

Indigenous People Trail trek

URL: <https://himalayatrip.com/indigenous-people-trail-trek/>

Destination

Less Crowded Treks

Activity

Trekking

Duration

5

Per Person From

USD 275

Accommodation

custom-content

Max. Altitude

3146m, Sailung

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Best Season

September - May

Transportation

Private Jeep/ Public Bus

4 Nights Home Stay

5 Breakfast 5 Lunch 4 Dinner

Easy

Trip Highlights

- View point Sailung, Beautiful view from Gaurishankar to Manaslu Ranges
- Less touristic area
- Experience of Home stay or stay with family house, try Nepali style local, hygienic foods.
- Pass many farming Terrance during the hike
- Experience the different tribes Nepali people life style
- Rhododendron forest and flowers
- Taste of Chhurpi made of Yak milk
- Beautiful places Dhunge, Sailung, Surkey and Doramba

Overview

Indigenous People Trail trek is a mild track taking you through some of the culturally diverse areas in central Nepal. This trail highlights the culture, lifestyle, religion, and the overall identity of different

Nepali tribes with natural and scenic delights alongside it .

The original itinerary was 9 days trek. After the road construction on this route. we revised the trek itinerary. **Himalaya Trip** organize **5 days Indigenous People Trail Trek**.

Indigenous People Trail trek Details

The **Indigenous People trail trek** will give you the perfect opportunity to experience the true Nepalese spirit. The trail passes through multiple villages and settlements from where you can get a peek into village life. You will go through the **Newar, Tamang, Sherpa, Majhi, and Thami** communities in this trek. Taking a glance at their activities daily and art of survival, one can return satisfied and inspired. The changing culture and tradition, however, is quickly sweetened with warm hospitality and smile in each place you visit. In this brief period, you will learn about the mix of Buddhism and Hinduism at best. Ranging from the shrines which one pray to the customs from the past, you can witness them all. Walking in the trail and taking short hiking will make you feel the true beauty of these places. From the plain farmlands to the **peak of Sailung** (3146 m), each moment will show you a different shade of ethnicity throughout the trail. The sublime views of [Annapurna](#), Dhaulagiri to the Kanchenjunga ranges in the east lessens your tiredness every day. Walking in the path self-made through the villagers using it themselves one could discover the true unity in diversity of Nepal.

You will be staying in the homestay operated by the local people in these villages. Tasting the local cuisine and living the typical day in your life, you will experience the indigenous Nepali lifestyle better than ever. As a mild trek, the indigenous people trail is suitable for solo traveler too. Similarly, the level elevation of the destinations makes this trek perfect for beginners also. An ideal balance of nature and culture, this trek is a complete cultural vacation for travellers. One can do this trek throughout the year. Exceptional experiences are from the period of September to May where most of the festivals fall. With the aid of our local guides, prepare yourself for this amazing trek of a lifetime.

Accommodations facilities

This trek is home stay trek. You will stay at the families home. There will be very basic rooms with mats, bed sheets and pillow. do not expect any luxury. Toilets are outside the house. Shower is not available. But you can take a bucket shower. Sleeping bag is recommend to take with you.

Available Foods

Foods are Nepali foods. The Nepali foods comes with plain rice, lentil soup, vegetables curry , pickles. Some eggs, potatoes items, Momo, chapati bread, Noodles items or soup etc are available.

Drinking Water

Bottle of water is not available. You will get a normal taps water with purification tablets or water filter can be used. Water bottle is recommend to take with you.

Transportation Service

We provide public bus transportation service from Kathmandu to Dhunge and Doramba to Kathmandu. The private Jeep transportation service is available with extra cost. The driver of public bus will play music to entertain the passenger and not fall in sleep himself during the drive. If you does not music, ear plug is recommended to take with you.

Packing List

This is the short and easy trek in Nepal. You do not need any special gears. I recommend you, Hiking shoes, Trousers, Socks, warm jacket, T-shirts (two or three) and long-sleeved shirt, Sunscreen (SPF 20+), Backpack around 35 liters, Torch (flashlight), Camera, memory card and battery charger(spare batteries), Toilet Paper, Quick- drying towel, warm hat, gloves, thermal underwear , sun glass etc.

