



Detailed Itinerary Tamang Heritage Trail

Day 1

On arrival, our representative will transfer you to our hotel.

- Altitude – 1350 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at the hotel

If it is your first time in Nepal, finding your hotel and getting the way out of airport might be a big hassle. Thus to avoid this hassle we have our company representative waiting you at the airport with Nepalgram holding board, identify the name NEPALGRAM and make your travel comfortable. After the hotel transfer our representative will give you the time and venue for meeting on trip overall and Tamang heritage trekking.

Day 2

Kathmandu UNESCO Heritage Tour

- Altitude – 1350 meters
- Special – Kathmandu city tour
- Time – Full day
- Activity – Sightseeing UNESCO world heritage sites

Guided Kathmandu sightseeing tour; includes (Pashupatinath, Boudhanath, monkey temple and Kathmandu durbar square), in A/C Car. Tour will be guided by a local guide. To add extra value on your tour we will take you off the normal tourist route for sightseeing. In your request we can take you to the local place to eat. We believe in “Go local” type of tour with our clients, but remember your request is mandatory for such activity.

All the tour destination of city tour is famous things to do in Kathmandu. Pashupati is also famous as Hindu cremation place. Here you will visit a Hindu temple but only hindu can go inside the main temple however walking around the temple and watching all the activities will certainly look nicer. Cremation, and it's a whole procedure can be seen from outside the main temple.

Swyambunath, Boudhanath and Kathmandu durbar square are famous with different names as Monkey temple, Buddha stupa and Kumari place (or Living goddess) respectively. We will make sure you get most of this tourist spot of Kathmandu in a day tour. Tour will last for a whole day which begins in the morning.

Day 3

Drive from Kathmandu to Syabrubesi(1550m). 4-9 hrs



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- Altitude – 1550 meters
- Special – Scenic view from the bus
- Time – 4/9 hours
- Activity – Travelling in bus and jeep

Syaprubensi is one of the small villages on the way to Kerung (china – Nepal Boarder), so road division of Nepal is working to widen the road for boarder connectivity. But to the present, road is small and bumpy, which take 8 to 9 hours in a tourist bus; whereas private jeep might be an hour early. In present road condition, 4-6 hours by jeep and 6-8 hours by Bus

Day 4

Trek from Syabrubesi to Gatlang(2200m). 5-6 hrs

- Altitude – 2200 meters
- Special – Exploration of village
- Time – 5/6 hours
- Activity – Walking on different terrain of land

Trekking from syaprubensi to Gatlang takes about 6 hours of walking ups and downs . While walking on different terrain of land, looking at natural formation of pristine landscape will certainly make your day worthy. From today till the last day of the Tamang heritage trek you will explore village, stay at the local owned tea houses. There will be menu at every eating places from which you will be choosing your lunch, dinner and breakfast. Which is included, if you buy our normal package. You will be following trekking guide, who helps you from choosing food to sleeping warm. You are free to decide on your own but listening to your guide is always wise. Your porter will be carrying your luggage where you need to carry a small bag-pack with drinking water, camera, sun screen and your day usable stuff. Do not worry while traveling with Nepalgram Adventure, but do not forget to eat more and drink enough.

Day 5

Gatlang to Tatopani(2600m). 6-7 hrs

- Altitude – 2600 meters
- Special – hotspring and View of langtang and ganesh himal
- Time – 6/7 hours
- Activity – Trekking descend towards the river

Trekking today, starts with a descend towards the river. It is a beautiful walk in the langtang region. After the lunch trail starts ascending. Today, view of Mt langtang and Mt Ganesh Himal will be nice. Once we get to the village Tatopani there is a hotspring. This natural hotspring is healer of any kind of skin disease for the locals. However



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tourist goes to soak their trek tired body in that small pond. Tatopani means Hot Water in Nepali, the name of this village is named under this natural hot spring.

Day 6

Trek from Tatopani to Thuman(2400m). 6-7 hrs

- Altitude – 2400 meters
- Special – View of mountains and Thuman Village
- Time – 6/7 hours hike
- Activity – passing through the pine forest

Starting our trek from Tatopani village, Tamang Heritage trail trek descends towards Thuman after Nagthali Pass (3,300 m./ 10,826 ft.). From the top of wide open grass land of Nagthali pass; the stunning view of Mt. Ganesh, Mt. Langtang and the surrounding hills is mesmerizing. Apart from that, the villages seen in distance and Kerung border of Nepal China are interesting to watch during Tamang Heritage trekking in Langtang. We pass through the pine forest today.

We will have lunch at Brimding village (not mandatory). We might get offer of a cup of tea at the monastery (we pass by), a break along the trail & after tea; we will get to Thuman village. Thuman is a Tamang village with rich cultural and traditional people. They dance and has cultural program, which you can join if invited.

Day 7

Thuman to Briddim(2345m). 6-7 hrs

- Altitude – 2345 meters
- Special – View of mountains from Briddim village
- Time – 6/7 hours
- Activity – Trekking

Approx 14 Kilometers of walk from Thuman to Briddim takes us through a tentatively flat land. Before the lunch Tamang heritage trekking trail descends to Timure. We will probably have lunch at Timure. Timure is a one of the major trading route of Nepal with China in the history and till today. When there was barter system in existence, this village of Nepal was a trading hub in between Tibetans and Nepali people (merchants). Nepal – China Border of present is approx 3 hours away from this village at Langtang Heritage trekking trail.

Once we get to Briddim, it is a beautiful village on the lap of mountain. Views of the mountains are mesmerizing from Briddim village of Tamang heritage trekking trail. This is a village of Tamang people. We will stay in one of the home stay tonight.

Day 8

From Briddim to Lama hotel(2470m). 6-7 hrs



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- Altitude – 2470 meters
- Special – view of mountains, diverse landscapes, thuman village and ridge of tatopani village
- Time – 6/7 hours
- Activity – Trekking through the pine jungle

Starting of today's trekking is gradual uphill. We will walk all around a big hill until we trek downhill to our final destination Lama Hotel. View of Thuman village, ridge of Tatopani village, mountains and the entire landscape looks nicer today. We will be facing exactly towards the trail we walked so far. With a nice feeling of how far we trekked and how many ups and downhill we have been through, makes heart filled with joy and happiness.

Trekking through the pine jungle and watching the view of the village and mountains through the Rhododendron flower windows will make Tamang heritage trekking as a natural trekking trail (off beaten trekking path). From today's trekking you will feel a difference in the Tamang heritage trekking vibe. Before; the trek was more about culture, tradition and people but less about nature.

But right after Birdim homestay we will get soaked into the nature part of Tamang heritage trekking. Before getting to Sherpa Gaun we need to ascend a little bit. Right after we get to the peaceful Sherpa gaun; Tamang heritage trail trek starts descending gradually all the way to down to Lama Hotel. Lama hotel is on the side of Langtang River. You will sleep literally inside the jungle Lodge tonight. Lama hotel has access to Langtang River. For your information, today's walk is famous for bird watchers.

Day 9

Lama hotel to Langtang(3430m). 6 hrs

- Altitude – 3430 meters
- Special – Exploration of herbs
- Time – 6 hours
- Activity – Walking along the side of the river inside the forest

Natural part of Tamang Heritage trekking fill your joy with greenery. We will walk along the side of the river inside the forest. Forest of pine, Rhododendron and Bamboo are hub for herbs and wildlife. When we start our trekking from Lama Hotel it is inside the jungle. But, once we get nearer to the Langtang village no tree line begins already from Thangshyap village.

Langtang village is completely rebuilt after 2015 earthquake. Accommodation and bakery are back in the service of trekkers. But the loss this village had is unidentifiable. If it is your second visit to Langtang village after earthquake, you cannot imagine the picture you have taken on your last Nepal Visit. Scene of the village is completely changed (destroyed).



