

## Overview

### **Tamang Heritage Trail! A new experience for enthusiast Nepal travelers!**

The 'Tamang Heritage Trail Trek' one of the nearest trekking destination from Kathmandu which is developed by the "Tourism for Rural Poverty Alleviation Program, the "Tamang Heritage Trail" is newly developed and an off the beaten track experience, which highlights an ancient lifestyle combining it with picturesque scenery and healing baths in natural hot springs. This is an excellent introduction to the trekkers. This area is connected to Tibet and the trails in this region were used by traders from Tibet bartering in salt and for meat chyangra (mountain goat) with foodstuffs from the south. The people of this region are mostly Tibetans who came from Kerung in Tibet across the border and settled in Nepal. In earlier days, the citizenship of Nepal would not be offered to real Tibetans, so they changed their ethnicity to Tamang, which is what they still write till date. The culture and traditions of these people are similar to Tibet just across the border. During Tamang Heritage Trail trek along unbeaten trails and offering a total wilderness experience you will explore traditional Tamang villages, unspoiled and virtually untouched culture, life, crafts and nature. You will receive a warm welcome by the locals rich in their distinct colorful costumes, their houses adorned with beautiful woodcarvings. This region offers a wilderness experience with beautiful landscapes of alpine terrain, flat meadows and rhododendron forests. There are still bears, leopards, red panda and musk deer. During the months of March and April the Rhododendron forests are in full bloom and have many different species of trees, birds and butterflies.

This trek is thrilling and newly discovered trekking route located between Langtang and the Ganesh Himal. The area is culturally rich and traditionally fascinating close to Tibetan border, the local Tamang people are some of the warmest, sincere and most welcoming people in Nepal. Within easy access of Kathmandu valley we ascend the road north towards the Tibetan borderlands and enjoy a relatively gentle circuit trek through charming villages, terraced fields, and peaceful valleys where only the most discerning trekkers go. En route, we enjoy panoramic mountain views of the nearby peaks and soak in the natural hot springs at Tatopani. Continuing north towards Tibet we soak up the heritage and appreciate a local fort, monastery and exquisite local architecture of the Tamang homes. As we near the end of the trek we enjoy a home stay experience in Briddim and have a full day to relax and discover more about the local traditions of this wonderful region. We have been organizing Tamang Heritage Trek after the Nepal earthquake. Now this trekking area is in tack. This trek can be combined with Classic Langtang Valley Trek, Langtang Helambu Trek, Langtang Gosaikunda Trek, Langtang Ganjala Pass Trek and Ganesh Himal Trek

## Outline Itinerary

**Day 01 : Kathmandu - Syabrubesi Syabru Bensi (1450m) approx. 7 hours drive**

**Day 02 : Syabrubesi - Gatlang (2238m). Walk approx. 5 hrs**

**Day 03 : Gatlang – Tatopani (2607m); Walk approx. 5-6 hrs**

**Day 04 : Tatopani – Nagthali (3165m) – Thuman (2338m). Walk approx. 7 hrs**

**Day 05 : Thuman – Bridim (2229m).**

**Day 06 : Bridim – Syabrubesi (1450m)**

**Day 07 : Drive Back Kathmandu/1300m**

### **Cost Includes**

- One licensed English speaking local friendly trekking guide.
- An assistant Sherpa guide if group size is more than six peoples.
- Porters to carry your main pack during the trekking
- Meals: 6 Breakfasts, 7 Lunches, and 6 Dinners during the trek.
- Kathmandu – Syabrubesi – Kathmandu by 4WD local jeep.
- Food, accommodation, salary and insurance of your guide and porters.
- Sharing mountain lodge accommodation on double occupancy.
- Group medical kit, water purifier and other necessities.
- All required trekking permits for Tamang Heritage Trek.
- Government tax, vat and company service charge.

### **Cost Excludes**

- Transportation, accommodation and meals in Kathmandu
- Sightseeing and heritage site admission fees in Kathmandu
- Bar and beverages bills during the trip
- Hot shower and hot water, laundry, toiletries.
- Personal travel insurance and equipments.
- International air ticket, Nepal visa and phone calls
- Rescue operation charge in case of emergency.
- Gratitude and tips for your guide, porter.