

# Gurung Heritage Trek

## Trip Overview

Gurung Heritage Trekking Trail is a Newly Explored Trekking Route, which has been Explored by Gurung Tourism Entrepreneur Association' Nepal. The Gurung Heritage Trek features historical and archaeological sites believed to be the earliest settlement area of the Gurung tribe, with ancient ruins, remnants of places and traditional stone mills. Gurung Heritage trail is located in Kaski, Lamjung and Manang District of Nepal. Gurung Heritage trekking trail passes through the ancient salt trading migration route of the Gurung settlements which offers an opportunity to experience the daily life of Gurung peoples and their cultures and traditions. Gurung Heritage trekking trail, gives the panoramic views of Annapurna Mountain Range, Manaslu Mountain Range, Peri Mountain Range and majestic view of 8000 meters mountains Mt. Manaslu and Mt. Annapurna I. Gurung Heritage Trail has an abundance of vibrant flowers, lush vegetation and stunning mountains and landscapes during the spring and monsoon seasons. Gurung villages and Community homestays are very popular in Gurung Heritage Trekking in Nepal. The Gurung Heritage Trek also includes traditional Gurung settlements like Tanting and Timang. Gurung Heritage trekking trail passes through many historical places, Mountain Lake, Bhedi Kharka, many holy religious places including Kwholasothar, Dudh Pokhari, Thurju etc. Kwholasonthar is a historical and archaeological site believed to have been inhabited by the ancestors of the tribal Gurungs 1,200 years ago. Archaeological studies have confirmed its historical significance. According to the Pachyu and Ghyabre Vedas of the Gurung community, it has been mentioned that the ancestors of the Gurung tribal community migrated along this road. By emphasizing the rich cultural legacy and breathtaking natural scenery of the Gurung settlement, the Gurung Heritage trail programme hopes to establish itself as a significant addition to Nepal's vast network of Trekking Trails In Nepal.

## Trip Highlights

## Trip Itinerary

**Day01: Airport Pick Up and Transfer to Hotel in Kathmandu 1300m**

**Day02: Drive / Flight to Pokhara 800m**

**Day03: Drive to Tanting and Trek to Krapu Tjho 29630m**

**Day04: Trek to Tapro 3385m**

**Day05: Trek to Kwholasothar 3283m**

**Day06: Trek to Thulek 4070m**

**Day07: Trek to Thurju 4070m**

**Day08: Explore Dudh Pokhari 4590m**

**Day09: Trek to Danfe Kharka 4239 via Gurung Deurali (Agre Kon) 4910m**

**Day10: Trek to Tanting 2743m**

**Day11: Drive to Kathmandu**

**Cost Includes**

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