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# Tamang Heritage Trekking

URL: <https://boundlessadventure.com/tamang-heritage-trekking>

## Duration

11 Days

## Per Person Cost

USD 500

## Difficulty

Easy

## Best Seasons

Sep-Nov & Mar-May

## Transportation

Car

## Max Altitude

4773m

## Trip Type

Trekking

## Meal

Breakfast, Lunch, Dinner

## Accommodation

Hotel

## Tamang heritage trekking highlight

- Discovery of Tamang heritage trekking in Langtang region.
- Nagthali and Taruche are the best viewpoints.
- Historical war place- Rasuwa Gandhi Border.
- Tibetan Buddhist Lifestyle on Tamang heritage trekking trail
- It's a natural hot spring in Tatopani.
- Panoramic views of Langtang and Ganesh Himal range
- Fixed departure dates are available in Kathmandu.

## Trip Overview

Tamang Heritage Trekking is a short Tamang culture trek. Nepal is a small country in the world, but it has many things to see. Similarly, Tamang culture is one of them. This is why we provide such trekking services for 2024 and 2025.

Trek to Tamang Heritage is a Buddhist cultural trekking destination in the **Langtang National Park of Nepal**. It was developed to improve local communities' lifestyles and exchange cultural experiences. The Tamang Heritage Trekking trail lies in Rasuwa district, the northern part of Nepal, close to the Tibetan border of Kerung.

Tamang Heritage Trekking is popular with people of Tibetan origin and ethnic groups- Tamang. The maximum elevation is 4773m of hiking around Nepal heritage trekking. The trekking seasons start in March, April, September, October, and November every year.

We have a group joining an adventure trip for 2024 and 2025. Boundless Adventure Provides the Itinerary, Permits, guide cost /price, and detailed information about the Tamang heritage culture trip.

Tamang Heritage Trekking offers incredible cultural exploration in the village. The people migrated from Kerung long ago and depended on agriculture and trade for a livelihood.

They are forward in the handloom. In Tatopani village, there is a natural hot spring. Nagthali is the best viewpoint of the Tamang Heritage trekking trail.

**Ganesh Himal**, Langtang range, Tibetan Himalaya range, and [Manaslu range](#). The view is situated at 3165m. Chilime, Timure, Briddim, and Rasuwagadhi are beautiful villages. The trekking Tamang Heritage Trail has a hydroelectricity station in Chilime.

Rasuwagadhi was a historical war between **Nepal and Tibet** a long time ago... The Tamang heritage region is rich in flora and fauna, geographical landscape, and spectacular views of the Himalayan range.

Similarly, the Kyrung Border is the Closest border between Tibet and Nepal. Most people go to Manosavar and [Mount Kailash](#) via this border.

The **teahouse**/Lodge trekking facility is on the Tamang Heritage trekking trail. We provide a culture and custom Knowle trekking guide to explore the local village.

The Tamang Heritage trekking trail starts and ends at Syabrubesi. It allows you to study the nature and anthropology of culture and civilizations. Boundless Adventure is a leading local trekking company in Kathmandu. Please feel free to contact us for more information.

## Trip Itinerary

### Day 01: Airport pick and drop to your Hotel (1345meters)

#### Transportation:

None

**Day 02: Drive to Syabrubesi (1460m) - 6-7hours**

**Transportation:**

None

**Day 03: Trek to Tatopani(2607m) - 5-6hrs**

**Transportation:**

None

**Day 04: Trek to Thuman(2338m): 5-6hours**

**Transportation:**

None

**Day 05: Trek to Timure: (1762m) 5-6hours**

**Transportation:**

None

**Day 06: Hike to Rasuwagadhi (1814m) and back to Timure 3-4hrs**

**Transportation:**

None

**Day 07: Trek to Briddim (2229m) 5-6 hrs**

**Transportation:**

None

## **Day 08: Trek to Syabrubesi (1460m) 3-4 hrs**

### **Transportation:**

None

## **Day 09: Bus Drive to Kathmandu- 7-8hrs**

### **Transportation:**

None

## **Day 10: Leisure day in Kathmandu**

### **Transportation:**

None

## **Day 11: Transfer to international airport for your final flight departure**

### **Transportation:**

None

## **Trip Includes**

- Airport picks up and drops by private car/van/bus.
- Government-licensed, experienced English-speaking Guide.
- Two people can get hair from one porter (options)
- All staff needs food, accommodation, salary, insurance, equipment, and medicine.
- Your accommodation and Three times meals a day ( Breakfast, Lunch, and Dinner)
- Langtang National Park permits, and TIMS permits.
- Nepal Government taxes.
- Per person, one trekking map
- Ground transportation.
- Ground transportation by Bus

## Trip Excludes

- Temple and monastery entrance fee.
- Hot and soft drinks.
- Bar bills
- Tips and Donations
- The rest of the expenses not mentioned in the price are included.

## Frequently Asked Questions

### Where is the Tamang Heritage Trek located?

Tamang Heritage Trek is in the Langtang National Park in the Rasuwa district. To the north of the Kathmandu Valley, the trail to Tamang Heritage lies in the Langtang Valley of Nepal. The trail lies between Mount Langtang and Ganesh Himal. Moreover, the Tamang Heritage Trek is a newly opened trail in Bagmati province.

