



TABELA NEPAL

SERVICE

MENU

THE WEEK AT TABELA

at a glance

Monday

9am -12pm & 2:30pm - 7pm: Open for Riding Lessons
and any other activities

Tuesday

9am -12pm & 2:30pm - 7pm: Open for Riding Lessons
5:15pm-7:15pm: Women Ground & Mounted Archery Group

Wednesday

9am -12am & 2:30pm - 7pm: Open for Riding Lessons
and any other activities

Thursday

9am -12pm & 2:30pm - 7pm: Open for Riding Lessons
and any other activities

Friday

9am -12am & 2:30pm - 7pm: Open for Riding Lessons
and any other activities

Saturday

9am -10am: Toddler Group / Open for Riding Lessons
10:15am - 12:15pm Ground & Mounted Archery Group
1pm - 7pm Saturday Family Farm Fun/ Riding Lessons

Sunday

9am -12pm & 2:30pm - 7pm: Open for Riding Lessons
and any other activities

Also check in with us for other group activities like:
Soundhelaing / Line Dance / Yoga / Arts and Craft and more

OVERVIEW OF SERVICES & PRICES

FARM VISITS (MO-SU)

PRICE PER PERSON

- Playground & Petting Zoo child
(Free entry for 1 mandatory guardian) **500rs**
- General Entry incl. Petting Zoo **500rs**
- Group Catering & Events (10pax+) **from 600rs**
- Kids Birthday Parties (per child) **from 1600rs***
- Romantic candle light set up for 2
(you may bring in your own romantic picnic basket or our team may assist with food deliveries which are not included in the setup price) **from 2900rs**

* price per child for group of 25 kids

SATURDAY ACTIVITIES

PRICE PER PERSON

- Playground & petting zoo 1 child
(Free entry for 1 mandatory guardian) **500rs**
- General entry incl. petting zoo **500rs**
- Entry & 1 mini ride for 1 child
(Free entry for 1 mandatory guardian) **1500rs**
- 1 additional mini ride **1000rs**
- Toddler group (9:00 - 10:00am)
(Free entry for 1 mandatory guardian) **1500rs**
- Pony club (9:00 - 10:00am)
(Parent + child activity | Free entry for 1 mandatory guardian) **2500rs**

PHOTOSHOOTINGS

PRICE PER HOUR/HORSE

- Photoshooting at Tabela **8000rs**
- Photoshooting outdoor **12000rs**

SOCIAL ACTIVITIES

PRICE PER PERSON

- Line Dance Sessions
(min. 6 to max. 40 pax) **800rs**
- Equine Assisted Yoga
(min. 6 to max. 10 pax) **1000rs**
- Equine Assisted Soundhealing
(min. 8 to max. 15 pax) **2500rs**

HORSE RIDING SESSIONS

PRICE

- 30 min Riding / Groundwork **4500rs**
- 60 min Riding / Groundwork **6500rs**
- 4 * 30 min Riding / Groundwork **16000rs**
- 4 * 60 min Riding / Groundwork **24000rs**
- 10 * 30 min Riding / Groundwork **42000rs**
- 10 * 60 min Riding / Groundwork **62000rs**

TRADITIONAL ARCHERY

PRICE PER PERSON

- 30 min Ground Archery (1 pax) **600rs**
- 60 min Ground Archery (1 pax) **1000rs**
- 60 min Group Ground Archery pP
(min. 6 to max. 10 pax) **600rs**
- 60 min Horseback Archery pP
(min. 6 to max. 10 pax) **8000rs**
- Archery Package 6 * 60 Minutes
(includes 3 mounted archery lessons & 3 ground archery lessons) **24000rs**
- Archery Package 12 * 60 Minutes
(includes 6 mounted archery lessons & 6 ground archery lessons) **45000rs**

COWBOY & COWGIRL CAMPS (min. 4 pax to max. 12 pax)

PRICE PER CHILD/DAY

- Half Day Camp (3 hours)
(including snacks, water, & juice) **5000rs**
- Full Day Camp (7 hours)
(including lunch and multiple snacks, water, & juice) **7000rs**

TRAIL RIDES & HOLIDAYS

PRICE PER PERSON

- 1 Hour Bhaisepati Ride (advanced) **8000rs**
- 2 Hour Trail Ride (advanced) **16000rs**
- Overnight Trail Ride (adv.)
(including accommodation, dinner, breakfast & return transport) **from 25000rs**

* price pP if min. 2 pax



What do we do?

