



## Tamang Heritage Trek (4150m)

### Details Itinerary

A Tamang Heritage Trek from Discovery Mountain Trek is a cultural trek through several villages of the Tamang community in the Langtang region of Nepal. Lying in northern Nepal north of Kathmandu Valley, this beautiful and scenic trail is often preferred for its panoramic views of Ganesh Himal and some sections of Langtang Mountain Range. This trail is mostly inside Langtang National Park with its lush forests and gushing rivers. The winding route is beautiful passing through a more greenery side of Nepal.

In Langtang, you will have a number of experience - walking through dense forests full of wildlife (especially the native red panda), seeing villages nestled in dense forests, crossing rivers that rage their way down, and having wonderful vistas of the mighty Himalayan peaks.

You will get introduced to a side of Tamang tradition and culture that have been preserved for ages. Passing through old trading routes of Nepal-Tibet, you will still see signs of the once flourishing route. The people who mostly practice Buddhism in this region, have developed a unique lifestyle. They do their farming on terraced lands, and engage in agriculture that is mostly dependent upon rainwater. The livestock they rear provides much of the diet they need and also generate a source of supplementary income for them.

Some of the houses here are barely more than a roof and four walls, but some are really intricate. The colourful and decorative wooden pillars with all their meticulous carvings will impart a sense of wonder at this location. Some of the places you will see in this trek are Syabrubesi, Mane, Goljung, Briddim, and Gatlang. You will also stay in Lama Hotel - in a dense forest clearing and trek through wild raging rivers that you won't feel like leaving. And Kyanjin Gompa at 3,900 meters is the place where you will stay in a monastery.

You will see the daily lifestyle of the Tamang people in Langtang region. In a matter of two-weeks, you will go from hearing the name Tamang (just like the name Sherpa) to being a pro about the Tamang people and their legacy. This is an average trek that anyone can do. Discovery Mountain Trek recommends spring season if you want to go on this program to the beautiful Langtang Valley.

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Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	4150m
Duration:	:	14 Days
Walking Days:	:	9 Days
Activity:	:	Trek
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

#### **DAY 1 : ARRIVAL IN KATHMANDU TRANSFER TO HOTEL (1365M)**

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can stroll around Thamel or your hotel area, and prepare for the trek ahead.

#### **DAY 2 : DRIVE FROM KATHMANDU TO SYABRUBESI (1535M) 6/7H DRIVE 120KM**

After breakfast, begin a drive from your hotel headed to Syabrubesi. It's a seven to eight hour drive taking you through hilly paths and also along the banks of Trishuli River before you reach Syabrubesi. Stay overnight at Syabrubesi.

#### **DAY 3 : TREK FROM SYABRUBESI TO GATLANG (2215M) 5/6H TREK**

Today marks the beginning of the trekking activity. Coming out of Syabrubesi, we will come to the gushing Langtang River. Take some photos here and continue to arrive at a vantage point where you will have impressive views of Ganesh Himal and a section of Gosainkunda Range. Farther down, we will see the valley of Goljang. We will trek through the landscape and after a couple of hours arrive at the village of Gatlang. Stay overnight at this quiet.

#### **DAY 4 : TREK FROM GATLANG TO TATOPANI (2610M) 6/7H TREK**

Tatopani, as the name implies in Nepali, means a natural hot spring. You will begin the day from Gatlang after breakfast. First we will make a gentle descent through chortens and mani walls.

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From here we will enter a forested trail and trek along until we arrive at a place called Chilime. Take a brief stop here, cross a river and head on the ascending trail until we arrive at the Village of Gonggang. An hour or more from here will bring you to Tatopani, where you can relax your muscles and enjoy the time. Stay overnight at a lodge in Tatopani.

