

# Tamang Heritage Trail

URL: <https://himalaya-discovery.com/trip/tamang-heritage-trail/>

<b>Destination</b> Nepal	<b>Activity</b> Trekking in Nepal	<b>Start / End Point</b> Syabrubeshi / Syabrubeshi
<b>Duration</b> 8	<b>Per Person From</b> USD 900	<b>Region</b> Langtang
<b>Max. Altitude</b> 3,165m	<b>Best Season</b> All Year Round	<b>Activity Per Day</b> 5 to 6 Hours
<b>Group Size</b> 10	<b>Easy to Moderate</b>	

## Trip Overview

**Tamang Heritage Trail** is a new experience for the trekkers exploring the beauty of mountains with the culture of local Tamang people. We trek through Tamang villages with their life and culture.

We will receive hearty welcome by the locals rich in their separate costumes, architecture of their mountain houses and antique monasteries. It offers you wilderness experience through beautiful landscapes of alpine terrain; flat meadows and rhododendron forests.

The population of this area are believed to be the off spring of Tibetans from Kerung who intermingled with Tamang of the Helambu area. Tamang communities are generally found on higher elevations with the peasants charming in variable farming and taking out of forest products.

They are mainly sheep and yak herders but grow some grains and vegetables. Their daily life activities comprise raising domestic animals, agriculture and trade with Kerung in Tibet. They also weave baskets and mats from bamboo.

During the trekking we enjoy the impressive views of Langtang Lirung Langtang Kerung, Chimse Danda ridge crossed by Ganjala Pass Dorje Lakpa Jugal Himal, Paldor peak, [Ganesh Himal](#) and Manaslu Himal.

# Best Time For Tamang Heritage Trail Trek

When preparing for the Tamang Heritage Trail Trek, it's crucial to consider the impact of seasons. The weather conditions, climate patterns, humidity, air, and wind precipitation can significantly influence your trekking experience. Therefore, it's essential to communicate the time of year you plan to travel to ensure proper preparation and adjustment of your Tamang Heritage Trail Trek.

## Autumn:

The Tamang Heritage Trail Trek in Nepal is best undertaken during the autumn season, spanning from September to November. This period boasts stable weather characterized by mild temperatures, clear blue skies, and dry conditions, providing optimal visibility for enjoying the scenic surroundings. Additionally, the low levels of rain and wind make trekking during this season more comfortable and manageable.

Autumn begins immediately after the monsoon season, resulting in dry landscapes and eliminating slippery terrains that can pose challenges during treks. This season showcases vibrant foliage and provides clear views of mountains, green forests, and villages, making it a popular time for trekking. However, due to these favorable conditions, the route to Tamang Heritage in the Langtang Region can be crowded.

## Spring:

Spring season, spanning from March to May, offers optimal conditions for trekking the Tamang Heritage Trail. Similar to Autumn, this period ensures stable weather and clear visibility due to the prevalence of clear skies and minimal cloud cover. It is considered a prime time for trekking enthusiasts seeking an immersive experience along the Tamang Heritage Trail.

In spring, vibrant flowers blossom, and the lush forests regain their greenery, creating a stunning landscape in the region. Embark on an exhilarating trek during this season, combining the breathtaking scenery with the excitement of the journey for an unforgettable experience.

Trekking season peaks during this time, leading to crowded routes that may pose challenges for trekkers. The increased popularity of trekking during this season contributes to constant overcrowding on the trails.

## Itinerary

### Day 01: Arrive in Kathmandu.

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on the board at the arrival gate.

You will be greeted by our representative and escort you to your respective hotel upon your arrival. Today is a free and rest day in Kathmandu, so you can explore the city and get familiar with your

surroundings

## **Day 02: Drive from Kathmandu to Syabrubeshi via Trishuli.**

Our Tamang Heritage Trail trek starts with a journey of around 6 – 7 hours drive to Syabrubeshi. As we leave Kathmandu from Machhapokhari, Balaju, we will traverse terraced fields, villages, and dense forests, enjoying the scenery of snow capped mountains and ever-flowing rivers.

Dhunche is the district headquarters of Rasuwa which offers vibes of bustling town touched with the views of Langtang. If you have not obtained required permits for Tamang Heritage Trail trek, you can purchase them from Dhunche.

After around 15 minutes of driving, we will finally reach Syabrubeshi. We will traverse several settlements including Bharkhu, Thulo Bharkhu and finally Syabrubeshi, where we will stay at a guest house. The twisted and turned road to Syabrubeshi will be one of the most thrilling moments of your trek. Overnight at lodge.

<b>Trek Duration</b>	<b>Highest Altitude:</b>
6 - 7 hrs	1462m

## **Day 03: Trek to Gatlang.**

On the third day, we'll start trekking after an early breakfast. Leaving Syabrubeshi behind, we will start walking uphill through the remote trail. The steep trail will lead us to Ronga Bhanjyang in about three hours, passing viewpoints with stunning vistas of Ganesh Himal, the Gosaikunda range, and the Goljung valley.

