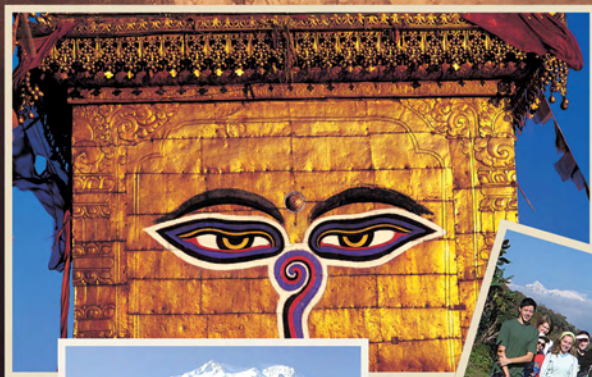


# NEPAL SANCTUARY TREKS



presents

Special Programs for  
International Students



'Creativity, Activities  
and Service'





# NEPAL SANCTUARY TREKS

One of the leading agencies, Nepal Sanctuary Treks is a government registered trekking company based in Kathmandu, Nepal and recognized by the Ministry of Tourism as well as the Ministry of Industry. We are an associate member of both the Trekking Agents Association of Nepal (TAAN) and Nepal Mountaineering Association (NMA).



With a growing reputation, we specialize in organizing engaging school tours that meet the requirements of students who seek highly personalized itineraries. Well-known for our quality service, we ensure that the students get real value for their travel money. Our track record goes back to 1999, when we began organizing tours for various International Schools from Hong Kong, England, Australia and the USA to their complete satisfaction.

We take pride in our fine-tuned tours that allow students to highlight their Creativity, Activities and Service (CAS) and Interim week to meet the requirement of their syllabus of IB, Cambridge or A 'level's through our wide range of programs: treks, wildlife safaris, white water rafting, mountain biking, culture and pilgrimage tours, community work at orphanages and government schools in Nepal with inadequate facilities in remote areas without disturbing the pristine nature of the setting.

**Many years of experience has enabled us to provide well-planned trips at a reasonable price, keeping the arrangements hassle-free with safety as our priority and strive to provide the best service in town.**

Our specialty lies in handling school groups on special missions, keeping in mind the anxiety of parents and teachers when sending children away on such excursions. While the children are in our care, our top priority is naturally, their security. But despite all the precautions that need to be taken, we allow the students freedom to enjoy all the good things the spectacular Himalayas have in store for them.



## Research

Nepal is a great spot for scholars and university students to do research in the fields of geology, botany, zoology, anthropology and other fields. The country has the world's highest peaks in the north, descending sharply downwards to the plains 70m above sea level, encompassing rugged mountains and varying landscape, climate, flora and fauna and ethnic groups in a very short span of 200-kilometers. We work with guides who are university students in different subjects.





## Key Learning Outcomes:

- Increased awareness of their strengths and areas for development
- Undertaken new challenges
- Planned and initiated activities
- Worked collaboratively with others
- Shown perseverance and commitment
- Engaged with issues of global importance
- Considered the ethical implications of their actions
- Developed new skills

## Our Aims:

The program aims to develop students who are:

- Reflective thinkers – who understand their own strengths and limitations, identify goals and devise strategies for personal growth
- Willing to accept new challenges and new roles
- Aware of the fact that they are members of communities with responsibilities towards each other and the environment they live in
- Active participants in sustained, collaborative projects
- Balanced—they enjoy and find significance in a range of activities that involve intellectual, physical, creative and emotional experiences.

## Benefits of our program:

The program enables students to enhance their personal and inter-personal development through experiential learning.

Our well-thought out programs are designed to be challenging but at the same time enjoyable, resulting in a personal journey of self-discovery. For many students, our activities prove to be experiences that are profoundly influential and life changing. They soon come to realize that many of the facilities that they enjoy in their schools in the west are a luxury for students here in Nepal. But despite the poor infrastructure, our students seem happy and oblivious of what they are missing in terms of facilities, which in the west are taken for granted.



# NEPAL SANCTUARY TREKS

## WHY NEPAL SANCTUARY TREKS?

1. Our trips are specifically designed to meet the needs of the students' score for their Creativity, Activities and Service work.
2. Our guides and staff are well trained, friendly, professional, and responsible, with years of experience in providing customized services. They also speak very good English.
3. They are trained in giving first aid when required and carry a comprehensive first aid kit with them at all times. They are competent and know how to cope with the mountainous terrain and also how to ensure the safety of the students. In case of an emergency, they have the ability to deal with it appropriately.
4. The emphasis is on eco-friendly trips and we provide training to all our staff in order to minimize the environmental impact around the trekking areas.
5. Personalized itineraries and school trips are planned keeping in mind the needs of both the teachers and students.
6. We provide an environment-porter for each organized trek so that all the non-biodegradable items are brought back with them.
7. We take care of our staff/porters by providing enough/ warm equipment and clothes and each of them is insured.
8. We believe in conservation of nature and wildlife, and support the local economy as well as the social and cultural values of the local communities.
9. We follow to the letter, all the rules and codes of ethics set by the travel industry.
10. With safety in mind, we provide PAC (Portable Altitude Chamber), Oxy-meter and satellite phones.







