Oxley College
Parents & Friends Support Trip
Nepal Sep 2016
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This is an opportunity for parents & friends of Oxley College to be part of the year 9 rites of passage journey to Nepal. The idea is that you’ll travel independently, and catch up with the students at certain places during the trip. In all you’ll spend 5 days with the student group. In this way you can share in their amazing experiences, but not to infringe too much on their sense of autonomy and independence.

Trip Departs: 29th September 2016
17 Days
Cost: $4695.00
Single Room Surcharge: $450.00

Included
> Return Airfare with Thai Airways
> City Tour of Kathmandu
> Entry Fees to all Historical Sites
> 6 Day Trekking Trip in the Rasuwa Region
> 3 Day Village Stay
> 4 Nights Accommodation Kathmandu on Twin Share Basis
> 1 Night at the Nuwakot Farmhouse
> 1 Night at the Transit Hotel in Bangkok
> Most Meals on Tour
> World Horizons Guides and all Support Staff
> All Camping Equipment
> Private Transport on all Land Transfers All Permits
> Life Insurance for all Nepali Support Crew Single Entry Visa for Nepal
> Use of World Horizons Trek Pack: Sleeping Bag & Inner Sheet, Down Jacket, Insulated Sleeping Mat and a complementary Duffel Bag

Note: In light of the recent earthquake World Horizons has carefully assessed all our itineraries and made a few changes based on the events of last April. Most of these are in Kathmandu and involve the city tours. At this stage, we will only be visiting sites that have been approved and officially reopened. Your hotel, the Marshyangdi, is perfectly fine and was totally unaffected by the earthquake - as were most buildings in Kathmandu that were built on stable ground and reinforced with concrete and steel. The trek & village stay is always the safest part of any trip as we camp in open fields. Most houses in this region were however destroyed in the earthquake, and have now been knocked down. Upon your arrival in September 2016 the villagers of Jhijhiji will have already rebuilt, or be in the process of rebuilding. World Horizons Managing Director, Matthew Swait, will also be going into the region this November 2015 to run a number of trips, and to further assess the situation for all World Horizons school trips scheduled for April & September of 2016. On his return Oxley College will be fully briefed on all aspects of his findings and recommendations.

Day 1: Sydney to Bangkok
Thu 29 Sep
You depart on TG472 at 15:40 and arrive into Bangkok at 22:00 and then spend the night at the Transit Hotel.

Day 2: Arrive Kathmandu
Fri 30 Sep
You’ll depart for Kathmandu at 10:15, arriving at 12:35. At the airport you’ll be met by your World Horizons guides and take a short bus ride to your Hotel in the centre of the bustling Thamel area of Kathmandu, and just across the road from the students hotels. After settling into your room you’ll gather downstairs for a briefing, meet up with the students and then explore the streets before heading out for dinner as a group.

Day 3: Kathmandu
Sat 1 Oct
This morning it’s onto the bus for a tour of Boudhanath - one of the holiest Buddhist sites in Kathmandu. The stupas massive mandala also makes it one of the largest spherical stupas in Nepal. Boudhanath is a very special place central to the Buddhist faith in Nepal, and sits beside Hinduism as the countries second most popular religion. After lunch it’s free time to explore on your own. Before dinner we’ll gather in the reception area of the hotel, here you’ll be issued with your duffle bag, sleeping bag, inner sheet and down jacket.

Day 4: Kathmandu to Nuwakot
Sun 2 Oct
Leaving at 9am you’ll drive for about 4 hours before arriving at the beautiful hillside town of Nuwakot – the ancient capital of Nepal. Your home tonight is the fabulous boutique Nuwakot Farmhouse consisting of a manor house and two charming cottages that form a delightful courtyard. This beautiful place is an enchanting retreat of quiet corners and leafy niches surrounded by terraces of home grown organic crops. Below is the very fertile Trisuli Valley, with the Trisuli River meandering its way down to India to unite with the holy Ganges. Just five hundred metres walk away is the Nuwakot Palace Complex which was built in 1752, and lay on the ancient trade route from the Kathmandu Valley to Tibet.

