



STORIES FROM OUR

HIMALAYAS





Namaste from Nepal!

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Nepal is not just a destination; it is a living story of culture, faith, and community. At **Community Homestay Network (CHN)**, we believe tourism can do more than showcase landscapes—it can transform lives. By placing communities at the heart of travel, CHN empowers local hosts, artisans, and leaders to shape experiences that honor their heritage, generate equitable benefits, and foster meaningful connections between travelers and the people they meet.

Our network spans **40+ community homestays and 10 artisan experiences**, reaching over **2,000 community members**, the majority of whom are women. CHN's leadership in responsible, community-driven tourism has been recognized globally with the **ICRT Global Awards** and as **Gender Equality Champion of the Year**, while our work has been featured in **BBC, National Geographic Traveler, The Times, and The Guardian**.

The broader landscape of tourism in Nepal shows strong growth and movement toward sustainability and community inclusion. Research highlights Nepal's rich natural and cultural heritage as foundational assets for long-term tourism growth, identifying community-based tourism as a key pathway for extending economic benefits beyond traditional hotspots to rural and underdeveloped regions (Kadayat and Upadhyay, 2024, nepjol.info).

This trend is mirrored in **European source markets**. More than **half of global travelers now consider the impact of tourism on local communities and the environment**, with European travelers among the most engaged (Booking.com, 2025, news.booking.com). European travelers are increasingly seeking **authentic, immersive experiences that directly benefit local communities**, creating strong market demand for community-based tourism products (CBI, 2024, cbi.eu). Research further shows that **86% of European travelers are willing to pay extra for sustainable travel experiences**, and **68% actively seek interactions that support local communities**, making community-focused tourism both ethically responsible and commercially strategic (Future Market Insights, 2025, futuremarketinsights.com).

For this familiarization trip, **CHN is proud to collaborate with Royal Mountain Travel (RMT)**, one of our associate organizations with longstanding experience in Nepal's tourism sector. This collaboration brings together CHN's deep-rooted community networks, impact-driven approach, and professional experience in designing and delivering community-centered journeys with RMT's operational expertise. Together, we



ensure journeys that are thoughtfully designed, responsibly operated, and grounded in both purpose and professionalism.

Today's travelers seek more than landmarks. They seek **connection, authenticity, and purpose**. This itinerary invites you into the heart of Nepal's living traditions, where festivals, faith, and community converge to tell the story of a nation in its own voice.

We proudly present:

"Stories from our Himalayas"

A journey into the living natural, spiritual and cultural heart of Nepal, guided by local communities and shaped by a shared vision of more conscious, inclusive tourism.

Trip Summary

This 10-day journey begins in **Kathmandu** with a sound bath and welcome dinner at Avata Wellness Center before flying to **Pokhara** and continuing by jeep to the peaceful Magar village of **Narchyang** (*more details about the destinations are listed below*). While there, you'll hike to **Upper Narchyang**, visit waterfalls, and soak in natural hot springs. Next, travel north into Mustang to explore **Jomsom** and optionally hike to the remote village of **Thini**. The following day takes you deeper into the high Himalayan culture with a visit to **Lubra**, home to one of the last remaining Bon monasteries. Returning south, you'll experience the warmth of Gurung hospitality in **Hemjakot** through a hands-on cooking workshop in the Community Homestay with other local activities. Afterward, unwind in **Pokhara** before flying back to **Kathmandu**. The trip concludes with local cultural activities and meaningful conversations in the capital before your departure. (*Detailed itinerary below*)



Why This Circuit Matters

- Engage with the rich indigenous heritage of Mustang by connecting with the Bon community, whose traditions have shaped the cultural fabric of the region for centuries.
- Support women-led community homestays in Narchyang and Hemjakot, where tourism directly uplifts rural households and encourages local leadership.
- Traverse fragile Himalayan landscapes through a carefully planned non-adverse journey that respects the terrain and the communities that call it home.
- Participate in cultural exchange by learning age-old practices; from sacred cooking to artistic expression; that are preserved through intergenerational wisdom.

