



NEPAL
#stillSmiling

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Muchok, Gorkha
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GoPhilanthropic
Changing the way we see the world...

Rebuilding Nepal: A Journey of Resilience March 20th - 29th, 2016

Join Us...

Nepal is a region offering staggering beauty in many forms — home to eight of the world's ten highest peaks, including the ultimate summit, Mount Everest. The religious blend of Buddhism and Hinduism create a rich tapestry of ancient culture and tradition. But despite its natural splendor and heritage, Nepal remains one of the poorest countries in the world and after a decade long civil war, it continues to struggle with political instability and corruption. On April 25 of this year, Nepal suffered a devastating 7.8 magnitude earthquake, changing the face of this country forever.

Join us as GoPhil returns to Nepal to experience the resilience of the human spirit first-hand and to see how communities are rebuilding their lives, their homes and their ancient monuments. Since the earthquake, GoPhilanthropic Foundation has been actively involved in providing reconstruction and educational grants to small community-based programs in the region.

This journey involves meeting with a variety of courageous change-makers, community leaders and small local non-profits working hard to develop a stronger Nepal, through education, empowerment and reconstruction projects. Alongside visiting the most famous temples and spiritual sites and hiking through spectacular scenery, you will take part in important discussion topics relating to religion, recent political unrest, and most importantly, the opportunities and challenges in rebuilding this magical region.

Go...learn...and see for yourself the inspiring work taking place in communities and villages around the world - then become a partner in providing solutions.... www.gophilanthropictravel.com

Trip Highlights

- Explore the bustling cultural blend of Kathmandu, visiting its most famous temples teeming with daily rituals — see first-hand how the city is reconstructing since the earthquake.
- Take an optional one hour flight to see the majestic Mount Everest up-close.
- Learn about the issues surrounding human trafficking and engage with two inspiring programs fighting against it.
- Tour the ancient heritage town of Bhaktapur and visit with local artisans hard at work restoring their historical monuments.
- Visit with GoPhilanthropic's partner program, TOIT School in Bhaktapur, providing free education and vocational opportunities for underprivileged children and their families.
- See the impact of GoPhilanthropic's Earthquake Relief Fund at work in the village of Dadagaun.
- Spend three days soft trekking through the spectacular scenery and mountain passes of the Annapurna Mountain Region.

Itinerary

March 20 — Arrival



Upon arrival, you will be greeted by your guide and taken to your hotel in the popular area of Kathmandu — Thamel. After a brief rest, and time permitting, drive to the west of the valley to experience Swoyambhunath, one of the World Heritage Sites and best visited at dusk, when the stupa and temple are filled with people going about their daily rituals.

Enjoy a traditional dinner at Bhojagriha. The four story renovated building dates back over one hundred and fifty years and originally belonged to the royal priest of the King of Nepal.

Meals: Dinner

Accommodation: Daila-La Boutique Hotel

Surround yourself in the environs of traditional Nepalese architecture, accentuated with a harmonious balance of Buddhist motifs in this newly restored boutique hotel in the heart of Thamel. From the hotel you can wander the streets and markets of Thamel, offering a large variety of cafes, vendors and restaurants.

March 21st — A visit to Kathmandu's most famous temples



After breakfast, connect two of the most important heritage sites of Kathmandu. The walk takes you from Pashupatinath, famous amongst Hindus, to Boduanath, famous amongst Buddhists.

Walk to the offices of our travel partners Social Tours for a detailed trip briefing. Social Tours has been a leader in responsible and ethical tourism and is very involved in the community-based non-profit world in Nepal. Learn about their courageous work during and after the earthquake.

Enjoy lunch at a nearby restaurant.

In the afternoon, visit the creative Karma Coffee shop for a discussion with Next Generation Nepal, founded by Connor Grennan, author of “Little Princes” (*recommended reading*). Learn about the issue surrounding the trafficking of children, orphanage tourism and how the earthquake exacerbated an already shocking human rights issue. Next Generation Nepal offers temporary care and education for children trafficked into exploitative children’s homes. The rescued children stay temporarily in the safety of their transitional home while the process of family tracing and reconnection begins.

Return to the hotel and enjoy a leisurely evening exploring the bustling streets of Thamel

Meals: Breakfast

Accommodation: Daila-La Boutique Hotel

March 22nd — Optional Mountain Flight, SASANE anti-trafficking program & Market Tour



This morning you have the option of taking a once in a lifetime **Everest View Mountain Flight**, one of the world’s most exclusive tours (\$250.00) This one-hour flight takes you deep into the Himalayas, flying into valleys close to the rock face, as close as five nautical miles from the Everest itself. Now you can see the stunning beauty of nature, raw, undiluted and truly majestic.

For those who do not wish to take the flight, enjoy a morning yoga or meditation class or a visit to the Himalayan Healers of Nepal for Spa Treatments. This amazing program was founded in order to offer women of the “untouchable” (dalit) caste an opportunity to start new lives.

Midday we will visit the offices of **SASANE** — a program established in 2008 by former female victims of human trafficking on the principle that survivors can create social change to eradicate human trafficking and reintegrate survivors into society as respected members of the community. **SASANE** has adopted a rights-based approach to break cycles of exploitation and victimization and address the conditions facilitating the recent increase in human trafficking and the explosive growth of Nepal's night entertainment sector.

The survivors run a lunch program and momo (dumpling) making course which supports **SASANE's** education and paralegal programs as well as providing a platform for the women to practice their English, a skill that will largely contribute to further employment opportunities in the future.



After lunch, enjoy a tour of the bustling bazaars of Ason, where travelers pass by while walking to the World Heritage Site of Kathmandu Durbar Square, but rarely understand the order within the seeming chaos of cycles, motorcycles, temples and the crowd. On this trip, we showcase the clothes bazaar, the vegetable market, the spice shops, the herb shops, the utensils market, the traditional Nepali clothing market and the wholesale of Tibetan items.

Meals: Breakfast, Lunch

Accommodation: Daila-La Boutique Hotel

March 23rd — Visit UNESCO City of Bhaktapur and TOIT Community Program

After breakfast, drive one hour away to the ancient city of Bhaktapur. This city, steeped in heritage and historical monuments, was severely affected by the earthquake. Be guided



through city which has now given rise to legendary architects and master artisans, whose skills are helping to restore monuments.

Later meet with the Founders and staff at **TOIT**, a program offering free schooling, sponsorships and community outreach in an impoverished area. Post earthquake, GoPhilanthropic donors funded a supplemental lunch program and psychological counseling to **TOIT**'s students and their families. During the difficult weeks following the earthquake, **TOIT** represented an important hub for community support, offering a much needed sense of normalcy and structure for children and their families.

In the late afternoon, escape the crowds of the city and transfer to the serene Shivapuri Heights Cottages. Enjoy a traditional Nepali home cooked evening meal and discussions with Steve Webster, owner of the cottages. An experienced trekking guide who has been living in Nepal for two decades, Steve offers a wealth of knowledge on life in Nepal and the ever-growing world of development/aid.

Meals: Breakfast, Lunch, Dinner

Accommodation: Shivapuri Heights Cottages

Shivapuri Heights Cottages is located in the foothills just north Kathmandu. The cottage combines traditional Nepali architecture with the comforts of modern living and owner Steve's own personal touches.

March 24th — Dadagaun Village Project

Enjoy breakfast overlooking the Kathmandu valley, then drive a short distance to the village of Dadagaun, made up of 250 people of the Tamang ethnic minority. Learn about the **Dadagaun Village Project**, a program



dedicated to enhancing the education of children residing the village as well as supporting the forty children living in the village orphanage. Most of the 100 homes in the village were destroyed during the earthquake — see the impact of GoPhilanthropic's grants towards rebuilding Dadagaun village and explore educational strategies to create a more sustainable future.

In the afternoon, enjoy time at your leisure for spa treatments, take a cooking class or hike to a local temple in the nearby foothills.

Meals: Breakfast , Lunch, Dinner

Accommodation: Shivapuri Heights Cottage

March 25th — Flight to Pokhara - Begin Trekking the Annapurna Region



Transfer to the airport for the 30 minute flight to Pokhara. After arrival in Pokhara, transfer by road with guides and porters to the trek starting point (1-hour). The walk will follow a ridge line in the lower foothills of the Annapurna Valley. This route will take you to the Gurung Lodge in the village of Majhgaun at 4750 ft / 1450 m. The uphill trek to the Gurung Lodge takes about two hours and passes through the village of terraced farmland. No previous trekking experience is needed.

Meals: Breakfast, Lunch, Dinner

Accommodation: Ker & Downey Gurung Lodge

The Gurung Lodge is built along the lines of a traditional Nepalese village. Every room has spectacular view of Annapurna South and Hiunchuli.

March 26th — Trek to Sanctuary Lodge

After breakfast, leave the Majhgaun village and descend towards the Modi River Valley. After crossing the Modi river, trek to Lamakhet where Ker & Downey's Sanctuary Lodge is located at 3470 ft/1060 meters. Lunch is at the lodge followed by an optional walk to the nearby village of Birethanti, or the afternoon is free to explore the surrounding river valley. (Trek time 2 hours)

Meals: Breakfast, Lunch, Dinner

Accommodation: Ker & Downey Sanctuary Lodge

With stunning views of the sacred unclimbed Fishtail Mountain in the distance, this stylish lodge at 3,600 feet was hand crafted by local artisans.

March 27th — Trek and drive to Pokhara



After an early breakfast, depart Sanctuary Lodge to the valley floor (trek time 1 ½ hours) We then transfer by vehicle to Pokhara (30 minutes) and on to the Fishtail lodge. Enjoy the remainder of the day exploring this bustling little town, filled with markets, cafes and unique shops.

Meals: Breakfast

Accommodation: FishTail Lodge

Situated on a peninsula with the Fewa Lake on one side and a forest-covered hill on the other, Fish Tail Lodge offers spectacular views all round making it a unique lake resort.

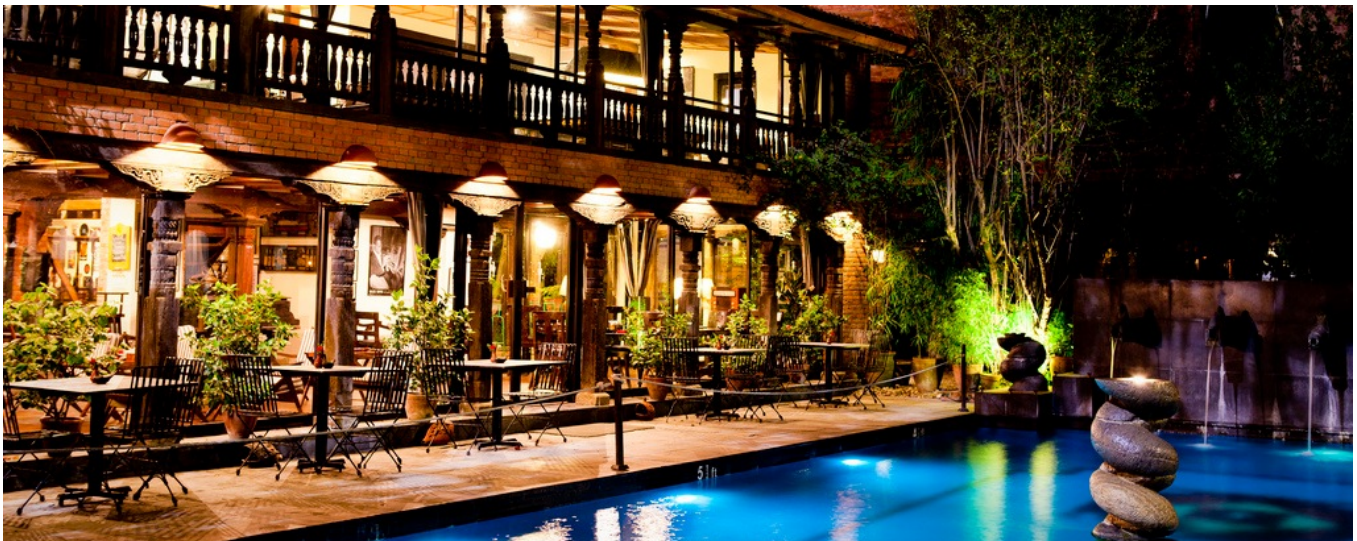
March 28th — Return to Kathmandu and Farewell Dinner

After breakfast, transfer to the airport for a flight back to Kathmandu. Upon arrival you will be met and transferred to the award winning Dwarika's Hotel, located 5 minutes from the airport and 20 minutes from the tourist district of Thamel.

Meals: Breakfast, Farewell Dinner

Accommodation: Dwarika's Hotel

This Heritage style Hotel is beautifully designed with traditional Nepalese carvings and offers superb service and accommodation.



March 29th — Departure

Transfer to the International airport for your final departure from Kathmandu.

Meals: Breakfast

Accommodation: none

TRIP COST:

\$3,500.00 per person / single supplement \$920.00

Trip Includes:

- *Accommodation with breakfast*
- *Gratuities during the main program*
- *All airport transfers and long drives as mentioned in the itinerary.*
- *Domestic flights Kathmandu/Pokhara and Pokhara/ Kathmandu by scheduled air services.*
- *All meals as mentioned, excluding beverages*

Cost excludes:

- *Personal insurance*
- *Price rises beyond our control (e.g.; increase in permit fees, airfares)*
- *Charges for unexpected expenses*
- *Personal expenses such as gratuities, laundry, etc.*
- *Personal clothing and equipment*
- *Nepal visa*

GoPhilanthropic has various on-going fundraising in Nepal. Options to raise much needed donations for rebuilding will be discussed prior to and during the journey.



GoPhilanthropic relief being delivered in remote mountain village of Dimbul