

Australian Himalayan Foundation Chairman's Adventure



Trip Highlights

Share the distinguished company of Peter Hillary and Simon Balderstone in a specially devised itinerary in the Everest region

Take in Everest and Ama Dablam and a host of other Himalayan peaks from the Everest View Hotel

See first-hand the inspiring results of the remarkable work of the AHF in the lower Solu Khumbu

Savour the high Himalaya through exhilarating helicopter flights and superb day walks, staying in well-appointed hotels

Gain invaluable insights into the work of Sir Edmund Hillary in Khumjung and Khunde

Attend special receptions in Kathmandu and the Khumbu highlighting the work and community involvement of the AHF



Trip Duration	13 days	Trip Code: AHC
Grade	Introductory	
Activities	trekking	
Summary	4 nights hotel in Kathmandu, 8 nights eco lodges/mountain hotels	

Supporting Your Cause

Australian Himalayan Foundation (AHF)

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 wellbeing, through better education and training, improved health services and sustainability. The programs provide what is needed most to those who need it most, in the very poorest, remote areas of the Himalaya. AHF's flagship 'Teacher Training and Quality Inclusive Education' program, is one of the most successful programs of its kind undertaken in the Himalaya. Since 2005 the program has improved the education of nearly 38,000 children; involved the training of more than 1500 teachers working in 260 schools; and provided more than 600 support packages to enable the most disadvantaged children to attend school. Following the devastating 2015 earthquakes, AHF also worked with its team in Nepal to repair and rebuild 26 schools in the Solu Khumbu. Join us for a life changing experience, supporting AHF's remarkable work.

For full details on AHF go to www.australianhimalayanfoundation.org.au

Your Huma Challenge

Thank you for your interest in our Australian Himalayan Foundation Chairman's Adventure. 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

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Charity Challenge Payments

Twin share ex Kathmandu:	\$9250
Single Supplement:	\$690
Minimum Donation:	\$3000

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

2022 16 Nov - 28 Nov

Countries Visited:
Nepal

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Group Size Min:
6

Group Size Max:
8

Singles:
A single supplement is available for this trip*

Leader:
Expert Local Leader & Escort

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

Your Adventure

This exclusive itinerary is devised to appeal to past "Chairman's trekkers" keen to return, and other supporters of the AHF, without the commitment to undertake camping or extended trekking. The program includes spectacular helicopter flights and accommodation in the best available lodges, to savour unrivalled Himalayan panoramas in comfort, and special, exclusive activities and functions.

The program combines time in the lower Solu Khumbu to witness the inspiring results of the remarkable education and health work undertaken by AHF with time in Namche, Khumjung and Khunde to revisit the schools and hospital founded by Sir Edmund Hillary.

Fundraising Options

A minimum donation of AUD3,000 to the Australian Himalayan Foundation is a requirement of joining this trip. This amount can be fundraised, or your donation can be made payable to directly to the AHF. Please contact the Australian Himalayan Foundation should you have any questions about your donation or fundraising - info@ahf.org.au; simon@waysandmeans.com.au

About Your Escort

PETER HILLARY - Director of the Australian Himalayan Foundation

As the son of Sir Edmund Hillary, Peter is a life-long adventurer having summited Everest twice, traversed the South Pole overland via Shackleton Glacier and managed the first high-altitude traverse of the entire Himalayan range. Peter is an expedition leader, public speaker, leader of philanthropic missions, author and photographer

SIMON BALDERSTONE AM - Chairman of the Australian Himalayan Foundation.

Simon is a former journalist, author, Prime Ministerial advisory, Board member and General Manager of the Sydney 2000 Olympic Games Organising Committee (SOCOG) and he was elected to the U.N Global 500 Environmental Roll of Honour. 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.

Itinerary at a Glance

DAY 1	ARRIVE KATHMANDU (1330M)
DAY 2	IN KATHMANDU
DAY 3	FLY TO PHAPLU (2364M) & DRIVE TO NELE
DAY 4	RETURN TO PHAPLU, DAY WALK TO CHIWANG GOMPA
DAY 5	PHAPLU DAY WALKS, VIEW EVEREST
DAY 6	FLY PHAPLU TO SYANGBOCHE (3800M), DESCEND TO NAMCHE BAZAAR (3440M)
DAY 7	IN NAMCHE BAZAAR
DAY 8	TREK TO KHUMJUNG (3790M)
DAYS 9-10	IN AND AROUND KHUMJUNG
DAY 11	TREK TO SYANGBOCHE (3800M), FLY TO KATHMANDU
DAY 12	IN KATHMANDU
DAY 13	DEPART KATHMANDU

What's Included

- 12 breakfasts, 8 lunches and 8 dinners
- Airport transfers
- Privately chartered flight from Kathmandu to Phalpu



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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 Introductory

This trip involves trekking for four to seven hours a day at a steady pace. We do not spend time at altitudes above 4000m. You will need a reasonable level of fitness and good health.

