



Planeta First 

Solidarity ecotourism

Cultural tour in Nepal

A week in Kathmandu to find your feet in Nepal: a puja ceremony, first words of Nepali, markets, cooking, Swayambhunath temple and a hike above the valley.

Nepal 5 days **From €445 per person**

The tour

This week in **Kathmandu** gives you the keys to Nepal: its language, customs, history and the social codes that shape daily life. Culture classes, guided visits and practical sessions follow one another so you quickly feel at home.

It all begins with a **puja ceremony** and a Nepali name-giving ritual. Then come **Nepali** lessons, markets, a scavenger hunt across the city, yoga and meditation, a **Nepali cooking class** and visits to several temples, including **Swayambhunath**, one of Kathmandu's most sacred Buddhist sites. The week ends with a hike into the hills overlooking the Kathmandu Valley.

It suits travellers, on their own, with friends or as a family, who want to start their time in Nepal with the right bearings, whether before a longer stay or at the start of their journey.

What makes it different

- A puja ceremony and Nepali name-giving ritual
- Nepali language and cooking lessons
- Swayambhunath temple
- A scavenger hunt across Kathmandu
- A hike with views over the valley



Day by day

○ Monday: Puja and first bearings

A traditional puja ceremony and name-giving ritual. An overview of the week, icebreakers, a seminar on Nepali etiquette and traditions, then a neighbourhood walk to find banks, temples and restaurants.

○ Tuesday: Nepali and a scavenger hunt

A group discussion on health and cultural adjustment, a first Nepali lesson, shopping at the local market, then a city orientation tour with a scavenger hunt. Film night.

○ Wednesday: Yoga, cooking and temples

Yoga and meditation, a hands-on Nepali cooking class, then a guided tour of the Sleeping Vishnu, Jamchen Vijay Stupa and the ISKCON temple.

○ Thursday: Swayambhunath

A visit to Swayambhunath temple, a discussion on schooling and education in Nepal, then a culture night.

Friday: Into the hills

A day's hike on a mountain nature trail with views over the Kathmandu Valley.

The programme may change depending on the weather and local conditions.

On site

Accommodation

Accommodation in a shared house in Kathmandu for the whole week.

Meals

Meals are included throughout the week.

Arrival

Airport pick-up and transfer to the accommodation are included; the return transfer is not. The programme starts on Monday morning.

Departures

Departures every week, on Mondays

Included

- ✓ Airport welcome and transfer
- ✓ Accommodation in a shared house
- ✓ Meals
- ✓ All activities in the programme
- ✓ 24/7 support and supervision
- ✓ A donation to the local project

Not included

- ✗ Flights
- ✗ Travel and repatriation insurance
- ✗ Return transfer

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/cultural-tour-nepal/, info@freepackers.com

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.