



**ADVENTURE TRAVEL**  
VOLUNTEER-LED EXCURSIONS WORLDWIDE

## **Trekking Nepal's Everest Region**

October 6-23, 2022 (Trip #2257)

Trip Rating = Strenuous



**Trip overview:** This is your chance to experience amazing Himalayan mountain views and Nepali culture while on a moderate trek under 14,000' in the Everest (Khumbu) region of colorful Nepal. Weather permitting, we'll have views of Mount Everest and Mount Ama Dablam. We'll start and end our trip in Kathmandu, where you'll enjoy a cultural tour to Buddhist and Hindu holy sites, and visit the vibrant Thamel neighborhood near our hotel. The short but scenic, and rightfully famous, flight from Kathmandu to Lukla's

high altitude mountain edge air strip starts and ends our trek. Please note this flight features small planes, sometimes bumpy and/or alarming conditions, and is weather dependent so delays are not uncommon. Not to mention the very short, angled mountain airstrip in Lukla - an adventure in itself! Along our trek in the Everest region, we'll visit Buddhist monasteries and nunneries, meet friendly and welcoming local people, while surrounded by amazing Himalayan scenery. We will cross suspension bridges including the famous one from the recent Everest movie. We'll learn how to share the trail and bridges safely with yaks and yak hybrid pack animals. Our hiking days will be moderate, designed not to be too long so that most days we have time to relax or explore in the local villages where we stay overnight. Our trek is supported by porters or yaks/yak hybrids who carry our luggage as we hike between our accommodations in simple lodges and guest houses. Our route coincides with part of the famous Everest Base Camp trek route, with some of the same views, while staying at safer elevations below approximately 14,000' so we avoid extreme high altitude (however even at these levels, altitude symptoms or problems are possible). This trek is designed for experienced hikers and trekkers, who enjoy a pace and itinerary that is moderate, but still quite challenging due to altitude and terrain. It's ideal for those who enjoy getting to know local people and cultures, explore local villages, and so will appreciate hiking 3 to 7 hours per day. However, good physical fitness is important since we will be hiking at moderately high altitude with significant ups and downs. For those looking for a fantastic Nepal trek, focused on the total experience rather than a specific endpoint, join us for the trip of a lifetime.

### **Trip Difficulty:**

This trip is rated as strenuous due to the trekking, at altitudes of between 6000 to 14,000 feet. Each participant should comfortably be able to hike up to 3-7 hours per day, for several days in a row, at that altitude. More info re trip rating can be found on the [AMC website](#).

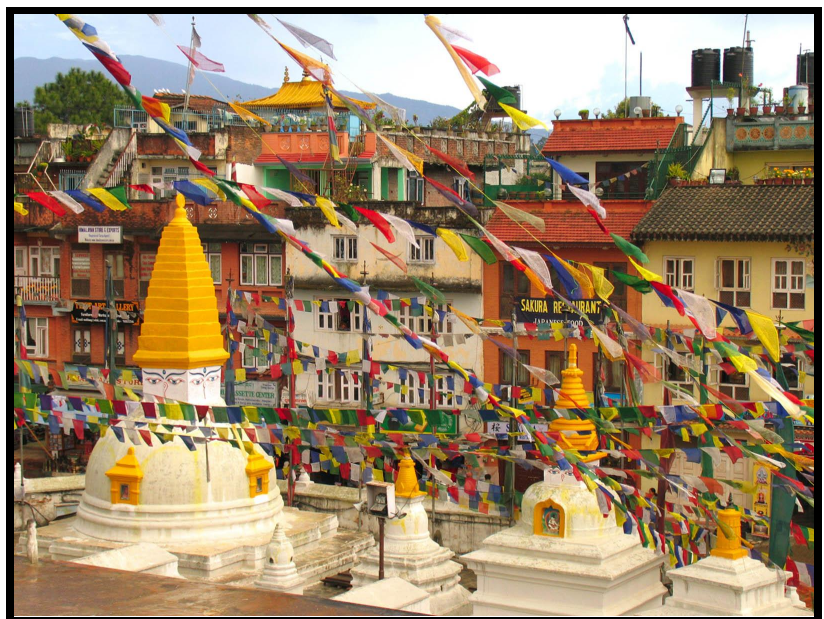
### **Daily Itinerary:**

**Important note:** While the itinerary in this prospectus is what the leader has planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leader reserves the right to make such changes as necessary, both before and during the trip – even to the point of substituting a different trek in extreme circumstances.

