

# himalayan trust & kathmandu summit club centenary trek nepal



## trip highlights

- ..... The opportunity of working on Himalayan Trust Projects in Namche and Chaurikhaka
- ..... Opportunity to visit Himalayan Trust projects - past and present
- ..... Sightseeing in Kathmandu - Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Boudhanath
- ..... Stunning views of Mount Everest and surrounds
- ..... Vibrant Nepal village of Namche Bazaar
- ..... Thyangboche Monastery
- ..... Fully supported camping based trek with 3 hearty meals per day prepared by our cooks
- ..... Accommodation in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows
- ..... Himalayan Mountain flight from Kathmandu to Lukla return
- ..... Khunde and Khumjung villages with visits to the school and hospital



<b>Trip Duration</b>	18 days	<b>Trip Code:</b> SOG5536
<b>Grade</b>	Moderate	
<b>Activities</b>	Trekking	
<b>Summary</b>	3 nights hotel, 9 nights private eco campsites, 5 nights eco lodge	

## your charity challenge

Thank you for your interest in the Himalayan Trust/Kathmandu Summit Club 2019 Trek to Everest Base Camp.

Ever since the 1960s when Sir Edmund Hillary built the first schools and hospitals in the Everest region, the Himalayan Trust has been working alongside friends and partner organisations in Nepal to help empower local communities, particularly in the areas of health and education. Today the Himalayan Trust and Kathmandu invite you to help continue Sir Ed's legacy in the Everest region, by visiting, volunteering and raising funds for Himalayan Trust projects in Nepal.

The Kathmandu Summit Club community is a group of people who love the outdoors. They believe the world is an invitation and they are passionate about exploring their own boundaries, wherever in the world that journey takes them.

Kathmandu is proud to share this trek with the Summit Club in support of the Himalayan Trust. As a token of thanks for joining the trek, supporting Nepal and fundraising for the Himalayan Trust, Kathmandu will give you a \$250 gift voucher to gear up for your trek.

## why travel with World Expeditions?

World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. A highlight of trekking with World Expeditions in the Everest region is the development of our unique eco friendly private permanent campsites. You will enjoy a full service trek including 3 wholesome meals each day prepared to the highest standards of hygiene and served in our heated dining rooms where you are welcome to relax on cushioned seating at the end of each trekking day. Our tented accommodation is in locally made, head high tents with comfortable camp beds, and we supply you with high quality 4 season, down sleeping bags in your trek pack. Bathrooms in our camps comprise of composting toilets and convenient wash basins. In the main villages we stay in handpicked eco lodges, and in Kathmandu we use an excellent centrally located 4 star hotel. You can be sure that when booking a World Expeditions trek in Nepal there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more about our sustainable travel practices and philosophies in these trip notes.



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## trip dates

**2019** 25 Apr - 12 May

## challenge cost

Joining Kathmandu from: \$3490

All prices are per person

## options & supplements

Single Supplement: \$490

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

## the challenge

The Himalayan Trust is an international non-profit humanitarian organisation founded by Sir Edmund Hillary and working in the Solukhumbu region of Nepal—an area where Sir Ed first set off to climb Mt Everest and where he ended up spending many years over his lifetime.

Ever since Sir Ed built the first first built the schools and hospitals in the 1960's the Trust has been working alongside friends and partner organisations in Nepal to help empower local communities of the Everest region, particularly in the areas of health and education.

The Kathmandu Summit Club community is a group of people who love the outdoors. They believe the world is an invitation and they are passionate about exploring their own boundaries, wherever in the world that journey takes them.

If he were alive today, Sir Ed would be celebrating his 100th birthday in 2019. The Himalayan Trust and Kathmandu invite you to join them on this special trek in the Everest region.

You will have the opportunity to visit Himalayan Trust projects - old and new - including Khumjung school, where the first classroom was built by Sir Ed in 1961, and where the Himalayan Trust recently rebuilt 4 seismic-resistant classrooms. You will meet some of the local people who have played significant roles in the Trust's work over the years. You will spend two days in the communities of Chaurikhaka and Namche assisting with teachers in the classrooms and helping with a community development project. The Himalayan Trust General Manager will join you for a few days of the trek to give you an insight into the projects you are visiting.

This trek is all about community, spirit, life and the beautiful sights of the Himalaya. This special itinerary and trek is also about remembering Sir Ed's legacy in Nepal and continuing the work that he started.

As well as enjoying the amazing nature that surrounds you, you will be further helping out the local communities of the future by raising or donating a minimum of \$1000 to support the Himalayan Trust work in Nepal.

