



ADVENTURE ASSOCIATES

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NEPAL: KHUMBU TEAHOUSE TREK

Nestled in the cradle of the highest mountains on earth, Nepal is a country of amazing extremes - colorful cultures, superb scenery and fascinating history! From the "forest of temples" in exotic Kathmandu to the famous Thyangboche Monastery in the Khumbu, to the quiet villages in the roadless highlands in the Dudh Kosi Gorge, we enjoy wonderful cultural as well as scenic immersion. Trekking is, without question, the best way to experience this spectacular landscape and to meet its people. Our seventeen-day trek takes us into the heart of the spectacular Mt. Everest, or Khumbu region. We trek along the popular and age-old footpaths of the deep Dudh Kosi gorge, up a less traveled route towards Cho Oyu, through beautiful rhododendron forests to Gokyo Lake (15,700'). Instead of camping, we enjoy nightly accommodations and meals in local teahouses. Our particular trek winds through small villages with rest days and lots of opportunities to share milk-tea with local yak herders and learn firsthand their traditional lifestyles. The genuine warmth of the Nepali people and the vast beauty of this untrampled area makes lasting impressions and a truly unique Adventure Associates journey!

Trip Dates: April 14 - May 5; Nov 7 - 28, 2009

Land Costs: \$2699 (min. 4)

DAY 1 (*April 14 or Nov 7, 2009*)

Depart for Nepal from hometown and arrive in Kathmandu (4,500 ft). You are met by your Adventure Associates representative at the airport and transferred to our comfortable lodging in the city. Overnight Kathmandu. **Note: Depending on flight schedules, you may need to depart 1-2 days prior to arrival day.** (D)

DAY 2 (*April 15 or Nov 8, 2009*)

A full day exploring Kathmandu. We visit the ancient city center and "forest of temples" - Durbar Square. Seated upon a green hilltop west of Kathmandu is the Buddhist temple of Swyambhunath or the famed "monkey temple". This temple is an important center of Buddhist learning. Next we visit the most sacred Hindu temple in Nepal - Pashupatinath. Located on the Bagamati (a tributary of the sacred Ganges River), this centuries-old

temple is the cremation site for many Nepali Hindus. We also explore the narrow streets of the 12th century city of Bhaktapur. Welcome banquet and trek orientation. (B)

DAY 3

Flight: Kathmandu to Lukla (9,186 ft); Trek begins: Lukla to Phakding (8,700 ft).

We depart for Lukla via a short and exhilarating flight into the high Himalayas! Lukla is perched high on a mountainside above the Dudh Kosi (River of Milk). Accompanied by our Sherpa guide we begin our descent into the Dudh Kosi valley. The inhabitants of the Khumbu are largely Sherpas, people who migrated from Tibet over five hundred years ago and still practice forms of Tibetan Buddhism and dress in the traditional Tibetan style. Overnight in a teahouse in Phakding. (BLD)

DAY 4

Trek: Phakding to Jorsalle (9,200 ft)

After a visit to Phakding Monastery, we continue along the Dudh Kosi, criss-crossing the river, passing vegetable farms and officially entering Sagarmatha (Everest) National Park. Traverse a large suspension bridge to enter the town of Jorsale. Another night in lower altitude offers more time for acclimatizing to the conditions for the remainder of your trek. (BLD)

DAY 5 *Jorsalle to Namche (11,286 ft).*

Today we trek to the famed Namche Bazaar following a deeply forested trail of blue pine up the Dudh Kosi, passing by sacred Buddhist prayer walls, small villages and terraced hillsides. Our first hiking challenge is the ascent of Namche Hill ... a steep, switch-backed trail. Once in Namche we have a full day to rest, explore and acclimatize. It is beautifully situated in a terraced amphitheater facing the hanging glacier below Kwangde (19,875 ft). If it's clear, enjoy sunrise views of Mt Everest! Overnight Namche teahouse. (BLD)

DAY 6

Rest and Acclimatize

Today is a "float day" that may be used to relax, shop in the bazaar, enjoy a day hike, or simply soak in the scenery; this will be your first sighting of Mt. Everest (29,028 ft) hovering majestically above us! (BLD)

DAY 7

Trek: Namche to Thame (12,467 ft)

Our trek today to the small village of Thame is wonderful! We walk through lovely forests with the possibility of seeing Himalayan Tahr (mountain goat), we eat lunch with local Sherpa farmers, and we camp below a range of magnificent peaks! Overnight in Thame teahouse. (BLD)

DAY 8

Trek: Thame to Khumjung (12,434 ft).

