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Tamang Heritage Trail

URL: <https://naatatravels.com/trip/tamang-heritage-trail/>

Duration	Per Person Cost	Difficulty
9 Days	USD 920	Easy
Group Size	Maximum Elevation	Accommodation
2-12	3300	Tourist standard hotel and Teahouse
arrival_on	Departure	Trip Route
Kathmandu	Kathmandu	Langtang

Trip Includes

The Tamang Heritage Trail is sparsely visited.

Enjoy natural hot water spring en route

Experience and learn the lifestyle and culture of Tamang Village

A lesser known trail making it less flooded

Splendid views of the Langtang range, such as Ganesh and Langtang Himal, and other peaks of the Langtang range.

Tamang Heritage Trail Overview

The Tamang Heritage Trail, which lies just north of Kathmandu Valley, is one of the most accessible trails. Despite being close to the valley, this is one of the least visited trails by tourists. Langtang Tamang Heritage Trek lies in the ever-popular Langtang region in Langtang National Park. Opened to tourists in

2004, the trail is a gem for those who seek to experience the culture and lifestyle of the Tamang community, which is related to Tibetan people. Firstly, the Tamang people originally came from Tibet. They were horse traders and settled in the hilly parts of Nepal a few hundred years ago.

The Tamang heritage trek is a journey through the vibrant culture and lifestyle of the Tamang residents combined with exquisite natural beauty. This trek route allows you to closely observe and understand the Tamang culture and its ties with the Tibetan civilization. Like the [Langtang Valley Trek](#), this trek in Nepal takes us through several indigenous villages. The views of Langtang and Ganesh Himal are breathtaking. Furthermore, the towering views of Langtang LirLangtangung are a sight to behold.

The trail starts from Syabrubesi, a hub for trekkers going to Gosaikunda Lakes, and runs through the lush, green Langtang Valley. Moreover, you will be rewarded with views of mountains such as Langtang Lirung, Ganesh Himal, and Sanjen. A trek through the villages is a bonus to this trek. If you want to try a more popular trek, you can opt for the Langtang trip, which lies adjacent to the Tamang Heritage Trail.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playing card imprinted with your name. They will then transfer you to the designated hotel. In the evening, we can enjoy a welcome dinner hosted by Naata Trek and Tours. We can enjoy Nepalese cuisine during dinner, which introduces us to the country's culture.

Accommodation	Meals:	Altitude:
Tourist Standard Hotel	Dinner	1400 meters

Day 6-7: Drive from Kathmandu to Syaprubesi

We embark on our day by starting our road trip to Syaprubesi, a small town just a stone's throw away from Dhunche, another starting point for a couple of treks in the Langtang region. The 6-7-hour journey takes us through Nuwakot city and the beautiful village of Kalikasthan. We spend the night in Kazakhstan.

Accommodation	Meals:	Altitude:
Tourist standard hotel	Breakfast, lunch and dinner	1460

Day : Trek from Syaprubesi to Gatlang

We start our ascent today from Syaprubesi, and our destination for the day is Gatlang. The trail goes down an off-beaten trail and passes through a creek. After ascending for a while, one can enjoy the views of the Gosaikunda range, Langtang Lirung, and Ganesh Himal. Along the trail, you will see numerous

Buddhist chortens and mani walls, adding a different dimension to the picturesque trail.

After an hour's walk, we reach a village called Goljung, where we have lunch. We ascend another 2.5 hours to reach another village called Gatlang. The town is known for its 100-year-old monastery and a hidden lake called Parvati Kunda. Legend has it that the lake has the power to increase women's fertility. We stayed the night in Gatlang.

Time:

5-6

Accommodation

Teahouse

Meals:

Breakfast, Lunch and Dinner

Altitude:

2238

Day : Trek from Gatlang to Tatopani

The day is marked by some of the steepest climbs of the trek. We descend along the ridge to Bamdang Khola (river), which turns north to the town of Chilime. We cross a suspension bridge and start our 450-meter arduous climb to the village of Gongang. We have our lunch at Gongang, and the trail climbs gently for a less strenuous 2-hour climb to Tatopani. The town's name means hot water. You can end your day with a warm dip in the hot spring.

Time:

6

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2607

Day : Trek from Tatopani to Thuman

Today's trail ascends to Nagthali Danda, a high-open grassland with amazing views of the Himalayas. We stopped en route at a pleasant village called Brimdang, where we had lunch. We then continue our trek towards Nagthali Danda. The trail continues down to the Tamang village of Thuman. People here love to sing and dance, and you might also be invited to join.