Trip Highlights

- Begin your journey with a grounding sound bath at **Avata Wellness**, followed by a welcome dinner that awakens your senses to Nepal's culinary and cultural richness.
- Travel to Narchyang, a village tucked beneath the Annapurnas, where waterfalls sing, hot springs heal, and Magar hospitality welcomes you like family.
- Ride along dramatic Himalayan roads to reach Jomsom, the windswept heart of Mustang, where sky and stone carry centuries of trade, faith, and resilience.
- Step into the timeless village of Lubra, one of the last surviving Bon enclaves in Nepal. Here, monks chant ancient mantras in a monastery shaped by wind and time in a monastery which is almost 800 years old.
- Share laughter and fire-cooked meals in Hemjakot, where Gurung hosts invite you to make dhindo and nettle soup with love and earth's freshest ingredients.
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- All along the way, meet the women, elders, and artisans who hold the keys to Nepal's living heritage; **and walk beside them as honored guests**, not just visitors.



Trip Impact

- This journey directly channels tourism income to rural communities through authentic homestay experiences in Naryang and Hemjakot; ensuring that the economic benefits stay local and long-term.
- You'll engage with Nepal's intangible heritage; from sacred Bon traditions to indigenous culinary traditions; helping preserve endangered cultural knowledge by valuing it through presence and participation.
- Every night spent in a community homestay strengthens women's voices in local tourism economies, supporting their autonomy and leadership.
- Environmentally, this route minimizes impact by using overland logistics where necessary and avoiding helicopter or high-emission options.
- Your presence fosters dialogue, dignity, and exchange; empowering hosts to become storytellers, entrepreneurs, and educators in their own right.
- At its core, this is not just a familiarization trip. It's an act of solidarity with the people and places that are redefining what responsible tourism looks like in Nepal.



TRIP NAME: Stories from the Himalayas

DURATION: 10-19 May 2025

ROUTE: Kathmandu - Naryyang - Jomsom - Hemjakot - Pokhara - Kathmandu

NO OF NIGHT	DESTINATION	ACCOMMODATION
3	Kathmandu	Traditional Comfort
2	Naryyang	Naryyang CH
2	Kagbeni	Red House
1	Hemjakot	Hemjakot CH
1	Pokhara	Temple Tree Resort and Spa

ITINERARY

DAY 01/ 10 May: ARRIVAL KATHMANDU

Activities of the day: International airport arrival transfer. Pickup from the hotel to experience sound healing followed by vegetarian dinner at Nourish by Avata Wellness.

Elevation: Kathmandu (1355m)

Accommodation: Hotel Traditional Comfort or similar

Namaste & Welcome to Kathmandu, Nepal!!!

As you walk down the tunnel to the arrival lounge, you will find many people showing various placards and waiting. Please look out for our airport representative who will be amongst the crowd waiting to welcome you with your name written on the placard. Our airport representative will assist you with your vehicle.

Depending upon the traffic on the road, your drive to your booked hotel can take up to 30 minutes or more.

You will be picked up from the hotel and transferred to Avata Wellness Center to experience the **sound healing**. It will introduce the foundation concept behind sound and its effect on us in daily life. It is an ancient practice of understanding our relationship with the universe through metaphysical elements mostly unseen to the eye.

Through Vibration it works on three main levels, physical, mental, and emotional.



While it's an ancient practice native to the Himalayan region, it is increasingly being recognized in the world of science and medicine for its powerful healing quality.

If you want to know more about the magic of sound healing this session is definitely for you! Here we will be using different instruments such as gongs, singing bowls.

After dinner you will be driven back to the hotel.

Avata Wellness Center is situated in Baluwatar, Kathmandu, Avata is not just an escape from materialistic world but an oasis where your mind, body and soul reconnect. Avata wellness center was brought to conception with the vision to detox mind and body. The services here include different types of classical and modern styles of Yoga asanas, sound journey, guided meditation, breath awareness workshops, yoga hikes, nature retreats, spa and massage therapies, Shirodhara, vegan and vegetarian restaurant and wellness store.

