

Trip Overview

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:

- **Preserving Indigenous Cultures:** Experience Aathpahariya community at Dhankuta, your journey helps safeguard traditional customs, languages, festivals, and ways of life.
- **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 offers a unique blend of spiritual healing, cultural discovery, and nature immersion across Nepal's diverse regions. Starting in Kathmandu, you'll experience a calming sound healing session at Avata Wellness Center to start your trip and explore ancient UNESCO World Heritage sites that showcase the rich heritage of the Kathmandu Valley. Moving eastward, the trip takes you to Dhankuta and nearby villages where you'll witness inspiring local sustainability efforts, hike scenic trails, and savour authentic farm-to-table meals prepared by welcoming communities.

Along the way, you'll connect deeply with indigenous cultures, from the Aathpahariya Rai in Sipting to the vibrant Maithili traditions of Janakpur. Each destination offers a mix of comfortable boutique hotels and authentic community homestays, providing both ease and meaningful cultural exchange. The journey is thoughtfully designed

to offer not just sightseeing but personal encounters, storytelling, and participation in traditional festivals and rituals—leaving you with lasting memories and a genuine understanding of Nepal’s heart and soul.

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:

- **Support Community Tourism in Eastern Nepal:** Staying in community homestays in Dhankuta-Sipting, your contribution to the livelihoods of indigenous Aathpahariya families and rural communities thriving.
- **Empower Indigenous Women and Local Cuisine:** Your participation strengthens women’s roles in hospitality and promoting local cuisine, and builds leadership within their communities, especially in places like Sipting and Khambela.
- **Preserve Intangible Heritage and Traditions:** From witnessing the sacred Dhol Nach dance to learning local food preparation and spiritual customs, this trip supports the preservation of unique cultural expressions.
- **Promote Sustainable Living and Local Resilience:** Learn how rural communities in Dhankuta are adopting water conservation practices—such as bio-sand filters and rainwater harvesting—showcasing local leadership in climate adaptation.
- **Foster Meaningful Cultural Exchange:** Engage in storytelling, hikes, shared meals, and community rituals that invite genuine conversations and allow travelers and hosts to learn from one another.

Trip Highlights:

- Start with a sound healing session in Kathmandu and welcome dinner at Avata Wellness.
- Explore the historic Kathmandu Valley, including Patan and Bhaktapur’s UNESCO-listed squares.
- Discover Dhankuta’s lush hills, local markets, and sustainable water practices
- Hike to Khambela for a traditional lunch with the Aathpahariya Rai community and a farm-to-table dinner experience in Kachide.
- Enjoy the sunrise at Dhoje Danda, with views of Makalu and Kanchenjunga, and
- Experience the vibrant Dhol Nach dance and cultural feast in Sipting.
- Visit Janakpur’s grand Janaki Temple and savour a traditional Mithila meal at Mithila Thali by MasterChef Santosh Shah.
- Enjoy a night at Neydo Monastery in Pharping, joining peaceful Buddhist prayer sessions with the resident monks.
- Explore the lesser known ancient Newar villages of Bungamati and Khokana, famous for traditional woodcarving and mustard oil making.
- Stay in a balanced mix of boutique hotels and community homestays for both comfort and cultural immersion.

ITINERARY:

DAY 01:

ARRIVAL IN KATHMANDU

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

Accommodation: Hotel Traditional Comfort or Similar

Meals Included: Vegetarian Dinner

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.

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

Activities of the day: Full day Sightseeing tour of Kathmandu Durbar Square via Ason Market, Swayambhunath & Patan city

Accommodation: Hotel Traditional Comfort or Similar

Meals Included: Breakfast

Today you will be visiting some of the places enlisted in UNESCO World Heritage Sites. You will begin with Kathmandu Durbar Square, one of the three Durbar Squares in the Kathmandu Valley, Swayambhunath & Patan City

You shall start walking past the old town and narrow streets of Kathmandu, where you can witness local life, local shops in Ason Market, small temples and stupas, shops selling many local food items, spices, vegetables, clothes, trekking gears and souvenirs, restaurants and many more.

