



PROGRAM

www.sapanalodge.com

Prices are inclusive of all taxes - Not included in price is the necessary park permit.

Welcome to Sapana Village Lodge

Dear Guest,

A warm welcome to **Sapana Village Lodge!**

Thank you for choosing Sapana Village Lodge. We are delighted to have you stay with us and hope you will feel completely at home while enjoying an unforgettable experience in the heart of Chitwan.

To help you make the most of your visit, we offer a carefully selected range of **nature, ethical elephant, and cultural and responsible tourism experiences**. Take your time to explore our excursion options, and our team will be happy to create a personalized itinerary based on your interests and schedule.

Sapana means "**Dream**" in Nepali.

At Sapana Village Lodge, we believe that hospitality should create positive change. Your stay is more than a holiday—it is a meaningful contribution to the local community.

We are a social enterprise dedicated to sustainable community development. A significant portion of our profits is invested in projects that improve the quality of life for local families while preserving the region's cultural and natural heritage, rich biodiversity, lush forests, grasslands, and winding rivers.

We Are Here for You

We sincerely hope you have a relaxing, enjoyable, and memorable stay at Sapana Village Lodge.

If you have any questions, need assistance, or simply wish to learn more about our community and the surrounding area, please don't hesitate to speak with any member of our team. We are always happy to help—or simply have a friendly chat.

We wish you a wonderful stay and hope your time here becomes one of the highlights of your journey through Nepal.

Best Regards,
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JUNGLE AND NATURE EXCURSIONS

SOME USEFUL FACTS ABOUT CHITWAN NATIONAL PARK

- * Location: South-central Terai region, spanning Chitwan, Nawalparasi, Parsa, and Makwanpur districts.
- * Established: 1973 – Nepal's first national park.
- * Area: 952.63 square kilometers (plus a buffer zone of 750+ sq. km).
- * Altitude Range: 100 to 815 meters above sea level.
- * Listed in UNESCO World Heritage site in 1984.
- * Wetlands like Bishazari Tal (20,000 Lakes) are protected under the Ramsar Sites.
- * Home to 700 one-horned rhinoceroses (second-largest population globally), 120+ Bengal tigers, Elephants, leopards, sloth bears, gaur, wild boars, deer species and monkeys.
- * Rich birdlife: Over 600 species including hornbills, kingfishers, and endangered Bengal florican.
- * Crocodiles and pythons.
- * Grasslands, wetlands and dense Sal forests.



REQUIRED FOR JUNGLE EXCURSIONS

- Lightweight long sleeves and pants (dark colors)
- Comfortable walking shoes
- Hat, sunglasses, sunscreen, insect repellent
- Binoculars and camera
- Water bottle (can be refilled at the resort)
- Rain Jackets (during monsoon season)



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.



1 .JEEP SAFARI - HIGHLIGHT OF CHITWAN NATIONAL PARK

310 \$ Dense Forest Full Day: (Your private jeep safari)

- *The park entrance permit is needed that costs extra Rs 2000 per person.*
- *Duration: 8 to 9 hours*
- *Healthy pack lunch included*

TOUR HIGHLIGHTS

- * The Park is home to endangered species like the Bengal tiger, one-horned rhinoceros, elephants, sloth bear, and leopards.
- * The safari allows visitors to cover large areas quickly, increasing the chances of spotting many wild animals in their natural habitat.
- * The jeep safaris can enter core areas of the park, less disturbed, ideal for wildlife sightings.
- * Your private guide is local with deep knowledge of the ecosystem, helps tracking and spotting animals and birds providing full information.
- * It offers a good vantage point for wildlife photography.



- * *Exciting Half Day: \$240 (Your private jeep safari) – The permit each person cost extra.*
- * *Duration: 4 to 5 hours (half day in the morning until the lunch time or afternoon after lunch)*
- * *A Short Adventure: \$140 (Private jeep rent) – The permit to enter the park cost extra.*
- * *Duration: 3 hours*



2 .A DAY IN THE PARK - LONG CANOE BIRD WATCHING TRIP AND NATURE JUNGLE WALK

105 \$ /per person + Park permit needed Rs 2000 per person

- Requirement: Minimum 2 people

Join our local experienced jungle guides for a full-day experience deep inside the heart of Chitwan National Park. This adventure combines a serene canoe ride along the Rapti or Narayani River and an in-depth jungle walk, providing the opportunities to observe birds, wildlife, and the rich biodiversity of the Terai lowlands. The jeep from the resort picks you up from the walking ending point.