### What is the cost of Tamang Heritage trekking?

Factors including the duration of the trek, customization of the trek, and any special requests vary the cost of Tamang Heritage trekking. Also, the size of the group makes a huge difference in the trek's price to Tamang Heritage. The fee covers permits, accommodation, food, and other trek expenses.

### Which season is best for trekking to Tamang Heritage?

Spring (from the beginning of March to the end of May) is best for trekking on the Tamang Heritage Tour. The season comes after a cold winter with pleasant weather and mild temperatures, making the Tamang Heritage ideal for the trek. Likewise, Autumn (from early September to the end of November) is another good season for the Tamang Heritage trek. The season also comes with pleasant temperatures and favorable weather for the trek.

### What is the maximum height I can get on the Tamang Heritage trek?

The maximum height on the Tamang Heritage tour is 2338m at Thuman. The Tamang heritage trekking doesn't take trekkers to higher elevations, making it ideal for first-time trekkers. There is no risk of altitude-related issues or any other on the trek, making it the perfect destination for family vacations.

### What are the highlights of the Tamang Heritage Trek?

Every step of the Tamang Heritage trek provides a new perspective of Nepal's beauty, each of which is a highlight. However, getting to the historical war place, Rasuwagadhi, passing through the Tibetan lifestyle village, and experiencing the warm hospitality of Tamang inhabitants are the highlights of the Tamang Heritage trek. Likewise, a panorama of Ganesh Himal, Tibetan Himalaya range, Langtang range, and Manaslu range are prominent trek highlights.

## **What kind of accommodations are available at Tamang Heritage Trekking?**

Local tea houses are the accommodation available at the Tamang Heritage trekking. They offer a primary lodging option with a twin bed and shared bathroom. The tea houses also provide meals. Although the tea houses offer basic amenities, trekkers get excellent hospitality from the tea house owners during their stay.

## **What are the required permits for the Tamang Heritage Trek?**

The Langtang National Park permit and Trekkers Information Management System (TIMS) card are mandatory for the Tamang Heritage trek. A permit to pass through the National Park is necessary as the trek takes place within the park. Similarly, TIMS is mandatory for trekking in any trekking destination, including the Tamang Heritage Trek.

## **How challenging is Tamang Heritage Trekking?**

Tamang Heritage trekking is one of the easiest treks in Nepal's Himalayas. The trek to Tamang Heritage does not involve a high-altitude trek, steep ascent, or descent section. As the trek doesn't reach a higher elevation, trekkers should not worry about altitude sickness. So, one with moderate physical fitness can complete the trek smoothly.

## **Can I extend the Tamang Heritage Trek?**

Yes, you can extend the Tamang Heritage trek. Boundless Adventure provides trek extension options to trekkers. Hikers can extend their trek to the Langtang Valley. To reach the Langtang Valley from the Tamang Heritage trek, trekkers must descend to Syabrubesi and start their trek towards Langtang.

## **Is it Possible to Do the Trek Solo?**

Yes, it is possible to do a solo trek in Tamang Heritage. However, we suggest hiring a guide, which can enhance your overall experience. An experienced guide can provide in-depth knowledge of the area's terrain, weather, and local culture. Also, a guide can provide valuable cultural insights into the Tamang people by introducing you to the communities' traditions, languages, and lifestyles.

# **Essential Information**

## **Best season in Tamang Heritage Trekking**

The beginning of March to the end of June and the beginning of September to the end of December are the best weather for Tamang Heritage Trekking. Similarly, you can combine your trek with Langtang Valley trekking. It will be another 5/6 days longer to join.

## **Accommodation**

You will find a tea house or lodge along the trail during the trek. Similarly, Accommodations are standard. Everyone can get a single or double bedroom; every room has electricity, but the toilet is

outside the Rooms.

Some guest houses have WI-FI available, and some have none.

## **Meals along the way to trail**

The Trekking foods are wide varieties according to MENU, but we suggest vegetarians and using local products during the trekking.

Breakfast will be at your hotel in Kathmandu, and all meals are included in the trekking. Although you will be on the mountain, you can select various meals from the menu. From Dal Bhat (a typical Nepali meal) to Indian and continental items, food is available in the tea houses or restaurants during the trek to Langtang Valley.

### **Drinking Water**

Drinking Water: Usually, mineral water and boiled Water are available in the tea house. Another alternative is to fill up from the stream or hilly sources. Purifying tablets or liquids can make the water worth drinking. It would help if you had a water bottle with you.

### **Trip Importance**

We, the team of Boundless Adventure, will organize the Tamang Heritage Trekking with the best arrangements. However, there can be some issues that are beyond our control. Heavy rainfall and landslides can extend the trip, but there is little probability.

### **Additional Information**

Tamang Heritage Trekking starts from Kathmandu by Jeep and local bus. There is not a tourist bus yet due to the gravel driving road. We can provide Privet Jeep and Bus tickets for a round trip to Tamang Heritage Trekking.

### **About the Trekking Permit**

Tamang Heritage Trekking is in the Langtang National Park. It requires trekking permits, and TIMS permits for every nationality. Boundless Adventure provides you with these permits in Kathmandu.

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