



AWASUKA
आवासुका - आवास सुधार कार्यक्रम

EVEREST BASE CAMP AND KALA PATAR TREK



**Fundraising Charity Trek
for Awasuka Program**

**BY SACRED HIMALAYA AND
EL CAMI DE LA SOLIDARITAT**

Everest Base Camp and Kala Patar Trek

This trip is a must for those who want to get close and personal to the highest peaks on the planet.

However, this is not the classic Everest trek: yes, it will take you to the highest mountains on earth, but it will also have a big impact on the lives of many Nepalese rural families.

All proceeds from this trip will be donated to the AWASUKA program, which installs improved chimney-hood stoves for the poorest communities in rural Nepal. Through this trip, you will not only **experience Nepal and its mountainous beauty**, but you will be able to support a humanitarian project. Most importantly, you will be able to visit the Program office in Bhimphedi, speak with the beneficiaries, and get a guided tour by the Program Director to **see with your own eyes how the funds are being used and what their impact is**. Additionally, you'll also get a chance to know the history of Bhimphedi, a little village in the Mahabarat range which was the gateway to Kathmandu Valley until the 50s, once the first plane landed in Nepal.



essentials

Trip start **March 25th 2023**

17 days

March 25th - April 10th*

Cost of trip **€1899.00 Per Person**

2 People Minimum

*Your arrival and departure days may differ depending on your flight times. You may need to book additional accommodation if your flight days don't align with the trip dates. More info on page 11.



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Testimonial

“My wife and I were recommended to use Sacred Himalaya by a work colleague as our guide for our first ever trekking trip to Nepal. From the first moment I made contact with them I knew our trip was going to be successful. Their caring, understanding and professional approach to everything he undertook cannot be overstated...”

Dave Edmunds, UK



THIS TRIP IS FOR YOU IF:

- You want to experience a real mountain adventure
- You are ready for long hikes
- You are not afraid of heights or the cold

Adventure-filled itinerary

This adventure-filled itinerary will take 16 days. Not only will you be able to visit the **best sites in Kathmandu** and, most importantly, **the AWASUKA Program project area in Bhimphedi** (where you will be able to visit our beneficiaries, talk with them, as well as to discover the historical heritage of this village), but you will have the adventure of a lifetime on Everest. Our expert guides will take you to the **Sherpa lands of the Solukhumbu, up the Dudh Kosi, and into the Sagarmatha National Park**. The trip will culminate with a visit to the **Everest Base camp** where you will be in and amongst the Summit mountains themselves. Before the descent we will take you to visit **Kala Pataar for stunning views of Everest, of Lhotse, and of Nuptse**.

Trip Itinerary

1. Kathmandu Arrival

On your arrival at Kathmandu, Tribhuvan Airport, you will be met by a representative of Sacred Himalaya and taken to your hotel in the Thamel district of Kathmandu. Overnight in Kathmandu.

2. Swayambhunath Temple – Kathmandu Durbar Square

This will be the first of your sightseeing days in Kathmandu. In the morning we will head for Swayambhunath (Monkey) Temple.

Swayambhunath is a UNESCO, World Heritage and one of the must see sights of the Valley. We will walk the 365 steps up to the Stupa. There is much to see, not least the three large Buddha statues of Shakyamuni Buddha, Chenrezig and Guru Rinpoche in the park to the rear. In the afternoon we visit the Durbar square in Kathmandu Overnight in Kathmandu.

3. Fly to Lukla, trek to Phakding (8km, 3-4 hours trek)

During the 40-minute flight from Kathmandu to Lukla (9,186ft), we enjoy one of the most beautiful air routes in the world, culminating on a hillside surrounded by high mountainous peaks. At Lukla, a gateway destination from where our trek begins, we meet our other crew members and begin packing and arranging with them. From Lukla, we start trekking. After one hour of gradual descent, we will reach Cheplung village from where we have a glimpse of Mt. Khumbila (18900ft), a sacred mountain which has never been climbed. From Cheplung, we then gradually descend until we reach Phakding and spend the night there.



