

NEPAL STUDY ABROAD ITINERARY: MARCH 14 – 30, 2025

DATE	LODGING	ACTIVITIES
Friday Mar. 14	In-Transit	<ul style="list-style-type: none"> • Park at General Staff or 112N lots on east side of Haber Road (need plate#). • Depart Ames at 9:00am. • 6-hour drive to ORD by bus, arrive at 3:00pm. • Flight QR#726 ORD-DOH departs at 7:50pm
Saturday Mar. 15	In-Transit Doha, Qatar	<ul style="list-style-type: none"> • Arrive DOH at 5:05pm. • 8 hours and 20 minutes layover. • Cultural activities in Doha (museum, Souq Waqif, mosque).
Sunday Mar. 16	In-Transit Kathmandu Guest House Kathmandu	<ul style="list-style-type: none"> • Flight QR#652 DOH-KTM departs at 3:25am. • Arrive KTM at 10:30am. • Rest. Shower. • Explore cultural sites in Kathmandu.
Monday Mar. 17	Kathmandu Guest House Kathmandu	<ul style="list-style-type: none"> • Meet with development agencies and college students in Kathmandu. • 12:30-1:45pm, Federation of Woman Entrepreneurs' Assocs of Nepal • 2:15-3:15pm, Peace Corps Nepal • 3:45-5:30pm, Community as Curriculum
Tuesday Mar. 18	Maruni Sanctuary Lodge Sauraha, Chitwan	<ul style="list-style-type: none"> • Leave Kathmandu at 9:00am. Drive to Chitwan by bus. Stop for lunch. • Arrive in Sauraha at 2:30pm. • Explore town.
Wednesday Mar. 19	Maruni Sanctuary Lodge Sauraha, Chitwan	<ul style="list-style-type: none"> • Bus through Chitwan National Park and explore remote Tharu villages. • Visit Tharu farms doing Terai/lowland agriculture. • Return to lodge at 6:00pm. • Explore Sauraha Bazaar.
Thursday Mar. 20	Maruni Sanctuary Lodge, Sauraha, Chitwan	<ul style="list-style-type: none"> • Jungle safari at 6:30am and return to lodge by 12:00pm. • Visit Tharu farms doing Terai/lowland agriculture. • Community meal, socializing, and Tharu dance/cultural event at lodge.
Friday Mar. 21	Kalimati Guest House Kalimati, Kaski	<ul style="list-style-type: none"> • Leave lodge at 8:00am. Flight U4#642 BHR-POK departs at 10:30am. • Arrive POK at 10:50am (2,950ft). • Drive by Jeep to Ghalel (5,020ft). • Visit Gurung farms doing step agriculture. • Drive to Kalimati (5,580ft).
Saturday Mar. 22	Low Camp Tea House Mardi Himal, Kaski	<ul style="list-style-type: none"> • Leave Kalimati at 9:00am and hike to Forest Camp (8,530ft). • Lunch and rest. • Hike to Low Camp (9,745ft).
Sunday Mar. 23	High Camp Tea House Mardi Himal, Kaski	<ul style="list-style-type: none"> • Leave Low Camp at 9:00am and hike to High Camp (11,810ft). • Lunch and rest. • Easy hike to Stephen Rock to acclimatize (11,745ft). • Return to High Camp by 6:00pm.
Monday Mar. 24	Low Camp Tea House Mardi Himal, Kaski	<ul style="list-style-type: none"> • Leave High Camp at 4:30am and hike to viewpoint to see sunrise (13,058ft). • Option to hike to upper view points (13,780ft to 14,446ft). • Return to the High Camp. Breakfast and rest. • Hike to Low Camp
Tuesday Mar. 25	Stone Gallery Hotel Sidhing, Kaski	<ul style="list-style-type: none"> • Leave the Low Camp at 9:00am and hike to Sidhing. • Lunch and rest. • Explore village. Visit Tamang farmers. • Tamang cultural programs and community meal.
Wednesday Mar. 26	Waterfront Hotel Pokhara, Kaski	<ul style="list-style-type: none"> • Leave Sidhing at 9:00am. • Walk to public school and interact with high school students. • Drive to Jeep to Pokhara. Arrive 3:00pm. • Explore Pokhara

Thursday Mar. 27	Waterfront Hotel Pokhara, Kaski	<ul style="list-style-type: none"> Rest, relax, and explore Pokhara.
Friday Mar. 28	Kathmandu Guest House Kathmandu	<ul style="list-style-type: none"> Leave hotel at 7:15am. Flight U4#670 POK-KTM departs at 8:30am. Arrive KTM at 8:55am. Meetings with stakeholders. Expo – Heritage Garden, FWEAN
Saturday Mar. 29	In-transit	<ul style="list-style-type: none"> Explore Kathmandu. Leave hotel at 3:00pm. Flight QR#647 KTM-DOH departs at 6:00pm. Arrive DOH at 8:50 pm. 11 hours and 35 minutes layover. Rest in Qatar Airways Business Lounge.
Sunday Mar. 30	In-transit	<ul style="list-style-type: none"> Flight QR#725 DOH-ORD departs at 8:25am. Arrive ORD at 3:25pm. 6-hour drive to Ames by bus, arrive at 11:00pm.

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Hotels	Number	Mardi Himal Camps	Number
Kathmandu Guest House	+977-1- 4700632	Kalimati Guest House	+977-9856034899
Maruni Lodge (Sauraha)	+977-56-580160	Low Camp	+977-9856085611
Waterfront Resort (Pokhara)	+977-61-420004	High Camp	+977-9856014765
Ethical Trekking	+977-9856034997	Stone Gallery Hotel	+977-9856051222