Our farm offers a unique outdoor space for Families and Individuals who like to connect with nature & animals.

- Riding Lessons & Groundwork
- Kids Camps & Birthday Parties
- Playground & Petting Zoo

Horse Welfare Concept

- nutritious diets & supplements
- monthly vet checks
- regular vaccines & deworming
- bi-monthly hoof trims
- max. 2 hours work per horse/day
- daily massages and physio exercises



Why us?

The health of our animals and the quality experiences of our customers are our first priority. We offer fun activities, based on pedagogical principles which offer unique learning experiences for young and old. Our animals are part of our family and treated with lots of love. We provide the best equine facilities in Nepal and are proudly sharing our strong welfare concept.

Contact

Contact us for more info.

Follow us on social media for daily videos, offers and updates.

TABELA NEPAL
Bhaisepati, near Magar Gaun
Whatsapp/Call: +977 /9823645750





Try Horse Riding!

- 1 riding lesson
 - incl. personal instructor
 - for riders of all levels
- age 4y. +, weight < 65kg
- 1 lessons à 30min - 4.500rs
1 lessons à 60min - 6.500rs

Single Lessons

Monthly Package

- 4 rides per month
 - incl. personal instructor
 - a personal weekly time slot exclusively for you
 - for riders of all levels
- age 4y. +, weight < 65kg
- 4 lessons à 30min - 16.000rs
4 lessons à 60min - 24.000rs

Become a regular and learn weekly!

Trail Rides available for advanced riders



prices for spring 2025



Need more flexibility?

- 10 riding lessons
 - incl. personal instructor
 - schedule each lesson individually
 - for riders of all levels
- age 2years+, weight limit < 65kg
- 10 lessons à 30min - 42.000rs
10 lessons à 60min - 62.000rs

10 Session Cards

Kids Camps

- horse riding
 - grooming & feeding
 - games & art activities
 - horse theory lessons
 - children: 4 - 12 years
- 2,5 hours - 5.000rs incl snacks
6 hours - 7.000rs incl food

Toddler Group every Wednesday 9-10am 1,5k per child



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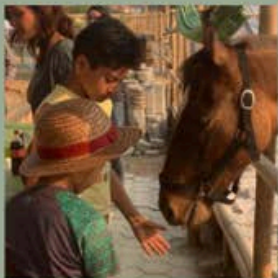


TABELA NEPAL COWGIRL & COWBOY KIDS CAMP

Sign up for a special summer exeperience!

Camp Activities:
Horse Feeding
Outdoor Games
Crafts Sessions
Horsewhisperer
Lessons

Camp Activities:
Horse Grooming
Theory Lessons
Horseriding
Lessons
Arts Sessions



Age: 4 - 12 years

price per
child / day

short camp 9:30 - 12:00: 5.000rs (incl. snacks)

long camp 8:00 - 14:00: 7.000rs (incl. lunch & snacks)

prices valid until 03/2026

Call or Whatsapp (+977) 9823645750

📍 Bhaisepati, Jal Binayak Marg behind the Minister Quarters



TABELA

BIRTHDAY PARTIES

2 HOURS
(up to 12 kids)

Package: 30.000

- 1 Hour Mini Rides
- Adventure Playground
- Petting Zoo
- 1 Group Game

3 HOURS
(up to 12 kids)

Package: 40.000

- 1,5 Hours Mini Rides
- Adventure Playground
- Petting Zoo
- 2 Group Games

2 HOURS
(12 to 25 kids)

Package: 40.000

- 1,5 Hours Mini Rides
- Adventure Playground
- Petting Zoo

3 HOURS
(12 to 25 kids)

Package: 50.000

- 1,5 Hours Mini Rides
- Adventure Playground
- Petting Zoo
- 1-2 Group Games

Prices valid
until 03/2026

Add-On Options:

- Food Catering
- Party Tent
- Birthday Cake
- Decorations
- Jumping Castle
- Horse Show
- Face Painting
- Memory Video
- Performances

INFO & INQUIRY



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YOUR PRIVATE GATHERING ON A HORSE FARM

*Enjoy a super special time together with your friends on
a Horse Rescue Farm in the outskirts of Kathmandu.*

Price?

