



**Himalaya Indian
Sub-continent**

Sir Edmund Hillary Foundation Base Camp Challenge



trip highlights

- Stunning views of Mount Everest
- Black Tie Dinner celebrating the 50th anniversary of Khunde Hospital
- Namche Bazaar
- Thyangboche Monastery
- Fully supported camping based trek in private permanent campsites
- 3 hearty meals per day prepared by our cooks
- Climb Kala Pattar & visit Everest Base Camp
- Ample acclimatisation days built in
- Himalayan Mountain flight from Kathmandu to Lukla
- Sightseeing in Kathmandu - Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Boudhanath
- Support the Sir Edmund Hillary Foundation



Trip Duration	17 days	Trip Code: HMME
Grade	Moderate	
Activities	Trekking	
Summary	18 day trip, 6 nights hotels/lodges, 8 nights permanent campsites and 3 nights wilderness camp	

Supporting Your Cause

After a friendship of several years with Sir Edmund Hillary, accompanying him on trips within Canada and the U.S.A., Mr. W. F. (Zeke) O'Connor was honoured in being invited as the Canadian representative on an expedition to the Mount Everest Base Camp in 1973, to commemorate the 20th anniversary of the successful ascent of Mount Everest by Sir Edmund and Sherpa, Tenzing Norgay. Mr. O'Connor and now Karen O'Connor the current president have revisited Nepal each year since his first visit in 1973 to the present. Karen O'Connor and a number of the Foundation Directors return to Canada each year with a deeper understanding of the many needs of the Sherpa people and a determination to further the efforts of seeking financial aid for the worthy projects underway in the mountain regions of Nepal. Emphasis is on involvement of the local community. As a result of this groundwork, the totally Canadian The Sir Edmund Hillary Foundation (SEHF) began in 1974-75 and received its charter on October 1, 1976, and is registered as a charitable institution.

Read more about the foundation at www.thesiredmundhillaryfoundation.ca

Your Huma Challenge

Thank you for your interest in our Sir Edmund Hillary Foundation Base Camp Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



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Trip Dates

2016 15 May - 31 May

Charity Challenge Payments

Joining Kathmandu:	\$3050
Registration Fee:	\$400
Single Supplement:	\$550
Minimum Fundraising:	\$2500

All prices are per person

Refer to the charity challenge calendar at the end of this document for specific payment dates.

World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we can not match you up a single supplement will be applicable. 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.

What Impact Will My Fundraising Have?

The Objectives of the Foundation are:

- to receive and maintain a fund or funds and apply from time to time all or part thereof and/or the income therefrom for the purpose of helping to preserve the heritage and to improve the quality of life of the people of the Solu Khumbu region of Nepal by contributing to each of the following:
 - the development, improvement and maintenance of health services and facilities and the implementation of community health education programs;
 - the availability and quality of education by assisting in the development and enhancement of literacy and education programs and the construction of new schools;
 - the development and implementation of programs to address the environmental concerns of the region such as reforestation, water purification and pollution control;
 - the maintenance and restoration of historical structures and monuments;
 - scholarships and bursaries for persons of the Solu Khumbu region of Nepal who engage in studies or training programs directly connected with and/or to further the objects of the Foundation; and
 - implementation of all such things as are incidental or conducive to the attainment of the above projects;
- to distribute the funds pursuant to the aforesaid objects, provided that such funds shall be distributed by its agents to the people of the Solu Khumbu region of Nepal and that the Canadian origin of such aid is made known at the point of distribution;
- to accept donations, gifts, legacies and bequests for use in promoting the above objects and carrying on the work of the Foundation;
- to invest undistributed funds of the Foundation in investments authorized by law for the investment of trust funds.

Your Adventure

Our trek to the base of Mount Everest will surpass your expectations. We ascend in true expedition style savoring the quintessential trekking experience with our guides, crew and porters as we ascend to the base of the world's highest mountain. Our carefully devised itinerary reflects our proven track record, with time for safe acclimatisation - the key to any successful trek in the Everest region. Our trail leads through the famous villages of Namche and Khumjung as well as Thyangboche monastery that reflect the renowned Sherpa culture. We include ascents to Kala Pattar (5545m) from where our guides will point out the classic climbing routes to the summit. A foray is also included to Everest Base Camp from where expeditions prepare to climb the world's highest peak. All nights are spent in our exclusive private permanent campsites and handpicked eco lodges.

Fundraising Options

There are a number of ways you can approach your fundraising:

- You can choose to pay for the travel costs yourself and just fundraise the charity donation.
- You can opt to fundraise the entire amount - the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
- You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.



