

Destination Fact Sheet: Nepal

Worldwide region: Asia

Capital City: Kathmandu
(GMT + 5¾ hrs)

Environment: Mountains

When to go: June - Sept

Itineraries: Explorer,
Expedition

Highlights: Kathmandu, Everest
(BC), Annapurna



Essentially: The ultimate mountain region to experience and for groups to fully understand the impressive nature of the largest mountain range in the world.

About the country

There is little we can say about Nepal that you won't already know, yet though the world's highest peaks dominate the incredible scenery, there is more to experience than just snowy summits and glaciers. Between the urgency of Kathmandu and the tranquillity of its mountain villages, hidden among colourful prayer flags, groups will also encounter an important and deeply spiritual religion and a range of lifestyles, each far removed from our own.

Beyond the extensive trekking routes available, there are a variety of additional activities to suit many interests. Royal Chitwan National Park is famous for its exciting elephant-back safaris and its huge variety of wildlife, including the Great Indian one-horned Rhino and the elusive Royal Bengal Tiger. Dugout canoe excursions are also available and white water rafting on the Seti River offers a fine combination of superb scenery and gentle rapids.

Explorer Programmes

Following an incredible flight from Kathmandu to Pokhara, the high, glacial amphitheatre of the Annapurna Sanctuary offers jaw-dropping views of eleven of Nepal's major peaks, whose dazzling white tumbling glaciers and snow-capped peaks provide both a dramatic backdrop and beautiful contrast to the alpine forest and flower-filled valleys that rest, far below.

Expedition Programmes

For groups who wish to experience the ultimate trekking expedition, without doubt, Everest Base Camp has to be the most famous in the world. Taking groups through the enchanting hill villages of the Khumbu valley, past the Tengboche monastery and climbing beyond the jagged lines of Ama Dablam to ascend the high point of Kala Pattar and view sunrise over Mt Everest, groups will finally reach Base Camp itself; the most famous in the world!

In summary

Nepal may be the world's most famous mountain environment, but if you look beyond the dramatic spectacle of its scenery, the country's culture and wildlife will add to an unforgettable experience. Groups should be experienced with outdoor adventures and undergo a fitness programme in the UK to be physically prepared for the itinerary.



To discuss the variety of options for tailor making a trip to Nepal for your group, please telephone us on 0845 634 4670 or visit our website at www.schoolsworldwide.co.uk