

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE



Nepal:

Annapurna Base Camp + Chitwan National Park



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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

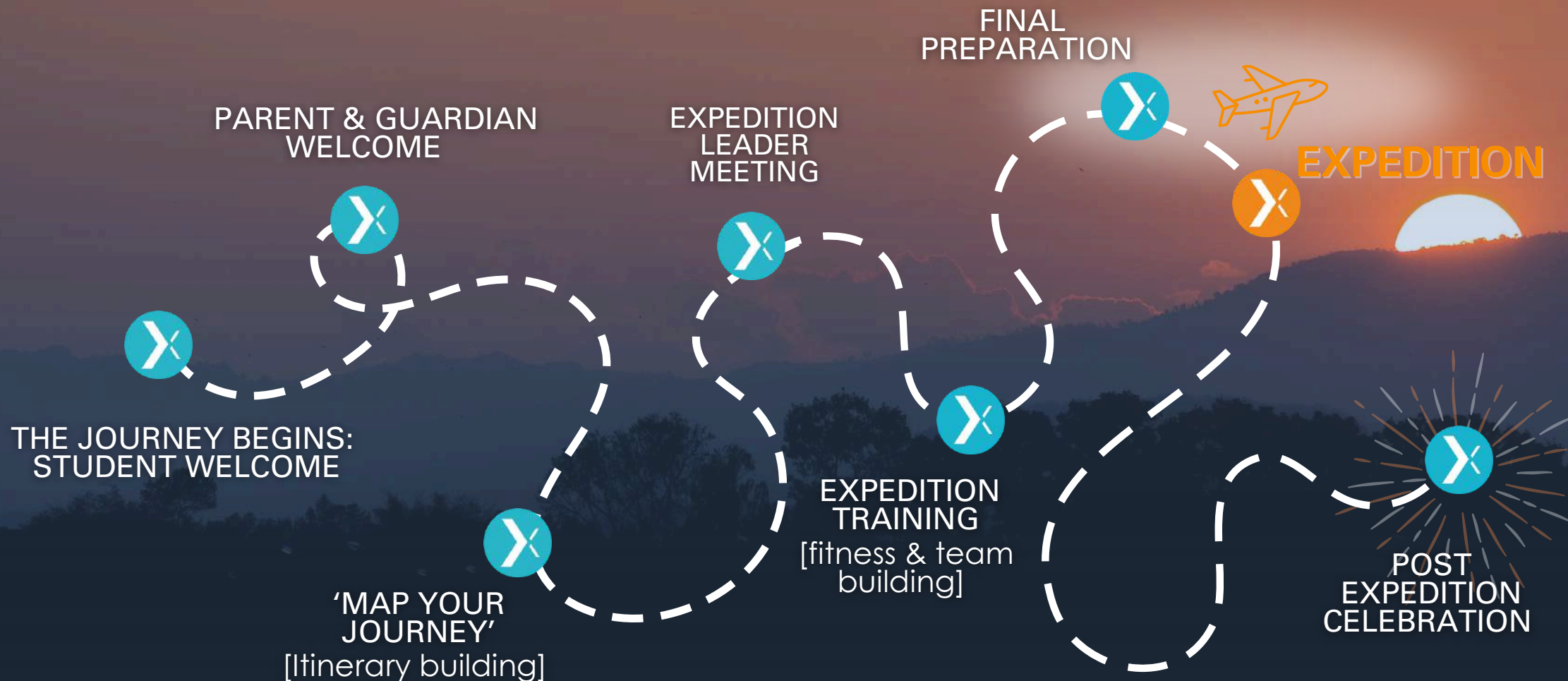


ACTIVITIES / R&R

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 & CHITWAN?

- Trek through the breathtaking Annapurna Conservation Area
- Reach Annapurna Base Camp surrounded by Himalayan giants
- Stay in traditional mountain tea houses
- Build resilience, teamwork and confidence in the mountains
- Relax in Pokhara beneath panoramic peaks
- Experience a wildlife safari in the sub tropical Chitwan National Park, a World Heritage site and the protected home of the Bengal Tiger.
- 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: 17 DAYS