- **Venue: 5.000rs**
- **Food: from 700rs pP**
(min. 10 pax)
(contact us for more details)
(for 10 - 20 pax)

Enjoy a bonfire, a delicious buffet and the charming farm environment, while having an unforgettable time with your family & friends. Create your own personalized food buffet or BBQ menu and enjoy some chilled drinks.

You will get to know our lovely horses and other farm animals. For those interested we also have an option to learn `Line-Dance` the true cowboy dance.

If you are looking for a unique unforgettable location - we got you covered! Contact us to learn more!

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behind the Minister Quarters



CAFE OPHILIA AT TABELA NEPAL CATERING MENU

Make your private party even more special with delicious Food!

1,400rs per P

LIGHT BUFFET (CHOOSE 3 ITEMS)

- Himalayan Spicy Potatoes
- Momo (veg / chicken)
- Aubergine Drama
- Corn Masala
- French Fries
- Chicken Choila



MEDIUM BUFFET (CHOOSE 4 ITEMS)

- Himalayan Spicy Potatoes
- Momo (veg / chicken)
- Aubergine Drama
- Corn Masala
- French Fries
- Tacos (veg / chicken)
- Burger Sliders (v/c/p)
- Crispy Mushrooms
- Aubergine Drama
- Cesar Salad (v/c)
- Pasta
- Aubergine Drama

2,000rs per Person

3,000rs per Person

FULL BUFFET (CHOOSE 8 5 ITEMS)

You can choose any 5 items from this section or the above sections)

- Pizza
- Roasted Chicken
- Chicken Cordonbleux
- Paneer Shashlik
- Fish & Chips
- Golden fried Prawns



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behind the Minister Quarters

For info & booking
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TABELA

MOUNTED ARCHERY COURSES



1 single lesson: 8,000rs
Ground & Mounted Archery
Package price:
6 lessons: 24,000rs
12 lessons: 45,000rs

Become an Archery Warrior Queen (or king) with us!

Every Tuesday 5:15 pm - 7:15 pm (women only!)

Every Saturday 10:15 am - 12:15 pm (mixed group)

(max weight 70kg)



Pre booking required

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HORSEBACK ARCHERY PACKAGES



First Shot Package *6 hours of training*

Standard Package *12 hours of training*

Course Package includes:

Course Package includes:

	Session duration	Normal price	Package price
Ground shooting lessons	2 hours	2.000rs	1.600rs
Riding lessons for archery	2 hours	16.000rs	14.250rs
Blind nocking lesson	1 hour	1.000rs	900rs
Walk & Shoot (on the horse)	1 hour	8.000rs	7.250rs
		Normal Total: 27.000rs	Your Total: 24.000rs

	Session duration	Normal price	Package price
Ground shooting lessons	3 hours	2.000rs	1.500rs
Riding lessons for archery	2 hours	16.000rs	14.000rs
Blind nocking lessons	2 hours	2.000rs	1.500rs
Walk & Shoot (on the horse)	2 hours	16.000rs	14.000rs
Trot & Shoot (on the horse)	2 hours	16.000rs	14.000rs
		Normal Total: 52.000rs	Your Total: 45.000rs

Are you ready to start your new adventure!?

* Inquire with us for residential trainings and personalized training schedules



Pre booking required

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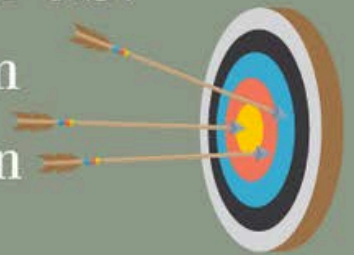
TABELA

TRADITIONAL GROUND ARCHERY LESSONS

Become a warrior with us!

30 min session - 600 rs per person

60 min session - 1.000 rs per person



Planning to visit with a group?

