

TRIP NAME: Kathmandu, Pokhara, Jomsom Circuit: A Cultural Trek Through Gurung & Pun Villages (9N/10D)

DURATION: 10 DAYS

ROUTE: KATHMANDU-POKHARA-NARCHYANG-MUKTINATH-JOMSOM-POKHARA-KATHMANDU

Namaste! Welcome to a Journey That Means More

At Community Homestay Network (CHN), we invite you to experience travel that goes beyond sightseeing. We are a social enterprise redefining tourism in Nepal by connecting travelers with local communities through immersive, responsible, and meaningful experiences.

Working with over 50 villages across the country, our Community Circuits offer curated, multi-day journeys that celebrate culture, food, and craft—guided by the very people who call these places home. Hosted in warm, welcoming homestays and guided by locals—many of them women—these circuits are more than just holidays. They are transformative exchanges that generate real impact. We had the immense honor to be recognized as one of Time Magazine's 'The World's Greatest Places of 2025'! This honor has strengthened our commitment to provide authentic cultural experiences and responsible tourism in Nepal.

Why Our Circuits Matter: Travel with Purpose

Our circuit is thoughtfully designed to offer local experiences with local people at the centre while also keeping your needs and comfort in mind. This mix lets you enjoy the familiar amenities of hotels with their own unique character while also experiencing the warmth and hospitality of Nepali homes across diverse cultures. Every circuit you join contributes directly to:

- **Safeguarding Indigenous Cultures:** From Magar to Gurung to Pun communities, your journey helps safeguard traditional customs, languages, festivals, and ways of life.
- **Address rural migration:** Exploring travel options creates local employment and renews hope for the future in villages like Hemjakot and Narchyang.
- **Empowering Women:** Many of our hosts, guides, and even drivers are women—challenging norms and leading their communities through tourism.
- **Strengthening Local Economies:** We ensure fair wages and community ownership, meaning your money stays where it's most needed—in the communities.
- **Promoting Sustainable Practices:** We say no to single-use plastics, use electric or hybrid vehicles where possible, and champion low-impact travel that respects the land.
- **Fostering Intergenerational Learning:** Join locals in cooking traditional meals, learning age-old crafts, and hearing stories passed down through generations.

These aren't just trips—they're investments in people, culture, and the planet.

Real People. Real Impact.

In 2024 alone, we welcomed over **7,900 travelers from 45 countries**, impacting **1,996 individuals**, including **916 women** across **28 communities**. These travelers didn't just visit—they **shared meals, built relationships, and contributed to long-term change**.

Through tourism, we also provide training in leadership, hospitality, and entrepreneurship. To date, we've formed **46 partnerships** with businesses, local governments, and impact-driven organizations to further inclusive, community-led development.

By choosing this **Community Circuit**, you're **supporting livelihoods, celebrating culture, and becoming part of a movement**.

Welcome to travel that transforms—for you and for the communities you visit.

More on the Trip:

This journey through Nepal is all about meaningful experiences and real connections. You'll start in Kathmandu with a calming sound healing session at **Avata Wellness Center** before heading out to explore the country's diverse landscapes and cultures. From the green hills of **Narchyang** to the quiet village of **Hemjakot**, you'll stay with welcoming local families, help cook traditional meals, make flower garlands, and even try brewing local alcohol. Each stop offers a chance to slow down, listen to stories, and see daily life in rural Nepal up close.

As the days go on, you'll discover sacred places like **Muktinath**, enjoy breathtaking views in Ghandruk, and stroll through ancient cities like **Bhaktapur**. There's time for gentle yoga in the mountain villages, wood carving workshops, and peaceful hikes through beautiful scenery. Whether you're sharing a meal with your hosts, joining a morning prayer at a monastery, or wandering lively local markets, this trip is designed to help you feel present, connected, and inspired by Nepal's rich traditions and warm-hearted people.

