



## **Langtang Tamang Heritage Trekkking - Itinerary**

### **1. Arrival in Kathmandu**

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you to the airport then transfer you to your hotel. At evening we will give you the short briefing and further details of the trip program. Overnight stay in the hotel

### **2. Kathmandu to Shabrubeshi. 7-8 hrs**

Early in the morning, we take a scenic drive to Syabrubeshi. We drive along the bank of Trishuli River and even get to see the glances of Ganesh Himal along with stunning Annapurna ranges. Through the greenery, we reach a small village and Nepal. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **3. Syabrubeshi to Goljung (1960m)- 4 hrs**

Today we will trek to Goljung's Rongga Bhanjyang. Some of the Himalayas and valleys like Ganesh Himal, Gosainkunda range, Sishapangma, Langtang Lirung and the Goljung Valley can be seen from here. Traveling along the mountain road, we enter into the small and beautiful village, Syabrubeshi in about 4 hours. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Goljung to Gatlang (2240m) – 3 hrs**

This days trek is short and beautiful that leads us to a small village, also the origin of Tamang Ethnicity. Upon the arrival we are welcomed by cultural song and dance. You can observe their day-to-day lifestyle and see beautiful houses made up of wood and stones. Now passing the Goljung village, we see the fascinating views of Langtang Lirung. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Gatlang to Tatopani (2240m) 6-7 hrs**

Today we trek to Tatopani which means "Hot Water" and is clearly distinguishable as we can see and take a bath in warm natural water of lap of the mountain, locals believe this water eases away all your pains and aches. We pass through Chilime Hydropower dam and then we ascend up to reach Tatopani. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Totopani to Nagthali / Thuman (2000m)**

After the breakfast we start the trek through Brim dang, cross Nagthali Danda (3300m) for beautiful scenery. Brim dang is a small settlement of Tamang people where we can closely explore the traditional and religious values of Tamang culture sharing cultures of Tibetans. After this, we ascend up to the hill called Nagathali. Langtang, Ganesh Himal, Shishapangma and Sanjen Ranges can be observed at Nagathali. Then again walking through the downhill, we reach Thuman. Meals included: Breakfast, lunch and dinner and finally an

overnight stay in trekking lodge.

## **7. Thuman to Rasuwagadhi (2240m) -7 hrs**

Today we will get to know little about the history of Nepal as we will be seeing Rasuwagadhi fort which was once used by Nepal during the war against Tibet. We trek from Thuman to Rasuwagadhi, on the way we pass through the small villages with beautiful surroundings, Himalayan views, and lush green forests. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Rasuwagadhi to Briddim (2290m) - 6 hrs**

From Rasuwagadhi we take a trail from Bhote Koshi River and arrive at Lingling. Later we reach a small village, Briddim and explore the Tibetan dominated society, we pass from the Buddhists villages with people following Tibetan culture along with marvelous Himalayan views and houses constructed by stones. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Rest in Briddim**

Briddim is a great place to take a day off and explore around while enjoying the traditional cuisine and witness local indoor ritual and cultural practices. The region is mainly known for the unique traditions and cultures of Tibetan people and many Buddhists monasteries. So, today we spend a day here in the warm community. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Briddim to Syabrubeshi -4 hrs**

After early breakfast, we ascend toward Syabrubeshi. This is an easy down path where we can enjoy green terrace fields. As we already take the route and going back through, we can remark the amazing views and moments from Briddim to Syabrubeshi. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Drive back to Kathmandu by local bus: 6-7 hrs**

This drive is made to be average yet exciting with many rises, mountains, town, and porches along the way. This time we take a local bus and return back to Kathmandu. You can do shopping or rest for half of the day. At evening you can join the evening meal and cultural program offered by the company, Sunrise Adventure Treks.

## **12. Departure/ Farewell**

Today is your departing time from Kathmandu to your home place. Our airport representative takes you to the airport before 3 hours of your departing time. Or you can join another adventures trip in Nepal and outside the country with Sunrise Adventure Treks. We are always ready here for operating your trips. Have a safe flight!

## **INCLUSIONS**

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed and breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking

- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All entry fees TIMS card and entry Permit
- Domestic Flight according to Itinerary
- Sleeping bag and Down jacket for trek necessary equipments during the trek
- One cultural show and dinner program

## EXCLUSIONS

- International Flight major meals in cities
- Airport tax and monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc.
- Tips to guide and porters and your insurance

URL: <https://sunriseadventuretrek.com>