

Trip Overview

The dates of this trip are December 4th through 17th, 2025.

You will be accompanied by Barbara Butterworth and Mike Gill, experienced Nepal travelers, able to interpret the cultural and social events that you will be witnessing.

Our in-country travel and trekking expert partner is [Nepal Sanctuary Treks](#), a leading trekking company with whom we have worked for each of the previous guided trips in 2023 and 2024.

You may wish to arrive earlier than the 4th if you are concerned about jet lag, and/or you may wish to stay later than the 17th to see additional sights while you are already in Nepal. You can work directly with [Nepal Sanctuary Treks](#) (or another agency of your choice) if you wish to add days on either end and require assistance for additional lodging, transportation, or sightseeing arrangements.

You will have a chance to experience the incredible variety of Nepal – two ancient cities in the Kathmandu Valley, a natural preserve and bird sanctuary in Sunsari in the southern part of the country (Tarai), ETC’s project’s work with women and children also in Sunsari, and a five-day, four-night trek along a beautiful ridge top in Eastern Nepal. The trip will take you to areas rarely visited by tourists and will reveal in unique ways the history and complexity that is Nepal.

Day-to-Day Itinerary

Dec. 4 (Thursday): Arrive at Kathmandu Airport, transfer to Bhaktapur

Altitude above sea level: 1,401 meters/4,596 feet

Driving duration: 40 minutes approx. (from airport to Bhaktapur)

Accommodation: Hotel Malla Heritage or similar

Meal: Dinner

On arrival at Tribhuvan International airport, you will be met by a representative of Nepal Sanctuary Treks. The representative will be displaying the “Nepal Sanctuary Treks” placard outside the airport terminal and will take you to Bhaktapur in a private vehicle. Bhaktapur is one of the three ancient kingdoms of the Kathmandu Valley. It is home to some of the best-preserved historical monuments in Nepal comprising palaces, courtyards, temples, pagodas, and monuments. Bhaktapur’s people are still renowned for their pottery and hand-woven fabrics, including the traditional local red and black saris.



We will have dinner together nearby at a restaurant on the Nyatapola Square, the location of a famous five-story temple.

Dec. 5 (Friday): Bhaktapur town tour; meet with ETC Director, Education Officer, and Former Director

Altitude above sea level: 1,401 m./4,596 ft.

Accommodation: Hotel Malla Heritage or similar

Meals: Breakfast and dinner

After breakfast, there will be a briefing about the trip and an overview of Nepal's history and the social context of what you will be seeing over the next two weeks. Following this, there will be a cultural tour of Bhaktapur, where we'll experience the colors, sounds, and tastes of authentic Bhaktapur and its surroundings. Along the way, you must try Juju Dhau which is a local type of yogurt that Bhaktapur is especially famous for – it will be the best yogurt you've ever had.

In the evening, we'll meet with ETC Director Neela Malla, Education Officer Laxmi Basukala, and former director Mira Rana. Mira, who was with ETC for over 30 years, will give the history of the organization and how it developed into the program currently being implemented in Sunsari.

Dec. 6 (Saturday): Fly to Biratnagar, morning flight, and then drive to Koshi Tappu Wildlife Reserve

Altitude above sea level: 75 m./246 ft.

Flight duration: 40 minutes approx. (KTM-BRT)

Accommodation: Koshi Camp Resort

Meals: Breakfast, lunch, and dinner

After breakfast, we will fly to Biratnagar, where we'll be met by an experienced birder. We'll visit the Koshi Tappu Reserve headquarters, watching for birds along the way to Camp. Koshi Tappu Wildlife Reserve is situated in the Sapta-Koshi River plain in the southeastern corner of Nepal, close to the country's border with India. The reserve covers 175 square kilometers to the north of the kilometer-long barrage that spans the Koshi River and is known not only for its birds but also for its wild water buffalo.

We will arrive at Koshi Camp Resort late in the afternoon. The camp is surrounded by trees that house a remarkable variety of birds – perfect for an evening of sitting on the porch with binoculars. The Koshi Camp accommodations are comfortable tents with beds and chairs, electricity, and attached baths with hot water.

Dec. 7 (Sunday): Visiting ETC's women's group activities in Ramdhuni, Sunsari

Altitude above sea level: 75 m./246 ft.

Accommodation: Koshi Camp Resort

Meals: Breakfast, lunch, and dinner

After breakfast, we'll take a short drive to the Save the Earth (ETC's local program partner) office, where we will divide into small groups. We'll start our tour with a women's group meeting, followed by visits to projects undertaken by women with loans from their group: small stores, kitchen gardens, and larger agricultural projects. In the evening, ETC and Save the Earth staff will join us for dinner.



Dec. 8 (Monday): Tour ETC project schools in Ramdhuni; drive to Dhankuta

Altitude above sea level: 1,200 m./3,937 ft.

Driving duration: Koshi Tappu to Ramdhuni, 40 minutes approx.; Ramdhuni Basi to Dhankuta, 2.5 hours approx.

Accommodation: Hotel Murchunga

Meal: Breakfast, lunch (ETC), and dinner

After breakfast, again in small groups, we'll visit ETC's education projects to observe classes and physical facilities and meet teachers, headmasters, and scholarship students. We'll make a brief stop at the Save the Earth office before driving to Dhankuta, an important hill town.

Dec. 9 (Tuesday): Drive from Dhankuta to Bhojpur

Altitude above sea level: 1,600 m./5,249 ft. (Bhojpur)

Driving duration: 4 hrs. approx.

Accommodation: Bal Guest House

Meals: Breakfast, lunch, and dinner

After breakfast, we'll drive to Bhojpur, with lunch along the way in Hile. Bhojpur bazaar is home to many Newar businessmen as well as skilled Newar craftsmen who are famous for their metalwork, particularly khukuri knives. There will be time to explore this interesting town.

Dec. 10 (Wednesday): Drive to Baghkor; trek camping near Ekrate

Altitude above sea level: 2,430 m./7,972 ft (Suntale Baghkor), 2,800 m./9,186 ft. approx. (Ekrate)

Driving duration: 1 hour approx.

Hiking duration: 5-6 hrs.

Accommodation: Camping

Meals: Breakfast, lunch, and dinner

After breakfast, we'll drive to Baghkor, where we'll meet our camping crew and begin our hike. The trail can vary from steep to gently uphill. Often there are well maintained stone steps in places where there are inclines. Along the way, you can find rest areas with wooden benches, stone tables, and water flowing out of stone spouts.

As we climb, more beautiful views will open up. We'll stop for lunch at Pakhua Bhanjyang, then make a short descent followed by a climb up the hill until camp shortly before Ekrate for overnight. Ekrate is a major pasturing area: there are sheds where shepherds live during the summer collecting milk for butter and yogurt.

Description of a camping trek: Accommodations are two-person tents with a comfortable foam mattress. A toilet tent with seat is set up at a convenient distance from camp. Bed

tea/coffee arrives at our tents about 6:00 a.m., followed by a bowl of hot washing water at 7:00. A breakfast of hot/cold cereal, eggs, and bread is served at about 7:30 while the porters and trek crew pack up the tents. We usually hit the trail between 8:00 and 8:30. There is a lunch stop between 11:30 and 1:00, with the cooking crew having gone ahead to prepare. We are served hot drinks, soup, and a variety of breads and vegetables. In the afternoon, we are greeted at camp with a hot drink while the crew finishes setting up the tents. Dinner is served in the dining tent at around 6:30. Meals are delicious and ample – Nepali food and pasta dishes, momos, vegetables, and dessert. All in all, a very comfortable experience. The challenge is the cold, as the trek reaches over 10,000 feet and is along an exposed ridge top. A good down coat or warm parka, clothing that can be layered, and warm sleeping bag are essential. It is however a beautiful trek with views of the Himal from Numbur past Everest to Kanchanjunga (if the weather is clear), and the trails are wide and make for easy walking. The first two days are generally up, but after that the trail runs gently up and down the ridge top and finally downhill to its end point near the road back to Bhojpur. Between hiking, rest stops and lunch, we will be on the trail between 8:00 a.m. and 3:00 to 5:00 p.m. daily. Groups vary in their walking speed, so exact durations are hard to predict.

Dec. 11 (Thursday): Trek from Ekrate to Maiyung

Phedi

Altitude above sea level: 3,333 m./10,935 ft. (Maiyung Hill)

Hiking duration: Ekrate to Maiyung Phedi (5-6 hours)

Accommodation: Camping

Meals: Breakfast, lunch, and dinner

After breakfast, we'll start climbing up towards Hanspokhara. We will have lunch along the way. Once we reach the ridge, we begin to get views of the Himal. We'll walk up wide grassy slopes and will try to camp at a midpoint on Maiyung Hill so as to be well positioned to get up early the next morning for a walk to the top and a view of the Himal from there. There are alternatives depending on the needs of the group.



Dec. 12 (Friday): Trek from Maiyung Hill to Dotre

Altitude above sea level: 2,752 m./9,029 ft. (Dotre)

Hiking duration: 5-6 hrs. approx.

Accommodation: Camping

Meals: Breakfast, lunch, and dinner

Weather permitting, we'll have very early bed tea and then hike up to the top of the hill for the sunrise over the Himal. After breakfast, we will head down the hill and trek to Dotre along a beautiful ridge top. We'll walk through rhododendron forests and open ridge tops and stop for lunch by the riverside in the village of Jaljale. At Dotre, our camp is just above the very small village.