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4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

Online Fundraising Portal

Canada Helps

Itinerary at a Glance

DAY 1	ARRIVE KATHMANDU
DAY 2	IN KATHMANDU (1330M)
DAY 3	FLY LUKLA (2800M). TREK TO MONJO (2835M). WALK APPROX 4 HOURS.
DAY 4	TO NAMCHE BAZAAR(3440M). WALK APPROX 3-4 HOURS.
DAY 5	REST DAY NAMCHE BAZAAR
DAY 6	TO THYANGBOCHE. WALK APPROX 6-7 HOURS.
DAY 7	TO DINGBOCHE (4360M), WALK APPROX. 5-6 HOURS.
DAY 8	REST DAY IN DINGBOCHE.
DAY 9	TO LOBUCHE (4930M). WALK APPROX 6 HOURS
DAY 10	TO GORAK SHEP (5288M) AND KALA PATTAR (5545M). WALK APPROX 5 HOURS
DAY 11	TO BASE CAMP (5360 M). WALK APPROX 7 HOURS.
DAY 12	TO DEBOCHE (3770M). WALK APPROX 4-5 HOURS
DAY 13	TO KHUNDE . WALK APPROX 5-6 HOURS
DAY 14	KHUNDE 50TH ANNIVERSARY CELEBRATIONS
DAY 15	KHUNDE - MONJO. WALK APPROX 4-5 HOURS
DAY 16	MONJO TO LUKLA - WALK APPROX 4-5 HOURS
DAY 17	TO KATHMANDU BY AIR (1330M)
DAY 18	TRIP CONCLUDES KATHMANDU

What's Included

- 16 breakfasts, 12 lunches and 12 dinners
- airport transfers
- flights Kathmandu/Lukla/Kathmandu
- Yak & Yeti hotel in Kathmandu
- accommodation on trek in a combination of our comfortable eco lodges and permanent 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 fill jacket and insulated mat
- souvenir World Expeditions kit bag with the charity logo
- all park entrance fees and trekking permits
- expert local team



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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:

2

Group Size Max:

16

Singles:

A single supplement is available for this trip*

*Ask our staff for more information.

Detailed Itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Yak and Yeti hotel. Remainder of the afternoon at leisure. 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 for all World Expeditions clients arriving today. Drinks and snacks 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: NIL

DAY 2 In Kathmandu (1330m)

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 Durbar Square, Patan, Swayambhunath or Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. 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.

meals: B

DAY 3 Fly Lukla (2800m). Trek to Monjo (2835m). Walk approx 4 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 Ghat.

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 and yaks carrying trading goods and trek-gear along the trail. We pass small groups of donkeys, yaks and dzopko carrying trading goods and trek - 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 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. Overnight at our private permanent camp site above Monjo.

meals: B,L,D



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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 & 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.humacharitychallenge.com

Trip grading Moderate

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains. To prepare for a moderate trek you should begin training at least four to five months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

DAY 4 To Namche Bazaar(3440m). Walk approx 3-4 hours.

This morning we pass through the gates of the Sagarmartha 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 Bhote 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. We will settle in our permanent camp in Namche village.

meals: B,L,D

DAY 5 Rest day Namche Bazaar

Sagarmartha National Park Headquarters just above our Sherpa hotel offers a very interesting display of photographs, memorabilia and information on the park, and the hill above is a wonderful vantage point for the spectacular view up the Imja Khola Valley towards Everest. The change from the narrow lowland valleys to the broad glacial ones is immediately obvious. The steep-sided glacial valley before us gradually winds towards the base of Everest, broken only by the moraines left by retreating glaciers. Its more gradual rate of climb is a blessing for those trekking higher. Towering to over 4000 metres above the valley floor, spectacular peaks seem to engulf us. Around us are Taweche (6542 m), Thamserku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) and Lhotse (8511 m). The greatest of all, Mt Everest (8848 m), rises at the head of the valley. The Sherpa Cultural Centre next to our hotel has an interesting collection of mountaineering items and photographs. Those who are fit and acclimatising well may wish to take the optional walk to the Everest View Hotel (4-5hrs) where spectacular views of Everest and Ama Dablam may be seen.

For those feeling well acclimatised there is also the option of a day walk to the pretty village of Khumjung. 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, as well as the many other projects operated by the Himalayan Trust. 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".

meals: B,L,D

DAY 6 To Thyangboche. Walk approx 6-7 hours.

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.mp.

meals: B,L,D



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Adventure Travel

By its very nature Charity Challenges involve 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 suitably fit, 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 charity representative or one of our team.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, 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 7 To Dingboche (4360m), walk approx. 5-6 hours.

