



1266 66th Street, Suite 4
Emeryville, California

T: +1 510 594 6000
I 888 MTSOBEK (687 6235)
F: +1 510 594 6001
info@mtsobek.com
www.mtsobek.com

TRIP DETAILS

14 days ~ Nepal

9 days moderate to strenuous
hiking on uneven, sometimes
steep, terrain at medium
elevation (maximum 13,000')

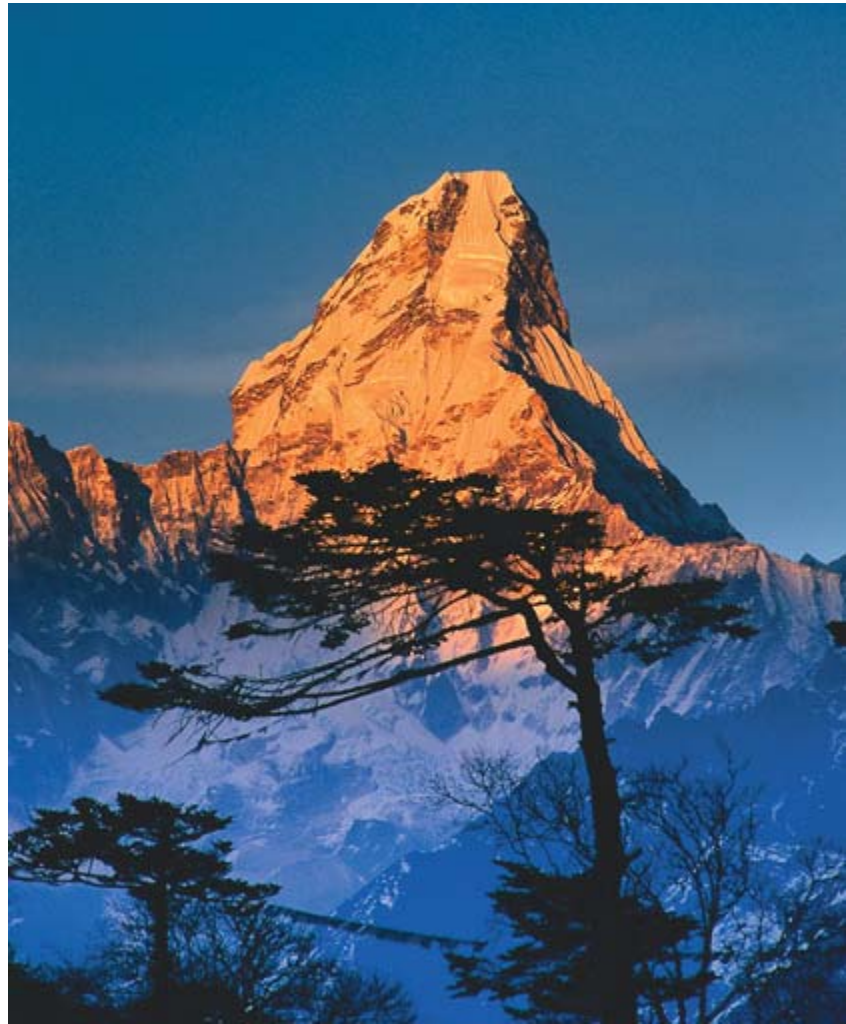
9 nights camping,
4 nights hotels

2007 DATES

Mar 26–Apr 8
Apr 9–Apr 22
Oct 8–Oct 21
Oct 22–Nov 4
Nov 5–Nov 18
Dec 24, '07–Jan 6, '08

LAND COST

\$2390 per person
(4-14 members)
\$220 internal airfare



*Some consider the peak of Ama Dablam to be even
more beautiful than Everest! ©Galen Rowell*

THE EVEREST ESCAPE

Sherpa Villages and Mount Everest

TRIP LEVEL
MODERATE TO STRENUOUS

HIGHLIGHTS

- ◆ *Get a glimpse of Everest, highest peak in the world, and enjoy magnificent views of Ama Dablam!*
- ◆ *Trek through Sherpa villages and explore ancient Buddhist monasteries that seem captured in time*
- ◆ *Encounter the quiet beauty of the Buddhist culture so prevalent in the Nepal Himalaya*

