

A Guide to Chepang Hill Trek

You enter a region that is rarely seen by outsiders when you participate in our guide to Chepang Hill Trek. It is located north of Chitwan National Park in the country's beautiful central hills. The Chepang Hill Trek is so named because as we go along the hilly terrain, we pass through communities inhabited by the Chepang people. The location is heaven for those who enjoy the outdoors and bird watching. In essence, Nepal is home to about 846 bird species, or 10% of all bird species worldwide. The area is also home to a wide variety of fauna.

The Chepang People and Their Lifestyle

Discovering the Chepang people, the local ethnic group, is one of this trek's key highlights. Their native tongue belongs to the Tibeto-Burman language family. They used to lead a semi-nomadic existence, but in recent generations, they have begun to settle down.

They are now more dependent on farming permanently. The diverse landscape makes farming challenging and forces people to gather food from the outside more frequently. Additionally, the [Chepang people](#) have their language and way of life. The trekking route also goes via Newar, Chhetri, and Magar villages, in addition to Chepang.

The population of Chepang is dealing with an increasing number of issues, such as malnutrition, illiteracy, and marginalization by the Nepali government. By participating in the guide to Chepang Hill Trek, you will visit some of Nepal's most remote and distinctive communities and assist the inhabitants in becoming economically self-sufficient.

We leave Kathmandu and continue our adventure after a beautiful drive. There aren't many people on the trail because it is a somewhat "off-the-beaten-path" excursion. You will be made to feel entirely at home during your stay at the homestay. A viewpoint at Siraichuli (1945 meters), from which we can see the Annapurna, Manaslu, Langtang, and Dhaulagiri mountains, can be reached by hiking over the terraced slope.

Then, we make our way down through lush, rainy woods till we get to Shaktikhor, a bustling market that is interesting to explore. The following day, we return to Kathmandu and reflect on our trip with a stereotypical Nepali lunch.

Come along with us on this fantastic cultural hike to discover Chepang culture! The track is ideally close to Chitwan National Park, making it simple to incorporate into a safari excursion.

Trekking is feasible at any time of the year, but the finest seasons are spring (March to May)



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and fall (September to November). The Chepang Hill Trek demands moderate fitness and acclimatization to prevent extreme mountain sickness. Please don't hesitate to get in touch with Attractive Nepal for further information .

Lodging And Night Stay



The cost of lodging is included in each of our packages. The predetermined itinerary consists of this lodging. We will book you into a 2-3 Star hotel while you are in Kathmandu. Our guides will choose the ideal lodge for you to stay in throughout the walk based on their expertise and room availability.

Every type of lodging will be on a twin-sharing basis. Showers and restrooms will be shared in the mountain. You would have to share a room with a same-sex trekker from another group during the busiest trekking season.



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There is a broad range of food available in Nepal, and it is simple to meet your demands. If you let us know ahead of time if you are vegetarian, vegan, gluten-free, or lactose-free, we can make accommodations.

Breakfast, lunch, and dinner are all included in the hike. We will provide you with your breakfast while you are a guest at the hotel in Kathmandu. Dinner and lunch must be paid for separately. We will prepare your meals while you are camping. We can choose typical Nepali, continental, Italian, Tibetan, and Indian fare at tea houses during teahouse treks. After our trek, we will celebrate and eat a typical Nepalese lunch before leaving for Thamel.

Porters & Guide to Chepang Hill Trek



A guide will lead the walk with official credentials. Our guides are genuine about the trekking business and have extensive trail expertise. Your trekking trip in Nepal will be one you'll never



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forget, thanks to the dedication of our guides and porters. Our guides will answer any questions you may have while on your walk.

Our top priority is keeping you secure. More than six individuals will require two available guides. On teahouse treks, every two trekkers will be accompanied by a porter. We will need extra porters for camping trips to transport the food, kitchen supplies, tents, etc.

Acclimatization/Fitness/Experience

We must give our bodies enough time to adjust to the altitude because many of our hikes take us far into the Himalayas. Acclimatization days are planned into the schedule of our hikes. To avoid altitude sickness, it is best to move slowly. Depending on the hike, a certain level of fitness is required.

Expect to walk for an average of 5 to 6 hours each day while participating in the trial. Those of moderate fitness may often complete the treks. Personal commitment and a cheerful mood are more crucial than experience or fitness for completing and enjoying the walk.

Travel Protection

Before embarking on a hike, we firmly advise getting travel insurance. Although we try our best to look after you, unexpected things sometimes happen. It is best to get insurance if a medical emergency necessitates a helicopter evacuation. You must purchase medical insurance in your home country since you cannot do so in Nepal. Make sure your insurance covers mishaps overseas and at altitude.

Best Time to Travel



Spring (March to May) and Autumn are the busiest times to travel in Nepal (September to November). Although they are a little busier than the off-season, these seasons offer the most beautiful scenery and clearest skies.

Trekking is possible in the Winter (December to February). However, the weather will be chilly. Trekking is also possible from June to August, when there is a significant possibility of rain and views that are likely to be hidden by clouds.

If you ever wish to visit this historical and fantastic place, don't hesitate to [contact us](#), as we provide an itinerary of [10 days at Chepang Hill Trek](#). You can check our post for more details and inside into the guide to Chepang Hill Trek .

Frequently Asked Question About Guide to Chepang Hill Trek



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Q: In what part of the world is Siraichuli Hill located?

The Kaule Village Development Committee in Chitwan District, Narayani Zone of Nepal, is home to Siraichuli, the highest hill peak in the district.

Q: What is the height of the Siraichuli hill?

Siraichuli is located at an elevation of 1945 meters and offers views of the Terai region of southern Nepal and mountains like Gausankhar, Dhaulagiri, Langtang, Rolwaling, and Manaslu.

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