



PROGRAM

www.sapanavillage.com

Dear guest,

Welcome to Sapana Village Lodge. We hope you will feel like being at home and have a fantastic time here. This is our list of various Culture and Nature excursions. Take your time to select the excursions of your preference and we are here to make your schedule according to your wish.

You are in the CHITWAN NATIONAL PARK area which is one of the fourteen National Parks and Wildlife Reserves of Nepal. The park consists of mainly jungle and houses for a wide variety of wildlife. The park is home to the Bengal tiger, the one-horned rhino, wild elephants, monkeys, deer, antelopes, leopards and many other mammals. In the Rapti River live two species of crocodiles. The park has an enormous variety of birds and butterflies.

Your visit to the park will be an unforgettable experience with a great chance to see many of these animals up close.

Beside the magnificent flora and fauna, the Chitwan region has a lot to offer culturally. The original inhabitants of Chitwan are known for the beautiful decorations of their houses, the distinctive tattoos on their legs and arms, and their colorful traditional clothing.

Let me to tell you a little bit about the Sapana Lodge Village.
Sapana means DREAM in Nepali. It not only lets your dreams come true, but also those of the local community.

We are a development project which aims to help the local community.
With the profit of the lodge, we initiate projects in the neighborhoods. Our projects aim to preserve the local culture, improve healthcare and education and provide microfinance to start up small business.

With projects like the Tharu Preservation Projects, hygiene projects on local schools and medical checks for children each year, we help the local community. By visiting Sapana Lodge you support our goals.

We hope, you enjoy your time here with us. If you have any questions, please feel free to ask us or just stop by for a casual chat. We are looking forward to meeting you.

Have a wonderful and pleasant staying in Sapana Village Lodge.

Dhruba Giri General
Manager
sapanavillage@hotmail.com
+977(0)56580308



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JUNGLE AND NATURE EXCURSIONS

SOME USEFUL FACTS ABOUT CHITWAN NATIONAL PARK

Chitwan National Park is the first national park in Nepal. It was established in 1973 and granted the status of a World Heritage Site in 1984. It covers an area of 952.63 km² (367.81 sq mi) and is located in the subtropical Inner Terai lowlands of south-central Nepal in the districts of Nawalparasi, Parsa, Chitwan and Makwanpur. In altitude it ranges from about 100 m (330 ft) in the river valleys to 815 m (2,674 ft) in the Churia Hills.

In the north and west of the protected area the Narayani-Rapti river system forms a natural boundary to human settlements. Adjacent to the east of Chitwan National Park is Parsa National Park, contiguous in the south is the Indian Tiger Reserve Valmiki National Park. The coherent protected area of 2,075 km² (801 sq mi) represents the Tiger Conservation Unit (TCU) Chitwan-Parsa-Valmiki, which covers a 3,549 km² (1,370 sq mi) huge block of alluvial grasslands and subtropical moist deciduous forests.

- Entire Area of the park : 952 square kilometers
- Headquarter : Kasara (Near Crocodile Breeding Farm)
- Catchment Districts : Chitwan, Parsa and Nawalparasi
- Three different categories of forest : 70% Sal Forest, 20% Grassland and 10% Reverie forest
- 56 different spices of mammals, 569 spices of colorful birds, 21 reptiles, 600 different spices of herbs and plants, 350 spices of birds butterflies and 125 types of fish are found in the park.
- Declared as a World Heritage Site by UNESCO in 1984 A.D.



PARK PERMIT : 2000 RUPEES / PER PERSON & PER DAY

To enter Chitwan National Park you must purchase a park permit.

This permit is valid for the whole day, so you can use it for different excursions on the same day.

The permit costs 2000 rupees per person and per day. This is government price. (13% government tax already included)

We can provide you this permit when you book your program with us.

The money from park permit is being used to preserve the national park and protect it from poaching and deforestation.



Prices are inclusive of all taxes - Not included in prices : park permit cost when necessary

1 . JEEP SAFARI

FULL DAY - Jeep rent : 295 \$ + park permit needed for each person

- Picnic lunch included

- With guide

HALF DAY - Jeep rent : 240 \$ + park permit needed for each person

- With guide

A short adventure :

3 hours - Jeep rent : 120 \$ + park permit needed for each person

- With guide

It's possible to share a jeep with up to 6 people.

(Activities will vary depending on the duration of the tour you choose).

Requirements : Dark clothes, comfort shoes, anti-bugs spray, sun cream, water.

Jeep safari is a very popular way to explore deep in the jungle of Chitwan.

Set the route to include a range of attractions from a visit to Long Lake, Tamor Lake, the Crocodile Breeding Centre or the park museum.

A great way to see the natural beauty of the jungle and spot wildlife.



2 . JUNGLE WALK ADVENTURE

60 \$ /per person + park permit needed

- Duration : full day program

- Picnic lunch included

- Minimum : 2 persons

- With guide



40 \$ /per person + park permit needed

- Duration : half day program

- Minimum : 2 persons

- With guide

Requirements : Dark clothes, comfort shoes, anti-bugs spray, sun cream, water.

A fantastic way to get close to the wildlife with two local professional guides is a jungle walk. In this exciting jungle adventure, you enjoy the green harmony of tall trees and an impressive range of animals.

Keep an eye out for tigers, crocodiles, wild elephants, monkeys and rhinos who all inhabit this area. It's possible to see all of them, if you are lucky.

**3 .CANOE TRIP COMBINING
WITH BIRD WATCHING WALK**

- 45 \$ /per person + park permit needed**
- Duration : 3 hours, morning or afternoon program**
- Minimum 2 persons**
- With guide**

A relaxing way to explore the jungle is to take a canoe down the Rapti River. The canoe trip takes about 45 minutes, during which you can spot various water birds and two different types of crocodiles, called Gharials and Marsh Muggers.

