

Women Empowering Women Western Nepal Itinerary

Our trips travel off the beaten track to learn from women driving change in their communities. You'll make genuine connections with Nepali people and experience Nepal through its skilled artisans, food, ancient stories and spiritual sites.

Please advise Project Didi if you need any additional accommodation outside of our dates and we can help you to book.

Questions?

Contact projectididiaustralia@gmail.com

Itinerary subject to change.

Dates	14 - 31 October 2026
Wednesday 14 October	Arrive Kathmandu 1,400m You'll be met at the airport by our local guide, who'll transfer you to the hotel, Hotel Moonlight in Thamel. Most flights from Australia arrive in the late evening.
Thursday 15 October	Kathmandu, visit Thimi Group welcome, meeting and briefing. We head a little out of Kathmandu to the culturally rich medieval town of Thimi, famous for traditional pottery. On the way we visit Kar.ma Coffee and artisan products and then continue onto our welcome lunch. In Thimi we take a walk round the old town and visit a ceramic producer and learn how he's adapting traditional ways to meet modern markets.

<p>Friday 16 October</p>	<p>Kathmandu, visit Asha Nepal We visit Project Didi's partner, Asha Nepal, a women-led organisation, supporting women and girls to rebuild their lives after violence, through holistic care, education and pathways to employment. Here you'll see your donation at work. We'll learn about some of the challenges facing Nepali women and the solutions Asha Nepal is providing. We'll have an update on their recent progress. We'll share lunch with the Asha women.</p>
<p>Saturday 17 October</p>	<p>Kathmandu We join the locals at bustling Asan Tole, the vibrant market with colourful spices, fruit and vegetables, brassware, beads, textiles and even dentures. Afternoon visit to hilltop Swyambunath Monkey Temple, one of the holiest Buddhist stupas in Nepal.</p> <p>(Return travellers can visit the Saturday morning Farmers Market, and Baba Mahal Revisted, a complex of boutiques, cafes and galleries in the converted stables of an old palace.)</p>
<p>Sunday 18 October</p>	<p>Kathmandu, to Chitlang 1,835m, via Chandragiri Hills We head out of town and then up onto the Kathmandu Valley rim by cable car, weather permitting, for views of the mighty Himalayan range. From the top we have an optional walk along the ridge.</p> <p>In peaceful Chitlang, light years from Kathmandu, we visit a goat cheese factory, learn about production and enjoy a tasting. Overnight Chitlang Resort</p>
<p>Monday 19 October</p>	<p>Chitlang We explore the old village of Chitlang and some of the natural surroundings and visit the Organic Cheese Farm. There's time to rest, read, and recover at the hotel.</p>
<p>Tuesday 20 October</p>	<p>Pokhara, Begnas Tal 650m Today we go west. We drive to Kathmandu airport and take the short and scenic flight to Pokhara in west Nepal. Here we meet our Himalayan Sunrise team and we drive to lake Begnas Tal for our overnight camp/glamping.</p>
<p>Wednesday 21 October</p>	<p>Kalikasthan 1370m</p>

	<p>We visit an organic coffee farm and a community fish farm before driving up to Kalikasthan to our second camp. Here we soak up the panoramic views of the countryside and the Annapurna Range.</p> <p>In the afternoon, if there's time, Chaita, our cook, a trained chef, will teach us about Nepali cuisine and how to make momos, a snack or starter and a national favourite.</p> <p>Overnight camp/glamping.</p>
<p>Thursday 22 October</p>	<p>Pokhara 822 metres</p> <p>We descend to the city of Pokhara on Phewa Lake. There'll be time to wander along the lakeshore and to the cafes and shops or swim in the hotel garden pool.</p> <p>Overnight Hotel Mount Kailash Resort.</p>
<p>Friday 23 October</p>	<p>Pokhara</p> <p>Options today include visiting the International Mountain Museum, climbing up to the World Peace Pagoda and taking a leisurely boat ride with views of the Annapurna Range.</p>
<p>Saturday 24 October</p>	<p>Tansen 1372m</p> <p>We're on the road this morning to Tansen, a Newari bazaar and trading centre on a once important route from India to Tibet. Tansen is off Nepal's tourist trail. It's famous for metal and dhaka cloth production. Dhaka is a traditional unique Nepali handwoven textile with a rich history and cultural significance. Here we have the very special chance to stay in a Nepali home. Each home accommodates 2 or 3 people.</p> <p>Overnight Palpa Community Homestay.</p>
<p>Sunday 25 October</p>	<p>Tansen</p> <p>Today we explore some of the historical, cultural and natural attractions of Tansen. More details to come.</p>
<p>Monday 26 October</p>	<p>Lumbini 150m</p> <p>Our destination today is Lumbini, a UNESCO World Heritage site and a revered destination for Buddhists and spiritual seekers worldwide.</p>

	Overnight Buddha Maya Gardens Hotel, a few minutes walk to the main temples of Lumbini.
Tuesday 27 October	Lumbini Lumbini is a mosaic of monasteries, meditation centres and temples built by Buddhist communities around the globe and it attracts Buddhists from all over the world. We'll visit the Maha Devi temple which marks Buddha's birthplace, Kapil Bastu where Buddha's father's palace was and other sites. We'll also have a chance to relax, people-watch and enjoy the unique ambience.
Wednesday 28 October	Chitwan 415 m Chitwan is a UNESCO World Heritage site and Nepal's first national park. It's home to one-horned rhinos, Bengal tigers, as well as elephants, crocodiles and many bird species. Overnight Riverbank Jungle Resort.
Thursday 29 October	Chitwan We'll experience the jungle and spot wildlife from a jeep, canoe or on foot. And there'll be plenty of time to relax on the deck and take in the view or have a swim.
Friday 30 October	Kathmandu We leave the west, the lowlands or Terai and fly from nearby Bharatpur back to Kathmandu. We visit Bouddhanath Stupa, an important Buddhist hub and a UNESCO World Heritage site, a place of pilgrimage and meditation for Tibetan Buddhists and local Nepalis. Our trip ends after our final dinner together. Overnight Hotel Soaltee, Kathmandu.
Saturday 31 October	Depart Kathmandu Breakfast is included. Midday checkout. Transfer to the airport is included. Flights to Australia usually leave late evening.