Day 5 Nuwakot to Lokil
Mon 3 Oct
We’ll leave the farmhouse after lunch and then drive for about 1 and half hours as we follow the Trisuli River to Betrawati and then up the switch backs to the small village of Sau Bari. Here you’ll meet your World Horizons Trek Crew and start walking towards the first campsite at Lokil. It’s a relatively gradual start to the trek with impressive views of Mt Ganeshe to the north and the Trisuli Valley far below to the south. The trail passes through the small Tamang village of Parangase, and then on until Patle. Patle is one of many Tamang communities in this region, whose inhabitants would have originally migrated from Tibet many centuries ago. Tamangs generally follow a mix of Tibetan Buddhism and elements of animism; however in this region you may even come across some who’ve converted to Christianity. Not too long after lunch you’ll reach your first camp at Lokil.

Day 6: Lokil to Labung
Tue 4 Oct
You start today’s walk by traversing the hill side until lunch, after which you’ll climb to the top of the ridge passing through small Chetri and Brahmin settlements. The actual scale of the mountains becomes apparent as you reach the ridge top, breaking through the forests of rhododendron and pine onto a high alpine pasture. Here the mountains suddenly seem closer and you are able to see the dramatic glacial systems that run off these magnificent peaks. You then follow a trail used primarily by the local villagers to move cattle, during the summer, to higher pastures for grazing. You arrive at Labung, and your camp for the night, by mid afternoon. Here you’ll have time to relax and take in the intoxicating mountain scenery, before this evenings three course meal in the dinning tent.

Day 7: Labung to Serma
Wed 5 Oct
We climb a little higher today along a wide ridge and through the occasional pasture frequented by semi-nomadic farmers during the summer months. As winter approaches these people move to warmer places further down the valley. Our camp at Serma is one of the highest points of the Trek. The view of the surrounding area from here is tremendous as the Langtang and the Ganesh ranges dominate the skyline to the north, and green valleys stretch in every other direction - this is the Himalayas at its best!

Day 8: Serma to Doglang
Thu 6 Oct
Today we leave the high country and trek down through forests of Birch and Rhododendron. Long down hill walks can be
Day 8: Jhib Jhibe to Kathmandu

Sun 9 Oct
This morning we’ll walk via the village of Bittang and visit the site of a small Buddhist Monastery that was severely damaged by the quake. It still functions as a Monastery and your guide Lama Tamnag will perform a small Puja to celebrate your arrival in the region and to bless the group for their onward journey. This is also a great insight into the rituals and culture of the Tamang people and a great way to get to know the people of this region a little better. Afterwards you’ll trek for an hour to get to the village of Jhib Jhibe - a sizable and diverse community of Brahmin, Tamang, Newari and Gurung ethnic groups. It’s also home to many of our trek staff and your guide Balaram Neupane and where you will reunite with the students.

Days 12 & 13: Village Stay
Mon 10 & Tue 11 Oct
You’ll spend the next 2 days camped in the home grounds of World Horizons Balaram Neupane. This land has been in his family for generations, and it’s from here that you’ll venture out each day to engage with the local community. One of the primary focuses of the students will be teaching English to the students at Jhib Jhibe’s nearby schools. This will range from basic ‘chant and repeat’ to adventurous ‘role plays’ and everything in between. We are also looking at conducting a comprehensive field study of the regions drinking water quality. To our knowledge this will be the first time that such a study has been done in the area. Through a number of tests that you will conduct during your stay, we hope to give the community crucial information on exactly how good, or not so good, these respective water sources are. In Jhib Jhibe the students will brief you on what you’ll be doing during your stay. It’ll be up to them to make sure you are incorporated into the group activities and have something for you to do during your stay. These two days in Jhib Jhibe will be a time to share in some really special experiences with the students, as well as a unique opportunity to discover a part of Nepal few tourists get to see.

Day 10: Dumrang Char to Kalchit
Fri 7 Oct
Today we traverse a spectacular landscape of grazing areas, forested hill sides, mountain streams and fields of buckwheat and glowing yellow mustard flower. This time of year in Nepal, at these altitudes, is absolutely delightful and some of the best walking conditions you’ll experience in this amazing country. Just after lunch a cascading stream flows over our trail. If it’s a sunny day a bracing dip is always a highlight. Our camp tonight is surrounded by yellow fields of mustard seed. It just doesn’t get any better!

Day 11: Arrive Jhib Jhibe
Sun 9 Oct

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Day 14: Jhib Jhibe to Kathmandu
Wed 12 Oct
You farewell the students and villagers of Jhib Jhibe and then travel back to Kathmandu by bus arriving around lunch time.