An early rise and trek passing back through Namche on our way to Khumjung. The sacred peak of Khumbila rises above Khumjung village (18,800 ft). Khumbila remains unclimbed and represents the protector deity of Tibetan Buddhists. The school and hospital here are both the result of Sir Edmond Hillary's efforts. Overnight at a local teahouse with the "possibility" of a warm shower. (BLD)

DAY 9

Trek: Khumjung to Dole (13,255 ft)

As we begin the ascent up the Gokyo Valley, excellent views begin to form all around us as rise from behind and ahead. From here to Gokyo peak, we begin trekking through summer yak-grazing country, to beautiful lakes and the foot of Cho Oyu and Gyachung Kang peaks. Pass by spectacular waterfalls, stupas, and steep hillsides on the way to Dole, a settlement of yak herding huts called *yorsa*. Overnight: Dole teahouse. (BLD)

DAY 10

Trek: Dole to Machherma (14,470 ft)

We continue from Dole to Machherma, arguably one of the most beautiful summer settlements in the Gokyo Valley. The teahouses here are newer developments, and very quaint. (BLD)

DAY 11

Today is spent resting and visiting with the villagers of Machherma. (BLD)

DAY 12

Trek: Machherma to Gokyo (15,700 ft)

The trail continues as we pass more yersa and the terminal moraine of the Ngozumpa Glacier, the longest glacier in Nepal. Our path leads up the west side of the glacier, past three glacially-fed lakes, until we reach Gokyo settlement. From here, Cho Oyu looms to the north. The few buildings and walled pastures of Gokyo are on the shores of Dudh Pokhari, the third spectacular lake, turquoise from the glacier and surrounded by high mountain peaks! Overnight in a Gokyo teahouse. (BLD)

DAY 13

Gokyo Peak summit (18,021 ft) or Rest

Optional rest day; or start early to reach one of Khumbu's most incredible viewpoints, Gokyo peak (17,585 ft). From this point, you can see the vast Ngozumpa Glacier, along with four of the world's highest peaks: Cho Oyu, Mt. Everest, Lhotse and Makalu. (BLD)

DAY 14

Trek: Gokyo to Machherma

Begin our first day of descent, back down along the glacial valley to our teahouse in Machherma. (BLD)

DAY 15

Trek: Machherma to Phortse Village (12,598 ft)

Continue the descent into Sagarmatha (Everest) National Park, watching for wildlife in this alpine environment: keep your eyes open for wild goat, musk deer, even Nepal's National bird the Impeyan pheasant! Past Dole, continue on to Phortse Village, a small community of Sherpas and their families. Overnight in a local teahouse. (BLD)

DAY 16

Trek: Phortse Village to Thyangboche (12,887 ft).

We trek today through a lovely rhododendron and juniper forest to the site of the famous Thyangboche Monastery (12,887 feet). Arriving on this beautiful ridgetop, we will see Ama Dablam (24,494 ft) and Everest (29,028 ft) rising from the earth. What a place for a monastery - views abound! Thyangboche is the spiritual center of the Khumbu and the Rinpoche of Thyangboche resides here. The area is considered sacred; nothing may be hunted and killed. Although there is a community of people who live here, they are all, in one way or another, connected to the monastery. Overnight: Thyangboche. (BLD)

DAY 17-19

We complete our trekking circuit with a stop again in Namche, giving us time to visit all the colorful markets! We continue down the beautiful Dudh Kosi gorge to Phakding, and out to Lukla. Overnight in teahouses each night. (BLD)

DAY 20

After our flight back to Kathmandu (6,877 ft), we have the next full day to enjoy more of this rich and lively city. Hot showers and a farewell banquet with your guide. (B,D)

DAY 21 (May 4 or Nov 27, 2009)

Enjoy a free day on your own back in the lively city of Kathmandu, resting or shopping for last minute souvenirs. (B)

DAY 22 (May 5, or Nov 28, 2009)

Transfer to airport for flight home. End of Services. (B)

A Note about flights:

Most treks run during the best weather conditions of the year, but flights to and from Lukla are not always dependable due to weather conditions and there may be delays.

