

ahf himalaya schools trek 2017



trip highlights

- Accompanied by Simon Balderstone, Australian Himalayan Foundation Chairman
- Special visits to schools, AHF teacher training centres and the school rebuild program – meeting teachers, AHF scholarship holders and other students
- Spectacular views of Mount Everest, Ama Dablam, other peaks and beautiful river valleys
- Sherpa culture
- Thyangboche Monastery
- Fully supported camping based trek with 3 hearty meals per day prepared by our cooks
- Visiting remote, subsistence communities in the Lower Solu Khumbu
- Himalayan mountain flights from Kathmandu to Phaplu & from Lukla to Kathmandu
- Seeing first-hand the difference your support for AHF is making!



Trip Duration	15 days	Trip Code: NF1
Grade	Moderate	
Activities	trekking	
Summary	15 day trip, 3 nights hotels, 11 nights in private eco campsites/lodges	

your charity challenge

- Helping to rebuild and build lives and schools in the remote Himalaya.

Started in 2002 by a group of trekking, guiding and climbing friends who wanted to give something back to the region and its people they well know and love, the AHF is now one of the leading aid organisations operating in the Himalaya. Its practical, community-based projects provide the people of the Himalaya, particularly girls and women, with improved life and work opportunities and well-being, through better education and training, improved health services and sustainability. The programs are centred in the very poorest, remote areas of the Himalaya, providing what is needed most to those who need it most. AHF projects include its flagship Teacher Training and Quality Education program, improving the education – and life and work opportunities – of 50,000 children in the Solu Khumbu (Everest) region of Nepal. Following the devastating 2015 earthquakes, AHF is also working with its team in Nepal to repair and rebuild schools in the Solu Khumbu. By supporting AHF's work, you will be making a practical, cost-effective difference to the quality of life of the people of the Himalaya. We hope you will join us for a life-changing experience! For full details on AHF go to www.australianhimalayanfoundation.org.au

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 eco campsites. You will enjoy a full service trek including 3 wholesome meals each day prepared to the highest standards of hygiene and served in our heated dining rooms where you are welcome to relax on cushioned seating at the end of each trekking day. Our tented accommodation is in locally made, head high tents with comfortable camp beds, and we supply you with high quality 4 season, down sleeping bags in your trek pack. Bathrooms in our camps comprise of composting toilets and convenient wash basins. In the main villages we stay in handpicked eco lodges, and in Kathmandu we use an excellent centrally located 4 star hotel. You can be sure that when booking a World Expeditions trek in Nepal there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more about our sustainable travel practices and philosophies in these trip notes.

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trip dates

2017 30 Sep - 14 Oct

challenge cost

Joining Kathmandu Travel cost twin share: \$3920

All prices are per person

options & supplements

Optional single supplement: \$380

Donation/fundraising for AHF: \$5000

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.

Competitive International flights from Australian capital cities can be arranged by World Expeditions.

Thai Airways starting from \$1350 including taxes

Singapore Airlines starting from \$1300 including taxes

* subject to availability at the time of booking.

The donation/fundraising of \$5,000 is payable directly to the AHF. Note: This trek is registered through GoFundraise, and online payments and donations can be made on the GoFundraise website www.gofundraise.com.au and through other means.

The AHF has tax-deductibility status.

For more information and advice in regard to your fundraising and donations, please contact AHF directly.

\$3920 per person based on minimum 6 persons

\$3650 per person based on minimum 8 persons

\$3450 per person based on minimum 10 persons

the challenge

With an itinerary developed exclusively for this trek, we start in Kathmandu before flying to Phaplu and trekking through the lower Solu Khumbu region, enjoying the remote trails and communities and visiting AHF schools and rebuilding programs. We slowly ascend to the Everest region, joining the main trail and spending two nights in the renowned Sherpa village of Namche Bazaar before trekking to beautiful Tengboche with its beautiful monastery and mountain views of Everest and Ama Dablam. We trek back down the valley to Khumjung & Khunde, and then on to Namche and Lukla, and back to Kathmandu on another magnificent mountain flight.

about your leader/escort

SIMON BALDERSTONE AM

Chairman of the Australian Himalayan Foundation.

