



M:+977-9841547560, 9813887848

www.madamtours.com

hello@madamtours.com

madamtoursnepal@gmail.com

Tour Operator : Madam Tours

Address : Madam Tours, Bhagwanbahal, Thamel.

+977-9841547560/9813887848

Email: info@madamtours.com / hello@madamtours.com

Home stay tour

Immerse yourself in the heart and soul of Nepal with our 15 day, 14 night Homestay Tour.

Includes, Excludes & Highlights of the tour:

Includes:

- Airport transfers
- All Domestic Transportation (Land and Air)
- All accommodations (Double deluxe room)
- Guide's & Driver's and all staff's insurance and wages
- The safari in Chitwan will be accompanied by an experienced local guide and naturalist
- Entrance fees to all sightseeing
- Meals and Refreshments as mentioned in Itinerary, Breakfast (B), Lunch (L) Dinner (D)

Excludes:

- International Airfare, Visa fee to Nepal
- Any other cost other than the one mentioned above
- Meals that are not listed above
- Gratuities
- Your personal costs
- Any other personal expenses that may occur
- Personal insurance, health insurance, flight cancellation and etc.
- Gifts to any homestay
- Personal damages

-Highlights-

- Immerse yourself in Nepali life and culture
- Explore the diverse regions of Nepal
- Experience the unique jungle wildlife and customs of the Terai region.
- Hike through the remote villages and majestic mountain vistas
- Discover the rich cultural heritage of Nepal through its art and architecture.
- Experience the art and architecture of ancient cities of Nepal
- Discover the rich cultural heritage of Nepal through its art and architecture.



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Outline Itinerary

- Day 01: Arrive Kathmandu. Overnight at your Nepali family (D)
- Day 02: Full day Kathmandu Sightseeing (B, L & D Included)
- Day 03: Drive To Chitwan, Barauli Community home stay. (B, L & D Included)
- Day 04: Full day jungle activities and Overnight at homestay. (B, L & D Included)
- Day 05: Drive To Bandipur: You will stay with your host family. (B, L & D Included)
- Day 06: All Day Bandipur and after lunch we will head to Ghalegaun (B, L & D Included)
- Day 07: All day activities in Ghalegaun (B, L & D Included)
- Day 08: Ghalegaun To pokhara. Homestay with a Tibetan Family (B, L & D Included)
- Day 09: Pokhara Visit and sightseeing, meditation, and yoga (B, L & D Included)
- Day 10: Hiking from Pokhara to Australian camp via Dhampus. (B, L & D Included)
- Day 11: Hiking form Australian Camp to Sarangkot (B, L & D Included)
- Day 12: Sarangkot to Kathmandu- Panauti (B, L & D Included)
- Day 13: Explore Panauti, Dhulikhel and evening with your host family (B, L & D Included)
- Day 14: Shopping day with your host family and a cultural dinner with Madam Tours. (B & L Included)
- Day 15: Departure

Quotation:

Number of Pax	Hotel's Standard (4-5 Stared or same standard)
Min 1	USD 999 P /P
2-4 pax	USD 799 P /P
5-8	USD 729 P /P
8+	Contact us for a group discounts.



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Homestays provide a simple yet cozy and welcoming accommodation.

HOTEL OPTION	CATEGORY ROOM
Kathmandu Homestay	Deluxe / Twin share or Single
Bareli Home Stay	Deluxe / Twin share or Single
Bandipur Homestay	Deluxe / Twin share or Single
Ghalegaon Homestay	Deluxe / Twin share or Single
Tea houses or Homestays on the trek	Deluxe / Twin share or Single

Homestays are subject to change according to the season and booking time, In case of unavailability, we promise you that we will find similar one.

Facilities that may be available at the homestay or teahouses during your trip:

- Comfortable beds with blankets and pillows
- Shared or attached bathrooms with hot water
- A kitchen serving Nepalese and regional cuisine
- WiFi but not guaranteed
- Electricity (may be limited or intermittent)

Tea Houses: Tea Houses are basic lodges that offer simple accommodations and meals. They usually have shared bathrooms and sometimes hot water may not be available. These lodges are run by local people and are a great way to experience the local culture.

