

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Nepal:

Annapurna Base Camp



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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



Ready For Life
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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

NOTE: SOME COMPONENTS MAY BE COMBINED BASED ON THE NEEDS OF THE SCHOOL AND THE EXPEDITION

Welcome to Nepal

Known for its towering Himalayan peaks and deep sense of spirituality, Nepal offers one of the warmest welcomes in South Asia. Landlocked between India and China, this culturally rich nation is a tapestry of ancient temples, colourful festivals, and dramatic landscapes that rise from lush lowland plains to some of the highest mountains on Earth.

Nepal's natural beauty is nothing short of extraordinary. The Himalaya dominates the skyline, with world-famous trekking routes leading through terraced fields, rhododendron forests, roaring rivers, and remote mountain villages where hospitality is heartfelt and traditions run deep.



WHY NEPAL: ANNAPURNA BASE CAMP

- Attempt to summit Annapurna Base Camp
- Witness sunrise in the heart of the Himalayas
- Trek through diverse landscapes from subtropical forest to high alpine terrain
- Relax in natural hot springs at Jhinu Danda after descending from Base Camp
- Explore the vibrant culture, temples and markets of Kathmandu

Nepal: where mountains, culture and community come together

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 13 DAY

SEASON: SPRING & AUTUMN ONLY

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

Day 1—2: Fly from the UK to Kathmandu and settle into your accommodation

Day 3: Kathmandu cultural tour and trek preparation

Day 4: Travel from Kathmandu to Pokhara through rural Nepal

Day 5: Travel to Jhinu Danda and begin trekking towards Chhomrong

Day 6: Trek from Chhomrong to Bamboo through forest trails

Day 7: Continue trekking from Bamboo to Deurali as the landscape becomes more alpine

Day 8: Trek to Machhapuchhre Base Camp with first views of the high Himalayas

Day 9: Trek to Annapurna Base Camp and experience sunrise in the Sanctuary

Day 10: Begin descent from Annapurna Base Camp to Dovan

Day 11: Continue trekking to Jhinu Danda with the option to visit natural hot springs

Day 12: Return to Kathmandu via Pokhara

Day 13: Fly back to the UK and arrive home





Your Expedition Starts

Day 1-2

Depart the UK and arrive in Kathmandu

Your adventure begins with your flight from the UK to Nepal. On arrival in Kathmandu, you will transfer to your accommodation and take time to rest, recover from travel, and adjust to the sights, sounds, and pace of Nepal's vibrant capital. Depending on arrival times, there will be a welcome briefing, safety orientation, and a first introduction to Nepali culture.

Day 3

Kathmandu culture and trek preparation

Today is spent exploring Kathmandu and preparing for the trekking phase ahead. You will visit key cultural sights, experience daily life in the city, and take time to purchase any last-minute trekking essentials. A full trek briefing will cover route expectations, safety, and altitude awareness, helping you feel confident and ready for the journey into the Himalayas.



Day 4

Travel from Kathmandu to Pokhara

Travel west from Kathmandu to Pokhara, enjoying a scenic drive that winds through river valleys, terraced hillsides, and rural villages. Pokhara's relaxed lakeside setting offers a striking contrast to the capital and provides the perfect base before heading into the mountains.



Day 5

Travel to Jhinu Danda and begin trekking

From Pokhara, you will travel to the trailhead at Jhinu Danda before beginning your trek towards Chhomrong. Your first steps on the trail take you through terraced farmland and traditional Gurung and Magar villages, offering an authentic introduction to life in the Himalayan foothills.



Day 6-7

Trekking through forest and mountain landscapes

Over the next two days, you will trek deeper into the Annapurna Sanctuary, passing through bamboo forests, rhododendron woodland, and along river valleys. The terrain gradually becomes more rugged as the altitude increases, with regular rest stops and overnight stays in teahouses. Each day brings changing scenery and growing anticipation as the mountains close in around you.

Day 8

Trek to Machhapuchhre Base Camp

The town of Ooty is situated within a wide valley at the mouth of various other valley entrances all blanketed with lush forests containing tall pines to the exotic eucalyptus trees.

During this trek, you will learn about the rich history and culture which surrounds the town, ranging from old Christian Churches to ancient tribal temples.

You'll also have the chance to learn about the great diversity and lushness of South India's flora in the famed botanical gardens.





Day 9

Trek to Annapurna Base Camp

The highlight of the expedition. You will make the final ascent into the Annapurna Sanctuary, arriving at Annapurna Base Camp surrounded by towering Himalayan giants.

With panoramic views in every direction, this is a powerful and unforgettable moment, especially at sunrise when the peaks glow with first light.

Day 10-11

Travel to Kochi via the mountain railway

With unforgettable memories of the Sanctuary, you will begin your descent, retracing your route through changing landscapes. As the altitude drops, the air grows warmer and the terrain greener. You will return to Jhinu Danda, where there may be the chance to relax in natural hot springs, a well-earned reward after days on the trail.

Day 12

Explore Kochi

Travel back to Pokhara and onwards to Kathmandu, marking the end of your trekking adventure. The evening is a chance to reflect on the journey, celebrate achievements, and enjoy a final meal together in the capital.

Day 13

Depart Nepal and return to the UK

Transfer to the airport for your flight home, arriving back in the UK with lasting memories of the Himalayas, the people you met, and the challenge you overcame together.



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

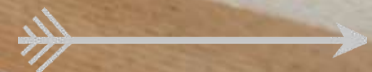
We believe that what we do and how we do it are of equal importance.

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

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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