**4 .CANOING CROCODILE SAFARI & NATURE WALK
(half or full day)**

- 55 \$ /per person + park permit needed**
- Picnic breakfast included**
- Duration : half day program (4 hours, early morning or late afternoon)**
- Minimum : 2 persons**
- With guide**

- 75 \$ /per person + park permit needed**
- Picnic Lunch included**
- Duration : full day program (9-10 hours)**
- Minimum : 2 persons**
- With guide**

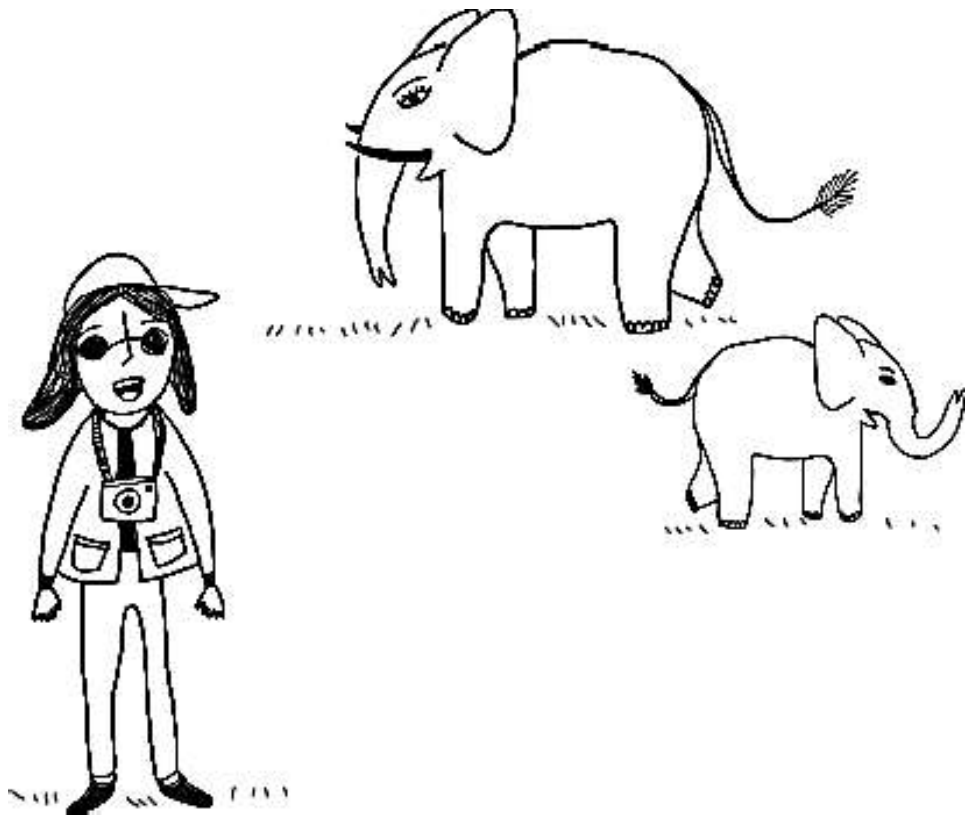
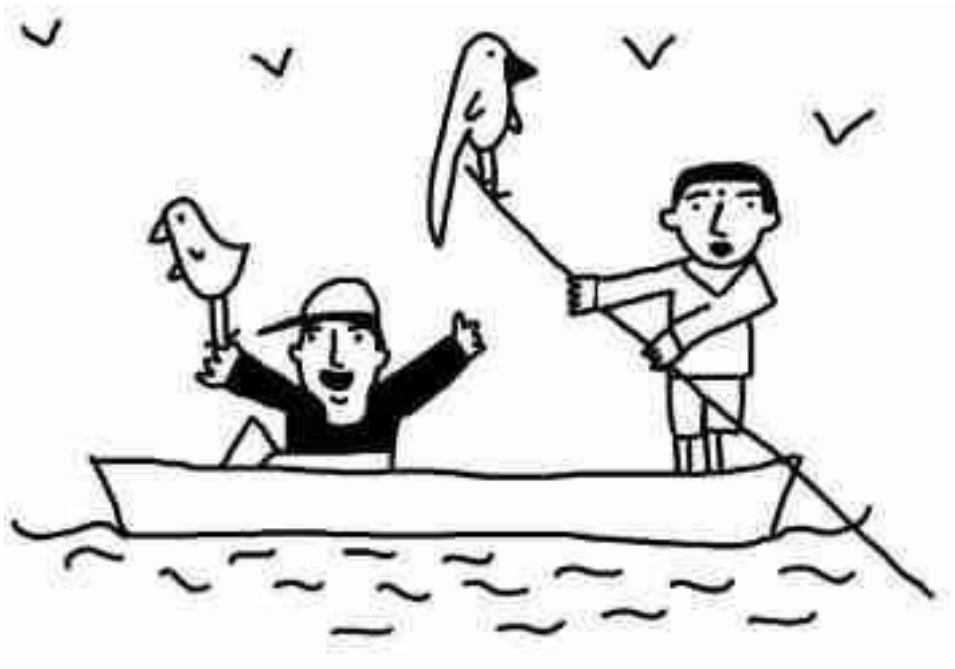
Float along the river on a long canoe for 1 hour of bird and crocodile watching. Once back on land we take a jungle walk stopping for breakfast in a jungle tower. After breakfast we continue the walk until we reach the river side to finish the tour with a jeep ride back to Sapana Village Lodge.



5 .LONG CANOE BIRD WATCHING TRIP AND VISIT THE CROCODILE BREEDING CENTRE

- 105 \$ + park permit needed*
- *Picnic lunch included*
 - *Duration : Full day program*
 - *Minimum 2 persons*
 - *With guide*

Float along the river on a long canoe for 3 hours of bird and crocodile watching. Once back on land we take a jungle walk stopping for lunch in a jungle tower. After lunch we continue the walk until we reach the Long Lake in the middle of the park. Here you visit the Crocodile Breeding Centre. Finish the tour with a jeep ride back to Sapana Village Lodge.

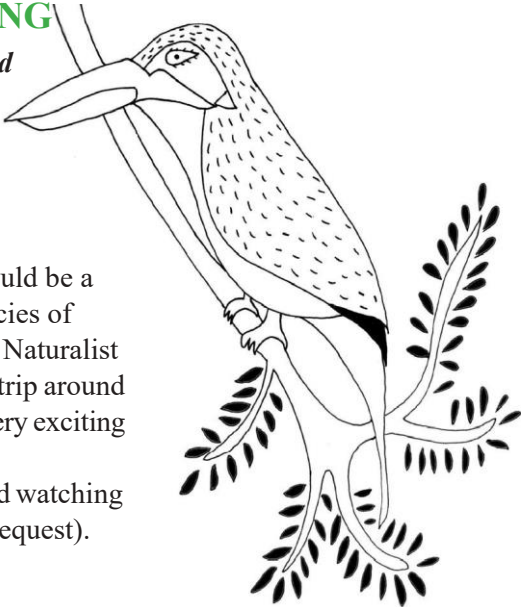


Prices are inclusive of all taxes - Not included in prices : park permit cost when necessary

6 .SPECIAL BIRD WATCHING

- 35 \$ /per person + park permit needed
- Duration : half day program, morning or afternoon program
- Minimum 2 persons
- With guide

Either early morning or late afternoon would be a great time to spot about 500 different species of birds in the Chitwan area. With an expert Naturalist guide, your approx. 2 hour bird-watching trip around grasslands rivers, lakes and forest will be very exciting and will teach you a lot about the birds. When you really love birds, the special bird watching tour can be 2 or 3 days as well (price on request).



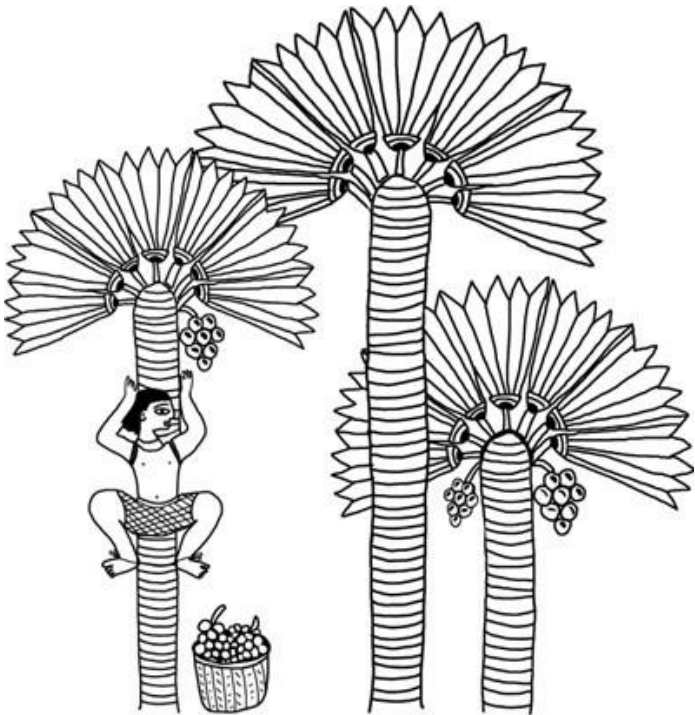
7 .OVERNIGHT STAY IN THE JUNGLE

- 85 \$/per person + park permit needed
- 50% of price goes to the village
- Dinner included
- With guide

Stay overnight in the jungle high above the ground in the Jungle Tower, where two rooms are available. Spot jungle animals from your elevated position and listen to the sound of the jungle at night as birds sing and monkeys frolic.

In the afternoon you walk from the Jungle Tower to a Tharu village. You collect your dinner along the way as you learn from the Tharu villagers to pick edible vegetables in the jungle.

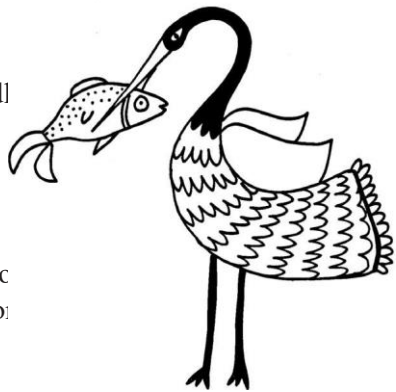
Then you learn to prepare your own dinner in a Tharu house. After dinner the park guide will escort you to your jungle house, where you spend the night. The guide will keep you safe and secure during this wildlife escapade. In the morning a jeep picks you up at 7 o'clock to bring you back to Sapan.



8 .TWENTY THOUSAND LAKE VISIT

- 20 \$/per person by jeep
- 14 \$/ per person by bicycle
- Duration : half day trip, no Park permit needed
- Minimum : 2 persons
- With guide

The lake is a magical natural lake situated in middle of jungle forest. After a ride into a typical Tharu village you reach this place famous for spotting birds and many other animals like rhinos, the special Gharial or Marsh Mugger crocodile and other species. You can visit this lake as a morning or afternoon tour by bike or jeep.



9 .NIGHTWALK

- 12 \$/per person, no park permit needed
- Duration : around 1/2 hours
- With guide

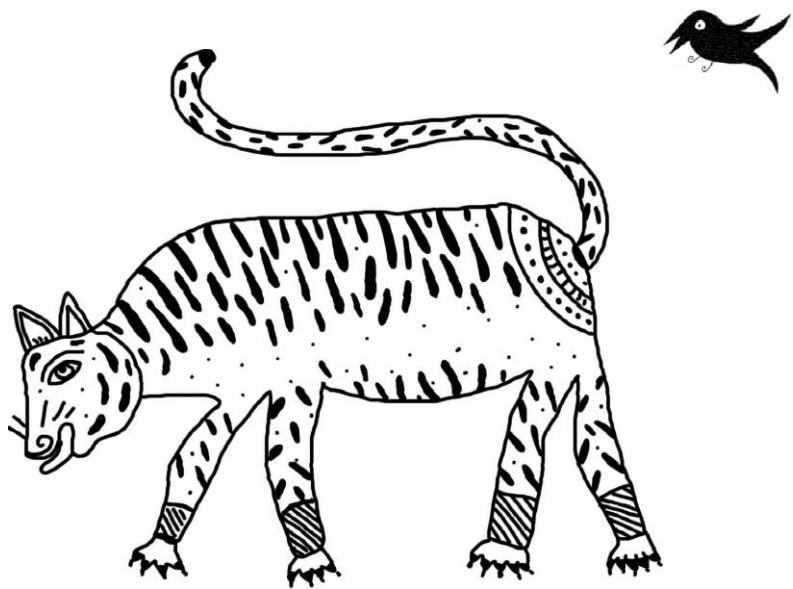
An exciting night nature walk to come across great animal watching place. Guided by Naturalist, this silent, but extraordinary experience will be your unforgettable trip. Enjoy beautiful blue sky with full of stars relaxing on canoe point.

JUNGLE TOUR PLUS

Add an extra 5 \$/per person



Our jungle guide will together with you collect the food he collected when he was a young man living in the jungle. The local people know the jungle like it's their garden. Spot the best of wildlife and nature, collect food from the jungle and have it prepared on your return to the lodge as an appetizer.



AGREAT EXPERIENCE WITH ELEPHANT

ELEPHANTS IN NEPAL

Elephants have long been part of Nepalese culture and tradition. Elephants play an important role in religious (mainly Hindu) beliefs in Nepal and there is a long history of domestication particularly related to religious use. In Hinduism : the god Ganesha’s head is that of an elephant, and the «blessings» of a temple elephant are highly valued.

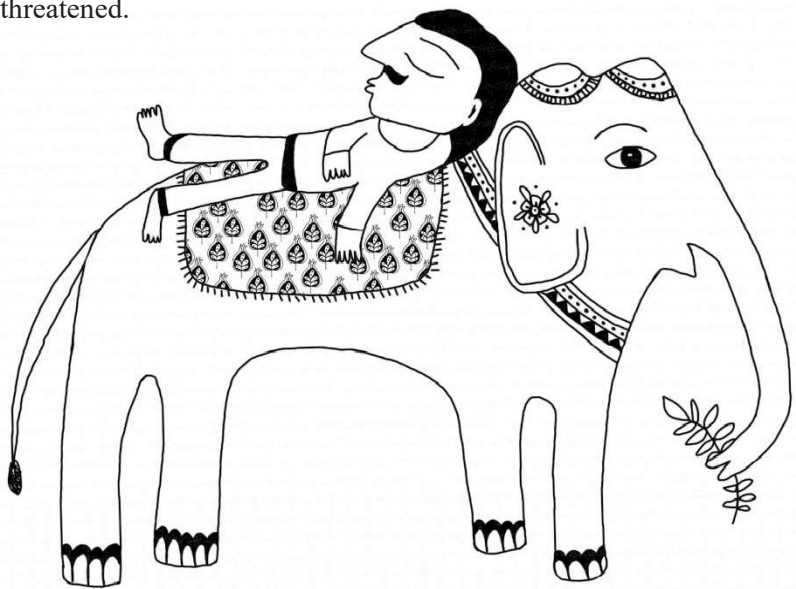
The Asian elephant is second only to its African cousin as the largest of all land animals. Asian elephants are rather long-lived, with a maximum recorded life span of 86 years. Enjoy and have an amazing moment with this beautiful and clever animal.

Common name : Asian or Indian Elephant Class :
Mammalia
Height : 2.5 to 3.0 meter (At The Shoulder) Length
: 5.5 to 6.4 meter
Weight : Males - 5,000 kg - Females - 3,000 kg Gestation
period : between 18 and 22 months.

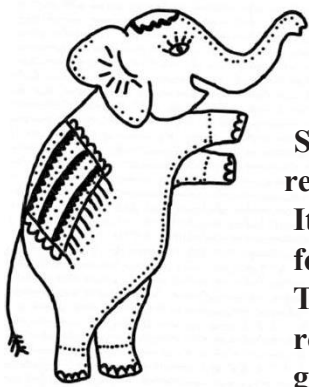
DO YOU KNOW ABOUT ELEPHANT TRUNK?

The elephant’s trunk is one of nature most amazing creations. It is made up of six major muscle groups composed of over 100,000 individual muscle units! At its tip the Asian elephants trunk has a single finger. The trunk is dexterous and sensitive while at the same time being strong and powerful. An elephant uses its trunk for a multitude of purposes; it can lightly pluck a flower or pick up a coin or lift huge logs or elephant calves, it can be used for reaching high branches or rummaging low down on the forest floor, it conveys food and water to the mouth, and can suck up huge volumes of liquid and expel it at great force, it is also used to make sounds such as trumpeting.

In self-defense the trunk is a highly formidable weapon capable of killing. Last but not least, the trunk has a keen sense of smell, which is said to be more, developed than any other land animal. A damaged trunk is a death sentence to an elephant. The trunk is highly sensitive and they are very careful to protect them, sleeping with trunks tucked up under their chins and will adopt the same position when threatened.



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Sapana Village Lodge is practicing responsible elephant tourism. It helps elephants care, food requirements both for mahouts and elephants. They are well kept in chain free corals and roam around in the massive grassland within the lodge's territory. We provide balanced diet like fruit and vegetables beside rice, molasses, gram, salt and sugar. Our elephants enjoy freshwater river bath that flows through the land of Sapana Village.

10 .SUNRISE ELEPHANT BUSH WALK

35 \$/per person

- Duration : around 90 minutes
- Maximum : 4 persons
- With guide

Feel amazing to walk to down to the river with one of the nature guides from the lodge. You will be briefed about elephants, their natural way of living and stories by the guides.

You will be surprised to watch these beautiful animals from the close, but respective distance. You can make lovely pictures of elephants crossing the river, playing the sand, grazing and walking through the bush. In the middle of the bush area, you will be sitting beside the elephants to enjoy coffee and breakfast prepared in Sapana kitchen.

11 .LOVE THE GIANTS

60 \$/per person

- Duration : around 3 hours (morning time)
- Maximum : 4 to 6 persons
- With guide

Bush walk with giants under the guidance of their care takers and local nature guide. Then enjoy your delicious breakfast surrounded by elephants. Walk with guide to the elephant shelter and work on cleaning the corals with mahouts. Treat elephants by feeding fruit & vegetables. End your tour with Elephant bath time, enjoy watching them having fun in the Rapti river.

12 .ELEPHANT BATH

10 \$/per person

- Elephant washing is around 11.30 am at Sapana Village Lodge, river side.
- Duration : 1/2 hour
- Not possible in winter time

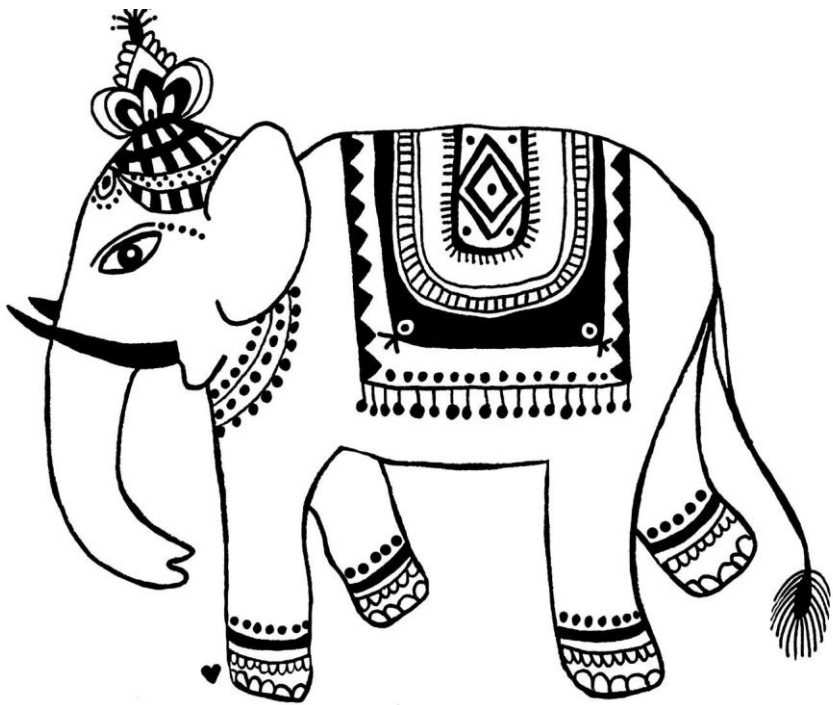
Despite being termed pachyderms, the elephant is not thick-skinned but very sensitive. Its skin is heavily grooved with a loose fitting appearance covered with irritation from insect bites and mites living within the skin folds. For this reason regular bathing is vital to the good health of the animals.

