

Welcome to GVI Nepal 2019

Mon 24th June: Arrival 9:10 am on flight AI 213

Make your way outside the terminal and then look across the roadway, you will see our GVI staff there to meet you. Look out for the GVI sign. We'll take you to the Hotel where we will stay for the first night. We'll have lunch and do a short tour in the afternoon. We'll share some Health and Safety information as well as an introduction to GVI.

Accommodation: Hotel Holy Himalaya

Tues 25th June: Travel to Pokhara

Late morning, we'll take a 25 minute flight to Pokhara. If it's a clear day you will have some amazing mountain views. Once you arrive and settle in, we'll have some welcome activities including Health and Safety information and our GVI Welcome Presentation. We'll take a walking tour of the Lakeside area to help you get acquainted with the local area.

Accommodation: Hotel Crown



Wed 26th June: Orientation and Cultural Activities

Today we will do some further orientation including a Nepali language lesson. We will also take a short boat ride to see Barahi Temple which is a well known part of Hindu culture in Pokhara. You will have the chance to sample a range of Nepali food for lunch such as momos and pakodas.

Thursday 27th June: Cultural Activities and trek preparation

Today you will have a follow up Nepali language lesson and learn a little more about Nepali life. You will also visit a monastery so you can get acquainted with Buddhist culture. In the afternoon we'll have a briefing in readiness for the trek. This is an important part of our preparation. There will be time to get organised and pack in readiness for your trekking adventure.

Fri 28th June: Trek Day 1

Transfer to Nayapul. Trek to Ghandruk

Accommodation: basic teahouse

Sat 29th June: Trek Day 2

Look east. That's Landruk, the next village on the route. Look down. That's the Modi Kola River 600 metres below. Now head around the corner and we'll find Tolka our base for the night.

Accommodation: basic teahouse

Sun 30th June: Trek Day 3

Hyenjakot (1530m) You may see the amazing pink and purple of Rhododendron, a symbol of Nepal, as you head from Dhampus to Hyenjakot.

Accommodation: basic teahouse.

Mon 1st July trek Day 4 After a short trek we will head back to Pokhara. There will be some great views on the way. We'll arrive in Pokhara around lunch time. In the late afternoon we will have a briefing in preparation for project work the following day.

Accommodation: Hotel Crown

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Tues 2nd July to Friday 5th July : This week it will be all hands on deck. We will be working to renovate a local Government School so be prepared to patch, paint, hammer and saw as we work to ensure the students of the school have access to a clean, safe and inviting environments which every student deserves.

Accommodation: Hotel Crown



Sat 6th July and Sunday 7th July: cultural weekend

Over the weekend you will have the opportunity to experience a range of cultural activities these include visiting such places as the World Peace Pagoda, The Tibetan Refugee Camp, longest suspension bridge in Pokhara, local temples and monasteries.

We'll also attend the Sister Hood of Survivors programme at SASANE. Here you will have a cooking lesson where you will learn to make traditional momos, be served a traditional Nepali meal and also learn about the issues of Human trafficking.

Accommodation: Hotel Crown

Please note we will have a range of other activities planned such as The Mountain museum, a Nepali dance lesson. The timing of these will be flexible depending on weather conditions.



Mon 8th July-Thurs 11th July project : You will continue your project work in the first part of the week.

On our final day we'll have a celebration to mark the end of a job well done.

Accommodation: Hotel Crown

Fri 12th July: Today we will make an early start and travel to Kathmandu by bus. There is some amazing scenery along the way.

Accommodation: Hotel Holy Himalaya

Sat 13th July: Today you'll enjoy a trip to Bhaktapur. It's a fascinating city and it's like stepping back in time. You will see some of the rebuilding work following the earthquake as well as the Royal Palace, Potters' Corner and Bhaktapur Durbar Square. It's a real insight into both Nepal's past and present.

Accommodation: Hotel Holy Himalaya

Sun 14th July: Departure flight AI 216 3:35 (leave for airport 12 noon)

Your final day in Kathmandu and we'll continue exploring sites such as the Garden of Dreams and a final walk in Thamel.

As with all our tours we will have guide so you will be able to ask lots of questions.

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We'll have a final dinner together and then head to the airport for our final farewell.