



Nepal

Annapurna Adventure

17 Days

We embark on a breathtaking adventure through Nepal, exploring the spiritual sights of Kathmandu, the medieval charm of Bhaktapur, and the serene landscapes of Pokhara. Our journey takes us on an unforgettable trek through the Annapurna region, from traditional Gurung villages to Machhapuchhre and Annapurna Base Camp, surrounded by towering Himalayan peaks. We conclude with thrilling wildlife experiences in Chitwan National Park that bring Nepal's rich heritage and natural beauty to life.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2	UK - Kathmandu We depart the UK on an overnight flight, beginning our adventure as we head towards Kathmandu. On arrival, we transfer to our hotel, where we settle in and gather for a briefing that sets the scene for the journey ahead.	LD
Day 3	Visit Bouddhanath & Bhaktapur We begin our day at the serene and spiritual Boudhanath Stupa, one of the largest Buddhist stupas in the world, where we walk alongside spinning prayer wheels, observe monks in quiet meditation, and soak up the peaceful rhythm of daily rituals. Later, we travel to the ancient city of Bhaktapur Durbar Square, a living museum of medieval art and architecture, renowned for its intricately carved temples and vibrant traditional life. We wander through pottery squares and bustling local markets, experiencing the rich Newari culture and the city's timeless charm.	BLD
Day 4	Drive to Pokhara We enjoy a scenic drive from Kathmandu to Pokhara (approximately 6–7 hours / 200 km), following winding rivers, terraced hillsides, and lively local settlements, with beautiful views of Nepal's countryside unfolding along the way.	BLD
Day 5	Drive to Kilu & Trek to Ghandruk (Approx. 1940m) After an early breakfast in Pokhara, we drive to Kilu via Nayapul, following the Modi Khola River on a journey of approximately 2.5 hours, with views of terraced fields and rural settlements. From Kilu, we begin our trek to Ghandruk, following a moderately ascending trail through forested paths, passing through the charming Gurung village of Kimche, which provides a perfect place to rest. After a gradual climb, we arrive in Ghandruk, one of the largest Gurung settlements in the region, offering views of Annapurna South, Hiunchuli, and Machhapuchhre (Fishtail). In the afternoon, we explore the traditional village, visit the handicraft centre, and stop at the Gurung Cultural Museum to gain insight into local life. Walking duration: 2–3 hours	BLD
Day 6	Trek from Ghandruk to Chhomrong (2170m)-Approx 5 hours walking After breakfast in Ghandruk, we descend along stone steps to cross the Kimrong Khola before climbing steadily through terraced fields and forested paths. The trail winds through small villages and farmlands, rewarding us with spectacular views of Annapurna South, Hiunchuli, and Machhapuchhre (Fishtail). On arrival in Chhomrong, the largest settlement in the area, we have time to explore the village and wander through its charming alleys. Walking duration: 4–5 hours	BLD