DAY 02/ 11 May: KATHMANDU-POKHARA-NARCHYANG

Activities of the day: Domestic airport departure transfer, Flight from Kathmandu to Pokhara-Drive to Narchyang

Experiential Activities: Village Excursion & Cooking with Hosts

Elevation: Pokhara (822m), Narchyang (1400)

Elevation gain: 578m

Flight Duration: 25 minutes

Drive Duration: 5 hrs approx

Accommodation: Narchyang Community Homestay

You will be picked up from the booked hotel and transferred to Kathmandu Domestic Airport. It takes around 25 minutes to fly from Kathmandu to Pokhara. After reaching Pokhara airport, you will be picked up and driven to Narchyang from Pokhara.

Upon landing, continue your journey with a beautiful drive through green hills, dense forests, and terraced farmlands, eventually reaching Narchyang; a peaceful Magar village tucked away in the Annapurna region. Located just across from the popular Tatopani, Narchyang is home to the Pun Magar community and is known for the breathtaking Narchyang Waterfall that cascades dramatically near the village. Narchyang was the original gateway to the Annapurna summit and Maurice Herzog also began his ascent to Annapurna from Narchyang.

Once you arrive, set out on a guided walk through the village to get a feel for its surroundings and meet the locals. At the community homestay, you'll be warmly welcomed by your hosts and get a chance to connect with them over stories of daily life, traditions, and the unique culture that defines this mountain village.

In the evening, join your host family in the kitchen to help prepare a traditional Nepali meal. Using fresh, local ingredients, you'll learn how to cook the dishes from scratch and enjoy dinner together, sharing stories and laughter around the warm hearth.



Narchyang Community Homestay provides cozy, clean rooms with simple comforts and small home gardens that add a personal touch. **Recently, with the initiation of Royal Mountain, Community Homestay Network has been able to conduct several capacity building programs in Narchang, especially empowering the women of the community to be self-sustained and independent. With their new skill set, they have been hosting a record number of trekkers who come to Annapurna for the mountains but fall in love with it because of the people of Narchyang.**

The houses are modest but comfortable. Bathrooms are typically located outside the house with a mix of squat and western-style toilets, and bucket showers with hot water can be arranged on request. Guests enjoy fresh, home-cooked meals prepared by the host family, creating a warm, welcoming environment perfect for unwinding in rural tranquility.

DAY 03/ 12 May:	NARCHYANG
Activities of the day:	Hike to Upper Narchyang
Hiking Duration:	6-6.5hrs both ways
Elevation:	Upper Narchyang (2038m)
Elevation gain:	638m
Accommodation:	Narchyang Community Homestay

Begin your day with a scenic hike to Upper Narchyang (approximately 6 to 6.5 hours round trip); a path that winds through serene forests, terraced farmlands, and traditional Magar villages. As you ascend, enjoy breathtaking views of the Annapurna range and discover stories of local resilience, including how families migrated from highland settlements to lower villages for better access to resources. Along the trail, you'll witness the living culture of the Magar community, reflected in their homes, attire, and agricultural traditions.

Upon reaching Upper Narchyang, you'll be welcomed with a freshly prepared, home-cooked lunch, showcasing the community's culinary heritage. Guests also have the unique opportunity to dress in traditional Magar attire and visit a local museum that preserves ancestral tools and artifacts.

Choosing to stay at **Narchyang Community Homestay not only enriches your travel experience but also contributes directly to local livelihoods**; creating employment for homestay operators, guides, farmers, and artisans. Your visit supports a sustainable tourism model that empowers women and youth, helps safeguard cultural identity, and encourages eco-conscious practices such as waste reduction and use of locally sourced materials. In a region often bypassed by commercial trekking routes, your presence helps ensure that the benefits of tourism are shared with communities that have long protected Nepal's natural and cultural wealth. And if you feel so inclined to take a relaxing break at the natural hot springs, trudge a little bit more and you shall get a warm and soothing reward to end your day.



DAY 04 / 13 May: NARCHYANG- JOMSOM-KAGBENI

Activities of the day:	Marpha Visit
<i>Experiential Activities:</i>	Brandy Factory Visit
Drive Duration:	3-4 Hours approx.
Drive Distance:	60 km
Elevation:	Jomsom (2710m), Kagbeni (2804m)
Elevation Gain:	1404m
Accommodation:	Red House or similar

Begin your day with a local breakfast before heading to Jomsom.

