

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

DoT No. 1888
NRB No. 1573
PAN No. 601340433
NMA. AM#1171, TAAN
Govt. Regd No. 115217

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 31465m

Season: Spring/Fall/Winter

Accommodation: Homestay

Overview

Indigenous people trail Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.

Indigenous people trail offer you a magnificent trek through scenic landscape with wide range of cultural diversity. As the route was newly lunched, it is less populated by tourists. The trekking route is appropriate for the trekkers who wants to trek on a relatively low elevation below 3000 meters [9,800ft.] and far from the commercial.

The unique trekking route of Indigenous People Trail which starts from west Ramechhap district, 130km from the capital city of Nepal, Kathmandu. The weeklong trekking starts by climbing the Sailing Peak [3146m] which is the highest point of the whole trek and ends down to the low elevation of [533m] at Lubughat by the Sunkoshi River. The journey passes through all the way from mid hill as the entire region lying on the Mahabharata range. During the trek, you will witness the panoramic view of great Himalayas like Dhaulagiri and Annapurna in the West to Numburchuli, Gaurishanker and Kanchenjunga in the East. The pristine forests at Sailing, Rajveer, Augleshwori, Golba and Khandadevi are the unique habitat for a varieties of wildlife including pheasant, deer and langur monkey as well as a seasonal spring blaze of blooming rhododendron.

Unlike other trekking route in Nepal, you will experience different authentic cultural activities from different communities of Sherpa, Newar, Thami, Tamang, Yolmo and Majhis. The accommodations here are very simple, but the local people have managed that in a standard way. You will experience the unique life style of real Nepal from different communities in this Indigenous People Trek within a limited time period. We involve you in a different activities of inhabitants which is followed in their daily life and give you a wonderful experience of traditional method to execute the occupation.

The indigenous people trail is predominant by the Hindu and the Buddhist religions which can be witness through the temples and the monasteries on

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

the route. You will observe the ritual activities done by different followers in their chapel and the beautiful paintings on the monastery wall depicting the life story of Buddha, the Buddhist doctrine of life cycle, other God and Goddess and the mythical animals.

Trekking through the rural and fertile land of the village and enjoying the spectacular view of the Himalayas peak to the north will provide you a life memorizing experience of Nepali culture and landscapes.

Highlights:

- + Scenic landscape and unity of various cultural diversity
- + Less Tourist route and enjoy spectacular views of peaks
- + Appreciate altitude
- + Experience various ethnic group cultural dances

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

Flying into Kathmandu is a memorable experience with the Himalaya Spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Included: Bed]

Overnight at hotel

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic drive to Dhunge & trek to Sailung (2800m/9186.351706 ft.), 7hr walk

We drive 5hr from Ktm to Dhunge Village. From Dhunge we ascend to Sailung Hilltop. From here we overview majestic Himalayas views including the photogenic view of Mt. Gaurishankar (7,134m). Following down the short trek lead us to Sherpa village of Khola Kharka where we overnight.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 04; Descend to Surkey (1842m/ 6043.3070866 ft.), 4-5hr walk

The day trip begin with hike to Thulo Sailung Peak(3146m). The spot is

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Thamel, KTM, Nepal, T: +977-1-4411641, +977-9841071023

E: info@himalayansherpaadventure.com/mytrek2nepal@gmail.com

W: www.himalayansherpaadventure.com/www.nepalmountainclimbing.com

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

incredible to overview the sunrise and splendid view of Mt. Annapurna, Mt. Manaslu, Ganesh Himal, Langtang, Dorjee Lhakpa, Rolwaling, Everest and Kanchenjunga ranges. After we retrace and continue descend to Surkey. The trail lead us through the pristine Sailing forest where native trees and birds will drag your attention. Along the way, we will visit the Rajveer monastery and get blessing from the Lama. Following the route will pass through a Sherpa village and a Tamang village with their monastery decorated with the Mani wall, Chhortens and the prayers flags. Continuing the trail will take us to the 40ft Thingare waterfall and then to the beautifully terraced village of Surkey.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at homestay