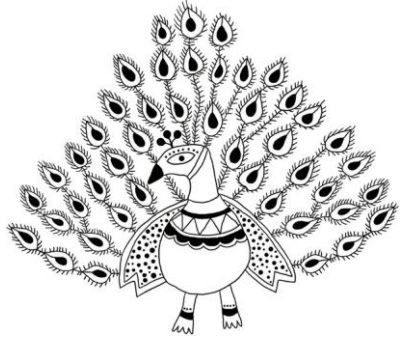
- Duration: Full Day Program, approx. 3 hours canoeing (depending on water level) and 4 to 5 hours of exciting nature jungle walk including the lunch time.

- Start Time: Early morning after tea or coffee in the resort (usually around 6.45 AM)

- Breakfast: There will be a short break for the picnic breakfast along the riverbank.

- Location: Rapti or Narayani River / Chitwan National Park

- Lunch: During the jungle walk in the animals watching jungle tower.



HIGHLIGHTS

- * Flow along the river in a traditional dugout canoe. You don't get wet.
- * Observe birds such as kingfishers, storks, egrets, herons, and cormorants.
- * Possible sightings of mugger crocodiles and the endangered gharial basking on the banks.
- * Enjoy the peaceful atmosphere of the river, ideal for photography and quiet observation.
- * Explore various jungle ecosystems including riverine forests, grasslands, and Sal forests.
- * Look for signs of rhinos, sloth bears, wild boars, monkeys, deer, and possibly the Bengal tiger.
- * Learn about the flora, medicinal plants, animal behavior, and tracking techniques from expert local jungle guides.
- * Visit watch towers (Machans) for panoramic views and better chances of wildlife sightings.



3 .BOOK YOUR DAY JUNGLE PACKAGE - CHITWAN NATIONAL PARK

160 \$/per person

- Canoe Ride, Jungle Walk, Open Jeep Safari, Elephant Care, Explore Tharu Villages and Enjoy Local Cultural Dances.

Experience the best of Chitwan in one unforgettable day. Our Day Jungle Package is a perfect blend of wildlife adventure, nature exploration, and ethical elephant interaction - all guided by experienced local naturalists.

INCLUSIONS

- * One-hour Traditional Dugout Canoe Ride (Crocodiles, Bird watching & wildlife) Enjoy breakfast like a small picnic in the jungle during the walks.
- * 3 Hours Guided Jungle Walk (Track animals, learn about the flora/fauna)
- * Elephant Care Program (Meet and feed our happy rescued elephants – no riding)
- * Explore Tharu villages and local cultural dances
- * 4 Hours Open Jeep Safari (Sharing with other guests) inside Chitwan National Park
- * Park entry fees & permits
- * English-speaking knowledgeable local nature guides

4 .JUNGLE WALK ADVENTURES

- Full Day (8 to 9 hours): 75 \$ + park permit per person (Pack lunch included)

- Half Day (4 hours): 45 \$ + park permit per person

- Minimum: 2 people required

No vehicles, No fences - Just your two local jungle guides, and the wild jungle.

A Jungle Walk adventure in Chitwan National Park is one of the most exciting ways to experience the park's rich biodiversity. Unlike jeep safaris or canoe rides, the jungle walks place you face-to-face with nature - on foot, guided only by the skills of expert trackers and your own senses.

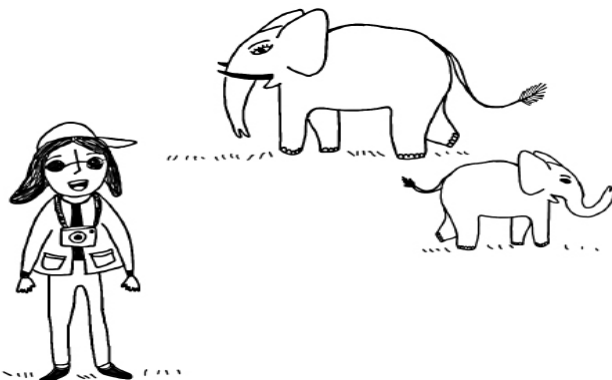
Have you got more questions about wildlife, plants, birds and preservation of the park?

JUNGLE TOUR PLUS DURING HALF DAY TRIP

Add an extra 25 \$ 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 join in Nepali cooking lesson program for the lunch returning to the resort.



5 .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.

6 .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

85 \$ /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 hours 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.



7 .SPECIAL BIRD WATCHING

45 \$ /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).