Kathmandu is proud to share this trek with the Summit Club in support of the Himalayan Trust. As a token of thanks for joining the trek, supporting Nepal and fundraising for the Himalayan Trust, Kathmandu will give you a \$250 gift voucher to gear up for your trek.

This will be a trip to remember for many years to come!

## at a glance

DAY 1	25TH APRIL: ARRIVE KATHMANDU
DAY 2	26TH APRIL: FLY LUKLA (2800M) AND TREK TO MONJO (2850M). WALK APPROX 5-6 HOURS.
DAY 3	27TH APRIL: TO NAMCHE BAZAAR (3440M). WALK APPROX 4-5 HRS.
DAY 4	28TH APRIL: NAMCHE BAZAAR TO KHUNDE (3800M). WALK APPROX 2-3 HOURS.
DAY 5	29TH APRIL: TO DEBOCHE (3770M) VIA THYANGBOCHE. WALK APPROX 6-7 HOURS.
DAY 6	30TH APRIL: TO DINGBOCHE (4360M), WALK APPROX. 6-7 HOURS.
DAY 7	1ST MAY: REST DAY IN DINGBOCHE
DAY 8	2ND MAY: TO LOBUCHE (4930M). WALK APPROX 6 HOURS.
DAY 9	3RD MAY: TO GORAK SHEP (5288M) & BASE CAMP (5360M). WALK APPROX 7-8 HOURS.
DAY 10	4TH MAY: KALA PATTAR (5545M), & TREK DINGBOCHE (4330M), WALK APPROX. 7-8 HOURS.
DAY 11	5TH MAY: TO DEBOCHE (3770M). WALK APPROX 5-6 HOURS.
DAY 12	6TH MAY: TO NAMCHE (3440M), WALK APPROX. 5-6 HOURS
DAY 13	7TH MAY: PROJECT WORK IN NAMCHE BAZAAR
DAY 14	8TH MAY: TO CHAURIKHAKA (2713M). WALK APPROX 6-7 HOURS.



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DAY 15	9TH MAY: PROJECT WORK CHAURIKHARKA. WALK TO LUKLA.
DAY 16	10TH MAY: TO KATHMANDU BY AIR (1330M)
DAY 17	11TH MAY: IN KATHMANDU (1330M). HALF DAY SIGHTSEEING.
DAY 18	12TH MAY: DEPART KATHMANDU

## additional deposits required

Due to the nature of this trip and the need to secure additional group arrangements, a \$700 per person, non-refundable deposit will be required to secure your place.

## what's included

- 17 breakfasts, 14 lunches and 16 dinners
- Airport transfers
- Flights Kathmandu/Lukla/Kathmandu
- 15kgs luggage allowance on Kathmandu/Lukla flights (10kg checked and 5kg hand)
- Expert bilingual guide
- Group medical kit
- Twin share Radisson Hotel accommodation in Kathmandu
- Accommodation on trek in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows
- The use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre filled jacket and insulated mat (valued at over US\$500)
- Souvenir World Expeditions kit bag
- Private transportation
- All park entrance fees and trekking permits
- Porters to carry all personal and group equipment and porter's insurance
- Sightseeing in Kathmandu as listed in itinerary
- \$250 Kathmandu gear voucher per person
- A copy of Edmund Hillary - A Biography by Dr Michael Gill, mountaineer and doctor who was a life-long friend of Sir Ed's and founding member of the Himalayan Trust. (1 book per booking)

## what's not included

- Meals not mentioned in itinerary
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips (suggested levels will be advised in your confirmation kit)
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance (compulsory)
- Any other additional services not mentioned in the itinerary
- A minimum donation of \$1000 is payable to the Himalayan Trust one month prior to departure. The Himalayan Trust will be in touch to provide you with any support you need to raise funds.

## detailed itinerary

### DAY 1 25th April: Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 5pm where



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## fast facts

### Countries Visited:

Nepal

### Visas:

Yes\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Group Size Min:

10

### Group Size Max:

30

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

### Brochure Reference:

Himalaya and Indian Subcontinent

\*Ask our staff for more information.

arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

Overnight: Radisson Hotel

meals: D

### DAY 2 26th April: Fly Lukla (2800m) and trek to Monjo (2850m). Walk approx 5-6 hours.

We transfer to the airport for the 45 minute flight to the STOL airstrip at Lukla. This was the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvellous views of the Eastern Himalaya. At Lukla we are immediately impressed by the scale of the huge peaks that surround the village, but this is only a foretaste of what is to come. Our crew assembles and we head into the valley and towards Monjo. We will walk through villages, encounter yaks and herders on the trails and make our way through the valleys to the town of Monjo. Along the way we will encounter some mani walls. The stone structures are a compilation of many stone tablets inscribed with a Buddhist mantra, "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus". You will have the opportunity to visit the school at Monjo, like every school you pass along the trail, receives support from the Himalayan Trust, and was recently rebuilt by the Trust following the earthquakes. Our private eco camp site is located above Monjo.

