

Tamang Heritage Trek - 7 Days

URL: <https://nepalalternativetreks.com/trip/tamang-heritage-trek/>

Tamang Heritage Trek Quick Information

Weather

-5°C to 23°C

Duration

7 Days

Difficulty

Easy

Accommodation

Lodges/Home Stay

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Tamang

Region of Nepal

Langtang Region, Rasuwa

Max Altitude

2820m./9306ft.

Per Person Cost

USD 430

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, Village,
Hills, Hot Spring

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$430.00
Group Of 5 - 8	USD \$410.00
Group Of 9 - 12	USD \$390.00
Group Of 13 - 18	USD \$370.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Overview of Tamang Heritage Trek

The Tamang Heritage Trek starts with a scenic six-hour drive from Kathmandu to Syabrubesi, the gateway to the Langtang and Gosainkunda treks. From here, the trek begins with stunning views of the Langtang Himalayan range, leading you through the Golijung valley to the charming village of Gatlang. This place has both culture and beautiful nature, which is great for trekkers who want Himalayan landscapes and peace.

As you proceed, the trail takes you through the villages of Thangbuche and Chilime, with a refreshing stop at Tatopani to enjoy a hot spring bath. Continuing onward, you'll traverse traditional Tamang villages like Brimdang, Nagthali, and Thumang, each offering unique insights into the local culture and way of life. The trek ends at Briddim, a Tibetan-style village near the Nepal-China border, where you can choose to extend your journey to the Langtang Valley or Gosainkunda.

Tamang Heritage Trek Highlights

- Spectacular view of Mt. Ganesh, Mt. Langtang, and many other mountain peaks.
- A unique experience of homestay in the Tibetan-style village of Briddim.
- Learn about the Tamang people, their culture, and Buddhist traditions.
- Enjoy a hot spring bath at Tatopani as you relax your body.
- Trek through the impressive hilly trails, enjoying the region's natural beauty and cultural heritage.
- Encounter several wild animals like Monkeys, Musk Deer, Himalayan Thar, and many others.
- Trek in the newly opened trail that offers untouched natural beauty.
- Experience the unique lifestyle of Himalayan people at homestay.

Weather

Best time to Visit Tamang Heritage Trek

The best season to trek in the Langtang region is autumn (September to November), as the weather is stable, dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season in the country. Another favorable trekking season is spring (March to May), as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for trekking.

December to February is the coldest time of the year. From June to August, the region experiences the summer season. Humidity increases along with the temperature. Hence, the monsoon starts, which makes the skies cloudy and the roads muddy and slippery. There are chances of flooding and landslides throughout the country as well.

January

-5°C to 10°C

February

-3°C to 12°C

March

2°C to 14°C

April

5°C to 18°C

May

8°C to 19°C

June

10°C to 22°C

July

12°C to 23°C

August

12°C to 23°C

September

10°C to 19°C

October

6°C to 18°C

November

0°C to 14°C

December

-3°C to 10°C

Difficulty

Tamanag Heritage Trek Difficulty

The trek to the Langtang region is a moderate-level trek. It will present you with several challenges while you hike along this route. It is always challenging for anyone to hike above 2500 meters. Hiking on the Tamang Heritage Trail will go up to 3300 meters, which might cause altitude sickness if you're a first-time trekker. Trekking for about a week can be exhausting if you're a beginner. Your body won't be used to the conditions, and you might ache the following day of your hike.

The weather in the hilly areas can't be predicted. The weather might be chilly in no time. It may rain, making the trails slippery and full of leeches, worms, etc. This will be another challenge that you will face on this trek. Likewise, You'll be hiking in the remote areas of Nepal. Your food and accommodation options will be limited. Your taste will differ, and you need to stay focused on having high-calorie foods during

7 Days Tamang Heritage Trek Itinerary

Day 1: Drive to Syabrubensi from Kathmandu

Your journey starts from Kathmandu with a six-hour bus/local sharing jeep drive along the meandering Trishuli Highway. The road takes you through Trishuli Bazaar and Betrawati until you reach Syabrubensi, the Langtang and Tamang heritage trek entrance. This ride offers an excellent view of mountains like Annapurna, Manaslu, Ganesh, and other mountain peaks in the Langtang Himalayan range. Overnight stay at a teahouse in Syabrubensi.