Day 7	<p>Trek from Chhomrong to Dovan (Approx. 2,600m)</p> <p>Leaving Chhomrong, we descend to cross the Chhomrong Khola before ascending gradually through dense bamboo and rhododendron forests. Passing through quiet hamlets and terraced fields, we follow the scenic Modi Khola valley along a trail that is moderately challenging, with a mix of uphill and downhill sections. By late afternoon, we reach Dovan, a peaceful resting spot nestled within the forest.</p> <p>Walking duration: 5–6 hours</p>	BLD
Day 8	<p>Trek from Dovan to Deurali (Approx. 3,230m)</p> <p>After breakfast, we continue along the Modi Khola, gradually ascending through a narrow gorge framed by waterfalls and rocky cliffs. The trail passes the Himalaya Hotel and Hinku Cave, revealing dramatic alpine scenery as the vegetation thins, the air cools, and the landscape becomes increasingly rugged. We arrive at Deurali, a high-altitude campsite set beneath imposing cliffs and glacial terrain.</p> <p>Walking duration: 5–6 hours</p>	BLD
Day 9	<p>Trek from Deurali to Machhapuchhre Base Camp (Approx. 3,800m)</p> <p>We trek steadily from Deurali, leaving the tree line behind as we enter the high Himalayan zone. The trail opens up to expansive views of Annapurna South, Hiunchuli, and Machhapuchhre, before leading us across moraine fields and alpine meadows. By afternoon, we reach Machhapuchhre Base Camp, surrounded by towering peaks.</p> <p>Walking duration: 4–5 hours</p>	BLD
Day 10	<p>Trek from Machhapuchhre Base Camp (MBC) to Annapurna Base Camp</p> <p>After an early breakfast, we undertake a gentle ascent to Annapurna Base Camp, crossing glacial moraines and open valleys while enjoying panoramic views of Annapurna I, Annapurna South, and Machhapuchhre. After exploring the Base Camp and capturing photographs of the stunning surroundings, we descend back to Machhapuchhre Base Camp for the night.</p> <p>Walking duration: 5–6 hours</p>	BLD
Day 11	<p>Trek from Machhapuchhre Base Camp to Bamboo (Approx. 2,310m)</p> <p>We begin our descent along the Modi Khola valley, retracing parts of the trail through Deurali and Dovan. As we lose altitude, the landscape gradually shifts from alpine terrain to forests and farmlands. By afternoon, we arrive at Bamboo, a serene stop nestled among rhododendron and oak forests, ideal for a restful break.</p> <p>Walking duration: 5–6 hours</p>	BLD
Day 12	<p>Trek from Bamboo to Jhinu Danda (Approx. 1,780m)</p> <p>We continue descending through forests, terraced fields, and small settlements, passing through Chhomrong as the trail gradually leads us to Jhinu Danda, famous for its natural hot springs. In the afternoon, we enjoy a refreshing soak in the springs, soothing our tired muscles after several days of trekking.</p> <p>Walking duration: 5–6 hours</p>	BLD
Day 13	<p>Trek from Jhinu Danda to Samrung and Drive to Pokhara</p> <p>After breakfast at Jhinu Danda, we begin our trek to Samrung, passing through terraced fields, forests, and small villages. The trail is mostly gradual, offering beautiful views of the surrounding mountains and glimpses of local rural life. Upon reaching Samrung, we drive to Nayapul, the trailhead connecting to the main road, and continue by vehicle onward to Pokhara, enjoying the scenic valley landscapes along the way.</p> <p>Walking duration: 3–4 hours Drive duration: 1.5–2 hours to Pokhara</p>	BLD
Day 14	<p>Drive to Chitwan</p> <p>We drive from Pokhara to Chitwan (approximately 4–5 hours / 150 km), passing through scenic countryside, rivers, and terraced farmland. Upon arrival, we check into our hotel or lodge and enjoy some leisure time before beginning our jungle activities.</p>	BLD

Day 15	Chitwan Jungle We enjoy an exciting day in Chitwan National Park, taking part in a variety of jungle activities such as canoeing on the Rapti River, guided nature walks, birdwatching, and a jeep safari through the forest in search of wildlife. We also have the opportunity to visit a traditional Tharu village, explore local culture, and enjoy other experiences at our lodge or within the surrounding community.	BLD
Day 16	Drive back to Kathmandu After breakfast, we drive back to Kathmandu from Chitwan (approximately 6–7 hours) and check into our hotel. The evening is free for leisure, giving us time to relax or explore the city at our own pace.	BLD
Day 17	Kathmandu - UK Subject to our flight time, we depart to the airport for our return flight back to the UK.	BL



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
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation 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.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

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/>

Trees for Life

Physical Rating for this trip: Grade 4



Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four-month fitness improvement programme would ensure you get the most out of the 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

