DESTINATION: TAMANG HERITAGE TRAIL

Tamang Heritage Trail *Trek*

7 Days

Starts at	Ends at	Season
–	–	–

OVERVIEW

The trip

The Tamang Heritage Trail trek is a seven-day cultural loop through the Tamang villages north of the Langtang region, beginning with the drive from Kathmandu to Syabrubesi at 1,460 metres. From there the trail climbs to Gatlang, soaks at the Tatopani hot springs, crosses the ridge viewpoint of Nagthali at around 3,165 metres and drops through Thuman and Briddim, where Tibetan-influenced Tamang life carries on much as it has for generations. It is a low to mid altitude trek graded moderate, walked on quiet trails with homestays and simple teahouses each night, and rich in monasteries, prayer walls, cheese, millet raksi and mountain views of Langtang Lirung and Ganesh Himal. Because it stays well below the big passes it suits trekkers who want deep culture and scenery without extreme altitude.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 3,165 m at Nagthali
- Difficulty: Moderate
- Best season: September to May
- Walking: about 5 to 6 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Drive from Kathmandu to Syabrubesi

- Long scenic drive north along the Trishuli and Bhote Koshi rivers
- Enter the Langtang region at Syabrubesi (1,460 m)
- Settle into a Tamang village of teahouses and lodges

2 Trek to Gatlang

- Climb through forest and terraces to the Tamang village of Gatlang (2,238 m)
- Visit the Bon monastery, Parvatkunda lake and the village cheese making
- Wide views across the Goljang valley

3 Trek to Tatopani

- Trek via Thangbuchet and the Chilime river to Tatopani (2,607 m)
- Soak in the natural hot springs, long held by locals to have healing properties
- Overnight in a small teahouse settlement

4 Trek to Nagthali

- Climb steadily to the ridge meadow of Nagthali at around 3,165 m
- Sweeping views of Langtang Lirung, Ganesh Himal and, on clear days, the hills of Tibet
- Overnight for the chance of sunrise over the peaks

5 Trek to Thuman

- Descend through pine forest to the old trading village of Thuman (2,338 m)
- Traditional Tamang singing and dancing in the village
- Prayer walls and mani stones along the way

6 Trek to Briddim

- Trek via Timure and the Bhote Koshi to Briddim (2,229 m)
- Stay in a community homestay in a horseshoe-shaped Tamang village
- The old salt-trade route toward Tibet lies just up the valley

7 Trek to Syabrubesi and Drive to Kathmandu

- Descend through forest and farmland back to Syabrubesi
- Final views of Langtang Lirung and Ganesh Himal
- Scenic drive back to Kathmandu along the river valleys

INCLUSIONS

What's included

Included

- Private jeep, Kathmandu to Syabrubesi and back
- Licensed guide
- Lodge and homestay nights with meals
- Langtang National Park entry
- Rasuwa restricted area permit

Not included

- Lunch on day 7, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for 1, 2 and 3 people. Ask us for any other group size.

PRICE

$575 / person

1 person	$915 / person
2 people	$660 / person
3 people	$575 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.