Printed January 16, 2007

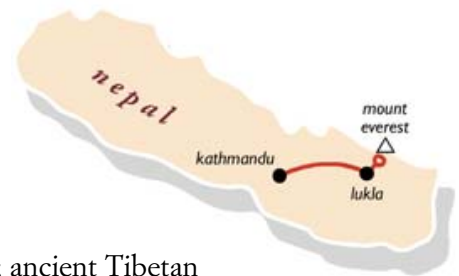


THE EVEREST ESCAPE

Sherpa Villages and Mount Everest

One glimpse of Nepal's exalted mountains, one encounter with its gracious people and vibrant culture, and you'll definitely fall under its bewitching spell.

On this classic first-timer's trek through the legendary Khumbu (Everest region), your senses come fully alive, and all the views are magical. We'll take you to all the major Sherpa villages, plus famed Tengboche Monastery, from where you can get a good look at Everest (especially beautiful at sunrise or sunset!). And though Everest is undeniably the star of the show, you'll view a stunning panorama of other Himalayan monarchs as well—from Kangtega (22,340') to Thamserku (22,208') and the obelisk of Ama Dablam (22,494')—a veritable outdoor cathedral of soaring peaks. As you walk with your companions—fellow travelers and our friendly crew of Sherpas—you'll enjoy unbeatable mountain scenery, lively Sherpa village life, and the quiet beauty of the Buddhist culture so prevalent in the Nepal Himalaya.



But as any seasoned traveler to Nepal will tell you, there's more to this charming country than the mountain scenery (though that's a pretty darned good reason to trek here). The high mountain villages seem captured in time; ancient Tibetan Buddhist monasteries are alive with the sounds of worship by devoted monks; and several species of lovely rhododendron (magnificent in the spring!) grace the hillsides. But best of all, the friendly Sherpa people will captivate your heart in a second and make you a devotee of this part of the world forever.

From the moment you wake up each morning to when you crawl into your tent each night, your days are packed with an untold number of sensory pleasures. Our itinerary also includes time for sightseeing around the fascinating Kathmandu Valley.

No place is more strongly associated with Mountain Travel Sobek than Nepal, since it's here we laid the cornerstone of our passion for adventure in the late 1960s by organizing the first commercial treks in the country. In the past 37 years we have honed our itineraries to provide the finest trekking experience available. Throughout you are accompanied by an expert, knowledgeable guide who will share and explain all the details of what you see every day on the trail and make the whole experience come alive for you. An expert crew takes care of all the trek details, preparing excellent food and seeing to it that you stay healthy.

And since Mountain Travel Sobek is part owner of Malla Treks, our Nepalese ground operator, you can be assured of smoothly operated logistics (especially important in the event of an emergency). We work closely with the staff and guides, provide training for cooks and *sirdars* (chief of Sherpa staff), and encourage professional development of Nepalese guides. You can count on us to provide the best, most memorable, experience possible!

ITINERARY

DAY 1 ~ Arrive in Kathmandu, Nepal

Arrive in Kathmandu by 2:00 p.m. on Day 1. A Mountain Travel Sobek representative will meet you outside the customs and immigration area at the airport. He or she will answer questions, brief you on the immediate arrangements, and escort you to your hotel. The trip leader will hold a short briefing in the hotel around 4:00 p.m. regarding trek arrangements and a general orientation to Kathmandu. Most flights from the U.S. require three days of travel and overnight en route (you arrive in Kathmandu on the third day). More specific details will be sent to you in your pre-trip packet of information.

