

Indigenous People Trail Trek - 5 Days

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

Duration 5	Per Person Cost USD 350	Difficulty Easy
Weather 2°C to 21°C	Accommodation Home Stay	Meals Breakfast, Lunch, Dinner
Religion Buddhism, Kirati	Transportation Private Jeep/Public bus	Max Altitude 3164m./10441ft.
Region of Nepal Eastern Nepal	Ethnic People Magar, Rai, Sherpa, Gurung, Limbu	Daily Activity 06 hours Trekking
Best Seasons Sept, Oct, Nov, March, April, May	Geographic Terrain Mountain, Hills, Forest, Rivers	

Highlights

- Discover the genuine Nepali spirit.
- Passes through numerous towns and villages.
- See glimpses of Newar, Tamang, Sherpa, Majhi, and Thami communities' villages.
- Study the Hinduism and Buddhism fusion of culture.
- See how culture and tradition are evolving.
- Through the villagers, take the roads you've created.
- Reside in homes operated by locals.
- Sample the food of the region and learn about native Nepalese culture.
- suitable for novices and lone travelers.
- Nature and culture in harmony.
- The full cultural experience of the area.
- Extraordinary encounters from September to May.

Weather

Best Time To Trek The Indigenous People Trail

The best time to trek the Indigenous People Trail is during the autumn months of **September to November** and the spring months of **March to May**. During these periods, the weather is generally dry and stable, offering clear skies and pleasant temperatures for trekking. With spring's warmth, the trail comes alive. You will see vibrant hues as rhododendrons and wildflowers bloom in tandem. In autumn, you will have clear views of the Himalayan peaks against the backdrop of blue skies, perfect for taking memorable photographs.

Avoid trekking during the monsoon season (**June to August**), when the trail can be slippery and prone to landslides. Winter (December to February) can bring cold temperatures and snow, especially at higher elevations, which may limit visibility and trekking opportunities. Planning your trek during the recommended months can ensure a safer and more enjoyable experience. You can explore the natural wonders and experience the local culture firsthand.

January

2°C to 10°C

February

3°C to 11°C

March

5°C to 14°C

April

8°C to 17°C

May

11°C to 19°C

June

14°C to 20°C

July

5°C to 21°C

August

15°C to 20°C

September

14°C to 20°C

October

11°C to 18°C

November

7°C to 14°C

December

4°C to 11°C

Trip Overview

Overview

The Indigenous People Trail trek is the best way to experience Nepal's **authentic spirit**. Taking this trail, you will pass through several remote villages and experience the village life nearby. You will visit the communities of the *Newar, Tamang, Sherpa, Majhi, and Thami people*. Stopping by these villages, you can watch their daily lives and how they survive. Even though culture and customs are changing, each place you visit will greet you with warm hospitality and a pleasant atmosphere.

On this trek, you will see a blend of **Buddhism and Hinduism** in a short time, from old traditional

temples to ancient monasteries. You will see everything reflecting these two communities' people. Walking along this trail, you will witness the natural beauty of the place and the people residing here. Each spot you will pass by shows the different cultures of the people. Furthermore, you will also see the beautiful views of the [Annapurna region](#), Dhaulagiri, and **Kanchenjunga peaks** while taking this trail.

Taking this trail helps you understand the diversity the place offers. It offers a balance between nature and culture immersion. You can go on this hike any time of the year, but the best experiences are between September and May when most festivals happen. Want to make a booking for this trek trail? Choose us. We offer a short 5-day Indigenous People Trail trek for you.

5 Days Indigenous People Trail Trek Day-to-day-Itinerary

Day 1: Drive to Dhunge

Our adventure begins with a scenic drive from Kathmandu to Dhunge. The journey takes us through Nepal's most picturesque landscapes. We will pass through villages like Banepa and Dhulikhel and terraced fields, leaving the bustling city behind. The drive offers comfort and excitement as we approach the starting point. Taking this drive on the 1st day, we will glimpse traditional village life.

Destination:

170km./07 hours drive

Accommodation

Homestay at Dhunge

Altitude:

(2500m./8250ft.)

