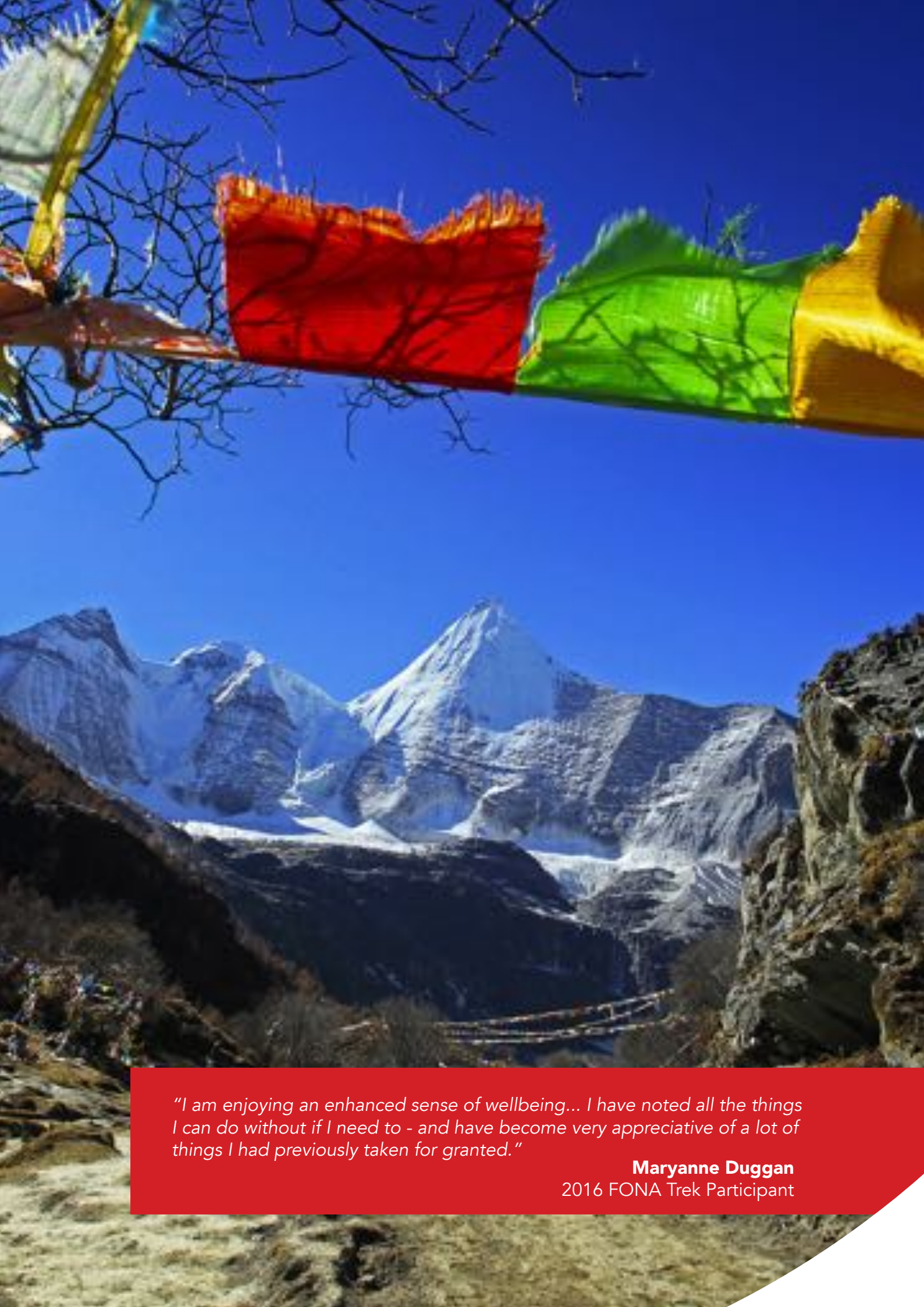


TREK EVEREST BASE CAMP
MAKE A DIFFERENCE



FONA

Big ideas, practical solutions



"I am enjoying an enhanced sense of wellbeing... I have noted all the things I can do without if I need to - and have become very appreciative of a lot of things I had previously taken for granted."

Maryanne Duggan
2016 FONA Trek Participant



Prayer Flags

Himalayans believe that when the wind blows the flags, it spreads the blessings, good will and compassion embodied in the images and writings across the land. Eventually the prints fade and the prayers become part of the universe, and the prayer flags are renewed.



LET US SHOW YOU NEPAL

FUNDRAISING TREK EVEREST BASECAMP

9 - 27 September 2017

If you have ever wanted to do something that makes a difference, that changes who you are and who you could be, then that time is now. Let us show you the best of Nepal, on FONAs fundraising trek to Everest Base Camp. We are passionate about sharing the best of Nepal with people from around the world, and have partnered with Boundless Himalayas to deliver an exclusive trek and cultural program to walk to Everest Base Camp and immerse in the villages of remote eastern Nepal.



