

# ADVENTURE NEPAL

Week Without Walls 2023

Saturday 6th May – Saturday 13th May  
2023





**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.**

**LOCATION**  
NEPAL, ASIA

**DURATION**  
8 DAYS

**EXPEDITION TYPE**  
ADVENTURES BY CAMPS

Not only will you be experiencing some exhilarating adventures throughout this expedition, but you'll also get to explore the area surrounding the ancient city of Kathmandu. When you're not soaking up the adventure, you will be getting involved in vital project work where you can interact with some of the local school children. Your evenings will be spent trying traditional food, learning about the local culture and getting stuck in to fun games and activities.







# TRAVEL PLAN OVERVIEW

- Itinerary
- Activities
- Accommodations
- Costs



# ITINERARY

ARRIVE IN KATHMANDU

Day 1



HIKING DAY

Day 3



WHITE WATER RAFTING  
DAY

Day 5



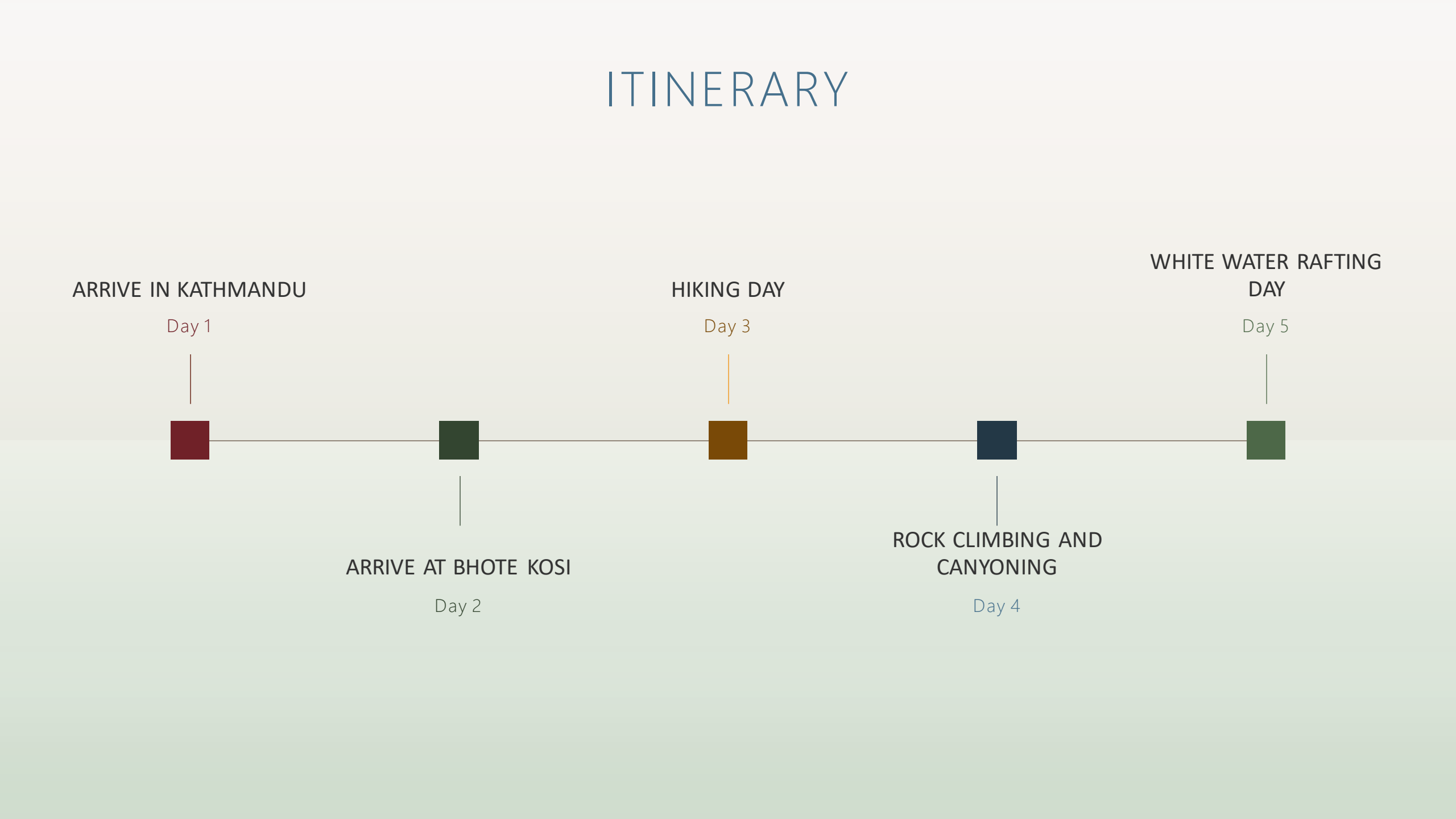
ARRIVE AT BHOTE KOSI

Day 2



ROCK CLIMBING AND  
CANYONING

Day 4



# ITINERARY

PROJECT WORK WITH  
LOCAL SCHOOL

Day 6



DEPART RESORT AND  
RETURN TO BHAKTAPUR

Day 7



DEPARTURE AND  
RETURN TO QATAR

Day 8



# ACTIVITIES

## KATHMANDU

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

## BHOTE KOSI

Today students make the breathtaking journey to Bhote Kosi, travelling through local villages and the amazing Kathmandu valley. Upon arrival at Bhote Kosi students will have the opportunity to get settled in to accommodation, then over lunch, they 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.