## SAMPLE ITINERARIES

We prefer to organize tailor-made itineraries taking into consideration your time frame, requirements and interests. Here are some typical itineraries:

### Kathmandu-Pokhara-Ghorepani trekking-Chitwan- Orphanage-Kathmandu

**Duration:** 12 Days

**Grade:** Easy & Enjoyable

**Maximum Elevations:** 3,191m at Pun Hill.

**Season:** Autumn, Winter, Spring

A gentle walk in the low-lying hills around the lake district of Pokhara enhances your understanding of the culturally rich villages while passing through an increasingly magical build-up of mountain views till the climax at Pun Hill on the third day of the trek. After the trek, spend some quality time at one of the very famous national parks of Nepal for wildlife safari before driving back to Kathmandu.

**Day 01: You arrive in Kathmandu.**

Reception followed by transfer to the hotel.

**Day 02:** Sightseeing tours of Kathmandu Valley.

**Day 03:** Fly down to Pokhara and drive on to Nayapul to begin the trek which takes you up to Hille at 1,495m, located on a hill that enjoys excellent views of the mountains. Overnight at the lodge.

**Day 04:** Trek to Ghorepani (2,834m). We continue following the Burungdi Khola upstream then climb up stone steps passing through neat terraced fields to arrive at Ulleri. The trail to Banthanti is less challenging and continues on to charming Ghorepani above which lies Pun Hill with astounding views of a string of famous mountains including Dhaulagiri, Annapurna, Hiunchuli, Machhapuchhare and Lamjung among others. Overnight at the lodge.

**Day 05:** Make a pre-dawn excursion up to Pun Hill (3,191m) which is a 45 minute walk away, for a stupendous view of the mountains mentioned above: Dhaulagiri and the Annapurnas, and return to Ghorepani for a scrumptious breakfast. After breakfast, descend through rich rhododendron forest past Deurali and arrive at the lunch spot in Banthanti. Soon after lunch, take the trail left of the fork and ascend gently to Tadapani where you overnight.

**Day 06:** Ghandrung-. Descend to a sparkling stream after which you climb

once again through a forest to arrive at a ridge with a teashop. Walk past unusually oval-shaped homes and you come to the flag-stone-lined streets of a settlement known as Ghandrung at 1,940m, the largest Gurung settlement in the area where people are very friendly. A word of caution: take your Sardar with you while exploring as you could get lost!

**Day 07:** Trek to Birethanti; descend to Nayapul which is only a 20-minute hike and from Birethanti, you will be driven back to Pokhara. Rest of the day you are free. Overnight at the hotel.

**Day 08:** Chitwan National Park 0630 AM: After breakfast, we drive for five hours to reach the national park for wildlife safari. Overnight at the lodge.

**Day 09:** Chitwan National Park offers you all the exciting jungle activities: elephant ride, jungle walk, village visit and bird watching etc. Overnight at the jungle lodge.

**Day 10:** Early morning jungle activities after which you will be driven back to Kathmandu. Overnight at the hotel.

**Day 11:** visit orphanage.

TREKS



Overnight at the hotel.

**Day 12:** Free till departure/transfer to the airport.

## Kathmandu-Ama Dablam Base Camp-Orphanage-Kathmandu

**Duration:** 13 Days

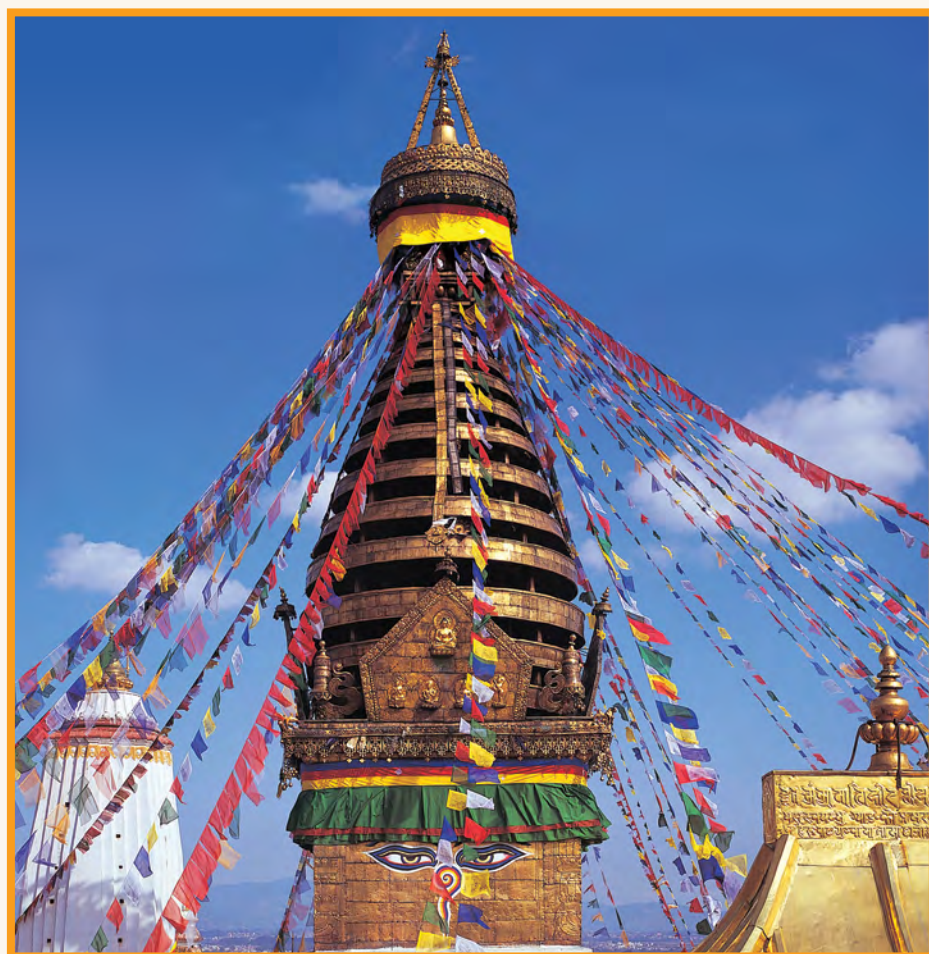
**Grade:** Moderate & Inspiring

**Maximum Elevation:** 4,570m at Ama Dablam Base Camp

**Season:** Autumn and Spring

The trip kicks off with an exciting flight on a Twin Otter to the airstrip in the Himalaya at Lukla, from where we follow in the footsteps of famous Everest climbers along the trail to Namche Bazaar. We are now in Buddhist Sherpa country where you come across colourful prayer flags, carved mani walls and ornate monasteries along the way.

The trek takes you to some of the prettiest Sherpa villages and on to Namche Bazaar, the colourful, vibrant heart of Sherpa country. One of the highlights of the trek is a visit to the famous Tengboche Monastery in the Khumbu region. This monastery was partially destroyed by fire in the 1980s and rebuilt soon after. The trail takes you through beautiful Nepalese villages with scintillating views of the Khumbu and Everest region. A moderate trek designed for the first time trek-



ker, it follows a section of the classic Everest Base Camp trail. The mountain views are stunning as famous peaks like Everest, Ama Dablam and Thamserku appear to be within touching distance.

**Day 1: Arrival in Kathmandu.** Our staff will receive you at the airport and transfer to Hotel Tibet; rest of the day at your leisure.

**Day 2: Sightseeing Tour of Kathmandu Valley.**

**Day 3: Fly to Lukla (2,840m), trek to Phakding (2,610m)- 4 to 5 hours walk.**

Leave the hotel for the Domestic Airport to catch the early morning flight to Lukla high in the mountains. This is a spectacular flight as you rise above the hills of Nepal to gaze excitedly at the gigantic Himalayan peaks towards the north. Sherpa guides will be there to greet you and

lead you on an amazing journey following the Dudh Khosi valley to the village of Phakding.

**Day 4: Trek to Namche Bazaar (3,445m)- 5 to 6 hours walk.**

Climb up to the thriving trading town of Namche Bazaar, a popular stop for many treks. Halfway up the hill is a special moment on the trek as we get our first views of Everest and Lhotse. Namche Bazaar is the largest town in the Khumbu region and enjoys superb views of peaks like Thamserku (6,648m), Kwangde (6,220m) and Khumbila (5,700m).

**Day 5: Day walk to Everest view point.**

This is the first of two acclimatizing days in Namche Bazaar which is essential to help your body adapt to the higher altitudes. Today's morning hike takes us up above Namche to the Everest view-point. On the way back we stop







for lunch near the interesting Sherpa Culture & Everest Mountaineering Museum which is well worth a visit. After lunch we walk back to the lodge and the afternoon is free for you to relax or explore Namche.

**Day 6: Trek to Deboche (3,770m)- 5 to 6 hours walk.**

As we leave Namche Bazaar, we embark on a trail that passes high above the Dudh Khosi river through rich rhodo-

dendron forest with superb views of the valley to Everest and Ama Dablam. After a river crossing at Phunki Tenga, we start the climb through a forest to Tengboche. The Tengboche Monastery is located here and is well worth visiting. Our lodge at Deboche is a 15-minute walk away from Tengboche.

**Day 7: Trek to Pangboche (3,930m), afternoon walk towards Ama Dablam BC (4,570m).**

We descend to the Imja Khola, before crossing the river and then climb gradually to the village of Pangboche. Arrival at the lodge is followed by an early lunch after which we start the hike towards Ama Dablam Base Camp. This is an opportunity to get off the main Everest Base Camp trail and explore a quieter area in the Khumbu, below one of the most beautiful mountains in the world.

If you prefer a shorter walk then you can walk to the viewpoint above Pangboche village and also visit the Gompa (small monastery) there.

**Day 8: Trek to Phortse village- 6 hour walk.**

We follow a different trail that takes you high up the hillside before arriving at the village of Phortse. Here you are rewarded with an enchanting view of Tengboche Monastery with Mount Kangtega as the backdrop.

**Day 9: Trek to Monjo- 6 to 7 hours walk.**

After Phortse, we descend steeply through delightful birch and rhododendron forests to the river Dudh Khosi. Crossing the river, we embark on a steady hike up to the Mong La pass at 3,963m. From here it is downhill to Tashinga where we join the main Base Camp trail again. We retrace our steps all the way to Namche Bazaar and then down to Monjo village.

**Day 10: Return to Lukla- 5 hour walk.**

From Monjo we continue the descent of the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At Chaurikharka, we start ascending the final hill of the trek to reach Lukla. Overnight at Numbur Lodge.





**Day 11: Fly back to Kathmandu.**

Provided the weather is fine at Lukla, we catch an early morning flight back to Kathmandu. The rest of the day you are free to relax in Kathmandu or go shopping. Overnight at the hotel.

