

Tamang Heritage Trail Trek

Duration: 10 days

Difficulty: Medium

DoT No. 1888
PAN No. 601340433
NMA. AM#1171, TAAN
Govt. Regd No. 115217

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 3600m

Season: Spring/Fall/Winter

Accommodation: Teahouse/Homestay

Equipment: Basic trekking gear

Overview

The Tamang Heritage Trail Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.

The Tamang Heritage Trail is a rewarding trekking experience with a strong focus on local culture. The trail lies in one of the bordering regions between Nepal and Tibet. There is a long history of trade and cultural exchange which enriched the local culture and the ritual practices on both sides of the border.

Developed by the Tourism for Rural Poverty Alleviation Program, the "Tamang Heritage Trail" is one of the newly developed trails that are less crowded and put a stronger emphasis on culture than some of the more classic trails. The Tamang Heritage Trail gives you an idea of ancient lifestyles but also offers stunning sceneries and (as a reward) relaxing and healing baths in natural hot springs.

This trip starts with 6.5hr bus journey from Kathmandu to Goljung plus 1.5hr walk. On the way, you can gather many impressions of rural Nepal. We then start trekking in earnest making our way through the small villages along the trail. You can observe local customs and traditions, chat with locals and, of course, drive a good bargain when shopping for locally produced handicrafts. At Tatopani you can enjoy the healing hot-springs - a particularly rewarding experience after the strains of the trekking.

The Tamang Heritage trail is a very pleasant trek without technical difficulty. A remarkable cultural experience set in an impressive environment.

Highlights:

+ An excellent trek along an easy going route combined with authentic villages that offer a homestay program in tradition homes, and great views of mountains in Tibet, Langtang, and Ganesh Himals, set against

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rhododendrons forest, and just a day from KTM

+ Appreciate altitude and short trip

+ Discover picturesque villages, rewarding ancient culture, pristine nature & local monasteries.

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

Flying into Kathmandu is a memorable experience with the Himalaya Spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Included meals: Welcome drink & Bed]

Overnight at hotel

Day 02; Kathmandu Tour (1350m/4429.134 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites Swayambhu, Boudha & Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic drive to Gatlang (2240m/7349.081 ft.), 7-8hr drive

Initial section, we will follow the Prithvi Highway, soon you will arrive in Trishuli Bazaar. From here your journey begin with ascend on narrow road. You will observe the views of Ganesh Himal and ranges of Langtang. Gradually with several ups, downs and passes drive bring us to Gatlang. Gatlang is one of the incredible village to experience.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at Teahouse

Day 04; Climb to Tatopani (2610m/8562.992 ft.), 5-6hr walk

Our initial segment of trail begins with on gentle descend through agricultural field with plenty of ancient Mani Walls. Gradually your pleasant journey will bring you to Thangmuche village. The village is inhabited with Tibetan refugees and Tamang ethnic group. From here your journey begin with ascend till Tatopani.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 05; Ascend to Nagathali (3165m/10383.86 ft.), 4-5hr walk

Our journey begins with ascend trail through the forests and soon we will arrive in Gombaling. From here we will climb up gentle ascend and the

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journey will offer you the pleasant views of various landscapes, ridges of Langtang, Gosainkunda etc.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; Hike to Taruche (3720m/12204.72 ft.) & descend to Thuman (2340m/7677.165 ft.), 7-8hr walk

We will hike to Taruche view point spot. The journey will offer you incredible experience of Ganesh Himal ranges, birds, ample of Himalayas of Tibet, villages and outstanding landscapes of Tibet. After we will continuous to Thuman.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07/08; Briddim (2230m/7316.273 ft.) & Syabrubensi (1503m/4931.102 ft.), 5-6hr walk

Our journey begins with descend through bushes trail till, alpines and rhododendrons forest Lingling village. After we climb to Briddim through Pelko village. We will experience typical villages, people life style etc.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Drive back to Ktm (1350m/4429.134 ft.), 6-7hr drive

For the return trip, you will go back the way you come to Syabrubensi or continuous over the Langtang Valley.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 15; Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle

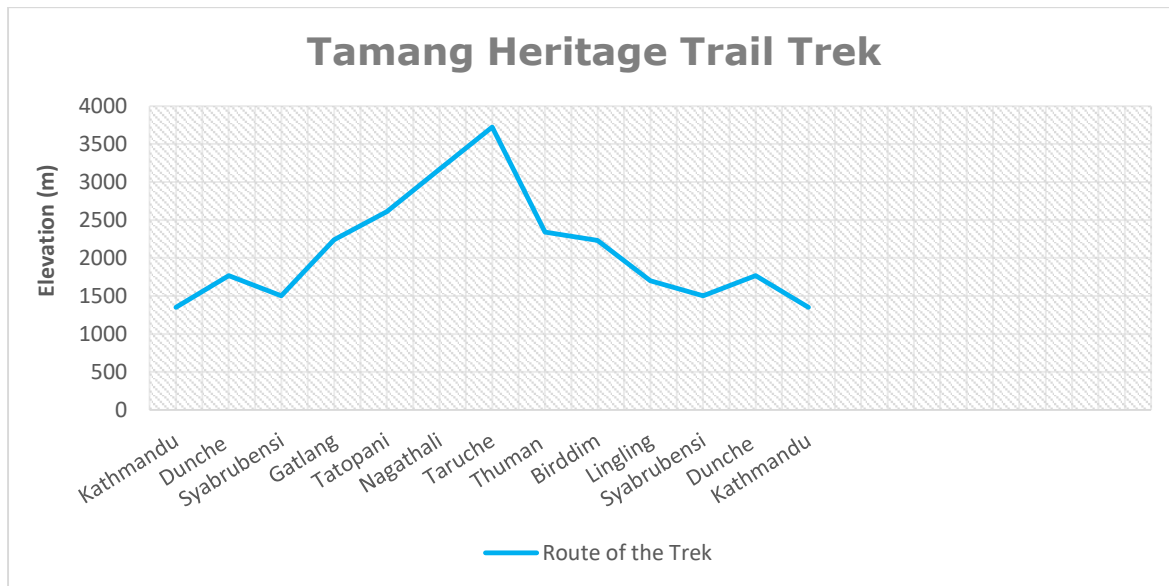
[Included meals: Breakfast]

Altitude Profile

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We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 10 days Tamang Heritage Trail Trek with Tibetan cultural program
- + Guide and porter services
- + Food throughout the trip
- + Round trip overland sharing transportation
- + Airport pick up & drop off personally. For details see below.

Price: USD 550 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.
- + Typical Tibetan Culture program

Price: USD 865 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

Trek Duration:

Standard itinerary – 10 days. Can be shortened or extended depending on time and fitness

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Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu as per the itinerary [upgrade possible]
- + Private trek with an English speaking government licensed and ministry of tourism trained trekking guide with meals, accommodation, salary and insurance
- + 1 porter (between two clients) to carry your luggage during the trek (max 18 kg; i.e. 9kg pP)
- + Sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Round trip overland sharing transportation
- + Full board meals (Breakfast+Lunch+Dinner/main course) during the trek
- + Accommodation during the trek in carefully selected tea-houses as per the itinerary
- + Langtang National Park Entry Permit for all members
- + Trekkers Information Management System [TIMS] registration card
- + Duffel bag and trekking map (Duffel to be returned after trip completion)
- + First aid medical kit carried by the guide
- + Necessary paper works, all government and local taxes

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal clothing and equipment
- Personal travel insurance /medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Excess baggage charges over 30kg of personal luggage
- Any costs associated with early departure from the expedition
- Gratuities
- Tips for Guides & Porters
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt

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Additional Options:

+ Hotel upgrade in KTM: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Gothegang camping Trek, Langtang Valley Trek, Gosainkunda Trek, Helambu Trek** rather than return to return to Syabrubensi, this can also be arranged.

+ Private jeep (140 USD for Kathmandu to Lukla)

For a more adventure and experience ride from Kathmandu Lukla

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

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Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 35 – 45 per day whilst trekking in the Everest region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please

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discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good Trip....