

**Crested Butte Community School + Karuna Project + Crested Butte
Rotary present: Kakani Village Exchange Program**

**13 Nights / 14 days (In country: Excluding International flights) -
February 17th- March 3rd, 2024**

3 Nights Kathmandu / 3 Nights Cultural Immersion / 7 Nights Trek

Join the Crested Butte based, Karuna Project LLC., on an expedition of a lifetime to the beautiful country of Nepal. The Karuna Project was founded with the idea and intention to create a reciprocal, sustainable and long-lasting relationship between the Kakani Village in Nepal and the Gunnison Valley in Colorado. Through our partnership with the Crested Butte Rotary Club we intend to bring students and/or selected villagers from Kakani to the Gunnison valley on a sustainable exchange program. We believe that we have a lot to learn from each other and this will be an integral and equal part of the program.

The vision is held by Seth Quigg, a resident of Crested Butte since 2015. Seth has led and guided 12 Himalayan expeditions, 4 in India, 1 in Tibet, and 7 in Nepal. He has co-owned a large International Adventure Company operating on 6 continents and has worked with thousands of guests and students in novel environments thought-out the world. Nepal has a special place in Seth's heart and the country's people, natural geography, and spiritual undertone create an environment for cultural understanding, adventure and personal growth and development.

The highlights of the expedition will consist of a 3 night / 4-day community immersion experience in the rural village of Kakani, Nepal, 7 night / 7 day trek in Langtang National Park and 3 night/days exploring temples and religious sites in the capital city, Kathmandu.

Itinerary



Feb 17. Day 00: Depart Denver

Today embarks on the beginning of your Adventure! The group will meet at Denver International Airport 4 hours before the departure time. We will help arrange the logistics on the front end to ensure everyone has a well thought out plan for getting to DIA. Make sure you have your passport, ample food and water and everything you will need for a flight across the world. Self care begins now!

Feb 18. Day 01: Arrive in Kathmandu

Welcome to Nepal. Today we arrive at Tribhuvan International airport and a Karuna Project representative will pick you from the airport and transfer to the hotel in Thamel. Thamel is a neighborhood in Kathmandu and is the hub where most travelers stay to get ready for their trip. Upon arrival at our guest house, you will have time to freshen up before attending our orientation meeting. Depending on the time of arrival, you may have time to wander the streets of Thamel in Kathmandu. We will all meet for our celebratory, first night dinner before getting a well deserved, good night sleep.



Feb 19. Day 02: Drive to Kakani Adventure camp +Immersion

After a nutritious Nepali breakfast, we drive roughly 2 hours to Kakani Adventure Camp. Upon arrival, we will have an introduction to the camp, sort out accommodations, have lunch and then go on a walk to get acquainted with the beautiful village of Kakani. This afternoon we will discuss our culture in Gunnison County, Colorado and how it is similar and different from what we think Nepali culture represents. We will have structured activities which help us build rapport with the locals and then have free time until meeting for dinner.





Feb 20. Day 03: Kakani Adventure Camp and Immersion

This morning we will begin with a yoga class and then have breakfast. After breakfast, we will head to the Kakani Ganesh Primary School and meet the teachers, students and families. Today will also serve as the introduction to your host family and culture in Kakani. The CBCS students should have something planned to share with the villagers as our goal is to build relationships that foster long term cultural learning and understanding. Each student will be paired up with a family for the duration of the stay. For certain meals, the students will be working and cooking with their local host family. We will gather later in the day to discuss learnings and have free time before getting a good night sleep.





Feb 21. Day 04: Kakani Village Immersion

This morning, we will practice our morning yoga routine and then have breakfast before visiting the school. Today, we will be working at the school. Depending on the local need and want, we may be doing some teaching, an interview activity with between students, a musical exchange and/or games with students. Before the trip begins, the staff will conduct a needs assessment, to ensure that whatever the task is carried out, is done in a sustainable and responsible manner and will not harm the community in any way. You will work with your host family to prepare lunch and then resume the project and activity. We will meet back to discuss learnings and observations from the day's activities.





Feb 22. Day 05: Drive to Shabribesi (7hrs drive)

After yoga and breakfast, we will load into our transportation for an overland journey towards the Langtang Himal area. We will be driving through small villages and towns until we reach Langtang National Park. From Dhunche, we descend on a winding road until we reach our overnight stop at Syabrubesi village. The majority of people here are from the Tamang ethnic group and we will explore their fascinating Buddhist

culture. We will check into our guest house, have dinner and finish last minute arrangements for the trek the next day.



Feb 23. Day 06: Syabrubesi to Lama Hotel 8,250 ft. (6hrs)

Today we begin our first day of the trek. Our walk starts by crossing over a bridge above Langtang Khola (river) which joins the great Trisuli River, and then uphill through farms, villages and terraces. Our walk will be mainly in a forest of rhododendrons, pines and bamboo trees. We have a small chance of seeing the elusive Red Panda and other wildlife today. We continue walking until we reach the Lama Hotel. Upon arrival, we will check into our accommodations, have dinner, and discuss the plan for the next day.



Feb 24. Day 07: Lama Hotel to Langtang village, 10,913 ft (6hrs)

The morning after yoga and breakfast, we begin walking above the river gorge into a dense forest of tall pine and rhododendron. We follow multiple farmhouses before reaching the beautiful village of Ghoretabela. After a refreshing chia stop, we continue to walk another few hours until we reach Langtang village. Upon arrival, we will check into our rooms, have some structured down time before meeting for dinner. We will have the opportunity to explore this Tamang village of Tibetan origin before going to sleep for the night.



Feb 25. Day 08: Langtang village to Kyanjin Gomba 12,533 ft. (4hrs)

After a pleasant overnight in Langtang village and after yoga and breakfast, our walk continues up a short steep hill on a winding trail. We slowly walk until we reach a wide beautiful valley with spectacular views of snow-capped peaks that surround the whole Langtang valley. As we continue walking, we will encounter Buddhist prayer flags, Mani walls and other cultural relics. We continue walking until we reach our final destination at Kyanjin village. Kyanjin is a beautiful village located within Langtang valley that overlooks Langtang Lirung glacier and other high peaks.



Feb 26. Day 9: Layover Day - Chorkari Ri-16,608 ft. (5hrs)

Today we have an optional peak ascent of Chorkari Ri. For those who want to hike the peak, we will leave early before breakfast. The round trip will take roughly 5 hours and we will have panoramic views of Langtang Himal, Ghengu Liru, Langtang Lirung and other beautiful mountains that form the border between Nepal and Tibet. Once we have summited the peak, we will spend some time there and then head back to Kyanjin for lunch and structured afternoon activities. Tonight we will be able to help make dinner before a well deserved sleep. This elevation may be the highest point some of your group members have ever been. Something to celebrate for sure!



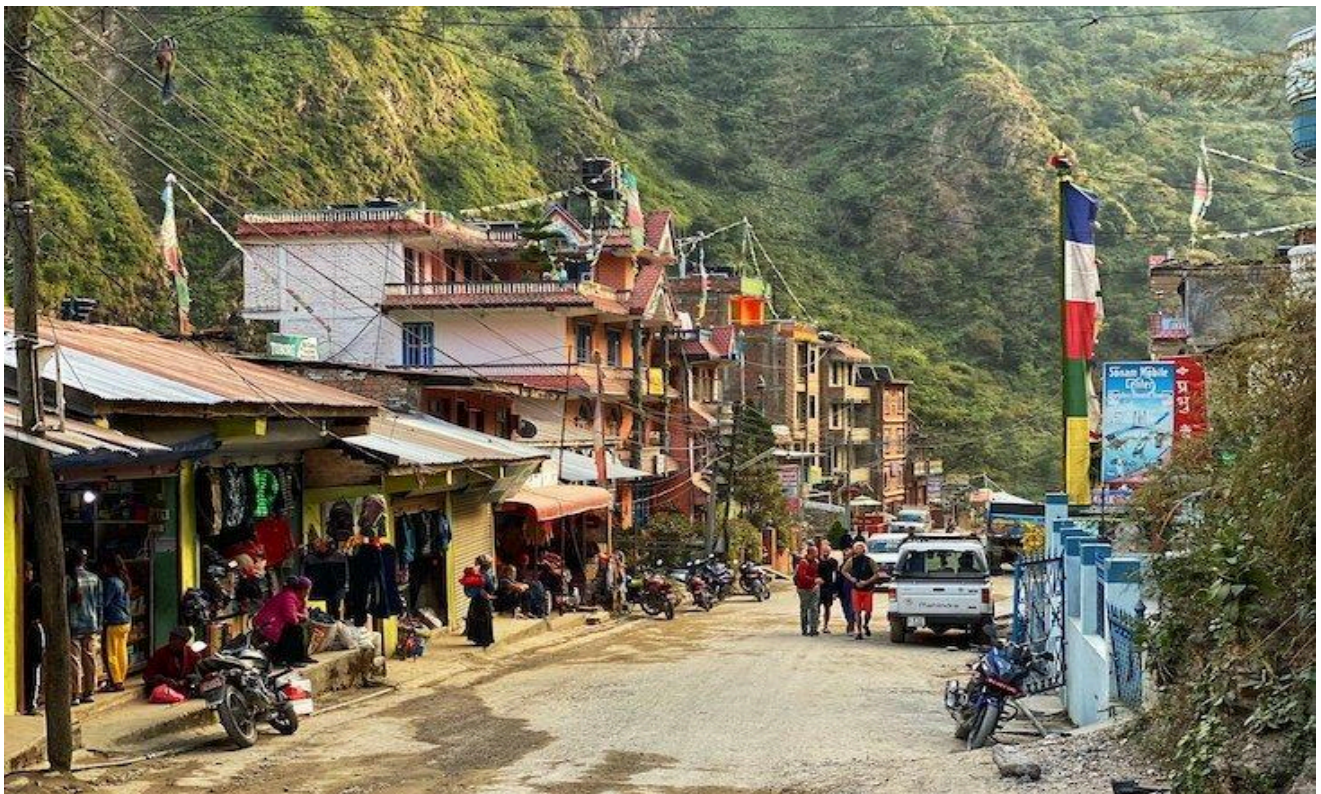
Feb 27. Day 10: Trek back to Lama Hotel (7hrs)