After a one-hour descent to Goljung Valley, we'll have lunch and a short break. The trek continues for a few more hours to reach Gatlang, a picturesque Tamang village, where you can explore Parbati Kund and an ancient monastery. Tonight, we will stay at a tea house enjoying traditional Nepali cuisine, Dal, Bhat, and Tarkari. Overnight at lodge.

<b>Trek Duration</b>	<b>Highest Altitude:</b>
5 - 6 hrs	2238m

## **Day 04: Trek to Tatopani.**

Today, we will begin our trek enjoying the serene beauty of the Buddhist settlements. We will pass through numerous Chortens, mani walls, prayer flags, and dense forests during the first two and a half hours to reach Chilime. After crossing a suspension bridge, a one-and-a-half-hour climb through terrace fields leads to Gonggang Village, where lunch will be served.

Following lunch, a two-hour gently ascending path takes you to Tatopani, passing a hot spring where you can choose to indulge in a natural bath, believed by locals to alleviate various bodily pains and aches.

Overnight at lodge.

**Trek Duration**

6 hrs

**Highest Altitude:**

2607m

**Day 05: Trek to Thuman.**

On the fifth day of the Tamang Heritage Trail Trek, we will begin our walk early in the morning. We'll go through forests and thick jungles, slowly climbing up with changing ground. In about two hours, we'll get to Brimdang and in another two hours we'll reach Nagthali Danda.

We can have breathtaking views of Langtang Lirung, Shishapangma, Ganesh Himal, Tibetan Himal, and other snow-capped peaks from here. From Nagthali, we will take a short hike towards Thuman as we descend through the rugged trail. Overnight at lodge.

**Trek Duration**

5 hrs

**Highest Altitude:**

2338m

**Day 06: Trek to Briddim.**

Today, we will reach the destination called Briddim, located on the opposite side of the Bhote Koshi River. We will begin our trek after a warm breakfast following the flat landscape that leads us to Timure along the historic trade route to Tibet.

As we reach Timure, we will stop at a small tea house for lunch. After that, we will hike for another 3 hours to reach Rasuwagadhi, an ancient fort marking the Nepal-Tibet border. Following lunch, the trail ascends steeply to Briddim, a Tamang village with Tibetan influences. We will spend the night in a local home for an authentic and traditional experience. Overnight at lodge.

**Trek Duration**

5 - 6 hrs

**Highest Altitude:**

2239m

**Day 07: Trek to Syabrubeshi.**

Today, we will go back to Syabrubeshi using the same route as the Tamang Heritage Trail. First, we will start our trip to Thuman using the rough paths and seeing the sights of Langtang Lirung and Shishapangma.

Our next place to reach include Nagthali Danda, Gonggang Village and Goljung Valley before we get to Syabrubeshi. Upon reaching Syabrubeshi, overnight at lodge.

**Trek Duration**

4 hrs

**Highest Altitude:**

1467m

**Day 08: Drive from Syabrubeshi to Kathmandu.**

From Syabrubeshi, we will retrace our journey towards Kathmandu on the eighth day of the Tamang Heritage Trail Trek. We will catch a local bus from the stop and then head towards Dhunche and then to our destination.

We will pass Rasuwa and Nuwakot district before we make it to Kathmandu. After arriving at the Capital City, we will rest at our respective hotels.

**Day 09: Free day / Fly home.**

You can either stay back in Kathmandu today and enjoy a free day or leave for your respective countries.

It's time to say goodbye to the Himalayas. Enjoy your final moments in Kathmandu by having breakfast in a café, taking a city stroll, and/or shopping for souvenirs.

A representative will meet you at your hotel and transfer you to the airport to catch your return flight home. It's good to be at the airport at least two and half hours prior to departure.

**Price Includes**

- Airport transfers pick-up and drop-off.
- Three meals a day (Breakfast, Lunch and Dinner) during the trek.
- Hot drinks (Tea, coffee, hot milk, hot chocolate ) three times a day.
- All accommodation during the trek.
- All necessary paper works, Langtang National park entry permit.
- Trekking information management system (Tims) permit.
- Transportation from and to Kathmandu.
- English speaking, trained government license holder guide.
- The required number of staff and Porters to carry your luggage during the trek (1 porter for 2 trekkers).
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Medical supplies (first aid kit will be available).
- Sleeping bag and walking stick (if it is required).
- All government taxes.
- Farewell dinner with culture show.

## Price Excludes

- International airfare and Nepal entry visa.
- Tips for guide and porter (tipping is expected).
- Travel insurance which covers emergency Rescue and Evacuation.
- Any others expenses which are not mentioned on the 'Includes' section.

## Group Discounts Available

No. of Persons	Price per Person
+	USD 900

## Useful Information

### Address

Bijeshwori Swayambhu  
Kathmandu, Nepal