



Solidarity ecotourism

Nepal road trip tour

Three weeks in Nepal: rafting the Trishuli, the jungle of Chitwan, a five-day trek to Poon Hill facing the Annapurnas, then a week in Kathmandu between temples and a school project.

Nepal 3 weeks **From €2,170 per person**

The tour

This 21-day road trip runs from the busy lanes of **Kathmandu** to the foothills of the **Annapurnas**. After two days of welcome and getting to know the city, it heads west to raft the **Trishuli** river, then on to **Chitwan National Park**, with its rhinos, canoe trips and jungle walks with a naturalist guide.

Next comes **Pokhara**, the city of lakes and mountains, explored by bike, before a **five-day trek** via Ulleri, Ghorepani, **Poon Hill** and Ghandruk, staying in tea houses and watching the sun rise over the Annapurnas and Dhaulagiri. Back in Kathmandu, you spend **a few days at a local school**, teaching and sharing, with time for thangka painting, yoga, Nepali cooking and the valley's great religious sites.

It suits reasonably fit travellers who want to see Nepal in all its variety, with local guides, a good balance of adventure and free time, and encounters that matter.

What makes it different

- A five-day trek and sunrise at Poon Hill
- Pokhara by bike and the light offering on Phewa Lake
- Boudhanath, Pashupatinath and thangka painting
- Rafting on the Trishuli and a safari in Chitwan
- A few days at a school in Kathmandu



Day by day

○ Day 1: Arrival in Kathmandu

Welcome at Tribhuvan International Airport and transfer to the centre. Group introductions and a welcome dinner.

○ Day 2: Getting to know Kathmandu

A traditional welcome ceremony and a session on Nepali customs, rituals and etiquette. A cross-cultural activity, then a guided walk through the heart of Kathmandu with a scavenger hunt in a busy local market.

○ Day 3: Rafting the Trishuli

A drive through scenic valleys to the Trishuli and a rafting trip over gentle but lively rapids. An evening round the fire at a riverside camp or resort.

Day 4: Into Chitwan

A short morning rafting run, then on to Chitwan National Park. A Tharu village tour and traditional dance, then a first jungle drive at dusk.

Day 5: Chitwan jungle safari

A canoe ride looking out for crocodiles, a jungle walk with a naturalist guide and a visit to the elephant breeding centre, where you help prepare the elephants' food. Sunset on the Rapti river.

Day 6: On to Pokhara

A drive west to Pokhara, the city of lakes and mountains. A lakeside stroll at sunset facing the Annapurna range, then the evening light offering at Tal Barahi temple on Phewa Lake.

Day 7: Pokhara by bike

A guided bike tour of the Pokhara valley, past villages, fields and the lakeshore. A free evening among the lakeside cafés and shops.

Day 8: The trek begins, Nayapul to Ulleri

A drive to Nayapul and into the Annapurna foothills, climbing stone steps through terraced hillsides and small villages. Your first night in a tea house at Ulleri.

Day 9: Ulleri to Ghorepani

Uphill through rhododendron forest to Ghorepani, a mountain village ringed by peaks, and an early night before the morning climb.

Day 10: Sunrise at Poon Hill

A pre-dawn climb to Poon Hill for sunrise over the Annapurnas and Dhaulagiri. After breakfast, a walk through forests and villages to the Gurung village of Ghandruk.

Day 11: To Pothana

Trails through farmland and oak forest to Pothana, a small hilltop village with sweeping views.

Day 12: Back to Pokhara

Down from Pothana to Phedi and a short drive to Pokhara. Time to rest, perhaps with a traditional Nepali massage.

Day 13: Back to Kathmandu

A long but scenic tourist bus journey to Kathmandu through valleys, rivers and mountains.

Day 14: Free day in Kathmandu

A day to explore Kathmandu at your own pace: hidden alleys, handicrafts or simply relaxing with the group.

Day 15: Thangka painting and school

An introduction to thangka painting with local artists, a session on Nepal's education system and your first time at a local school.

Day 16: School and temples

A morning at the school, then Boudhanath Stupa and Pashupatinath Temple, where you watch the evening light offering by the Bagmati river.

Day 17: With the pupils

A day at the school with the pupils, then a film night at the centre.

Day 18: Yoga, cooking and school

Yoga and meditation in the morning, a Nepali cooking class, then back to the school.

Day 19: Wrap-up and cultural evening

The project ends with a review session, followed by a cultural evening of music, dance and food.

Day 20: Jamchen Monastery

A day hike through hills and forest to Jamchen Monastery, with mountain views. A farewell evening with the group.

Day 21: Departure

A final breakfast and transfer to the airport.

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

On site

Accommodation

Nights at the centre in Kathmandu, a riverside camp or resort on the Trishuli, a resort in Chitwan, a hotel in Pokhara and tea houses on the trek.

Meals

Meals are included, with a welcome dinner on the first evening, a Nepali cooking class and a cultural evening around the table.

Arrival

You arrive at Tribhuvan International Airport in Kathmandu, where you are met and taken to the centre.

Departures

Several departures a year, to be arranged with the team

Included

- ✓ Airport welcome and transfer
- ✓ Hostel and hotel accommodation
- ✓ 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/road-trip-nepal/, info@freepackers.com

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