

NEPAL

A BLEND OF CULTURE,
SOCIAL IMPACT & ADVENTURE

2025



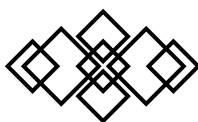
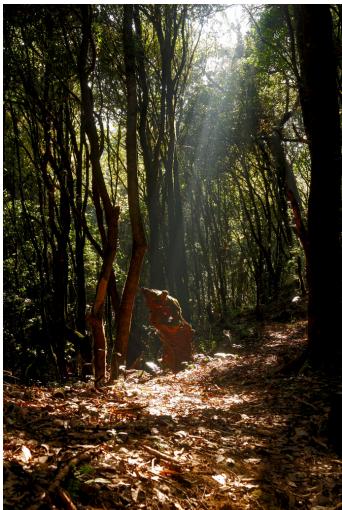
Baluwatar 04, Kathmandu, Nepal

A blend of Culture, Social Impact & Adventure

This 7-night Nepal tour offers students an immersive experience combining social outreach, cultural exploration, and outdoor adventure. The highlight of the trip is a visit to a shelter for disadvantaged girls in Dhulikhel, where students will engage with the community and contribute to meaningful initiatives. They will also organize three gigging programs at the historic Durbar Squares of Kathmandu Valley, including Kathmandu, Bhaktapur, and Patan, bringing music and joy to local audiences.

In addition to these impactful social activities, students will participate in cooking classes, learning how traditional Nepali meals are prepared. The itinerary includes a hike to Shivapuri, offering scenic views of the valley, and daily morning yoga sessions for a peaceful start to the day. Students will also explore Nepal's most iconic landmarks, including visits to Pashupatinath, Boudhanath, and the three Durbar Squares, immersing themselves in Nepal's rich history, spirituality, and architecture.

This tour is an enriching blend of social engagement, cultural discovery, and adventure, providing students with a well-rounded experience of Nepal.



Day Wise Itinerary

Day One:

Upon arrival at Tribhuvan International Airport in Kathmandu, our team will warmly greet the guests at the arrival gate with a traditional Khada welcome, symbolizing respect and good fortune. Our staff will assist in luggage transfers to the vehicle. The guests will then be transferred to their designated hotels for the night. Upon arrival at the hotel, they will enjoy a welcome dinner and have time to rest, with an overnight stay to prepare for the exciting experiences ahead.



Day Two:-

On the second day, students will visit the Shelter in Nepal, a home for disadvantaged girls in Dhulikhel. (32 KMS drive 1Hr:15 mins time approx to reach Dhulikhel) On reaching the shelter there will be short briefings and interactions to mingle thenafter group can offer donations, including clothes and essential items, to support the children. After their time at the shelter, they will embark on a hike to Namobuddha, a revered Buddhist pilgrimage site known for its spiritual significance and breathtaking views.

After returning from hike rest at the Hotel -- Interested students may again visit the shelter



Day Three :-

On the third day, the students will start with a refreshing yoga session guided by an experienced yoga guru, who will provide an introduction to yoga and teach simple and common exercises for physical and mental well-being. After this invigorating session, the group will embark towards the shelter -- With interested shelter girls move ahead on a unique experience—a 1,000-step walk in Dhulikhel (We will inform about this walk a day ahead to shelter girls, This walk would allow panoramic scene views around.

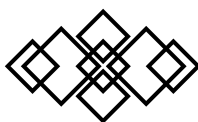
Following the walk, they can engage in a giggging program with the students at the shelter, sharing music and fostering deeper connections through creative expression. The day will conclude with an overnight stay in Dhulikhel, allowing time for reflection and rest.



Day Four :-

On the fourth day, the students will return to Kathmandu and check into their hotel. After a brief refreshment, they will visit Boudhanath the iconic Boudha Stupa, where they will have the opportunity to meet with the Monk. A knowledgeable Buddhist monk guides tudents on an enlightening tour of Boudhanath, expertly explaining Buddhist principles and answering their diverse questions about the faith and culture. The group will enjoy traditional butter tea with the monks and participate in a meaningful butter lamp lighting ceremony, deepening their understanding of Buddhist rituals.

Following this spiritual experience, they will visit the sacred Pashupatinath Temple, where their guide will explain the significance of the live cremation ceremonies that take place 24/7 at Aryaghat, on the banks of the Bagmati River.



In the evening, the students will take part in a special cooking session, learning to prepare traditional Nepali dishes. They will then enjoy the food they cooked, followed by a group dinner. After dinner, they will be dropped off at their hotel for the night.



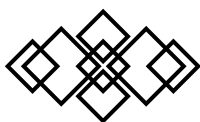
Day Five :-

On the fifth day, the morning will start with another rejuvenating yoga session, setting a peaceful tone for the day. Afterward, the group will visit Manav Sewa Ashram, a non-profit organization committed to making Nepal a "street people-free country" by providing care and support for the most vulnerable, including the disabled and homeless who live on the streets and in public places.

Following this meaningful visit, the students will explore the historic Kathmandu Durbar Square, where they will have the rare opportunity to meet Nepal's Living Goddess, Kumari, and her caretakers, learning about the unique traditions surrounding this living deity.

Afterward, each student will enjoy a 10-minute rickshaw ride through the vibrant streets of Kathmandu, visiting the local pote market at Indrachowk and Ason Tol. Each student will receive NPR 1,000 to shop at the bustling market and will return to a designated meeting point after an hour of exploring and shopping.

