

Women 4 Women Empowering Didi* Trek to Pike Peak and Beyond



Trip Highlights

Combine mindful trekking, meditation, cultural interaction and purpose
Specially devised trek along secluded trails visited by only a handful of trekkers each year
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 Solukhumbu
Climb Pike Peak with views across the entire Himalayan range
Enjoy unrivalled views from Tenkharka, which according to Sir Edmund Hillary, are the best views of Mt Everest
Trek through forests which are home to the red panda
Visit a subsistence farming village community
Experience a true luxury camping experience with first-class service
Raise funds for AHF's Solukhumbu Women's Health Project
Led by acclaimed mountaineer and Everest summiteer, Brigitte Muir



Trip Duration	14 days	Trip Code: AWT
Grade	Introductory to Moderate	
Activities	Trekking	
Summary	8 day trek, 2 nights hotel, 10 nights wilderness camping, 1 nights mountain lodge	

Supporting Your Cause

Solukhumbu Women's Health Project

In the Solukhumbu area, over 85% of mothers have no support from a doctor or nurse in the most vulnerable time of their lives - birth. Without regular pregnancy and birth support, women can experience dangerous complications such as prolonged labour and heavy bleeding. Many women face long-term conditions such as prolapse, chronic pain or worse.

To reduce these outcomes (and the rate of women dying in childbirth) AHF and Action for Nepal are working with local health workers and government. Together we will raise the quality of care and access to reproductive and sexual health services offered to women in the region.

By July 2025, the AHF Solukhumbu Women's Health Project aims to:

- Provide training in areas such as birth support & disability inclusion
- Develop more outreach services for mums in remote areas
- Provide basic medicine and equipment for health centres
- Help communities advocate for more funding

By joining this trek and supporting the Australian Himalayan Foundation (AHF), you will help to change the lives of women in the Solukhumbu and their communities.

Your Huma Challenge

Thank you for your interest in our Women 4 Women Empowering Didi* Trek to Pike Peak and Beyond 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.

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Charity Challenge Payments

Joining Kathmandu from:	\$4550
Non Refundable Registration Fee:	\$200
Optional Single Supplement:	\$410
DO - Minimum Fundraising goal:	\$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 cannot 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

2024 16 Nov - 29 Nov

important notes

RF - Registration Fee

DO - Donation, Minimum Fundraising goal

What Impact Will My Fundraising Have?

The Australian Himalayan Foundation is dedicated to helping the people of the remote Himalaya to improve living standards through education, training, health and environmental sustainability. Each participant on this trek has a commitment to raise a minimum of \$1,000. By registering for the adventure, you agree to raise the minimum fundraising amount specified. AHF are looking to make a significant impact, so the goal is for each person to have met their fundraising target.

Fundraising Impact?

Solukhumbu Women's Health Project - The women's health post at Taksindu is one of three project communities that the Australian Himalayan Foundation (AHF) and Action for Nepal (AFN) are working with as part of the Solukhumbu Women's Health Project (SWHP). SWHP aims to improve women's health across the Solukhumbu district of Nepal, and more specifically, aims to develop the availability, quality and access of women's reproductive and sexual health services as well as contribute towards reducing maternal mortality in the more rural areas of Solukhumbu. Through this, the project will ensure healthy lives, promote the well-being of all ages and enable an environment capable of improving women's and especially mother's health outcomes.

Your Adventure

* Didi is sister in Nepali. Older sister, or respected sister, or both.

There is power in combined energy. Women (didis) who walk and talk and learn together, on a land that has born the highest mountains in the world, is a force to be reckoned with.

Brigitte Muir O.A.M., first Australian woman to climb Everest, facilitates a walk sprinkled with reflections, qi gong exercises, meditation on one side, advice on how best to walk trails in mindfulness and health on the other.

We travel in private 4X4 vehicles to Shivalaya and follow the original walking trails taken by Sir Edmund Hillary and Tenzing Norgay on their way to climb Mount Everest in 1953.

The group will climb Pike Peak, and from its summit look across the entire Himalayan Range, Sir Ed's favourite view.