Kathmandu Durbar Square, a UNESCO World Heritage site, is a treasure trove of history and artistry, reflecting Nepal's rich cultural heritage. The square is home to magnificent temples, palaces, and courtyards, each showcasing intricate craftsmanship. The Hanuman Dhoka Palace, once the royal residence, stands as a symbol of Kathmandu's royal past. The Kumari Ghar, where the living goddess resides, is an architectural marvel and a living testament to Nepal's deeply rooted religious traditions.

Freak Street, once the hub of Nepal's 1960s-1970s hippie movement, remains a nostalgic space where visitors can explore its vibrant past through eclectic shops and cafes. The nearby Indrachok, known for its ancient Newar architecture, reveals narrow lanes leading to stunning shrines and hidden courtyards, each with its own story.

Itumbahal, a secluded Newar courtyard, is renowned for its centuries-old architecture, featuring intricately designed wooden windows and doors, along with a sacred stupa. Ason Market, one of Kathmandu's oldest markets, offers a sensory experience with its lively stalls brimming with spices, textiles, and artifacts that reflect the city's vibrant trade history and the cultural fusion that Kathmandu has experienced over centuries. These sites together form an artistic and historical journey that encapsulates the essence of Nepal's rich cultural tapestry.

Swayambhunath Stupa, also known as the Monkey Temple, is an ancient religious complex perched atop a hill overlooking Kathmandu Valley. This iconic stupa, with its striking white dome and golden spire adorned with the all-seeing eyes of Buddha, symbolizes the unity of wisdom and compassion. Believed to have been established over 2,000 years ago, Swayambhunath is a significant pilgrimage site for both Buddhists and Hindus, representing the interconnectedness of different faiths. The stupa is surrounded by vibrant prayer flags, ancient shrines, and a lively population of monkeys, which add to its unique charm.

Beyond its architectural beauty, Swayambhunath embodies deeper spiritual meanings, serving as a reminder of the path to enlightenment and the importance of self-awareness. The ascent to the stupa involves climbing 365 steps, symbolizing the journey of life and the effort required to attain spiritual awakening. As visitors circumambulate the stupa, they engage in a meditative practice that fosters mindfulness and reflection, making Swayambhunath not just a historical site, but a profound space for spiritual growth and connection.

Patan City, One of the Kathmandu Valley World Heritage Sites, Patan is well worth a visit. Its origins are clouded in mystery, but it has a long Buddhist history and association with the great Indian emperor, Ashoka, who is credited with the building of the four grass-covered stupas surrounding the city around 250BC.

Durbar Square Patan's Durbar Square forms the center of Patan and offers the finest display of Newari urban architecture in Nepal.

The Royal Palace This forms the eastern side of Durbar Square and was originally built in the 14th century, expanding in the 17th and 18th centuries to its current size. The courtyards of the Royal Palace with their ornamented windows, columned arcades, shrines and sunken royal bath are amongst the loveliest in Kathmandu.

Old Patan boasts many beautiful courtyards and squares, with beautiful architecture. It comprises a small area of individual neighborhoods dedicated to metalworking, stone carving, and woodwork.

In April-May, the Rato Machhendranath festival is celebrated here, where a chariot containing a statue is moved across Patan to Jawalakhel, a mile or so away.

DAY 03: KATHMANDU-BIRATNAGAR-DHANKUTA

Activities of the day: Airport departure transfer from booked hotel to domestic airport. Flight from Kathmandu to Biratnagar-Airport pickup and drive to Dhankuta.

Driving Distance:

Driving Duration: 3-3.5 hours approx.

Accommodation: Hotel Murchunga International or Similar

Meals Included: Breakfast

You will be picked up from the booked hotel and dropped at Kathmandu Domestic Airport to take a scenic morning flight from Kathmandu to Biratnagar, the gateway to Eastern Nepal. Upon landing, you'll be welcomed by your driver and begin a picturesque drive (approx. 3-3.5 hrs) into the hills of Dhankuta.

