

What will you do in Nepal?

*\*\*This is an example but is subject to change.*

We will spend the first week in Kathmandu and surrounding areas getting acclimated to Nepali culture, visiting key historical, cultural and religious sites, and learning the language.

# Each day in Kathmandu might include:

* Language lessons & activities to begin to gain a deeper understanding of local culture
* Visits to Buddist and Hindu temples, such as, Baudanath, Swoyambhunath, Pashupatinath
* Opportunities to explore cultural sites like the World Heritage site of Bhaktapur Durbar Square and Kathmandu Darbar Square
* An early morning trip to Nagarkot for the sunrise and Himalayan views
* Visit local NGOs working with rural and mountainous communities

After our time in the bustling capital, we will head to the mountains of the beautiful Langtang National Park. We will move through the park on foot and visit different communities along the way. Our trek will culminate with homestay in Gatlang Village.

# A typical day on the trail:

6:00 am: Biodiversity hike (on select days)

7:00 am: Breakfast, pack up, and hit the trail

12:00 pm: Lunch & arrive at next destination

1:00 pm - 4:00pm: Cultural activity or independent exploration

5:00 pm: Class discussion & reading of Biophilia

6:00 pm: Dinner

7:00 pm: Reading/writing/time to work on assignments