



Mother and baby in Kathmandu

Nursing and Midwifery in Nepal

25 October – 7 November 2026

‘I thoroughly enjoyed this tour, it was very well organised and Nepal was incredible. Excellent tour leaders, guides and hotels. This has been my 4th tour with Jon Baines, and I have loved each one of them.’

Jenny Wright, Palliative Care in Nepal tour, March 2025



Level 4
ACTIVE





Beautiful Pokhara

Squeezed between India and Tibet, Nepal ranges from lush subtropical forest to soaring Himalayan peaks. Both geographically and culturally diverse, with a wide range of architecture, food and language, vivid colours and irrepressibly vibrant street life, Nepal is a treat for the senses.

Experience Kathmandu, the greatest city of the Himalaya, custodian of ancient cultural practices and a jewel of world art. Travel beneath ever-present snow-capped peaks to the charming town of Dhulikhel, continue to the serene lakeside setting of Pokhara, and encounter wildlife at close range in the abundant jungle landscape of Chitwan National Park.

This tour offers an in-depth exploration of midwifery, nursing, maternity and paediatric care in Nepal, a country striving to provide

equitable and affordable healthcare to vulnerable communities in remote regions. Engage in professional visits to hospitals, community clinics, and NGOs, such as the Ek Ek Paila Community Hospital and the Rehabilitation Centre for Disabled Children, which play a vital role in bridging healthcare gaps in rural areas. Along the way, you will also experience Nepal's traditions including art, dance and healing bowls, as well as enjoying its delicious cuisine, and breathtaking mountain landscapes.

THIS TOUR IS CLASSED AS:

Level 4 | Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Tour Leader

Ruth King is the Nursing Director for Midwifery, Women's and Children's Services North West for the Tasmanian Health Services and the professional lead for the North West Maternity Services Transition Project. Prior to this, Ruth was engaged as a senior project officer for the Nursing and Midwifery Office in ACT Health Directorate. For over eight years, Ruth held the role of midwifery advisor and sometimes acting CEO for the Australian College of Midwives (ACM), the peak professional body for midwives in Australia, giving her the capacity to work across jurisdictions, government and health services. Ruth has worked in a variety of public and private clinical settings including midwifery continuity of care caseload at the Women's and Children's Hospital, Adelaide, during which time she completed her Midwifery Honours.



Ruth has previously led successful Jon Baines Tours midwifery study tours to destinations including Sri Lanka and the Northern Territory and most recently Peru.

'Fantastic tour along with a very knowledgeable, patient and role model of a leader! Couldn't have asked for anyone better than Ruth.'

Ashleigh Mackney, Nursing and Midwifery in Peru tour, March 2025



Itinerary 25 October – 7 November 2026

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Kathmandu – 2 nights Dhulikhel – 3 nights Pokhara – 3 nights Chitwan National Park
– 2 nights Kathmandu



Day 1: Kathmandu (Sun, 25 Oct)

D

Pm: Arrive in Kathmandu and transfer to the hotel. Dinner at the hotel.

Day 2: Kathmandu (Mon, 26 Oct)

B D

Am: Optional Everest flight before returning to the hotel for breakfast. Enjoy a full-day tour of Kathmandu, visiting Swayambhunath Stupa, Durbar Square, the Old Royal Palace, and the Temple of the Living Goddess. Continue to the imposing Boudhanath Stupa to observe monk prayers, receive a blessing, and light butter lamps at this revered Buddhist site.

Eve: Welcome dinner.

Day 3: Kathmandu (Tues, 27 Oct)

B D

Am: Visit Paropakar Maternity and Women's Hospital, followed by Ek Ek Paila Community Hospital, a volunteer-led initiative providing free healthcare services to remote rural communities in Nepal. Established in the wake of the devastating 2015 earthquake, they have delivered a number of outreach camps.

Pm: Explore the ancient monuments, temples and shrines of Patan. Here, experience the soothing tones of traditional healing bowls, a key tool in vibration therapy for physical and emotional healing.

Day 4: Kathmandu / Dhulikhel

B D

(Wed, 28 Oct)

Am: Drive out to Dhulikhel Lodge Resort.

Pm: Visit the Dhulikhel Rehabilitation Centre for Disabled Children, a dedicated facility providing specialised care, therapy, and education for children with physical and developmental challenges. The centre plays a vital role in empowering children and enhancing their overall quality of life.

Day 5: Dhulikhel (Thurs, 29 Oct)

B D

Am: Visit the maternity and paediatric departments at Dhulikhel Hospital.

Pm: Continue to the striking Namobuddha Monastery, one of the most sacred Buddhist sites in the world. The monastery is decorated with prayer flags and with ornate designs both inside and out.

Day 6: Dhulikhel / Pokhara (Fri, 30 Oct)

B D

Am: Drive to Kathmandu and fly to Pokhara, one of the most picturesque valleys in Nepal, then transfer to the Lakeside Retreat.

Pm: Visit the ferocious Devi's Fall, where the waterfall has carved the rocks into a network of caves.