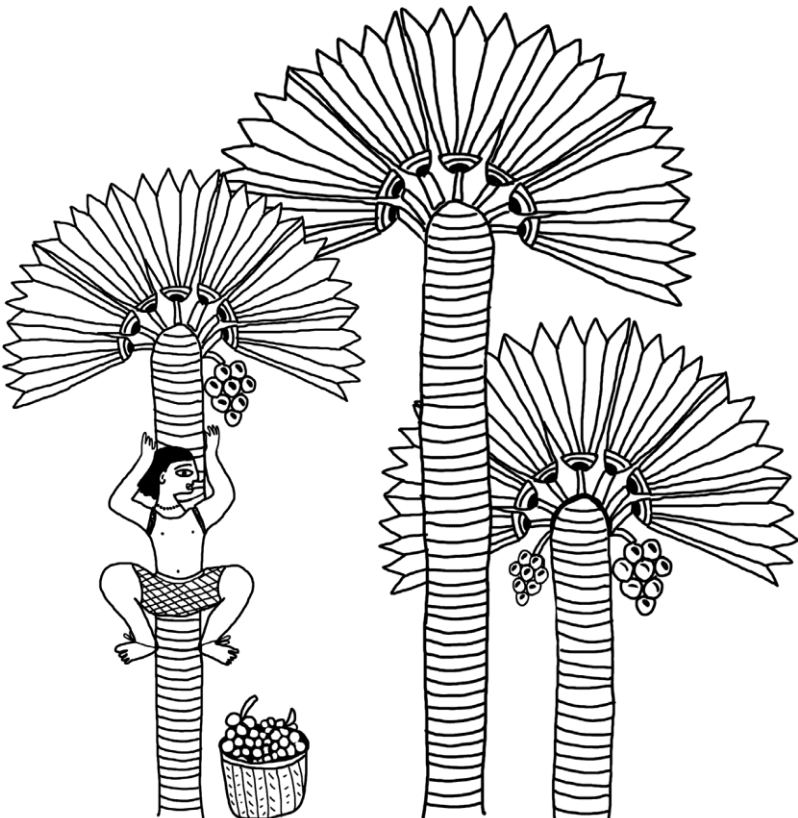
8 .OVERNIGHT STAYING IN THE JUNGLE TREE-HOUSE

95 \$ /per person + park permits needed Rs.2000

- Included: local nature guide, park security personnel, healthy picnic dinner prepared in Sapana kitchen, drop off and pick up transfers.

Feel the cool forest breeze and hear the sounds of crickets, frogs, birds, and distant animal calls. It's a close-to-nature experience offering rare sights of wild animals from the safety of height. Listen to local guides or forest rangers sharing the stories of the jungle, ecosystem, human-wildlife conflict, conservation, and animal encounters. Simple but cozy bedding, mosquito nets, and clean toilets provide you the comforts in nature. The night sky in the jungle is often clear - perfect for stargazing. The tree houses are in the wildlife corridors, with the possible sights of big animals like rhinos, elephants, leopards, or tigers.

The jungle tree houses are built and run by local communities or conservation groups - so your stay helps protect the forest and support local livelihoods.



9 .TWENTY THOUSAND LAKE VISIT

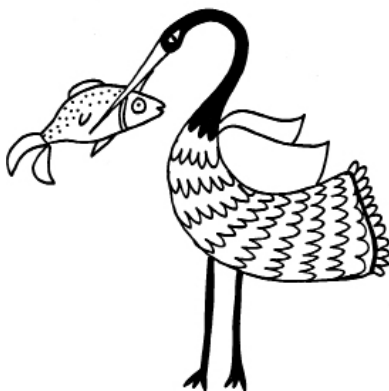
35 \$/per person by jeep

20 \$/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, deer and other species. You can visit this lake as a morning or afternoon tour by bike or jeep.



10 .NIGHTWALK

15 \$/per person, no park permit needed

- Duration : around 1 hour
- With guide

An exciting night nature walks 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.



A GREAT 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.

REWARD YOUR VACATION WITH ETHICAL ELEPHANT CARE

At Sapana Village Lodge - Chitwan, Nepal

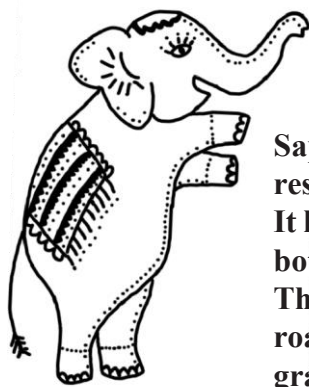
Looking for a meaningful and memorable wildlife experience?

Join the Ethical Elephant Care Program at Sapana Village Lodge, where you'll connect with these gentle giants in a respectful, responsible, and deeply rewarding.

What Makes It Ethical?