Malla Hotel

DAY 2 ~ Touring the Kathmandu Valley

Kathmandu is one of three former medieval city-states in the valley, along with Bhaktapur and Patan. Morning tour of Bhaktapur, which has preserved its ancient character and does a wonderful job of displaying medieval Nepalese town life. A highlight is Durbar Square, with its many temples, remains of an ancient palace, and intricate Sun Dhoka (“Golden Gate”), a gilded copper gate crafted in 1753. In the afternoon, Kathmandu is yours to explore. By western standards, the city is intimate. You can visit the many interesting sights, shrines, and markets, or stroll in Kathmandu's fascinating Asan Tole bazaar. Don't miss Durbar Square, Thamel, Swayambhunath (the “Monkey Temple,” overlooking the entire Valley; go at sunrise or sunset!) and the King's Palace. You could also hire a driver to take you to the nearby ancient city of Patan.

B...Malla Hotel

DAY 3 ~ Mountain flight to Lukla and begin trek

Transfer to the airport for the mountain flight to Lukla airstrip (weather permitting). During the short but spectacular flight we will leave the Kathmandu Valley and head into the Himalaya, the world's highest mountains rising before us. Our destination is Lukla (9,200'), perched high on a mountainside above the Dudh Kosi (River of Milk), where we make an unforgettable landing on its 1,729-foot-long, 65-foot-wide runway. After we disembark, we collect our gear, and the Sirdar will organize the porters, Sherpa guides, and pack animals for the beginning of the trek. From Lukla, the trail descends 1,500 feet down to the Dudh Kosi. Once away from the hubbub of the airstrip, we will notice that the local people look quite different than the people of Kathmandu. The inhabitants of the Khumbu are Sherpas, people who migrated from Tibet over 500 years ago and still practice evolved forms of Tibetan Buddhism and dress in much the same Tibetan style. As we follow the trail to the village of Phakding, we will pass *mani* walls (boulders with carved Buddhist prayer inscriptions), a number of small villages, and well-terraced hillsides. Looming above us, in the distance, is Khumbila (18,800'), the sacred peak of the Sherpa people, our sentinel to the spiritual and geographic heart of the Khumbu. Khumbila remains unclimbed (sacred peaks may not be climbed) and it represents the “protector” deity of Tibetan Buddhists. Our first camp will be at 8,875' near Phakding, along the rushing Dudh Kosi. (3-4 hours hiking.)

B,L,D...Camp

DAY 4 ~ Trek to Namche Bazaar (11,270')

We follow the forested trail north up the Dudh Kosi valley to Jorsale, where we officially enter Sagarmatha (Mount Everest) National Park, established in 1976 as the first national park in the Himalaya to help protect an area of great environmental, religious, and cultural importance. We then continue along the trail and begin the steep climb up “Namche Hill,” amidst lovely forests of rhododendron, fir, and magnolia, to the Sherpa market town of Namche

Bazaar (11,270'). As we climb the steep hillside, we catch our first glimpse of Everest and the snowcapped panorama of Himalayan giants to come. Namche Bazaar is the unofficial capital of the Khumbu, the local center for trading and supplies. The town—numerous homes, trekker's inns, shops, and a small monastery—is beautifully situated in a terraced amphitheater facing the hanging glacier below Kwangde (20,293'). We will camp in Namche Bazaar. (5-6 hours hiking.)

B,L,D...Camp

DAY 5 ~ Rest day around Namche Bazaar to enjoy local excursions

We take a rest day in Namche Bazaar for acclimatization. There are a number of local excursions that we might enjoy on this day. We can hike up above Namche to the Sagarmatha National Park Visitor's Center and Museum, where there are terrific views of the Everest region and numerous educational displays on the culture, geography, geology, climatology, and wildlife within the park and the Khumbu. It is also possible to make a 2-2½ hour hike up to Syangboche and the Everest View Hotel.

B,L,D...Camp

DAY 6 ~ Trek to Thame (12,500')

From Namche Bazaar, we make a half-day hike on the moderately easy and pleasant trail along the Bhote Kosi to reach the remote village of Thame (12,500'), last outpost on the ancient trading route over the Nangpa La (pass) between Tibet and Nepal. After crossing the Bhote Kosi, the trail continues steeply uphill to Thame. (4½ hours hiking.)