What Sets This Circuit Apart

- Electric and hybrid vehicles wherever possible for lower emissions
- Women in leadership
- Community Homestays owned and operated by local communities
- Farm-to-table meals, organic gardens, and local wine
- Slow-paced travel that fosters deep connection and reflection

Trip Impacts:

- Promote Local Economies Beyond the Usual Routes : Stay with local families in Narchyang and Hemjakot, helping generate income and preserve culture.
- Women-Led Homestays: Choose women-led homestays that create jobs, build skills, and promote gender equality.
- Cultural Exchange: Take part in workshops and activities that preserve heritage and support local artisans.
- Spiritual and Mindful Travel: Experience sound healing, yoga, and sacred sites and explore Nepal beyond the mountains.
- Farm-to-Table Food: Enjoy meals made from fresh local produce, supporting local farmers while also learning about their seasonal farming patterns

Trip Highlights:

- Enjoy a relaxing sound healing session at Avata Wellness Centre.
- Stay with local families in Narchyang and Hemjakot, explore the village and cook traditional meals together.
- Hike to Upper Narchyang with forest trails, mountain views, and Pun cultural experiences.
- Visit Lubra, one of Nepal's last Bon villages, and stay in a heritage hotel in Jomsom.
- Take in stunning Annapurna views from a cozy lodge in Ghandruk, a traditional Gurung village
- Join Hemjakot hosts in making flower garlands, brewing local alcohol, and cooking local dishes.
- An outdoor yoga session in Hemjakot to rejuvenate against a backdrop of stunning Himalayan scenery.
- Travel scenic highways along rivers and terraced fields between Pokhara and Kathmandu.
- Try your hand at traditional wood carving, explore medieval squares and temples at Bhaktapur, and visit the ancient Changu Narayan temple.

ITINERARY:

DAY 01:

ARRIVAL KATHMANDU

Activities of the day: International airport arrival transfer in Kathmandu. Sound Healing and Vegetarian dinner at Avata Wellness

Accommodation: Hotel Traditional Comfort or Similar

Meals Included: Vegetarian dinner at Nourish by Avata

Namaste & Welcome to Kathmandu, Nepal!!!

Your first impression of arriving at Tribhuvan International Airport is an experience in itself. Your time to get clear of the immigration formalities depend if you are looking to get On Arrival Visa or not.

As you exit baggage claim/customs on arrival at Kathmandu Airport, there will be security check who will be collecting your baggage tag. Please note that there are trolleys available at the airport which are free to use.

As you walk down the tunnel to the arrival lounge, you will find many people showing various placards and waiting anxiously. Please do not get confused and 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 to 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.

Brief Introduction to Avata Wellness Center:

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 includes different type 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.

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.

DAY 02:

KATHMANDU-POKHARA-NARCHYANG

Activities of the day:	Domestic airport departure transfer, Flight from Kathmandu to Pokhara-Drive to Narchyang
<i>Experiential Activities:</i>	<i>Village Excursion & Cooking with Hosts</i>
Drive Duration:	5 hrs approx
Flight Duration:	25 minutes
Maximum Altitude:	1400m
Accommodation:	Narchyang Community Homestay
Meals Included:	Breakfast & Dinner

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.

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. 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:

NARCHYANG

Activities of the day:

Hike to Upper Narchyang

Experiential Activities:

Hiking Duration: 6-6.5hrs both ways

Maximum Altitude: 1400m

Accommodation: Narchyang Community Homestay

Meals Included: Breakfast, Lunch & Dinner

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.

DAY 04:

NARCHYANG-MUKTINATH-LUBRA-JOMSOM

Activities of the day:

Transfer from Narchyang to Muktinath; short hike to Lubra; After lunch, Transfer to Jomsom

Drive Duration:

Maximum Altitude: 3800m

Accommodation: Oms Home, Jomsom

Meals Included: Breakfast, Lunch & Dinner

After an early breakfast in Narchyang, begin your scenic overland journey toward Muktinath.

The scenic downhill hike to Lubra can take approximately 4-5 hours. The village of Lubra is one of the last remaining strongholds of the ancient Bon religion in Nepal. Often acting as a stopover for many travellers, operating homestay experience offers a rare glimpse into a spiritual tradition that predates Buddhism. Mainly inhabited by the Gurung community, the settlement showcases a beautiful blend of traditional and modern life, featuring few houses made of stone and wood. A warm meal after the hike with the hosts is a perfect break to get to know the local people and their stories.

