

# Tamang Heritage trail Trek

## 3 Star Hotel Package

**1470**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**1670**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** Cultural Tour+Trekking



**Trip Difficulty:** Moderate +2

## Tamang Heritage Trail Trek: A Journey Through Rich Culture and Himalayan Landscapes

The [Tamang Heritage Trail](#) is a trekking route in Nepal that takes you through the cultural and natural landscapes of the **Tamang** people, an ethnic group indigenous to the Himalayan region. The trail is situated in the Langtang region, near the Langtang National Park, to the north of Kathmandu.

The trek allows you to experience the rich Tamang culture and heritage. You'll have the opportunity to visit traditional Tamang villages, interact with the locals, and witness their unique customs and rituals. The trail offers stunning views of the Langtang Range, Ganesh Himal, and other nearby peaks. You'll trek through rhododendron forests, terraced fields, and picturesque landscapes.

Some of the villages along the **Tamang Heritage Trail** include Gatlang, Tatopani, Thuman, Briddim, and others. Each village has its own charm and cultural significance. Our well-designed 14-night and 15-day Tamang Heritage Trail trek is combined with a visit to the Langtang Valley, providing trekkers with a more comprehensive Himalayan experience. Our all-inclusive trek package for the Tamang Heritage trek includes comfortable Jeep transportation both ways, the best accommodations in both the city and during the trek, hygienic meals, and a Sherpa guide.

### **The Pinnacle: Kyanjin Ri**

During your **Tamang Heritage trek**, a standout experience is the climb up Kyanjin Ri, located near Kyanjin Gumpa. Despite a significant altitude gain, reaching the peak is a remarkable highlight. The panoramic views include Langtang Lirung, Yala Peak, and Dorje Lakpa. It's crucial to acclimatize in Kyanjin Gumpa to reduce altitude-related risks, ensuring a safer trek. This vantage point adds an unforgettable dimension to your Himalayan journey.

### **Advantages of Booking the Tamang Heritage Trek with Mountain Sherpa Trekking:**

1. **25+ Years of Expertise:** Benefit from Mountain Sherpa Trekking's 25+ years of trekking adventure organization, ensuring a wealth of experience.
2. **Sherpa Family Operation:** Experience authenticity with a Sherpa family-owned and operated company, providing a deep understanding of local culture and terrain.
3. **Reliable Sherpa Guide:** Trek confidently with a reliable and friendly Sherpa guide, offering local knowledge for a safe and enriching journey.
4. **Experienced Transportation:** Enjoy comfortable transport with skilled drivers before and after the trek, ensuring safety and a pleasant journey.
5. **Top-notch Accommodation:** Rest in comfort with the best hotel and lodge accommodations, offering a blend of relaxation and local hospitality.
6. **Hygienic Meals and Drinks:** Indulge in a culinary experience with hygienic, well-prepared meals,

including hot drinks to sustain energy during the trek.

7. **Flexible Itinerary:** Trek with flexibility through a well-designed and flexible itinerary, accommodating adjustments based on the group's pace and preferences.

DURATION: 15 days

## ITINERARY

### Day 01:: Arrival in Kathmandu (1,300m/4,264ft) transfer to hotel

**Namaste!** Welcome to Kathmandu, the heritage city and capital of Nepal! To ensure your arrival is stress-free, your private tour guide will meet at the Tribhuvan International Airport (TIA) in Kathmandu and transfer to your downtown hotel in a private comfortable vehicle. Your luggage and hotel check-in will be taken care of.

The rest of the day is your own to relax. If you want to explore nearby areas, feel free to get some practical suggestions from your tour guide. In the evening, there will be a welcome dinner hosted by **Mountain Sherpa Trekking & expeditions**. For dinner, you will be served excellent authentic Nepalese cuisine, which will introduce you to the Nepalese food culture.

### Day 02:: Half day city sightseeing Kathmandu & Trek Preparation

After breakfast, your guide will pick you up from the hotel lobby at appointed time to start the city sightseeing; we start our tour by exploring the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Bouddhanath), which is one of the largest stupas in the world. It is surrounded by shops and markets all over. It is a very peaceful and spiritual place. It has a big, beautiful white dome. People can see Buddha eyes from all the angles. Bouddhnath is an amazing place to visit. There you will see many people on pilgrimage in their unique ways. After Lunch, there will be a pre-trip discussion where we can meet our trek leader and other team members. **Mountain Sherpa Trekking & expeditions** briefs us regarding our trek as well as provides us an opportunity to ask any questions we may have regarding our upcoming adventure. Overnight in Kathmandu.

### Day 03:: Drive from Kathmandu to Syabrubesi (1,550m/5,100ft)

**We highly recommend opting for a 4-wheel drive Jeep instead of the local/tourist bus when embarking on the Langtang Trek. Our company provides experienced drivers and well-maintained 4W Jeeps that offer a comfortable, safe, and less daunting journey.**

The journey begins with an early breakfast and a picturesque drive from Kathmandu towards Syabru Besi, situated in the northern region. The road, although at times roughshod, is a beautiful sight to behold, and the landscape changes with the season. On our way, we pass through Trisuli Bazaar, where the Indian Technical Mission completed the dam and hydroelectric project.

As we drive on, the scenery of the Trishuli River, the Ganesh Himal, and the rolling green hills is a feast for the eyes. We pass through Dhunche, and the road takes us towards the deep, unexplored regions, which fills us with a sense of adventure.

Finally, we arrive at Syabrubesi, where we make our first camp and make final preparations for our trek. The town's teahouse lodge is where we will spend the night and recharge our energies for the journey ahead.

Choosing a 4-wheel drive Jeep instead of the local/tourist bus not only provides a more comfortable and safer journey, but it also allows us to enjoy the stunning beauty of the surrounding landscape. So, buckle up, and get ready for an adventure of a lifetime!

### Day 04:: Trek from Syabrubesi to Gatlang (2,200m/7,217ft.): 5 hours

After healthy breakfast at our lodge, our trek starts from today. Hope you had a good night's sleep, because today is going to start with a long climb. For around 2 hours you'll be ascending up a slew of switchbacks that mark the beginning of our foray into the trail. It's all worth it when you reach a vantage point with views of Ganesh Himal, the Gosainkunda range and Langtang Lirung. Along the trail you'll see numerous Buddhist Chortens and mani walls, which all add another dimension to this picturesque landscape. After descending for around 45 minutes we'll reach the little Tamang village of Goljung, where we'll stop for lunch. There's still 2.5 hours until we reach today's destination, another Tamang village called Gatlang (altitude of 2238m). Besides its obvious cultural richness and stunning location, Gatlang also boasts a 100-year-old Tamang monastery and the secret lake, Parvati Kunda. Legend has it that this lake was discovered in ancient times while the King of Gatlang was on his way to find a missing hunting dog. It is now revered by women for its apparent powers of fertility. You'll reach each of these landmarks after a 45-minute uphill walk. Overnight at Gatlang.

#### **Day 05:: Trek from Gatlang to Tatopani (2607m/8550 ft): 6-7 hours**

Your expert Sherpa guide team will wake you up with hot drinks. After breakfast, we'll start the day with a descent to Thangbuche and soak-in magnificent views of the Ganesh Himal and Langtang Ranges along the way. Today is commonly known as "the toughest day of the trek". But the rewards far outweigh the grueling bits. Descend gradually along the ridge to the Bamdang Khola, which turns north along the Chilime Khola until you reach the town of Chilime (around 2 hours walking). After crossing a suspension bridge (always fun) you'll begin an arduous climb of around 450-metres to the village of Gongang. It'll take around 1.5 hours of steep uphill climbing but there's a lunch break on arrival. The next section is much less physically strenuous, as you continue the ascent for around 2 hours until you reach Tatopani (2607m).

