



Nepal

A Cultural Journey

9 Days

This experiential program blends light trekking and cultural immersion. Starting in Kathmandu, students explore sacred Hindu and Buddhist sites before embarking on a scenic trek from Sundarimal to Nagarkot, passing through forests and ridgeline trails with Himalayan views. The journey continues to the ancient city of Bhaktapur, where students engage in traditional pottery and woodcarving workshops and interact with local Newar families. Each day offers a meaningful balance of outdoor adventure and cultural exploration — promoting global understanding, teamwork, and connection to Nepal's people and heritage.



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2

UK - Kathmandu

LD

We depart the UK to arrive in Kathmandu, where we'll be warmly greeted by our tour leader before transferring to our hotel in the city, and introduced to the vibrant buzz of Nepal's capital. Later in the afternoon we gather for an orientation briefing. To finish our arrival day, we enjoy a welcome dinner featuring a variety of Nepali dishes - perhaps momos (dumplings), dal bhat (rice with lentils), and seasonal vegetables. This is not only a chance to try local flavors but also to start building the shared spirit of learning and curiosity that will define our journey in Nepal.

Day 3

Sacred Spaces & Spiritual Conversations – Pashupatinath & Bouddhanath

BLD

We begin our journey into the spiritual and cultural soul of Nepal. Today offers a profound exploration of the country's two primary religious traditions—Hinduism and Buddhism—through immersive visits to two of its most sacred sites. Our first visit is Pashupatinath Temple, Nepal's holiest Hindu pilgrimage site. This temple complex is a powerful place of worship and spiritual transition, and we'll witness the rich layers of Hindu ritual, from incense offerings to the cremation ceremonies held at the river's edge. Our guide will explain the customs and symbolism involved, helping us gain deep insights into how life, death, and rebirth are interwoven in Nepali society.

Our journey continues to the majestic Bouddhanath Stupa—one of the world's largest Buddhist stupas and the beating heart of Tibetan Buddhism in Nepal. Encircled by prayer wheels and chanting monks, this iconic white dome radiates peace and devotion. We will take part in the kora (ritual walk) around the stupa. A highlight of the visit is an informal talk with a senior monk inside a working monastery near the stupa. This session gives us a rare opportunity to hear firsthand about Buddhist philosophy, daily monastic life, and topics like mindfulness and simplicity. We'll enjoy lunch at a rooftop restaurant overlooking the stupa. Following lunch, we return to our hotel for a short rest before gathering again in the evening for dinner ahead of upcoming trek.

Day 4

Into the Hills – Drive to Sundarijal & Trek to Chisapani

BLD

Our adventure shifts into a new rhythm as we leave the city and head toward the outskirts of the Shivapuri–Nagarjun National Park. We start in Sundarijal, a small village perched on the edge of Kathmandu Valley and the gateway into the national park. The trail initially ascends through stone staircases shaded by trees, passing by small waterfalls, a historic water supply dam, and clusters of terraced farms. We may encounter local Tamang villagers on the trail or observe women collecting firewood. The trail continues upward, with gradual ascents offering glimpses of Kathmandu Valley. After 4–5 hours of walking, we'll arrive at Chisapani (2,135m), a tranquil ridge-top village known for its panoramic mountain views and peaceful atmosphere. We check into our local lodge and enjoy a wholesome dinner served with local hospitality.

Day 5

Hillside Harmony – Trek from Chisapani to Jhule

BLD

If the weather permits, we'll witness a magnificent sunrise over the Himalayas from Langtang Lirung to distant peaks of the Manaslu range. After breakfast at the lodge, we begin a scenic hike deeper



blend of dense forest and ridgeline paths. We'll walk along undulating terrain, passing through thick stands of oak and rhododendron, with the occasional lookout point that opens to sweeping valley views. This protected area is home to monkeys, barking deer, and a variety of Himalayan birds. Approaching Jhule, we'll begin to see a classic example of Nepal's ingenious agricultural adaptation: terrace rice farming. Because of the steep mountain terrain, flat land for farming is extremely scarce. To overcome this, local farmers have carved the hillsides into a series of horizontal terraces, resembling giant green staircases after the monsoon season. These terraces help prevent soil erosion and conserve water. Rice farming in Jhule is not only a method of survival, but a deeply rooted cultural practice. Upon arrival in Jhule (approx. 2,300m), we'll settle into a community lodge.

