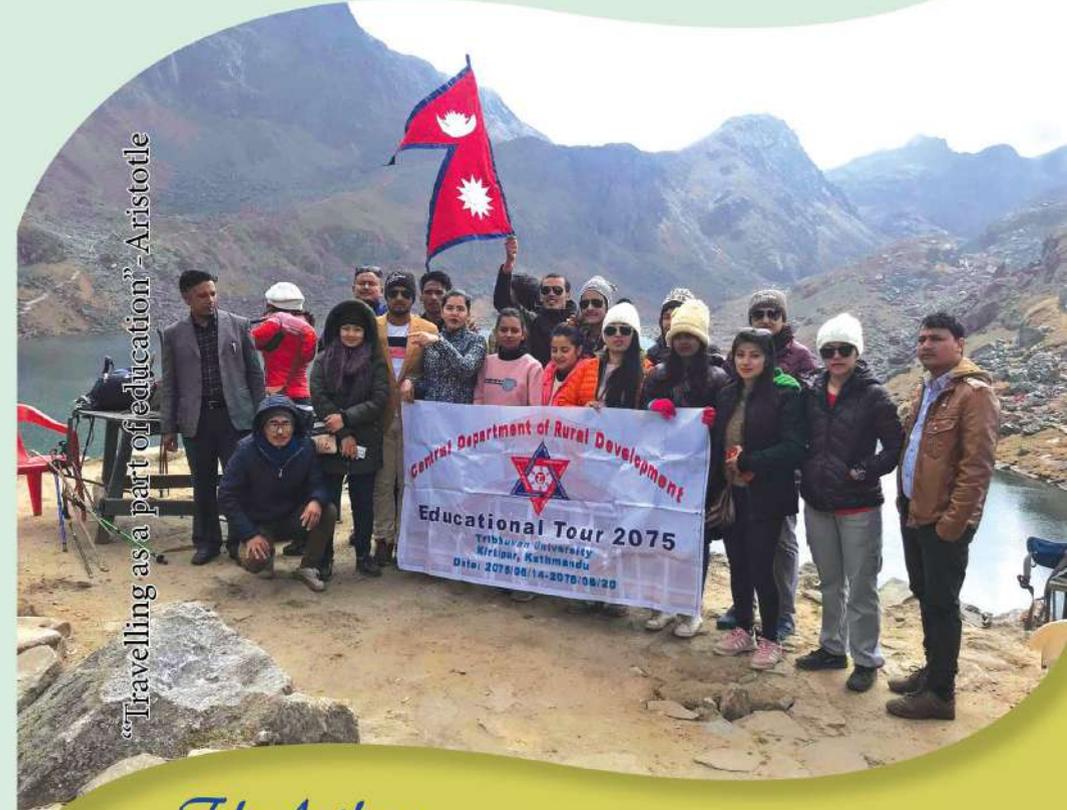


यस्तु संचरते देशान् यस्तु सेवेत पण्डितान् ।
तस्य विस्तारिता बुद्धिस्तैलबिन्दुरिवाम्भसि ॥
- संस्कृत श्लोक

TRAVELOGUE: TREKKING STYLE EDUCATIONAL TOUR (TEST)



“Travelling as a part of education” -Aristotle

The Authors

Kiran Dangol, Deepa Subba and Rekha Bhusal
Manoj Basnet
Members, Student Quality Circle

The Editor

Dr. Rajan Binayek Pasa
Lecturer at Central Department of Rural Development
Tribhuvan University



A Publication of

Central Department of Rural Development
Faculty of Humanities and Social Sciences
Tribhuvan University
Kirtipur, Kathmandu



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Preface

This travelogue is based on the experiences that we have collected in our seven days Trekking Style Educational Tour (TEST) from Kathmandu to Gosainkunda.

This report is a brief illustration of the activities that we went through on our daily basis and other theoretical aspects of the tour. This tour was not only focused on visiting and exploring the gift of nature but also conducting our own research based on homestay and eco-tourism on several parts of Rasuwa District. This tour has been one of the highlight of our rural development department and hence we have tried our best to present it in the following papers.

It is our hope that our readers get a brief view and get glimpses of how our trekking styled educational tour turned out to be. We hope our readers be fascinated and interested in conducting our sort of tour in the near future. Also be profited from these resources. We have tried our best to include everything but as it is said true experiences can only be gained when one exposes himself or herself in the given environment itself, we encourage our readers to be a part of this kind of tour rather than just confining oneself in the classroom. We apologize for any mistakes and unintentional errors that may have occurred and wish our readers a happy reading.

Kiran Dangol
Deepa Subba
Rekha Bhusal

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Group A: 15th Batch

Travelogue: Kirtipur to Gosainkunda, Rasuwa



By

Kiran Dangol, Deepa Subba and Rekha Bhusal

Masters of Arts in Rural Development

Batch (2017 – 2019)

January 2019

The Background

"Better to see something once than hear about it a thousand times"

Gosaikunda Lake is one of the most famous religious and pilgrimage sites of Nepal. It is located at an altitude of 4,380 m (14370 ft.) and surrounded by peaks in Langtang National Park in Rasuwa District with a surface of 13.8 ha (34 acres). Gosaikunda, also spelled Gosainkunda, is an alpine freshwater lake and a Ramsar site (since 2007) which means a wetland site. The main attraction of this trek is an exotic 108 glacier lakes, small to medium in size that is scattered around the Gosaikunda region surrounded by Himalayas range, delightful forest, beautiful scenario and lush wild nature. The fascinating beauty along with the traditional civilization of Tamang people and their culture and values, renowned cheese business, and abundant wildlife make Gosaikunda a famous tourist destination.

The main Attraction of Gosainkunda are;

- Explore dozen of lakes including Holy Lake.
- Get chance to experience Natural, cultural and religious.
- Mesmerizing view of Mt. Ganesh Himal Range, Mt. Langtang range, Mt. Manaslu and other Mountain
- Beautiful Sun rise from Lauribina is another attraction of Gosainkunda Trekking.
- While Trekking in Langtang Nation Park we can get chance to encountered with several wild flora and faunas.

Trekking in Gosainkunda get the chance to explore the breathtaking region of Langtang Nation Park. Where you can get Chance to encountered different flora and faunas. The rear animal Red panda are found in Langtang National park.Langtang National Park (LNP) shares 24.33 percent of Nepal's total red panda population. This Panda is a mostly herbivorous mammal that feeds mainly on bamboo.



Mostly Hindu and Buddish pilgrimage and tourist visit holy place mainly in the period of JanaiPurnima. There are lots of believes and saying about the place. In Hindu mythology it is believed that Gosainkunda is formed when Lord Shiva shallow the poison lord, he pierced glacier with his Trishul so that he could obtain water afterhe shallow poison that made his throat sting.

Our trekking style education tour (TEST) is our own research based on homestay and eco-tourism on several parts of Rasuwa District. Briddim is a good example of homestay in Rasuwa district. In December 2005, **Briddim Community Homestay** was awarded with 2nd Mountain Development Prize at the third International Mountain Day program organized in Kathmandu.

Briddim is a beautiful Village located in Langtang valley in Rasuwa which is located in the altitude of 2229 meters from the sea level. The magnificent village is shaped in Z which offer warm welcome to the tourist in their home stay, About Half of 43 household of this village run homestay. Tibetan influenced Tamang village where staying in a local home for a truly unique experience. All accommodation, lodgings and food are offered at local houses on a rotational basis. Mainly People living here are Tamang and are dominated by Tibetan culture. This place is rich in natural and cultural heritage .this is the perfect place to get rural Nepal which gives you the experience of lifetime and makes your stay memorabile.

Our Trekking Style Educational Tour (TEST) held from 14th Aswin to 20th Aswin 2075 was a true experience of learning through travelling, a reality check of the situation which we were unknown about, the places we were yet to explore and the most importantly a lifetime experience of exploring rural diversity along with trekking.

Daily Journal

Day 1: Kathmandu to Rasuwagadhi

14th Ashwin 2075:



Not a regular Sunday for the 3rd semester rural development students. All bags packed, trekking gears checked, bidding goodbyes to families and friends for a week and leaving home at early 6. Filled with mixed emotions: an excitement of trek, travelling, exploring new place and on the other hand, a slight sense of fear, anxiety and nervousness of what we are paving our way to.

6:30 am, we all gathered in our department. Laughter, excitement, talks and discussions

about how heavy one's bag is and making comparisons to one another's bag filled the atmosphere of our department that morning. All these came to a wrap after the photo sessions, managing our seats and bags and everyone took a last look to the department and left at 7:10 am sharp.

The bus was filled with series of games and singing competitions, along with making jokes about one another, sight-seeing and as a whole a fun filled ride. At round 10 am, we stopped at Likhu, Nuwakot to have our first meal of the day. Finding a place to stay and have food was another challenge. We nearly walked for about 5 minutes amidst the green fields and found ourselves a shed and had food that our classmates made for us. After finishing our meal we headed back to continue our journey. Our next stop: Kalika Sainik Guard police Beet where we got some fresh air of the Langtang National Park, roamed around for a while and took some photos. After nearly some minutes of our bus ride we reached Dhunche bazar and stopped for tea. The atmosphere of the place was lovely, clean and cool breeze of the air welcomed us which helped us forget the fatigue of long bus ride. The local people glaring and interacting with us, our chitchats and other tourists stopping there filled the surrounding of Dhunche bazar at that period of time. We collected some more snacks for the ride and again set back in the journey.

And finally our tedious ride came to an end at 7:30 pm when we finally reached Hotel River view located at Ghattekhola, Timure. It was all dark and all we could see is a line of heavy vehicles resting and lights coming from the locality accompanied with the sound of forest and hills, flowing rivers and the beauty of the bright moon.

Accommodated with our respective rooms, bags unpacked, freshened up and all set to have our dinner: we could see the tiredness along with the excitement of what tomorrow holds for us in everyone's face. With a thought in our mind that tomorrow's going to be day to begin our actual trekking, we consoled ourselves to sleep as early as possible and the day finally ended.

Day 2: Rasuwagadhi to Briddim

15th Ashwin 2075:

With nearly around 10 hours ride in the bus the day before, our morning started from the very first battle of getting up early. Despite of the exhaustion of long bus ride, everyone managed to wake up early in the morning. Everyone conducted their morning rituals and then walked towards Rasuwagadhi, the Nepal and China border. The dark, chills of the morning and the sound of the river accompanying our walk and being



surrounded by high hills and closer view of mountains made us realize that now we have actually stepped into the journey of exploration and adventure.

The bridge that has been connecting China and Nepal has been devastated by the 2015 earthquake and as always the Nepali section of the bridge was still to go under construction. We took some pictures, explored the surrounding and then came back to our hotel.

We grabbed our teacups, sat on the lawn enjoying the fresh cool air and the view and finally at 7:45 am sharp left the hotel. The official start of the trek. Everyone was excited and yes back of the mind we were mentally prepared that it was going to be a one adventurous exploration. After walking for half an hour, we stopped at Hotel Delight and guest house to lunch. We interacted with the local people and ended their curiosity about us and gained a lot of other information about the trek itself. After a hot lunch, we then headed back to our first day of our trek.