- * No riding - we promote humane, respectful treatment of elephants.
- * Positive interaction - learn about their natural behavior, diet, and history.
- * Participate in daily care routines like feeding, bathing, and cleaning in a controlled, elephant-friendly environment.
- * Supports local mahouts and conservation efforts.





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.

11 .HELP US SAVE ELEPHANTS: JUNGLE WALKS

85 \$/per person + park permit needed Rs.2000

- Duration: 3 hours

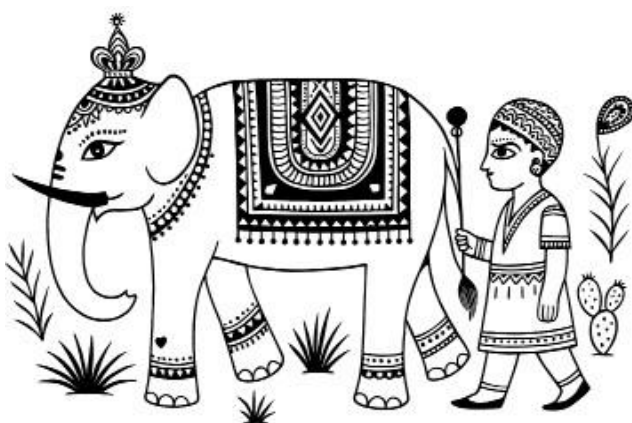
- Minimum: 2 people /(single person can book with a little extra cost)

Feeding elephants in captivity has been truly challenging for us. The elephants have the massive appetite. An adult elephant eats 200 to 300 kg of food every day. They need variety of vegetation - grasses, leaves, fruits and especially tree branches. They require jungle or dense forest for the natural habitat.

These lovely giants are expensive to feed and taking care. They require regular supervision by the vet doctors. Each elephant has two caretakers and need a lot of food storage.

HIGHLIGHTS

- * No Ride just walks with the elephants in the respectful distance guided by the local jungle guides.
- * You will help elephants to enter in to their natural jungle habitat through this program.
- * Elephants have grasslands, dense forest and waterholes to roam around and enough walks they require every day.
- * It is a safe guided jungle walk with our beloved elephants, mahouts and two local jungle guides.
- * Watch elephants grazing or eating small tree branches without destroying the forest. You may happen to see the big wild animals like rhinos, leopards or tigers.



12 .SUNRISE ELEPHANT BUSH WALK

55 \$/per person

- Duration : around 90 minutes
- 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.

13 .LOVE THE GIANTS

75 \$/per person

- Duration : around 3 hours (morning time)
- 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.

14 .ELEPHANT BATH

20 \$/per person

- Elephant washing is around 11.00 am or 3.30pm at Sapana Village Lodge, river side.
- Duration : 45 Minutes
- Not possible in cold winter time

Nothing by force to the giants. 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.

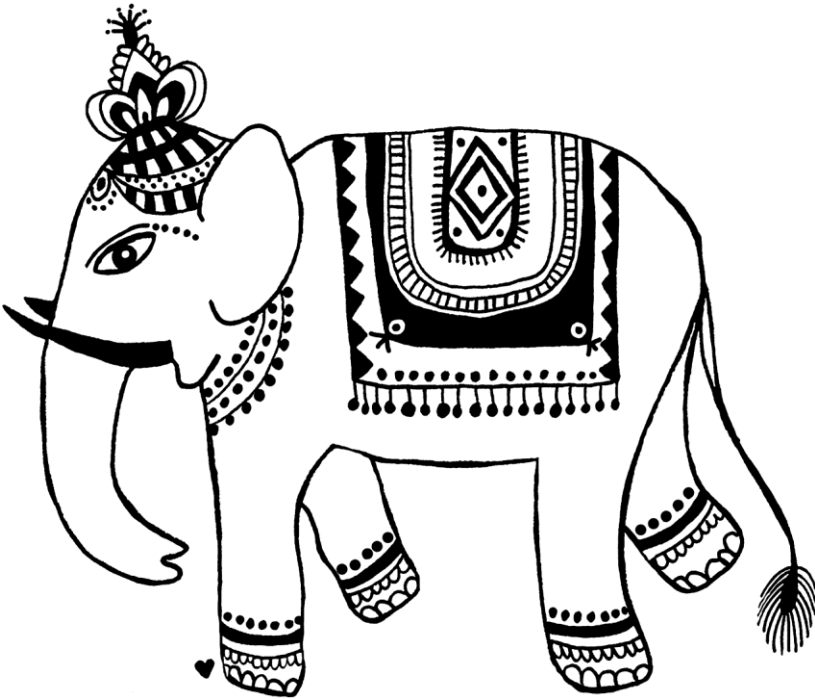


15 .ELEPHANT CARE PROGRAM

155 \$/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*

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).