The drive from Narchyang to Jomsom spans about 49 km and takes 2-3 hours. The journey follows the Kali Gandaki River Valley, passing through a series of culturally rich and scenic villages and towns like Marpha. Starting at Tatopani, known for its hot springs, you pass Dana and the stunning Rupsa Waterfall, then continue to Ghasa, a misty village marking the climatic shift to alpine terrain. From there, you reach Lete and Kalopani, offering panoramic views of Dhaulagiri and Annapurna I. The landscape begins to dry out as you enter the Thakali belt, crossing Larjung, Kobang, and Tukuche; famous for its apple brandy and traditional architecture. Next is Marpha, a beautiful whitewashed village with apple orchards and a monastery. The narrow flagstone streets, beautifully painted Buddhist monasteries, and the unforgettable taste of local apple brandy and cider give this place its unique character and also be visiting the factory for local brandy tasting.

Finally, the road leads to Jomsom (2,710m), the windy administrative center of Mustang, complete with lodges and an airport. This route offers a rich mix of natural beauty, mountain views, and cultural diversity, transitioning from subtropical greenery to dry Himalayan desert and ends on Kagbeni.

DAY 05/ 14 May: KAGBENI - MUKTINATH - LUBRA- KAGBENI

Activities of the day:	Muktinath Visit, Day tour of Lubra and Bon Monastery Visit
<i>Experiential Activities:</i>	
Drive Duration:	40 mins
Drive Distance:	16 km
Hiking Duration:	3-3.5 hours
Elevation:	Lubra (2940m)
Elevation gain:	136m

As you journey from Kagbeni to Muktinath, enjoy a cultural stop at the historic Jharkot Monastery, where you can explore its rich Tibetan Buddhist heritage and stunning mountain views. Upon arrival in Muktinath, take part in a deeply spiritual experience by bathing under the 108 sacred water spouts of Muktidhara, believed to cleanse the body and soul.

The day begins with a short drive from Kagbeni to Muktinath, one of the most sacred pilgrimage sites for both Hindus and Buddhists. Located at the base of Thorong La, this temple complex holds immense spiritual significance.



Devotees bathe under its 108 water spouts and offer prayers at the eternal flame that burns within. The setting is powerful and quiet, surrounded by the barren beauty of the high Himalayas.

From Muktinath, you begin a 3.5-hour hike toward the secluded village of Lubra. The trail leads through high-altitude ridges and dramatic Mustang landscapes. Lubra is one of the few remaining places in Nepal where the Bon religion is still actively practiced in its original form. After arriving in the village, you'll enjoy fresh homemade lunch, followed by a visit to the 800-year-old Bon Monastery. This is a rare opportunity to learn firsthand about Bon beliefs, symbols, and chants from local monks and community members.

After your time in Lubra, the journey continues with a scenic 1.5-hour hike down to Eklebhatti, where your vehicle will be waiting. From there, you'll be driven back to Kagbeni for the night.

Muktinath and Lubra together offer a profound contrast and complement. One is a major spiritual crossroads drawing pilgrims from across South Asia, the other a quiet village preserving a near-forgotten tradition. Both are held together by faith, landscape, and the timeless rhythm of Mustang.

Lubra Community Stay is also one of the many communities that see visitors from Royal Mountain Travel. In an effort to curb over-tourism in famous destinations around the Annapurna region, we believe that it is places like Lubra that carry a deeper meaning to your visit. **Culturally rich and naturally beautiful, Lubra is right up there with other destinations if not better- surely a fresh name in your Annapurna itinerary.**

DAY 06/ 15 May: KAGBENI - HEMJAKOT

Activities of the day: Drive from Kagbeni to Hemjakot

Experiential Activities: *making flower/leaf garlands with the hosts, cooking dhedo and making local alcohol*

Drive Duration: 5 hours

Drive Distance: 150 km approx.

Elevation: Hemjakot (1500m)

Elevation loss: 1440m

Accommodation: Hemjakot Community Homestay

Hemjakot, a quiet, isolated village just a 45-minute drive from Pokhara, offers yet another rich community experience and that is where we are headed today. Inhabited mainly by Gurung ethnic locals, the community at Hemjakot is blessed by an incredible backdrop of the mountain ranges. You will also experience staying in traditional mud houses of the hosts if you are lucky! Upon arrival, you'll be greeted by warm smiles and guided through the village, where you'll get a glimpse of rural life that thrives just beyond the city's reach.