**Day 1, Thursday, October 6, 2022 or**

**Day 2, Friday, October 7, 2022 -**

**Depart USA:** The calendar date of your departure from the USA will likely depend on time of day of flights and which airline you use, with the ultimate goal of group arrival in Nepal on Day 3, October 8, which is the first





day lodging is included. Your leader will give specific information on required arrival time parameters.

**Day 3, Saturday, October 8 - Arrive Kathmandu, Nepal (4,593'); ground transfer to group hotel:** We'll have a group meeting this afternoon or evening.

Proposed lodging: Thamel Eco Resort. Twin rooms with private bath.

No meals are included today (Leader will suggest eateries).



**Day 4, Sunday, October 9 - Tour of Kathmandu:** Today, we'll be picked up from our hotel for a half-day guided tour of Kathmandu. We will see Buddhist and Hindu holy and historic sites – such as Swayambu Nath and Pashupati Nath. Kathmandu is a very colorful, busy, and bustling city. We will work with our guide in the afternoon in procuring any last-minute items or gear for our trek.

Proposed lodging: Thamel Eco Resort. Twin rooms with private bath.

Breakfast is included. The tour is expected to end by early afternoon, and lunch and dinner will be on your own. The leader will provide suggestions of eateries.

**Day 5, Monday, October 10 – Fly to Lukla (2880m'), Trek to Phakding (2,740m')** We may have a very early pickup from the hotel for our transfer to Kathmandu airport. Then, it will likely be “hurry up and wait” as many groups queue up for the small planes bound for Lukla. Weather conditions can seriously delay or even cancel these flights. We will hope for easy logistics and smooth flying – but prepare to be flexible, patient, and understanding otherwise. Lukla is the gateway for most travelers to the Khumbu (Everest) region of Nepal. We'll have lunch in Lukla or along the trail, en route to Phakding.

Proposed lodging: Guest house; Twin rooms with attached bathroom, if available.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimated 4 hours actual hiking time, mostly descending to the river.



**Day 6, Tuesday, October 11 – Trek from Phakding (2,740m') to Jorsalle (2600m)** Visit Manzo monastery if it is open and accepting visitors. We hope to obtain our National Park entry permit in Jorsalle.

Proposed lodging: Twin rooms

Breakfast, pack lunch to eat along the way, and dinner are included.

**Hiking details:** Estimate 4 hours actual hiking time.

**Day 7, Wednesday, October 12 – Trek from Jorsalle (2600m) to Namche Bazaar (3445m)** Today we have a steady, challenging uphill as we enter Sagarmatha National Park and ascend to Namche. Namche is built on a hillside, so from the lower reaches of town it's still a climb up to our lodge. Namche Bazaar is a bustling town, a hub of trade and tourism for this region – quite fun to explore.

Proposed lodging: Himalayan Cultural Home. Twin rooms with attached bathrooms, if available.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimate 4-5 hours actual hiking time.

**Day 8, Thursday, October 13 – Explore locally at Namche Bazaar; rest day; acclimatize**

We hike to Sagarmatha national Park headquarters for a mountain view, and explore around Namche, and rest to acclimatize to the altitude.

Proposed lodging: Himalayan Cultural Home. Twin rooms with attached bathroom.

Breakfast, lunch, and dinner are included.

**Hiking details:** Rest day; variable activity; based on personal choice.



**Day 9, Friday, October 14 – Day hike to Thamo Monastery and Return**

After breakfast in the morning, we will head to Thamo village, for exploration, and visit the Nunnery Monastery, if they are receiving visitors. Return to Namche for dinner.



