



Indian
Sub-continent

dzi foundation nepal trek



trip highlights

Visit dZi Foundation projects in the remote and rarely trekked Solu region of Eastern Nepal

Enjoy an intimate insight into the culture of Nepal

Enjoying a spectacular trek on paths less travelled with stunning views of the world's highest mountains.

Fully supported camping based trek with 3 hearty meals per day prepared by our cooks

Ample acclimatisation days built in
Himalayan Mountain flight from Kathmandu to Phaplu

Enjoy the vibrant colours, sounds and smells of the Capital Kathmandu

Opportunity to extend trek by 3 days to Namche Bazaar and Khumjung



Trip Duration	12 days	Trip Code: SOG4345
Grade	Moderate	
Activities	Trekking	
Summary	3 nights hotels, 8 nights wilderness camping and 8 days trekking	

your charity challenge

Thank you for your interest in our DZI Foundation Nepal Trek. The dZi Foundation and World Expeditions have formed a partnership to provide dZi supporters a wonderful introduction to Nepal and an opportunity to visit existing dZi projects in remote parts of Nepal that were badly affected by the 2015 earthquake. Both dZi and World Expeditions are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips to the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 3 star accommodation in hotels hand-picked for their local character and charm. In most cases, all internal transport, entrance fees, national park fees and transfers are included in the cost of your trip. Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more on our Responsible Travel philosophy and projects later in these trip notes.



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trip dates

2017 28 Oct - 08 Nov

challenge cost

Joining Kathmandu: \$2050

All prices are per person

options & supplements

3 day Extension to Namche: \$375

Single room/tent supplement: \$250

World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we can not match you up a single supplement will be applicable. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

the challenge

The dZi Foundation is offering a bespoke trekking adventure to Nepal in October 2017. During this magical trek, we shall visit a number of projects supported and run by the dZi Foundation in some remote communities that were badly affected by the recent earthquake. Trekking in Nepal is a great way to give back to witness how quake effected communities are recovering now. From Kathmandu we will take a short scenic mountain flight into the Solu Khumbu region of Nepal to Phaplu. This area will offer us authentic cultural insights as well as some incredible mountain views, pristine forests and communities living very much as they have for hundred's of years. In the company of our experienced trekking guides, porters and crew we head west, well off the beaten track into an area where few, if any, foreigners will be trekking. The dZi Foundation has unparalleled access to these areas and our trek will give you an intimate perspective of the inspiring people that live here.

at a glance

DAY 1	ARRIVE INTO KATHMANDU
DAY 2	FLY FROM KATHMANDU TO PHAPLU AND DRIVE TO DEUSA
DAY 3	COMMENCE TREK TO SOTANG. APPROX. 8 HOURS WALK
DAY 4	TREK VIA BUNG TO CHESKAM. APPROX. 6-7 HOURS WALK
DAY 5	VISIT DZI PROJECTS IN CHESKAM
DAY 6	TREK TO CHARE KHARKE. APPROX. 5-6 HOURS WALK
DAY 7	TREK TO NASHING DINGMA. APPROX. 4-5 HOURS WALK
DAY 8	TREK TO PANGUM. APPROX 7 HOURS WALK
DAY 9	TREK TO PUIYAN. APPROX 7 HOURS WALK
DAY 10	TREK TO LUKLA. APPROX 4-5 HOURS WALK
DAY 11	FLY FROM LUKLA TO KATHMANDU, REST OF DAY AT LEISURE
DAY 12	TRIP CONCLUDES IN KATHMANDU

what's included

- All meals - 11 breakfasts, 9 lunches and 9 dinners
- Airport transfers in private transport
- Return domestic flights from Kathmandu to Phaplu (valued at approx. US\$370)
- Expert bilingual Nepali leader
- Extensive group medical kit
- Good quality 5* accommodation in Kathmandu
- Accommodation on the trek will be in good quality tents with a separate dining tent and toilet tents
- The use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- All park entrance fees and trekking permits and site entry fees
- Porters to carry all personal and group equipment and porter's insurance
- Detailed pre-departure information kit to assist with your preparations including a suggested gear list and cultural considerations.
- Souvenir World Expeditions kit bags

what's not included

- Bottled water or aerated drinks. Please note that all hot drinks, cordial and boiled water is included on trek.
- Items of a personal nature such as phone calls, email, laundry, snacks etc
- Nepal visa
- Travel Insurance



