



Himalaya

Australian Himalayan Foundation Dudh Kunda with Brigitte Muir



Trip Highlights

- Specially devised trek visited by only a handful of trekkers each year
- Ascend to the sacred Dudh Kunda Lake beneath the majestic peaks of the Numbur Himal
- Visit Buddhist monasteries and gompas en route, meditate and chant with the monks (optional)
- Immerse yourself in the life of local communities in the heartland of the lower Solu Khumbu
- Gain unrivalled views of the entire Himalayan Chain, what Sir Edmund Hillary called his favourite view: Everest, Makalu, Lhotse and more from Tenkharka
- Share your yoga/qigong/meditation skills with others (optional)
- Raise funds for AHF programs in Nepal
- Led by Everest summiteer, Brigitte Muir



Trip Duration	19 days	Trip Code: DKB
Grade	Moderate	
Activities	Trekking	
Summary	19 day trip, 15 day trek, 4 nights hotel, 14 nights wilderness camping	

Supporting Your Cause

The Australian Himalayan Foundation (AHF), now recognised as one of the leading aid and development organisations dedicated to supporting the people of the Himalaya, was formed in 2001 by a group of Himalayan adventurers to support the work of Sir Edmund Hillary and give something back to the region. The AHF is extremely proud that with very low overheads it implements cost effective, practical projects, in the poorest, most under-resourced and disadvantaged areas of Nepal, Bhutan and Northern India.

The AHF programs include the flagship Teacher Training and Quality Inclusive Education (TTQIE) program in some of the poorest areas in Nepal; a life-saving Women's Health Project in the Solu Khumbu; a life-changing education program in remote Bhutan and a practical environmental conservation program that protects precious livestock and the elusive Snow Leopard in the Indian Himalaya.

All these programs provide, particularly for girls and women, improved life and work opportunities through better education, training and improved health services.

The AHF is a registered Australian NGO with tax-deductibility status and is a member of the Australian Council for International Development. AHF has Accreditation status with the Australian Government overseas aid program.

Join us and be part of the movement!

Your Huma Challenge

Thank you for your interest in our Australian Himalayan Foundation Dudh Kunda with Brigitte Muir trek. 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.



A DIVISION OF WORLD EXPEDITIONS

Australian Himalayan Foundation Dudh Kunda with Brigitte Muir



Charity Challenge Payments

Joining Kathmandu from:	\$4450
Non Refundable Registration Fee:	\$200
DO - Donation:	\$1000

All prices are per person

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. Please refer to our website for the additional cost.

Trip Dates

2023 04 Mar - 22 Mar

important notes

RF - Registration Fee
DO - Donation

Your Adventure

We explore the less frequented trails visited by only a handful of trekkers each year to reach the sacred waters of Dudh Kunda set beneath the mighty Numbur Himal. En route we gain views of the Himalayan chain, Everest, Lhotse, Makalu, and more from our secluded camp at Tenkharka. We visit schools and a number of Buddhist monasteries and gompas built to accommodate the Sherpa and Tamang religious communities in the region.

An important dimension to the trek is an opportunity to sample local life through Brigitte's family and friends. Brigitte has been frequenting the area since 2007 and made many connections with local people. You will also get a chance to appreciate the educational advances in the schools and communities. It includes work undertaken by Brigitte Muir, the first Australian woman to summit Everest and the first Australian to climb the highest peak on each continent, who is a devoted supporter of AHF's flagship TTQE (Teacher Training, Quality Education) program in the Lower Solu Khumbu region of Nepal.

Solu and the whole of Nepal has seen many basic roads built where trails only existed prior. Although this changes the character of trekking in the area, it bears to remember that it makes life for the permanent inhabitants much easier (think trips to hospitals etc) and that many trails known to the local people still exist between places. It is using local knowledge that we will endeavour to always find the route less travelled.

Cause Supported by this Huma Challenge

Since 2002 the AHF has been working to help the people of the Himalaya through improvements in education, health and conservation. The Foundation works in partnership with local NGO's and the respective communities in Nepal, Ladakh and Bhutan in long term sustainable development.

By joining us in Nepal you will have an opportunity to appreciate some of the challenges facing the people who live in subsistence farming communities in the Himalaya.

By joining the trip we ask you to help fundraise either through a personal donation or fundraising activities a minimum of \$1,000 to support the women in Lura and nearby communities. AHF will set up a fundraising page for the group and include a Go Fundraising page for those intent on raising funds through their friends and associates.

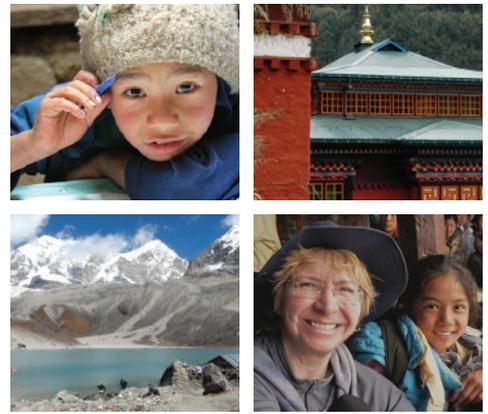
You can read more about the AHF at www.australianhimalayanfoundation.org.au

About Your Escort

Belgian born Brigitte Muir OAM has had a passion for adventure and the unknown since reading the adventures of Tintin as a child. She discovered caving at high school, and after giving climbing a go, she embarked on a high altitude mountaineering career that spanned over thirty years and seven continents. Brigitte moved to Australia in 1983, after falling in love with the vastness of the continent and its big skies, and became Australian in 1987. Ten years later, she was at the top of Mount Everest, the highest mountain in Asia, and last on her quest to climb the highest peak on each continent. She abandoned high altitude climbing in 1999, when a close friend from Denmark was killed coming down from the summit that she was about to reach without Sherpas or oxygen. She reconverted to storytelling, and teaching people high altitude climbing for World Expeditions in Nepal and Tibet, before dedicating herself to a small subsistence farming village in the Solu called Lura. She has been filming there since 2007 and raising funds for women empowerment since 2009. Her deep connection with the land and the people allow participants a unique insight into the life of every day Tamang and Sherpa people which is neigh impossible in the more touristy areas of the Khumbu, Langtang and the Annapurna.



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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:

8

Group Size Max:

10

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Himalaya and Indian Subcontinent

*Ask our staff for more information.

Itinerary at a Glance

DAY 1	ARRIVE KATHMANDU
DAY 2	IN KATHMANDU, HALF DAY SIGHTSEEING
DAY 3	FLY KATHMANDU TO PHAPLU, TREK/DRIVE TO LURA (2450M) 2 HOURS
DAY 4	IN LURA (2450M)
DAY 5	TREK TO TENKHARKA (2975M) 4-5 HOURS
DAY 6	TREK TO CAMP IN VICINITY OF LODING (2484M) 5-6 HOURS
DAY 7	TREK TO JUNBESI (2711M) 6 HOURS
DAY 8	TREK TO THUPTEN CHOLING MONASTERY (2951M) AND BEYOND TO CAMP, 5-6 HOURS
DAYS 9-10	TREK TO YAK KHARKA (3600M) 5-6 HOURS; TREK TO SAHARSBENI (3835M) 6-7 HOURS
DAY 11	TREK TO DUDH KUNDA (4357M) 4 HOURS
DAY 12	AT DUDH KUNDA (4357M)
DAY 13	TREK TO THIMBA (3925M) 7 HOURS
DAY 14	TREK TO TAKSINDU MONASTERY (2960M) 7-8 HOURS
DAY 15	TREK TO CHIWANG MONASTERY (2743M) 6-7 HOURS
DAY 16	TREK TO PHAPLU (2469M) 3 HOURS
DAY 17	FLY TO KATHMANDU
DAY 18	IN KATHMANDU
DAY 19	DEPART

What's Included

- 18 breakfasts, 14 lunches, 14 dinners
- 4 nights Radisson hotel on a twin share with breakfast
- Internal flights in Nepal (Kathmandu to Phaplu return)
- All internal transport by private bus, jeeps, car or scheduled air service
- Airport transfers (providing you arrive and depart on the dates stated in the itinerary)
- Gear package including kit bag (yours to keep), sleeping bag and liner, insulated sleeping mat and down or fibre filled jacket on trek (valued at over \$US500)
- Porters to carry all personal and group equipment
- Nepal leader and kitchen staff
- All park entrance fees and trekking permits
- Emergency group medical kit
- Huma training manual, gear list and fundraising guidebook
- Trip led by Brigitte Muir and World Expeditions guide Kesar Kasi

What's Not Included

- International flights
- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Airport and departure taxes
- Visa
- Travel Insurance
- Optional tips for porters: allow AUD\$8 (total) per day
- Optional tips for temples & local entertainment on trek: allow AUD\$10 (total)



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Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

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 travellers 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.