Located in the capital of the picturesque Mustang district, **Om's Home** is a convenient stop for trekkers, pilgrims and travelers. This beautiful heritage hotel was constructed in the traditional style with the soul of Mustang reflected in every element of the architecture. Straddling the majestic Kali Gandaki river, in the lap of the soaring peaks of Nilgiri and Dhaulagiri in the foreground, the surrounding scenery doesn't get any better. This four decade old building was later renovated to retain and reflect its original design while assuring perfect comfort and a home away from home for the hotel guests.

Imagine rising at dawn, sipping a hot drink and watching the morning sun's rays sparkling like gold from mountain peaks so close you would reach out and touch them-At Om's home, you live it!

DAY 05: JOMSOM-GHANDRUK

Activities of the day: Transfer from Jomsom to Ghandruk
Drive Duration: 8-9 hours
Driving Distance: 125km approx.
Maximum Altitude: 2012m
Accommodation: Himalayan Lodge
Meals Included: Breakfast, Lunch & Dinner

The transfer from Jomsom to Ghandruk involves a scenic yet lengthy journey through the lower Mustang and Annapurna regions of Nepal. Due to partly bumpy and rough road conditions, especially from Jomsom to Ghasa, the transportation will be based on 4WD jeep. This route from Jomsom to Ghandruk gives scenic mountain views such as Dhaulagiri and Nilgiri along with traditional Thakali village.

Himalaya Lodge in Ghandruk, part of the Mountain Lodges of Nepal, offers an exceptional blend of comfort, culture, and stunning natural beauty at an altitude of 1,981 meters. Upon arrival, you are immediately greeted by jaw-dropping views of Annapurna South and Hiunchuli—some of the most spectacular in Nepal. Perched above the culturally rich Gurung village of Ghandruk, the lodge provides spacious, well-appointed luxury rooms with modern amenities, all set against a backdrop of terraced fields and roaming wildlife. The atmosphere is peaceful and welcoming, making it an ideal base for both trekking and relaxation while enjoying warm hospitality, traditional charm, and the breathtaking Himalayan landscape.

DAY 06: GHANDRUK-HEMJAKOT

Activities of the day: Drive from Ghandruk to Hemjakot
Experiential Activities: **making flower/leaf garlands with the hosts, cooking dhedo and making local alcohol**
Drive Duration: 2.5-3hours
Maximum Altitude: 2200m
Accommodation: Hemjakot Community Homestay
Meals Included: Breakfast, Lunch & Dinner

Hemjakot, a quiet, isolated village just a 45-minute drive from Pokhara, offers yet another rich community experience. 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: HEMJAKOT-POKHARA

Activities of the day:	Transfer from Hemjakot to Pokhara
Experiential Activities:	Early morning Yoga session only outdoor venue
Driving Duration:	1- ½ hrs
Accommodation:	Temple Tree Resort
Meals Included:	Breakfast

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. A warm breakfast will be prepared by your hosts after the session, before you move out for Pokhara.

Temple Tree Resort & Spa offers a tranquil oasis in the heart of Pokhara, blending Himalayan charm with contemporary comfort. With traditional architecture inspired by mountain villages and lush tropical gardens, the resort is designed for relaxation after days of adventure. Guests can unwind by the pool, enjoy views of the Annapurna range, or indulge in spa treatments, making it an ideal retreat for those seeking both luxury and local character.

DAY 08: POKHARA-KATHMANDU

Activities of the day:	Transfer from Pokhara to Kathmandu
Driving Distance:	201 km approx
Driving Duration:	06-07 hrs. approx
Accommodation:	Traditional Comfort or Similar
Meals Included:	Breakfast

Driving Distance: 201 km Approx
Duration: 6 hrs Approx

We drive from Pokhara via Prithvi Highway; along the winding roads with beautiful view of the outskirts and village settlements before you reach the country's capital city. We drive along the bank of Trishuli river.

