesi, we take our lunch. (B,L,D)

Day 14: Transfer to KTM:

After morning breakfast, we drive back to Kathmandu. Arriving Kathmandu, transfer to your hotel. Spend the day leisurely or catch up on some last minute shopping or explore any sights you missed during your first day in Kathmandu. (B,L)

Day 15: Farewell Friend:

Transfer to the Airport, Say goodbye. If you have more time you can do some shopping or sightseeing. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Himalaya Nepal. (B)

B= Breakfast, L= Lunch, D=Dinner

Cost Details:

Namaste !

Please do us email for the best price offer. Thank you.

Cost Includes:

1. 3 night’s hotel in Kathmandu with bed & breakfast

2. Guided sightseeing in Kathmandu valley

3. Trekking Permit for Tamang-Heritage-Adventure Trek ,TIMS ,

4. Meal: All meal Breakfast, Lunch, dinner during the trek best available restaurant.

5. One experience trekking guide 1 porter for 2 trekker (each member 13KG)

6. Land transportations/ Pickup /drops

7. Langtang National park permit Fee

8. Life, Medical Insurance for Guide & Porter

09. All accommodation during the trek best available hotel/guesthouses

10. Our service charge

Cost Excludes:

1. International flights and Private expenses

2.Lunch and dinner in Kathmandu, Any alcoholic drinks, cold drinks, mineral water

3. Nepal entry Visa fees,

4. Clients insurances,

5. Clients Equipment for trekking

6. Tips for Guide and Porters

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