

OUTLOOK



Ready. For Life.

EXPEDITION GUIDE



Nepal:
Gosaikunda Lake Trek



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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

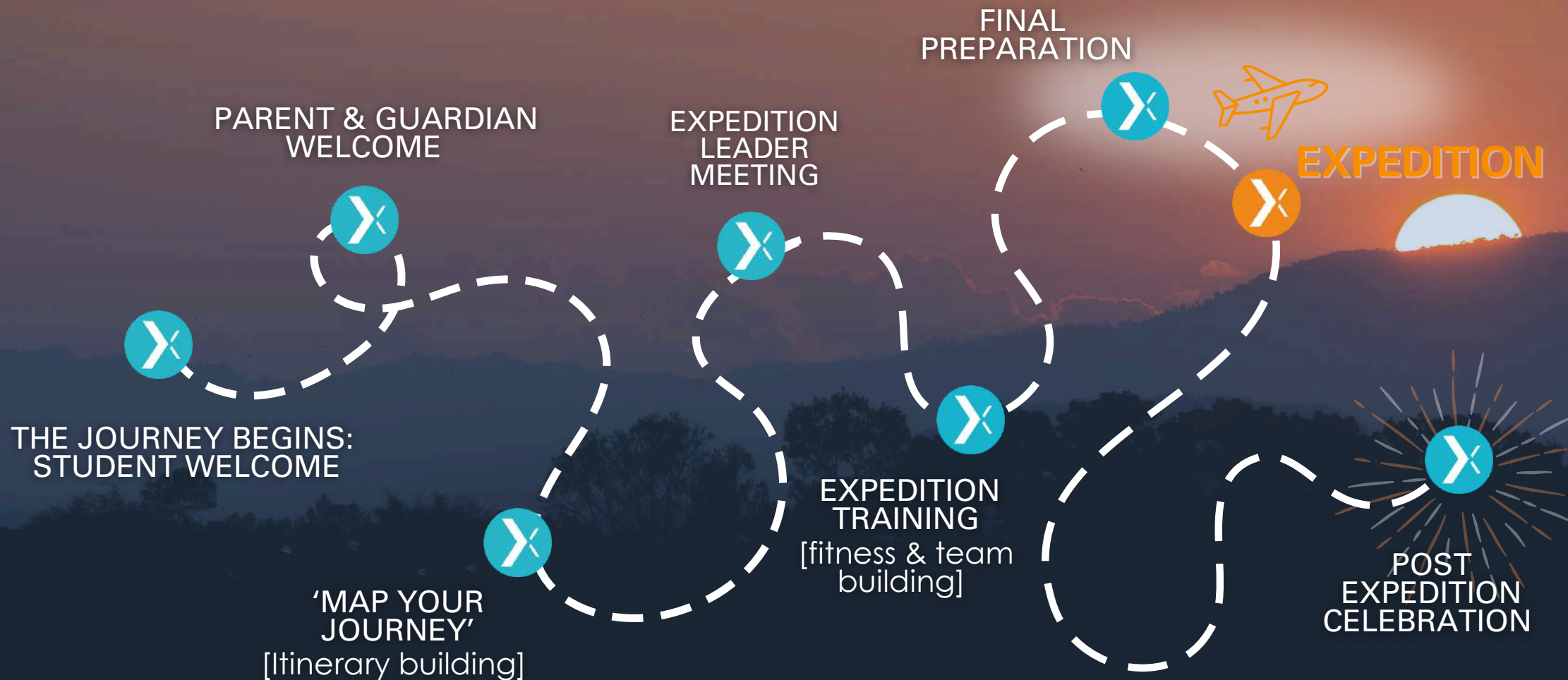


ACTIVITIES / R&R

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: GOSAIKUNDA LAKE TREK?

