



## Great Himalayan Cultural Trek

<b>Trip code</b>	
<b>Package name</b>	Great Himalayan Cultural Trek
<b>Duration</b>	6
<b>Max. elevation</b>	3210 m
<b>Level</b>	EASY
<b>Transportation</b>	All the grounded transportation are inclusive.
<b>Accommodation</b>	Hotel and Lodge
<b>Starts at</b>	Kathmandu/Pokhara
<b>Ends at</b>	Kathmandu/Pokhara
<b>Trip route</b>	Pokhara - Ulleri - Ghorepani - Tadapani - Ghandruk - Landruk - Pokhara
<b>Cost</b>	USD 550 per person

## Highlights

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### Trip Highlights

Magnificent and vast panorama of the major peaks of the eastern Himalaya.

- Ghorepani (2855 m)
- Tadapani (2540 m)
- Ulleri (2070 m)
- Ghandruk (1940 m)
- Landruk (1565 m)

## Overview

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**Keeping in mind the necessity to explore different culture, customs and tradition of Nepalese people in various part of the world, we have designed this especial itinerary. Those people who wanted to know more about the Gurung and Magar community, culture, lifestyle, customs and tradition can join this trek. Not only culturally but naturally also this trek influence most of the trekkers as one can view the dramatic and striking views of Mountains, Hills, Rivers, Waterfalls and forest during the trek.**

Great Himalayan Trek takes you to the most popular destination of Annapurna Region like: Ghorepani, Ghandruk village and Landruk village. This trek is short and easy cultural trek, which is famous for exploring the lifestyles of Gurung and Magar ethnic community. From the trail you will see the magnificent views of Machhapuchhre (Fishtail), Annapurna south and Hiunchuli (6441m). This trek lets you experience the beautiful mountain vistas and the rich cultural heritage of the Annapurna region in western Nepal. The trekking trail goes through the river valleys, rhododendron and orchid bushes, making some gentle ascents and descents, and stopping in the villages of friendly locals. A spectrum of beautiful forests, scenic grandeur, interesting villages with unique and friendly people, and sound climate en route fascinate you to rise up unlimited. The rib-roaring clifly trials throb and thrill you; and the local flocks in their cultural attire give you a sense of distinctly different world. The trails will take you to the heart of the farming community while having one of the world's highest mountains as the back drop. This trip will also get you acquainted with the beautiful Rhododendron forests, sacred Hindu temples, lakes with stunning views of the Annapurna always close to you.

This trek is completed in just a week, thus it is suitable for anybody who are bound by time limitation. Also, they can adhere the cultural part along with the natural beauty. The trek starts after four hours of drive from Pokhara to Hile. The next day, we will trek through the man-made stone trails via Tikhedhunga up to Ulleri. The next day we will trek to the most attractive destination of Annapurna Region i.e. Ghorepani. On the following day, we trek to the top of Poon hill to observe the stunning view of Sunrise and beautiful mountain. Then trekking back to Ghorepani, we will have breakfast and then trek towards Tadapani. After spending one night in Tadapani, we then climb past the river valleys and farm terraces to the ethnic Gurung village of Ghandruk. The mountain views from Ghandruk are superb. In the next two days we pass through excellent view points at Landruk and Pothana and Deurali, walk through lovely forests and visit some picturesque hill villages and finally end the trek at Phedi. In each village, we accommodate for our overnight stay, you will be amused by the local peoples performing their ancient cultural dance shows especially on our request. So, they hope to get some donation from you too. Promoting unique village tourism and practicing community based hospitality; Annapurna Cultural Trek has substantially contributed to the promotion of the village tourism in Nepal. On the trekking we offered you a very unique Gurung culture, their lifestyle, idyllic country sides etc. Machhapuchhre(6693m) Annapurna (8091m),Annapurna II (7939m), Lamjung Himal, Buddha Himal(6974m),Himalchuli (6747m) and many more smaller peaks can be viewed while trekking every day.

The trek is easy and can be done all through the year even in summer. Average walking is 4 to 6 hours, the highest point is only 3200 m and there is no risk of altitude sickness. Even those travelling with children or the elderly trekkers can enjoy this trip. You sleep and eat at mountain lodges called "tea houses" and your luggage is carried by a porter. Also, this is a community based trip where you will be staying in community managed lodges/ hotels where interaction with the locals is highlighted. An absolutely diverse and wonderful experience; let it come true.

## Trip Itinerary

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### Day 1 : Drive from Pokhara to Nayapul and trek to Ulleri (2070 m) – approx 6 hrs walk

After having breakfast at hotel, we drive to nayapul by private car . It takes about 1 hrs more, then we following through the Tikhedhunga village. The trail up to Tikhedhunga is pretty easy and at low altitude. But climbing up towards Ulleri, some trekkers may find this trail a bit tough since one has to trek through mostly man made steps (about 3300 steps). The stairs are made from the irregular rocks and sometimes you need to step the huge stone with sufficient height. Always remember that, upper you climb more you will get the opportunity to have the beautiful views. Ulleri is a Magar village. After arrival at Ulleri, take some rest and proceed to observe the Magar Dance. After the cultural dance, have dinner and sleep well for tomorrow's journey.

