

# ITINERARY 01



## YETI EXPLORERS !

- Learn about Nepal
- Enjoy White water Rafting
- Learn about Pokharan Culture
- Hike through Forests
- Trek to Poon hill.
- Explore Kathmandu



### DAY 01 – WELCOME TO NEPAL!

Arrive into Tribhuvan International Airport (KTM) in Kathmandu and meet your Program Leaders who will be with you for the duration of the program. Head to the hotel and settle in, relaxing after your long flight.

### DAY 02 – WHITE WATER RAFTING

Hop into vans and head to Trishuli River for your first big adventure. After safety and skills training, charge into class II-III rapids, enjoying the thrilling turns and taking in the beautiful landscape of the Nepali backwoods.

## DAY 03 – HEAD DOWNRIVER AND ROAD TRIP TO POKHARA

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Jump back onto the river for your next run through more exhilarating rapids. Dry off and pack up for the road trip to Pokhara, Nepal's second largest city, to explore the culture and get to know the people of Nepal.

## DAY 04 – EXPLORE POKHARA

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Explore the Peace Pagoda, stroll around the lakeside, and wander through the markets of the city. This is the best place to buy adventure gear as you prepare for our upcoming trek and optional bungee jumping or zip lining.

## DAY 05 – HIKE FROM NAYAPUL TO HILE

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Take a short drive to Nayapul, the starting point for the trek. Start by walking through local villages and then through some steep patches to reach the town of Hile. Once you arrive, explore the nearby villages and get to know the locals.

## DAY 06 – TREK THROUGH THE RHODODENDRON FORESTS

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Start your hike today with a steep ascent to Ulleri for your first view of the Himalayas! Continue through Asia's biggest rhododendron forests. After a full-day hike to the town of Ghorepani.

## DAY 07 – CLIMB POON HILL

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Wake before dawn for an early climb to the summit of Poon Hill, which stands at 3200 meters. Watch the sun rise and take in the views of the highest mountain range on Earth. After breakfast, follow a long ridge through rhododendron forests to the town of Deurali.

## DAY 08 – CONTINUE EXPLORING POKHARA

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Trek back to Nayapul, your original starting point, and drive to Pokhara. Explore the city to buy local, handmade gifts for your friends and family.

## DAY 09 – ENJOY THE LAST NIGHT IN KATHMANDU

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Arrive in Kathmandu and take some time in the city to explore the shops and markets.

## DAY 10 – NAMASTE, NEPAL!

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We genuinely hope your time spent here, the experiences you've shared, and the things you've reflected on will stay with you for a lifetime. After some final group photos with Team Nepal, your Program Leaders will take you to the airport for your departure as you say goodbye and reflect on your adventure.

