



# ADVENTURES

BY  
CAMPS INTERNATIONAL

## Nepal - School Adventure

This is an action packed adventure filled 8 day itinerary that will allow students to fully immerse themselves into the activities. From rock climbing to mountain biking, rafting to trekking, students will face physical challenges that will help develop key team skills whilst also learning about the culture and landscape of Nepal.



**Discover. Serve. Adventure.**

# Nepal - Adventure Expedition

## Highlights

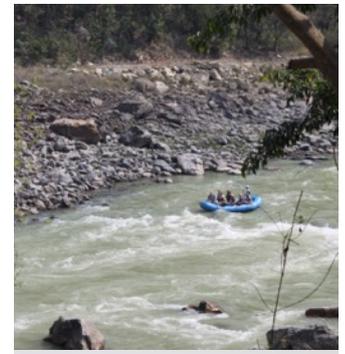
- Take part in adventure activities such as white water rafting, mountain biking and rock climbing
- Visit local schools, interact with school children and take part in community project work
- Hike through dense, beautiful forest and encounter local wildlife

## 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 Rock climbing / sightseeing at Monkey Temple**

### **(Dinner and overnight at hotel in Kathmandu)**

After breakfast we will transfer to the rock-climbing site. Students will be divided into smaller groups for teaching and safety purposes. Around midday we will break for a picnic lunch before learning more rock climbing techniques, belay, lead climbing and much more. Students will learn the value of teamwork, and will develop key team skills whilst enjoying the physical challenge of climbing. After finishing the climbing if we have time we can visit Monkey Temple.

## **Day 3 Mountain biking expedition**

### **(Dinner and overnight at hotel in Kathmandu)**

This morning, depending on the group and their cycling capabilities, we will start either directly from the hotel or drive to a cycling start point. Today students will enjoy a 6-7 hour cycle ride, close to Kathmandu valley. Students will be taught about the importance of planning and preparation of expeditions and also learn about the technical side of mountain biking. Again, the group will enjoy a picnic lunch in the beautiful surroundings of Kathmandu valley.

## **Day 4 White water rafting / beach camping**

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

This morning after breakfast we will journey for around 3 hours to arrive at the rafting location. After a half hour briefing on safety and key points, we will begin rafting. Our start point may vary, dependent on the weather and current of the river on that particular day. Initially, wherever we start, we will begin with small rapids and soon will catch up with bigger ones! After arriving at the camp, tent allocation and free till dinner.

## **Day 5 Drive to Dhulikhel / hike to Balthali (Dinner and overnight at camp in Balthali)**

After enjoying breakfast, we drive to Dhulikhel where we will begin our hike to Balthali. This hike will help students learn about Himalayan nature and culture along with the local communities lifestyles. We have a lot of ground to cover today so the teams will work hard to motivate each other on the trek and push boundaries! A great physical challenge for all, the hike will end in Balthali where the team can reflect on their achievements of the day.

## **Day 6 Balthali Community Visit**

After an early breakfast today, students will experience a cultural exchange, visiting local schools. Students will visit different schools in the community throughout the day. The team will partake in activities such as teaching, playing games with the local children and community service work. Drawing on, and appreciating comparisons between local school students and themselves, there will be a discussion and reflection during dinnertime about the visit to the school and village.

## **Day 7 Hike 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 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.

---

### Middle East Office

Unit 213, Apex Atrium Building  
Motor City, Dubai, UAE | PO Box 333739  
T: +971 (0)4 450 8931  
E: [uae@campsiinternational.com](mailto:uae@campsiinternational.com)  
[www.campsiinternational.ae](http://www.campsiinternational.ae)