## HIKING DAY

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

## ROCK CLIMBING AND CANYONING

We start the day with an extensive safety briefing and getting you kitted 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...

## ROCK CLIMBING AND CANYONING

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.

# ACTIVITIES

## WHITE WATER RAFTING

The Bhoté Kosi River has an incredibly fun and unique watercourse, that will play host to the challenging rapids 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. Students will enjoy lunch on the riverside, given time to take in the spectacular scenery before heading back to the resort and practicing your own Nepalese dance routine, ready to perform to the rest of the group.

## PROJECT WORK

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 you wish, of pens and pencils for the local school students. This is an incredibly worthwhile day which will leave students with an insight into what life is like for pupils from a very different walk of life to your own.

## DEPART RESORT

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

## RETURN TO QATAR

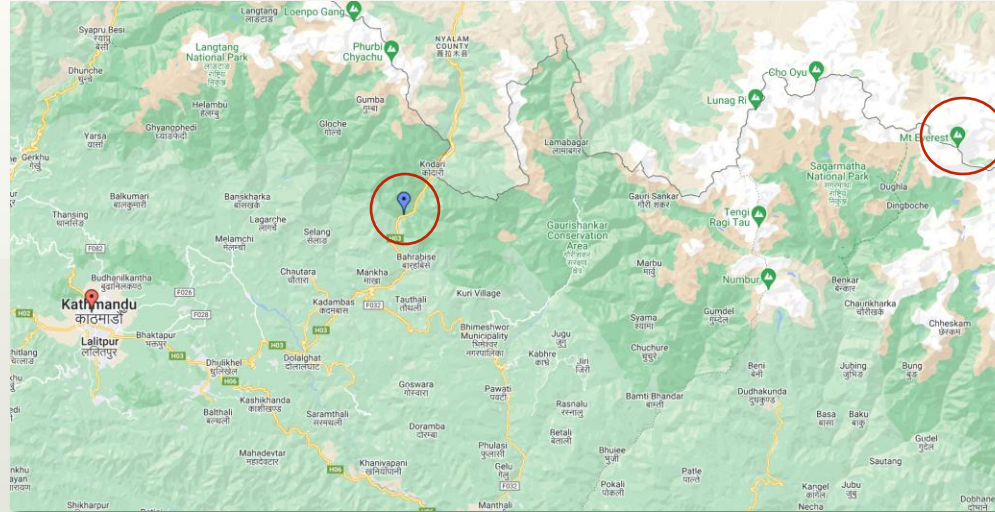
Depending on our flight times, we may have the opportunity to explore Boudhanath (a UNESCO World Heritage Site) before transferring to the airport for our flight home.

# ACCOMMODATIONS



HOTEL KAILASH  
KUTEE (2 NIGHTS)

Kathmandu



THE LAST  
RESORT

100km from  
Kathmandu on the  
road to Tibet





# BUDGET (INCLUDED)

WEEK of Saturday 6th May – Saturday 13th May 2023

Category	Name	Location	Date	Price USD/QAR
Accommodations				
Meals				
Expedition Team and Guides				
2 Teachers/10 students				
Entrance Fees and All Activities				
All transfers in private air-conditioned vehicles				
<b>Week Total</b>				<b>2686 USD / 9780 QAR</b>

## BUDGET (NOT INCLUDED)

- Flights (As per last update, they range from **1400 – 1700 QAR**)
- Travel insurance – mandatory for each child
- Visa (responsibility of parents with guidance from Camps International)
- Vaccinations
- Spending money
- Additional food and drink
- Personal equipment (Camps International provide a full kit list)
- PCR tests if applicable at time of travel

# VACCINES?

COURSES OR BOOSTERS USUALLY ADVISED: DIPHTHERIA; HEPATITIS A; TETANUS; TYPHOID.

OTHER VACCINES TO CONSIDER: HEPATITIS B; RABIES.

SELECTIVELY ADVISED VACCINES - ONLY FOR THOSE INDIVIDUALS AT HIGHEST RISK: CHOLERA; JAPANESE ENCEPHALITIS.

CHECK WITH LOCAL HEALTH CARE PROVIDER

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When in Nepal, protect from mosquito bites.



**Low to no risk**  
antimalarials not  
usually advised

**Low risk**  
with additional  
advice – see text

Surrounding  
countries with  
malaria risk

**The map must always be used in conjunction with the malaria advice text.**  
This map is only intended as a guide and is not exact. Bite avoidance measures should be taken in all areas.

Click on an icon below for additional country information

Regional Information



Major Airports





- Alice is our Camps International Liaison and direct contact for the expedition. Let's listen to Alice walk us through a 10 minute video presentation...

- By the simple definition of adventure, this trip will be completely digital free. This means that mobile phones or any other electronic devices will not be permitted on the trip.



- We want the students to engage with nature and their physical environment, to participate as a team and to grow as a group.