

# Michael Dillon in the footsteps of Hillary with AHF



## Trip Highlights

- A specially devised trek through the Everest region to share Michael's rich and abiding relationship with Sir Edmund Hillary
- Visit schools, hospitals and programs supported by the Himalayan Trust and the Australian Himalayan Foundation
- Take in inspiring mountain panoramas including Mt Everest
- Join Mike and savour Sherpa style hospitality
- No camping- stay in well-appointed eco lodges throughout the trek
- Incredible opportunity for video and still photography advice by Michael Dillon



<b>Trip Duration</b>	19 days	<b>Trip Code:</b> EMD
<b>Grade</b>	Moderate	
<b>Activities</b>	Trekking	
<b>Summary</b>	19 day trip, 13 day trek, 5 nights hotel, 13 nights eco lodge	

## 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 Michael Dillon in the footsteps of Hillary with AHF trip. 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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## Charity Challenge Payments

Joining Kathmandu from:	\$4460
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** 18 May - 05 Jun

## important notes

RF - Registration Fee

DO - Donation

## Your Adventure

There could be few finer treks into the land of Sherpa and the Everest region. Michael Dillon has spent the last 40 years trekking the Upper Solu Khumbu including filming and documenting Sir Edmund Hillary during his return to a mountain region he loved. After climbing Mt Everest Hillary devoted much of his time to helping improve the quality of life and welfare of the Sherpa people to a point where they believed that Hillary had been a Sherpa in his previous incarnation. While many trek the Everest region each year, Mike's specially devised introduction to a region that he knows so well will provide a rare insight into the life of the Sherpa who live in the shadow of the world's highest mountain range.

## 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 AHF programs. AHF will set up a fundraising page for the group and include a 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](http://www.australianhimalayanfoundation.org.au)

## About Your Escort

After filming Sir Edmund Hillary's Ocean to Sky Ganges jetboat journey in 1977 Michael spent cumulatively more than a year filming with Hillary in the Everest region during the 1980's while Hillary was actively building schools. He also visited the region separately on Tim Macartney Snapes Everest Sea to Summit Expedition and two Everest Ballooning Expeditions. He filmed Sir Edmund's final visit to the region in 1999 and has since been back many times leading treks and filming the Teacher Training undertaken by the Australian Himalayan Foundation. In 2022 Michael was awarded the Grand Prize of the International Alliance of mountain films for his lifetime's achievements in this field.



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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\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

### Brochure Reference:

Active Adventures

\*Ask our staff for more information.

## Itinerary at a Glance

DAY 1	ARRIVE IN KATHMANDU (1330M).
DAY 2	SIGHTSEEING IN KATHMANDU
DAY 3	MORNING IN KATHMANDU, AFTERNOON DRIVE TO RAMECHHAP (APPROX 5 HOURS)
DAY 4	FLY FROM RAMECHHAP TO LUKLA (2800M)
DAY 5	TO GHAT (2590M). WALK APPROX 4 HOURS.
DAY 6	TO MONJO (2830M). WALK APPROX 3-4 HOURS.
DAY 7	TO NAMCHE BAZAAR (3440M). WALK APPROX 4-5 HOURS.
DAY 8	IN NAMCHE BAZAAR (3440M). DAY WALKS.
DAY 9	TO KHUMJUNG (3780M). WALK APPROX 3 HOURS.
DAY 10	IN KHUMJUNG (3780M)
DAY 11	TO THYANGBOCHE (3820M). WALK APPROX 5 HOURS.
DAY 12	TO PANGBOCHE (3930M). WALK APPROX 3-4 HOURS.
DAY 13	TO PHORTSE (3810M). WALK APPROX 5 HOURS.
DAY 14	TO NAMCHE BAZAAR (3440M). WALK APPROX 5 HOURS.
DAY 15	TO PHAKDING (2610M). WALK APPROX 4 HOURS.
DAY 16	TO LUKLA (2800M). WALK APPROX 2 HOURS.
DAY 17	FLY TO RAMECHHAP, DRIVE TO KATHMANDU
DAY 18	SIGHTSEEING IN KATHMANDU
DAY 19	TRIP CONCLUDES KATHMANDU

