



JOHNSON
Cornell University

FOURTH ANNUAL NEPAL LEADERSHIP TREK

FOR

JOHNSON ALUMNI



As George McGregor Burns once said, “Leadership is one of the most often studied yet least understood fields of inquiry in the history of human thought.” Why might that be? Authentic leadership is a very personal matter that draws on a deep understanding of yourself and manifests in ways that models your beliefs and in the pursuit of things that matter most you.

Detecting, developing, and tapping into an authentic vision is perhaps one of the most powerful approaches for realizing both professional success and personal fulfillment. This is a lifelong process and the Johnson Nepal Leadership Trek provides an opportunity to jump-start or reinvigorate that process using the stunning Himalayas and the inspiring Nepali culture as a backdrop. It’s a magnificent setting for taking stock, renewing ourselves, and developing fresh perspectives on work, life, success, and contribution with fellow graduates of the Johnson School. The culture, the views, trekking, volunteer service activities, remote villages, reflective exercises, and cross-cultural and spiritual exploration all work together for providing the inspiration for envisioning a more fulfilling future for ourselves.

Last year we hosted 13 participants ranging from the classes of ’74 thru ’12. It was a diverse group that came together very well and is already planning its next trip together. Testimonials from last year’s experience included

“This trip exceeded all of my expectations. The trip leaders are open, experienced, knowledgeable and authentic. Nepal is beautiful in every way and the Nepalese people

are gracious and a joy to know. This trip both challenged and delighted me. I highly recommend it.”

“A great program that combines magnificent views of the Himalayas with meditation and reflection.”

“Fantastic opportunity for personal reflection in a safe supportive environment immersed in the Nepali culture and surrounded by the Himalayas.”

“Come to the trek with an open mind and a willing body, and you will be rewarded with expanded view of your place in the world and a rejuvenated you for the future.”

“This was a special and unique trekking trip, strenuous but also fun and magical. The group leaders fostered real team bonding and personal reflection that distinguished this from a normal trekking trips.”

LOCATION AND BASIC ITINERARY AND PROGRAM

We fly to Kathmandu, capital of Nepal for 3 days for touring, and learning the language, culture, health habits, and yoga. We then bus to Pokhara in the West, one of the main tourist destinations of Nepal and the launching point for trekking on the front side of the magnificent Annapurna range. We will trek for 7 days in the lower Annapurnas staying in lodges in the villages along the way and of course enjoying the local customs. The apex of the trek will be volunteering at a local school in the very last village before the Annapurna Base Camp (we will not be going to ABC). We then fly back to Kathmandu for a day at Bodhnath, the center of the Tibetan Buddhist culture visiting some of the monasteries and receiving a blessing from one of the masters. Every day will also include structured exercises for reflecting on the insights of the day, the experience, and life in general as facilitated by the trek leaders.

FITNESS

The trek involves daily hikes of about 5-6 hours. The pace is slow and there are many breaks, but there are also a number of long steep stairways along the trail both up and down (there will be no technical rock climbing – it is just a trek). The highest altitude we reach is 10,000 feet at Poon Hill for just a few hours while the remainder of the trek averages about 7,000 feet. Therefore, altitude sickness is not a factor but you should be prepared for a decent amount of physical activity. You **do not need** to be in excellent shape, but you do need to be prepared for some level of exertion each day on the trail. If you have questions about your fitness, please call the trek leader Clint Sidle (bio below) at 607 255 4104.

CORNELL NEPAL STUDY PROGRAM

The program is supported and guided by the staff of the Cornell Nepal Study Program which is a pioneering joint venture between Cornell University and Tribhuvan National University of Nepal initiated in 1993. CNSP is the first and only study abroad program in Nepal to draw

together students from American universities to live and study with Nepalese peers in residential program houses.

TREK LEADERS

C. CLINTON SIDLE is director of the prestigious Roy H. Park Leadership Fellows Program in the Johnson School of Management at Cornell University and a top consultant in strategic change, leadership, executive coaching, and developing human potential. His leadership programs at Cornell and elsewhere have earned national recognition. He has worked with Fortune 500 companies, state and local educational systems, and some of the nation's leading universities and non-profit organizations.

