

- Home of Tamang and Tibetan communities.
- Chance to see wild animals such as Red panda and the Himalayan Thar.
- Enjoys unforgettable mountain views Langtang Himalayan range, Ganesh Himal and other neighbor mountain.

Tamang Heritage trekking is short and popular trekking in the Langtang region of Nepal. It is the beautiful village and you can enjoy with panoramic Mountain View of Langtang Himalayan range and Ganesh Himal, Tamang Heritage is unique cultural of Tamang village. Tamang is including ethnic group. They have own food, language, and dress. Tamang village is the situated lap of Langtang Himalayan range. This village offers the client homestay accommodation with breakfast, lunch, dinner. Some village shows traditional Tamang dance.

Probably, Tamang heritage trekking is one of the best destinations in Nepal, like magic your eye don't believe. one of the Important highlights in this trip to see various kinds of Butterflies and enjoy with the culture and traditions of Tamang ethnic groups, Mountain scenery of with beautiful village, rhododendron and pine forests with birds all set below Langtang Himalayan range.

Trip Facts

Price:

USD 985

Duration:

11 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse

Meals:

Breakfast in kathmandu/All the meals during trekking

Max. Altitude:

3165m

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December.

Daily walking Hour:

5 to 7 hours

Transportation:

Car/Van/Bus

Glacier Adventure
Company Pvt. Ltd.



Route Map



Day to Day Itinerary

Day 1: Arrive in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Syabrubeshi (1460m)

Walking hr: 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Kathmandu to Syabru Besi through the beautiful Nepalese countryside to reach the Syabru Besi then transfer to the hotel rest of the time explore the around.

Day 4: Syabrubesi to Gatlang (2238m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trekking. The trail ascends to the view point and enjoy panoramic views of Ganesh Himal and Langtang Lirung range, then the trail descends to the Goljung continue to Gatlang. Season time, the cultural show at Gatlang makes trekking a memorable. Evening time explores Monastery and Gatland village.

Day 5: Gatlang to Tatopani (2607m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trek to Tatopani. The trail descends to the Chilime village. Where built Chilime hydropower in the River. Finally, reach Tatopani. Tatopani means hot water. Enjoy with Natural hot water in the lap of the mountains of Langtang range and Ganesh Himal.

Day 6: Tatopani to Thuman (2338m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trekking to Thuman via Bimthang and Nagthali pass (3165m). This is the highest point in this trek. The Nagthali village is a famous meditation center for Buddhist devotees and priests. The trail cross-forest and can chance to see wild animals like Monkeys and Deer with Panoramic views of Langtang, Kerung, and Ganesh Himal.

Day 7: Thuman to Timure (1762m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trekking from Thuman to Timure. Explore historical Rasuwagadi and Tibeto

Burman Tamang culture in the villages on the way, The timure is old traditional route Nepal to Tibet connect by the suspension bridge.

Day 8:Timure to Briddim (2229m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trek to Briddim, This is a Tibetan Buddhist village at the base of Langtang Himal. They show cultural program and Tamang lifestyle in home stay. There is famous monastery Dukchu and a stone roof house built half century ago.

Day 9:Briddim to Syabrubesi (1460m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trek to Syabrubesi via Wangel, the trail moves gentle descent passing through villages, terrace field and amazing views of surrounded hills finally reach Syabrubesi.

Day 10:Syabrubesi to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Syabru Besi to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 11:Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Tamang Heritage trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in three/four star hotel in Kathmandu breakfast included. (3 nights)
- Wel-come and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and Entrance fees
- Government licensed experienced English speaking Guide. Two people one porter. 4 people 1 sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.

- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Langtang national Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mention on Price Includes.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Tamang heritage trekking is located in the Langtang region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. The guide will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Tamang heritage trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Tamang heritage trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. The trekkers want to make safe Tamang heritage Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is

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important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Tamang heritage Trekking is a remote mountain in the Langtang region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Tamang heritage Trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Langtang region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Tamang heritage Trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is

possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

