

MOVING MOUNTAINS NEPAL

EVEREST BASE CAMP



BIG BROTHERS BIG SISTERS TRIP - NEPAL

Dates: March 27th – April 14th 2019



Big Brothers Big Sisters



Details & Costs

Ground - Climb and equipment, guides, tours, accommodation (tea houses) and meals: \$2,000 US

Airfare - Return Toronto to Kathmandu: Approximately \$2,000 - \$2,500 depending on fares during group booking

Fundraising – There is a \$5,000 fundraising requirement to participate in this trip. Big Brothers Big Sisters will provide you with fundraising tools and support in order to assist with your fundraising success.

(See itinerary below)

The Moving Mountains Trust and Adventure Alternative in Nepal have teamed up with Big Brothers Big Sisters to provide an exciting trip to Nepal in 2019.

For a seventeen day walking expedition to Everest Base Camp, immersed in the peaceful world of Tibetan Buddhism, and framed by the majestic Himalayas, this Nepalese trek offers more than just a walking holiday; it is for many a pilgrimage to the bottom of the highest mountain in the world, in a remarkable country which will leave you with vivid memories of the people who live there.

Adventure Alternative will manage all of our on the ground logistics and the expedition will be fully supported with a very special and incredibly lively team of experienced staff in an area well off the beaten track in these beautiful rural villages with the inspiring mountains of the Himalayas surrounding you. Moving Mountains Trust is accepted as a charity in the UK with HMRC under reference XR62512 and has international NGO's in Nepal and Kenya and works directly with the indigenous Penan tribe in Borneo. Adventure Alternative has been established since 1996 and has offices located in Nepal, Kenya, Tanzania, Borneo and Russia.

For those interested, additional side trips can be added at either the beginning or end of the itinerary. These could include a summit attempt on Island Peak 6,189m (20,114 ft), an elephant safari at Chitwan National Park or a few days of R&R in the Nepalese resort town Pokhara.



BASIC TRIP ITINERARY - EVEREST BASE CAMP

Wednesday March 27, 2019 – Depart Toronto for Kathmandu – this will be an overnight flight with hopefully only one stop on the way – plan for 20+ hours in transit

Thursday March 28, 2019

Arrive in Kathmandu, where you will be met by a team from Adventure Alternative Nepal and Moving Mountains Nepal. Overnight at their Guest House.

Friday March 29, 2019

A day in Kathmandu to meeting the staff, for briefing, trip preparation, sightseeing and R&R to recover from the flight. Overnight at their guest house.

Saturday March 30th

Morning flight to Lukla, walk downhill to Phakding or Jorsale along the edge of the Dudh Kosi River.

Sunday March 31st & Monday April 1st

Uphill to Namche Bazaar which is the Sherpa 'capital' in the heart of the Khumbu region. Initially follow the valley to Monjo where you enter the National Park, then cross the river a few times and start a long unrelenting path uphill, with one spectacular bridge spanning a deep gorge. Leave the coniferous forest behind, and arrive at a huge natural amphitheatre with the houses spread around the sides. Namche is the major trading centre of the Khumbu, with Tibetans crossing the high Nangpa La Pass to reach the Saturday market.

Tuesday April 2nd

Walk to Deboche which is near the famous Thyangboche Monastery. The path out of Namche is initially steep and then opens out into a high valley, passing through villages like Pangboche before negotiating two steep hills. After this it is a short walk to the beautiful rhododendron glade where our lodge is located.

Wednesday April 3rd & Thursday April 4th

A gradual gradient up to Dingboche for another rest day. The path skirts the side of the valley with the river far below on your right and passing beneath the spectacular Ama Dablam. The village sits on the confluence of two valleys and is good farming land. In the neighbouring village of Pheriche we visit the Himalayan Rescue Association to listen to the daily lecture on high altitude health, and get a check from the medical staff.

Friday April 5th

Trek up the high valley to Lobuche which is alongside the huge Khumbu Glacier. You can now easily feel the effects of the thin air as the hike takes us up to the Thukla Hills where there are many stupas erected in memory of Sherpas who have died on expeditions

Saturday April 6th

Hike on the glacial moraine to the final settlement of Gorak Shep. The views here are spectacular; Nuptse dominates the other side of the valley, behind which the black triangular peak of Everest is just visible. The giant wall of ice ahead is the border with Tibet. Gorak Shep is the last outpost, a small collection of huts just below a hill called Kala Patthar which is your final destination and traditionally the finest viewing point for Everest itself.

