

Why Homestay Hike?



ENJOY THE HIMALAYAS WITH SHORT TRAILS.
Although you can't spare your time for a long trek, there are many short trails you can still enjoy the Himalayas. Spend your own quality time away from busy tourist attractions.



EXPERIENCE THE REAL VILLAGE LIFE
Explore the real village life on the wonderful rice terraces. Taste the local organic food, and cook your own Dal Bhat. Feel the changing seasons with different views.



POSITIVE INFLUENCE ON THE VILLAGE
Homestay villages receive tourists upon their own rules. Most of the villages save \$1 per tourist as a community fund for road maintenance, environmental improvement, and preservation of the culture. Your consumption can make a good impact on the village.



RURAL WOMEN EMPOWERMENT
Since most of the men left the village for jobs, women have taken care of the village for themselves. Women's participation is a large part of the homestay, too. Women take active roles in greeting tourists, making food, organizing cultural events and even homestay committee activities. Profits from the homestay will support their economic conditions and strengthen their abilities.



Planning /Content Creation :
Yunmi Seo (Asha)
nepalvillagehike@gmail.com

Financial Support :
KOICA (Korea International Cooperation Agency) www.koica.go.kr

Research Local Guide :
Arjun Adhikari (Into Nepal)

Cooperation :
Pokhara Metropolitan City Office

English Translation :
Jinsung Oh

How to prepare your hike ?

One of the most important things is your attitude of mind. Traveling is not just about admiring the scenery. It is also about trying to understand a different culture and interacting with local people. If you are ready not to judge the different culture, religion, and lifestyle, you may start on a journey.

Shower : It's a very local style. It's not in the house. There's a small shower booth in the yard. You can take a shower with the hose attached inside.

Water : You'll be provided with local water that village people drink. If there's a store in the village, you can buy mineral water. Otherwise, bring your own water.

Food : The staple food of Nepal is Dal Bhat. It consists of lentil soup called 'Dal' and steamed rice 'Bhat'. It is served with local organic vegetables as side dishes. If the village raises chickens, you can order non-veg chicken Dal Bhat as well. They have 'Khaja (snack)' between lunch and dinner. It could be corns, roti (Nepalese flatbread), rice bread, eggs, or chiya. Nepalese have Khaja quite late, so dinner time will be 8-9 p.m. in the evening. You'd better check the dinner time with your host. Chiya is Nepalese black or milk tea. When you have chiya, you'd better tell your host about the amount of sugar you take as Nepalese take chiya very sweet. Breakfast is usually chiya, eggs, and roti. If you have any preference, you might talk with your host about the next day's breakfast in the evening. You may have a look at the kitchen while your host makes Dal Bhat and participate.

People : So many different ethnic groups coexist in Nepal. There are over 100 languages as well. We encourage you to look up some information about people in Nepal. In most villages, there are Gurung people. If you check up on any books, videos or documents especially about Gurung people before you come, you can get closer to local people's lives. In Gurung villages, you can drink Raksi which is the traditional distilled alcoholic beverage.

Cultural Programs : If you visit the village as a group, you can ask for a cultural program. You can enjoy traditional dance, music and all. It usually starts after dinner. You'll have a delightful night, dancing and listening to music with village people. It could be a fixed price, and if it's not, you may pay individually depending on your satisfaction.

Festivals and time to visit : Hinduism is a huge part of Nepal. However, Shamanism, Tibetan Buddhism and other religions and different groups of people make festivals more colorful. The best time to visit Nepal is from Feb to May and from Sep to Dec. The weather is wonderful during those months.

In March, there's 'Shiva Ratri' which is to praise Shiva, one of the three main gods in Hinduism and 'Holi', the festival of colors. The Nepali New Year is in April. From mid-June to mid-July is called 'Ashad'. It's the busiest season to plant rice. You can see the villages getting colored with green while enjoying 'Ropain', the rice planting festival.

In mid-July, Nepalese women apply 'Mehndi (Henna)' on their arms while wearing green bracelets to celebrate 'Saune Sankranti', the solstice festival. And it is followed by many different Hindu festivals. 'Teej', the monsoon festival celebrated by women, is in September. The two biggest festivals 'Dashain' and 'Tihar' are in October and November.

*The Himalayas are not something that you can always see. Nepalese say that only God allows you to see. The mountains are hardly seen in the monsoon season. (June to August)

equipment and other useful information are listed on the website - www.nepalvillagehike.com



Contact

If there are any inquiries about the project, please contact
nepalvillagehike@gmail.com

You cannot get a connection with guides or villages on this website. Contact numbers are listed with the route of the villages. You can visit villages according to the information of the route on your own.

However, there are many places with no road signs. We suggest that you go with a guide in case you get lost or have any safety accidents. If a guide accompanies you, it'll be much easier to communicate with village people. There are many travel agencies near Fewa Lake. You can look up the list of travel agencies on the website of TAAN (Trekking Agencies' Association of Nepal). It can connect you with over 150 agencies in Pokhara.
www.taanpokhara.org



Code of Conduct

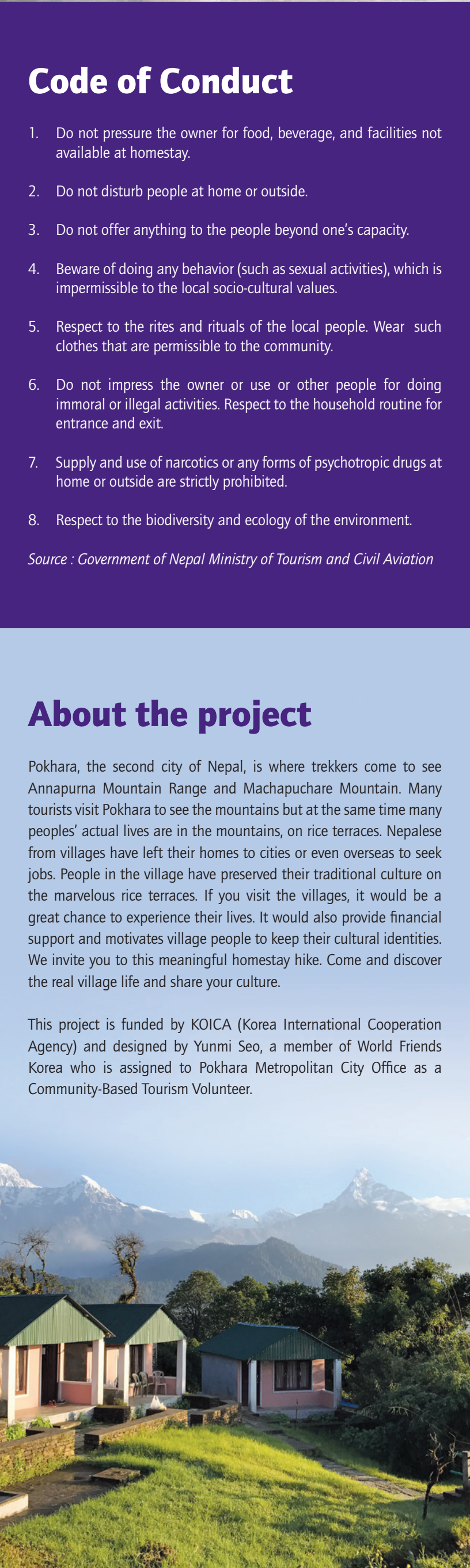
1. Do not pressure the owner for food, beverage, and facilities not available at homestay.
2. Do not disturb people at home or outside.
3. Do not offer anything to the people beyond one's capacity.
4. Beware of doing any behavior (such as sexual activities), which is impermissible to the local socio-cultural values.
5. Respect to the rites and rituals of the local people. Wear such clothes that are permissible to the community.
6. Do not impress the owner or use or other people for doing immoral or illegal activities. Respect to the household routine for entrance and exit.
7. Supply and use of narcotics or any forms of psychotropic drugs at home or outside are strictly prohibited.
8. Respect to the biodiversity and ecology of the environment.

Source : Government of Nepal Ministry of Tourism and Civil Aviation

About the project

Pokhara, the second city of Nepal, is where trekkers come to see Annapurna Mountain Range and Machapuchare Mountain. Many tourists visit Pokhara to see the mountains but at the same time many peoples' actual lives are in the mountains, on rice terraces. Nepalese from villages have left their homes to cities or even overseas to seek jobs. People in the village have preserved their traditional culture on the marvelous rice terraces. If you visit the villages, it would be a great chance to experience their lives. It would also provide financial support and motivates village people to keep their cultural identities. We invite you to this meaningful homestay hike. Come and discover the real village life and share your culture.

This project is funded by KOICA (Korea International Cooperation Agency) and designed by Yunmi Seo, a member of World Friends Korea who is assigned to Pokhara Metropolitan City Office as a Community-Based Tourism Volunteer.

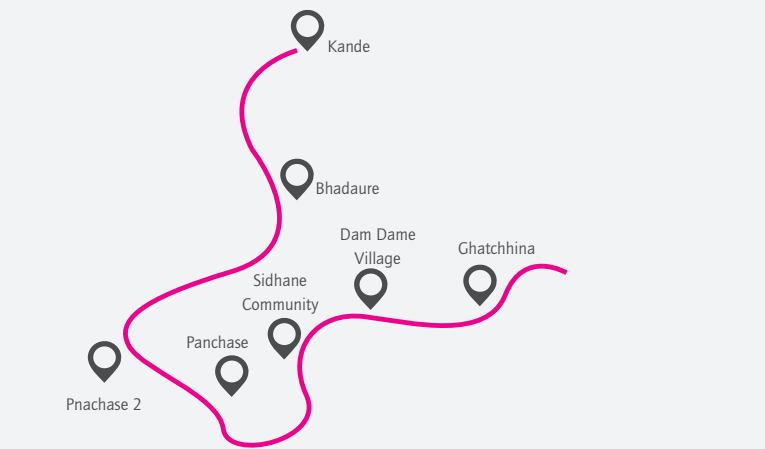


1

Panchase - Bhadaure

A trail of yoga and meditation where you can see the panoramic sunrise and sunset.

Route :
Ghatichinna - Shidane - Panchase - Bhadaure - Kande
(1 Night 2 Days) via Australian Camp (2 Nights 3 Days)



Contact :
Sidhane (Bal Shiva Gurung, 9804118682)

for more details please visit www.nepalvillagehike.com



2

Chapakot (Ghaderi) - Bhumdikot

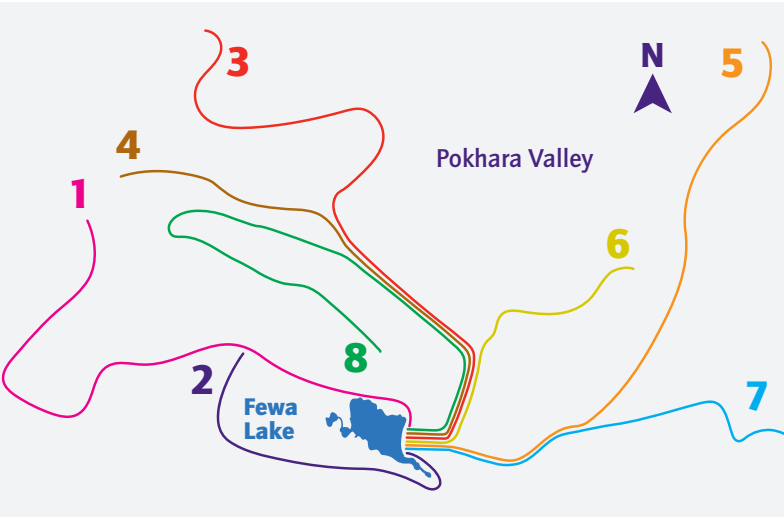
A trail that leads you to Peace Pagoda where you can look down Fewa Lake.

Route :
Hallanchowk - Pame - Chapakot (Ghaderi eco-village) (1 Day),
Bhumdikot - Chapakot - Pokhara (1 Day),
Bhumdikot via Peace Pagoda (1 Night 2 Days)

This village is called 'Eco-village' because people have been working on a project of collecting waste plastic bottles in Fewa Lake and building structures out of the bottles.

Contact :
Ghaderi eco-village (Min Bahadur BK 9813127542, Kidar Nath Parajuli 9880034188)
Bhumdikot (Himalayan View Tea House 9846024954)
Kalabang Homestay (Prakash Gurung 9846041805)

for more details please visit www.nepalvillagehike.com

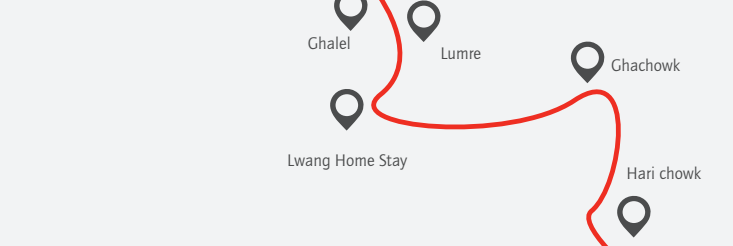


3

Lwang, Ghalel, Ghachowk

A trail with a marvelous view of Pokhara from the tea farm in Lwang.

Route :
Lwang - Ghalel - Lumle (1 Night 2 Days),
via Ghachowk (2 Nights 3 Days)



Ghachowk (Thuche) village is the starting point of Machapuchare Model Trek. 20 households have started homestay in 2018 with the support of Karitas. Lwang is the destination of Mardi Himal Trek. You can either pass by the village or you can visit the Tea Garden at 1600 meters high. It's a 30-40 mins walk. The view of villages and downtown Pokhara from the garden is wonderful.

Contact :
Ghachowk (Ash Kumar Gurung 9816649645)
Lwang (Tham Bahadur Chhantyel 9806655133, 9846551143)
Ghalel (Shanti Gurung 9846355247)

for more details please visit www.nepalvillagehike.com

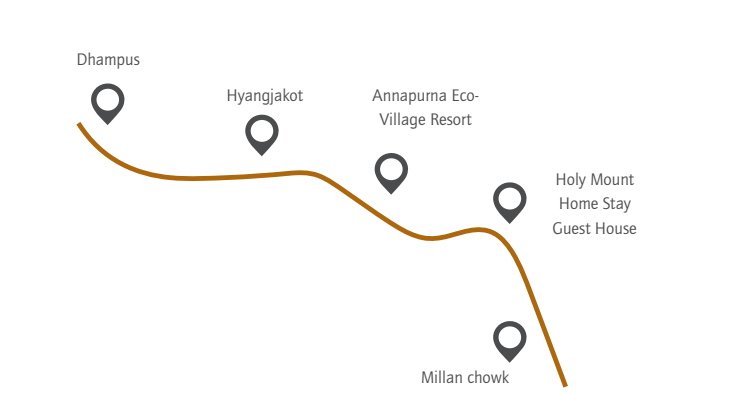


4

Astam, Hyangjakot, Dhampus

A trail to Australian Camp. Raksi, the traditional Gurung liquor, is on the way!

Route :
Millanchowk - Astam - Hyangjakot - Dhampus - Phedi (1 Night 2 Days)
via Australian Camp (2 Nights 3 Days)



Contact :
Hyangjakot (Kumar Gurung 9846382962)

for more details please visit www.nepalvillagehike.com



5

Sikles, Tanting Eco-Trekking

An impressive trail that you can enjoy the lights of the village shining like stars.

Route :
Sikles - Tanting (1 Night 2 Day),
Armala - Atighar - Mauja - Thak, Eco-trekking (4 Nights 5 Days)

Sikles and Tanting are located along both sides of a deep winding valley.

You can see the lights of the opposite village shining just like stars at night, and the grand Himals in the morning.

Tanting is a big village with over 200 households, and 12 out of them are running homestay. From a Buddhist temple to traditional style houses with wooden windows, it's a good place to walk around and see here and there.

Contact :
Sikles (Tajmaya Gurung 9827120372)
Thak (Bikash Gurung 9846198454)
Tanting (Pas Maya Gurung 9846293063, 9817155770)
Yangjakot Homestay (Roshan Gurung 9817556961)

for more details please visit www.nepalvillagehike.com

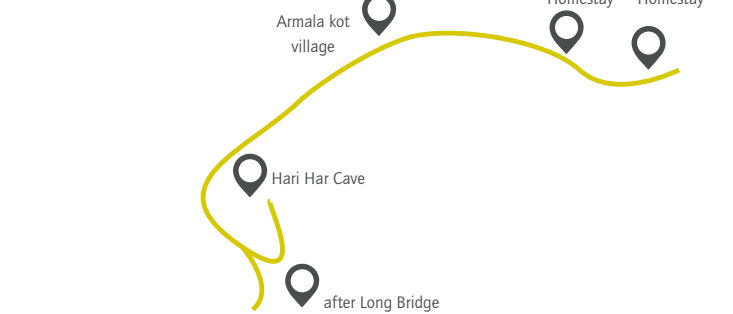


6

Long Bridge, Armala, Mauja

A trail with a beautiful view of Long Bridge and small beautiful villages.

Route :
Valam (long bridge) - Harihar cave - Armala - Aatighar - Mauja - Kahu Khola (1 Day or 1 Night 2 Days)



If you choose to have a one day trail, your hike will start in the morning and ends in the evening. (6-7 hours hike.) Or you may stay one night in Aatighar or Mauja, if you feel tired walking long hours. This trail starts from Long Bridge near Gurkha Museum.

Contact :
Aatighar (Damber Kumari 61-621409)
Mauja (Yagobara Homestay 9806772506)

for more details please visit www.nepalvillagehike.com

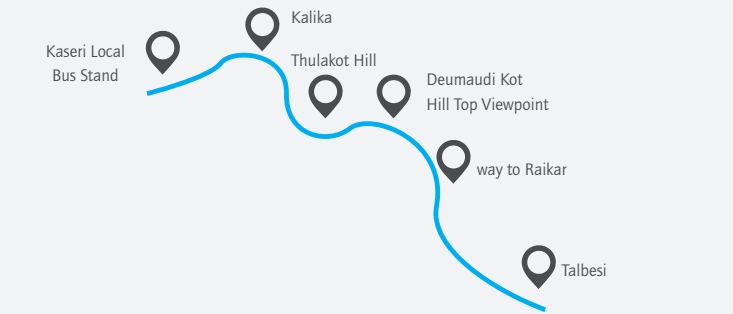


7

Thulakot, Chisapani, Begnas Lake

A skyline trail along the Himalayas, Rupa Lake, and Begnas Lake.

Route :
Kasyari - Thulakot - Lipeyani - Chisapani - Talbesi (2 Nights 3 Days),
via Rupa lake, Begnas lake (3 Nights 4 Days)



There was no accommodation in the old days, so people used to camp to enjoy this trek. Nowadays, many roads are under construction and there are a few accommodations available. But still, there are not many. When Prince Charles, The Prince of Wales, and Mick Zaggarr, the vocalist of The Rolling Stones visited this trek, it became famous and people called it 'Royal Trek'.

for more details please visit www.nepalvillagehike.com

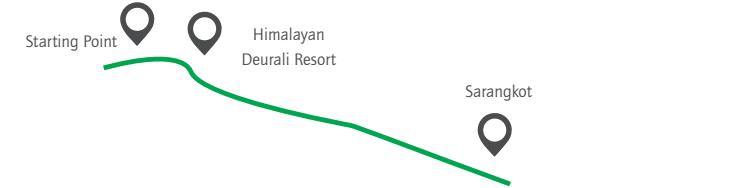


8

Accessible Trek

The very first accessible trekking trail.

Route :
Naudanda - Deurali - Kaskikot - Sarangkot (1 Day)



Accessible tourism which is inclusive of people with disabilities and the elderly has been an important issue along with 'Inclusive Tourism' and 'Tourism for all'. The International Conference on Accessible Adventure was held in Pokhara in March 2018. There were case presentations regarding 'Slow Walk', and the importance of accessibility for disabled and elderly people was discussed. The first accessible trekking trail was inaugurated as a part of the conference with the participation of differently-abled people from all around the world.

Wheelchair accessible trail is 45 minutes long at the moment. It's not quite possible for a wheelchair user to go there by oneself, yet. But still, it is very meaningful that the first accessible trekking trail was launched. If you are a wheelchair user, you need to take a ride from the viewpoint.

for more details please visit www.nepalvillagehike.com

