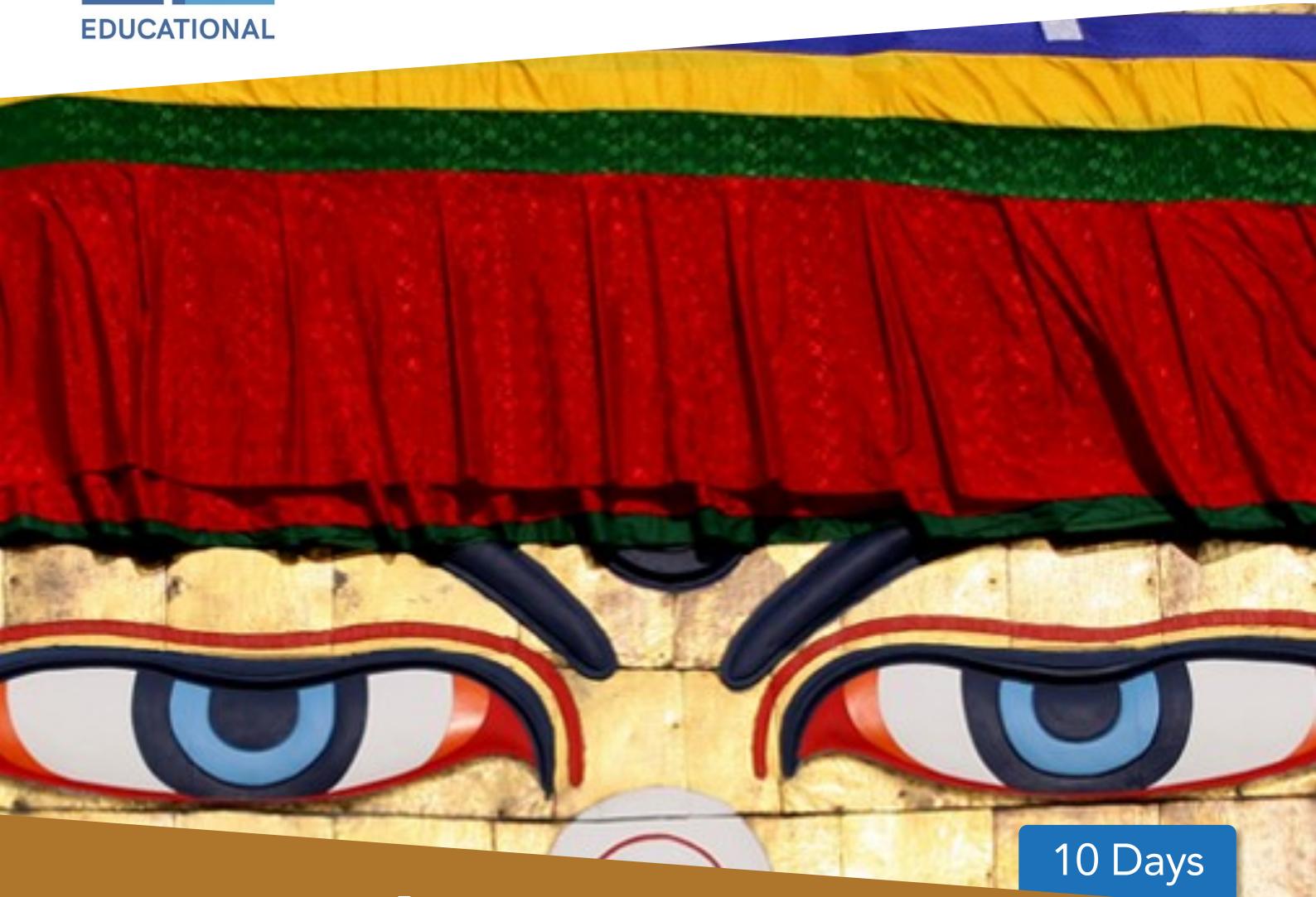




EDUCATIONAL



10 Days

# Nepal

## Journey to Buddha's Birthplace

Travel with us to the lofty peaks of the Himalayas to journey through the hotspot of religions and culture found in Nepal. Experience life with Buddhist monks, compare Hindu and Buddhist temples and experience the most sacred site of Buddhism: the birthplace of Lord Buddha. Set your pulses racing with a white water rafting adventure and explore the depths of the UNESCO listed Chitwan National Park, home to elephants, tigers and rhinos! This truly is a journey through mystical religions and natural wonder set in the beauty of Nepal.



# Recommended tour itinerary

Day  
1-2

## Arrive Nepal

After an overnight flight, we are met and welcomed on arrival at Kathmandu and transferred to our hotel. After over night rest we arrive in Kathmandu to meet our Guide. A short drive will bring us into the centre of this bustling city. Actually formed of three ancient cities, Kathmandu is a melting pot of ethnic groups, traditions, architecture and rich cultural heritage which has remained largely unchanged since the Middle Ages.

