



Nepal

Himalayan Adventure

11 Days

It would be hard to beat this adventurous introduction to Nepal. Heading beyond the usual tea house trails, a 4 day trek takes you through traditional Hindu villages where you are assured of a warm welcome. The trails follow ancient routes through oak and rhododendron forest where the sound of the bird calls fill the air and, at night, you camp in serene locations that showcase dramatic views of the 8000m peaks of the Annapurna Range. After the trek, you head for the steaming jungles of Chitwan National Park, where you undertake a magical safari deep into the forests by jeep, dugout canoe and on foot. The final highlight is incredible, bustling, enigmatic Kathmandu, with its temples and stupas, holy men and cremations - a fitting end to an amazing adventure.



Your Recommended Educational Journey

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| Days 1 - 2 | Depart the UK, Arrive Nepal We are met and welcomed on arrival at Kathmandu and transferred to our hotel. Later, we have an afternoon visit to the UNESCO World Heritage Site of Patan Durbar Square (time permitting). | LD |
| Day 3 | Kathmandu-Pokhara-trek Bhadyare to Panchase Bhanjyang (2500m) Morning transfer to Kathmandu Domestic airport for a flight to Pokhara. After arriving in Pokhara airport, we drive north west from Pokhara (850m) past Kande above the village of Naudanda (1500m) and continue to Bhadaure along the rough road past cultivated fields to our trek start point, Badaure. It is here that we leave habitation behind for a while and ascend into the forest, following the local trek route to the open expanse of Panchase Bhanjyang (bhanjyang is the local name for a pass). There are several local houses at the pass and wonderful views of the mountains, as well as of Pokhara and Phewa Tal from the campsite. The trail has panoramic views of all the Annapurna peaks as well as 8000m Dhaulagiri to the west and 8000m Manaslu to the east. Trek time: Approx. 4 hrs. | BLD |
| Day 4 | Trek to Burndi (1500m) Our walk today is through a largely uninhabited area on a smaller trail. We will spend some time in the forest but will also pass several open meadows full of grazing water buffalo. In Spring, the forest is a haven of rhododendrons and white orchids. There are several resting places along the route whilst we climb to the top of a ridge and then cross three small passes and descend to our overnight stop at Bumdi. We set up camp just above the village on a grassy campsite. Trek time: Approx 6 hrs. | BLD |
| Day 5 | Trek to Pokhara (850m) We're now coming back into inhabited area and pass cultivated fields and settlements. There are lots of cherry trees in blossom here in November. We pass the chettri village of Pumdi with its distinctive houses to reach the white dome of the Japanese Peace Pagoda all the while with good views of the mountains to the north. From here we descend through Rani Ban (the Queen's Forest) to the end of the trek near the dam at the south eastern end of Phewa Tal. From here we drive a very short distance to our hotel. Once in Pokhara, we check in at our Lakeside Retreat and have lunch. In the afternoon, we have a tour of Pokhara including a boat ride on Phewa Lake, and visits to the Barahi Temple and Devi's Fall. Trek Time Approx 4 hrs walking. | BLD |
| Day 6 | Raft Seti River to overnight camp After breakfast, we drive to Damauli (approx. 90 mins) which is where we begin our white water adventure, stopping for lunch on the way at a local restaurant. After the rafts are rigged and our safety briefings complete, we set off down the Seti River and spend the whole day within its forested canyon. The luxuriant vegetation we see is a remnant of the vast forested area, which once covered the middle hills of Nepal. Travelling by raft is the perfect way to view undisturbed wildlife and pass by small villages. When we stop for lunch we will have some time to explore the local flora and fauna, and take photographs or have a swim and relax. Later in the afternoon we have an encounter with some small, but technical, rapids near the Magar village of Saranghat. The Magars are among the oldest ethnic people in Nepal, and are renowned for generations of service with the Gurkha Forces. On our first night we will set up camp on a spacious beach below the village. Trek time: Approximately 2.5 hours | BLD |



Day 7**Morning rafting, afternoon transfer to Chitwan National Park**

BLD

After we have finished our breakfast and repacked the raft, we will set off down the Seti, where we encounter the technical rapid (grade 3). After the rapid we leave the Seti River and enter Trisuli River. Here the middle hills recede, and the Terai plain opens before us. After lunch we float further down to a small town Gaighat, where our rafting adventure ends. Rafting time will be 2 to 3 hours depending on water levels. From Narayanghat, we drive to Chitwan, an enjoyable and scenic road through the Tharu Villages of Chitwan until we arrive at our lodge. After settling in we are met and briefed by the Guest Relation officer regarding the park and the programmes available.

