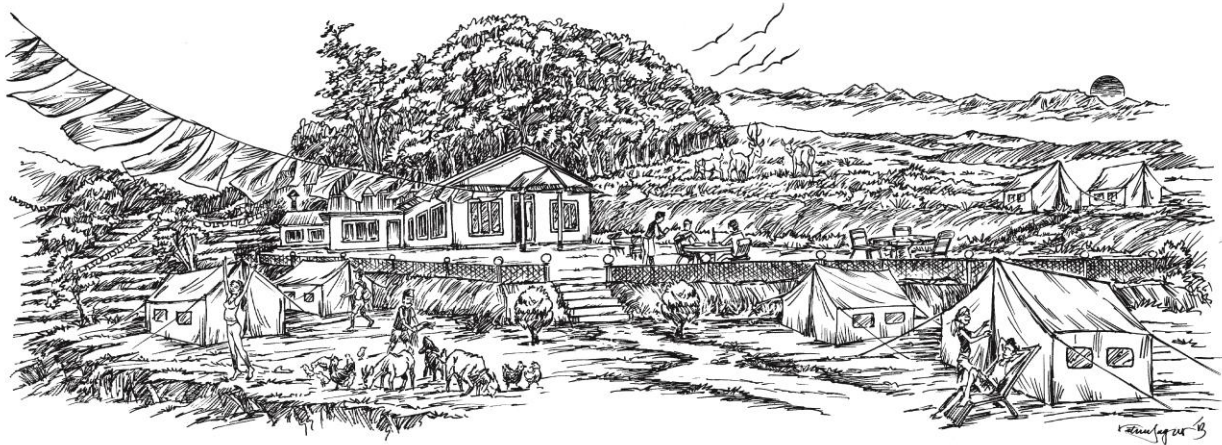




Nurturing the nature and nature lovers...

Estd: 2012

Prakriti Resort & Organic Farm



Dear Valued Guest,

We extend to you the warmest welcome to Prakriti Resort & Organic farm. We are delighted to have you with us and look forward to making your stay an enjoyable and memorable one.

Please take your time to read the items in this folder regarding specifics about your room, information about Prakriti Resort & Organic farm and a guide to activities on offer in and around the Resort.

If there is any way in which we can be of assistance to you, please do not hesitate to let one of our friendly staff know.

At the completion of your stay, we would appreciate it very much if you would kindly take the time to fill feedback in our Facebook, Instagram or website page and share with us any views you have about the resort, our staff and your stay here. Your feedback is invaluable to us and we draw upon it to improve our Resort and services. However, the biggest compliment that you can give us is to recommend us to all your friends.

We thank you heartily for your continued support and wish you a most pleasant stay and most importantly we look forward to welcoming you again.

On behalf of everyone at Prakriti Resort & Organic farm, thank you for your time.

OUR SERVICES AND FACILITIES

Restaurant and Meals

- You can wine and dine at your leisure in our rustic dining hall which has floor sitting and chair sitting options. Also feel free to eat outside in one of our beautiful courtyards. We have an extensive A la Carte menu featuring Continental, Chinese and local delicacies. Large groups are catered for with our mouth watering buffet. Take advantage of our Chimney bar, where you can make your own BBQ and order drinks from our huge variety of alcoholic beverages/ cocktails to toast with your friends and family members.

Meal Time:

- Breakfast: 8 am to 10 am
- Lunch: 1 pm to 3 pm
- Dinner: 7 pm to 9 pm
- Bonfire, and bar BBQ: 5 pm to 10 pm

Our restaurant/Bar/fireplace will close at **11.00 pm** .

Lunch Box

- Lunch Box is available for your convenience, should you plan to partake in one of our hikes or day trips. To order your lunch, please notify the restaurant the previous evening and a delicious hearty packed lunch will be ready for your departure the following day.