ABOUT THE TREK

FONA's 20-day program in Nepal will give you the opportunity to take a break, embrace the physical challenge of one of the most famous trekking routes on Mount Everest, and gain a truly local experience in Nepal. Immerse in the traditional villages, learn from the ancient wisdom and generosity of the traditional village and experience the warm hospitality that Nepal is so famous for.

This is a personal journey of discovery, where you will test yourself and be a part of something greater than yourself. Not only will you reach an altitude of just over 5,380m at Everest Base Camp, but by fundraising a minimum of AU\$5,380 towards FONA's flagship Education Centre in Sindhuli, Nepal, you'll support the community in accessing world class education and training. The group size will be small, capped at 12-15 people to keep it personalised so that everyone can get the most out of the experience.

Please take a moment to read the following information. All of the booking information is detailed below. You will be provided with a booking confirmation and plenty of resources to help you plan your time in Nepal.

We look forward to having you join us on our trek to Everest Base Camp!



Your Host

AMIT THAPA

FONA
Chairman & Co Founder

Why Trek with FONA?

FONA is a strategic development organisation whose solutions are designed to be pragmatic and deliver long term impact. We help communities, business, government and philanthropists be more effective by developing better strategies for collaboration on international development.

FONA selects programs in areas such as education, leadership, heritage and infrastructure that are vital to shaping the direction of societies to meaningfully participate in a global economy.

By participating in our fundraising trek you are supporting FONA's flagship Education Centre of Excellence project. This is a collaboration with the University of Melbourne School of Design to establish a state-of-the-art agricultural technology education and community centre to build capacity and cultivate the potential of the community through education.



TREK ITINERARY

Day 1: Arrive in Kathmandu/
hotel transfers

Day 2: Kathmandu sightseeing &
trek preparation

Day 3: Fly to Lukla (2,800m), trek
to Phakding (2,652m)

Day 4: Trek to Namche Bazaar

Day 5: Rest day at Namche Bazaar

Day 6: Trek to Khumjung
(3,810m)

Day 7: Slight descent (3,250m)
before trekking on to Tengboche

Day 8: Trek through Pangboche
(3,860m) onto Dingboche

Day 9: Rest day at Dingboche

Day 10: Climb to Duglha (4,620m)
up past the Khumbu Glacier onto
Lobuche (4,930m)

Day 11: Trek to Everest Basecamp
and onto Black Rock (5,545m)

Day 12: Return to Lobuche

Day 13: Trek to Pangboche
(3,860m)

Day 14: Trek through Tengboche
onto Namche Bazaar

Day 15: From Namche Bazaar we
trek to Phakding (2,652m)

Day 16: Trek Phakding to Lukla
(2,800m)

Day 17: Fly to Kathmandu

Optional:

Day 18: Visit village Sindhuli

Day 19: Village program

Day 20: Return to Kathmandu

FONA

Big ideas, practical solutions



TREK OVERVIEW

Kathmandu

The Everest Base Camp trek will begin in Kathmandu with an airport transfer to your hotel where you will be greeted by FONA representatives. Once everyone has arrived a team meeting will be held where you will be briefed on all the necessary preparations and this will be an opportunity to have your questions answered by your guides.

You will be provided with some suggestions on good shopping areas in Kathmandu and restaurants to enjoy during your stay in this bustling city. There is also the option of sight seeing the historic monument zones with our local guide, or if you prefer you are free to explore at your own pace.

Lukla

The next morning we enjoy a breathtaking mountain flight to TenzingHillary airport at Lukla for the beginning of our trek. The terrain during our first part of our trek is gentle with a few long hill climbs following wellformed tracks through the Sherpa homeland.

Phakding

From Lukla the trail continues to the lower Khumbu Valley providing views of the Himalayan Pines, and the looming mountains above. We will spend a night in Phakding before continuing our trek to the base of Namche Hill.

Namche Bazaar

After completing a long climb we arrive at the famous village of the Namche Bazaar, which is the center of trade for the Sherpa people. The Bazar is hundreds of years old and provides

spectacular view across the valley to Mt. Kwonde.

The next day is an opportunity to explore the amazing Sherpa architecture during our rest day, or indulge in a high altitude croissant from the bakery. You have the option of a day hike to Thame or simply relax and enjoy the delights of the bazaar.

Shyangboche

From here we trek to the Shyangboche airstrip and the location of the Everest View Hotel, which was built by the Japanese and provides amazing views of highest mountains on earth.