Afterwards, join the locals in a creative and meaningful activity; making garlands using flowers and leaves collected from the surrounding area. As you learn how to weave them together, you'll also gain insight into their cultural significance and the natural materials the community relies on.

In the evening, dive into a hands-on cooking experience. Begin by learning how the locals brew their traditional alcohol, followed by a cooking class where you'll help prepare signature dishes made with fresh, local ingredients. As you cook alongside your hosts, they'll share stories, traditions, and the secrets behind their bold flavours and spices.



End the night with a shared meal and a tasting session, enjoying the fruits of your labor and the warmth of the Hemjakot community.

At **Hemjakot Community Homestay**, you'll stay in simple yet clean rooms with basic furnishings that reflect village charm. Bathrooms are usually outside the rooms, offering a mix of squat and western-style options, with bucket showers available and hot water on request. Guests are treated to home-cooked meals and spectacular mountain views, providing a comfortable, genuine community stay close to Pokhara.

DAY 07/ 16 May: HEMJAKOT-POKHARA

Activities of the day: Transfer from Hemjakot to Pokhara, Property Visit in Pokhara
Experiential Activities: *Early morning Yoga session*
Driving Duration: 1 hour
Elevation loss: 678m
Accommodation: Temple Tree Resort or similar

Start your day with a peaceful guided yoga session, set against the serene backdrop of Hemjakot. This calming practice is designed to help clear your mind and refresh your body, setting a relaxed tone for the day. After a warm breakfast prepared by your hosts, we'll set out for Pokhara.

The day in Pokhara is designed as a gentle transition from the hills to the lakeside city. You'll visit a selection of properties to get a sense of the region's accommodation offerings, followed by a leisurely lunch. Later in the afternoon, we'll engage in an experiential activity; we're in the process of finalizing the most meaningful experience for this group and will share the details soon.

The rest of the day is yours to enjoy. You might choose to stroll along the lakeside, browse local shops, or simply relax and soak in the serene energy of Pokhara. The accommodation for this night will be confirmed shortly, but we'll make sure every aspect of your stay continues to be worth your while in Nepal.

DAY 08/ 17 May: POKHARA-KATHMANDU

Activities of the day: Sharing Seeds experience, Property Visit in Pokhara
Transfer from Pokhara to Kathmandu
Flight Duration: 25-30 Mins
Accommodation: Traditional Comfort

We begin the day with breakfast at **Sharing Seeds**, a local initiative empowering women through skill-based training and community enterprise. Afterward, we'll visit another set of properties in Pokhara, which are currently being finalized, to give you a broader perspective on the range of experiences available in and around the city. A relaxed lunch will follow before we head to the airport for our short flight back to Kathmandu.

Upon arrival, you'll check in to your hotel and have the evening at leisure.



DAY 09/ 18 May: Kathmandu

Activities of the day: Patan Sightseeing, Paubha Painting, Sharing Session

Accommodation: Traditional Comfort

Today invites us to slow down and reflect. We begin the day with a guided exploration of Patan Durbar Square, a living museum of Nepali heritage. From there, we step into an intimate Paubha painting workshop to translate our experience into art. The day will close with a heartfelt gathering; an open conversation with our colleagues from Royal Mountain Travel and Community Homestay Network, as well as some community members, to exchange stories, insights, and reflections from the journey.

Patan Durbar Square is one of the three ancient palace complexes of the Kathmandu Valley and a masterpiece of Newar architecture. Narrow alleys lead into bustling courtyards lined with intricately carved temples, bronze statues, and prayer wheels spun smooth by centuries of touch. Patan is not just a historic site; it is a city that breathes with ritual and rhythm, where artisans, pilgrims, and everyday life still move in harmony with a deeper past.

In the quiet of a local art studio, we'll then sit down for a Paubha painting session. Often mistaken for Thangka, Paubha is an ancient Newar tradition that blends devotional symbolism with meditative technique. Under the guidance of a seasoned artist, we'll try our hand at this sacred visual language. It's not about artistic skill; it's about distilling the essence of what we've seen and felt into color, line, and form. The result is more than a souvenir; it's a piece of personal memory, expressed in the spirit of creation.