About our Accommodation

Sleeping arrangements

Room

- Should you need extra blankets or pillows please do not hesitate to ask, we are more than happy to supply them for your comfort.
- Most of our rooms are supplied with twin beds (two single beds). Please kindly note that double beds can be provide on request, please inquire at reception.

Room Heating

- Please note that the small Electrical heater and Electrical bed mattress are provided in your room. Take a time to plug it in to the power socket and turn on the switch before you come for dinner.
- To keep the bed more warm, Hot water bags can be supplied upon request.

Hot Water:

- Gas heated hot water is featured in the room shower. The Geyser has been fixed behind the building. This allows you to have instant hot water when you like it. Simply turn on the hot tap.
- If you should experience lack of hot water supply or any other problem, please contact one of our staff.
- Please kindly be aware that our water comes from the limited supply, we appreciate your consciousness when it comes to the length of your shower and the amount of water that you use.

Drinking Water

- The drinking water found in your room is pure natural spring water which has been boiled and filtered and is safe to drink. If you still require bottled mineral water you can purchase it from the restaurant.
- Flask hot water can be supplied upon request.

Tea and Coffee

- You will notice in your room the facilities for making tea and coffee. These are for your convenience so please feel free to use them. Should you require more sachets, do not hesitate to ask at reception or the restaurant. This is a complimentary service.

Room Service:

- We regret to inform you that we do not have room service.

The toilet cistern system/ Commode

- Our toilet flushing system confuses some of our guests. It takes a few minutes for the cistern to fill up after use, so please give some time for it to do so before you try flushing again.
- Please **do not dispose ladies sanitation pad** or any plastic materials into commode as it clogs the drainage system. Please dispose into the waste bin.

Doors and window (Bugs and Mosquito's Protection)

- Please note that all our rooms have fly netted window to prevent bugs and mosquitoes, please kindly keep the door closed to keep bugs / mosquitoes out of your room, especially when the lights are on during the evening and night time.
- Located on the bedside table or dresser you will find a plug in bugs /mosquito repellent for your comfort. Plug it in to the power socket and turn on the switch for protection against mosquitoes. The appliance works best when doors and windows are closed.

Room decorative items for sell:

- Those guests wish to purchase any of our decorative items kept in the guest rooms are also available for sell. Please contact our reception.

Wi Fi Internet

- A high speed Wi Fi internet connection is available in entire area of the resort. You need to sign-in to the strongest signal area by typing pass word. The pass word is **pass word** only. Please inquire at reception for help, if not.

Electricity

- The electricity voltage/ power are weak in our resort as we do not have yet our own transformer.
- We also experience power failures and load shedding; we do have a backup generator to supply power. However, we do not use generator at night.
- Should the need arise, you can find a torch on your bed side table and candles and matches are also provided in the drawer. Please be careful while lighting up the candles.

Valuables Storage

- In your own interest, we advise you not to keep your valuables such as passports, sums of money and other items of importance in your room. Safe deposit / Lockers can be arranged at the reception. Please kindly note that hotel staff will not be held liable for the loss of money or other personal valuables kept elsewhere. **Meanwhile, it's not that we doubt our staff.**

Check in and check out

- Check in time is **1 pm**
- Check out time is **12 pm**

(Late checkout can be arranged on request. Please inquire at reception as to whether your room is available for late check out.)

Wake Up Calls

- Wake up calls can be arranged for Sunrise viewing. Please let reception know the evening before. Leave your room number with them and the desired time you wish to be woken up. As there is no phone system in your room, you will be woken up with a polite knock on your door.

Sunrise Himalaya Viewing.

The Himalaya is undoubtedly the biggest draw card to Nepal. This immense natural wonder that stretches the country from East to West provides some of the most memorizing and enchanting views that are guaranteed to give you the memory of a lifetime, not to mention some very spectacular photographs to take home.