Clint is also the author of books: *The Leadership Wheel: Five Steps to Achieving Personal and Organizational Greatness* (Palgrave Macmillan (2005), and *This Hungry Spirit: Your Need for Basic Goodness* (Larson Publications (2009).

DAN TILLEMANS served as Executive Director of Cornell Outdoor Education from 1984 to 1999. During this time enrollment grew tenfold, facilities such as the Phillips Outdoor Program Center, Lindseth Wall and Hoffman Challenge Course were built, and the COE program became recognized as one of the leading university-based outdoor education programs in the nation.

Dan has led numerous instructor training programs while at COE including 12 expeditions to the Wind River Mountains in Wyoming and an instructor climb of Chimborazo, highest peak in Ecuador. A graduate of Prescott College and former NOLS instructor and administrator, Dan continues to teach teamwork and leadership development programs at Cornell.

COST: \$2,850 including meals and lodging, but excluding airfare (about \$1,800)

TIME: Depart May 25th from US return home by June 9th, 2013 (16 days). Please arrive in Kathmandu by no later than the evening of May 27th and plan your departure no earlier than the evening of June 8th. There will be no exceptions to this time frame as we will be on the trail with a full program each day and unable to accommodate different schedules.

REGISTRATION: You must register with \$1,400 deposit by December 15, 2012. To register, please contact Nancy Bell via email at nch5@cornell.edu and provide name, year of graduation, address and contact information. **Nancy will reach out to you noting if you have been added to the guest list or wait list. Please note: the trek typically fills quickly. If you have made the guest list, Nancy will contact you for payment.** Your registration will be secured once we have your deposit. Balance of the full payment is due by February 1st, 2013.

Note: The trip is confirmed if there are 8 participants registered by February 1st with room for up to 14 participants total. Full deposit will be refunded if the program is cancelled. If you need to cancel your reservation, please contact Nancy by February 1st for a full refund. After that the deposit will be non-refundable.

TRAVEL ARRANGEMENTS: If you choose, you may make flight arrangements with Peace Lands Travel 1 888 461 4722. They will probably direct you to Cathay Pacific which although more expensive, has the most options for getting in and out of Kathmandu. That being said, many of you may find it just as easy to arrange flights through the internet.

DETAILED ITINERARY

- Day 1-2: International Travel (participants are responsible for arranging their own travel and must arrive in Kathmandu by May 27th evening); stay at CNSP program house
- Day 3: Tour of Swayambu and Kathmandu; language training; evening yoga; stay at CNSP program house
- Day 4: Bhaktapur and Changu Narayan Tour; language training, meditation at the monastery; stay at CNSP program house.
- Day 5: Transport to Pokhara; enroute lunch, enjoy spectacular views, and tour ancient sites, and Pokhara Nepal's second largest city and frequent tourist destination. Stay at one of the Hotels.
- Day 6: Transport to Nayaa Pool; trek to Ulleri; enjoy village festival; stay at local lodge.
- Day 7: Trek to Ghorepani and Poon Hill.
- Day 8: Rise early in the morning to hike Poon Hill to enjoy beautiful early morning panoramic view of the Annapurna range; stay at a local lodge.
- Day 9: Trek Tadopani; stay at local lodge.
- Day 10: Trek to Chomrong the last village before reaching Annapurna Base Camp; stay at local lodge.
- Day 11: Volunteer in local schools in Chomrong teaching English and other activities as arranged.
- Day 12: Trek to Landruk and enjoy local hot springs; stay at local lodge.
- Day 13: Trek back to Pokhara; stay in hotel
- Day 14: Transport to Pokhara; fly to Kathmandu; stay at CNSP
- Day 15: Tour Bodnath and Pashupati, receive teaching by Lama; closing dinner and celebration, departure for home start that evening.
- Day 16: Departure, return home