| **Nepal Sponsor Trip**  **November 1 - 17, 2024**  **(updated as of January 1, 2024)**  **http://www.mitratanepal.org/images/stories/home_slide/01.jpg**  **Trip-in-Brief:** Kathmandu cultural tours, activities of Mitrata-Nepal Foundation for Children, and an excursion trip to resort town Pokhara for a view of Annapurna Himalayan range and mountain villages – including a two days of hiking option. | | | |
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| **Day**  Fri  Sat | **Date**  Nov 1-2 | **ITINERARY – OUTLINE**  FLIGHT DEPARTING locally Friday evening, Nov. 1, and international flight departing morning, Nov. 2, arriving morning Kathmandu, Nov. 3 | **Accommodation**  **Bed & Breakfast** |
| Sun | Nov 3 | **ARRIVE KATHMANDU –** airport arrivals**:** pickup and greet - transfer to hotel. Relax & recuperate in the hotel and see the Thamel area. ***Late afternoon and evening dinner with the sponsored children of trip sponsors.*** | Mandala Boutique Hotel |
| Mon | Nov 4 | **KATHMANDU –** Daytime: Explore Durbar Square (optional): order Nepali hand-made clothing for graduation Late afternoon and evening preparation for trip to Pokhara. | Mandala Boutique  Hotel |
| Tue | Nov 5 | **KATHMANDU –** Daytime: **KATHMANDU –** Daytime: *Option 1:* Cultural tour visit of Boudhanath/Pashupati;  *Option 2*: hike in a local park; evening free time | Mandala Boutique Hotel |
| Wed | Nov 6 | **KATHMANDU to POKHARA –** morning flight and afternoon explore the resort town of Pokhara, drive close by to Naudanda Mountain Lodge (4690 ft). | Naudanda Mountain Lodge |
| Thu | Nov 7 | **NAUDANDA to SARANGKOT** (5220 ft) **to** **Pokhara**  Moderate hike for views of the Annapurnas in the morning from Naudanda to Sarangkot (6.5 miles) or rest and enjoy the view - drive to Pokhara late afternoon; evening free time | Lakeside Hotel in Pokhara |
| Fri | Nov 8 | **POKHARA –** Pokhara Activities for all: Visit the Mountain Museum, Tibetan Refugee Center; Visit Devi Falls: optional extra Everest flight; evening free time | Lakeside Hotel in Pokhara |
| Sat | Nov 9 | **Pokhara Group activities** - World Peace Pagoda Hike (4.8 miles RT) (total 1,400 ft elevation gain); or Walk around Phewa Lake and boat ride/ shopping; evening free time | Lakeside Hotel in Pokhara |
| Sun | Nov 10 | **POKHARA to KATHMANDU**: morning flight, drive back to the hotel in Kathmandu; ***Meet with available sponsored children.*** | Mandala Boutique Hotel |
| Mon | Nov 11 | **KATHMANDU –** *Daytime:* ***Visit children’s elementary schools, BSF office and meet some older children; Enjoy Nepali Dinner cooked by Leena & staff at Office w/some children.*** | Mandala Boutique Hotel |
| Tue | Nov 12 | **KATHMANDU –** Daytime: ***Visit 1st Contact Center: eat lunch there and learn about our early childhood center program, meet the teachers and staff, visit some local children’s homes;*** evening free time | Mandala Boutique Hotel |
| Wed | Nov 13 | **KATHMANDU –** *Morning:**Cultural tour Patan, Shakyamuni Jewelry shopping****, visit the Girls’ hostel Good Shephard in Patan for lunch;*** evening free time | Mandala Boutique Hotel |
| Thu | Nov 14 | **KATHMANDU –** Morning: ***Visit 2nd Contact Center and***  ***Swyambhunath***;*Afternoon**Visit Mangalman’s Singing Bowl Workshop & Sound Healing****;*** evening free time | Mandala Boutique Hotel |
| Fri | Nov 15 | **KATHMANDU –** Shopping/Packing/ getting ready for graduation/meeting sponsored children who are available | Mandala Boutique Hotel |
| Sat | Nov 16 | **KATHMANDU –** Daytime: ***Mitrata Graduation program 2024, including Breakfast and Lunch;*** Evening: Leave international flight departing late Saturday night and arriving USA late Sunday, November 17 |  |
| Sun | Nov 17 | Airline Travel: arrival late Sunday night |  |
| **TRIP INCLUDES:**   * All ground transfers with a private van. * Local guide during the tour days in Kathmandu & Pokhara * Accommodation at Hotelswith daily breakfast * Domestic Flight tickets: **Kathmandu - Pokhara - Kathmandu**. * Private transportation on trips * Temple and old palace entrance tickets/fees during your tour in Kathmandu Valley.   **THE TRIP COSTS EXCLUDE THE FOLLOWING**:   * Meals (lunch/dinner) in Kathmandu and during your private trip. * Drinks/bar bills, optional activities (Everest Flight, etc.), and extra transport fees (outside of tour days). * Accommodations/meals sightseeing in other transit areas. * International flight from US Home City to Kathmandu. | | | |