Day 15: Kathmandu
Thu 13 Oct
Today you’re free to explore Kathmandu on your own. They are many places to see and great shopping opportunities as well. If you need any advice on what to do just ask your World Horizons guide Balaram Neupane, will give you the opportunity to spend time with Nepalese on a daily basis. Many find their closest contacts and greatest insights come from the time spent with these great people. It should also be mentioned that by participating on this trek you are helping members of the trek team subsidize a very modest annual income based on agriculture, and use their wages to buy small “luxuries” they could not otherwise afford.

A typical trekking day begins at around 7am, with a hot cup of tea passed into your tent by one of our kitchen staff. When you have washed, dressed and packed your duffel bag, just go to your waiting breakfast, leaving the Sherpas to organise your tent and bags. Breakfasts are always big. A typical one would be hot porridge and cereal or pancakes, eggs, toast, marmalade, honey, tea, coffee or hot chocolate. After breakfast we usually walk for three or four hours through fields and along remote ridgelines, and use down terraced hillsides and past spectacular mountain backdrops. During this time the cook team has moved ahead to prepare lunch.
After lunch a further two or three hours walking brings us to our camp for the night. We are welcomed with tea and biscuits, and after dinner your World Horizons Guide will make sure you know about the next day’s walking and anything else planned. Conversation often lingers into the night, and is accompanied by a quick game of cards. A possible feature before the evening meal or once again there is the opportunity to explore the area.

At night it will be a very pleasant mid to late summer. On trek the day temperatures can be warm to cool, at around 18 to 26 deg C. Nights however can be cool and at our high camps can drop to as low as 9 degrees C. So make sure you read the gear list carefully and bring all that is suggested.

Health issues
From our experience you should be immunised against Hepatitis A and B, Typhoid, Meningitis and Polio. Make sure your Tetanus shots are up-to-date, and a dental check up is recommended.

Your doctor also might advise you to take an antimalarial. The CIWEC clinic in Kathmandu gives the following advice...

“Although Nepal is endemic for malaria, the risk for the average tourist or expatriate seems very low in Nepal. We believe that there is no malaria risk in Kathmandu, Pokhara or the mountain trekking areas.”

The CIWEC clinic is also a very good source of information on health related issues for Visiting Nepal. Just Google - CEWIC.

Travel insurance
It is mandatory that you have travel insurance to join the trip. World Horizons recommends and offers CHI Travel Insurance. On receiving your booking forms we will send you the policy brochure along with your letter of confirmation. To take up the policy just fill in the enrolment form and return it with your final submission.

Climate
In Kathmandu it will be quite warm during the day, anything from to 25 to 30 degrees. At night it will be a very pleasant mid to late summer. On trek the day temperatures can be warm to cool, at around 18 to 26 deg C. Nights however can be cool and at our high camps can drop to as low as 9 degrees C. So make sure you read the gear list carefully and bring all that is suggested.

Gear List
World Horizons provides you with the use of our Trek Pack. In this includes a sleeping bag & inner sheet, an insulated sleeping mat, but if you have a Thermarest this is what you will transfer your gear into for the trip outside of Kathmandu. You will pack your duffle bag the night before we leave Kathmandu. Anything you don’t want to take can be left in your suitcase at the hotel. It is important you adhere to the gear list, as invariably we find people tend to bring too much. If you don’t have any of the items listed below they can be obtained from outdoor stores throughout Australia.

Day pack of medium size around 25 to 30 litres, to carry items such as your water-bottle, rainjacket, camera, sunscreen, or any thing else you might want to have with you while trekking, on day trips or the aircraft.

A good pair of walking boots (leather or synthetic) with ankle support is your best option for a trek in Nepal. The most important feature of your boots is that they are well worn in BEFORE the trek. Blisters can turn your trek into an unpleasant experience, so take time to wear new boots in.

Bring plenty of socks, 3 or 4 thick warm boot and 3 thin pairs.

One pair of sandals or thongs for around camp.

One pair of runners.

A waterproof jacket with a hood is a must. Preferably of good quality and around thigh length. Gore-Tex or other breathable fabric are great, if you already have one, but quality nylon will do just as well.

A pair of woolen or fibre pile gloves.

