

# Tamang Heritage Trail Trek

## Trip Overview

Explore the indigenous Tamang community through the Tamang Heritage Trail trek. The trail follows rhododendron forest, terraced farmlands, rugged paths, lush green forests, and charming villages. Get to know the unique culture, tradition, and lifestyle of the Tamang community living close to the beautiful Langtang region. The trail to the Tamang heritage is newly opened, so you will not find many crowds on the journey. The trek offers majestic views of Ganesh Himal and Langtang Himal. The journey to the Tamang Heritage Trail is full of scenic mountains, natural beauty, and plenty of choice for cultural exploration.

The Tamang Heritage Trail Trek takes you through only one of the Tamang communities, expressing their culture in everything. From the house, the dresses they wore reflected their culture. The Tamang community is one of the unique ethnic groups of Nepal. On the way, you will not only be greeted by the natural beauty and mountains but also the Chortens, stupas, and gompas. You may find people reciting mantras in these places. Other than that, things you should see are the wood carving, stone carving, mani walls, and prayer flags, which reflect their religion. The region and the community are influenced by Tibetan culture due to the very old trading route between Tibet - Nepal. People here are engaged in trading, hospitality, and agriculture.

The journey starts with a drive from Kathmandu to Syabrubensi and goes all the way up to the Bahun Danda, passing Tsumkhung Stupa. You will go through the villages of Goljung, Brimdang, and Gatlang. You may also get to experience the famous local dance of Birddim. You may not expect luxury accommodation, as there are only a few teahouses or lodges. Mostly, you will find a homestay, and you may share the same kind of food and accommodation. The good thing about the homestays is that you get to be closer to the locals. The next destination is the narrow valley of Kyanjing Gompa, at 3900m down the Langtang Khola, offering magnificent views of mountains. The journey ends in the Dhunche.

You may check the itinerary provided by the High Land eco trek and make your journey even more interesting.

## Trip Highlights

- Cultural tour of Kathmandu Valley
- Scenic view of Langtang, Lirung, Ganesh Himal and other Peaks
- The unique culture and lifestyle of the Tamang community
- Flora and Fauna in Langtang National Park

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

## Cost Includes

- Airport pickups and drops at Hotel
- Star-category hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch, and dinner) during the trek

- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking government-licensed trek leader
- Porter service (2 trekkers: 1 porter)
- All necessary paperwork and trekking permits (National Park fee, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes

## **Cost Excludes**

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges
- Lunch and dinner in Kathmandu
- Extra night accommodation in Kathmandu in case of early arrival, late departure, or early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance