

OUTLOOK



Ready. For Life.

EXPEDITION GUIDE

India Himalaya



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain an understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

EXAMPLE COMPONENTS

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS



EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to India

Home to the highest peaks on the planet, the Himalayas begin in Pakistan stretching across India, Bhutan and Nepal, until reaching China in the East. The experience of being among the world's greatest mountains is incredible.

The enormous glaciated peaks, challenging terrain and endless wilderness makes this part of India a trekker's paradise.

Journey through stunning landscapes, stop by ancient monasteries surrounded by dizzying peaks then return to civilisation to experience the bustling city of Delhi.



WHY AN INDIA HIMALAYAS EXPEDITION?

- Trek into the world's highest wilderness and witness stunning scenery
- Work alongside local people on a community or environmental initiative
- Visit the majestic Taj Mahal
- Enjoy wild camping under the stars

Where colour, culture and challenge come together

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE 21 DAY ITINERARY

SEASON: SPRING, SUMMER, AUTUMN

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 to 2: Fly from the UK to Delhi and settle into India's capital

Day 3: Orientation in Delhi including sightseeing and purchasing supplies

Day 4: Travel from Delhi to Manali through changing mountain scenery

Day 5: Travel by 4x4 from Manali to Kaza in the Spiti Valley

Day 6: Acclimatisation day in Kaza at high altitude

Day 7: Visit Kibber Village and explore the Kibber Wildlife Sanctuary

Day 8: Continue acclimatisation and prepare for the service learning phase

Day 9 to 10: Service learning in a Spiti Valley village supporting greenhouse construction

Day 11: Begin the Wolf Trek in the Spiti Valley

Day 12: Continue trekking through high altitude Himalayan landscapes

Day 13: Mid trek day exploring remote valleys and mountain terrain

Day 14: Continue the Wolf Trek through traditional villages

Day 15: Final day of trekking in the Spiti Valley

Day 16 to 18: Return to the project site and complete greenhouse construction

Day 19: Travel from Kaza back to Manali

Day 20: Return to Delhi and celebrate the expedition with a group meal

Day 21: Fly back to the UK





आपातकाल खिड़की
EMERGENCY WINDOW

SLEEPER



Day 1-2

Travel to India and arrive in Delhi

Depart the UK and fly to Delhi, arriving in India's busy and energetic capital. After transferring to your accommodation, you will have time to rest, recover from travel and begin adjusting to the pace, climate and time zone. These first couple of days will be about settling in and getting ready for the adventure ahead.

Day 3

Orientation in Delhi

Spend the day exploring Delhi and completing key orientation tasks. This includes purchasing supplies for the trekking and project phases, organising kit and gaining a better understanding of life in India. You will also have the chance to explore parts of the city and experience its rich history and culture.



Day 4-5

Travel to the Himalayas

Begin your journey north towards the Himalayas, travelling first to Manali and then continuing by private 4x4 transport to Kaza in the Spiti Valley. Over these two days, you will see dramatic changes in landscape as the scenery shifts from busy cities to remote mountain terrain.



Day 6

Acclimatisation in Kaza

Kaza sits at an altitude of around 3600 metres, so today is spent taking things slowly to help your body adjust. Light walks, rest and gentle activities allow for safe acclimatisation while enjoying the striking high altitude surroundings.



Day 1

Kibber Village and wildlife exploration

Travel to Kibber Village, one of the highest inhabited villages in the world at over 4200 metres. While there, explore the surrounding Kibber Wildlife Sanctuary and learn about life in this remote Himalayan environment, as well as the wildlife that survives in such extreme conditions.



Day 8

Continued acclimatisation and project preparation

Continue acclimatising to the altitude while preparing for the service learning phase of the expedition. This day focuses on planning, team preparation and learning about the community project you will soon be supporting.





Day 9-10

Service learning in the Spiti Valley

Travel to a village in the Spiti Valley to begin your service learning project. You will work alongside local community members to help build a greenhouse, a vital structure that supports food production during harsh winter months.

Tasks may include groundwork, construction and learning about sustainable solutions used in high altitude environments.

Day 11-15

Wolf Trek in the Spiti Valley

Set out on the Wolf Trek, a challenging multi day trek through the dramatic landscapes of the Spiti Valley.

Trekking days take you through remote valleys, high mountain passes and traditional villages, offering close up views of Himalayan culture and nature.

This phase builds resilience, teamwork and confidence as you navigate one of the most striking regions of the Himalayas.