(for groups 6-10 pax, incl 4 bows)

60 min session - 600 rs per person

*Are you ready to
experience the
archery thrill!?*



HORSEBACK ARCHERY TRAINING

Every Saturday Noon

6 hours of training

12 hours of training

Course Package includes:

	Session duration	Normal price	Package price
Ground shooting lessons	2 hours	2.000rs	1.600rs
Riding lessons for archery	2 hours	16.000rs	14.250rs
Blind nocking lesson	1 hour	1.000rs	900rs
Walk & Shoot (on the horse)	1 hour	8.000rs	7.250rs
		Normal Total: 27.000rs	Your Total: <u>24.000rs</u>

Course Package includes:

	Session duration	Normal price	Package price
Ground shooting lessons	3 hours	2.000rs	1.500rs
Riding lessons for archery	2 hours	16.000rs	14.000rs
Blind nocking lessons	2 hours	2.000rs	1.500rs
Walk & Shoot (on the horse)	2 hours	16.000rs	14.000rs
Trot & Shoot (on the horse)	2 hours	16.000rs	14.000rs
		Normal Total: 52.000rs	Your Total: <u>45.000rs</u>

Every SATURDAY
10:15am -12:15pm

60 min single lesson trad. ground archery: 1.000rs pP
60min single lesson mounted archery: 8.000rs pP



TABELA TODDLER GROUP *Every Saturday Morning*

FREE ENTRY
for 1 parent

ACTIVITIES:

- Horse Grooming
- 1 Mini Rides per child
- Outdoor Games

1500 NPR
per Child

including:
Access to Playground
Petting Zoo Entry
(Age 0 - 4 years)



Every SATURDAY
9:00am -10:00am



*price valid until 02/2026

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SATURDAY FAMILY FARM FUN

Every Saturday Afternoon

ACTIVITIES:

- Horse Grooming (2:30pm - 3:30pm)
- 1 Mini Rides per child (3:30 - 6:00pm)
- Outdoor Games
- Picnic Spots

1500 NPR
per Child

including:
Access to Playground
Petting Zoo Entry

(Age 4 - 10 years)

FREE ENTRY
for 1 parent

500rs
for all other adult visitors

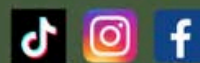
Every SATURDAY
2:30pm - 7:00pm



Bhaisepati, Jal Binayak Marg, Kathmandu

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TABELA

HORSE FACILITATED SOUNDHEALING

✦ *Experience pure magic* ✦



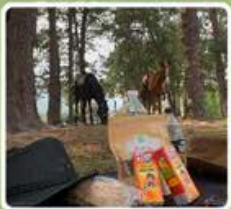
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Experience the Thrill of Nepal TRAIL RIDES

Our welcoming and supportive environment is ideal for riders of all ages and skill levels to connect, learn, and ride confidently



PICNIC TRAIL RIDES

2 HOUR - 16K PER PERSON
3 HOUR - 24K PER PERSON
(MIN 1 PRIOR LESSON REQUIRED)



OVERNIGHT TRAIL

2 DAYS 1 NIGHT:
INCL. 4 HOURS TRAIL RIDE
+ NIGHTSTAY
+ DINNER & BREAKFAST
+ RETURN TRANSPORT

**SPECIAL
DEAL**

30.000 NPR
PER PERSON

**10%
OFF**

for groups
min. 2 pax



Riders of all ages & levels | max. w



www | limit 70Kg

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Bhaisepati, Jal Binayak Marg, Kathmandu

TEAM BUILDING EVENT



Time	Activity
9:30 - 10:00	Arrival & Introduction about Horse Behavior
10:00 - 10:30	Horse Grooming: time to bond and develop trust
10:30 - 11:15	Basic Groundwork Exercises with the Horses
11:15 - 11:30	Reflektion & Exchange Round
11:30 - 12:15	Group Groundwork Exercises with Horses
12:15 - 12:30	Reflections, Learnings and Closing

LOCATION

TABELA NEPAL, Bhaisepati
Kathmandu (near Magar Gaun)
(location on Google Maps)

TABELA

WHY Team Building Events?

Natural horsemanship is an innovative approach that can be effectively integrated into team-building training for companies seeking to enhance confidence, trust, and team dynamics. By engaging with horses, team members can learn valuable lessons about leadership, collaboration, and effective communication.