13 .ELEPHANT DAY CARE PROGRAM

135 \$/per person

- Included : day long elephant activities, english speaking local guide, spa
- All meals for the day (breakfast, lunch and dinner), regular tea or coffee
- Not included : Soft and alcohol drinks
- Duration : one day program
- Maximum : 4 persons

If you love to spend a wonderful day having intimate time with our elephants and get incredible experience, join our Elephant Care Program in Sapana Village Lodge. Walking through the natural park during sunrise, watching elephants having cool bath and join swimming, joining Mahouts (Caretakers) for cleaning the enclosures, making elephant candy (Kuchi), feeding them from the respecting distance and help Mahouts to collect elephant food are the highlights of the day.



Program :

6.30 am To 8.30 am: Sunrise Elephant Bush Walk (Guided Trip) enjoying every movement of elephants. Listen stories about an amazing giant creature and make pictures. You will love to eat typical breakfast sitting around the camp fire in the bush. Walk along with one of the Mahouts and join in elephant shelter cleaning program.

11.00 to 11.45 am : Walk down to the river along with elephant and give them a bath. Both the elephants and guests can splash around together.

12.30 pm : Lunch in Sapana restaurant (An approximately time and as preferred from the selection of menu card).

14.00 pm : Participate with Mahouts for harvesting and collecting elephant food. (elephant grass, banana trees, bamboos and tree branches)

15.30 pm : Prepare elephant food candy (Kuchi), the mixture of rice, molasses, grams and salt wrapped in elephant grass or straw.

Spa treatment :

After your day long works with elephants, it is now time to let go all your tiredness and join our 30 minutes spa treatment offered in your package. Our goal is to attend to your wellness in personal and attentive way by local healing hands.

19.00 pm : Dinner in Sapana restaurant (as preferred from the selection of menu card, time flexible).

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**14 .CANDLE-LIGHT DINNER
BESIDE ELEPHANT CHAIN FREE CORALS**

35 \$/per person

Would you like to end up your evening after the day experiences in to the nature by joining wonderful candle-light dinner beautifully set up beside our elephant chain free corals? After the dinner for elephants at about 19.00 pm at the shelter, these amazing giant creatures will walk to their corals where they roam around, play, eat and sleep.

- Cosy table set up beside the elephant chain free corals.
- Selection of meals (appetizer, soup and main course) and a surprise cocktail drink. We can serve you more drinks on your request (as extra).
- Personalized service.
- Watch the movements of our chain free elephants in their corals and the beautiful sky, sounds of birds, animals and beetles.

15 .NIGHT VISIT TO ELEPHANTS SANCTUARY

25 \$/per person

- *Duration : 45 min*
- *Maximum : 4 to 6 persons*

Are you excited about visiting our happy rescued elephants at their sanctuary ? Hear about their balanced food, their activities during night time and the way they sleep. They love to have their own space.

16 .MEDITATION WITH ELEPHANTS

35 \$/per person

- *Duration : 45 min*
- *Maximum : 4 persons*

Close your eyes, take a deep breath and relax yourself for meditation beside the herd of our rescued elephants during the sunrise or sunset. It is giving you a rest for peace of mind. Your moments in stillness and quiet with breathes of elephants and their movements.



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17 .ELEPHANT FEEDING

- 10 \$/per fruit basket
- Elephant feeding is taking place at Sapana Village Lodge
- Duration : 30 min
- Maximum : 4 persons

This feeding includes a basket full of fruits and vegetables that you can feed the elephants.

18 .FOOD CANDY MAKING FOR ELEPHANT

- 10 \$/per person
- Elephant candy is taking place at Sapana Village Lodge
- Duration : 1 hour

Sitting beside the elephant driver, you can make the candy (kuchi in Nepali) for elephants using straw, rice, sugar and salt. An hour program provides you a wonderful opportunity to feed such an amazing creature of the world.



HAVE YOU HEARD OF KUCHI?

The kuchi is a traditional food ball made by folding the surprisingly supple elephant grass into the shape of a bowl.

Rice, salt, and molasses are packed into the bowl. Other supplements can be added to the kuchi if the elephant has a special dietary requirement. After packing the bowl, the grass is folded over the top.

Working two strands of grass in opposite directions, the bowl is tightly wrapped. After securely enclosing the bowl, the ends of the grass are tied in a twisting motion then tucked under the wrapping like a knot. You can make them in Sapana Village !

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THARU CULTURE EXCURSIONS



Chitwan National Park is the Homeland of the Tharu who are the original tribe of this region. They have their own language, culture and traditional beliefs. They were the only inhabitants of Chitwan up until the late 1950s. Lord Buddha was a Tharu. Originally all the Tharu were Buddhists, but nowadays, some Tharus are Buddhist and some are Hindu. Buddhist and Hindu Tharu live peacefully side by side.

The Tharu excursions benefit both you and the Tharu people. The Tharu culture excursions offer you insight into the daily life of the Tharu people. Many Tharu think they should do everything the western way and, by doing so, they abandon their own culture.

19 .OVERNIGHT STAY IN A TYPICAL THARU VILLAGE

65 \$/per person

- Duration : overnight
- Transportation, dinner, tattoo, nepali cooking lesson, tharu lesson included

You will leave the hotel in an oxcart or horse car in the afternoon to go to a Tharu village. Here you will be greeted by little girls with flowers and garlands in their hands. This is the typical Nepali way of welcoming guests. Walking into the village you will be well informed about the Tharu culture and traditions and finally you will prepare your dinner together with the local family. Do you like dancing? The family will entertain you at night by dancing and singing with you. There are two comfortable twin rooms where you can spend the night. Always wanted a tattoo? The Tharu women can make a beautiful temporary henna tattoo on your hands or feet. It will be a unique experience to get to know the local people.



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20 .THARU COOKING AND DINNER

20\$/per person

- *Duration : max 3 hours*
- *50% of price goes to the village*

Imagine how much fun and excitement it could be to prepare your dinner at a Tharu house in the village being together with women and children.

