Tamang Heritage Trail



The Tamang Heritage Trail is a newly developed trekking route in Langtang region, north of Kathmandu. Originally an ancient trading route, the trail offers a unique experience of authentic Tamang and Tibetan culture along with natural beauty, historical and cultural heritage, and impressive Langtang ranges.

The Tamang Heritage Trail is a newly developed trekking trail in the Langtang region, north of Kathmandu. The trail, which was formerly an ancient trading route, provides a one-of-a-kind experience of true Tamang and Tibetan culture, as well as natural beauty, historical and cultural heritage, and the breathtaking vistas of the Langtang range of Himalayas.

The trip begins at Syabrubesi and continues through Goljung, Gatlang, Chilime, Thuman, Rasuwagadhi, and Briddim before returning to Syabrubesi. There is a viewpoint at Goljung Pass that provides excellent views of Langtang, Langtang Ri, Sanjen Himal, and Kerung in China. At Thuman, you may see wonderfully designed monasteries and houses with intricate wood engravings. Every day, both Ani and Monks (Lamas) perform MANE PEME ritual in the Gomba. Briddim, a Tibetan Buddhist settlement on the lap of Langtang Himal, sits at an elevation of 2229 metres. The local cuisine includes plain rice, Tibetan bread, Syakpa (Sherpa stew), potato, Tibetan tea, and Briddim wine. Some of the important festivals celebrated here include Dawa Dangbo Chhiju (February), Chuwa Chhiju (November), Yarsang (early June), Dukpa Chhiju (August), and Lhosar (February). Locals from Goljung and Gatlang villages perform their distinctive Syabru dance during the Ghoda festival and Nepal-Tibet War exhibition.

Other notable places along the trail are Rasuwagadi's mediaeval fort and the holy Parbati Kunda. The walk winds through natural woodlands and stunning alpine landscapes. Trekking the Tamang Heritage Trail without a guide is deemed risky due to its remote location. The Tamang Heritage Trail was restored and developed as part of the United Nations Development Programme's (UNDP) Tourism for Rural Poverty Alleviation Programme (TRPAP), which aims to provide equal tourism opportunities to the region's underprivileged rural populations. Locals contribute to community development through employment-generating enterprises such as homestays, organic farming, livestock, and handicraft production.

Duration: 10 days

Price: $950

Rating: 3 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking in Nepal

Region: Langtang Region

Quick Facts

Length Of Trip: 10 days in Nepal

Accomodation: Home Stay, Camping, Lodges

Starting Point: Shyabru Beshi

Ending Point: Shyabru Beshi / Dhunche

Mode of Transport: Public Bus/ Private Transport

Season: All season

Trekking Grade: Easy

Trek Distance: 112 Km Approx

Trekking Region: Langtang

Highest Access of the trek: 3300m - Nagthali

Culture & Races: Tibetan influenced Tamang Culture & races

Himalayan sights: Langtang, Ganesh Himal

Attractions: Close Mountain, landscape, remote villages and people

Driving distance from KTM. : Dhunche - 110 KM Syabrubesi - 122 KM

Equiment Lists:

Footwear	Well broken-in walking shoes, thick socks, light socks, camp shoes.
Clothing	Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.
Other equipment	Sleeping bag (4 seasons), trekking holdall or stash sack with lock, daypack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve.
Other items	Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, tie cord, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit

Itinerary:

Day 1: Arrival in Kathmandu (1350m) O/N HOTEL (D)

On arrival in Kathmandu Airport, clear custom and apply Nepal Visa (if required, USD30 + passport photo). Meet our company representative with placard displaying your name and transfer to hotel in Kathmandu. If there is enough time in the afternoon, you can explore Thamel or surrounding sites. Briefing about the program introduce with the Guide and evening welcome dinner.

Day 2: Cultural Sightseeing around Kathmandu city & Trekking preparation (B

Today you will have a morning guided tour of two world heritage monuments, namely Bouddhanath and Pashupatinath. Bouddhanath is one of the most popular and biggest Buddhist stupas in the world, a magnet for Tibetan Buddhism. Not far away you will visit one of the holiest and venerated Hindu temple of Pashupatinath. The golden-roofed pagoda-style temple hosts numerous monuments, cremation site, a deer and monkey park, and an eastern classical music center.

Day 3: Drive from Kathmandu- Dhunche - Syabru Beshi (1503m / 9 hrs by Bus or 6 hours by Jeep) O/N Local Lodge (BLD)

The drive from Kathmandu to Syabrubesi takes about 9 hrs by public bus and 6 hrs by private jeep, heading towards the north of Kathmandu. You will pass through scenic highway along Trishuli river with occasional glimpses Manaslu, Ganesh Himal, and Langtang peaks until you reach Dhunche, the district headquarters of Rasuwa district. From here it is another 45 minutes winding drive to Syabrubesi through muddy road. Stay overnight in a local lodge at Syabru Bensi.