Guest Houses: Guest Houses are slightly more comfortable than Tea Houses and offer private rooms with attached bathrooms. They may also have hot showers and a restaurant that serves Nepalese and international cuisine.



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Day 01: Arrive Kathmandu. Overnight at your Nepali family

Arrive in Kathmandu, Pick up from the Airport, and stay with your host family. We will meet with your host family and go through the itinerary for the rest of your stay.

You can be free to explore the neighborhood with your host family, go to the local vegetable market and cook a nice dal- bhat with your host family..



Day 02: Full day Kathmandu Sightseeing

Kathmandu City Tour: You will be picked up from your homestay in the morning and taken for a tour of the famous heritage sites such as Pashupatinath, Boudhanath, Swayambhunath and Patan Durbar Square. You will have a guided tour of these sites to learn about their history and significance.

During the tour, you will also have the opportunity to explore local markets and traditional crafts, where you can see firsthand how local artisans create their products. You can also purchase souvenirs to take back home.

In the evening, you will be dropped back at your homestay for dinner.





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Day 03: Drive To Chitwan, Barauli Community home stay

You will be picked up from your homestay in Kathmandu early in the morning and driven to Chitwan, which takes around 5-6 hours. During the drive, you will have the opportunity to see the beautiful rural landscape of Nepal and enjoy the view of the mountain ranges.

Upon arrival in Chitwan, you will be taken to a Barauli Community homestay. The Barauli community is one of the homes of the indigenous ethnic group of Chitwan, known for its rich culture and tradition. You will spend the evening with the Tharu community, learning about their culture and way of life through interactive activities. This can include observing traditional dances and music, trying out local delicacies, and learning about the Tharu culture and customs.

This is a great opportunity to experience the real rural life of Nepal and to learn more about the culture and tradition of Chitwan. You can overnight stay at the community homestay.



Day 04: Full day jungle activities and Overnight at homestay

To the sound of the peacocks seated in the nearby trees, our tour guide and the naturalist will pick you up from your hotel today at around 7:00 AM for a canoe trip and bird watching from the river.

Take a rainforest stroll at 8:30 AM with your knowledgeable local safari guide and naturalist. Always pay attention to your surroundings and follow your guide's instructions. Keep in mind that you are entering an animal's territory, so you should give them some room and respect their habitat. On the route, we'll stop at the Elephant Bathing, where you may see or participate in an elephant bath.

11:30 AM: After a few hours of intense but fascinating boat rides, forest hikes, and elephant baths, we'll eat a traditional Nepali lunch in one of the city's busiest Thakali Restaurants.

1:00 PM: The safari in a jeep resumes after lunch at the popular tourist destination Sauraha. The one-horned rhinoceros, many species of deer, monkeys, wild boar, bison, sloth bear, leopard, and, by any chance, the Royal Bengal tiger are among the animals you could observe.

In the evening, you will have dinner at your homestay and have the opportunity to spend time with your host family and learn more about their culture and way of life.



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Day 05: Drive To Bandipur: You will stay with your host family.

Drive to Bandipur: After breakfast at your homestay in Chitwan, you will be driven to Bandipur, which takes around 6-7 hours. Bandipur is a beautiful hilltop town known for its Newari culture, rich history, and breathtaking views of the Himalayas.

Upon arrival in Bandipur, you will be taken to your host family's home where you will be staying for the night. You will have the opportunity to interact with your host family and learn about their culture and way of life. You will have dinner and overnight at your host family's home.

Bandipur is a great place to experience traditional Newari culture, architecture, and lifestyle, as well as take in the beautiful views of the Himalayas.





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Day 06: All Day Bandipur and after lunch we will head to Ghalegaun

Bandipur Sightseeing: After breakfast at your host family's home, you will have a full day of sightseeing in Bandipur. You will visit the famous temples, and historical sites and enjoy the panoramic view of the Himalayas.