## What's Included

- 18 breakfasts, 13 lunches and 13 dinners including all meals on trek
- Airport transfers if arriving on day 1 and 19 or if you booked pre/post tour accommodation at the Radisson through Huma/World Expeditions
- Return flights to/from Lukla included
- An extra 5kg luggage allowance on Lukla flight, total 20kg
- Expert bilingual guide
- Group medical kit
- Good quality accommodation in Kathmandu
- Accommodation on trek in comfortable eco lodges
- 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)
- Private transportation
- All park entrance fees and trekking permits
- Porters to carry all personal and group equipment and porters insurance
- Huma training manual, gear list and fundraising guidebook

## 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
- Tips
- Airport and departure taxes
- Visa
- Travel Insurance
- AHF Donation \$1000



A DIVISION OF WORLD EXPEDITIONS

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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 in Kathmandu (1330m).

You will be met by a representative of World Expeditions and transferred to the luxurious Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members. Overnight Radisson Hotel or similar.

**meals: NIL**

### DAY 2 Sightseeing in Kathmandu

This is the first of two full days you will have during this trip to enjoy the wonders of Kathmandu. The other full day will be after the trek. Two sightseeing trips are and closer to the time we will decide which we will do prior to the trek and which after. A half day tour of the former capital of Patan (NB to discuss whether Bhadgaon/Pashupatinath would be more interesting), a world Heritage listed site with its famous Durbar Square and myriad of temples reflecting some of Nepal's most exquisite traditional architecture together with the Kings Palace and the Patan Museum, one of the finest in Nepal. We will also incorporate a tour of the former capital of Bhaktapur with its complex of cobblestone streets winding between red-brick houses and a multitude of exquisite temples reflecting the rich cultural ancestry of the Malla Kings who ruled Nepal until the 18th century. The impressive Durbar Square alongside the National Art Gallery and the Golden Gate or Sun Dhoka provide a further dimension to the historic site.

Overnight Radisson Hotel or similar.

**meals: B**

### DAY 3 Morning in Kathmandu, afternoon drive to Ramechhap (Approx 5 hours)

The morning is free to explore Kathmandu. A visit to the World Heritage listed Durbar Square with its temples and the Hanuman Dhoka a former palace of the King of Nepal as well heading to the Swayambhunath stupa with its impressive complex of Hindu and Buddhist temples and panoramic views across the Kathmandu valley. If time permits it is also recommended to visit Thamel and browse through Pilgrims or Vajra bookshops before preparing for your departure that afternoon.

This afternoon in our comfortable bus we watch the cultural and scenic delights of Nepal pass before us as we drive across the rolling foothills to the east of the Kathmandu Valley to the village of Ramechhap in order to connect with the flight to Lukla the next day.

Overnight Eco Lodge.

**meals: B,L,D**

### DAY 4 Fly from Ramechhap to Lukla (2800m)

From Ramechhap we complete the short flight to the STOL airstrip at Lukla. 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. 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. Today we spend a leisurely day in this colourful and busy gateway to the region. There are good coffee shops to relax in and send emails, a Primary school, a water project and Hillary's favourite teahouse to visit and the chance to soak in the atmosphere as the planes, helicopters, local people, porters and animal trains come and go.

Overnight Eco Lodge.

**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 5 To Ghat (2590m). Walk approx 4 hours.

Our crew assemble and we head downhill towards the Dudh Kosi, named "Dudh" (milk) Kosi (river) because of its colour, a raging river that flows from the highest peaks. The broad and well-marked trail meanders around fields of potatoes and buck-wheat while passing through small villages nestled in pine forest. The first village we come to is Chaundrikarka. Here Michael will relate the time he filmed Hillary build the first school which is now the regional high school and the site of the vital Quality Education Teacher Training undertaken by the Australian Himalayan Foundation since 2005. Following our visit we re-join the main trail, passing mani walls adorned with 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.

