

## 2019 NEPAL/THAILAND TREK Tentative Itinerary

Dates	Destination	Activities	Comments
Sat Jun 1		Depart home	
Sun June 2		In transit	
Mon June 3	Kathmandu	Arrive Kathmandu Orientation meeting/group lunch Visit Monkey Temple and Thamel Welcome dinner	L, D  Tibet Guest House Kathmandu
Tues June 4	Bhaktapur	Visit Boudhanath Stupa on way to Bhaktapur in the morning Visit Orphan Children Rescue Center (OCRC) Activities with the children	B, L, D  Peacock Guest House, Bhaktapur
Wed June 5	Bhaktapur/Kathmandu	Explore the ancient city of Bhaktapur Return to Kathmandu	B, L, D
Thurs June 6	Her Farm Manku village	Transfer to Her Farm Volunteer work at Her Farm	All meals included at Her Farm
Fri June 7	Her Farm Manku village	Volunteer work at Her Farm	All meals included at Her Farm
Sat June 8	Her Farm Manku village	Volunteer work at Her Farm	All meals included at Her Farm
Sun June 9	Her Farm Manku village	Volunteer work at Her Farm	All meals included at Her Farm
Mon June 10	Her Farm Manku village	Volunteer work at Her Farm	All meals included at Her Farm
Tues June 11	Her Farm Manku village	Volunteer work at Her Farm	All meals included at Her Farm
Wed June 12	Kathmandu	Depart Her Farm and return to Kathmandu Flight to Bangkok	B Hotel near airport in Bangkok
Thurs June 13	Krabi/Railay	Early morning flight to Krabi Transfer by longtail boat to Railay Free afternoon/evening at the beach	B  Princess Resort Railay
Fri June 14	Hong Island/Railay	Day trip to to an island by long tail boat Evening free in Railay	B, L Princess Resort Railay
Sat June 15	Railay/Krabi/Bangkok	Transfer to Krabi in the morning (shopping, massage, pedicure, etc.) Visit an elephant refuge after lunch Climb the 1237 stairs to the top of Tiger Cave Temple at sunset Flight to Bangkok in evening	B, L  Hotel near Bangkok airport
Sun June 16	Flights home	Early morning flight home, arrive home	