Known for its cool climate and panoramic views of the Makalu and Kanchenjunga ranges, what makes Dhankuta stand out as an upcoming tourist destination is its innovative approach to sustainability. With local governments and organizations like the Dhankuta Municipality, Chhathar Jorpati Rural Municipality, HIGRID-ICIMOD, Community

Homestay Network (CHN), Smart Paani and HUSADEC working together, Dhankuta is becoming a prominent destination for responsible tourism in Nepal. Dhankuta showcases how local knowledge and global support can create solutions for water scarcity and climate resilience. Here, travelers can learn about bio-sand filtration systems, rainwater harvesting, and recharge ponds, practices that help restore natural water flow and demonstrate how simple, local solutions can address global environmental challenges.

Once you are checked in at the Hotel, which is located close to the main bazaar area, take a brief orientation walk around your accommodation to get to know your surroundings better. Enjoy the evening exploring the town of Dhankuta or simply relaxing.

Hotel Murchunga offers a welcoming stay in the heart of Dhankuta, blending simple comfort with local charm. Rooms are clean and airy, with lovely views of green hills and terraced farms. The friendly staff go out of their way to make guests feel at home, serving tasty, freshly prepared meals with local flavors. It's an ideal base to relax after exploring Dhankuta Bazaar or nearby hiking trails, providing a peaceful atmosphere that lets you soak in the natural beauty and slow pace of this hill town.

DAY 04: DHANKUTA

Activities of the day: After breakfast, drive to Chuliban then hike towards Khambela, Farm to Table Experience at Kachide
Drive Duration:
Hiking Duration: 3-3.5 hours approx.
Accommodation: Hotel Murchunga International or Similar
Meals Included: Breakfast & Lunch & Dinner

After breakfast, take a short drive to Chuliban, a scenic hillside that offers sweeping views of Dhankuta. From there, begin your hike toward Khambela (approx. 3-3.5 hours). Along the way, stop at a view tower where, on a clear day, you can catch stunning glimpses of the Tamor River and the distant Kanchenjunga range. You will be walking uphill for the first part of the hike, followed by a downhill hike to the village of Khambela. As you walk, you'll pass scattered homes belonging to the Aathpahariya, an indigenous Rai community native to this region.

Khambela itself is a peaceful village nestled on a hillside, where the Aathpahariya people warmly welcome visitors with home-cooked organic meals served on traditional leaf plates. The Aathpahariya Rai are one of the indigenous communities exclusively found in Dhankuta, Nepal, known for their distinct cultural identity, language, and traditions. The village is a great example of sustainable living, with initiatives like rainwater harvesting and spring restoration helping improve daily life for the locals.

Once you arrive, you will be greeted by community members and treated to a hearty lunch, giving you a chance to connect with them on a personal level. After a short village walk, head back to Dhankuta for an early evening visit to Kachide. Here, you'll enjoy a true farm-to-table experience—pick fresh ingredients from the garden and prepare your dinner alongside your hosts, learning how to make each dish from scratch with their guidance while also getting to know the local people.

DAY 05: DHANKUTA-SIPTING

Activities of the day: After breakfast, Visit orange town, transfer to Sipting
Experiential Activities:
Driving Duration:
Accommodation: Dhankuta Community Homestay, Sipting
Meals Included: Breakfast, Lunch & Dinner

Today, you'll set out on a walk through the vibrant "orange city" of Dhankuta, where you'll get to admire the distinctive architecture of both the Newari and Aathpahariya communities. Along the way, you'll visit the Ganesh Temple and Nishan Temple—both deeply respected by locals and rich in cultural significance. This walk is not just about sightseeing; it's also an opportunity to learn how local people are working to protect their heritage through architecture, rituals, and shared traditions, showing how different ethnic groups have come together to preserve their way of life.

In the afternoon, you'll head to the Sipting Community Homestay, nestled within the Aathpahariya community. On arrival, expect a warm welcome in their traditional style. The Aathpahariya Rai are one of the indigenous communities exclusively found in Dhankuta, Nepal, known for their distinct cultural identity, language, and traditions. They are passionate nature worshippers who traditionally follow animism, believing deeply in the presence and influence of gods, ghosts, and witches. Their spiritual beliefs are expressed through rituals tied to birth, marriage, and death, as well as festivals that reflect their deep connection to nature and ancestors. This community's rich oral history, cultural expressions, and reverence for nature highlight their unique place in Nepal's indigenous heritage.

