



Eastern Nepal: The Road Less Taken



Trip Overview:

Begin a unique journey to Eastern Nepal, where untouched landscapes are blessed with pristine nature that remains untouched by external influences. Starting from Kathmandu with a relaxing sound healing session at **Avata**, a wellness studio in Kathmandu. The next day, you will head to **Dhankuta**, a tranquil hill town that offers sweeping views of the Himalayas and the rich cultural traditions of the **Aathpahariya**, an indigenous community found only in Dhankuta. Experience the warmth of the Aathpahariya through your stay at **Sipting Community Homestay**. Visit Cholong Park, which displays traditional Limbu community houses, enjoy one of the finest cultural cuisines made by the locals, enjoy the sunrise from Dhoje Danda and enjoy a scenic hike from Chuliban to **Khambela**- another village inhabited by the Aathpahariya community. You will also be able to observe water-smart solutions like bio-sand filtration and rainwater harvesting systems which the locals have actively involved in ensuring travellers do not burden the water-scarce areas.

Your journey continues to **Janakpur**, a city steeped in history and spirituality. Founded in the early 18th century atop the ruins of the ancient Videha dynasty capital, Janakpur is a revered religious center in Nepal. The city's temples, notably the Janaki Mandir, dedicated to Goddess Sita, showcase stunning Hindu-Koiri Nepali architecture. Experience Mithila art with the artisans and local cuisines at **Mithila Thali** by Chef Santosh Shah from Master Chef.

This journey through Eastern Nepal is a rare opportunity to connect and support with remote local communities and experience the essence of Nepalese culture along with the lifestyle firsthand.

Highlights:

- Engage with local communities and adopt sustainable practices to gain a deeper understanding of climate action.
- Witness Water Conservation Efforts and learn how you can be part of the solution while at Dhankuta.
- Enjoy the stunning views and landscape while driving to the eastern part of Nepal
- Explore the unique architecture of the Orange Town of Dhankuta through a guided tour led by a local
- Observe the traditional Limbu houses at Cholung Park, which have been maintained as small museum
- Enjoy a cultural feast of unique cuisine and a cultural program showcased by the Aathpahariya community at Sipting
- Experience scenic Chuliban- Khambela hike with stunning views of the Tamor and Kanchenjunga ranges and enjoy a local lunch at Khambela.
- Participate in a communal farm-to-table experience at Kachide Community Homestay
- Engage in a Mithila painting session with the local artisans and visit the sacred Janaki Temple while at Janakpur

Trip Itinerary:

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 ambience 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 DHANKUTA

Activities : Flight to Biratnagar, Drive to Dhankuta, Town Walk

Drive Duration : 3-4 hours approx.

Accommodation : [Hotel Murchunga International](#) or Similar

Meals Included : Breakfast

Following breakfast, you will be transferred to the airport for your flight to Biratnagar. On arrival at Biratnagar Airport, a vehicle will be ready to transfer you to [Dhankuta](#). Dhankuta is a charming hill town in eastern Nepal known for its rich mix of ethnic communities, traditional houses, and vibrant local markets. Surrounded by tea gardens and lush hills, it offers a peaceful escape with panoramic views of the Himalayas. The area is also a cultural gateway to eastern Nepal, where visitors can experience authentic Rai and Limbu heritage.

Day 3 DHANKUTA

Once you are checked in at the Hotel Murchunga, which is located close to the main bazaar area, take a brief orientation walk around your accommodation to get to know your surroundings better. Afterwards, you will have time to yourself to rest for the day.

Activities : Chuliban- Khambela Hike, Kachide Farm to Table Experience

Hike Duration : 3-3.5 hours approx.

Accommodation : [Hotel Murchunga International](#) or Similar

Meals Included : Breakfast, Lunch, Dinner

After breakfast, start your day with a short drive to Chuliban- a scenic hill where you can observe Dhankuta, then hike onwards to [Khambela](#). On the way you will be visiting a view tower where a great view of the Tamor and the **Kanchenjunga ranges** can be seen on a clear day. You will also find scattered houses along the way, which all belong to the families of the indigenous [Aathpahariya community](#). [Khambela](#), a hillside village in [Dhankuta](#), is home to the indigenous **Aathpahariya** community, offering visitors traditional organic meals served on leaf plates and showcasing the effort to sustainable practices, such as rainwater harvesting and spring revival, which have significantly improved local livelihoods.

On arrival, you will be welcomed by the **Aathpahariya** community at **Khambela**, followed by a warm local lunch while getting to know them better. After a short excursion, you will drive back to [Dhankuta](#) for a visit to [Kachide](#) in the early evening for a farm-to-table experience. Pick your own ingredients directly from the nearby garden and prepare your dinner for the night together with the hosts. The hosts will guide you to make dishes from scratch

Day 4 DHANKUTA

Activities : Orange Town Walk, Transfer to Sipting, Local Activities

Drive Duration : 30 mins approx.

Walk Duration : 1.5- 2 hours approx.

Accommodation : [Sipting Community Homestay](#) [shift to hotel on request]

Meals Included : Breakfast, Lunch, Dinner

Today, you will be going for a walk to observe the orange city, architecture of the Newari and Aathpahariya communities and the nearby Ganesh Temple and Nishan Temple which holds a significant religious importance for locals and visitors alike. During this walk, you will also learn about local efforts to preserve heritage

Day 5 DHANKUTA

through architecture and traditions, and how the diverse ethnic community has come together to preserve their cultures.

Later in the day, you will be travelling to [Sipting Community Homestay](#) of the Aathpahariya community, and you will experience being welcomed in their local tradition. While at Sipting, you can find traditional stone and wood houses surrounded by lush farming lands and explore the unique culture and lifestyle of the **Aathpahariya** community along with their unique cuisine. You will get to experience staying in rural village houses- with simple beds, washroom areas outside of the house and often equipped with a squat washrooms.

Activities : Sunrise at Dhoje Danda, Cultural Feast at Sipting

Walk Duration : 30 mins approx

Accommodation : [Sipting Community Homestay](#) [shift to hotel on request]

Meals Included : Lunch, Dinner

Wake up early in the morning where you will be going for an easy short walk to Dhoje Danda. Renowned for its spectacular sunrises and sunsets, this tranquil hilltop provides a serene escape amidst the natural beauty of eastern Nepal. On a clear day, you will be able to see the Makalu, Kumbhakarna and Kanchenjunga ranges from the hill top. You will be ascending steep uphill stairs before you reach the viewpoint of the sunrise. After breakfast, you will be driving to Cholong Park- which celebrates the rich history and heritage of Limbu community. You will see a lot of the Limbu community's traditional houses, and the small museum displays ancient manuscripts, coins, and tools.

After a short excursion, you will be returning to Sipting, where you will be joining in Dhol Nach showcased by the [Aathpahariya](#) community in Sipting Community Homestay. You will end the day with a cultural dinner that the locals have prepared, featuring their traditional snacks and drinks.

y

Day 6 JANAKPUR

Activities : Drive to Janakpur, Dinner at Mithila Thali

Hike Duration : 8-9 hrs approx.

Accommodation : [Mithila Yatri Niwas](#) or Similar

Meals Included : Breakfast, Dinner

Today you will be travelling to [Janakpur](#), where the Janaki Temple and Mithila Art is a massive highlight. It is sacred city famed as the birthplace of Goddess Sita, and its serene ponds, bustling bazaars, and strong Maithili culture make it a unique blend of devotion and tradition. Once you reach Janakpur, you will be checking in

Day 7
KATHMANDU

at the hotel. and end your day with traditional cuisine in Mithila Thali by Chef Santosh Shah, who was declared the winner of MasterChef: The Professionals re-match in 2021.

Activities : Janaki Temple Visit and Mithila Painting, Flight to Kathmandu

Accommodation : [Traditional Comfort](#) or Similar

Meals Included : Breakfast

Following breakfast, experience [Mithila Art](#), where intricate designs, vibrant colours and distinctive art techniques grab the attention of the viewers from afar with the artisans. This ancient folk art features intricate geometric patterns, natural motifs, and mythological narratives painted with colours prepared by the artisans from a few base colours.

Visit the Janaki Temple afterwards, which showcases a blend of Hindu and Mughal styles dedicated to Goddess Sita that stands as an icon of religious and cultural significance at [Janakpur](#). Witness the temple's dazzling and intricate carvings immersing in Janakpur's spiritual heartbeat and rich Maithili heritage.

You will be transferred to Janakpur Airport for your flight to Kathmandu an hour before the boarding time. Thereafter, you will be transferred to the Hotel in Kathmandu and will have the remaining day to explore or rest.

