



ADVENTURES

BY
CAMPS INTERNATIONAL

Nepal - Duke of Edinburgh Gold

This 7 day expedition is designed for students to develop communication, navigation, self reliance and team building skills. It will help to develop independence and a sense of personal responsibility. Participants will get to experience backpacking along the Himalayan range and learn about sustainable trekking as well as self-reliant camping in the mountain.



Discover. Serve. Adventure.

Nepal - Duke of Edinburgh Gold

Highlights

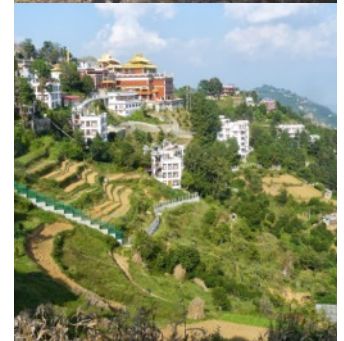
- Self-sufficient trekking alongside stunning panoramic views of the Himalayan mountain range
- Self-reliant camping in traditional ethnic villages
- Hike through dense, beautiful forest and unspoilt nature
- Visit one of the most sacred Buddhist sites in Nepal - Namo Buddha

About Nepal

Nepal is a landlocked country in South Asia, bordered to the North by China and South, East and West by India. The Himalayas, a mountainous range to the North of Nepal has eight of the world's tallest mountains including Mount Everest, the highest point on Earth.

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

Students will have already been given maps of the area they will be trekking in, and have determined their route. They will complete the expedition by their own self-sufficient means, carrying all of their own equipment in order to successfully complete the expedition phase of their Award.

Day 1 Arrive (Dinner and overnight at hotel)

Arrive at Kathmandu airport and drive to the hotel. After check-in, there will be a safety and orientation briefing on your expedition followed by dinner and rest and relaxation at the hotel.

Students will have the opportunity to look over their preparation work that they have completed for the expedition and make plans for any obstacles they may face during the expedition if they have not already done so.

Day 2 Drive to Sundarijal - Trek to Chisopani (7hrs / 2300m)

(Dinner and overnight at camp at Chisopani)

An hours drive takes you to Sundarijal and the starting point of the trek. Follow Kathmandu's water supply pipe steeply uphill and come out into typical terraced farmland from where the views back to the city are superb. Continue up onto a ridge and enter the serene forests of the Shivapuri National Park and see the stunning views towards the Jugal Himal, the Langtang peaks and the Ganesh Himal. Set up your campsite in the village of Chisopani and prepare your evening meal.

Day 3 Trek to Nagarkot (7hrs / 2175m)

(Dinner and overnight at camp at Nagarkot)

Today, the group will trek to Chauki Bhanjyang, which takes about 2.5 hours. Continue the charming trails towards the hill retreat of Nagarkot - one of Nepal's most popular destination. It commands sweeping views of the Himalayas. Five of the world's ten highest peaks, Everest, Lhotse, Choyu, Makalu and Manaslu are visible from here. Set up your campsite and watch the sunset whilst preparing dinner.

Day 4 Trek to Dhulikel (6hrs)

(Dinner and overnight at camp at Dhulikel)

After breakfast, start your trek through the jungle on a wide beaten dirt track before descending into a valley and stopping for a lunch break near the small town of Nala. After lunch, climb up to Mane

Bhanjyang and descend down to Rabi Opi village. Meet and interact with genuine local people along the way, which adds another dimension to your Himalayan experience. Hike for a further 1 hour which will bring you to Dhulikhel town, where you will set up camp for the night and enjoy a dinner prepared by yourselves.

Day 5 Trek to Balthali - via Namobuddha (5-6hrs)

(Dinner and overnight at camp at Chisopani)

Today will see the group hike towards to Namobuddha - one of the most sacred pilgrimage sites for Buddhism followers. After having lunch at Namobudhha, hike down to Sankhu village and continue to hike further down to Roshi river and climb up to Balthali village - an outstanding place of isolation and relaxation surrounded by Nepali countryside which will be home for the night.

Day 6 Trek to Panauti / drive to Kathmandu

(3hrs) (Dinner and overnight at hotel in Kathmandu)

After a final campsite breakfast breakfast in Balthali, start hiking towards the expeditions' final destination - the small town of Panauti. Taking approximately 3 hours the group will pass Nepane, Salmitar and Sunthan village. Reaching the end of your incredible trek, the group will be driven to Kathmandu. Check-in to your hotel and enjoy some well-deserved rest and relaxation before dinner.

Day 7 Departure

Depending on flight times, the group will have some free time for shopping in the vibrant Thamel area 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.

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