The route for today was Timure to Briddhim community homestay. The route was full of climbing up and down. We climbed high hills which we lost count since we were tired and exhausted. The people we met on our trek route were really friendly and welcoming. They were encouraging us and gave us some local fruits and vegetable to feed us during the long trek.

6 to 7 hours passed and finally we reached Briddhim, accommodating ourselves in Lhasa Homestay and Restaurant, Gomba Laga Tole which was in altitude of 2200 meters. The environment was so peaceful and green and true representation of rural lifestyle. After refreshing up, we headed to conduct survey in the local households. We interacted with the locals, filled up survey questionnaires and got more familiar about the environment and about how they are sustaining their livelihoods. Night fell and everyone gathered in the lawn of the homestay. We had our dinner and arranged for some recreational activities. Despite of the cold also, we stayed up and singed and danced and had a great time relieving all the exhaustion and fatigue of the day.

Day3: Briddim to Thulo Syafru

16th Ashwin 2075:

The first day of the trek gave us a brief idea about how this trek is going to be like. Waking up to a cold morning, surrounded by beautiful hills and mountains, and not even a hint of urban touch, we all got ready to start our journey for the day. 6:15 sharp in the morning we left Briddhim homestay after having tea and capturing some memories. Our destination of the day was Thulo Syafru. The walk made us a step closer to the in depth nature that Rasuwa holds. On our way to Thulo Syafru, we met an elderly man who was around 55 of age, he shared his story. The road that took us nearly 8 hours to reach, the man climbs it 3 times up and down every day with heavy stuffs behind his back. The man made us realize how fortunate we were to have been getting everything on our doorstep yet we don't seem to be thankful and satisfied towards it. The man left us far behind and thus we continued our journey. We stopped at many places since we were so tired with less food and water to drink. The trails were little wet at that which caused some of us to slip and fall and made us laugh at times and forget our fatigue.



Some of our friends reached the hotel earlier and had their lunch and left for household survey whereas the next group reached in the late evening. After having lunch, everyone left for survey and then chit chatted about their experiences. We took some rest, had dinner and ended our day.

Day 4: Thulo Syafru to Lauribina

Day 4: 17th Ashwin 2075

Waking up to a beautiful morning with the feel of getting a step closer to our destination had us all excited and energized despite of walking for 2 days straight every 7 to 9 hours. All bags packed and then we left for Lauribina after a quick sip of tea. The trails in between the forest gave us a calm and cool weather to walk through and after a couple of hour we stopped to a spot to have breakfast which we had in our bag packs.



Till date, we had a clear vision that not everybody has the same pace of walking therefore we divided ourselves into two groups and hence proceeded our journey. We also decided to stop in Cholangpati and meet their for our lunch. The way to Cholangpati turned out difficult and very tiring for most of us since. We continuously with very less food and water to drink with us. The first group reached Cholangpati nearly after 4 hours whereas the second group took around 6 hours. The trail was fun walking along with friends talking and laughing but it was one tough walk of the journey. On our way, we went through different hotels, talked with the locals and some of them conducted household surveys and KII also. We also observed water mills and several interesting elements of nature.

At 2 pm, we all gathered in Cholangpati and had our first meal of the day. The view was one mesmerizing one, we were surrounded by the mountains and greens and the cool breeze of the mountains passed us by along with the sunny bright sun. After getting rest for a while then we moved towards our last stop of the day, Lauribina. Some of us got sick during the walk so everyone decided to stick together and walk accordingly. As the altitude was going up, we could actually feel it effect on our bodies and none of us gave up and walked with a strong motive to reach.

We reached in such a height that we could actually see clouds beneath us. And it was the perfect moment to watch the sun set in between the clouds. We captured some photos and enjoyed the sight as we walk. It was nearly dark when we reached Hotel Maya, Lauribina. It was a lovely place, so close to the mountains and such an eye pleasing view to wake up the next morning. As the day goes by, the atmosphere became colder and colder and rarely we could see anything. We rushed to our hotels and then got ourselves tucked in our beds. We freshened up, had our dinner and wished goodnight.

Day 5: Lauribina to Gosainkunda to Surya Kunda to Lauribina

Day 5: 18th Ashwin 2075:

The most important or highlight of our tour was today: The day we actually move towards our main destination i.e. Gosainkunda. The long anticipation and enthusiasm waked up us as an alarm. We conducted our morning rituals and then moved towards Gosainkunda at 6 am. As the sun rose above our heads clearing our paths and displaying the mountains shinning like diamonds, it was one mesmerizing and surreal moment for us. The road got a little tougher along with cool breeze hitting our faces and a straight upward climb. On our way to Gosainkunda we encountered with several wild flora and faunas which were totally new to us. The trail was quite adventurous and the topography was a beauty in itself besides the nerve wrecking downward deep deadly view off the trail. One slip of our foot was death causing at times.



It nearly took us around 3 hrs to reach the holy Gosainkunda. The moment we could see the Gosainkunda, it was such a heavenly experience which can rarely be jotted down in words. The atmosphere in there could heal and help us forget all the fatigue and exhaustion and all the pain and suffering we had before.

The one majestic view of Gosainkunda made us realize it was worth the wait. After getting some rest and enjoying the view, we all then went to perform the rituals and most of our friends cleansed themselves in the holy water of Gosainkunda. Then we had our first meal of the day in Hotel Namaste. The warm meal in the freezing cold and the hospitality of the local people filled our souls.

At around 11, as some of our friends were leaving for Surya Kunda, which was a little far from Gosainkunda, the rest of us stayed behind since the cold was increasing and unpredictably it started raining. And the most amazing thing happened: It started to snow. It was one the most incredible moment for most of us since most of had never experienced a snowfall. We took photographs and enjoyed the snow.

After the snowfall stopped, we decided to come back to Lauribina since the weather was so unpredictable and it made us a little anxious. It was a little tough getting back since at times the fog hit our faces and the freezing cold breeze of air passed us by. The situation got even worse when at times we had to stop since the fog blocked our view and we could even rarely see our friends right ahead and behind us.

It was getting dark and immediately started raining when we reached our hotels. We then tucked ourselves in blankets and the owner of the hotel made us some hot noodles soup which helped us reveal our tiredness and cold. Later on, the group that left for Surya Kunda came back in the hotel and then we sat together and listened to their experiences while having dinner ending the day.

Day 6: Lauribina to Chandanbari to Dhunche

19th Ashwin 2075:

The final day of our trek. With the satisfaction of being there in the Gosainkunda and making our tour an accomplishment brought everyone a good and ecstatic reason to go back home and share our stories. We woke up in between the arms of high mountains and freezing cold temperature making it difficult even our faces. And then our journey begins at 6:45 am sharp and our destination for the day was Dhunche since we were going back to Kathmandu through bus. The exhaustion from the previous day yet the excitement of going back home filled everybody's soul that day.



After an hour of walk, we reached Cholangpati and had breakfast in Hotel Langtang Lirung. The atmosphere of that day was lovely and we were clearly able to see those snow-capped mountains for the last time. After a quick snack we then headed towards Chandanabari.



It took us a couple of hour to reach Chandanbari, a beautiful place with the beautiful housing architectures, art and peaceful and calm environment. Filled with beautiful gardens, animal rearing places, guest houses and a cheese factory in itself. The place was a major attraction for tourists. While our lunch was being prepared, we got an opportunity to meet the owner of the cheese factory himself and he gave us the tour of the whole factory and the processes of cheese making. We got ourselves some cheese and headed back to Hotel Yak and Nak for our lunch.

At around 1pm, we headed towards Dhunche. Road to Dhunche came with a lot of uncertainties. It was straight 5 to 6 hours of walking downwards. We had to go through the forest trails and it was one uneven walk for us accompanied with the cool breeze of the forest, the heat of the sun and cold water available for fulfilling our thirst. The trail and journey yet was difficult at times but it was mesmerizing one. On our way back also, we conducted survey with the locals who owned small shops and eateries.



And finally we reached the Dhunche Bazar at around 5pm and went to our hotel. All freshened up and we had our dinner. As it was our last night of the tour, we had a small celebration and then with the excitement of going back home, we ended our day.

Day 7: Dhunche to Kathmandu

20th Ashwin 2075:

The final and the official day of completion of our tour. We woke up with a heavy heart and mixed emotions. Sad because our tour came to an end and we had to leave the beautiful place behind, happy because we were going back to our homes. We freshened up and had our breakfast. All of us then gathered along with our bag packs and left for the bus stop. The bus finally moved after being packed by us as well as the locals. The joy of returning back to our home came with the cost of staying in long jams, seeing many accidents on the road and having Goosebumps on our body, going through the worst and degraded roads so slippery that we could literally see a wheel of our bus out of the track. After nearly 5 hours of the bus ride we stopped at Bhaishhe and had lunch at Hotel TitungPriwar. We took some rest and then again hit the road. And finally after hours of bumpy and jaggy ride, we finally reached Machapokhari, Kathmandu at around 4 pm, everyone bided goodbyes and wishes for Tihar and lastly departed.

The Learning

Learning is an inevitable process. Everyday adds a new opportunity to learn and accumulate information about the environment whether it is from learnt theories or knowledge or something that is related with the daily life sustaining skills.

This tour helped us see the reality of what we were learning in our classes as well as an opportunity to explore the rurality and the livelihood of the people. Since visual and practical learning are the ones that stays in the human brain for a longer period of time, this tour was a great opportunity for all of us to gain lifelong learning.

Curriculum Learning

- We were not only able to explore but also learn from the rural setting itself. It was a reality check of what we had been learning from over a year of time.
- We were able to learn the rural livelihood and learn from the local and indigenous people about the overall scenario of the people and their development over a period of time.
- Resource management is one of the other learning that helped to act according to the available and given resources and adjusting with it.
- Putting theory into practice is other learning that we acquired. The various research tools and techniques that we learnt in classes were applied in the field.
- Documentation and reporting is another important aspect and hence can be referred as one of the learning we had. How to conduct survey, how to handle those questionnaires and how to be community sensitive falls under learning regarding reporting.

Personal Learning

- We were 28 individuals with different personalities and perspectives. This tour helped us personally to adjust and work as a team despite our differences which is one of the important learning which can be applicable in near future.
- This tour came as an opportunity not only to explore places but also to explore and analyse ourselves be it physically, mentally or socially.
- It also came as an eye opener for us. The small things we were taking for granted, being born and raised in a better environment, this tour added value to those and made us realize how fortunate we are able to enjoy those resources.
- We learnt to be more patient and go and work according to the flow and adopt with the given environment.

Communication and Rapport Building

Rapport building is one of the important part which leads in effective communication. As a part of survey, it is very important that first we build good relation with the local people because it is obvious that everyone gets intimidated to talk with a stranger. This is one of the skills that we portrayed and were successful in gathering information from the locals who entrusted us.

Use of Research Tools

Our tour was also based on conducting a research on. So, our tour was a great opportunity to practice the theoretical research tools and techniques that we have studied prior in our classes. Some of the tools were: questionnaire, survey.

Implication of Knowledge and Skills

Knowledge is information acquired through sensory input. Skills, on the other hand, refer to the ability to apply knowledge to specific situations. Knowing everything doesn't make an individual competent but the capability to utilize that knowledge and shape it into right direction makes an individual skilful. Practicing and implying those skills later contributes in gaining and adding experiences in our life.

It is an essential part of any planning process or a working module that people be competent and acquainted with required resources, knowledge and skills. Following are some of the knowledge and skills that we implied while planning and organizing of the tour. These are some of the essential factors that helped us attain our objectives and act according to the schedule or itinerary of the tour.

Posdcorb

As given by Luther Gulick (in a set edited by himself and Lyndall Urwick) prominently in a 1937 paper, the acronym stands for Planning, Organizing, Staffing, Directing, Coordinating, Reporting and Budgeting.

Planning: The very important part of any activity is planning. With proper planning, we were able to work according to the schedule and make our tour a success. Planning prior to each day of the trek helped us provide what to expect in the given day and also prepare ourselves for the uncertainties that could happen.

Organizing: The important skill that we implied was organizing the needed resources and materials for our tour organizing.

Staffing: We appointed each and every one with their respective responsibilities and had our own set of work divisions post the trek also. This helped us to work efficiently and have lesser burdens to ourselves.

Directing: Proper direction is one of the important parts while conducting any activity. Having a clear vision and someone to work upon it is necessary and we implied this skill to work according to the given schedule.

Coordinating: Coordination helps to work in a team and stay out of any issues and helps to solve it in an effective manner. Coordination among all the individuals be it in the university, class among the students and the administration itself helped us make the tour a success.

Reporting: The other skill implied was of reporting which was done in the tour itself and post the tour. Preparation of the various reports, analysing the data we collected and representing it in different arena are the major skills we could portray and could excel in.

Budgeting: Proper budgeting is very important in order to conduct every activity. Without proper financing it is difficult to stick to the schedule and work on it. Our budget was allocated in such a way that it helped us save some of it afterwards also.

Suggestions

Following are some of the possible areas which can be improved in the near future while conducting this kind of tour:

- Pre- planning should start from a very early period since it will help in figuring out the odds that can happen in the near future and act according to it.
- Division of tasks and responsibilities should be done prior to the tour so that everyone has the equal share of work and not only one or two individual will be burden with the tasks that arise.
- College administration should also play an active role and encourage the students to participate in the extracurricular activities rather than staying behind the walls of classroom.
- Prior research about the places to be travelled should be done so that the reality won't differ from what is expected.
- Route mapping should be done beforehand.



Annex A: Participants Details

Seven Days Educational Tour, 2018 17th Batch (2073/074) Third Semester		
Roll Numbers	Name of the Students and Staffs	Signatures
	Rajan Binayek Pasa	[Signature]
	Dil Kumar Bhusal	[Signature]
	Ganga Budha Magar	[Signature]
1	Chintan Kumar Shahi	[Signature]
2	Ijesh Maharjan	[Signature]
3	Kiran Dangol	[Signature]
7	Lokendra Budha	[Signature]
9	Chadani Shah	[Signature]
10	Rekha Bhusal	[Signature]
14	Pratima Bhatta	[Signature]
16	Shreeya Singh	[Signature]
17	Pratima Adhikari	[Signature]
20	Mohan Shah	[Signature]
23	Pinky Shrestha	[Signature]
24	Khagendra Pd. Pandey	[Signature]
26	Dipa Subba	[Signature]
27	Yesodia Poudel	[Signature]
28	Himal Devkota	[Signature]
29	Sushanta Bikram Shah	[Signature]
31	Janak Raj Bhatta	[Signature]
34	Bhawana Regmi	[Signature]
36	Dharmananda Joshi	[Signature]
38	Pratva Maharjan	[Signature]
39	Manoj Khatri	[Signature]
41	Shova Khanal	[Signature]
43	Rara Sharma	[Signature]
45	Nanda Kali Thada	[Signature]
51	Sarmila K.C.	[Signature]
Total	28	

Annex B: Itinerary

Trekking Style Educational Tour (TEST)
Tribhuvan University, Central Department of Rural Development
Third Semester, 2075

Days	Activities
14/06/2075	<ul style="list-style-type: none"> • KTM-Syabrubeshi (2160 meter)-Timure (Rasuwegadhi) by bus at 7AM • Overnight stay in Timure
15/06/2075	<ul style="list-style-type: none"> • Back to Briddim from Timure by bus • Hot lunch in Bridim • Overnight stay in Briddim (2229 meter)
16/06/2075	<ul style="list-style-type: none"> • Start trekking early in the morning at 6 AM • Hot lunch in Syabrubeshi • Overnight stay in Chandanbari (3600 meter)
17/06/2075	<ul style="list-style-type: none"> • Start trekking early in the morning at 6 AM • Hot lunch in LauriBinayak • Reach Gosaikunda at 4 PM (4380 meter) • Overnight stay in Gosaikunda
18/06/2075	<ul style="list-style-type: none"> • Start trekking early in the morning at 8 AM • Overnight stay in Ghopte
19/06/2075	<ul style="list-style-type: none"> • Start trekking early in the morning at 6 AM • Overnight stay in Tuksang
20/06/2075	<ul style="list-style-type: none"> • Start trekking early in the morning at 6 AM • Hot lunch in Chisapani • Chisapani-Sundarijal- Kirtipur by bus

Group B: 16th and 17th Batch

Travelogue: Kirtipur to Bethanchwok, Kavre



By
Manoj Basnet
17th Batch

November 2020

यस्तुसंचरतेदेशान्यस्तुसवेतपण्डिताब् ।
तस्यविस्तारिताबुद्धिस्तैलबिन्दुरिवाग्भसि ॥

English Translation:

The intelligence of a person who travels in different countries and associates with scholars expands, just as a drop of oil expands in water.