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Day 10

Langtang to Kyanjin Gomba(3870m). 4 hrs

- Altitude – 3870 meters
- Special – View of mountains
- Time – 4 hours hike
- Activity – Walking on flat terrain

Walking on almost the flat terrain, Langtang to Kyanjing gomba is approximate 8 kilometers of walk. We will trek above 4000 meters today, so feeling of high altitude, a thin air and chilly wind is normal in today's hike (trekking). We will pass by herds of Yak grazing in the meadow. Farmers working in their farm look nicer where stunning view of the mountains keeps on changing its face, closer and closer.

At this point of Tamang heritage trekking, one can feel the presence of White Mountains in Nepal trek. We will pass by long manni walls along the side of the Langtang River. Prayer flags, water driven prayer wheels in the middle of the trekking trail made Tamang heritage trail trek a best trekking in Nepal. Once we get to Kyanjing Gomba; view of all the mountains we have been chasing comes really closer. Mt Langtang lirung 7205 meters will change its face at Kyanjing Gomba Village. We will see 100s of mountains from this village of Langtang.

Day 11

Kyanjin Gomba to Lama hotel(2470m). 5-7 hrs

- Altitude – 2470 meters
- Special – local monastery of Kyanjing village
- Time – 5/7 hours
- Activity – Trekking back to Lama hotel by same trekking trail

Trekking down to Lama Hotel is comparatively easy. We will start trekking back to lama hotel by same trekking trail. After passing through the Kyanjing village, we pass by the local Monastery of Kyanjing village. This monastery is called Kyanjing Gomba in Nepali. This is how the name of the village became Kyanjing village.

Lama hotel is around 7 hour's downhill trek from this last village of Langtang valley. Lama hotel has a story behind its name. This place used to have only one hotel. And that hotel was owned by Lama Cast of the Nepali society. Although you can see more than 7 lodges in present, real lama hotel is one of the smallest in the middle of the village. As Tamang heritage trail trek is named so, during the trekking we will pass by many Tamang villages.

Day 12

Lama hotel to Syabrubesi(1550m). 5 hrs (Tamang Heritage Trek Ends)

- Altitude – 1550 meters
- Special – Scenic sights of Himalayan honey hive and interesting tree structure



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- Time – 5 hours hike
- Activity – Trekking through the jungle

After breakfast at the river side village of Lama Hotel, we will start our jungle trekking to Syaprubensi. We will pass by number of villages on the way down to our final stop of Tamang heritage trekking. Most of the today's walk is through the jungle. We pass through scenic sights of Himalayan honey hive and interesting tree structures. Possibility of sighting monkey, lots of birds and insects is so common. It is researched that, this section of Tamang heritage trekking is famous for barking deer, Red panda, leopard, black bear and many other wild lives.

From Lama Hotel to Kyanjing Gompa village trekkers will see the nature along with different culture from Thuman, Birdim or Tatopani. Starting from Birdim village somehow the culture of Sherpa people in the Langtang region starts exposing to trekkers. We will stay at the local lodges owned by locals and these locals are Sherpa people of Nepal. Tibetan influence on these Sherpa is nice to witness in their tradition and culture.

Day 13

Drive from Syabrubesi to Kathmandu.

- Altitude – 1350 meters
- Special – Scenic view from the bus
- Time – 8/9 hours
- Activity – Travelling in bus

Present road condition of Langtang trek trail is much shorter than earlier. There are two different options for bus or jeep. We will take either of them, but will make sure you will get the serene view of the waterfall, deep river valley and the life on the road side Nepal.

To get to Kathmandu (capital of Nepal) it takes 4-6 hours by jeep and 6-8hours by Bus.

Day 14

Departure

- Altitude – 1350 meters
- Time – 30 minutes hotel transfer time
- Activity – Flying back to origin

Time has come to farewell you with a promise to see you again. Our representative will drop you to airport for you onward destination.



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