Proposed lodging: Himalayan Cultural Home with Twin rooms, attached bathrooms.

Breakfast, lunch (at Everest View Hotel), and dinner are included.

**Hiking details:** Estimate 4 hours actual hiking time.



**Day 10, Saturday, October 15 – Trek to Khumjung (3767m), then Kenjoma (3529m)** Today we hike above Namche to several small, traditional Sherpa villages. We will have lunch at the Everest View Hotel, and explore Khumjung village, and later down to Kenjoma (aka Kyanzoma).

Proposed lodging: Ama Dablam Lodge (Note: Parts of this lodge were destroyed by fire in late 2017; but we hope it is rebuilt in time for our group - otherwise a lodging change will be made). Twin rooms with common or private bathrooms, if available.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimate 3 hours actual hiking time.

**Day 11, Sunday, October 16 – Trek from Kenjoma (3529m) to Phortse (3810m)** Today we'll pass through Phortse Tenga, on the Gokyo valley trekking route, before proceeding to Phortse. Today's destination is a bit off the main Everest Base Camp route, in the Sherpa village of Phortse – home of the Khumbu Climbing School. This school, supported by many well-known international mountaineers, was developed to give local Sherpa people the climbing skills to help them be successful and safe when guiding and supporting climbs.

Proposed lodging: A local Sherpa lodge in Phortse. Twin rooms; shared bathrooms.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimate 5-6 hours actual hiking time.

**Day 12, Monday, October 17 – Trek from Phortse (3810m) to Diboche, via Pangbuche** Today we rejoin the Everest Base Camp trail, an easy walk to Diboche, just below the Tyangboche Monastery. Our walk today goes through the dry land to the jungle, where we will spend the night.

Proposed lodging: Himalayan Cultural Home. Twin rooms; private bathrooms.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimate 7 hours actual hiking time.

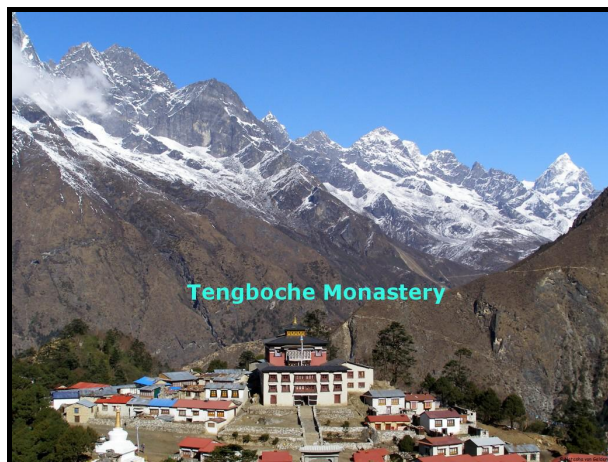
**Day 13, Tuesday, October 18 – Diboche to Namche Bazaar, via Tangboche Monastery**

We will enjoy a visit of Tangboche, perched on a ridge, which is home to the largest and most important Buddhist monastery in this region. Usually visitors are allowed to visit the monastery at certain times of day, and we hope for this privilege. It's extremely important to be respectful of the monks and their rules (which may prohibit photographs and videos inside the monastery). Tangboche also has great mountain views (weather permitting) and monastery views. Afterwards we head back to Namche for our overnight stay.

Proposed lodging: Himalayan Cultural Home. Twin rooms; private bathrooms, if available.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimate 3 hours actual hiking time.



**Day 14, Wednesday, October 19 – Trek from Namche Bazaar to Phakding**

Hike today is mostly on a descending trail as we exit Sagarmatha National Park, and onwards to Phakding.

Proposed lodging: Sherpa lodge. Twin rooms; with likely attached bathroom.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimate 5 hours actual hiking time.

**Day 15, Thursday, October 20 –Trek from Phakding to Lukla**

Hike back to Lukla, where we will stay overnight.