One of the key benefits of natural horsemanship in a team-building context is its ability to foster trust among team members. Working with horses requires participants to be present, observant, and attuned to non-verbal cues. This experience encourages individuals to build trust not only with the horses but also with each other. As team members learn to communicate effectively and work in harmony with the animals, they develop a deeper understanding of each other's strengths and weaknesses, leading to improved collaboration.

Moreover, natural horsemanship helps to boost confidence. Many participants may initially feel intimidated or unsure around horses, but as they learn to lead and interact with these large animals, they gain a sense of accomplishment and empowerment. This newfound confidence can translate back to the workplace, where team members are more likely to take initiative, express their ideas, and support one another.

Teams must work together to achieve a common goal, whether that involves guiding a horse through obstacles or fostering a calm and focused environment. These activities highlight the importance of clear communication, patience, and empathy—qualities that are essential for effective teamwork. Participants often leave with a renewed sense of a shared experience that strengthens their bonds. Being outdoors allows teams to relax and recharge, leading to improved mental clarity and creativity. This change of scenery can inspire innovative thinking and problem-solving, which are crucial for any successful team.



WE WORK WITH:

H

HEALING

E

EDUCATION

A

ANIMAL WELFARE

R

RESPECT

T

TEAMWORK

EDUCATION

PEDAGOGIC PRINCIPLES

Our activities are guided by pedagogically sound principles, fostering growths & development.

EXPERIENTIAL LEARNING

Through practical learning on a farm, children develop hands-on skills and real-world understanding.

ANIMAL ASSISTED LEARNING

Enrich education by fostering empathy and responsibility through interaction with animals.

HOLISTIC LEARNING

Holistic learning nurtures well-rounded development and fosters deeper understanding.

OUTDOOR EDUCATION

Outdoor education enhances physical health and fitness, while offering rich learning opportunities in nature, fostering the development of various senses, skills, self-awareness and confidence.

HEALING

HORSE GUIDED MEDITATION

Meditate with horses to benefit from their healing powers and ability to regulate humans.

EQUINE ASSISTED THERAPY

Enjoy the benefits EAT for different conditions such as Autism, ADHD, Down-Syndrom ...

CONNECT WITH NATURE

Tap into the truly healing energy of our farm animals and the natural farm environment.

PRACTICE MINDFULNESS

Embrace mindfulness on the farm by fully engaging with the sights, sounds, and rhythms of nature.

ANIMAL RESCUE & REHABILITATION

We focus on rescuing horses and other animals from miserable situations and provide them with special treatment for their rehabilitation and giving them a new life full of love and care.

ANIMAL WELFARE

FREEDOM & SOCIALIZATION

To allow for healthy social bonds with each other, we provide our horses with 24h/day free movement.

BIWEEKLY HOOF TRIMS

All our horses are barefoot and trimmed every two weeks according to specific natural trim concepts.

PHYSIOTHERAPY & MASSAGES

Our horses receive regular physiotherapy, massages & groundwork to stay healthy, fit & comfortable.

REGULAR VET CHECKS

The regular visits include vaccines, deworming, blood tests, and other treatments as required.

BALANCED NUTRITION & SUPPLEMENTS

The nutrition of our horses includes not only 24h/day free and unlimited access to hay & forage, but it also includes a detailed diet of (imported) supplements to foster their healing process.

RESPECT

COMPASSION FOR ALL CREATURES

We practice compassion for all living creatures, ensuring their well-being, happiness, and dignity.

HARMONY WITH NATURE

We strive for harmony with nature, fostering a respectful relationship with the environment.

COMMITMENT TO INCLUSIVITY

We are committed to embracing people of all abilities, races, religions, genders and colors.

BUILDING MUTUAL TRUST

Through authenticity and reliability, we build trust between animals, humans, customers, and staff.

DEMONSTRATING PATIENCE

We provide the necessary time for animals and humans to heal, grow, and develop at their own pace. Every individual's journey is unique and requires a supportive, unhurried approach to reach full potential.

TEAMWORK

SHARED LEADERSHIP

We make decisions as a team, always guided by having the best interest of the animals at heart.

FAMILY ATMOSPHERE

We treat our team and our students like family and invite guests to feel like TABELA is their home.