#### **DAY 5 : TREK FROM TATOPANI TO THUMAN (2415M) 6/7H TREK**

After a relaxing at the hot springs, today we will head for the Tamang village of Thuman. We will take a forested path at first, seeing the rhododendron and pine. In these forests, we might even come across a monkey, a deer, or several other animals. Coming out of the cool forested path, we will arrive at the village of Brimdang, take a steep ascent to Nagthali and arrive at the tiny village of Thuman. Along the way we will enjoy views of several peaks such as Langtang, Kerung, and Ganesh Himal. Stay tonight at Thuman.

#### **DAY 6 : TREK FROM THUMAN TO BRIDDIM (2335M) 5/6H TREK**

It takes around six hours of trek from Thuman to Briddim. First we will pass through a steep trail to Bhothe Koshi to arrive at a place called Pelko. We will then trek uphill to Lingling and reach Briddim at late in the afternoon. The village of Briddim preserves a culture that is old and descending from their Tibetan roots. The trek today is scenic and tranquil with unbelievable views of the surroundings. Stay overnight at Briddim.

#### **DAY 7 : TREK FROM BRIDDIM TO LAMA HOTEL (2455M) 6/7H TREK**

After breakfast, we will begin the trek from Briddim headed towards Lama Hotel. At first our trail descends to a river called Ghopche Khola. From here we will come to Rimche and then ascend to trail to Lama Hotel. Located at the bank of Langtang River, Lama Hotel lies tucked inside a lush green forest with ambient sounds of the gushing river. Stay overnight at Lama Hotel.

#### **DAY 8 : TREK FROM LAMA HOTEL TO MANDU (3570M) 7/8H TREK**

We will begin with a quick breakfast at Lama Hotel. The place we are headed today is Mandu, at an altitude of 3,570 meters. It will take around seven hours of ascent and descent to reach the village of Mandu. From Lama Hotel we will cross the village of Sindum and Yamphu. We will take breaks in between and later arrive at the river of Laja Khola, a river which we will cross to arrive at a vantage point. After a break, we will descend to Mandu for the night stay.

#### **DAY 9 : TREK FROM MANDU TO KYANJING GOMPA (3875M) 3/4H TREK**

Compared to regular days of trek in Nepal, it's a fairly short trek today. In a hastened pace, we can cover the distance to Kyanjin Gompa in around four hours but at a normal pace it's around

five hours. Today is a special day in Langtang as you will visit a medieval monastery and also sample some yak cheese in the cheese factory. In addition, today you will come across the largest mani wall (distinct stone wall with prayer inscriptions) in the country. Kyanjin Gompa is located at 3,870 meters, where you will stay overnight.

#### **DAY 10 : TREK FROM KYANGJIN GOMPA TO LAMA HOTEL (2455M) 6/7H TREK**

Today we will return to Lama Hotel from Kyanjin Gompa. After breakfast, we start walking along the descending trek. The stops are aplenty today, providing us with lots of chances for photography along this scenic route. Arriving at Lama Hotel, we unpack and enjoy the evening resting in the quiet locale.

#### **DAY 11 : TREK FROM LAMA HOTEL TO SYABRUBESI (1535M) 5/6H TREK**

As we come near the end of our trekking activity, we will take an easy walk back to Syabrubesi. We will dramatically lose altitude as we descend through cliffs, forests, and meadows. Along the way we will take short breaks and descend further along the scenic trail to reach Syabrubesi. Stay at a lodge tonight.

#### **DAY 12 : DRIVE FROM SYABRUBESI TO KATHMANDU 7/8H DRIVE 120KM**

On the last day of this program, you will have a leisurely morning at Syabrubesi. After breakfast, you get on a private vehicle to Kathmandu. It's a seven-hour drive to the capital. Reaching Kathmandu, you will spend the night in a hotel.

#### **DAY 13 : KATHMANDU : SIGHTSEEING**

After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

#### **DAY 14 : DEPARTURE ON YOUR DESTINATION**

According to your schedule, we will take you to the airport for your flight ahead.

### **INCLUDED IN THE COST**

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: National park, ACAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

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## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns

- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

### **PRACTICAL ITEMS**

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

### **MEDICAL**

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

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## Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

## Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

## RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

## IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.