4. Phakding to Namche Bazaar (11km, 5-6 hours trek)

Walking through a beautiful pine forest, we follow the trail north up the valley of Benkar. Then, we cross Dudh Koshi River and go on passing Chumoa to Monjo, the entrance to Everest National Park. Then crossing a suspension bridge, we pass Jorsale village and walk alongside the Dudh Koshi and Bhote Koshi rivers. A steep ascent brings us to the prime heartland of Sherpa village – Namche Bazaar. At one hour's distance to reaching Namche Bazaar, if the weather permits, we can view the sights of Mt. Everest and Mt. Lhotse. Overnight in Namche Bazaar.

5. Acclimatization Day – Namche Bazaar

There are plenty of things to do around Namche Bazaar, and we can spend a day here acclimatizing. Namche Bazaar is the main center of the Khumbu region and has government offices, ATMs, Internet cafes, shops, restaurants, and a colorful market. Our guides can take us to explore the real charm of Namche Bazaar. Hiking to Sagarmatha National Park rewards trekkers with a sunrise view and the views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. If we are interested in a day hike, we trek to Khumjung village (12401ft) – a beautiful village with a Sherpa settlement. In exploring Namche Bazar, we observe traditional Sherpa life, Khumjung Hillary School and enjoy flora and fauna found at such altitude. Overnight in Namche Bazaar.

6. Namche Bazaar to Tengboche (10km, 5-6 hours trek)

This segment of the trek includes the famous descent to the Dudh-Koshi River and the equally famous ascent along the rhododendron forests to Tengboche. While descending towards the Dudh Koshi River, we enjoy the views of mountain tops like Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. Upon reaching Tengboche, we visit Tengboche monastery, the largest monastery in the region, and soak in the views of Everest, Ama Dablam and other peaks. Overnight in Tengboche.

7. Tengboche to Dingboche (9km, 5-6 hours trek)

We descend and trek through forests filled with a variety of lush trees – birch, conifers and rhododendrons. This journey again rewards us with tremendous views of Mt. Everest, Lhotse, and Ama Dablam. The picturesque trail dips down to Devuche, crosses the Imja River and takes us to Pangboche. The upper Pangboche trails reward us with a more pristine view of the Himalayas and the Pangboche Monastery. The trek moves ahead towards the Imja Valley, Lobuche River and ultimately begins climbing up to Dingboche. At Dingboche, we see a beautiful array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold winds and grazing animals. Overnight at Dingboche.

8. Dingboche - Acclimatization

Dingboche is a popular stop for trekkers and climbers headed to Mt. Everest, Ama Dablam or Imja Tse. The village is beautiful with an array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold wind and grazing animals. We spend a day at Dingboche for acclimatization. We take day hikes to either Nagarjun Hill or Chukkhung Valley for great views of Makalu, Lhotse, Chalotse, Tawache and Ama Dablam.

9. Dingboche to Lobuche (7km, 5-6 hours trek)

We start the day with a gradual climb to Duglha at the end of the terminal moraine of the Khumbu Glacier. From here, we climb up a steep trail to Chupki Lhara, where we find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks – Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche. Overnight in Lobuche.

10. Lobuche to Gorak Shep, visit Everest Base Camp (13km, 6-7 hours trek)

We take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come across the Indian army mountaineers' memorials. The path from here can be misleading; hence, it is important that we follow our lead Sherpa diligently. The walk is strenuous due to thin air in the high altitude. We pass through rocky dunes, moraine and streams before reaching the Everest Base Camp. Upon reaching the Everest Base Camp, we see tents of mountaineers that stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. We get back to Gorak Shep for a good night's rest. Overnight in Gorak Shep. However, the sunset view from Kala Patthar is more admirable than the sunrise view, so it is recommended that we visit Kala Patthar at sunset on day 10. As the setting sun's rays strike the snow-capped mountains, the resulting scenery is incredible. Therefore, for those trekkers who wish to continue to Kala Patthar on day 10 instead of the next day please inform your guide and he/she will coordinate accordingly.

11. Gorak Shep to Kala Patthar to Pherice (16km, 7-8 hours trek)

We prepare for an early morning departure, amid pre-dawn darkness and cold temperatures (-10 to -14 C). Plus, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east even as Everest begins to reveal itself. But, it is upon reaching Kala Patthar that we get to see a 360 degree up-close and formidable view of Mt. Everest. We take pictures, enjoy the magnificent mountain panorama, and then return back to Pheriche for a good night's rest. Overnight in Pherice.

12. Pheriche to Namche Bazaar (20km, 6-7 hours)

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colorful pheasants and mountain goats. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails and then go through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.