B,L,D...Camp

DAY 7 ~ Visit Khumjung (12,475')

In the morning, we visit the Thame Monastery (13,000') before returning down the Bhote Kosi valley almost all the way back to Namche Bazaar. We turn and hike upward over a ridge to Khumjung (12,475'), a large and beautifully situated village, with great mountain views, especially the peak of Ama Dablam (22,494'). (5-6 hours hiking.)

B,L,D...Camp

DAY 8 ~ Phortse (12,900')

Hike through rhododendron forests and along a beautiful trail with sweeping views of Ama Dablam and Thamserku. We drop to the river at 11,800' and climb back up through red birch and rhododendrons to the unspoiled village of Phortse (12,900'). Many potato farmers live in this village. (5-6 hours hiking.)

B,L,D...Camp

DAY 9 ~ Trek to Tengboche Monastery (12,680')

Today's hike is along one of the most spectacular trails in the Khumbu. We hike along a narrow, somewhat exposed trail with the best views of Ama Dablam. We'll have lunch in Pangboche and continue on to Tengboche to camp near Tengboche Monastery (12,680'). Tengboche was destroyed by a fire in early 1989, but was quickly rebuilt. It is the spiritual center of the Khumbu, a training center for new monks. The Rimpoche of Tengboche resides here and the area is considered holy; nothing may be hunted or killed. Expeditions to the world's highest peaks have traditionally stopped here to receive the blessing of the high lama. We will camp overnight near the monastery and have ample time to visit it. We will also try to meet with the Rimpoche if he is available. (6½-7 hours hiking.)

B,L,D...Camp

DAY 10 ~ Monjo

Trek to Monjo via Namche Bazaar, enjoying one of the most panoramic walks in all Nepal. Views of Ama Dablam dominate today's scenery. (6-7 hours hiking.)

B,L,D...Camp

DAY 11 ~ Return to Lukla

Return to Lukla. (5-6 hours hiking.)

B,L,D...Camp

DAY 12 ~ Return to Kathmandu

*Fly to Kathmandu (weather permitting). Upon arrival in Kathmandu, transfer to hotel.

B...Malla Hotel

*The next day will be spent either in Kathmandu or Lukla, depending on our luck with the Lukla flight. Flights in and out of this tiny mountain airstrip are commonly delayed and we have no way of predicting the length of the delay: it's something we just have to live with. With luck we'll get out the first day. All camp meals at Lukla are included while waiting. We cannot overemphasize the unreliability of these flights, which are operated as a scheduled service by Royal Nepal Airlines. We have no control over their operation or schedules, and while we devote an enormous amount of time, money and energy into securing reservations and obtaining replacement reservations when flights are cancelled, you should be ready for disappointments, delays, and cancellations of Lukla flights. We have scheduled an extra day at the end of the trek so as not to interfere with your homeward-bound flights.

DAY 13 ~ Kathmandu

If the Lukla flight is not delayed, we'll have a morning tour of the Hindu shrines at Pashupatinath on the Bagmati River and the large Buddhist stupa at Bodhnath, center of the Tibetan Buddhist culture in Kathmandu. The afternoon is free to relax or do some last minute shopping or sightseeing on your own. Farewell dinner with the group at a local restaurant.

B,D...Malla Hotel

DAY 14 ~ Fly home

Transfer to the airport and depart Kathmandu on homeward-bound flights. Most flights require an overnight en route.

B...

LAND COST

\$2390 per person (4-14 members)

\$220 internal airfare (Mountain Travel Sobek will book and issue these tickets for you)

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$350 for “requested” singles; \$175 for “forced” singles.

If you prefer single accommodations, you must pay the Single Supplement Fee. If you're traveling alone and wish to share accommodations, we'll try our best to find you a roommate. If that's not possible, we will only charge you half of the single supplement.