We will walk through magical forests to Lura, a small subsistence farming village that has been home to Brigitte since 2007, and cross the Solu river to visit a women's health post supported by AHF in Taksindu.

Child Protection Policy

Children working and living in tourist areas are especially vulnerable to physical, emotional, and sexual abuse. Huma Charity Challenge and the Australian Himalayan Foundation (AHF) are committed to the protection of children and vulnerable people everywhere. On itineraries where travellers are visiting AHF Projects and local communities, we have in place information for Trekkers "Playing our part to keep children and vulnerable people safe in the Himalaya



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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:

12

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.

- Guidelines for Fundraising/Volunteer Trekkers” in line with our Child Protection Policy. For AHF trips we ask that travellers read, sign, and return the Guidelines to the AHF.

About Your Escort

Brigitte Muir OAM has had a passion for adventure and the unknown since reading the adventures of Tintin as a child. In her 20s she embarked on a high-altitude mountaineering career that spanned over thirty years and seven continents. Brigitte is the first Australian woman to have climbed Mount Everest and the first Australian, male or female, to have climbed the highest mountain on each continent. Her nine-year quest included four dramatic attempts on Mount Everest and gives her a unique insight into achieving long term goals through dedicated mindfulness. Being in the present moment is easy when your life is on the line in the mountains, but quite a challenge when it comes to applying it to everyday life. On this walk, Brigitte shares the energy and beliefs that make climbing the mountains in life a manageable and rewarding experience.

Itinerary at a Glance

DAY 1	ARRIVE KATHMANDU
DAY 2	DRIVE TO SHIVALAYA
DAY 3	TREK TO BHANDAR (2190M); 6 HOURS
DAY 4	TREK TO GUMBA (2980M); 8 HOURS
DAY 5	TREK TO PIKE PEAK BC (2980M); 7 HOURS
DAY 6	SUMMIT PIKE PEAK (4067M) AND CONTINUE DOWN TO TENKHARKA (2975M); 7 HOURS
DAY 7	TREK TO LURA (2450M); 3 HOURS
DAY 8	IN LURA
DAY 9	TREK TO CHIWANG MONASTERY
DAY 10	TREK TO TAKSINDU (2960M); 8 HOURS
DAY 11	TREK TO AHF SUPPORTED TAKSINDU HEALTH POST
DAY 12	TUK TUK TO PHAPHLU
DAY 13	FLY TO KATHMANDU
DAY 14	DEPART

What's Included

- 13 breakfasts, 11 lunches, 11 dinners
- 2 nights Radisson hotel on a twin share with breakfast
- On trek, stay in exclusive camps and mountain lodges in the foothills of the Everest region
- Internal flight in Nepal (Phaplu to Kathmandu)
- All internal transport by private bus, 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



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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 to 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.

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)
- tuk tuk ride from Ringmo to Phaplu

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: NIL

DAY 2 Drive to Shivalaya

The road to Shivalaya winds east and north from Kathmandu about 200km via Araniko and Lamosangu - Ramechhap Highway, the gateway to the Friendship Highway and Tibet. We pass through villages, paddy fields, Sun Koshi and Bhote Koshi River valleys to reach Jiri, the traditional start of Everest expeditions of old. We then keep going to Shivalaya, where our trek starts.
Overnight camp
meals: B,L,D

DAY 3 Trek to Bhandar (2190m); 6 hours

After breakfast, we register our hiking passes at the police check post in Shivalaya. The gradual uphill trails takes us to Dheurali where we have our lunch. From here, we descend to Bhumdi Bandar through Rhododendron and pine forests.
Overnight camp
meals: B,L,D

DAY 4 Trek to Gumba (2980m); 8 hours

Today is the longest day of the trek with mixed down and uphill walking. We first descend to the Likhu Khola (River), which is at the border of Ramechhap and Solu-Khumbu districts. Solu Khumbu is known as the home of the Sherpas and of Mt. Everest. After crossing the river, we ascend to Chaula Kharka and eventually reach Gomba Danda after a walk through villages and forests. There are two monasteries at Gomba Danda which we have the option to visit upon arrival.
Overnight camp
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 Pike Peak BC (2980m); 7 hours

Leaving Gomba Danda village, we ascend through the Rhododendron forest toward Ngaur (3350m) which has a teashop, a Yak cheese factory, and a monastery. From here, we walk gradually uphill through the Pine and Rhododendrons forests to reach Pike Peak Base Camp. As November days are usually clear, we should see Mt. Gaurishankar, Numbur Himal and other mighty Himalayan peaks. We walk in a land of Mani walls, prayer flags, with birds, wild animals and yaks along the way.

