

Everest Panorama Trekking Trip Information

09 Nights/10 Days in Nepal, October 11-20, 2018

Trip Highlights

- *Sightseeing at UNESCO World Heritage Sites in Kathmandu*
- *Spectacular Kathmandu- Lukla- Kathmandu flights with great Himalayan panorama*
- *Trekking through gushing rivers, alpine meadows, valleys, forested areas etc.*
- *Explore Namche Bazaar, the gateway to the Everest region*
- *Cooking class, learning to make momos (Nepalese dumplings) for dinner (in a village during our trek)*
- *Witness majestic views of Mt. Everest (8848m), Mt. Lhotse (8516m), Mt. Cho Oyu (8201m), Mt. Thamserku (6623m), Mt. Nuptse (7816m) etc.*
- *Sagarmatha National Park with varied flora & faunas*

Outline Itinerary

Day 01: Arrive Kathmandu

Day 02: Kathmandu Sightseeing – Half day (Pashupatinath, Boudhanath, Swayambunath)

Day 03: Kathmandu to Lukla (Flight 40 min) & trek to Phakding (2652m) 3-4 hours

Day 04: Phakding to Namche Bazaar (3440m) 5-6 hours

Day 05: In Namche Bazaar, hike to Everest view hotel (3900m) & Khumjung Village 4-5 hours

Day 06: Namche to Phakding 4-5 hours

Day 07: Phakding to Lukla 2-3 hours

Day 08: Lukla to Kathmandu (Flight)

Day 09: Kathmandu Valley sightseeing: either Patan, OR Bhaktapur world heritage sites.

Day 10: Depart – Kathmandu

Day-By-Day Program:

Day 01: Arrive Kathmandu

Arrival Kathmandu & met at the airport then transfer to your hotel. Rest of the time is free to explore around the city or rest at your hotel to overcome your jetlag. Overnight Hotel is walking distance to main market area. Meals on your own

Day 02: Kathmandu Sightseeing – (Pashupatinath, Boudhanath, Swayambunath)



Boudhanath Stupa

After breakfast, proceed with sightseeing around the Kathmandu city with your personal city guide. You will visit Pashupatinath, the scared Hindu temple of Lord Shiva located at the holy Bagmati River. Then visit Boudhanath Stupa, one of the largest Buddhist Stupa. Lunch and shopping at Boudhanath. Then visit Swayambunath Stupa, one of Nepal's oldest Buddhist temples, also known as the Monkey Temple. Afterwards, return back to hotel. Overnight Hotel. (B/L)

Day 03: Kathmandu to Lukla (Flight 40 min) & trek to Phakding (2652m) 3-4 hours

Early in the morning, transfer to the airport for flight to the small air-strip in Lukla from Kathmandu. Witness a breathtaking panorama en-route flight from Kathmandu to Lukla. Upon arrival, start trekking to Phakding and you will reach Phakding before sunset. Check-in lodge & explore around the village of Phakding. Overnight Lodge. (B/L/D)

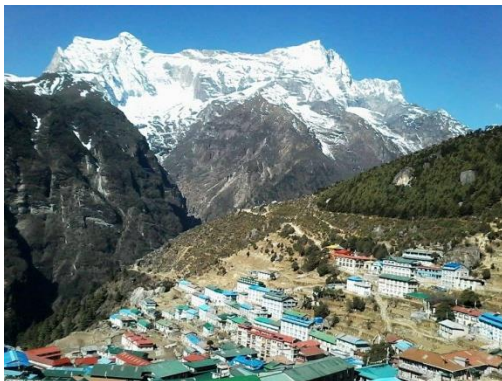


Lukla Airstrip



Trek to Phakding

Day 04: Phakding & trek to Namche Bazaar (3440m) 5-6 hours



Namche Bazaar

After breakfast, start hiking with crossing over a suspension bridge over the Dudh Koshi River. Then enter the Sagarmatha National Park observing varieties of flora & faunas. Soon, the trail descends towards Jorsalle village crossing Bote Koshi River over a suspension bridge. Soon you will reach Namche Bazaar, the gateway to the Mt. Everest and the administrative headquarters of the Khumbu region. Namche has many lodges, hotels, restaurants, pub, trekking shops etc. Overnight Lodge. (B/L/D)