**Day 12: Visit Orphanage. Overnight at the hotel.**

**Day 13: Fly back home.** Transfer to Tribhuvan International Airport (TIA), Kathmandu, for the flight back home. End of trip.

## Kathmandu-Pokhara- Mardi Himal-Pokhara- Orphanage-Kathmandu

**Duration:** 12 Days

**Grade:** Moderate & Exhilarating

**Maximum Elevations:** 4100m at High Camp

**Season:** Autumn, Winter, Spring

The Mardi Himal and Machhapuchhare Trek is a unique and interesting trek. Offering an opportunity to explore traditional villages, incredible scenery and diverse cultures, the trek leads through astounding views of snow-capped mountains, gushing rivers and resplendent valleys. The emphasis of the trek is on the forest and wilderness zone of these mountains. This trek takes you through some of the most unexplored regions of the Himalaya. A few villages that will be visited during the last days of the trek are known for their well-



preserved traditions as they do not lie on the over-exposed tourist trail.

**Day 01:** Meet at TIA Airport in Kathmandu and transfer to hotel.

**Day 2:** Sightseeing Tour of Kathmandu Valley.

**Day 3: Pokhara and drive to Kande / trek to Australian Camp: 1 hour drive and 3 hour walk**

Soon after breakfast, a taxi will be arranged to take you through Pokhara town to Kande. There the trek will begin going through forests of oak, rhododendron and silver birch trees enjoying astounding views of Annapurna South, Hiunchuli and Lamjung. At the end of the day's trek you arrive at the beautiful camp site popularly known as the Australian Camp.

**Day 4: Trek to Forest Camp (2,480m) approx 6 hour walk.**

This day, embark on a trek that leads through an enchanting forest of birch, giant rhododendron, mountain oak, maple, hemlock and daphnia finally arriving at the camp site on a small clearing far from the beaten track. Overnight at the camp.

**Day 5: Trek to Low Camp (3,150m) approx 3 to 4 hours walk.**

The fifth day brings a refreshing change in flora and fauna: Classic forest with moss and lichen are encountered and as we climb higher, there are natural windows in the woods through which you can gaze at panoramas of the Hiunchuli massive and the knife-sharp traverse towards Annapurna South. Far below, to the left, is seen the Modi Khola Valley leading up into the Annapurna Sanctuary. Although the Low Camp is enclosed by forest, a magnificent view of the 'Fishtail' mountain can still be had.

**Day 6: Trek to High Camp (4100m) approx 4 to 5 hours walk.**

After breakfast we take a 2 hour hike up to high camp which happens to be the highest point on our trail.

**Day 7: Trek to Forest Camp.**

On this day we trek back to the Forest Camp in approximately 6 hours.

**Day 8: Trek to Dhampus (1,750 m) approx 6 hours walk.**

Today we hike back to follow the route from Annapurna Sanctuary at Deurali. The trail follows the ridge through a





forest and green pastures on the way to Dhampus via Pothana. The views of Annapurna South, Hiunchuli, Machhapuchhare, Annapurna and Lamjung Himal are breathtaking.

**Day 9: Trek to Phedi and drive to Pokhara - 1 hour walk and a 30-minute drive.**

From Dhampus, the trail descends to

Phedi where the driver will be waiting to take you back to Pokhara. Overnight at the hotel.

**Day 10: Fly to Kathmandu.**

If the Weather is clear, we will catch an early morning flight from Pokhara back to Kathmandu. The rest of the day in Kathmandu you are free to relax or go shopping. Overnight at the hotel.

**Day 11: Visit Orphanage. Overnight at the hotel.**

**Day 12: Fly back home.** Transfer to TIA in Kathmandu for the flight back home. End of trip.

**Kathmandu-Everest Base Camp-Kathmandu**

Everest Base Camp Trek Itinerary

**Duration:** 18 Days

**Grade:** Tough & Spectacular

**Maximum Elevations:** 5,545m. at Kala Pathar

**Season:** Autumn and Spring

This is the shortest way into the Everest Base Camp; take the spectacular flight to Lukla and then hike along the classic trail at Phakding. Follow the trail upwards through Sherpa country with a distinct Buddhist culture and colorful market towns to the series of lakes that mark the base camp of Everest.







#### **Day 1: Arrival in Kathmandu.**

You will be received by our staff at the airport and transferred to Hotel Tibet. Rest of the day at leisure.

#### **Day 2: Sightseeing tour of Kathmandu valley.**

#### **Day 3: Fly to Lukla (2,840m), trek to Phakding (2,610m)- 4 to 5 hours walk.**

You will be transferred from your hotel to the Domestic Airport for the early morning flight to the mountain airstrip at Lukla. A remarkable beginning to the trek as you fly over the verdant hills and emerald valleys of Nepal with the massive Himalayan peaks visible towards the north. On arrival, we meet with our Sherpa guides and then begin the trek that follows the Dudh Khosi valley up to the village of Phakding.

#### **Day 4: Trek to Namche Bazaar (3,445m)- 5 to 6 hours walk.**

Today's hike calls for a climb up to the

trading town of Namche Bazaar. Half-way up the hill we are rewarded with our first views of Everest and Lhotse. Namche is the largest town in the Khumbu and has superb views of Thamserku (6,648m), Kwangde (6,220m) and Khumbila (5,700m).