13. Namche Bazaar to Lukla (7-8 hours)

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural.

After our arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Overnight in Lukla.

14. Fly to Kathmandu

We catch an early morning flight to Kathmandu after our long mountain journey. We can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenir shopping or sightseeing.

15. Kathmandu- Bhimphedi, Awasuka Program's site

Early in the morning we will take a 3-4 hour drive to the south-west of Kathmandu, which will take us to Bhimphedi, the rural village where the AWASUKA Program, which installs improved chimney-hood stoves for rural communities, is based. This is a special occasion, as both of Awasuka trips will coincide in Bhimphedi, in order to end the trip together. The whole day will be spent in this village, talking to the Program Director – who will explain the project and will give you a cultural tour of Bhimphedi – and the beneficiaries in the area. Overnight night at Bhimphedi on Camping.

16. Bhimphedi – Kathmandu

After breakfast we leave Bhimphedi towards Kathmandu. We will arrive in Kathmandu in the afternoon, at around 1pm. We enjoy the day leisurely or catch up on some last minute shopping or explore any landmarks we missed during our first day in Kathmandu. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening, with the possibility of a concert by the Awasuka program director, featuring some Awasuka songs and some Nepali traditional music you need to know. Overnight in Kathmandu.

17. Final Departure

Our journey in Nepal comes to an end today! Depending on the time of your flight departure, you may have time for a little more sightseeing or shopping in Kathmandu. We will then take you to Tribhuvan airport 3 hours before the departure time of your flight home and see you to your departure terminal where we will say goodbye and hope very much that you will have enjoyed your time with Sacred Himalaya. On your way home, you will have plenty of time to plan your next adventure in the wonderful country of Nepal.

Cost breakdown

€1899.00 Per Person

2 People Minimum

What does the price include?

Kathmandu

- 4 Nights accommodation in a hotel in Kathmandu with breakfast, lunch and dinner.
- Guided tour of Kathmandu
- Domestic flight Kathmandu-Lukla-Kathmandu.

Trekking

- Teahouse accommodation during the trek
- All meals (breakfast, lunch and dinner) during the trek
- All ground transportation
- All the trekking permits and Everest national park fee
- Domestic flights (Kathmandu-Lukla-Kathmandu)
- An experienced, English-speaking and government-licensed trek leader and assistant
- Trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter) Staff costs including their salary, insurance, equipment, food and accommodation

Bhimphedi

- All the ground transportation by private vehicle

Not included

- Nepalese Visa fee
- Your travel and rescue insurance.
- International airfare to and from Kathmandu (*)
- Personal expenses (phone calls, laundry, bar bills, mineral water, cold drinks, Wifi/internet, etc.)
- Tips for guide, porter and driver
- Awasuka Concert ticket

(*) Please note that, depending on your country of origin, the arrival date to Nepal may not coincide with the flight date you have to purchase. Usually flying from Europe or the States may require to leave a day earlier. The accommodation included in the price only covers the duration of the organised trip - you may need to book additional days if you plan to arrive earlier or leave later.

What to take with you?

Important documents and items:

- Valid passport (minimum 6 months remaining at the end of your adventure), 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance.
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts.*
- Credit or debit cards for use at Bank/ATM/Cash machines for withdrawing additional funds if required from cash machines (bring a photocopy of your cards etc).

Sleeping

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)
- Fleece or silk sleeping bag liner (optional)

Packing (rucksack and travel bags)

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carry-on)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Practical Items

- 1 metal water bottle (1 liter each)*
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 4 large, waterproof, disposable rubbish sacks



What to take with you?

Clothing

Head

- Bandana or head scarf, also useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Wicking (polypropylene) shirts (1 short sleeve and 2 long sleeves)
- Lightweight thermal tops
- Fleece wind-stopper jacket or pullover
- Windproof & waterproof (preferably breathable fabric) jacket with hood
- Down jacket

Hands

- 1 pair of lightweight wool or fleece gloves

Lower Body

- Non-cotton underwear briefs
- 1 pair of hiking shorts
- 1 pair of hiking trousers
- 1 pair of fleece or woolen (thermal) leggings
- 1 pair of windproof & waterproof (preferably breathable fabric) trousers

Feet

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of hiking boots (sturdy soles, water resistant, good ankle & arch support, "broken in") with spare laces
- 1 pair of trainers or running shoes and/or sandals/sliders
- Cotton socks (optional)

Extras/Luxuries

- Reading book
 - Trail Map/guide book
 - Journal/notebook and pen
 - Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
 - Plug adapter (UK to 2 round pegs) & Extra pre-charged battery packs to recharge phones / cameras, multi-plug extension cord
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What to take with you?