At sunrise, a white mist descends on the valley below, and as the peaks emerge with the sun from the darkness, they appear to be floating above a sea of cloud, providing one of the most unforgettable views. As the day light broadens the views expand to encompass the surrounding environment of lush greenery, forests, scattered villages and the terraced paddy fields of the foothills. Finally, when the sun dips towards the horizon, a blue haze covers the darkening valley and the towering peaks rise up out of the foreground, their glistening peaks glowing with the sun in shades of pink, red and orange before fading away to a mystical outline with the onset of night.

The best time for viewing the mountains is undoubtedly at sunrise and sunset. The time varies according to the season but our staff will wake you up accordingly and escort you to the viewing point just above the resort. Alternatively, equally as good views can be seen from our dining room and courtyard or from your very own room as well!

Our knowledgeable staff will be able to point out and name the mountains for you, on an exceptionally clear day you might be able to spot the tiny form of Mount Everest, though it is over 200 km away at the back of the Himalaya.

Yoga/ Seminar Hall

- Our cozy Shivapuri hall has a size of 880 square feet space where we host for yoga, retreats, Seminars or workshops. The hall is absolutely peaceful; it offers a great view of lush Shivapuri jungle and panoramic views of the Himalayan ranges.

Library

- Take advantage of the resorts library of books to fill in your peaceful days. Feel free to take a book to your room or our courtyard to read and return it when you have finished.

Security

- For you own safety and peace of mind, we have a night watchman who does regular rounds of the grounds at night time. If you experience any problems and need assistance please wait for him to come round or call out for help instead of trying to find you way down to the reception in the dark. **However, we have no security issues as such.** If there is any emergency please call us for help at the number **9801041897, 9818691863 or 9818795195**

For assistance on any of the above matters please ask one of our friendly staff at the reception.

Trekking, Hiking & Exploring around Prakriti

The area immediately around Prakriti itself offers splendid opportunities for short and less strenuous exploratory hiking options. One can take a hike to the traditional guring village, local trout farm, Nagmati River or the tea estate. Alternatively, you can take a leisurely walk around the serene Lake (Dhaap Pokhari) - birds and wild life that inhabit the area or even the cheese factory in Chisapani.

Guide Service

- A free of charge guide hire service is offered to our entire guest for Nature walks, hikes, and Organic garden tours.]

1 Dhaap Pokhari: Dhaap Pokhari was once a wetland famous for various types of bird watching & wildlife experiencing activities is now converted into a dam. The esteemed project is constructing 24 mts. high dam to increase water flow in Bagmati River. The dam would store 8, 50,000 cubic meters of water and would be released at the rate of 400 liters per second during dry season. This ongoing project is being carried out by High Powered Committee for integrated development of Bagmati Civilization and is under the finance support of ADB-bank with budget of Rs 520 million which includes upgrading of the access road. The dam construction will be finished by the end of 2020.

To reach Dhaap Pokhari, it is 1.5 kilometers far from our resort. The hike is fairly easy except for the first ten minutes, hikers need to hike up the hill and after that the journey is smooth which follows through the national park route. The hike is mostly preferred before or after having breakfast as one can watch birds along the way.

2. Chisapani & Cheese Factory: One of the famous destinations for hikers/trekkers near Kathmandu is Chisapani hike. It's a small hill station and the entry point for trekking to Kakani, Nagarkot, and the Himalayan region of Langtang and Helambu. The small hamlet commands breathtaking views of the Himalaya mountain range from Annapurna in the west to the Everest region in the east. Despite being famous for mountain views it is also famous for its cheese production as they have their own cheese factory where our guest can have a bite of yummy organic cheese produced and sold by them. Unfortunately during the 2015 earthquake all the hotels & houses were destroyed & the guests visiting Chisapani can still see the ruins of the local houses and hotels. From our resort it's five kilometers far passing through Dhaap Pokhari and the route comprising of plain terrain which takes about three hours hike to reach Chisapani and come back.