- Take part in meaningful community service learning projects
- Explore the vibrant culture, temples and markets of Kathmandu
- Trek through traditional mountain villages and stay in local tea houses
- Visit the stunning Langtang and Gosainkunda region
- Experience the sacred Gosainkunda Lake high in the Himalayas
- Experience a wildlife safari in Chitwan National Park
- Connect with local communities, landscapes and traditions across Nepal

Nepal: where mountains, culture and community come together

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 20 DAYS

SEASON: SPRING & AUTUMN ONLY

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

This is wrong itinerary - should not include Chitwan?? Does not align to itinerary on cost sheet

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

Day 3: Kathmandu orientation and cultural introduction

Day 4: Transfer from Kathmandu to the community service learning location

Day 5 to 8: Community service learning activities with local projects

Day 9: Private transfer to Dhunche and overnight in a tea house

Day 10: Trek from Dhunche to Chandanbari and begin the Gosainkunda trek

Day 11: Rest and acclimatisation day exploring the Chandanbari area

Day 12: Trek from Chandanbari to Lauribinayak

Day 13: Trek to Gosainkunda Lake and overnight beside the holy lake

Day 14: Sunrise hike to Sury Peak viewpoint followed by trek back to Chandanbari

Day 15: Descend from Chandanbari to Dhunche

Day 16: Transfer from Dhunche to Kathmandu

Day 17: Travel to Chitwan National Park

Day 18: Chitwan safari experience

Day 19: Return to Kathmandu

Day 20: Kathmandu sightseeing and free time

Day 21: Fly back to the UK and arrive home





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

Transfer to community service learning location

Travel from Kathmandu to your community service learning placement. Settle into your accommodation and meet local partners and community members.



Day 5-8

Community service learning

Spend several days working alongside local communities on meaningful service learning projects. Develop practical skills, build strong relationships and gain a deeper understanding of local challenges, culture and ways of life. Time is also built in for reflection and group discussions.



Day 9

Private transfer to Dhunche

Travel by private vehicle to Dhunche, a gateway to the Langtang region. The journey takes approximately five to six hours and offers scenic views of hills, rivers and rural villages. Overnight in a local tea house.



Day 10

Trek from Dhunche to Chandanburi

Begin your trek into the mountains, walking from Dhunche to Chandanburi at 3250 metres. The trek takes around three to four hours and introduces alpine scenery and traditional tea house accommodation.





Day 11

Rest and acclimatisation day in Chandanbari

Spend the day acclimatising to the altitude. Take short hikes to nearby viewpoints, visit local villages and enjoy panoramic views of Everest and surrounding peaks.

Day 12

Trek from Chandanbari to Lauribinayak

Follow scenic trails through forests and along valleys with breathtaking mountain views. Arrive in Tengboche, home to the region's most important monastery, set against a spectacular Himalayan backdrop.

Day 13

Trek from Lauribinayak to Gosainkunda Lake

Continue trekking to the sacred Gosainkunda Lake, an important pilgrimage site set high in the Himalayas. Spend the night in a mountain lodge beside the holy lake.

Day 14

Sury Peak viewpoint and trek to Chandanbari

Hike to the Sury Peak viewpoint for panoramic views across the surrounding mountain ranges, then trek back to Chandanbari. This is a longer day of around seven to eight hours.

Day 15

Trek from Chandanbari to Dhunche

Descend from the high mountains back to Dhunche at 2025 metres, enjoying changing landscapes and warmer temperatures. Overnight in a lodge.





Day 16

Transfer to Kathmandu

Travel back to Kathmandu and check into your hotel. Enjoy a relaxed evening to rest and reflect.

Day 17

Transfer to Chitwan

Journey to Chitwan National Park, known for its wildlife and subtropical landscapes. Settle into your accommodation on arrival.

Day 18

Chitwan safari experience

Spend the day on safari in Chitwan National Park, with opportunities to spot wildlife and learn about conservation efforts.

Day 19

Return to Kathmandu

Travel back to Kathmandu for your final nights in Nepal. Enjoy free time to relax or explore.



Day 20

Kathmandu sightseeing

Explore key cultural and historic sites, visit temples and markets, and enjoy time to shop for souvenirs.

Day 21-22

Fly back to the UK and arrive home

Depart Kathmandu and begin your journey back to the UK, arriving home with unforgettable memories of your Nepal experience.

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

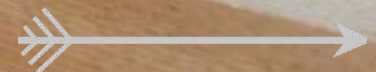
We believe that what we do and how we do it are of equal importance.

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

