

## TREKKING ITINERARY

# Tamang Heritage Trail

LANGTANG	
<b>DAY 1</b>	Drive from Kathmandu to Rasuwa via Trishuli, Nuwakot - about 7 to 8 hours <i>Overnight at Syarbu (Hotel)</i>
<b>DAY 2</b>	Drive / trek to Goljung - Gatlang - about 4 hours <i>Overnight Gatlang (Community Lodge)</i>
<b>DAY 3</b>	Trek to Tatopani / Hot bath in the natural spring of Tatopani - about 5,5 hours <i>Overnight Tatopani (Lodge)</i>
<b>DAY 4</b>	Trek to Nagthali via Brindang - about 5 hours   <i>Overnight Thuman (Home stay)</i>
<b>DAY 5</b>	Trek to Timure / visit nearby historical fort at Tibetan border - about 5 hours <i>Overnight Timure (Lodge)</i>
<b>DAY 6</b>	Trek to Briddim - about 6 hours / observe local culture <i>Overnight Briddim (Home Stay)</i>
<b>DAY 7</b>	Trek to Khamjim - Syabrubesi - about 5 hours <i>Overnight Syabru (Hotels, Lodges, Tea houses)</i>
<b>DAY 8</b>	Drive to Kathmandu - about 7 to 8 hours

## TREKKING TIPS

TREKKING TIME	8 days
DIFFICULTY	Easy to Moderate
BEST SEASONS	Spring & Autumn
ACCOMMODATION	Home Stay / Lodges

## NOTE

This itinerary can be extended by a few days adding Langtang.  
All our itineraries can be adjusted as per your requirements. Please contact us!

## CONTACT

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