2. Nagmati River: Take one hour of hiking from our resort following the route via Hille Bhanjyang and into Shivapuri Nagarjun National Park. This gradually descending hiking trail leads you through an old growth Oak forest and a spell binding Rhododendron jungle and up to river Nagmati. The river Nagmati is so clean flowing from the areas of Dhaap Pokhari. Taking the hike to this area after breakfast is so refreshing and rewarding especially with the sound of birds

chirping and river water splash. It takes you one hour and fifteen minutes to come back to the resort. Those guests who want to visit all the way to Mulkharka village; it takes further one more hour from Nagmati River.

- 3. Bird watching Hiking:** Experience the 3 and half hours hike with stunning scenery and excellent views of snow capped mountains, serene lake, and river. One of the most interesting hiking routes would be surely a walk around the serene Lake (Dhaap Pokhari) and proceeding downhill to Sindure Jhyang by the crystal clear Nagmati River and hike back to Prakriti Resort. With a range of easy to moderate walks, this would suit most to the nature lovers - Birds and wild life that inhabit the area.
- 4. Mulkharga Village:** Shivapuri National Park is one of the unique parks in the world, in the sense that not only natural wildlife, birds and plants inhabit the park, but a local community is also located within the premises of park. This aspect of the park adds a fascinating cultural dimension. Mulkharga village is entirely surrounded by the national park. The village spreads alongside the trail. There are about 70 households and around 60 percent of the population consists of women with majority of them engaged in agriculture. The remaining households operate the tea houses and trekkers' lodges along the trail.
- 5. Trout Fish Farm:** One of the most popular activities which can be done near our resort is visiting the famous trout fish farm which is one hour of downhill hiking and one hour fifteen minutes of uphill return hiking. It's famous for trout fish as many Kathmandu residents come to take a bite of the freshly caught trout fish from the farm. Our guest can get the experience of catching the trout fish from the farm via fishing nets, barbeque them in our resort or eat it in the restaurants of the fish farm. Along the way to the fish-farm one can witness the traditional lifestyle of Gurung village residing near the fish farm.
- 6. The Everest Tea Garden:** Bhotechaur is well known for the tea garden (known as Everest Tea Garden) located in Hibung Village in Melamchi Municipality , Everest tea garden which is also popular as "Mini Ilam" is one of the beautiful places near Kathmandu for short duration outing. Mini Ilam is accessible by hiking route of 3 km from Prakriti Resort. Everest Tea Garden used to be a trending traveling destination of the people of Kathmandu valley for Picnic, photo shoot, refreshment visit as well as one night stays. Presently, the management of the Everest garden has closed the entry of visitors for some safety reasons of the plants itself. The visitors are allowed to view the garden only from distance apart.
- 7. Our Organic Farm:** The resort is aiming to achieve self-sufficiency through integrated and sustainable farming practices that combine the cultivation of organic vegetables and other farm produces. Our organic farm is set alongside the resort and is constantly evolving to produce fresh and healthy vegetables, fruits, herbs, spices and dairy products for guest at the resort. Any of our guests interested to visit our farm could take a stroll around and even pick up themselves some of the fresh vegetables and ask to cook for dinner.

8. Other Hiking options around Prakriti Resort and Organic farm

7. Dhaap Pokhari – Gurung Village- Hibung wada office - Kalika School- Prakriti Resort - 3 to 4 hours.
8. Dhaap Pokhari – Borlyang Bhanjyan – Chisapani – Prakriti - 4 to 5 hours.
9. Hille Bhajyang - Sano Dhaap- Tinchule, Everest Tea farm – Trout Farm - Prakriti Resort 3 to 4 hours
10. Hille Bhajyang - Jhule top- Manichud- Prakriti Resort- 5 hours