Kathmandu is a diverse, historic city with amazing architecture, exquisite wood carvings and metal craft which showcase the skills of the Newar artisans of centuries ago. Hinduism and Buddhism have co-existed in Kathmandu valley from time immemorial and the valley residents make little distinction as they worship in both Hindu and Buddhist shrines. Kathmandu is a city where ancient traditions are zealously guarded while at the same time embracing modern technology.

DAY 09: KATHMANDU-BHAKTAPUR

Activities of the day: Sightseeing of Bhaktapur and Changunarayan
Experiential Activities: **Wood Carving**
Accommodation: Hotel Nanee or Similar
Meals Included: Breakfast

The woodcarving session begins with a brief introduction to the rich history of woodwork in Nepal, particularly its significance in traditional Newari architecture and design by a seasoned local artisan. Your instructor will guide you through the essential tools used in the craft, explaining the purpose of each and how they help bring intricate designs to life. Over the next 1.5-2 hours, you'll slowly carve the pattern, getting hands-on experience and becoming familiar with the rhythm and precision of the art. Once your carving is complete, you'll move on to painting your piece using colours of your choice, transforming it into a unique and personal souvenir ready to take home.

Later, you will visit an important and fascinating World Heritage Site, made up of three large squares filled with shrines, temples and activity; Bhaktapur is the essential Newari city with some of the finest architecture in Nepal. In its heyday (14th-16th centuries) Bhaktapur was the most powerful of the Kathmandu Valley kingdoms and its capital for 300 years.

Despite earthquakes and frequent rebuilding, Bhaktapur today retains a medieval feel; its neighborhoods are still caste oriented and centered around the old ponds or tanks (built to store water for drinking, washing and religious ceremonies) and which continue as a social focal point. Local people here are predominantly farmers or engaged in the traditional crafts of pottery, metalwork, art and woodwork which have supported the city since its establishment in the 12th century to service the trade route between Tibet and India and remain active industries. A fascinating place to explore!

After your tour at Bhaktapur, you will be transferred to Changunarayan. Just six kilometers north of Bhaktapur, on a narrow ridge overlooking the city is the old temple of Changu Narayan. It contains a small museum of carvings that go back to the 4th and 9th centuries. The temple is recognized as a World Heritage Site and the small town gives a glimpse of traditional village life.

The Nanee Hotel is not just a place to stay; it is a realm where art, architecture, cuisine, culture, and spirituality converge to create transformative experiences. As an upscale, sustainable boutique accommodation, with the clear mission to offer a bespoke oasis that not only promises comfort but also enriches through handcrafted experiences that celebrate Newari culture. The architecture of The Nanee seamlessly marries traditional Newari ethos with modern minimalism, drawing inspiration from Bhaktapur's rich heritage. The design is intentionally simple and thoughtful use of art pieces or even exposed bricks that add texture without overwhelming the space. Each room is uniquely designed to reflect one of the five elements of nature inviting guests to connect with nature and experience a deep sense of calm.

DAY 10: DEPARTURE TRANSFER TO THE AIRPORT

Accommodation: None
Meals Included: Breakfast

As per airlines regulation, travelers need to check in to their respective airlines counter at around 2.30 hours before the scheduled flight time.

Your booked airport transfer will be at your hotel, ready to take you to the airport. Depending upon the traffic on the road, the drive from your hotel to the airport may take around 30 minutes or more.

At the airport, security will check for your flight ticket - either hard copy or on your mobile along with your passport before you are allowed to enter the departure hall.