To close our journey, we'll gather with like-minded travelers, community hosts, and the RMT-CHN team for a shared conversation. Over cups of tea or something stronger, we'll speak about what surprised us, what moved us, and what we're taking home; not just in luggage, but in perspective. This won't be a formal debrief, but an open circle of trust and truth. A space to recognize that this was not just a trip; it was a transformation in motion.

DAY 10/ 19 May: Kathmandu

Activities of the day: Departure

Accommodation: Traditional Comfort

Today, our journey together comes to an end; but the partnerships it may spark are just beginning. After breakfast, we'll transfer you to Tribhuvan International Airport for your onward flight. Whether you're catching a few final moments of calm at the hotel or jotting down fresh ideas on the drive to the airport, we hope you're leaving with more than impressions; you're leaving with insight.

Over the past ten days, you've seen a version of Nepal that goes beyond postcards. You've met the people who are shaping a more equitable and responsible tourism landscape. You've stayed in homes that host with heart, walked paths with meaning, and felt the rhythm of festivals, faith, and everyday life.

As an international travel professional, your voice and vision help shape what kinds of journeys are made possible. If this experience sparked ideas for future collaborations or custom programs for your travelers, we would be more than happy to explore them with you. Whether you're looking to extend your stay, connect with new community partners, or design something tailored; we're here, and the door is always open.

Thank you for walking this path with us. We hope it's just the start of something long-lasting and meaningful.



Why you need to sell this trip

1. **Best of Both Worlds – Hotels & Homestays**

Combine the comfort of carefully selected boutique hotels in Kathmandu and Pokhara with authentic community homestays in Naryang and Hemjakot. Your clients enjoy reliable standards where they need them, and genuine local living where it matters most.

2. **Iconic Landmarks + Hidden Gems**

Offer a seamless blend of Nepal's must-see highlights; like Patan Durbar Square and Pokhara ;with off-the-beaten-path discoveries in Mustang, Lubra, and remote Magar villages. This duality keeps your portfolio fresh and your clients continually engaged.

3. **Measurable Community Impact**

Every itinerary element is designed in partnership with Community Homestay Network to channel tourism revenue directly into rural economies. You'll deliver quantifiable benefits; women's leadership programs, cultural-preservation workshops, sustainable-agriculture initiatives; that resonate with today's conscientious traveler.

4. **Turnkey B2B Support & Local Expertise**

From pre-departure briefings and high-res marketing assets to on-site agent liaisons and 24/7 ground assistance, CHN handles every detail.

5. **Stand Out & Upsell with Purpose**

Position your agency as a leader in responsible tourism by offering clients deeply meaningful experiences. Learn Paubha painting in Patan, and participate in sacred Bon rituals in Lubra; unique touchpoints that justify premium pricing and drive client loyalty.



Why CHN Is Special

1. Grassroots Access through CHN

As the only operator with formal partnership with tourism communities all over Nepal, we unlock genuine community entry points your clients simply cannot get elsewhere. This isn't "voluntourism lite" – it's a deep dive into locally owned and operated experiences.

2. Championing Women in Every Role

CHN is leading the charge against the stereotype of tourism as a male-only profession in Nepal. We employ women at every level: from our women road captains navigating high-altitude passes to a cadre of expert women tour leaders who bring local insight and empathy.

3. Travelife-Certified for Sustainability

We hold Travelife certification, demonstrating our commitment to environmental stewardship, fair labor practices, and community wellbeing. When you sell RMT, you sell peace of mind that every step of the journey meets rigorous global standards.

4. Pan-Himalayan Expertise

With decades of on-the-ground experience across Nepal, India, Bhutan, and Tibet, our regional knowledge is unmatched. That means smoother permits, richer cultural context, and seamless overland connections if your clients want to extend their itinerary beyond Nepal.

Additional Information

Accommodation

Hotel Accommodation

Traditional Comfort Boutique Hotel blends Nepalese traditional hospitality and architecture with modern amenities for a truly enriching experience. Committed to sustainability, it supports the local economy while reducing environmental impact through measures like eliminating single-use plastics and using solar energy. The hotel's name reflects its dedication to preserving cultural values while offering contemporary comfort. Guests enjoy genuine Nepali hospitality while contributing to responsible tourism.