Overnight: Private eco campsite.

meals: B,L,D

### DAY 3 27th April: To Namche Bazaar (3440m). Walk approx 4-5 hrs.

This morning we cross the green/aqua waters of the Dudh Kosi and pass through the gates of the Sagarmatha National Park. Sir Ed was instrumental in the establishment of this national park, which is a significant attempt to stem the use of fire-wood in the area. Self-contained trek groups must use only kerosene fuels for cooking, a philosophy we follow everywhere in Nepal, whether we are in a national park or not. Tea-houses and lodges are encouraged to use kerosene, yak dung or electricity but unfortunately continue to use mostly fire-wood for cooking, heating and for hot water for trekker's showers. This practice continues to deplete the forests. We follow the river course to the confluence of the Dudh Kosi and the Bhoté Kosi and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa "capital" of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain.

Overnight: Private eco campsite.

meals: B,L,D

### DAY 4 28th April: Namche Bazaar to Khunde (3800m). Walk approx 2-3 hours.

Today we leave Namche behind and head off on a great uphill walk to the pretty villages of Khumjung and Khunde. Here we will see part of Sir Ed's legacy and the work of the Himalayan Trust. Khumjung is where Sir Edmund Hillary built the first classroom in 1961 which stands beside the classrooms built in 2017 following the earthquake and the famed Khunde hospital is very close by. You will have the opportunity to visit the hospital and enjoy a cultural performance at the school. We will also be able to visit the monastery at Khumjung where we may have the opportunity to see the "scalp of a yeti". A very special dinner will be held with staff from Khunde hospital and other key community figures.

Overnight: Eco Lodge

meals: B,L,D



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## thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## trip grading Moderate

These adventures involve trekking, cycling, rafting or sea kayaking for up to 6 or 7 hours a day at a steady pace. You will need a good level of fitness and be in good health.

The majority of our moderately graded treks involve the carrying of a day pack only, though some may involve carrying a full pack. Be prepared for potential variable weather conditions. These trips may spend successive days at altitudes not generally exceeding 5,500m and are usually between 10 and 15 days in duration. You will need a good level of fitness and be in good health.

Suggested preparation: One hour of aerobic type exercise, three to five times a week for the three months leading up to your trek. Hill walking with a pack in variable weather conditions or road cycling is also recommended depending upon the activity you plan to undertake.

### DAY 5 29th April: To Deboche (3770m) via Thyangboche. Walk approx 6-7 hours.

The walk to Deboche is one of the most spectacular trekking days in Nepal. The trail meanders easily around the ridges and Everest can be clearly seen on the horizon ahead before we descend through splendid rhododendron forests for lunch. After lunch we cross the Dudh Kosi and begin the ascent to the top of a long ridge which flows from the summit of Kantega. Our trail takes us through pine and rhododendron forest, and, as this is a devout Buddhist region, the wildlife is unharmed and not too shy. As a result there is a possibility that we may see Himalayan Thar, Musk Deer or pheasants in the forest and around our campsite. As we approach the ridgeline we pass through a traditional gateway and around a chorten before cresting the ridge onto a wide grassy meadow at the monastery village of Thyangboche. The monastery was re-built with the assistance of Sir Edmund Hillary after it was destroyed by fire in 1989. The views of the Everest massif, as well as all the other major peaks of the area are astounding. After a rest and visit to the monastery we head downhill to Deboche.

Overnight: Private eco campsite

meals: B,L,D

### DAY 6 30th April: To Dingboche (4360m), walk approx. 6-7 hours.

This morning we begin a steady ascent. The stunning views of Everest, Lhotse, Kantega, Thamsarku, Ama Dablam and Nuptse are spectacular throughout our walk today. We head down to cross the Imja Khola before an easy climb along a wide, open trail to the small village of Pangboche (4000m). We may take a slight detour to visit the Pangboche Gumpa - the oldest monastery (around 300 years old) in the Khumbu Region. We cross the river again and then gradually trek up to Dingboche, situated just beneath the impressive Ama Dablam.

Overnight: Private eco campsite

meals: B,L,D

### DAY 7 1st May: Rest Day in Dingboche

An important acclimatisation/rest day today with the option of hiking high up to the ridge overlooking the village, or perhaps up to Chukung Village. Excellent views of Nuptse, Lhotse, Chukung Peak and Imja Tse (6189m) are had from both in the valley or from the ridge above the camp. Massive glaciers drape beneath cliffs that soar up to 3,500 metres in this dramatic valley.

