

Shaman Kham Culture Trek

Url: <https://www.glorioushimalaya.com/trip/shaman-kham-culture-trek/>

Duration

13

Max. Altitude

3,020m

Difficulty

2+ pax

Group Size

2+ pax

Transport

Bus and Jeep

Meals

Breakfast, Lunch & Dinner

Starts At

Kathmandu

Ends At

Kathmandu

Accommodation

Homestay

Overview

Shaman Kham culture trek offers a spectacular trekking experience, unique shaman practice and Kham culture in the remote hill and mountain region of Nepal. Shaman Kham culture trek is also popular for cordyceps (yarshagumba) and shepherd life experience. We can admire the uniqueness of shaman tradition, Kham culture and view of the Dhaulagiri mountain range.

The route passes through Baglung, Purbi Rukum and Myagdi district. The land is blessed with wide-ranging natural resources and biodiversity captivating waterfalls, rivers, caves and delightful lakes as well as the towering sublime Himalaya to the north. Local people are simple-minded and kind-hearted and has a unique shaman practice and belief than other shamans. During the trek, you will also get a chance to experience the shepherd lifestyle.

Along with the visit many sites that figure prominently in recent history in an area of immense peace, beauty and hospitality that is open, ready and willing to host tourists.

Itinerary

Day 01: Drive from Kathmandu to Burtibang (1130m.) - 14 hours drive

Day 02: Drive from Burtibang to Dhorpatan (2860m.) - 5 hrs drive

Day 03: Trek from Dhorpatan to Takasera (2400m.) - 6 hrs trek

Day 04: Trek from Takasera to Maya (2500m.) - 6 hrs trek

Day 05: Trek from Maya to Maikot (2600m.) - 6 hrs trek

Day 06: Trek from Maikot to Pelma (2650m.) - 6 hrs trek

Day 07: Trek from Pelma to Thangkur (3000m.) - 6 hrs trek

Day 08: Trek from Thangkur to Gurjaghat (3020m.) - 6 hrs trek

Day 09: Trek from Gurjaghat to Moreni (2450m.) - 6 hrs trek

Day 10: Trek from Moreni to Takam (1650m.) - 6 hrs trek

Day 11: Trek from Takam to Beni (830m.) - 5 hours trek

Day 12: Drive from Beni to Pokhara (850m.) - 4 hrs drive

Day 13: Drive from Pokhara to Kathmandu - 7 hrs drive

Trip Includes

- All the ground transports as per the itinerary by local bus and jeeps.
- Full board meals while on the trek. (breakfast, lunch and dinner)
- 11 nights of twin sharing best local home-stay/tea houses accommodations during the trek.
- 1-night deluxe hotel accommodation in Pokhara city inclusive breakfast.
- An experienced and government certified trekking guide for the trek.
- Essential supporting porters to carry your loads during the trek. (1 porter for 2 guests)
- First aid medicine for the trek.
- All the essential trekking permits and official paperwork for treks.
- Company duffel and sleeping bags to use for the trek.
- Trip achievement certificate.
- Farewell dinner in Kathmandu at a typical local restaurant with a cultural dance performance.

Trip Exclude

- Nepal entry visa and international airfares.
- Any alcoholic beverages, cold drinks, hot shower, battery charging while on the trek.
- Hotel accommodations in Kathmandu.
- Tips to the trekking guide and porters.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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