

sherpa cultural experience with anne inglis



trip highlights

- Stunning views of Mount Everest
- Sherpa Culture
- Sir Edmund Hillary School and Khunde Hospital
- Ample acclimatisation days built in
- Time spent in Namche Bazaar
- Thyangboche and Pangboche Monastery
- Fully supported camping based trek including 3 hearty meals per day prepared by our cooks
- Himalayan Mountain flight from Kathmandu to Lukla & return
- Sightseeing in Kathmandu - Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Boudhanath



Trip Duration	22 days	Trip Code: SOG4563
Grade	Moderate	
Activities	Trekking	
Summary	22 day trip, 18 day trek, 3 nights hotel, 11 nights camping nights in private eco campites, 7 nights eco lodge	

welcome to World Expeditions

Thank you for your interest in our Sherpa Cultural Experience with Anne Inglis trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

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 cost

Joining Kathmandu: \$4850

All prices are per person

options & supplements

Single Supplement: \$590

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.

just4u

Want a private trip?

Book this trip as a private departure just for you and your group on your chosen date. Contact us for conditions, costs and availability.

inclusions valued at USD\$:

Meals: USD\$810

Internal Flights: USD\$352

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

the trip

This trek weaves through the famous Buddhist villages and monasteries of the Sherpa people while affording unparalleled views of some of the world's highest peaks. The highlights of this trip are the days spent trekking above Namche Bazaar. Here we get beyond the established trails to our alpine camp beneath the awesome flanks of Ama Dablam. From our spectacular vantage point we gain a breathtaking 360 degree mountain panorama that culminates in the distinctive summit of Everest looming above the Nuptse-Lhotse wall. A further dimension to our trek is a visit to the Sherpa villages of Khunde and Khumjung where we visit some of Sir Edmund Hillary's projects established through the Himalayan Trust.

about your leader/escort

Your tour will be lead by a fabulous Nepali guides and crew who are there to make sure you are safe and enjoying your time in this fabulous region of the world.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	IN KATHMANDU (1330M)
DAY 3	FLY LUKLA (2800M). TREK TO GHAT (2600M). WALK APPROX 2 HOURS.
DAY 4	TO MONJO (2850M). WALK APPROX 4-5 HOURS.
DAY 5	TO NAMCHE BAZAAR (3440M). WALK APPROX 4-5 HOURS.
DAY 6	REST DAY NAMCHE BAZAAR
DAY 7	REST DAY NAMCHE BAZAAR
DAY 8	TREK TO THAME (3750M). WALK APPROX 4 HOURS
DAY 9	THAME VISIT INCLUDING MONASTERY
DAY 10	RETURN TREK TO NAMCHE (3440M). WALK APPROX 3 HOURS
DAY 11	REST DAY NAMCHE BAZAAR
DAY 12	TREK TO KUNDE/KHUMJUNG (3980M) VIA EVEREST VIEW HOTEL. WALK APPROX 4 HOURS
DAY 13	EXPLORE KUNDE/KHUMJUNG
DAY 14	TREK TO MONG LA (3957M). WALK APPROX 2 HOURS
DAY 15	TO PHORTSE VILLAGE (3800M). WALK APPROX 2-3 HRS
DAY 16	TO DEBOCHE (3800M) VIA THYANGBOCHE. WALK APPROX 3-4 HOURS
DAY 17	SIDE HIKE TO PANGBOCHE MONASTERY AND BACK TO DEBOCHE (3800M). WALK APPROX 4 HOURS
DAY 18	TO NAMCHE (3440M), WALK APPROX. 5-6 HOURS
DAY 19	TO GHAT (2650M). WALK APPROX 6-7 HOURS
DAY 20	TO LUKLA (2800M). WALK APPROX 3 HOURS
DAY 21	FLY TO KATHMANDU
DAY 22	DEPART KATHMANDU.

additional deposits required

As we are booking group airfares and arrangements in Nepal, a \$700 non-refundable deposit will apply to this trip at the time of booking. We suggest you take out travel insurance right away.

what's included

- 21 breakfasts, 18 lunches and 20 dinners including all meals on trek valued at US\$900
- flights Kathmandu/Lukla/Kathmandu approx. USD\$352



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Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee or hot chocolate served in your tent, porridge or a grain cereal, toast with spreads, eggs –fried, omelet or boiled, baked beans and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, tea, coffee or hot chocolate, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, goat curry, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

trip dates

2018 24 Mar - 14 Apr

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Brochure Reference:

Himalaya and Indian Subcontinent

*Ask our staff for more information.

