

Trip Name : Indigenous Peoples Trek

Starting Point	Drive in KTM-Dhunge
Ending Point	Drive out Nepalthowk-KTM
Type	HomeStay Trek
Grade	Medium
Duration	8 Days
Daily Walk	4-5 hours
People in Group	Minimum 2 and Maximum 12
Best Time	March to May and September to November
Max. Elevation	3146 mt.

### Trip Details:

To supply the high demand of non-commercialized eco-trekking routes and show the real Nepal, a new trail has been developed with the initiation of TAAN and many local organizations in the west of Ramechhap district, about 130km east of Kathmandu. The trail has been given a name of 'Indigenous Peoples Trail' (IP Trail) in honor of the six major ethnic settlements in the area. The Indigenous Peoples Trail offers a unique living exposure to one of the most culturally diverse areas of Nepal combined with the beautiful natural landscape of breathtaking Himalayan and mid-Hill panoramas. Sailung Peak in the north and the golden Sun Koshi River flowing along the south mark the start/end points of the IP Trail respectively. The trekkers are welcomed into the culture and lifestyle of indigenous communities including Sherpa, Newar, Thami, Tamang, Yolmo and Majhis in this lively cultural route. The two major religions in Nepal - Hinduism and Buddhism are ever present in the form of gods and goddesses, temples, stupas, gumbas, monasteries and sacred caves.

### How We Make This Trip Responsible?

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### Cost Includes:

- All kind of trekking permits
- Three meals (B/L/D) a day on trekking available at Village Kitchens
- Accommodations at Village Homes (Home Stay) in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Dhunge and Nepalthowk-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

### Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

## **Cost Excludes:**

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

## **Add-Ons:**

### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**Kali Gandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**Bhote Koshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

**Day 01 :** Drive from Kathmandu to Mudhe-Dhunge and trek to Sailung (3,126m/10,256ft).

**Day 02 :** Visit Sailung & Rajveer Environs (2,950m/9,678ft), overnight at Kholakharka (3,146m/10,322ft).

**Day 03 :** Trek Kholakharka to Surkey (1,842m/6,043ft) via Rajveer monastery.

**Day 04 :** Trek Surkey to Tin Ghare-Doramba (2,054m/6,739ft).

**Day 05 :** Trek Doramba to Galba-Khandadevi (1,986m/6,516ft).

**Day 06 :** Trek Khandadevi to Hiledevi-Dongma (1,982m/6,502ft).

**Day 07 :** Trek Dongma to Sunapati-Lubughat (533m/1,748ft).

**Day 08 :** Trek Lubughat to Nepalthowk and drive back to Kathmandu.