

# FMC Travel Club

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

[www.fmc.org.nz](http://www.fmc.org.nz)

Club Convenor : John Dobbs

Travel Smart Napier

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Everest Base Camp and Cho La Pass to Gokyo Lakes  
plus Chitwan National Park

**28<sup>th</sup> Mar to 26<sup>th</sup> Apr 2012, 30 days. \$6795 ex Auckland,  
\$6945 ex Christchurch (31 days). Trip Leader : Graham Foulds**

*Requires 7 people to operate and is subject to USD exchange rates  
All or any payments by visa or mastercard adds a surcharge of \$100*

*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. Staying at local lodges adds to our local contact. Timing provides a spring experience so the rhododendron forests will be coming into colour. There will be unsurpassed views and conditions should be clear. For a complete contrast – Chitwan National Park close to the Indian border is a wonderful place to observe wildlife, experience elephant safaris and jungle walks. Immerse in Nepali culture and enjoy the medieval architecture and diversity of Kathmandu.*

#### **PRICE INCLUDES :**

- Return airfares from Auckland to Kathmandu and two Nepal domestic flights, including all flight taxes
- Hotel in Kathmandu, village lodges while tramping, one night in a hotel in Singapore on the way back
- Very experienced Kiwi leader supported by Sherpa guides, porters and cooking crew, specialized medical kit
- All internal transport, airport transfers
- All meals while tramping, breakfasts in Kathmandu, full board in Chitwan National Park
- National park fees, trekking permit, group tipping kitty (USD\$35 pp)
- Sightseeing in the Kathmandu Valley with all entrance fees

#### **PRICE DOES NOT INCLUDE :**

- Domestic connections to/from Auckland or Christchurch
- Additional meals, travel insurance (mandatory), Nepal entry visa, items of a personal nature

## **Trip Leader :**

Graham tramps with the Over Forties Tramping Club in Christchurch and the Canterbury Mountaineering Club. A lifelong interest in tramping extends to his days on the staff at Christ's College, and in these years he led various school trips in the South Island and over to Nepal. He has also able led a number of trips to Nepal for the Travel Club, so you are in good hands. Graham is very actively involved in the education and welfare of Nepali people, particularly through his work with the **Children of Solu Khumbu Nepal Trust**. With deep knowledge of and affinity for the people of Nepal, I'm very pleased to have collared Graham to lead another good tramping trip here for 2012.

Graham welcomes your contact at [gfoulds@xtra.co.nz](mailto:gfoulds@xtra.co.nz) or 03 3556348

## **Trip Organisation :**

We begin the programme with several days in Kathmandu to adjust to the Nepali way of life and visit some of the wonderful shrines and temples of this medieval city. Then there is a four day excursion to Chitwan National Park with a special bird watching and unique animal experience programme. Then we get into serious tramping to Everest Base Camp and Gokyo Lakes. At the conclusion of the main tramping section we return to Kathmandu. A final wind down in Kathmandu and chance to visit more World Heritage sites and do some last minute shopping before returning home.

**If you are keen to stay on in Kathmandu, perhaps to get involved with Graham's school visits etc, please focus on this 7 day extension early. Unless you advise before 31<sup>st</sup> October 2011, core trip flight dates will apply.**

**The extension to include the school visits looks like this itinerary below. Likely cost an additional \$750 which includes a \$100 kitty to buy polar fleece tracksuits for the children of Mera School.**

**Day 1. to Day 25. Same as the standard itinerary**

### **Day 26. Puiyan**

From Lukla, the trail has ups and downs but mainly descends, offering some brilliant views down into the valley of the Dudh Khosi River.

### **Day 27. Khari Khola**

The trail continues downward and by Khari Khola you are down to just over 2000m.

### **Day 28. and Day 29. School visits to Mera and Dip Jyoti schools**

See the work that Graham's trust is involved with.

### **Day 30. Nuntala**

Nuntala is a large village with numerous accommodations at around 2200m.

### **Day 31. Ringmo**

Ringmo has apple and other fruit orchards.

### **Day 32. Phaplu**

The trail forks here and we take the left and descend to Phaplu, a sizeable village which has a hospital and airstrip.

### **Day 33. Kathmandu**

Flight back to the capital and rest of day at leisure.

