SWAN INTIATIVE - NEPAL WITH PURPOSE

A Journey Through the Wild West of Nepal

16 Days | 08th -23th March 2027

TOUR CODE: TTNA/SWAN-NPL 2027.GRP

"travel deeper. connect meaningfully. see the impact.
experience nepal beyond the ordinary"

Nepal is a country of extraordinary contrasts—towering Himalayas, remote mountain communities, ancient cities, sacred landscapes and remarkable wildlife.
SWAN INITIATIVE – NEPAL WITH PURPOSE invites you to travel beyond the familiar routes and experience these different faces of Nepal while connecting with the communities SWAN serves and the places that make the country truly special.

Created around the work and spirit of SWAN Nepal, this journey offers a unique opportunity to experience selected community initiatives first-hand. In the remote mountains of western Nepal, we travel to **Kolti in Bajura District and further to Tumcha in Humla District**—two of the country's least-developed and most remote regions. Here, SWAN has developed and applied a bottom-up approach to sustainable community development, built on the principle that lasting change begins with the people themselves. Rather than imposing solutions from outside, SWAN works together with local communities to identify their needs, priorities and aspirations and to develop solutions with them. This inclusive approach brings women, children, teachers, families, community leaders and other local stakeholders into the development process, creating a strong sense of ownership and responsibility within the community.

Tumcha is a particularly meaningful example of this approach in practice. Over the years, SWAN has worked alongside the local community to address fundamental needs while creating opportunities for longer-term development. Its initiatives include education and early childhood development, school infrastructure, WASH, Integrated Livelihood Project to Empower Rural Women in Tumcha Village and support for local families and communities. From supporting the construction and improvement of the local school to establishing facilities for young children, these initiatives are designed not simply to provide immediate assistance, but to strengthen the community's own capacity to build a more sustainable future.

travel-to-nature Asia designed this journey especially for SWAN's well-wishers, donors and overseas partners, giving them the opportunity to go beyond reports and project descriptions and see the impact at ground level. You will meet the people involved, visit the communities and projects, hear their experiences and gain a deeper understanding of both the challenges they face and the progress they have achieved. Most importantly, you will see how an inclusive, community-led and bottom-up approach can create meaningful and sustainable change.

The journey continues from mountain villages into the wilderness of Bardia National Park, one of Nepal's great tiger habitats, before travelling to sacred Lumbini, beautiful Pokhara, and on a day excursion to Krishna's village, where SWAN began its journey more than 36 years ago. A family lunch

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

at **Ama's Farm House** offers a genuine taste of Nepali hospitality and a personal connection to the roots of SWAN.



From remote communities and SWAN-supported initiatives to wildlife conservation, ancient heritage, Himalayan landscapes and intimate family experiences, Nepal with Purpose brings together meaningful encounters, positive impact and unforgettable experiences in one carefully crafted journey through the heart of Nepal.

Travel deeper. Connect meaningfully. See the impact. Experience Nepal beyond the ordinary.

Trip Highlights:

- Wander through the medieval streets of **Patan and Kathmandu**, exploring UNESCO-listed squares, ancient temples, royal palaces, traditional courtyards, and the vibrant streets of Thamel.
- Experience the thrill of a **small mountain flight to Kolti**, flying deep into the remote western Himalayas where mountain aviation provides an essential connection to communities.
- Spend time in **Tumcha**, visiting local School and meeting teachers, students, and members of the SWAN Project Villages while gaining a deeper understanding of life in a remote Himalayan region.
- Spend two full days exploring **Bardia National Park on foot and by safari vehicle**, with opportunities to encounter Bengal tigers, one-horned rhinoceros, wild elephants, deer, crocodiles, leopards, and an extraordinary variety of birds.
- Visit **Lumbini**, the sacred birthplace of Buddha, exploring the Maya Devi Temple, peaceful gardens, monasteries, and the remarkable spiritual atmosphere of this UNESCO-listed pilgrimage destination.
- Boat across Phewa Lake and hike to the **World Peace Stupa**, with panoramic views of the Annapurna range and Pokhara Valley.
- Wake up to a Himalayan sunrise in Sarangkot and visit the International Mountain Museum or Tibetan Refugee Camp.
- Cross high **suspension bridges** and hike in Narayansthan, immersing yourself in authentic rural life and local hospitality.

travel-to-nature Asia Itinerary

DAY 1 | 08 MARCH 2027: Fly to Kathmandu

Your journey begins in Europe as you board your flight towards Kathmandu, carrying with you the anticipation of discovering a country where some of the world's highest mountains rise above ancient cities, remote villages and subtropical forests. Over the coming days, the landscape will change dramatically, but so will the way you experience it—from the comfort of historic hotels and lakeside lodges to a remote Himalayan camp, from conversations with local communities to quiet moments in the wilderness. For now, however, Nepal lies somewhere beyond the clouds, waiting to reveal itself.