Khumbu Valley

We then trek towards Tengboche Monastery, the biggest monastery in the Khumbu Valley. The ascent to the monastery takes us through a spectacular rhododendron forest, which will be in full bloom during April. The high ridges of Mt Nuptse and Mt Lhotes with Ama Dablam looking over the valley below can also be seen at this viewpoint and the monastery provides a moment of peace and tranquility.

Dingboche

Our next stage is a small descent through lush forests and then a gradual climb up to the valley and settlement of Pangboche. Passing through the village we continue our trek passing gazing yak herds before reaching Dingboche.

At Dingboche you will enjoy a well-earned day of rest to acclimatize with the option of participating in a day trip to explore the valley to Chhukung for more spectacular views.

Lobuche

During the next stage of our trek, we head towards Lobuche village and the base of the Khumbu Glacier. Mt. Everest remains hidden from us however you will enjoy expansive views of Pumori, Nuptse, Lobuche and Taweche.

Everest Base Camp

After a nights rest we will climb to Gorak Shep and move towards Everest Base Camp! Once at Base Camp trekkers can rest and recuperate while watching the Sherpa activity as they prepare to transport food, fuel, tents and oxygen cylinders to the spectacular Khumbu Icefall.

The Decent

After we say goodbye to Base Camp we begin our descent to lower altitudes, towards Gorak Shep. Just above Gorak Shep is Kala Patar, which is the highlight of the trek from Khumbu. At sunrise or sunset, the views of Everest can be magical and we hope to capture a few photographic gems with you and the team here. Over the next 3 days we return the way we came crossing back over the Hillary Suspension Bridge, back past the Namche Bazaar before returning to Lukla.

The options at Kathmandu

After we return to Kathmandu you have the option of visiting Sindhuli in the foothills of Nepal, where a cultural program awaits you. Explore the village and experience what it is like to live in a rural village in Nepal. You will also have the opportunity to visit the school which is the site of FONA's flagship Education Centre. We will camp in the village before returning by car to Kathmandu.

TREK DETAILS

QUICK FACTS

Destination

Everest Base Camp
Kalapatthar / Sindhuli

Altitude

Minimum: 2800m
Maximum: 5545m

Grade

Moderate

Best Season

Spring & Autumn

Accommodation

Mountain Lodges &
Camping

Entry/Exit

Lukla

Duration

18/20 Days

Accommodation

Your trek includes the best accommodation options available consisting of simple teahouses and mountain lodges. Each teahouse or lodge will consist of 2 single beds in a shared room, shared bathroom facilities, and a communal eating area. During our stay in Kathmandu we will be at a beautiful 5 star hotel. Camping in the village.

Cultural Highlights

The trek will provide many opportunities to enjoy cultural highlights of the Himalayas, including the world famous Sherpa settlement Namche Bazaar, known as the gateway to Mt. Everest and capital of the Sherpa community. It is a hive of activity and includes people from other ethnic communities including the Rai Tamang, Bramhan and Chhetri providing some great cultural diversity for much of our trail.

Personal Expenses & Tips

Depending on your personal taste and shopping habits, we recommend an allowance of \$800 AUD for the entire 20 day trip. Tipping is acceptable and part of everyday life in Nepal but always at your discretion. At the end of the trek we do ask that each participant offer \$100 for the guide and team as a token of appreciation and that as a group you determine the best allocation of the funds based on level of service and experience.

Trekking at Altitude

Our trekking itinerary has been designed to acclimatize your body to the higher altitudes gradually with ascents and descents throughout the trail. Rest days have been included at the relevant elevations to allow your body time to adjust to the thin air and we always carry medication to deal with most altitude related symptoms. We always recommend good hydration, rest days and a good base level of fitness for this trek to avoid any significant health problems during the trek.

Food

Food will be of the highest standard possible given the remoteness of the locations and based on local cuisine. We encourage all trek participants to eat well especially at altitude. Please inform us in advance of any special dietary requirements.

Currency

Foreign currency (AUD) can be exchanged easily within Kathmandu where ATM's are accessible. Please note: Visa or Mastercard are accepted more widely than other key cards. During the trek, ATMs are located in Lukla and Namche Bazaar, however, they are not reliable and it is better to carry your entire trek budget with you.

Equipment

A list of suggested equipment will be supplied to you before the trek. You can purchase any equipment you do not already own in Kathmandu, or hire equipment at relatively lower costs. A porter will carry your equipment in your duffel bag/ rucksack during the trek. You can carry a day backpack with essentials such as a camera, chargers, sunglasses, sun lotion, etc. FONA is committed to best practice working conditions for our porters include pay, general rights and a weight limit on duffel bags/ rucksacks.

FONA's Approach to Tourism

Our efforts to influence better practices in Nepal Tourism industry.

Nepal tourism was affected severely after the devastating earthquakes in 2015. Although a year has passed the impacts of this event can still be seen throughout Nepal and we ask for your patience, as roads and infrastructure are still being rebuilt. During your time in Nepal we encourage you to remain open minded and flexible while the country continues to recover. Your time in Nepal provides much needed tourism back into the area and supports the regeneration of the villages along the trek and the surrounding rural communities.