### **Day 34. and Day 35. Kathmandu**

Local exploration in and around Kathmandu.

### **Day 36. Fly to Singapore and overnight**

Depart Kathmandu for a Singapore transit night

### **Day 37. Fly to NZ**

*Separate flights to either Auckland or Christchurch direct.*

### **Day 37. Auckland**

*Arrive Auckland and the end of your trip*

## **Everest Base Camp and Gokyo Lakes :**

*Altitude gain is steady and acclimatization built in. After flying from Kathmandu up to Lukla (2860m), we meet our Sherpa guides and support crew. All accommodation and meals will be at village lodges. Expect basic but comfortable lodgings and nourishing food. Expect to tramp for 5 – 7 hours each day, plus time for breaks, photo stops etc. It is a steady ascent to Gorak Shep our highest village and from there we will reach EBC at a lofty 5340m. Early the next morning you can aim to climb Kala Patar (5545m)- a small peak offering stunning close up views of Everest and surrounding peaks.*

*Then cross the Cho La Pass(5350m) to see the vivid turquoise Gokyo Lakes and a climb of Gokyo Ri. Return down valley to Lukla, followed by the flight back to Kathmandu.*

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

***Your fitness should be of a good standard, but note that the effects of altitude will determine what you can accomplish. Our 2007 and 2009 groups who did this itinerary 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 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.*

*It is customary to tip guides and porters, and this expense is included in the trip cost. Likewise, a Sherpa/porter party at the end of the trip is standard practice and the cost of this is also included.*

*However, sometimes a personal tip for some outstanding service you received is also appropriate. Likewise, you may like to donate items of clothing or gear and hand these over at the party. Such items are always humbly received and are part of the process of outfitting these wonderful people.*

## **General :**

*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. A portable air chamber and supplementary oxygen will also be carried by our Sherpa support team. You are expected to provide for and carry your own medication and first aid kit. A gear list will be provided later on, along with any other pertinent items, in an all person newsletter.*

*We aim to minimize our impact on the environment. These means putting up with no or cold showers at times! 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 any recommendations for any medicines to take, including Diamox. Always consult your health professional, consider information on [www.thetraveldoctor.co.nz](http://www.thetraveldoctor.co.nz) and do not rely on our information to you. It is essential that you advise of any special medical conditions.*

*Currently (August 2011) 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. You will get an entry visa for*

touristic purposes on arrival at Kathmandu Tribhuvan Airport. You must have two passport sized photos and pay in USD cash. Current costs (August 2011) for a visa of 30 days is USD\$40 and covers just the core trip. If you want to do the extension, your extended visa will cost USD\$70.

## **Itinerary :**

### **Day 1. Wed 28 Mar. Kathmandu**

Depart Auckland in the wee small hours and arrive (via a Singapore transit) into Kathmandu at midday. Meet Dawa from Adventure Thamserku, our local operator, and transfer to the accommodation. Maybe a visit to the great temple of Swayambunath (World Heritage Buddhist site) later on. Pre-trip briefing and dinner at a local restaurant.(your cost)

### **Day 2. Thu 29 Mar. Kathmandu**

Exploration in and around Kathmandu continues with visits to Boudhanath stupa (huge Buddhist shrine) and Pashupatinath (most famous Hindu temple in Nepal). See Sardhus here (Hindu holy men) and occasionally funeral pyres burning on the ghats. Check out the Thamel area which also has a great selection of cafes and restaurants.

### **Day 3. Fri 30 Mar. Kathmandu**

Visit the Tibetan refugee camp and Old Village, perhaps Durbar Square. The sister cities of Bhaktapur and Patan are architecturally and culturally fascinating and a very worthy visit too.

### **Day 4. Sat 31 Mar. Bus to Chitwan**

The drive west is around 5 – 6 hours and takes us close to the Indian border and the region known as the Terai. Activities here will be flexible to fit around where and when the wildlife is best seen. The park staff will organize everything. Elephant safaris will be fun, there are jungle and grassland walks and maybe also excursions by jeep, and there is likely to be local entertainment in the evenings. Safaris and walks may be scheduled for early morning through to the evenings to maximize the chances of seeing the wildlife. A large number of birds, crocodiles, Asian rhino, deer, elephants, monkeys are likely to be seen, but the tigers here are extremely elusive. All meals are provided from the accommodation. This is a wonderful park, very well run, and the experiences here will be a total contrast to the remainder of the programme.

### **Day 5. Sun 01 Apr. and Day 6. Mon 02 Apr.. Chitwan**

Continuing the programme in Chitwan.

### **Day 7. Tue 03 Apr. Chitwan, return to Kathmandu**

By bus back to Kathmandu.

### **Day 8. Wed 04 Apr. Fly to Lukla, trek to Phakding**

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

### **Day 9. Thu 05 Apr. Monjo, enter Sagarmatha National Park, on to Namche Bazaar**

To Monjo and the entry to Sagarmatha (Everest national Park), then carry on to the important town of Namche Bazaar, where we spend a few days acclimatizing.

### **Day 10. Fri 06 Apr. Thame day trip**

Side trip to Thame is available today, a good tramp up the valley of the Bhode Kosi river.

### **Day 11. Sat 07 Apr. Namche market and Khumjung / Kunde day trip**

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

### **Day 12. Sun 08 Apr. Tengboche**

A big restoration project was undertaken at the big monastery at Tengboche. By now there should be superb views of Ama Dablam peak.

**Day 13. Mon 09 Apr. Pangboche, Amadablam Base Camp side trip in afternoon**

*Steadily upwards to Pangboche and an option in the afternoon.*

**Day 14. Tue 10 Apr. Dingboche**

*On to Dingboche at around 4000m where the effects of rising altitude may be starting to tell.*

**Day 15. Wed 11 Apr. Dingboche, Chhukung day trip**

*Another acclimatization day with an optional side trip up to Chhukung to around 4700m.*

**Day 16. Thu 12 Apr. Lobuje**

*Steadily up to the village of Lobuje at around 4900m.*

**Day 17. Fri 13 Apr. Gorak Shep – Everest Base Camp return in afternoon**

*Gorak Shep at 5160m is the highest village, and within striking distance of EBC if you have the energy. Maybe better to have a good night's rest and prepare for the stunning views to be gained by the effort of reaching Kala Pattar tomorrow.*

**Day 18. Sat 14 Apr. Kala Patar early morning, then Zongla**

*A very early wake up call, but the sunrise views from Kala Pattar (5545M) are unsurpassed. Then head down valley to Zongla.*

**Day 19. Sun 15 Apr. Cho La Pass top glacier**

*Across the Cho La Pass.*

**Day 20. Mon 16 Apr. Gokyo**

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

**Day 21. Tue 17 Apr. Gokyo**

*Contingency day to allow for bad weather, resting up, etc.*

**Day 22. Wed 18 Apr. Gokyo Ri, then down valley to Machermo**

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

**Day 23. Thu 19 Apr. Namche Bazaar**

*The track continues down valley, joining up with the main route to EBC you have now complete. Pass through Khumjung again on the way back to Namche Bazaar.*

**Day 24. Fri 20 Apr. Monjo**

*Continue heading down valley for an overnight stop at Monjo.*

**Day 25. Sat 21 Apr. Lukla**

*Return to Lukla again in readiness for the flight back to Kathmandu tomorrow.*

**Day 26. Sun 22 Apr. Return flight to Kathmandu**

*Fly back to the capital hopefully in the morning, with the rest of the day at leisure.*

**Day 27. Mon 23 Apr. and Day 28. Tue 24 Apr. Kathmandu**

*Continue to check out the sights, sounds and smells of this intoxicating city and its surroundings.*

**Day 29. Wed 25 Apr. Fly home via Singapore**

*Return to the airport and fly to Singapore, where scheduling requires an overnight stop (covered in trip costs)*

**Day 30. Thu 26 Apr. Arrive Auckland**

The onward flight to Auckland arrives late evening. If you are connecting to other parts of the North Island, you will need to overnight before continuing your journey tomorrow.

**Day 31. Fri 27 Apr. Arrive Christchurch**

A mid morning arrival into Christchurch.

## **Booking Conditions - FMC Travel Club and Travel Smart Napier :**

1. The FMC Travel Club (FMC) offers this small group trip in conjunction with Travel Smart Napier (TSN). All travel arrangements are made with TSN. Participants agree to all booking conditions by signing the Registration Form.
2. FMC and TSN are not liable or responsible for any injury, damage, loss, accident, delay or irregularity which may arise from weather, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip.
3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be fully refunded. We also reserve the right to make any modifications that may be essential, or to offer a modified trip to a smaller number of people.
4. The advertised price includes a payment to FMC and the apportioned cost of the trip leader's travel.
5. Registrations are accepted in good faith on a first comers basis on receipt of the Registration Form. **It is not necessary to pay tour deposits when you register. These will be invoiced when we have secured minimum registrations to operate the trip.** The deposit is \$3000 and will be due by 30<sup>th</sup> November 2011, and pays for the flights. The final payment will be due by 31<sup>st</sup> January 2012. All payments may be made by cash, cheque, EFTPOS, internet banking, visa or mastercard to the office of TSN. **All or any payments by visa or mastercard adds \$100 to the final trip price. Our preferred method of handling payments is internet banking. Please use : 010685 0151601 00 at ANZ Napier. Heerlen Ltd T/A Travel Smart Napier. Make cheques payable to Travel Smart Napier.**
6. While the trip is expressed in NZ Dollars, land arrangements are made in US Dollars, so this portion is subject to currency fluctuation. Events beyond our control with respect to currency fluctuation may result in a final price variation until such time as full payment has been received. Upon full payment, the trip price is guaranteed.
7. Cancellations and travel insurance. If you need to withdraw your registration for any reason, please contact TSN as soon as possible. A phone call must be supported with an email for authenticity. You may withdraw your registration up to 30<sup>th</sup> November 2011 without penalty. After this date, charges apply as follows :
  - Cancellations received from 1<sup>st</sup> December 2011 to 31<sup>st</sup> January 2012 incur a fee of \$1000
  - Cancellations received from 1<sup>st</sup> to 29<sup>th</sup> February 2012 incur a fee of \$3000
  - Cancellations received from 1<sup>st</sup> March 2012 onwards incur a fee of 100% of trip costsIf you find someone suitable to replace you, cancellation fees MAY be waived  
Travel insurance will cover for unforeseen circumstances and for your own safety, should be arranged when you pay your trip deposit. Any later and you leave yourself exposed to cancellation fees. Quality travel insurance is essential for this trip – you will not be able to depart unless we are satisfied of certain minimum standards. All aspects of travel must be covered together with full medical evacuation by helicopter and repatriation to NZ. You must provide evidence of the policy you have taken out. We recommend QBE Travel Insurance and provide a special FMC discount on premium calculations. The full policy wording and simple application form can be provided at any time by email attachment or by post. The QBE policy covers all aspects of this trip and is our preferred product.
8. Please provide a scan or photocopy of your passport when you complete the Registration Form. If you are intending to travel on anything other than a NZ passport, please consult with John Dobbs at TSN. All participants need an entry visa for Nepal and the cost of this is covered. Your passport needs at least 6 months of time remaining after this trip, or it may need replacing.

# Registration Form for Nepal 2012 :

Complete and send to John Dobbs with your passport copy. Registrations close by 30<sup>th</sup> November 2011. Your early commitment is appreciated. Don't send the deposit now, once we have minimum registrations to confirm the trip is viable, then we will request the deposit.

Circle which options you prefer :      core trip              extended trip

Full name as it appears in your passport and circle preferred first name.....  
.....

Mailing address.....

Home phone.....Mobile.....Work.....

Email.....Date(s) of birth.....

Specify any dietary requirements, allergies, medical conditions.....  
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Tramping or other type club affiliation to FMC (if any).....

Summarise recent tramping experiences, whether NZ or overseas. Have you tramped in higher altitudes etc?  
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Contact person in NZ for emergencies : name, address, contact phone numbers, email and relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with.

I / We have read the full trip dossier and I / We will pay the per person deposit of \$3000 upon invoice, when trip viability is established. I / We agree to pay the remainder of trip costs by due date, as advised by invoice. I / We understand that the final trip price is not guaranteed until full payment has been made.

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

Please send to : John Dobbs, FMC Travel Club Convenor  
Travel Smart Napier, P O Box 352 Napier 4140.  
P : 06 8352222 F : 06 8354211 E : john@tsnapier.co.nz