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1. Tamang Heritage Trek

2. Overview

The Tamang Heritage Trek is a scenic and cultural trek that walks around the mid-hills of the Langtang Region. As well as close to the shade of Ganesh Himal, where the route also follows the…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350m | Meals: Welcome Dinner | Stay: Hotel

Warm welcome to Nepal! Once you arrive at Tribhuvan International Airport, our delegate will meet you and drive you to your hotel. Check in and take a rest. In the afternoon or evening, attend a pre-trip briefing to meet your trekking guide or Leader. If you have any questions about the trek, ask your guide, and check your gear one last time. If you have missed any items that you need on the trek, you can buy or rent them at any store in Thamel (Kathmandu's tourist hub), or ask your guide to suggest some stores. overnight at Kathmandu.

Day 02: Drive from Kathmandu to Syabrubesi

Altitude: 1550 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Drive duration: 6-8 hours An enjoyable morning drive to Syabrubesi to start our wonderful walks, heading towards winding ups past a rural town with farm villages, and then on long uphill past the town of Trisuli Bazaar and Mani-Bhanjyang to reach a cooler hill town at Dhunche, which is above 1,965 m high, the headquarters of Rasuwa district and the start of Langtang National Park. The journey continues downhill for a few hours to reach Syabrubesi, where you'll spend the night.

Day 03: Trek from Syabrubesi to Gatlang

Altitude: 2236 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Trek Distance:** ~10–12 km
- **Trek Duration:** 5–6 hours

Our first day hike starts from Syabrubesi village, taking the higher route to avoid the motorable road. The route leads to old walking trails with climbs for a few hours, then onto a gradual, pleasant path following terraced farmland and small villages to reach our overnight destination at Gatlang. One of the largest villages within the Rasuwa district. On arrival, you are greeted with a warm welcome and presented with a Buddhist prayer silk scarf called ‘Khada’, and then transferred to a nice cottage, converted into a home stay for visitors, which is managed and run by the village community. In the evening, enjoy a traditional folk cultural show from the Tamang villages, featuring songs, tribal folk music, and dance, with a nice dinner served by the family that runs Home Stay.

Day 04: Rest Day at Gatlang (Village Exploration)

Altitude: 2236 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Optional Walking Distance:** 2–3 km around the village
- **Walking Duration:** 2–3 hours (easy exploration)

A free day to explore this nice villageof Gatlang, observing the ancient farming ways and the immense culture of great interest. Tour of the village monastery, adorned with various Buddha statues and holy books; the interior prayer hall with elaborate religious art and paintings. The rest of the day, enjoy interacting with native Tamang people and learning about their customs and hang people, and 'mang or mog' for the ferocious rider, as the Tamang people were horse cavalry soldiers of the Tibetan and Mongol emperors. Then, they drifted and migrated to the high hills of the Nepal Himalaya some thousands of years ago. The Tamang population, which accounted for 5.6% of Nepal's total population and was over 1.3 million in 2001, increased to 1,539,830 by the 2011 census. Follows the Buddhist religion, similar to its Tibetan ancestor, and also practices Bon, an ancient cult, before Buddhism was introduced in Tibet and Nepal. All houses have Buddhist prayer flags called Lungta, or wind-horse, in blue, white, red, green, and brown, with a prayer printed. Each color represents sky, cloud/water, thunder/fire, vegetation, and the colorthe color of the earth.

Day 05: Trek from Gatlang to Tatopani

Altitude: 2605 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Trek Distance:** ~12–14 km
- **Trek Duration:** 5–6 hours

Enjoy morning views of Ganesh and Langtang Himal peaks, and then bid farewell to the happy and friendly villagers of Gatlang, as the day hike begins with a slow climb up into a nice, small forested area to reach Tatopani village for an overnight stop. A place with a natural hot spring, hence the village name 'Tatopani'. Enjoy a refreshing bath and dip in the hot, warm pool, then explore around this sleepy farm village.

Day 06: Trek from Tatopani to Thuman via Nagthali

Altitude: 3154 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Trek Distance:** ~9–10 km
- **Trek Duration:** 5–6 hours
- **Highest Point:** Nagthali 3,154 m

The morning walk takes you to the highest point of the journey at high Nagethali Hill, a hike of a few hours, as the walk follows a route that offers grand views of snow-capped mountains and rolling green hills, on reaching the top of Nagethali hilltop, facing a beautiful panorama of landscapes and snow-clad peaks. Enjoy wonderful views and scenery, descend to Thuman village, situated on the Tibet border, with views of Ganesh Himal and Langtang Lirung. Spend an afternoon with enough time to explore the village and soak in the local Tamang culture.

Day 07: Trek from Thuman to Bridim

Altitude: 2229 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Trek Distance:** ~14 km
- **Trek Duration**: 5–6 hours

After breakfast in Thuman village, a morning hike to Briddim village. On the way, visit the nearby historical Rasuwa-Gadi border between Nepal / Tibet/China, where an old fort stands, guarding Nepal against invaders in ancient times.

The fort is a historical reminder of Nepal-Tibet trade and cultural relations that existed for many centuries until the present, and a walk today takes you to a nice area with views of Ganesh and Langtang Himal. A pleasant walk on a winding path with a climb to a ridge with views of mountains and surrounding landscapes, and then enter into a rhododendron, pines, and oaks forest, then climb with a short descent to Briddim for an overnight stop. Briddim, another Tibetan-style Buddhist village along the old trade route between Nepal and Tibet, hosts a folk and cultural show by the local community.