Trip Cost Includes:

- Airport pick-up and drop-off in Kathmandu
- Accommodation for 9 nights (hotels, community homestays, and lodges as listed)
- Meals as per itinerary
- All surface transfers in private vehicles as per the itinerary
- Sound Healing Session at Avata Wellness Center
- Accompanying English-speaking guide throughout the trip
- Local Guide for Upper Narchyang Hike
- Outdoor Yoga Session and Cooking Local Dishes/ Alcohol at Hemjakot
- Wood Carving Session at Bhaktapur
- Sightseeing of Bhaktapur and Changunarayan

Trip Cost Excludes:

- International airfare to/from Nepal
- Nepal visa fees
- Domestic flights (e.g. Kathmandu–Pokhara sector) *Note: pricing for flights or alternative options (tourist bus/private vehicle) will be offered at the time of booking*
- Additional meals and beverages not specified
- Personal expenses (laundry, phone calls, extra snacks, etc.)
- Tips for drivers, guides, and hotel staff
- Travel insurance (strongly recommended)
- Entrance fees to monuments, museums, or heritage sites not mentioned
- Emergency evacuation or medical costs (if required)
- Any optional activities or services not listed in the itinerary

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.

Located in the capital of the picturesque Mustang district, **Om's Home** is a convenient stop for trekkers, pilgrims and travelers. This beautiful heritage hotel was constructed in the traditional style with the soul of Mustang reflected in every element of the architecture. Straddling the majestic Kali Gandaki river, in the lap of the soaring peaks of Nilgiri and Dhaulagiri in the foreground, , the surrounding scenery doesn't get any better. This four decade old building was later renovated to retain and reflect its original design while assuring perfect comfort and a home away from home for the hotel guests.

Himalaya Lodge in Ghandruk, part of the Mountain Lodges of Nepal, offers a perfect blend of comfort, culture, and natural beauty at 1,981 meters. Guests are welcomed with spectacular views of Annapurna South and Hiunchuli, perched above the scenic Gurung village. The lodge features spacious, well-appointed rooms with modern amenities, surrounded by terraced fields and wildlife. It's an ideal base for trekking or simply relaxing in peaceful, traditional charm with warm Himalayan hospitality.

Temple Tree features spacious, well-appointed rooms with private balconies, ensuite bathrooms with rain showers, and tasteful Nepali-inspired décor. The resort includes an outdoor swimming pool, jacuzzi, full-service spa, and on-site restaurant serving local and international dishes. Thoughtful details like free Wi-Fi, a cosy bar, and serene gardens ensure comfort and convenience for a memorable stay in Pokhara.

The Nanee Hotel is not just a place to stay; it is a realm where art, architecture, cuisine, culture, and spirituality converge to create transformative experiences. As an upscale, sustainable boutique accommodation, with the clear mission to offer a bespoke oasis that not only promises comfort but also enriches through handcrafted experiences that celebrate Newari culture. The architecture of The Nanee seamlessly marries traditional Newari ethos with modern minimalism, drawing inspiration from Bhaktapur's rich heritage. The design is intentionally simple and thoughtful use of art pieces or even exposed bricks that add texture without overwhelming the space. Each room is uniquely designed to reflect one of the five elements of nature inviting guests to connect with nature and experience a deep sense of calm.

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.

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 specialties 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 Government of Nepal to do 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.

