

FMC Travel Club

small group tramping and travel overseas

A subsidiary of Federated Mountain Clubs of New Zealand (Inc.)

Club Convenor : John Dobbs

P O Box 352 Napier 4140

Ph : 06 8352222 Fax : 06 8354211 Email : john@tsnapier.co.nz

*** Nepal ***

Everest Base Camp and Cho La Pass to Gokyo Lakes, plus Chitwan Nat. Park

April 5th to May 3rd 2010 29 days \$6895 ex. Auckland

April 4th to May 3rd 2010 30 days \$6995 ex. Christchurch

Leader : Graham Foulds

Any payments by visa or mastercard adds \$100 pp to the final price

The Himalaya, world's highest mountain range, provides some of the finest tramping opportunities anywhere. This exciting and challenging trip reaches Everest Base Camp, affording awesome views of Everest and its companions. Then cross the Cho La Pass to see the Gokyo Lakes. We use local guides and porters to help us travel safely and enrich our experience and understanding. Using village lodges for accommodation further adds to our local contact. Timing provides a spring experience so the rhododendron forests should be in bloom. There will be unsurpassed views and conditions should be clear. For a complete contrast, we have included Chitwan National Park near the Indian border. Here, enjoy walks and safari on elephants to see the wildlife and another side to Nepal. There is also time spent in and around Kathmandu to immerse in Nepali culture, see the amazing architecture and diversity that is Nepal, today.

Price Includes :

- Return airfares from Auckland or Christchurch to Kathmandu and two Nepal domestic flights, inclusive of all flight taxes. (Christchurch departures pay \$25 departure tax separately)
- One night Singapore stopover on the way over (Christchurch departures only), plus one night in Singapore on the way back for everyone
- Hotels in Singapore and Kathmandu, village lodges while tramping
- Experienced local leader, Sherpa guides, porters and cooking crew, specialized medical kit etc
- All internal transport, airport transfers, first and last night restaurant dinners in Kathmandu
- All meals while tramping, breakfasts in Kathmandu, full board in Chitwan National Park
- Nepal entry visa and departure tax, national park fees, trekking permit, group tipping kitty
- Sightseeing in Kathmandu Valley with all entrance fees

Price does not include :

- Domestic connections to/from Auckland or Christchurch, any additional travel outside the core itinerary

- Additional meals, items of a personal nature, internet etc
- Travel insurance (mandatory)

Trip leader :

Graham is a member of the Over Forties Tramping Club in Christchurch and the Canterbury Mountaineering Club. He has led various school trips to Nepal along with many trips in the South Island. A lifelong interest in tramping reaches back to his early days on the staff at Christ's College. Graham has ably led a number of trips to Nepal for the Travel Club, so you are in good hands. An active interest in the education and welfare of Nepali people is yet another aspect to his knowledge and affinity. So I am delighted that Graham is available to lead this trip.

You are welcome to contact him : ph 03 3556348 Email : grahamfoulds7@yahoo.co.nz

Trip Organisation :

We begin the programme with several days in Kathmandu to adjust to the Nepalese way of life and visit some of the must see shrines and temples of this medieval city. Then we get into serious tramping! At the conclusion of the main tramping section we return to Kathmandu briefly before heading west towards the Indian border and the Chitwan National Park. A final wind down in Kathmandu before returning home.

If you are keen to stay on in Kathmandu, or in Singapore longer than one night on the way home, please focus on this early. Unless you advise otherwise before 31st October 2009, only core trip flights apply.

Everest Base Camp and Gokyo Lakes :

Altitude gain is steady and acclimatization built in. After flying from Kathmandu to Lukla we meet our Sherpa guides and porters. All accommodation and meals will be at village lodges. Expect basic but comfortable lodgings and nourishing food. Expect to walk 5 – 6 hours each day, with additional time for breaks, photo's etc. It is a steady climb to Gorak Shep our highest village and from here we will reach EBC at 5340m. Early the next morning you can climb Kala Pattar for stunning close up views of Everest.

Then cross the Cho La Pass to see the vivid blue Gokyo Lakes and a climb of Gokyo Ri. Return down valley via a different route to Lukla and the flight back to Kathmandu.

If altitude sickness prevents you from getting to EBC, you will return to Namche and will later on be rejoined to the group.

Fitness should be of a good average standard, but note that the effects of altitude will determine what you can accomplish. Our 2007 and 2009 groups all got through without bad effects.

Guides and Porters :

An intrinsic part of tramping in Nepal is the service provided by keen young Nepalese offering guiding and porter services, and this provides much needed employment and income. A Sherpa guide can tell us a lot about the people, country and economy and so make the trip more interesting and informative. He finds and controls the porters, finds the best accommodation and smoothes any issues. In fact it is now a political necessity to have a reputable guide and be part of a group.

Please note it is customary to tip guides and porters and this expense is included.

Allowance has also been made for a Sherpa/porter party at the end of the trip and this expense is included

Sometimes a personal tip for some outstanding service you received is appropriate. Likewise, you may decide to donate items of clothing or gear and hand these over at the party. This is always humbly received.