Day 05; Trek onward to Doramba (2055/ 6742.1259843 ft.), 4-5hr walk

we experience unique Thami cultural at Tinghare village before we pass through it. Then we cross the Doramba valley through the Rhododendron filled forest, leading towards the bustling Doramba Bazaar. Doramba is one of the largest Tamang settlement in Nepal and most of the Thangka painters. We enjoy the colorful evening participating in the traditional culture program of the Tamang.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at homestay

Day 06; Ascend to Khandadevi (2000m/ 6561.67979 ft.), 4-5hr walk

We explore upwards to the sacred Hindu shrine of Augleshwori hill which provides the magnificent views of the Himalayas and the rolling Mahabarata hills below. Descending from the hill, we pass the local slate mine and the pine forest to reach another bustling Bazaar of Galpa. Continuing our trek through the terraced landscape and pine forest to reach Khandadevi Temple. The temple, perched on top of (1,985m) peak and encircled by ancient stone walls, dedicated to the Goddess Khada Devi. We enjoy a splendid view of sunset from the hill top. In the evening, we will relax with traditional Tamang Homestay hospitality.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at homestay

Day 07: Journey onward to Dongme (1980m 6496.0629921 ft.), 4-5hr walk

Our long trail goes through a thick pine forest with a wide variety of birds and other wildlife species. Following the trail will exhibits neat and beautiful traditional houses along the way before reaching the home of the ancient Yolmo people in Dongme. In the evening, we climb up to the summit of Sunapati to engage in the beauty of spectacular sunset over the Himalayas and the Buddhist Chhortens around it. Returning back to the monastery at

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Thamel, KTM, Nepal, T: +977-1-4411641, +977-9841071023

E: info@himalayansherpaadventure.com/mytrek2nepal@gmail.com

W: www.himalayansherpaadventure.com/www.nepalmountainclimbing.com

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

Dongme and indulge in the Yolmo cultural program and experience the warm hospitality of Yolmo culture.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at homestay

Day 08; Trek to Lubughat (1982m/ 6502.6246719 ft.),4-5hr walk

We overview stunning sunrise from Sunapati before we take our final descend along the newly renovated Eco trails to the village of Lubughat on the Golden Koshi river, famous for adventurous rafting. We experience traditional river fishing with the Majhi community, renowned for their fishing expertise and relax on the sandy beach beside the river. We will be invited to join them on a fish barbecue or pig roast and at the same time we enjoy the culture show proudly performed by the Majhi people.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at homestay

Day 09 ; Trek back to Ktm(1350m/4429 ft.), 1hr walk+5-6hr drive

We walk through the valley crossing the river by Majhi raft and suspension bridge will reach to Nepalthowk to catch the transport to Kathmandu.

[Included meals: Breakfast+Lunch+Dinner]