Flight is not included in the tour price, but we will be happy to make you an individual flight offer.

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

DAY 2 | 09 MARCH 2027: ARRIVAL IN KATHMANDU



Namaste and welcome to Nepal! Upon arrival at Tribhuvan International Airport in Kathmandu, a travel-to-nature Asia representative will be waiting to greet you with a personalized name card just outside the arrival area.

After meeting our team at the airport, we transfer to **The Inn Patan**, our charming base in the historic heart of Patan. The remainder of the day is intentionally kept free, allowing you to rest after your international journey or, depending on your energy, begin discovering the neighbourhood at your own pace. Step outside and wander through the narrow lanes surrounding Patan Durbar Square, pause at one of the atmospheric local cafés, admire the traditional brick houses and intricately carved wooden façades, or simply sit back and watch everyday life unfold around the historic courtyards. There is no schedule to follow today; this is your first opportunity to gently settle into Nepal, absorb the atmosphere and perhaps enjoy your first taste of Nepali cuisine. Tomorrow, with fresh eyes, we will explore the cultural treasures of Patan and Kathmandu together with our local guide.

Accommodation: The Inn Patan **https://theinnpatan.com/**
Meals: Breakfast

DAY 3 | 10 MARCH 2027: THE LIVING HERITAGE OF THE KATHMANDU VALLEY

Patan Durbar Square • Kathmandu Durbar Square • Flight to Nepalgunj

After breakfast, we begin our first full day of guided sightseeing in the Kathmandu Valley, starting in **Patan**, one of the valley's great historic cities and a centre of Newar art, architecture and craftsmanship. The magnificent **Patan Durbar Square** brings together an extraordinary collection of temples, courtyards, shrines and palace buildings, reflecting the close relationship between Hinduism and Buddhism that has shaped the valley for centuries. As we walk through the square and its surrounding lanes, our guide will introduce us to the intricate wood and metalwork, ancient religious traditions and stories behind the monuments, while also showing us how this remarkable heritage remains part of everyday life.



We then continue to **Kathmandu Durbar Square**, the historic heart of the capital and one of the valley's celebrated UNESCO World Heritage sites. Once the royal centre from which Kathmandu's kings ruled, the square was also the place where monarchs were crowned and royal ceremonies were held. Today, its collection of palaces, courtyards, temples and shrines provides a fascinating window into Nepal's royal and religious history. Among its most important landmarks is the **Taleju Temple**, one of the most significant temples within the old royal complex, and the **Kumari Ghar**, the beautifully

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

carved residence of the **Kumari, the Living Goddess of Kathmandu**. The square itself remains a living space rather than simply a historical monument, regularly becoming a setting for festivals, religious ceremonies, marriages and other important occasions.

Our exploration gives us an opportunity to look beyond the architecture and understand the culture that continues to give these places meaning. The combination of Hindu and Buddhist traditions, ancient royal history, extraordinary craftsmanship and living religious practices makes the Kathmandu Valley unlike almost anywhere else in the world.

Following the sightseeing, we transfer to the airport for our evening flight towards **Nepalgunj**, the gateway to the remote western regions of Nepal. As we leave the Kathmandu Valley behind, the journey begins to change character. Tomorrow, we exchange the historic cities of the valley the dramatic landscapes of western Nepal.



The flight time from Kathmandu (KTM) to Nepalgunj (KEP) is approximately 45–55 minutes.

Accommodation: Hotel Siddhartha
Meals: Breakfast

DAY 4 | 11 MARCH 2027: INTO THE REMOTE HIMALAYAS (Drive: km | 5–6 hours)

Nepalgunj • Kolti • Tumcha Village

An early start takes us to Nepalgunj Airport for one of the most memorable flights of the journey: a small mountain flight towards **Kolti**, in the remote western hills of Nepal. Unlike the larger aircraft used on Nepal's main domestic routes, these smaller aircraft are specially suited to the challenging terrain of the country's hill and mountain regions, where short runways and rugged valleys make air travel an essential connection for remote communities. As we leave the lowlands behind, the scenery changes dramatically, with the flat plains giving way to steep green hills, deep valleys and increasingly rugged Himalayan landscapes. The flight itself becomes part of the adventure, offering an aerial perspective of a Nepal that few travellers get to see.