They dress you up with their traditional uniforms while performing the culture dance. (Don't scare, uniforms are only for women guests).

Highly appreciated and recommended by most of our visitors, this unique Tharu cooking and dinner program benefits the local people.



21 .THARU VILLAGE VISIT

8 \$/per person

- *Duration : max 2 hours*
- *Maximum : 6 persons per group*
- *With guide*

During this trip you learn about the local people, culture, tradition, religion and heritage. Visit a village by oxcart or jeep and walk through the village in the morning or evening. Visit a house, share a cup of tea, and get know the Tharu.

22 .THARU BIKE TOUR

20 \$/per person

- *Half day, bike included*
- *With guide*

32 \$/per person

- *Full day, lunch & bike included*
- *Minimum two persons*
- *With guide*

After having your breakfast in Sapana village, ride your bike for an half or full day riding. You will see, many unexplored Tharu places and villages, take time to enjoy and be the witness of the countryside life. You will have your lunch into a Tharu village, where one family prepares your lunch.

23 .THARU STICK DANCING

7 \$/per person

- *Duration : 45 minutes*

Visit traditional Tharu stick dances at the cultural centre. These are cultural and traditional dances with long and short sticks performed by local Tharu people. They represent the different festivals and ceremonies. You will be amazed by these war-like dances.

24 .FIELD WORK

- 8 \$/per person
- 50% of price goes to the village
- Maximum : 5 persons
- Duration : max 2 hours

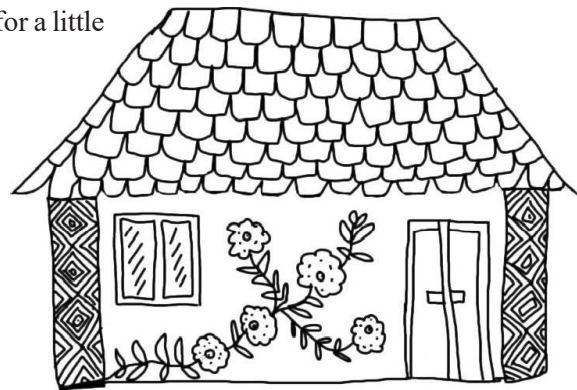
Join the women on the field and plant rice, cut grass, carry leaves and share a private moment with locals Tharu.



25 .THARU HOUSE DECORATION

- 10 \$/per person
- 50% of price goes to the village
- Maximum : 10 persons

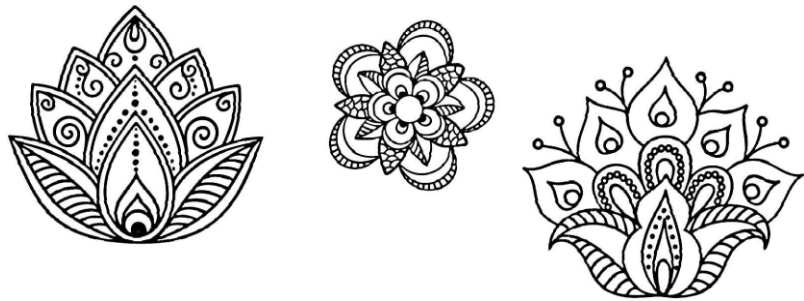
Learn to make your own Tharu decorations while being taught by Tharu women. With a group or individually you make beautiful creations with your hands on the walls of a Tharu house. The Tharu make these decorations to bring good luck to the family. By helping them you become, for a little while, part of the family.



26 .THARU HENNA TATTOO PAINTING

- 10 \$/per person
- 50% of price will go to the village
- Duration : 1 hour

The Tharu are known for the many tattoos on their legs and arms, especially the women. It is possible to get your own Tharu tattoo painted by one of the local women. Don't worry, 'tattoos' are made with henna and will fade and disappear after a some days.



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27 .THARU FISHING

- 9 \$/per person
- 50% of price goes to the village
- Duration : 1-2 hours (depending how much lucky you are for fishing !)
- Maximum : 5 persons per group

Learn to fish Tharu style with a nest or a basket while walking through the river.

After you have returned you can share great stories over typical rice wine and Tharu appetizers.



28 .LOWLAND CYCLING TREASURE IN CHITWAN

- 50 \$/per person
- Included : jeep transportation to the starting point, mountain bike, local lunch in the village, with guide.
- Duration : full day program
- * The program is suitable for the clients above 12 years of age

Biking is truly a unique experience for many cyclists. It is definitely an adventure on your own pace that offers an opportunity to explore hidden trails enjoying the breathtaking natural beauty and the actual experience of being with the local people.

Biking has also been developed as a leisurely sport. Comfortable mountain bike, helmet and water bottle are provided. The bikes will be loaded in the jeep and brought them to the starting spot.



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29 .FESTIVALS

9 \$/per person / half day

- Nepali festival in a Tharu village

Sept/oct:

Dashain : we celebrate Durga god.

Oct/nov :

Deepawali : laxmi god celebration.

Sept/oct :

Jitiya : Tharu dashain.

September :

Teej : Lady festival,

October :

Tihar : brother and sister festival

March:

Holi : color festival and
many more....

You can participate in local festivals like
Dashain, Deepawli, Jitiya then eat, sing and
dance with the local community.

This is a unique program to show the
richness of the Tharu and Nepali
culture.



30 .THARU RELIGIOUS TOUR (DEV GHAT)

32 \$/per person

- Duration : half day program

- Minimum : 2 persons

- With guide

We drive you by jeep with a guide. This tour takes you to visit the Tharu religious and
Hindus historical place called “Dev Ghat” close to “Narayangarh” City.

This is also the place where two very famous rivers called Trisuli and Kali
Gandaki”join. The Tharu people use this place for funeral processions and
cremations.



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**31 .GETTING MARRIED IN CHITWAN
OR CELEBRATE YOUR MARRIAGE YEARS AND DATE.**

795 \$ /per couple

- *For the ceremony, traditional dress for the bride and the groom, rent of Tharu jewellery, food, drinks and party for both of you on the evening.*

*If you want to invite guest : additional guests : 9 \$/per person
(for the day, transportation and food included).*

Do you want your wedding to be very special and out of the ordinary? A good option is to get married in Tharu-style. This means a day-long festival with different rites and special ceremonies.

Ceremony

We drive you by ox car in a village at 2 o'clock. Bride and groom start the day in different houses. They will be dressed in traditional clothes and wear the luxurious traditional Tharu jewellery.