16 .CANDLE-LIGHT DINNER BESIDE ELEPHANT CHAIN FREE CORALS

55 \$/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.

17 .NIGHT VISIT TO ELEPHANTS SANCTUARY

20 \$/per person

- Duration : 45 min

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

18 .MEDITATION WITH ELEPHANTS

35 \$/per person

- Duration : 45 min

- Minimum : 2 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.



19 .ELEPHANT FEEDING

20 \$/per person

- Elephant feeding is taking place at Sapana Village Lodge
- Duration : 45 minutes.

Carry your elephant treat basket and spend some intimate moments with happy elephants. Feel their soundless movements around you. This feeding includes a basket full of fruits and vegetables that you can feed the elephants.

20 .FOOD CANDY MAKING FOR ELEPHANT

20 \$/per person

- Elephant candy is taking place at Sapana Village Lodge
- Duration : 1 hour

Sitting beside the elephant driver, you can make the candy (kuchchi 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!

SAPANA'S

IMPACTFUL ACTIVITIES

21. Farm-to-Table Experience

Duration – 45 Minutes / Cost - \$30 per person

Discover our traditional farming through a hands-on experience at Sapana Village's organic vegetable garden. Learn about local agricultural practices and explore a variety of freshly grown seasonal produce.

Harvest your own vegetables and later enjoy meals prepared using the ingredients you have just picked. This immersive experience gives a meaningful connection with local farmers and provides insight into agricultural methods in the Terai region, while also supporting community livelihoods and promoting sustainable farming practices.



22. Medicinal Plants Identification Walk & Plant a Tree with your Name

Cost - \$45 per person / Duration – 90 Minutes

Join our knowledgeable local guide on a guided walk through the resort grounds to identify a variety of medicinal herbs, plants, and trees. During the experience, you will learn about their traditional uses and cultural significance in local healing practices.

This gentle and educational walk also contributes to the conservation of native plant species and their ecosystems. By participating, you support environmental preservation and the protection of local biodiversity. At the end of the program, you will plant a tree in your name that focuses on nature conservation.

23. River cleaning – Garbage Collection on Wooden Boat

Cost - \$35 per person / Duration – 1 Hour

We provide a certificate with respect.

A positive impact during your stay by joining our River cleaning program to collect plastic, waste and other litter from the water and the riverbanks. This meaningful activity is a simple way to give back to the mother-nature while enjoying a peaceful wooden-canoe safari in the Make Rapti River observing water creatures.

24. Pottery Art Painting with Local Artisan

Cost - \$45 per person / Duration – 90 Minutes

Create and Bring Home Your Memory – A Small Gift from Sapana Village. As you work on painting the pot alongside the local artisan, you will learn the history of pottery in the Nepali communities. You will create a small piece of artwork to take home a lasting reminder of being with the lovely family of Sapana Village. By joining this experience, you will contribute to promote the responsible and community-based tourism.



25. Sunset Nature Magic

(Canoeing, Wildlife Conservation Bird-Walk, Elephant Care Tree Planting and Personalized Dinning in the Bush)