After landing in **Kolti**, we continue our journey by road towards **Tumcha Village**, gradually moving deeper into the mountains and away from the more travelled routes of Nepal. The road winds through a landscape of terraced hillsides, scattered settlements and dramatic valleys, giving us glimpses of everyday life in this remote part of the country. This is western Nepal at its most authentic, where distance and geography have shaped a slower pace of life and communities remain closely connected to their surrounding landscape.





By the time we reach Tumcha, the feeling of the journey has changed completely. We have left the cities and main tourist routes behind and arrived in a place where the mountains, the village and the people become the centre of the experience. Our **Himalayan wilderness camp** will be prepared for our arrival, with our experienced trekking guides, porters and chef taking care of the practical details. Comfortable sleeping tents, a dedicated dining area and proper toilet facilities allow us to experience this remote environment with a level of comfort while remaining genuinely immersed in the landscape.
As evening settles over Tumcha, there is time to walk around the camp, meet members of the local community or simply sit back and watch the mountains change colour. Dinner is freshly prepared by our camp chef, and later, beneath the clear Himalayan sky, the quietness of the surroundings reminds us just how far we have travelled from the familiar world.

The flight from **Nepalgunj (KEP) to Kolti/Bajura Airport (BJU)** takes approximately **45 minutes**.
Accommodation: Himalayan wilderness camp
Meals: Breakfast, Lunch, Dinner

DAY 5 | 12 MARCH 2027 : TUMCHA — WHERE TRAVEL MEETS COMMUNITY

Explore Tumcha Village Comminitiy

After breakfast, we spend the day in and around Tumcha, taking time to experience village life and meet the people who call this remote Himalayan mountain landscape home. The day offers a meaningful opportunity to experience, first-hand, how SWAN's bottom-up and inclusive approach to sustainable community development is translated into practical initiatives shaped around the needs and aspirations of local people.
Our focus is a visit to the SWAN initiatives at the Shree Dewal Basic School, where we meet teachers and students and gain a genuine insight into education and everyday life in a remote mountain



travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

community. We also visit the “Strengthening Early Childhood Development (ECD) Centre of Chhatrapal ECD Centre” , supported by SWAN Deutschland e.V. in collaboration with OKE Kinderhilfe e.V., Germany. The visit provides an opportunity to see how early childhood development is being strengthened at the community level and how these initiatives create a stronger foundation for children’s learning and development from their earliest years.



Rather than simply arriving, taking photographs and moving on, we take time to meet, talk, listen and understand. We learn how the school and ECD centres serve local families and how improved educational facilities can help create opportunities for children growing up in such a challenging environment. These are not simply buildings; they are places where children gather, learn, develop confidence and build possibilities for their future.
We also meet the local women’s group, who have come together to strengthen their livelihoods, support one another and take an active role in the development of their community through SWAN’s Integrated Livelihood Project to Empower Rural Women in Tumcha Village. Their stories offer a deeply personal perspective on the realities of life in a remote mountain community—the hardships they face, the responsibilities they carry, and their determination to create better opportunities for themselves, their families and future generations. Most importantly, we see their strength, dignity and optimism—and the remarkable way they continue to smile despite the challenges.

The experience reflects SWAN’s philosophy that sustainable development is strongest when it grows from within the community. Rather than providing short-term assistance from outside, the approach is to work with local people, listen to their priorities and strengthen their own capacity to shape a more sustainable future. From supporting the improvement of the local school and ECD facilities to strengthening women’s livelihoods and access to essential services, the initiatives seek to create lasting benefits for the wider community.

The setting itself helps tell the story. Villages are scattered across steep Himalayan landscapes, access is challenging, and services that may seem readily available elsewhere can require considerable effort to reach. Our connection with Tumcha allows us to see how long-term community-based support can translate into something tangible for local people.



There is also time to walk through the village, observe daily life and enjoy the surrounding landscape at an unhurried

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

pace. Our local team helps introduce us to the people and stories that make Tumcha special, allowing us to experience the community with respect and genuine curiosity.
Lunch is enjoyed at our camp, where our chef prepares fresh meals for the group. Afterwards, there is further time to explore the surroundings or simply relax and absorb the peaceful mountain environment.



As the afternoon light begins to soften across the hills, we return to camp and gather around the dining area, sharing the day's impressions over a warm meal. In a place so remote, the simplicity of the evening becomes part of its charm—the mountains around us, the sounds of the village settling for the night and the feeling that, for a short while, we have stepped into a very different rhythm of life.Most of all, our time in Tumcha reminds us that responsible travel can go beyond visiting a place—it can create an opportunity to connect with people, understand their realities and witness how communities themselves are shaping their future.

