

Trip Name : Tamang Heritage Trek

Trip Cost	US \$750
Starting Point	Drive in KTM-Syabru Besi
Ending Point	Drive out Syabru Besi-KTM
Type	HomeStay Trek
Grade	Medium
Duration	12 Days
Daily Walk	5-6 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to May and September to November
Max. Elevation	3165 mt.

### Trip Highlights:

- Free of complications of a flight
- Mixed culture of Tamang and Lama Societies
- Traditional villages of Tibetan influence
- Spectacular views of Langtang Ri and Ganesh Himal
- The typical home-stay facility
- The great countryside and beautiful landscapes
- Impressive vegetation en-route

### Trip Details:

Tamang Heritage Trail is a newly developed trekking route where trekkers can explore and enjoy with the natural beauty and cultural highlights of the Tamang people located towards north of Kathmandu in the Langtang National Park starting at Syabru or Syaphru Besi. Tamang is a tribe and they are believed to be the offspring of Tibetan from Kerung who intermingled with Tamang of the Helambu region. They are mostly busy on raising livestock, agriculture and trade with Kerung in Tibet as a part of their daily life. They are mainly sheep and yak herders but grow some grains and vegetables also. They are very good in weaving baskets and mats from bamboo. We have designed this trek to start at Syabru Besi which passes through traditional villages of Gatlang, Tatopani, Thuman, Timure, Rasuwagadhi and Briddim and return to Syabru Besi again. The trek to Tamang Heritage Trail offers some wilderness experience through picturesque landscapes of alpine terrain, flat meadows and rhododendron forests. The visit to beautiful Tamang monastery and the holy Parvatikunda 'Lake' at Gatlang is an additional attraction on this trekking. The spectacular views of Langtang Lirung (7,246m/23,774ft), Dorje Lakpa (6,989m/22,931ft), Jugal Himal, Paldor Peak, Ganesh Himal and Manaslu make the trek tremendous. The trek can also be customized further with Langtang-Kyanjing Gumpa and Gosainkunda Lake trekking. This is our eco-friendly trekking route that can be completed staying with Tamang families. Their warm welcome in distinct costumes, architecture of mountain houses and traditional culture are unforgettable in lifetime.

Alternatively, this trek can be combined with Langtang Valley and Kyanjin Gumpa.

### How We Make This Trip Responsible?

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- A City Hotel in Kathmandu for two nights
- Langtang National Park permit and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking available at Village Kitchens
- Accommodations at Village Homes (Home Stay) in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Syabru Besi-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

### **Complimentary:**

- Arrival transfer from International Airport to Hotel
- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

### **Cost Excludes:**

- Meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

#### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music,

Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

**Day 01 : Drive (132km) from Kathmandu to Syaphru/Syabru Besi (1,460m/4,790ft).**

**Day 02 : Trek Syabru Besi to Gatlang (2,238m/7,342ft).**

**Day 03 : Trek Gatlang to Thambuchet (1,768m/5800ft).**

**Day 04 : Trek Thambuchet to Tatopani (2,607m/8,553ft).**

**Day 05 : Trek Tatopani to Nagthali (3,165m/10,384ft).**

**Day 06 : Trek Nagthali to Thuman (2,338m/7,670ft).**

**Day 07 : Trek Thuman to Timure (1,762m/5,781ft).**

**Day 08 : Trek Timure to Rasuwagadhi (1,814m/5,951ft).**

**Day 09 : Trek Rasuwagadhi to Lingling (1,737m/5,699ft).**

**Day 10 : Trek Lingling to Briddhim (2,229m/7,313ft).**

**Day 11 : Trek Briddhim to Syabru Besi.**

**Day 12 : Drive (132km) Syabru Besi to Kathmandu.**