Meals

Breakfast, Lunch, Dinner

Day 2: Trek to Kholakharka

After a hearty breakfast in Dhunge, our trek officially starts as we head towards Kholakharka. Imagine the satisfaction of trekking through dense, vibrantly green forests, then suddenly finding yourself in a vast, open expanse of meadowland. Along the way, we will pass through small settlements like Khola Kharka, where we can observe traditional farming practices. We will also see the splendid views of Mount Gaurishankar, Langtang, and Ganesh Himal from Thulo Sailung.

Destination:

12km./04 hours walk

Accommodation

Homestay at Kholakharka

Altitude:

(2948m./9278ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Surkey

We will trek to Turkey at 1,840 meters above sea level on the third day. This part of the journey is about five hours long and offers stunning views. Picturesque villages and tranquil countryside scenes unfold along the winding trail. In villages like Pasiban and Khani Gaon, we will get to mix with the locals, observing their customs and traditions up close, all set against the charming backdrop of their time-honored houses. We will catch glimpses of local life while learning their traditions as we explore.

Destination:	Accommodation	Altitude:
13km./05 hours walk	Homestay in Surkey	(1840m./6072ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Doramba

The fourth day's goal is to reach Doramba at an elevation of 2,055 meters. The 4-hour hike is moderately challenging but rewarding. We will encounter two vastly different landscapes on our ascent: dense, vibrant forests and fields carefully crafted into terraces. We will walk through villages like Tek Sing and Dhade to witness local customs and perhaps join in some village activities. The higher altitude will offer even more spectacular views of the surrounding mountains. Stepping into the terraced fields of Doramba village is like entering a living, breathing tapestry of traditions.

Destination:	Accommodation	Altitude:
12km./04 hours walk	Homestay at Doramba	(2055m./6781ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Drive to Kathmandu via Dhulikhel.

On the final day, we will drive back to Kathmandu through Dhulikhel. This route will allow us to enjoy the incredible scenery one last time. Dhulikhel provides a breathtaking mountain panorama, surrounded by the echoes of a centuries-old cultural legacy. We will stumble upon hidden gems where historic architecture tells the story of a bygone era. As the miles fly by on our way back, we will have ample time to replay the best moments of our adventure.

Destination:	Altitude:	Meals
180km./07 hours drive	(1295m./4273ft.)	Breakfast, Lunch

Trip Includes

- Tribhuwan International Airport (Airport - Hotel - Airport) transfer in Kathmandu .
- Lodge/ Home Stay (Twin share) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trek.
- One experienced, well trained, fluent English speaking, friendly, specialized in Pikey Peak Region and government authorized trekking guide and required porters (One porter for two persons).
- Guide and porter's food, accommodation, salary, insurance and transportation etc.
- Necessary permits and documents.
- Overland transportation as per mentioned in itinerary.
- A trekking map, duffel bag, first aid kit box, Oxygen saturation check up everyday, water purification, company T-shirt and trekking completion certificate .
- Assistance for emergency rescue evacuation.
- All kind of service charge and government tax .
- Public Liability Insurance.

Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, hot water, laundry, phone bill etc.
- Personal Travel insurance.
- Tips for guide and porters .(Highly suggested).

Group Discounts Available

No. of Persons	Price per Person
Group Of 2 - 4	USD \$450.00 PP USD \$350.00PP
Group Of 5 - 8	USD \$430.00 PP USD \$330.00PP
Group Of 9 - 12	USD \$410.00 PP USD \$310.00PP
Group Of 13 - 16	USD \$390.00 PP USD \$290.00PP
Group Of 17 - 20	USD \$370.00 PP USD \$270.00PP
Group Of 21 - 25	USD \$350.00 PP USD \$250.00PP

Additional Trip Information

Trekking Trail And Route

A 5-day trekking route on the Indigenous People Trail offers a captivating journey through Nepal's diverse landscapes and indigenous communities. The trek begins amidst picturesque villages and terraced fields, starting with a scenic drive from Kathmandu to Dhunge. From Dhunge, the trail leads to Kholakharka and showcases stunning views of **Mount Gaurishankar**, Langtang, and Ganesh Himal. Moving forward, we will traverse picture-perfect villages like Pasiban and Khani Gaon.

