



Nepal / Himalayas

Destination Information Pack

2009

Project Details:

We work closely with host country partners to create the best working environment. Currently, we are working near the rural village of Pokora in local orphanages, schools or by creating renewable energy resources for the houses there. It entails developing cemented holes that allow methane to power ovens and cookers so that families are able to cook food.

Aims and Objectives:

Trekforce's aim is to find the perfect balance of worthwhile conservation projects, amazing treks, language immersion and engrossing activities. As a whole, the Nepalese expedition is the complete package. From the frosty peaks of Everest to the hilly outcrops of Pokora to the bustle of Kathmandu, there's always action and adventure. So much so that it practically cries out to be seen.



Basic Itinerary:

Week 1

Day 1: Arrive at Kathmandu Airport. Have a safety briefing and explore the capital. Go from the King's Palace to the shopping district of Thamel. Maybe even check out Freak Street, a popular hippie area!

Days 2-7: Nepali classes for you to master the basics of the language with sightseeing in Kathmandu intertwined with it. Stay with local families as part of the authentic experience.

Week 2

Travel to a rural village near Pokora and begin your rural project. This can be either in a school, orphanage or doing a conservation project. In the past, the conservation project has entailed creating alternative energy sources by digging and cementing holes into the ground (which creates a large, compost-like container) where methane is then produced. The gas created allows a family to cook food using entirely recycled resources.

Week 3

Travel to the Royal Chitwan Park, the last home of the famous and illustrious Bengali Tiger. Here, you will embark on a wild ride atop an elephant as you search for the Bengali Tiger in its natural habitat. You will also go white-water rafting for a thrilling adrenaline packed ride.

Week 4 (Week 1 for the '2 week' expedition)

The trek to Everest Base camp is a real adventure. Travel with authentic Sherpa's and guides from the city of Lukla up the most notorious mountain on earth. It is a five day trek to reach the camp. Along the way, you will visit traditional teahouses and stop in remote villages.

Week 5 (Week 2 for the '2 week' expedition)

The descent from base camp is a truly spectacular marvel with breathtaking views of picturesque lakes, plateaus and the stunning Himalayan Mountain peaks. Once you return to Lukla, you will travel again to Kathmandu where you will spend the last night enjoying a relaxing, rewarding and bountiful meal with your fellow trekkers and reminisce on five fantastic weeks!

What sights am I likely to see?

Mount Everest is the most famous landmark in Nepal and there are splendid mountains aplenty. However, the heart of Kathmandu is definitely worth seeing and has a rich culture. Throughout Nepal there are culinary delights like dal (lentil soup) and tarkati (curried vegetables). The Nepalese are renowned for their dances so keep your eyes open for the next Michael Jackson. Nepal has over 160 types of mammal, such as the Bengal tiger, the great one-horned rhino and the snow leopard.



Where will I be living?

Living conditions vary greatly depending on where you are on the expedition. For example, during the trek, you will be living in tea-houses. However, with the homestay portions, that will be in a local house. For the project element, there is a basic camp. Sanitation is always a priority but you will naturally get your hands dirty.

Food:

Food will be basic expedition food and is designed to support the strenuous activities of the trek. For the homestay and project elements, the food is cooked by your homestay family so will often be a dish served with rice and curried vegetables.

History and Country Facts:

Nepal is a land-locked country sandwiched between China and India. It has recently (May 2008) become a republic and elected its first president soon after. Religion is very important in Nepal and is split between Hinduism (majority) and Buddhism. The language spoken is Nepalese and their flag is the only non quad shaped in the world. The symbols represent the sun and the moon.
 Population – 30,000,000 (estimate)
 Geography – 147,000km²
 Weather – Generally hot but the mountain weather can be Very chilly.

Currency and finances:

The official currency in Nepal is the Nepalese Rupee (NPR). 1 British Pound is worth approximately 125NPR. Trekforce suggests taking some cash with you for any items you may wish to buy on the ground (such as gifts, market produce or alcohol). All the major cities have ATMs so a credit card can come in handy.



Demographics:

Our expeditions are open to all nationalities. It is strongly recommended that all participants contact their visa offices/embassies to see what the visa requirements are for their specific country.

The minimum age is 17 and there is no maximum. Our expeditions attract people from diverse backgrounds and from all different ages. Many of the applicants are gap year students or career break participants looking to get away for a while.