



Nepal

Himalayan Horizons - Culture, Community & Adventure

13 Days

This journey through Nepal blends culture and adventure. We explore ancient heritage sites, have hands-on workshops with monks and artisans, and have a visit to historic Gorkha. The journey continues with a gentle trek through the Annapurna foothills, including a community homestay in Hemjakot and a scenic stay at Australian Camp, offering close connections with local life and the Himalayan landscape. A two-day rafting trip on the Seti River introduces soft adventure, followed by rich jungle experiences in Chitwan National Park. The trip offers of reflection and exploration.



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2

UK - Kathmandu

BLD

Upon arrival in Kathmandu, we will be warmly welcomed by our tour leader who will escort us for our trip. We'll head to the hotel, during which we can start to soak in the vibrant atmosphere of Nepal's bustling capital city. After settling in and some rest, we will gather at the hotel for an orientation briefing. This session will cover important details about our upcoming trip, answer any questions we may have, and provide us with everything we need to ensure a smooth and enjoyable experience ahead.

Day 3

Wisdom & Craft – Monastic Wisdom & Newar Heritage

BLD

Our day begins with a guided walk around the spiritual Bouddhanath Stupa, one of the largest and holiest Buddhist stupas in the world. We'll interact with a head monk of a monastery in Bouddhanath who will speak on Tibetan Buddhist philosophy and the pursuit of wisdom. From there, we journey to the beautifully preserved medieval city of Bhaktapur. We'll explore Bhaktapur Durbar Square, Nyatapola Temple, and discover the charm of Pottery Square, where artisans shape clay by hand. We will have the chance to join a hands-on pottery workshop led by local masters. We enjoy a traditional lunch with a Newar family, one of Nepal's oldest ethnic communities, and participate in a wood carving workshop with a master artisan at Sikami Chen – a rare cultural experience that offers insight into this centuries-old craft.

Day 4

Kingdom of Gorkhas – Legacy of Nepal's Unification

BLD

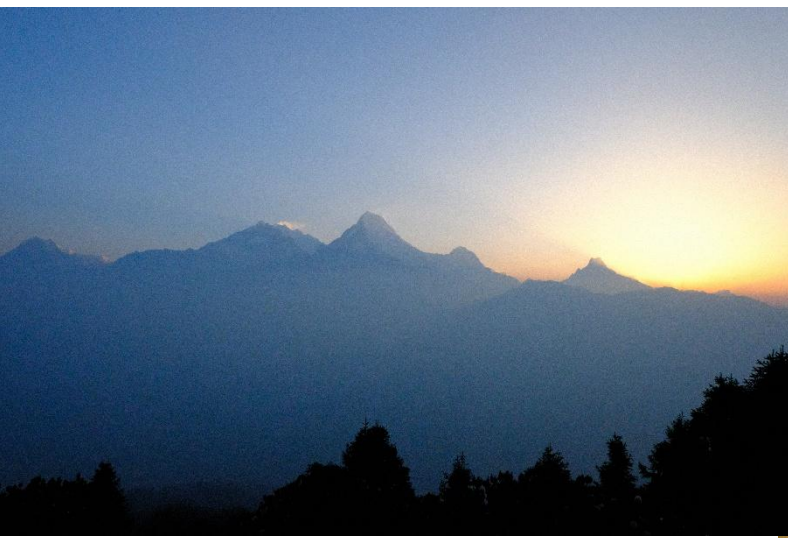
After an early breakfast, we begin our scenic drive westward to Gorkha—a journey of about five hours through winding roads and glimpses of rural life. This region holds great historical importance as the birthplace of King Prithvi Narayan Shah. Upon arrival in Gorkha, we check into our hotel and enjoy lunch with views of the surrounding hills. In the afternoon, a moderate hike up to Gorkha Durbar (Palace) introduces us to one of the most culturally and politically significant sites in Nepal. The palace is perched on a ridge with breathtaking views of the Himalayas and the Marsyangdi River valley. We explore the palace grounds, which include a temple and the king's residence. Our guide will share stories of Nepal's unification battles and the royal legacy that began here. We continue to the Gorkha Museum, where ancient weapons and royal artifacts help bring this history to life.