Destination:

160km Drive to Syabrubensi
(Av.06 hours)

Accommodation

Old Namaste Lodge or Similar
category

Altitude:

(1680 m. /5544 ft.)

Meals

Lunch, Dinner

Day 2: Trek to Gatlang

The trek starts from Syabrubensi with an hour-long hike to the viewpoint for an excellent morning view of mountains like Ganesh and Langtang Lirung. After descending the hill, you'll continue your trek through

the beautiful Tamang settlements of Golijung until you reach Gatlang. Gatlang is a small village on the hills with stone houses and terraced farms. You should not miss visiting the Buddhist monastery and Parvati Kunda Lake in Gatlang. Overnight stay at a lodge in Gatlang.

Destination:

10km Hill hike
(Av. 05 hours)

Accommodation

Paldor Peak Guest House or
similar category

Altitude:

(2240 m. /7392 ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Tatopani

After breakfast, you'll descend to Thangbuche and walk past the Chilime village. Then, you'll come across the Chilime hydropower dam fed by the nearby Bhotekoshi River. After crossing a suspension bridge, you'll hit the trail to Tatopani. Tatopani means hot water in Nepali, and it is named after the hot water springs in the area. People believe that a hot spring bath cures skin diseases and relieves you from joint aches. Overnight stay at Tatopani.

Destination:

14km Hills hike
(Av.06 hours)

Accommodation

Eco Guest House or Similar
category

Altitude:

(2280 m. /7524ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Thuman

Today's trail threads through the Tamang villages: Brimdang and Nagthali. Nagthali is a famous spiritual center sanctified by Buddhist monks and Tibetan mantras. After walking for about 6 hours, you'll reach Nagthali hill, which affords you an exotic view of Langtang, Sanjen, Kerung, and Ganesh Himal. Then, you'll trek down to Thuman for an overnight stay.

Destination:

15km Hills hike
(Av.06 hours)

Accommodation

Potala Palace or Similar
category

Altitude:

(2820 m. /9306 ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Briddim

Today, you'll walk through the ancient salt trade route to Tibet via Timure and stop at Briddim. Briddim is a Tibetan-style village on the Nepalese side of the border. Tibet is only a few hour's drive away from this village. However, you're not allowed to cross the international border easily. You'll visit the Dukchu monastery here and spend the night in a homestay. It'll be a unique experience and an excellent opportunity to learn about the culture and lifestyle of the local inhabitants.

Destination:

14km Hill hike
(Av.05 hours)

Accommodation

Pema Guest House or Similar
category

Altitude:

(2320 m. / 7656ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Syabrubesi

Today, you'll take a different route to Syabrubesi via Khangjim. You'll walk mostly downhill through the dense green forest, enjoying the hilly region's serene beauty and vibrant atmosphere. You can buy some handmade arts and crafts, pashminas, and other local products from the shops at Syabrubesi. Overnight stay at Syabrubesi.

Destination:

13km Hill hike
(Av.05 hours)

Accommodation

Old Namaste Lodge or Similar
category

Altitude:

(1680 m. /5544ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Drive to Kathmandu

After breakfast, you'll drive along the familiar Pasang Lhamu road. A long drive after a week-long trekking will be enjoyable. After arriving in Kathmandu, check in your hotel.

Destination:

160km Drive to Kathmandu
(Av.06 hours)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu .
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trekking.
- Langtang National Park fee and necessary permits .
- One experienced, well trained, fluent English speaking, friendly, specialized in Tamang Heritage trail and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, transportation and equipments.
- Overland transportation as per mentioned in the itinerary.
- A trekking map, duffle bag, first aid medical kit box, water purification, Oxygen saturation check up everyday, company t-shirt and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge etc.

- Public Liability Insurance.