Day 05: In Namche Bazaar, hike to Everest View Hotel (3900m) & Khumjung Village 4-5 hours

Today is the acclimatizing day and also to explore around Namche. After breakfast, you will hike up to Syangboche towards the 'Everest View Hotel' to get proper and mesmerizing views of the Khumbu region including Mt. Everest, Amadablam, Thamserku, etc. Then visit the Khumjung village where a preserved yeti's head is kept in a monastery. Lunch at Khumjung. Later on return back to Namche. Overnight Hotel. (B/L/D)



View from Everest View Hotel

Day 06: Namche trek back to Phakding 4-5 hours



Crossing over suspension bridge

After breakfast, start trekking back to Phakding tracing the same route which you have followed earlier. The trek is mostly descending down with few ascending to Phakding village. Overnight Lodge. (B/L/D)

Day 07: Phakding trek back to Lukla 2-3 hours

Trek back to Lukla from Phakding with involves some gradual walk and after a final half an hour walking upward will reach Lukla. Overnight Lodge. (B/L/D)

Day 08: Lukla to Kathmandu (Flight)

After breakfast, fly back to Kathmandu then transfer to your hotel. The day can be spent resting at your hotel or strolling around the city. Overnight Hotel. (B)

Day 09: In Kathmandu Valley – Sightseeing

After breakfast, proceed with sightseeing around the Kathmandu Valley with your personal city guide. We will explore one of the Durbar Squares in either Kathmandu, Patan, OR Bhaktapur (all World Heritage Sites) and possibly the Temple of the Living Goddess. (B/D)



Thamel - the Central Tourist Hub

Day 10:

Depart – Kathmandu

The last day of the tour and we shall transfer you to the international airport for your flight back home or to your onward destination. You need to be at the airport 3 hours prior your flight time and we meet you at your hotel then transfer to the airport accordingly. Have a safe journey! (B)

Base Cost: \$2,300 for double occupancy in hotels. (For single occupancy, you must contact Beth Wiegandt.) Please see following page for a list of what is included and exclusions in this price. \$800 deposit is due ASAP and by August 1, of which \$300 is non-refundable at any time and \$500 is non-refundable after August 1. 2nd installment of \$800 is due September 1, and \$700 balance is due October 1. All deposits and payments count toward your total fee. NOTE: \$300 of your \$800 1st deposit is non-refundable, and \$500 is only refundable up until August 1. NO REFUNDS AFTER AUGUST 1. (Trip insurance is strongly recommended.)

Nepal Panoramic Trekking details; Included in \$2,300 fee:

- Beth Wiegandt is your general trip organizer and liaison who will accompany you once you arrive in Kathmandu on October 11 and through October 20.
- Transfers from Kathmandu Airport to Hotel in Kathmandu City.
- Hotel Accommodations in 4 star hotel nearby to points of interest/shopping for exploration.
- Luggage storage during our trekking trip from Lukla to Namche Bazaar.
- English Speaking City Guide and driver for tours in Kathmandu Valley.
- Round-trip flights from Kathmandu to Lukla Airport.
- English Speaking certified trekking guide during 5 day Panoramic Trek.
- Porters to carry gear on trek.
- Simple room accommodations on trek in Pahkding, Namche, and Lukla.
- All entrance fees to listed sites on itinerary.
- All meals as listed in daily itinerary (9 breakfasts, 6 lunches, 6 dinners).
- Prior to your trip, Beth Wiegandt will provide guidance and tips for what is required for international travel to Nepal.

Not Included in your fee (exclusions):

- Flight to and from Kathmandu (arrive October 11; depart October 20).
- Nepal Visa (\$25 USD plus 2 passport photos).
- Meals not stated on the itinerary.
- Alcohol purchases with meals/other.
- Tea stops while trekking (nominal charges < \$10USD each).
- Gratuity for drivers, porters, and guides.
- Personal purchases.

