



# Road trip in Nepal

From the bustle of Kathmandu's alleys to the serenity of the Annapurna foothills, this 21-day journey through Nepal combines adventure, culture and community. This is more than a road trip, this is a once-in-a-lifetime immersion into the soul of Nepal.

# Program description

This three-week journey takes you across Nepal's iconic landscapes and cultural centers. Start in Kathmandu with orientation and heritage exploration before heading west to raft the Trishuli River and venture into Chitwan National Park for rhino sightings and jungle walks. Continue on to Pokhara where lakes, cycling routes, and a five-day trek to Poon Hill deliver breathtaking mountain views.

Back in Kathmandu, deepen your cultural connection through school teaching projects, Thangka painting, temple visits, yoga, and cooking classes. By the time you leave, you will have experienced Nepal's wilderness, traditions, and the warmth of its people.

## **Aims and objectives**

- Showcase Nepal's natural wonders through rafting, trekking and jungle activities
- Provide cultural immersion through art, cooking and rituals
- Foster meaningful cross-cultural exchange with local schools and communities
- Encourage personal growth through yoga, meditation and reflection
- Balance structured adventure with free time for independent discovery

# Additional equipment

- Trekking shoes and comfortable walking gear
- Warm layers for Annapurna trek nights
- Rain jacket (June to September)
- Daypack for daily excursions
- Modest clothing for temples and cultural visits
- Daypack for daily excursions
- Reusable water bottle
- Sunglasses hat and sunscreen
- Insect repellent
- Flashlight or headlamp
- Power bank and outlet adapter
- Quick-dry towel
- Locks for bags and hostel lockers
- First-aid kit
- Personal toiletries eco-friendly if possible
- Notebook and pens for journaling or workshop notes
- Snacks for journeys (optional)



# Schedule

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

Arrive at Tribhuvan International Airport where you'll be greeted with a warm welcome and transferred to the Center. After settling in, join your group for an introduction and a welcome dinner that sets the tone for the adventure ahead.

Overnight: Kathmandu

## **Day 2: Kathmandu Orientation**

Start with a traditional welcoming ceremony and a session on Nepalese customs, rituals and cultural do's and don'ts. Take part in a cross-cultural activity before heading out on a guided orientation walk through the heart of Kathmandu where you'll join a scavenger hunt at a bustling local market.

Overnight: Kathmandu

## **Day 3: White Water Rafting on the Trishuli**

Travel through scenic valleys to the Trishuli River and gear up for an exhilarating rafting adventure. Paddle through gentle yet exciting rapids, enjoy the fresh mountain air and unwind at a riverside camp or resort. In the evening share stories around the fire with your group.

Overnight: Camping/Resort, Fishing

## **Day 4: Into the Wilds of Chitwan**

Wake for a short morning rafting run before continuing to Chitwan National Park. On arrival immerse yourself in Tharu culture with a village tour and traditional dance performance. As dusk settles, head into the park for a first glimpse of Nepal's wildlife on a jungle drive.

Overnight: Resort, Chitwan

# Schedule

## **Day 5: Chitwan Jungle Safari**

Set out on a canoe ride where you may spot freshwater crocodiles basking along the banks. Trek with a naturalist guide through the jungle learning about flora and fauna, then visit the elephant breeding center where you'll help prepare food for the elephants. End the day with a golden sunset at the Rapti River.

Overnight: Resort, Chitwan

## **Day 6: Journey to Pokhara**

Drive west to Pokhara, the city of lakes and mountains. After checking in to your hotel take a lakeside stroll and watch the sun dip behind the Annapurna range. In the evening, witness the light offering at Tal Barahi Temple set beautifully on Phewa Lake.

Overnight: Hotel, Pokhara

## **Day 7: Cycling Adventure in Pokhara**

Hop on a bike for a guided cycling tour around Pokhara Valley. Ride past villages, fields and lakeside views while taking in the serene Himalayan backdrop. Spend the evening at leisure exploring Pokhara's lively lakeside cafés and shops.

Overnight: Hotel, Pokhara

## **Day 8: Trek Begins: Nayapul to Ulleri**

Drive to Nayapul and begin your trek into the Annapurna foothills. Climb stone stairways through terraced hillsides and small villages before reaching Ulleri where you'll enjoy your first night in a traditional tea house.

Overnight: Tea House, Ulleri

# Schedule

## **Day 9: Ulleri to Ghorepani**

Continue trekking uphill through rhododendron forests and mountain trails to Ghorepani, a well-known stop for trekkers. Rest in this mountain village surrounded by peaks and prepare for the early morning climb to Poon Hill.

Overnight: Tea House, Ghorepani

## **Day 10: Sunrise at Poon Hill and Trek to Ghandruk**

Rise before dawn to hike up to Poon Hill for one of Nepal's most iconic sunrise views over Annapurna and Dhaulagiri. After breakfast, trek through forests and villages to reach the Gurung village of Ghandruk.

Overnight: Tea House, Ghandruk

## **Day 11: Trek to Pothana**

Follow winding trails through farmlands and oak forests as you make your way to Pothana. This small hilltop village offers sweeping views of the surrounding peaks and valleys.

Overnight: Tea House, Pothana

## **Day 12: Trek to Phedi and Return to Pokhara**

Descend from Pothana to Phedi and take a short drive back to Pokhara. After the trek enjoy some well-deserved relaxation perhaps with a traditional Nepali massage.

Overnight: Hotel, Pokhara

## **Day 13: Return to Kathmandu**

Travel back to Kathmandu by tourist bus. The long but scenic journey winds through valleys, rivers and mountain views before returning to the Green Lion Center.

Overnight: Center, Kathmandu

# Schedule

## **Day 14: Free Day in Kathmandu**

Enjoy a leisurely day to explore Kathmandu at your own pace. Wander through hidden alleys, shop for handicrafts or relax with your fellow travelers.

Overnight: Center, Kathmandu

## **Day 15: Thangka Art and Education Insight**

Learn the sacred art of Thangka painting from local artists then join a session on Nepal's education system. Visit a local school to engage in teaching and cultural exchange.

Overnight: Center, Kathmandu

## **Day 16: Teaching and Temple Tour**

Continue your teaching project at the school then visit Bouddhanath Stupa and Pashupatinath Temple. As night falls watch the powerful evening light offering at Pashupatinath along the Bagmati River.

Overnight: Center, Kathmandu

## **Day 17: Community Engagement**

Spend the day teaching and engaging with local students. In the evening relax with a movie night at the Center.

Overnight: Center, Kathmandu

## **Day 18: Yoga, Cooking and Teaching**

Start the day with yoga and meditation before joining a traditional Nepali cooking class. Later return to your teaching project to share your skills and stories.

Overnight: Center, Kathmandu

# Schedule

## **Day 19: Project Wrap-Up and Cultural Evening**

Conclude your teaching project with a reflection and evaluation session. Celebrate with a lively cultural night of music, dance and food.

Overnight: Center, Kathmandu

## **Day 20: Hike to Jamchen Monastery**

Take a day hike through hills and forests to reach Jamchen Monastery where you'll enjoy serene mountain views. Return in the evening for a farewell gathering with your group.

Overnight: Center, Kathmandu

## **Day 21: Departure**

Enjoy a final breakfast before your airport transfer and departure. Carry home memories of Nepal's landscapes, traditions and people.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