Cost - \$95 per person

Duration – 3 Hours

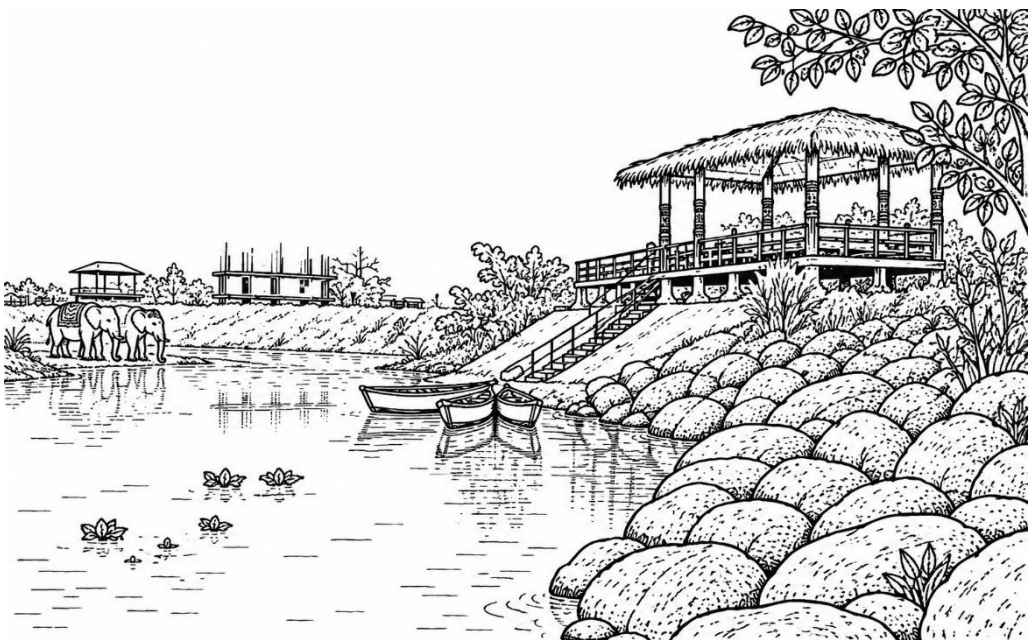
Required – Minimum 2 people

Experience the beauty of Chitwan as the day turns into dusk on this memorable evening adventure.

Join our local guide and bird expert on a short- peaceful canoe safari along the Rapti River. Then continue with the guided bird-watching nature walk to discover the rich diversity of birds, environment and forest conservation. Participate in a tree plantation program. Give your tree a name.

Next, meet our rescued happy elephants to learn their stories and the care they receive. There will be No Ride, no performances or Forced interactions. Treat yourself those lovely giants by feeding fruit and vegetable baskets.

As darkness falls, arrive at a beautifully prepared Surprise Bush Dinner under the amazing stars. Enjoy the freshly prepared healthy meals surrounded by the river and nature, creating your memorable experience once in a lifetime.



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.

26. THARU COMMUNITY HOME STAY

80 \$/per person

- Duration: 2 days/1 night

- Transportation, dinner, tattoo, Nepali cooking lesson, Tharu lesson included

- 50% of price goes to the Tharu Village

Are you looking for a cultural journey practicing responsible tourism to benefit local community through your visit? Book with Sapana Village for an unforgettable experience encounter with Nepal's indigenous Tharu culture.

After a scenic jeep ride from the resort, you will arrive at the Tharu village, where a warm welcome awaits you from local women and children. Your host family will greet you with traditional welcome drinks before you settle into your room in a charming cottage designed in the authentic Tharu style. A guided walk through the community will introduce you to the local lifestyle, followed by an invitation from local women to join them in traditional Tharu fishing. You'll have the opportunity to gather organic vegetables and help prepare a traditional dinner alongside your host family. If you're interested, the women will adorn you with a beautiful, typical henna tattoo. In the evening, share a healthy local meal with the family and immerse yourself in vibrant cultural songs and dances before spending the night in your homestay.

The next morning begins with an early exploration of rural life, where you'll observe traditional farming methods in action. A typical local breakfast with organic tea will be served to energize you for the day. Before departing, gather for goodbye group photos with your hosts. A jeep from the resort will then pick you up, marking the end of your enriching village experience.



27. THARU COOKING AND DINNER

35 \$/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.



28. THARU VILLAGE VISIT

15 \$/per person

- Duration : max 2 hours
- With guide

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

29. THARU BIKE TOUR

30\$/per person

- Half day, bike included
- With guide

45 \$/per person

- Full day, lunch & bike included
- Minimum 2 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.

30. THARU STICK DANCING

10 \$/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.

31.FIELD WORK

15 \$/per person

- 50% of price goes to the village
- 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.

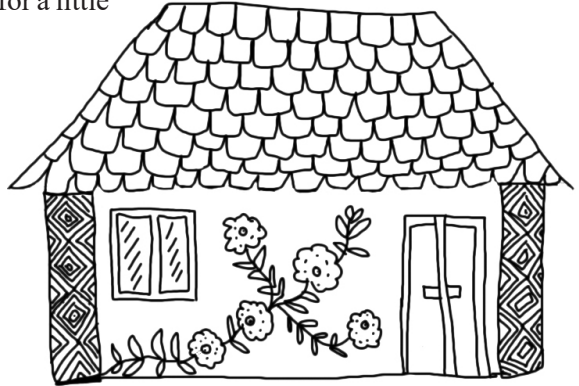


32.THARU HOUSE DECORATION

15 \$/per person

- 50% of price goes to the village

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.



33.THARU HENNA TATTOO PAINTING

15 \$/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.



