

Tamang Heritage Trek

Standard Itinerary

Tamang Heritage Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m/4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

Day 02: Syabrubesi

Drive Kathmandu to Syabrubesi 1,460m/4,790ft. Overnight at lodge.

Day 03: Gatlang

Trek from Syabrubesi to Gatlang 2,238m/7,342ft. Overnight at lodge.

Day 04: Tatopani

Trek from Gatlang to Tatopani 2,380m/7,808 ft overnight at lodge.

Day 05: Thuman

Trek from Tatopani to Thuman 2,238m/7,342ft. Overnight at lodge.

Day 06: Briddim

Trek from Thuman to Briddim 2,239m/7,345ft. Overnight at lodge.

Day 07: Syabrubesi

Trek from Briddim to Syabrubesi 1,460 m/4,790ft. Overnight at lodge.

Day 08: Kathmandu

Drive from Syabrubesi to Kathmandu 122km 6/7 hours by public bus. Evening farewell dinner in a typical Nepali restaurant with a cultural dance program. Overnight at Hotel on BB plan.

Day 09: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Drive by public van from Kathmandu to Syabrubesi 122 km guest and guide (optional: private vehicle as per participant's preference).
- Drive to from Syabrubesi Kathmandu by public bus guest and guide (optional: private vehicle as per participant's preference).
- Staff transportation Kathmandu/Syabrubesi/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge,).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) in other languages as per the participant's preference.
- Necessary Porter 1:2 one porter carries 25kg only.
- All Government local Taxes (Langtang National Park entry fee and TIMS cards).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek)
- Trip cancellation cost, loss, damage, and personal effects.

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- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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