

## Tamang Heritage Trail

 12 days

From \$1460



Traveling to places you have never been and experienced is one great story for you to tell. If you are fond of trekking to different places that are rarely visited or perhaps have not yet discovered by other mountaineers, travelers and trekkers is one thing that you should be proud. It is a fun way for you encounter an unspoiled scenic view of the mountain and a very rich culture that is found at the Tamang, Nepal. Tamang heritage trail indeed offers their guests with a superb wild bearing experience through the landscapes that are very beautiful such as the flat meadows, alpine terrain and the rhododendron forest that is seemingly stunning.

The simple life of people living in Tamang is interesting. If you feel like trekking to a place for something that you don't get to see every day such as a herd of sheep and yak, and growing of vegetables and grains. The means of livelihood is also part of the Tamang heritage trail such as daily activities of raising livestock, basket weaving and mat, and agriculture of small scale. A heart warming welcome is one factor that you will receive from the Tamang people. Learning their customs, culture, and tradition is a basic step for most trekkers who happen to be in the area.

An expedition to the higher Himalayas will bring to a different lifestyle especially if you are not used to a provincial kind of style. It is not

difficult to adopt the culture and the lifestyle that the Tamang people are living. Planning to take advantage on a trip to experience the Tamang Heritage trail, it is important that you take part with other trekkers who are also interested in going. For you to have a better knowledge and experience here are the following tips for you to learn more about the Tamang people.

1. Choosing your itinerary - going from one place to another can be a bit risky, which is why having an itinerary is important. This will serve as a guide for you to know what the next place to visit is. As being guided by a tour guide, you are assured that is someone is knowledgeable when it comes to the Tamang heritage trail. The only reason that you have traveled far is to know more about the history and the events that have taken place in the vicinity.
2. Getting familiar - your trekking trip should be worth your while and savoring every side of tradition and culture that the people are having is a great opportunity for you.
3. Documentation - for you to have a good remembrance from the place, it would be best for you to keep a good documentation with every trek that is set and planned in the itinerary. Things that you need to document include the food, the places and its beautiful sceneries, the practices of every local that you meet.

The Tamang Heritage Trail is a privilege for you to experience. This could be a great learning adventure for you.

Grade: Moderate

Moderate

Destination: Nepal

### **Itinerary:**

**Day 1:** Arrival in Kathmandu

**Day 2:** Kathmandu: Sightseeing and Trek Preparation

**Day 3:** Drive from Kathmandu to Syabrubesi

**Day 4:** Trek begins: Syabrubesi to Gatlang

**Day 5:** Gatlang to Tatopani

**Day 6:** Tatopani to Thuman

**Day 7:** Thuman to Briddim

**Day 8:** Briddim to Langtang Village

**Day 9:** Langtang village to Kyanjin Gompa

**Day 10:** Trek back to Langtang village

**Day 11:** Langtang to Syabrubesi: 5 hours

**Day 12:** Arrived to Kathmandu

**Cost Include:**

- Pickups and drops from airport(s) and hotel(s)
- All accommodations on twin sharing basis
- English-speaking, trained and experienced guide
- All necessary paper work(s) and permit(s)
- All applicable taxes and service charges
- A comprehensive medical kit

**Cost exclude:**

- Nepalese visa fee
- International airfare to and from Kathmandu
- Personal expenses
- Travel and rescue insurance
- Tips for guides and porters