MUTUAL RESPECT & LOVE

All our team members are animal lovers who share a mutual respect for animals, nature and each other.

TRUSTED COLLABORATIONS

We highly value our partners and enjoy working to improve the lives of animals.

HUMAN & ANIMAL TEAM MEMBERS

Next to our highly valued human team members, our animals are the most important teachers, healers, mentors, and therapists. They always guide the way and we have learned to listen and follow.

WHY DO WE HAVE HORSES ?



A couple of years ago the wife of one of the Tabela Investors fell in love with a horse, which turned out to be very sick and in need of support.

They ended up adopting that horse, which we now all know as the beautiful “KALI” (you may recognize her from our logo), with the intention of boarding her somewhere against a monthly fee, where she could receive the proper medical, nutritional and physio-therapy she needed to recover her rotated hind leg and her internal organ problems.

However, they only found a temporary solution, as there are no boarding stables in Kahtmandu or Nepal, which offer facilities according to Natural Horsemanship principles.



WHY DID WE START TABELA NEPAL ?

We felt the strong desire to change the equine world in Nepal for the better, to ensure that horses are treated with the love and care they deserve!

1

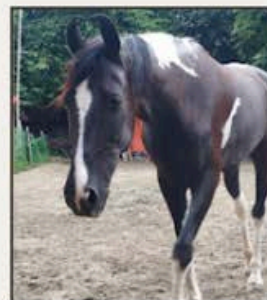
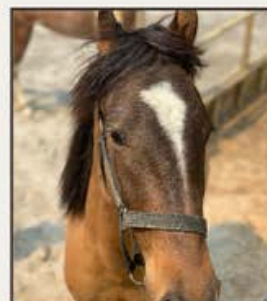
Our first priority is to provide a loving & nurturing environment to rehabilitate horses in need.

2

Secondly we focus on educating the next generation of animal and horse lovers in natural horsemanship.

3

We further strive to educate other horse owners about training methods, open-stable concepts & nutrition.



WHAT ARE OUR PRINCIPLES TO ENSURE THE WELLBEING OF OUR HORSES?

1. Horses who are not fit do NOT work.

When we adopt a horse we do not ride the horse until it is fully recovered. We conduct an intense training program, which contains of regular vet care, medication, blood work, physio therapy, massages, and lots of groundwork. Until the horses are fit, they just get to spend their time with the other horses, doing nothing but eating and pooping.

2. Horses who are recovered work max. 2 hours per day.

Our horses spend most of their time with their friends, eating, running around, rolling in the sand, and being just horses. If they are fit to be included in sessions with students, they only work a maximum of 2 hours per day, including groundwork, lunging, riding lessons or going for a walk. We schedule or lessons with students according to our horses health and only open limited slots to be booked for natural horsemanship lessons.

3. Horses receive 3 meals & 24 hours unlimited hay access

To ensure the wellbeing of the animals they receive 3 nutritious meals per day and every horse gets a personalized diet with imported supplements to foster their individual needs. Additionally all horses have 24hours unlimited access to forage (grass or hay), which is crucial for the digestion tract of equines to prevent ulcers and stomach problems while ensuring good overall weightgain.

4. Horses get daily grooming & massages

daily grooming sessions are not only necessary to keep the horses bony clean, but are also very helpful in building a trustful bond with humans after experiences a lot of abuse, neglect and ruff handling in their past lives. In every interaction with the horses we ensure to be very soft and sensitive. We provide them with daily massages and stretches to help in their physical recovery and the release of trauma and tensions stored in their bodies.

5. Horses have well fitted imported tack (bitless bridles & bareback saddles)

One of the major issues of pain and physical issues in horses is often tack caused by low quality, poorly fitted tack. A pinching saddle that does not distribute the weight correctly on the horses back is pure torture to them. At Tabela we use bitless bridles (no metal bit in the horses mouth) and we use bareback pads or high quality imported treeless adjustable western saddles.

6. Our horses are protected from parasites like fleas and ticks

Fleas and ticks cause discomfort and health issues in horses. At Tabela, we use natural repellents, herbal sprays, and vet-approved treatments, along with clean bedding and regular grooming to keep our horses parasite-free and comfortable.



