



# FUTURE FOR NEPAL

## 14-Day Everest Base Camp Charity Trek

This trip offers not only a 14-day high altitude trek to the base of the world's highest mountain, but a unique opportunity to see aspects of Nepalese life



not available to the ordinary trekker. Combine this with visits to some of the world's most beautiful heritage sites makes this a trip of a lifetime!

### What is this Charity Trek?

Those brave enough to venture on this trip face one of the hardest challenges of their lives, a 13 night trek to Everest Base

Camp. But the trip does not end there; it is centered around giving our trekkers a true feel for Nepal. They will spend 4 nights in Kathmandu, enjoying the wonders that this ancient city has to offer. Through an organized sightseeing tour, our trekkers will visit Pashupati (commonly known as the death temple), Swayambhu (commonly known as the monkey temple) and Durbar Square Patan (translated as the King's Square). What makes this trip so special though is that these trekkers will personally be able to witness the activities of FFN through a visit to Alphas and a dinner with our sponsored FFN kids.

### Why do this charity trek?

With 40% of the trip's costs going directly to Future For Nepal, this charity trek will help us to give more Nepalese children a future they deserve! The money raised will either be used to pay for a specific child to study at Alpha or alternatively to fund a specific community project.

## Outline of the Charity Trek Itinerary

Day	Trek	Altitude	O/N
01	Arrival in Kathmandu- free organized airport transfer	1300 m	Nirvana Hotel
02	Trek briefing, half day sightseeing of Pashupati, Swayambhu and Durbar Square Patan. Visit to Alpha school in the evening and dinner with the FFN sponsored children	1300 m	Nirvana Hotel
03	Fly Ktm - Lukla.Trek begins. Phakding	2660 m	Lodge
04	Trek to Namche Bazaar.	3440 m	Lodge
05	Rest day at Namche.	3440 m	Lodge
06	Trek to Tengboche.	3820 m	Lodge
07	Trek to Dinbuche.	4200 m	Lodge
08	Trek to Lobuche.	4950 m	Lodge
09	Trek to Gorakshep then Kalapathar (5545m), back to Grakshep	5140 m	Lodge
10	Gorakshep,Trek to EBC ( 5364)m), back to Gorakshep	5140 m	Lodge
11	Trek to Lobuche	4950 m	Lodge
12	Trek to Dingbuche	4200 m	Lodge
13	Trek to Kyangjuma	3490 m	Lodge
14	Trek to Phakding	2660 m	Lodge
15	Trek to Lukla	2840 m	Lodge
16	Fly Lukla - Ktm	1300 m	Nirvana Hotel
17	Day at leisure. Evening Fare well dinner	1300 m	Nirvana Hotel
18	Final departure		

### Cost of the Charity Trek:

Pax	2 – 3 pax	4 – 8 pax	9 -14 pax	15 – 25 pax
Cost per person	UKP 2,238	UKP 2,046	UKP 1,863	UKP 1,738

**NOTE: 40% of these costs go directly to Future For Nepal**

**Cost includes:**

- 4 nights accommodation in twin sharing BB basis in Kathmandu (Bed and Breakfast)
- Half day Guided sightseeing tour of world heritage sites in Kathmandu, all entrance fee, transportation
- Airport transfer as per the itinerary
- All meal during trek (Breakfast, Lunch and Dinner)
- Airfare Kathmandu – Lukla – Kathmandu for clients
- Airfare Kathmandu – Lukla – Kathmandu for guide
- 1 Trekking guide & 1 Assistant guide
- Necessary Porter ( Luggage weight max. 15 kg)
- National Park Fee
- Insurance for trekking staff
- Daily wages for Guide and porter
- Necessary equipment for trekking staff
- Fully loaded medical kit box
- Trekking kit bag

**Cost does not include:**

- International flight to Nepal
- Personal trekking equipment
- Insurance ( must cover helicopter rescue service)
- Lunch and dinner in the hotel in Kathmandu
- Nepal Visa fee (US\$30)
- Airport tax both domestic (Rs.170 ) and international (Rs.1695)
- Soft drink and alcoholic beverages
- Laundry, telephone
- Any expenses of a personal nature
- Service not included herein

**For those interested:**

**For those interested in this charity trek, please send all inquiries to:**

**[inquiries@futurefornepal.com](mailto:inquiries@futurefornepal.com)**