

# Village Trek



Last updated:  
**2020-07-02**  
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## 📍 Nepal - Central Nepal

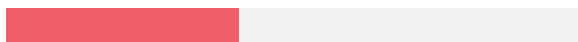
Experience the Himalayas and the culture and lifestyle of its inhabitants like very few get to do!

During this week of trekking, we will be walking through different villages in order to experience the culture and lifestyle of locals. We will stay in authentic houses and try out the local cuisine to get a chance to immerse fully into the lives of the Nepali.

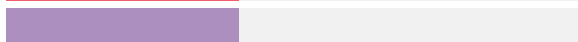
Culture



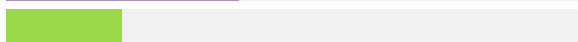
Learning



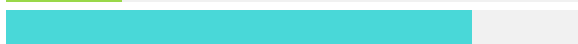
Leisure



Community Engagement



Physical Demand



## Program Description

This program will give you the opportunity to experience the mountains and cultures that very few outsiders get to see. During this trek, you will be walking through different villages, eating the region's food and staying at local houses. This program will give you a very different experience than a regular trek will! If you are more interested in experiencing Nepali culture up close, then this village trek is for you!

The routes are designed to pass through a number of small villages that rarely (if ever!) get visited by tourists. You will meander among rice fields, stay with locals, eat authentic food and get to observe the village life up-close. Moreover, we will meet farmers, visit local schools and oh, right! - trek up and down at times too! After all, this is Nepal!

## Trip Highlights

Exploring the typical way of life of villages in Nepal, encounter different varied cultures in the Himalayas region with dramatic views of the snow capped mountains.

## What is included in the program

- Airport transfers as per the policy - Airport Pickup in Kathmandu - Tribhuvan International Airport
- Presence of a dedicated program coordinator throughout your travel, at the projects and facilities- Logistical management support in case of emergencies
- Authentic Nepali meals and European (breakfast, lunch, dinner) for the duration of the entire program as per the meal plan
- Accommodation at hotels, tea houses, and at our accommodation facility - Shared accommodation
- Local transportation to all venues
- Entry fees to all places
- Extensive pre departure information
- Overland public local transportation



## What is excluded in the program

- Personal expenses such as table drinks, room service items, laundry, telephone calls, tips, portage at hotels or airport, bottles of water during your road travel etc.
- Any additional expenses caused by or liability for disturbance in the program due to circumstances, weather conditions, sickness, natural disasters, riots etc.
- Liability for or insurance against injury, loss of life, accidents or loss of goods.
- Our program does not cover any liability and does not insure participants. Participants must have appropriate insurance before joining the program.
- Any camera fee where applicable.
- Any service not specified above.

## Few things to consider when you are with us!

- Returning to the accommodation after your personal trips before 22.00 everyday
- You will not be allowed to hire any vehicle on your own
- Consumption of alcohol inside the accommodation is strictly prohibited
- Respect and adhere to our code of conduct
- Our staff is there to support you, guide you and make your trip memorable. We kindly request you to follow their instructions at all times
- You will not be allowed to bring outsiders inside our centers/ guest houses or hotels

## Program Duration & Availability

**Min duration (weeks):** 1

**Max duration (weeks):** 1

## Aims & Objectives

The aim of this program is to show you to the authentic Nepal. This trek brings you closer to nature and truly immerse you in the Nepali culture, customs and lifestyle.

## Schedule

### Monday

Drive to Sankhu for an hour, which is one of the oldest Newari settlements. We will have lunch in Sankhu and then walk for 3 hours to Kartike / Nagarkot (one of the best places to see the Himalayas if the weather is clear). Nagarkot thrills visitors with its unrestricted view of the mountain range from Annapurna in the west to the mighty Everest in the East. Overnight with local family.

### Tuesday

Trek to Dhulikhel for about 5 hours. Dhulikhel is one of the old Newari settlements though Nala and one of the most popular places to observe the Himalayas. From the edge of the ridge, a stunning panorama of peaks unfolds, from Langtang Lirung in the east, through Dorje Lakpa to the huge bulk of Gauri Shankar and nearby Melungtse (7181m) and as far as Numbur (5945m) in the east. Overnight with local family.

### Wednesday

Trek to Dapcha via Namobuddha for 5 hours. Namobuddha is one of the most sacred Buddhist pilgrimage sites in Nepal. Overnight stay in Dapcha with a local family.

### Thursday

Trek to Mate for about 6 hours through Ambode. Mate is a typical Tamang Village. You get to see and experience the life of Tamang in this village. Overnight stay in Mate with a local family.

### Friday

Trek to Sipali for about 4 hours and drive to Kathmandu via Banepa. Overnight stay in Kathmandu.

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

## Starting Dates

### During 2019

This program starts every week.

### During 2020

This program starts every week.

## Participant Criteria & Requirements

<b>Minimum age:</b>	18
<b>Maximum age:</b>	65
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

Due to the length and active nature of this program, a decent level of fitness is required.

## Additional Equipment

We recommend following equipment and items to pack for your trekking trip.

### For Head

- Sun Hat / baseball cap
- Fleece/Wool hat (to cover ears) for winter
- Sunglasses & reading glasses
- Scarf to cover face (dust/wind)

## **For Lower Body**

- Under garments
- Hiking shorts - 1
- Lightweight walking pants - 1
- Light weight thermal leggings - winter
- Fleece or tracksuit pants

## **For Feet**

- Thin cotton inner socks
- Thick warm wool hiking socks
- Hiking boots
- Sandals
- Walking poles

## **For Upper Body**

- T-shirts
- Lightweight thermal tops - winter
- Fleece long sleeve tops
- Down vest/jacket - winter
- Poncho rain cover

## **For Hands**

- Lightweight fleece gloves - winter
- Playing card
- Trail map & guide book

## **For Sleeping**

- Sleeping bag
- Sleeping bag liner
- Pillow slip/case

## **Medical Kit**

- See your Doctor for complete medical kit

## Accessories

- Headlamp & spare batteries
- Dry packs
- Open neck water bottles
- Watch with light & alarm
- Pack cover
- Day pack
- Money belt
- Toiletries & Personal Hygiene
- 1x quick dry towel & face cloth
- Shampoo & Conditioner
- Toothbrush & paste (biodegradable)
- Multipurpose wipes (face & body)
- Deodorant
- Face & Body moisturizer
- Nail clippers/file
- Small comb/brush
- Clothes washing soap (biodegradable)
- Toilet paper (you can buy more on trek)
- Anti-Bacterial wipes (4x packs)
- Hand sanitizer (small bottle)
- Sun block face/body high UV protection
- Lip block with UV protection
- Feminine hygiene products

## Extra Items

- Camera & extra batteries
- Binoculars
- Reading books
- Journal & pen
- Energy/protein bars
- Walkman & Steripen

**\*\*\*Make sure to pack no heavier than 15kg after fully packed.\*\*\***