SEASON: SPRING & AUTUMN ONLY

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

Day 1: Depart the UK

Day 2: Arrive in Kathmandu and transfer to your hotel

Day 3: Preparation day and Kathmandu cultural tour

Day 4: Drive from Kathmandu to Pokhara

Day 5: Drive from Pokhara to Jhinu Danda Jeep Station and trek to Chhomrong

Day 6: Trek from Chhomrong to Bamboo

Day 7: Trek from Bamboo to Deurali

Day 8: Trek from Deurali to Machhampuchhra Base Camp

Day 9: Trek to Annapurna Base Camp

Day 10: Trek to Dovan

Day 11: Trek to Jhinu Danda and drive to Pokhara

Day 12: Rest day in Pokhara

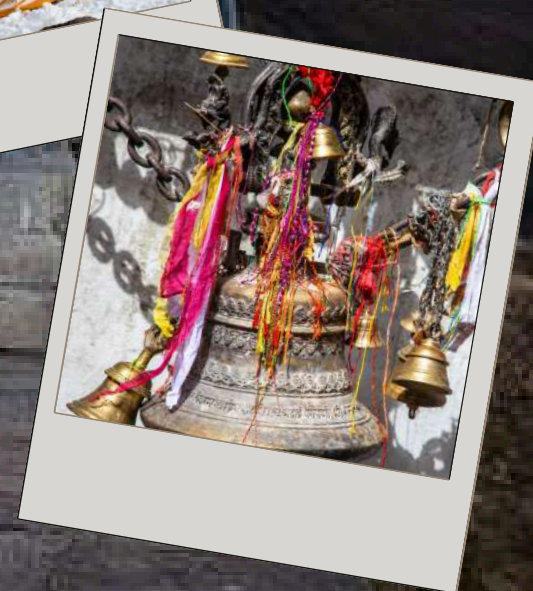
Day 13: Drive to Chitwan National Park

Day 14: Chitwan safari experience

Day 15: Return from Chitwan to Kathmandu

Day 16: Kathmandu sightseeing and free time

Day 17: Depart Nepal and arrive back in the UK





Your Expedition Starts



Day 1-2

Fly from the UK to Kathmandu

Depart the UK on your international flight to Nepal. On arrival in Kathmandu you will be met and transferred to your accommodation. Spend time resting after the journey and getting your first impressions of this vibrant and colourful city.

Day 3

Orientation day in Kathmandu

Enjoy a full orientation day including programme briefings, cultural introduction and preparation for the weeks ahead. Explore parts of Kathmandu and begin to understand daily life, customs and traditions in Nepal.



Day 4

Drive from Kathmandu to Pokhara

Travel by road through rural Nepal to the lakeside city of Pokhara. The journey offers incredible scenery as terraced hills, rivers and traditional villages unfold along the way. On arrival, enjoy views of the Annapurna range and prepare for the start of your trek.



Day 5

Drive to Jhinu Danda and trek to Chhomrong

After breakfast, drive to Jhinu Danda Jeep Station where your trekking adventure begins. From here, trek to Chhomrong, climbing through stone steps and forest trails. Surrounded by dramatic mountain scenery, you will reach your first high Himalayan village and settle into your tea house accommodation.



Day 6-7

Trek from Chhomrong to Deurali via Bamboo

Continue ascending deeper into the Annapurna Conservation Area. Trek through lush bamboo forests and alongside rushing rivers as you pass through Bamboo and onward to Deurali. The landscape becomes increasingly alpine as you gain altitude and experience the physical challenge and reward of trekking in the Himalayas.



Day 8

Trek to Machhampuchhra Base Camp

Today you trek above the tree line towards Machhampuchhra Base Camp. The scenery becomes more dramatic and glacial, with panoramic mountain views surrounding you. This is an unforgettable day as you approach the heart of the Annapurna sanctuary.





Day 9

Trek to Annapurna Base Camp

A shorter but spectacular trek brings you to Annapurna Base Camp at 4,130 metres. Standing among towering Himalayan peaks is a truly awe inspiring experience. Take time to appreciate the achievement, capture photos and reflect on the journey so far.

Day 10-11

Descend to Dovan and continue to Jhinu Danda, return to Pokhara

Begin your descent through changing landscapes as you retrace your steps down the valley. Trek to Dovan before continuing to Jhinu Danda. From here, transfer back to Pokhara where a hot shower and comfortable bed await after your days in the mountains.



Day 12

Rest day in Pokhara

Enjoy a well earned rest day in Pokhara. Relax by the lake, explore local markets or reflect on your trekking achievement with your team. This is a chance to recharge before the next stage of your adventure.

Day 13-14

Travel to Chitwan National Park and safari experience

Journey to Chitwan National Park, a UNESCO listed wildlife reserve in the lowland Terai region. Over the next two days, experience guided safari activities as you explore jungle landscapes rich with wildlife. You may spot rhino, deer, crocodiles and a wide variety of birdlife while learning about conservation efforts in Nepal.

Day 15

Return to Kathmandu

Travel back to Kathmandu for your final nights in Nepal. Enjoy a celebratory group meal and reflect on the personal challenges overcome and the memories made throughout the expedition.



Day 16

Kathmandu sightseeing and free time

Spend your final full day exploring more of Kathmandu. Visit cultural landmarks, shop for souvenirs in local markets and enjoy your last opportunity to experience Nepalese culture before departure.

Day 17

Depart Nepal and arrive back in the UK

Transfer to the airport for your return flight to the UK, arriving home with unforgettable memories, new friendships and a profound sense of 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

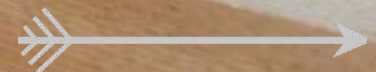
We believe that what we do and how we do it are of equal importance.

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

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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