#### **Day 5: Acclimatization day in Namche.**

Today is a rest day to allow us to adapt to the higher altitudes. There is plenty to do in and around Namche; we can take a short walk above the town to get a view of Everest. You can spend some time at the interesting Sherpa Culture Museum which is worth a visit. Return to the lodge for lunch and in the afternoon, you can either relax or visit the Bazaar. Overnight at the lodge.

#### **Day 6: Trek to Deboche (3,770m)- 5 to 6 hours walk**

From Namche Bazaar the trail takes you high above the Dudh Khosi River through rhododendron forest with

superb views up the valley to Everest and Ama Dablam. After crossing the river at Phunki Tenga, we start the climb through a forest to Tengboche. The main monastery of the Khumbu is located here and is worth visiting. Our lodge at Deboche is a mere 15 minutes walk away from Tengboche.

#### **Day 7: Trek to Pangboche (3,930m), afternoon walk towards Ama Dablam Base Camp.**

After descending to the Imja Khola, we cross the river and climb gradually to the village of Pangboche. On arrival at the lodge, you have an early lunch before starting the hike towards Ama Dablam Base Camp. This is an opportunity to get off the main Everest Base Camp trail and explore a quieter area in the Khumbu below one of the most beautiful mountains in the world.

If you prefer a shorter walk, you can walk to the viewpoint above Pang-





Bike tours are designed to take enthusiastic cyclists around Nepal on mountain bikes. They vary from easy stretches on day trips to long and tough trips, all the time accompanied by a guide, supporting crew and coach if necessary. These bike tours are specially designed for students to show them different parts of colourful Nepal.

boche village and also visit the Gompa (small monastery) there.

**Day 8: Trek to Dingboche (4,410m)- 3 to 4 hours.**

From Pangboche, we walk to Dingboche to spend two nights there, which will help with the acclimatization process.

**Day 9: Day walk to Chukhung- 5 to 6 hours.**

Today's hike takes us towards Island Peak and lunch is at one of the teahouse lodges at Chukhung before walking back to Dingboche in the afternoon. This greatly helps your acclimatization by following the golden rule of "climbing high and sleeping low".

**Day 10: Trek to Lobuche (4,931m)- 5 hours.**

From Dingboche, the trail continues up the valley towards the moraine of the Khumbu glacier and then across to Dughla. At Dughla the trail goes directly

up the terminal moraine of the Khumbu Glacier before turning left just past the Climber and Sherpa Memorial. From the memorial the route leads to a short descent and follows the western side of the valley to Lobuche. The sight of Tawache and Nuptse are awe inspiring from Lobuche, towering almost 2 km directly above you.

**Day 11: Trek to Everest Base Camp and back to Gorakshep (5,160m)-7 to 9 hours.**

Making an early start, we follow the trail along the western side of the broad Khumbu valley.

The conical peak of Pumori soon comes into view; it is on a lower ridge of this mountain which we will be going to tomorrow for the Everest view point of Kala Pathar. The trail makes a short descent to the sandy area at Gorakshep. It should take between 2 to 3 hours of walking to get to Gorakshep from Lobuche. After a light lunch those in the group who would like to walk on to Everest Base Camp will head off for the 5 to 6 hour return trek. The trail is mainly on rocky moraine before crossing over to the glacier. There is a startling view of the infamous Khumbu icefall from the Base Camp.

**Day 12: Ascend Kala Pathar (5,545m) and return to Pheriche.**

In the morning we climb up to the summit of Kala Pathar; it offers stunning views of the Everest massive (you cannot see Everest from Base Camp) including Himalayan giants like Pumori, Changtse, Nuptse and Lhotse. After walking up to Kala Pathar, we return to the teahouse at Gorakshep for lunch. We then descend to return to the

thicker air of Pheriche in the afternoon.

**Day 13: Trek to Phortse village- 6 hours.**

Shortly after leaving Pheriche, we cross a bridge over the Khumbu River and then rejoin the trail that we took to Dingboche on Day 8. Just before entering Pangboche village we take a detour that takes us high up the hillside to finally reach the village of Phortse. Here one is rewarded with delightful views of Tengboche Monastery with Mount Kangtega providing the backdrop.

**Day 14: Trek to Monjo- 6 to 7 hours.**

Leaving Phortse, we descend steeply through birch and rhododendron forest to the river Dudhi Khosi. We cross the river and walk up to the Mong La pass at 3,963m. From here the descent to Tashinga begins, where we join the main Base Camp trail again. We retrace our steps back to Namche Bazaar and hike down to Monjo village.

**Day 15: Return to Lukla- 5 hours.**

From Monjo, we continue descending down the Dudh Khosi valley passing through the villages of Phakding, Ghat and Cheplung. At Chaurikharka, we start ascending the final hill of the trek to reach Lukla. Overnight at Numbur Lodge.

**Day 16: Fly to Kathmandu.**

If the weather is good, we leave Lukla on an early morning flight back to Kathmandu. The rest of the day in Kathmandu, you are free to relax or go shopping. The usual practice is for groups to meet up in the evening for a farewell meal. Overnight at the hotel.

**Day 17: Visit Orphanage. Overnight at the hotel.**

**Day 18. Fly back home.** Transfer to Tribhuvan International Airport, Kathmandu for the flight back home.



## SOME OF THE INTERNATIONAL SCHOOLS THAT WE HAVE BEEN WORKING WITH FOR THE LAST 15 YEARS SHARE THEIR EXPERIENCES WITH US



### Island School, Hong Kong

#### Why is Nepal a suitable destination for your CAS trip?

Nepal gives each student the opportunity to compare the stark contrast in the lives they lead in Hong Kong with that of locals here. It enables the students to reflect on their own privileged lifestyle and seriously consider their responsibilities as global citizens.