Day 6

Sunrise & Soft Adventure – Trek to Nagarkot

BLD

After a hearty breakfast prepared by our hosts, it's time to begin one of the most beautiful and rewarding days of the trek. Today's journey will take us along forested trails and hillside ridges, connecting rural communities and offering expanding views as you gradually approach Nagarkot—a famed hill station known for its sunrise and sunset views over the Himalayas. Along the way, we'll see seasonal agricultural activity on terraced slopes—cabbage and mustard fields in winter, maize or millet in warmer months. The trail continues across ridges, providing stunning viewpoints toward both the Kathmandu Valley and the snowcapped peaks beyond. Throughout the trek, we'll pass through a series of Tamang and Brahmin villages. We can greet children heading to school, observe families tending livestock, and learn how traditional Nepali homes are built using local materials. By late afternoon, we'll arrive at our hotel in Nagarkot. We'll then head to the viewpoint tower or the lodge's rooftop to witness the Himalayan sunset.

Day 7

Hills to Heritage – Trek to Changuarayan & Drive to Bhaktapur

BLD

This morning we embark on the trek from Nagarkot to the ancient temple village of Changuarayan. This gentle yet culturally rich hike will take us through tranquil forest trails and small settlements, offering a blend of natural beauty and spiritual heritage. Our guide will share fascinating insights about local flora, fauna, and the significance of this area in Nepali culture. Approaching Changuarayan, we'll encounter a UNESCO World Heritage Site famed as one of Nepal's oldest Hindu temples, dedicated to Lord Vishnu. We take time to explore the temple complex, admiring its intricate wood and stone carvings, ancient sculptures, and the stories behind its sacred symbols. After soaking in the atmosphere, we'll drive to the medieval city of Bhaktapur. Upon arrival, we check in at our hotel and enjoy the afternoon at leisure.

Day 8

Craft & Culture –Woodwork Experience in Bhaktapur

BLD

Today we wake up amidst the medieval ambiance of Bhaktapur, known for its architecture and traditional arts. We dive into an immersive experience exploring local craftsmanship. Our day starts with a guided tour of Bhaktapur Durbar Square, where we'll learn about Newar history, temples, palaces, and royal courtyards. Later we have a visit to Sikami Chhen, a local workshop and home of



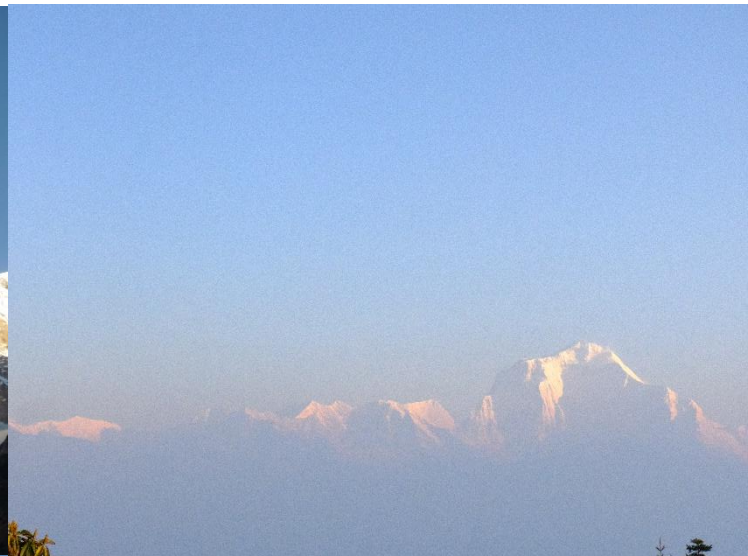
master woodcarver. Following lunch, we delve deeper into the art of woodcraft with a hands-on workshop led by skilled artisans. We will have the opportunity to observe and participate in traditional woodcarving techniques, learning about the symbolic motifs that adorn temples, windows, and household items throughout the Kathmandu Valley. This experience not only highlights the craftsmanship but also provides insight into the cultural significance and history behind these beautiful works. In the afternoon, we transfer back to Kathmandu where we have the evening to explore local markets.

Day 9

Kathmandu - UK

BL

Today marks the end of our unforgettable journey through Nepal's rich cultural heritage, natural beauty, and warm hospitality. Subject to flight time we will have some free time to enjoy a last stroll through the vibrant streets of Kathmandu.