With the brief knowledge of Durbarsquare organize giggering program, The day will conclude with a group picture in front of the iconic Kaal Bhairab statue before returning to their hotel.





Day Six: -

On the sixth day, after breakfast, the group will head to Bhaktapur Durbar Square for their next gigging program at 7 AM in the morning sharing music and creativity in this historic setting. Following the program, they will visit Bhaktapur's pottery-making workshops, where students can observe traditional pottery-making techniques and, if interested, participate in making their own pottery creations.

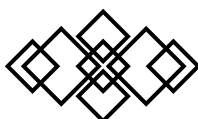
After the pottery session, they will enjoy a small cup of the famous local delicacy, Juju Dhau (king yogurt), before traveling to Patan Durbar Square for another gigging program at 2 PM amidst the rich cultural heritage of the area.

To conclude the day, a special farewell dinner will be hosted, with officials from the Nepal Tourism Board invited to join. After the dinner, the group will be dropped off at their hotel for the night.



Day Seven: -

Morning: For those interested, the day begins with an optional mountain flight to view Mount Everest. This exhilarating experience offers breathtaking aerial views of the world's highest peak and surrounding Himalayan range.

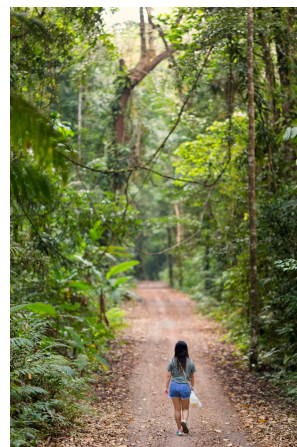
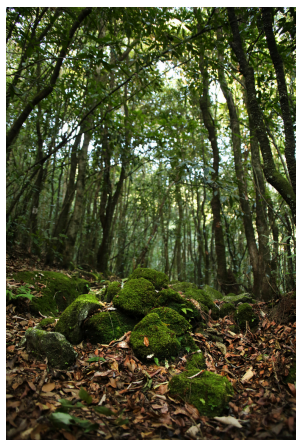


Late Morning : After the flight (or for those who opted out), the group heads to Shivapuri National Park. Here, you'll embark on a refreshing hike through lush forests, offering a stark contrast to the urban environment of Kathmandu. The trail provides beautiful jungle views and a chance to spot local flora and fauna.

Afternoon: Following the hike, you'll drive back to Kathmandu, taking in the scenic transition from rural landscapes to the bustling city.

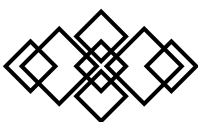
Evening: The day concludes in Thamel, Kathmandu's famous tourist district. This vibrant area is a maze of narrow streets lined with colorful shops, restaurants, and cafes. You'll have time to Browse through shops selling traditional Nepalese handicrafts, including intricate thangka paintings, hand-woven textiles, and locally made jewelry. As per your interest you can pick up last-minute souvenirs such as prayer flags, singing bowls, or Gurkha knives. Soak in the lively atmosphere, watching as locals and tourists from around the world mingle in this dynamic neighborhood.

Day ends after we drop you to your hotel.



Day Eight

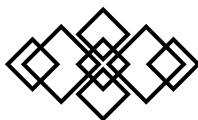
At the time of departures each student will receive a Buddhachitta mala and a Nepali cap as small tokens of love from Nepal and Drop to the Airport for your return transfers



To host a gig or event at the Durbar Squares, we have to write to the respective municipality office (for permission) We have to provide details of the program, which can be finalized once the travel dates are confirmed. Based on our application, the municipality will issue permission letter for the event mentioning specific venue, along with the charges /// specific charges related to the gigging will only be known after the permission is granted. It's up to the municipality that they can waive off any charges as we will mention it's not any commercial event and gigging is for social cause they might grant us free permission.

Be great to try and include in cost breakdown in price per participant.

- 01: Bhaktapur Durbarsquare USD \$ 15 Per-Person Equivalent to NPR 1800
- 02: Patan Durbarsquare USD \$ 8 Per -Person Equivelent to NPR 1000
- 03: Kathmandu Durbarsquare USD \$ 8 -Person Equivelent to NPR 1000
- 04: Boudha Stupa USD \$ 3 per-person equivalent to NPR 400



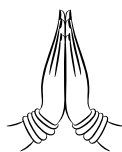
Basic	Standard	Premium
USD \$ 645 Per-Person	USD \$ 985 Per-Person	USD \$ 1595 Per-Person
Purna Bikram Cozy Stay (Keshab's Home) at Kathmandu	Holiday Inn Express	Hilton
Home Stay/ Basic Accomodation Dhulikhel	Dhulikhel Lodge Resort	Dushit Thani

Inclusions:

- Two Nights accommodation at Dhulikhel
- Five Nights accommodation at Kathmandu
- Private Vehicle Transfers for Airport Pick up and Drop, All sight-seeing and transportations to Dhulikhel, Shivapuri Durbarsquares at Kathmandu, Lalitpur and Kathmandu Durbarsquare
- Home stay accommodation includes all meals. Other Accommodations on Standard and Premium includes daily breakfast only
- Dinner with NTB officials
- Sight-seeing with experienced Monk at Boudhanath
- Guide during sight seeigs
- Applicable entrance monument fees during sight seeings

Excludes:

- Everest Mountain Flight
- Performance charges charged by metropolitan City for performance
- Insurance, personnel Expenses, Tips and Gratuity



Thank You