WHAT ARE THE BIGGEST CHALLENGES WE ARE FACING ?

Limited income vs. high monthly expenses (rent/food/vet/meds/staff etc.).	Limited vet facilities (no Xray machine / ultrasound for equines)	High quality hay is very pricy and only available in season.	Local staff need intense equine training first.- but often want to go abroad.
Most high quality supplements need to be imported.	All equipments need to be imported from abroad which is timely & costly.	Lack of grazing land - limited free areas on high rental prices in KTM.	Nepal has a very poor equine infrastructure (no shops / horse trailer...).
No horse operation theatre for e.g. colic & ulcer treatments.	Extreme weather (monsoon, heat, drought, pollution & windy season)	Limited understanding/ support for our project by the society	No shop for special horse food/medicine/ equipment.



WHY ARE WE NOT PROFIT-ORIENTED DESPITE BEING A "BUSINESS" ?

1. We believe that it is not ethical to strive to make profit from the work of animals. The wellbeing of the horses will always be the first priority!

Therefore, we will never work with (ride) a horse that is not fit, nor overexercise the healthy recovered horses. They are like our beloved babies and we only want them to thrive and enjoy their lives. They partly contribute to creating their happy home at Tabela if possible (for limited hours), but apart from activities with the horses, we focus on activities in the beautiful, charming farm environment. While we do hope to be striving or at least fully sustaining in the future, we intend to do so by having other income streams supporting the existence of the `horse side` of the farm. For now, we are having a hard time making ends meet and ensuring the longevity of this safe environment for the adopted horses. If you want to support us in sustaining this beautiful project, join us in our different fun activities from farmers markets, to workshops, private events, and birthday celebrations.

2. When you have animals you care for - there is always more to do for them!

Having animals is costly. Having rescue animals is more costly. Having a farm is costly. Having a horses is super costly! While horses are majestic and beautiful, they are also clumsy and very prone to accidents and injuries. In addition to the common worries that every horse owners faces, from colics, to paddock injuries to hoof problems ; Our rescue horses come each with a long list of physical and mental traumas, which we try to heal through a holistic care concept containing: vet care, good nutrition, supplements, body work, physiotherapy, groundwork, massages, sound therapy and much much more on a daily/weekly basis. And as every loving horse owner will confirm: there is always more to do for them! We strive to continuously research the best treatments, while also continuing to import medications and equipment not only for Tabela but also donations for other horse owners.



WHY ARE WE NOT PROFIT-ORIENTED DESPITE BEING A "BUSINESS" ?

3. Happy Horses & Happy Customers are our priorities

Before we would ever hope about becoming a profitable business,
we first need to ensure the following:

1. Build another stable (monsoon & sun shelter for horses) to ensure the happiness of horses.
2. Establish a restaurant area (to ensure the happiness of visitors)
3. Build a round pen roof (to ensure the happiness of horsemanship students)
4. Invest in a drainage system (to ensure the happiness of neighbors)
5. Build a toilet (to ensure the happiness of all visitors)
6. Set aside an operational backup for monsoon months/pollution season
7. Establish a retirement fund & place for every horse (ensure horses' happiness in old age)
8. Hire sufficient staff to release unpaid active partners from their duties
9. Ensure we have funding for necessary regular maintenance work (stable, fences, roofs, etc.)
10. Invest more in playground infrastructure (to ensure happy kids)
11. Expand the petting zoo shelter (to rescue more little animals)

... And by the time we will have reached these goals, there will be new ones!



HOW DO WE OPERATE AND SUSTAIN TABELA ?



Our concept is to sustain the farm and the nurturing environment for the animals by a mix of activities, balancing activities, where the horses are directly involved with other outdoor activities on the farm. While the natural horsemanship lessons are a key element, we strive to organize other fun outdoor activities which do not physically burden the horses in any way, such as:

- Farmers markets
- Meditation sessions
- Yoga sessions
- Sound healing sessions
- Kids Camps
- Birthday Parties
- Bonfire & BBQ
- Creative Workshops
- Line Dance Sessions

At the moment the overall monthly costs are still privately supported by our investors, and some supporters from the Tabela Nepal family. Additionally all active partners work voluntary on their personal free time, not receiving any salary, to support Tabela in different tasks, from physical horse training to admin and marketing tasks.

