

## Nepal – November 2019

- Day 1 – 10<sup>th</sup> Nov. Depart UK on Qatar Airways flight to Kathmandu via Delhi
- Day 2 – 11<sup>th</sup> Nov. Arrive Kathmandu mid afternoon – transfer to Swotha Traditional Homes Patan. Settle in, explore Patan Durbar Square and relax. Eat in Swotha.
- Day 3 – 12<sup>th</sup> Nov.



*Boudenath*

- In Kathmandu – In the morning meet with the REED team at the office. In the afternoon, head into Kathmandu for some sightseeing, Recommend Boudenath, Pashupatinath and Thamel.. B/-/-
- Day 4 – 13<sup>th</sup> Nov. Early morning, head to the airport for our flight to Bhadrapur. Depending on weather conditions this could take a while. On arrival, pick up jeep and drive to Ilam. (approx. 3 hours) The journey starts in the hot, sultry lowlands of the Terai, then begins to climb into the Himalayan foothills. The nature of the countryside immediately changes with the climb. Eventually, we reach Ilam, which is the tea growing centre of eastern Nepal and we will pass many terraces of tea plantations. Overnight at Summit Hotel B/-/-
- Day 5 – 14<sup>th</sup> Nov. After breakfast we continue our road journey to Taplejung. It is a long and winding road, climbing one range of hills then descending to a river crossing, to climb again. After about five hours we will arrive in Taplejung, a sprawling town clinging to the hillsides. Transfer to Mewakhola Hill Resort. Depending on when we arrive, we may have time to stretch our legs and walk to the REED office to meet the staff there. B/-/-
- Day 6 – 15<sup>th</sup> Nov. After breakfast we will board jeeps again for the off road journey further into the hills. This is a slow journey that will eventually take us to Tapethok. Here, we will probably have some lunch in the lodge while porters are organised to take our kit to Lelep. While there we will have an opportunity to visit the health post adjacent to the lodge. When we are ready we will set off on the 3 hour walk, gently uphill, to Lelep. Over night in Lodge in Lelep B/L/D

Day 7 – 16<sup>th</sup> Nov.

Visit Lelep School for the day.



*Assembly on the school playground at Lelep*

Lelep School covers all the age ranges and is the secondary school to which primary children move to from a number of schools in the outlying settlements. Some children will walk for up to two hours each morning to attend school. There is a girls' hostel in this school and this will be an area where we give significant focus, as we are keen to make some improvements here. O/N in lodge

B/L/D

Day 8 – 17<sup>th</sup> Nov.

For those wishing to explore beyond Lelep, we can walk across the valley to Helok and visit Kangchenjunga Primary School and Parvati Primary School. On the walk we will walk through areas of cardamom cultivation, the main cash crop of the area. Having spent time in each of the schools we will return to Lelep O/N in lodge

B/L/D

Day 9 – 18<sup>th</sup> Nov.

Heading up the Olangchungola Valley, higher into the mountains, and towards the border with Tibet, we can walk to Lungthung to visit the school. This school was damaged more than any other in the region during the 2015 earthquake and we have subsequently built several new classrooms. It will be good to see how they are getting on. Return to Lelep in the afternoon. O/N in lodge

B/L/D



*The new classrooms at Lungthung School*



Day 10 – 19<sup>th</sup> Nov.



*Tapethok School, building for renewal*

Before we leave Lelep, we will visit the health post. We recently funded both their electricity and water supply and it will be useful to see it working properly. From there we will walk to Tapethok to visit the school there. HTUK have a project there to rebuild a substandard classroom block in order to be able to embark upon MGML teaching (Multi Grade Multi Level), a style of teaching that inspires children to self learn and also compensates for a shortage of teachers in the school. Hopefully, by the time of our visit, the work will be underway and we can monitor progress. In the afternoon we will drive to Taplejung. O/N Mewakhola Hill Resort

B/-/-

Day 11 – 20<sup>th</sup> Nov. Today we will begin our homeward journey by driving to Ilam O/N Summit Hotel B/-/-

Day 12 – 21<sup>st</sup> Nov. We ncontinue our journey to Bhadrapur for flight to Kathmandu O/N Swotha Traditional Homes, Patan B/-/-

Day 13 – 22<sup>nd</sup> Nov. In Kathmandu. An opportunity for a debrief with the REED team before more sightseeing and souvenir shopping. I would recommend travelling to Bhaktapur, the third ancient capital of the Kathmandu valley and a living museum. B/-/-

Day 13 – 23<sup>rd</sup> Nov. Depending on our flight time, we head off to the airport for our return to the UK. B

**Cost:**

	£
Domestic return flight with Yeti Airlines	200.00
Swotha Traditional Homes, Patan, Kathmandu	240.00 Single occupancy for 4 nights
	Or 140.00 twin occupancy for 4 nights
Jeep travel	100.00
Summit Hotel, Ilam	100.00 (2 nights)
Mewakhola Hill Resort, Taplejung	50.00 (2 nights)
Lodge accommodation, Lelep	50.00 (4 nights)
Porters	20.00
Contingency allowance	100.00
Approx. total cost	<b>£860.00 Taking into account</b>
<b>variable single/twin accommodation</b>	

**Not included in the cost:**

International return flight with Qatar	approx.	600.00
Visa		30.00
Meals not specified in the itinerary		
Insurance		
Personal expenditure		