You will also have the opportunity to explore the local markets, traditional crafts, and handicraft centers. You will see firsthand how local artisans create their products and you can even purchase souvenirs to take back home.

After the sightseeing, you will have lunch at a local restaurant, and in the afternoon, you will drive to Ghalegaun. The drive takes around 2 hours. Ghalegaun is a small village known for its Gurung culture, traditional lifestyle, and beautiful views of the Annapurna mountain range.

You will spend the night in a homestay in Ghalegaun where you will have dinner and an overnight stay. This will give you an opportunity to experience the real rural life of Nepal and to learn more about the culture and tradition of Ghalegaun.





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Day 07: All day activities in Ghalegaun

After breakfast at your homestay, you will have a full day of activities in Ghalegaun. You will be able to participate in activities such as hiking, visiting local villages, and observing traditional farming practices. Ghalegaun is a great place to experience the traditional lifestyle and culture of the Gurung people and also to see beautiful views of the Annapurna mountain range.

You will also have the opportunity to visit a local school and interact with the students to learn more about the education system in the area. In the evening, you will have dinner at your host family's home and participate in a cultural program organized by the local community. This will include traditional dances, music, and local delicacies, giving you an in-depth look into the culture and customs of the Gurung people.



Day 08: Ghalegaun To pokhara. Homestay with a Tibetan Family:

Upon arrival in Pokhara, you will be taken to your homestay with a Tibetan family. This is a great opportunity to learn about the culture and way of life of the Tibetan people in Pokhara. You will spend the evening with your host family, learning about their culture and traditions, and enjoy dinner together.

Pokhara is a beautiful lakeside city and is known as the starting point of many trekking routes in the Annapurna region. It's also home to a large population of Tibetan refugees, who have settled here and contributed to the rich cultural heritage of the city. This homestay will give you a chance to learn more about the Tibetan culture, lifestyle, and livelihood in Pokhara.





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Day 09: Pokhara Visit and sightseeing, meditation, and yoga

Pokhara Sightseeing and Yoga: After breakfast with your host family, you will have a full day of sightseeing in Pokhara. You will visit the famous temples, stupas, and shrines in the city. You will also have the opportunity to visit the famous Phewa Lake and the World Peace Pagoda.

In the afternoon, you will have the opportunity to participate in yoga and meditation classes. This will give you the chance to relax and rejuvenate your body and mind after your journey.

In the evening, you will have dinner with your host family and spend the night at the homestay. This will give you the opportunity to learn more about the Tibetan culture and way of life in Pokhara.

Pokhara is known for its scenic beauty, temples, and peaceful pagoda, and also a perfect place for yoga, meditation, and mind-body practices. This day will give you chance to explore the city and relax your body and mind.



Day 10: Hiking from Pokhara to Australian camp via Dhampus.

Today, you will start your hiking journey from Pokhara to Australian Camp via Dhampus. The hike takes around 4-5 hours. You will start your hike early in the morning, after breakfast at your homestay in Pokhara. The trail takes you through beautiful terraced fields, and small villages, and offers stunning views of the Annapurna and Dhaulagiri mountain ranges. After a few hours of hiking, you will reach the village of Dhampus, where you will have lunch. Dhampus is a beautiful village with traditional houses and offers great views of the mountains.

You will continue your hike to Australian Camp, where you will spend the night at a tea house or homestay. Australian camp offers panoramic views of the Annapurna mountain range and is a great place for a sunset or sunrise view.

The homestay or tea house here is a great opportunity to spend a night with a local family and learn about their culture and way of life. This night will be a memorable experience as you will enjoy the warm hospitality of the locals and the breathtaking views of the mountains.



Day 11: Hiking form Australian Camp to Sarangkot

Sarangkot is a famous hill station known for its panoramic views of the Annapurna and Dhaulagiri mountain ranges, and also a great spot for paragliding. The hike takes you through beautiful terraced fields and small villages, offering stunning views of the mountains and the valley below.

