NEPAL SUMMER STUDY ABROAD – ITINERARY – May 20 – June 15, 2026

DATE	HOTEL	ACTIVITIES
Wed./Thursday May. 20 – 21	In-Transit	• Depart Ames, IA, at 9 am (bus). • 6-hour drive to ORD, Chicago, arrive at 3:00 pm. • Flight Qatar Airways #726 – ORD–DOH departs at 19:55 and arrives at 17:10 in Doha (+1 day). • 8 hours 5 minutes layover at Doha Airport. Students will explore various cultural and historical sites in Doha.
Friday May 22	In-Transit Kathmandu Guest House, Kathmandu	• Flight Qatar Airways #648 DOH–KTM departs at 01:15 and arrives at 08:15 am in Kathmandu. • Check in to Kathmandu Guest House. • Explore cultural sites in Kathmandu.
Saturday May 23	Kathmandu Guest House, Kathmandu	• Meet with the Peace Corps and other U.S. agencies that support women empowerment, Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) & Comuniveristy, King's College & the Department of Women & Women, Government of Nepal, and other relevant stakeholders.
Sunday May 24	Pipal Chautari Guest House, Budar, Doti	• Breakfast at 8 am and prepare for the field trip. • Flight Buddha Air U4 253 – KTM-DHI, departs Kathmandu at 11:55 – arrives in Dhangadhi at 12:55. • Quick lunch in Dhangadhi and drive to Pipal Chautari, Budar Doti (Approximately 3 hours drive, windy road). • Stay at Pipal Chautari Guest House.
Monday May 25	Hotel Hill View, Mangalsen, Achham.	• Breakfast at 8 am. • Drive to Silgadhi, Doti (approx. 4 hours, windy road) • Lunch at noon in Silgadhi, Doti • Drive to Mangalsen, Achham (approx. 3 hours, windy road). • Stay at Hotel Hill View, Mangalsen, Achham.
Tuesday May 26	Hotel Hill View, Mangalsen, Achham.	• Breakfast at 8 am & day's activity; meeting with prominent women leaders, women entrepreneurs, the head of government officials (bureaucrats and elected leaders), civic society leaders, and other stakeholders. • Stay at Hotel Hill View, Mangalsen, Achham.
Wednesday May 27	Hotel Hill View, Mangalsen, Achham.	• Breakfast at 8 am & day's activities; meeting with the various development organizations, e.g., representatives of the NGOs and INGOs working to promote agriculture, girls/women's empowerment, local entrepreneurship & people's livelihoods in the district. • Stay at Hotel Hill View, Mangalsen, Achham.
Thursday May 28	Hotel Hill View, Mangalsen, Achham.	• Breakfast at 8 am. • Review the meetings conducted with various individuals and institutions at the district level.

		• Identify activities, e.g., visit women-led businesses, ongoing projects conducted by the government & development organizations. • Lunch at 12:30 pm. • Divide students, faculties & Nepali chaperones in groups. • Prepare for the fieldwork. • Stay at Hotel Hill View, Mangalsen, Achham.
Friday May 29	Hotel Hill View, Mangalsen, Achham.	• Breakfast at 8 am. • Groups will visit to assigned activities/villages. • Lunch in the villages. • Continue to observe activities and interactions with villagers. • Return to Mangalsen. • Stay at Hotel Hill View, Mangalsen, Achham.
Saturday May 30	Hotel Hill View, Mangalsen, Achham.	• Breakfast at 8 am. • Groups will visit to assigned activities/villages. • Lunch in the village. • Continue to observe activities and interactions with villagers. • Return to Mangalsen. • Stay at Hotel Hill View, Mangalsen, Achham.
Sunday May 31	Hotel Hill View, Mangalsen, Achham.	• Breakfast at 8 am. • Groups will visit to assigned activities/villages. • Lunch in the village. • Continue to observe activities and interactions with villagers. • Return to Mangalsen. • Stay at Hotel Hill View, Mangalsen, Achham.
Monday June 1	Stay at the local hotel in Jhingrana, Doti	• Breakfast at 8 am. • Interaction with various stakeholders who have supported the study abroad team and farewell. • Lunch at 1 pm. • Drive to Jhingrana (2,285 meters), Doti (approximately 4 hours' drive, windy road). • Stay at the local hotel in Jhingrana, Doti
Tuesday June 2	Campout in Khaptad National Park	• Breakfast at 8 am. • Start walking towards Khaptad National Park (3,300 meters), with diverse ecosystems and abundant flora and fauna (approx.7-8 hours of hiking). • Stay at Khaptad National Park; there are no options for hotels. Generally, visitors camp out or stay at the guest house run by the Nepal Army. Camping gear can be rented out.
Wednesday June 3	Hotel Riverside Dipayal	• Breakfast at 8 am. • Walk down to Jhingrana (5-6 hours downhill walk). • Drive to Dipayal, Doti (approximately 1:15 minutes' drive). • Stay at Hotel Riverside Dipayal.
Thursday	Rubus Hotel	• Breakfast at 8 am.

June 4		• Visit a Soojung School (10 minutes' drive) & interact with high school students. • Drive to Dhangadhi, Kailali (approximately 7 hours). • Stay at Rubus Hotel, Dhangadhi, Kailali
Friday June 5	Kathmandu Guest House	• Breakfast at 8 am. • Explore Dhangadhi. • Flight Buddha Air U4 254 – DHI-KTM, departs Dhangadhi at 13:30 & arrives Kathmandu at 14:30. • Explore Kathmandu in the evening. • Stay at Kathmandu Guest House.
Saturday June 6	Waterfront Hotel	• Breakfast at 8 am. • Flight Buddha Air U4 611, depart at 10:30 & arrive at 10:55. • Explore Pokhara. • Stay at Waterfront Hotel
Sunday June 7	Waterfront Hotel	• Breakfast at 8 am. • Explore Pokhara. • Stay at the Waterfront Hotel.
Monday June 8	Kathmandu Guest House	• Flight Buddha Air U4 602, depart at 07:50 & arrive at 08:15. • Meetings with UN Women Nepal, the UN agencies, and INGOs working to promote women's empowerment and social change and development. • Stay at Kathmandu Guest House
Tuesday June 9	Hotel in Bangkok	• Breakfast at 8 am. • Flight Thai Airways TG 310, departs Kathmandu at 00:25 and arrives in Bangkok at 05:10. • Stay at a Hotel in Bangkok
Wednesday June 10	Hotel in Bangkok	• Work with the UN Women Asia and Pacific Office. • Stay in Bangkok.
Thursday June 11	Hotel in Bangkok	• Work with the UN Women Asia and Pacific Office. • Stay in Bangkok.
Friday June 12	Hotel in Bangkok	• Work with the UN Women Asia and Pacific Office. • Stay in Bangkok.
Saturday June 13	Hotel in Bangkok	• Flight Thai Airways Flight number TG 319, departs Bangkok at 10:15 and arrives in Kathmandu at 12:25. • Free evening in Kathmandu. • Stay at Kathmandu Guest House
Sunday June 14	In-Transit	• Relax, prepare for the long flight, buy souvenirs, and explore Kathmandu until 1 pm. • Leave the Kathmandu Guest House at 3 pm for Tribhuvan International Airport. • Flight Qatar Airways #645 KTM–DOH departs at 18:45 and arrives in Doha at 21:35. • 10 hours and 25 minutes layover in Doha Airport.

Monday June 15	In-Transit	• Flight Qatar Airways #725 DOH–ORD departs at 08:00 am and arrives in Chicago at 15:30. • Arrive in Chicago at around 3 pm. • 6-hour drive to Ames by bus, arriving at 11:00 pm – 12 am.