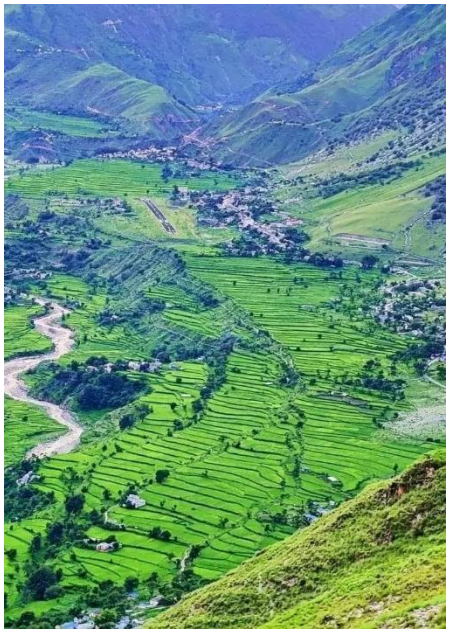
Accommodation: Himalayan wilderness camp
Meals: Breakfast, Lunch, Dinner

DAY 6 | 13 MARCH 2027: FROM TUMCHA TO KOLTI

Meeting the Local Team • Community & Healthcare

After breakfast, we say farewell to Tumcha and begin our journey back towards **Kolti**, retracing the mountain roads through the dramatic landscapes of western Nepal. Having spent time within the community, the journey back offers an opportunity to reflect on the people and stories we have encountered and on the realities of life in such a remote part of the country.

On arrival in **Kolti**, we meet members of the **SWAN field team working in the region**, giving us an opportunity to hear more about the local context and the work that takes place beyond the projects we have seen first-hand. These informal conversations provide a valuable perspective on the challenges faced by communities in the area, as well as the importance of long-term local relationships and practical support. If time and local conditions permit, we will also visit the **nearby hospital** , gaining another glimpse into the essential services available to people living in this remote mountain region. Rather than approaching the visit as a formal project inspection, we take the opportunity to listen, ask questions and better understand how these facilities serve the surrounding communities.



The remainder of the afternoon is at leisure in Kolti, allowing us to relax after our time in the mountains and enjoy the atmosphere of this small regional centre. As evening falls, we

settle into our local lodge, ready for the next chapter of the journey, when we leave the highlands behind and descend towards the forests and wildlife of Bardia.



Accommodation: Local Lodge, Kolti
Meals: Breakfast, Lunch, Dinner

DAY 7 | 14 MARCH 2027 : FROM THE MOUNTAINS TO THE JUNGLE

Kolti • Nepalgunj • Bardia National Park

After breakfast, we return to the small airstrip at **Kolti** for our flight back to **Nepalgunj**. The short mountain flight offers one last aerial perspective of the rugged landscapes we have travelled through over the past few days, with deep valleys and forested hills gradually giving way to the broad plains of the Terai. It is a remarkable transition, taking us from the remote Himalayan world of Kolti to the warmer lowlands.

From Nepalgunj, we continue by road towards **Bardia National Park**, travelling through the changing landscapes of western Nepal as the foothills give way to the subtropical Terai. The atmosphere becomes noticeably warmer, the vegetation thicker and the landscape increasingly dominated by forests and open agricultural land. Bardia is one of Nepal's most important wilderness areas and one of the country's finest habitats for the **Bengal tiger**, offering an exceptional opportunity to experience Nepal's wildlife away from the busier safari destinations. By afternoon, we arrive at **Babai Resort**, our base for the next three nights, and settle into the peaceful surroundings. There is time to relax after the journey before gathering later in the evening for a **sundowner**, enjoying a drink and watching the changing light over the landscape as the day comes to an end. After the mountains, the quiet sounds of the Terai forest provide a completely different welcome to western Nepal's wilderness.

Tomorrow, we begin exploring the forest on foot and by safari, entering a landscape where patience, silence and a little luck can lead to some of the most memorable encounters of the journey.

Nepalgunj Airport (KEP) → Babai Resort, Bardiya: approx. 2½ hours by road.
Accommodation: Bardia Babai resort
Meals: Breakfast, Lunch, Dinner



DAYS 8–9 | 15–16 MARCH 2027: INTO THE WILDERNESS OF BARDIA

Tiger Country • Karnali River • Walking & Safari Exploration

The next two days are dedicated entirely to **Bardia National Park**, one of Nepal's great wilderness areas and

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

a remarkable conservation success story. The park protects an extraordinary mosaic of sal forest, grassland and riverine habitat along the Karnali and Babai rivers, providing shelter for Bengal tigers, one-horned rhinoceros, wild elephants, leopards, several species of deer, crocodiles and a remarkable diversity of birdlife. Our time here is designed to be unhurried, allowing us to explore different habitats by foot and safari vehicle while accompanied by experienced naturalists who can help us understand the forest through its tracks, calls, vegetation and changing rhythms.