Upon arrival in Sarangkot, you will check into a community homestay. The community homestay will offer a great opportunity to experience the traditional lifestyle of the locals. The community homestay can also be a chance to experience the traditional home-cooked meals which are unique to Nepal. The evening in Sarangkot can be spent either watching the sunset over the Himalayas or enjoying a bonfire with the local community.





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Day 12: Sarangkot to Kathmandu- Panauti

Sarangkot to Panauti: After breakfast at the community homestay in Sarangkot, you will drive to Panauti. The drive takes around 5-6 hours.

Panauti is a historic and ancient Newari town located about 32 km southeast of Kathmandu. It is famous for its intricate woodcarvings and metalwork, which reflect the high-quality craftsmanship of the Newar people. Upon arrival in Panauti, you will check into a homestay and spend the rest of the day exploring the town. You will visit the famous Indreshwar Temple, which is a UNESCO World Heritage Site, and also the other temples and shrines in the town. In the evening, you will have dinner with your host family and spend the night at the homestay. This will give you the opportunity to learn more about the culture and way of life of the Newar people and enjoy the warm hospitality of the locals.



Day 13: Explore Panauti, Dhulikhel and evening with your host family

Today, you will start the day with breakfast at the homestay in Panauti. After breakfast, you will explore the town of Panauti and visit the Indreshwar Temple and other temples and shrines in the area. After lunch, you will drive to Dhulikhel. Dhulikhel is a small town located about 15km east of Kathmandu and is famous for its stunning views of the Himalayas and for its rich cultural heritage. You will spend the afternoon exploring the town of Dhulikhel, visiting the temples and monasteries, and taking in the beautiful views of the Himalayas.

After the exploration, you will drive back to Kathmandu and check into your homestay. You will have time to freshen up and relax before you have dinner with your host family.





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Day 14: Shopping day with your host family and a cultural dinner with Madam Tours.

Spend the day exploring the vibrant and bustling city of Kathmandu, or join Madam Sarala from Madame Tours for a shopping excursion. Before dinner, indulge in a traditional Nepali healing massage. On the final day, enjoy a farewell dinner with cultural dance at a typical Nepali restaurant, courtesy of Madam Tours.



Day 16: Departure

It is so hard to say goodbye but life has to go on, so we rather say: See you next time!! Namaste. Our Experienced driver will come and pick you at the hotel and drop you to the Departure gate of TIA.

NAMASTE!!



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Booking conditions:

If the booking has to be made for the holiday package the passenger/Visitor needs to partially deposit certain amount depending on the number of days ahead to departure.

1. In the booking time 20% of the total amount has to be paid.
2. Full payment has to be done after arrival and before tour begins.

Please refer to our website's [Terms and Conditions](#) page for further information.

We wish you pleasant holiday and we thank you for selecting Madan Tours.com. Please remember us for your future travel needs as well.

Kind Regards,
Madam Tours & The team



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Nepal is generally considered a safe destination for solo female travelers, and many women travel to Nepal without incident. However, as with any travel destination, it is important to be aware of your surroundings and to take necessary precautions to protect your safety.

Here are a few tips for solo female travelers in Nepal:

- **Research your destination:** Before you travel to Nepal, it is a good idea to research your destination and to become familiar with local customs and cultural norms. This will help you feel more comfortable and confident while you are traveling.
- **Stay in safe accommodations:** Choose a safe and reputable place to stay, such as a hotel or guesthouse that has good reviews and a secure location. Avoid staying in isolated or poorly lit areas.
- **Be aware of your surroundings:** Stay alert and be aware of your surroundings at all times. Avoid walking alone at night or in isolated areas, and consider carrying a personal safety alarm or a mobile phone for emergency use.
- **Trust your instincts:** If you **feel** uncomfortable or unsafe at any time, trust your instincts and remove yourself from the situation. It is always better to be safe than sorry.



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Overall, Nepal is generally a safe destination for solo female travelers, but it is important to be aware of your surroundings and to take necessary precautions to protect your safety.