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detailed itinerary

DAY 1 Arrive into Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. A pre-trek briefing will be given 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 arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

meals: NIL

DAY 2 Fly from Kathmandu to Phaplu and drive to Deusa

This morning we take a flight to Phaplu, the hub of the Solu Khumbu region of Eastern Nepal and commence our 3 hour journey by 4WD on a rugged jeep track to the village of Deusa. This evening we shall enjoy our first Himalayan sunset from a glorious location.

Overnight: Wilderness camping

meals: B,L,D

DAY 3 Commence trek to Sotang. Approx. 8 hours walk

Today will be a wonderful introduction to trekking in the Himalayas, and provides a true picture of the local culture as we trek through remote villages. We will feel completely immersed in this special part of the world. This region was badly affected by the recent earthquake in 2015, and the first thing we'll notice is the amazing resilience and the can do attitude of the Nepali people. During the next week we'll hope to gain a deeper understanding about their lifestyle and how living in the mountains compares to life in the fast lane in the west. Today is a fairly long walk with plenty of ascents and descents, so all the training you have done over the last few months will pay dividends, as around each corner and over each brow there is something special to appreciate. So today's mantra, "the fitter you are... the more you will enjoy the trek" will come to mind. Whilst a long walk, the views and experience will easily outweigh the hard work. We shall camp overnight in the village of Sotang, with its bustling market. Here we shall be greeted by enthusiastic community members and old friends of the dZi Foundation. Sotang is the site of dZi's successful eco-san toilet project and some agricultural projects, which we shall hope to visit.

Overnight: Wilderness camping

meals: B,L,D

DAY 4 Trek via Bung to Cheskam. Approx. 6-7 hours walk

There will be plenty of photo opportunities today as we take the beautiful trail from Sotang to Cheskam. The trail traverses high above the Hongku River to Bung, where we stop for lunch. Bung is set on a steep hillside at around 1900m, and is surrounded by rich and varied farmland where racks of beans, maize and other crops may be seen drying on the balconies of the whitewashed Rai houses in this area. After lunch we continue to Cheskam.

Overnight: Wilderness camping

meals: B,L,D

DAY 5 Visit dZi projects in Cheskam

Cheskam is set in a green picturesque valley set amongst fertile, terraced foothills. It provides the perfect place to immerse ourselves in the local culture, whilst enjoying our surroundings. The dZi Foundation has been working in Cheskam for 4 years, and our time here will provide contrast to the more 'developed' communities visited in Sotang. This day will be a time to meet with local community members and will give us time to appreciate what your hard earned fundraising money

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fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Singles:

A single supplement is available for this trip*

responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

trip grading

Moderate

This trip involves trekking for up to six or seven hours a day at a steady pace. These trips do not spend extensive time at altitudes above 4000m. You will need a reasonable level of fitness, good health and be flexible and tolerant should plans change.

* Suggested preparation: 1 hour of aerobic type exercise, (either cycling or jogging) three times a week for three months leading up to your trip. To prepare fully, we recommend you take long hill walks of 5-7 hours with a daypack in variable weather conditions.

will be used for. Cheskam is famous as a center for traditional weaving, and we will spend the afternoon visiting local looms where they weave a beautiful and durable cloth from stinging nettle plants.

Overnight: Wilderness camping

meals: **B,L,D**

DAY 6 Trek to Chare Kharke. Approx. 5-6 hours walk

Our trail today heads further into remote and wild country where we shall hope to have wonderful views of Mera Peak to the north. As we ascend on beautiful remote trails, we hope to get the chance to spot lammergeyers soaring overhead and perhaps other wildlife if we are lucky. As we are walking towards the Khumbu region, we are closer to the home of the Sherpa people, where we shall hope to see Buddhist prayer flags, mani stone walls and prayer wheels. Continuing onto Chare Kharke, we look forward to a warm welcome in this rarely visited village off the main trail.

