

# Gurung Heritage Trail

## Trip Overview

Country Nepal is home to a wide range of ethnic groups living in a different corner. One of the most interesting and mysterious groups are the Gurung who live in the western region of Nepal and still practice the traditions and festivals that have been accepted down through countless generations. These people also known as “Tamu” live in the districts of Kaski, Lamjung, Baglung, Gorkha, Tanahu, and Dhading. These people are recognized across the world because of their bravery during the Second World War under the British Army. These fearsome fighters generally habituate in deep valleys and high hills. To know such a rich ethnic group of people in Nepal Gurung Heritage Trail is an idyllic trekking package to choose from.

Highland Eco Trek has designed the journey for the Gurung Heritage Trail in such a way that people can reach almost 4 major Gurung/Ghale villages across the Lamjung and Kaski districts of Nepal. The trekkers have an opportunity to spend overnight at a homestay with the Gurung family in a classic old house and unique lifestyle. The trek route is a mixture of beautiful Gurung villages like Ghalegaun, Bhujung, and Pashgaun, of Lamjung district and Pakhrikot and Thumsikot of Kaski district this tour is specially designed for travelers who love to discover the village with a traditional lifestyle. These places are not only popular for their cultural understanding but also for the glorious mountain Annapurna and Lamjung vistas and hilly landscape. While you enjoy nature’s allures while walking on the trail; the evening at Gurung house will be full of fun.

Among the different trekking routes like the Everest base camp trek, Annapurna base camp trek, Manaslu circuit, and Langtang valley trek, etc Gurung heritage trail is the easiest trekking route and also you can get an opportunity to have different knowledge of local products here. Also, this heritage route will offer you an unforgettable experience that you will love to have.

## Trip Highlights

- Get inside the local Gurung people and their community, culture, and customs.
- Panoramic views of the towering peaks of Annapurna and Lamjung.
- Homestay experience.
- A day tour of UNESCO-listed World Heritage site of Nepal

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

## Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed as you wish).
- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is in a tent house during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.

- Porter service, trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits ('ACAP).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek,
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff