

About Us

We live in a very beautiful small village on the edge of Mahabharat mountain range. The village is surrounded by green forest with special flowers. One can see 4 mountain rivers and waterfalls, Many kinds of birds and wild animals can be seen in the forest area. Here we have tranquility and silence! Listen to the sounds and silence of nature and practice meditation, cool off and swim in a nearby mountain stream, and on clear days. we have a 180 degree view of the beautiful Himalayas!



Company Profile

Home Stays are the perfect option for you if you prefer an authentic travel experience here in Nepal. Mount Mahabharat is a homestay, retreat, and farm company located above a small, but stunningly beautiful village on the edge of the Mahabharat mountain range. We are situated at Bethanchok 03, Dhunkharka, Kavre, Nepal, Panauti Village and is an ISO 9001:2015 Certified Company Profile.

We grow vegetables and also have more than 200 different herbs in this area. We invite our guests to research the herbs while staying with us. However, we also have a small cattle farm, beehives, and a buffalo herd so that we can provide fresh and pure foods to our guests. Our guests are not just simply guests; they are our family members.

Prior to COVID-19, we were in the best tourism peak in Nepal for homestays. The period of the pandemic was fraught with tremendous suffering for the entire world, and we were no exception. We are currently operating on autopilot mood afer the COVID-19 pandemic. Every day, it is a joy for us to greet our guests.

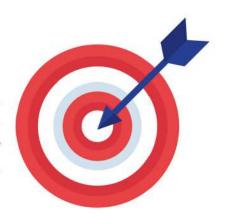
You will surely fall in love with the place and its surroundings. The green, foresty environments with numerous types of flowers look everywhere you move your eyes. If you love silence and are a nature lover, you will love to be here. Best place to practice meditation, cool off in a nearby mountain stream. You will also have the opportunity to enjoy hiking on clear days to see a 180-degree view of the breathtaking Himalayas.

Volunteers and guests are charged differently. For example, for volunteers who work (5 days a week, 3-4 hours a day), weather permitting, we charge USD 9 per person. On the other hand, for guests who don't volunteer, we charge \$16 per day. Also, if you stay seven days, we don't charge for one day, so if you stay Monday through Sunday, your next day is free and meditation and guided yoga are donation-based. Our company profile will help you to know more about us.



Our Mission

Staying true to the proverb "Return to Nature" in every sense, we strive to make it a reality through the meaningful development of a nature-friendly network, cultivating nature-friendly individuals and societies, and efficient management of an ecosystem-based tourism sector.





Our Vision

The vision of Mount Mahabharat is to connect with people from around the world, and make them family for life. Our guests can experience authentic Nepali culture and can also take part in some of the cultural events like dance, etc. Letting our guests experience the serenity and beauty of Nepal and exchange cultures is our major vision.

Objectives of the company

- O To gain the new experiences with new people.
- O To provide different services like yoga, Homestay, retreat, Hiking, etc.
- O To make some refreshing environment for the visitors.
- It is the growing and trending retreat center, eco-organic farm and homestay in Nepal. The important objectives of the company is to gain more profit and to promote the business.

Features

- O Free 24 hour Wi-fi & electricity
- O Mountain river swimming
- Beautiful sunrise and sunset views
- O Hot & cold water
- O Star gazing
- O Campfire
- O Mountain flowers
- Unpolluted environment and living conditions
- Local Hindu temple and Buddhist Monastery
- O Special organic food items: cheese, honey, mushrooms
- Freshly harvested, organic, vegetarian meals
- O Great mountain views, Terai plain views and a 180 degree Himalaya view







O Fresh spring water

O Observe 2 mountain caves

Jungle meditation and yoga

O Local art, culture, and lifestyle

O Bird watching

O Warm shower

Mountain hiking

How to get here:

First Way: Take a public bus from Ratna Bus Station (in front of Bir Hospital) to Panauti. Buses are available every five minutes. Hop on the bus before 1 p.m. so you can catch the next bus from Panauti. From here, it's an hour and 30 minutes journey, take a bus to Dhunkharka from Panauti. After catching a bus to Dhunkharka, inform Kushal or Kamal (98011 110 861).

The last bus leaves at 5:00 p.m., and the journey takes about another 1.5 hours. Get off at the Dhungkharka Geldung Bazaar/town centre by paying 95 rupees. Here, we will wait for you and walk uphill with you for about one hour. Also, if you have brought heavy baggage, let us know in advance, and we will manage a porter to carry it for you.

Second Way: If you think riding a public bus in a new country is a hassle for you then, don't worry. We can also arrange a private tourist vehicle for you that will pick you up from Kathmandu.

About Dhunkharka:

Tigers have played a major role in the history of Dhunkharka. According to the old saying, tigers used to live here before humans. One day, two people from the Newari community went to Parthali, near Dhunkharka and Chalal to meet. From there, they saw the tigers sleeping in what is now called Naraytar but then was called an open area.

Similarly, they called the site Dhunkharka after what they saw. In the Newari language, "Dhun" refers to a tiger and "kharka" refers to settlement. So, in Newari, Dhunkharka means home of tigers or a place where tigers lived.

Mt. Mahabharat, Dhungkharka

There are over 1500 households residing in this gorgeous small village as of today. The primary occupation of the village is agriculture and the village produces about 15000 litres per day. The area's highest peak is Narayansthan, which is at 3021m above sea level (also the highest altitude of the district and the highest point of the Mahabharat range).

From this point, you can also get a glimpse of Mount Everest, Langtang, Annapurna, Jugal, and Ganesh, among other amazingly beautiful snowcapped mountains. Moreover, the beautiful Lakdu River flows at 1400m above sea level between the boundaries of the lowest points of the village; Kunekharka and Gorkholi.



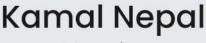
Message From Chairman

Hi, I'm Kamal Nepal, the founder, and owner of Mount Mahabharat, an organic farm stay located in Bethanchok 03, Dhunkharka, Panauti village, Nepal. I carry immense pride to be the chairman of the company. Since the start of our company, we have come this far thanks to my team and our dedication to providing the best service to our guests.

Thus, if you want to make your trip to Nepal unforgettable and full of adventure, you can count on us. We charge only \$15 per person for one day. So, if you are looking for a serene environment, friendly people, cheap accommodation, a 24/7 wi-fi facility, 3 times organic vegetarian meal, a hot shower, etc; Mt. Mahabharat is waiting for you.

Moreover, you also get the opportunity to participate in our cultural events if there are and you are interested in Furthermore, them. along with homestay we also provide services such as trekking, yoga/meditation, hiking, retreat, and volunteering. Therefore, we look forward you to joining us. Here in Mt. Mahabharat, we pay detailed attention to your personal needs and take care of you as a family member. I hope you enjoy your time during your stay with us and have a memorable trip to Nepal.





Founder

Services



Home Stay

Mt. Mahabharat Homestay is located at a height of 2100m in the lap of the Mahabharat range. Our guests can enjoy yoga and meditation, home-cooked organic vegetarian meals three times a day, and hiking in a gorgeous outdoor landscape while staying in a comfortable living space. We offer organic tea three times a day and you can also enjoy a bonfire at night. Thats why your Homestay with us will be amazing and fruitful.

Also, enjoy 24/7 Wi-Fi, unpolluted mountain air, a 360-degree view of sunrises and sunsets, and hot showers during your stay here in Mount Mahabharat. You can also join the volunteer work if you are interested. Your per-day homestay charge here in Mt. Mahabharat is only \$15.

We cares you during our Mount Mahabhart Homestay with many facilities as below:

Features:

- Yoga/meditation
- Himalayas in the north, Mahabharat range in the south
- Sunrise view to the east, sunset view to the west
- Stay in a wooden house
- O Clean mountain drinking water and hot water for bathing
- Peace and greenery
- Organic and herbal farming
- Beekeeping/Livestock
- Wi-Fi network available
- O Campfire
- Farming of medicinal shiitake mushrooms
- Meals prepared from organic home-grown ingredients
- Mountain trekking







Spiritual Pilgrimage

This is the perfect time for you to take some time for yourself and get out of your daily routine for yogic retreat. Reconnect with your true self and rediscover the inner beauty of mountains, landscapes, forests, and wildlife. It's a perfect time for self-healing in the lap of snow-capped mountains.

The walk, accompanied by a variety of lovely plants and flowers, will capti-

vate you. You will have an unaffected relationship with nature.

You also can practice daily in Nepal's Himalayan region we are in a three-hour journey from Kathmandu. OM Mantra Chanting, Jala Neti Cleansing, Yoga, Pranayama, and Meditation by Yoga Class.

Yoga Retreat

Mt. Mahabharat offers yoga asana, the Ashtanga Pranayamas (silent single-point focus and guided meditation) and sound healing therapy. We offer yogic retreat & meditation. Our instructors are many years of experience in health and wellness. Our yoga instructor came to the Mt. Mahabharat yoga retreat to share, teach, and present his knowledge to people.

Yoga retreats have several advantages for anyone looking to improve their yoga practice, unwind and refresh their bodies and minds, and travel to new places. Yoga retreats are created to offer a concentrated and all-encompassing experience that enables you to improve your yoga practice.

Re-establish a connection with the natural world which gives a chance to

get back in touch with nature, enjoy some fresh air and reap the advantages of being outside.

Attending a yoga retreat may be a life-changing experience that can improve your yoga practice, feed your body and mind. And foster a sense of community and connection.

You will have the most comfortable yoga experience in a serene setting from the natural surroundings and mouth-watering organic vegetarian food prepared to a high standard. We are situated at an elevation of 2100 meters, in the folds of Mount Mahabharat. We have breathtaking views of the surrounding mountains. You will also discover the 200+ ayurvedic medicinal herbs on our farm and learn how to use them in your life.

03 Trekking

In this short trekking, you will meet locals and learn about their lifestyles, hike through stunning landscapes with beautiful views of mountains, and know about their daily lifestyles. On top of that, you will enjoy the organic food grown on the farm and cooked on the fire by our sweet family. Moreover, Mount Mahabharat is looking forward to welcoming you to our small village and sharing our culture, and medicine with you. Also, we work with only small groups, i.e. of a maximum of 10 people, so you must book in advance. We also offer Bethanchowk Mahabharat Hiking for our interested visitors.

Annapurna Base Camp Trek

Your seven-day trek to Annapurna Base Camp starts at Syali Bazar, a two-hour drive from Pokhara and a three-hour trek to Ghandruk village. The trails take you through the forest and the beautiful traditional villages of Ghandruk and Chhomrong Gurung village. After reaching Chhomrong Gurung village, we follow the Modi Khola and walk through the rhododendron and bamboo forest.

By the time, we reach the large rock overhanging known as Hinki Cave, we will get to notice the vegetation that has thinned and the gorge narrowed to only a few hundred meters wide. On this trail, especially in spring, there are steep, snow-covered ridges that drop off from Hiuchuli on the left and Machhapuchhre on the right.

As we enter the sanctuary, we find ourselves in a big theatre surrounded by a solid wall of mountains. Afterward reaching our destination Annapurna Base Camp 4,30m, you will get to see the mountains such as Hiunchulie, Annapurna South, etc.

Along these mountains, we will get the opportunity to see the mountains like Singachuli, Barahi Shikhar, Annapurna III, Tent Peak, Glacier Dom, Machhapuchhre, etc which makes our past day's difficulties worthwhile and happy. After witnessing these beautiful views of the mountains with your bare eyes, you will walk down to Pokhara through Jhinu Hot Spring. We also offer Everest View Trek for our interested visitors where you can have the amazing view of Mount Everest.

Everest View Trek

Nepal's Everest View Trek is popular. It provides breathtaking views of Mount Everest, Lhotse, Nuptse, and Ama Dablam. From Lukla, the trip passes Sherpa settlements, rhododendron forests, and alpine scenery. Visit ancient monasteries and experience Sherpa culture. This hike lets you see the Himalayas without climbing high.

The Trek is our trek in the Everest region that offers a stunning view of the renowned world's high mountain, Mt. Evvesrest, and other surroundings. On this trek, you get to enjoy the combination of the spiritual, cultural, and natural beauty of this beautiful place. During the Everest view trek in Tengboche monastery, you can enjoy the Mani Rimdu festival of the Sherpa people.

The Dumje festival of the Sherpa community, which falls in April, is another attraction of the trek. Your short Trek starts with a flight to Lukla from the capital city of Nepal, Kathmandu. Lukla is the entry point to the

continue our hiking holidays through Sagarmatha National Park. In this park, you can see different endangered and protected animals like snow leopards, red pandas, wild boars, Danfe, etc.

The last point of our trek is Tengboche, home to the highest Buddhist monastery in the world (4100m). After reaching Teenboche witness the overwhelming beauty of Mt. Everest (8848m) and its neighboring peaks such as Lhotse, Nuptse, Ama Dablam, etc.

However, the warm greeting and the friendly behavior of the Sherpa people will add further pleasure to your trek to Nepal. Also, the best time for the Everest View trek is from March to May and September to December.



Lakes of Gosai kunda

Gosainkunda Lake Trek is a short trek to a holy lake and Gosaikunda. Gosaikunda is an alpine freshwater in the Langtang National Park, and the renowned Trisuli River is also formed from the melting of this lake. Moreover, the lake remains frozen for six months during the winter season. For both Hindus and Buddhists, Gosaikunda Lake is a holy place.

People believe that the lake's water is holy and can wash away our sins. During August, thousands of Hindu and Buddhist pilgrims go to the sacred lake of Gosaikunda.

During this Gosai Kunda Lake Trekking, we climb up to the 4,610m Laurbina pass and visit the tropical Helambu Sherpa and Tamang villages. Along your trek, you will meet friendly, kind, and welcoming people with strong ties to their families and culture.

The trek's highlight is reaching Gosainkunda's 4,000-meter lakes. Saraswati Kunda is the first lake, followed by Bhairab Kunda and Gosainkunda, the largest and holiest.

The crystal-clear lakes reflect the neighboring mountains. The lakes in the rough mountain scenery are breathtaking and worth the hike.

The hike showcases Tamang and Sherpa culture and traditions as well as natural splendor. You can meet nice locals, eat excellent food, and learn about their unique lifestyle.

Trekking to the Lakes of Gosainkunda is a remarkable and gratifying experience that challenges you physically and psychologically while connecting you to nature and the local culture. Anyone visiting Nepal who wants a cultural and natural adventure should do it.



