

14 Days Tamang Heritage Trek

TRIP OVERVIEW



Trip profile
14 Day Tamang Heritage Trek



Cost
USD 1950



Type
Trekking



Trek Days
14 Days



Accommodation
3 star hotel in Kathmandu and Teahouse during trek



Meal
All meals (breakfast, lunch, dinner) included

What's included ?

- Accommodation at 4-star Hotel or similar category in Kathmandu
- All meals on trek including tea and coffee
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- An experienced, English-speaking and government-licensed trekking Guide
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- Experienced English speaking tour guide
- Free Trip dossiers & other information in a printable format
- Kathmandu airport transfers and escorts
- Kathmandu to Sabrubesi & return by private transportation
- Medical kit (carried by your guide)
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Potter service charges during the trek
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Welcome and farewell dinner at finest local restaurant

What's excluded ?

- Additional Add-ons to this trip*
- International airfare to and from Kathmandu
- Nepalese visa fee

- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Travel and rescue insurance

Day 1: Arrival In Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

Highlights: Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

Accommodation: Kathmandu 4 star hotel.

Elevation: 1,400 metres

Day 2: Sightseeing and trek preparation

Highlights: Any 4 World Heritage sites:

Pashupatinath, Boudhanath Stupa, Swayambhunath and Patan Durbar Square, Bhaktapur Durbar Square, Basantapur Durbar Square

Accommodation: 4-star Hotel

Day 3: Drive from Kathmandu to Syabrubesi

Walking hours: 8-9

Difficulty: Easy

Accommodation: Basic Teahouse

Elevation: 1,550m

Topography: countryside paths, Green Hills

Highlights: Smooth ride, rivers, hills

Meals provided: Breakfast, Lunch, Dinner

Day 4: Trek to Gatlang

Walking hours: 5

Difficulty: Moderate

Accommodation: Basic Teahouse or local Homestays

Elevation: 2,200m

Topography: Gentle inclines, rocky paths.

Highlights: Goljung Village, Terraced fields, local monastery, views-Langtang Lirung, Shishapangma, Ganesh Himal,

Meals provided: Breakfast, Lunch, Dinner

Day 5: Trek from Gatlang to Tatopani

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse or Homestays

Elevation: 2607m

Topography: River crossings, gentle inclines, rocky paths.

Highlights: hot springs, villages-Thangbuche and Chilime, Bhote Koshi River, views- Ganesh Himal and Langtang Ranges

Meals provided: Breakfast, Lunch, Dinner

Day 6: Trek to Thuman via Nagathali Danda Pass

Walking hours: 5

Difficulty: Moderate

Accommodation: Basic Teahouse or Homestays

Elevation: 2338m at Thuman & 3300m on the pass

Topography: uphill climbs, grassland over the pass, stone steps, forested paths

Highlights: wooden engravings, Tamang village, alpine forest, Nagthali hill, Views- Langtang Lirung, Shishapangma, Ganesh Himal Sanjen, Kerung and Ganesh Himal

Meals provided: Breakfast, Lunch, Dinner

Day 7: Trek to Briddim

Walking hours: 6

Difficulty: Moderate/strenuous

Accommodation: Basic Teahouse or Homestays

Elevation: 2,345m

Topography: Gentle ascents, riverbank paths and forest trails

Highlights: Rhododendron forests, Bhote Koshi River, Dukchu Gomba monastery, old stone houses, Views-Langtang Himal.

Meals provided: Breakfast, Lunch, Dinner

Day 8: Trek to Lama Hotel

Walking hours: 6

Difficulty: Moderate

Accommodation: Basic Teahouse Or Homestays

Elevation: 2,500m

Topography: Riverbanks paths, lush forest lands, short descend

Highlights: Hospitality of Lama Hotel, Stunning mountain views, Wide variety of food menus

Meals provided: Breakfast, Lunch, Dinner

Day 9: Trek to Langtang village

Walking hours: 6-7

Difficulty: Moderate/Strenuous

Accommodation: Basic Teahouse or Homestays

Elevation: 3,430m

Topography: Forest lands, Rocky trail

Highlights: lush forest, Langtang village, water mills, prayer wheels and chortens, views-Langtang Lirung

Meals provided: Breakfast, Lunch, Dinner

Day 10: Trek from Langtang village to Kyanjin Gompa

Walking hours: 4

Difficulty: Moderate

Accommodation: Basic Teahouse Or Homestays

Elevation: 3,870m

Topography: uphill climbs, bridge crossings, walk through yak pastures

Highlights: largest mani wall in Nepal, Kyanjin Gompa, glaciers, icefalls, mountain views

Meals provided: Breakfast, Lunch, Dinn

Day 11: Trek back to Lama Hotel

Walking hours: 5

Difficulty: Moderate

Accommodation: Basic Teahouse Or Homestays

Elevation: 2,500m

Topography: Downhill climbs, forested lands, river crossings

Highlights: Tamang peoples, Old settlements, Wide variety of food menus

Meals provided: Breakfast, Lunch, Dinner

Day 12: Trek from Lama Hotel to Syabrubesi

Walking hours: 5

Difficulty: Easy to Moderate

Accommodation: Basic Teahouse Or Homestays

Elevation: 2,500m

Topography: Gentle Inclines, river banks trails, forest tracks

Highlights: Langtang Khola, Bhotekoshi river, rhododendron forest

Meals provided: Breakfast, Lunch, Dinner

Day 13: Drive to Kathmandu

Highlights: Enjoy souvenir shopping & join farewell dinner hosted by Crusade Himalaya.

Accommodation: Kathmandu 4 star hotel

Day 14: Departure

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country Nepal.