At **Dhankuta Community Homestay, Sifting**, you can find rustic stone-and-wood homes, surrounded by terraced fields and greenery. You will get to experience staying in rural village houses- with simple beds, washroom areas outside of the house and often equipped with a squat washroom area. Experience their distinct cuisine, explore the village, and stay in rural homes that offer basic comforts, with simple beds and outdoor squat-style bathrooms.

DAY 06: VISIT CHOLUNG PARK, TINJURE, PATHIVARA & SIPTING

Activities of the day: Full day visit of Cholong Park, a place renowned from the cultural history of Limbu Community, Tinjure, widely known for the rhododendron forest and Pathivara Temple, dedicated to Goddess Durga. Enjoy a cultural feast at Sipting.

Experiential Activities:

Hiking Duration: 30 mins approx.
Accommodation: Dhankuta Community Homestay, Sipting
Meals Included: Breakfast, Lunch & Dinner

Activities of the day: Full day visit of Cholong Park, a place renowned from the cultural history of Limbu Community, Tinjure, widely known for the rhododendron forest and Pathivara temple, dedicated to Goddess Durga.

Start your day early with a gentle morning walk to Dhoje Danda, a peaceful hilltop known for its breathtaking sunrises. This quiet spot offers a refreshing escape into nature, and on clear days, you can catch views of the majestic Makalu, Kumbhakarna, and Kanchenjunga mountain ranges. The climb involves a steep set of stairs leading up to the sunrise viewpoint, but the stunning scenery at the top makes it well worth the effort.

Afterwards, explore Cholong Park, a place that honours the history and cultural heritage of the Limbu community. The open museum features traditional Limbu homes, and a small museum on-site houses ancient coins, tools, and manuscripts that offer a glimpse into the past. Followed by Tinjure- a site widely known for the rhododendron forest, where 28 species of Rhododendron can be found when in season. Continuing on, you will be visiting Pathivara Temple- lying on an elevation of approx. 2900m. Pathibhara is a significant holy place for Nepalese people dedicated to Goddess Durga and is believed to fulfill the wishes of pilgrims who travel to this temple. On a clear day, you can also view the spectacular snow-capped Himalayan range, namely Kanchenjunga, Makalu and Everest range.

Following this short visit, you'll return to Sipting, where you can take your time to relax and bond with the community throughout the day, share stories and know more about their lifestyles. In the evening, the Aathpahariya community will showcase a vibrant performance of Dhol Nach, a traditional dance. Performed during major festivals and communal gatherings, this dance is accompanied by the rhythmic beats of the dhol (traditional drum), and singing Mundhum, a sacred hymn which is restricted to be sung on other occasions, symbolizing unity, joy, and ancestral connection. Dhol Nach is one of the most vibrant and culturally significant traditional dances of the Aathpahariya community. The evening wraps up with a special cultural dinner featuring locally made snacks and drinks, giving you a taste of authentic Aathpahariya hospitality.

DAY 07:**JANAKPUR**

Activities of the day: Continue drive to Janakpur after breakfast. Visit Janaki Temple

Experiential Activities:

Driving Duration: 8-9hrs

Accommodation: Mithila Yatri Niwas or Similar

Meals Included: Breakfast

Today, you'll be traveling to Janakpur, a culturally rich and spiritually significant city in the southern plains of Nepal. Known as the birthplace of Goddess Sita and the place where she married Lord Ram, Janakpur holds deep religious importance for Hindus and attracts pilgrims from Nepal and India alike. The city is home to the magnificent Janaki Temple, a grand marble structure built in a mix of Mughal and Koiri architecture that stands as a tribute to Sita's legacy.

Janakpur isn't just about temples—it's a vibrant center of Maithili culture. As you explore, you'll come across colorful Mithila art adorning walls, streets, and even rickshaws, showcasing the community's artistic traditions and storytelling through intricate patterns and symbolism.

Once you arrive, you'll check in at your hotel and unwind. To end the day, you'll enjoy a traditional dinner at Mithila Thali by Chef Santosh Shah, winner of MasterChef: The Professionals – The Rematch in 2021. His dishes bring a refined twist to age-old Maithili recipes, offering you a delicious and memorable introduction to Janakpur's culinary heritage.

