



# Nepal

## Journey to Buddha's Birthplace

10 Days

Travel with us to the lofty peaks of the Himalayas to journey through the hotpot of religions and culture found in Nepal. Experience life with Buddhist monks, compare Hindu and Buddhist temples and experience the most sacred site of Buddhism: the birthplace of Lord Buddha. Set your pulses racing with a white water rafting adventure and explore the depths of the UNESCO listed Chitwan National Park, home to elephants, tigers and rhinos! This truly is a journey through mystical religions and natural wonder set in the beauty of Nepal.



[Learn more about our Carbon Labels](#)

# Your Recommended Educational Journey

## Days 1 - 2

### Depart UK, Arrive Nepal

LD

After an overnight flight, we are met and welcomed on arrival at Kathmandu and transferred to our hotel. After over night rest we arrive in Kathmandu to meet our Guide. A short drive will bring us into the centre of this bustling city. Actually formed of three ancient cities, Kathmandu is a melting pot of ethnic groups, traditions, architecture and rich cultural heritage which has remained largely unchanged since the Middle Ages.

## Day 3

### Boudhanath Stupa & Pashupatinath Temple / Namobuddha Monastery Stay

BLD

Today we will visit both Buddhist and Hindu temples to allow us to see the differences between the two. Boudhanath Stupa is among the largest stupas in South Asia and it has become the focal point of Tibetan Buddhism in Nepal. When refugees entered Nepal from Tibet in the 1950s, many of them decided to live around Boudhanath. They established many gompas and the 'Little Tibet' of Nepal was born. To compare, we will visit the Pashupatinath Temple, one of the most sacred Hindu shrines in the world. The richly-ornamented pagoda houses the sacred linga of Lord Shiva. Chronicles indicate the temple's existence prior to 400AD. Devotees can be seen taking ritual dips in the holy Bagmati river flowing beside the temple. Cremations also take place at the bank of Bagmati River at Pashupatinath.

In the afternoon we'll travel to Namobuddha, one of the most important Buddhist pilgrimage sites south of the Himalayas. The Namobuddha Stupa marks the site where a young prince encountered a tigress close to starvation and unable to feed her own cubs. Overcome with compassion, the prince allowed the tigress to consume him and thereby feed her cubs. On the other side of the hill stands the Thrangu Tashi Yangtse Monastery where we will spend the night experiencing the monastic way of life.

## Day 4

### Breakfast with the Monks / Hike to Balthali Village for overnight in Traditional Village

BLD

This morning we will enjoy a simple breakfast with the monks before they show us around the monastery. Afterwards, we will hike to the nearby Balthali Village (about 3 hours walk away), stopping along the way to meet the locals and see their way of life. Upon our arrival we will enjoy teas in a local house before checking into our hotel: the Balthali Village Resort.

## Day 5

### White Water Rafting

BLD

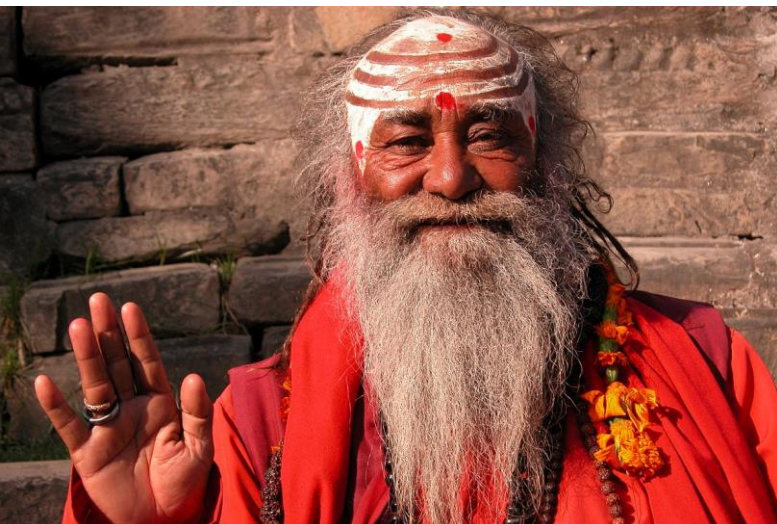
Today we bid farewell to the mountain views and drive for around 4 hours to embark on our white water rafting adventure. Nepal has a well earned reputation as one of the best destinations for white water rafting in the world. With thundering waters originating from the glaciers of the Himalayas, this really is a day of adventure! We will stop en-route through the fun and navigable beginner rapids and then be transferred to the Riverside Spring Resort where we will spend the night.