Toiletries & Personal Hygiene

- Sun lotion
- Nail clippers
- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)*
- Multi-purpose soap (preferably biodegradable)*
- Deodorants
- Face and body moisturiser
- Female hygiene products as appropriate*
- Small mirror
- Reusable Wet wipes (baby wipes)*
- Tissue /toilet roll (preferably biodegradable)*
- Anti-bacterial hand wash



Medical

- Small, personal first-aid kit (simple and light)
 - Aspirin, first-aid tape and plasters (Band-Aids)
 - 1 skin-blister repair kit
 - Anti-diarrhea pills
 - Anti-headache pills (Paracetamol / Ibuprofen)
 - Cough and/or cold medicine
 - Anti-altitude sickness pills (where available): Diamox or Acetylzolamide
 - Stomach antibiotic: Ciprofloxacin, etc. (can be bought very cheaply and easily in Kathmandu).
 - 1 set of earplugs
 - Extra pair of prescription glasses, contact lens supplies
 - Multi Vitamin tablets (optional)
 - Water purification tablets or Steripen (optional)*
 - **Do not bring sleeping pills as they are a respiratory depressant.**
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IMPORTANT NOTES

Currency

The currency in Nepal is Nepalese Rupee. It is recommended you do not exchange currency for Nepalese rupees at the airport, rather wait until you meet your arrival staff who will be able to arrange a better exchange rate at an exchange bureau close to your hotel in Thamel – Kathmandu.

Care for the environment

Considering that this is a **charity trip for Awasuka**, we highly recommend using biodegradable products. This is not only for ecological reasons, but also because **Nepal doesn't have a waste management policy**. All non-recyclable / non-biodegradable waste you produce could end up in the Nepalese scenic landscape or be burned in households, producing **highly toxic fumes**. It's our responsibility to avoid this, as we support the smokeless kitchens program.

DRINKING WATER. We suggest a **metal water bottle** for your own personal use to avoid the purchase of many plastic bottles. For drinking water you can use different **purification methods** (solid tablets, liquid chlorine, etc...) or refill your bottle from the jars provided by Sacred Himalaya agency. Clean water awareness is one of Awasuka's main projects, as shown in the [Water Paani song video in Youtube](#).

HYGIENE PRODUCTS. We suggest the use of **biodegradable hygiene products** for the aforementioned reasons. You may find many of them in the market, usually liquid multipurpose soaps, but we strongly recommend **solid soaps**, which do not come in a plastic bottle.

FEMALE HYGIENE. Many Awasuka Program's female volunteers decide to make a change in their lives before traveling to Nepal: they switch from single-use-pads to **menstrual cup**. This makes them feel more comfortable, self-reliant and environmentally conscious. An equally environment friendly option are reusable washable pads.

WET WIPES. We suggest using **reusable wipes** for aforementioned reasons; on the internet there are many types of reusable wipes that you can purchase to support the environment.

Trip co-organisers

About AWASUKA program

AWASUKA program is a Catalan-Nepalese social organization tackling the indoor air pollution crisis in rural Nepal.

Currently, they are locally manufacturing and installing smokeless kitchens to improve the living conditions and health of women & children.



AWASUKA
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About Sacred Himalaya

Sacred Himalaya is a Nepal based trekking agency specialising trekking, peak climbing, mountain expedition and pilgrimage tours in the Himalayan regions of Nepal, Bhutan and Tibet. They provide intimate personalised tours, tailor-made to ensure our clients get the very most out of each trip they undertake with us. The team is composed of local government certified guides.



How to book your trip

1. Choose your trip at elcami.eu
2. Pay for your trip via bank transfer
3. Enter your receipt details on elcami.eu
4. Start packing!



“El Camí de la Solidaritat” is a non-profit, non-governmental organization created in 2013 in Cambrils, Spain. We promote and defend social transformation aimed at improving living conditions, empowering the most vulnerable groups of local communities, and incorporating a gender perspective with each of our projects. We fight for human rights and inspire social consciousness of our obligations as a collective society.

Thank you!



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