Detailed Itinerary

DAY 1 Arrive Kathmandu

You will be met by a World Expeditions representative and transferred to the Radisson Hotel. Remainder of the afternoon at leisure. There will be a pre-trek briefing at 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. This is a great opportunity to get to know your fellow group members before heading out to dinner. Overnight Radisson Hotel.
meals: L,D

DAY 2 In Kathmandu, half day sightseeing

After breakfast a gear check will be undertaken with time to purchase or hire any necessary items. We will then head off on our sightseeing tour to the World Heritage listed Boudhanath and Pashupatinath. In the afternoon there is plenty of time to visit nearby Thamel where there are many excellent bookshops and a chance to purchase a map covering your trek route.
meals: B

DAY 3 Fly Kathmandu to Phaplu, trek/drive to Lura (2450m) 2 hours

An early morning flight to Phaplu in the heart of the lower Solu Khumbu region. From the airport it is a short trek to the village of Lura. This village is Brigitte's second home in Nepal. Starting in 2007, she has visited Lura numerous times, to film her work mate Lakpa Tamang (another Everest summiter who guided on the three Peaks in the Khumbu high altitude mountaineering trips Brigitte led for WE until 2011) and his family. This led to fundraising for literacy and empowerment classes for the women. We also visit the Manju Shree Primary School to meet the teachers and students, and we meet and greet with the villagers whose school you are supporting. In fact, we camp nearby with every opportunity to meet the local people and gain an initial appreciation of their daily routine as well as the educational aspirations and challenges they encounter.
meals: B,L,D

DAY 4 In Lura (2450m)

After breakfast, we walk through Lura up to the buddhist gomba for a special meditation and chanting session with the local lama. The gomba (temple) was destroyed by earthquakes more than once and rebuilt each time by the villagers. We then walk up to a meadow below the Gyamdanda forest for a lunch picnic while taking in tantalizing views of the peaks that define the Makalu/Barun NP. A short walk up the forest takes us to the Gyamdanda Hindu temple. After returning to Lura we have a special evening with the women and village people. The program is devised by the village. In Lura and on the next stages we visit some of the schools that have benefited from the AHF TTQE (Teacher Training Quality Education program) that has helped improve the training of local teachers and in turn the education of so many of the students. A member of REED, AHF NGO in Kathmandu who implement the program, will be on hand to introduce you to the schools and update you on the program that has been conducted over the last thirteen years. There will also be plenty of time to meet local women and share their thoughts on how to improve educational opportunities in this relatively under-resourced region.
meals: B,L,D



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Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. It's an adventure! 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.

Important Note

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DAY 5 Trek to Tenkharka (2975m) 4-5 hours

A rewarding day as we head toward Pikey Peak set high above the surrounding rural landscape. We trek along a narrow ridge meandering through a magical forest (with rhododendrons in bloom) as we gradually ascent to our Tenkharka camp. We gain inspiring views of Everest, Lhotse and Makalu.
meals: B,L,D

DAY 6 Trek to camp in vicinity of Loding (2484m) 5-6 hours

After savouring a magnificent Himalaya early morning we follow a seldom used path toward well marked village trails as we head toward Loding and our campsite.
meals: B,L,D

DAY 7 Trek to Junbesi (2711m) 6 hours

We gradually ascend through traditional farming settlements and forested ridges to reach the main trail extending from Jiri to the Everest base camp and the thriving Sherpa village of Junbesi. Until the 1970's this was the route that most trekkers followed to reach the Everest Base camp. Nowadays it is a trading lifeline with mule trains carrying loads to and from the Everest region to the roadhead that has extended over the years beyond Jiri towards Kharikola and Lukla. (En route we visit schools and appreciate the lack of opportunities for educational advancement in these rural communities.)
meals: B,L,D

DAY 8 Trek to Thupten Choling Monastery (2951m) and beyond to camp, 5-6 hours

The road ascends to the sacred site of Thupten Choling. His Holiness, the late Trulsik Rinpoche founded the monastery in the 1960's after fleeing from Tibet, with over 80% of the monks exiled from Tibet. Currently there are around 350 nuns practicing and pretty much running the monastery. From here we continue up the valley for another hour to our campsite.
meals: B,L,D

DAY 9-10 Trek to Yak Kharka (3600m) 5-6 hours; Trek to Saharsbeni (3835m) 6-7 hours

Over the next two days we continue along a spectacular ridge line high above the forested valleys. An exhilarating stage where we might pass yak herders and cross meadows where wildflowers thrive along the water courses. Grand views of Numbur Himal offer an ever present reminder of that we are approaching the high Himalaya.
meals: B,L,D

