Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Tamang Heritage Trek

Duration: 9 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu Airport : Pick up and transfer to the Hotel

- Time : na
- Max Altitude : 1300 m

Accommodation: 3 star Hotel in Kathmandu

Meal: na

You may arrive at Kathmandu at any time. Upon landing at the airport, you will be escorted to your Hotel in the city. Overnight stay at the Hotel.

Day 2 Drive from Kathmandu to Sybrubensi by Private Jeep or Local bus.

- Time : 7-8 hours
- Max Altitude : 1503m

Accommodation: Guest House

Meal: Full Board

You will have a drive from Kathmandu to Sybrubensi today. Heading north out of the city, you will be driving through scenic foothills. The drive also passes by high ridgelines and presents sights of the countryside life of Nepal. Passing through Dhunche, you will reach Sybrubensi. Along the way at the bank of the Trishuli River, you can get amazing glimpses of the Ganesh Himal (7422m). Overnight at guesthouse.

Day 3 Sybrubensi trek to Gatlang

- Time : 5 hrs
- Max Altitude : 2238m

Accommodation: Guest House

Meal: Full Board

From Sybrubensi, you will trek through the hill and towards Gatlang, passing by many small settlements along the way where you can observe different traditional village life of the locals. The village of Gatlang is set high on a hillside among terraced fields. Upon reaching Gatlang, you can visit a Tamang monastery here as well as the beautiful the Parvati Kunda Lake. Overnight at guesthouse.

Day 4 Gatlang trek to Tatopani

- Time : 6-7 hrs
- Max Altitude : 2607m

Accommodation: Guest House

Meal: Full Board

On the way to Tatopani, you can enjoy mesmerizing sights of the Langtang range and the Ganesh Himal (7422m). You will follow the trail running along the Chilime Khola. The Tamang culture at Tatopani, which translates to “hot water”, is quite beautiful. The village of Tatopani has natural hot springs that are known to relieve aching muscles. Overnight at guesthouse.

Day 5 Tatopani trek to Thuman

- Time : 6 hrs
- Max Altitude : 2338m

Accommodation: Guest House

Meal: Full Board

From Tatopani, you will then have a beautiful trek along the verdant woods of the valley towards Thuamn via Timure- an old trade route settlement to Tibet. At Timure, you will also pass a fort that is a historical reminder of the Nepal-Tibetan relations that has existed for many centuries. Overnight at guesthouse.

Day 6 Thuman trek to Briddhim

- Time : 6 hrs
- Max Altitude : 2229m

Accommodation: Guest House

Meal: Full Board

From Thuman, you will trek along the valley's edge line all the way to Briddhim- a Tibetan Buddhist village situated on the lap of the Langtang Himal. Here, the houses of the village are spread in a Z-shape across the land with most of the houses made up of stones with split slates for the roof. The village's people are direct descendants of the ancient Tibetan immigrants. Overnight at guesthouse.

Day 7 Briddim to Sybrubensi

- Time : 4-5 hours
- Max Altitude : 1503m

Accommodation: Guest House

Meal: Full Board

After breakfast slowly trek down hill to Sybrubensi. Last day of the Trekking, Enjoy beautiful evening in Sybrubensi. Over night at Guesthouse.

Day 8 Drive back to Kathmandu

- Time : 6-7 hours
- Max Altitude : 1300m

Accommodation: Hotel in Kathmandu

Meal: B+L+D

After breakfast, you will drive back to Kathmandu, passing the ethnic Tamang villages and the terrace farms, driving alongside the river. You can explore the local marketplaces and alleys upon your arrival in Kathmandu. Also, you can do shopping or rest as you desire. Overnight in Kathmandu. Evening Nepali Cultural Dinner by Company

Day 9 Transfer to Airport. Final Departure

- Time : na
- Max Altitude : NA

Accommodation: na

Meal: B

Approximately three hours before your scheduled flight, you will be transferred back to the airport from where you will depart.

Cost Include

- Airport pick-up and drop-off
- Kathmandu to Sybrubensi and back to Kathmandu with Local bus or Jeep
- Hotel with breakfast in Kathmandu 3 star
- Langtang National Park fee
- Trekking Accommodation, Twin Sharing in Basic Tea-house lodge
- Licensed English-speaking guide, Experience knows about First Aid
- Two trekkers 1 porter
- Three Meals a day (Breakfast, Lunch & Dinner)
- All necessary documents and permits for trekking
- Farewell Dinner
- Sleeping bags(End of Trekking need to return) Duffel Bag for carrying.
- Trekking poles if requested

- Staff insurance, medication and equipment
- All Govt. and Local Taxes
- Trekking Certificate by Destination Unlimited

Equipment List & Gear Guide

Equipments Coming Soon

Cost Exclude

- International airfares
- Travel/trekking insurance
- Nepal entry visa fees
- Mountain rescue charges or insurance
- Drinks hot and cold
- Bottled drinks on trek (cold and alcoholic)
- Lunches and dinners when not trekking
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Tiping recommended