Day 8
DEPARTURE

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
- Sound Healing and Dinner at Avata
- Road Transfers-vehicle depending on the number of guests
- 2 nights at Hotel in Kathmandu in BB Basis
- 2 nights at Hotel in Dhankuta in BB Basis
- Sipting Community Homestay on Full Board basis.
- Local Guide for Orange Town Tour
- Farm to Table Experience at Kachide
- Local Guide for Chuliban Khambela Hike
- Cultural Program and Dinner at Sipting
- Dinner at Mithila Thali
- Mithila Painting Session

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:

- Women-Led Community Tourism

Support and participate in women-led community tourism initiatives, such as community homestays, local experiences, and cultural performances. These initiatives support women's entrepreneurship by providing leadership roles and opportunities to share their culture and skills, enriching the travel experience for visitors while promoting community empowerment.

- Economic Empowerment

Engage with local artisans and residents in communities through craft workshops that preserve and promote art and tradition. By participating in these experiences, travellers contribute to the livelihoods of artisans and locals while sustainably maintaining traditional activities and cultural heritage.

- Indigenous Empowerment

Connect with the culture of the indigenous Aathpahariya people, supporting the preservation of their cultural identity and creating economic opportunities through cultural exchange. This engagement fosters mutual respect and understanding, enriching the travel experience.

- Climate Action

Encourage environmentally-friendly crafts such as Tapari making in Patlakhhet while promoting sustainable practices. Visits to water harvesting sites in Dhoje Danda are made in order to understand its sustainable water management practices, with a corresponding contribution toward environmental sustainability, making Dhankuta resilient against water deficiency.

- Local Economic Support

Explore Dhankuta with local guides, supporting community-based tourism that helps preserve traditional architecture and vibrant culture. This engagement strengthens the local economy while fostering a deeper connection between travellers and residents.

FAQs

What kind of accommodation should I expect on this trip?

This itinerary offers a mix of 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?

While at the homestay, you will find squat-style toilets with a 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 or crafts?

All activities are designed to be interactive, beginner-friendly, and culturally immersive. Whether it's cooking the local cuisine or joining a painting 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 one hike included in the trip. The Chuliban-Khambela hike can take around 3-3.5 hours. With the uphill ascend at the start, and later the trail is a steep downhill descent at a few points to reach the destination, and is considered easy. 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?

Little to 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 Dhankuta, you will first stay at Hotel Murchunga International, which is easily accessible to Dhankuta Bazaar. The hotel rooms offer modern facilities with good beddings, Wi Fi and hot showers. It's a peaceful yet well-connected base for exploring the nearby indigenous villages, and Koshi region landmarks.

Your second stay will be at Sipting Community Homestay, run by local indigenous Aathpahariya community. The accommodations are basic with simple yet clean beds and basic furnishings. The washroom areas is situated outside of the host family's house, and you have to expect squat squat-style washrooms and bucket showers. The host can provide you with hot water if needed.

In Janakpur, you will be staying in Mithila Yatri Niwas. Immerse in Maithili culture at this vibrant hotel, steps from Janaki Mandir. With hand-painted Mithila art adorning its walls, the hotel room offers comfortable, culturally immersive stays that include modern amenities such as air-conditioned rooms, free Wi-Fi, and attached bathrooms with hot showers.

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.

Visa Extension

Tourist visa extension is done for a minimum 15 days with USD 45 and USD 3 per day for additional days.

In the case of delay of less than 150 days, an additional USD 5 per day as a late fine.

Nationals of following countries are requested to acquire a Visa prior to their arrival from their nearby Diplomatic missions (Embassies/consulates) of Nepal Government.

- Nigeria
- Ghana
- Zimbabwe
- Swaziland
- Cameroon
- Somalia
- Liberia
- Ethiopia
- Iraq
- Palestine
- Afghanistan
- Syria
- Refugees with travel document

Communication:

Right after your arrival, a sim card will be provided for easier communication especially while travelling to remote areas where the internet facilities are not available.

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.



Community Homestay Network

Lal Durbar Marg, Kathmandu, Nepal

www.communityhomestay.com

info@communityhomestay.com



/communityhomestay-com



/communityhomestay



/communityhomestaynetwork



@CommunityHomestayNetwork