Mithila Yatri Niwas offers a comfortable and culturally rich stay in Janakpur. The rooms are simple yet clean, decorated with touches of local Mithila art that give a warm, welcoming feel. Guests appreciate the friendly staff who share stories about the city's heritage and help arrange temple visits or local experiences. The on-site restaurant serves tasty local and vegetarian meals. It's the perfect spot to unwind after exploring Janaki Temple, local ponds, and the colorful streets of Janakpur.

DAY 08:**JANAKPUR-BHAKTAPUR**

Activities of the day: After short visit of Janakpur, continue drive to Bhaktapur

Experiential Activities:

Driving Duration: 6-7hrs

Driving Distance: 261 Km

Accommodation: Hotel Traditional or Similar

Meals Included: Breakfast

After breakfast, visit the iconic Janaki Temple, a stunning example of Hindu and Mughal-inspired architecture dedicated to Goddess Sita. This majestic temple is not only a place of worship but also a symbol of Janakpur's deep-rooted spiritual and cultural identity. As you walk through its intricately carved corridors and vibrant courtyards, you'll feel immersed in the city's devotional atmosphere and the richness of Maithili heritage.

Later, you'll be driven to Bhaktapur and taken to your hotel. The rest of the day is yours to relax or explore the city at your own pace.

Hotel Traditional in Bhaktapur blends old-world charm with modern comfort. Set in the heart of this historic city, it features classic Newari architecture, carved wooden windows, and cozy rooms with traditional decor. Guests love being steps away from Bhaktapur Durbar Square, soaking in the rich cultural vibe. The friendly staff, peaceful atmosphere, and thoughtful touches make it a welcoming base for exploring Bhaktapur's temples, pottery squares, and local art.

DAY 09:**BHAKTAPUR**

Activities of the day: Wood Carving Workshop and Bhaktapur Sightseeing

Experiential Activities:

Driving Duration:

Accommodation: Hotel Nanee or Similar

Meals Included: Breakfast

Today, you will be picked up from the hotel and taken on a tour of Bhaktapur city, a UNESCO World Heritage Site in the eastern part of the Kathmandu Valley, which is celebrated for its rich Newari culture and stunning medieval architecture. The city's centerpiece, Bhaktapur Durbar Square, features significant monuments such as the Golden Gate, Peacock Window, and the Fifty-Five Window Palace, all reflecting its historical importance. Notable attractions include the towering Nyatapola Temple, dedicated to the five basic elements, and the Bhairava Nath Temple, an important religious site. Once an independent principality ruled by the Malla Kings, Bhaktapur serves as a living museum of art and craftsmanship, particularly in wood and pottery. The square showcases traditional Newar architecture with ornate woodwork and intricate brick buildings, while local markets and street vendors contribute to the lively atmosphere. Bhaktapur offers a glimpse into Nepal's medieval past, making it a must-visit destination for history and culture enthusiasts. Comprising three large squares filled with shrines, temples, and vibrant activity, Bhaktapur is the quintessential Newari city, known for some of the finest architecture in Nepal.

Later discover the traditional art of mask painting with local artisans in a hands-on workshop that brings centuries of cultural heritage to life. Guided by skilled craftsmen, you'll learn about the significance of masks in Nepalese rituals, festivals, and storytelling—especially within Newar communities. Using locally sourced materials, you'll paint your own mask while learning the meanings behind the bold colors and intricate designs. This immersive activity not only lets you take home a piece of living tradition but also directly supports local artists and helps preserve a unique aspect of Nepal's cultural identity.

DAY 10: KATHMANDU

Activities of the day: Transfer back to Kathmandu with sightseeing tour of Boudhanath & Pashupatinath.

Experiential Activities:

Accommodation: Hotel Traditional Comfort or Similar

Meals Included: Breakfast

Drive back to Kathmandu via sightseeing tour of Boudhanath & Pashupatinath.

