FUNDRAISING TREK TO HUMLA, NEPAL

October 3 – October 27, 2008

PURPOSE: To raise funds that will help support community-based activities (primarily safe motherhood initiatives) in the remote district of Humla; promote income generation by employing local Humlis; introduce westerners to the culture of Nepal and have a fantastic adventure while trekking with a great group of women!

TENTATIVE ITINERARY:

Day 1 (Oct 03): Fly from Reno-Los Angeles-Bangkok-Kathmandu (or whatever route you choose).

Day 2 (Oct 04): Still traveling

Day 3 (Oct 05): Arrive in Kathmandu (KTM) **Need to arrive in KTM on or before October 5th, transfer to Hotel

Day 4 (Oct 06): Group sightseeing in the Kathmandu valley, Hotel

Day 5 (Oct 07): Free time in the morning in KTM, last minute organization & packing, then fly to Nepalgunj. Overnight at the Sneha hotel in Nepalgunj.

Day 6 (Oct 08): Up very early for our flight to Simikot, the district headquarters of Humla, situated at approximately 9200 ft. Acclimatization day. Teaching reproductive health and safe motherhood at the local health post.

Day 7 (Oct 09): Simikot → Torpa HP (3.5hrs) or Limatang (1 hr more)

Day 8 (Oct 10): *OPTIONAL DAY*: Up to Raling Gompa (3 hrs each way) or teaching in Tehe while porters/horses move camp down to Gyagrung (river basin below Tehe & Dojam)

Day 9 (Oct 11): Limatang/Gyagrung → Ghatya (Long day- ???Hrs - will take pack lunches)

Day 10 (Oct 12): Ghatya → up over Margo La (4300m/14,190ft) (2.5 - 4 hrs) Down from Margo La → Pangkha (1.5 - 2.5 hrs)

Day 11 (Oct 13): Pangkha camp → Sarkegadh HP (???hrs)

Day 12 (Oct 14): Sarkegadh HP → Ripagadh (khola before Ripa)
Day 13 (Oct 15): Ripagadh → to remote site (Ripa Phuk)

Day 14 (Oct 16): Remote camp → Kuwadi Khola (up over pass Dhera Pass (3415m/11,269ft) & steep down)

Day 15 (Oct 17): Kuwadi Khola camp → To the "big valley" (4.5 hrs) (base of Saipal (7035m peak) & summer village of Sala)

Day 16 (Oct 18): Sala → up over Sankha La (4375m/14,438ft.) → then down to the river campsite just below Chala

Day 17 (Oct 19): River camp → Chala → Yalbang HP (3 hrs up & 2 hrs down)

Day 18 (Oct 20): Rest day at Yalbang HP, visit monastery

Day 19 (Oct 21): Yalbang → Kermi (HP & hot springs)

Day 20 (Oct 22): Kermi → Majgaun

Day 21 (Oct 23): Majgaun → Simikot

Day 22 (Oct 24): Fly from Simikot – Nepalgunj – Kathmandu

Day 23 (Oct 25): Possible flight day from Simikot if weather is bad and we are unable to fly on the previous day otherwise shopping & sightseeing in Kathmandu.

Day 24 (Oct 26): Shopping & sightseeing (independently) in Kathmandu or a scenic mountain flight to Everest can be arranged (additional charges apply).

Day 25 (Oct 27): Fly home

**Optional extra days: I highly recommend that people allow themselves an extra day or two at the end of our trek to ensure that they arrive in KTM in time to make their return flights home. Weather can be a bit unpredictable in the mountains and flights do not always fly as scheduled.

REQUIRED FITNESS LEVEL:
This is considered a difficult trek due to the remoteness of the area, lack of infrastructure, and altitude gained. Trekking days will vary in length and elevation gained or lost, but on the average they will be 5-8 hours with a lot of up and a lot of down. Humla has very little flat ground.
Porters or horses will carry most of your gear but you will need to be able to carry a small daypack with 2 liters of water, extra clothing, snacks, sunscreen, hat, and camera. You will need to be in good physical shape in order for this to be a pleasant and memorable adventure.

**PRICE AND WHAT IS INCLUDED: $3000**

- 5 nights accommodation in KTM twin share BB basis at 3 or 4 star hotel (Hotel Shanker?)
- 1 day sightseeing in KTM (Bodhinath, Pashupatinath & Bhaktapur)
- Transport for sightseeing day
- Sightseeing guide
- Twin share basis in Nepalgunj
- Dinner and breakfast for 1 day in Nepalgunj
- Guide, cook and kitchen support staff
- Mules or porters for luggage on the trek
- All meals during trek, Simikot to Simikot
- All camping and camping equipment
- All camping charges
- Clients airfare KTM/Nepalgunj/Simikot and return
- Domestic airport taxes
- Humla restricted area permit fees
- All travel expenses for Nepali staff
- All pickup and drop services
- DDC tax