Overnight: Private eco campsite

meals: B,L,D

### DAY 8 2nd May: To Lobuche (4930m). Walk approx 6 hours.

We are gaining altitude and it is important that we move at a slow, steady pace. The slopes are quite barren now as we move above the tree line. Views of different peaks, such as Cholatse and Lobuche, unfold before us in this contrasting and spectacular landscape. We move up the Dhugla Ridge and onto moraine towards the Khumbu Glacier. Rock cairns can be seen, many of which are dedicated to the memory of climbers attempting the high mountains of the area, including Everest. The temperatures drop here as we are more exposed amongst this glacial moraine. We enjoy spectacular views all day today of Pumori and Nuptse. The hill above Lobuche affords fine sunset views of Nuptse.

Overnight: Eco lodge.

meals: B,L,D

### DAY 9 3rd May: To Gorak Shep (5288m) & Base Camp (5360m). Walk approx 7-8 hours.

We trek alongside the Khumbu Glacier as the path winds over the rocky moraine towards the settlement of Gorak Shep. We are high, among the glaciers of the world's highest peaks. Following our arrival at Gorak Shep we have an early lunch before we commence our trek to Everest Base



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## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

Camp. Today would mark the 65th Anniversary of Sir Ed's ascent of Mount Everest, so what better time to be here, at the foot of the mountain and the foot of the climb. This really is a memorable experience.

Overnight: Eco Lodge

meals: **B,L,D**

### DAY 10 4th May: Kala Pattar (5545m), & trek Dingboche (4330m), walk approx. 7-8 hours.

Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks atop the hill the views are spectacular. Most eyes are locked on the mass of Everest and its rocky buttresses immediately before us. Many of the famous ascent routes are quite clear. Below us the Khumbu Glacier snakes towards the icefall and Western Cwm. We can see the area where expeditions set their base camp but the original site was at Lake Camp, now known as Gorak Shep. Take a look in every direction and soak it in. The view south and our route out is particularly beautiful. In the afternoon we make the return trek to our private eco camp at Dingboche, soon after setting off we reach the site of a row of cairns to Sherpa climbers who died on Everest, before we continue to the small settlement at Tugla. Our path on an old lateral moraine takes us to the sheltered village of Dingboche and our permanent camp. To the east at the head of the Imja Khola valley sits the pyramid peak of Imja Tse (6189 m). This afternoon we can walk up the ridge behind Dingboche for sunset views of Nuptse, Lhotse and Chhukung Peak.

Overnight: Private eco campsite

meals: **B,L,D**

### DAY 11 5th May: To Deboche (3770m). Walk approx 5-6 hours.

There can be a tendency now to rush, particularly as we are walking downhill, but there is still much to see. We descend to Pangboche and visit its historic old monastery, thought to be the oldest in the Khumbu before continuing on to Deboche.

Overnight: Private eco campsite

meals: **B,L,D**

### DAY 12 6th May: To Namche (3440m), walk approx. 5-6 hours

If the weather is clear, the mountain views from Thyangboche monastery as we pass through are outstanding - Everest, Lhotse and Nuptse are at the head of the valley, their line of sight flanked by Taweche on one side and Ama Dablam on the other. Almost directly above us are Kantega and Thamserku. Completing a 360 degree panorama of mountains are Khumbli and Kongde Ri which encircle us from across the valley. It's a pleasant walk down to Namche, and as we near the village we pass through terraced fields that are home to a brightly colored pheasant, the Danphe Pheasant, the national bird of Nepal.

Overnight: Private eco campsite

meals: **B,L,D**

### DAY 13 7th May: Project work in Namche Bazaar

Today you will visit Namche School, which was built by Sir Ed and is one of the school taking part in the Himalayan Trust's new literacy programme. Literacy levels are low throughout Nepal and the programme aims to improve the way reading and writing are taught to 5-8 year olds. You will be special guests at the school assembly (always a memorable experience!) and have the opportunity to assist the teachers with reading and literacy activities in the class (no previous teaching experience is required).

Overnight: Private eco campsite

meals: **B,L,D**

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## DAY 14 8th May: To Chaurikhaka (2713m). Walk approx 6-7 hours.

Leaving Namche we descend through the forest towards the Dudh Kosi, and continue our return journey crossing and re-crossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world. Retracing our steps along the valley, we pass through a variety of settlements and forests before reaching Chaurikhara.

