



Nepal

Through the Eyes of the Living Goddess

11 Days

In this journey we will explore Nepal, experiencing the country through the lives of local women. We will meet female entrepreneurs who have succeeded in a patriarchal society and women who have had the strength to survive human trafficking. We will then move to the hillside to trek through the spectacular Himalayas where we will meet mothers of local village groups and learn about the Living Goddess Kumari. Eye opening and thought provoking this trip shows Nepal from a whole new perspective.



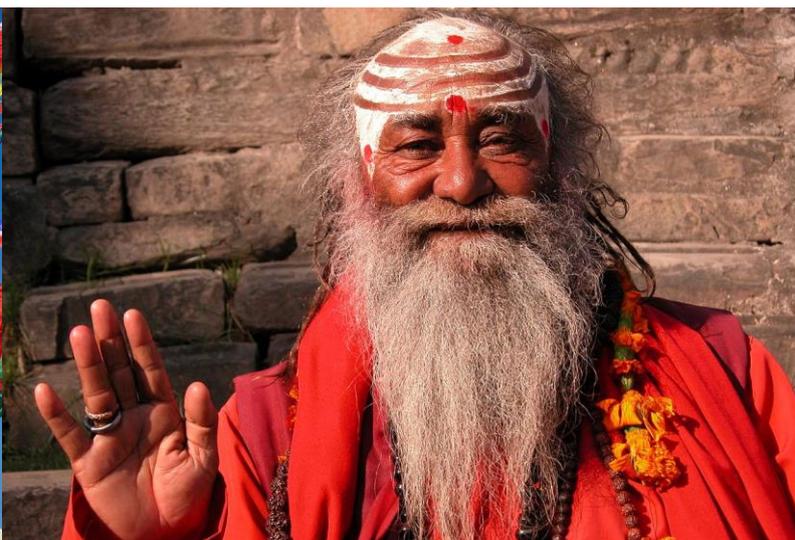
[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2	Depart UK, Arrive Nepal After an overnight flight, we are met and welcomed on arrival at Kathmandu and transferred to our hotel.	LD
Day 3	Days for Girls Centre and Yala Button Factory This morning we will enjoy a tour of some of the highlights of Kathmandu city featuring the world-famous Durbar Square, Swayambhunath Temple, countless Buddhist Chaityas and experiencing the thrill of a rickshaw ride! We will then move on to visit the Days for Girls Centre in Kathmandu. This not-for-profit seeks to provide all women and girls access to culturally, physically and environmentally hygienic solutions to menstrual hygiene through the distribution of their Days for Girls kits. We will take part in a tour of the centre and hear firsthand from staff the role that Days for Girls has in Nepalese society. We will also take part in building our own Days for Girls kits. After lunch we will visit the Yala Button Factory, a local women-run factory, where we will have a chance to speak to the employees to learn about their roles, as well as watching the craftsmanship involved in the process. The factory is located in the centre of Patan, an area renowned for its bustling community of artisans.	BLD
Day 4	Women Trafficking and Empowerment Today we will visit a local not-for-profit organisation which works with women who have fallen victim to trafficking in Nepal. It is estimated that around 7000 Nepali women and girls become victims of trafficking each year, making it a huge problem for the country. These not-for-profit aims to rehabilitate women and reunite them with their families. We will have the opportunity to meet and talk to some of the women who have been helped by the organisation, as well as those who work for it, to learn more about what they do. [Please note - we understand that this is an emotional and thought-provoking visit and could cause students some distress, however, after much debate, we decided to include the visit in our itinerary. The focus of this trip is to learn about the lives of local women living in Nepal and this is a serious issue and threat that these women face. Our intention is for students to see that sometimes life can be incredibly difficult but that there are many things we can do to help people who find themselves in situations like these. We hope that the group will come away inspired by the strength of character that these women have shown.]	BLD
Day 5	Trek to Pokhara After breakfast we will transfer to the domestic airport for the short flight to Pokhara. Upon arrival we will drive through the picturesque valley to Nayapul, from where we will continue our journey through the Nepalese Himalayas on foot. Our goal will be Tikhedhunga, with stops along the way to enjoy the scenery and a well-deserved lunch!	BLD
Day 6	Trek from Tikhedhunga to Ghorepani Our trek today will take around six hours. We will pass through the villages of Ulleri and Banthanti, magnificent oak and rhododendron forests, sparkling streams and impressive bridges. After our exertions, we will arrive in Ghorepani to be rewarded with the spectacular panorama the area offers.	BLD



- Day 7** **Poon Hill Sunrise and Trek to Tadpani** BLD
 This morning we will rise early for a stunning climb to Poon Hill with the hope of catching the sunrise over the Himalayas. From here we will continue to trek onwards to Banthani before reaching Tadapani, meaning 'far water'; the village water supply is not close, and it takes porters more than half an hour to fetch loads of water.
- Day 8** **Trek from Tadpani to Ghandruk** BLD
 Today we will enjoy a gentle descent and short walk of around three hours to reach the Ghandruk; a village of the Gurung people. The Gurung people are known for their distinctive dialect, culture, costume and lifestyle and Ghandruk is also home to many soldiers from the Gurkha regiments. As well as enjoying the scenery, we will have the opportunity to meet with the local mothers' group, which has created an informal saving and credit group, and has unified to ensure that women are informed and have voices. They collect money for the group by selling produce, creating handicrafts, household items or performing events. It will be a fascinating opportunity to listen to their viewpoints and learn about their way of life.
- Day 9** **Trek from Ghandruk to Nayapul / Drive to Pokhara** BLD
 This morning we will leave Ghandruk through terraced fields to the Syauli Bazaar. From here the trail follows the Modi River until Nayapul where we will meet our support vehicles for the short drive to Pokhara on the banks of Phewa Tai Lake. This backpacker base is more relaxed than Kathmandu and we enjoy the afternoon relaxing and exploring the town after our trek.
- Day 10** **Kathmandu City Tour** BLD
 Today, after an early breakfast, we fly back to Kathmandu for a farewell tour of the city. Our first stop will be Bhaktapur, one of the oldest cities in the world. Bhaktapur is known as the 'open museum' and the Bhaktapur Durbar Square contains countless temples and architectural show pieces. It is also the home of the living goddess Kumari. In this tradition a pre-pubescent girl is selected from the Shakya caste or Bajracharya clan of the Nepalese Newari community and is revered and worshipped by some of the country's Hindu and Nepali Buddhists. It is certainly an interesting tradition to hear about. As well as the beautiful heritage we are able to see the everyday lives of local people, especially the artisan potters. After our explorations we can cool off with some Juju Dhau, a specialty, sweetened yoghurt from Bhaktapur.
- Day 11** **Depart Nepal** B
 This morning we transfer to the airport to wave goodbye to Nepal and our Trip Leader ready to board our return flight 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 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. We are far from perfect, but 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.