What makes Bardia particularly inspiring is the story of its **tiger conservation**. Following decades of protection and habitat management, the park has witnessed a remarkable recovery in its tiger population. Nepal's wider tiger conservation programme has become internationally recognised, with the country's tiger population more than doubling from the 2009 baseline to 355 tigers recorded in the 2022 national survey. Bardia has been an important part of this success, demonstrating what can happen when effective protection, habitat conservation, wildlife monitoring and cooperation with surrounding communities come together. The story is not simply about increasing numbers; it is about restoring the conditions that allow wildlife to survive and move through a functioning landscape.



Our exploration will take us into different parts of the park, combining walking and safari experiences. On foot, the forest becomes an intimate world of sounds and signs, where the calls of birds, footprints

in the sand and movement in the grass can reveal the presence of animals long before they come into view. By safari vehicle, we can travel further and explore a wider range of habitats, including the riverine areas around the **Karnali River**. We will carry packed lunches into the wilderness, allowing us to spend longer periods in the field rather than interrupting the day by returning to the lodge.

The Karnali adds another remarkable dimension to our experience. Its waters originate high in the Himalayas in the region of the **Mapchachungo Glacier**, also known as Mapcha Khambab or the *Peacock's Mouth*, before descending through the mountains and eventually reaching the Terai. Standing beside the river in Bardia, it is possible to appreciate the extraordinary geographical journey we have made ourselves—from the high mountains around Kolti and Tumcha to the subtropical

forests below. The same great Himalayan river system connects these dramatically different landscapes.



Bardia has also recently attracted international attention through the BBC's ***Tiger Island***, which brought the park's tigers and their behaviour to a global audience. For us, the significance is not simply that a major wildlife production was filmed here, but that it highlights the quality and importance of the habitat we are about to explore. The forest remains wild and unpredictable, however, and no sighting can ever be guaranteed. A tiger appearing silently between the trees would be an extraordinary privilege, but so too would be discovering rhinoceros beside the river, elephants moving through the forest, deer grazing in the grasslands or an unexpected bird sighting.
Across these two days, we allow the wilderness to set the pace. There will be moments of excitement and anticipation, but also long periods of quiet observation, perhaps sitting beside the river with a packed lunch or walking slowly through the forest listening to the sounds around us.

This is what makes Bardia special: the experience is not simply about what we see, but about entering a landscape where conservation has given wildlife room to return and thrive.

Accommodation: Babai Resort, Bardia
Meals: Breakfast, Lunch, Dinner

DAY 10 | 17 MARCH 2027: FROM THE WILDERNESS TO THE SACRED (Drive: 300 km | 6- 7 hours)

Bardia • Lumbini

After breakfast, we leave the forests of Bardia and begin our journey towards **Lumbini**, travelling through the changing landscapes of Nepal's Terai. The journey offers a final glimpse of the countryside that surrounds Bardia, with cultivated fields, traditional villages and stretches of forest gradually giving way to the quieter surroundings of one of Nepal's most important spiritual destinations. After several days immersed in the wilderness, the change in atmosphere is striking as we arrive in **Lumbini**, the birthplace of Siddhartha Gautama, who later became known as the Buddha.



In the afternoon and evening, we explore the peaceful surroundings of **Lumbini Sacred Garden**, where the Maya Devi Temple marks the traditional birthplace of Buddha. The wider complex brings together monasteries and temples representing different Buddhist traditions from across the world, creating a fascinating meeting point of architecture, spirituality and culture. Rather than rushing between monuments, we take time to walk through the gardens, observe pilgrims and visitors from different

countries and appreciate the remarkable sense of calm that surrounds this sacred place. After the sounds and excitement of the jungle, Lumbini offers a very different experience—quiet, reflective and deeply connected to a history that has influenced millions of people around the world.

As evening approaches, there is time to enjoy the tranquil atmosphere of the gardens before settling into our accommodation. The day provides a natural transition in the journey: from the forests where we have been following the movements of wild animals to a place where people have travelled for centuries in search of reflection, peace and spiritual connection.

