

NEPAL (14 DAYS)



THE EXPEDITION COST WOULD INCLUDE:

- International Flights
- Two Venture Force expedition leaders
- Two school leaders (funded)
- 24/7 Operations Room support
- Comprehensive travel insurance including repatriation
- International communications package
- All in-country travel (inc. overland truck)
- In-country agent support and tips
- All in-country activities (e.g. white water rafting, foot/canoe safari, cultural exploration, community project)
- All in-country food and accommodation
- Fundraising help
- Team t-shirts
- Heavy Duty Travel Bag per person

THE EXPEDITION COST WOULD NOT INCLUDE:

- Vaccinations and visas for students and teachers
- UK based transport
- Personal Equipment for students and teachers
- Personal spending money for gifts/additional snacks and drinks

**BE
INSPIRED**



YOUR ADVENTURE IS WAITING...

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EXPEDITION CONTENT

COMMUNITY PROJECT

Venture Force ensures that any community project undertaken on our expeditions address real life issues for the local communities. It's about the community and not what we think are their problems! Betrawati is a small farming community set in the foothills of the Himalaya approximately 75km from Kathmandu. The community has its own school educating 300 pupils. Like many rural schools it suffers from a lack of proper funding and coupled with the destruction caused by the 2015 Earthquake the school is in urgent need of support to build or repair toilets, classrooms and accommodation.

WHITE WATER RAFTING: TRISULI RIVER

The Trisuli River falls from the high mountains of the Himalaya to the flatlands of the Kathmandu valley. Guided by local expert river guides our teams will descend a series of rapids before camping the night on the white sand beaches – excellent food, camp fires and a night under the stars.

POKHARA AND KATHMANDU CULTURAL VISITS

Nepal is home to a plethora of cultures, religions and heritage. Teams will have the chance to visit some truly spectacular sites such as the International Peace Stupa, located high above the Fewa lake and lakeside town of Pokhara. Pokhara is the training ground for those nationals wishing to join the world famous Gurka regiment of the British Army. It's a haven of peace for trekkers before they climb to the Annapurna region. Kathmandu, the nation's capital city, is home to many excellent sites such as the Swayambhunath Temple (Monkey Temple) and Pasupatinath to name but a few. A wondrous location to start and end our adventure!

CHITWAN NATIONAL PARK

Chitwan National Park or 'Heart of the Jungle' is one of the premier wildlife parks in Asia and consists of Sal Forests, water marshes and Elephant grasslands. Its home to Rhino, Leopards, wild Elephant, Monkeys and many species of birds. Our teams will have the opportunity to visit the park and be led through the park by experience and knowledgeable park guides.

CULTURAL EXCHANGE

Venture Force believe that to maximize their potential – student development of soft & hard skills - expeditions must provide students with the opportunity to embrace the culture and traditions and discover local religions and practices of the community that they are living and working with. This is vital to the understanding other nations and the development of global citizenship.

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EXAMPLE ITINERARY

Day	Location
Day One	Outbound flights – UK Kathmandu
Day Two	Arrive Kathmandu and Acclimatisation
Day Three	Team travel to Community Project in the foothills of the Himalayas
Day Four	Community Project e.g. construction of new schools, earthquake damage repairs, teaching in rural schools
Day Five	Community Project e.g. construction of new schools, earthquake damage repairs, teaching in rural schools
Day Six	Community Project e.g. construction of new schools, earthquake damage repairs, teaching in rural schools
Day Seven	White Water Rafting – Trusili River
Day Eight	Drive to Pokhara (the gateway to the Himalayas)
Day Nine	Cultural Visits in Pokhara including World Peace Pagoda, Tibetan Refugee Camp, Devils Falls
Day Ten	Morning Hike and drive to Chitwan National Park
Day Eleven	Wildlife Safari Chitwan National Park
Day Twelve	Travel to Kathmandu
Day Thirteen	Cultural Visits in Kathmandu including Durbar Square and Monkey Temple
Day Fourteen	Flights Kathmandu to UK



EXPLORE, LEARN, INSPIRE