#### **Day 06: : Trek to Thuman (2,400m/7,874 ft) via Brimdang & Nagthali**

Today we trek from Tatopani to Thuman via Brimdang and Nagthali. As you pass through an incredible rhododendron forest clinging to the side of the mountain, the vines and moss-covered trees give your environment a real "prehistoric" feel. Further on, we reach the small Tamang village of Brimdang, before continuing up the side of the highest and steepest part of the trail. From here, it's a few hours walk uphill until Nagthali hill (3210m) it takes approximately 45 minutes from Brimdang.

Here, we enjoy the mesmerizing views of Langtang Lirung, Kerung, Ganesh Himal as well as Shishapangma on the Tibetan side. Next, it's time to descend approximately 900-metres through deep woodlands to Thuman, which faces the Shishapangma and Langtang Lirung peak. A distinct Tibetan influence can be felt in the village, with its Shamanistic beliefs, ancient monasteries and houses covered in woodcarvings.

#### **Day 07:: Trek from Thuman to Briddim (2,345m/7,693 ft): 6 hours**

Today, we walk through rhododendron forests and meadows to reach the Tamang village of Briddim, located in the heart of the Langtang Himal. It will take just over 2 hours of uphill walking. Briddim marks the end of the Tamang Heritage Trail, and is often a highlight for many of our travellers. Here you will get to experience a homestay with a local family, sleeping overnight in their comfortable wooden home. You'll get a richer understanding of the culture here, and share stories with your host.

#### **Day 08:: Trek from Briddim to Sherpa Gaon 2,500 meters /8,200 feet.**

The trek from Briddim to Sherpa Gaon typically takes around 6 hours, covering a distance of approximately 11 kilometers or 6.8 miles. The trek involves ascending and descending through hilly terrain, passing through lush forests, suspension bridges, and traditional Sherpa villages. Along the way, trekkers will enjoy scenic views of the Langtang Himalayan range and might encounter local wildlife, such as the musk deer and the Himalayan black bear. It's important to stay hydrated and take breaks as needed during the trek to ensure a safe and enjoyable journey.

The Namaste Guest House and Old Tibet Lodge are two popular accommodations in Sherpa Gaon. Both provide

comfortable lodging and delicious meals for trekkers.

### **Day 09:: Trek from Sherpa Gaau to Thangshyap (3,240m/10,630ft)**

The trek from Sherpa Gaau to Thangshyap is a beautiful and relatively easy trek that takes around 5-6 hours to complete. The trek starts from the small village of Sherpa Gaau, which is located at an altitude of 2,600 meters (8,530 feet).

From Sherpa Gaau, the trail goes through lush forests of rhododendron, pine, and oak trees. You'll pass by several small streams and waterfalls along the way. The trail is well-maintained, and you'll have plenty of opportunities to stop and rest along the way.

As you continue to climb, you'll get stunning views of the surrounding mountains, including the Himalayas. You'll also pass through several small villages, where you can interact with the locals and learn about their way of life.

Thangshyap is a small, traditional village that offers stunning views of the surrounding mountains. You can spend the night here in a tea house or a homestay and enjoy a warm meal while taking in the beautiful scenery.

### **Day 10: : Trek from Thangshyap to Kennjin Gompa 3,830 m/12,565 ft**

After taking in the sights and sounds of Langtang Village, your trek leads you onward towards Kyanjin Gompa, a magnificent monastery nestled amidst stunning natural surroundings. Along the way, you will pass through the quaint villages of Mundu and Singdum, each with its unique charm and character.

As night falls, you will find yourself at Kyanjin Gompa, where you will spend a peaceful and relaxing evening, surrounded by the tranquil beauty of the Himalayas. This is truly an unforgettable experience, a journey through stunning landscapes, rich cultural experiences, and poignant history.

### **Day 11: : Hike to Tserko Ri (16,350 feet) or Kyanjin Ri (14,271 ft)**

Both Tserko Ri and Kyanjin Ri are popular hiking destinations from Kyanjin, and both offer stunning views of the surrounding mountains and glaciers. The choice between the two ultimately depends on your personal preferences and fitness level.