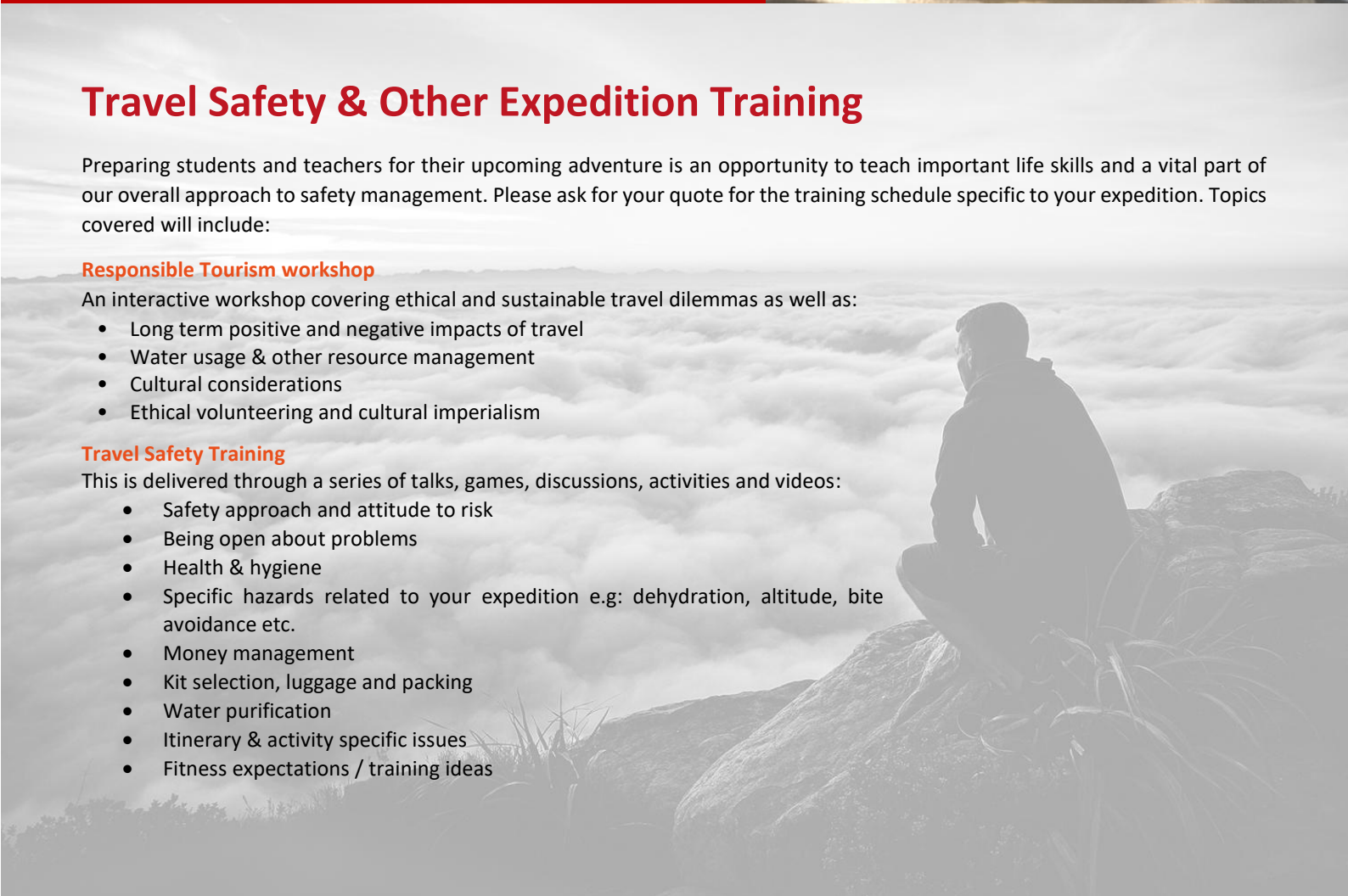
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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:

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Trees for Life



Scottish Fair Trade Forum Member