Overnight Eco Lodge.

meals: B,L,D

### DAY 6 To Monjo (2830m). Walk approx 3-4 hours.

We ascend the trail and slowly gain altitude through small settlements, all with tea shops to stop in when so inclined. We pass small groups of donkeys, yaks and dzopko carrying trading goods and trekking gear along the trail. Many of these traders are from the lower Solu Khumbu region where the AHF focuses its development work. There is also the curiosity of identifying the difference between the yak and the dzopko. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, more commonly found at higher altitudes. Spectacular peaks unfold including Kongde Ri (6093 m) and Thamserku (6808 m) as we ascend to Monjo. Overnight Eco Lodge.

meals: B,L,D

### DAY 7 To Namche Bazaar (3440m). Walk approx 4-5 hours.

We enter the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area. 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 long and gradual ascent through forests of pine to a vantage point that offers our first view of Mt Everest. The trail continues to meander up to Namche where the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is a reward for the morning climb. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain. Overnight Eco Lodge.

meals: B,L,D

### DAY 8 In Namche Bazaar (3440m). Day walks.

We have scheduled a leisurely day to adjust to the altitude. We visit the Primary school, a Sherpa Museum the National Park Headquarters, and the statue of Tenzing with its spectacular views of the upper Khumbu Valley and the summit of Everest.

Overnight Eco Lodge.

meals: B



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## DAY 9 To Khumjung (3780m). Walk approx 3 hours.

We slowly rise up to Syangboche airstrip and along the ridgeline towards Everest View Hotel. This quite unforgettable ridge walk has magnificent views of the surrounding mountains including Everest, Lhotse, Thamserku, Khangtega, Ama Dablam and many more. After a break to take in the mountain panorama, we will continue towards Khumjung village. We visit Sir Edmund Hillary's famous "Schoolhouse in the Clouds." This is the first school in the Khumbu region, built in 1961 by Hillary and his team. The school originally opened with only two classrooms but has since expanded to cater for over 350 students of different ages. We will also visit a museum recently established by Hillary's daughter Sarah in the original schoolrooms Hillary constructed. Later that afternoon we wander Khumjung village and look out for the Danphe, the turquoise coloured pheasants that are Nepal's national bird.

Overnight Eco Lodge.

**meals: B,L,D**

## DAY 10 In Khumjung (3780m)

This morning we will stroll up to Khunde, Sir Edmund Hillary's spiritual home in the Khumbu. We will visit the house he used to stay in and meet some of his oldest Sherpa friends. We will visit the nearby hospital he built and climb to the nearby ridge where the local people have built shrines to honour Hillary, his wife Louise and daughter Belinda. A rare opportunity to savour one of the most spectacular viewpoints in the region. On our return to Khumjung we will visit Khumjung Gumpa and see the Yeti skull Hillary took around the world to check its veracity. The jury is still out on whether yeti exist. However Michael will try to convince us that an apelike creature very similar, by Sherpa descriptions, to the orangutan, could have taken refuge in the then far more extensive forests. This evening we will join the local Sherpa for a screening of Michael's film Beyond Everest. Some will recognise themselves or their friends in it. It is sure to create a great response reflecting why Hillary loved these people.

Overnight Eco Lodge.

**meals: B,L,D**

## DAY 11 To Thyangboche (3820m). Walk approx 5 hours.

With the Sherpas sacred mountain to our left and brilliant views of the Everest massive and Ama Dablam at every turn we head up valley, then down to the Dudh Kosi River itself before starting the climb to Thyangboche. Very good chance of seeing Himalayan Thar near the river itself and rhododendrons in the forest as we walk up hill to the Monastery. It's a long well graded path but we already know that the secret is to go very slowly and take in the beauty around us, and we have time for that. Suddenly Thyangboche is upon us, one of the most spectacular of Himalayan settings. In 1989 The monastery was destroyed by fire. And as Sir Eduund Hillary was the driving force behind the magnificent rebuild we will be honoured with a special tour either this afternoon or next morning.

Overnight Eco Lodge.

**meals: B,L,D**

## DAY 12 To Pangboche (3930m). Walk approx 3-4 hours.

The sound of morning prayers resonates across the mountains on this very special day. 70 years ago today Sir Edmund Hillary and Tenzing Norgay reached the summit of Everest. This morning at 10.15am, with Everest right there in front of us, we will celebrate in a very memorable way the exact moment they reached the summit. Soon after we will walk up the main Everest trail through ancient rhododendron forests with possible monal pheasant sightings, past the nunnery of Debucho, and delight in many encounters with animal trains and probably climbers returning from their Everest climbs. We overnight in the village of Pangboche, the highest permanent settlement in the Khumbu Valley.

