Tamang Heritage Trails Trek



Trip Overview

The Tamang Heritage Trails Trek is a cultural and scenic trek in the Langtang region of Nepal. This moderate trek introduces travelers to traditional Tamang villages, ancient settlements, and authentic Himalayan culture. Along the way, trekkers experience lush forests, terraced hillsides, and panoramic mountain views, making it an ideal trek for those interested in culture, nature, and moderate Himalayan adventure.

Total Trip Days: 10 days

Region: Langtang Region

Max Altitude: 3165 meters

Activity: Trek

Difficulty: Moderate

Group Size: 2-10

Trip Highlights

- Explore traditional Tamang villages like Ghatlang, Bridim, and Nagthali, witnessing local culture and heritage
- Hike through temperate and alpine forests with rhododendron, oak, pine, and juniper
- Panoramic mountain views from Nagthali Viewpoint, including Langtang and Ganesh Himal ranges
- Gentle and moderate trekking suitable for beginners and intermediate trekkers
- Authentic teahouse accommodation in remote villages
- Insight into local lifestyles, festivals, and Himalayan community traditions

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be greeted and transferred to your hotel in Thamel. Check in and rest. Overnight at hotel.

Day 2:

After breakfast, drive northwards along the Trisuli River. The road passes via Trisuli, Kalikasthan, and Dhunche (headquarters of Rasuwa District) before reaching Syabru Besi. Overnight at hotel.

Day 3:

The trek starts with an uphill climb to Bahun Danda (approx. 3 hrs), followed by a gentler trail leading to Ghatlang a traditional Tamang village rich in culture and heritage. Overnight at guest house.

Day 4:

Descend first to Chilime home to the famous Chilime Hydropower Project and then ascend steadily to Tatopani. Overnight at guest house.

Day 5:

Today’s trail ascends through temperate and alpine forests until Nagthali. After lunch, hike to Nagthali Viewpoint for panoramic views of the Langtang and Ganesh Himal ranges. Return and stay overnight at guest house.

Day 6:

Descend to the Chilime River via Thuman village and then climb again to reach Bridim one of the oldest and culturally rich Tamang settlements. Overnight at guest house.

Day 7:

An easy walk through gentle trails followed by a descent leads back to Shyabru Besi. Overnight at guest house.

Day 8:

Retrace the drive back via Dhunche, Kalikasthan, and Trisuli, returning to Kathmandu. Overnight at hotel.

Day 9:

Full-day sightseeing tour of UNESCO World Heritage Sites in Kathmandu with a professional city guide and private vehicle. In the evening, enjoy a farewell dinner at a traditional Nepali restaurant. Overnight at hotel.

Day 10:

Transfer to Tribhuvan International Airport for final departure.

Route Map

10 Days
TAMANG HERITAGE TRAILS TREK



ALTITUDE CHART