What's Included

- ◆ expert leadership
- ◆ accommodations in hotel in Kathmandu
- ◆ tent accommodations and all trek arrangements in the field, including all meals on trek camp and cook staffs, group gear and equipment (comfortable and roomy two-person tents, full-length comfortable foam sleeping pads, kitchen and dining tents)
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ airport transfers
- ◆ sightseeing as noted in the itinerary
- ◆ ground transportation
- ◆ additional guides and porters
- ◆ entrance fees and permits
- ◆ baggage portage
- ◆ basic medical and evacuation insurance

What's Not

International airfare; flights within Nepal (see separate cost above for domestic airfare); hotel accommodations* en route to Nepal; meals not noted on itinerary; insurance other than basic medical and evacuation insurance noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tips to leader and Sherpa staff; visas; excess baggage charges; airport taxes; cost of obtaining a passport or medical immunizations; items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

**Depending on your choice of air carrier, you will need to overnight in Bangkok or Delhi en route to Kathmandu. The cost of hotel accommodations en route is not included in the Land Cost of the trip. We will be happy to make hotel reservations for you.*

Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their "frequent flyer" miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

WHAT YOU CAN EXPECT

Life on the Trail

The trekking day typically starts at 6:30 a.m. with the appearance of smiling Sherpas at the door of your tent bearing a mug of steaming tea. This is soon followed by a large bowl of hot water for washing. Then it's time to pack your bags and sit down to a hearty breakfast of porridge, eggs, and toast. By 7:30 or 8:00 you're off on the trail.

For about three hours you'll walk through villages, forests, and up and down green hills and valleys. There's plenty of time to visit local teashops, stop for a view or a photo, and exchange a smile or greeting (*Namaste!*) with the friendly Nepali people who share the trail. A trailside lunch breaks up the day, giving you time to rest and refuel with a substantial hot meal prepared by the staff. After about an hour of eating, napping, and relaxing, it's time for the afternoon hike.

You arrive in camp by 4:00 p.m. and have time to wash up and get settled in your tent before enjoying tea and snacks in the dining tent. The next two hours before dinner are free to write in your journal, read a few pages in a novel, play cards, engage in conversation, or simply relax. The day closes with a hearty multi-course dinner, which often includes ethnic cuisine as well as American favorites (we like the yak cheese pizzas and *momos*—Tibetan potstickers). After dinner you can gaze at the stars and the moonlit peaks, recount the events of the day, or retire to your tent to read for a while or drift off to sleep.

Expert Leadership

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you'd never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You'll be in good hands with them every step of the way. Although leader assignments can change, the following people regularly lead this trip. Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

Sanjeev Chhetri is a graduate of Delhi University, India, and has been leading treks in Nepal since 1990. He is an avid bird-watcher and very well traveled, with time spent in India, Tibet, China, England, Ireland, France, and Switzerland. Sanjeev is very knowledgeable of the cultures, religions, and traditions of his country and enjoys sharing his experiences with you.

Gyamcho Wangdi is a favorite of many of our Nepal trekkers (one of our guests called him “a man of vision, wit and sensitivity, a poet of the mountains and a product of his environment”). He studied botany and zoology and was a naturalist at Tiger Tops Jungle Lodge for eight years. Gyamcho's passions include seeing new places, off-road driving, interior design, and drawing cartoons (he has published a cartoon book on the Yeti called *Mysterious Mystical Yeti*, which became a hit among Nepal trekkers). His gentle, courteous manner, amusing anecdotes, and overall knowledge of Nepal are the key to the success of your trip.

Activity Level

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. ***You should be an experienced hiker in excellent physical condition.*** Trekking in Nepal is for active people who enjoy walking, even up steep hills (there is very little level walking in Nepal). We expect participants to have some recent hiking experience and be in good health. All gear and camp supplies will be carried by porters or pack animals, leaving you free to carry only a light daypack.

The trek spends considerable time at altitudes above 11,000 feet, which can make the hiking strenuous. Exercise at high altitude compounds the physiologic stress. You need to be in excellent health and top physical condition to enjoy such an experience, with adequate cardiovascular endurance, muscular strength, and excellent balance. In addition, high altitude may create discomfort and symptoms of illness that you do not experience while exercising at low elevations, such as shortness of breath, restlessness or sleeplessness at night, and headaches. Those who have

difficulty with the altitude will be split up from the group and their trek itinerary will be adjusted commensurate to their ability. The trip leader will have the final decision on any adjustment in the itinerary for group and/or individual health interest.

