# Itinerary for Package: Coffee harvesting Volunteering Experience

Nepal is an archaeological paradise with UNESCO enlisted world heritage sites including ancient temples, medieval palaces, national parks and world's renowned trekking trails. Savor the cultural, spiritual and natural delights of **Nepal** altogether in a single trip. In this proramme, you begin your tour in **Kathmandu**, a modern city which was once divided into three medieval cities. Experience its rich culture and heritages. Feel the thrill of small trekking in **Annapurna Foothills**, the picturesque lakeside city of **Pokhara** will enthrall you with its spellbindingnatural beauty. Enjoy boating in the serene Lake Phewa, watched over by the mighty Himalayan peaks. Experience how typical Nepali family lives in the mountain village near Pokhara and know how organic Himalayan coffee comes in your cup right from the farmer's field.

Package Duration: 15 days

## Day 1: Kathmandu Arrival (1300m)

Up on arrival at Kathmandu airport, transfer to hotel. Kathmandu is the largest city and capital of Nepal and the namesake of the Kathmandu Valley. Once thought to be the fabled and inaccessible Shangri-La, Kathmandu is now a hub for independent travelers as well as a growing vacation spot catering to all budgets. Rest of the day at leisure Overnight stay at hotel

#### Day 2: Kathmandu sightseeing

Sightseeing tour of Kathmandu Durbar Squarealso called the 'City of Glory'. Visit includes, Durbar Square, Kasthamandap - said to be constructed from a single piece wood. Kumari Ghar - Home to the World's only living Goddess. A short visit to Bhairab - the God of destruction, Taleju Temple - built in 1549 AD and Hanuman Dhoka Palace. Thereafter visit Swoyambunath Stupa, said to be one of the oldest Buddhist Stupas in the World, which is majestically set high on a Hill overlooking Kathmandu Valley. Afterwards, visit Boudhanath, a Buddhist Stupa said to be one of the largest in the world. This massive structure stands tall with four pairs of eyes each facing the four cardinal directions. Overnight stay at hotel

#### Day 3: Kathmandu – Pokhara – Hemja – Dhampus (1650m)

Transfer to domestic airport for flight to Pokhara. Upon arrival in PKR, meet our trekking crew and drive to Hemja – approx. 30mins (trek start point) and start trek to and after 2hrs reach Ashram Kot, where we will have lunch. After lunch, continue walk to Dhampus for another 1 and half hours. Approx. 3½ hrs walk After checked-in at lodge, optional walk to Dhampus Village OR Australian Camp - approx. 2hrs Overnight at the lodge

## Day 4: Dhampus - Landruk (1680m)

See sunrise at Dampus, start trek to Deurali and on to Tolka for lunch. Afterwards walk to Landruk. Check-in at lodge. Optional walk to Landruk for 2hrs Overnight at the lodge

## Day 5: Landruk – Jhinudanda (1740m)

Trek downhill to Modi Khola, see wild bee hive, continue to Jhinu Danda for check in toLodge and Lunch. Afternoon optional walk to local village 1.5hrs or enjoy nearby Hot Spring. Overnight at the lodge

#### Day 6: Jhinu Danda - Nayapul - Pokhara

Trekto Birethani and on to Nayapul. Pick up from Nayapul and transfer to hotel in Pokhara. Free time in Pokhara. Overnight at the hotel

## Day 7: Pokhara – Home stay

Morning transfer to Coffee Farmers family (approx. 1hr drive). Volunteer-Work with Coffee Farmers Overnight at homestay

#### Day 8: Home stay

Volunteer-Work with Coffee Farmers. Witness how organic coffee is harvested right from the field. Overnight at homestay

#### Day 9: Home stay

Volunteer-Work with Coffee Farmers. Witness how organic coffee is harvested right from the field. Overnight at homestay

## Day 10: Home stay

Volunteer-Work with Coffee Farmers. Witness how organic coffee is harvested right from the field. Overnight at homestay

## Day 11: Pokhara - Kathmandu - Bhaktapur

Drive to Pokhara airport (approx. 1hr) for morning flight to Kathmandu. Upon arrival, receive and transfer to Bhaktapur. Rest of the day stroll around the medieval city. Overnight at the hotel

## Day 12: Bhaktapur – Kathmandu

Morning after breakfast visit Bhaktapur Durbar Square with guide, Bhaktapur also called the "City of Devotees" where you will meander down narrow lanes past centuries old homes and temples. The tour will begin with a vist to Durbar Square, The Golden Gate, Places of 55 Windows, Lion's Gate. The Nyatpola Temple, the tallest of its kind in Nepal, Bhairab Temple, the Pottery Centre and Dattratraya Temple. After lunch, transfer back to Kathmandu, enroute visit, PashupatinathTemple, is more than just a religious destination. It is a combination of religion, art, and culture. It offers peace and devotion. Hundreds of rituals are performed here every day. The temple premise is an open museum. This national treasure was designated a UNESCO World Cultural Heritage Site in 1979. This temple is an important destination for art historians. It displays a variety of temple design some of which are Dome style, Pagoda style, Shikhara style and so on. Additionally there are varieties of statues and sculptures around the complex. There are statues made out of stone, metal, and wood. The door and pillars around the temple area are carved in beautiful shapes of God and griffins. Each temple has its own set of rituals to be performed, and every temple has specific values and customs. On the other side of the river is a small forest Shleshmantak, home to animals like deer and monkeys. A traditional crematorium stands on the banks of the River Bagmati. Overnight at the hotel

## Day 13: Kathmandu

Full day at leisure or free for individual activities. Overnight at hotel

#### Day 14: Return home

Free till departure transfer to international airport for onward flight.