This morning we begin a steady ascent. The stunning views of Everest, Lhotse, Kantega, Thamserku, 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. 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 permanent camp.

meals: B,L,D

DAY 8 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 permanent camp.

meals: B,L,D

DAY 9 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 the town affords fine sunset views of Nuptse. Overnight eco lodge.

meals: B,L,D

DAY 10 To Gorak Shep (5288m) and Kala Pattar (5545m). Walk approx 5 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. At the junction of two large glaciers and nestled in an amphitheatre of peaks, this campsite is spectacular. Pumori (7145m), Lingtren (6697m) surround our camp. Following our arrival at Gorak Shep we have an early lunch before ascending Kala Pattar. 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. The air is clear and the sun is strong but as the sun sets it becomes very cold. Sunsets here can be stunning.

meals: B,L,D

DAY 11 To Base Camp (5360 m). Walk approx 7 hours.

By camping at Gorak Shep we can get an early start and the extra day of acclimatisation we have had by staying here will be invaluable on the walk to Base Camp. Although it has undoubtedly been a cold night we have time to comfortably ascend to the historic site and enjoy it to the fullest. Return to Gorak Shep.

meals: B,L,D



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DAY 12 To Deboche (3770m). Walk approx 4-5 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. Continue on to our private permanent camp at Deboche for the night.

meals: B,L,D

DAY 13 To Khunde . Walk approx 5-6 hours

Today we will make our way to Khunde, where the impressive results of the foundation's hard work can be seen. As we near the villages we pass through terraced fields that are home to a brightly colored pheasant, the Danphe Pheasant, the national bird of Nepal. Khumjung is where Sir Edmund Hillary built his "Schoolhouse In the Clouds" and the famed Khunde hospital is close by. This afternoon will be free for you to explore.

meals: B,L,D

DAY 14 Khunde 50th Anniversary celebrations

This spring we are celebrating the 50th anniversary of the Khunde hospital and you are invited to celebrate the event with a black tie dinner on the ground of the hospital. This memorable gathering will celebrate the achievements of The Sir Edmund Hillary Foundation; the exceptional staff of the Khunde hospital. We are delighted to have Sir Edmund Hillary's son, Peter Hillary, as the master of ceremonies for the evening.

meals: B,L,D

DAY 15 Khunde - Monjo. Walk approx 4-5 hours

Our trek to Monjo will take 4-5 hours. Monjo is an attractive Sherpa village set amid pine forest on the banks of the Monjo Khola. We will have the opportunity to witness their traditional lifestyle. Tomorrow is our last trekking day, and before taking our flight back to Kathmandu, we will enjoy our last visions of the awe-inspiring Himalayan range. Overnight at our private permanent camp site above Monjo.

meals: B,L,D

DAY 16 Monjo to Lukla - Walk approx 4-5 hours

We savour our final mountain sunsets of the trek as we complete this exhilarating journey. 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 lodge.

meals: B,L,D

DAY 17 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.

meals: B

DAY 18 Trip concludes Kathmandu

After breakfast arrangements cease unless further ones have been made. Those people departing by aircraft will be transferred to the airport.

meals: B

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

Suggested Extensions

→ Chitwan Safari



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- Kathmandu to Delhi
- Ancient Varanasi & the Ganges
- Ancient City of Lhasa

Country Information

Nepal is known for its beautiful and dramatic scenery. Avid walkers and non-walkers alike are drawn to its mountains and foothills to view the Himalaya and the world's highest peaks. Many also discover the beauty of the forests and the enjoyment of time spent as a self-contained expedition, far from the rush of the modern world and in the delightful company of the trek crew as they tend to our needs and ensure that we are comfortable and able to enjoy the trek to the fullest. They are physically strong, sharp-witted and have an incredibly positive attitude towards a life that we would consider extremely tough. There is something about a trek in the Himalaya that draws you back time and time again. For keen walkers it is a paradise and even avowed non-walkers find that one foot just seems to follow the other, drawn by the appeal of what lies beyond. Nepal's population of around 27.5 million people is a blend of Hindu, Buddhism and animist religion. Nepal is a mosaic of cultures, ethnic groups and languages. It is remarkable that in a country of this size there are over 123 different ethnic groups, with at least as many languages. One million people live in the Kathmandu Valley, but at least ninety percent of the population live in the rural areas of the lower and middle hills of the Himalayan Range. Nepal is predominantly a simple rural society and a trek in the foothills of the Himalaya is a strong cultural experience as we spend time with our crew and meet local village people.

