Tamang Heritage Trail Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**2607m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,000 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Stay: Hotel · Visit: Nepal · Meals: Dinner

Altitude: Arrival - 1,400m

Arrive in Kathmandu and transfer to your hotel. Depending on your arrival time, you can explore nearby cultural sites, stroll through the vibrant streets of Thamel, or relax after your journey. In the evening, meet your trekking guide for a trip briefing.

Day 2 : Trek Preparation and Permit Arrangements in Kathmandu

Altitude: 1,400m

Walk: 3–5 hours of preparation and sightseeing · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is reserved for obtaining the necessary trekking permits, conducting a gear check, and making any last-minute purchases. You may also visit some of Kathmandu’s UNESCO World Heritage Sites and learn about the Tamang culture and the region you'll be exploring during the trek.

Day 3 : Kathmandu to Syabrubesi (1,460m)

Altitude: 1,400m - 1,460m

Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Start your journey with a scenic drive from Kathmandu to Syabrubesi, passing through lush hills, terraced farmlands, and river valleys. Syabrubesi is a quaint town that serves as the gateway to the Tamang Heritage Trail.

Day 4 : Syabrubesi to Gatlang (2,238m)

Altitude: 1,460m - 2,238m

Walk: 5–6 hours · Stay: Hotel · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trail ascends steadily through terraced fields and forests. Gatlang is a charming Tamang village known for its traditional stone houses, Buddhist chortens (stupas), and warm local hospitality.

Day 5 : Gatlang to Tatopani (2,607m)

Altitude: 2,238m - 2,607m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Trek through mixed pine forests and alpine pastures, with several ascents and descents throughout the day. Tatopani, meaning "hot water," is named after its natural hot springs, a notable attraction in the area.

Day 6 : Tatopani to Thuman (2,338m)

Altitude: 2,607m - Nagthali 3,165m - 2,338m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Climb to the spectacular Nagthali Viewpoint (3,165m), offering panoramic views of Langtang Lirung, Ganesh Himal, and distant Tibetan peaks. After enjoying the scenery, descend to the peaceful village of Thuman.

Day 7 : Thuman to Briddim (2,229m)

Altitude: 2,338m - 2,229m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trail winds through dense rhododendron forests and scenic ridges. Briddim is a model Tamang village renowned for its community-managed homestays, providing authentic cultural interactions and insights into local traditions.

Day 8 : Briddim to Syabrubesi (1,460m)

Altitude: 2,229m - 1,460m

Walk: 3–4 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Begin a gentle descent back to Syabrubesi, retracing some of the trail’s scenic highlights while enjoying final views of the surrounding hills and villages.

Day 9 : Drive from Syabrubesi to Kathmandu (1,400m)

Altitude: 1,460m - 1,400m

Stay: Hotel · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Return to Kathmandu by private jeep or local bus. Upon arrival, enjoy a farewell dinner or spend the evening exploring the city's markets and cultural attractions.

Day 10 : Departure from Kathmandu

Visit: Nepal · Meals: Breakfast

After breakfast, transfer to the airport for your onward flight. Depart Nepal with lasting memories of the Tamang Heritage Trail, its stunning mountain scenery, and rich cultural experiences.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 22°C / night 13°C
- Day 2 · Trek Preparation and Permit Arrangements in Kathmandu · 1,400 m · day 22°C / night 13°C

- Day 3 · Kathmandu to Syabrubesi · 1,400 m · day 22°C / night 13°C
- Day 4 · Syabrubesi to Gatlang · 1,460 m · day 22°C / night 13°C
- Day 5 · Gatlang to Tatopani · 2,238 m · day 18°C / night 8°C
- Day 6 · Tatopani to Thuman · 2,607 m · day 16°C / night 5°C
- Day 7 · Thuman to Briddim · 2,338 m · day 17°C / night 7°C
- Day 8 · Briddim to Syabrubesi · 2,229 m · day 18°C / night 8°C
- Day 9 · Drive from Syabrubesi to Kathmandu · 1,460 m · day 22°C / night 13°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Langtang National Park Entry permits.
- Local Government Entry Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.

- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/tamang-heritage-trail-trek/
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