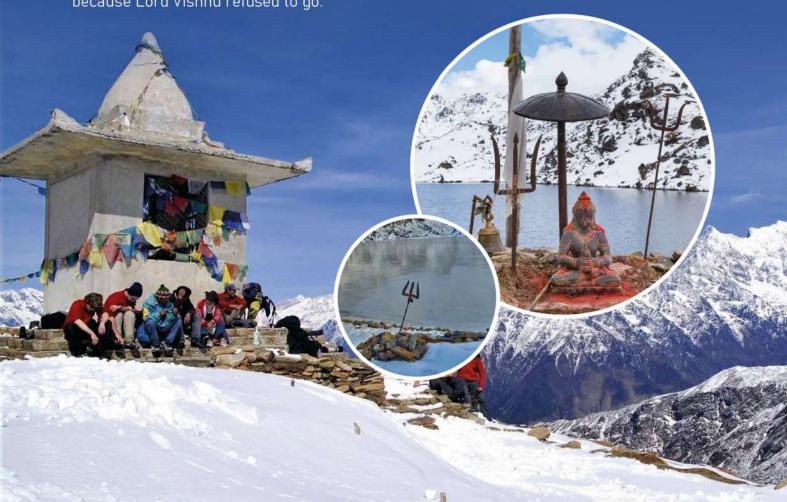
The Hindu Myth about Gosainkunda

The Lakes of Gosainkunda, created by Lord Shiva, are sacred in Hindu mythology. Lord Shiva swallowed poison while churning the ocean for the elixir of immortality, scorching his throat.

Lord Shiva struck his trident into the ground to create the Lakes of Gosainkunda, quenching his thirst and soothing his burning sensation. During the fortunate Janai Purnima festival, taking a plunge in the holy lakes is thought to bring good luck and cleanse the soul of sins.

Lord Vishnu and Lord Shiva's battle over the universe's creation is another Gosainkunda myth. Lord Shiva appeared at Gosainkunda to bathe and ordered Lord Vishnu to depart. The two gods fought because Lord Vishnu refused to go. Lord Vishnu hit Lord Shiva with his chakra, bleeding him and producing the Trishuli River from Gosainkunda. After reconciling, Lord Shiva promised forgiveness and spiritual enlightenment to anyone who bathed in Gosainkunda.

Hindu pilgrims think that visiting the Lakes of Gosainkunda will bring them luck, blessings, and spiritual enlightenment due to these myths and tales. The lakes are sacred and represent Nepal's rich cultural and religious legacy.



Langtang Valley Trek

The Langtang Valley Trek features steep mountain passes, lush woods, and lonely communities. Snow leopards, red pandas, and musk deer can be seen on the arduous trip. The Gosaikunda Pass and Langtang Glacier are the trek's toughest stages.

The walk also lets you see historic Buddhist monasteries, meet Tamang and Sherpa people, and learn about their culture. For those wanting a mix of natural beauty and cultural inquiry in a distant and less-traveled section of Nepal, the Langtang Valley Trek is ideal.

Langtang trek is in the northeast of Kathmandu, away from the bustling city, and experience the warmth and spirit of the Tamang people, their culture, Buddhist beliefs, and lifestyle. Your Langtang starts from a drive from Kathmandu through the Middle hills of Syabru Besi. It then continues to Chilime, a small village on the Chilime Khola from Tibe.

Now your Langtang short trek from Tibet gradually climbs through farmlands and deep subtropical forests, passing high waterfalls to highlands with gorgeous views of snow-capped peaks. Then, after a delicious lunch break, enjoy some time in the hot springs in Tatopani.

Then, continue to Ganesh and Langtang Himal viewpoints before heading towards Nagthali Ghyang for the night and beautiful sunrise viewpoint.

The next morning, you will trek to Thuman after breakfast, and then continue on the ancient trade route from Tibet along the Bhote Koshi Nadi down to Syabru Besi, a beautiful village at the meeting point of two rivers. You will return to Kathmandu the next morning.



Poon Hill Trek

The Annapurna region's Poon Hill Trek offers breathtaking vistas of snow-capped mountains, lush woods, and beautiful villages. The high ascents and descents make the walk physically demanding yet rewarding. The trek's highlight is climbing Poon Hill for sunrise vistas of the Annapurna and Dhaulagiri mountain ranges. Cross suspension bridges, go through lush rhododendron forests, and visit Gurung and Magar villages on the walk.



Trekkers can meet locals, try their food, and learn about their culture. The Trek is a fascinating excursion that combines breathtaking natural beauty with cultural immersion, making it popular with trekkers of all levels.

The Poon Hill Trek is also renowned as the Annapurna Sunrise Trek and that is because everyone is hiking to that famous spot on Poon Hill where you can see the beautiful sunrise view of the Annapurna Range, one of the most beautiful mountain ranges in the world.