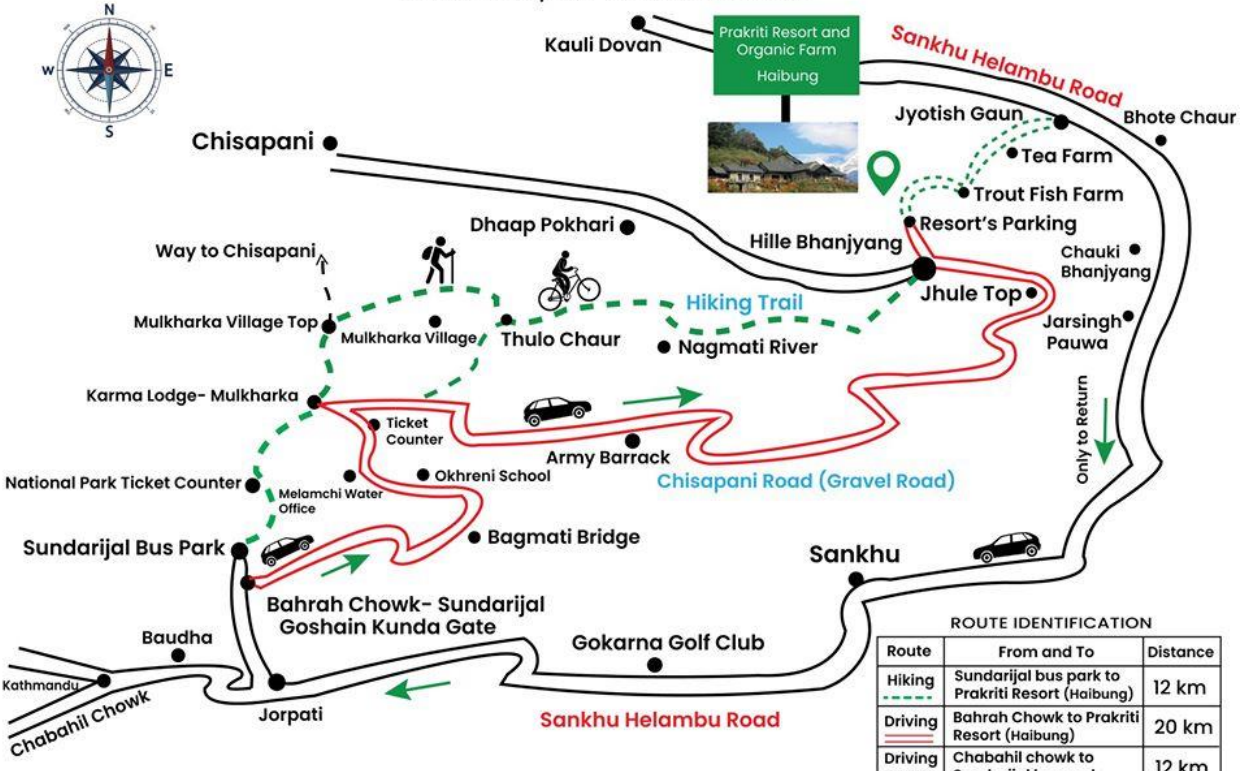
Short Hikes:

11. Prakriti Resort- Hille Bhanjyang- Khaja Ghar- Prakriti Resort- 1 hour
12. Prakriti Resort – Kaliaj Farm- Gurung Village- Prakriti Resort – 2 hours.
13. Prakriti Resort – Prakriti Farm House- Krishna’s Residence- Prakriti Resort- 1 hour

Hiking out from Prakriti Resort (Hille Bhanjyang) :

14. Prakriti Resort- Gurung village- Trout Fish Farm- Tea Farm- Jyotishi Village - 2 and half hours
15. Hille Bhajyang – Sano Dhaap- Jhule Top- Jhule Bazar- 3 hours.
16. Hille Bhanjyang- Sanodhaap- Jhule – Jarshing pauwa- Nagarkot -5 hours
17. Hille Bhajyang- Nagmati –Mulkharka- Sundarijal 3 hours.
18. Hille Bhajyang - Sano Dhaap- Jhule Top – Manichud – Bajra Yogini – Sankhu- 5 hours
19. Hille Bhanjyang – Nagmati- Mulkharka Top- Okhreni – Rohini Bhanjyang- Baghdwar- Shivapuri peak- Nagi Gumba – National Park Office-Budhanilkantha -8 hours.
20. Hille Bhanjyang – Nagmati- Mulkharka –Karma Lodge- Tharebhid- Nagi Gumba-- National Park Office-Budhanilkantha -6 hours.

