

# ALMOST HEAVEN Farms



Namaste!

The “Made in Nepal” Tour for 2016 is a continuation of tours that we have been running for the last 7 years. For those that want to come to Nepal and have a genuine experience that takes them off the beaten path and into the heart of community life here, we are happy to offer you the enclosed package.

I fell in love with this country the minute I stepped off the plane. In Nepal there is a certain way of living, a way of seeing things and doing things, which is a reflection of their deep spiritual and cultural heritage.

There is a freedom here that manifests itself in many ways and can be seen through the laughter and openness of the people. Diversity of cultures, languages and nature make Nepal an exciting place for people to visit.

Come and get your hands dirty helping on the Kamala Foundation’s programs in Nepal. Help us in our efforts to empower some of the most disadvantaged women and children in the world by building sustainable communities using permaculture, appropriate technologies and food security. It’s going to be an adventure for sure!

Zachary Barton  
Founder, The Kamala Foundation  
Owner, Almost Heaven Farms

**Fikkal VDC, Illam District  
East Nepal  
Ph. (977) 9849.524.107**

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**MADE IN NEPAL TOUR - 2016**  
**21 Days**

## **Tour Highlights:**

- Two nights in the ancient town of Bhaktapur outside Kathmandu
- Tour of villages and projects in East Nepal including Kamala Foundation's Sustainable Childrens Home
- Volunteer work on a new Sustainable Childrens Home for PA Nepal
- Five day tour of the hillsides tea estates in Illam
- Two night stay in Kathmandu with tour of Bhuddist and Hindu sites
- All profit goes to the development of the new Childrens Home

## **Proposed Activities:**

- Village tours by bicycle and by foot
- Tea picking
- Making local spirits (alcohol)
- Learning traditional handcrafts
- Building with bamboo and other natural materials
- Gardening
- Herbal medicines and plant uses
- Games and activities with the children from our project
- Learn about the traditional belief systems of Nepal
- Nature walks
- Tour of local points of interest
- Introduction to Permaculture and Sustainable Development

**\$2000 – Includes all food, accommodations and transportation while in Nepal. Does not include purchase of any personal items, tips or alcoholic beverages.**

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