



VOLUNTEER AT SINDHUPALCHOWK – 11 DAYS

Overview:

Nepal was struck by a 7.8 magnitude earthquake on 25 April, 2015 which caused large scale damage. Dharma Adventures along with its partners Dharma Karma Society and Rotary Club helped in the relief and rebuilding process. We worked with local communities and volunteers in rebuilding schools, community spaces and religious buildings damaged by the earthquake. With this program, we can join hands to volunteer and help other needy local communities in Sindhupalchowk district of eastern Nepal, 85 km from Kathmandu. This is one of the worst affected areas in Nepal caused by the earthquake and the several aftershocks that followed.

Trip facts:

Destination: Nepal

Theme: Voluntourism

Activity: Tour

Difficulty: N/A

Max Altitude: 1,400 m/ 4,600 ft

Best Season: February -May/September – November

Highlights:

- Explore Kathmandu, its ancient cities and UNESCO World Heritage Sites.
- Drive to the outskirts of Kathmandu with a 3-hour drive to Sindhupalchowk as you pass winding roads and witness rural livelihood.
- Spend time interacting with locals during your community service.



Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Kathmandu	Hotel
2	Sightseeing tour in Kathmandu	Hotel
3	Drive to Sindhupalchowk	Camp
4	Full day Community Service	Camp
5	Full day Community Service	Camp
6	Full day Community Service	Camp
7	Full day Community Service	Camp
8	Full day Community Service	Camp
9	Full day Community Service	Camp
10	Morning transfer to Kathmandu	Hotel
11	Departure	

Detailed Itinerary:

Day 1: Arrive in Kathmandu

You will be met by our representative at the airport and transferred to the hotel.

Overnight at Hotel [-/-/-]

Day 2: Sightseeing tour in Kathmandu

Today you will be picked up from the hotel for your full day sightseeing of Kathmandu city, Swayambhunath, and Pashupatinath Temple.

A UNESCO World Heritage Site, the **Kathmandu Durbar Square** is an old royal palace from the Malla Dynasty. Consisting of small courtyards and shrines, the main highlight is the temple of the living goddess, Kumari. The Kumari Devi is the most important of



several living goddesses in Nepal and can be seen on the temple's balcony during the many ceremonial processions and festivals. You will also come across vendors selling snacks, priests performing their daily rituals, and young couples strolling along the narrow alleyways.

A short walk through a vibrant alley takes you to an old part of Kathmandu which now bustles as a vegetable and spice market.

Swayambhunath Stupa is said to be 2000 years old. The stupa which forms the main structure is composed of a solid hemisphere of brick and earth supporting a lofty conical spire capped by a pinnacle of copper gilt. Painted on the four-sided base of the spire are the all-seeing eyes of Lord Buddha. This hill is a mosaic of small Chaityas and Pagodas temples.

Situated 5 kilometers east of Kathmandu city, **Pashupatinath Temple** is one of the holiest Hindu temples dedicated to Lord Shiva. Situated amidst a lush green natural setting on the bank of the sacred Bagmati River, the temple built in pagoda style has gilded roof and richly carved silver doors. Visitors will be permitted to view the temple from the east bank of Rivers Bagmati, entrance in the temple being strictly forbidden to all non-Hindus.

Transfer to the hotel.

Overnight at Hotel [B/-/-]

Day 3: Drive to Sindhupalchowk

After breakfast drive to Sindhupalchowk. The drive takes about three hours to Melamchi Bazaar and from there about 12 kms off road to our rebuilding location. Along the way you will pass areas that were affected by the April 2015 earthquake.

Overnight at Camp [B/L/D]



Day 4: Full day Community Service

Overnight at Camp [B/L/D]

Day 5: Full day Community Service

Overnight at Camp [B/L/D]

Day 6: Full day Community Service

Overnight at Camp [B/L/D]

Day 7: Full day Community Service

Overnight at Camp [B/L/D]

Day 8: Full day Community Service

Overnight at Camp [B/L/D]

Day 9: Full day Community Service

Overnight at Camp [B/L/D]



Day 10: Morning transfer to Kathmandu

After breakfast we will drive back to Kathmandu. Rest of the day can be spent at leisure.

Overnight at Hotel[B/-/-]

Day 11: Final Departure

Breakfast will be served at the hotel. Later, transfer to the airport for your onward destination. [B]

Trip Ends

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]

Trip Includes:

- Transfers and sightseeing as per the itinerary.
- 3 nights' accommodation in Kathmandu on twin sharing basis on bed and breakfast plan.
- 7 nights/ 8 days volunteer program inclusive of accommodation, meals, transportation to and from the program location.
- All sightseeing as indicated in the program with private vehicle and escorted by English speaking local guide.
- All monument entrance fees as per the above program.



Trip Extras:

- Nepal entry visa fee.
- Airfares.
- Meals not mentioned in the above program.
- Refreshments, bottled drinks.
- Tipping & Gratuities to guides & drivers.
- Insurance and rescue of any form.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Expenses of personal nature and any other expenses.
- Photography charges in the monasteries and monuments.
- Any items, services and meals which are not mentioned above.