**Tserko Ri** is the higher peak of the two, standing at an elevation of **4,984 meters (16,352 feet)**. The hike to Tserko Ri is more challenging and requires a good level of fitness, as the trail is steep and rocky in places. However, the panoramic views from the summit are truly breathtaking, with 360-degree views of the Langtang mountain range and the surrounding valleys.

**Kyanjin Ri**, on the other hand, is slightly lower at **4,773 meters (15,659 feet)**, and the hike is generally considered to be less strenuous than Tserko Ri. The trail is well-defined and less steep, making it a good choice for those who are less experienced or who prefer a more relaxed hike. From the summit of Kyanjin Ri, you can also enjoy stunning views of the surrounding mountains and glaciers, including Langtang Lirung, Langshisa Ri, and Dorje Lakpa.

Both peaks offer unique and rewarding hiking experiences, and the choice between the two ultimately comes down to your personal preferences and fitness level.

### **Day 12: : Trek from Kennjin Gompa to Lama Hotel 2,470 m/8,103 feet**

The trek from Kyanjin Gompa to Lama Hotel is approximately 14 kilometers (8.7 miles) long and takes around 6-7 hours to complete. The starting altitude at Kyanjin Gompa is 3,870 meters (12,697 feet), and the trek ends at Lama Hotel, which is at an altitude of 2,470 meters (8,103 feet).

The trek begins by retracing your steps back down the valley. You will descend through forests, cross suspension

bridges over the Langtang Khola river, and pass through the villages of Langtang and Mundu. From there, you will continue descending until you reach Lama Hotel, where you will spend the night.

The trek from Kyanjin Gomba to Lama Hotel is mostly downhill and easier compared to the trek to Kyanjin Gomba. However, it is important to note that the descent can be hard on your knees, so it's important to take it slow and be cautious while trekking.

### **Day 13:: Trek from Lama Hotel to Syabrubesi 1,503 M /4,931 feet.**

After enjoying a hearty breakfast this morning, we will embark on our journey back to Syabrubesi. This route will not only offer breathtaking views of the Langtang Valley but will also allow us to explore a new trail, providing a different perspective of the journey we have taken. Our expert Sherpa guide will be there to assist us in choosing the best route, based on seasonal weather patterns and our own trekking stamina. Syabrubesi is a small town with a few guesthouses, restaurants, and shops, and it is also the starting point for the Langtang Valley trek.

In the evening, we will gather for a celebratory dinner to acknowledge our remarkable achievements. With all those miles behind us, we are sure to sleep well tonight, reflecting on the beauty and wonder of the Langtang region and the memories we have created that will last a lifetime.

From Lama hotel you have 2 options, If you're looking to extend your trek and explore more of the Langtang region, you can consider including a visit to the stunning Gosaikunda Lake. Or You can also choose to cross the challenging Laurabina La Pass (4600m) and complete your trek at Sundarjal.

The lake is located at an altitude of 4,380 meters (14,370 feet) and is considered a sacred site by Hindus and Buddhists alike. Here's a suggested itinerary for the extended trek:

### **1st Options itinerary**

Day 01: Lama Hotel to Bamboo (1,968 meters/6,457 feet)

Day 02: Bambo to Thulo Syabru (2,230 meters/7,316 feet)

Day 03: Thulo Syabru to Sing Gomba (3,330 meters/10,925 feet)

Day 04: Sing Gomba to Gosaikunda Lake and back to Sing Gomba (3,330 meters/10,925 feet)

Day 05: Sing Gomba to Dhunche and drive back to Kathmandu

Day 06: Departure from Kathmandu

### **2nd Options Itinerary:**

Day 01. Trek to Bamboo( 5-6 hrs)

Day 02. Trek to Thulo Syafru( 4-5 hrs)