Simon is a former journalist, author, Prime Ministerial advisory and General Manager of the Sydney 2000 Olympic Games Organising Committee (SOCOG). He is now the Director of a consultancy company. He has trekked and guided many times in the Himalaya and was a member of the 1984 First Australian Everest Expedition.

at a glance

DAY 1	ARRIVE KATHMANDU (1330M).
DAY 2	FLY TO PHAPLU (2364M) & DRIVE TO NELE, TREK TO MORAL (1900M) WALK APPROX. 4 TO 5 HOURS
DAY 3	TREK TO KHASTAP VILLAGE (1850M), WALK APPROX. 5 HOURS
DAY 4	TREK TO JALLESORY (1550M) WALK APPROX. 4 TO 5 HOURS
DAY 5	TREK TO KHARI KHOLA (2,010M), WALK APPROX. 5 TO 6 HOURS
DAY 6	TREK TO PAKNEPANI VILLAGE (2,600M), WALK APPROX. 6 TO 7 HOURS
DAY 7	TREK TO MONJO (2,840M), WALK APPROX. 6 TO 7 HOURS
DAY 8	TREK TO NAMCHE BAZAAR (3,440M) WALK APPROX 4 TO 5 HOURS
DAY 9	IN NAMCHE, DAY TREK TO KHUMJUNG
DAY 10	TREK TO TENGBOCHE (3,870M) & DEBOCHE 5 TO 6 HOURS
DAY 11	TREK TO KHUMJUNG (3,780M) AND BACK TO NAMCHE
DAY 12	TREK TO LUKLA (2,800M) WALK APPROX 6-7 HOURS
DAY 13	FLY TO KATHMANDU
DAY 14	IN KATHMANDU, HALF DAY SIGHTSEEING.
DAY 15	DEPART KATHMANDU

what's included

- 14 breakfasts, 11 lunches and 11 dinners including all meals on trek valued at US\$595
- airport transfers
- flights Kathmandu/Phalpu & Lukla/Kathmandu US\$388 approx
- 15kgs luggage allowance on Kathmandu/Phalpu & Lukla/Kathmandu flights
- expert bilingual guide
- group medical kit
- good quality accommodation in Kathmandu
- accommodation on trek in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows and some wilderness camping



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- 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)
- souvenir World Expeditions kit bag
- private transportation
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment and porter's insurance
- sightseeing in Kathmandu
- site entry fees

what's not included

- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Visa
- Travel Insurance
- International flights
- Airport & departure taxes

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

detailed itinerary

DAY 1 Arrive Kathmandu (1330m).

On arrival in Kathmandu you will be picked up at the airport and transferred to the Radisson Hotel where you will meet your trek leader and the rest of the group. This evening we will have a briefing with our leader and welcome drinks before heading out to dinner.

meals: NIL

DAY 2 Fly to Phaplu (2364m) & drive to Nele, trek to Moral (1900m) walk approx. 4 to 5 hours

After arriving at Phaplu we drive to Nele and commence our trek. We complete a steady ascent above Nele before heading to a ridge that affords uninterrupted views of the peaks including Ama Dablam that form the mountain divide between the lower Solu Khumbu and the Makalu Basin. The trail then descends through mixed forest and terraced fields to the tiny school at Moral.

meals: B,L,D

DAY 3 Trek to Khastap village (1850m), walk approx. 5 hours

We complete a descent (sometimes steep) to Rumpur village and continue on to the school at Lusku. The school has close ties with AHF and its Nepal partner REED and you will be assured of a warm welcome. The trail then winds high above the Kaku Khola affording a bird's eye view across the villages and settlements of the lower Solu Khumbu before continuing to the village of Khastap.

meals: B,L,D

DAY 4 Trek to Jallesory (1550m) walk approx. 4 to 5 hours

We continue along a trail that rounds the hillside for an hour before a long and in places steep descent through mixed forest to the Dudh Kosi River. There is a substantial bridge across the river and a choice of places to rest. From the river the trail ascends to a small village and school attended by dalit or untouchable children. The school is in dire need of support. The village contributes towards the salary of the teacher who looks after both of the two classes. The children in this village

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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:

6

Group Size Max:

16

Singles:

A single supplement is available for this trip*

Leader:

Expert Local Leader & Escort

*Ask our staff for more information.

have benefited from AHF scholarship program that aims to ensure that all disabled or dalit or girls are able to attend primary school in the lower Solu Khumbu. From the school we head up and around to Jallesory where AHF has also established a close working relationship with the school and the community.

meals: B,L,D

DAY 5 Trek to Khari Khola (2,010m), walk approx. 5 to 6 hours

The ascent to the main trail linking the town of Sotang to Khari Khola takes around two hours. The main trail leads through mixed forest and past tumbling waterfalls high above the vast Dudh Kosi catchment. A short diversion to Sakarram school just below the main trail can be included in this day's itinerary. The gradient of the trail to Khari Khola is not demanding and we should establish our camp in Khari Khola by early afternoon.