The Red House is a historic lodge in Kagbeni, housed in a centuries-old Tibetan-style building. Known for its red-painted façade and traditional architecture, it serves as both a guesthouse and a cultural landmark. Inside, visitors find preserved chapels, old relics, and a warm atmosphere that reflects Kagbeni's role as a gateway to Upper Mustang. Staying here offers a unique glimpse into local heritage alongside basic yet authentic hospitality.



Temple Tree Resort & Spa is a boutique retreat set around landscaped gardens in Pokhara. Drawing inspiration from traditional Nepalese village architecture, the resort offers spacious rooms with private balconies overlooking the pool, gardens, or the Annapurna range. With its spa, infinity pool, and tranquil setting near Phewa Lake, Temple Tree blends modern comfort with local charm, making it a favored choice for relaxation after trekking or cultural explorations.

Homestay Accommodation:

In Narchyang, you will stay in a community homestay operated by the Pun Magar ethnic community. This peaceful village offers a connection to nature, with rooms that are cozy and clean, complemented by home-cooked meals prepared by the host family. Many of the homes feature small gardens, adding a fresh and personal touch to your stay. The bathrooms are situated outside of the host house and there is a mix of squat and western washroom areas. You also may have to expect bucket showers while at the homestay and the hosts can provide you with hot bathing water if needed.

In Hemjakot, you'll experience a homestay run by local families from mixed ethnic background. The accommodations are simple yet clean, offering comfortable rooms with basic furnishings. While the bathrooms are often outside the rooms with a mix of squat or western washroom areas. This homestay offers a great backdrop of the mountain ranges similar to Narchyang but you will find many differences between the two homestays.

Wellness

Avata Wellness is a sanctuary for balance and renewal, offering yoga, meditation, sound healing, spa therapies, and nature walks in a serene setting. At its heart is Nourish by Avata, a vegan and vegetarian restaurant serving creative plant-based cuisine in a calm, inviting atmosphere. Together, these experiences make Avata a unique destination for holistic wellbeing in Nepal.

Meals

While staying at hotels in Nepal, guests can expect a wide variety of meals ranging from traditional Nepali dishes to popular international cuisines such as Indian, Chinese, and Continental. Most hotels offer buffet breakfasts and à la carte options for lunch and dinner, prepared by professional chefs with a focus on comfort and flavour. Depending upon the lunch place of the day, especially while you are on an excursion, the guide may suggest you some delicacies. The quality of meals prepared may not be of the quality like you may find in big cities of Nepal but they will be delicious and hygienically prepared.

At community homestays, meals are a warm and authentic part of the cultural experience. Guests are served freshly prepared home-cooked meals made with locally sourced ingredients. Typical dishes include dal bhat (lentils and rice), seasonal vegetables, pickles, and sometimes local specialities of the destination. Meals are often shared with the host family, offering a deeper connection to local customs and everyday life.

Transportation

In order to meet the safety standards, we have been working to make sure that the vehicles used during the tours are of high quality. We have a fleet of our own vehicles and we continuously make sure that the vehicles are in good condition. All safety requirements such as first aid box, fire extinguishers, and seat belts are available in every vehicle



of ours. We annually give First Aid Training to our drivers too. First Aid Training is provided by Red Cross Society of Bhaktapur, which is a branch of Nepal Red Cross Society. Our drivers are well trained to make sure that your journey is safe and smooth.

Guide and Support Staff

Our tour guides are all well trained and well-educated. They all have gained their professional license from the Government of Nepal to tour in Nepal. In addition to their professional license, we train them to provide magical, unique and unforgettable experiences to clients whether it is during their sightseeing tours in historical sites or hikes through the beautiful landscapes.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. There are many ATM machines that accept both Visa and MasterCard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected, though not compulsory, and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels.

Recommendations for tipping drivers and local guides would range from \$4-\$7 USD per person per day depending on the quality and length of the service. Also at the end of each trip if you felt your Community Homestay guide did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however, as a guideline \$7-10 USD per day, can be used.