General Pointers :

Although altitude gain and acclimatization are built in, your health and safety are paramount, so a specialized medical kit and satellite phone for emergencies are provided. But you are expected to provide for and carry your own medication.

A full gear list will be provided later on.

We aim to minimize our impact on the environment. We may have to put up with cold showers sometimes! By using local porters we contribute to the local economy. There are special protocols and attire for entering monasteries and temples. Shoulders should not be exposed and long trousers are best.

A list of recommended inoculations will be provided along with recommendations for any medicines to take. Please consult your medical professional or view www.traveldoctor.co.nz , do not rely on our information to you. It is essential that you advise of any special medical conditions.

Currently (September 2009) there are no travel warnings for Kiwis in Nepal. Should the situation change we will take appropriate action, including registering names with the NZ Consulate in Kathmandu.

Itinerary :

Day 1. 4th April. Singapore

Christchurch people depart on Singapore Airlines and overnight in Singapore.

Day 2. 5th April. Kathmandu (1360m)

Auckland people depart on Singapore Airlines and meet up with the others in Singapore for the onward flight to Kathmandu, where Dawa will meet everyone for the transfer to the accommodation. A pre-trip briefing and local orientation will be followed by dinner at a local restaurant.

Day 3. 6th April. Kathmandu

A full day sightseeing in the Kathmandu area. Visit Bodhnath Stupa, one of the biggest Buddhist shrines in the world and where you can see monks at prayer. At Pashupatinath, the most famous Hindu temple in Nepal located on the banks of the Bagmati River, you will see Sardhus (Hindu holy men) and occasionally funeral pyres burning on the ghats. Finish with a visit of the nearby Thamel area.

Day 4. 7th April. Kathmandu

Today we visit Bhaktapur and Patan, sister cities of Kathmandu. Bhaktapur is also known as Bhadgaon, or the city of devotees and is a fascinating place with medieval architecture. Patan, often called Lalitpur which means City of beauty, has a long Buddhist history. The four corners of the city are marked by stupas said to have been erected by the great Buddhist emperor Ashoka around 250 BC. Later we visit Swayambhunath. This World Heritage site is one of the holiest Buddhist sites in Nepal, its establishment is linked to the creation of the Kathmandu Valley.

Day 5. 8th April.

Morning flight up to Lukla where we meet up with the sherpas and porters. Afternoon tramp to Phakding.

Day 6. 9th April

To Monjo, the entry to Sagarmatha (Everest National Park), then carry on to the major village of Namche Bazaar where we acclimatize with a few side trips.

Day 7. 10th April

Rest and acclimatization in Namche, today being Saturday, there is a big market happening. Also a day tramp to Thame village available.

Day 8. 11th April

Day tramp to Khumjung to visit a school and Kunde to visit a hospital, both built by Sir Ed's Himalaya Trust.

Day 9. 12th April

Tramp up to Thyangboche. Here you will encounter amazing views of Ama Dablam and can see the restoration work of the monastery here.

Day 10. 13th April

Continue on up to Pangboche

Day 11. 14th April

Continue on up to Dingboche.

Day 12. 15th April

Rest and acclimatization in Dingboche. Possible side trip to Chukung.

Day 13. 16th April

Steadily upward to Lobuche

Day 14. 17th April

An early start to Gorak Shep, EBC and return in afternoon.

Day 15. 18th April

Another early start to top Kala Pattar at sunrise for unsurpassed magical views of the great mountains! Then head down valley to Dzongla.

Day 16. 19th April

Trek to Dragnak via the spectacular Ch La Pass.

Day 17. 20th April

To Gokyo and the beautiful turquoise lakes set in stark surroundings.

Day 18. 21st April

To the viewpoint of Gokyo Ri, then descend to Machermo.

Day 19. 22nd April

To Kyangjuma

Day 20. 23rd April

To Monzo

Day 21. 24th April

Return to Lukla

Day 22. 25th April

Fly back to Kathmandu and balance of the day at leisure.

Day 23. 26th April. Chitwan National Park

We drive for around 5 – 6 hrs west to close to the Indian border. After settling in at Chitwan Adventure Resort, we will be introduced to the staff and resident naturalists to discuss the programme. Known wildlife movements and locations means some flexibility. After lunch, we visit the elephant camp to see how their handlers, known as phanits, care for these beautiful animals. A late afternoon safari on elephant back takes us into the forest and grasslands to observe the varied and exciting wildlife of the park. In the early evening we return to the lodge and a performance by the local Tharu dance troupe. After dinner, relax in the bar and discuss the days sightings or listen to the exotic sounds of the jungle at night. The Jungle Bar is located on a terrace with a deck overlooking the river's banks allowing for great views of the animals watering holes.

Day 24. 27th April . Chitwan National Park

An early morning excursion could include either another elephant safari to a different part of the park observing rhino', just possibly a tiger sighting, or a jungle walk in search of birdlife or deer. After breakfast you leave the lodge for a trip by dugout canoe on the Rapti River. This is an exciting trip with chances to view the marsh Muggers crocodile and the varied birdlife of the Rapti River. A program is organized for you for the rest of the day which may include walks with a naturalist guide or an excursion by jeep or a visit to the nearby villages, and the evening is free to relax.

Day 25. 28th April. Chitwan National Park

Continuing our programme of activities.

Day 26. 29th April. Kathmandu

Another early morning safari and a final chance to catch glimpses of the exotic wildlife. A leisurely breakfast and around 5 hours drive back to the capital, with the remainder of the day at leisure.

Day 27. 30th April. Kathmandu

Wrap up of sightseeing, exploring the bazaars, last minute bargains, etc. Celebratory group dinner tonight.

Day 28. 1st May. Singapore

Time to farewell Nepal and an afternoon flight back to Singapore and overnight.

Day 29. 2nd May

Evening flights to NZ.

Day 30. 3rd May

Arrival back into Auckland or Christchurch and the end of your adventure!

Booking Conditions :

1. FMC Travel Club (FMC) offers this small group trip in conjunction with Travel Smart Napier (TSN). All travel arrangements are made through TSN. All participants must agree to all terms and conditions shown in the Booking Conditions by signing the Registration Form.
2. FMC and TSN will not be liable for any injury, damage, loss, accident, delay or irregularity which may arise by reason of weather, vehicle defect or through the acts or default of any person or company engaged in conveying passengers or in carrying out any arrangements of this trip.
3. FMC and TSN reserve the right to cancel the trip if minimum numbers (7) required to operate do not eventuate. In that event, all monies paid by intending participants will be refunded in full. Likewise, a revised price may be offered for a smaller group than the minimum required. In contrast, if we assemble a group of 11 or more, the final price may be \$200 lower than currently advertised.
4. The trip price includes a payment to FMC and the trip leader's travel costs.
5. Travel insurance is mandatory. A QBE brochure/application is available for everyone and a discount is offered on premium calculation. While an alternative policy might be acceptable, it is essential to confirm that it covers full repatriation from a remote mountainous environment in Nepal.
6. Registrations are accepted in good faith on a first comers basis upon receipt of the Registration Form and deposit of \$1000 per person. This is due by 31st October 2009. The balance is due by 31st December 2009. Payments may be made by visa, mastercard, cash, cheque or EFTPOS to the office of TSN. Payments directly into the office account of TSN are also accepted, on request. No other method or place of payment will be accepted. Cheques must be payable to Travel Smart Napier. Any or all payments by visa or mastercard will increase the final trip price by \$100 per person.
7. The trip price is per person in NZ Dollars and there is no single supplement. It is expected that participants will fully participate in the shared nature of this trip. Events beyond our control as they relate to currency fluctuation, may result in a variation to the final price of this trip. Upon full payment, the price is guaranteed, but not before. Please be a little flexible. On occasions we may be able to deliver a trip for a lower final price. An exchange rate of USD 70 cents has been used to calculate the trip price shown.
8. Cancellations. Any cancellation must be made in writing to TSN as soon as possible, an email is acceptable but a phone call is not. Fees apply as follows :
 - Cancellations received up to 31st October 2009 will be refunded in full
 - Cancellations received from 1st November 2009 to 31st December 2009 will be charged \$1000
 - Cancellations received from 1st January 2010 to 28th February 2010 will be charged \$3000
 - Cancellations received from 1st March 2010 onwards will be charged 100% of trip costs
If you find a suitable replacement person, this may negate cancellation charges
9. Please supply a scan or photocopy of your passport when completing registration. If intending to travel on anything other than a NZ passport, please consult John Dobbs at TSN. All participants will require a visa to enter Nepal and the cost of this is covered.

Registration Form :

Secure your place on **Nepal 2010** by completing this form. Registrations close 31st October 2009 and numbers are limited. Please register early so we can ascertain viability and be fair to others who may have registered early.

Full name(s) as shown in passport(s) and underline your preferred first name.....

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Mailing address.....

Day phone.....Night phone.....Fax.....

Mobile.....Email.....

Date(s) of birth.....

Dietary requirements, allergies, medical conditions?.....

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Emergency contact in NZ (name, address, phone, mobile, email, nature of the relationship to you).....

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Are you affiliated to FMC through a club? Which club?.....

Or are you a private member of FMC?.....If neither, we encourage you to join FMC as a private member or club member. See www.fmc.org.nz
(direct or affiliated membership of FMC is not a pre-requisite of joining this trip, however)

I/We have read the full trip dossier and I/ We accept in full the conditions of this trip and enclose My/Our Registration deposit of \$1000 per person. I/We agree to pay all trip costs by due dates, as advised by invoice.

.....signed and dated by each person registering

Please send Registration Form, deposit and passport scan/photocopy to John Dobbs at Travel Smart Napier.
P O Box 352 Napier, 4140. Ph : 06 8352222 Fax : 06 8354211 Email : john@tsnapier.co.nz

Travel insurance should be in place not later than 31st October 2009 when registrations close, for your own safety.
Contact John at Travel Smart Napier for a travel insurance quote at any time.