Overnight camp

meals: B,L,D

DAY 6 Summit Pike Peak (4067m) and continue down to Tenkharka (2975m); 7 hours

We head up to Pike Peak summit in time to watch the sun rise over the entire Himalayan range, from Annapurna to Kanchenjunga, including Mt. Everest. We descend to our exclusive camp site at Tenkharka, away from the traditional trekking routes, while still enjoying extraordinary views of the mountains, and the peace of alpine meadows and enchanted forests.

Overnight camp

meals: B,L,D

DAY 7 Trek to Lura (2450m); 3 hours

A goat herder track takes us towards Lura, through the Gyamdanda forest. We stop for a short visit at the Hindu Gyamdanda temple before continuing on to Lura, which will be home for the next two nights. Free time this afternoon, and a Round table, optional. Weather permitting, we sit outside in a rough circle, and have a show and tell from the heart.

Overnight camp

meals: B,L,D

DAY 8 In Lura

This village is Brigitte's second home in Nepal. Since 2007, she has visited Lura numerous times, to film her friend Lhakpa Tamang (another Everest summiteer 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. 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.

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. We will also participate in a puja organised for us at the local gumpa.

Overnight camp at lodge

meals: B,L,D

DAY 9 Trek to Chiwang Monastery

Today is a mixed day, as we witness the positive changes a newly established hydro has brought to the area. We leave progress behind to walk up to our camp in the grounds of the monastery, which is perched on top of a cliff above Phaplu. The Chiwang Monastery was founded by the late Sangey Lama, in 1923. Sangey Lama's ancestors, and all Sherpa people, have their origins in Kham, in northeastern Tibet. They migrated to the Everest region of the Solu Khumbu and made their home there, some 500 years ago.

Overnight camp

meals: B,L,D



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DAY 10 Trek to Taksindu (2960m); 8 hours

The trail from Chiwang Monastery to Taksindu follows a ridge high in the forest and is rarely used, even by local monks. Our exploration finishes at the Takshindu La, where we camp in the grounds of a lodge perched above the valley beside a magnificent stupa. And if today is the hardest day of the trek, we are well prepared for it, as on the way Brigitte has taught you how to walk and save energy at altitude.

Overnight camp

meals: B,L,D

DAY 11 Trek to AHF supported Taksindu Health Post

Today we walk for a couple of hours downhill to visit the Taksindu Health Post which is supported by AHF through Solukhumbu Womens' Health project (SWHP) run by Action For Nepal. The program supports the health service delivery in this remote community and others, focusing on maternal and child health.

Return to our camp at Taksindu for overnight.

Overnight camp

meals: B,L,D

DAY 12 Tuk tuk to Phaphlu

A cultural experience! After walking down to Ringmo at the foot of the Taksindu La, we travel by tuk tuk to our lodge in Paphlu for an end of expedition evening. Tips are distributed to the staff in a heart warming presentation to each member, complete with applause and laughing. Note: Cost of tuk tuk is not included in trip cost. Please pay directly to driver.

Overnight lodge

meals: B,L,D

DAY 13 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.

Overnight hotel

meals: B

DAY 14 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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AHF will set up a fundraising page for the group. Once you register via Huma Charity Challenge, AHF will be in touch to help you kick start your fundraising and support you to reach your target. You can read more about the AHF at www.australianhimalayanfoundation.org.au

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

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.

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.



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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 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.

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.

On trek we stay in a combination of wilderness camps and carefully selected eco lodges. These lodges have been selected with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power.

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.

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