Kathmandu Hotel

If you want to includes the Hotels in Kathmandu, It is possible to include. For the flexibility , you may book own accommodations Hostel to 5 star Hotel in Kathmandu and you can stay more than one night in Kathmandu before and after the trek at your prefer place.

Porter option

This is short trek from Kathmandu. We take necessary things during the trek with you. Rest of luggage, you will leave at your Hotel in Kathmandu. If you are okay with 5-6kgs backpack, you do not need porter for this trek. If you could not carry own backpack, you have an option to hire a porter with the cost of extra US\$100 per porter. You can share a porter between 2-3 people.

Related blog

- Our former company Nepal Hidden Trek is recommended on the world popular online newspaper “The Guardian [Hiking Nepal’s forgotten Trail](#)
- Our clients blog about this trek [The Indigenous Peoples Trek - The Real Nepal](#)

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Outline

Day 01 Drive KATHMANDU-DHUNGE (7HOURS)

Day 02 Trek DHUNGE- THULO SAILING (3126M, 4 hours)-KHOLAKHARKA

Day 03 Trek KHOLAKHARKA-SURKEY (1850M, 4-5 HOURS)

Day 04 Trek SURKEY-DORAMBA (2054M, 4-5 HOURS)

Day 05 Trek DORAMBA-KHANDADEVI (1986M-KATHMANDU (6-7 HOURS)

Trip Itinerary

Day 01: KATHMANDU-DHUNGE

Drive from Kathmandu - Mudhe - Dhunge takes 7 hours drive by public bus. Stay overnight at Lodge in Dhunge.

Activity:

7 hours

Highest Altitude:

2500m, Dhunge

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Home Stay

Day 02: DHUNGE- THULO SAILING-KHOLAKHARA

Your trek begins from Dhunge (2500m). Trek from Dhunge to Kholakharka (2948m) takes 4 hours walk. You experience splendid views of Mount Gaurishankar (7,134m), Langtang, Ganesh Himal from Thulo Sailing 3146m. You visit the Tiger rocks, Chhortens. Stay overnight at Lodge in Kholakharka.

Activity:

4 hours

Highest Altitude:

3146m, Sailing

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Home Stay

Day 03: KHOLAKHARA-Rajbhir Gompa- SURKEY

Trek from Kholakhara to Surkey takes 4-5 hours walk. You pass Rajveer Gomba, through the rhododendron forest as you descend to reach Surkey. Stay overnight at home in Surkey.

Activity:

4-5 HOURS

Highest Altitude:

1850M

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Home Stay

Day 04: SURKEY-DEURALI - DORAMBA

Trek from Surkey to Doramba takes 4-5 hours walk. You pass through the rhododendron forest as you ascend to reach Doramba. Stay overnight at home in Doramba.

Activity:

4-5 HOURS

Highest Altitude:

2054m, Doramba

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Home Stay

Day 05: DORAMBA- KHANDADEVI -DHULIKHEL-KATHMANDU

Drive from Doramba - Khandadevi to Kathmandu by public bus (6-7 hours driving), overnight at your own Hotel.

Activity:

4-5 HOURS

Whats Included?

- Kathmandu Trekking starting point and Trekking ending point to Kathmandu by Public Bus.
- 3 meals a day (5 breakfast, 5 lunch, and 4 dinner with a tea/coffee in a cup) with 4 nights Homestay Accommodation during the trek.
- Trekking guide: food, accommodation, salary, insurance, equipment, and medicine.
- First Aids Kit.
- Himalaya Trip T-shirt.
- Seasonal fresh fruit such as Apple and Pomegranate etc.
- All the official charge and 13% Government VAT.

Whats not Included?

- International airfare .
- Nepal's visa fees (15 Days US\$30 and 30 Days US\$50) , you fill up a form [depart of immigration](#) before you leave and pay cash and get visa on your arrival in Kathmandu airport.
- Hotel (Kathmandu Guest House) and meals in Kathmandu.
- Your Trekking gears.
- All the drinks Coke, Beer, Mineral water.
- Tips for the guide .

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 249
5 - 9	USD 275
10+	USD 299

Address

Raniban,
Kathmandu, Nepal