A warm woolen or fibre pile pullover or jacket.

Tipping
It is customary at the end of a trek to tip the trekking staff (shepas, porters, cooks and kitchen staff) that have helped to make your journey a safe and memorable one. On your last morning with the trek crew, tips are presented to each member during a very enjoyable ceremony. On arrival in Kathmandu please have on hand AS$100 ready for collection.

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BOOKING CONDITIONS

Cancellation
Deposits are non-refundable and non-transferable, so please think carefully before booking. Cancellation, after you have paid the balance, will attract charges as followed:
Between 90 and 31 days prior to departure - 50% of land content plus any airline cancellation fees.
30 days or less - 100% of land content plus airline cancellation fees.
Depending on your reason for cancellation, these charges may be recoverable on your insurance policy.

Changes to your itinerary
We may need to change itineraries because of weather, illness or accident or force majeure after your trip starts. The trip leader has responsibility for taking the action that he/she deems appropriate. We try not to change the finish date of your trip so that your onward arrangements are not affected. There are usually no refunds or extra charges levied as a result of itinerary changes.

Responsibility
World Horizons acts as agent for transport companies, hotels and contractors and shall not be held liable for injury, damage, loss, delay or irregularity that may occur, including, but not limited to, any defect in a vehicle or any other form of conveyance, the acts or defaults of any company or person engaged in conveying a traveler, acts of God, detention; delays or expenses arising from quarantine, strike, theft, force majeure, civil disturbance, government restriction or regulation; accident by aircraft, boat, bicycle, motor vehicle or any other form of transport, or in any hotel, guest house, or other form of accommodation. The traveler understands that during the course of the trip, certain risks and dangers may occur, including but not limited to the hazards of accident or illness in remote places without medical facilities, and the forces of nature. The traveler agrees to assume all risk associated with the journey and agrees that World Horizons, its employees, agents and any member of the group shall not be held liable for personal injury, death, illness or delay of the traveler or any subsequent loss or damages to the traveler; any loss of or damage to property of the traveler during the course of the trip, howsoever caused, whether occurring in the country of the itinerary or elsewhere. The traveler also understands that he/she is traveling in areas that may be remote, subject to varying climatic conditions or politically unstable. World Horizons reserves the right to decline, accept or retain any person as a member of any party at any time. Travelers agree to accept the authority of the Group Leader. World Horizons will not accept responsibility or liability for any traveler who contravenes any law or regulation of any country visited. Travelers detained as a result of infringement of any law or regulation of any country may be excluded from the adventure, without any right to refund or any other claim, by the Group Leader. No employee, servant or agent of World Horizons has authority to vary these conditions. This agreement is governed in all aspects by and interpreted in accordance with the law of New South Wales, Australia.

Please fill in this form and, together with your deposit of $250 made out to World Horizons, send to:

World Horizons
PO Box 346
Blackheath 2785
Australia

Alternatively you may simply email the completed form to info@worldhorizons.net, and transfer the deposit directly into our account referencing with your name.

Acc Name: World Horizons
Bank: CBA
Acc #: 1014 8204
BSB: 062 507

PLEASE COMPLETE YOUR NAME AS SHOWN IN YOUR PASSPORT

Last Name: .................................................................
First Name: .................................................................

Passport No: .................................................................
(If you do not have a passport, or it will have expired by the time of departure, please make arrangements for a new one before your final submission is due)

Date of Expiry: .................... Date of Birth: ....................
Nationality: .................................................................

Any special dietary requirements: .................................................................

Home Address: .................................................................
Postcode: .................................................................

Home Ph: .................................................................

Destination: .................................................................

School .................................................................

E-mail: .................................................................

Person to contact in the event of an emergency

Name: .................................................................
Home Ph: .................................................................
Mobile: .................................................................
E-Mail: .................................................................

I do not have any pre existing medical conditions except as outlined here: .................................................................
I have read, understood and accepted the information and booking conditions.

Signed by participant if 18 years and over, by parent or guardian if under 18 years of age. Parent/Guardian should print name under signature.

Signed: .................................................................

Please find enclosed the sum of $................ Being the deposit payment for the assigned World Horizons trip.

Payments may be made by Cheque or Electronic Funds Transfer. If making a deposit into our account please reference with your surname.

Please Detach these Booking Conditions and Keep for Your Reference