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Itinerary Note: While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of the trip route and activities, rather than an inflexible schedule. The itinerary, teahouses and flights are subject to change due to circumstances beyond our control. Any additional costs incurred due to circumstance beyond Adventure Associates of Washington's (AAW) control are the responsibility of the individual passengers. AAW does not accept any responsibility for refunds of unused arrangements due to any change in itinerary in any way by clients after the commencement of the journey or strike action prior to departure and while overseas. Prices are subject to change.

Land Costs	Deposit	In-country Flight:	Single Supplement	2009 Trip Dates	Group Size	Difficulty	Activities
\$2699	\$500 (\$200 non-refundable)	Included	\$210	April 14-May 5 Nov 7-28	4-15	Moderate Hiking	Trekking, Scenic sights, Cultural Exchange, Lodges



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A FEW IMPORTANT DETAILS ABOUT YOUR TRIP...Read carefully

Included in your Trip Fee: Standard accommodations (twin share); meals as indicated on itinerary (BLD = Breakfast, Lunch, Dinner); transfers, ground transportation; in-country flights and domestic airport departure tax; filtered water daily; porters and English-speaking guide.

Not Included in your Trip Fee: Visas, passport, international airport departure tax (approx. US\$20), international airfare and any accommodations en route to Kathmandu, meals not mentioned, sleeping bag, bottled water or alcoholic beverages, **required** travel/medical/evacuation insurance; immunizations; excess baggage fees (20kg/44lbs. weight limit including the carry on); tips to guides/porters; personal clothing; cost of delays due to weather, transportation problems, illness, political disputes or other contingencies for which reasonable provision cannot be made. Optional: single supplement fee (\$210). There will be a surcharge if minimum of 4 participants is not met.

Single Supplement: If you are traveling alone and would like single accommodations where available, you will be asked to pay a single supplement fee of US\$210. If you wish to share accommodations, we will assign you a roommate if one is available. If a roommate cannot be assigned, you will be asked to pay the single supplement fee regardless.

How Strenuous is the trek: This trip includes a moderate to high level of hiking each day. Trekking in Nepal is for active people in good health who enjoy spirited exercise. Nepal's

topography is "up and down" in nature; there is very little level walking. Gear and supplies will be carried by porters, leaving participants free to carry only a daypack. No technical climbing or other special abilities are required. However, please come with a spirit of adventure and prior hiking experience. This trek varies in altitudes from 4,500 feet (Kathmandu) to 15,700 feet (Gokyo), with optional hikes to higher elevations. The trails themselves are moderately difficult, but at these altitudes, hiking will feel more strenuous. A good physical conditioning program should be undertaken several months prior to your trip. If you are concerned about the nature of this program and your physical condition, please call with questions.

What is the food like: While on our trek you can expect to sample a variety of local Nepali and Tibetan foods such as rice, potatoes (prepared in dozens of ways), steamed dumplings, lentils, tarkari (steamed, fried, or curried vegetables), pastas and possibly even a version of pizza. Meats are rarely eaten although you may have canned tuna or sardines and the occasional yak stew. Breakfasts typically consist of eggs (prepared in many ways), hot porridge, muesli, toast, peanut butter and honey. Hot tea is served at every meal. Teahouse meals are substantial but simple. You will order directly from the teahouse menu. This area is quite remote - little grows here easily and all other provisions must be carried in on the back of porters.