Health

There are no specific health requirements for entry into Nepal. However, you should consult your doctor for up-to-date information regarding vaccinations and medications for any reasonably foreseeable illnesses whilst traveling in Nepal.

Be aware that some drugs, including anti-malarial, have side effects at altitude. Please discuss this carefully with your doctor.

Visas

Please note it is your responsibility to arrange visas before you travel. Below are the visa requirements at the time of printing. NEPAL: All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars' cash only: multiple entry visa valid for 15 days - US \$30: multiple Entry Visa for 30 days - US \$50 and multiple entry visa valid for 90 days - US \$125.

Weather Information

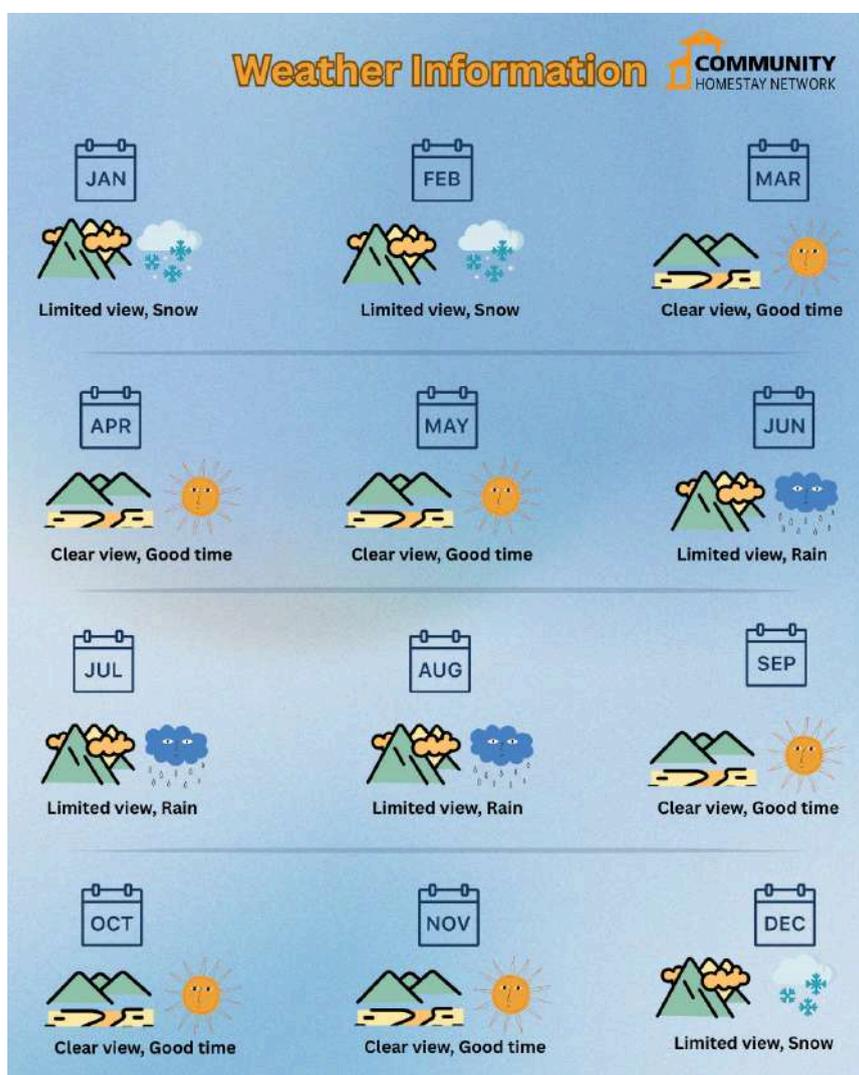
Nepal has a generally temperate climate, but varying altitudes lead to distinct variations. The monsoon sweeps up from India each summer, making mid-June to mid-September humid and wet.

Winter (December-February) winter is cold and you will need to be prepared, but the air is very clear providing the best mountain views.

Spring (March-May) Days are increasingly warm; mist and clouds are not uncommon.

Summer (June-August) The monsoon season. It will rain every day, although not all day.

Autumn (September - November) the most pleasant season, in which days are warm but not hot and skies are clear.



Thank you for taking the time!

Peace.