Overnight: Eco Lodge

meals: B,L,D

## DAY 15 9th May: Project work Chaurikharka. Walk to Lukla.

Charikharka is a farming village off the main trekking route. During the devastating Nepal earthquake of April 2015 it sustained a large amount of damage to the majority of its buildings. The Himalayan Trust have worked with the local community to rebuild an earthquake-resistant 8 classroom block at Mahendra Jyoti School and to build the new drinking water system in the neighbouring village of Musey. We will be spending one day here working on a local community project.

We will get as much work done as possible before we bid farewell to Chaurikharka and head back to Lukla. Our stay tonight is a special one at Paradise Lodge. Although not a full eco lodge, Paradise lodge is owned by Dawa Phuti, one of the first girls to study at Khumjung school and who has lots of stories to share about her lifelong friendship with Sir Ed.

Overnight: Paradise Lodge

meals: B,L,D

## DAY 16 10th May: To Kathmandu by air (1330m)

This morning we fly to Kathmandu, a thrilling flight over forests, fields and villages, with the Himalaya in the background. On arrival, we transfer to the hotel. The rest of the day is at leisure, a good time for last minute shopping or to simply relax and reflect on the journey that was.

Overnight: Radisson Hotel

meals: B

## DAY 17 11th May: In Kathmandu (1330m). Half day sightseeing.

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore Swayambhunath, Durbar Square, Patan or Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. Or you may want to visit the Himalayan Trusts Kathmandu offices. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world. Our last group dinner will be enjoyed tonight where we can share our stories of the trek and the lasting memories that have been made.

Overnight: Radisson Hotel

meals: B,D

## DAY 18 12th May: Depart Kathmandu

After breakfast in your hotel you will be transferred to Kathmandu for your departure flight.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## suggested extensions

→ Annapurna Chitwan Trek



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## → Kathmandu to Delhi

### country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

### climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time





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of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

## mountain flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash, travellers cheques, or credit cards (Visa, Mastercard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully.

## a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining area so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

## private eco campsites

The Everest area is a built up region. It's the homeland of the Sherpa people and the highest mountains on earth. As a result, it is Nepal's most popular tourism region for trekkers. Over time, villages in the area have grown with scores of lodges, restaurants and trekking equipment shops. We have observed many companies change over from camping to lodge/tea house trekking with these developments. These accommodations are reliant on wood from the region for heating, cooking and to generate warm showers. Some have solar technologies which are crude and not consistently functional as they rely on fine weather conditions. World Expeditions has always argued that lodge/tea house trekking is therefore a drain on a natural resource which is becoming increasingly scarce. We cannot consciously contribute to this problem which is now termed as a deforestation crisis. Our private eco campsites provide innumerable benefits. Firstly, we are able to continue our philosophy of offering camping treks which is the most sustainable type of trekking, whilst offering a greater level of comfort as a result of the construction of a permanent dining room structure which will replace the traditional mess tent. Meals will be taken in the dining rooms, and at the end of the trekking day, you may relax with cushioned seating and a pot belly stove that is fueled by yak dung and not wood, to warm the room. There are no smoke emissions in the room as the chimney carries it outside. An ablution block comprising of several toilets with composting western sit toilets and hand basins are also installed in our camps. Our camps create an atmosphere of privacy and exclusivity and come with fine views of the mountains - a place where our travellers and staff come together, and where camaraderie and friendships are formed. We know this to be a highlight of our camping



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treks and consistently receive feedback that overwhelmingly supports this. Finally, our camping treks employ many local people – a workforce of up to 25% more than a lodge trek provides.

Hot shower facilities are available at some locations in the Everest region. These locations are: Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo. There will be a small charge of between 300-650rps to utilise this service, and it is subject to availability. Most, but not all, World Expeditions trips in the Everest region visit one or more of these locations.

## wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

## eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## equipment provided

You will be provided with the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)

## accommodation on the trip

In Kathmandu we stay at the comfortable, well located Radisson Hotel. Whilst trekking we camp at a variety of wilderness or private eco campsites or stay in eco-lodges.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack.

## equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.



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## acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- \*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- \*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- \*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- \*Porters also receive life insurance and income protection insurance.
- \*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.
- \*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.
- \*Porters are not to carry more than 30kgs.
- \*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> [www.ippg.net](http://www.ippg.net)

International Mountain Explorers Connection >> [www.mountainexplorers.org](http://www.mountainexplorers.org)



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Kilimanjaro Guide Scholarship Foundation Inc. >> [www.kiliguides.org](http://www.kiliguides.org)

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

## private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

## subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news! Head to our website to subscribe to our regular e-newsletter.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.