

# Community Involvement Program with Cultural Exchange

Experience Nepal in a whole new light with Adventure Thirdpole Treks, your trusted partner in authentic and transformative travel experiences since 1992.

## Our Offerings: From Exploration to Empowerment

At Adventure Thirdpole Treks, we don't just offer travel packages; we provide opportunities for meaningful engagement and personal growth. Whether you're a thrill-seeker or a cultural enthusiast, our diverse programs cater to all preferences. Our repertoire includes:

- Trekking and Cultural Tours: Uncover Nepal's breathtaking landscapes and vibrant heritage.
- Mountaineering Expeditions: Conquer new heights and challenge your limits.
- Jungle Safaris: Immerse yourself in the wonders of Nepal's wildlife.
- Adventure Sports: Feel the adrenaline rush through activities like white-water rafting, paragliding, and more.
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## Beyond Borders: Exploring South Asia

Extend your horizons beyond Nepal's borders with our travel services to Bhutan, Tibet, and various regions of India, including Sikkim, Ladakh, and Darjeeling. Immerse yourself in diverse cultures and landscapes, creating unforgettable memories along the way.

## Our Promise: Your Experience, Our Priority

Adventure Thirdpole Treks is committed to curating travel experiences that resonate with your interests and aspirations. Our team of experts ensures personalized care at every step, allowing you to explore and connect with the world in a meaningful way.

## Making an Impact: Our Community Initiatives

Our journey isn't just about adventure; it's about giving back. We take pride in our community service projects that empower rural communities and contribute to education development in Nepal. By joining our efforts, you can be part of sustainable change and create a positive impact that lasts.

## Seamless Support: Every Step of the Way

Your comfort and convenience are our top priorities. From logistics to communication, our dedicated staff and helpers ensure that you're well taken care of throughout your journey. Expect more than just assistance; our team becomes your guides, friends, and sources of inspiration.

## Unveil the Possibilities: Plan Your Adventure Today

Adventure Thirdpole Treks invites you to explore, connect, and transform through travel. Let us tailor a program that aligns with your preferences, budget, and timeframe. From two-week escapes to extended journeys, we offer hands-on experiences, classroom teaching, and outdoor interactions that go beyond the ordinary.

## Unleash the Explorer in You: Your Adventure Awaits

Join us in Nuwakot, the charming hill station north of Kathmandu, for an unforgettable travel experience. Explore its rich history, engage with local communities, and contribute to their development while immersing yourself in Nepal's captivating landscapes.

Rediscover travel with Adventure Thirdpole Treks—where every journey is an opportunity for personal growth, cultural exchange, and creating lasting memories.

Duration: 7 days

Price: \$665

Rating: 5 Star

Grade: Easy

Destination: Nepal

Activity: Tour in Nepal

### **Itinerary:**

#### **Day 1:** Arrive Kathmandu

Upon arrival meet and transfer to hotel. Briefing and welcome drink. The late afternoon begins the tour with a visit to Swayambhunath Stupa, where you can see the whole Kathmandu valley with sunset view. The Stupa, listed as a World Heritage Site, is one of the holiest Buddhist sites in Nepal and its establishment is linked to the creation of the Kathmandu Valley out of a primordial lake.

#### **Day 2:** Kathmandu

After breakfast visit Kathmandu Durbar Square, a UNESCO World Heritage Site, and if you are lucky, you will get a glimpse of the famous Kumari, the world's only living Goddess. This complex of palaces, courtyards, and temples like Hanumandhoka Palace, Kumari Ghar (Abode of the Living Goddess), Taleju temple, built between the 12th and 18th centuries, used to be the seat of the ancient Malla Kings of Kathmandu.

Next visit Patan Durbar Square which is one of the three major cities in Kathmandu Valley, famous for its Buddhist monuments and Hindu Temples. Watch the traditional artisans working with wood, stones, and metals.

After lunch visits Boudhanath Stupa, one of the world's largest Stupa built in the fifth century AD. It looms 36 meters high and presents one of the most fascinating specimens of Stupa design with hundreds of prayer wheels and 108 small images of Buddha all around.

#### **Day 3:** Kathmandu – Nuwakot

After breakfast drive to Nuwakot which offers the breathtaking view of the northern Himalayan Range including Manaslu to Langtang Range can be seen. It is a scenic drive with lots of lovely quaint little houses and paddy fields which takes about one and a half hours. Upon arrival, check in and explore the village school for about 20 minutes. Upon reaching school, short welcome ceremony. Begin community service work. We will have lunch and tea in school. Late afternoon end of work for the day. Back to camp.

#### **Day 4:** Nuwakot

After breakfast, full day community service work at the village school and interaction program with local students. We will have

lunch and tea in school. Late afternoon end of work for the day. Trek back to Camp.

**Day 5: Nuwakot – Kathmandu**

After breakfast, we drive you back to Kathmandu. On the way, a stop-over at Kakani hill viewing the landscapes. Kakani is the place to view the wide land terraces. We continue driving you toward the hotel in Kathmandu. Late afternoon free at leisure to explore the local market.

**Day 6: Kathmandu**

After breakfast, we take you to Bhaktapur Durbar Square, a conglomeration of pagoda and shikhara – styled temples grouped around the ancient Fifty-Five-Window Palace. The square is one of the most charming valleys as it highlights the ancient of the kings perched on top of stone monoliths, the guardian deities looking out from their sanctuaries and the wood carvings all seem to form a well-orchestrated symphony.

Afternoon drives back to the city and checks in the hotel. Late afternoon free at leisure to explore the local market.

**Day 7: Departure**

After breakfast last minute shopping. Late morning transfer to airport for the fly out.

**Cost Include:**

- All private transportation including airport transfer as per above itinerary
- All the city tour with English speaking tour guide
- All the accommodation on twin or triple sharing basis
- All the entrance fees for sightseeing
- Project cost subject to scope of work including materials, transport and manpower

**Cost exclude:**

- Return international airfare
- Nepal visa
- All the entrance fees
- Travel insurance
- All alcoholic and other beverages
- Personal clothing
- Laundry
- All personal expenses
- Liabilities of loss, theft and damages
- Tips for driver and guide