

Nepal Trekking & Medical Tour

<https://www.nectravels.com/package/nepal-trekking-medical-tour/>

Nepal medical treks & tours will give health benefits to the local people in a remote area. This trek will take you into remote and seldom visited areas of Nepal where there are either no hospitals or it is a several day trek to get to a medical facility.

People still get sick and often it is poverty that prevents them from seeking medical assistance. For those remote villages, our medical trek will bring a variety of medical specialists from other countries to connect with Nepalese medical staff and ultimately the people themselves.

Itinerary

Day 01: Arrival in Kathmandu

Transfer from Airport to Hotel – Rest and evening walk around local market – welcome Dinner in Restaurant with Nepali typical dance show – walk back to Hotel in Kathmandu. Accommodation in Any standard hotel – with Dinner.

Day 02: This day full day sightseeing around Kathmandu valley.

(Himalaya flight optional USD 230.00 Per person for about 50 minutes flights from Kathmandu Airport) Breakfast – Departure for day sightseeing – Kathmandu Durbar square (registered in world heritage site) Shopping – Pashupatinath Hindu Temple (registered in world heritage site) – Boudhanath Stupa (registered in world heritage site) –Lunch in Boudhanath stupa in any restaurant with the beautiful view of Stupa – Lunch in Restaurant – drive back to Hotel in Kathmandu .Accommodation in Any standard hotel with Dinner.

Day 03: Local Hospital visit in Kathmandu. This day flight to Pokhara 22 minuts or Drive to Pokhara 7 hours.

After Breakfast your backpack out of the room and transfer to the flight (22 minutes) to Pokhara, a beautiful town in western Nepal about 210 km from Kathmandu from where you can see the western Himalayan region Mt . Annapurna 8091mtr, Mt. Dhaulagiri 8167 mtr, Mt Fishtail 6099 mtr etc .Lunch (local Nepali food) in Pokhara . Go to Immigration office and make the Annapurna conservation area entry permit and TIMS card- Go to Hotel – Dinner in Hotel – Rest- Hotel in Any standard hotel .

Day 04: This day walk to Tirkhedhunga about 6 hours.

Early morning breakfast – Store the baggage in the Hotel and necessary baggage about 15 kg you can take for the Trekking (our helper will carry it during the trekking). Small backpack 5 kg about you may carry yourself . Drive from Hotel about 2 hours to the trekking starting point which is called Nayapul. Nepali lunch on the way (Daal –Rice – Green. veg – Pickle –etc). Start walking to Tikhedhunga – dinner – Stay overnight here in a small local Guest guest House – No attached bath room , sharing hot shower and Rest room Accomodation in small village guest house .

Day 05: This day walk to Ghorepani about 4 hours .

Breakfast – start walking easy uphill all the way – Nepali lunch on the way (Daal –Rice – Green. veg – Pickle –etc). Dinner in Guest house – Stay overnight here in small local Guest guest House – No attached bath room , sharing hot shower and Rest room – Accomodation in small village guest house.

Day 06: Health camp day here in Ghorepani in 2900 mtr .

(Dental care , Eyes care , Ear care – back pain care , fever care , health advice tips for Pregnancy- skin care – sanitary advice – etc .) Stay overnight in Ghorepani.

Day 07: This day walk to Tadapani 5 hours.

Early morning wake up about 4:30 am and walk up about 45 minutes to Poon hill 3200 mtr to see the spectacular sunrise view from Poon hill to see Mt. Dhawalagiri and Mt. Annapurna with your trekking guide and walk down to Ghorepani – Breakfast about 8 am , and start walk for Tadapani about 6 hours with magnificent Annapurna and Dhaulagiri Himalaya view – up and down hill on the way – Nepali lunch , Dinner in Guest house – Stay overnight here in small local Guest guest House – No attached bath room , sharing hot shower and Rest room Accomodation in small village guest house .

Day 08: After breakfast walk to Ghandruk village 5 hours .

Nepali lunch on the way (Daal –Rice – Green. veg – Pickle –etc). You can see beautiful Annapurna south from this village. Dinner in Guest house – Stay overnight here in small local Guest guest House – No attached bath room , sharing hot shower and Rest room – Accomodation in small village guest house .

Day 09: After Breakfast walk to Nayapool 4 hours

On the way, lunch – From nayapul drive bus to Pokhara 2 hours – free time in Pokhara – evening dinner in Restaurant- stay overnight – room with attached bath and hot shower – Hotel In Any standard hotel .

Trekking end this day :

Note : This day our porters – Guide – and helpers will leave for Kathmandu , so you may be happy to share a wonderful time together during the trekking and hand over the love to each other and some TIPS for the team- say bye bye see you again.

Day 10: Rafting

(You need to pack separately your dress for change after Rafting, Your baggage will be transferred by the Rafting staff to your camp during the Rafting . You are not allowed to swim without a life jacket in the river. Your rafting guide will provide you a life jacket , paddle , helmet , etc. You may keep your safety in our water proof drum or you can handover to your rafting staff, they will bring you to your camp. Sleeping bag , mat will be provided , you are not allow to swim at night) After Breakfast – Baggage out from your room – we transfer your baggage to the bus – departure for river rafting in Trishuli River 3 grade rafting ,, (3 hours drive to Rafting start place) Doing Rafting 3 hours we camp in river side (Camping) Dinner will be in the camp , stay in camp .

Day 11: Morning breakfast and departure to Chitwan National Park

Chitwan jungle safari registered as a world heritage site) (3 hours drive to Hotel) Lunch in the Hotel , about 3 pm Elephant safari for two hours , Walk in the local village after few minutes of rest in Hotel and evening Tharu local culture dance – Dinner – Stay overnight Hotel in .

Day 12: Stay in Chitwan National park

After breakfast morning go to local village visit by jungle safari jeep or by oxcart for about 3 hours , back to Hotel Lunch , about 3 pm drive by safari jeep for dugout canoe (crocodile safari) for 45 minutes ,, and walk 10 minutes to see the baby elephant , elephant breeding centre , back to village by another 10 minutes walk to visit local museum. Visit Tharu village , This is an indigenous community from Terai of Nepal with their unique culture through language ,dresses , dances, songs , and grass roof home. Rice , mustard ,and wheat farming is the major farming of Tharu people in Chitwan. Back to Hotel Dinner and have BBQ with vodka – stay overnight – Hotel in Chitwan jungle safari .

Day 13: Health camp day here

(Dental care , Eyes care , Ear care – back pain care , fever care , health advice tips for Pregnancy- skin care – sanitary advice – etc .) Early morning about 7.00 am breakfast – baggage to the bus – drive (2 hours) back way to Kathmandu – on the way stop in cable car and have lunch,by cable car go to Manakamana devi Hindu Temple 10 minutes to up and 10 minutes to down , beautiful view of temple and view of Mt. Annapurna – Mt.Dhawalagiri – Mt.Ganesh Himal Mt.Manaslu and other so many peaks above 7 thousands — you may able to see western Himalaya range all if weather clear,, –Nepali Dinner in the restaurant , Stay in a guest house -.

Day 14: After breakfast Departure to Kathmandu

(3 hours drive) to Patan durbar square(registered in world heritage site) best place to buy a singing ball – shopping – lunch there with durbar square view. Swayambhunath stupa (registered in world heritage site). Bhaktapur sightseeing (Visit Earthquake disaster town – one of the old towns of Kathmandu valley registered in world heritage site) Best place to buy a hand painting Thangka – shopping , Drive to Hotel stay overnight , Dinner in Any standard hotel .

Day 15: Visit Kathmandu

Visit at a shelter for sexually assaulted children in Kathmandu, give them art therapy classes for children rescued from trafficking, English teaching practics classes, Dental Hygiene practis classes, Share a painting idea and clean the classrooms, after school classes reading and writing program for children in home – Donate may be here. Drive or walk to Hotel stay overnight , Dinner and stay in Any standard hotel .

Day 16: Yoga

Yoga – meditation and massage and shopping day.
On This day you get an Ayurvedic massage for 1 hour , free time for shopping – Last Dinner
– Any standard Hotel.

Day 17: Warm departure to your next destination.

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