



KARKI GAUN VOLUNTEER TREK-NEPAL

OPTION 1: KARKI GAUN VOLUNTEER EXPERIENCE –10 DAYS
OPTION 2: KARKI GAUN VOLUNTEER EXPERIENCE WITH TREK– 16 DAYS

BEAUTIFUL COUNTRY OF NEPAL

Nepal is truly one of the most amazing places on earth. It is one of the smallest countries in the world, yet boasts the highest mountain, the deepest valley, and an astonishing array of wildlife, birds and plants. The extreme changes in altitude have created everything from lush, steamy jungles inhabited by tigers, rhinos, and elephants, to deserted freezing mountains. The geography has also contributed to a large variety of ethnic and religious diversity. You will fall in love with this gem of a country



KARKI GAUN VOLUNTEER EXPERIENCE AND TREKKING

PROGRAM DESCRIPTION

On the description delete what you have and put in this: Katrin Hintermeier went to Nepal and fell in love with the village of Karki Gaun and its community. After the earthquake she felt compelled to help these wonderful people. This volunteer trip to Nepal will bring you to her favorite village alongside Katrin herself, to meet the local people and to donate your time and money to make their lives better. You will start your Nepal journey arriving in the capitol city of Kathmandu and a wonderful city tour to get you acquainted with the area and its most important UNESCO sites. Next you will head to Karki Gaun where you will spend five days volunteering. Following the village time, you have the option to go on a 9 day trek to Singla Pass heading into the Himalayas for views of the Langtang and Ganesh Himal ranges. This incredible journey will complete in Kathmandu with a celebratory dinner.

PROGRAM ITINERARY

A note: All of our itineraries are flexible. Our philosophy at Crooked Trails is to let the country guide our experiences and not live by a strict itinerary. If unexpected events arise, we may change plans to take advantage of the situation or deal with an issue. However, we will do all we can to offer you everything that is on the schedule. Please be flexible yourself and allow the program to unfold. Our focus has always been on providing our clients with the opportunity to meet the local people and there by know the land they are traveling through. It's the people of Nepal and our guides, which make all the difference. **B L D** =

MEALS INCLUDED (BREAKFAST, LUNCH, DINNER)

DAY 1

ARRIVE NEPAL

Arrive in Kathmandu 4363 ft 1329 m. If arriving from the west sit on the left side of the plane (if you are landing during the day). You will be picked up at the airport. First you must clear customs and get your visa upon arrival. Be sure to have an extra passport size photo and US \$25 for two weeks and \$45 for longer. Once you clear customs, grab your baggage and head outside. Look for your name on a placard. Your driver will take you to hotel Shambala. Get checked in and rest. **MEALS** **D**

DAY 2

EXPLORE KATHMANDU

You will rise early on this day due to jet lag. Breakfast is served on the main level buffet style, and it's included so just go help yourself. They start serving at 6 am. At 9 am your guide will pick you up to see some of the more important sites in Nepal. First we will walk around the Buddhist stupa of Boudhanath which dominates the skyline. The ancient Stupa is one of the largest in the world. The influx of large populations of refugees from Tibet has seen the construction of over 50 Tibetan Gompas (Monasteries) around Boudhanath which was declared a UNESCO World Heritage Site in the late 70's. The Stupa is on the ancient trade route from Tibet which enters the Kathmandu Valley and Tibetan merchants have rested and offered prayers here for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Boudhanath. The Stupa is said to entomb the remains of Kassapa Buddha. After this we will drive to

Pashupatinath is the oldest Hindu temple in Nepal dating to 400 AD and the second largest in the world. It is regarded as the most sacred among the temples of Lord Shiva (Pashupati) in the world. If you are Hindu in Nepal, this is where you would come to be cremated and your ashes placed in the sacred Bagmati River. The temple is listed in UNESCO World Heritage Sites and is one of the 275 Paadal Petra Sthalams (Holy Abodes of Shiva on the continent. Overnight at hotel. **MEALS** **B** **L**

DAY 3-7

KARKI GAUN VILLAGE VOLUNTEER EXPERIENCE

After breakfast at the hotel, your guide will pick you up at 8 am to transfer the group to Karki gaun for your volunteer village experience. This part of your trip you will be arranged by Laxman who is a friend of Katrin's. You will be assigned to a family that will take care of you and feed you over the next few days. We will also have tents set up with sleeping pads for you to use if you need privacy or you can stay in a homestay. Please bring a sleeping bag (or we can arrange to have one for you for free). Know that the village was destroyed in the earthquake and so the homes are tin and tarp shacks. None the less, the villagers will show you much hospitality. You will be working each day on a project to benefit the village. That project will be determined in September depending on how many volunteers are arriving . **MEALS** **B** **L** **D**





DAY 8

KATHMANDU

If you are NOT trekking you will be picked up in the morning after a farewell ceremony and transferred back to Kathmandu where you will check into Hotel Shambala. Enjoy the rest and nice hotel, get showered, catch up on personal emails, and go into Thamel for dinner. If you are trekking you will head out on this day and your extension is further down on the schedule. . MEALS

DAY 10

DEPART KATHMANDU

This morning after breakfast enjoy your last afternoon in Kathmandu doing any last minute shopping. You will be picked up from your hotel and transferred to the airport for flight home.

MEALS **B**

DAY 9

CITY TOUR

This morning after breakfast you will be picked up from your hotel for a half day tour of Bhaktapur and Swayambunath. Swayambhunath, also called The Monkey Temple, was constructed around the 5th Century and remains one of the highlights of any visit to Kathmandu. This Buddhist temple is famous for the hundreds, if not thousands, of monkeys who lounge around and call this place home. As you climb the hundreds of steps to the top be mindful of your primate friends as they are adept at pickpocketing! Once you have huffed and puffed your way to the top enjoy sweeping views of the Kathmandu Valley and the amazing art and architecture of this jewel of Kathmandu. You will then make your way to Bhaktapur; a journey into the past. As soon as you pass beneath the outer wall of the city you are transported back to Nepal's golden age, a time of kings and warriors and Gods, a time of plenty and great creativity. Walk amongst the hand carved stone and wood structures and pass through the palace of Nepal's last king. Bhaktapur took heavy damage in the April 2015 earthquake, but its residents remain resilient and there is so much to see. We will enjoy lunch and shopping as well. In the afternoon you will be picked head back to your hotel for some rest and get cleaned up for dinner. You will be picked up from your hotel at 6:30 and taken out to a dinner and dance celebration at Bhojan Griha. Overnight at hotel.

MEALS **D**

TRIP DETAILS

COST PER PERSON:

\$1845

TAX WRITE OFF \$1295

SERVICES INCLUDED:

- ALL AIRPORT TRANSFERS
- CHARTERED BUS: KATHMANDU TO KARKI GAUN AND DHADING BESI TO KATHMANDU
- 2 FULL DAYS SIGHTSEEING IN KATHMANDU
- 4 NIGHTS TWIN SHARING ACCOMMODATION AT HOTEL SHAMBALA
- MEALS AS INDICATED IN THE ITINERARY
- CAMPING TREKKING AS INDICATED IN THE ITINERARY
- THREE MEALS A DAY
- BOILED WATER FOR YOUR BOTTLES & USE OF STERIPEN FOR WATER PURIFICATION ON TREK
- GUIDE AND STAFF WAGES, EQUIPMENT AND MEALS
- GUIDE AND STAFF INSURANCE
- TREKKERS INFORMATION MANAGEMENT CARD
- USE OF SLEEPING BAG, DOWN JACKET AND/OR DUFFEL BAG FOR TREK
- \$300 DONATION TO THE VILLAGE PROJECT

SERVICES NOT INCLUDED

- MEALS NOT INDICATED IN THE ITINERARY
- TIPS AND GRATUITIES
- PERSONAL EQUIPMENT (A SUGGESTED LIST WILL BE MAILED TO YOU)
- YOUR TRAVEL INSURANCE (REQUIRED)
- AND OTHER EXPENSES OF A PERSONAL NATURE
- INTERNATIONAL AIRFARE TO NEPAL OR VISA (YOU GET THIS UPON ARRIVAL: \$25-\$45 DEPENDING ON LENGTH OF STAY)

EXTENTION SINGLA PASS TREK OPTION 2

PROGRAM DESCRIPTION

To truly grasp the depth and beauty of all that Nepal has to offer you must experience everything there is to experience. By adding on the Singla Pass Trek to your trip you will add on an exciting adventure. Feast your eyes on the world highest and most stunningly beautiful mountains while delving deeper into the mountain culture of the Sherpa people. Continue to form meaningful connections with your guides and staff as they share their love of their people and their mountains. No trip to Nepal is complete without time spent in the loving embrace of the high peaks.

PROGRAM ITINERARY

A note: All of our itineraries are flexible. This trek follows Option 1 above exactly for Day 1 through Day 9. At this point your trek will differ as you leave behind the lush, jungle valleys and step into the rock cathedrals of Nepal's high mountain ranges. This portion of the trek reaches above 13,000 feet and you will spend time trekking at altitude. Please be prepared and in good physical condition so you can spend time enjoying the views and not feeling exhausted. As with all Crooked Trails trips, our focus has always been on providing our clients with the opportunity to meet the local people and thereby know the land they are travelling through.

DAY 7

TREK TO BHALCHE

After the celebration at the village and goodbyes you will head by private vehicle to Bhalche Gaon. This is also the gateway to the Langtang Valley at the confluence of the Bhote Kosi and Langtang Rivers. The drive is beautiful and you will pass Trisuli Bazaar and Betrawati. The road is narrow and winds so if you are afflicted by motion sickness prepare yourself by taking pills or a patch. You will start the trek today and end in Bhalche. This is a fully supported trek and you will be in tents. All items are carried by porters. You will only carry your day pack with water, snacks, camera and light jacket. Trekking time 5 hours. **MEALS** **B** **L** **D**

DAY 8

TREK TO RUPCHET

After breakfast the trek heads uphill with breath taking views on the back of Bhalche village. Trek continues passing thorough high tropical jungle with mesmerizing landscape. Arrive in Thulo Kharka and stop for lunch after lunch trek continue to Rupchet where you will find beautiful camp site and yak hut. It has amazing mother goddess blessing hillside views and its periphery views. Trekking 6hrs overnight in tent. **B** **L** **D**

MEALS



**NEPAL FASCINATES THE
ADVENTURER**

DAY 9

TREK TO SHERTUNG

After breakfast trek all the way to the hill top near Singla Pass (4050m) with fantastic panoramic mountain views of the ranges of Langtang, Massif Ganesh Himal, Mt. Manaslu and a touch of the Annapurna. Then you will trek down to Shertung gaon passing through high tropical jungle, rhododendron forest, and pine forest, oak and Himalayan bamboo. On this day you will also pass Iljyang water fall. We will make a quick visit to Phyanchat monastery and finally arrive in Shertung village in the late afternoon. Shertung is inhabited mainly by Tamang. The name Shertung means 'place of gold'. According to a legend, two brothers in search of gold were led here by a dream and thus the settlement was born. Tamang people have own rich culture of Jhankri or shaman dance, as well as the Ghode or horse dance, having originated in Tibet. Jankri (shaman) activity is robust in this territory with the worship of natural forces and indigenous local deities interwoven with Hindu and Buddhist practices.

Trekking 6-7 hrs overnight in tent. **MEALS** **B** **L** **D**

DAY 10

TREK TO NEBER GAUN

Take breakfast and then just after begin walking to the warm and hospital village of Chalise home of Gurung people and small portion of Dalit people (untouchables). The trek continues to Tatopani (hot spring) where you enjoy the hot waters and bath followed by lunch. After lunch we will trek all way up to a pristine Tamang village named Neber. Enjoy high valley village stay with locals. Trekking 5 hrs overnight in tent. **MEALS**

B **L** **D**

DAY 11

TREK TO LAPA GAUN

Take breakfast and trek all the way up to Timla Pass (3850 m/12,705Ft) walking about 2 hours, and enjoy the stunning massive Ganeshe Himal ranges and Langtang himal. Passing through dense Himalayan alpine forests is a highlight today. You will then trek downhill to Lapchat gaon it is a charming Gurung village with nearly 30 homes. Cross the Lapa Khola on a box bridge and ascend along a trail surrounded by fields to the walled compound of a newly built hospital of the large town of Lapa gaon with over 400 homes. Lapa gaon also a big community of Tamang people where you will have a lots of opportunities to learn about Tamang culture.

Trekking 4-5 hrs overnight in tent. **MEALS** **B** **L** **D**

DAY 12

TREK TO RI GAUN

Take breakfast at the same place and then trek downhill to Chyamchat village and down in the gorge Ankhukhola. You will be passing through local villages, paddy terraces before arriving at Kutawal village where you will stop for lunch. The trek continues via Tawal to Ri Gaun village which has a big community of Tamang. Trekking 5 hrs overnight tents.

MEALS **B** **L** **D**



DAY 13

TREK TO PHUL KHARKA

Today is quite easy walking as you pass through Bhramin villages and dalit village as well as paddy terraces and more open valley views, before finally arriving in Phulkharka gaon. Trekking 5 hrs overnight in tent.

.MEALS **B L D**

DAY 14

TREK TO JHYAMRUNG DURBAR

Trek to Ankhu khola side and innumerable villages along the way make for another interesting trekking day. After lunch the trek continues uphill to Jyamrung Durbar/danda which is historically popular; it is said that king of the Jyamrung used to live here and the centuries old palace still can be seen. Trekking 5-6 hrs overnight at tents. MEALS **B L D**

DAY 15

TREK TO DHADING BESI-DRIVE KATHMANDU

Sun rise view; take breakfast and then trek via Dodke danda to Dhading Besi walking about 2 hrs. You will have stunning views of Dhading Besi. Dhading Besi is the head quarter of Dhading district where government administration offices are based. Take lunch and 3 hours bus drive back to Kathmandu via Prithivi highway. Check into hotel Shambala get rested and take well deserved hot showers. Evening is free at leisure. There is a good restaurant in the hotel and they offer room service MEALS **B L**

DAY 16

CITY TOUR

This morning after breakfast you will be picked up from your hotel at 10 am for a half day tour of Bhaktapur and Swayambunath. Swayambhunath, also called The Monkey Temple, was constructed around the 5th Century and remains one of the highlights of any visit to Kathmandu. This Buddhist temple is famous for the hundreds, if not thousands, of monkeys who lounge around and call this place home. As you climb the hundreds of steps to the top, be mindful of your primate friends as they are adept at pickpocketing! Once you have huffed and puffed your way to the top enjoy sweeping views of the Kathmandu .

You will then make your way to Bhaktapur. Your visit to Bhaktapur is a journey into the past. As soon as you pass beneath the outer wall of the city you are transported back to Nepal's golden age, an age of kings and warriors and gods, a time of plenty as well as a time of great creativity. Walk amongst the hand carved stone and wood structures and pass through the palace of Nepal's last king. Bhaktapur took heavy damage in the April 2015 earthquake, but its residents remain resilient. . In the afternoon you will be picked head back to your hotel for some rest and get cleaned up for dinner. You will be picked up from your hotel at 6:30 to a celebration dinner at Bhojan Griha which offers delicious food and a dance show. This is a great way to celebrate your remarkable time in Nepal Overnight hotel Shambala.

MEALS **B L D**

DAY 17

DEPART KATHMANDU

This morning after breakfast enjoy your last afternoon in Kathmandu doing any last minute shopping. You will be picked up from your hotel 3 hours before your flight departure and transferred to the airport for your flight home. If you are planning on staying on let us know and we can extend your hotel stay. MEALS **B L D**

TRIP DETAILS

COST PER PERSON:

\$3445

TAX WRITE OFF \$1295

- ALL AIRPORT TRANSFERS
- CHARTERED BUS: KATHMANDU TO KARKI GAUN AND DHADING BESI TO KATHMANDU
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Crooked Trails
Travel With A Purpose