

Call of the Wild

The World's Longest Running Adventure Travel Company for Women
Since 1978



Trek the Mt. Everest Region Day Hiking with views of Mt. Everest November 18 - 28th, 2010

Rating: Moderate/Challenging

Group Size Limit: 12

Accommodations: Lodge/Inn

Cost: \$2375; Reservation Deposit \$500. Balance due 3 months before start date of trip.

Please note: Price subject to change until your deposit is received

Yaks and porters carry our gear as we trek from village to village through the Everest region with our final destination at the sacred Thyangboche Monastery. En route, we will witness the culture of the amazing Sherpa community, plus view the peaks of Thamserku, Amadablam, Everest, Lhotse, and Nuptse. We stay in local Inns and lodges while traveling by foot through this remarkable region. Meals will be taken at the lodges we stay at, or on the trail each day. This trip is a photographers dream with snow capped peaks, diverse architecture, and rich cultural sights. Join us!

Day 1 ~ Arrival into Kathmandu, Nepal

Today you fly into Kathmandu Airport and are transported to our hotel by a company representative. Today is at your leisure to recover from your air travels. We will meet as a group for our welcome dinner at 6 pm.

(Dinner)

Day 2 ~ Prep Day/Sights of Kathmandu

Today we offer optional sight seeing of the cultural sights of Kathmandu including Durbar Square, the Thamel District, or the National Museum & Art Gallery. We will also arrange any last minute shopping trips for any outstanding gear needs or snacks. We will have a full trip briefing and then enjoy dinner in Kathmandu. *(Breakfast, Lunch, Dinner)*

Day 3 ~ Fly to Lukla, Trek to Phakding

Today we take an early morning flight from Kathmandu to the launching point of our trek, Lukla. After we meet our porters and handoff gear, we will trek to the village of Phakding. This 3 hour trek along the Dudh Khosi starts off with a descent from Lukla through forested areas. We cross a few tributaries en route to the village, before arriving in Phakding for our first night. Elevation Change: 2800 meters – 2652 m. *(Breakfast, Lunch, Dinner)*

Day 4 ~ Namche Bazaar

Today we depart Phakding and continue along the Dudh Khosi, traveling through magnificent forests of rhododendrons and magnolia trees. Crossing the river and trekking along its banks, this trek continues to steepen as we approach Namche Bazaar. Our first views of Mt. Everest become available during our last climb into the Sherpa Village of Namche Bazaar. This village is known for its weekly markets and abundant supplies for expeditions pushing further into the mountainous region. Elevation Change: 2652 m – 3480 m

(Breakfast, Lunch, Dinner)

Day 5 ~ Acclimatization Day in Namche Bazaar

Today we take a short day trek up to Khumjung and hike around Khumjung and Khunde where you can see the traditional customs of Sherpa peoples. It is also a rest day for acclimatization. We will walk around the valley to adjust to the thin air. Along the way to Khumjung you will have a great view of Thamserku, Ama Dablam, Everest, Lhotse, Nuptse and many other peaks which are standing along the mountain ranges. You'll also have time in the afternoon to visit the Sherpa Cultural Center and the Everest National Park Museum. Elevation Change: 3480 m – 3780m – 3480 m

(Breakfast, Lunch, Dinner)

Day 6 ~ Thyangboche Monastery

After breakfast, we depart for the village of Thyangboche, home of the sacred Thyangboche Monastery. We trek through forested areas before beginning our climb into the village with views of Ama Dablam. We will visit the monastery to view a prayer flag ceremony either in the afternoon of our arrival or the morning of our departure. Elevation Change: 3480m – 3867m

(Breakfast, Lunch, Dinner)

Day 7 ~ Monju

After breakfast, we depart the village of Thyangboche and descend back into Namche Bazaar. After lunch and a little souvenir shopping, we continue our descent into Monju through the rhododendron forests where we spend the evening. Elevation Change: 3867m – 2800m

(Breakfast, Lunch, Dinner)

Day 8 ~ Lukla

Today we travel back to Lukla to confirm our outbound flight from the precariously perched town. Our trek from Monju to Lukla is taken at a pace to allow for plenty of last minute photos and discussion with the Sherpa community. Tonight we have a celebratory meal in Lukla before our return the next morning. Elevation Change: 2800m – 2800m

(Breakfast, Lunch, Dinner)

Day 9 ~ Kathmandu

We depart from Lukla to Kathmandu. The rest of the day is free for rest, shopping, or a massage. We arrive back into Kathmandu with enough time to take in any last minute sightseeing or shopping. Our local travel agent will also reconfirm your outbound international flight.

(Breakfast, Lunch)

Day 10 ~ Kathmandu

Today is our final day in Kathmandu. We visit any last minute sights in Kathmandu before traveling to the historic city of Patan, neighboring Kathmandu in the afternoon. Patan, or 'City of Beauty' is rich in temples, Stupas, and other Buddhist sites. After our walking tour of the historic city, we return to Kathmandu for our farewell dinner. On the occasion of poor weather in the mountains, we may arrive from Lukla into Kathmandu today.

(Breakfast, Lunch, Dinner)

Day 11 ~ Depart for Home

Today is our departure day and we say goodbye as a group. A company shuttle will take you to the Kathmandu airport for check in for your flight.

(Breakfast)

Note: Itinerary subject to change at leaders' discretion due to weather and other contingencies outside of our control.