DAY 11 Trek to Dudh Kunda (4357m) 4 hours

The snow-capped peaks (Numbur 6959m and Karyalung 6681m) soaring above the sacred Dukh Kunda (lake) offer one the of most dramatic and inspiring locations in Nepal. The sacred lake is steeped in legend. It is said to be a resting place of Lord Shiva and attracts a steady flow of pilgrims who immerse themselves in the icy waters that help absolve them from their worldly sins. The pristine setting is visited by only a handful of foreign trekkers each year, a rare opportunity when compared to the more popular trails in the Upper Solu Khumbu (Everest region)
meals: B,L,D

DAY 12 At Dudh Kunda (4357m)

We complete the kora (circumambulation) of the sacred lake with plenty of time to relax and explore this incomparable corner of the lower Solu Khumbu.
meals: B,L,D



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DAY 13 Trek to Thimba (3925m) 7 hours

An early start to retrace our steps towards Saharsbeni. We then divert to ascend a ridgeline to the secluded settlement at Thimba.

meals: B,L,D

DAY 14 Trek to Taksindu Monastery (2960m) 7-8 hours

Another exhilarating stage as we head south along an alpine ridge that affords more impressive views back to the Numbur Himal. There follows a descent, steep in places through luxuriant forest to Taksindu monastery founded in the 1940's to accommodate the growing Sherpa community in the region.

meals: B,L,D

DAY 15 Trek to Chiwang Monastery (2743m) 6-7 hours

We follow the former trail to the EBC. First, we ascend the Taksindu La (3870m) and, our last glimpses of the Numbur Himal, before we find local trails through the forest's higher reaches and descend to the famous Chiwang Monastery, perched on top of a cliff above Phaplu.

meals: B,L,D

DAY 16 Trek to Phaplu (2469m) 3 hours

Before breakfast, those who wish to have a chance to meditate with the monks at the Chiwang Gumpa. On this last day of our trek we then make our way toward Salleri, getting back to the heart of the Solu. As we descend through the outlying settlements to Phaplu we complete our truly remarkable trek.

meals: B,L,D

DAY 17 Fly to Kathmandu

We board our aircraft for the exhilarating flight back to Kathmandu. On arrival we transfer to the Radisson hotel. The rest of the day is at leisure. You may wish to relax at the hotel or take in some sightseeing or shopping. Please feel free to contact the World Expeditions desk for help or suggestions.

meals: B

DAY 18 In Kathmandu

A contingency day in case the flight from Phaplu is cancelled. There are no end of sightseeing options that you can cover either on foot or by taxi. Recommended visits include to the ancient towns of Patan and Bhaktapur and if you wish, our World Expeditions desk can organise for you.

meals: B

DAY 19 Depart

Your trip concludes after breakfast with a transfer 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.

Fundraising Support

There are a few different ways you can approach your fundraising:

1. You can fundraise the charity donation by asking friends, family and work mates to support the cause.
2. You may choose to donate the \$1000 as a personal donation.
3. You can fundraise as much as you can and if you don't make it, personally fund the gap to hit your target.



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Don't worry. The AHF team will support you to reach your target and make the most of this once in a lifetime opportunity. Once you register via Huma Charity Challenge, AHF will be in touch to help you kick start your fundraising. Huma Charity Challenge will send you a comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

Country Information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of 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

The spring months (March-May) is the perfect season to trek in Nepal if you're after warmer temperatures, blossoming flora, and temperate days. Early spring tends to be a bit chilly, with mild temperatures in the low elevation regions between 800-2,000m (2,600-6,600ft), making trekking in areas such as lower Solu Khumbu very pleasant. As winter fades away and spring pushes in, temperatures in regions with elevations over 4,000m (13,000ft) have moderate temperatures, making way for sunny, clear and warm trekking conditions.

Considered one of the best seasons to trek and climb in the Himalaya, spring brings not only with it the sun and warmer temperatures, but fields of blossoming wild flora such as the famous giant rhododendrons, giving the landscape a radiant and vibrant texture.

Mountain Flights

Twin Otter is the primary mode of transport to and from the airstrip at Phaplu. 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.



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The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

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, though the exploratory nature of this trip will likely necessitate longer days on occasion. 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.

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.

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.



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Accommodation on the Trip

In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers. The hotel has a World Expeditions tour desk in the foyer, free WIFI, a pool and bar, gymnasium, restaurants, room service, currency exchange and free luggage storage whilst you are on trip. A hearty buffet breakfast is included with every night stay in the Radisson. The Tranquility Spa, within the Radisson offers massage, reflexology, steam room and sauna, plus many beauty treatments for your enjoyment as a World Expeditions client you will receive a 30% discount off the retail prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

What You Carry

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

Equipment Required

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

Acute Mountain Sickness

When we ascend above 2500 metres 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.

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.

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$200 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