- 15kgs luggage allowance on Kathmandu/Lukla flights
- airport transfers on day 1 and 21
- expert bilingual guide
- group medical kit
- good quality accommodation in Kathmandu (Radisson Hotel)
- accommodation on trek in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows
- souvenir World Expeditions kit bag
- trek pack including sleeping bag, down or fibre filled jacket and insulated mat, valued at USD \$500
- private transportation
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment
- porter's insurance
- Trip escorted by Anne Inglis

detailed itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel for check in and a good nights sleep after your flight.

meals: NIL

DAY 2 In Kathmandu (1330m)

We will allow you to rest and relax this morning and enjoy the city that is Kathmandu. This afternoon a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel and will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

meals: B,D

DAY 3 Fly Lukla (2800m). Trek to Ghat (2600m). Walk approx 2 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 assemble and we head downhill towards the Dudh Kosi, a raging river that flows from the highest peaks. The broad and well-marked trail meanders around fields of potatoes and buck-wheat and passes through small villages, as we pass rows of tree dahlia to make our way to our private eco camp at Ghat.

meals: B,L,D

DAY 4 To Monjo (2850m). Walk approx 4-5 hours.

Today we cross and re-cross the thundering glacial river, named 'Dudh' (milk) Kosi (river) because of its colour. Sections of today's walk are through pine forest and cleared areas reveal terraced fields and a variety of crops. We pass small groups of donkeys, yaks and dzopko carrying trading goods and trekking gear along the trail. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, more commonly found at higher altitudes. Spectacular mountain peaks unfold above us and seem to hover above the tree-line as they rise above the deep river valley. Shortly after leaving camp we cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across

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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

trip grading Moderate

These adventures involve trekking, cycling or rafting in remote areas in variable weather conditions for up to 8 to 10 hours+ a day (possibly more subject to weather conditions and altitude). This may include spending successive days at altitudes not generally exceeding 6000m. These trips may often be over three weeks in duration. You will need an excellent level of fitness, be prepared to carry a daypack weighing up to 8kgs (and in some cases a full pack) and be completely comfortable in adverse weather conditions.

* Suggested preparation: One hour of aerobic type exercise, four to five times a week for three to six months prior to departure. Hill walking with a pack in variable weather conditions or on/off road cycling is also recommended.

the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamserku (6808 m) rises majestically, seemingly from the river floor. We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription 'Om Mani Padme Hum' which translates to 'Hail to the jewel in the lotus', and is mantra (chant) venerated by Buddhists and Brahmins alike. Buddhists will walk to the left of these Mani Walls and chortens, but you may notice that people of the lowlands who have no knowledge of Buddhism do not follow this practice. The allure of the mountains is hard to resist, but we must be patient, as it is very important to acclimatise slowly and thereby fully appreciate our time at higher altitude. Today's walk is not a long one, and you will be eager to press on. Slow down, and enjoy the journey. Overnight at our private eco camp site located above Monjo.

meals: B,L,D

DAY 5 To Namche Bazaar (3440m). Walk approx 4-5 hours.

This morning we pass through the gates of the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area and the few local people who have a permit to cut wood must gain approval from the authorities on the basis of it being primarily for their personal use. We follow the river course to the confluence of the Dudh Kosi and the Bhothe 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. Our accommodation will be at our private eco camp site.

meals: B,L,D

DAY 6 Rest day Namche Bazaar

Enjoy a rest day in Namche today. Traditionally the village was a trading post, with locals bartering yak cheese and butter for agricultural goods grown at lower altitudes. However, after Sir Edmund Hillary and Tenzing Norgay's successful climb of Everest in 1953, the dynamics of the village changed forever as climbers and trekkers soon followed in their wake. In addition, as Namche is the first place on the Khumbu trek that is above altitude sickness threshold, a rest day here is always a good addition to help acclimatise.

meals: B,L,D

DAY 7 Rest Day Namche Bazaar

There are a few places of interest that you can take to exploring during your time in Namche Bazaar. Sagarmatha National Park Visitor's Centre, located at the top end of the village off the Tengboche trail offers information on the wildlife of the area.