Route Map to Prakriti Resort



ROUTE IDENTIFICATION

Route	From and To	Distance
Hiking	Sundarijal bus park to Prakriti Resort (Haibung)	12 km
Driving	Bahrah Chowk to Prakriti Resort (Haibung)	20 km
Driving	Chabahil chowk to Sundarijal bus park	12 km
Driving	Chabahil chowk to Prakriti Resort (Haibung)	38 km

Prakriti Resort and Organic farm

About

Located in the lap of Shivapuri National Park at the altitude of 2000 m, the *Prakriti Resort and Organic farm* aims to become an exemplary eco-friendly hospitality service provider that provides unique and personalized best-quality services to its customers by taking a human and nature-friendly professional approach.

Vision

“To be a pioneer and premier hospitality business entity in the country striving towards excellence in the achievement of customer satisfaction through creation and delivery of unique and personalized assorted hospitality services.”

Mission

- To become an exemplary sustainable and eco-friendly hospitality business provider in Nepal
- To strive to provide unique and personalized best-quality services to its customers
- To promote internal and external tourism, to add socio-economic value to the society
- To enhance the stakeholder value by a human and nature-friendly professional approach that exceeds the expectations of its customers.
- Conserving the local nature, the culture, the way of life and activities and sustainably utilizing the same for the promotion of socio-economic status of the locals by generating quality revenues.
- Maximizing the value of ownership of shareholders and contributing a part of it for the social cause – thus fulfilling a corporate social responsibility.

SUSTAINABLE TOURISM

Our Eco Friendly Theme

Selling of accommodation, food and service does not merely limits the actual product of Prakriti Resort & Organic farm or any other tourism products in Nepal. We sell our product combining together with nature and natural beauty as well. Tourism business helps to safeguard the environment as well as in return it generates revenue and livelihood. It has reciprocating effect.

At Prakriti Resort & Organic farm, of course we offer the finest of the above mentioned, but we do so with more than just our own profit in mind. We take great care to sell our tourism product ensuring that it creates as less an impact on the environment as possible and also that it creates something for the community around us.

We are privileged in that our resort is surrounded by so much amazing natural beauty, rich culture and many authentic rural villages. Therefore we strive to ensure that when we sell a "tourism product" we are taking steps to safe guard our environment and generate revenue and lively hoods for those living around us.

Thank you for your time and please enjoy your stay with us.



Dear Visitors,

We extend to you the warmest welcome to Prakriti Resort & Organic farm. We are delighted to have you with us and look forward to making your visit an enjoyable and memorable one.

Prakriti Resort and Organic farm has been managed and operated as a joint effort of **Nepal Environment and Tourism Initiative Foundation (NETIF)**, tourism professional and a selected team of villagers.

The resort is aiming to achieve self-sufficiency through integrated and sustainable farming practices that combine the cultivation of organic vegetables and other farm produce alongside the development of tourism and recreational activities.

NETIF is a non profit organisation working in the field of environment and Tourism. It envisions “a better environment for better tourism “. We all can imagine what a better environment for tourism look like – a destination without pollution and waste, where nature and wildlife are protected and where friendship, peace prevail among the hosts and guest, or a destination where each tourist have a memorable holidays, local communities will have enough food, shelter, dignity and tourism entrepreneurs will have enough business and security.

On the behalf of everyone at Prakriti Resort and Organic farm, we thank you for your time and hope you will enjoy your stay with us.