Democratic Republic of Nepal

On the 28th May 2008, the constituent assembly voted in overwhelming favour of abolishing the Monarchy in Nepal. Nepal has been proclaimed a "Federal Republic State" to be known as the "Democratic Republic of Nepal". This historic development followed the first elections held since 1999 after a ceasefire agreement between the government and the Maoists was signed in November 2006, putting an end to 10 years of instability in the Kingdom. The Maoist party won the largest share of votes in the elections at approx. 35%, and now form the largest part of the constituent assembly. The announcement of the abolishment of the Monarchy also brought an end to 240 years of Royal rule in the country. Today the general feeling amongst Nepalis is a positive one, and many believe that Nepal is now finally moving forward with a new identity as a democratic nation and a fresh outlook. Following the 2013 election the dominant party is now Nepali Congress with 34% followed by Communist Party of Nepal (Unified Marxist-Leninist) with 30%.

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.



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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 is the primary mode of transport to and from the airstrip at 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\$250 and maximum US\$1000 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.

A Typical Day

You will be woken with a cup of tea brought to your tent between 6 am and 7 am, 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 porters and will not usually be available to you until camp that afternoon. We are usually on the trail between 7.30 am and 8.30 am. Following a good morning's walk, we stop for lunch at around 11 am. Lunch is usually a 2 hour break to allow for the trekker's meal followed by the crew meal. This break also enables you to do your washing in the warmest part of the day, catch up on your diary, read or rest. The afternoon walk is generally a little shorter and camp is usually reached by around 3 pm to 4 pm. Once we have reached camp and the kitchen is set up afternoon tea is served. Washing water is again provided to enable you to wash at the end of the trek day. Until dinner there is time to rest, explore the surrounding area and villages or sit and chat with the crew and local people. Dinner is usually served around 6 pm to 7 pm. Remember to bring your torch and water bottle to the mess tent so it can be filled with boiling water. It then makes a great hot water bottle. 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, it is always a special time. All camp chores are done for you, leaving you free to use your time to the fullest. You carry only a light day pack as your gear is carried by yaks or porters.



huma
challenge

Sir Edmund Hillary Foundation Base Camp Challenge

A classic trek through Sherpa villages to the base of Mount Everest



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.

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, they do not burn wood and use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare meals so that we are able to maintain a high level of hygiene and interesting menu which is consistent with our camping nights.



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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.

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, film and 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
- 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



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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

Protecting the Environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources. By joining a trek with World Expeditions you are supporting a sustainable trekking service, rather than depleting natural resources. Camping, rather than staying in tea houses, ensures we can fulfill this.

Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all 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. Whilst we do not include animal rides on most of our trips, there are occasions where it may be possible to undertake them optionally and to do so is at your own risk. Note that helmets and professional riding equipment are not available in all circumstances.

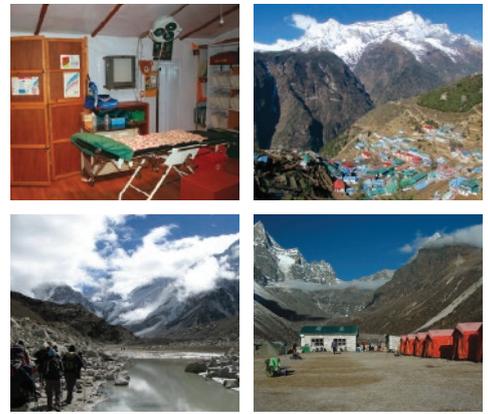
What's Not Included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks



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- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

How To Book

To register on this Everest Challenge please complete the registration form and return to your nearest office:

Huma Challenge

Email: info@humachallenge.com

Post: Huma Challenge, 47 William St, Ottawa (ON) K1N6Z9

Web: www.humachallenge.com

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the Challenge page on our website



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Charity Challenge Calendar

Item	Date	What's on	Achieved
Registration Fee	now	Complete the registration form and pay your \$400 registration fee for the Sir Edmund Hillary Foundation Base Camp Challenge	<input type="checkbox"/>
Set up online portal	now	Upon registration you will receive a comprehensive fundraising booklet to assist you	<input type="checkbox"/>
Fundraising Milestone #1	10 February 2016	Reach your first fundraising target of \$1000	<input type="checkbox"/>
Trip Payment	10 March 2016	Make your trip payment of \$2,890 to Huma Charity Challenge	<input type="checkbox"/>
Fundraising Balance	10 April 2016	Give your fundraising balance of \$1,500 or more to the Sir Edmund Hillary Foundation	<input type="checkbox"/>
Base Camp Challenge	May 2016	You're now starting your challenge to Everest Base Camp for the Sir Edmund Hillary Foundation	<input type="checkbox"/>