Day 8**Full day safari in Chitwan National Park**

BLD

An early morning wake-up call followed by a peaceful morning of bird watching. Our guides will be on hand to help us identify some of the 276 species that live within the reserve. We return to the resort for breakfast and a talk about our next activity - elephant watching and bathing! Learn more about these fascinating animals during a visit to our elephant stables. (Note: Elephant bathing is done during the summer season as elephants willingly love to bathe in the river. Elephants are not forced to take baths during the cold season/day). Later we drive by Jeep to the entrance of the national park. After an hour of trekking, we arrive at the Gharial (Alligator) hatchery project. After a short briefing we walk to the Rapti River to begin our canoeing adventure. We will be using traditional dug-out canoes on the Rapti River to view aquatic birds, crocodiles and all the wildlife that makes the river home. One of our jungle experts will be on hand to introduce background data and history of the Chitwan National Park as well as some other topics relating to wildlife.

Day 9**Drive Chitwan to Kathmandu**

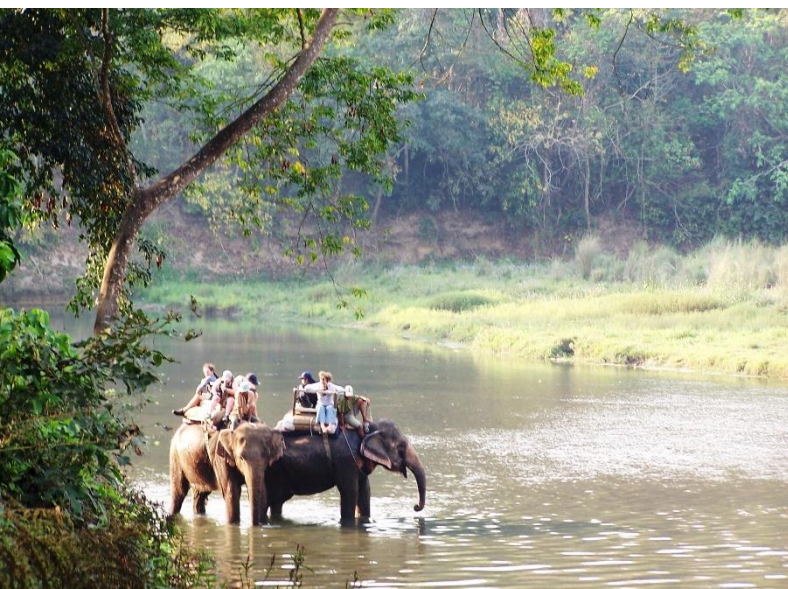
BLD

Enjoy an early morning wake-up call to head to the local village to be briefed by our naturalist about the social and cultural aspect of the villagers and their lifestyle. Enjoy a well-earned breakfast at the Green Mansion Resort, before transferring to Kathmandu (Approx.: 185 km – 5 hrs drive) We stop for lunch on the way before continuing our journey and checking in at our hotel. We have the rest of the day to explore.

Days 10 - 11**Full day tour of Kathmandu UNESCO sites, fly home**

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A tour of Bhaktapur Durbar Square (UNESCO World Heritage Sites) Bhaktapur means "the city of devotees" in Nepalese. It is also known as Bhadgaon and was founded in 889 AD by King Anand Dev. Today it covers an area of four square miles and is flanked by Khasa Khusung and Hanumante Rivers. The Durbar Square in the middle of the city portrays the prosperity of the Malla years. The Palace of Fifty-five windows stands in the square, which was also home to many kings of Bhaktapur. Among the other monuments in Bhaktapur are the big bell, the Golden Gate, the five-tiered temple of Nyatapola (scene of the film Little Buddha), the Bhairab Temple, and the Dattatreya Square with its woodcarving and metalwork museums. Visitors to Bhaktapur easily fall in love with the city. We have lunch before we head off to Pashupatinath Temple UNESCO Site - the most sacred Hindu shrine in the world. After Pashupatinath, we move on to Boudhanath (Little Tibet) the focal point of Buddhism in Nepal. We will be welcomed by the monks at Boudhanath upon arrival. In the evening there will be a farewell Dinner at a traditional Nepalese Restaurant with a mix of traditional Nepalese music and dancing. On day 11 we have free time before being transferred to the airport in time for our flight back to the UK.