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/>

Trees for Life

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 5



Students should expect extended periods in remote locations where little or no English is spoken (your Trip Leader will always be fluent in the local languages and English). Accommodation is likely to be basic with limited access to hot water or other services. Expect the food to be quite different to home. You should observe local customs so not to cause offence and large parts of the itinerary will be in poor or challenging areas. Tourism in places grade 5 is likely to be less common, so strong traditional cultures are still very much in evidence



Travel Safety & Other Expedition 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 your expedition. Topics covered will include:

Responsible Tourism workshop

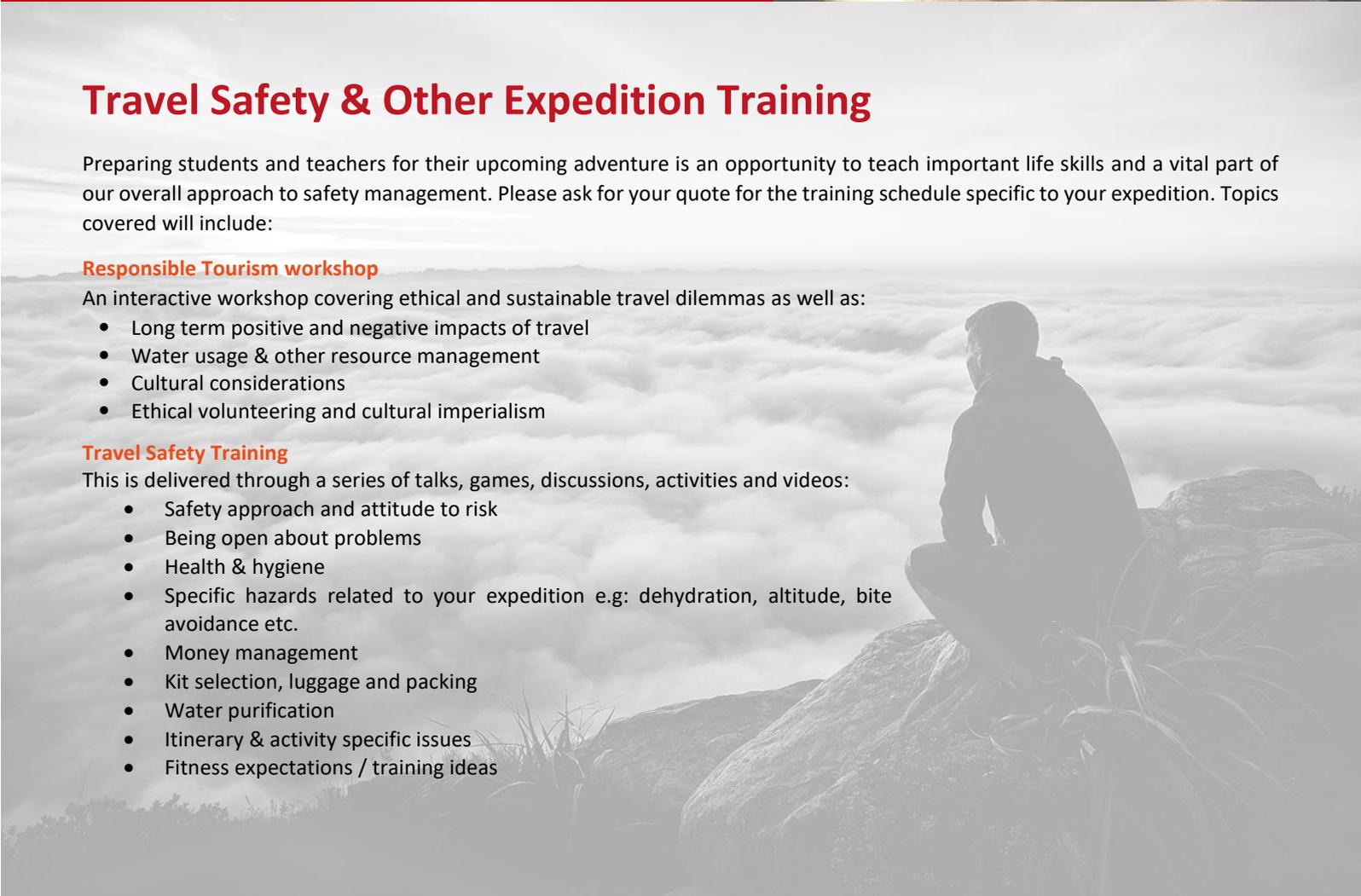
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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 expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition 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 expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening 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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