

TREKKING ITINERARY

Indigenous People Trail

RAMECHHAP DISTRICT

<p>DAY 1 Kathmandu - Sailung (7 hours)</p>	<p>Following road transportation from Kathmandu-Mudhe-Dhunge, commence the soft uphill trek from Dhunge to Thulo Sailung enjoying its history and awesome Himalaya and Hill panoramas. Photograph the sunset on Mt. Gaurishankar (7.134m) before retiring for the evening and overnight at the community lodge nearby Kholakharka.</p>
<p>DAY 2 Sailung & Rajveer Environs (3 to 4 hours)</p>	<p>Enjoy sunrise and morning views of the Himalaya panorama from Thulo Sailung while also visiting Sano Sailung sacred caves, Tiger rocks and Chhortens. Thulo Sailung is regarded by the Tamang people as the abode of the territorial deity, Sailung Phoi Sibda Karpo, ('Sailung's White Male Lord of the Earth'). Visit Rajveer Gomba and forest after lunch. Savour the evening Sherpa cultural programme before your overnight at Kholakharka</p>
<p>DAY 3 Kholakharka - Rajveer - Surkey (4,5 hours)</p>	<p>During the descent to Surkey Village through the Sailung forest, you will see a wide variety of native tree, shrub and bird species down towards Surkey. Tourists are welcome at Rajveer monastery and to receive a blessing from the Lamas. Enjoy a soothing footbath at the cooling waterfall near Surkey. Your Homestay overnight at Surkey Village is a Newari cultural experience.</p>
<p>DAY 4 Surkey - Tinghare - Doramba (4 hours)</p>	<p>Experience the Thami cultural programme at Tinghare Village before crossing into the Doramba valley via the rhododendron-filled forest around to the rolling terraced fields of Doramba. Enjoy Tamang Homestay culture and the very colourful evening Tamang traditional cultural programme at Doramba.</p>
<p>DAY 5 Doramba - Galba - Khandadevi (4,5 hours)</p>	<p>Trek towards Augleshwori hill with stunning views of the Himalaya and the rolling Mahabharat hills below. Enjoy cold drink, snacks and lunch at Galba bazaar before walking through the terraced landscape and pine forest to the sacred Khandadevi temple. Visit the temple and enjoy a stunning sunset view and sight of the Sun Koshi River 1.500m below. Relax with traditional Tamang & Magar Homestay hospitality.</p>

CONTACT

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<p>DAY 6 Khandadevi - Hiledevi / Dongme (4 hours)</p>	<p>Following the pre-dawn and sunrise photographic experiences, trek towards Hiledevi following a long ridge of thick pine forest, home a wide variety of bird and other wildlife species. Experience the neat, traditional houses along the trail before reaching the home of the ancient Yolmo people in Dongme. Enjoy spectacular sunset views from nearby Sunapati and visit Buddhist Chortens before returning to the monastery at Dongme to spend the night and to enjoy the Yolmo cultural programme.</p>
<p>DAY 7 Hiledevi - Sunapati - Lubughat (4 hours)</p>	<p>Enjoy an equally stunning sunrise from Sunapati before the final descent to the village of Lubughat on the Sun Koshi River, famous for adventure rafting. Learn traditional river fishing with the Majhi community and relax on the sandy beach beside the river. In the evening you will enjoy a fish BBQ or pig roast (or both if you're really hungry), while learning about Majhi culture during a proudly performed song and dance.</p>
<p>DAY 8 Lubughat - Nepalthowk - Dhulikhel / Kathmandu (4 hours)</p>	<p>Cross the rivers by Majhi raft and suspension bridge to Nepalthowk to catch the local bus or microbus for the short two-hour drive to Dhulikhel. Take an extra night at one of the many comfortable lodges there or drive direct to Kathmandu (1.5 hours).</p>

TREKKING TIPS

TREKKING TIME	8 days
DIFFICULTY	Easy
BEST SEASONS	Autumn & Spring**
HIGHEST POINT	3.146m, Sailung
ACCOMMODATION	Home Stay / Lodges / Tea houses

** BEST SEASONS

The IP Trail can be trekked throughout the year but the best seasons are September to December and March to May.

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