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 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase in your underlying fitness levels would help you get the most from this grade trip.

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

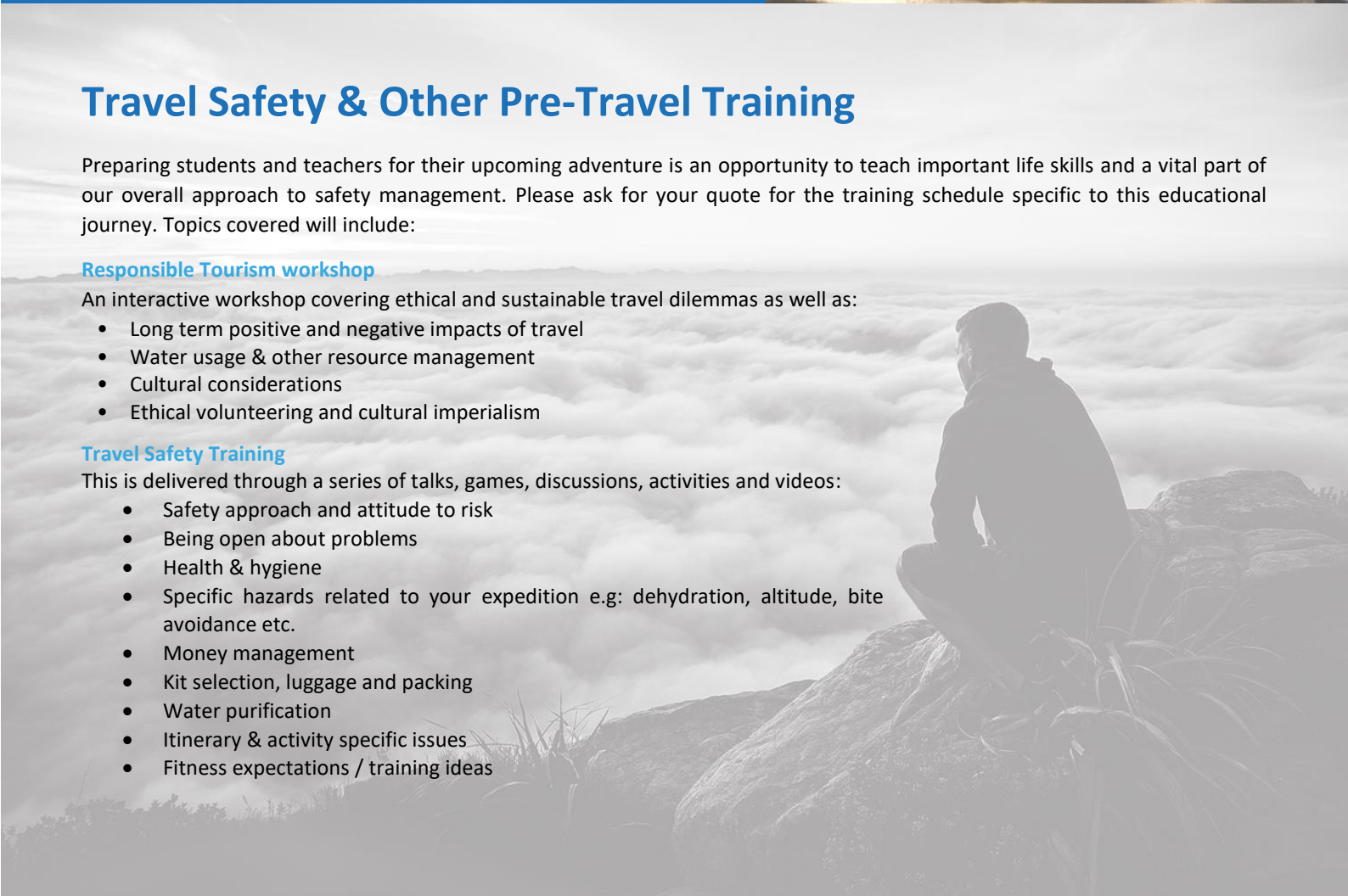
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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

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