## Day 6

### Chitwan National Park/ Ox Ride/ Evening Cultural Show

BLD

This morning we will drive for about an hour through the scenic Tharu Villages of Chitwan. The Royal Chitwan National Park (RCNP) is a UNESCO World Heritage Site and one of Nepal's largest forest reserves. Home to a huge range of wildlife including the Royal Bengal tiger, one horned rhinoceros, several species of deer, sloth bear, fresh water dolphin and over 350 species of birds it truly is a special place. In order to gain an insight of the local way of life we will enjoy a trip through the villages by ox cart, the traditional mode of transport of the Tharu people. This evening, we will be treated to a Tharu cultural show including a traditional stick dance.





**Day 7****Full day safari in Chitwan National Park**

BLD

We will rise early to enjoy an early birdwatching session. After breakfast we will learn more about the mighty elephant in a trip to the elephant stables where we will be able to watch the animals as they bathe in the river. (Please note: the elephants WILL NOT be forced to bathe so this usually occurs during the summer season.) Lunch at the dining hall will be followed by a nature walk. We will then drive by jeep to Kasara before trekking for an hour to reach the Gharial Breeding Centre to see the crocodile hatchery project. Our final activity of a busy day will be a canoe journey in traditional dug-out canoes along the Rapti River to view aquatic birds, crocodiles and the wildlife which make their home along the river banks. One of our jungle experts will be on hand to tell us about the history of Chitwan National Park and answer our questions about the species of the flora and fauna we encounter.

**Day 8****Drive to Lumbini and Afternoon Temple Tour**

BLD

First thing in the morning we will embark on the 5 hour drive to Lumbini, the birth place of Siddhartha Gautarn Buddha. Upon arrival, we will enjoy a tour of the incredible shrines and sites which Lumbini has to offer. These include the Ashokan Pillar, the first epigraphic evidence relating to the life history of Lord Buddha; the sacred pool of Puskarni, believed to be the same sacred pool in which Maya Devi took a holy dip just before giving birth to the Lord Buddha and where the infant Buddha was given his first purification bath and the Sanctum Sanctorum of the Birthplace of Lord Buddha - the single most important place in the Buddhist world. We will also see the image of Maya Devi - a bas-relief enshrined in a small pagoda-like structure, showing the mother of the Lord Buddha.

**Day 9****Travel back to Kathmandu**

BLD

After an early start we say a final goodbye to Lumbini and begin our journey back to Kathmandu. The drive will take approximately 9/10 hours passing by forest, mountainous scenery, farmland and along the Trisuli River. We will stop for lunch along the way. Upon arrival in Kathmandu we will have dinner and relax at our hotel.

**Day 10****Depart Nepal**

B

Depending on the time our flight home we may have time to buy some last minute souvenirs. We then transfer to the airport and wave goodbye to Nepal and our Trip Leader.





## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC tour leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance

- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

## What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests

- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. While we are far from perfect, we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



Trees for Life

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>



## Physical Rating for this trip: Grade 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



## Travel Safety & Other Pre-Travel Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to this educational journey. Topics covered will include:

### Responsible Tourism workshop

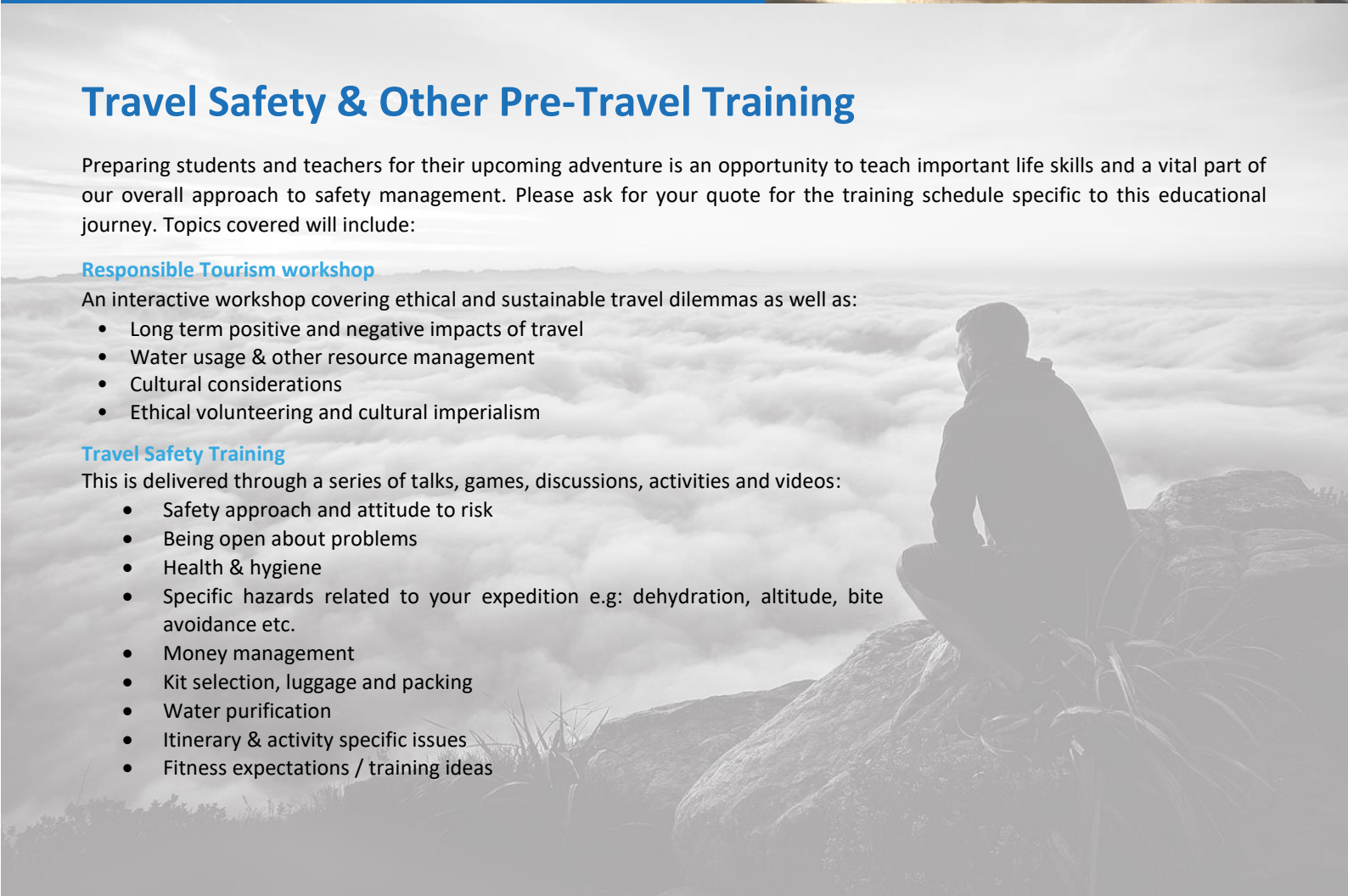
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

**Starts with a single step...** Contact us now to start your educational journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your trip approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

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