Day 5

Hills & Harmony – Welcome to Hemjakot Community

BLD

We begin the day driving towards Pokhara and onward to Phedi, where our short trek begins. A scenic 1.5-hour walk through terraced hills brings us to Hemjakot, a vibrant community homestay village. As we enter the village, we will be welcomed in traditional style—with flower garlands and live traditional music played by locals. We'll settle into assigned homestays—each home offering basic but clean accommodations. After a homemade Nepali lunch, we will be taken on a guided village walk, visiting local homes, farmlands, and a local school. The walk ends at a viewpoint from where the sunset reveals majestic peaks such as Machhapuchhre (Fishtail) and



spiritual side of rural life, where traditions are passed orally across generations.

Day 6

Trails & Tastes – Trek to Pothana and Australian Camp

BLD

Upon arrival in Pothana, we will engage in a Nepalese cooking workshop. Under guidance from a local cook, we'll learn to prepare dishes like dal bhat, achar (pickle), and sel roti. This hands-on experience offers an appreciation for Nepali flavors and cooking practices. From Pothana, we continue our trek to Australian Camp, located at 2,000 meters. Known for its panoramic Himalayan views, the camp provides a quiet and peaceful environment surrounded by forests and meadows. After settling into our lodge, we will participate in a tent pitching and outdoor skills session, helping build our teamwork and adaptability. As evening falls, enjoy a bonfire BBQ followed by dinner under starry skies, accompanied by music surrounded by panoramic views of the Annapurna range.

Day 7

From Trails to Tranquility – Return to Pokhara

BLD

After breakfast, we descend on foot to Kande, a short downhill trek through pine forests. From there, a private vehicle will transfer us back to Pokhara (1.5 hours), where we check into a lakeside hotel. After lunch, the rest of the afternoon is free for us to try some optional activities:

- Boating on Phewa Lake, with views of the Peace Pagoda
- Cycling along the lakeside promenade
- ATV forest rides, Visiting Devi's Falls & Gupteshwor Cave

This afternoon of freedom is ideal for reflection and personal exploration. Dinner is served lakeside, where we can enjoy Pokhara's youthful energy, cafes, and mountain culture.

Day 8

Paddle & Camp – Rafting Adventure on the Seti River

BLD

After breakfast in Pokhara, we drive for 2 hours to reach Damauli, the starting point of our Seti River rafting. This beginner-friendly river offers gentle rapids, serene jungle views, and refreshing swims. Upon arrival, our certified river guides will provide a comprehensive safety briefing, including paddling techniques and river safety protocols. We then embark on a thrilling rafting journey down the gentle but adventurous Seti River. Ideal for beginners and students, the Seti is known for its turquoise warm waters and moderate class II-III rapids. In the late afternoon, we arrive at Seti River Camp, a serene riverside retreat tucked away in nature. After tea and snacks, there's time to relax, swim in the calm eddies of the river, or explore nearby trails.

Day 9

From Rapids to Rainforest – Chitwan's Green Retreat

BLD

We wake up to the sounds of birds and river currents, followed by a hearty breakfast. Today's journey continues on the river, rafting deeper into the Seti's narrow gorges and jungle-lined banks. This section is calmer, offering more opportunities to float, observe wildlife, and even take a swim. By late morning, we reach Gaighat, where our vehicles will be waiting. After drying off and changing, we board our vehicle for the drive to Chitwan, located in Nepal's lowland Terai region—famed for its biodiversity and vibrant Tharu culture. The drive takes approximately 2.5 hours through



ever-changing scenery. Upon arrival at Green Chwadi Nature Retreat, nestled in a tranquil part of Chitwan, we're welcomed with fresh drinks and check into eco-friendly cottages. After lunch, the afternoon is reserved for light activities arranged by the lodge—this might include a guided nature walk, a Tharu village visit, or butterfly watching.