Time:

5-6

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3300

Day : Trek from Thuman to Bridim

We start our day descending towards Timure as we trek to Briddim. It follows along the old trade route to Tibet, and Tibet is not far away from here. After lunch, we continued our walk towards Briddim, another Tamang village, where we had lunch. We spend our night in Bridim.

Time:

5

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2230

Day : Trek from Briddim to Syaprubesi

Today is an easy walk down to Syaprubesi, which will take us less than 4 hours. We spend the rest of the afternoon and night at Syaprubesi. One can also look around the town to buy local handicrafts.

Time:

4

Accommodation

Tourist standard hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1460

Day 6: Drive back to Kathmandu

This day marks the end of our journey, and we will drive back to Kathmandu. You can spend the rest of your evening strolling around Thamel and buying some souvenirs.

Accommodation

Tourist standard hotel

Meals:

Breakfast

Altitude:

1400

Day : Departure

We bid farewell today and a representative from Naata Travels will drive you to the airport for your departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Syaprubesi in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All others not mentioned in the cost include the section

Additional Trip Information

Benefits of Booking with Us

Naata Travel & Adventures is a government-certified company and has been providing its services in the Himalayas for the last decade. Some benefits of booking with us are guaranteed departures, experienced government-licensed guides with medical kits, and itineraries designed to keep you in comfort.

What You Can Expect From the Package?

You can expect a lot of natural beauty and an immersion into the culture and lifestyle of the traditional Tamang people on the trail. The trail is also home to some of the most endangered animals, such as red

pandas and snow leopards. You can also enjoy outstanding views of Ganesh Himal and Langtang Himal, among many others.

Preparation for Tamang Heritage Trail Trek

Tamang Heritage Trek is a village trek that takes you to just 3,300 meters in elevation. While there is the possibility of snow, you don't render it related to climbing, such as ice, axes, crampons, etc. However, you must have trekking gear such as a down jacket, woolen socks, a bog-pack, a water bottle, thermals, sunglasses, sunscreen, gloves, and trekking poles.

Best Season

Spring season (March to May)

March to May is the spring season in Nepal and is a very favorable time to trek. This season, the pre-monsoon time of the year, brings clear skies and mild weather. The weather is cool during the day and chilly during the evenings and mornings. This is the time of the season when the rhododendron flowers are in full bloom and make up for a pleasant sight on the trails.

Autumn Season (September to November)

The autumn season is the post-monsoon season in Nepal. The greenery is at its peak, and as the monsoon has washed the dust away, the colors of the forests and trails are as vivid as possible.

Food or Meal Availability on Tamang Heritage Trail Trek

The trail, being less known than other popular trekking routes such as the [Everest Base Camp Trek](#) and other treks in the Annapurna region, offers few options when it comes to food. Nepali and Tibetan meals will be readily on offer there. Some of the Nepali and Tibetan dishes that you can have on the trekking trail are bread and potatoes, thukpa (noodles), dal bhat (rice, lentils, and curry), potato pancakes, and momo (momo's). But you can also expect Western-inspired dishes such as omelets, porridge, and pancakes.

Accommodation During Tamang Heritage Trail

The Tamang Heritage Trail is a hidden gem in Nepal's Langtang region, and it is seen as having fewer visitors than Langtang village. The traditional Tamang villages don't offer many options, and you will be staying in the teahouses that are on offer there. Your amenities will be rather basic, and you might have to stay in shared rooms that house 2-3 people, and common bathrooms will be shared. However, the lack of facilities is comprised of decent sanitation and the rich hospitality of the locals.

Tamang Heritage Trail Travel Insurance

Naata Travel & Adventures doesn't own travel insurance, and you will have to be insured beforehand to enjoy a hassle-free trek. You must be protected against any health issues and events. However, not every travel insurance coverage is the same for all the packages. Thus, it is recommended that you look into the

coverage based on the trip you are undertaking.

Altitude Sickness and Remedies

As the trek's highest point stands at a reasonable elevation of 3,300 meters, altitude sickness should seldom be an issue. However, if one gets mild symptoms, one might have to stay at that elevation for a while to let one's body get used to it. If the symptoms get more pronounced, one might have to walk down a few hundred meters and let one's body get used to it.

Tamang Heritage Trail Difficulty

The trek is rather easy and takes you close to the border of Nepal and Tibet. The trail ascends gently in most places, making traversing the terrain not too rugged. The average walking time per day is about 5-6 hours. Altitude sickness shouldn't be a problem as the trail doesn't ascend. A person with moderate fitness can easily complete this trip, making the trekking & hiking experience enjoyable.

