



Nepal Road Trip



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📍 Nepal - North South East and West

Visit and experience four vastly distinctive regions of this exotic country!

During this four-week road trip, you will get to experience places in and around Kathmandu, Kavre, Pokhara, Annapurna, Lumbini and Chitwan through varied and action-packed activities. Filled with days of sightseeing, cultural and language learning, five days of hard trekking, white-water rafting, a monastery visit, jungle safari, hiking and witnessing mesmerizing panoramic views from the highest grounds in the world.

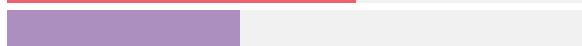
Culture



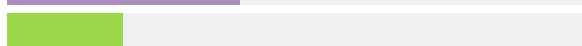
Learning



Leisure



Community Engagement



Physical Demand



Program Description

As part of this unique Nepalese experience, you will be exploring the different regions and cultures and see the changing and amazing Nepalese landscape. You will visit really interesting places, such as the Swoyambhunath and Lumbini Buddhist temples and not to mention your visit to the Royal Chitwan National Park. Enjoy a rafting adventure down the Trisuli River, a village hike in rural Kathmandu, a rewarding five day trek up Poon Hill from which you will see some of the most breathtaking mountain ranges in the world. You will have body and mind sessions with Yoga and Meditation. And to complete your journey of four weeks to explore the nature as well as the culture and lifestyle of Nepal, you will also visit the local markets and attend some great cultural introduction sessions.

What is included in the program

- Airport transfers as per the policy - Airport Pickup in Kathmandu - Tribhuvan International Airport
- Presence of a dedicated program coordinator throughout your travel, at the projects and facilities- Logistical management support in case of emergencies
- Authentic Nepalese and European meals (breakfast, lunch, dinner) for the duration of the entire program as per the meal plan
- Accommodation at hotels, tea houses, and at our accommodation facility - shared accommodation
- Local transportation to all venues
- Entry fees to all places
- Extensive pre-departure information
- Overland local public transportation

What is excluded in the program

- Personal expenses such as table drinks, room service items, laundry, telephone calls, tips, portage at hotels or airport, bottles of water during your road travel etc.
- Any additional expenses caused by or liability for disturbance in the program due to circumstances, weather conditions, sickness, natural disasters, riots, etc.
- Liability for or insurance against injury, loss of life, accidents or loss of goods.
- Our program does not cover any liability and does not insure participants. Participants must have appropriate insurance before joining the program.
- Any camera fee where applicable.
- Any service not specified above.

Few things to consider when you are with us!

- Returning to the accommodation after your personal trips before 22.00 everyday
- You will not be allowed to hire any vehicle on your own
- Consumption of alcohol inside the accommodation is strictly prohibited
- Respect and adhere to our code of conduct
- Our staff is there to support you, guide you and make your trip memorable. We kindly request you to follow their instructions at all times
- You will not be allowed to bring outsiders inside our centers/tea houses or hotels

Program Duration & Availability

Min duration (weeks): 4

Max duration (weeks): 4

Aims & Objectives

The aim of this program is to bring you closer to the authentic Nepal. Through different projects and activities, you will get to truly immerse yourself in the culture, customs and lifestyle.

Schedule

Week 1

Day 1: Sunday

- Arrival
- Transfer to our Center
- Overnight stay at the Center in Kathmandu

Day 2: Monday

- Welcome ceremony
- Introduction to the program
- Rituals and lesson on do's and don'ts in Nepal
- Cross cultural session
- Overnight stay at the Center in Kathmandu

Day 3: Tuesday

- Nuts & Bolts
- Lesson on Nepalese language
- Orientation tour to Swoyambhunath Temple
- Overnight stay at the Center in Kathmandu

Day 4: Wednesday

- Drive to Pharping
- Enjoy the ride along the amazing Nepalese landscape
- Arrive at the monastery
- Overnight stay in the monastery

Day 5: Thursday

- Pilgrimage tour in Pharping
- Explore Buddhist monasteries and sites in Pharping
- Overnight stay in a monastery

Day 6: Friday

- Hiking
- Drive back to Kathmandu
- Overnight stay at the Center in Kathmandu

Day 7: Saturday

- Day at leisure in Kathmandu
- Time to explore the busiest city in Nepal on your own
- Overnight stay at the Center in Kathmandu

Week 2

Day 8: Sunday

- Day at leisure in Kathmandu
- Overnight stay at the Center in Kathmandu

Day 9: Monday

- Bus ride to Trishuli river
- Water rafting in Trishuli river
- Overnight camping in Fishling

Day 10: Tuesday

- Continue rafting
- Drive to Chitwan
- Witness a Nepalese cultural dance
- Overnight stay in a resort in Chitwan