Accommodation: Hotel Lumbini Buddha Garden
Meals: Breakfast, Lunch, Dinner

DAY 11 | 18 MARCH 2027: FROM THE TERAI TO THE HIMALAYAN FOOTHILLS (Drive: 195 km | 6 hours)

Lumbini • Pokhara • Fish Tail Lodge



After breakfast, we leave the peaceful surroundings of Lumbini and begin our journey north towards **Pokhara**, gradually leaving the flat landscapes of the Terai behind as the road follows rivers and climbs into the green hills of central Nepal. The scenery changes with every hour: cultivated plains give way to forested hillsides, traditional villages appear along the slopes and the winding roads begin to reveal glimpses of the Himalayan landscape ahead. After the remote mountains of Kolti, the forests of Bardia and the spiritual atmosphere of Lumbini, this transition offers yet another perspective on Nepal's remarkable geographical diversity.

By the time we reach **Pokhara**, the atmosphere feels completely different. Set beside the tranquil waters of **Phewa Lake** and surrounded by green hills, the city is one of Nepal's most beautiful places



to slow down and enjoy the mountains. On clear days, the dramatic Annapurna range rises behind the valley, with **Machhapuchhre/ Fish Tail Mountain**, standing prominently above the landscape. We settle into the iconic **Fish Tail Lodge**, beautifully situated beside the lake, where the setting itself becomes part of the experience. The remainder of the day is intentionally relaxed, allowing time to enjoy the gardens, walk beside the lake or simply take in the changing light across the mountains after the long journey from Lumbini.

As evening arrives, the pace becomes slower still. Sitting beside Phewa Lake with the mountains beginning to disappear into the evening haze provides a perfect moment to reflect on how dramatically the landscape has changed since we first flew into the remote west of Nepal. Tomorrow, we will explore Pokhara from the water and walk towards one of its finest viewpoints.

Accommodation: Fishtail Lodge Fish Tail Lodge by Annapurna
Meals: Breakfast



DAY 12 | 19 MARCH 2027: LAKE, FOREST & HIMALAYAN VISTAS

Phewa Lake • Peace Stupa

After breakfast, we begin the day on the calm waters of **Phewa Lake**, taking a traditional boat across the lake with the surrounding hills and Himalayan skyline forming a beautiful backdrop. The experience is deliberately unhurried; as the boat moves away from the shore, the sounds of Pokhara gradually fade and the reflections of the surrounding hills spread across the water. On a clear morning, the magnificent silhouette of **Machhapuchhre (Fish Tail Mountain)** appears above the valley, creating one of the most recognisable landscapes of Nepal then, we continue on foot towards the **World Peace Pagoda**, following a forested trail that climbs gradually through the hillside. The walk gives us a chance to experience a quieter side of Pokhara, passing through woodland and small settlements before reaching the white-domed stupa above the lake. From here, the panorama opens across Phewa Lake, the Pokhara Valley and, weather permitting, the spectacular Himalayan range beyond.

We return to **Fish Tail Lodge** later in the day, with the remainder of the afternoon free to enjoy the lakeside setting at your own pace. You may choose to relax in the gardens, take a gentle walk beside the water or simply find a quiet place to watch the mountains change as the afternoon light moves across the valley. After several days of discovery, this is a day to breathe, enjoy and appreciate the extraordinary setting of Pokhara.

Accommodation: Fishtail Lodge
Meals: Breakfast

DAY 13 | 20 MARCH 2027 : A TASTE OF VILLAGE LIFE (Drive: 70 km | 2 hours)

Krishna Village • Ama's Farm House • Suspension Bridge • Sarangkot

After breakfast, we leave the lakeside atmosphere of Pokhara and drive towards **Naryansthan, Krishna Village**, where today's experience takes us away into a more personal side of rural Nepal. The journey itself is part of the experience, taking us through the changing landscape of the hills, with terraced fields, small settlements and everyday scenes of rural life unfolding along the way. In Krishna Village, we are welcomed to **Ama's Farm House, Krishna's own family home**. Rather than dining in a conventional restaurant, we sit together around a family table and enjoy freshly prepared local food while sharing stories and getting a glimpse into the rhythm of life in the village.



After lunch, we continue towards one of the impressive suspension bridges that span the deep valleys of the region. Crossing the bridge offers both a little adventure and an insight into everyday life in the hills, where such bridges provide essential connections between villages, farms, schools and communities separated by steep terrain and fast-flowing rivers. From here, we make our way back towards **Sarangkot**, arriving in the late afternoon when the light begins to soften across the Himalayan foothills. After checking in, there is time to relax and enjoy the rooftop pool, with the magnificent profile of **Machhapuchhre (Fish Tail Mountain)** forming an unforgettable backdrop.