Nepal is blessed with some of the most astounding scenery and landscapes on the planet which provides an ideal setting for any out bound experience.

#### What is the mission behind a trip to Nepal and how will the students benefit?

##### The mission behind the Service trip is:

- To raise the students' awareness of their responsibilities as global citizens and to help them realize that they can make a difference.
- To expose the students to an alternative culture and expand their understanding of the world.

##### The mission behind the trek is:

- To place students in a physically and mentally challenging situation that facilitates their personal growth.



#### Feedback on Nepal Sanctuary Treks' services

Whether trekking in the Annapurna region or organizing community projects at Katja House, Nepal Sanctuary Treks always provides the highest level of service. Nepal Sanctuary Treks are acutely aware of the inherent risks when taking large groups of school children on such ventures and offer a very personalized service to ensure that the students enjoy a safe and meaningful experience. When trekking they use modern and high specification equipment. Further, Nepal Sanctuary Trek's long standing relationships with local communities throughout Nepal ensures that trekking trips and community projects are well organized, appropriately resourced and sustainably managed.

Paul Harris, Teacher, Island School, Hong Kong.



### Hong Kong International School

#### Why is Nepal a suitable destination for your Interim week?

As a destination for high school students, Nepal offers a wide variety of experiences and challenges. Every trip, whether focused on a service objective or an outdoor sport, automatically includes encounters with the culture and people of Nepal. A wide variety of outdoor options are available including week-long trekking, minor mountaineering, white water rafting, bicycling, paragliding, and jungle safari. Service options include visiting schools and children's homes that can include helping with construction projects or helping students practice English or to set up a computer lab with wireless Internet in a remote school or health center. Nepal, of course, offers a rich opportunity for cultural learning whether sightseeing in the Kathmandu valley, visiting a Buddhist monastery, or eating *dal bhat* and drinking tea in a village.

#### What is the mission and what benefits do students get from the Nepal trip?

Exposing teenage students to the situations of people in communities other than their own is one of the main objectives of Interim trips. This is accomplished through visits to local schools, children's homes, and if possible, families living in villages and in cities. It is through one-to-one communication with people their own age that realization dawns on them that happiness is not necessarily dependent on material accumulation, social status or level of education.





## Birkdale School

### Why is Nepal a suitable destination for your school trip and what is the mission behind the trip?

I wanted to run a school trip that involved some type of 'service' aspect, where young people from the UK could 'give' as well as 'receive'.

I chose Nepal because it is a most beautiful country with wonderful wildlife and fantastic opportunities for adventure. In addition it is a poor country so there is plenty of opportunity for the service element of the trip. Finally the Nepalese are so friendly and welcoming making it a very 'safe' country to bring young people to.

### What benefits do students get from Nepal trip?

The young people on the trip get to experience a completely different culture. The service element of the trip is to teach in some poor schools and our students are trained in TEFL (Teaching English as a Foreign Language) techniques before departure to Nepal.

In the schools our students soon learn that there are a large number of very bright children - in itself this is a lesson to our youngsters who are of the belief that if 'you are bright you are wealthy'.

The trek is a great experience for them all as it builds the group as a team but individually some of those who struggle with the physical aspect of the trek learn a great deal about self-discipline and perseverance.



### Feedback on Nepal Sanctuary Treks' services

I have used Nepal Sanctuary Treks' service for the past six years and highly recommend it. They are perfect for the kinds of experiences we want to offer students. Their local guides are always helpful, courteous and friendly. They clearly enjoy being with the students and openly share cultural insights, Nepali songs and even give Nepali dancing lessons! Arrangements for hotels, local lodges, or camping are great and hassle-free. Local transportation, whether by air, bus or van, is also well arranged and convenient.

Richard Friedericks, Teacher,  
Hong Kong International School



## Sha Tin College

Nepal is the ideal location for CAS Week because it offers the combination of challenge on Creativity, Activities and Service that IB CAS requires. There are few countries that can offer such breathtaking scenery and warm-friendly people as Nepal within an affordable budget and fairly close to home.

The local knowledge and length of experience in catering school trips is an important consideration when choosing Nepal Sanctuary Trek as our main operator. I know I can trust the company to adapt the itinerary to the needs of the students and their ability to handle emergencies have been tried and tested.

Ms. Meiling Tsang – Teacher, Sha Tin College, Hong Kong







### Feedback on Nepal Sanctuary Treks' service

Nepal Sanctuary Treks have directed our 'adventure' aspect of the trip for many years now and they have always been brilliant. Each year we have had quality guides who cannot do enough for us and we have been looked after really well. Nepal Sanctuary Treks always try to find the best value for money in the travel arrangements, jungle lodges, tea houses and river rafting experience. I would thoroughly recommend them as someone who has now been travelling with young people to Nepal for 15 years.

Keith Muller  
Teacher, Birkdale School

### Why is Nepal a suitable destination for your school trip?

Nepal is the ideal destination for school trips that focus on incorporating elements of personal challenge along with other adventurous and cultural immersion experiences. Nepal has iconic features, such as the Everest and Annapurna regions, which regularly feature on the bucket lists of travelers worldwide.