**WHAT IS NOT INCLUDED?**

- International airfare
- Nepalese visa (approx. $30) available upon arrival at the Kathmandu airport
- Travel Insurance for clients and Emergency Rescue
- Medical expenses
- Sightseeing entrance fees in KTM
- Airport tax upon international departure (1100 Rupees = approx. $20)
- Tips for porters/guides/cooks/trek staff
- Laundry
- Meals in Kathmandu
- Alcohol
- Telephone calls/internet service
- Domestic access baggage charge (*weight limit is 15 kg*)
- Sleeping bag & mattress during trek
- Extra service and nights of accommodation if needed
- Anything not mentioned above
DEPOSITS:
A nonrefundable $500 per person deposit is required by April 1, 2008 to reserve a place on the "Fundraising Trek to Humla, Nepal". Space is limited to 10 women. Full payment of $3000 is due no later than July 1, 2008, if unpaid at this time deposits will be forfeited.

PAYMENTS:
Personal checks, cashiers checks or money orders can be made out to: Bodhi Tree Foundation, 12613 Pinnacle Loop, Truckee, CA 96161.

REFUNDS:
In the event that you decide not to go or are unable to go on the trek, the following guidelines will apply:
Prior to July 1, 2008 - 75% refund minus the nonrefundable deposit
Prior to August 1, 2008 - 50% refund minus the nonrefundable deposit
After August 1, 2008 - NO REFUNDS
If the trek ends early due to safety concerns, accidents, illness, weather or any other unforeseen problem there will be no refunds. If you have not paid in full by July 1, 2008 and you have not contacted us concerning other payment options, we have the right to schedule someone else in your place. Bodhi Tree Foundation will not be liable for costs associated with this policy.

IF THE TREK IS CANCELLED: all payments will be refunded

LIABILITY WAIVER:
All participants will be required to sign a liability release. This acknowledges that you understand and accept the risks and hazards associated with trekking and traveling in a foreign country and are medically fit for the trip.

INSURANCE:
All participants are encouraged to have insurance for all medical and hospital costs, including all associated rescue, evacuation and transportation costs. Travel insurance is highly recommended!!

RECOMMENDED IMMUNIZATIONS:
- Hepatitis A
- Hepatitis B
- Meningococcal Meningitis
- Polio
- Tetanus Toxoid
- Typhoid
- Measles, Mumps, Rubella

www.ciwec-clinic.com (good clinic in KTM staffed with Western doctors)
PACKING LIST

SLEEPING BAG (0 degree)
THERMAREST
TRAVEL PILLOW (?)
DOWN JACKET
GORETEX/WATER-RESISTANT SHELL
FLEECE JACKET
WINTER HAT
GLOVES
GAITERS(?)
SUN HAT
SUNGLASSES
HIKING SHOES/BOOTS
TEVA-TYPE SANDALS
SOCKS 3-4PRS.
LONG UNDERWEAR (1 for hiking and 1 for sleeping)
PULLOVER HEAVY WGT. TOP
QUICK DRY PANTS
2ND PAIR OF PANTS
UNDERWEAR
JOG BRAS
SHORT SLEEVE CAPILENE
T-SHIRTS
FLEECE PANTS
DAY PACK

2 NALGENE BOTTLES
HEADLAMP + extra batteries
PACK TOWEL & WASH CLOTH
FIRST AID KIT
MEDS/REHYDRATION
SUNSCREEN
LONELY PLANET NEPAL & PHRASEBOOK
TRAVELLERS CHECKS (?)
CASH (lots of $20's and small stuff)
PASSPORT
EXTRA PASSPORT PHOTOS
CAMERA & BATTERIES
LEATHERMAN
WET WIPES
PURELL
TOILET PAPER
TREKKING POLES
TRASH COMPACTOR BAGS FOR TREK (1 for sleeping bag & 1 for clothes to stay dry)
SNACKS (snickers, cliff bars, gu....)
CHANGE OF CLOTHES TO LEAVE IN KTM
LOCK FOR BAG IN KTM
EXTRA BAG FOR SOUVENIRS (?)
EXTRA ZIPLOCK BAGS
A TYPICAL DAY ON THE TREK:

- Early morning wake-up call at your tent with a hot cup of coffee or tea.
- Pack your sleeping bag, clothes, etc. then head for the dining tent.
- Breakfast will vary with muesli, porridge, eggs, chapattis, jam, coffee and tea.
- Finish packing up camp and head out on the trail.
- Most days we will stop for lunch after about 4 hours of trekking.
- Lunch varies with soup, noodles, cheese, chapattis, biscuits, and tea.
- Back on the trail again after lunch for a few more hours.
- Usually arrive in camp by late afternoon.
- Help set up camp.
- A bowl of hot water will be provided at your tent to wash with.
- Time to rest.
- Dinner will be served around 6 - 6:30pm, varying between dal bhat (traditional Nepali meal of lentils and rice), pasta, other rice dishes and vegetables.
- To bed at a decent hour to get some much needed rest!

CONTACT INFORMATION:
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