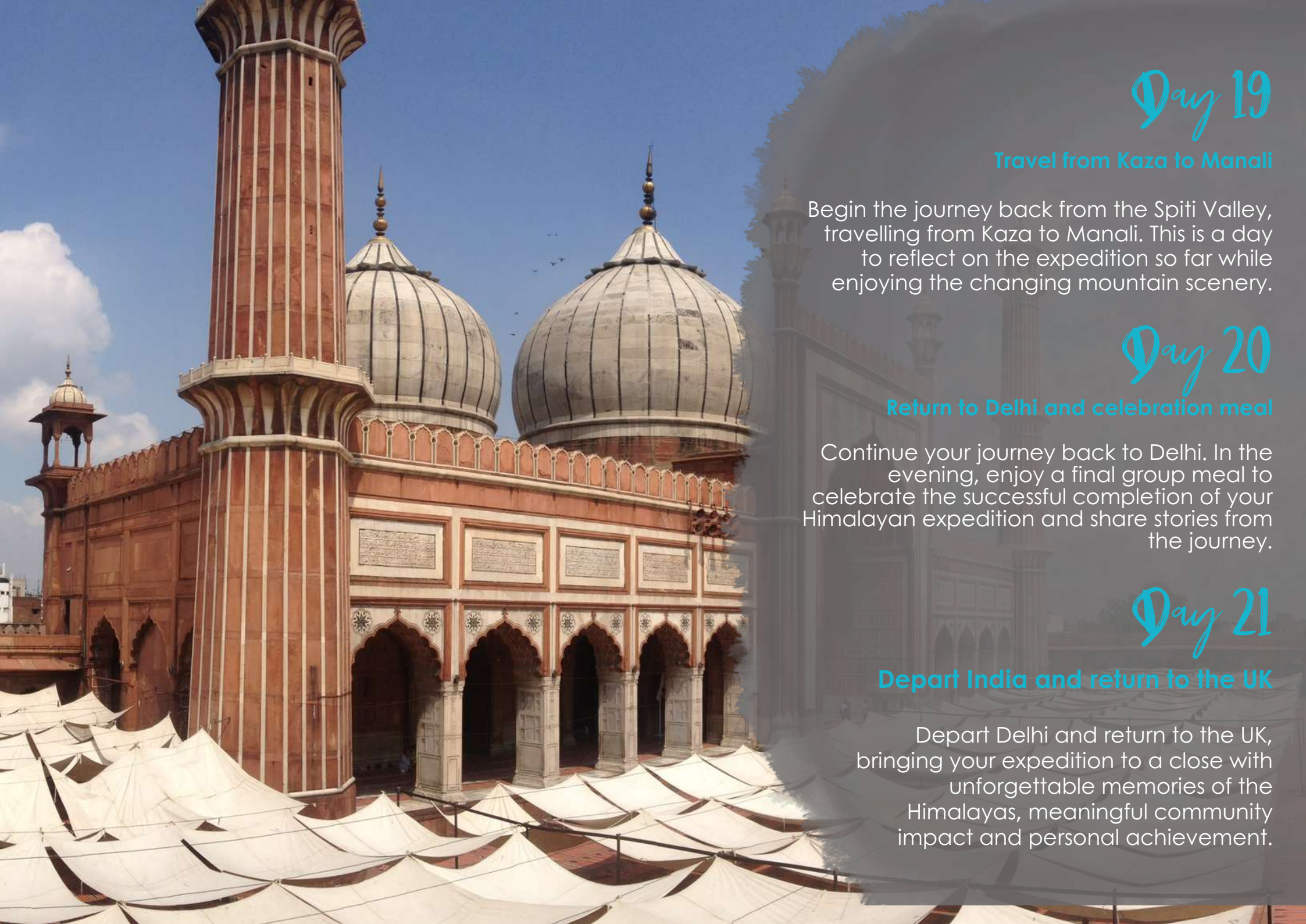
Day 16-18

Complete service learning project

Return to the project site to complete the greenhouse construction. Over these days, you will help finish the walls, fit beams and plastic sheeting, and paint the structure to improve heat retention.

Completing the greenhouse provides a lasting benefit to the local community and a strong sense of achievement for the team.





Day 19

Travel from Kaza to Manali

Begin the journey back from the Spiti Valley, travelling from Kaza to Manali. This is a day to reflect on the expedition so far while enjoying the changing mountain scenery.

Day 20

Return to Delhi and celebration meal

Continue your journey back to Delhi. In the evening, enjoy a final group meal to celebrate the successful completion of your Himalayan expedition and share stories from the journey.

Day 21

Depart India and return to the UK

Depart Delhi and return to the UK, bringing your expedition to a close with unforgettable memories of the Himalayas, meaningful community impact and personal achievement.

What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports

Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

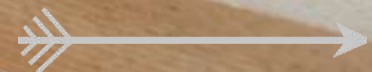
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

CONTACT US

PHONE | 01248 672 760

EMAIL | customer.service@outlookexpeditions.com

ONLINE | www.outlookexpeditions.com

FACEBOOK | [@outlookexpeditions](https://www.facebook.com/outlookexpeditions)

INSTAGRAM | [@outlookexpeds](https://www.instagram.com/outlookexpeds)

ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award

