

Trekking in Nepal:

September 25th –October 10th, 2010



Join Pemba Sherpa, a native of the Khumbu region of the Nepal Himalayas on this spectacular trek along the foothills of some of the world's highest peaks. Pemba has been guiding visitors to his homeland since 1986 and will do so again in 2010 taking us into the heart of the world's majestic Himalayan Mountains and into the rarely visited Luming Valley. Very few Westerners have ever ventured into this completely unspoiled valley! We will be surrounded by striking scenery as we trek through virgin terrain while marveling at views of Everest and its neighbors. We will also spend time with Pemba's family in the small Sherpa village of Sengma and will relax for a couple of days in Nepal's colorful capital city of Kathmandu.

ITINERARY

Day 1: Depart for Kathmandu.

Day 2: En route to Kathmandu.

Day 3: Arrival in Kathmandu.

We will be met at the airport by Pemba's Kathmandu staff, who will escort us to our hotel. The group is then free to explore Kathmandu or relax from the long trip.

Day 4: Kathmandu Sightseeing.

We have arranged for a private sightseeing tour of the mystical city of Kathmandu that includes the Buddhist shrines of Swayambunath (the famed monkey temple) and Bodhnath, as well as the Hindu funeral pyres of Pashupatinath. The evening is free to finish final packing arrangements.

Day 5 Ghat. (8,500 ft)

A morning flight takes us to the tiny airstrip of Lukla located at 9,350 ft. Landing in Lukla is one of the highlights of any trip to this region. The runway actually goes uphill with a wall marking the end of it! Lukla is the starting point for many trekking and mountaineering expeditions including for those who head to Mt. Everest. Here we pick up our trekking supplies and meet our trekking crew which includes porters, our own cook and our yaks. We begin our trek leaving Lukla, walking through the main street where many shop sell mountaineering goods, prayer flags and hot chai tea. Our route follows the Dudh Kosi River and heads for the Sherpa village of Ghat, descending about 1,000 feet (don't be surprised though... descending in the Himalayas means up and down and back up and at the end of the day you will have actually descended!). Since this is our first day of trekking, we will take it easy... we should reach Ghat in about 2 to 3 hours.

Day 6. Panjung (10,500 ft.)

Today our journey takes us up crossing the Dudh Kosi river. All the while we pass through magnificent fir forest and rhododendrons and magnolias grace the landscape. We climb up to our camp site at Panjung. From here we will catch our first glimpses of some of the most impressive peaks of the Himalayan Mountain Range. We will celebrate the first leg of our journey with a camp fire this evening!

Day 7. Lumding Valley (12,500 ft.)

We continue on our journey towards the long hidden and rarely visited Lumding Valley bounded to the West by the tumbling glaciers of Karyolung, Khargang and Numbur. The first exploration of Lumding Valley by a Westerner was made in 1953 by Jimmy Roberts and was followed in 1954 by Fred Becky. During his attempt on Kwangde Shar, he discovered one of the world's highest mountain lakes, Lumding Tsho Teng, which can only be reached by experienced climbers and mountaineers. Lumding Valley itself is a green oasis, an emerald blanket spread along the foothills of the snow-covered summits looming in the distance, with fresh mountain streams glistening in the mid-day sun and its landscape dotted by a few secluded sherpa huts. We will set up camp near Lumding River and listen to the sherpas tell stories about many of the long forgotten expeditions to this remote corner of the world.

Day 8. Lumding Valley.

We will spend the day exploring the valley where there have never been any houses, no lodges but only grazing yaks. One of your excursions will take us to a small waterfall where we can enjoy today's lunch.

Day 9. Chedigma Valley (11,500 ft.)

As we leave Lumding behind, we climb along a wide ridge and descent by about 500 feet until we reach another off the beaten camp site in Chedigma Valley.

Day 10. Sewangma (8,900 ft.)

Today we descent down to Sewangma, Pemba's boyhood village where his family will be waiting for us. We set up camp in front of Pemba's house in time to join the villagers' celebration of his arrival. Pemba's yearly visit to his home village is a "grand affair". All the local people gather in his house, delicious meals are prepared, traditional music is being played and the sherpas dance and sing until the early morning hours. You are welcome to join the singing and dancing for as long as you can stay awake!

Day 11. Sewangma.

After Breakfast we hike to Nahipomdok we'll visit local school, we'll come back for lunch in Sewangma. After lunch we visit Pemba's relatives, visit their homes and gaining an understanding of how the sherpas live. We will join them in their houses for chai and hot potatoes and, time permitting, we will watch them work in the fields (you are welcome to help out!).

Day 12. Lukla (9,350 ft.)

We continue on the final leg of our "off-the-beaten-path" trek back towards Lukla. The town is always bustling and busy with expeditions getting ready for their Himalayan adventure. Here we will settle into a comfortable guest house overlooking the little airstrip.

Day 13. Kathmandu.

We will take an early morning flight departing from the "memorable" Lukla airstrip back to Kathmandu. Remainder of the day at leisure

Day 14. Kathmandu.

Enjoy a free day in Kathmandu. Relax by the pool or finish some last minute souvenir shopping.

Day 15.

Depart Kathmandu.

Trip Notes:

In addition to your personal gear, you should bring a sleeping bag (rated 0 degrees or less), a daypack, and a large duffel bag with a double zipper that locks (for porters or yaks to carry with your personal gear). You will be provided with a two-person tent, full-length foam sleeping pad, all commissary gear, and eating/drinking utensils.

All personal gear, camp stools, folding tables, and dining tent are carried by porters and/or pack animals. Trekkers carry only a daypack with water bottles, camera, extra jacket, and items you may need during the course of the day. A full equipment list is provided after sign-up.

Cost: \$2526

Cost includes:

- Kathmandu/Lukla/Kathmandu flight
- Four nights Hotel in Kathmandu
- All meals during camping/trekking days
- Four days meal in Kathmandu

- Sightseeing in Kathmandu
- All ground transportation in Kathmandu
- Service of porters, cook and trekking staff
- Tents and foam sleeping bags
- Trekking permits
- Outing fee
- Airport transfers in Kathmandu

Not included are:

- International airfare in and out of Kathmandu
- Visa and passport fees
- Airport departure taxes
- Tips to guides and drivers
- Travel insurance
- Items of personal nature

Leadership

Pemba Sherpa grew up in the Khumbu region of the Nepal Himalayas. Pemba has been guiding trips to this part of the world since 1986. He has led over 20 trips to Nepal for the Colorado Mountain Club and the HEC, including Island Peak, Lobuche Peak, Chulu East, and Ama Dablam. He has lived in the Denver, Colorado since 1991, but spends three to four months a year guiding trips throughout the world.

Health

Immunizations will be necessary before leaving the United States. You and your doctor are responsible for determining what is necessary for you, although we will send a list of recommended vaccines. All cost for evacuation, hospitalization, and other medical expenses are the responsibility of the individual.

Qualifications

Participants should be experienced hikers in good physical condition. You must have the willingness to undergo of outdoor living and days of hiking, often at high altitude, with a smile!