Day 11: Wednesday

- Jungle activities- safari and Jungle walk
- Visit to the elephant breeding center
- Overnight stay in a resort in Chitwan

Day 12: Thursday

- Jungle activities in the morning- bird watching
- Drive to Lumbini - birth place of Lord Buddha
- Overnight stay at a tea house in Lumbini

Day 13: Friday

- Lumbini Tour
- Overnight stay at a tea house in Lumbini

Day 14: Saturday

- Drive to Pokhara
- Overnight stay at the Center in Pokhara

Week 3

Day 15: Sunday

- Day at leisure in Pokhara
- Overnight stay at the Center in Pokhara

Day 16: Monday

- Drive to Nayapul
- Trek to Ulleri
- Overnight stay at a tea house in Ulleri

Day 17: Tuesday

- Trek to Ghodepani (steps uphill)
- Overnight stay at a tea house in Ghodepani

Day 18: Wednesday

- Get up early in the morning to see the sunrise at Poon Hill
- Trek to Ghandruk
- Overnight stay at a tea house in Ghandruk

Day 19: Thursday

- Trek to Pothana
- Overnight stay at a tea house in Pothana

Day 20: Friday

- Trek to Phedi
- Drive to Pokhara
- Enjoy the massage
- Overnight stay at the Center in Pokhara

Day 21: Saturday

- Drive Back to Kathmandu by tourist bus for 8 hours
- Overnight stay at the Center in Kathmandu

Week 4

Day 22: Sunday

- Day at leisure
- Overnight stay at the Center in Kathmandu

Day 23: Monday

- Drive to Nagarkot
- Overnight stay at a Tea house in Nagarkot

Day 24: Tuesday

- Hike to Dhulikhel via Nala
- Overnight stay at a Tea house in Dhulikhel

Day 25: Wednesday

- Hike to Namobuddha
- Overnight stay at a Monastery in Namobuddha

Day 26: Thursday

- Day at leisure in Monastery
- Overnight stay at a Monastery in Namobuddha

Day 27: Friday

- Hike to Panauti
- Drive back to Kathmandu
- Overnight stay at the Center in Kathmandu

Day 28: Saturday

- Say goodbye to the local team
- Departure

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

Jan 7th	Feb 4th	Mar 4th	Apr 1st	May 6th	Jun 3rd	Jul 1st
Aug 5th	Sep 2nd	Oct 7th	Nov 4th	Dec 2nd		

During 2020

Jan 6th	Feb 3rd	Mar 2nd	Apr 6th	May 4th	Jun 1st	Jul 6th
Aug 3rd	Sep 7th	Oct 5th	Nov 2nd	Dec 7th		

Participant Criteria & Requirements

Minimum age:	18
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

Due to the nature of the program, a decent level of fitness is required.

Additional Equipment

We recommend following equipment and items to pack for your trekking trip.

For head

- Sun Hat / baseball cap
- Fleece/Wool hat (to cover ears) for winter
- Sunglasses & reading glasses
- Scarf to cover face (dust/wind)

For lower Body

- Under garments
- Hiking shorts - 1
- Lightweight walking pants - 1
- Light weight thermal leggings - winter
- Fleece or tracksuit pants

For Feet

- Thin cotton inner socks
- Thick warm wool hiking socks
- Hiking boots
- Sandals
- Walking poles

For Upper Body

- T-shirts
- Lightweight thermal tops - winter
- Fleece long shelve tops
- Down vest/jacket - winter
- Poncho rain cover

For Hands

- Lightweight fleece gloves - winter
- Playing card
- Trail map & guide book

For Sleeping

- Sleeping bag
- Sleeping bag liner
- Pillow slip/case

Medical Kit

- See your Doctor for complete medical kit Including Dimox – for high elevation

Accessories

- Headlamp & spare batteries
- Dry packs
- Open neck water bottles
- Watch with light & alarm
- Pack cover
- Day pack
- Money belt
- Toiletries & Personal Hygiene
- 1x quick dry towel & face cloth
- Shampoo & Conditioner
- Toothbrush & paste (biodegradable)
- Multipurpose wipes (face & body)
- Deodorant
- Face & Body moisturizer
- Nail clippers/file
- Small comb/brush
- Clothes washing soap (biodegradable)
- Toilet paper (you can buy more on trek)
- Anti-Bacterial wipes (4x packs)
- Hand sanitizer (small bottle)
- Sun block face/body high UV protection
- Lip block with UV protection
- Feminine hygiene products

Extra Items

- Camera & extra batteries
- Binoculars
- Reading books
- Journal & pen
- Energy/protein bars
- Walkman & Steripen

*****Make sure to pack no heavier than 15kg after fully packed.*****