Nepal Lodging & Infrastructure: Nepal is a developing country. Resources at times, cannot match tourism pressures and demands. Your host country is very accommodating and will do everything to assist in a wonderful experience. However, there may be unexpected adjustments to the travel itineraries. Accommodations in some locations may be simpler than in others. Individual rooms may be warmed by fire or there are main heated gathering areas. Bedding is very warm. Electricity is typically available. We are visitors and our intrigue has opened the doors to this amazing nation. Travel with an open mind. Expectations need to be flexible.

Do I need a Visa for travel to Nepal: Yes. For US citizens, a visa for Nepal is required and is obtained upon arrival at the Kathmandu airport. A single entry Tourist visa to Nepal for 60 days is US\$60. Your passport needs to be valid for 6 months beyond completion of the trip.

Travel & Trip Insurance: **You are required to purchase travel insurance for this trip.** It is best to do so immediately following your registration. The time and expense that you have put into planning and paying for your trip warrant protection through the purchase of travel insurance, but our primary interest in the Access America travel Insurance package is that it covers "emergency medical transportation" - this is important when traveling and preparing for the unexpected. Emergency services are very costly. This coverage is very inexpensive in comparison. The comprehensive coverage that we recommend also protects you and your money from late cancellations, accidents or illness in remote areas, loss of baggage, airline flight changes and other unexpected delays. The particular program we recommend (Access America) will cover "preexisting" conditions, if you purchase full coverage within fourteen (14) days following your registration or flight purchase. Information will accompany your registration packet. *Continued...*

Transportation/Flight Arrangements: Upon your registration, Adventure Associates will work closely with you on your individual flight plans. Certain programmed activities are dependant on flight schedule - you should verify your flight itinerary with Adventure Associates **before** purchase.

How to Register: If you have not downloaded an application form, please contact our office for one. Complete the application form and return it to our office along with the appropriate deposit. Upon receipt of your application, we will send you a confirmation and final details about your pre-trip preparation. For immediate confirmation, you may charge your deposit to Visa, Master Card or American Express by phone or fax.

Payment Schedule: We accept Visa, MC, and American Express

Note: Due to the fluctuating nature of the American dollar, the trip price is based upon the dollar value at the time of printing and is subject to change.

\$500 deposit due at time of registration (\$200 non-refundable)

\$1200 due six months prior to departure

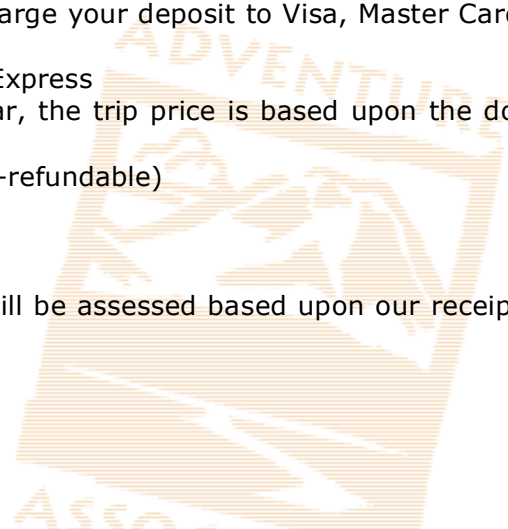
Final payment due two months prior to departure

Cancellation & Refund Policy

If you must cancel prior to departure, the following fee will be assessed based upon our receipt of your written cancellation request:

Days Prior to Departure (trip destination)

90 or more \$200



60 to 89	\$500
45 to 59	50% fee
1 to 44	100% fee

Itineraries are subject to change.

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No partial refunds are possible for any unused portion of your trip.

Penalties on airline tickets are subject to the individual air carrier's rules and regulations. Departure is defined as the date of the first flight, or the trip departure date as indicated on our Trip Schedule, whichever comes first.

Once a trip has been confirmed medical circumstances will not be considered as exceptions to our cancellation policy. However, if you have purchased a comprehensive Travel Insurance plan that covers cancellation, you may be able to retrieve some of the funds.

GIVING BACK

SEEDS is a non-profit organization in Nepal that provides basic grass-roots relief projects for the region's poorest communities. Wherever possible, our participants will have the opportunity to meet representatives of this organization and become familiar with their work. Donations towards our partner organizations are always welcome.

<http://www.nepalseeds.org/>

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