On the first day of your trek, you will drive to Sudame through Nayapul which takes about 3-4 hours. Then you will skip the walk on the off-road trail that other trekkers use on the first day of the trek and directly get off the jeep at Tikhungga. From here you will ascend to Gorepani and spend the night there.

Early in the morning before sunrise, you will like to Poon Hill within 2 days which takes about hours or less. The major highlight of this trek is the stunning view of Annapurna, Dhaulagiri, Macchapuchhre, and other mountains. Before descending back to Ghorepani, spend your time witnessing the beauty of the Annapurna region. Pack your bags and get ready to descend to Tikhendhunga.

From Tikhedhunga, drive to Pokhara where your trek to Poon Hill Trek ends finally.





Yoga and Meditation

You will surely fall in love with the place while practicing some Yoga & Meditation in this beautiful land, which is surrounded by mountains. We can also combine this with trekking and witness the ethereal beauty of nature.

In Mt. Mahabharat, our yoga instructor will take classes in this order. Hatha and Kriya Yoga followed by learning a couple of the eight types of Ashtanga Pranayama. Each day you will attend yoga classes in beautiful surroundings with Pranayama, Mudras, Mantras, and meditation with sound healing.

In the Mt. Mahabharat Homestay, you can not only practice yoga but also hike in the stunning surrounding hills with waterfalls and rivers. You will learn about the local culture and traditions and learn the names of birds, plants, and animals.

Here are the five most important reasons why yoga and meditation are so important:

- It can make you feel better on a physical, mental, and emotional level. Regular practice can help you sleep better, feel less stressed and anxious, and boost your immune system.
- Clears up your mind: Yoga & Meditation can help you focus and concentrate better. It helps you to be more mental clarity and making you more productive.
- Develops self-awareness: It can help people become more self-aware, which helps them understand their thoughts, feelings, and actions better.
- Increases resilience: It can help people become more resilient in the face of life's challenges.
 This means they can get over setbacks and problems more quickly.
- Encourages inner peace and happiness: It can help people develop a greater sense of inner peace and happiness, which can lead to a more fulfilling and happy life.





Bethachowk Mahabharat Hiking

Here at Mount Mahabharat, we offer our guests the opportunity to immerse themselves in a peaceful place surrounded by the beauty of nature. At the highest altitude of 3018m, our paths give them a beautiful opportunity to take get a glimpse of the local flora, wildlife, and the way of life and culture of local people here.

The Bethanchowk Mahabharat Hiking is one of the major hiking in Nepal. You must be here once in your life (Recommonded).

You will hike to Bethanchok Narayansthan or Mount Mahabharat. And, it is sure that you will fall in love with the place as you get to view the amazing 180-degree view of snow-capped peaks. We charge only \$10 per person per day for hiking to Bethanchowk Mahabharat. Also, you will get the opportunity to witness the stunning sunset and sunrise views while surrounded by mountains all around.

Bethanchowk, located on the southern hills of Kavrepalanchowk, is the highest peak in the Mahabharat range. It is located at an altitude of 3000m above sea level and offers stunning views of the mountains and surrounding land-scapes. From Bethanchowk you can also see some parts of Janakpur and Makwanpur.

From Bethanchowk hilltop you can view Tibetan peaks in the North and Indian plains in the South. However, this whole mountain is renowned as Bethanchowk Naryanthan, named after a small temple, Narayanthan. Every year, the place is crowded with devotees during the Fagu Purnima.

The peak is famously known as Narayanthan rather than Bethanchowk. Locals also refer to it as the King of the Hills. The best time to visit is Mangsir according to the locals. We also offer short trekking around Bethanchowk, you may enjoy the moment too.



06

Volunteering

Mt. Mahabharat offers a valuable experience to our guests, which is a great opportunity to live as a volunteer in a homestay. Many of our volunteers have also said how special the experience was for them. Volunteering at orgnic farm is the best way to know the nature.