Proposed lodging: Sherpa Lodge. Twin rooms; shared or private bathrooms, if available.

Breakfast, lunch, and dinner are included.

**Hiking details:** Estimate 4 hours actual hiking time.

**Day 16, Friday, October 21 – Fly from Lukla to Kathmandu** Similar to the start of our trek, we may have a very early departure for the air strip, and then “hurry up and wait” for our turn to fly. The planes have to arrive from Kathmandu, and it’s all weather dependent. Patience will be a great trait today. At times of unstable weather, there can be delays of hours or even a day or longer; we hope to time our international flight tomorrow to be an evening departure to allow for a time window for some delay. Upon arrival back to Kathmandu, check into the hotel. Free afternoon for shopping or exploration on your own. In the evening, we gather for a cultural show and one more “dal-bhat” dinner at a local Nepali restaurant.

Proposed lodging: Thamel Eco Resort. Twin rooms with private bathroom.

Breakfast and Dinner are included. Leader will suggest eateries for lunch.

**Day 17, Saturday, October 22 –Departure** Transfer to Kathmandu airport for your flight today (unless you prefer to add on time in Nepal outside of the AMC trip). We will try for evening departure flights (earlier flights take away some of our safety net of time, in case the flight from Lukla the day prior is cancelled).

Breakfast is the only meal included. Leader will suggest eateries.

**Day 18, Sunday, October 23 –Arrival USA****PARTICIPANT PROFILE AND GROUP EXPECTATIONS**

To fully participate in this group experience, you must enjoy hiking at moderate to high altitude, with a lot of elevation gain and loss, as part of a group. Expected group size is 9-11 trekkers, including your leader. Recent multi-day hiking experience, good physical fitness, and ability to maintain a moderate pace at altitude are ideal (although, “moderate” pace at altitude will be slower than at sea level).

A good attitude, friendly and cooperative manner, and interest in getting to know – and maybe even help – your fellow group members and leader are key to a great experience for everyone. We will be traveling in a less developed nation and using lodges/hotels that are not to the standard of the USA. We will be at high altitude, and safety will be our first priority – so if a group member needs attention or evaluation, this may delay the group (although if not serious, we hope to avoid impact on others). Guarantees such as a non-snoring roommate, quiet room, etc, cannot be provided, so understanding and a sense of humor will help tremendously with your trip experience.

**General Hiking during the trek:** All hiking times listed in this prospectus are provided by our guides; our group may be faster or slower. It's likely we will take many photography stops. Because we will be hiking at increasing altitude, we will tend to hike at a slower pace than we might on similar terrain at sea level. Taking more time to get from "Point A" to "Point B" allows your body to acclimatize gradually (much healthier than rushing to the destination so that your body has to catch up with acclimatization). You will also note that hiking mileage is not listed – this is a common practice at high altitude since it provides more realistic expectations. At high altitude, many people underestimate the physical demands of shorter distances and the extra time needed for the slower pace. Also keep in mind that although our trek generally starts off uphill and ends downhill, some of our hiking days have ups and downs within the day – meaning more elevation gain and/or loss than one would conclude from starting and ending elevations figures. However, there is not good data to provide exact numbers.

When you participate in this activity, you should be in proper condition for the challenges outlined and equipped with the appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with the leader, who may request references to confirm your fitness level and suitability for participating in trip activities. This trip is designed so that everyone may experience our trek in Nepal through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant being unable to perform one or more activity. Participants may incur costs of lodging, meals and transportation if they need to skip part of the trip, or return early to Kathmandu or home, due to inability to fully participate in the group hike on any day(s).

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leader encourages participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

## **LODGING AND MEALS**

You will be in shared lodging. You will be assigned a roommate unless you sign up with someone. Your roommate will be of the same gender, unless you agree to share with someone of the opposite gender. We expect to have twin rooms, two people per room with separate beds (although they may be close to each other). In Kathmandu, we will have a private, en suite bathroom with shower in each room. However on the trek, the rooms will be spartan, very simple/rustic, dark and unheated, with little decoration, often with



shared bathrooms/toilets down the hall. If possible, in lodges where private bathrooms are available, we will try to get them. In most trekking lodges, there is usually a central dining room/gathering room that is bright and cheery. Although blankets and sheets are provided, it is strongly suggested you bring your own sleeping bag for hygiene reasons – or, at minimum, a sleep sack (sleeping bag liner). Although these accommodations may seem very simple to us, they are far above what the average local person has access to. Showers may not be available at each lodge. When they are available, they will likely be a shared shower room down the hall, that requires additional payment, and are of short duration. Water temperature may be lukewarm.

Twin rooms will sometimes have a private bathroom, sometimes a shared hall bathroom, with shower facilities available at some but not all lodges (often for a fee). Although we stay at lodges, during the trek portion of our trip we suggest you bring your own sleeping bag (or at minimum, sleep sack/sleeping bag liner) and towel since in these remote areas cleanliness of the provided bedding can vary. While very simple lodging by western standards, at least you won't have to camp or carry your own luggage (you will carry your daypack each day).

**Dietary Considerations:** Our meals will vary by location. In Kathmandu, eating options are multitude in choice of cuisine, availability of vegan or gluten-free options, costs, quality, and cleanliness. Elsewhere on our adventure, it is not overstating the case to say that we will have little or no control over the options of what we eat. Where possible, we plan to allow group members to order off the menu so you have the best chance for variety and satisfying your personal tastes. However, it's not uncommon that some menu items are not available due to lack of supplies, so one should expect that there may be some repetition in meals. For a menu example, please see the menu on the website of the Khangri Hotel in Namche Bazaar (in the itinerary above). Other trek lodges may have similar menus, but likely not as extensive. In some lodges, there may be a set menu without other options.

**Breakfasts:** Always included once in Nepal.

**Lunches:** Not included in Kathmandu, but included during the trek. In Kathmandu, there is a lovely café called Black Olives next door to our hotel, quite popular with past groups. There are many other options nearby. Leader will provide suggestions for eateries. On the trek, we may stop for lunch at a village/lodge along the trail, or we may be provided packed lunches that we carry with us. We will likely have limited to no input into the choices of foods that are available or included in these lunches.

**Snacks:** You can buy snacks at small local stores in Kathmandu. On some, but not all, days of the trek, there may be snacks for sale at stores/lodges, and a few locations (such as Namche Bazaar and Tangbuche) may have bakeries and maybe even espresso!

**Dinners:** Not included in Kathmandu, but included during the trek. In Kathmandu, see comments for Lunches above as they also apply to Dinners. On the trek, usually we will eat in the dining room of the lodge where we stay. As much as possible, we will be ordering from a menu, but not all items on the menu may be available, and we are likely to eat similar food items day after day.

**Special diets:** Vegetarians will find options in most places, especially since the local menu is similar to Indian food and has lentil and rice-based options. Eggs are usually available at breakfast. Vegans will find that options are good at dinner, but getting protein at breakfast/lunch will be much more challenging (bringing a high protein snack such as nuts, may help supplement). Gluten free diet is usually easy at dinner (lentil or chicken/meat with rice or potatoes), but also much more challenging at breakfast and lunch. Any food allergies or strict dietary restrictions need to be discussed prior to signing up for this trip, to decide whether

they can be reasonably accommodated. As mentioned above, we may be eating same or similar foods, day after day, something that most of us are not used to doing.

## **SAFETY AND RISKS**

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. In case of an emergency, AMC volunteer Adventure Travel leaders are trained in wilderness first aid, carry first-aid kits, and follow an emergency action plan. Despite such leader training, participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trip, and transportation in vehicles, cable cars/ski lifts, and on foot. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions.

## **COSTS**

The trip price is \$2900 for AMC members and \$3100 for non-members. Non-members can join for \$50, and get the member price. This will cover the following items:

- Lodging, all breakfasts throughout the trip, and most lunches and dinners (lunches and dinners are not included while in Kathmandu but are included on the trek).
- Ground transfer from Kathmandu airport to the hotel and return (only for those arriving/departing within time parameters given by the leaders)
- Local ground transportation, local flight, park entrance fees and permit fees
- Tips for the guide, porters, and other local personnel on the trek
- Emergency medical and evacuation insurance coverage

Costs NOT included:

- Trail snacks, beverages (e.g. coffee/tea, mineral water, alcohol, etc.)
- Lunches and dinners in Kathmandu
- Personal expenses
- while on the trek, days 5-15, cost of showers, charging cell phone, or using WiFi
- Airfare to/from Nepal. The best way to get to the area is to fly to Kathmandu, Nepal. There is a wide range and fluctuating prices for a round trip between USA East coast and Kathmandu. It is estimated at this time as a range between \$1,000-\$2,500 USD. The wide range may depend on time of purchase, and whether you value good price or good connections more. Leader will assist participants in making suitable reservations, and all participants will be told when and where they must join the group for the official start of the trip's planned activities. Once your air tickets are

purchased they are your responsibility – do not make any non-refundable travel plans until the trip is declared “a go,” and you are told by the leader to do so.

- Personal Medical, Trip cancellation, or interruption insurance

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval (September 2018). The final price of the trip will be adjusted in accordance with the best final arrangements we can make and taking into account any currency fluctuations. If the trip’s financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included. Any savings we achieve, as well as any cost increases we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete.

Please be aware that, in accordance with AMC policy, you are subsidizing the volunteer leader’s costs. Beyond this, leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is highly recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

## **REGISTRATION and CANCELLATION**

To apply, you must complete and submit the Participant Application, Confidential Health Questionnaire, Covid Release, and Acknowledgement and Assumption of Risk and Release forms, enclosing a registration deposit of \$1,500. These forms will be provided to you by the leader after you inquire about the trip by email or phone. You will be considered qualified for the trip when the leaders have determined by conversation with you that you and the trip seem to be a good match. You will be formally accepted, and your check will be deposited, when the trip leaders confirm the trip has sufficient number of participants and is going as planned. A final payment of \$1400 (\$1500 for non-members) is due July 1, 2022. Deposit checks from waitlisted applicants will not be cashed until the leader offers a spot on the trip AND that person accepts. Please make payments by check payable to the “Appalachian Mountain Club” and mail to the address shown on the Participant Application.

If you are not a member of the AMC, there is a guest fee of \$100. You may prefer to join the AMC. Membership is \$50 for an individual, \$75 for a family, and \$25 for juniors (under 30) and seniors (over 69). You can join on line at the AMC home page at <http://www.outdoors.org/>.

Our cancellation policy is based on several considerations. Cancellation will not be allowed to raise the cost to the other participants or to the leaders. There will be a minimum \$200 cancellation fee for any cancellation once the trip is a “go.” If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the



leaders be able to replace you and the trip minimum number of participants has been met, you may be charged a reduced or zero penalty. This generally will not be determined until after the trip is completed. Trip cancellation insurance is not included in the trip price, so if you wish to purchase this type of insurance, please refer to insurance information in the section titled, "Costs".

This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip.

Terms, Conditions and General Information Please carefully read the Adventure Travel Standard [Terms and Conditions](#)

## QUESTIONS

If you have any questions, please contact the leader by email: [sam5670@yahoo.com](mailto:sam5670@yahoo.com) or by cellphone before 9pm at +1-978-270-0714.



## TRIP LEADER

**Samir Patel** first became a member of AMC in 1992. He has led Adventure Travel trips to Ireland, Alaska, Canadian Rockies, National Parks in the US, and has traveled to many parts of the world with AMC Adventure Travel Program, including New Zealand, the Dolomites in Italy, Patagonia, Japan, Ireland, and Mexico. He is certified in Wilderness First Aid and CPR.