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
- 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

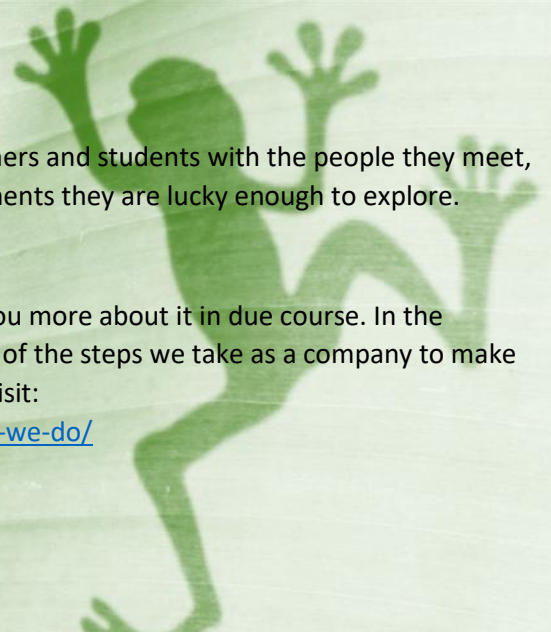
A word about Responsible Tourism

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.thetc.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

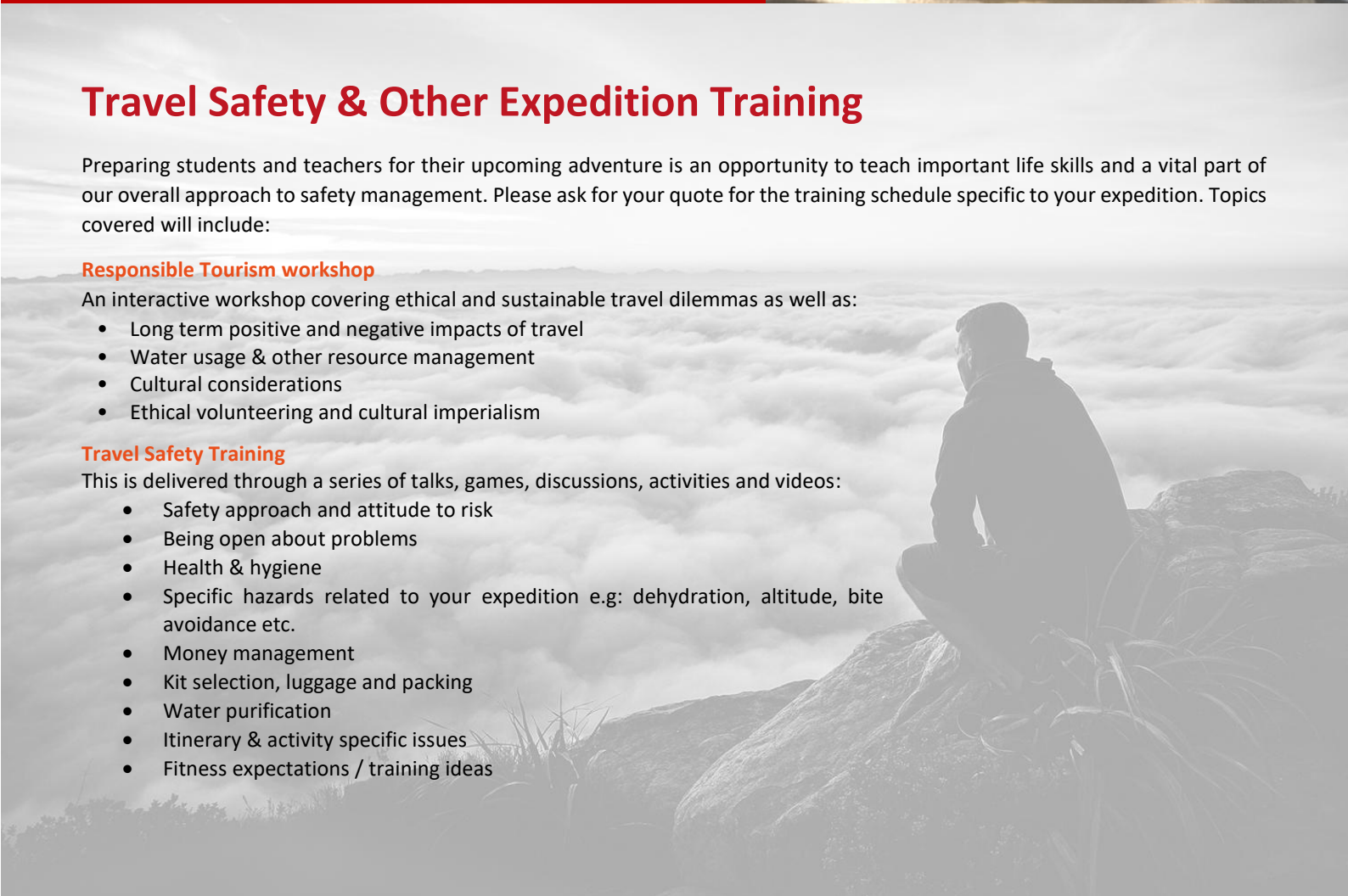
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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

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