The bride gets henna tattoos, like the Tharu do in their centuries old tradition. you are drive into the temple where you exchange flower necklace with the priest. One of our local English spoken guides will be with you to translate and explain the tradition. Then you come to the Tharu village, having a dinner with them and you come back to the Sapana lodge.

Dress and jewellery

You will borrow the jewellery for the ceremony.
Dress for men and women will be made by the local tailor few days advance. Then you can take with you after the ceremony.

About tharu community :

The Tharu people are an ethnic group indigenous to the southern foothills of the Himalayas; most of the Tharu people live in the Nepal Terai. The word thāru is thought to be derived from sthavir meaning follower of Theravada buddhism. Some Tharu groups also live in the Indian Terai, foremost in Uttarakhand, Uttar Pradesh and Bihar. The spiritual beliefs and moral values of the Tharu people are closely linked to the natural environment. The pantheon of their gods comprises a large number of deities that live in the forest. They are asked for support before entering the forest.



TREKKING AND CHEPANG HILLS VISIT



Chitwan is widely known for its National Park, famous for its population of rhinos, tigers and elephants. However, this trail leads you through the unexplored beautiful hillsides of Chitwan. Besides the natural beauty, the trail offers cultural highlights of one of the indigenous communities of Nepal.

This area is home to the Chepang people who lead a semi-nomadic life and have rich cultural traditions. Due to their distinct life style and the remoteness of their homeland, this indigenous group belongs to the much marginalized groups of Nepal. The trail is designed to lead through the homeland of Chepangs and their lovely villages in order to generate income possibilities for them and to raise awareness about Chepang culture among foreign visitors and Nepali people. This trail lies at a moderate altitude and in a comfortable climate zone.

32 .BIKE TOUR IN THE CHEPANG HILLS

- By mountain bike : 60 \$/per person*
- Duration : Full day trip*
- Included : jeep transportation, picnic lunch, mountain bike and helmet*
- Minimum : 2 persons*
- With guide*

Chepang hills of Chitwan is a wonderful cycling trails exploring beautiful landscapes of mountain, culture and tradition of indigenous people called Chepang, amazing smiles of locals, small hill-side rivers and the greenery of nature.

The mountain bikes will be loaded in a bolero jeep and brought to Chauki-Danda, the hill station of Chitwan at the height of nearly 1600 meters.

Biking down to Siddi from there was nearly an hour enjoying wonder lands of Chitwan and unexplored tourist destinations. We offer best mountain bike tours in the Hidden Natural Treasure of the Nepal.



Prices are inclusive of all taxes - Not included in prices : park permit cost when necessary

33 .HIDDEN TREASURE IN CHEPANG HILLS OF CHITWAN

- 85 \$/per person,
- Duration : one night two days
 - Included : homestay, food, jeep transportation
 - Not included : drinks
 - Easy level hiking
 - Enjoy natural swimming ponds and waterfall. (no sunscreen allowed in water)
 - Minimum : 2 persons
 - With guide

This place is really unique and still unseen by the tourism in Nepal. We will drive for one and half hour from Sapana Village Lodge to the hiking starting point in Jambling.

Then one hour easy walk is necessary to reach the beautiful Chepang style homestay where you will be welcomed by a Chepang family living there. They will take care of you during your entire stay and will prepare meals for you.



At 5 min walk from the homestay several natural swimming ponds surrounding by abandoned green scenery with clear and cool water are waiting for you. (We just do not recommend to use sunscreen to avoid anypollution of this natural water).



The day after a two hours hike in the early morning starting from the homestay leads to a beautiful waterfall. (chitram Jarna waterfall). Sunrise and amazing landscape will be a memorable souvenir to take.

After breakfast there and maybe a morning shower under the waterfall, slowly you will walk back to the homestay where the jeep will be waiting to drive you back to Sapana Village Lodge.

34 .CHEPANG HILLS HIKING AND WATERFALL

- 60 \$/per person
- Duration : Full day trip
- Included : jeep transportation, picnic lunch
- Easy level hiking
- Minimum : 2 persons
- With guide

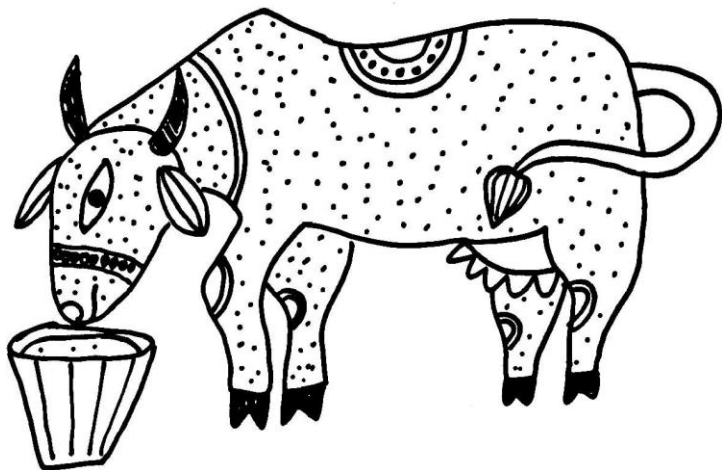
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This area is the home of the Chepang people who lead a semi-nomadic life and have rich cultural traditions.



Magnificent waterfalls definitely attract the nature lovers. Beautiful Sita-Ram Jharana (Waterfall in Nepali) that lies approximately 40 km. North-East of Sapana Village in Korak Village, an untouched tourist area in Chepang Hill.

Drop out from the jeep, walk along the river for a 2 hours and half hiking, enjoying the rich bird-life towards a beautiful waterfall where you relax and jump into the cold water for refresh swim. (depending of season).



Prices are inclusive of all taxes - Not included in prices : park permit cost when necessary

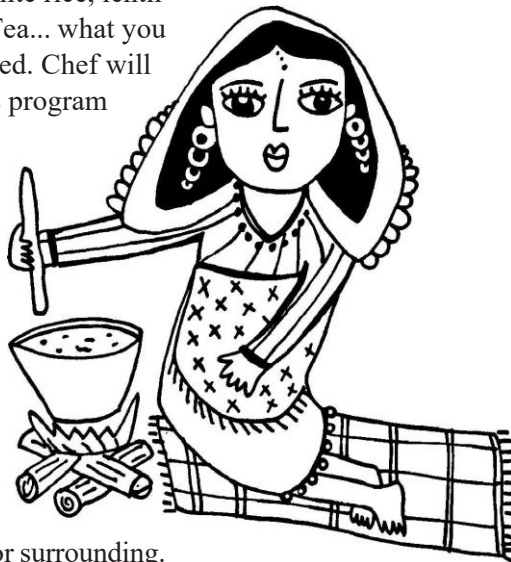
SAPANA VILLAGE ACTIVITIES

35 .NEPALI COOKING COURSE

20 \$/per person

- Duration : around 1 hour

Take this special course to learn the ins and outs of the Nepali kitchen. Our cook will show you how to prepare Nepali food in our own kitchen. Momo, Dal-Bhat-Tarkari(white rice, lentil soup and mix veg. curry) or Masala Tea... what you want...Then enjoy the meal you cooked. Chef will be with you to teach everything. This program includes lunch or dinner.