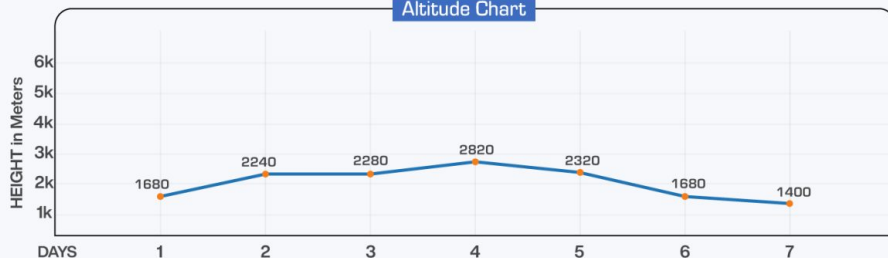
What's Not Included

- Hotel accommodation and meals in Kathmandu
- Hard and soft table drinks such as tea/coffee, coke, fanta, alcoholic drinks, hot water, hot shower, mineral water, desert, bar bill, laundry and phone bill etc during trekking.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and porters.(Highly suggested)

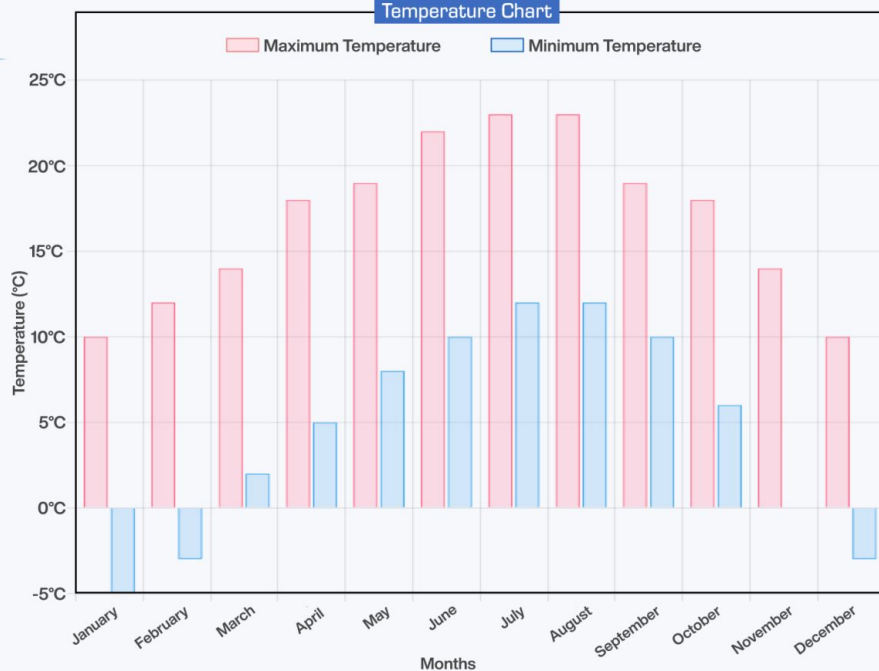
Tamnag Heritage Trek Route Map



Altitude Chart



Temperature Chart



Traveler Reviews

A Wonderful & Interesting Trek To Ganja La Pass

A wonderful & interesting trek overall. Unfortunately, due to unforeseen circumstances (heavy snow fall & Lie ping with a bad cold) we were unable to cross the Ganja la pass. However, our guide Simbir offered us as alternative trek which took us on a difference journey of Nepal. We had the opportunity to visit & stay in many local villages and meet Tamang, Gurung people experience, their lifestyle and culture. We visited our guide's home town of Chalisegaun and timed it right to join in with Diwali celebrations!

Rating: 5/5

Lie Ping Tang & Robert

USA

Additional Trip Information

Meals and Accommodation During Trek Focusing On Tamang Heritage

You will be provided three meals daily (Breakfast, Lunch, and Dinner). Your breakfast and dinner will be at the place where you will be staying. Your lunch will be on the way during your hike. We will provide you with high-calorie foods to help you get the extra energy to hike up this trail. There won't be multiple options for your food as you will be hiking in the remote parts of Nepal. Your breakfast items include Tibetan Bread, Boiled eggs, Cornflakes, Tea, Coffee, etc. Your food for dinner and lunch are almost the same. Common lunch and dinner options include Daal Bhaat, Pasta, Noodles, Thukpa, Potato Wedges, Macaroni, Momos, Dhindo, Vegetable curries, etc.

You won't have good-quality hotel options when hiking in the Himalayas. Tea Houses and Lodges are the common options for accommodation. The local people run these, Which provide a warm, clean room with some basic amenities. You can have a hot shower, but it might cost a few dollars. Even though the service you get will be basic, you will be satisfied with it.

