



ADVENTURES

BY
CAMPS INTERNATIONAL

Nepal - The Last Resort

This itinerary is full of fun and adventure including hiking, rock climbing, canyoning and white water rafting. During the course of the trip, students will also visit a local school to help with vital project work together with exploring World Heritage sites and visiting the bustling city of Kathmandu.



Discover. Serve. Adventure.

Nepal - The Last Resort

Highlights

- Take part in adventure activities such as white water rafting, canyoning 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
- Explore the city of Kathmandu

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

Today students will arrive in the chaotic but charming Kathmandu. The group will be transferred to their hotel and be fully briefed on their week ahead before enjoying dinner in a local restaurant and getting a good nights rest before the adventure begins tomorrow.

Day 2 Arrive at Bhote Kosi

After breakfast we will make our way through the countryside to Bhote Kosi, a breath-taking journey that will give students the opportunity to view local villages and Kathmandu valley. Once the group reaches Bhote Kosi they will make their way into the resort and get settled. Over lunch the group will be briefed and introduced to the resort and its vast array of activities it has to offer, which students will begin enjoying as soon as lunch has settled! We'll spend the afternoon on team activities followed by an evening watching and learning about Nepalese dance over dinner.

Day 3 Hiking Day

Today we will make the most of the remoteness of the resort and explore its surroundings. Hiking through the beautiful forests and landscape, the only other hikers students will see will be those in your group. Students will make the most of the hike by exploring the abundant wildlife and culture of quiet communities. By the end of the day students will reward themselves for today's efforts by taking off their boots, enjoying dinner and taking part in team games and activities.

Day 4 Rock climbing and canyoning

We will be running the Kangling Canyon. The start point of this canyon is about 10 minutes walk from the resort. We have an extensive safety briefing before we start the trip at the resort. We then provide all participants with safety gears like helmet, harness, wet suits etc before we walk out of the resort. We start with an instruction on abseiling and teach you how to abseil by yourself on the first waterfall. You gain confidence as you go through the next waterfalls and by the time you reach the 45 meter longest run you will be running down it in no time. There are 9 different waterfalls and the biggest one being 45 meters. There are two

slides involved in the canyon as well. It is an amazing fun sport that encourages stretching your personal boundary as well as using encouragement as support from your team members

Day 5 White Water Rafting Day

Bhote Kosi River has an incredibly fun and unique watercourse that will play host to the challenging rapids students will face today. The group will spend the breathing time in the occasional calm spots to reflect on the bursts of adrenalin and fun you've just faced. This will provide an extraordinary experience of taking in the beautiful river whilst thoroughly enjoying the day's activities. Students will enjoy lunch on the riverside before heading back to the resort and practicing your own Nepalese dancing ready to perform to the rest of the group!

Day 6 Project Day

After breakfast, the group will partake in a project day. In the morning, the team will hike to a local school, where they will spend the day working and learning alongside the local students, helping with vital work. Students are encouraged to bring small donations if they wish of pens and pencils for the local school students. This will be an incredibly worthwhile day at the end of the groups' expedition, which will leave students with an insight into pupils from a very different walk of life to their own, and with great memories.

Day 7 Depart resort & return to Kathmandu

After morning activities, students will be driven back to Kathmandu. Arriving around lunchtime, students will enjoy a packed lunch before transferring to the hotel. In the afternoon, the group will visit Pasupatinath and Baudhanath. They will have time to take in and absorb local culture and traditions and to relax and buy any souvenirs after an action filled week in the countryside.

Day 8 Departure

Depending on flight times, the group may be able to explore Durbar Square and Soyambhunath 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
www.campsiinternational.ae