* Suggested preparation: 1 hour of aerobic type exercise, (either cycling, hill walking or jogging) three times a week for three months leading up to your trip. For trekking, hill walking with a daypack in variable weather conditions is also recommended.

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.

- Privately chartered helicopter flights Phaplu to Syangboche and Syangboche to Kathmandu
- 15kgs luggage allowance on Kathmandu/Phaplu
- Expert bilingual guide
- Group medical kit
- Good quality accommodation in Kathmandu
- Accommodation on trek in a combination of our comfortable eco lodges and selected mountain hotels
- 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

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

Detailed Itinerary

DAY 1 Arrive Kathmandu (1330m)

On arrival in Kathmandu you will be met by a representative of World Expeditions and transferred to the Radisson hotel. 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 to get acquainted with your fellow travellers.

Overnight: Radisson Hotel

meals: NIL

DAY 2 In Kathmandu

Today is free to explore Kathmandu's bustling markets and ancient monuments and complete any last-minute gear purchases before heading off to the Everest region.

Overnight: Radisson Hotel

meals: B

DAY 3 Fly to Phaplu (2364m) & drive to Nele

We transfer to the airport and board our chartered flight to Phaplu. On arrival we transfer to Nele where we will be received by the local community and by members of REED, our program partner for the past 18 years.

Overnight: Homestay

meals: B,L,D



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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 4 Return to Phaplu, day walk to Chiwang gompa

After visiting schools in the vicinity, we return to Phaplu with time that afternoon to hike to nearby Chiwang monastery to appreciate the deep-seated Buddhist culture of the region.

Overnight: Phaplu Hilton or similar

meals: **B,L,D**

DAY 5 Phaplu day walks, view Everest

We ascend the forested ridges east of Phaplu to gain views of Everest and a panorama of snow-capped peaks that extend across the main Himalaya range.

Overnight: Phaplu Hilton or similar

meals: **B,L,D**

DAY 6 Fly Phaplu to Syangboche (3800m), descend to Namche Bazaar (3440m)

We board our chartered helicopters for the spectacular flight to Syangboche. On arrival we complete our short descent to the bustling Namche Bazaar and our well appointed lodge with its famous Sherpa Museum. The lodge is located alongside the Sagarmatha NP that affords magnificent views of Everest and the adjoining peaks.

Overnight: Sherwi Kangba

meals: **B,L,D**

DAY 7 In Namche Bazaar

A day to explore the markets of Namche Bazaar and undertake a walk along the delightful trail leading towards Thame village. That evening a celebratory meal will be hosted at the lodge.

Overnight: Sherwi Kangba

meals: **B,L,D**

DAY 8 Trek to Khumjung (3790m)

We ascend a well-marked trail for two hours to the Everest View Hotel. The comfortably appointed hotel affords magnificent views up the Khumbu valley and the expedition route to Everest base camp.

Overnight: Everest View

meals: **B,L,D**

DAYS 9-10 In and around Khumjung

We take leisurely day walks to Khumjung and Khunde village where Peter will introduce you to many of his friends and associates that held a special place with his and his father's work in the region. This includes the famous Khunde hospital as well as the Khumjung school, the first school founded by Sir Edmund Hillary some 60 years ago.

Overnight: Everest View

meals: **B,L,D**

DAY 11 Trek to Syangboche (3800m), fly to Kathmandu

We ascend the ridge above Khumjung before completing the short hike to the Syangboche airstrip where our chartered helicopter will fly via Lukla to Kathmandu. On arrival we transfer to the Radisson Hotel.

Overnight: Radisson Hotel

meals: **B**



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DAY 12 In Kathmandu

Day at leisure or explore key sites in and around Kathmandu. We recommend visiting Pashupatinath and Boudhanath, Durbar Square, Patan, Swayambhunath or Bhaktapur. You might even visit 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.

Overnight: Radisson Hotel

meals: B

DAY 13 Depart Kathmandu

Arrangements conclude

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.

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.



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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, 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.



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Dietary Requirements

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

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

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.



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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

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

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$400 deposit is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