Physical Nature of Trip: This trip is physically active with some strenuous moments, and days 3 through 7 include trekking. You must be honest about your ability. *Are you physically capable of trekking five to six hours daily at maximum altitude of 3,880 meters?* Five days (days 3 through 7) of trekking involves very strenuous hiking for 5-6 hours daily at very high altitude, and ascending/descending thousands of stair steps. Trekking in the high Himalaya of Nepal is a challenging sport that requires good physical health and stamina. The environment and food can be very different than what you are used to, weather can change rapidly, can be cold, dusty, windy and hot which can cause altitude sickness, hypothermia, dehydration, slips, falls and other trekking related illnesses. However, persons who are generally physically fit (hiking up and down miles of stairs and hills) will succeed on this trip. Contact Trip Leader Beth Wiegandt (YourOutdoorClassroom@gmail.com) for details about daily activities and recommended physical ability. See the daily itinerary for the physical nature of each day's hiking.

Your Assumption of Risk and Responsibilities:

- You must submit the completed, "Participant Authorization and Assumption of Risk Form" with your initial deposit. This form is included form as the first required entry of your on-line registration form, (found at <https://goo.gl/forms/HzaJ5Pm6n1ZCXWjj1>), and this form is included for your information on page 6 of this document.
- If Camp Bethel cancels this trip, your deposit and Trip Fees will be fully refunded.
- You are responsible for all other costs not included in your Trip Fee (exclusions), and you are responsible for insuring against any other unforeseen cancellations, incidents, accidents, illness, or

costs. You are responsible for securing travel insurance. Considerations: airline ticket cancellation refund; trip cancellation refund; airfare; baggage loss; accidents; emergency evacuation and rescue; plane crash; bus crash; theft/robbery; natural disasters; landslide; flooding; avalanche; political disturbance in the country; warfare; and other incidental travel costs.

- You are responsible for your personal health insurance during this trip. You should consider insuring for “worse-case-scenarios” of illness or injury, and you should know how your insurance would provide care in case of illness or injury while away from the United States. Considerations: injury; insect bites; rock fall; thunderstorm/lightning; individual health problem; illness or injury that requires an emergency service such as helicopter rescue and other means of transportation.
- It is your responsibility to have all proper immunizations and vaccinations, and to be physically and mentally ready prior to and during the trip. This includes consulting your physician, having a proper check up, and securing necessary medication.
- Trip Leader Beth Wiegandt will work with our agent in Nepal to minimize risks.

Beth, here's what I have NOT YET included into the "Assumption of Risk" language...

I have voluntarily applied to participate in the tour on which I am booked, which will involve cultural tours, culinary cooking class, visiting national park(s), trekking through rivers, alpine meadows, valleys, and forested areas, and/or other outdoor and adventure sports (“Adventure Activities”). I am voluntarily participating in this tour with the knowledge of the numerous risks and dangers involved, which include but are not limited to: dangers and risks inherent in Adventure Activities; negligence in any manner on the part of YOC - T; emotional trauma; disfigurement; temporary or permanent disability, including paralysis; death; acts of God; the hazards of traveling in remote, unsafe or politically unstable areas or under unsafe conditions; the dangers of civil disturbances and war; forces of nature; transportation failures; equipment failures; accident or illness in remote places without access to medical facilities, transportation, or means of evacuation and assistance; unexpected events; terrorist activities, social or labor unrest; mechanical or construction failures or difficulties; diseases; local laws; climatic conditions; abnormal conditions or developments; or any other actions, omissions, or conditions outside of YOC -T’s control.

I assume full and complete responsibility for checking and confirming any and all passport, visa, vaccination, or other entry requirements of each destination and all safety or security conditions at those destinations.

Contact, Registration, Etc.

Beth Wiegandt: YourOutdoorClassroom@gmail.com; or 540-556-2594.

Register and pay on line at: www.CampBethelVirginia.org/nepal