Day 03. Trek to Lauribina- 5-6 hrs)

Day 04. Trek to Gosaikunda lake( 3-4 hrs)

Day 05. Trek to Thadepati crossing Laurabina La Pass( 4600m)

Day 07. Trek to Kutumsang

Day 08. Trek to Chisapani

Day 09. Trek to Sundarijal, drive to KYM

### **Day 14:: Drive to Kathmandu from Syabrubesi by Private Jeep**

The drive from Syabrubesi to Kathmandu by private 4W jeep typically takes around 7-8 hours, depending on traffic and road conditions. The drive from Syabrubesi to Kathmandu can be quite scenic, with stunning views of the Himalayan mountains and the surrounding countryside. However, the road can be bumpy and challenging in some areas, so it's recommended to hire an experienced driver and a reliable 4W jeep for the journey.

Our private jeep service allows you to customize your journey, stopping at any scenic points of interest along the way or taking a break for a delicious meal at a local restaurant. This gives you the flexibility to make the most of your journey and create lasting memories.

At Mountain Sherpa Trekking, we pride ourselves on providing top-quality service and making sure that our customers have the best possible experience. We understand the importance of your journey from Syabrubesi to Kathmandu, and we are committed to making it a safe and memorable one.

### **Day 15:: Departure to Airport and fly back to Home from Nepal**

As your Tamang Heritage Trek comes to an end, it's time to say goodbye to the breathtaking mountains, the welcoming locals, and the rich cultural experiences that have made your trip to Nepal so memorable. But before you return home, Mountain Sherpa Trekking wants to ensure that your departure from Kathmandu is just as safe, comfortable, and hassle-free as your arrival.

Our experienced team will help you make the most of your last day in Nepal, providing reliable airport transfers and personalized assistance to ensure that your journey home is stress-free. We understand the importance of a smooth and comfortable departure, especially after a long and fulfilling trek.

At **Mountain Sherpa Trekking**, we offer airport transfer services that are tailored to your needs, preferences, and flight schedule. Whether you're traveling alone or with a group, our experienced drivers will transport you safely and efficiently to the airport in a comfortable and well-maintained vehicle.

Our personalized assistance extends beyond just transportation. We can also assist you with checking in for your flight, navigating the airport, and even arranging for a last-minute souvenir shopping excursion if you have time to spare before your flight.

We want your final memories of Nepal to be positive and stress-free, so let us take care of the logistics while you relax and reflect on your incredible journey. You can trust Mountain Sherpa Trekking to make your departure from Kathmandu a seamless and enjoyable experience.

Thank you for choosing Mountain Sherpa Trekking for your Tamang Heritage Trek adventure. We hope that you had an amazing time exploring the beauty and culture of Nepal and that you return home with unforgettable memories that will last a lifetime. Safe travels, and we hope to see you again soon!

## **Cost Includes**

### **Transports & Accommodations**

- Private Transfers upon arrival and departure
- Kathmandu-Syabru Besi-Kathmandu Round-trip 4W Jeep
- 3 Night hotels in city as specified in Itinerary
- 10 nights local lodge accommodations during trek

## Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice ( Per day 5 Cups)
- Welcome dinner at best local restaurant with cultural show

## Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates

## Support

- Reliable and honest Local Sherpa guide
- Hardworking and trustworthy porters ( 1 porter for 2 People)
- Free extra luggage storage service
- Call support for anytime 24/7 for Emergency

## Pays & Permit

- Pay and insurance for guide and support staff
- Langtang National Park entry permit fee
- TIMS Card fees
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

## Additional Service

- We help you, if an airline loses your luggage, or delayed
- International flight ticket Reconfirmation service if required
- We help our clients to buy souvenirs at wholesale price
- We show you around local areas, recommend to eat etc
- Free help to get SIM Card, renting or buying gears

## WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City ( approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

## Extra Bills

- Phone, internet & Battery Charges bills on trek

- Unforeseen Cost such as Flight Delayed/cancellation