

Wild Wild Far West

Far Western Region Village Immersion 8 Day Itinerary

Looking for something really out there? Do you want to travel where few foreigner tourists have ever been before? The Far West region of Nepal is less developed and more traditional than the rest of the country and for that reason receives almost zero foreign tourism. Garrett (aka *Puskar*) spent over 2 years living in a village in the Far Western district of Doti working with small farmers and mother's health groups. It was here where *Puskar*, being one of the only foreigners to ever live in the region, became somewhat of a legend. To experience life in the Far West with a local guide such as *Puskar* is an extremely unique experience and one which you will never forget.

*This trip can be added to the Puskar Exclusive Tour or experienced individually

Day 1: Arrive in Kathmandu

Arriving in Kathmandu is a special experience even for the most seasoned traveler. The energy of this bustling city is amplified by its ancient history and captivating spiritual mystique. Upon your arrival, I – Garrett (also known as *Puskar*) – will receive you at the airport. We will first go to your hotel so you can get situated. With what time is left with the day we will spend checking out some of the unique spots throughout town.

Day 2: Kathmandu to Far West (flight)

The flight to the Far West takes approximately 1 hour from Kathmandu. After landing, we will need to rent a vehicle to take us to our host village – another 2 hour journey up into the hills of Doti District. Settling into our guest house and meeting some of the local people will take up the rest of the day.

Day 3-6: Cultural Immersion in Doti

Experience life in the Far West. Immerse yourself with the people, culture, and nature of this ancient land. Activities will include day hikes to the local waterfall and Chhatiwani lake, visiting different villages and chatting over a cup of tea with the local people (*Puskar* will be your translator), tasting local honey and seasonal fruit, visiting temples and local sacred spots, and experiencing traditional life with the option to participate. Have a try plowing a field with a bull, milking a buffalo, herding goats or taking grains to the watermill to be turned into flour – these are experiences you will get nowhere else. All food will be locally grown and cooked in traditional Nepali style over a wood fire. Logging and will be

at a local cottage-style hotel in the village. Options to spend a night or two with a local family are also available.

Day 7: Return to Kathmandu

After our return flight from the Far West, we will do some sightseeing in Kathmandu – some of my favorites include: walking/shopping the narrow Asaan Alleyways checking out some of Kathmandu's UNESCO World Heritage Sites, or visiting some of the ancient town squares.

Day 8: Depart from Kathmandu

Depending on your time of departure, we can do a bit more sightseeing in Kathmandu – including a culinary food tour, temple hopping, shopping – or prepare for your onward journey.

8 Day Far West Cultural Immersion Cost:

Groups of 3-4 \$1400 / person *minimum group size of 3

Groups of 5-6 \$ 1300/ person

Groups of 7-8 \$ 1200 / person

Included:

- Full guidance, Nepali translation, and cultural insight from Garrett (*Puskar*)
- Food (Each day: 3 meals, one snack, and up to 2 alcoholic drinks)
- Lodging
- In-country transportation including round trip flight from Kathmandu to Far West.
- All permits, entrance fees for local attractions, logistics
- Any local guides who accompany us on our adventures (extra tips are optional but not included)
- 5% of your trip cost will support the mother's health group in the Far West host village

Not included:

- Personal hiking equipment/recommended cloths
 - Travel insurance
 - International Airfare to and from Kathmandu
 - Souvenirs
 - Any food or drink more than what is included in price (Included: per day 3 meals, one snack, and up to 2 alcoholic drinks)
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