Background

Understanding the importance of the Travel Quotes from the age-old wisdom of Sanskrit Shlokas. Our department (Central Department of Rural Development) must have included the field trip in our curriculum. As per which we (Masters 2nd and 4th-semester students) were eager and excited. Tilicho Lake, situated at the altitude of 4919 meters in Manang district. One of the highest lakes in the world was our pre designed destination. For Tilicho Lake trek trekkers should have a good trekking experience as trekkers need to cross challenging pass Thorung La pass. Because it adventurous and challenging all of us were not physically and mentally prepared. So, Bethan Chowk was our second-best option feasible for our field trip.

Dr. Pasa gave us a briefing class, where we discussed the date of departure, itineraries, and work distribution for four groups. The first group was assigned to fill up a structured household survey questionnaire (10 female and 9 male). The second group was assigned to conduct a Key Informant Interview (2 females). Similarly, the third group was assigned to conduct Focused Group Discussion (2 female) and finally I was handed the task to prepare a travelogue. Data collection methods and tools i.e. interview, questionnaires, observation, FGD, and KII for the research topic, “**Gender Role of Women in Bethan Chowk Rural Municipality, Kavrey**”. This travelogue is based on Trekking Style Educational Tour (TEST) from Kathmandu to Bethanchowk.

Daily Journal

Day 1 (2020/02/26): Kathmandu to Bethanchowk

On that very day, early in the morning, all friends gathered at RatnaPark as planned. But I was missing, I had urgent work to accomplish so, I joined them at Koteswore bus stop. Due to the unavailability of enough seats, our team had to split into two different local buses. Leaving behind the hurly-burly of Kathmandu city, singing songs, cracking jokes, and laughing loud we arrived Panauti around 10:30 am. We had to wait for the bus to Dhungharka. So, we had enough time to explore the Panauti. Pasa sir guided us to the nearby temples.

About Panauti: Panauti is a small town of Kavre district located in the southeast of Kathmandu. In the ancient period, it used to be the trading hub along with the salt trade route between Tibet and India. After the end of salt trade in the 1950s and with the construction of Arniko Highway in the 1960s which bypassed the town, Panauti went into an economic rut. It is beautiful not only from the scenic point of view but also well off from the point of history, art and culture.

Indreshwar Temple : Indreswor temple is one of the oldest temples of Nepal which is located nearby the



confluence of Roshi and Punyawatiriver at Indreswor temple courtyard, at Panauti. It is Lord Shiva temple which has three storey pagoda roof which represents the Newari culture. Indreshwar temple also has a very fine architectural touch with distinct Nepalese wood-carving.

Unmatta Bhairav temple is located at the southern part of Indreswor temple courtyard, Panauti which was built in typical Nepalese traditional style in the 16th century. This temple consists of rare wooden images of saints on the upper storey window, looking down at the devotees.



And then we climbed up to the Gorakhnath temple, sat down in a circle and ate our lunch exchanging with each other, which we had from our home as instructed by sir. However, I had taken nothing but a hungry stomach probably I enjoyed the lunch most. I still remember the taste of gundrukkoachar and roti, it was mouthwatering and finger-licking.



It was about to rain so without delay we descended to the Panauti bazaar and started waiting for our bus to arrive. After a while the pre-booked bus came to the verge of cancellation, there was no alternative left besides waiting for the last Nepal Yatayat bus to Dhunikharka. It was the last bus, and you can imagine the situation. It was already packed, we hardly got inside, and people inside the bus were standing in each other's feet. But it was kind of fun.

It was around 5 pm when we arrived at Dhunikharka. Dhunikharka was welcoming us with fresh air to breathe, a cool atmosphere and a beautiful environment. It is a village located on the base of Bethanchwok. It's a beautiful valley with cool weather, an undisturbed peaceful village with the potentials of tourism. After the confirmation call of Pasa sir, we started hiking from here to Bethanchowk Community Homestay on at around 5:15 pm.

It was almost a 1.5-hour hike, some of our friends had a problem with their huge bags so we helped them. It was almost dark and we were tired when we reached Bethanchowk Community Homestay. Our tiredness vanished and darkness lit up with the warm smile, friendliness, and heart appealing welcome of homestay members. And then we were divided into different subgroups, each 4-5 of us stayed in a different home in the community in a way that each family host in turn. Our group enjoyed local vaaley (Red cock) and dhido on the following night.

How to Get to Homestay?

Take a bus from Ratna Bus Park in Kathmandu to Panauti. Buses leave around every 10 minutes, and the journey lasts about 1.5 hours. Make sure to get to Panauti before 1:00 pm so that you can make the bus to Dhunikharka which lasts also around 1.5 hours.

- From Kathmandu to Panauti : 1.5 hrs on bus
- Panauti to Dhunikharga : 1.5 hrs on bus
- Dhunikharga to Bethanchowk Community Homestay : 1.5 hrs

Bethanchowk Community Homestay

Bethanchowk is a special village community in the beautiful southern Kathmandu valley, surrounded by forests, streams and waterfalls, special local flowers, agricultural fields and the inspiring Himalayan mountains. Community includes 200 loving families, mostly from the Tamang Ethnic group, that rely on work in agriculture and livestock. Community Homestays give the best of Nepalese Hospitality. As the local people are very friendly and welcoming, one can get deep into Nepalese Hilly Lifestyle and culture.