Sherpa Culture Museum is located above the village off the Tengboche trail is a great introduction to Sherpa culture and the fauna and flora of the region. The Museum of local medicinal plants and Tibetan herbal medicine at the Healing Centre offers an introduction into the world of Tibetan medicine through posters and artifacts. It also has a small gift shop, the profit from which help maintain the clinic up stairs.

For those that like to read Namche Library is a small library with a big heart - good selection of English books, though they cannot be taken off the premises.

meals: B,L,D

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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.

DAY 8 Trek to Thame (3750m). Walk approx 4 hours

We head west along the valley of the Bhote Kosi to the remote valley of Thame. The route is situated at an important junction along the old primary trade route to and from Tibet via the Nangpa La (Pass). We cross Phurte and Thamo villages. We descend down to the river and cross a bridge before making a final steep climb to Thame. Overnight eco lodge.

meals: B,L,D

DAY 9 Thame visit including Monastery

Today is a gentle day of exploration in and around Thame. Thame is a very traditional and pretty village, and as it is not on the main Lukla to Everest trail it receives less visitors than many other villages in the area. Sherpa Tenzing Norgay's house is located near the top of the village. Thame is also home of the famous Nepalese mountaineers Ang Rita Sherpa (who summited Everest at least 11 times) and Apa Sherpa (who summited Everest 18 times). Other famous people such as Lama Zopa Rinpoche, the Lawudo Lama, the Head of the FPMT (Foundation for the Preservation of the Mahayana Tradition) were also born in this village. We will pay a visit to the Thame Monastery - one of the oldest in the Khumbu region, and famous for the annual Mani Rimdu festival. Overnight eco lodge.

meals: B,L,D

DAY 10 Return trek to Namche (3440m). Walk approx 3 hours

It is a gentle 3 hour walk back down to Namche Bazaar today where the afternoon is yours to simply relax or explore. Overnight private eco camp.

meals: B,L,D

DAY 11 Rest Day Namche Bazaar

Enjoy your rest day today. Explore the shops and markets around Namche, take out your camera to capture some amazing Nepali shots, get to know the locals and immerse yourself in the local culture or simply sit back with a fabulous book or your journal and take time. Overnight private eco camp.

meals: B,L,D

DAY 12 Trek to Kunde/Khumjung (3980m) via Everest View Hotel. Walk approx 4 hours

Today we trek to the most well known of the Sherpa Villages, Khunde and Khumjung. These two villages are known as the twin villages and lie in what's known as the Green Valley, in reference to the standard green roofs featured by every house except the roof of the local gumpa. Our trek starts with a climb up the mountain (Himalayan hill) behind Namche and then heads north along a long ridge to the Everest View Hotel. Visitors to the hotel can enjoy a drink on the deck behind the hotel and enjoy a beautiful panorama of Everest and Ama Dablam. The pretty village of Khumjung is where Sir Edmund Hillary built his "Schoolhouse In the Clouds" and the famed Khunde hospital is close by. World Expeditions supports both of these famous community facilities. Overnight eco lodge.

meals: B,L,D

DAY 13 Explore Kunde/Khumjung

Today we take our time in exploring what Khunde and Khumjung have to offer. The villages are home to a traditional Sherpa culture and while having numerous facilities for tourists are less busy than the villages along the main Everest Base Camp route. The Green Valley also offers excellent views of both Ama Dablam and Thamserku. There will generally be the opportunity for you to visit the hospital and 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". For those with the stamina and strength to go exploring, high above the village of Khumjung is a sacred cave. After completing practices at Maratika (Haleshi) in Eastern Nepal, the founder of Tibetan Buddhism, Padmasambhava, or Guru Rinpoche as he is often referred, stayed at this cave for several days. On the outer right wall (looking from outside) there is

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a miraculously arisen Sanskrit character, and half way up the climb, near some retreat houses, there is a very clear hand print of an accomplished yogi imbedded in stone. The climb is arduous and although difficult to find, it can be identified from below by the prayer flags hung outside.