Overnight: Wilderness camping

meals: **B,L,D**

DAY 7 Trek to Nashing Dingma. Approx. 4-5 hours walk

From Chare Kharke we head west towards the village of Nashing Dingma. As we get closer to our camp, we'll enjoy epic views from the Surke La before dropping steeply into the village where the rustic houses are set against a curtain of bamboo covered cliffs. From now on we are following in the footsteps of Bill Tilman and the first Everest explorers who used this trail in 1950 on their groundbreaking trek to Everest Base Camp.

Overnight: Wilderness camping

meals: **B,L,D**

DAY 8 Trek to Pangum. Approx 7 hours walk

The Pangum La pass at 3173m is our task for today. It is a long and demanding pre-lunch walk as we descend to the Hinku Khola River where we cross on a bridge built by Sir Edmund Hillary's Himalayan Trust with support from World Expeditions. From the river at 1900m we ascend to the small Sherpa village of Chatuk for lunch. Nearby there is a huge boulder that was carved with Tibetan mantras and prayers. Then we continue our long climb to the top of Pangum La between the watershed of the Dudh Kosi and the Inukhu Khola. After enjoying the great views of the Khumbu Himalaya and Mera Peak, it is an easy descent to the pretty village of Pangum (2800m) and our camp. There is an excellent gumpa (Buddhist monastery) high above the village which we will visit if possible and if the resident lama is in town! Pangum is also famous for its lokta (bark paper) which is transported to Kathmandu and often used for official Nepali Government transactions.

Overnight: Wilderness camping

meals: **B,L,D**

DAY 9 Trek to Puiyan. Approx 7 hours walk

As we leave the scattered houses of Pangum we head past mani stones and chortens and cross the little wooden bridge over the Khari Khola. We continue past the Mandroling Gumpa with its unusual yellow roof to Kharte where we shall stop for lunch. After lunch we gradually climb to the Khari La Pass at 3145m for more fine views being descending steeply to the village of Puiyan and our camp.

Overnight: Wilderness camping

meals: **B,L,D**

DAY 10 Trek to Lukla. Approx 4-5 hours walk

Our final walk today is gentle and takes us deeper into Sherpa country. As we get closer to the bustling town of Lukla and its busy airstrip, we are bound to meet more trekkers today. After enjoying the peaceful trails of this region for the past week, today we really appreciate the peace

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cultures, ethnic groups and languages. It is remarkable that in a country of this size there are over 30 different ethnic groups, with at least as many languages. One million people live in the Kathmandu Valley, but at least ninety percent of the population live in the rural areas of the lower and middle hills of the Himalayan Range. Nepal is predominantly a simple rural society and a trek in the foothills of the Himalaya is a strong cultural experience as we spend time with our crew and meet local village people.

democratic republic of nepal

On the 28th May 2008, the constituent assembly voted in overwhelming favour of abolishing the Monarchy in Nepal. Nepal has been proclaimed a “Federal Republic State” to be known as the “Democratic Republic of Nepal”. This historic development followed the first elections held since 1999 after a ceasefire agreement between the government and the Maoists was signed in November 2006, putting an end to 10 years of instability in the Kingdom. The Maoist party won the largest share of votes in the elections at approx. 35%, and now form the largest part of the constituent assembly. The announcement of the abolishment of the Monarchy also brought an end to 240 years of Royal rule in the country. Today the general feeling amongst Nepalis is a positive one, and many believe that Nepal is now finally moving forward with a new identity as a democratic nation and a fresh outlook. Following the 2013 election the dominant party is now Nepali Congress with 34% followed by Communist Party of Nepal (Unified Marxist-Leninist) with 30%.

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. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

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.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time

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of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

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, travellers cheques, 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.

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.

meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

accommodation on the trip



Accommodation is varied depending on your location. We use the 5* Radisson Hotel in Kathmandu. Whilst trekking you will be wilderness camping in 3 person 'A' frame tents whilst trekking. What ever the style is you are sure to be comfortable, warm and experiencing some of the worlds friendliest hospitality.

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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 carry all camping gear and your main 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 meters 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

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.

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*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

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by contacting Liv Morgan at dZi UK at liv@dzifoundation.org. World Expeditions can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main dZi fundraising trip.