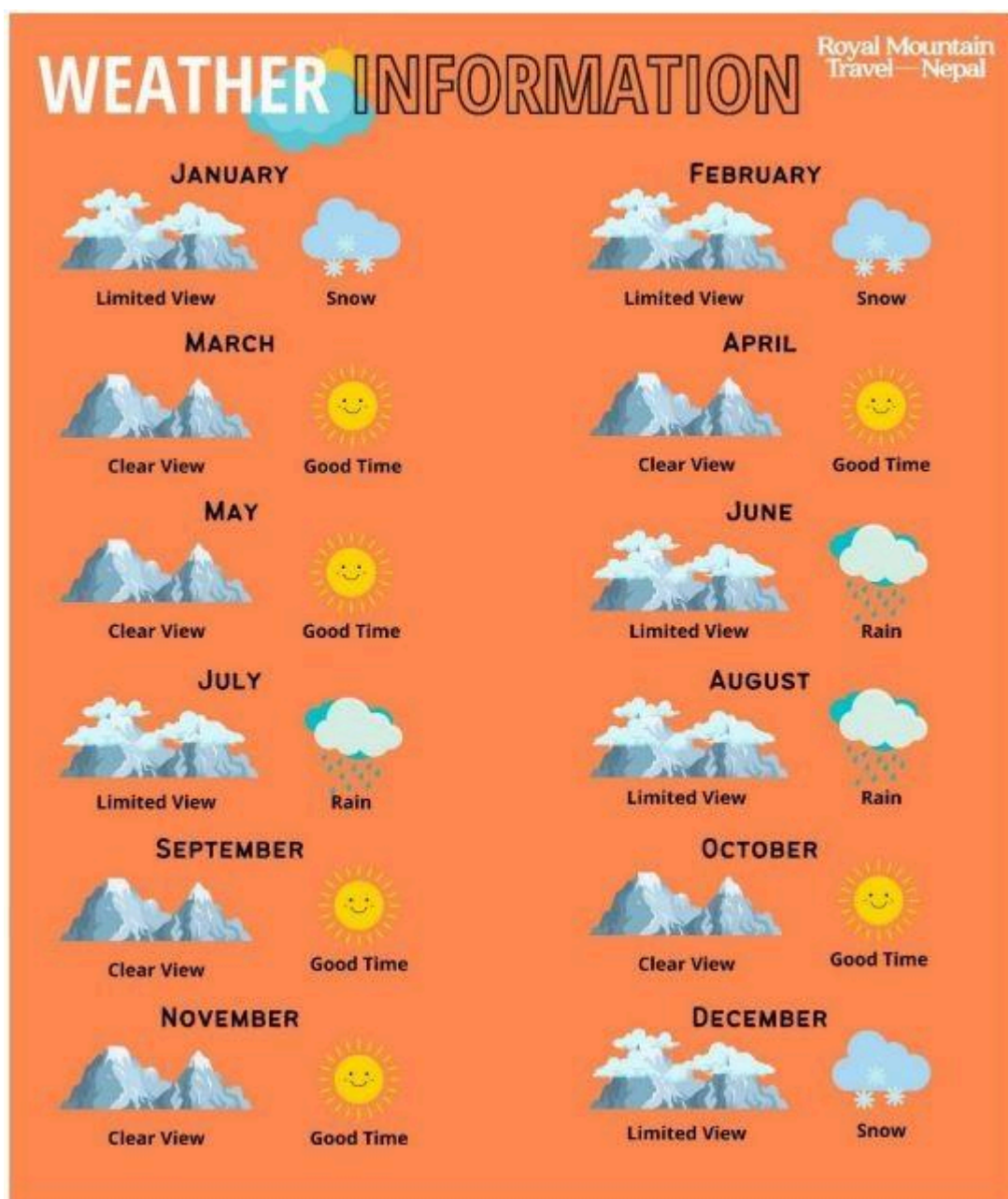
Winter (December-February) winter is cold and you will need to be prepared, but the air is very clear providing the best mountain views.

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.

Please note that the weather information given below is for reference only. Weather cannot be forecasted.



Booking Terms and Conditions

In order to book any trip(s) with Community Homestay Network, please provide the following details in your email.

- Name or code of the trip(s) you wish to book
- The date you would like to commence your trip (s)
- Any additional night's hotel accommodation that you would like to book before or after your trip

For each traveler please provide

- Full name exactly and completely as it appears in their passport
- Date of Birth
- Gender
- Nationality as per their passport
- Passport number and expiry date

Please read our booking conditions carefully. By booking with us you accept and are bound by these conditions. To confirm a booking, you need to pay a non-refundable deposit. Until your deposit is received your booking cannot be confirmed.

Payment may be made by bank transfer or credit card. Please note 4% additional bank charge will be applicable if you pay by credit card.

Responsibility

When booking with Community Homestay Network (CHN) you understand that CHN runs adventure/cultural trips and that the standards of accommodation, transport, safety, hygiene, telecommunication facilities, level of infrastructure development and medical facilities are not the same as those that you are used to at home or would find on a conventional holiday. This type of travel inherently involves a high level of personal risk, which you fully agree to assume.

You understand that during the course of the trip certain events may occur, including, but not limited to, accident or illness in remote locations without medical facilities, political instability and the forces of nature. You agree to assume all risks associated with the journey to the maximum extent permitted by law.

