

Tamang Heritage Trail Home Stay | Duration: 11 Days Days | Cost: \$1099

Tamang Heritage Trail Trek is a new trekking route in the Himalaya. The trek is a combination of Tamang Heritage Trail and Langtang Valley trek. This trek is off the beaten track experience, which highlights an ancient lifestyle combining it with picturesque scenery and healing baths in natural hot springs. This is an excellent introduction to the trekkers. It lies on the north of the Kathmandu Valley. Tamang Heritage Trail is perhaps the one of the most available trekking region in Nepal. The people of this region are mostly Tibetans who came from the Kerung border of Tibet. The tour is On-Demand tour.

At a Glance:

- **Tour code:** NTHTHS003
- **Style:** Local living | Home Stay
- **Grading:** ▲▲▲▲▲
- **Suitable for:**
- **Duration:** 11 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1099

Highlights of the tour:

- One of the beautiful community trek
- Emerge with the culture and people
- Sunrise & sunset from the Himalaya
- Magnificent views of snowcapped Mountains
- Explore kathmandu valley

What's Included:

- Airport pick up and drop
- Welcome and farewell dinner
- All sightseeing trip as mentioned
- All entry fees during sightseeing
- All Hotel accommodation
- All Transport on Private Coach
- Accommodation in local home stay
- Meals during trek
- English speaking guide
- Porter to carry the luggage

What's Not Included:

- Lunch and dinner in the city
- Drinks and bar bill
- Tipping
- Personal Insurance
- Other things not mentioned

Arrival at Tribhuvan International Airport (TIA) Kathmandu

Arrival in Kathmandu Airport you will meet by our airport representatives and taken to your hotel. Your guide will brief about further programmed, typical Nepali dinner served in the evening.

Kathmandu Sightseeing

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, which is also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from all around the world. Swayambhunath Stupa is the most ancient and mysterious of all the holy shrines in Kathmandu valley. It's lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces.

Drive to Syabrubesi (1460m).

Early morning after delicious breakfast, take scenic drive for distant views of Manaslu and other Himalayan mountain before stopping at the Trishuli for lunch. After lunch reaching Syabru Besi here you begin your trek by crossing a bridge over the Bhote Kosi river and start to climb along good trails which are flanked by pine and rhododendron forests, with glimpses of the Chilime Valley to the west, and the Rasuwa forests to the north. Briddim is a beautiful little village with a recently renovated gumpa and many fantastic stories about the visit of famous Buddhist sages. Then relax in your homestay lodging for the night with your charming Tamang hosts.

Trek to Thuman (2238m)

After breakfast, propose farewell to this beautiful village & start walking through the forests, beside the river, before crossing the river take a lunch at Timure. A short climb and you are walking alongside the terraced fields and Mani walls to reach Thuman the small village. Relax in your Home stay all lodgings and foods are offered at local houses on a rotational basis.

Trek to Nagthali (3165m)

Wake up to see the spectacular sunrise and Himalayan view with the first ray of sunlight from Himalaya sunrise on the mountains, before starting a pleasant uphill trek through rhododendron forests and grassy meadows to Nagthali, top the hills and offering amazing views of Langtang to the east, and the Ganesh Himal to the west. Nagthali used to be a popular meditation center for the local monks and priests. Beautiful views of the mountains can be seen from every house in Nagthali.

Trek to viewpoint for the picnic lunch and back to Nagthali

A fantastic and exciting treat for today taking a picnic lunch and walk through ancient forests. Before you reach the stunning viewpoint, you will enjoy the most scenic picnic ever! Langtang, Shishapangma, Ganesh Himal all lay before you. You can even see into Tibet which is just one range of hills to the north.

Trek to Tatopani and relax in the hot spring

Today enjoy the views before heading down the hill into the Chilime Valley, through forests to Tatopani. These hot springs are well-known for their healing qualities and once you get in you won't want to get out. The orange color is from the minerals in the water and is part of their magic. Relax and let those tired muscles refresh.

Trek to Gatlang

After breakfast head down the Chilime valley through fields and terraces, past many walls, before stopping for lunch in Tengboche, you will found the small Tibetan refugee settlement. Post lunch, trek up to Gatlang, the head Village Development Committee in this area. Gatlang boasts beautifully carved wooden houses, decorated in fine Tibetan influenced style, and super friendly Tamang residents.

Trek to Syabrubesi

Have lots of fun in your breakfast before trekking down to Syabru Besi where you can relax in the afternoon. Enjoy some post trek beer with your guide and team.

Drive back to Kathmandu

After breakfast return to Kathmandu by road, arriving late afternoon. You can do whatever you want. Overnight in Kathmandu.

Kathmandu airport

Trip concludes today after breakfast there is time for shopping and you will be transferred to the airport for your final departure from Nepal. Farewell

Trekking Team Group Pvt. Ltd.

Thamel, Chaksibarimarg, Kathmandu, Nepal

(+)977 9851075681 (24Hrs)

(+)977 1 4227506

info@trekkingteamgroup.com

trekkingteam