Boudhanath Stupa is one of the holiest sites in Nepal. It envelops an absolute admiration and faith not only from the Buddhist perspective, but Hindus of Nepal also pay their equal respect to this pious Buddhist site. The Stupa is one of the UNESCO world heritages for Nepal and the station where the Stupa stands with the message of peace and love; it used to be an ancient resting point for the Tibetan merchants to Nepal and India, where they would rest and perform their holy prayers. Ever since then and now, especially Tibetans, but also Buddhist from all around the world, value the Boudhanath Stupa as their ultimate holy destination.

Pashupatinath Temple, located on the banks of the Bagmati River in Kathmandu, is one of the holiest Hindu temples dedicated to Lord Shiva, particularly in his form as Pashupati, the Lord of Animals. This UNESCO World Heritage Site is renowned for its stunning architecture, intricate carvings, and sacred rituals, attracting pilgrims from around the world. The temple complex features numerous shrines, ghats, and ashrams, with the main temple housing a revered lingam, symbolizing Shiva's cosmic energy.

Beyond its physical beauty, Pashupatinath holds profound spiritual significance. It represents the cycle of life, death, and rebirth, as the temple is a major cremation site where many Hindus come to perform last rites for their loved ones. The continuous flow of the Bagmati River symbolizes the journey of the soul, while the rituals performed here emphasize the importance of dharma (righteousness) and the transient nature of life. Pashupatinath serves as a powerful reminder of the interconnectedness of life and death, encouraging visitors to reflect on their own spiritual journeys and the impermanence of existence.

DAY 11: KATHMANDU

Activities of the day: Village Walking Tour of Bungamati & Khokana transfer to Pharping

Experiential Activities:

Accommodation: Neydo Monastery

Meals Included: Breakfast

Your city guide will pick you up from the booked hotel in Kathmandu and transfer you to Bungamati, where you will be walking a classic Newari village, Bungamati has rows of brick houses lining streets paved with flagstones. The village is the winter residence of the Rain God as well as being justifiably famous for the significant number of skilled woodcarvers among its inhabitants. Nearby is another ancient Newari village, Khokana, which has earned quite a reputation for its mustard oil made in the traditional ways of oil pressing. If you come across somebody with a weathered face carrying two tin drums hanging at the two ends of a pole across his shoulders in the old marketplaces of Kathmandu, it is likely that he is from Khokana and in town to sell mustard oil.

Discover the intricate art of traditional woodcarving—a living heritage that adorns temples, homes, and community spaces across Nepal. Your experience begins in a local workshop where a seasoned artisan will introduce you to the rich symbolism behind Newari designs and the spiritual stories they tell. You'll learn to handle the same traditional tools used for centuries and carve your own small piece to take home—a truly personal souvenir. As you work, you'll see how Bungamati's artisans balance age-old methods with modern challenges, keeping this cultural treasure alive despite rapid urbanization and past earthquakes that devastated many heritage buildings. By joining this experience, you directly support these skilled craftspeople and help sustain a local economy rooted in tradition and artistry, all while forging a meaningful connection with the community and its cultural identity.

Afterwards, travel to Neydo Monastery (Neydo Tashi Chöling) is a tranquil Buddhist monastery nestled in the scenic hills of Pharping, surrounded by lush greenery. Home to around 200 monks, it offers a serene setting where visitors can observe or even participate in daily chants and meditation sessions. Adjacent to the monastery is **Neydo Hotel**, features clean, comfortable rooms with modern amenities like Wi-Fi, hot showers, and many balconies overlooking the monastery. Guests can relax in the garden, enjoy a hearty breakfast or meals with Tibetan and Nepali dishes, and take part in optional hikes, yoga, or teaching sessions with monks. It's the perfect base for a restful yet immersive spiritual experience in Pharping. You can take part in or observe their morning and evening prayer sessions. If you are interested, you can also take part in hikes, yoga or Buddha teaching sessions with the monks.

