



Tamang Heritage Trek



Introduction

Tamang Heritage trek: Is a newly opened popular trekking destination in Langtang Region. This is off-the-beaten trail which is ideal for those people who want to explore the untouched culture and traditional lifestyle of indigenous Tamang and Tibetan people as the trekking route covers culture, religion and daily lifestyle of Tamang community of Langtang region. This trek is an exciting trek into the Himalayas that offers travelers a peek into the everyday lives of the Tamang people who are Nepalese mountain dwellers of the Langtang region. The 14-day trip begins in Kathmandu with visits to UNESCO World Heritage Sites. Next, we drive to Syabrubesi and begin trekking into the mountainous region. Throughout our journey we will be rewarded with outstanding views of the Himalayas and get acquainted with the culture and traditions of the Tamangs who live in close vicinity to the mighty Langtang.

Facts

- Altitude: 3870m<
- Duration: 13 days
- Grade: Moderate
- Group: 2 - 15
- Country: Nepal
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.

- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Itinerary

- **Day 1** : Arrival in Kathmandu and transfer to Hotel. Meal Includes: Breakfast, Dinner.
- **Day 2** : Drive from Kathmandu to Syabrubesi (1,550m) – 8/9 hours drive. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 3** : Trek Syabrubesi to Goljung (1960m) – 3/4 hrs trek. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 4** : Trek Goljung to Gatlang (2240m) – 4/5 hrs walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 5** : Trek Gatlang to Tatopani (2607m) – 6 /7 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 6** : Trek Tatopani to Thuman (2,400m) via Brimdang and Nagthali – 6 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 7** : Thuman to Briddim (2,345m) – 6 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 8** : Briddim to Lama Hotel (2470m) – 6 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 9** : Lama Hotel to Langtang village (3,430m) – 6/7 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 10** : Langtang village to Kyanjin Gumpa (3,870m) – 4 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 11** : Trek back to Lama Hotel (2,380m) – 4/5 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 12** : Trek ends: Lama Hotel to Syabrubesi – 5 hours walk. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 13** : Drive to Kathmandu. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 14** : Final departure to international airport as per your flight schedule or join with team of Xtreme Climbers for your next adventure Destination. Meal includes: Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Pickups and drops from airport(s)
- All accommodations on twin sharing
- Breakfast in Kathmandu all meals during trek
- Transportation in a comfortable private vehicle
- Government license English-speaking, trained and experienced guide
- Necessary Porter service charges during the trek
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Insurance of nepalis staff
- All fees for sightseeing including entry fees for visiting temple(s), monument(s), trekking and national parks
- Welcome and Farewell dinners
- Trekking map
- A comprehensive medical kit
- All necessary paperwork(s) and permit(s)

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers**

desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the clients request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers have to set any world records? If so, do they require special services or equipment?



Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [Whatsapp](#) or login to [Facebook](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepalese visa fee (bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Lunch and evening meals in Kathmandu
- Extra night accommodation(s)
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guides and porters
- The services which are not included in our 'What is Included' section