



12 Days

# Nepal

## High Himalayas and Jazzy Jungles

It would be hard to beat this adventurous introduction to the geography of Nepal. Heading beyond the usual tea house trails, special permits grant us access to venture into the remote Mustang region. This rare 4 day road trip takes us across the Himalayas to ancient fossils, countless mountains and the highest temple in the world. We travel from mountains to rivers on a 2 day rafting adventure and on to the steaming jungles of Chitwan National Park. Here we undertake a magical safari deep into the forests by jeep, dugout canoe and on foot. Don't forget the incredible, bustling, enigmatic Kathmandu, with its temples and stupas, holy men and cremations.



# 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. Our local STC Expedition Leader will greet us on arrival and transfer with us to our hotel. Once checked in we will have a welcome briefing and late dinner, time depending.

Day  
3

## Kathmandu sightseeing, earthquakes and economics

Our full day of sightseeing kicks off in Kathmandu Durbar Square in the heart of the city. Many of Kathmandu's most historic and important temples are located here including Taleju temple, the gigantic figure of Kalbhairav (the god of destruction), Basantapur Durbar and Temple of Kumari, the living goddess. After lunch we visit the National Society for Earthquake Technology (NSET) office for a talk about earthquake impacts on the country, particularly its water supply and economic development. Our city tour continues to Swayambhunath and Patan Durbar Square.

Day  
4

## Fly to Pokhara, drive to Thasang

A short 25 minute domestic flight to Pokhara grants us mesmerizing views of the magnificent 8000m Mount Manaslu and the snow-capped Annapurna mountain range. On arrival in Pokhara, we meet our private fleet of 4WD vehicles and set off into the Kali Gandaki Valley – and so begins our 4 day road trip into the Mustang Region! Tonight we overnight in Thasang Village Lodge, perched high above the valley with incredible views of the mountains.

Day  
5

## Mustang Region; Kagbeni and geography fieldwork

Today everything changes! Driving down to the valley floor and on to a stony jeep track, we now begin our ascent towards Jomsom. Pretty soon the trees start to become less frequent until rather abruptly, virtually all vegetation disappears; marking the furthest extent of the Himalayan rain shadow. The arid landscape of the Mustang region stretches out before us in the form of the upper reaches of the Kali Gandaki. Kagbeni marks the beginning of the Upper Mustang region and special permits are required to venture further. The village is typical of the Mustang region in terms of architecture and it is common to see Tibetan Buddhist monuments and symbols. We spend the day soaking up the unique culture and undertake geography fieldwork.

Day  
6

## Mustang Region; day trek

Today we ditch the 4WD and explore the Mustang region by foot! After an early breakfast, we take a short transfer to gain altitude and begin our ascent, trekking towards Muktinath. Muktinath is a Vishnu temple located at the first highest altitude in the world, 3710m, at the foot of the Thorong La Mountain Pass. It is a sacred and holy place for both Hindus and Buddhists.

Our route continues through the mountains to Jharkot and the banks of Kali Gandaki River where we search for fossils. The Mustang region is not only renowned for awe inspiring mountain landscapes, mysterious caves and the Salt Trade Route; it is also home to Shaligram. These black shell-like ammonite with fossils embedded inside are considered to have religious importance. Today we search for Salikgram, a fossil believed to be an incarnation of Lord Vishnu. Finally we return to Kagbeni for dinner and a well deserved rest.





Day  
7

## Mustang Region; Tatopani hot springs

This morning we report key findings of our geography fieldwork to the rest of the group. We then drive to Tatopani via Jomsom, the Headquarters of Mustang district. The journey is approx. 5hrs with stops on the way for a scenic packed lunch and to see interesting sites. On arrival in Tatopani, there will be plenty of time to relax in natural hot springs after a long day!

Day  
8

## Drive to Pokhara

Back on the road early this morning to Pokhara where our road trip ends, journey time approx. 5hrs. Take a boat ride across Phewa Lake to the south side where we hike up through the forest to the stunning World Peace Pagoda. There is a new international airport being built in Pokhara which we can see from the Pagoda, making a good backdrop for a talk on the development of tourism, responsible tourism, and its impacts on Nepal. Finally we head back to lakeside by boat and enjoy an authentic Thakali dinner.

Day  
9

## Morning rafting, afternoon transfer to Chitwan National Park

After we have finished our breakfast and repacked the raft, we will set off down the Seti, where we encounter the technical rapid (grade 3). After the rapid we leave the Seti River and enter Trisuli River. Here the middle hills recede and the Terai plain opens before us. After lunch we float further down to a small town Gaighat, where our rafting adventure ends. Rafting time will be 2 to 3 hours depending on water levels. From Narayanghat, we drive to Chitwan, an enjoyable and scenic road through the Tharu Villages of Chitwan until we arrive at our lodge. After settling in we are met and briefed by the Guest Relation officer regarding the park and the programmes available.

Day  
10

## Full day safari in Chitwan National Park

An early morning wake-up call followed by a peaceful morning of bird watching. Our guides will be on hand to help us identify some of the 276 species that live within the reserve. Next is a visit to our elephant stables. (Note: Elephant bathing is done during the summer season as elephants willingly love to bathe in the river. Elephants are not forced to take baths during the cold season/day). Later we drive by Jeep to the entrance of the national park. After an hour of trekking, we arrive at the Gharial (Alligator) hatchery project. After a short briefing we walk to the Rapti River to begin our canoeing adventure. We will be using traditional dug-out canoes on the Rapti River to view aquatic birds, crocodiles and all the wildlife that makes the river home. One of our jungle experts will be on hand to introduce background data and history of the Chitwan National Park as well as some other topics relating to wildlife.

Day  
11

## Drive Chitwan to Kathmandu

Enjoy an early morning wake-up call to head to the local village to be briefed by our naturalist about the social and cultural aspect of the villagers and their lifestyle. Enjoy a well-earned breakfast at the Green Mansion Resort, before transferring to Kathmandu (Approx.: 185 km – 5 hrs drive) We stop for lunch on the way before continuing our journey and checking in at our hotel. We have the rest of the day to explore.

Day  
12

## Depart Kathmandu

# 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:



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 if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



# 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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