

## Overview

Tamang Heritage Trek is a recently opened in the popular Langtang route. The trekking route offers the culture, religion and everyday life of the Tamang community in the Langtang region. A trek of a full nine days - including a rest day - which combines accommodation in tents, homestay or lodge. For small groups we can organize a trek homeless tent. Tamang Heritage Trek is located north of Kathmandu. This is an interesting trek through villages and colonies Tamang, descendants of Tibet who rarely encounter tourists. Their culture has remained virtually intact.

In March and April the rhododendron forests attract many different species of birds and butterflies. Yet little tourist destination, the trek Tamang Heritage Trail is an illustration of traditional heritage and freedom, customs and way of life of indigenous peoples Tamang. This hike gives you the opportunity to discover the rough history of the Tibetan ancestors. Their descendants are now Buddhists and living on agriculture and trade. Their clothes are colorful and their houses are adorned with beautiful woodcarvings. The view of the snowy Himalayan mountains will be unforgettable.

## Itinerary Details

### **Day 01 : Arrival In Kathmandu - 1,300m/4,264 Ft**

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at best hotel in the Kathmandu.

### **Day 02 : Kathmandu Sightseeing & Preparation For The Trek:**

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. After this you will visit Living goddess home and Kathmandu Durbar square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Boudha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh

### Tamang Heritage Trek

Himal from top of Restaurant. After Lunch, we will visit Hindu temple Pasupatinath temple. This is about 5-6 hour tour for today and we are end of tour for today. Now we are driving back to hotel. Free day in afternoon for self preparation for trek or anything you need to do.

#### **Day 03 : Drive To Syabrubesi (1,550m/5,100ft): 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 descent down to Syabrubesi. (B, L, D)

#### **Day 04 : Trek Syabru Besi - Gatlang (2,200m/7,217ft.): 5 Hours**

We start after an early breakfast on this experience rich trek. After an hour and half of ascent from Syabrubesi we reach the view point 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 lunch which is an hour walking down hill from the view point. Gatlang the beautiful Tamang village is another 3 hrs walk from Goljang. Upon arrival the guests will be welcomed by Khada (white scarfs) and home made local drink (Rakshi) accompanied by the welcome song in local language. Overnight at the community lodge. The trek starts from today. 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 05 : Trek Gatlang – Tatopani (2607m/8550 Ft): 6-7 Hrs**

This would be the longest day of the entire trip and will take about 7 hours. The walk begins by descending to Thangbuket (near Chilime village) by the Bhotekoshi River. Stop for the lunch here. The Chilime Hydropower dam is situated here. After lunch the trail will be ascending up crossing a suspension bridge. Ascent continues until you get to Tatopani which literally means 'hot water', you can cleanse 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 local Tea Lodge. (B,L,D)

#### **Day 06 : Trek Tatopani-Thuman (2,400m/7,874 Ft) 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 07 : Thuman – Briddim (2,345m/7,693 Ft): 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 08 : Briddim – Lamahotel (2470m): 6 Hrs**

After Leaving our 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.

**Day 09 : Trek To Langtang Village (3,430m/11,253ft): 6/7 Hr**

The day starts with a gentle climb, but it soon becomes steeper, climbing through a forest of hemlocks, oaks, maples and rhododendron. Beautiful views of Langtang Lirung (7246m) can be seen from the trail. After little more than an hour we pass two lodges in the forest at Gumanchok (2800m), from where we climb to a Nepal army post and a national park checkpoint at Ghora Tabela (2970m). The trail ascends gradually, as the valley becomes wider. We will pass a few teashops at Thangshyap at 3140 meter, where we will have our lunch. The route is now in open country, and passes many mani stones, water-driven prayer wheels and a few scattered Tamang villages before arriving in Langtang. This is a small village consisting of guesthouses and yak farms. The surrounding fields containing buckwheat, potatoes, wheat, turnips and barley have typical stone fencing walls

**Day 10 : Trek To Kyanjin Gompa (3,870m/12,697ft): 3-1/2 Hrs**

Walking through the village of Langtang we will pass many stone mani walls, covered with Tibetan inscriptions to please the gods. It then climbs up gradually past the small villages of Mumdu and Sindum. The trail continues through yak pastures. After crossing the Langtang Khola to its south bank we climb up through a landscape scattered with large boulders to a moraine where we will have the first views of Kyanjin Gompa ahead of us, and the dramatic icefall flowing from Langtang Lirung and Langtang Kinshung (6781m) north of us. Our route weaves through the large boulders to a gompa and from here it's a short descent to Kyanjin Gompa. It is easy to reach our destination before lunch, allowing time to acclimatize and explore the surroundings. One of the options is a hike to one of the good viewpoints. To the north of Kyanjin Gompa is the Kyanjin Ri (4773m), which is a two-hour climb. From here we have a great view over the mountain range in the west, including Langshisha Ri (6370m), Gang Chhenpo (6388m) and Dorje Lakpa (6966m) (3 hrs, to the viewpoint and back is about another 3 hrs).

### **Day 11 : Trek To Kyanjin Gompa**

Early morning we visit to Tserko Ri (5000m/16,404ft) for mountain sunrise views. After breakfast we stay in Kyajin Gompa to explore a bit more of the Langtang valley. Our trail descends a little to the old abandoned VTOL airstrip, and then follows the river upstream to some herders' huts at Jatang (3840m). We will continue to climb slowly up the valley until we are surrounded by the mountain amphitheatre with Langshisha Ri, Langshisha Kharka and Dorje Lakpa towering high above us. We will descent back to Kyajin Gompa after our lunch. Overnight stay at Lodge ( B,L,D)

### **Day 12 : Trek Back To Lama Hotel (2,380m/7,830ft): 4/5 Hrs**

Today we follow our route back to Lama Hotel, the trail goes with a few short exceptions most of its way downwards, descending around 1400 meter back to Lama Hotel (5/6 hrs).

### **Day 13 : Trek Back To Syabrubesi: 5 Hrs**

For variation we will follow the so called 'high'-route back to Syarubesi. This trail splits of the route we took upwards shortly after leaving Lama Hotel. The route goes to the small village of Syarpagaon, and continues onto Bhanjyanggaon and Khangjung before descending back to Syabrubesi. This was the primary route to Langtang before the new trail (which we followed on our way up) was build.

### **Day 14 : Transfer To KTM:**

After breakfast we drive back to Kathmandu. Arriving Kathmandu, transfer to your hotel. In the evening, celebration dinner together. (B, L, D)

### **Day 15 : Depature To Home**

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.