Shivapuri Nagarjun National Park: Biodiversity hotspot of the Himalayas

Common Birds in SNNP: Nepal is a paradise for bird lovers and ornithologists with over 872 species (about 8% of the world total) of birds. Among them almost 311 species are found in the Shivapuri National Park alone. Out of 311 Species found in SNNP, 117 are migratory birds. Some of the bird species that you are most likely to see whilst in the park include - Steppe eagle, asian Black Eagle, Mountain Hawk-Eagle, Kalij Pheasant, Common Hill Partridge, Ashy Woodpigeon, Wedge-tailed Green Pigeon, Mountain Scops Owl, King Sher, Collared Owlet, Golden-throated Barbet, Bird of Paradise, Speckled Piculet, Crimson-breasted Pied and Rufous-bellied Pied Woodpeckers, Grey-chinned Minivet, White-crested, striated, Rufous-chinned and grey-sided Laughing thrushes, Black-eared Shrike, spiny Babblers, White Black vultures, Himalayan Grion, Beard vulture, Black vulture, Dark kite, Hen Harrier, Northern goshawk, Sparrow Hawk, Sikhra, and Common buzzard . The best times for bird watching are February, March and November/ December, though most species can be seen year round.

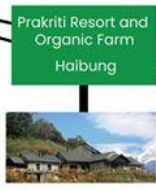
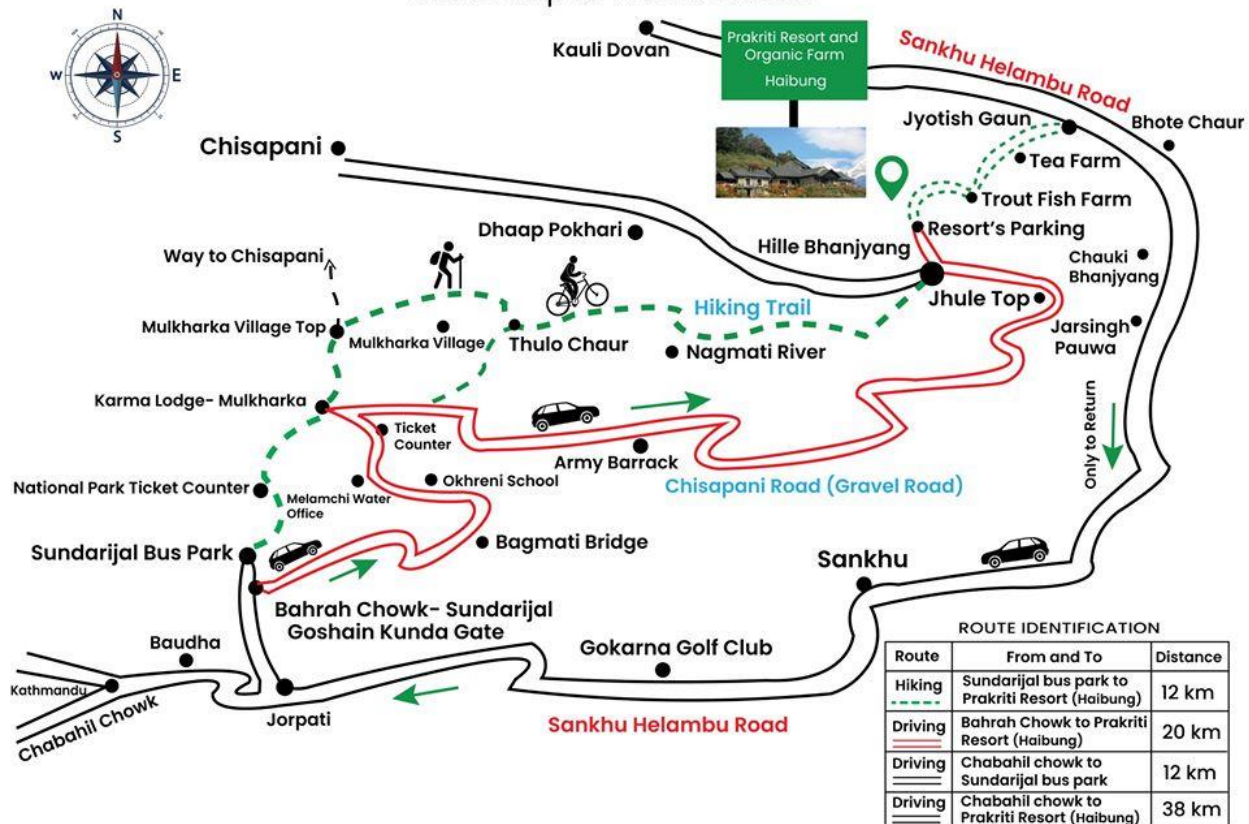
Common Mammals in SNNP: The dense Alpine habitat included in the National Park is an important environment for many mammals. There are more than 22 species of mammals in SNNP. The major mammals found in the park are Clouded Leopard (*Pardofelis nubulosa*), Leopard (*Panthera pardus*), Leopard cat (*Prionailurus bengalensis*), two types of Pangolin, Asam Monkey, Yellow-throated Martin (above species fully Protected), wild cat, Ghoral, Himalayan black bear, red Monkey, and Lungur Monkey (listed by IUCN and CITES). Other mammals found in the park include Antelope, Wild Boar, Barking Deer, Fox, Civet, Common Monkey, Rhesus Monkey, Indian Hare, Indian crested Porcupine, Flying Squirrel and many type of mice, rats and bats. The best time for spotting wildlife is around dawn and dusk. SNNP Park is one of the unique parks in the world in that in addition to natural wildlife, birds and plants, a local community is also located within the premises of park. The Mulkharga, Chilaune, and Okhrenei villages are entirely surrounded by the national park. This aspect of the park adds a fascinating cultural dimension.

