

Bhote Khampa Trail Trek - 18 Days

Bhote Khampa Trail Trek is philanthropic and leads through beautiful scenery in Far West Nepal. It follows the ancient trading route of the Bhote Khampa people. They are a small Tibetan-speaking Buddhist ethnic minority who lived for generations as migrant traders bartering salt and rice. Swiss anthropologist Hanna Rauber conducted an ethnographic study on the Bhote Khampa's life in 1970 and published her book in 2022: "Of Salt and Rice: Life and Trade of the Bhote Khampa in Far West Nepal".

Two decades ago, the salt rice barter came to a standstill, and the Bhote Khampa settled in different places in the district of Bajura. Many households continue migrating with their goats and sheep, depriving their children of school education in winter. NEfA, a Swiss-based NGO, plans to construct hostels for the Bhote Khampa children so they can visit the school year-round. The trek will contribute to the school: 5% of the paid amount supports the Bhote Khampa children's food and clothing.

The trek starts with a flight from Kathmandu to Nepalgunj and Kolti in Bajura. From Kolti, we drive to the Siddheswori Primary School in Dapka, where we spend two nights visiting the school site, meeting the staff and the children, and enjoying the surroundings by hiking up to Porakhya Lagna. Back to Kolti, we start trekking up Nuri Khand, pass through typical hill villages descending to Kuwari Khola, and walk up to Bauli, Gumba, Lampata, to beautiful Ranikharka (the former summer camp of the Bhote Khampa). We then cross Sakhya Lagna, continue downwards to the Humla Karnali, and up to Simikot, from where we return by flight to Kathmandu.



PO Box No.: 2721
Samakhusi-29, Kathmandu, Nepal
Contact No.: +977-9851133894
Email: jag@himalayancompanion.com
www.himalayancompanion.com

PRICE INCLUDES

- +Airport pickup and drop
- +4 Nights Hotel Accommodations in Kathmandu
- +One-night hotel accommodation and dinner in Nepalgunj
- +Domestic airfare; Kathmandu-Nepalgunj-Kolti and +Simikot-Nepalgunj-Kathmandu
- +All the government procedures
- +Trekking permits and National Park fee
- +Experience English-speaking guide, Cook, Helpers, and Porters/Mules
- +Trekking equipment (Mattresses, Member tents, Kitchen tent, dining tent, and toilet tent), Dining Table, Chairs, and Kitchen utensils.
- +Three-time meals during trek along with Tea/coffee and snacks
- +Staff's salary, food, insurance and clothing

PRICE EXCLUDES

- International flights and visa fees.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staff.
- Donation and local entrance fee.
- Extra baggage load on domestic flights.

HIMALAYAN COMPANION
TREKS & EXPEDITION