34. THARU FISHING

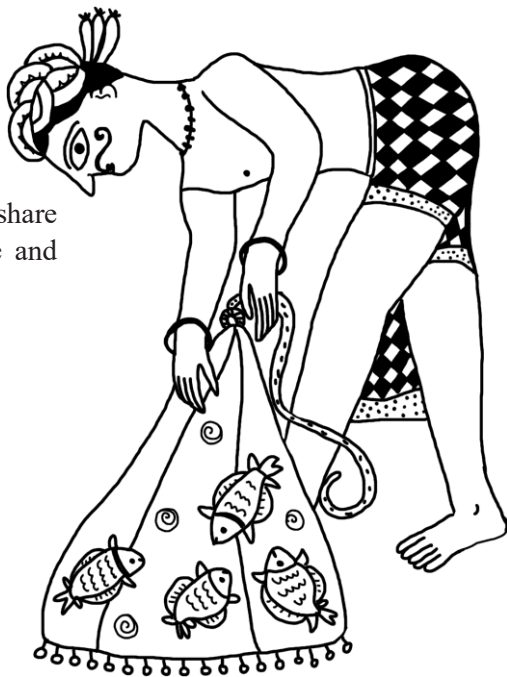
20 \$/per person

- 50% of price goes to the village

- Duration : 1-2 hours (depending how much lucky you are for fishing !)

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.



35. LOWLAND CYCLING TREASURE IN CHITWAN

70 \$/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.



36.FESTIVALS

- 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 – The Festival of Brothers and Sisters

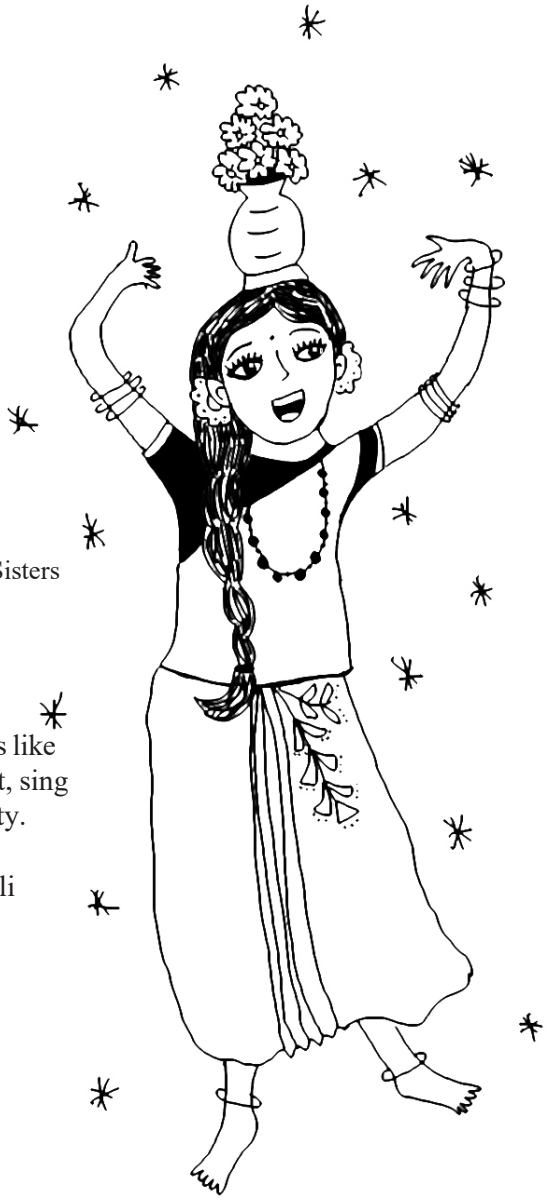
March:

Holi: color festival

and many more....

You can participate in local festivals like Dashain, Deepawali, 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.



37.THARU RELIGIOUS TOUR (DEV GHAT)

45 \$/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.



38.GETTING MARRIED IN CHITWAN OR CELEBRATE YOUR MARRIAGE YEARS AN 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.