Overnight Eco Lodge.

**meals: B,L,D**



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## DAY 13 To Phortse (3810m). Walk approx 5 hours.

Today we start to head down back valley but we do so in a very scenic way by heading back on the opposite side of the valley with views back to Thyangboche and straight across to the beautiful mountain Ama Dablam. On the way we will see real yaks grazing (not crossbreeds) and very likely Thar and musk deer as well. Our destination is the village of Phortse. Some of the best sherpa climbers come from this village and we will visit the Khumbu climbing centre built by US Climbing legend Conrad Anker and his friends. We will also visit the brand new village water project built largely with Australian Donations by Lakpa Tsering and Dr Jangmoo Sherpa whose NGO is one of the Australian Himalayan Foundations development partners in Nepal.

Overnight Eco Lodge.

**meals: B,L,D**

## DAY 14 To Namche Bazaar (3440m). Walk approx 5 hours.

We descend to river level through a beautiful rhododendron filled forest with good views up the Gokyo valley. From the river we ascend to the small settlement of Phortse Thanga and then sidle slowly down the slopes of the sacred peak Khumbila to our old friend Namche Bazaar.

Overnight Eco Lodge.

**meals: B,L,D**

## DAY 15 To Phakding (2610m). Walk approx 4 hours.

Today we head down the Namche Hill and walk half way back to Lukla stopping overnight in the village of Phakding, home of the largest bridges over the Dudh Kosi River. Overnight Eco Lodge.

**meals: B,L,D**

## DAY 16 To Lukla (2800m). Walk approx 2 hours.

Retracing our steps along the valley, we pass through a variety of settlements and forests before following a last gradual ascent 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 perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here.

Overnight Eco Lodge.

**meals: B,L,D**

## DAY 17 Fly to Ramechhap, drive to Kathmandu

We board our plane for the early morning flight to Ramechhap before completing the drive back to Kathmandu. The remainder of the afternoon free. Sighting this afternoon or on the following afternoons may include a visit to Bodhnath with time to join the many Tibetan refugees as they complete their kora (circuit) of the world famous stupa. Excellent Tibetan style cuisine including momo's ensure a memorable visit. En route to Bodhnath you may also visit the Pashupatinath temple where the Hindu cremate their dead alongside the sacred Bagmati river. Other suggestions include revisiting Durbar Square or Swayambhunath. There is also an opportunity to visit the recently restored, Swapna Bagaicha or Garden of Dreams, a haven of tranquillity on the corner of Thamel Chowk, while for serious shoppers take a taxi to Baba Mahal Revisited, an upmarket complex of restaurants and art galleries a cut above Thamel.

Overnight Radisson Hotel or similar.

**meals: B**



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## DAY 18 Sightseeing in Kathmandu

As mentioned we will spend today doing what we haven't yet done based on the following inclusions. Two sightseeing trips are included. A half day tour of the former capital of Patan. Again a world Heritage listed site with its famous Durbar Square and myriad of temples reflecting some of Nepal's most exquisite traditional architecture together with the Kings Palace and the Patan Museum, one of the finest in Nepal. Also included is a tour of the former capital of Bhaktapur with its complex of cobblestone streets winding between red-brick houses and a multitude of exquisite temples reflecting the rich cultural ancestry of the Malla Kings who ruled Nepal until the 18th century. The impressive Durbar Square alongside the National Art Gallery and the Golden Gate or Sun Dhoka provide a further dimension to the historic site.

Overnight Radisson Hotel or similar.

**meals: B**

## DAY 19 Trip concludes Kathmandu

After breakfast arrangements cease unless further arrangements have been made. Airport transfers are included for people departing this day.

**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.

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.





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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.



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## 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, 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, Mastercard & 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. 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. Once we have reached our lodge, 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 room 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.

## 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.

## Accommodation on the Trip

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



# Michael Dillon in the footsteps of Hillary with AHF



## 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

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.



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\*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](http://www.ippg.net)

International Mountain Explorers Connection >> [www.mountainexplorers.org](http://www.mountainexplorers.org)

Kilimanjaro Guide Scholarship Foundation Inc. >> [www.kiliguides.org](http://www.kiliguides.org)

## 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](mailto:megan@humacharitychallenge.com.au)