Accommodation: Sarangkot Mountain Lodge
Meals: Breakfast, Lunch

DAY 14 | 21 MARCH 2027: FROM THE HIMALAYAN FOOTHILLS BACK TO KATHMANDU
Sarangkot • Kathmandu • Thamel



Wake to the magnificent Himalayan panorama of **Sarangkot**, where the early morning light gradually touches the peaks of the Annapurna range and **Machhapuchhre (Fish Tail Mountain)** rises above the valley. After breakfast, there is some time to enjoy the peaceful setting before we leave Sarangkot and make our way towards the airport for our flight back to Kathmandu.

On arrival in Kathmandu, we continue to **Hotel Manaslu** and settle into our accommodation. The evening is deliberately left free to experience Kathmandu at your own pace. For those who would like to explore, **Thamel** offers a lively change of atmosphere, with colourful streets filled with cafés, restaurants, small shops, handicrafts, trekking stores and local boutiques. It is a wonderful place to browse for souvenirs, discover traditional Nepalese crafts, pick up a few gifts or simply wander through the vibrant streets and watch the evening unfold. After the quiet landscapes of the mountains and the wilderness of Bardia, Thamel provides a lively reminder that Kathmandu is a city where ancient traditions and contemporary travel culture exist side by side.

Whether you choose to shop, enjoy a relaxed dinner, find a rooftop café or simply wander through the illuminated streets, the evening is yours to enjoy before tomorrow's final cultural exploration of the Kathmandu Valley.



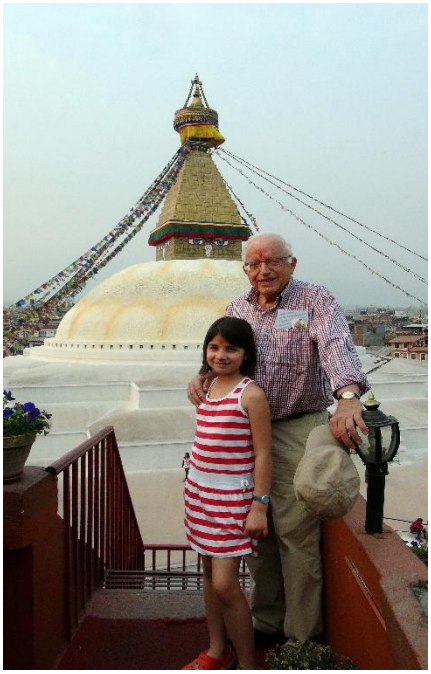
Accommodation: Hotel Manaslu
Hotel Manaslu
Meals: Breakfast

DAY 15 | 22 MARCH 2027 THE SPIRITUAL HEART OF KATHMANDU

Pashupatinath • Boudhanath • Swayambhunath

After breakfast, we spend our final full day exploring three of the Kathmandu Valley's most important spiritual landmarks, each offering a very different window into the religious and cultural traditions that have shaped Nepal for centuries. Our first visit is to **Pashupatinath**, one of the most sacred Hindu temple complexes in South Asia and a UNESCO World Heritage Site, set along the banks of the holy Bagmati River. The temple complex is a fascinating living environment where devotion, ritual and everyday life unfold together, with ancient shrines and courtyards surrounding the main temple, while along the riverbank the traditional cremation ghats remain an important part of Hindu religious practice. Walking through the complex, we may encounter saffron-clad sadhus, pilgrims making offerings and local devotees moving quietly

between the temples, offering a glimpse into a spiritual tradition that remains deeply woven into the fabric of Kathmandu.



From Pashupatinath, we continue to **Boudhanath Stupa**, another UNESCO World Heritage Site and one of the most important centres of Tibetan Buddhism outside Tibet. The enormous white dome, crowned by the Buddha's watchful eyes, rises above a vibrant Tibetan Buddhist community, with traditional gompas, monasteries, prayer wheels and colourful prayer flags surrounding the stupa. Pilgrims, monks, Sherpas, Tibetans and visitors from around the world gather here throughout the day to perform **kora**, the traditional clockwise circumambulation of the stupa. Walking alongside them, with the gentle movement of prayer wheels and the sound of mantras around us, offers a wonderfully immersive experience of Kathmandu's living Buddhist culture.

Our final destination is **Swayambhunath**, popularly known as the **Monkey Temple**, perched on a hill at around 1,420 metres above sea level and reached by a long flight of steps. This ancient UNESCO World Heritage Site is one of the most recognisable landmarks of the Kathmandu Valley, combining Buddhist stupas, shrines, prayer wheels and colourful religious imagery with elements of Hindu worship. Monkeys move freely around the hill and temple grounds, adding a lively character to the sacred surroundings, while from the summit the view opens across the entire Kathmandu Valley and towards the surrounding hills. Standing here at the end of our journey, there is a sense of coming full circle: from the remote Himalayan communities of Kolti and Tumcha to the wilderness of Bardia, from the sacred landscape of Lumbini to the villages and mountains around Pokhara, we have travelled through many different faces of Nepal, yet everywhere we have encountered the same deep connection between people, landscape, faith and community.

After returning to the hotel, the remainder of the afternoon is free to relax before we gather in the evening for a **farewell dinner**, sharing the memories, unexpected moments and stories that have shaped the journey.



Accommodation: Hotel Manaslu
Meals: Breakfast, Dinner

DAY 16 | 23 MARCH 2027 : Final Departure

If you wish, start your day with an optional scenic mountain flight over the Himalayas, offering breathtaking views of Mount Everest and the majestic eastern Himalayan ranges—a truly unforgettable experience.
Depending on your international flight schedule, we will then transfer you to Kathmandu's airport for your onward journey home, bidding you a fond farewell and safe travels.

Meals: Breakfast

End of the Himalayan Journey !!

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

Tour Price: €2930 .- Per person
Single Room Supplement : € 496



Airfare Extra:

1. Kathamdnu - Nepalgunj: € 155
2. Nepalgunj - Bajura: € 183
3. Bajura – Nepalgunj: € 182
4. Pokhara - Kathamandu: € 152

Included in the Price:

- ✓ Meet-and-assist service on arrival at Tribhuvan International Airport
- ✓ Private door-to-door pick-up and drop-off services
- ✓ **All surface transportation and transfers** as mentioned in the itinerary, including sightseeing and excursions in Kathmandu, Patan, Nepalgunj, Kolti, Tumcha, Bardia, Lumbini, Pokhara, Krishna Village, Narayansthan and Sarangkot via private vehicles German-speaking guide for Kathmandu city excursions
- ✓ Accommodation in handpicked hotels and resorts on a twin-sharing basis
- ✓ Daily meals as listed in the itinerary: Breakfast (B), Lunch (L), and Dinner (D)
- ✓ **Twin-sharing tents at the Himalayan Wilderness Camp in Tumcha**, with comfortable sleeping arrangements
- ✓ **Complete Himalayan camping arrangements**, including sleeping tents, dining facilities, kitchen facilities and toilet facilities
- ✓ **Services of experienced trekking/local guides, porters, camp chef and support staff** during the Tumcha camping experience
- ✓ **Porter assistance in the Tumcha section**, with porter support arranged according to the group's requirements (one porter assigned for every two guests)
- ✓ Entrance fees to monuments, heritage sites, and museums in Kathmandu, Pokhara, and Lumbini
- ✓ **Bardia National Park wildlife experiences**, including safari excursions, guided nature walks and exploration of the park's forests, grasslands and riverine habitats
- ✓ **Entrance fees to monuments, UNESCO World Heritage Sites, national parks and other sightseeing attractions** included in the itinerary
- ✓ Government taxes, VAT, and official tourist service charges
- ✓ Assistance of our experienced team in all major destinations throughout the journey
- ✓ **24-hour on-call assistance and emergency support** throughout the trip

Price Exclude:

- ✓ International airfare & Domestic flights
- ✓ Nepal entry visa, which can be obtained on arrival at Tribhuwan International Airport or via the online E-Visa system (approximately USD 40 for a 30-day multiple-entry visa)

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726

- ✓ Travel insurance covering emergency medical evacuation, accidents, illness, and rescue services, which is highly recommended
- ✓ Meals not specified in the itinerary.
- ✓ alcoholic beverages, soft drinks, bottled water, and other personal drinks
- ✓ Tips and gratuities for guides, drivers, porters
- ✓ Expenses related to optional activities or programs that are not included in the official itinerary
- ✓ Personal expenses such as laundry, phone calls, internet usage, souvenirs, and any additional hotel services
- ✓ Any costs arising from unforeseen circumstances such as flight delays, natural disasters, or political disturbances

Note: Please be aware that flight time, hotels and all others logistics, services and days of travel are subject to availability. If the listed hotel is fully booked, alternate accommodation will be offered. All hotel ratings are according to the local accreditation authority. All the above air fares, taxes and schedules are subject to change without any prior notice. Where flights are cancelled or delayed we will endeavor to secure alternative arrangements of similar value as noted in our booking conditions.



Travel deeply. Experience naturally. Connect meaningfully.
Nameste & See you in Nepal!!!!

travel-to-nature Asia Pvt. Ltd.
www.traveltonatureasia.com | contact@traveltonatureasia.com
Nepal: +977 986-7063685 | Europe: +49 (0) 170 464 7726