



Tamang Heritage Trekking



Introduction

Tamang Heritage Trekking, Newly explored and opened trekking route in Nepal. starts from Syabrubesi after 7- 8 hours jeep or bus ride from Kathmandu. This trek combines a delightful journey wherein you can enjoy the splendid mountain views with the insight into the unique alpine terrain, green meadows, Rhododendron forest, Hot Spring and Tamang culture. People on this Tamang heritage trekking most of them are followers of Buddhist religious and throughout the trail, you can see the chhortens and Stupas with colorful prayer flags. Tamang heritage trek presents the magnificent views of Langtang Lirung (7245 m), Dorje Lakpa (6989 m), Langtang Kerung, Chumse Danda ridge (5122 m), Jugal Himal, Ganesh Himal, Paldor peak 5896 m, Shringi Himal, Manaslu and Sanjen Himal ranges.

Facts

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Drive from Kathmandu to Syabrubesi (1,550m/5,100ft): 8-9 hours Included meals: Breakfast Lunch Dinner
- **Day 3** : Trek begins: Syabrubesi to Gatlang (2,200m/7,217ft.): 5 hours Included meals: Breakfast Lunch Dinner
- **Day 4** : Gatlang to Tatopani (2607m/8550 ft): 6-7 hours. Included meals: Breakfast Lunch Dinner
- **Day 5** : Tatopani to Thuman (2,400m/7,874 ft) via Brimdang and Nagthali: 6 hours. Included meals: Breakfast Lunch Dinner

- **Day 6** : Thuman to Briddim (2,345m/7,693 ft): 6 hours. Included meals:Breakfast Lunch Dinner
- **Day 7** : Briddim to Lama Hotel (2470m): 6 hours. Included meals:Breakfast Lunch Dinner
- **Day 8** : Lama Hotel to Langtang village (3,430m/11,253ft): 6-7 hours. Included meals:Breakfast Lunch Dinner
- **Day 9** : Langtang village to Kyanjin Gompa (3,870m/12,697 ftD): 4 hours. Included meals:Breakfast Lunch Dinner
- **Day 10** : Trek back to Lama Hotel (2,380m/7,830ft): 4-5 hours. Included meals:Breakfast Lunch Dinner
- **Day 11** : Trek ends: Lama Hotel to Syabrubesi: 5 hours. Included meals:Breakfast Lunch Dinner
- **Day 12** : Drive to Kathmandu. Included meals:Breakfast Lunch Dinner
- **Day 13** : Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Pickups and drops from airport(s) and hotel(s)
- All accommodations on twin sharing basis
- Breakfast in Kathmandu all meals during the trek
- Transportation in a comfortable private vehicle
- English-speaking, trained and experienced guide
- Potter service charges during the trek
- Insurance of Nepali Staff
- All fees for sightseeing including entry fees for visiting temple(s) monument(s), trekking and national parks
- Welcome/Farewell dinners
- Trekking map (need to be returned after Trip).
- A comprehensive medical kit
- All necessary paperwork(s) and permit(s)
- All applicable taxes and service charges



Cost and payment details

The cost is depending on group size. Due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport, the itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated, if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional charges. Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full

board or base camp service) which directly affects the expedition cost.

4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [our contact form](#) or login to [our website](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepalese visa fee
- International airfare
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extra
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guides and porters

