

# Detail Itinerary

Tamang Heritage Trek is highly offering which in cultural, natural, historical and biodiversity. Tamang heritage trail where virgin Taruche viewpoint is the best spot, it is situated in Rasuwa district of Nepal. Throughout your whole Tamang heritage trail, you can find the hearty Welcome greeting from local ethnic groups (specially Tamang people). The Tamang heritage trek can be said an original of Tamang cultural and historical an important yet not destroyed from modernization. One can complete this trek within 6 to 7 days and basically suitable for those who want to have real Nepali Tamang Cultural followers within his holidays. Tamang heritage trek throughout the year can be done. One even can find better on Autumn and Spring season. The route of the Tamang heritage trek after the earthquake is maintained (recovered)

Tamang historical and cultural, Gatlang village, natural hot spring (Tato Pani), red panda zone, Chilime hydropower project, high grazing mountains grassland, snowcapped mountains and sunrise viewpoint Nagthali, such a virgin viewpoint Taruche , other several Tamang traditional - cultural villages like Thuman and Bridim are the major attraction of Tamang heritage trek.

## Trip Facts

- Trip Duration: 10 days
- Trek Duration: 6 days
- Primary Activity: Trekking
- Secondary Activity: Cultural
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 3700m
- Trip Mode: Car/Jeep/Bus
- Accommodation: Lodge

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### Cost Includes

- All ground transports by private vehicle as per itinerary required (Kathmandu Syabru/Beshi/Kathmandu)
- Kathmandu accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary like Langtang National Park Fee, Trekker's Information Management System Card (TIMS)
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking, highly an experienced, friendly and helpful trekking guide

- One porter for two members
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- The Company guarantees the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

## **Cost Excludes**

- International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency (bring 2 copies passport size picture)
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Meals (lunch and Dinner) in Kathmandu
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Extra cost of natural disaster
- Kathmandu sightseeing (it will be extra because we should arrange according your staying in Nepal)
- Any other expenses which are not mentioned in the cost include
- Tips to staffs