meals: B,L,D

DAY 14 Trek to Mong La (3957m). Walk approx 2 hours

Although a short trek day, it will be a steep climb up to Mong La but there is plenty of time to take your time and admire the stunning view. Mong-La, is a tiny village located on a ridge above the Dudh Koshi River with sweeping views over the valley and rarely frequented by the common trekkers out in the region. Overnight eco lodge.

meals: B,L,D

DAY 15 To Phortse Village (3800m). Walk approx 2-3 hrs

What goes up must come back down and it is a 450 metre descent from Mong La to Phortse Tenga. Is is a steep, dusty and rocky path from Mong La to Phortse Tenga. It's here, along the edge of the river, where trekkers that head straight to Everest Base Camp leave the trail go right and those who are going to Gokyo, will head left. After crossing Dudh koshi River we will trek uphill to reach the Phortse village. Being slightly off the natural trekking path, this is another quiet village predominantly known for its farming culture and closely resembling a traditional Sherpa village.

meals: B,L,D

DAY 16 To Deboche (3800m) via Thyangboche. Walk approx 3-4 hours

Today we ascend 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 our private permanent campsite at Deboche.

meals: B,L,D

DAY 17 Side Hike to Pangboche Monastery and back to Deboche (3800m). Walk approx 4 hours

Our day walk today is out to Pangboche and Pangboche Monastery. The monastery contains is famed for its purported yeti scalp and hand, the latter of which was stolen. Pangboche village is inhabited mainly by Sherpas, and Sungdare Sherpa, a native of the village, had the record for conquering Everest five times in the Sherpa climbing history and in the world history of mountaineering in 1989. The Pangboche school was built by Sir Edmund Hillary's Himalayan Trust in 1963. North of the village is the Dughla lake and pass.

meals: B,L,D

DAY 18 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 Thamskerku. 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 camp site in Namche.

meals: B,L,D

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DAY 19 To Ghat (2650m). Walk approx 6-7 hours

It is a nice, easy stroll downhill from Monjo to Ghat and not a long stroll either. These are the final chances to really just relax, enjoy and breathe in the crisp mountain air and take in your surroundings. Our last evening of the trek is a good time to have a small party for all the team, especially the porters who will return to their villages from here. There is usually lots of music, dancing and singing and if we are lucky, one of the superb cakes that our Nepali chefs are renowned for. Overnight private eco camp site.

meals: B,L,D

DAY 20 To Lukla (2800m). Walk approx 3 hours

Retracing our steps along the valley, we pass through a variety of settlements and forests before an undulating climb to Lukla. We savour our final mountain scenes of the trek as we complete this exhilarating journey. Our final night in Lukla is a great chance to reflect and perhaps enjoy a drink at the bar sharing our tales. Overnight eco lodge.

meals: B,L,D

DAY 21 Fly to Kathmandu

This morning we take the return flight 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 sightseeing before our team dinner and farewell to Kathmandu.

meals: B,D

DAY 22 Depart Kathmandu.

All things must come to an end and after this fabulous journey in the Himalaya, it is time to bid farewell to the beautiful country and people of Nepal as we are transferred back to the airport for our onward journeys.

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

- Chitwan Safari
- Annapurna Circuit
- 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

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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 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 Cards, 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. Maximum luggage allowance on these flights is 15kg per person including the weight of your hand luggage. These limits are strictly adhered to so please pack carefully.

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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 tent 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 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 of 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.

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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.

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 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 and mules carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

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

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- 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

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> 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 on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example, public bus transfers or specialised transport such as 'tuk-tuk's' could be another. Where seat belts are not provided we strongly recommend that you hold tight to a fixed part of the vehicle at all times.

what's not included

→ International airfares to and from Nepal



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- **Lunch Kathmandu**
- **Bottled water, aerated & alcoholic drinks**
- **Items of a personal nature such as phone calls, laundry, etc**
- **Tips**
- **Visa**
- **Travel Insurance (compulsory)**

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. 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

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.worldexpeditions.com or contact our office.

social networking

Follow us on Facebook at <https://www.facebook.com/WorldExpeditions>

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.