



An action packed trip with fun filled adventures including hiking, rock climbing, canyoning and white water rafting. You will explore World Heritage sites and immerse yourself in rural Nepal while taking part in cultural interaction at a local school.

## Adventurous Nepal

# Itinerary

## Day 1 Arrive

Arriving in Nepal's chaotic and charming capital city, Kathmandu, you will be transferred to your hotel for an expedition briefing. After introductions, the group will head out to dine at a local restaurant, before getting a good night's sleep.

## Day 2 Arrive at Bhote Kosi

Today you will make the breath-taking journey to Bhote Kosi, travelling through local villages and the amazing Kathmandu valley. Upon arrival at Bhote Kosi you will have the opportunity to get settled in your accommodation, then over lunch, you will be briefed and introduced to the camp resort and the vast array of activities on offer. The afternoon will be spent on team activities followed by dinner and an evening watching and learning about Nepalese dance.

## Day 3 Hiking Day

Making the most of the resort's remote and unique surroundings you will spend today hiking through beautiful forests and amazing landscapes. You will explore the culture of the local communities that pass and note the abundance of wildlife. By the end of the day, you will be able to kick your boots off and enjoy dinner along with an evening of team games and activities.

## Day 4 Rock climbing and canyoning

We start the day with an extensive safety briefing and kitting the group out with helmets, harnesses and wetsuits, before taking the 10-minute walk to the Kanglang Canyon. Upon reaching the first waterfall you will be instructed on how to abseil, gaining confidence as you travel through the canyon. By the time you reach the longest and last waterfall you will have mastered your abseiling technique. Made up of two natural slides and nine different waterfalls with the biggest one being 45 meters, the Kanglang Canyon is an extraordinary natural playground. Canyoning is an amazingly fun sport that will push you to step out of your comfort zone and encourage you to work as a team.

## Day 5 White Water Rafting Day

The Bhote Kosi River has an incredibly fun and unique watercourse, that will play host to the challenging rapids you and your students will face today. The occasional calm spot between rapids allows you just enough time to reflect on the bursts of adrenaline and excitement you've faced. You will enjoy lunch on the riverside, giving you time to take in the spectacular scenery before heading back to the resort and practising your own Nepalese dance routine, ready to perform to the rest of the group.

## Days 6 Cultural Interaction

Today will be spent working on vital project work and interacting with local students at a school, a short hike from the resort. Students are encouraged to bring small donations if they wish, of pens and pencils for the local school students. This is an incredibly worthwhile day which will leave students with an insight into pupils from a very different walk of life to their own and will leave with great memories.

## Day 7 Depart resort & return to Bhaktapur

Following a morning of team building activities, you will drive back to Bhaktapur. Once settled in to your hotel you will spend the afternoon visiting the amazing city of Bhaktapur (a World Heritage Site) absorbing the local culture and traditions. Here, there will also be the chance to relax and buy any souvenirs you want after an action-filled week in the countryside.

## Day 8 Departure

Depending on your flight times, you may have the opportunity to explore Boudhanath (a World Heritage Site) before transferring to the airport for your flight home.

# What's Included

## What's included

- International flights
- Qualified Expedition Leader
- Comprehensive travel insurance
- All meals
- Unlimited drinking water
- All accommodation mentioned in the itinerary
- All activities mentioned in the itinerary
- Entrance fees for all sights mentioned in the itinerary
- All transfers mentioned in the program in private vehicles
- Local Expedition Guides
- Project costs and management
- 24 hour support throughout expedition

## What's not included

- Tourist Visa
- Vaccinations
- Spending money
- Additional drinks & snacks
- Personal equipment



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