Day 2 (2020/02/27) : Bethanchowk to Waiba Danda

I woke up along with the song of birds Mr. Amit was lying next to me. Tea was served on the bed. Along the sip of tea, I peeped through the window and was mesmerized with the jaw-dropping view of the mountains and beauty of village. It seemed that nature was at its best on its full maturity, alluring and attractive.



One of our friends Mr. Levi came from Kathmandu to join us, we were happy with his presence. After having tea and breakfast, we gathered in a community hall. Pasa sir distributed questionnaires to the surveyors and gave a briefing session. “We shall eat our morning meal, household visit for data collection, and hike towards Kami Danda collecting data on the way.” As per the briefing after meal friends began their fieldwork after visiting the Tamang Museum.





Illiterate Teacher

The best thing about the village people is they think and live with heart. But we live with a calculative mind, our heart is frozen. That is why we write, “be aware of a dog” on our gate in contrast they write “well-come” at their door. As we were walking and collecting data, we were feeling thirsty. On one of our respondent’s house, we saw sugarcane and asked. The young girl working in the field cut the sugarcane and served us along with her pleasant smile. We quenched our thirst and asked for the cost. I still remember her mother’s words, “please don’t make us feel ashamed by asking for cost, it is our luck that we could serve with what we have.” At that very moment, the illiterate women of the village taught me the lesson about generosity, politeness, and kindness, that no college or university can teach.

With the teaching in my heart at around 1 pm, we reached Chyalti. We had to wait for local women to arrive at the ward office of Bethanchowk rural Municipality-5, Chyalti to attend FGD. While two of our friends were busy on FGD, some were busy eating lunch whereas others filling the questionnaire. The ward chairman was Pasa sir’s relative so, he had an informal short meeting with him. At around 3 pm we left Chyalti and hiked towards Waiba Danda.

A Night of Great Joy

The night at Waiba Danda was worth remembering. The atmosphere was intoxicating, we were drunk with joy and pleasure. The night was cold and dark and we were singing and dancing, the whole universe was dancing along. Twinkling stars were our disco lights and the burning fire was our heater. I saw into the fire as the hot embers dance in the air. The night was more alive and richly colored than the day, except Radha’s headache. All of sudden, she had a severe headache, we were sad and a little worried until she convinced us that it’s normal and need not to worried. However, the celebration continued.

We got a chance to witness Pasa sir’s dance. He danced so effortlessly like a flower floating in the water. And how could one forget Tika Ram’s dance, he was the most energetic dancer that night. Senior brothers and sisters from the 4th semester were open and friendly with us. All of our so-called identity dissolved in the music, we were no more seniors and juniors, teachers, and students. We were just dancing souls drunken deep in music. “One good thing about music, when it hits you feel no pain”, Bob Marley.

Day 3 (2020/02/28) : Waiba Danda to Kami Danda/Khalanga Danda

I woke up a little late, it was already 7:30 and friends were having tea, we exchanged our morning wishes. Though it was beautiful morning I was feeling a little dizzy. So to add freshness to my morning I took a bath in public health post's tap. The coldness of the water still runs through my spine. While I came back some of my friends were busy taking pictures with rhododendrons in their hands, guess how I could miss.

Dhindo

Dhindo and sisno (*Stinging nettle*) with gundrukko achar, without surprise our morning meal was very special and new experience to most of us. *Dhindo* has been a staple food of most rural and middle mountain-area people of Nepal, made by cooking stone-ground cornmeal (*ghattama pidheko makaiko pitho*), millet flour (*kodoko pitho*) or buckwheat flour (*phaaparko pitho*) with salt and water. Traditionally *dhindo* is cooked in a Nepali iron pan with long handle and rounded bottom, called a *taapke*, which has excellent heat distribution qualities. It is typically stirred with a large iron spoon with a long handle (*panyu*). Though it is a staple food in Nepal, *dhindo* has previously been seen as an inferior food compared to rice, and was associated with low status. The inclusion of *dhindo* on urban restaurant menus has coincided with a rise in the food's prestige, possibly attributed to the changing perception of Nepal's indigenous crops, which are now recognized for their nutritional advantage. This hearty and filling dish is a nutrient powerhouse.

After our meal, as per itinerary we visited Thumka Danda; an isolated Magar community and surveyed. The following night we hiked to Khalanga Danda. It was our last night of the field trip so we were aware that not a moment should be missed. "The goal is to die with memories, not dreams." Unknown.

There wasn't enough space to sleep at the top of Khalanga Danda. So leaving the comfort zone for the girls we boys followed Pasa sir and his local friend about a km down the hill. Pasa sir had insisted not to miss the sunrise so being a photographer I had to wake up early in the morning. It was already a bit late, the upper limb of the sun appeared to peep on the horizon. Leaving behind my friends I ran up to the top of the hill.

Day 4 (2020/02/29) : Kami Danda, Khalanga to Kathmandu

The Magnificent Sunrise

The florid sun peeked through the borders of the mountains, flaunting a halo of vermilion rays. The rosy hue bathed everything in the blanket of new birth. The hill-tops and the valley below seem to be bathed in yellow light. The golden disc seems to be rising and rising. Birds sang to its shine All of sudden, the golden ball shining in the sky grew big in size. It was an ineffable moment that one could not defile by caging it into the grasp of words. It was something that rattled you to your core and awakened you. Being hypnotized by the beauty of rising sun we took some snaps and had a puja in the temple. "Every sunrise is a poem written on the earth with words of light, warmth, and love." Debasish Mridha.

