



# FUTURE FOR NEPAL

## HIMALAYA EXPEDITION 2009

**Length of trip:** 39 nights/ 40 days  
**Departure from UK:** 6<sup>th</sup> August 2008  
**Departure from Kathmandu:** 15<sup>th</sup> Sep. 2008  
**Number of students:** 20  
**Money to be raised per student:** £2400

### What is the trip?

- 20 students from Durham University will face one of the hardest challenges of their lives, a 12 night trek to Everest Base Camp.
- But the trip does not end there; it is centred around giving students a true feel for Nepal. They will spend 14 nights doing community work in schools, and 2 nights water rafting combined with 2 nights jungle safari.



### What is the purpose of the trip?

Although the main purpose of this trip is a fundraising event, we hope to provide these students with an experience that they will cherish forever. This trip

will fund not only 4 large-scale one-off projects, as well as 5 small-scale community projects.

### Information on Nepal

Nepal is a small landlocked country – approximately 200 km wide and 900 km long – sandwiched between the Tibetan Autonomous Region of China to the north and India to the south. It is mostly a mountainous country having many diverse and ethnic races and languages with Nepali being the national language. English is also widely spoken and understood by Nepalese. It has seven or eight of the highest mountains in the world. The climate is mostly tropical interspersed with temperate. Nepal has four seasons – winter – end of November till beginning of March, spring – beginning of March till May, monsoon – June to September, and autumn – September – November.

From April it gets warmer and from May onwards gets hot.

### Basanta Adventure

This is the inland agent who will be organising the entire Nepal side of this trip. It is a registered reputable travel agent that has been running for over 13 years, and Basanta himself has been in the business for the last 18 years. Basanta has worked with other English student organisations, such as World Challenge and Oyster Worldwide, performing a similar task. For further information, please visit: <http://www.basantaadventure.com>.

## Some information on each phase

### The trek

Everest is the highest peak in the world [8848 m], and is situated in the Solukhumbu district of Khumbu Region. It is inhabited by the Sherpas, hence why Everest is known as the Sherpa Land. Being the most popular trekking destination in the world, it combines the exploration of villages and fascinating glacial valleys all surrounded by the highest mountains on earth.

The trek will start with a spectacular flight to Lukla situated at 2860m and end at Kalapathar pass (Everest Base camp- 5540m). Here the view of Everest is breathtaking. Although altitude sickness can be a problem, this trek has been specially designed to allow for full natural acclimatisation for 99.9 % of people.

### The community phase

The students will be divided into 5 groups, with 4 to a group. Each group will spend 14 nights in one of the following community areas. It will be a fantastic opportunity for the students to get a feel for true Nepali life, while at the same time making a positive contribution to a country.

### Rafting:

This is one of the best ways to explore Nepal, as it allows you to view a typical cross-section of the country's natural as well as ethnic-cultural heritage. Nepal's rivers provide the ultimate opportunity to experience a lifetime adventure.

### Chitwan:

This is in the Terai Belt – the Nepali plains, and was once a huge jungle. But due to the ever expanding population the forests started to shrink. Today the Royal Chitwan National Park is a strictly preserved area, being bountiful in flora and fauna. It is home to the famed Tharus – Mongoloid descendants of the Tibeto – Burman people. They settled in the Terai and adopted the dialect and the customs of the local people. It is the biggest National Park in Nepal and is home to the famous one horned Rhino and world famous Bengal Tiger. The group will be spending 2 nights / 3 days enjoying elephant back safari.

## Trip Details

### **Day 01 (7<sup>th</sup> August): Arrive in Kathmandu about 1740**

The students will be greeted at the airport and will then be taken to Thamel, where they will be staying in the International Guest House – a 2 star hotel built in the traditional Newari Style located in the most popular area of Kathmandu, where one can witness the commercial tourist market. Thamel has a wide variety of restaurants, cyber cafes, coffee shops, and shopping areas.

The rest of the day will be free time to adjust to living in a third world country.

### **Day 02 (8<sup>th</sup> August): Free Day in Kathmandu**

In the morning, the group will have a community briefing by an FFN member of staff and a health briefing at the CWIC clinic. After lunch the group will visit Alphas, where they will have a welcome ceremony performed by the FFN children.

**Community work begins-** group divides into 5 small groups of 4 [from the 9<sup>th</sup> – 23<sup>rd</sup> August; Day 3- Day 17]

The groups will work in the following community sites for 7 nights and then return to the international guest house for a 1 night break [day 11], and then back to the community sites for 6 more nights.

Throughout the community phase, accommodation will be in Nepali houses and food will be traditional Nepali cuisine, i.e. Dal- Bhat (rice, lentils and potato curry).

**Community work ends return to Kathmandu and the Intentional Guest House** [23<sup>rd</sup> August to 25<sup>th</sup> August]

### **Day 17: Return to Kathmandu**

The group will stay in the international guest house to recover from the community phase. Here the group can do any necessary washing and enjoy some western food.

### **Day 18: In Kathmandu**

In the morning, the group will be given a trek briefing and visit CWIC clinic to be given a briefing on high altitude trekking. The rest of the day will be a free day for the group.

### **Everest Trek begins**

[from the 25<sup>th</sup> August to the 6<sup>th</sup> September]

The students will be staying in typical Nepalese lodges, and all their meals will be in lodges and restaurants. The students will have the opportunity to observe the rural life of the world famous Sherpa people who settled in this mountainous area of Nepal from the nearby Tibetan Border.