Day  
3

## Boudhanath Stupa & Pashupatinath Temple / Namo Buddha Monastery Stay

Today we will visit both Buddhist and Hindu temples to allow us to see the differences between the two. Bouddhanath Stupa is among the largest stupas in South Asia and it has become the focal point of Tibetan Buddhism in Nepal. When refugees entered Nepal from Tibet in the 1950s, many of them decided to live around Bouddhanath. They established many gompas and the 'Little Tibet' of Nepal was born. To compare, we will visit the Pashupatinath Temple, one of the most sacred Hindu shrines in the world. The richly-ornamented pagoda houses the sacred linga of Lord Shiva. Chronicles indicate the temple's existence prior to 400AD. Devotees can be seen taking ritual dips in the holy Bagmati river flowing beside the temple. Cremations also take place at the bank of Bagmati River at Pashupatinath.

In the afternoon we'll travel to Namo Buddha, one of the most important Buddhist pilgrimage sites south of the Himalayas. The Namo Buddha Stupa marks the site where a young prince encountered a tigress close to starvation and unable to feed her own cubs. Overcome with compassion, the prince allowed the tigress to consume him and thereby feed her cubs. On the other side of the hill stands the Thrangu Tashi Yangtse Monastery where we will spend the night experiencing the monastic way of life.

Day  
4

## Breakfast with the Monks / Hike to Balthali Village for overnight in Traditional Village

This morning we will enjoy a simple breakfast with the monks before they show us around the monastery. Afterwards, we will hike to the nearby Balthali Village (about 3 hours walk away), stopping along the way to meet the locals and see their way of life. Upon our arrival we will enjoy teas in a local house before checking into our hotel: the Balthali Village Resort.

Day  
5

## White Water Rafting

Today we bid farewell to the mountain views and drive for around 4 hours to embark on our white water rafting adventure. Nepal has a well earnt reputation as one of the best destinations for white water rafting in the world. With thundering waters originating from the glaciers of the Himalayas, this really is a day of adventure! We will stop en-route through the fun and navigable beginner rapids and then be transferred to the Riverside Spring Resort where we will spend the night.





Day  
6

## Chitwan National Park/ Ox Ride/ Evening Cultural Show

This morning we will drive for about an hour through the scenic Tharu Villages of Chitwan. The Royal Chitwan National Park (RCNP) is a UNESCO World Heritage Site and one of Nepal's largest forest reserves. Home to a huge range of wildlife including the Royal Bengal tiger, one horned rhinoceros, several species of deer, sloth bear, fresh water dolphin and over 350 species of birds it truly is a special place. In order to gain an insight of the local way of life we will enjoy a trip through the villages by ox cart, the traditional mode of transport of the Tharu people. This evening, we will be treated to a Tharu cultural show including a traditional stick dance.

Day  
7

## Full day safari in Chitwan National Park

We will rise early to enjoy an early birdwatching session. After breakfast we will learn more about the mighty elephant in a trip to the elephant stables where we will be able to watch the animals as they bathe in the river. (Please note: the elephants WILL NOT be forced to bathe so this usually occurs during the summer season.) Lunch at the dining hall will be followed by a nature walk. We will then drive by jeep to Kasara before trekking for an hour to reach the Gharial Breeding Centre to see the crocodile hatchery project. Our final activity of a busy day will be a canoe journey in traditional dug-out canoes along the Rapti River to view aquatic birds, crocodiles and the wildlife which make their home along the river banks. One of our jungle experts will be on hand to tell us about the history of Chitwan National Park and answer our questions about the species of the flora and fauna we encounter.

Day  
8

## Drive to Lumbini and Afternoon Temple Tour

First thing in the morning we will embark on the 5 hour drive to Lumbini, the birth place of Siddhartha Gautam Buddha. Upon arrival, we will enjoy a tour of the incredible shrines and sites which Lumbini has to offer. These include the Ashokan Pillar, the first epigraphic evidence relating to the life history of Lord Buddha; the sacred pool of Puskarni, believed to be the same sacred pool in which Maya Devi took a holy dip just before giving birth to the Lord Buddha and where the infant Buddha was given his first purification bath and the Sanctum Sanctorum of the Birthplace of Lord Buddha - the single most important place in the Buddhist world. We will also see the image of Maya Devi - a bas-relief enshrined in a small pagoda-like structure, showing the mother of the Lord Buddha.

Day  
9

## Temple Tour and Flight Back to Kathmandu

This morning we will continue to explore the sights of Lumbini before taking an afternoon flight back to Kathmandu. Here we will enjoy a special farewell dinner in a Nepali restaurant with a local ethnic cultural show.

Day  
10

## Depart Nepal

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.

# Further information

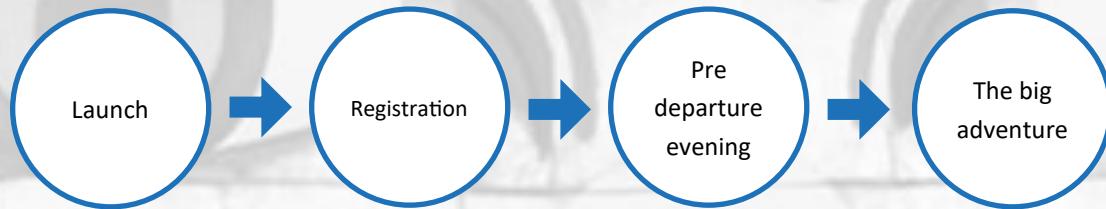
## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel 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
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your educational journey timeline



## Physical journey rating:



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

## Culture shock rating:



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'.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.

## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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