Day 4: Trek from Syabrubesi - Goljung (1960m - 2 hours) then to Gatlang (2240m - 4 hrs) - O/N Local Lodge (BLD)

Today your trekking begins as the first section of the trail from Syabrubesi to Goljung (1960m) is a short and easy ascent. Goljung is itself a viewpoint for catching beautiful Langtang peaks. Another 3 hours trek from Goljung will reach you to Gatlang, a dense Tamang village among terraced fields, where you can visit local monastery and observe Tibetan-influenced Tamang culture. You will have the option to hike to beautiful Parbati Kunda (Lake). Stay overnight in a local lodge at Gatlang.

Day 5: Gatlang - Tatopani (2607m, 6 hrs) - O/N Local Lodge (BLD)

After early breakfast, you will begin your trek towards Tatopani. Much of the trail passes through forests of pine while enjoying beautiful views of Langtang and Ganesh Himal ranges. Until recently Tatopani was a famous destination for its natural hot spring. National and international travelers in large numbers used to visit Tatopani to take a bath/dip in the spring with a belief to receive natural treatment. However, the spring recently dried up as a result of the April 2015 earthquake that had badly struck Langtang region. Overnight stay at a local lodge in Tatopani.

Day 6: Trek from Tatopani - Nagthali (3300m, 2.5hrs) and then to Thuman (2338m, 2.5hrs) - O/N Local Lodge (BLD)

The trek ahead of Nagthali climbs up open grassland where romantically sits a Buddhist monastery. It is quite natural to come upon wild animals such as monkeys and deer en route along with a panoramic view of Langtang Himal. You will briefly stop at Nagthali, which is a popular meditation center for the local monks and Lamas. Nagthali undoubtedly provides the best viewpoint on the entire trail offering breathtaking views of Langtang to the southeast and Sanjen Himal of Tibet to the north. After lunch in Nagthali, continue trek to Thuman for two hours. Thuman is a culturally rich Tibetan-influenced Tamang village known for its Shamanic tradition. Stay overnight in a lodge at Thuman.

Day 7: Thuman - Briddim (2229m, 6 hrs) - O/N Local Lodge (BLD)

The trail from Thuman to Briddim is a bit rough involving 1 hr steep descent to Bhote Koshi River (originating in Tibet) followed by a continuous ascent until you reach Briddim. En route, you will cross Lingling village only stopping for lunch at Pelka village. There are another 2 hrs gradual uphill trek before you reach Briddim. Briddim is a Tibetan influence Tamang village with a rich cultural

tradition and hospitality. The village lies in the lap of Langtang Himal thus offering breathtaking views of Langtang Himal ranges. Stay overnight at community lodge or tented camp in Briddim.

Day 8: Briddim to Syabrubesi (1467m, 3 hrs) and then drive back to Kathmandu for 6 - 9 hrs - O/N Local Lodge (BLD)

You will leave Briddim village in the morning and pass through settlements while observing the local lifestyle and culture. It takes about three hours to be back at Syabrubesi. Scheduled public buses to Kathmandu are only available during morning hours. Therefore, if you would like to return to Kathmandu the same day, you have to hire a private jeep.

Day 9: Sight Seeing Bhaktapur or Patan or Kathmandu (B)

Day 10: Fly back home

Final time for shopping or personal activities till departure time. You will realize there is much more to do in Nepal. If you have specific requests to see things not included, wish to contact professional peers in an informal setting, or pursue other ventures, let us know and we can easily add extra days to this itinerary to meet your needs. Late morning transfer to the airport for your onward flight or continuing on with other explorations in Nepal.

Highlights:

- Ethnic Tamang people with their genuine Tibetan culture, festivals, and lifestyle
- Ancient Gombas / monastery and maniwalls
- Medieval fort of Rasuwagadi and holy Parbati Kunda
- Spectacular views of Langtang Himalayan ranges and pristine ecological biodiversity
- Home stay experience

Cost Include:

- International and Domestic Airport pick up and drop off
- All land transfer as per itinerary
- Two 1/2 day sightseeing in Kathmandu
- 4 nights Hotel accommodation in Kathmandu
- Accommodation and 3 meals while on the trek
- Fully escorted trek with English speaking a Guide and a Porter for every two persons
- National park permit
- Trekking permit
- Wages, equipment, insurance and other facilities to staffs
- Welcome and fare dinner in Kathmandu
- Sleeping bag

Cost exclude:

- Items of personal nature ie. Soft/hard drinks, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Medical evacuation in case of emergency
- Down jacket
- Personal spending money

Other Features:

- Length Of Trip: 10 days in Nepal

- Accomodation: Home Stay, Camping, Lodges
- Starting Point: Shyabru Beshi
- Ending Point: Shyabru Beshi / Dhunche
- Mode of Transport: Public Bus/ Private Transport
- Season: All season
- Trekking Grade: Easy
- Trek Distance: 112 Km Approx
- Trekking Region: Langtang
- Highest Access of the trek: 3300m - Nagthali
- Culture & Races: Tibetan influenced Tamang Culture & races
- Himalayan sights: Langtang, Ganesh Himal
- Attractions: Close Mountain, landscape, remote villages and people
- Driving distance from KTM. : Dhunche - 110 KM Syabrubesi - 122 KM