We recommend that you start a moderate training program *several months* before departure, then slowly build up to a more strenuous level. Regular aerobic exercise for at least one hour 4-5 times a week is good. This may include aerobic fitness classes, power walking, jogging, cycling on hills, swimming, and cross-country skiing. Since training is highly sport-specific, include some hiking or running in your program. Additionally, you must be able to sustain exercise for prolonged periods.

Consult your physician if you have questions concerning your underlying health. We can help answer questions for you or your physician concerning required levels of fitness and health conditions at altitude. If you have concerns about your ability to do this trip, we can suggest appropriate alternatives.

THE NEXT STEP

Ready to go? Signing up is easy!

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website (www.mtsobek.com). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

Then Leave the Rest to Us

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details from procuring visas to advice on local customs.

Why Mountain Travel Sobek is Your First Choice for Adventure

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

References

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers. Just give us a call at 1-888-MTSOBEK (687-6235).

Questions?

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our award-winning website at www.mtsobek.com.

Note on Itinerary

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this

information on our website at www.mtsobek.com/faq and the form itself at www.mtsobek.com/pdf/participant_info.pdf.

Limitation of Liability

“Mountain Travel Sobek” is defined to include its owners, agents, directors, officers, employees, representatives and affiliates (collectively “Mountain Travel”). Except for the Alaska Discovery Inn, some small craft and some vans in Alaska, Mountain Travel does not own or operate any entity that provides goods or services for your trip including, for example, ownership or control over hotels or other lodging facilities, airline, vessel, bus, van or other transportation companies, local ground operators, providers or organizers of optional excursions, food service or entertainment providers, etc. All such persons and entities are independent contractors. As a result, Mountain Travel is not liable for any negligent or willful act or failure to act of any such person or entity, or of any other third party. Without limitation, Mountain Travel Sobek is not responsible for any injury, loss, or damage to person or property, death, delay or inconvenience in connection with the provision of any goods or services occasioned by or resulting from, but not limited to, acts of God, force majeure, acts of war or civil unrest, insurrection or revolt, strikes or other labor activities, criminal or terrorist activities of any kind, overbooking or downgrading of accommodations, structural or other defective conditions in hotels or other lodging facilities, mechanical or other failure of airplanes or other means of transportation or for any failure of any transportation mechanism to arrive or depart timely, dangers associated with animals, marine life or vegetation of any sort, dangers incident to recreational activities such as scuba diving, snorkeling, swimming, kayaking, sailing, canoeing, rafting, hiking, bicycling, rock climbing, etc., sanitation problems, food poisoning, lack of, access to or quality of medical care, difficulty in evacuation in case of a medical or other emergency, or for any other cause beyond the direct control of Mountain Travel. In addition, participants release Mountain Travel from its own negligence and assume all risk thereof. **On advancement of deposit to Mountain Travel, the depositor therefore agrees to be bound by the above recited terms and conditions. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form**, which you can find it on our website at www.mtsobek.com/pdf/participant_info.pdf (or call us at 1-888-687-6235 and request a copy).

Arbitration

Any dispute concerning, relating or referring to these Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing rules of the American Arbitration Association. Such proceedings will be governed by substantive California law without regard to the California Arbitration Act.

Conditions of Participation

Your participation on a Mountain Travel Sobek trip is subject to the conditions stated in the four-page Participant Information Form, which includes the Agreement and Release from Liability and the Booking Conditions. Specific information on payment and cancellation policies is also contained within this document, as well as in our current catalog and on our website (www.mtsobek.com/faq). We urge you to read this information carefully, and to call us if you have any questions.

©2007, *Mountain Travel Sobek*

CST 2014882-10

Registration as a seller of travel does not constitute approval by the State of California.