Note: Guests should note however, that there are no evening and morning prayers at the Monastery on Saturday and Sunday (except for festivals and occasions). Prayer Timing (summer) is from 5.00 AM to 6.00AM and 4.00 PM to 6.00 PM and Timing (Winter) is 6.00 AM to 7.00AM and 4.00 PM to 5.30PM. More than 70% of the monks go on a pilgrimage tour from January to May, so there will be fewer monks in the monastery during this period. In-house guests are allowed to meet the monks when they are in their English class, but not when during Tibetan classes

DAY 12:

DEPARTURE

Activities of the day: International airport departure transfer in Kathmandu

Driving Duration: 1 hour approx.

Accommodation: None

Meals Included: Breakfast

As per airlines regulation, travelers need to check in to their respective airlines counter at around 3 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 1 hour 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 Costs Includes:

- Airport pick-up and drop-off in Kathmandu
- Accommodation for 11 nights (hotels, community homestays, and mountain lodges as listed)

- Meals as per itinerary
- All surface transfers in private vehicles as per the itinerary
- Sound healing session at Avata Wellness Center
- Guided Sightseeing tours in Kathmandu, Patan, Swayambhunath, Bhaktapur, Boudhanath, Pashupatinath
- Guided walks/ hikes (e.g. Khambela village, Dhoje Danda sunrise walk, Orange Town Walk)
- Farm-to-table experience in Kachide, Dhankuta
- Cultural program- Dhol Nach in Sipting
- Dinner at Mithila Thaili Restaurant by Chef Santosh Shah at Janakpur
- Mask Painting Workshop at Bhaktapur
- Wood Carving Workshop at Bungamati with Lunch

Trip Cost Does Not Include:

- International airfare to/from Nepal
- Nepal visa fees
- Personal travel insurance
- Entrance fees, and community fees as applicable
- Meals not mentioned in the itinerary
- Tips and gratuities for guides, drivers, and homestay hosts
- Personal expenses such as drinks, snacks, laundry, and souvenirs
- Emergency evacuation or medical costs (if required)
- Any services not mentioned under “What’s Included”

Additional Information:

Accommodation

Hotel Accommodation:

Traditional Comfort Boutique Hotel offers thoughtfully designed rooms featuring handcrafted Nepali décor, modern bathrooms, and cozy furnishings that blend tradition with comfort. Guests can relax in the serene courtyard, enjoy locally sourced meals at the in-house restaurant, or unwind in the welcoming lounge. Unique for its authentic Newari architecture and artistic details, the hotel creates an immersive cultural experience within a modern setting. With attentive service and sustainable practices throughout, it provides a warm, elegant stay that celebrates Nepal’s heritage.

Hotel Murchunga is a cozy option in Dhankuta, known for its clean rooms and homely feel. Guests enjoy great views of surrounding hills and easy access to local markets and walking paths. The on-site restaurant serves simple but delicious local dishes. With its warm hospitality and convenient location, it's a solid choice for travelers wanting to experience Dhankuta's laid-back vibe and scenic landscape.

Mithila Yatri Niwas in Janakpur with clean, no-fuss rooms and helpful staff. Its location makes it easy to visit Janaki Temple and other local sights. The hotel showcases local culture through Mithila-style decor and serves flavorful vegetarian meals. A solid choice for travelers looking for comfort, convenience, and a touch of Janakpur's traditional charm.

Homestay Accommodation:

Your second stay will be at Sipting Community Homestay, run by the local indigenous Aathpahariya community. Situated away from the city area, you will experience simple lifestyle of the local people during your stay. Expect squat squat-style washrooms and bucket showers. The host can provide you with hot water if needed and enjoy the experience of engaging with the locals in their daily lifestyle.

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 either it is during their sightseeing tours in historical sites.

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.

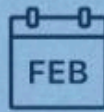
Autumn (September - November) the most pleasant season, in which days are warm but not hot and skies are clear.

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

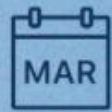
Weather Information



Limited view, Snow



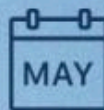
Limited view, Snow



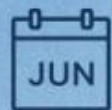
Clear view, Good time



Clear view, Good time



Clear view, Good time



Limited view, Rain



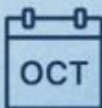
Limited view, Rain



Limited view, Rain



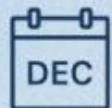
Clear view, Good time



Clear view, Good time



Clear view, Good time



Limited view, Snow

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:

