



# MISSION 14® EVEREST BASE CAMP TREK



## Congratulations, you are on your way to becoming a Difference Maker...

The 2015 Mission 14® trek to Everest base camp is organized with Himalayan Experience® one of the world's most reputable trekking and climbing operators. This is truly a once in-a-lifetime opportunity as you will join the record setting **6 Summits Challenge Expedition** at Everest base camp. The climbers from the expedition will attempt to summit 6 of the world's highest peaks in a single year, they will begin with Everest and Lhotse (sister peak to Everest and 4th highest mountain). **This trek will give you the opportunity to spend 2 nights in base camp, something that is only offered to this group.**

Nepal is one of the poorest countries in the world with one-third living below the poverty line; as such it has become an easy target for human traffickers. Nepal is ranked #5 in countries with highest prevalence of modern day slavery. As part of your Nepal experience we will spend a day in Kathmandu with Tiny Hands International (<http://www.tinyhandsinternational.org>) and Asha Nepal (<http://ashanepal.org>) to learn about how these organizations provide rescue services and aftercare to victims of human trafficking.



This trek is a fundraising tool for Mission 14® and our direct service “Adventure Partners” who work tirelessly on the front lines of human trafficking in the US and Nepal. The price for this trek is \$7,000 per person. \$2,000 of this goes to Mission 14® to further partners’ efforts. You will be issued a tax-deductible receipt for this amount. **Please specify either Mission 14 or the name of the Adventure Partner you are supporting in your on-line application.** **DATES: APRIL 29<sup>TH</sup>-MAY 12<sup>TH</sup> 2015,**

SIGN UP NOW <http://himalayanexperience.com/treks/everest-base-camp#sthash.aGVbsyYA.dpbs>



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## The Khumbu valley and Everest region of Nepal

### Description



The Khumbu region of northwestern Nepal is home to Mount Everest and the Sherpa people who inhabit the valley. This region was made famous in 1953 when Sir Edmund Hillary and Sherpa Tenzing Norgay made the first successful summit of the world's highest mountain. Since then the Khumbu region has become a popular trek for individuals seeking adventure and getting a glimpse of the famous mountain. We begin by flying to Lukla (at 9,300'), by helicopter. We then start making our way to the famous village of Namche Bazar (at 11,300') along winding trails and crossing suspended bridges. From Lukla we will spend the next 8 days working our way up to Everest base camp (at 17,450'). Following your stay in base camp you will descend to Pheriche and catch your

helicopter ride back to Kathmandu. Our days begin with hot tea or coffee service at your room; following a hearty breakfast we begin walking with our Sherpa guides and support team. We walk for about 5 hours each day along well-worn paths with stunningly beautiful scenery. With frequent stops along the way to take photos and videos as well as snacks and lunch breaks.





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## Itinerary

Day	Area	Activity
1	Kathmandu	Arrive Kathmandu International Airport. Meet & greet, dinner. Overnight Hyatt Kathmandu Hotel
2	Kathmandu	Meet with human trafficking organizations. Overnight Hyatt Kathmandu Hotel
3	Lukla / Trek	Fly to Lukla. Trek to Monjo. Overnight Monjo Guest House
4	Trek	Trek to Namche. Overnight Namche Kalapattar Lodge
5	Trek	Trek to Khumjung. Overnight Tashi Friendship Lodge
6	Trek	Acclimatization day, hike around area, visit Monastery, stay in Khumjung. Overnight Tashi Friendship Lodge
7	Trek	Trek to Phortse. Overnight Tashi Friendship Lodge
8	Trek	Trek to Pheriche. Overnight Snowland Lodge
9	Trek	Acclimatization day, hike around area, stay in Pheriche. Overnight Snowland Lodge
10	Trek	Trek to Lobuche Base Camp. Overnight Himex tented camp
11	Trek	Acclimatization day, stay in Lobuche. Overnight Himex tented camp
12	Trek	Trek to Everest Base Camp. Overnight Himex tented camp
13	Trek	Everest Base Camp, visit Khumbu Icefall. Overnight Himex tented camp
14	Kathmandu	Fly to Kathmandu by helicopter. Transfer and overnight Hyatt Kathmandu Hotel
15	Kathmandu	Full guided tour of Kathmandu. Spare day for weather. Overnight Hyatt Kathmandu Hotel
16	Depart	Transfer to Tribhuvan Kathmandu International Airport for International departures





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## Detailed Itinerary

### Day 1 - KATHMANDU

You will be met at Tribhuvan Kathmandu International Airport by staff from Himalayan Experience and transferred to the Hyatt Regency Hotel, our hotel during our stay in Kathmandu. Depending on when your flight arrives there is a wonderful pool to relax by. Tonight there is a welcome dinner and briefing.



### Day 2 - KATHMANDU

One of the focuses of this trip is to help educate us on the fight the locals are waging against human trafficking in this country. We will spend the day with staff from Asha Nepal as well as Tiny Hands International and a visit to Beauty for Ashes. Asha Nepal was started as a safe house for Nepal women and their children who were rescued from brothels in Mumbai in neighboring India. You will have a chance to meet these amazing ladies and hear some of their stories of survival. Tiny Hands operates active rescue efforts in 23 border stations along the Nepal/India border. We will hear from their investigators and staff on how they intercept traffickers and rescue girls and boys being trafficked into India. Nestled in the outskirts of Kathmandu is a very special home set up by American women who teach survivors of trafficking how to make amazing jewelry and garments, Beauty for Ashes is a great place to buy local items for friends and family back home. We will return to our hotel for the evening and dinner.





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## Day 3 - LUKLA (9,300') / MONJO (8,661')

In the morning we leave the airport for our helicopter flight to Lukla and begin the trek to Everest base camp! In Lukla we will meet up with our local staff and trek crew before starting on our trek to neighboring town of Monjo, about 4 hours away. Carrying only a day pack our group will wind its way out of town along the Dudh Kosi valley for three hours to Phakding for lunch. After which we continue a short distance and crossing a few suspension bridges arriving at the village of Monjo where we will spend the night at Monjo Lodge.



## Day 4 - NAMCHE BAZAR (11,300')

Today we will hike up the spectacular trail gaining 2,600 feet of elevation from Monjo to the town of Namche at 11,300'. The trail winds its way up the along the Dudh Kosi river valley crossing it a few times before entering the Sagarmatha National Park. There are 118 known species of birds inhabit in the park. Most commonly seen ones are the Impeyen Pheasant (the national bird of Nepal), blood pheasant, cheer pheasant, and Tibetan snow-cock. The Khumbu is comprised of many villages of which Namche is the biggest and is the ancient trading post between Tibet and Nepal with locals bartering yak cheese and butter for agricultural goods grown at lower altitudes. Today, mountain climbers, trekkers, traders and researchers alike stop to rest, acclimatize and savor the fusion food of the Sherpa, Nepali and Western cultures. The hill before the town climbs up 800' and will be our first test of acclimatization, thankfully we get to spend two nights in Namche to ensure good acclimatization. We overnight at Yeti Mountain Lodge for 2 nights.





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## Day 5/6 – KHUMJUNG (12,648')

Khumjung is a village about a 2 hours walk up the valley from Namche that is home to an old temple founded in 1924. Tengboche is the largest temple in Khumbu region and has undergone a couple of complete restorations; once in 1934 following an earthquake and again in 1989 following a fire. The trek follows a well-travelled path used daily by the Sherpa people of the Khumbu, our pace will be relaxed and allow plenty of time to acclimatize and capture the beauty of the valley. Locals use this path daily along with their yaks to transport goods between Namche Bazar and Everest base camp. We will stay in Tashi Friendship Lodge. Phurba Tashi Sherpa is the Sirdar for the Himalayan Experience Everest expedition. He has been to the summit of Everest 21 times so it is an honor to stay in his own house.

**DAY 6:** This is an acclimatization day, but you will have the chance to visit the local Everest View Hotel for a coffee, the hospital in the neighboring village of Kunde, and also visit the Khumjung Monastery, where you can also get a chance to view the Yeti Skull.

## Day 7 – PHORTSE

Today's trek is not so long and does not gain any altitude, but it does pass through some beautiful Rhododendron Forest. Again we stay in another of Phurba Tashi's lodges. All of the high altitude climbing Sherpas on the Mission 14 Expedition come from Khumjung or Phortse, so this is a good chance to actually see where these young men come from first hand.





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## Day 8/9 – PHERICHE (14,295')

Today we will follow a trail that winds around steep mountain slopes before slowly gaining altitude as we make our way to Pheriche. Along the way we pass the oldest temple in the Everest region, Pangboche monastery. Following the trail we get a great view of Ama Dablam, one of Nepal's most iconic peaks with its soaring snow capped ridges and stunning face. Up to 13,000' you will find dense stands of forest including pine, oak and the spectacular flowering rhododendrons. We pass the village of Pangboche with its historic temple before arriving in Pheriche for the night. By this time we will have hiked above the tree line and the surrounding flora will consist primarily of juniper bushes. Today will be a tougher day with many ups and downs and will take about 6 hours. We will spend the next day in Pheriche on an acclimatization hike around the valley. We will overnight two nights at Snowland Lodge which is owned by Narwang Karma Sherpa who provided all the yak support for Himalayan Experience. This is a good chance to see yaks at close quarters.



**DAY 9:** This is another acclimatization day where you can hike to a great vantage point looking at Ama Dablam, but also have a chance to visit the Himalayan Rescue Aid post

## Day 10– LOBUCHE (16,207')

Leaving behind the highest permanent residences of the Sherpa people we continue hiking along well-worn paths as we eventually gain access to the famous Khumbu Glacier. This will be a great day for taking pictures of the stunning scenery all around





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with high snowy peaks like Ama Dablam, Nuptse, Lhotse and Lhotse Shar. The trek today is at a leisurely pace as we gain more altitude. The last part of the trek the path flattens out and is a haven for the Tibetan snow-cock. We spend the next two nights in the Himalayan Experience Lobuche Base Camp.

## Day 11 – LOBUCHE

Because of the altitude, we will spend another day of acclimatization in the Base Camp. The Mission 14 Expedition members also spent several days here during their acclimatization program and actually spent two nights on the summit of Lobuche, which towers above the camp.

## Day 12 – EVEREST BASE CAMP (17,450')

The day has arrived to hike the remaining distance from Lobuche to Everest base camp. After crossing the moraine of the Khangri glacier we descend to Gorakshep where we'll stop for a rest before heading across the rock and ice of the Khumbu glacier to base camp. The hike is one where we have to take care as we travel over unstable rocks and icy slopes. The 'path' is well used by climbers, porters and yak trains ferrying supplies to base camp so is easy to follow. Once we arrive in base camp we will stay with Russell Brice's Himalayan Experience Base Camp site. This is a unique feature of this trek as most trekking groups are not allowed to camp overnight at base camp. Here you will have a chance to meet up with members of the 6 Summits Challenge expedition team and hear about their climb on both Mt. Everest and neighboring peak, Lhotse. We overnight in the Himalayan Experience tent camp.







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## Day 13 – EVEREST BASE CAMP / KALAPATTAR

Rising early and after a hearty breakfast with the climbing team we set off for nearby Kalapathar at an altitude of 18,190', the best place to see the Khumbu glacier. We will scramble to the top of this knoll as it stands about 800' higher than base camp and is a perfect place to take pictures of Mt. Everest and surrounding peaks. We will descend to base camp where we will rejoin the rest of the climbing team for lunch. In the afternoon we can visit the bottom of the Khumbu Icefall. Again we will overnight at base camp.



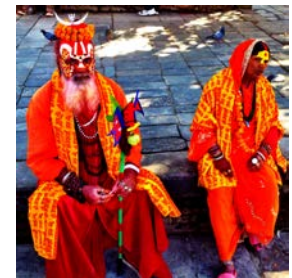
## Day 14 – KATHMANDU

After breakfast we will walk a short distance to the helipad where we can board the helicopters for our flight back to Lukla and then Kathmandu. The flight is an absolutely spectacular one as we fly by the snowy mountains of Nuptse, Ama Dablam and others but this time at an altitude of about 16,000'. Shooting video from this vantage point is truly a unique opportunity! We arrive back in our hotel in Kathmandu in time for a swim and sunset cocktails. Overnight at the Hyatt Regency Hotel.



## Day 15 – KATHMANDU

There is a full day guided tour of Bhaktapur, Boudhanath Stupa, and Kathmandu Durbar Square. Today is also a spare day in case there is unpredicted weather in Lukla. Tonight there is a farewell dinner! Overnight at the Hyatt Regency Hotel.





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## Day 16 – KATHMANDU

Transfer to Tribhuvan Kathmandu International Airport.

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### Trekking in the Khumbu Region

**Safety:** All guides carry satellite phones in case of an emergency or helicopter rescue. Guides will also carry comprehensive emergency kits, and a Portable Altitude Chamber (PAC)

**Responsibility:** All garbage is disposed of properly, adhering to ‘trash in trash out’ practices. Any non-biodegradable items are taken back to the head office to make sure it is disposed of properly. To help the local economy all vegetables, rice, fuel, and other food items are bought from local villages en route.

**Teams:** Porters are provided with adequate warm gear and tents, are paid timely, and are never overloaded. In addition, porters are insured and never left on the mountain. Head guides are paid above industry average their knowledge goes beyond just trekking but also into history, flora, fauna, and politics.

**Client Experience:** By providing private toilets, shower tents, mess tents, table, chairs, mattresses, carefully choosing campsites for location in terms of safety, distance, space, availability of water and the views, as well, all food is very hygienically cared for and prepared – you are sure to have a comfortable and enjoyable experience!





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## ACCOMMODATIONS

HYATT REGENCY KATHMANDU is a 5 star luxury hotel and resort in Kathmandu, Nepal, set on 37 acres of landscaped grounds, and created in the traditional Newari style of Nepalese architecture. This beautiful hotel and resort is located in the metropolitan city of Kathmandu at Taragaon, Boudha, and on the road to the Boudhanath Stupa: the most holy of all Tibetan Buddhist shrines outside of Tibet, and a UNESCO World Heritage Site which is walking distance from the hotel - about five minutes away.



GUEST HOUSES & LOCAL LODGES offer clean, albeit simple rooms, and a very warm and cozy lounge/dining room with views over the mountains beyond. Very simple teahouses, however our Sherpa staff will oversee cooking & service to keep hygiene levels up to a high standard.



HIMALAYAN EXPERIENCE LOBUCHE AND EVEREST BASE CAMPS are set up and ready for when you arrive into camp in the afternoon. A mess tent contains a table, backed chairs, and all cutlery. Guest tents fit 1 person comfortably with mattress, all set up for a comfortable sleep. A separate toilet and shower tent is set up on the perimeter for private bathroom facilities.





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## NEPAL

Nepal is a landlocked country in South Asia bordered to the north by the People's Republic of China, and to the south, east, and west by India. Kathmandu is the nation's capital and the country's largest metropolis. Nepal is popular for mountaineering, containing some of the world's highest and most challenging peaks. The mountainous north has 8 of the world's 14 tallest mountains, including the highest point on Earth, Mount Everest 29,029ft (8848m), called Sagamatha in Nepali. The country contains more than 240 peaks over 20,000ft (6096m) above sea level. The fertile and humid south is heavily urbanized and is predominantly agriculture. Hinduism is practiced by a larger majority of people in Nepal than in any other nation. Buddhism, though a minority faith in the country, is linked historically with Nepal as the birthplace of the Buddha.

A monarchy throughout most of its history, Nepal was ruled by the Shah dynasty of kings from 1768, when Prithvi Narayan Shah unified its many small kingdoms. In 2006, however, a decade-long Civil War by the Communist Party of Nepal (Maoist) along with several weeks of mass protests by all major political parties of Nepal culminated in a peace accord, and the ensuing elections for the constituent assembly voted overwhelmingly in favor of the abdication of the last Nepali monarch Gyanendra Shah and the establishment of a federal democratic republic on May 28 2008. The first President of Nepal, Ram Baran Yadav was sworn in on July 23 2008.



Neolithic tools found in the Kathmandu Valley indicate that people have been living in the Himalayan region for at least 9,000 years. After some disputes over bordering territories with the British East India Company and China, in 1923 the UK formerly recognized Nepal's independence. In 1924 slavery was abolished, nevertheless debt bondage even involving debtor's children has been a persistent social problem. In 1991, Bhutan expelled roughly 100,000 ethnic Nepalis, most of whom have been living in refugee camps in eastern Nepal ever since.





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## Additional Information

### Entry Requirements

Nepal Visas should be obtained beforehand, but can be obtained upon arrival. US Citizens pay \$40 per person for single entry for 30 days. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

### Vaccinations

Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended for travel in the southern Nepal regions of Terai during the hot and rainy months. Malaria is low risk in the mountain and trekking areas. You should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

### Weather

Kathmandu, Nepal

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg High F	62	70	77	86	84	84	82	84	82	82	75	70
Avg Low F	37	35	44	48	59	66	66	66	64	55	42	35

### Communication

Nepal – country code +977. Some areas will have mobile access, although roaming charges will be high. Alternatives are to have personal satellite phone or purchase a local mobile phone. However keep in mind that you are here to experience seeing some of the most spectacular scenery in the world! Internet is very limited although at Everest base camp you will have access to it.





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## **Electricity**

Nepal - Electrical current is 230 volts, 50Hz (Type C; electrical plug with two circular pins) (Type D; electrical plug has three circular pins) (Type M; electrical plug has three large circular pins)

## **Gear List**

A comprehensive gear list will be provided for essential clothing and gear items once you sign up for the trip.

## **Travel Advisories**

Make two photocopies of valuables such as your passport, tickets, visas and credit cards. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

## **Currency**

Carrying cash, or ATM card and also a credit card that can be used for cash advances in case of emergency is advisable. There are many places to exchange money in Kathmandu and Namche Bazar which are fast, have longer hours and often give slightly better rates than banks. Local currency is Nepalese Rupee (NPR), however most urban places accept USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to have cash when visiting remote areas and villages.

## **Government**

Nepal functions within a framework of a republic with a multi-party system. President is the head of state.

## **Religion**

Nepal – 80% Hindu, 10% Buddhist, 4.4% Muslim, 3.6% Kirat, 0.5% Christian, and 0.4% other such as Bon.





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## **Ethnic Groups**

Nepalis are descendants of migrants from parts of earlier Greater Nepal, Tibet, India and parts of Burma and Yunnan along with native tribal population. Among the earliest inhabitants were the Kirat of east mid-region, Newar of the Kathmandu Valley and aboriginal Tharu in the malarial southern Terai region. The ancestors of the Khas migrated eastward along the Himalayan foothills out of Kashmir, Kumaon, Garhwal – parts of then Greater Nepal, Karnali Praadesh and perhaps also north from the Gangeatic Plains during invasions. Other ethnic groups trace their origins to North Burma, Yunnan and Tibet. In Terai, much of the population is physically and culturally similar to Indo-Aryans of northern India. Indo-Aryan and East Asian looking mixed people live in the hill region. Central and western Nepal ethnic Tibetans inhabit even higher semi-arid valleys north of the high Himalaya.

## **Languages**

Nepali is the official and de facto language of Nepal and also spoken in Bhutan, parts of India and parts of Myanmar (Burma). Tibetan language (Sherpa) is also spoken in the villages from Lukla and above.

## **Climate**

The climate of Nepal varies from warm summers with mild winters in the low-lying southern region, to alpine conditions with very severe winters in the mountains. Temperatures drop well below freezing between December and February in the mountains. The best time to travel to Nepal for trekking is in early spring or late autumn, when the weather is dry and temperatures mild. The monsoon season occurs between June and September.

## **Booking**

*Follow the link to HIMALAYAN EXPERIENCE to complete the booking process: Full payment is required upon booking.*

SIGN UP NOW <http://himalayanexperience.com/treks/everest-base-camp#sthash.aGVbsyYA.dpbs>





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## **PLEASE READ OUR TERMS AND CONDITIONS**

Making a reservation with Himalayan Experience and it's partners signifies acceptance of these terms and conditions.

### **Insurance Information**

It is essential that clients take out adequate insurance cover against all risks associated with adventure travel, this means appropriate travel and medical insurance prior to departure from their country of origin. Himalayan Experience nor their officers and employees shall be liable in way for any loss or damages expenses or costs arising from any incident involving clients that may occur whilst using any of the services provided by either Himalayan Experience or third parties contracted by the company.

Insurance should at least cover: personal accident, medical expenses, hospitalization, repatriation, trip curtailment, cancellation, and loss of valuables.

For more information about insurance please visit TravelEx Insurance direct website: <http://www.travelex-insurance.com/> or Global Rescue website: <https://www.globalrescue.com/>

### **Force Majeure / Changes**

In the event of Force Majeure (circumstances beyond the company's control) Himalayan Experience will notify client of the nature and extent thereof. It is essential to understand that conditions in countries where adventure holidays occur are not always predictable and border closures, road conditions, and other occurrences from time to time cause delays, frustrations, and diversions from the planned itinerary. Should such an occurrence happen, Himalayan Experience and its partners will do the best to minimize inconvenience.







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**COST: \$7,000 PER PERSON**

**DATES: APRIL 29<sup>TH</sup> - MAY 12<sup>TH</sup> 2015**

## Includes

- Trained Himalayan guides & support team
- Vehicles w/ water & drinks and professional drivers
- All relevant Park fees & rescue fees
- Supplemental oxygen & pulse oximeters if required
- All accommodation and meals as described in the itinerary
- Transfers and plane/ helicopter flights as described in the itinerary
- Plane/ helicopter flight Kathmandu / Lukla
- Drinks on the hike (potable water, tea, coffee & hot chocolate)
- Portable toilet in camp, guest tent, sleeping mats, mess tent, table, and backed chairs

## Excludes

- International flights
- Entry visas
- Tips & Gratuities
- Items of a personal nature (toiletries, pack, boots, clothing, other items as described in the gear list)
- Alterations to this itinerary (i.e. if different accommodations and services are provided then the price will most likely vary up or down)
- Laundry
- Beverages in hotels (except those described in the itinerary)
- Hospital bills and international evacuation in the event of an emergency

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