36 .PLANTATION

9 \$/per person and per tree

- Duration : around 1 hour

Add your own tree in Sapana village or surrounding.

With the help of our naturalist guide, choose a tree from our nursery and plant it in Sapana area. We want to protect the environment, maintain our eco system, so with our own capacity, planting a tree, is a good help for the countryside, and a nice gift for the local people especially if it is a fruit tree or a medicine tree.

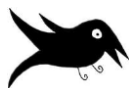
You will receive a greeting certificate, and this tree will be your gift for Nepal. Just do it!

37 .VISIT A LOCAL MARKET

- bicycle : 8 \$/per person

- jeep : 13 \$/per person

- With guide



Visit TANDI, a small town on the high way, buy fruit, vegetable, fabric...

38 .VISIT SAPANA VILLAGE LODGE's SHOP

Sapana village lodge offers you the opportunity to have a look on the different aspect of nepali designs.

By visiting our shop you support local market and tradionnal handmade craft.

Our shop is easy to find. It is located at the entrance on the left in the round house behind the first building. Opening times may vary but do not worry you can ask in our office for private entrance when it is close.



JEEP

- * Jeep to or from the bus park ----- Free
- * Jeep to Naryanghat (go & back) ----- 25 \$
- * Pick-up or drop-off at Chitwan Airport ----- 20 \$

PRIVATE TRANSPORTATION Other prices available on request.

- * Chitwan to/from Kathmandu, Pokhara, Lumbini:
- Luxury private jeep with driver ----- 185 \$
- Basic private car with driver ----- 140 \$

- * Chitwan to/from Bandipur:
- Luxury private jeep with driver ----- 130 \$
- Basic private car with driver ----- 95 \$

BUS TICKETS (TOURIST BUS), price per person

- * Kathmandu ----- 12 \$
- * Pokhara ----- 12 \$
- * Luxury bus (Pokhara or Kathmandu) ----- 25 \$

FLIGHT

We can arrange bookings for airplane tickets and flight confirmation for you.

BICYCLE RENTING, per hour ----- 3 \$

LAUNDRY SERVICE (WITHOUT IRONING CLOTHES)

Place your clothes in the laundry bag available in your room or a plastic bag and bring it to the office

Per kilo ----- 3 \$

BOOKS & GAMES AT LIBRARY

Books and games are available near the office in our library, there are here to enjoy your staying in Sapana Village.
They are free to borrow, so please take care of them.
Please, don't forget to bring back all games and books in this place after using, and to put them nicely away.

INTERNET

We do have WI-FI in Sapana Village, and it is free. Ask for password.

DONATION BOXES

SAPANA VILLAGE is involved in many social projects as you know, so we use also to collect donations from our nice guests. You do find boxes near the office shared in three parts : School material, hygienic items and clothes.
So you have the possibility to help the community too and be sure all this items will be distributed to the local people.

SAPANA DESIGN : a women skill development project

You can buy products from Sapana Design : a Women Skill Development Project. The products are locally produced by Tharu women. It is a fair trade project, which means the women get a fair price for their products. If you are interested you visit the factory, which is only 50 meters from the lodge

Sapana means ‘ DREAM’ in Nepali, and this name has been chosen with good reason. Sapana Design aims to teach local women a skill and help them provide for themselves and their families.

They make fashion accessories, toys, living accessories and decoration of textiles and new items from recycled materials.

We regularly invite volunteers and designers. This way we constantly add new designs to our product line and keep on investing in learning new skills and techniques. Want to be part of it ?

FAIR TRADE

We are a Fair Trade organization, which means that we work according to the Fair Trade principles (fair price, good working conditions, environmental friendly, capacity building, no child labor).



INTERESTED IN DOING BUSINESS WITH US INTERNATIONALLY?

We also produce for the international market, but then we only sell wholesale. If you want more information about options please contact us.

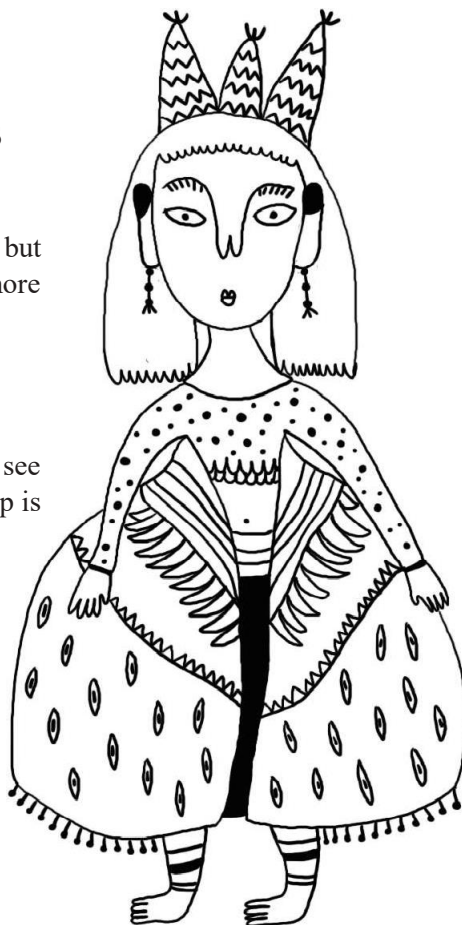
WANT TO VISIT OUR FACTORY?

You can come visit us at our workshop and see how we produce our products. Our workshop is based next to Sapana Village Lodge.

CONTACT

For more information visit our website www.sapanadesign.com or send us an email at info@sapanadesign.com. Or contact directly Barsha Giri at the lodge.

We will gladly provide you with more information and go over the options with you.



SAPANA VILLAGE LODGE
SAURAHA CHITWAN NEPAL
WWW.SAPANALODGE.COM
SAPANAVILLAGE@HOTMAIL.COM
+ 977 (0) 56 58 03 08