A sunrise is one of the most majestic spectacles we can ever witness. Its beauty is a powerful force, one capable of imparting its warmth on the most hardened of souls. It inspires, it energizes, it renews, and it gives hope. And this is why sunrise is so fondly spoken about. It hints at the possibilities that exist for us if we should reach out and take them. It reminds us that time is moving ever forward and that change is a constant of life. A sunrise puts our troubles in perspective. No matter how dark your life seems right now, a sunrise is waiting on your personal horizon. Sunrise speaks a language that no words can quite translate or do justice. Yet many have tried.



The panoramic view of mountains
White clouds floating in the deep blue sky,
The song of the green pine trees,

The cool mountain wind blowing, kissing the cheeks
The heart filled with gratitude,
I had nothing except the tears to offer, thanking the existence for my existence,
For being surrounded by beautiful souls. Ah, what a blessed day it was

While I was lost in the splendor beauty of nature, some friends were busy setting up for the picnic (it was our last day so we had planned to celebrate picnic) whereas others were still busy collecting data, conducting FGD and interview.

We arranged for some musical instruments for the entertainment program. The whole goat was being prepared for the meat. Spinach and lentils for the vegetarian and omelet especially for me for being an ovo-vegetarian. Everybody appeared ecstatic and involved in materializing the plan of a picnic.

The Spring Fever

Nature was at its best. Everything around us including the yellowish mustard field was indicating the arrival of spring. Spring as a time of rebirth, renewal, and awakening. Many trees were blossoming, birds were singing and early flowers were pushing through the earth. I was falling in love with nature and the people around me, joy and happiness were blowing in the wind. Probably I was suffering from spring fever. Elvis Presley describes this feeling in his song “Spring Fever.”

“Spring fever, it comes to everyone. Spring fever, it's time for fun. There's no doubt now, love is in the air. Get up, get out, and spring is everywhere”



The items prepared by our fantastic cooks were sumptuous. Everyone took their meals with their hearts content. Before and after eating we enjoyed dancing and singing. It seems like only yesterday that we were worried about starting our trip, and now we're absolutely dreading going home. Whether you only had a few days or have been gone for years, it feels that your time went far too quickly. Without fail, at the end of every trip, I've always thought to myself, “But I just got here.”

At around 3pm we hiked downhill to Waiba Danda, our bus was waiting for our arrival. When we got into the vehicle some of us started singing and others started joking. It was almost 7:30 pm when I got back to my room. All of that build-up led to one of the best times of our life, and now it's over. “Don't cry because it's over, smile because it happened,” they say, but right now all I'd rather do is be back in that museum with the groundbreaking art of memories of laughter and joy composed with friends along with the feeling of adrenaline soar as we climbed the final steps of a hike.

Some More Photographs



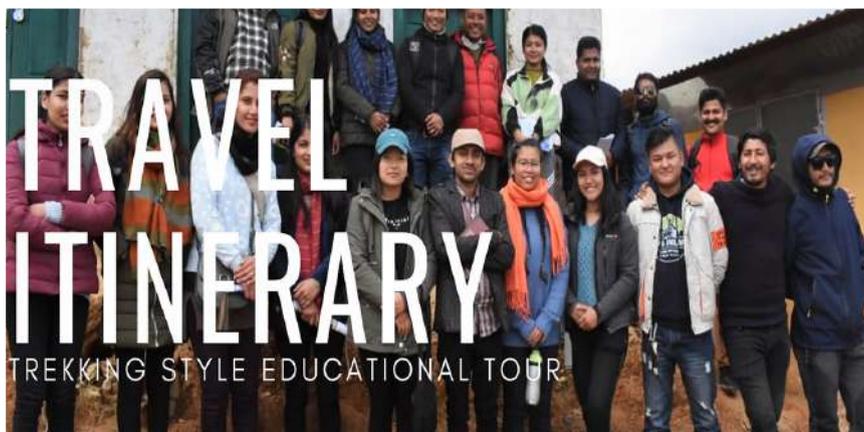
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Annex C : Participants Detail

S.N	Name	RS	Signature	S.N	Name	RS	Signature
1	Hanish Maharjan	2500/		1	Nabina Dani	2500/	
3	Tek Bahadur Bohara	2500/		2	Manisha Rijal	2500/	
4	Chandra Purja	2500/		3	Radha Rai	2500/	
6	Matina Maharjan	2500/		4	Priyanka K.C.	2500/	
9	Hira Tamata	2500/		5	Amit Bastola	2500/	
10	Sita Tiwari	2500/		6	Manoj Basnet	2500/	
12	Anita Bhusal	2500/		7	Singh Bahadur Rai	2500/	
13	Indira Thapa	2500/		8	Swastik Bhatta	2500/	
16	Hira Maya Gurung	2500/		9	Ranju Bista	2500/	
20	Shristi Maharjan	2500/		10	Tika Ram Devkota	2500/	
21				11	Sagar Sharma	2500/	
23				12	Bipasa Dhunjel	2500/	
24				13	Indira Sigdel	2500/	
25				14	Levi Gharti Chhetri	2500/	
26							

Annex D : Travel Itinerary



DAY 1 2020/2/26	DRIVE FROM KATHMANDU TO PANAUTI, EXPLORE PANAUTI & DRIVE TO BETHANCHOWK
DAY 2 2020/2/27	FIELD WORK AT BETHANCHOWK & HIKING TO KAMI DANDA
DAY 3 2020/2/28	DATA COLLECTION AT THUMKA DANDA & HIKING TO KHALANGA DANDA
DAY 4 2020/2/29	PICNIC AT KHALANGA DANDA & RETURN BACK TO KATHMANDU