Sunday April 7th & Monday April 8th

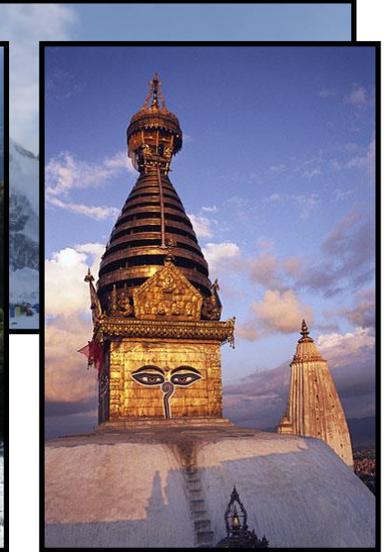
Trek to Everest Base Camp along the lateral moraine and finally on the glacier itself before an early morning climb to the summit of Kala Patthar to see sun rise behind the peak of Everest. The climbing route through the Khumbu Icefall, into the Western Cwm and up the Lhotse Face to the South Col is clearly visible, with the SE ridge to the top on the right hand skyline side of the summit block.

Tuesday-Friday April 9th – 12th

Over three days a descent via Namche Bazaar all the way to Lukla with various options for accommodation. It is possible to stay in different villages, for example Pheriche, Khumjung, Monjo, but the route is the same as the way up, flying back to Kathmandu from Lukla on the morning of day 16.

Saturday April 13th Depart Kathmandu.

Sunday April 14th Arrive in Toronto



Early Progress

Since 2010 Moving Mountains has been organizing an annual medical camp in Bupsa (neighbouring village to Bumburi). These camps allow overseas medical students to fundraise and then travel to the village along with a qualified Nepali doctor to provide 10 days of free health and medical consultations to members of the community. In this way, hundreds of minor ailments have been addressed along with a number of more serious and long-term conditions. Along with many other schemes and initiatives, the medical camps have helped to raise the quality of life in the villages and consequently to drive their continued rejuvenation and stem the flow of the young and skilled villagers to the towns and cities in the lowlands.



Recent Progress

The next stage was to begin looking at the feasibility of establishing a permanent medical facility in the area. After a long process of consultation, a site was found for the proposed building which was donated free of charge. Two villagers were also selected and enrolled on a 2-year nursing and community health degree at Kathmandu University.

Throughout 2012 a large group of UK scouts carried out fundraising for the Bumburi Clinic project. Then, in March 2013, the group travelled out to Bumburi to see first-hand what their fundraising would contribute to and to get stuck in to the manual labour of digging the foundations. Work then continued over the following year and by the end of 2014 the walls were complete and the roof was on.

Plans for the Future

The next stages of the project are to complete the fit-out and equipping of the clinic. This includes internal finishes, glass in the windows, furniture and specialist medical equipment. We also need to build male and female toilets on the grounds of the clinic.

<http://www.movingmountainstrust.org/our-work/mmnepal>

Adventure Alternative is independently certified to comply with the British Standard 8848 for overseas expeditions and we will organise all the logistics on the ground, provide all the back up, transport, accommodation and staff for the expedition.



Price Includes:

- Accommodation throughout trip provided in lodges, tea houses and home-stays in the mountains and at the Adventure Alternative Nepal Guest House in Kathmandu (a tented camp will be set up in the gardens if needed)
- All airport transfers in Nepal (for both international and internal flights)
- Internal return flights from Kathmandu to Lukla
- All meals and hot drinks in Kathmandu and in the mountains (bottled water not included)
- All staff costs - including Guides and Porters (who will carry main luggage on trek to Base Camp/MM villages)
- All National Park fees and permits required

Price Excludes:

- International return airfare to Nepal
- Project fundraising target - which is paid directly to our charity, Moving Mountains Trust
- Nepal Tourist Visa
- Vaccinations & medication required
- Personal travel insurance
- Personal spending for guides/porters tips, souvenirs, bottled water, tourist activities, etc

Equipment Needed

A 65 litre rucksack (or similar sized holdall/duffle bag) is needed and a small rucksack (25 - 35 litres) which you can use as hand luggage on the flight and to carry when trekking. Clothing should be comfortable, quick drying and loose fitting; T-shirts, shorts, trousers, shirts, trainers, trekking boots, sandals, sun hat and a warm jacket or fleece for the evenings... Obviously on the Everest Base Camp trek you will need warmer clothes in the evenings but full kit lists are available on our website

You'll also need to bring a 3 season sleeping bag (sleeping bag liners are useful too), torch (head torch is ideal) and camera (with spare batteries), 2 x one litre water bottles (aluminium bottles help to keep water cool), personal first aid kit and toiletries/travel towel (don't forget the sun screen and sun glasses!).