



## Nepal - Hike & Help

This 8 day trip will provide an invaluable source of learning for students, allowing them to develop communication skills and a better understanding of culture, geography, and science. Students will have the opportunity to visit local villages and community schools whilst learning about sustainable trekking, with a true experience of backpacking and camping alongside the stunning Himalayan mountain range.



**Discover. Serve. Adventure.**

# Nepal - Hike & Help Expedition

## Highlights

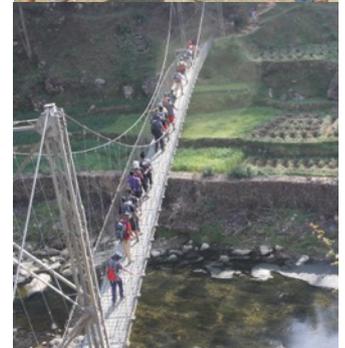
- Trek alongside stunning panoramic views of the Himalayan mountain range
- Visit local schools, interact with school children and take part in a full day of community project work
- Hike through dense, beautiful forest and encounter local wildlife
- Visit Namobuddha - one of the most sacred Buddhist pilgrimage sites

## About Nepal

Nepal is a landlocked country in South Asia, bordered to the North by China and South, East and West by India. Tropical jungle, rivers, hills, frozen valleys and the mighty Himalayas mixed together with the cultural diversity of people make Nepal a go-to destination.

## Weather

Climatic conditions of Nepal vary from one place to another in accordance with the geographical features. In the north summers are cool and winters severe, while in south summers are tropical and winters are mild. Nepal has namely five major seasons: spring, summer, monsoon, autumn and winter.



## Included

- UK Expedition Leader
- Comprehensive travel insurance
- Project funds and management
- All meals
- Unlimited drinking water
- All accommodation mentioned in the itinerary
- Entrance fees for all sights mentioned in the itinerary
- All transfers mentioned in the program in private vehicles
- Local Expedition Leader
- Tips for Guides
- 24 hour support throughout expedition

## Not Included

- International flights
- Tourist visa
- Vaccinations
- Spending money
- Additional drinks
- Personal equipment

# Itinerary

## **Day 1 Arrive (Dinner and overnight at hotel)**

Arrive at Kathmandu airport and drive to the hotel. After check-in, there will be a safety and orientation briefing on your expedition followed by dinner and rest and relaxation at the hotel.

## **Day 2 Drive to Changunarayan - Hike to Nagarkot**

### **(Dinner and overnight at camp at Nagarkot)**

After breakfast, leave the hotel and drive to the village of Changunarayan, where you will visit the famous Changu Narayan temple. From here, the group will trek towards Nagarkot, where once arrived you will set up camp for the night.

## **Day 3 Trek to Dhulikhel**

### **(Dinner and overnight at camp at Dhulikhel)**

Witness sunrise over the Himalayan peaks whilst enjoying breakfast before setting off for the first part of the trek. Stop for a picnic lunch and continue on the trail through dense forest before arriving at the village of Dhulikhel where you will enjoy a well-deserved dinner and some rest and relaxation.

## **Day 4 Trek to Balthali via Namobuddha**

### **(Dinner and overnight at camp in Balthali)**

Today will see the group hike towards to Namobuddha - one of the most sacred pilgrimage sites for Buddhism followers. After having lunch at Namobuddha, hike down to Sankhu village and continue to hike further down to Roshi river and climb up to Balthali village - an outstanding place of isolation and relaxation surrounded by Nepali countryside which will be home for the night.

## **Day 5 Full day visit to local school**

### **(Dinner and overnight at camp in Balthali)**

After an early breakfast, the group will enjoy visiting local schools. Students will visit some different local schools throughout the day. They will be able to draw and appreciate comparisons between local school students & themselves. There will be a discussion during dinnertime about the visit of the school and village. Students will come up with

plans as to how they could help the schools, orphanage and village community.

## **Day 6 Community Work**

Today, students will take part in community project work today. Details on what work students will be carrying out will be given nearer the trip as we know what work needs helping with in the local community. The group will learn the value of working as a team to contribute to a bigger project. In the evening, students will have the opportunity to rest and relax ready for returning to Kathmandu tomorrow.

## **Day 7 Trek to Khopasi / drive to Kathmandu (Dinner and overnight at hotel in Kathmandu)**

After a final campsite breakfast, the group will hike to Khopasi, before returning by bus to Kathmandu. After checking in to the hotel, the group will enjoy some well deserved rest and relaxation and dinner.

## **Day 8 Departure**

Depending on flight times, the group will have some free time for shopping in the vibrant Thamel area before transferring to the airport for your departure flight.



### Why Us?

- We use a cadre of excellent UK expedition leaders
- We have the best in country Guides
- We have a high Guide:Client ratio, which increases safety
- High standard of accommodation, vehicles and ground services

### Leadership

A Camps International accredited Expedition Leader will accompany you for the duration of the trip. Our leaders have been chosen not only on the merits of their technical ability or qualifications, but also on their leadership skills and temperament. We will provide a leader who will make the expedition both successful and enjoyable throughout. Their primary objective will be to maximise every participant's chances of completing the expedition, and to manage a team of individuals with a broad spectrum of experience and expectations. Our leaders hold current first aid certificates and have experience of dealing with wilderness medicine and emergency care.

### What Now?

If this itinerary is of interest, please make contact with us using the details below and we will be in touch to discuss your requirements shortly.

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