

Nepal Expeditionary Learning Practicum – REC478: SAMPLE ITINERARY

JUNE 13TH OR JUNE 14TH – DEPARTURE DAY.

Depart from home airport. Departure day will depend on flight time and length of travel.

JUNE 15TH 2020 - DAY 1. (Arrival day, airport pick-ups arranged by GIVE).

Travel back in time to the medieval city of Bhaktapur, a UNESCO World Heritage Site on the outskirts of Kathmandu, to immerse yourself in the streets and temples of the historical medieval city! **Take a moment to think about the journey you are about to embark on as the sun sets over towering Hindu temples and prepare for your next adventure in the Tibetan frontier!**



JUNE 16TH - DAY 2

Travel from the ancient Hindu kingdom of Bhaktapur to the base of Himalayan giants, following the historical trading route that connects Nepal and Tibet. The path winds alongside the mighty Trishuli river as it carves through the Himalayan foothills. Spend the night in the trekking township of Shryabrubesi, the gateway to the Langtang Valley.

JUNE 17TH AND JUNE 18TH - DAYS 3-4

Begin your **multi-day trekking journey** in to the Langtang Valley, hiking through a diverse landscape of pine forest, rainforest, rhododendron groves and alpine meadows. Pass through high-altitude villages that have carved out a unique way of life within this powerful landscape. The first day of hiking will be approximately eight hours and consist of some demanding uphill sections. You will rest for the first night in a teahouse in the small village of Sherpagaon, with an incredible sunset view of the valley. The second day of hiking will also be approximately eight hours and will follow undulating paths by the river passing through lush vegetation. We will spend the night in the village of Thungshap in a teahouse.



JUNE 19TH 2020 - DAY 5

After a more leisurely morning, we will hike for a final two hours to reach our ultimate destination – the community of Langtang. On arrival we will spend some time reflecting at the memorial Stupa, commemorating the people who lost their lives in the Earthquake that devastated the community in 2015. Once we arrive at our tea house, we will have lunch and settle into our accommodation. After, we will explore Langtang, touring the main sites of the community before relaxing in the afternoon.



JUNE 20TH- DAY 6

Cultural Immersion in Langtang: Wake up surrounded by towering Himalayan peaks and ancient Tibetan culture. We'll spend the day engaging with the community in local crafts, archery, cooking lessons and English class. We will spend the evening in a traditional Tibetan home visit, living and learning alongside a local family.



JUNE 21ST AND 22ND 2020 - DAYS 7-8

Climb higher in to the Langtang valley towards the alpine community of Kyanjin Gumba. Soak up the village's incredible scenery and fascinating culture as you explore Buddhist stupas, sample local delicacies and learn traditional crafts from local artisans. Wake up at dawn the following morning for a summit push to the Himalayan peaks of either Kyanjin Ri (4773m) or Tserko Ri (4984m), and behold the surrounding snow-capped mountains, glaciers and alpine lakes. Hike back to Langtang that afternoon.



JUNE 23RD – DAY 9

Today we will participate in discussions led by Professor Ken, weaving together ideas, learnings and insights that have been explored over the journey. In the evening we will experience a local farewell ceremony and learn some traditional Tibetan dancing.

JUNE 24TH AND 25TH - DAYS 10 -11

Say farewell to your new family in Langtang and begin the two-day trek back to Shyabrubesi. Embrace your final moments amongst the Himalayas and keep your eyes peeled for red pandas, langur monkeys and other wildlife along the way. After lunch in Shyabrubesi on the second day, we will be transferred by jeeps to accommodation in Nuwakort for an evening of rest and reflection.

JUNE 26TH - DAY 12

Return by jeep to Kathmandu where you will stay in accommodation next to the Boudhanath Stupa, a UNESCO World Heritage site and pilgrimage area for members of the Buddhist Faith globally. Use this evening to reflect on your journey and celebrate one final night with your GIVE family.



JUNE 27TH - DAY 13

Trip End: All good things must come to an end. Make the most of your last few hours before heading home to share your experiences with friends and family.

****THIS IS A SAMPLE ITINERARY WHICH IS SUBJECT TO CHANGE.**