### Day 2 : Trek from Ulleri to Ghorepani (2855 m) – approx 4 hrs walk

Our daily trek starts after breakfast. We walk forward to Ulleri at the height of 2070 meters. We continue walking making sure that we're always on the inside of the path, thereby permitting the donkeys to pass through. Occasional views of the peaks give way to a narrower valley. We then proceed through Rhododendron forest and eventually reach to Ghorepani. It is a beautiful place from where we can enjoy the most spectacular views of Dhaulagiri and Annapurna range. The area will be covered by snow in winter season. The Ghorepani is at the height of 2855 meters. In that high pass our night will pass in lodge after having a cultural dance show of Magar. You will find that the Magar dance in Ulleri is very different than that of Ghorepani. You will be amazed by the diverse culture.

### Day 3 : Trek from Ghorepani to Tadapani (2540 m) – approx 5 hrs walk

Early morning, we will climb for one hour to Poon hill. It is one of the most popular trekking areas in Nepal. It is situated at an altitude of 3210 meters from where we can see the tremendous views of Dhaulagiri I (8167m), Tukucho Peak Nilgiri (6940m), Annapurna South, Annapurna I (8091m), Hiunchuli (6441m) and Tarke Kang (7193m), Gangapurna (7454m), Lamjung Himal (6986m), Mt Fishtail ( Machhapuchhre 6997m), Tent Peak and many more High Himalayas. After appreciative views and taking a good pause, we trek down to Ghorepani village and have breakfast and proceed to Tadapani. From Tadapani, one can enjoy the closer view of snowcapped mountain peaks like Annapurna south and fishtail. Today, you will enjoy the Gurung dance performed by the "Ama Samuha" (Literally, Groups of Mothers). You can also donate the desired amount after their performance. Overnight stay at Tadapani.

### Day 4 : Trek from Tadapani to Ghandruk (1940 m) – approx 4 hrs walk

On the following day, the trail descends through stunning forests to Ghandruk, which is a beautiful village of Gurung people, one of Nepal's most popular ethnic groups, known for their distinctive language, culture, customs and life style. It is also home to many soldiers from the

famous Gorkhali regiments. The village of Ghandruk is very nice and spread along the hillside which is quite steep. So, immediately, we went down big steps and after a few minutes were already at an altitude of 50 meters lower. From here we can have stunning views of Annapurna South, Annapurna III, Hiunchuli, Gangapurna and Fishtail. Ghandruk is also known as “Konda” village which means “Stone”. We will have lunch and visit a very interesting old traditional Gurung Museum and recently built Buddhist Monastery in the middle of the village. We will also be enjoying the Gurung dance of Ghandruk village this night.

### **Day 5 : Trek from Ghandruk to Landruk (1565 m) – approx 3 hrs walk**

Commencing trek from Ghandruk, we move forward to another beautiful village called Landruk. We walk along a shaded forest trail, followed by terraced fields of maize and potatoes. The settlement here is mixed with Gurung and Magar people. After arriving, it is possible to take a short walk to explore the village. Today will be the last day you will be accompanied by the local performing their cultural dance show. The local inhabitant will perform both Gurung and Magar dance show.

### **Day 6 : Trek from Landruk to Phedi (approx 5 hrs walk) and then drive to Pokhara – 1 hrs drive**

Today is the last day of our trek where we walk through the narrow street with many potholes. The trail is almost flat for about an hour then you have to walk through a little steep trail in order to reach Tolka. We walk through ridge in jungles and will be followed by the excellent views of Mountains on our trail. After about 5 hours of walk, the trail finally descends steep down to Phedi where our private vehicle will be waiting for your pickup. You will pass many cultural hamlets and their hill terraced traditional farmland. At ending place you will be picked up by transport and driven to Pokhara for the lunch and rest for overnight at hotel.

## **Inclusions**

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### **What is included?**

Transfers by private car depending on group size.

One registered and experienced local trekking guide and (porters) if you needed.

3 Times meal with cup of Tea (breakfast, lunch and dinner) during the trek.

Tea, coffee, cookies and fresh fruits are served during the trek.

Sharing twin/double bed room in tea house lodges and home stay during trek.

Accommodation, food, salary, equipment for your guide.

Necessary insurance for your guide.

All necessary trekking permits if required..

All applicable local tax, vat and office service

### **What isn't included?**

Accommodation, meals and transportation in Kathmandu and Pokhara.

All bar bills, beverages such as coke, fanta, sprite and mineral water.

Travel insurance, Nepal Tourist Visa fees, Items and expenses of personal nature.

Any expenses which arise due to a change of the itinerary, because of landslides, political trouble, and strikes etc.

Laundry, phone calls, toiletries (toilet paper, soaps, shampoos etc)

Tips for guide.

## **Complimentary**