

NEPAL-MEDICAL

Itinerary

Day 1

Depart the United States for Nepal

Day 2

En route.

Day 3

Arrive in Kathamandu and transfer to the Hotel Tayoma where you will have time to relax. In the evening there will be a group orientation dinner at the Sun Rise restaurant where you will be served typical Nepalese food, get to know one another and begin to familiarize yourself with the unique country of Nepal.

Day 4

After breakfast at the hotel, depart for your visit to the Education Center for Helpless Children and Orphanage at Dhapasi, where you will engage in various activities with the children. Shortly after lunch you will leave for Nagarkot, approximately 6,000 feet above sea level, in the eastern periphery of the Kathmandu valley. From this location, you will enjoy an extraordinary view of the Himalayas, including Mount Everest. Dinner is on your own this evening.

Day 5

After breakfast at the hotel, you will depart for Chitwan National Park; an area full of rich variety flora and fauna, which is a refuge many endangered specials, including the single-horned Asiatic Rhinoceros and the Bengal Tiger. On the way, you will stop on the Trishuli River to do some rafting and experience the array of landscapes and heritages that are native to the area. Dinner tonight is at the Chitwan Cafe.

Day 6

After breakfast at the hotel, leave for the YETI orphanage, where you will spend the entire day with children participating in a variety of activities with them. Have lunch at the orphanage and continue with your activities with the children. Depart the Jungle Resort in Sauraha where you will be surrounded by the incredible jungle scenery. Dinner is at the resort.

Day 7

After breakfast at the resort, embark on an elephant-back safari, which is the traditional means to explore the jungle and wildlife. While atop the elephant, you will be able to view a variety of animal species, including the tiger, rhino, sloth bears and other wondrous creatures. After lunch, leave for a canoe ride to view the wildlife of the water and a short jungle walk, which will lead you to the Elephant Breeding Center. The Elephant Breeding Center provides an opportunity to retain traditional wisdom training elephants and their handlers to properly interact with one another and their environment. Return to the resort for dinner this evening.

Day 8

After breakfast at the hotel, depart for a short walk to the nearby village of Tharu, and on the way participate notice the tremendous bird watching with the help of your guide. Then depart for your return to Kathmandu and enjoy lunch along the way. Dinner tonight is on your own.

Day 9

After breakfast at the hotel, make a visit to Hopeful Home, a childcare center in Shova Bhagwati. Afterwards, stop by the Swayambhunta Stupa and the Pashupatinath Temple. Swayambhunta Stupa, also known as the Monkey Temple, is an ancient Buddhist shrine, which has been an important pilgrimage destination since the early 5th century. It has been given the moniker the Monkey Temple due to the vast amounts of Colobus monkeys that inhabit it. Pashupatinath temple is the most sacred temple of Shiva, is a holy place for Hindus where the Bagmati River flows into the holy Ganges River, and many Hindus come here to die. Thousands of pilgrims from all over the world, many Nepalese, pay homage to this temple everyday. Hospices and hotels line the banks, along with pyres where the bodies of the deceased are burned. The ashes are then thrown into the river. This is a symbolic practice in which the spirit is released from the cycles of rebirth. Please note that only believers in the faith of Hinduism are allowed to enter the temple. Non-Hindu visitors may view the temple from the banks of the river. After your day of cultural immersion, return for a farewell dinner and reflect upon your experiences over the past week.

Day 10

End of the PKN program. Return to the United States or stay and continue to explore Nepal!

Day 11

Arrive in the United States