If you want to become a supporter, please feel free to contact us!



HOW CAN TABELA SUSTAIN IN THE FUTURE?



We intend to make TABELA NEPAL a sustainable loving home by combining multiple approaches

Farm Activities

We offer a variety of fun activities for kids and adults!

- Farmers markets
- Meditation sessions
- Yoga sessions
- Sound healing sessions
- Team-Building Activities
- Team Picnics & BBQs
- Kids Camps
- Birthday Parties
- Bonfire & BBQ
- Creative Workshops
- Line Dance Sessions
- ... and more to come!

Support us and plan your experience!

Animal Guardianships

We provide forever homes for the animals we adopt! Even if some of them can never work and will just need care, love, food and medication for the rest of their lives! Support of by becoming a donor for Tabela Nepal or the guardian for one of our lovel animals!

Horse Activities

While we do offer natural horsemanship lessons - they are not just riding lessons! The wellbeing of the horses is always the first priority and our holistic concept teaches students everything around horses from A-Z, from grooming to groundwork & theory.

Advanced riders can go on:

- Day Trail Rides & Overnight Trail Rides

WHY DO WE NOT JUST BOOK IN MORE LESSONS PER DAY?



BECAUSE we will never overexercise our horses!

Or demand anything from them, that they are not fit to do for that matter!

We have a strict welfare concept in place!

- Sick horses are never ridden!
- Healthy horses are only ridden/exercised from the ground for max. 2 hours per day!
- Healthy horses carry a max. 20% of their body weight!"
- Horses have regular rest days!
- Horses receive daily grooming & weekly massages
- We don't engage in carriage/wedding party business!
- We don't jog/trot/canter on asphalt / hard ground!
- We don't accept clients who disagree with our welfare concept



WHY DON'T WE RAISE OUR
PRICES TO INTERNATIONAL
STANDARD RATES?



BECAUSE we want to
ensure access ethical horses riding
& animals is affordable for a bigger
part of society especially kids!

We strive to educate the next generation of
horse and animal lovers in Nepal to ensure, that
welfare practices will improve in the future!

We are facing the huge challenge, that Nepal has no infrastructure for
horses, which makes everything more expensive and difficult: from
good quality hay to other food and equipment.

While facing higher operational costs than other horse stables (e.g., in the
U.S. or Europe), we still decided to set our hourly fees lower than
international standards (about half the price), because it is very important
to us to welcome and educate as many children & animal lovers.



TABELA

VOLUNTEER OPPORTUNITY

Do you like animals, farming and being outdoors?
Then TABELA Nepal is your place!

What we are looking for:

- Kind-hearted, reliable people (18 years +)
- Outdoor, Nature & Animal Lovers
- Ideally, people with experience in: gardening/construction/woodwork, equine health care, or veterinary care

What we provide:

- Daily Lunch
- Daily Dinner
- Accomodatoin (tent)
- friendly family-like environment

Be the change! Make a difference!

Bhaisepati, Jal Binayak Marg, Kathmandu / Nepal



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TABELA

VETINARY VOLUNTEERS NEEDED



Do you want to support horses & other animals in need in the hills of Nepal?
Then join our team!

Requirements for Volunteers

- need to be enrolled in their final year
- need to cover for their own flights, accommodation, travel insurance & visa
- need to speak english / nepali / hindi
- duration: 1-3 months

Be the change! Make a difference!

Whats in it for you?

- you will gain lots of practical experiences
- you can share your valuable veterinary knowledge with local horse owners
- you will be provided daily lunch & snacks
- you will learn natural horsemanship

Share your skills to save their lives!

Equine welfare in Nepal is in a dire state, with a severe lack of proper equipment, training, and knowledge on how to care for horses. Many animals suffer unnecessarily due to outdated practices and the absence of specialized veterinary support. Tabela Nepal's mission is to change this and we invite veterinary students to join our project in Nepal. An exchange between foreign vets, local vets, and horse owners can make an immense difference—sharing modern knowledge, raising care standards, and creating a healthier future for both horses and the people who depend on them.



Bhaisepati, Jal Binayak Marg, Kathmandu / Nepal

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*We
Care!*