Day 7: Pokhara (Sat, 31 Oct) B D

- Am:** Optional early morning yoga. Drive to Phumdikot for a short walk to the Shiva Statue, then continue to the Peace Pagoda with a 20-minute walk to the summit where you can admire the Annapurna and Fishtail Mountain ranges with a glorious, combined view of Pokhara Valley and Phewa Lake.
- Pm:** Return to Pokhara and visit the International Mountain Museum.

Day 8: Pokhara (Sun, 1 Nov) B D

- Am:** Visit a primary health centre to learn about rural healthcare.
- Pm:** Enjoy boating on tranquil, freshwater Phewa Lake, followed by a Nepali cooking experience with locals.

Day 9: Pokhara / Chitwan National Park (Mon, 2 Nov) B L D

- Am:** Visit Bharatpur Hospital maternity department.
- Pm:** Descend from the mountains to the plains and enter Chitwan National Park. Check in at Jungle Village Resort, located on the edge of the Rapti River.

Day 10: Chitwan National Park (Tues, 3 Nov) B L D

- Am:** Chitwan National Park is one of Nepal's most important parks. Its dense forests and grassy plains are home to rare animals like one-horned rhinos, Bengal tigers, elephants, crocodiles, and spotted deer. Enjoy activities such as a jungle walk, ox cart ride, or bird watching.
- Pm:** Visit a healer trained in the Tharu traditional medicine system, who treats

illnesses using a three-part approach: herbs and herbal medicines, chanting mantras, and therapeutic massage.

- Eve:** Experience a Tharu cultural dance by the fire with dinner.

Day 11: Chitwan National Park (Wed, 4 Nov) B L D

- Am/Pm:** Optional early morning birdwatching. Enjoy a full day of activities in Chitwan National Park, including jeep safaris.

Day 12: Chitwan National Park / Kathmandu (Thurs, 5 Nov) B D

- Am:** Transfer to Bharatpur for the flight back to Kathmandu.
- Pm:** Arrive in Kathmandu and visit the Godawari Botanical Garden, Nepal's oldest and largest botanical garden. Designed by British architects Geoffrey Herklots and Tony Schilling, it is internationally recognized as a centre for plant conservation, education, research, and recreation.

Day 13: Kathmandu (Fri, 6 Nov) B D

- Am:** Visit the Newari villages of Bungmati and Khokana, two traditional communities near Patan. Renowned for their rich cultural heritage and local craftsmanship such as pottery, weaving, and mask-making.
- Pm:** Visit to a Primary Healthcare Centre in Lalitpur. Return to Kathmandu for a farewell dinner.

Day 14: Kathmandu (Sat, 7 Nov) B

- Am:** Transfer to the airport.



Reading newspaper with mountain view



Rhinos in Chitwan National Park

Hotels

Hotel Ambassador (Kathmandu)

Centrally located in Kathmandu, this upscale hotel boasts of six on-site dining options, with spectacular views of its surroundings, and spacious, contemporary rooms providing a relaxing city retreat.

Dhulikhel Lodge Resort (Dhulikhel)

Enjoy panoramic views of the Himalayas from this cosy mountain getaway. Perfect for nature lovers, it has comfortable rooms, a large outdoor swimming pool and a good restaurant.

Lakeside Retreat (Pokhara)

Just a short walk from the banks of Phewa Lake and the town centre, the hotel is nestled within several acres of charming gardens. Guest rooms and suites overlook the greenery and feature smart interiors with spacious terraces. The hotel also offers a swimming pool, a garden bar and a restaurant.

Jungle Villa Resort (Chitwan National Park)

Located in the north of the national park on the bank of the Rapti River, the lodge is surrounded by forest. The air-conditioned rooms are situated

in cottages with private balconies. The lodge itself has a restaurant offering a variety of cuisines and a bar area to relax in.



The Lakeside Retreat Pokhara (top);
Accommodation Jungle Villa Resort (above)



Nepalese Children with mountain views (top);
Rooftops of Kathmandu; Himalayas from Kathmandu Valley;
Sadhus at Pashupatinath, Kathmandu (Unsplash) (above)

The cost of the tour sharing a double or twin room is £2,580 per person

The cost of the tour with a room to yourself is £2,790

The cost includes:

- Tour leader, Ruth King
- Full time English-speaking national guide throughout the tour
- Breakfast and lunch or dinner daily and all meals in Chitwan
- Filtered water daily (we do not use plastic bottles)
- 13 nights' accommodation in twin-bedded rooms in medium grade hotels and lodges
- A full programme of professional visits, talks and meetings as per the itinerary
- A full programme of cultural tours and visits as per the itinerary
- All internal transport in a modern air-conditioned coach
- All admission fees, tips and taxes

The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- Drinks
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; where applicable travel insurance and visas

'A very well organised, informative and balanced tour'

Jo Bills, Therapy and Rehabilitation in Nepal tour, October 2025.'

NB: All itineraries are subject to change according to local conditions.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Boudhanath Kathmandu Nepal (top); Tibetan flags in front of Annapurna mountains; One horned rhino, Chitwan National Park; Boats on Lake Phewa early morning (above)



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