Day 10

Chitwan Experience – Wildlife and Indigenous Culture

BLD

Today is dedicated to immersing in Chitwan's wilderness and indigenous culture. After an early breakfast, we begin with a canoe ride along the Rapti River, where we may spot mugger crocodiles, gharial, and various bird species including kingfishers, hornbills, and storks. Following the canoe, we proceed on a guided jungle walk, accompanied by experienced naturalists who teach us about the forest ecosystem, animal tracking, and conservation practices. There may be opportunities to spot deer, wild boar, or even the elusive one-horned rhinoceros from a safe distance. We return to the retreat for lunch and a bit of rest. In the afternoon, we participate in a Tharu cultural immersion workshop and learn about the Tharu people's lifestyle and their deep connection to the jungle. We join in traditional dances and view art and crafts made from natural materials.

Day 11

Back to the Hills – Return to Kathmandu

BLD

After breakfast we begin our return journey to Kathmandu, which takes approximately 5–6 hours. The drive is scenic, passing through river valleys, highway towns, and lush hillsides stopping en route at a local restaurant for lunch. Upon arrival in Kathmandu, we check into the hotel and have some free time to rest or explore nearby shops in Thamel.

Day 12

Timeless Kathmandu – Kathmandu's Living History

BLD

Our final full day is spent discovering Kathmandu's timeless wonders. We begin with a morning visit to Swayambhunath Stupa, also known as the Monkey Temple. Set atop a hill, it offers sweeping views of the Kathmandu Valley. The stupa's eyes—painted to symbolize wisdom and compassion—watch over the city. Later, we proceed to Patan Durbar Square, a stunning blend of Newar architecture and ancient Hindu temples. Here, we will walk through the Golden Temple, Krishna Mandir, and the Patan Museum, regarded as one of South Asia's best. Lunch will be in a restaurant/café in Patan, followed by leisure time to explore artisan shops and small galleries. In the evening, we gather for a special dinner at a heritage restaurant complete with cultural dance performances.

Day 13

Kathmandu - UK

BL

Subject to our flight time, we will depart to the airport for our onward journey home.



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination



What's not included:

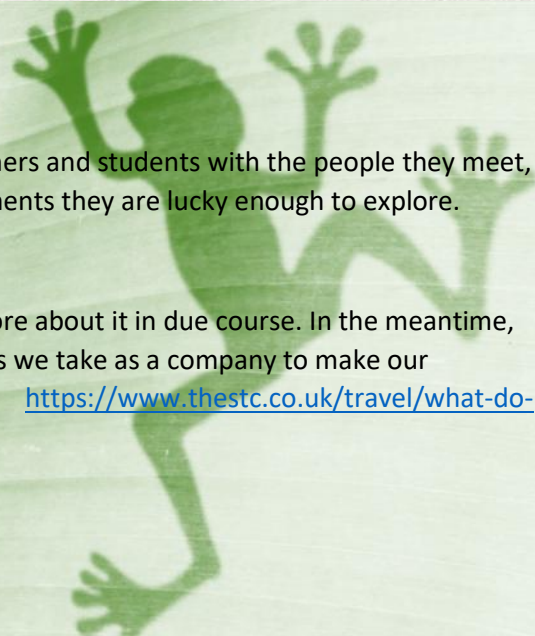
- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance
- Emergency Medical & Repatriation Insurance

A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Trees for Life

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit: <https://www.thestc.co.uk/travel/what-do-we-do/>



Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

Cultural Rating for this trip: Grade 4



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

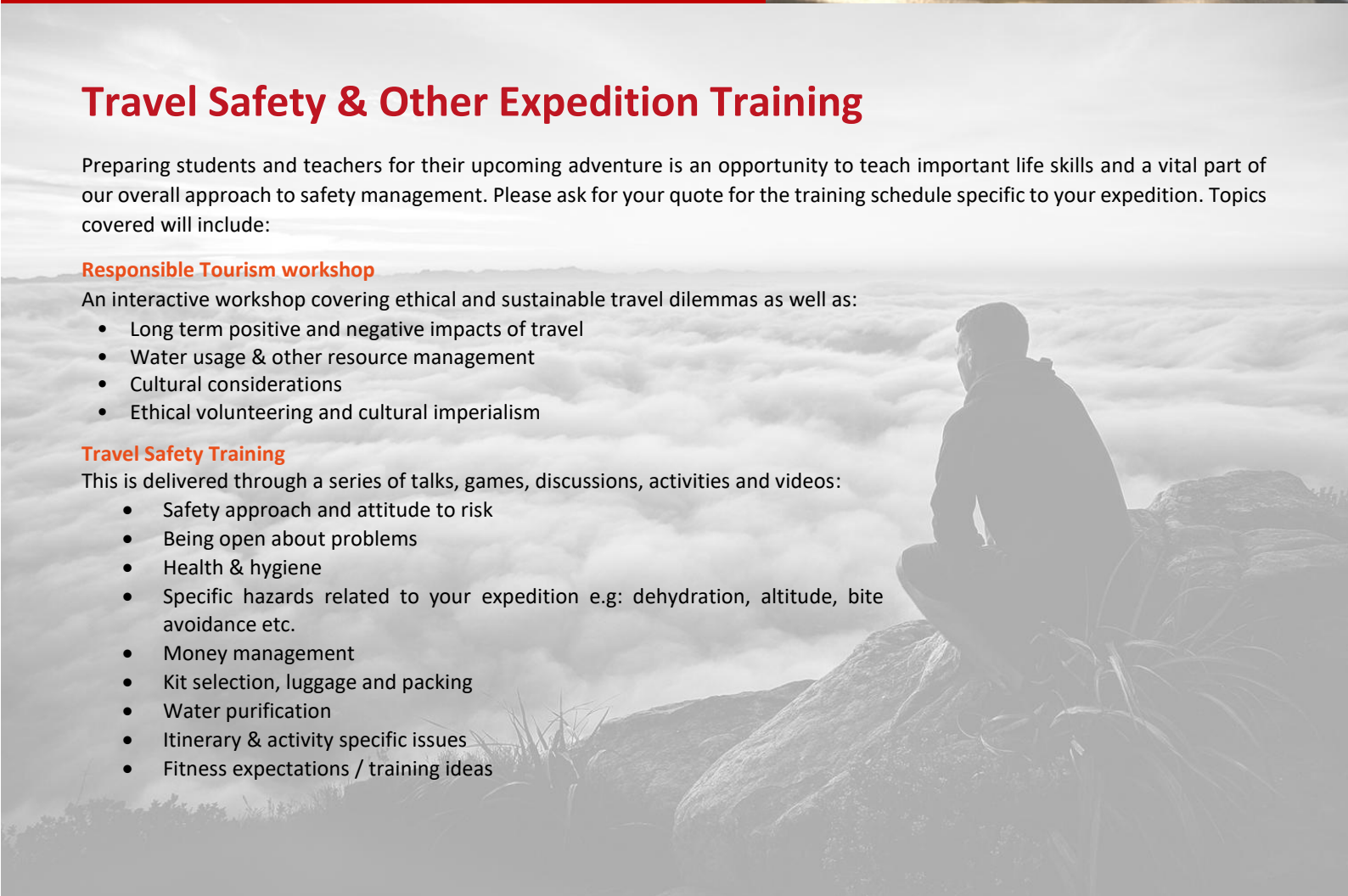
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.

"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

STC Expeditions, 65-67 Bank Chambers, High Street, Exeter, EX4 3DT
t: 01392 660056 | e: info@thestc.co.uk | w: www.thestc.co.uk