meals: B,L,D

DAY 6 Trek to Paknepani village (2,600m), walk approx. 6 to 7 hours

There is a one hour ascent to the village of Bupsa 2360m with more commanding views down the Dudh Kosi. The trail is busier (including with donkeys carrying loads) than on previous days as it provides the main lifeline between the villages in the upper Khumbu and the road head at Jiri (for Kathmandu). We ascend to the settlement at Kharte and gain fine views of the towering snow capped peaks to the north that guard the route to Namche village. The high point of this stage is the Kari La (2840m) before entering the Puoyar Khola gorge where we follow the trail (sometimes very muddy) on down to the tiny village of Paknepani .

meals: B,L,D

DAY 7 Trek to Monjo (2,840m), walk approx. 6 to 7 hours

The day of change! Just beyond Surke the trail splits. The trail to Lukla entails a steep two-hour ascent to the village and airstrip. However we by-pass Lukla and follow the main trail that winds up to the village and school at Chaurikhara where AHF support a regular 'Refresher' training workshops for all primary school teachers in the upper Solu Khumbu region. The character of the trek then changes as we are now joining the main trail linking Lukla with Namche Bazaar and the Everest region. It can take time to adjust to the regular stream of trekkers and the cafes that offer soft drinks, chocolate bars and a menu that would not be out of place in Kathmandu.

meals: B,L,D

DAY 8 Trek to Namche Bazaar (3,440m) walk approx 4 to 5 hours

Beyond Phakding we gain our first views of Thamserku (6608m) that rises east of Namche Bazaar. We rest at the beautifully situated village of Bengkar (2720m) before continuing through rhododendron, magnolia and fir forest to Monjo (2850m). Just beyond Monjo we enter the Sagarmatha National Park before following the river course to the confluence of the Dudh Kosi and Bhote Kosi. There's a spectacular bridge to cross before commencing the long ascent through pine forests to Namche Bazaar (3440m), the Sherpa 'capital' of Nepal.

meals: B,L,D

DAY 9 In Namche, day trek to Khumjung

We spend a full day acclimatizing including a visit to the headquarters of the Sagarmatha National Park to gain views of Everest We also have the opportunity to ascend the trail to Khumjung and visit the famous school established by Sir Edmund Hillary before returning to our lodge above the main market.

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 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

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 10 Trek to Tengboche (3,870m) & Deboche 5 to 6 hours

After a day's rest we head along the open ridge high above Imja Khola with fine views from Thamserku to Ama Dablam and north to the huge Lhoste wall and the peak of Everest. A gradual descent leads down to the river before an ascent through rhododendron forest to Tengboche monastery – the spiritual heart of the Everest region. The monastery includes a huge statue of Sakyamuni while visitors to the main Assembly Hall are invited to the early morning prayer session.

meals: B,L,D

DAY 11 Trek to Khumjung (3,780m) and back to Namche

From Deboche the trek returns across the Imja Khola and ascends towards Namche before diverting at the trail junction at Sanasa (3600m). There follows a further ascent to the huge valley that accommodates both Khumjung and Khunde village – en route gaining more tantalising views up the Khumbu valley towards Mt Everest. Khumjung (3780m) is the largest village in the Khumbu region and includes a small monastery as well as the famous Khumjung school – the Schoolhouse in the Clouds- that was established by Sir Edmund Hillary in 1961. Nearby is Khunde village (3840m) another substantial Sherpa village that includes another small monastery that houses the thousand-armed Avalokitesvara, the Tibetan god of compassion that is represented on earth by the Dalai Lama.

meals: B,L,D

DAY 12 Trek to Lukla (2,800m) walk approx 6-7 hours

Today we pass through a variety of settlements and forests before an undulating climb to Lukla. We savour our final mountain sunset 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.

meals: B,L,D

DAY 13 Fly to Kathmandu

This morning we board an early morning flight back to Kathmandu.

meals: B

DAY 14 In Kathmandu, half day sightseeing.

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore 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 15 Depart Kathmandu

Today we will say goodbye to our new friends and transfer to the airport for our flight home.

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.

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

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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.

with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

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

climate

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

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

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



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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.

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.



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wilderness camps

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

eco lodges

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

dietary requirements

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

equipment provided

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

accommodation on the trip



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

what you carry

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

equipment required

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

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acute mountain sickness

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

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

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

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

porter initiatives

Porter Welfare in Nepal: the Himalaya

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

*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more than 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

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

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

ahf himalaya schools trek 2017

*Trek with Simon Balderstone, Australian Himalayan Foundation
Chairman, into the heart of the Everest region.*



Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

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!

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.

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.