



Tamang Heritage

Tamang Heritage trek as its name is a Heritage for Tibetan/ Tamang culture and tradition. Situated north of Kathmandu by Nepal-Tibet boarder, the trek is absolutely unique for its ancient lifestyle.

Close but yet so far, even it is easily accessible it is wild for its natural beauty full of panoramic Mountain View, picturesque village, dense forest, landscape and natural hot spring.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal " KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

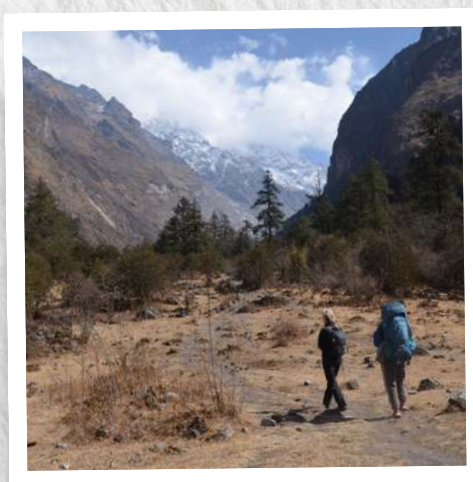
"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

Day 3: Drive from Kathmandu to Syabrubesi

Early morning, we drive from Kathmandu to Syabrubesi which takes about 7 hours. Drive out along the north-western hills of Kathmandu to Syabru bensi. Enjoy the countryside.

Day 4: Trek from Syabrubesi to Gatlang

The day begins with steep ascents to Rongga Bhanjyang which takes about 3 hours and from here gradual uphill through bumpy road to Gatlang. Gatlang is a big beautiful Tamang village rich in its Tamang tradition and culture. If time permit you could also visit the parbati kunda one of the pilgrim site with lake including Hindu temple and Buddhist monastery



Day 5: Trek from Gatlang to Tatopani

Trail gentle descend and passes by many Chhortens and Mani wall through the deep forests until reaching Chilime, then cross by suspension bridge and climb up passing the terrace until reaching Gonggang village. After lunch, the trail gentle ascends until reaching Tatopani meaning hot spring and our overnight place.

Day 6: Trek Tatopani to Thuman

Today, we trek from Tatopani to Thuman via Nagthali (3165m) and Bimthang. The trail passes through the dense alpine forest, in route we may encounter animals like monkeys and deer. From Nagthali, we can distinctly experience the panoramic view of Langtang, Kerung, Ganesh Himal and Sanjen ranges. After nagthali the trail descent through the dense forest to another cultural tamang village, Thuman, which is popular for its Shamanic performances and beautiful views.

Day 7: Trek from Thuman to Briddhim

The trails continue steep downhill to Bhote Koshi River until reaching Lingling which takes about 3 hours. The trail then ascends till Briddhim village which is a small and beautiful Tamang village with an ancient old monastery.

Day 8: Trek Briddim – Syabrubensi

After enjoying and exploring the beautiful Tamang village of Briddim a final downhill walk for about 3 hours to Syabrubensi. Just relax or explore around syabrubensi

Day 9: Drive Syabru Besi – Kathmandu

Early morning, we start our drive to Kathmandu, enjoy the scenic foothills and ridgeline on the way.

Day 10: Fly back

Drive to the airport and farewell



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