Day 08: Trek from Bridim to Syabrubesi

Altitude: 1550 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- **Trek Distance:** ~7–13 km
- **Trek Duration:** 4–5 hours

On our final day of the fabulous walk, the morning hike starts near the roadhead, with more downhill, as the walk follows past farm fields with well-tended terraces to reach Syabrubesi for the last overnight stop in the Rasuwa district and the Langtang Himal.

Day 09: Drive from Syabrubesi to Kathmandu

Altitude: 1350m | Meals: Breakfast | Lunch | Farewell Dinner | Stay: Hotel

- **Driving Distance:** ~122 km
- **Driving Duration:** 6–7 hours

Morning, exciting drive to Kathmandu: on leaving Syabrubesi village, head up the winding road to reach Dhunche, then downhill on the same interesting highway back to Kathmandu, and check into respective hotels. The afternoon is free to enjoy personal activities and shop for souvenirs. In the evening, we head to a Nepalese traditional restaurant for dinner, enjoy a cultural show, and overnight in Kathmandu.

Day 10: Final Departure from Nepal

Altitude: 1350 m | Meals: Breakfast

Our adventure in Nepal comes to an end today! A High Route Adventure representative will drop us off at the airport approximately 3 hours before our scheduled flight. On our way home, we have plenty of time to plan our next adventure in the wonderful country of Nepal

5. Cost Includes

- Airport pick up and drop off service in a private vehicle
- All ground transportation by comfortable private vehicle as per the itinerary
- Drive from Kathmandu to Syabrubesi to Kathmandu by local Bus(Private car will be arranged upon your request)
- 4-star accommodation in Kathmandu with BB Basis
- Best Available clean and comfortable tea house accommodation during the trek
- All meals(Breakfast, Lunch, and Dinner) during the trek
- Highly experienced, English-speaking, government-licensed, trained trekking guide
- Porter service to carry your luggage during the trek (2 trekkers: 1 porter)

- Staff costs, including their food, accommodation, salary, insurance, equipment, etc.
- Trekking permits-Langtang National Park entry fee and TIMS card
- All local and Government taxes, Administrative charges

6. Cost Excludes

- Extra night accommodation in Kathmandu in case of early arrival or late departure
- Lunch and Dinner in Kathmandu
- Nepal visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, Extra porter, etc.)
- Personal trekking gear and equipment
- Tips for guide, porter, and driver(tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

Here's a clear **Packing List for Tamang Heritage Trek:**

Clothing

- Moisture-wicking base layers (2-3 tops and bottoms)
- Fleece jacket or pullover
- Lightweight down jacket
- Waterproof and windproof jacket and pants
- Quick-dry trekking pants (2 pairs)
- T-shirts (2-3 quick-dry)
- Warm insulated jacket (for evenings)
- Underwear (3-5 pairs)
- Trekking socks (3-4 pairs moisture-wicking, 2-3 woolen)
- Sun hat or cap with neck cover
- Warm wool or fleece hat
- Neck gaiter or buff
- Lightweight gloves and insulated gloves

Footwear

- Waterproof trekking boots (well broken-in)
- Camp shoes or sandals
- Gaiters (optional)

Bags & Accessories

- Main backpack (60-80 liters) with rain cover

- Daypack (20-35 liters)
- Packing cubes or dry bags for organization

Sleeping Gear

- Four-season sleeping bag (comfort -10°C to -15°C)
- Sleeping bag liner
- Travel pillow (optional)

Personal Hygiene & Toiletries

- Toothbrush and toothpaste
- Soap or travel body wash
- Shampoo (small size)
- Quick-dry towel
- Wet wipes
- Hand sanitizer
- Nail cutter
- Sunscreen (SPF 30+)
- Lip balm with SPF
- Face moisturizer
- Toilet paper or tissues
- Menstrual products (if needed)

First Aid & Medications

- Diamox (consult doctor)
- Paracetamol or ibuprofen
- Anti-diarrheal tablets
- Antiseptic cream
- Blister treatment (Compeed/moleskin)
- Band-aids
- Oral rehydration salts (ORS)
- Personal medications
- Electronics & Gadgets
- Mobile phone and charger
- Power bank (10,000–20,000mAh)
- Headlamp or torch with extra batteries
- Universal travel adapter
- Camera with extra batteries or memory cards (optional)

Trekking Gear & Accessories

- Reusable water bottles or hydration bladder
- Water purification tablets or LifeStraw
- Trekking poles
- Sunglasses (UV protection, polarized)
- Trail snacks (protein bars, nuts)
- Lightweight lock
- Notebook and pen
- Book or Kindle (optional)

- Playing cards or small games (optional)

Important Documents & Money

- Passport and visa copies
- Passport-sized photos (2-4)
- Travel insurance (covering high-altitude trekking)
- Everest National Park Permit & TIMS card (arranged by agency)
- Cash in Nepali Rupees
- Credit card (for cities only)

Optional Items

- Lightweight crampons (for early spring/late autumn)
- Duct tape (for repairs)
- Safety pins, needle, and thread
- Small laundry line
- Energy gels or electrolyte powders
- Sleeping mask and earplugs