WHAT YOUR TRIP INCLUDES:

- Experienced leadership
- Excellent food (provided meals are noted on itinerary)
- Inn Lodging
- Porters and pack animals for gear transport
- Permits
- Internal Airport transfer

NOT INCLUDED:

- Air transportation from your home country
- Trail snacks, sodas, alcohol
- Personal gear (see equipment list mailed in your registration packet)
- Optional tips for your guides

About tipping: People on our trips often ask us about gratuities, so here are some guidelines: Each person usually tips \$5-\$10 per day for each company guide depending on the level of service and the number of guides assigned to the trip. Porter tips are suggested at \$3 - \$4 per day. Guides arrange your meals and take care of many extra details to give you a safe and fun trip. Tips at the end of the trip are a way of showing your special appreciation if you feel that your guides have given very good service to you. Tips are not required, but appreciated.

QUALIFICATIONS

Call of the Wild trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We expect trip participants to be in good physical condition, aerobically fit, and willing to undergo the potential hardships of outdoor living. You must have your own health insurance. Our best trips are those where everyone is equipped with a positive attitude, the sensitivity to recognize the needs of the group, and a sense of humor!

HOW TO REGISTER

First, call (650-265-1662) or use the Online Quick Reservation Tool to make a reservation and complete your deposit payment with a Visa or MasterCard.

Next, send in completed and signed Trip Application. The Trip Application is available by fax, mail, or from our Web site at www.callwild.com. After receiving your deposit and application, we will send you confirmation of your reservation and an information packet on your trip.

TRIP CANCELLATION INSURANCE

We strongly suggest that you take out trip cancellation insurance. Call of the Wild does not issue cash refunds, no matter what the circumstances of your cancellation may be. Depending on the time of your cancellation, you may or may not be eligible for a credit for another trip, please read our refund and cancellation policy at www.callwild.com. To sign up for Travel Guard insurance call us for a brochure or visit www.callwild.com.

AIR TRAVEL AGENT

For air travel, you need to fly into Kathmandu, Nepal. Contact Wendy Fazio at Skyline Travel 510-530-1100 or e-mail wendyatskyline@aol.com and she will take care of your reservations if you wish. Let her know that you are traveling with Call of the Wild.

ARRIVAL AND DEPARTURE PLANNING

Our trip starting point is Kathmandu Nepal. You will be met at the airport by a company representative and taken our hotel. We will gather as a group at approximately 6 pm on the first evening for a full trip briefing and welcome meal. You are free to depart anytime on Day 11. We will arrange transport for you from our hotel to the airport.

WEATHER

We will most likely experience clear skies with daytime temperatures between 65 - 80 degrees while in Kathmandu. While trekking, daytime temperatures can range from 40 – 55 degrees. You should expect mornings and evenings to be just below freezing. Precipitation is not likely in November, though still possible. Please read the ‘What to Bring’ section in your trip packet about proper clothing and the importance of layering.

CONDITIONING

The two main aspects to your physical conditioning are aerobic and strength conditioning and altitude acclimation. See below for altitude acclimation information. The best aerobic and strength conditioning for hiking is hiking! If possible, hike with your daypack on stairs or uneven trails. Of course, most of us can't hike on wilderness trails every day. So, the next best alternative is to spend time running and hiking on inclined trails with a daypack. If you can't get to a trail, Stairmasters, Nordic trainers, and treadmills are good for your aerobic capacity and weights are good for your strength. You want especially to strengthen your quadriceps, also your back, and upper body. How many months ahead of your trip you start conditioning depends on your general level of fitness. Someone with a good level of fitness should begin conditioning at least 8 weeks before this trip.

ALTITUDE ACCLIMATION

There are a few things that you can do to help you acclimate. First, have a high level of fitness (see above for aerobic and strength conditioning). Second, drink lots and lots of water, at least two days before the trip starts! It gives your body and muscles the water it needs to be well hydrated to facilitate acclimation. Also, a sign of acclimation is frequent urination. So if you are not drinking enough water, it is hard to tell if you are acclimating properly. Be aware that altitude will increase your heart rate. You may also feel lassitude, nausea, shortness of breath, headache, and loss of appetite. All these can be symptoms of what is known as acute mountain sickness (the effects of not being acclimated to altitude), or AMS. For most people, the symptoms of AMS abate in 12-48 hours.

ACCOMODATIONS

While in Kathmandu, we stay in comfortable, double occupancy hotels with bathrooms attached to the rooms. Breakfast is provided at the hotel. While on trek, we stay in basic hotels or inns with shared bathroom and wash facilities. While on the trek, you will sleep in your sleeping bag and we suggest you also bring an air mattress (i.e. Thermarest) to lie on top of the bed platforms. Single accommodation is available in Kathmandu. If interested, please inquire with the office for pricing.

ABOUT OUR GUIDES

Call of the Wild guides have extensive experience and bring proven leadership to your trip. We pride ourselves on giving women safe opportunities to venture out and do something they've never done before. Our guides are certified Wilderness First Responders and they'll go the extra mile to make you feel comfortable. For our Nepal Adventure, your guides will include a guide from the company headquarters in Mountain View, CA and a female guide from Nepal. You may read more about our guides on our website: <http://www.callwild.com>.

ABOUT THE FOOD

Traditional Nepali food is a blend of Indian influenced food, with little meat for religious traditions. Most Nepali's eat everyday twice a day dal (lentils), rice, and curried vegetables. While in Kathmandu, thanks to it frequent western visitors, you can partake in traditional Nepali foods, or find anything from pizza, fried chicken, or even a hot fudge brownie sundae. While on the trek, you will find a variety of hearty vegetable soups, curries, and many potato scramble dishes with eggs. Treats include chocolate banana pancakes or fresh chocolate cake from the Namche Bazaar bakery. Please let us know in advance if you have any food allergies.