Trees and plants in SNNP: Since Shivapuri lies in the transition zone between subtropical and temperate climates, the vegetation Consists of a variety of natural forest types depending on altitude and aspects. There are around 1250 plant species reported in SNNP. Most of the areas below 1800m are covered with Schima castanopsis forest in which pines (*Pinus roxburghii*) appear on the southern dry ridges, with Utis (*Alnus nepalensis*) along the streams. A forest of oak species such as *Quercus semicarpifolia* and *Quercus lamellosa* mixed with rhododendron and a variety of orchids flourish on the northern slopes. A variety of medicinal plants and herbs are found at higher altitudes. Similarly, 129 species of mushrooms have been identified and catalogued to date within Shivapuri National Park.

Watershed & Wet Lands “Dhaap – Simsars”: SNNP protects a vital catchment for the Bagmati, Bishnumati and Yashomati rivers. This watershed is one of the main sources of drinking water for Kathmandu Valley. Every day, about 30 million liters (55%) of water is tapped from these rivers as well as from several other smaller streams. Water volume is seasonal and at its peak during the monsoon months of June to September. The wetlands also provide a delightful landscape and suitable habitat for bird life and wild flowers. These wetlands are located at the walking distance of 15 minutes from Prakriti Resort.



Route Map to Prakriti Resort



Map Labels:

- Prakriti Resort and Organic Farm:** Haibung, Jyotish Gaun, Tea Farm, Trout Fish Farm, Resort's Parking, Hille Bhanjyang, Chauki Bhanjyang, Bhote Chaur.
- Chisapani Area:** Chisapani, Dhaap Pokhari, Thulo Chaur, Mulkharka Village, Mulkharka Village Top, Karma Lodge - Mulkharka, National Park Ticket Counter, Melamchi Water Office, Ticket Counter, Army Barrack, Okhrene School, Bagmati Bridge, Sundarimal Bus Park, Bahrah Chowk - Sundarimal Goshain Kunda Gate, Jorpati, Gokarna Golf Club, Sankhu.
- Other Landmarks:** Kathmandu, Chabahil Chowk, Baudha, Kauli Dovan, Nagmati River, Jhule Top, Jarsingh Pauwa, Only to Return.
- Roads:** Sankhu Helambu Road, Chisapani Road (Gravel Road).
- Activities:** Hiking Trail (dashed green line), Way to Chisapani (dashed black line).