### What is the mission and what benefits do students get from the Nepal trip ?

Gazing with awe at the spectacular and diverse beauty of the Himalayas.

Exploring with joy the dense tropical forests with its wealth of wildlife.

Rafting adventurously down the liquid highway of the Trisuli.

Living to the beat of Nepali time, sharing their traditional culture and their customs.

Becoming a global citizen by connecting in a genuine way to other communities. Students may follow different paths in their awareness - ecotourism, the preservation of wildlife, the protection of vulnerable children, the ancient temples and architecture, and the respect for other values and thinking.

- Robyn O'Shea, Head of Service Learning



**St Andrew School, Australia**



I am Deputy Principal at Island School Hong Kong and for many years the school has organised an annual Himalayan trek using Tulsi's company. Additionally he organised my own expedition from Kathmandu to Lhasa (Tibet) in 2001. He is also a trustee of an orphanage and school that we at Island School sponsor.

Tulsi has been a honoured friend of our school for many years. He can be relied upon absolutely to provide a high level of service. His reputation for honesty is beyond reproach. He is a delight to work with: a real gentleman.

I know that if you charge Tulsi with responsibility for organising an expedition into Nepal and Tibet the preparation will be impeccable. We went equipped with equipment to guard against altitude sickness, the drivers and guides were first rate and all the accommodation and food arrangements went according to plan.

As far as it possible to guarantee safety in this region, it can be guaranteed by Tulsi.

I cannot recommend him highly enough and I am appreciative that you have chosen to use his company as times have not been good for Tulsi and the Nepali travel industry in recent years.

Do not hesitate to contact me if you wish to know more.

Regards and have a great expedition. I know from experience that you will find this type of adventure awe inspiring.

Chris Forse  
Island School, Hong Kong

## OSU Student Field Trip

Dear Tulsi

I would like to thank you once again for a well-organized trip. We all had a great time. I am sure you will have some return customers. I specifically would like to thank you for the special consideration you gave to Patrik

Best regards -John

John Nabelek  
College of Oceanic &  
Atmospheric Sciences  
Oregon State University  
104 COAS Admin Bldg  
Corvallis, OR 97331

Nepal Sanctuary Treks is a terrific guide company! They arranged a recent trek for me for 12 Dartmouth College singers. They had a fantastic time and everything was organized extremely well. Furthermore, it was safe from every standpoint. I highly recommend them and the family owners are great too

Mary C. Carroll  
PO Box 654, Naalehu, HI  
96772. USA

Dear Tulsi

We have the fondest memories and I think that for all of us it was a wonderful and enriching experience. We are so deeply appreciative of the kindly generosity of all the people on your staff who helped us and made it such a resounding success.

Tim Hardingham, Steading West End  
Wendens Ambo, Saffron Walden  
Essex, CB11 4UJ, UK







## Island School, Hong Kong

### Island School trekking in Nepal

Island School is an international secondary school (11-18) in Hong Kong. It is part of the tradition of the school going back over 30 years to have an annual trek in Nepal for our senior students, interrupted only occasionally by the more severe bouts of civil disturbance. In the early days, treks used to take place over the Easter Holidays but in recent years, the treks have taken place in October during the school's Quest Week in which all normal lessons are suspended for extra-curricular activities and trips.

#### Why Nepal Sanctuary Treks?

We have used Nepal Sanctuary Treks from the year that it was set up. The owner of the company, Tulsi Gyawali was known to the staff at Island School through the previous company he worked for and we have come to trust him completely. He and his staff are very experienced in catering to the needs of school parties, and their willingness to go the extra mile to look after us has been exemplary and gratefully received through the years. Many of the Sherpas, guides and porters work loyally for the company as they are treated well, and our teachers have come to look forward to seeing those familiar faces year after year. They are a professional outfit of the highest caliber and they are passionate about serving their clients.

Pak Chan  
Island School teacher



#### Why trek in Nepal?

Trekking at altitude is challenging and an excellent experience for our students. It taxes them physically and mentally, and it engenders team work. The training for trekking would start back in Hong Kong months before departure, although nothing really prepares the students for up to 8 days of relentless walking, reaching heights of over 5,000M. Equally important of course, is the stunning beauty of the landscape. The awe-inspiring mountains, waterfalls and glaciers; the change in fauna and flora with the change in altitude; the sparse settle-

ments and the beautiful villages along the way are par for the course on every trek. There is also the thrill of reaching the destination, be it Everest Base camp, Annapurna Base Camp, Khare Lake or over the Thorong La pass. That sense of achievement lives with our students (and staff) for the rest of their lives.

The nature of the trek is also special. On our treks we camp, and hence we need the support of a large number of guides and porters who not only bring all the tenting equipment, but also stools, tables, lamps, and in addition, carry our big bags leaving us with just the daypack to worry about. We also have our own kitchen staff responsible for cooking us 3 meals a day along with regular lemonades and tea and biscuits! For a typical party of 30 students and staff, we could have the support of 70 to 80 locals. It makes for a sizable and exciting expedition of the traditional kind!

Above all though, it is the people that make Nepal special. Their gentle kindness to strangers, their toughness in adversity, their unique cultures and diversity of religions, and their colourful festivals and celebrations are just some of those characteristics that bring visitors back for more. The chaotic bustle of Kathmandu and the relative tranquility of Pokhara – so much contrast, so much to see!