Tamang Heritage Trek Packing List

This relatively comfortable trek traverses through hamlets. Thus, you won't need any climbing equipment since the terrain is not very demanding. However, the evenings and the mornings get chilly, so wear warm clothes such as down jackets and thermals. It can get windy in the afternoon, so you should carry windcheaters. Carry extra socks, underwear, batteries, sandals, a winter jacket, and warm gloves.

Tamang Heritage Trail Trek Guide and Safety

As for safety on the trail, our guides are government licensed and are well-informed about the remedies related to elevation and other basic niggles. Our guide will carry a medication kit to look into illnesses such as headaches, fever, loose motion, cuts and bruises, and altitude sickness. If one gets badly injured or requires more attention, helicopter rescue can be done. Just make sure to get insurance that covers all of the requirements.

Tamang Heritage Trail Trek Booking Process

You can commence the booking process by booking through our website and depositing the minimum required amount for reservation. You can pay directly through the website or contact us directly.

Conclusion

This trek in the Himalayan foothills takes us to the Langtang area across the valley. It is an expedition worth undertaking. The trail takes us through beautiful villages, exceptional scenery, and a close look at the local community lifestyle.

Frequently Asked Questions

Which region does the Tamang heritage trek fall into in Nepal?

The Tamang Heritage Trail lies in the Langtang region. It is a village-to-village trek rather than a high-altitude trek, which allows you to observe the lifestyle of the Tamang people closely.

Which is the best season for the Tamang Heritage Trail?

The best seasons for the Tamang Heritage Trail are spring and autumn. However, since the trail doesn't rise much at altitude, this trek can also be done comfortably in early or late winter.

Is the Tamang heritage trek worth it?

The Tamang heritage trek is worth it as it combines natural beauty with cultural immersion. It is a hike along beautiful Tamang villages in the Langtang region.

Is the Langtang Valley Trek better or the Tamang Heritage Trek?

The Langtang Valley Trek takes us to a relatively high elevation through the national park, providing an excellent, up-close view of the mountains. However, the Tamang Heritage Trek is more of a cultural immersion into Tamang villages combined with natural beauty.

What is the highest point in the Langtang Valley trek?

The highest point in the Langtang Valley trek is 5,033 meters in Tserko Ri. The Langtang Valley starts just north of Kathmandu, close to the border with Tibet.

Can you trek Langtang without a guide?

No, you cannot trek Langtang without a guide. As per government rules, you will need a guide to get the necessary permits to trek in Nepal.

How challenging is the Langtang Tamang heritage trek?

The Langtang Tamang heritage trek is one of the easier treks in Nepal. Since you don't trek at high altitudes, with the highest being 3,300 meters, completing this trek shouldn't be difficult.

What is the Tamang Heritage Trail?

The Tamang Heritage Trek offers a firsthand experience of Tamang life, culture, and traditions in Nepal's Langtang region. The Tamang Heritage Trek takes you through lush landscapes where you can enjoy the beauty of the Himalayas and learn about the local customs.

Which is the longest hiking trail in Nepal?

The longest hiking trail in Nepal is the Great Himalayan Trail, which stretches over 1,700 kilometers and passes through beautiful forests, isolated villages, and high mountain passes. These famous long treks are known for their incredible adventures, combining different landscapes and cultures.

What is the meaning of Heritage Trail?

Heritage trails are paths for walking or driving in cities and countryside marked with signs and guidebooks that show cultural heritage. This heritage can be built on architecture or stories about the culture. Usually, these trails are in public areas.

Which trail is famous in Nepal?

The famous trails in Nepal are the Everest Base Camp Trek, Annapurna Base Camp Trek, Manaslu Larkya La Pass Trekking, Mohare Danda Trek, Annapurna Circuit Trekking, and Everest 3 High Pass Trek.

What is the highest trekking peak in Nepal?

Mera Peak is the highest trekking peak in Nepal, standing at 6,476 meters. Climbing this mountain is a major highlight of an exciting journey. You'll trek and camp in remote valleys, see beautiful Rhododendron forests and enjoy stunning mountain views.

What is the purpose of the Heritage trail?

The purpose of the Heritage Trail is to showcase fantastic architecture, ancient monuments, significant buildings, and culturally significant places. These help people better understand and appreciate an area's history and culture.

Is Tamang People indigenous?

The Tamang people are an indigenous ethnic group in Nepal who speak a Tibetano-Burmese language. There are 1,539,830 Tamang people in Nepal, making up 5.6% of the population, an increase from 1.3 million in 2001.

Are Tamang people Tibetan?

The Tamang are a Tibeto-Burman ethnic living in Nepal, Southern Bhutan, and Northern India. In Nepal, they made up 5.6% of the population, with over 1.3 million people in 2001.

Address

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