Detail Itinerary

Cultural Richness and Natural Splendor of Tamang Heritage Trail

The Tamang Heritage Trek is an exceptional journey offering a rich blend of cultural, natural, historical, and biological diversity in the Rasuwa district of Nepal. Throughout the trail, you will be warmly welcomed by the local ethnic communities, particularly the Tamang people, whose traditions remain remarkably authentic and untouched by modernization. Designed for travelers seeking an immersive cultural holiday, this 6-to-7-day trek can be undertaken year-round, with autumn and spring offering the most ideal weather and scenery. Fully restored and maintained following past seismic events, the trail provides a safe and unforgettable adventure.

Major Highlights of the Trek

Key highlights of the Tamang Heritage Trek include the culturally vibrant Gatlang village, natural hot springs at Tatopani, potential red panda habitats, the Chilime Hydropower project, and alpine grasslands. Trekkers are also treated to magnificent snow-capped mountain vistas, stunning sunrise views from Nagthali, the pristine Taruche viewpoint, and traditional Tamang settlements such as Thuman and Bridim.

Trip Facts

- Trip Duration: 10 days
- Trek Duration: 6 days
- Primary Activity: Trekking
- Secondary Activity: Cultural
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 3700m
- Trip Mode: Car/Jeep/Bus
- Accommodation: Lodge

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Cost Includes

• All ground transports by private vehicle as per itinerary required (Kathmandu Syabru/Beshi/Kathmandu

• Kathmandu accommodation inclusive breakfast as per itinerary

• All entry fees as per itinerary like Langtang National Park Fee, Trekker’s Information Management

System Card (TIMS)

• Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee

• An English speaking, highly an experienced, friendly and helpful trekking guide

• One porter for two members

• Guide salary/food/accommodation/insurance and required transports

• Porter salary/food/accommodation/insurance and required transports

• Rain protection duffel bag for luggage

• The Company guarantees the rescue services if needed; please hand over your insurance policy copy to us

• Government taxes and office service charge

Cost Excludes

• International airfare

• Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency (bring 2 copies passport size picture)

• Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking

• Meals (lunch and Dinner) in Kathmandu

• Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance

• Extra porter for the personal day bag pack

• Extra cost of natural disaster

• Kathmandu sightseeing (it will be extra because we should arrange according your staying in Nepal)

• Any other expenses which are not mentioned in the cost include

• Tips to staffs