Dec. 13 (Saturday): Trek from Dotre to Near Chakhewa Bhanjyang

Altitude above sea level: 2,300 m./7,545 ft.

Hiking duration: 5-6 hrs. approx.

Accommodation: Camping

Meals: Breakfast, lunch, and dinner

After breakfast, we'll depart Dotre for Chakhewa Bhanjyang. This stretch of the trail is mostly level and downhill over ridges with spectacular views of the mountains of Khotang district. The highlands have been a livestock grazing area of local people for centuries. We'll camp near Chakhewa Bhanjyang (pass) so we can access the road the next morning for our trip back to Dhankuta via Bhojpur.

Dec. 14 (Sunday): Drive from Chakhewa Bhanjyang via Bhojpur to Hile/Dhankuta

Altitude above sea level: 1,600 m./5,249 ft. (Bhojpur)

Driving duration: 5-6 hours

Accommodation: Hotel Murchunga, Dhankuta

Meals: Breakfast, lunch, and dinner

Time to head home to the Kathmandu Valley. Our trip takes us through Bhojpur again with a stop in Taksar for lunch. Taksar is a beautiful, old, partially abandoned town that used to be the center of a brass-making industry and is where doli money was printed in ancient times. Overnight in Dhankuta.

Dec. 15 (Monday): Drive from Dhankuta to Biratnagar; flight to Kathmandu; transfer to Patan

Altitude above sea level: 1,302 m./4,271 ft.

Driving duration: 3 hrs. approx. (Dhankuta to Biratnagar)

Flight duration: 40 minutes approx. (BRT-KTM)

Accommodation: Timila Hotel

Meals: Breakfast and dinner

After an early breakfast, we'll drive to Biratnagar airport for a flight back to Kathmandu. Upon arrival, we'll be taken to a hotel in Patan that is near the center of this lovely old town.

Later in the afternoon, there will be a walking tour of old Patan. Also known as a city of artisans, Patan is filled with beautiful old hidden squares, monasteries, and endless temples. The city is rich in Newari arts and sculpture, with many masterpiece decorations carved in stones, metal, and wood. Patan Durbar Square, a UNESCO World Heritage Site, stands proof of the great arts and craftsmanship achieved during the Malla civilization. There are also many lovely craft shops nearby for shopping.

Dec. 16 (Tuesday): Visit to ETC cooperative

Altitude above sea level: 1,302 m./4,271 ft.

Accommodation: Timila Hotel

Meals: Breakfast and dinner

After breakfast, we will visit an ETC-established cooperative in Godavari, a town at the eastern edge of the Kathmandu Valley. Cooperatives, one of the very tangible legacies of the ETC project, are run by women who participated in earlier ETC programs. They offer women access to larger loans which further enhance their families' economic status.

In the evening, we will have a final meal together.

Dec. 17 (Wednesday): End of Trip

Altitude above sea level: 1,302 m./4,271 ft.

Airport transfer

Meal: Breakfast

You will be taken to Tribhuvan airport, where you should check in three hours prior to your scheduled flight. If you wish to make separate arrangements to stay longer, there's still plenty more to explore around the Kathmandu Valley.

Cost of Trip

	6-8 guests	9-10 guests	11-12 guests
Cost per person	US\$2,210	US\$2,135	US\$2,065
Donation	US\$2,500	US\$2,500	US\$2,500
Total	US\$4,710	US\$4,635	US\$4,565

Single room/tent supplement: US\$450

Horse + guide (optional, for trekking portion): US\$29-36 per day (est.)

Please note that this trip is capped at 12 guests maximum, not including the tour leaders

Inclusions

- Private airport transfer
- All private surface transfers (by car/van)
- Domestic flight KTM-Biratnagar-KTM
- 2 nights in Hotel Malla Heritage or similar in Bhaktapur with breakfast
- 2 nights in Koshi Camp Resort on full board with jungle activities
- 2 nights in Hotel Murchunga, Dhankuta on half board
- 1 night in Bal Guest House or similar on full board
- 4 nights camping accommodation during trek on full board
- 2 nights in Timila Hotel in Patan with breakfast
- Meals as mentioned above
- Trekking guide, kitchen staff, and porters
- Guided sightseeing tours in Patan and Bhaktapur with entrance fees
- Duffel bag
- Tips for staff, porters, and guides

Exclusions

- Meals not mentioned in itinerary
- Beverages (other than morning tea/coffee and water provided at meals)
- Personal expenses (e.g., cellphone data, souvenirs, snacks)
- International airfare
- Visa fee: US\$30 for 15 days; US\$50 for 30 days; or US\$125 for 90 days, all valid for multiple entries
- Insurance (for trip cancellation, accident, health, emergency evacuation and loss, or theft of/damage to baggage and personal effects) and liability insurance

Questions? Please write to Lisa Lyons, ETC-US Director, at lisa.lyons@etc-nepal.org