## Community Service in Nepal

I have been taking school trips to Kathmandu, Nepal, for over twenty years firstly with Island School and latterly with German Swiss International School. Both schools are based in Hong Kong. My wife and I have been associated with a charity project, called the Katja Foundation, which runs an orphanage for around 60 children. The orphanage is located at the outer edge of the Kathmandu valley

## The Katja Foundation Heritage

The orphanage was set up as a community service project prior to the introduction of CAS associated with the IB

diploma but satisfies all the requirements of CAS. The students in groups ranging from 30 to 50, do considerable fund raising work prior to the trip then work with the children for a week and the on returning to Hong Kong reflect on their experiences and the impact of Nepal on their awareness of life and their implicit values.

All details and hotel and transport arrangements are orchestrated by Nepal Sanctuary Treks under the leadership of Mr Tulsi Gyawali with whom we have worked closely with for over twenty years. The experience has always been highly efficient and effective and can only give Tulsi and his company our unreserved recommendation.

Interspersed with the work at the orphanage there is opportunity to explore the culture and history of Nepal with its many world heritage sites. A typical itinerary is attached below.

## Discovery Week

### Kathmandu Project Schedule Sample

#### Day 1:

**16.00** Depart for Kathmandu

**22.30** Arrive Kathmandu and transfer to hotel. Check in and lights out.

#### Day 2:

**09.00** Breakfast at the hotel, then assemble in garden for arrangements for the day

**10.30** Group walk around Thamel area for familiarization/introduction to Kathmandu

**12.00** Lunch

**13.00** Minibus to Katja House to meet the children of the project

**18.00** Minibus back to hotel. Meet in







Namaste !!

Our students have always found the trip to be a rewarding and moving experience and many have gone more than once and still remain in touch with the children of Katja House via Facebook and email.

The reality is that the children at Katja House are as intelligent and as caring as the guests they greet. It is just a matter of poverty and opportunity and we are trying to give these children opportunity for a better life.

garden for instructions and arrangements for the evening

**21.00** Back to hotel

**22.30** Room check and lights out

#### **Day 3:**

**09.00** Breakfast at hotel then assemble in garden for arrangements for the day  
**10.30** Group goes out to gather/purchase materials for work at Katja House for the day

**12.00** Lunch

**13.00** Minibus to Katja House to meet the children of the project

**18.00** Minibus back to hotel. Meet in garden for instructions and arrangements for the evening

**21.00** Back to hotel

**22.30** Room check and lights out

#### **Day 4:**

**08.00** Breakfast at hotel then assemble in garden for instructions for the day

**09.00** Minibus to visit Bhaktapur – ancient capital of Nepal

**12.00** Lunch

**13.00** Minibus to Katja House to meet again and work with the children of the project

**18.00** Minibus back to hotel. Meet in garden for instructions and arrangements for the evening

**21.00** Back to hotel

**22.30** Room check and lights out

#### **Day 5:**

**09.00** Breakfast at hotel, then assemble in garden for instructions for the day

**10.00** Free time for local sightseeing and shopping under guidance of the staff

**12.00** Lunch

**13.00** Minibus to Katja House to meet again and work with the children of the project

**18.00** Minibus back to hotel. Meet in garden for instructions and arrangements for the evening

**21.00** Back to hotel

**22.30** Room check and lights out

#### **Day 6:**

**09.00** Breakfast at hotel, then assemble in garden for instructions for the day

**10.00** Minibus to Katja House and project work all day. Packed lunch required.

**16.00** Minibus back to Bodhnath – a giant and holy Buddhist Stupa

**21.00** Back to hotel

**22.30** Room check and lights out

#### **Day 7:**

**09.00** Breakfast at hotel, then assemble in garden for instructions for the day

**10.00** Minibus to Katja House and project work all day. Packed lunch required.

**18.00** Minibus back to hotel. Meet in garden for instructions and rules for the evening

**21.00** Back to hotel

**22.30** Room check and lights out

#### **Day 8:**

**09.00** Breakfast at hotel, then assemble in garden for instructions for the day

**10.00** Check out and put baggage in safe room. Free time for final local sightseeing and shopping under guidance of the staff

**12.00** Lunch

**13.00** Minibus to Katja House to meet with and say goodbye to the children of the project

**18.00** Minibus back to hotel. Meet in garden for instructions and arrangements for the evening

**19.00** Dinner

**20.30** Retrieve luggage and prepare to go to airport for check in

**23.15** Kathmandu departure





Dear Tulsi,

Thank you so much for your hospitality during our visit. We both had a thoroughly relaxed and enjoyable time in Nepal with you as always, and it is now proving very hard to settle back into routine.

We must also re-iterate our thanks for the organisation of our trek. It was simply one of the best holidays we have ever had and whilst we loved the scenery and the walking, our enjoyment was largely due to the quality of the care we received throughout. I think there were two main factors that contributed to the excellence of the crew looking after us. Firstly they gave every indication that they were enjoying the trek as much as we were and being looked after by such happy, smiling people was quite delightful. Secondly we were impressed by the courtesy and respect that the crew showed to everybody we encountered. This meant that the entire group never simply arrived anywhere, we always seemed to be very warmly welcomed. We therefore cannot commend them highly enough.

We are now hoping to do another trek either at Christmas, or next Easter and we very much hope that we can once again enjoy their company then. So thank you once again for our trip and we are already looking forward to our next visit.

Mary Peart  
Principal  
German-Swiss International School, Hong Kong



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