

OUTLOOK



Ready. For Life.

EXPEDITION GUIDE



Nepal
Gosankunda Trek & 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

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 & CHITWAN FOR AN EXPEDITION?

- Trek through the breathtaking Gosainkunda region of the Himalayas
- Visit the sacred Gosainkunda Lake high in the mountains
- Build confidence and resilience through high altitude trekking and acclimatisation
- Experience life in traditional mountain tea houses and villages
- Experience a wildlife safari in the sub tropical Chitwan National Park, a World Heritage site and the protected home of the Bengal Tiger.
- Discover Nepal's dramatic landscapes from alpine trails to jungle lowlands
- Explore the 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: 15 DAYS

SEASON: SPRING & AUTUMN ONLY

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

Day 1 and 2: Fly from the UK to Kathmandu and transfer to your hotel

Day 3: Orientation day in Kathmandu

Day 4: Private transfer to Dhunche and overnight in a tea house

Day 5: Trek from Dhunche to Chandanbari and begin the Gosainkunda trek

Day 6: Rest and acclimatisation day exploring the Chandanbari area

Day 7: Trek from Chandanbari to Lauribinayak

Day 8: Trek to Gosainkunda Lake and overnight beside the holy lake

Day 9: Sunrise hike to Sury Peak viewpoint followed by trek back to Chandanbari

Day 10: Descend from Chandanbari to Dhunche

Day 11: Transfer from Dhunche to Kathmandu

Day 12: Travel to Chitwan National Park

Day 13: Chitwan safari experience

Day 14: Return to Kathmandu

Day 15: 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.



Begin your trek

Day 4

Private transfer to Dhunche

Travel by private vehicle from Kathmandu to Dhunche, a mountain town in the Langtang region. The journey takes approximately five to six hours and offers scenic views of rural Nepal. Overnight in a local tea house.



Day 5

Trek from Dhunche to Chandanbari

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



Day 6

Acclimatisation day in Chandanbari

Spend the day resting and acclimatising to the altitude. Explore the Chandanbari area, visit monasteries and enjoy views of the surrounding peaks.



Day 7-8

Trek to Gosainkunda Lake via Lauribinayak

Trek from Chandanbari to Lauribinayak and continue onwards to the sacred Gosainkunda Lake, an important pilgrimage site high in the Himalayas. Overnight beside the holy lake in a mountain lodge.



Day 9

Sury Peak viewpoint and return to Chandanbari

Hike to the Sury Peak viewpoint for panoramic mountain views before trekking back to Chandanbari. This is a longer trekking day of approximately seven to eight hours.

Day 10

Trek from Chandanbari to Dhunche

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

Day 11

Transfer to Kathmandu

Transfer to the airport and depart Nepal. Arrive back in the UK with lasting memories of your community project, cultural experiences and time spent exploring Nepal.



Day 12-13

Travel to Chitwan National Park and safari experience

Journey south to Chitwan National Park and spend time exploring this subtropical region. Take part in a wildlife safari and learn about conservation efforts.

Day 14-15

Return to Kathmandu, fly back to the UK and arrive home

Return to the capital city and then return to the UK, arriving home with lasting memories of your Himalayan adventure.



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

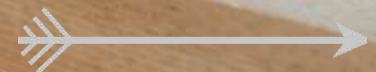
We believe that what we do and how we do it are of equal importance.

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

