



**Children's Medical Aid Foundation**  
*Bridging healthcare needs and services in Nepal.*

## **Itinerary for Nepal Tour** **October 19-29, 2011**

*Please note: the itinerary may change due to changes in weather or other conditions beyond our control. Presentation topics will be finalized in summer 2011.*

### **Wed., Oct. 19 & Thurs., Oct. 20**

Travel to Kathmandu

### **Day 1: Friday, Oct. 21**

Arrival in Kathmandu and transfer to the hotel

### **Day 2: Saturday, Oct. 22**

- 8:00a Breakfast followed by orientation
- 9:00a Presentation by Debendra Karki, PhD Public Health
- 10:00a Travel to Bhaktapur for tour of UNESCO World Heritage Site
- 12:30p Lunch on your own in Bhaktapur
- 1:30p Van leaves for Pasupatinath, a Hindu temple dedicated to Lord Shiva
- 3:30p Van leaves Pasupatinath to return to hotel for R&R
- 6:00p Cocktails at Garden of Dreams followed by dinner (walk from hotel)

### **Day 3: Sunday, Oct. 23**

- 6:30a Mountain flight in the early morning (optional)
- 8:00a Breakfast followed by orientation
- 9:00a Presentation/Discussion
- 10:30a Leave for tour of Kopan Monastery
- 11:00a Tour and introduction to Buddhism
- 12:00p Lunch with the Tibetan monks at Kopan Monastery
- 1:00p Leave for Boudhanath, a UNESCO World Heritage Site. Free time for exploring, shopping or enjoying a Tibetan massage.
- 4:00p Return to hotel

- 6:00p Presentation/Discussion
- 7:00p Meet in lobby to join others for dinner on your own (Selection of recommended restaurants will be provided)

**Day 4: Monday, Oct. 24**

- 8:00a Breakfast followed by orientation
- 9:00a Kathmandu Model Hospital tour
- 11:00a Leave for Durbar Square
- 12:00p Lunch on your own with time for shopping at Durbar Square
- 1:00p Guided tour of Durbar Square, a UNESCO World Heritage Site
- 2:00p Van leaves for Swayambunath, aka The Monkey Temple
- 2:30p Guided tour of Monkey Temple with time for shopping
- 4:00p Return to hotel
- 6:00p Guest Speaker Debendra Karki, PhD, Public Health, Anthropologist
- 7:00p Nepalese banquet and cultural entertainment at Bhansaghar

**Day 5: Tuesday, Oct. 25**

- 7:00a Breakfast followed by orientation
- 8:00a Surface transfer to Chitwan
- 12:00p Lunch stop
- 3:00p Arrival at Machan Paradise Resort in Chitwan. All-inclusive lodging with meal and jungle activities provided.
- 7:00p Presentation by Muslim healer before dinner

**Day 6: Wednesday, Oct. 26**

Full day of jungle activities, including Tharu dance, elephant ride, elephant breeding center visit, elephant bath, jungle walk, canoeing, bird watching, and sunset view from riverbank.

**Day 7: Thursday, Oct. 27**

- 8:00a Breakfast followed by orientation
- 9:00a Visit the CMAF surgical camp to meet with Dr. Shankar Rai and medical team, then leave for Pokhara.
- 5:00p Arrive in Pokhara before dinner
- 6:00p Gather in hotel bar for cocktails, dinner on your own.

**Day 8: Friday, Oct. 28**

- 6:00a Early morning trip to Sarangkot for the sunrise view
- 8:00a Breakfast followed by orientation
- 10:00a Presentation/discussion? Morning free after breakfast?
- 2:00p Pokhara 1-hour boat ride on Lake Phewa; paragliding (optional).
- 6:00p Presentation/discussion
- 7:00p Gather in hotel bar for cocktails; dinner on your own.

**Day 9: Saturday, Oct. 29**

- 8:00a Breakfast
- 9:00a Trekking group leaves for Poon Hill with lunch provided.
- 12:00 Lunch on your own. Afternoon flight back to Kathmandu, transfer from Kathmandu Airport to hotel.

**Day 10: Sunday, October 30**

All day free with late evening flight back to U.S. You are welcome to travel early or stay late. Zen Travel can arrange additional transfers, tours, and accommodations.