



Himalayan Glory Travels and Tours

"Holiday Planner in Himalayas"

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Tamang Heritage Trek

Trip Overview

Witnessing the best of Tamang culture who fled to isolated Himalayan territory in Nepal centuries ago

Tamang heritage trekking trail that stretches on the remote mountains of Rasuwa district north of the Nepalese capital also lies in very close proximity to Tibet. The trek basically cross passes ethnic settlements of Tibetan Tamangs, who migrated to this part of Himalayas several centuries ago. The culture of the Tamangs living here is as old as the Tibet itself; clearly manifesting the nomadic form of Tibetan culture. The prime highlights of the trek are authentic Tamang Villages like Gatlang, Nagthali, Thuman & Briddim. Tamang Heritage Trekking along this off the beaten trail is a new experience for the trekkers craving to see the beauty of this mountain landscapes as well as the culture of local people living in the region. You trek through Tamang villages, which cater life, culture and crafts of Tibetan Tamangs which have remained in time frozen state from the beginning of the settlement. The trekkers will receive hearty felicitation by the locals rich in their distinct costumes, architecture of their mountain houses and ancient monasteries. It offers you wilderness experience through beautiful landscapes of alpine terrain, flat meadows and rhododendron forests.

Tamang Heritage Trail is one of the most amazing trekking paths in Nepal. It offers new heights in cultural excitement presenting the blend of impressive Himalayan views, historical and cultural heritages and glimpses of Tamangs and Tibetan culture and society. The trail starts either from Dhunche or Syabrubesi and passes through Goljung, Gatlang, Thuman, Timure, Briddim, syabru village and Langtang valley which are traditional Tamang villages culminating cultural features. You can visit to beautiful local Tamang monastery etc.

Trip Highlights

Day 1: Day 1: Arrival to Kathmandu airport and transfer to hotel

Day 2: Day 2: Full day valley sightseeing tour and necessary preparation for the trek

Day 3: Day 3: Drive to Syabru Beshi (1462m) and overnight at hotel

Day 4: Day 4: Syabru Beshi to Gatlang 2238m - 6:00 hrs

Day 5: Day 5: Gatlang to Tatooani 2380m - 6 hrs

Day 6: Day 6: Tatopani - Nagthali 3165m Thuman 2238 6 hrs

Day 7: Day 7: Thuman - Briddim 2239m 6 hrs

Day 8: Day 8: Syabru Beshi 5 hours

Day 9: Day 9: Trek to Syabru village (2200m)

Day 10: Day 10: Drive back to Kathmandu

Day 11: Day 11: Kathmandu free day

Day 12: Day 12: Transfer to airport for your departure flight

Cost Include

- All Ground Transport
- English speaking guide and support porter.
- Hotel tourist standard in kathmandu with B/B plan.
- All necessary langtang trekking permit and full board meal during the trekking.
- Insurance and equipment for trekking guide and porter.

Cost Exclude

- Nepal visa and Exit flight form Kathmandu.
- Drinks and bar bills during langtang trek.
- Meal as per itinerary.
- Personal clothing and equipment for langtang trekking.
- Tips for guide and porter.
- Travel insurance extra expense.

Route Map

Joint Group Cost:

US\$1100