

# Tamang Heritage Trail Trek - 8 Days

DURATION: 8 DAYS

## Trip Facts

- Duration : 8 Days
- Trip Difficulty : Moderate
- Group size : 1-20 Pax
- Accommodation : Hotel/Lodge/Tea House/Home Stay
- Meals included : Breakfast, Lunch & Dinner
- Transportation : Bus/Car/Taxi
- Trip starting point : Syabrubesi
- Trip Ending point : Syabrubesi



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Best season : March, April and May & September, October and November

## Trip Overview

Embark on a trip where you explore the ancient culture and incredible landscapes interweave in the **8-day Tamang Heritage Trail Trek**. It is a new trekking destination in the Langtang region. This trip offers a unique immersion in the rich culture and lifestyle of the Tamang and Tibetan peoples, also one of the dominant tribal groups in this area. This trek also revealed glorious Himalaya's vistas, nature, and rural valley, located at close to the Tibet border with its hidden valley gem trails and homestay experiences. The Tamang Heritage Trek offers a genuine and exciting journey.

## A Journey in the Tamang Heritage Trail Trekking Route:

It is situated in the Langtang National Park region of Nepal in northern, around 124km from Kathmandu. Where we must drive by Bus or Jeep services are accessible from Kathmandu to Syabrubesi, which is the main trekking starting point for the Langtang Valley & Tamang Heritage.

The **Tamang Heritage Trek – 8 Days Itinerary** covers the surroundings that pass through the typical villages such as Gatlang, Chilime, Gongang, Tatopani, Nagthali, Thuman, Bridim, and Syabrubesi. During this trek, you can see the magical villages inhabited by the Tamang and Tibetan peoples of Nepal's ethnic Groups.

## Natural Hot Spring at the Tatopani vaillage and Syabrubesi:

One of the most traveler attractions of the trek is the addition of the natural hot springs. During the trekking, you will get the hot springs in the Tatopani village and Syabrubesi, where can take a bath in the natural hot spring and get released from muscle fatigue and skin disease.

## Discover the Tamang Villages:

Along the trekking in the Langtang region of Nepal, trekkers can experience the variety to the fullest. During these trekking trails, trekkers are visited by the natural and cultural variety. There are various Tamang villages along the trek route. The most observable villages are **Gatlang, Tatopani, Thuman, and Bridim**. These all villages have Tamang people. While rambling and staying overnight at Guest Houses or Homestays, make sure to see about the cultures and traditions, during the spring and autumn seasons are best, the springtime, when can celebrate the New Year's festival of these regions' people with the birthday of Lord Buddha. However, the Tamang society follows the Buddhism.

## Awesome views and cultural fascination:

This trek offers scenes of Miracle Mountains such as the **Ganesh Himal, Manaslu Range, Tibet Peak, Langtang II, Langtang Lirung**, and various others. During the trekking; trekkers can enjoy nature, ancient monasteries, culture, traditions, and a warm welcome.

## Why Tamang Heritage Trail With Himalayan Local Guide team:

Himalayan Local Guide Pvt. Ltd has been providing a perfect welcome and best services during the Nepal visit for nearly a decade. However, the trekking agency is entirely ready to provide a vibrant trekking holiday and the value for every currency spent on the trip to Nepal. Our company has the notion of organizing the trekking to the goal with the local teams. The main motto of the organization is to provide genuine and updated information to trekkers/travelers. Therefore, to experience reliable information and travel, hassle-free, book your heritage trail trek with us. If you are looking for; high-adventure trekking in the Langtang region, we offer the [Langtang Gosaikunda Helambu](#), [Langtang Trek](#), and [Langtang Gosaikunda](#).

### Trip Itinerary

**Day 01: Arrival in Kathmandu (1350meters/4,429feet).**

🕒 20 Minute   🍳 Breakfast   🏠 Hotel   🚗 Car/Van   🏔️ 1350 m

Our company staff will come to pick up you at Tribhuvan international airport, our guide will be stand up your name on with paper it will be easy to know each other, at the airport terminal gate. He will take you at your hotel by car or van depends on the group size.

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## Day 02: Drive from Kathmandu to Syabrubesi (1462meters / 4796 feet).

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🕒 7/8 Hours   🍳 Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚌 Bus   🏔️ 1462 m

After an early morning breakfast, we will start our scenic drive from Kathmandu to Syabrubesi by local bus sharing with other peoples. It takes around 7/8 hours; reach to Syabrubesi after then we will stay overnight at Lodge.

