



## **Tamang Heritage Trek Itinerary**

### **Day 1: Drive to Syabru Bensi (1462m/4795ft) by public bus/jeep, 7 hrs.**

After breakfast, we drive out along the northern highway which takes about seven hours by bus. You will witness nice scenery of white snowcapped mountains like Mt. Annapurna, Manaslu, Ganesh Himal and other many peaks along the route. We will enjoy the Himalayan views and mountainous lifestyle through the Trishuli Bazar, Betrawati and Dhunche you feel as if you are heading towards deep lands. Overnight local lodge.

### **Day 2: Trek Syabru Bensi to gatlang (2238m/ 7340 ft.) 5 hrs Walk.**

After having breakfast at Syabrubesi we will move to Gatlang . after walking about 4 hours we reach summit Deurali where we achieve the panoramas of Ganesh Himal and Langtang Lirung range. Gatlang set high on a hillside among terraced is a Tamang settlement. Upon arrival the guests will be welcomed by Kanda and the home made local drinks Rakshi accompanied by the welcome song in local language and entertain you by local Syabru dance. Stay overnight in Gatlang.

### **Day 3: Trek yo Gatlang to Tatopani (2607m/8550ft) 6hrs Walk.**

After having breakfast, we will descend toward the Tatopani village by enjoying the beautiful views of Langtang range and Ganesh Himal on the way. Then we descends to Thangbauchet , the Chilime Hydropower's Dam place. Tatopani is the place which naturally produces "hot water", where we can take bath in natural hot springs. Stay overnight in teahouse lodge with all meals.

### **Day 4: Trek to Tatopani to Thuman (2500m/ 8250ft) Via Nagthali (2848m/9398ft.) 5 hrs Walk.**

After spending the night in Tatopani we will move toward Thuman early in the morning. We ascends to Nagthali Danda (3300m/10,890ft) which is popular for meditation centre for the local monks and priest. The Panoramic views of Langtang , Kerung, Ganesh Himal and Sanjen Ranges can be experienced from Nagthali. After this we spend some time in Gompa. Then we walk down to Thuman which is popular for its Shamantic performances and beautiful view of Langtang. People from Thuman entertain you by singing and dancing. They will help you feel homely in their friendly environment.

### **Day 5: Thuman to Timure and Excursion Rasuwagadhi (1762m/ 5780 ft) 5 hrs Walk.**

Today we walk down to the river coming from the Tibet. After reaching Timure we have an excursion to Rasuwagadhi. Rasuwagadhi joins Nepal and Tibet and it is the old route to Tibet and also a historical reminder of the Nepal Tibetan relations. Then we walk back to Timure. Overnight in Timure.

### **Day 6: Trek to Timure to Briddim (2337m/ 7665ft) 6 hrs Walk**

After observing mesmerizing views of Timure we move toward Briddim. It is a Tibetan Buddhist village in the bosom of Langtang Himal. Most of the houses are made up of stone and have roofs of split shake. Briddim closely resemble that of Tibetan village. Stay overnight at our teahouse lodge.

### **Day 7: Trek Briddim to Syabrubensi (1467m/ 4795ft)**

After having breakfast, the trail moves along a gently descending path passing through some village, terraces with a mesmerizing views. we will move back to Syabrubesi from Briddim via Wangel village. Stay overnight in Syabrubesi.

### **Day 8: Syabrubensi to Kathmandu. By public bus/ jeep, 7 hrs.**

Transfer to the international airport and continue your own itinerary.

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