39. BIKE TOUR IN THE CHEPANG HILLS

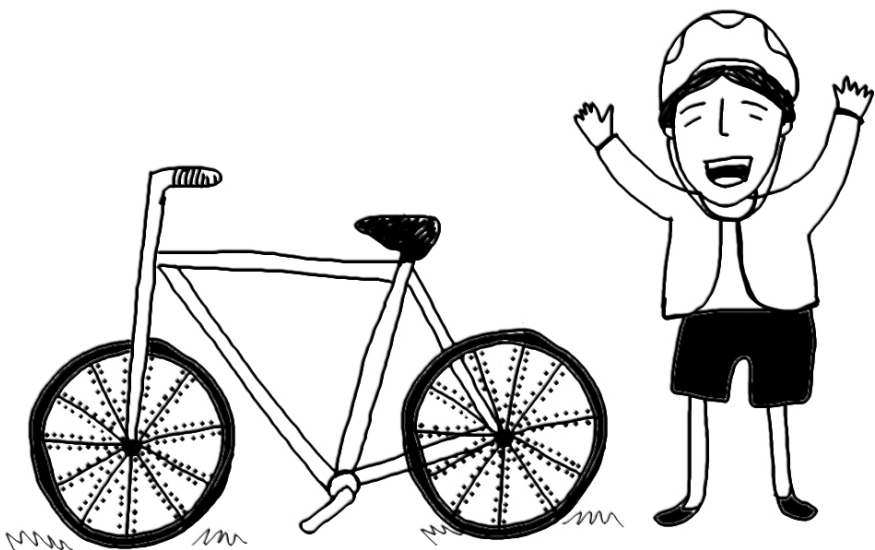
By mountain bike : 80 \$/per person

- ***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.



40.HIDDEN TREASURE IN CHEPANG HILLS OF CHITWAN

130 \$/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 any pollution 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.

41. CHEPANG HILLS HIKING AND WATERFALL

80 \$/per person

- *Duration : Full day trip*
- *Included : jeep transportation, picnic lunch*
- *Easy level hiking*
- *Minimum : 2 persons*
- *With guide*

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.

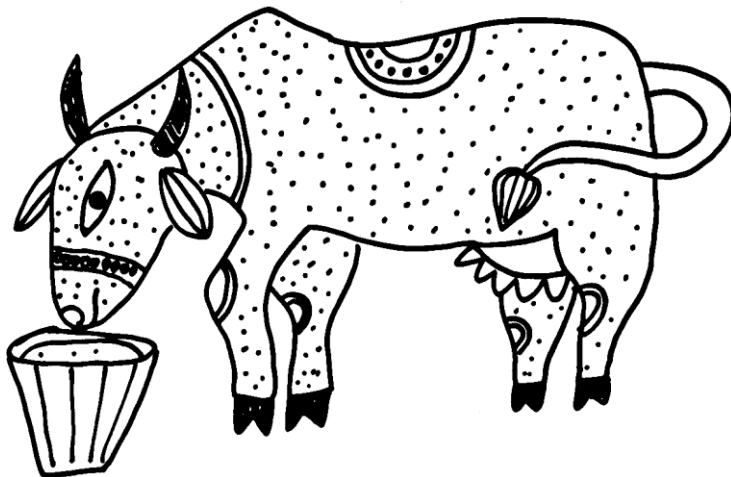
This area is the home of the Chepang people who lead a semi-nomadic life and have rich cultural traditions.



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 touristic 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).



SAPANA VILLAGE ACTIVITIES

42. NEPALI COOKING COURSE

35 \$/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.



43. PLANTATION

20 \$/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!

44. VISIT A LOCAL MARKET

- bicycle : 10 \$/per person

- jeep : 15 \$/per person

- With guide



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

45. 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 behing the first building. Opening times may vary but do not worry you can ask in our office for private entrance when it is close.

SAPANA VILLAGE ACCOMODITIES



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 domestic flights confirmation for you. Ask for the fares.

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 offcie 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.

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.

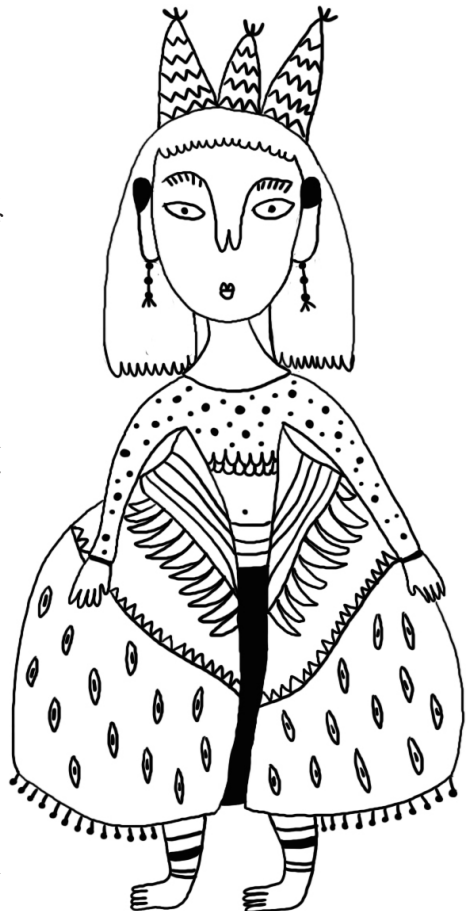
WANT TO VISIT OUR FACTORY?

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.



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