Instead of \$16 per day per person, we only charge our volunteers \$9 per day per person.

Lets feel the natre by Volunteering at orgnic farm.

The things you can do as a volunteer.

- We use wood logs to grow mushrooms. Anyone interested can help us to water the seeds and take care of the mushroom farm.
- We are constructing two earthquake-resistant homes. Interested volunteers can assist us if you are willing.
- We also grow herbal plants, which we need a helping hand to water from time to time. You will get the opportunity to learn about our herbal farm with 200+ different kinds of herbal medicines available.
- We also have bees on the farm. Volunteers can help us with bee home construction, bee care, and honey hunting.
- Also, we need farm workers to plow, water, weed, cut and carry grass, plant seeds, cut and gather herbs, milk cows, and perform other farm-related work.
- We would also love to have someone who is experienced in photography and video producing/editing skills for a documentary.
- Furthermore, we are also looking for inventive gardeners.

We also need volunteers to create materials for marketing and promote through social networks.

We also offer advanture short trekking services.







Reviews:

What a wonderful journey. I had such a magical time working on the farm! Eating delicious home cooked vegetarian meals, playing games with Jenish and exploring the nature around us.

Waking up to the beautiful green terraced hills and sipping spicy masala tea will forever stick with me. There was not too much work to do and we had plenty of free time to explore and relax.

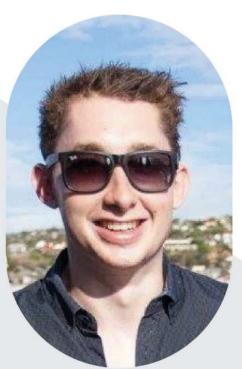
I loved going on the guided sunset hike, it was so beautiful. Thank you so much for opening your home to me, I will be back if you are thinking of coming to this farm, do it! You won't regret it.



The 3 vegetarian meals provided each day were outstanding and it was great to be able to help harvest and prepare food on the farm. I was also lucky enough to hike to the top of mount Mahabharata with a group of other travelers who were staying there, a day trek that took about 2-3 hours to reach the peak at 3000m altitude, giving you an amazing view of the village with the Himalayas in the background. I can't recommend this Homestay enough it's worth traveling to and experiencing the real Nepal, I look forward to coming back one day.



Katie From U.S.A, April 9, 2023 worldpackers.com



LiamAustria, April 2019
tripadvisor.com

Hari Om!

I'm so grateful I found this beautiful, peaceful place close to Mount Mahabharat. Kamal and his family have been really kind and caring. You will definitely get involved in the family and you will learn a lot about Nepali culture and traditions.

There was always some work to do but you would never feel like its mandatory. The family is very respectful to you and wants you to feel good. There is always time for a hike up to the mountains which are amazing.

The food is great and also vegetarian. You will never feel hungry. You could also walk down to the village if you do want a little snack. Also I had yoga lessons every day which has been so good for the start of the day.

Dhanyebad everybody for having me as a volunteer and I hope to see you soon.

Mount Mahabharat Homestay is just overwhelming (10/10). Kamal and family built this awesome place in the hills of Mount Mahabharath with amazing views of the Himalayas, no noise, no pollution. It's just peaceful all around. The family is so welcoming and treated me like their own. I visited in December where the days are warm and nights are cold and unforgiving. The work in this month might involve helping with processing vegetables, help in the kitchen, etc.

Thanks to Veeta for the amazing yoga sessions every morning.

See you soon, Kamal. Thanks for everything.

Cheers.



Jonathan Netherlands, Mar 9, 2020 helpx.net



Praneeth India, April 9, 2023 worldpackers.com

Our Affillicates



Our Group



Mount Mahabharat Homestay and Retreat



Mount Mahabharat Yoga Meditation & Training Center



Mount Mahabharat Organic Farm

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