First Aid

Your guide will carry a firstaid kit and we strongly recommend you carry your own first aid supplies along with any medication you may require and that you visit a good travel doctor prior to departure from Australia. For your personal firstaid we recommend the following:

- Broad spectrum antibiotic
- Antiseptic cream
- Throat Lozenges
- Cold and Flu medication
- Diarrhea medication
- Pain killers
- Plasters/BandAids
- Insect Repellant
- Rehydration salts &/or electrolytes

Travel Insurance

It is a condition of joining this trip that you be adequately insured. All trekkers are expected to arrange their own travel insurance. Policies should cover any risks associated with a high altitude trekking holiday. The trek organizer will require a copy of your travel insurance policy when you complete your booking. The policy should include emergency medical and repatriation expenses as well as mountain rescue. We strongly advise you to take our cancellation insurance when booking your trip.

Cost

The total cost of the trip is **US\$3,000** per person or approximately **AU\$4,000** per person. This includes the fully supported Everest Base Camp Trek, 3 nights' accommodation in a 5-star hotel in Kathmandu, return domestic flights Kathmandu to Lukla, and the Sindhuli village program. International airfares, extra nights' accommodation and single supplement not included. Please aim to arrive in Kathmandu by Saturday, 9 September to allow sufficient time to arrange your trekking permits before we fly to Lukla on the morning of Monday, 11 September.



FUNDRAISING

By participating in this exciting trek to Everest Base Camp at just over 5,380m, you will commit to raising a minimum of \$5,380, which goes directly to FONA's education centre project. Fundraising is a great opportunity to stretch your comfort zone and become involved in creating real and long lasting change for Nepal.

If you sign up in March you'll only need to fundraise \$200 per week to reach the target by your departure date.

Your fundraising efforts will be fully supported by FONA, we will provide suggestions, tips, and advice on how to rally support from people around you during the lead up to the trek. FONA can participate at your fundraising events, support you with marketing material, and promote your fundraising efforts in our media channels. Our experience has shown that supporters will go above and beyond to help you and we're confident you'll raise much more, closer to Everest Summit than Base Camp! When it comes to fundraising, the sky is the limit!

FONA (Friends of Nepal Association) is registered as a charity with the Australian Charities and Not-for-Profits Commission (ACNC) and has Deductible Gift Recipient (DGR) status with the Australian Tax Office. Eligible donations are tax-deductible.



FONA 2016 Fundraising Trek

WHAT'S INCLUDED

- ⊙ 5-star Accommodation in Kathmandu
- ⊙ Sightseeing in Kathmandu with private guide
- ⊙ Entry to historic monument sites
- ⊙ Everest National Park trekking permit
- ⊙ Trekkers Information Management System (TIMS) permit
- ⊙ Return domestic flights Lukla-Kathmandu
- ⊙ All accommodation during the trek in tea houses or lodges
- ⊙ Meals during trek and village program (breakfast, lunch, dinner), tea and coffee, seasonal fruit.
- ⊙ Qualified and experienced trekking guide and porters.
- ⊙ Airport transfers and ground transport
- ⊙ Trekking guide and porter salary, meals, accommodation and insurance
- ⊙ All official paper work and taxes
- ⊙ Sleeping bag, down jacket and rucksack if required
- ⊙ Farewell dinner at the end of the trek

Services not included

Lunch & dinner in Kathmandu • Personal expenses including bar bills & bottled mineral water • Travel insurance • Tips / gratuities • Expenses incurred due to unforeseen circumstances • Visa payable at immigration.

TREK EVEREST MAKE A DIFFERENCE BOOK NOW

To book, please visit our website: <https://www.fona.org.au/get-involved/travel/everest-trek-2017> or contact us via email events@fona.org.au. To secure your booking a deposit of **AU\$500** is required with the balance due at least 90 days before departure.

The dates again are: Saturday, 9 September to Wednesday 27 September 2017 inclusive.

Payments can be made via EFT:

Bank/Branch: Macquarie Bank / Sydney, 1 Shelley Street, Sydney AUS

Account name: Friends of Nepal Association

BSB: 182512

Account No: 963594114

Account Type: AU Dollars

Swift Code: MACQAU2SXXX.

Note: All bank transfer charges are for the payee's account.

We can also accept deposit by credit card (Visa, Mastercard, Amex), and the balance payment by credit card plus a 3% credit card fee.

Cancellation Policy

- Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees 90 days prior to your trip commencement date. A trek member may then cancel his/her participation on the following basis:
- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89-45 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations within 45 days of the departure date a cancellation fee of 100% of the full fee applies.

www.fona.org.au

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