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## Day 03: Syabrubesi – Gatlang Village (2238meters/7,342feet)

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🕒 6/7 Hours   🍳 Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 2238 m

An early morning breakfast, we will start our trek on steep trails ascents; we will reach to Bhanjyang which will takes around 3 hours. On the way we will stop for Tea break, from the Bhanjyang we will be able to see the delightful panoramic views, of Ganesh Himal, Gosaikunda and Goljung valley. Then after we will walk on the road side and trek continue to Gatlang Village, is beautiful Settlement inhabited mainly by peoples of Tamang ethnic. While we reach to Gatlang village, we can go to explore the Parbati Kunda and Gatlang village which offers rich biodiversity for nature lovers, then we will back to hotel, we will stay overnight at Lodge.

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## Day 04: Gatlang Village – Tatopani Village (2607meters/8,553feet)

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🕒 6/7 Hours   🍳 Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 2607 m

Today will be more fantastic day, first part we descending passing the through the delightful of Buddhist Chorten and Mani walls, pine and

rhododendron forests reach to Chilime Hydro power, which will takes 2 hours. Then after we cross the Suspension bridge and we will climb up passes the beautiful village of Gongang, we can have lunch break at there, after we enjoy the lunch break we trek continue uphill to tatopani Village has natural hot spring we can have take bath and enjoy, then we back to Hotel, we will stay overnight at Lodge.

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### Day 05: Tatopani Village – Thuman Village (2338meters/7,670feet)

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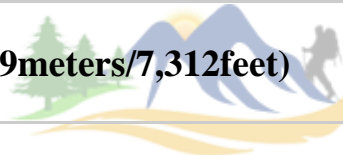
🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 2338 m

An early morning breakfast, we will start our trek continue through the pine and rhododendrons forests, the first trail goes to ascending to reaching the Nagthali Voiw point, from there we chance to see the Panoramic view Ganesh Himal, paldor Peak, Tibet Peak, Langtang II, Langtang Lirung and many more peaks. We will have lunch break there, after we will start our journey to Thuman Village, we have to walk on the dense forests and descending to reach the Thuman Village has ancient Buddhist monastery and stupa, Mani walls, we can explore and taking Great picture then we back to hotel, we will stay overnight at Lodge.

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### Day 06: Thuman – Bridim Village (2229meters/7,312feet)

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House/Home stay   🚶 Walking   🏔️ 2229 m

Today our destination to Bridim village, first part we will descending and we will cross the Bhote Koshi River to reach the lingling village then, we will trek continue ascending to pine and rhododendron forest again we cross the small river and reach to Bridim village has ancient Buddhist monastery we will explore the Monastery and typical village of Bridim.

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### Day 07: Bridim Village – Syabrubesi 1462meters/4,796 feet)

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🕒 3/4 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 1462 m

An early morning breakfast, we will start our trek continue to passes the dense forests reaching to Old Syabrubesi, we will walk on the narrow path, and reaching Old Syabrubesi, we will cross the Bhote Koshi rive then, we will reach to Syabrubesi has natural Hot spring we can go take a bath on there,

evening time, then we will back to Hotel, we will stay overnight at Lodge.

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## Day 08: Drive Back to Kathmandu

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Today is our last day journey, after having breakfast, we will catch the local bus or jeep to Kathmandu, it takes around 7/8 hours to reach the final destination overnight at Thamel Kathmandu.

## Cost Includes

- **Airport Pick up and drop off** by private car/van / Jeep / Hiace: depending on the Group Size.
- Transportation: service from Kathmandu – Syabrubesi – Kathmandu by local Bus.
- All Meals on a **Full Board basis B+L+D** (Italian, Chinese, Indian, Nepali, and much European delicious food, Choose by menu.
- All necessary: Entry fees: (**Langtang National Park permit**) and **Tims Card (Trekking Information Management System)**.
- HLG, Professional Honest, strong, and Government trained English-speaking Guide. His salary is three times the meals, Insurance, equipment, etc.
- **(2 Clients for 1 Porter)** during the Tamang Heritage trek.
- Trekking Lodges (**Tea House/Guest House or Home Stay**) During the Trek.
- Assistant Guide. For group 5 or above.
- Approval of Certificate. After the successful trekking.
- Supplementary: energy bar, crackers, Cookies, Halls, etc.
- Seasonal: fruits likes; Apple, Oranges, pomegranates, Blackberry, etc.
- **First Aid kit box**. The guide will Carry during the trek.

## Cost Excludes

- Personal; travel expenses such as laundry, telephone, WIFI, Hot Shower, Shopping, etc.
- Your International airfare.
- Nepal visa fee.
- Hotel in Kathmandu with Lunch and Dinner.
- Tea and Coffee.
- Trekking Equipments.
- Travel insurance is just in case.

- **Tips** for Guide and porters.

## Trip Map



## Tamang Heritage Trail Trekking Route Map



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