Trek Permits For Tamang Heritage Trek

Trekkers Information Management System(TIMs) Card and the Langtang National Park permit are required to trek in the Tamang Heritage Trail. TIMs card holds the trekker's data and is used for safety and security purposes.

The cost of a TIMs card is NPR 2000. You can get it from a Nepal Tourism Board Office or any other licensed Trekking agency in Nepal. Langtang National Park helps conserve and protect Natural habitats in the Langtang area. The price of the national park entry permit for a foreign national is NPR 3000, and it is NPR 1500 for the members of SAARC nations. It is valid for 60 days.

However, The Tamang Heritage Trail borders the national park, so that you can skip the national park permit. You might be asked for a permit at the entry point at Dunche, but you should be able to convince them you're only up for a Tamang Heritage Trek.

How Fit & Experienced Must Tamang Heritage Trekkers Must Be?

This trek is a week-long trek, so you must be physically fit and have some experience. It is a moderate-level trek. Performing a few cardiovascular exercises will help you while hiking up the hills. It is a beginner-friendly trek. If you are a beginner who plans to go on a trek, this short Langtang Valley Trek to explore the Tamang Heritage should be one of your options. Rookie trekkers can also do this trekking, but you need a guide with you.

Travel insurance for Tamang Heritage Trekking

Personal travel insurance is not included in our tour. So, you have to have trekking insurance from your insurance company compulsorily. You need to send us a copy of your travel insurance before booking your tour. There are very few tour operators who operate tours without travel insurance. It is compulsory to have travel insurance while you trek in Nepal. Ensure your travel insurance covers all aspects of your trek, including emergency evacuation via Helicopter. Hiking up in the Himalayas is challenging, so we recommend not being cheap out while getting travel insurance.

A Typical Day in Tamang Heritage Trek

Your typical day on a trek begins at the place where you are staying. Your day will begin with breakfast. You will have a short meeting right after breakfast, during which our guide will brief you about today's hike. You will pack your stuff and leave for the hike. Our guide will provide valuable insights about several places you will encounter during the hike. You will have your lunch in between your hike.

It will generally be around 12-1 pm once you go past your halfway. It will be in a local hotel or Tea house. You can rest for a few minutes after your lunch, but it depends on the remaining distance to be covered. After your lunch, you'll head towards your final destination. Your dinner will be at the place where you will be staying. You can rest and relax after you complete your hike for the day.

Addressing Safety & Security Concerns Of Tamang Heritage Trek

The security and safety of our visitors are very important to us. So, we take proper care of your belongings and check every path before departure. So, you don't need to worry and can enjoy your time.

Frequently Asked Questions

Is this trek safe for tourists?

Tamang Heritage Trekking is safe for tourists. The area has recovered from the 2015 earthquake, and no current health concerns exist. While the country is politically stable, occasional non-violent protests may occur. Tourists are advised to stay updated with local news and avoid going out during strikes.

Can we change money along the trek ? Can we pay by credit card or foreign

currency ?

No, you won't be able to change money along the route. We recommend changing money at Thamel. Credit cards and foreign currency are not accepted along the road. You are better off taking enough cash from Kathmandu.

How long will we have to hike each day during the trek?

Each day of the trek involves 4 to 6 hours of hiking, covering 10 to 15 kilometers. You'll have breaks for meals and plenty of opportunities for photography, bird watching, and exploring local attractions like natural springs and hot water ponds, as well as the area's flora and fauna.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain regions?

Lodges and teahouses on the Tamang Heritage Trek typically offer western-style toilets, sometimes with attached bathrooms. Carry your toilet paper, as it can be costly. Showers are generally available, but hot water and running showers may be limited at higher altitudes and incur extra charges. Respect the environment when using outdoor facilities.

Are alcoholic beverages available in trekking ?

You can easily find different types of alcoholic beverages from international and Nepalese brands. In villages, however, you can find local (homemade) drinks like Chyang, Raksi, Tongba, or Nepalese brands' packaged drinks. However, we do not suggest you consume alcoholic beverages often during treks as they cause difficulties in trekking the next day.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in the Tamang Heritage route and have electricity and recharging facilities available for minimal service charges.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

Mobile networks, internet data, and Wi-Fi are available in some parts of this region, and you can connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will help you get it. You can buy a SIM-Card from local distributors easily with some fees. We recommend **Namaste** SIM to have better network coverage and 4G data use.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

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