**Day 19: Fly Kathmandu – Lukla (9184ft/2800m) – trek to Phakding (2610m)**

**Day 20: Namche Bazaar (11,300ft/3,445m)**

**Day 21: Rest Day in Namche Bazaar**

**Day 22: Tengboche (3860m)**

**Day 23: Dingboche (4410m)**

**Day 24: Lobuche (4910m)**

**Day 25: Gorakshep**

**Day 26: Gorakshep- early rise and summit to Kalapattar pass (5550m) and then back to Gorakshep. Mid- morning trek to Everest Base Camp- (5300m). TREK SUCCESS**

**Day 27: Dingboche (4410m)**

**Day 28: Kumjung**

**Day 29: Phakding**

**Day 30: Lukla.**

**Trek ends return to Kathmandu and the Intentional Guest House [6<sup>th</sup> September to 9<sup>th</sup> September]**

**Day 31: Fly Lukla – Kathmandu. Recovery day.**

This is an opportunity for the group to get any necessary washing done, going shopping, have massages and visit bars, i.e. have some fun.

**Day 32: sightseeing in Kathmandu**

The day will be spent leisurely sight seeing.

**Day 33: free day in Kathmandu**

Free day in Kathmandu. This can potentially be spent taking the Alpha kids on a day out/ or the group may go bungee jumping, extreme cycling.

**Holiday begins- white water rafting (9<sup>th</sup> September- 11<sup>th</sup> September)**

**Day 34: Early morning drive to rafting site. After briefing, rafting will begin.**

Lunch will be on the banks of the river. Dinner and night will be in a riverside camp.

**Day 35: After breakfast in the camp, rafting will then begin.**

After Lunch on the river banks, rafting will continue. Dinner and night will be in a riverside camp.

**Chitwan – accommodation will be in Tiger Camp, Sauraha. (11<sup>th</sup> – 13<sup>th</sup> September)**

**Day 36:**

Start rafting after breakfast – end rafting at Narayangandh – pick - up and transfer to Chitwan. After lunch, the group will then enjoy some jungle activities. Dinner will be in the lodge.

**Day 37:**

The morning will be spent enjoying Jungle activities, such as Elephant back safari, Jungle excursion, and bathing the elephants. After lunch the group will visit the Elephant Breeding Centre, a Tribal village, and go bird watching. The group will then watch a Tharu Cultural Show, followed by a barbeque.

**International Guest House to finish the trip (16<sup>th</sup> – 15<sup>th</sup> September)**

**Day 38:**

After breakfast, the group will then drive back to Kathmandu to spend their last nights in Nepal at the International Guest House. This will be an opportunity for the group to relax.

**Day 39: Free Day. Evening farewell party at Alphas.**

Day 40: After dinner, the group will then transfer to the airport for their departure flight [flight time: 20.00]

**Cost Includes:**

- International flight from Heathrow- Kathmandu- Heathrow.
- All arrival and Departure transfers.
- National Park Fee.

- Accommodation in Kathmandu on twin sharing basis with Breakfast.
- Accommodation in Chitwan on twin sharing basis on full board with jungle activities.
- 2 nights / 3 days rafting on Trisuli River including overnight camping on full board and all rafting equipment and permits.
- Private transfer from Kathmandu – rafting start point - Chitwan – Kathmandu .
- Flight Kathmandu / Lukla / Kathmandu.
- Services of all Sherpa Guides and porters
- Accommodation and all meals (Breakfast/ Lunch/Diner) during trek..

### **Cost Excludes:**

- Nepali Visa – 30 Dollars.
- Airport departure tax in Kathmandu – Nepali Rs.1695 per person payable in local currency (about 25 dollars)
- Airport tax to and from Lukla- totalling 340 Nepali rupees [about 5 dollars]
- Expenses of a personal nature, e.g. tips, laundry, liquor, beverages etc.
- Estimate of tips: 2000 rupees for trek and 400 for white water rafting. Total tips: 2400 rupees [35 dollars]
- 20 Meals – lunch and dinner during stay in Kathmandu.
- Travel insurance

### **Extra information**

During the trek, there will be 2 Guide, 2 sherpas and 1 porter for every two members of the group (each will be allowed to carry 12 kg). For our group= 13 crew, 18 students = 31.

### **Equipment for the trek:**

- a. Good trekking shoes (basically water and snow proof or you can get waterproof ointment to apply on leather boots).
- b. Warm waterproof jacket or good poncho, waterproof pant for back up, some warm clothes.
- c. Good sunglasses against the sun and snow reflection.
- d. Water bottle, water purifying tablets.
- e. Medical kit – for the whole group.

- f. Some shorts and pants. It is advisable that girls should not wear shorts and skirts or revealing clothes.
- g. Light weight sleeping bag, but needs to be warm at the high altitude.
- h. Other small things can be rented in Kathmandu.

### **Pocket money**

This depends on the individual; a recommended amount would be £300 - £400

### **Health and Safety**

The group will be trekking at high altitude and therefore acclimatization is very important. They should be very fit and healthy. During the start of trek, their walking pace should be steady not fast. We shall provide diamox to prevent altitude sickness.

Injections – they should have as follows:

- a. Hepatitis A
- b. Typhoid
- c. Rabies
- d. Meningitis
- e. Tetanus

Note: For Malaria they should come prepared for it by taking tablets. However before leaving, please consult a physician to ensure all injections and necessary precautions have been taken.

Training for the trip would be advisable, but not essential. This training could simply be jogging and walking some steep hills to strengthen leg muscles and breathing.

During trekking and other activities, risks such as altitude sickness and any accidents are beyond anyone's control. However the trekking staff are very experienced and fully capable of handling any such incident. In the worst case, there is a helicopter back up service for emergency rescue from anywhere inside Nepal. We also closely work with British Embassy for the safety of British nationals.