

Tamang Heritage Trail - 10 Days

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March/ April/May/Jun/Aug/Sep/Oct/Nov

Max Elevation: 4320 m

The Tamang Heritage Trail is a perfect gem for trekkers who would like to experience some of the rich customs of the Tamang people who reside in the Langtang region. This gives you a chance to experience authentic encounters with the warm and old traditional Tibetan Buddhist culture of the Tamang.

Our 10-day Langtang and Tamang Heritage combined Trek is an exciting trek into the Himalayas that offers travelers a peek into the everyday lives of the Tamang people, who are Nepalese mountain dwellers of the Langtang region. This trail passes through Tamang villages with regular views of the Langtang and Ganesh mountain ranges.

Taking on this incredible journey, you'll be exposed to jaw-dropping peaks, fascinating mountain village life, and all of the culture and natural wonders that come with it. The Tamang Heritage Trek, which lies in the Langtang region of Nepal, boasts accommodations that are not exactly luxurious but that, in specific ways, go above and beyond many peoples' standards. You will mainly stay in homestay-style accommodation, living with different Tamang families daily.

The Nepalese people are incredibly hospitable, but the Tamang takes the saying "guest is a god" to heart. Also, as mentioned before, the Langtang region has mountain views that are nothing short of amazing.

What is the trial like?

You'll see Langtang Lirung (7227m), Ganesh Himal (7422m), and many other peaks along the trail. Between each village, we pass cascading waterfalls, flowing rivers, terraced hillsides, and tip-tops of mountains peeping in the background. If you're looking for a solid off-the-beaten-path trek with an authentic cultural experience and jaw-dropping Himalayan views, our Tamang Heritage Trek is the right choice! The Tamang Heritage Trek is newly developed, so it's best to see it before the crowds arrive.

People

The Tamang people are ethnically Tibetan and are followers of Tibetan Buddhism. If you can plan the timing right, you'll be able to participate in one of the many rituals and/or festivals that take place in the villages. This depends on the time of the year that you visit. Regardless, you will be able to participate in daily activities and observe the lifestyle of Tamang families. It will be a valuable experience that you will never forget.

Best Time to Trek

The best time to do the Tamang Heritage Trek is between October and December, as they provide the clearest skies. The following best is from March to May. It is possible to do the trek in other months, but ask us, and we'll give you advice and information regarding those times.

Come and join an incredible adventure trip with Alpine Ramble Treks; we will ensure your high level of safety and security during the trek, and we look forward to welcoming you to Nepal.

Complimentary Benefits Of This Trek

- Free Airport transportation on arrival and departure days (We will pick you up and drop you off)
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out your accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) - for communication during the trek

Highlights

- Explore Tamang culture and lifestyle
- Enjoy the glorious mountain view of Langtang and Ganesh Himal
- Refreshment at Natural hot spring
- Experience Homestay with friendly local Tamang people

Day to Day Itinerary

Day 1: Drive from Kathmandu to Syabrubesi 1470m-6 hrs by bus aprox.

Day 2: Trek from Syabrubesi to Gatlang Village 2238m-5 hrs walk.

Day 3: Trek from Gatlang to Tatopani village 2607m-5hrs walk.

Day 4: Trek from Tatopani to Thuman village 2580m -6 hrs walk approx.

Day 5: Trek from Thuman Village to Bridhim village 2330m/7320ft. 4 hrs walk approx.

Day 6: Trek from Bridhim Village to Lama Hotel 2400m/7870ft- 6 hrs walk approx.

Day 7: Trek from Lama Hotel to Langtang village 3450m/11315ft- 5 hrs walk approx.

Day 8: Trek from Langtang Village to Kyangjin Gumpa 3870m/12697ft- 4 hrs walk approx.

Day 9: Trek from Kyanjing Gumba to Lama Hotel- 6-7 hrs walk approx.

Day 10: Trek from Lama Hotel to Syabrubeshi 1520m/4985 ft- 5 hrs walk approx.

Day 11: Drive back to Kathmandu 6/7 hrs by local bus.

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers, including Langtang National Park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 6 or above

- All the ground transportation, including from Kathmandu- Syaprubesi- Kathmandu
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruit dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** a complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain; it's beneficial for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/ vat, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek) And porter
- All kinds of beverages (tea/coffee, coke, beers, water, etc.).
- Additional costs by out of management control due to the landscape, weather

conditions, illness, change of government policies, strikes, and physical conditions, etc.

- Personal expenses include snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high altitude up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tipping (expected by guide and staff- recommended by Nepalese culture)
- Any other expenses that are not mentioned in the Price Include section of this trek.