This morning after yoga and breakfast, we will enjoy the last views of the surrounding mountains of the scenic Langtang valley. We will head back down hill to the Lama Hotel and check into our rooms before having dinner and getting the plan for the next day.



Feb 28. Day 11: Lama Hotel to Syabrubesi (6hrs)

After our usual morning events, we pack up our gear and begin our trek back to Syabrubesi. As we descend to lower altitudes we begin to feel the oxygen in our lungs and typically most people begin to feel stronger. Upon our arrival in Syabrubesi, we will check into our last guest house in Langtang Himal before making our way back to the Kathmandu Valley.



February 29. Day 12: Drive to Kathmandu and transfer to the hotel (7 hrs)

This morning we pack up our gear, have breakfast and then travel overland back to Kathmandu through the beautiful Nepali countryside. We will stop for lunch in Trisuli town and then head for the hustle and bustle city life in Kathmandu. Upon arrival in Kathmandu, we will check into our guest house and head out to dinner before returning for a good night's sleep.



March 1. Day 13: City and Temple Tour

After yoga and breakfast, our city tour guide will come to meet us at the hotel and take us to 3 world heritage sites. The remarkable temples of Swayambhunath, Pashupatinath and Boudhanath. The overall visit will take roughly 6 hours. After we are done visiting the temples, we will return to Thamel where you will have free time to do some last minute shopping before meeting up for our celebratory dinner.



March 2. Day 14: Depart Nepal

Today is the final day of the trip and we will be transported back to Tribhuvan International Airport for our flight home. Remember to continue to drink water, eat food and practice good self-care while in transit. We hope you have enjoyed the beautiful country of Nepal and will continue to keep in touch with the friends you have made in Kakani and on the trek in Langtang. Our goal is to bring certain students and villagers to visit the Gunnison Valley, so spread the word and help us bring our new friends to our home in the mountains. Enjoy sharing your photos and memories with your family, friends, and school mates and we will have annual Nepali gatherings back home in the Gunnison Valley. Namaste!

Cost per head: \$2,775 if signed up before September 15th.

Cost per head: \$3,175 if signed up after September 15th.

-Group Size: 15 Students can be hosted in 1 group. We can host 30 students and divide into 2 groups while switching the itinerary and running two trips simultaneously.

-3 night/4 day Kakani Immersion and Project: 6 day Langtang National Park trek : City and Temple Tour

-Transportation: Private vehicles.

-Trip Grade: Moderate

- Accommodation: Hotel, Kakani Adventure Camp and Tea house on trek.
- Best Season: Anytime except June-September
- Arrival + Departure: Kathmandu, Nepal

Costs Include

- All food, accommodation, and on location transportation for the duration of the trip
- Entry fee and permit for Langtang National Park.
- Accommodation in tea houses and all meals(breakfast, lunch and dinner) on trek.
- All accommodation and food at Kakani Adventure Camp.
- Experienced tour guide, local trekking guides, and local trekking porters in Langtang National Park.
- Experienced outdoor and experiential educator from the USA.
- One CBCS teacher or staff member free of charge-Not including international flights
- Guided city tour with excursions to Swayambhunath, Boudhanath and Pashupatinath temples.
- Celebratory last night's dinner in Kathmandu.

Costs Exclude

- Personal gear, clothing, and other personal expenses
- Travel Insurance (Compulsory)
- Nepal visa fee upon arrival
- International air fare
- Tips for trekking crew. Recommended 5-10% of total trip cost.
- Money for extra food, snacks, drinks, spending money, etc.