

Overview

Life is short and the world is wide, lying north of the Kathmandu Valley, the **Tamang Heritage Trek** provides you with the opportunity to truly immerse yourself in the local culture of one of Nepal's few authentic hill tribes high on the border with Tibet. It is a unique trek, one that allows an intimate experience of a very different way of life. Stay in traditional Tamang villages set within some of the most beautiful scenery in the country—trek through terraced green farmland, wind up into thick forests and marvel at the peaks of the **Langtang Himalayas**. Stay in local homes and lodges where all accommodation, lodging and food are offered at local houses on a rotational basis allowing the whole community to benefit and not just one or two enterprising families

The **Tamang people** are a hardy race, originally horse traders who came from Tibet several hundred years ago. They settled in the hilly parts of Nepal within close proximity of the Kathmandu Valley which acted as a good market for them at the time. They have retained their own distinct identity with strong Tibetan roots as well as their own language. Historically they have been one of the most marginalized ethnic groups in Nepal. Unfortunately they were among some of the worst-affected groups of people during the 2015 earthquake as their homes tended to be in vulnerable areas which were cut off from help. **Tamang Heritage Trek** is not only provides people with a more remote and unique experience very different from the more familiar major **trekking regions** of Nepal, but also helps bring a vital source of income to the Tamang people. The **Tamang Heritage trek** is a moderate seven-day trek which is likely to appeal to people wanting something a bit different away from the crowds.

Moreover, please do not forget to check our more interesting and adventurous trekking packages like [Langtang Valley Trek](#), [Khopra Trek](#), [Short Annapurna Base Camp Trek](#) and more.

Itinerary Details

Day 01 : Welcome at airport and transfer to the Hotel.

One of our team will greet you at the airport for the transfer to your Hotel where there is time to relax. Your guide will meet everyone in the hotel reception for a welcome meeting at a convenient time depending on arrival times. For those that wish, there is the chance to go out together as a group for dinner afterwards something we like to do with new guests. There are no other activities planned for today. Depending on your arrival schedule you will have time to get around the bustling bazaar; the hotels we use are normally situated in the lively Thamel area. There is a feast of outdoor gear, souvenir shops, great bookshops and a huge variety of restaurants, it's a great place to wander through and get your bearings.

Day 02 : Free day for final trekking preparation and sightseeing

Free day for final trekking preparation and enjoy in cultural diversity Kathmandu valley.

Day 03 : Kathmandu to Syabrubensi by bus (1530m, 7 hrs)

We leave Kathmandu early for the drive to the entrance of the Langtang Valley. While the Tamang Heritage Trail is not that far from Kathmandu as the crow flies, its remote location means a longish journey. The road is hilly and winding as we drive higher through spectacular scenery. There are some superb panoramic views of the Annapurnas, Ganesh Himal, Manaslu along with the peaks of the Langtang region on the way. The road then plunges steeply down to the Trisuli River Valley which it follows for most of the day's drive. We take lunch at Trisuli before taking a mountain road with many switchbacks up to the District Headquarters of Dhunche and then on down for a while to our overnight stop in the charming village of Syabrubensi.

Day 04 : Syabrubesi to Gatlang (2238m, 5/6 hrs.)

Syabrubensi is the common starting point for both the Langtang Valley trek as well the trek to The Sacred Lakes of Gosainkunda. We take a different trail for around an hour and a half through mustard and buckwheat fields then up stone steps to a wonderful view point where there is a fantastic view of Ganesh Himal, the Gosainkunda range and the Goljang Valley. From here we head down into the Goljang Valley for lunch. In the afternoon, trek for around three hours on a level trail to reach Gatlang, a beautiful Tamang village where houses have wooden shutters with carved, colorful Tibetan decorations.

Day 05 : Gatlang to Tatopani (2607m, 6/7 hrs)

Today's walk is a long one; it begins by descending to Thangbuket situated on the banks of a lovely river. The valley narrows as we follow a path paved with stone steps, skirting Chilime village (1762m) the trail leads into the Chilime Valley. There are many chortens and Mani walls (walls of stone with carved and painted mantras) today. Ahead, far above the clouds, the lofty Langtang peak, over 7000 meters high comes into view. After lunch we head up again crossing the Chilime River on a suspension bridge before starting a long and pretty exhausting hike towards Tatopani village. On the way we take lunch at Cherka hamlet (2038m) and then climb steeply to Gonggang village (2227m). It's a beautiful day through a traditional rural landscape, dotted with authentic households and plots of agricultural land. From Gonggang it is up all the way to Tatopani village (2607m). The town's name literally means 'hot water' in Nepali. It may be possible to enjoy the natural hot springs which unfortunately were affected by the 2015 earthquake, if so a bath in the water that comes straight out of the ground, will certainly ease away any aches and pains from the days trek.

Day 06 : Tatopani to Thuman (2338m, 5/6 hrs)

Today we set off on a trail that ascends to Nagthali Danda (3,300 m) on the way there is an impressive subtropical forest with climbing plants rich in wildlife to negotiate. A stop is

Tamang Heritage Trek

made at the delightful Brimdang village for lunch en route, and then continues up to Nagthali Danda, the highest point of the trek (3,300 m). Nagthali Danda is a high, open piece of grassland with a gumpa and some amazing views of the Himalayas. On arrival there is often a chance for a Masala Chiya (tea), prepared by the Gumpa's caretaker before the trek down to Thuman along a paved route with stone steps. The village with its traditional houses and decorated wooden balconies makes it a lovely place to rest up for the night. With lots of smiling children and friendly people who are proud of their singing and dancing. You might even be invited to join in!

Day 07 : Thuman to Briddhim (2229m, 5 hrs)

Today commences with a walk along a flatter section of the trail that follows part of the old trade route to Tibet, just three hours' trek away. We follow a trail that leads down to the Bhote Koshi River Valley next to a suspension bridge, then a climb up to Lingling village (1737m) for lunch. Leaving the village on another trail of stone steps we move up to a pass surrounded by prayer flags for another array of sensational mountain views. From the pass there is a steep descent into a valley full of waterfalls then a hike up to Briddhim village (2229m). We are greeted by water mills spinning prayer wheels clockwise and women making woolen bags on looms. It's a perfect overnight stop.

Day 08 : Briddhim to Syabrubensi (1460m, 4 hrs)

Today is an easy three-hour walk or so back down to Syabrubesi, look out for the monkeys in the trees and if we are lucky a spotted deer. We take lunch in Syabrubensi with the afternoon free to relax and explore. Syabrubesi is a small town with shops selling local handicrafts made by the local women, check out the colourful aprons and shawls made in the local style.

Day 09 : Syabrubesi to Kathmandu by drive (7 hrs)

Today it is goodbye to the mountains for the drive back to Kathmandu and transfer to the hotel. In the evening we often arrange a farewell meal depending on group requirements.

Day 10 : Departure

Farewell and drop-off at the airport, or the opportunity to join another of our programs.