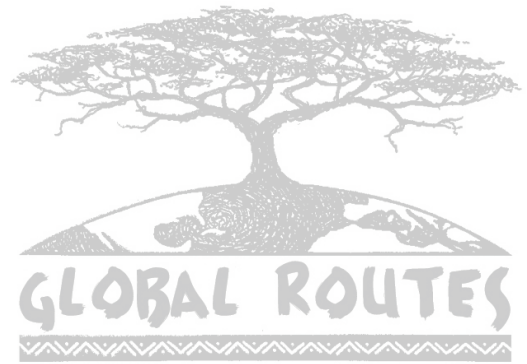


# NEPAL

## THE ROOF OF THE WORLD



From the tropical lowland flats of the Tarai to the dramatic silhouette of Himalayan peaks, Nepal offers the adventurous traveler an unparalleled opportunity for exploration. Nepal's skyline includes eight of the world's ten highest peaks, each towering over 26,000 feet. Nestled in high-altitude valleys and in close harmony with the land, small communities still practice a peaceful agricultural and pastoral lifestyle. At the "roof of the world," Nepal's Langtang amphitheater is the looming backdrop for your village stay and community service project. The rich cultural and spiritual fabric of Nepal, and the warm hospitality of the Nepalese people interweave to create an awe-inspiring appreciation for life's simplicity.

*"My leaders inspired me to fall further into the culture and to take real interest in the places we visited and to recognize just how amazing things truly are."*

**-Lily Chait, Nepal**

## HIGHLIGHTS

**Wander through the bazaars,** temples and cobblestoned streets of Dhulikhel and Kathmandu.

**Delve into Nepalese family life** and learn the techniques for subsistence on the steep terraced landscape.

**Trek** to sacred, jewel-like lakes beneath breathtaking peaks in the Himalaya.

**Construct a school,** plant trees and teach English in a rural Nepalese village.



## NEPAL DETAILED ITINERARY

### IN-COUNTRY ORIENTATION AND TREKKING THE LANGTANG HIMAL

After a two-day journey from the U.S., you and your group head to a cozy lodge in the quaint mountain town of Dhulikhel. With a breathtaking panorama of the Himalaya in the background, you enjoy your first cups of chai (tea), get to know one another and begin your informal studies of conversational Nepali. Rising early one morning to hike to the Buddhist stupa at Namobuddha, you begin to prepare your trekking legs and enjoy the sunrise from this ancient Kali Temple.

#### **Trekking in the Himalaya**

Your group then heads north to the stunning Langtang region or West to the Annapurna Sanctuary. Here, experienced Nepalese sherpas (guides) lead you on your trek through the villages, mountains and passes of the Himalaya. Days on the trail begin with tea and apple porridge to fuel your walk and end with a filling meal of vegetable curries, rice and bean soup, known locally as dhal baht. Follow ancient paths in the Langtang Valley, stay in the humble homes of Nepalese families at night, and marvel at the grand 8,000 meter peaks in the distance. Trekking in Nepal is an experience of a lifetime.

### COMMUNITY SERVICE AND CULTURAL EXCHANGE

Feeling fit and inspired, it's time to head to your homestay community, located in the heart of the fertile Hill's Region, an hour outside of Kathmandu. Here you spend two weeks immersed in the essence of Nepalese life working with local community members to construct a school or a much needed community water tank. Everywhere you turn, humble appreciation for your work and collaborative effort is expressed. Teach English to local children, lead an adult reading seminar, or design a colorful mural to adorn a classroom wall. Step into the rhythm of rural Nepalese daily life; harvest the season's bounty with your host mother or tend to your family's chickens and goats at your host father's side. Participate in the local festivals of the season and visit some of the many temples that dot the rolling landscape.

### TRAVEL ADVENTURES

After a final celebration ceremony in your village, you will discover the medieval cities of Bhaktapur and Bodhnath. In Bhaktapur, called the "City of Devotees," meander through ornate 15th century temples and marvel at the traditional Newari craftsmanship for which this ancient heart of the Malla Kingdom is acclaimed. Your last stop is Bodhnath, a home to many of Nepal's Tibetan refugees. Bodhnath is famed for its colorful and exhilarating sights, sounds and smells and for the way it casually blends the modern with the spiritual. Observe a local woman making offerings to the gods along a market walkway, and smile at the paradox of a cow wandering along cobblestone streets.

## THE BASICS

**Dates:** TBD.

**Starting/Ending Point:** Kathmandu, Nepal

**Program Fee:** TBD, depending on group size.