You acknowledge that travel on a CHN trip requires a degree of flexibility, and understand that the trip's route, accommodation, modes of transport and included activities are subject to change without prior notice due to local circumstances. Should CHN deem it advisable to amend an itinerary for any reason, it may do so by shortening, varying or re-routing any trip. These changes are binding and additional expenses will be charged to you if the reason for any alteration is outside CHN direct control.

While traveling with CHN you agree to accept the authority of the leader or guide at all times. You are aware that travel within a group may involve compromise to accommodate the diverse desires and physical abilities of group members. You understand that CHN reserved the right to decline, accept or retain any person as a member of the group at any time.

You acknowledge that CHN contracts with a network of companies, government agencies and individuals to assist in the running of its tours. To the best of CHN knowledge, these third parties are qualified to perform the duties they are contracted to perform. However, CHN will not be held liable for any injury, damage, loss, delay or irregularity that may occur due to the behavior of these third parties.

CHN will not accept responsibility or liability for any traveler who contravenes any law or regulation of any country visited.

Passports, Permits and Visas

You must carry a valid passport that contains at least 3 blank pages and remains valid for 6 months beyond the duration of the trip.

You must not change or renew your passport once you have supplied CHN with your passport details as these details will be used by CHN to apply for permits on your behalf. It is your responsibility to obtain the appropriate visas for your trip and CHN cannot accept responsibility if you are refused entry to a country because you lack the correct documentation or have failed to provide CHN with the correct details of your documentation.

Cancellation Policy:

Cancellation by Community Homestay Network

We understand that plans can change, and we aim to offer a fair and transparent cancellation policy. Please review the following guidelines for cancellations:

General Cancellation Policy

Cancellation by Guests: More than 30 Days Before Arrival: Full refund minus any transaction fees.

15-30 Days Before Arrival: 50% refund of the total booking amount.

Less than 15 Days Before Arrival: No refund.

Cancellation by Homestay Hosts: If a homestay host needs to cancel your booking, we will make every effort to find a suitable alternative. If no alternative is available or acceptable, you will receive a full refund.

Special Circumstances

Certain bookings may have different cancellation policies due to exceptional circumstances or promotions. Please refer to the specific terms provided at the time of booking. Refunds will be at the discretion of CHN if you are involuntarily forced to leave a trip for any reason. No refunds will be made for any accommodation, transport, sightseeing, meals or other services not utilized.

How to Cancel

Email: Send a cancellation request to reservation@communityhomestay.com with your booking details.

Phone: Call us at +977-01-4519039 to speak with our customer service team.

Online Account: Log into your account on our website, go to your bookings, and follow the cancellation instructions provided.

Refund Process

Refunds will be processed within 14 business days of receiving your cancellation request. The refund will be credited back to the original payment method used for the booking.

Non-Refundable Situations

Refunds will only be provided for no-shows or cancellations made at least 15 days before the scheduled arrival date. No refunds will be made if you voluntarily leave a trip for any reason after the trip has begun.

Changes to Booking

If you need to change your booking, please get in touch with us immediately. We will do our best to accommodate your request, but changes are subject to availability and may incur additional charges.

Contact Us

Email: info@communityhomestay.com

By booking with Community Homestay Network, you acknowledge that you have read and understood this Inquiry and Cancellation policy and agree to the terms and conditions outlined herein.

Booking Amendments

Once your booking has been confirmed any changes to the itinerary and/or departure date may result in additional costs which will be passed on to the traveler.

Last Minute changes

Due to the procedures for applying for and obtaining permits and visa authorization, it may not be possible to make any amendments to your booking within 21 days of departure.

Insurance

Travel insurance is compulsory for all CHN travelers. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation, repatriation and personal liability. We also recommend that it cover cancellation, curtailment and loss of luggage and personal effects. You will not be permitted to join any Community Homestay Network trip unless you can show proof of insurance. Loss of deposit applies to all cancelled reservations. Cancellation insurance is strongly recommended.

Thank You

Thank you for choosing a journey that uplifts people, preserves culture, and respects mother nature. When you travel with us, you support a movement, not just a destination.

Reading Material: