



Rural Life with the Locals:

A Journey through Narchyang and Hemjakot



Trip Overview:

Journey through villages that stay close to the mountain laps and vibrant city of Pokhara, where you can witness serene landscapes while immersing yourself in meaningful cultural exchanges with local communities. This trip introduces you to the villages of [Narchyang](#) and [Hemjakot](#) with breathtaking charm. You will experience a lifestyle where the pace of life slows down, allowing you to connect with warm-hearted locals and participate in their daily routines. From cooking unique local dishes to tasting local wine, hiking to viewpoints and soaking in natural hot springs, this experience offers a blend of nature, relaxation, and cultural exploration.

In [Narchyang](#), you'll hike to the serene upper village full of abundant farm fields and witness a stunning waterfall that overlooks the entire settlement on the way. [Hemjakot](#) further enriches the experience as you engage in cooking unique local dishes and a refreshing yoga session. You will build connections and understand how community tourism supports these rural communities. Balancing serene village life with a splash of modern charm, the journey concludes with leisure time in the lakeside city of [Pokhara](#). A lakeside serene town nestled beneath the Annapurna mountain range, known for its stunning natural beauty and relaxed atmosphere. Travellers flock to [Pokhara](#) for its breathtaking views of snow-capped peaks, peaceful boating on Phewa Lake, and adventure activities like paragliding, zip-lining, and

trekking. The city also serves as the gateway to popular treks such as the Annapurna Base Camp and Ghorepani Poon Hill.

This trip isn't just about visiting Nepal; it's about experiencing its essence through its people, landscapes, and culture. Every day unfolds a new chapter of discovery, offering you lasting memories of connection and community.

Highlights:

- Explore the picturesque village of Narchyang, meet the community, and engage in their day to day activities.
- Hike to a stunning waterfall of Narchyang, where you can catch a view of the whole village and Upper Narchyang
- Try out Archery, a traditional sport with the locals or take a dip in the natural hot spring near the village of Narchyang
- Enjoy meals made with fresh, locally sourced ingredients from their vegetable garden and fields near their houses
- Engage in meaningful cultural exchange with community hosts, learning about their lifestyle, traditions, and crafts.
- Learn and enjoy cooking unique dishes and crafting local alcohol with the community of Hemjakot.
- Bask in the backdrop view of the marvellous mountain ranges visible from Hemjakot and Narchyang
- Enjoy leisure time exploring the vibrant lakeside city of Pokhara, a contrast to the rural life experienced in the villages on your own.

Day 1 ARRIVAL

Activities : International Airport Arrival Transfer, Sound Healing and Dinner at [Avata Wellness](#)

Accommodation : [Traditional Comfort](#) or Similar

Meals Included : Dinner

Welcome to Nepal!! On your arrival at the airport in Kathmandu, you will be received with a placard having your name in the arrival hall. The luggage will be loaded in the car and you will be transferred to the hotel in Kathmandu. Traditional Comfort is a Travellife certified Hotel with an ambiance curated to reflect the traditions of Nepal.

After check-in, you can take the time to freshen up before you move to Avata, for a sound healing session to recover from the jet lag. Avata is one of the best wellness centers in Kathmandu with a serene environment, trained practitioners and instructors.

Sound healing is an ancient practice that uses vibrations from instruments like singing bowls, gongs, and chants to promote well-being. Rooted in Himalayan and Tibetan traditions, it aims to restore balance by harmonizing the body's energy centers.

The sound healing is followed by a healthy dinner at Nourish by Avata.

Thereafter, you will be transferred back to your hotel.

Day 2 NARCHYANG

Activities : Flight to Pokhara, Drive to Narchyang, Village Excursion and Cooking with Hosts

Drive Duration : 4.5-5 hours approx.

Accommodation : [Narchyang Community Homestay](#)

Meals Included : Breakfast, Dinner

After breakfast, board a scenic flight to [Pokhara](#). Upon arrival, continue on a scenic drive through lush hills, forests, and terraced farms to reach [Narchyang](#), a picturesque Magar village nestled in the Annapurna region. Lying right opposite to the bustling Tatopani, the village of [Narchyang](#) is inhabited by the Pun ethnicity and is famous for the spectacular Narchyang Falls.

On arrival, explore the village with a guided excursion and expect a warm welcome from the hosts at the community homestay. While at the homestay, you'll

Day 3 NARCHYANG

experience traditional hospitality and hear stories about their lives, and you'll be introduced to the unique cultural practices of this remote village.

In the evening, join your host family in preparing a traditional Nepali dinner using local ingredients, where you'll learn the basics of traditional cooking and share stories around the hearth.

Activities : Hike to the Upper Narchyang

Hike Duration : 6-6.5 hours approx. bothways

Accommodation : [Narchyang Community Homestay](#)

Meals Included : Breakfast, Lunch, Dinner

Start your day with a rewarding hike to [Upper Narchyang](#), where you'll pass through forests, terraced fields, and quiet trails with sweeping views of the Annapurna range and the tranquil valleys below. You will be gradually ascending through traditional homes, forest trails, and terraced farmlands. As you make your way to the highland village, you'll experience the rich culture of the Magar community, observe the unique architecture of hillside houses, and learn about the migration journey of locals from the upper to the lower village. Enjoy a hearty, home-cooked lunch in Upper Narchyang before descending back to the village. After returning, spend your evening relaxing and holding meaningful conversation with your hosts.

Day 4 HEMJAKOT

Activities : Archery/ Hot Springs, Hike to Waterfalls, Drive to Hemjakot, Village Excursion, Evening at Leisure

Drive Duration : 3-3.5 hours drive approx.

Accommodation : [Hemjakot Community Homestay](#)

Meals Included : Breakfast, Dinner

Wake up early to experience **archery**- a traditional sport in Narchyang originally inspired from Mustang where local youths display their skills during community festivals. The local expert in bow and arrow will guide you to the tools, their significance in the community and the art of playing this traditional sport. Alternatively, you can also visit a natural **hot spring** near the village—believed by locals to have healing properties—where you can soak and relax your muscles after yesterday's busy day.

Before taking off from Narchyang, visit the nearby [Narchyang Falls](#) with an early morning hike of approx. 1 hour and refresh yourself with the views of the village near the waterfall.

Day 5 HEMJAKOT

Afterwards, you will leave for [Hemjakot](#), an isolated village offering another enriching community experience only 45 minutes of drive away from Pokhara. On arrival, you'll be welcomed by the friendly villagers and guided through the settlement, where you'll witness the simplicity and rural life just an hour's drive away from [Pokhara](#). The evening is yours to relax and absorb the tranquillity of Hemjakot, with stunning sunset views over the surrounding hills as your backdrop.

Activities : Yoga Session, Activities with the Hosts, Cooking local cuisine and alcohol with the hosts

Accommodation : [Hemjakot Community Homestay](#)

Meals Included : Breakfast, Lunch, Dinner

Begin your day with a guided yoga session, designed to calm the mind and rejuvenate the body. Thereafter, take part in making garlands with flowers and leaves that the locals use from their surroundings and learn to weave them together.

In the evening, gear up to learn how to make local alcohol and participate in a hands-on **cooking class** of their unique cuisine. Learn how to make traditional dishes and local alcohol using local produce and enjoy a tasting session led by your hosts..With guidance from the hosts, you'll prepare dinner with rich flavours and spices while engaging in heartfelt conversations with the community.

Day 6 POKHARA

Activities : Pokhara Getaway

Drive Duration : 45 mins- 1 hour approx.

Accommodation : 3-star Hotel

Meals Included : Breakfast

Today, you will be returning to [Pokhara](#), one of Nepal's most charming cities. With Phewa Lake at its heart and the Annapurna range as its backdrop, the city offers a perfect mix of relaxation and adventure.

You can choose to stroll along the Lakeside, enjoy a boat ride on Phewa Lake, or explore sites like the World Peace Pagoda, Gupteshwor Cave, Davis Falls, and the International Mountain Museum. Pokhara is also known for its bustling markets, cafes, and adventure activities that contrasts with the rural experiences of Hemjakot and Narchyang.

Day 7
KATHMANDU

Activities : Flight to Kathmandu, Free Evening

Accommodation : [Traditional Comfort](#) or Similar

Meals Included : Breakfast

Fly back to Kathmandu in the morning and enjoy a free evening to unwind or explore more of the capital.

You may choose to visit Kathmandu Durbar Square, a UNESCO World Heritage Site rich in history, or head to Boudhanath Stupa and Pashupatinath Temple, two of the holiest pilgrimage sites in Nepal. For some last-minute shopping or dining, explore Thamel, the tourist-friendly neighborhood full of souvenir shops, bakeries, and rooftop restaurants.

Day 8
KATHMANDU

Activities : Departure

Accommodation :

Meals Included : Breakfast

On your final day in Nepal, you will be picked up from your hotel three hours before your flight. Please make sure to double-check your belongings—especially your passport and travel documents—before leaving.

Thank you for journeying with us and taking the time to explore Nepal's culture, communities, and natural beauty. If you're considering extending your stay, we're happy to recommend a few post-trip experiences to help you continue your adventure in a meaningful way. Safe travels, and we hope to welcome you back again someday!

Land Package Cost Based On:

- 1 paying pax group: USD 0000.00 per person
- 2 paying pax group: USD 0000.00 per person
- 3 paying pax group: USD 0000.00 per person
- 4 paying pax group: USD 0000.00 per person
- 5 paying pax group: USD 0000.00 per person

Single Room Supplement Surcharge: USD 00.00 per single room occupied in Kathmandu.

Includes

- Escorting guide for 7 Days
- Road Transfers-vehicle depending on the number of guests
- Sound Healing and Dinner at Avata
- 2 nights at Hotel in Kathmandu in BB Basis
- 1 at Hotel in Pokhara in BB Basis
- Narchyang Community Homestay and Hemjakot Community Homestay on Full Board basis.
- Local Guide for Upper Narchyang Hike
- Archery or Hot Spring Experience
- Local Guide for Narchyang Falls Hike
- Yoga Instructor at Hemjakot
- Local Cuisine and Alcohol Cooking Class at Hemjakot

Excludes

- Meals other than mentioned in the itinerary
- Services other than mentioned in the itinerary
- Any domestic flights
- Travel and medical insurance including evacuation and cancellation.
- Expenses of personal nature including bar bills, laundry, telephone calls.
- Tips and gratuities.
- Nepal visa fees
- Any item not specified as included.
- Expenses arising from unforeseen circumstances beyond the control of Community Homestay Network such as floods, landslides, road blockage, flight delays, flight cancellations etc.

Impact Footprint:

- Emerging Alternative Tourism Destination

Explore Narchyang as an emerging community-based tourism product. In the already crowded Annapurna region, this community stands out by offering a unique experience that combines breathtaking natural beauty with rich cultural immersion. Visitors can discover a different side of the region while supporting sustainable tourism practices.

- Women-Led Community Tourism

Immerse yourself in a women-led community tourism experience by staying in homestays managed by local women. Enjoy personalized hospitality that reflects the warmth of the community and gain valuable insights into their daily lives. Your visit contributes both financially and intellectually, empowering these women and enhancing their roles in tourism.

- Cultural Exchange

Participate in workshops and activities that showcase traditional crafts and practices, fostering a deeper appreciation for local culture. By engaging in these experiences, you not only learn about the community's heritage but also support local artisans and the community economically.

- Farm-to-Table Experience

Savor meals prepared from locally grown produce, offering an authentic farm-to-table dining experience. This not only delights your palate but also provides a glimpse into local agricultural practices and the community's connection to the land.

- Local Economy Support

Support local economies by engaging in community tourism initiatives and participating in local crafts. This involvement empowers residents economically, creates job opportunities, and helps preserve cultural heritage and traditional practices, ensuring the sustainability of the community for future generations.

FAQs

What kind of accommodation should I expect on this trip?

This itinerary offers a mix of comfortable heritage or modern-style hotels in the city and community homestays in rural areas. Hotels like Traditional Comfort are well-equipped, centrally located, and certified for sustainable practices. Homestays, on the other hand, offer clean and simple living conditions, with the charm of staying with a local family and experiencing authentic Nepali hospitality.

Are the toilets Western-style or squat-style?

Most of the accommodations, including homestays, have a mix of squat and western-style toilets with bucket shower. The toilets are often located outside the room, though quite close to the house and still kept clean. You'll be briefed on specific arrangements at each stop.

How are hygiene and cleanliness maintained in homestays?

While homestays are modest, they are kept very clean, with attention to hygiene in both living spaces and kitchens. Meals are home-cooked with fresh ingredients, and hosts take pride in offering safe and nourishing food.

What if I prefer to stay in a hotel instead of a homestay?

We understand that preferences vary. In each destination where a homestay is planned, there's the option to request a hotel stay instead though it may be situated at around 1 hour of a drive distance. Please let us know your preference in advance so we can make arrangements accordingly.

What should I know before joining workshops and local experiences like cooking, crafts, or yoga?

All activities are designed to be interactive, beginner-friendly, and culturally immersive. Whether it's cooking the local cuisine, or joining a yoga session, you'll be guided by locals who love sharing their skills. No prior experience is needed—just an open mind!

Is there a lot of hiking or physical activity involved?

There are two hikes included in the trip. The Upper Narchyang Hike can take around 6-6.5 hours of walk both ways with uphill trail to reach the destination- considered moderate and the Narchyang Falls hike despite being uphill is considered easy as it takes around 1 hour to reach the waterfall. Good walking shoes and a basic level of fitness are recommended.

Are meals included? What kind of food can I expect?

Yes, most meals are included and feature traditional Nepali dishes. During your stay in homestays, you'll enjoy home-cooked meals, and in some city-based programs, meals are served at selected restaurants. Dietary preferences can usually be accommodated with prior notice.

How do I communicate with homestay hosts? Do they speak English?

Basic English is spoken by most host families, especially the younger members. For deeper interactions, your local guide or community coordinator will help bridge any language gaps.

Will there be Wi-Fi at all accommodations?

Most hotels provide reliable Wi-Fi. In homestays, internet access may be limited or not available, offering you a chance to unplug and connect more deeply with the community and nature.

Is it safe to travel in these rural areas?

Yes, the areas you'll be visiting are safe and frequently visited by both domestic and international travelers. The communities are welcoming, and your hosts and guides will always prioritize your comfort and safety.

Additional Information:

Accommodation

Throughout the trip, we prioritize accommodations that align with our commitment to sustainable and community-based tourism. While some destinations offer deluxe hotels and lodges, the core of this journey focuses on immersive, locally-run stays, particularly homestays and boutique lodges that engage in sustainable practices.

In Kathmandu, you'll stay at Traditional Comfort, offering a comfortable and convenient base for city exploration. These properties reflect Nepalese heritage while providing modern amenities such as quality bedding and Wi-Fi. They are well-located in the heart of Kathmandu, giving you easy access to local landmarks and ensuring a reliable and restful stay.

In Narchyang, you will stay in a community homestay operated by the Pun Magar ethnic community. This peaceful village offers a connection to nature, with rooms that are cozy and clean, complemented by home-cooked meals prepared by the host family. Many of the homes feature small gardens, adding a fresh and personal touch to your stay. The bathrooms are situated outside of the host house and there is a mix of squat and western washroom areas. You also may have to expect bucket showers while at the homestay and the hosts can provide you with hot bathing water if needed.

In Hemjakot, you'll experience a homestay run by local families from mixed ethnic background. The accommodations are simple yet clean, offering comfortable rooms with basic furnishings. While the bathrooms are often outside the rooms with a mix of squat or western washroom areas. This homestay offers a great backdrop of the mountain ranges similar to Narchyang but you will find many differences between the two homestays.

In Pokhara, you'll stay at 3-star Hotel, with convenient access to the city's most vibrant area, where cafés, restaurants, and shops line the scenic Phewa Lake. The hotel will be equipped with modern amenities such as quality bedding and Wi-Fi. The area is also the hub for booking adventure activities and excursions, making it easy to plan day trips. It has a relaxed, traveller-friendly vibe, and everything is within walking distance.

Meals

While staying at hotels in Nepal, guests can expect a wide variety of meals ranging from traditional Nepali dishes to popular international cuisines such as Indian, Chinese, and Continental. Most hotels offer buffet breakfasts and à la carte options for lunch and dinner, prepared by professional chefs with a focus on comfort and flavour. Depending upon the lunch place of the day, especially while you are on an excursion, the guide may suggest you some delicacies. The quality of meals prepared may not be of the quality like you may find in big cities of Nepal but they will be delicious and hygienically prepared.

At community homestays, meals are a warm and authentic part of the cultural experience. Guests are served freshly prepared home-cooked meals made with locally sourced ingredients. Typical dishes include dal bhat (lentils and rice), seasonal vegetables, pickles, and sometimes local specialties of the destination. Meals are often shared with the host family, offering a deeper connection to local customs and everyday life.

Local Currency

For travellers touring Nepal, it's advisable to carry an average of USD 40–60 per day for a mid-range experience, covering meals for the days you are sightseeing or while at the hotel and some shopping. Nepal is mostly cash-based outside major cities, so carry sufficient Nepali Rupees (NPR) for rural areas, though ATMS are available in cities like Kathmandu, Pokhara, and major tourist hubs.

Transportation

In order to meet the safety standards, we make sure that the vehicles used during the tours are of high quality and they are in good condition. All safety requirements such as first aid box, fire extinguishers, and seat belts are available in every vehicle. The road captains annually receive First Aid Training provided by Red Cross Society of Bhaktapur, which is a branch of Nepal Red Cross Society. The drivers are well trained to make sure that your journey is safe and smooth.

Guide and Support Staff

The accompanying tour guides and trekking guides are all well trained and well educated. They all have gained their professional license from the Government of Nepal to do tours and trekking guide in Nepal. In addition to their professional license, they are trained to provide magical, unique and unforgettable experiences during their sightseeing tours in historical sites or while trekking. While on trek, our guides go the extra mile to make sure that your foods are being prepared hygienically. Like our road captains, First Aid Training is provided to all our guides. Our guides will not be handing you medicines in case of need but they are trained to provide you with all the assistance you may require in case of emergency until you receive professional medical help.

Health

There are no specific health requirements for entry into Nepal. However, you should consult your doctor for up-to-date information regarding vaccinations, high altitude medication and medications for any reasonably foreseeable illnesses whilst traveling in Nepal. We strongly recommend you to carry a small medication pack that you may need throughout the trip. Be aware that some drugs, including anti-malarial, have side effects at altitude. Please discuss this carefully with your doctor.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. There are many ATM machines that accept both Visa and MasterCard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Tipping Guidelines

Tipping is a meaningful gesture of appreciation and widely practiced in Nepal. While it is not mandatory, it is expected in exchange for exceptional service.

- Guides: USD 7–10 per day per traveler
- Drivers: USD 4–7 per day
- Porters (if included): USD 4–7 per day
- Homestay hosts or workshop leaders: Group tips of USD 10–15 per host/activity

Visas

Please note it is your responsibility to arrange visas before you travel. Below are the visa requirements at the time of printing. NEPAL: All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport, be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars' cash only: single entry visa valid for 15 days - US \$30: Single Entry Visa for 30 days - US \$50 and multiple entry visa valid for 90 days - US \$125.

Please kindly find the link to the on-arrival visa application [here](#). Please print it out and bring it along to submit to the immigration desk along with the exact amount in USD for the visa fee.

Packing List:

Please kindly find the link below to find the packing list:

<https://travelnepal.com/travel-advice/nepal-packing-list/>

Weather:

Nepal has a generally temperate climate, but varying altitudes lead to distinct variations. The monsoon sweeps up

from India each summer, making mid-June to mid-September humid and wet.

Winter (December-February) winter is cold and you will need to be prepared, but the air is very clear providing the

best mountain views.

Spring (March-May) Days are increasingly warm; mist and clouds are not uncommon.

Summer (June-August) The monsoon season. It will rain every day, although not all day.

Autumn (September - November) is the most pleasant season, in which days are warm but not hot and skies are clear.

Please note that the weather information is for reference only. Weather cannot be forecasted.



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