Ascend The journey proceeds to Doramba. We will ascend through dense forests and terraced fields, with glimpses of local villages such as Tek Sing and Dhade. Our trek comes full circle as we rewind to the [Kathmandu Tour](#). We will take a day break in Dhulikhel, where majestic mountain vistas and rich cultural heritage blend. On this path, the splendor of Nepal's mountains and valleys takes a backseat to traditional life's even more outstanding beauty.

Meals And Accommodations

On the Indigenous People Trail, accommodations vary from basic lodges and guesthouses to homestays. You will find cozy beds and essential amenities such as hot showers and shared dining areas at our lodging options. For a more indigenous experience, staying in homestays lets you experience age-old traditions and warm hospitality firsthand.

In terms of meals, you will enjoy hearty meals that showcase local Nepali cuisine. You can expect dishes like **dal bhat** (rice and lentils), often served with vegetables, meat (if available), and sometimes pickles or chutneys. Having local dishes in every place you visit will give you a better understanding of the local people.

Do I need a permit to hike the Indigenous People Trail?

Yes, you do need a permit to hike the Indigenous People Trail. You can get the permits through a registered trekking agency or directly from the Nepal Tourism Board. This permit allows you to trek through the designated areas and ensures that you can enjoy the trail.

Frequently Asked Questions

What is the Indigenous People Trail?

The Indigenous People Trail is a hiking path in Nepal. It lets you learn about the culture and traditions of local indigenous communities. The trail offers a unique experience of Nepal's diverse heritage.

Where is the Indigenous People Trail located?

The Indigenous People Trail is in the mid-western region of Nepal. It is in the foothills of the Himalayas. This location offers stunning mountain views and rich cultural experiences. The trail passes through many villages, letting you see the daily lives of local people.

What is the length of the Indigenous People Trail?

The length of the Indigenous People Trail spans from 3 to 6 days. However, it can vary based on the route you choose. This allows hikers to explore different villages and landscapes along the way.

How physically demanding is the Indigenous People Trail?

The Indigenous People Trail can be physically demanding, involving hiking through rugged terrain at high altitudes. You should be in good physical shape and prepared for long, steep ascents and descents.

What kind of flora and fauna can be seen on the Indigenous People Trail?

The flora and fauna along the Indigenous People Trail vary depending on the altitude and season. Still, hikers may encounter rhododendron forests, bamboo groves, and a variety of bird and animal species.

What is the cultural significance of the Indigenous People Trail?

The Indigenous People Trail is culturally significant. It allows you to learn about the unique traditions and lifestyles of Nepal's indigenous communities.

How can I prepare for the Indigenous People Trail?

To prepare for the Indigenous People Trail, you should focus on building their physical endurance, bringing appropriate gear and clothing, and researching the local customs and traditions of the Indigenous communities.

Is it safe to hike the Indigenous People Trail?

While the Indigenous People Trail is generally safe, you should take precautions to avoid altitude sickness. Be aware of potential hazards such as slippery trails and inclement weather.

Can I hire a guide for the Indigenous People Trail?

Yes, you can hire a guide for the Indigenous People Trail. Hiring a guide ensures a safe and enjoyable trekking experience. Guides know the local terrain, culture, and customs, enhancing your journey.

Are there any cultural practices that visitors should be aware of while hiking the Indigenous People Trail?

Visitors should respect local cultural practices while hiking the Indigenous People Trail. You can remove shoes before entering homes and avoid clothing that may be deemed inappropriate.

Can I visit Indigenous communities along the trail?

Yes, you can visit indigenous communities along the trail and engage in cultural activities such as traditional dance and music performances. This provides a wonderful opportunity to interact with local people and learn about their customs.

Are there any rules or regulations that I should follow while hiking the Indigenous People Trail?

While hiking the Indigenous People Trail, it's important to follow local rules and regulations. This includes respecting the environment by not littering and disposing of waste responsibly. You should also obtain the necessary permits and permissions.

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