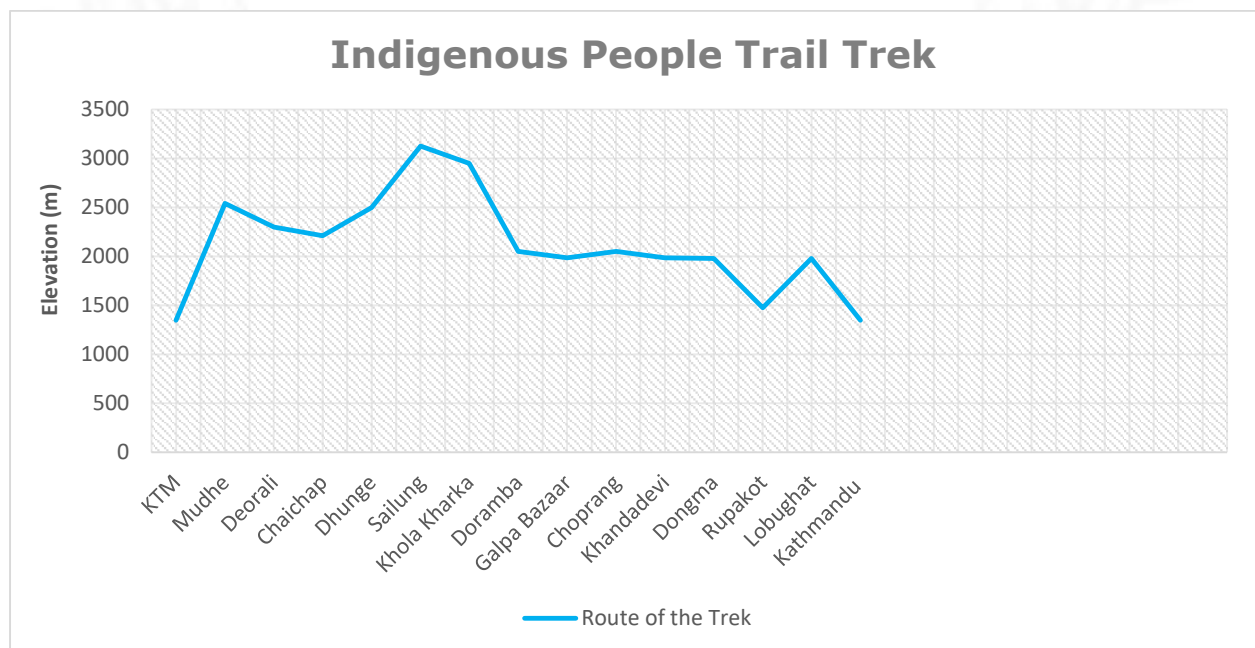
Overnight at hotel

Day 10: Departure from Kathmandu (1350m/4429ft.)

A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

Altitude Profile



Incredible Himalayan Sherpa Adventure Pvt. Ltd

Thamel, KTM, Nepal, T: +977-1-4411641, +977-9841071023

E: info@himalayansherpaadventure.com/mytrek2nepal@gmail.com

W: www.himalayansherpaadventure.com/www.nepalmountainclimbing.com

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

We offer two packages: Basic, comfort and Cultural. The basic package takes care of your trek while for the comfort package we organize your stay in Kathmandu including some unmissable sightseeing and Cultural Package we also plus memorable typical cultural shows programs of (Sherpa, Hyolmo, Tamang, Thami, and Maji). Three Packages can be flexibly adjusted to your requirements.

Basic Package:

- + 10 days Indigenous people Trail Trek
- + Guide and porter services
- + Food throughout the trip
- + round trip overland transportation
- + Airport pick up & drop off personally. For details see below.

Price: USD 430 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: USD 550 per person with group size of 2

Cultural Package

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below
- + Indigenous People cultural show program

Price: USD 800 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please **contact us** for details.

Trek Duration:

Standard itinerary – 10 days. Can be shortened or extended depending on time and fitness.

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu as per the itinerary [upgrade possible]
- + Private trek with an English speaking government licensed and ministry of tourism trained trekking guide with meals, accommodation, salary and insurance
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Overland transportation on sharing basis
- + Full board meals (Breakfast+Lunch+Dinner/main course) during the trek
- + Accommodation during the trek in carefully selected homestay as per the itinerary
- + Trekkers Information Management System [TIMS] registration card
- + Duffel bag and trekking map (Duffel to be returned after trip completion)
- + First aid medical kit carried by the guide
- + Necessary paper works, all government and local taxes
- + Complimentary welcome or farewell dinner in Kathmandu with host family

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

Additional Options:

+ Additional porter: 84 USD [12 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in Ktm: [65 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Sun koshi River Rafting** rather than return to Kathmandu, this can also be arranged.

+ Private Jeep (195 USD for Dhunge to Kathmandu)

For a more comfortable ride from Dhunge to Kathmandu

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your backpack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully

Indigenous People Trail Trek

Duration: 10 days
Difficulty: Medium

with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Thamel, KTM, Nepal, T: +977-1-4411641, +977-9841071023

E: info@himalayansherpaadventure.com / mytrek2nepal@gmail.com

W: www.himalayansherpaadventure.com / www.nepalmountainclimbing.com