



*bodhi tree foundation*

# *Mt.Kailash-Lhasa Trek via the remote Limi Valley of Humla, Nepal*

*Come join us for the trip of a lifetime! You will start your adventure with a day of guided sightseeing in the Kathmandu valley then fly to Nepalgunj, the bustling western border town for a connecting flight to Simikot. Simikot is situated at 9210 ft. and is the district headquarters of Humla, one of the most remote regions in Nepal. Here you will spend a day acclimatizing and learn more about Bodhi Tree Foundation's work. After that it is off to the Limi Valley via the summer pastures of Shingjuma. You will visit ancient monasteries and meet semi-nomadic villagers with their yak and goat herds. At Hilsa you will cross the border into Tibet. Here you will be greeted by vehicles to take you overland to Lake Mansarovar and on to holy Mt.Kailash. You will spend several days trekking the religious kora around the mountain then journey towards Lhasa. You will have plenty of time to sightsee along the way including visits to some of the most well-known Buddhists monasteries in Tibet. Your journey will conclude with a flight from Lhasa back to Kathmandu, with possible scenic views of Mt. Everest.*

*This 25-day trip will be one of the most incredible adventures you have ever had! Not only will you have an amazing experience but a small portion of your trip fee will go directly to Bodhi Tree Foundation's Maternal-Child Health Project in Humla, Nepal.*

*Bodhi Tree Foundation is a registered 501c3 non-profit organization in Truckee, CA. Our purpose is to raise funds that will provide education for Traditional Birth Attendants & Female Community Health Volunteers on safe birthing practices and newborn baby care; purchase and distribute Nepali-made clean delivery kits; distribute pre/postnatal vitamins to pregnant & lactating women; provide income generation by employing local Humli's as trekking staff; and introduce westerners to the culture and beauty of Nepal while having a fantastic time trekking!*

Date	Day	Itinerary	Accommodation plan	Included Meals
4/11/12	01	Arrive Kathmandu & transfer to Hotel	Hotel	-/-/-
4/12/12	02	Full Day City sightseeing in Kathmandu includes Pashupatinath, Bhaktapur & Bodhanath	Hotel	B/-/-
4/13/12	03	1 hour domestic flight Kathmandu – Nepalgunj, transfer to Hotel	Hotel	B/-/D
4/14/12	04	Early morning flight Nepalgunj - Simikot (1 hour flight) Acclimatization day in Simikot, learn more about Humla & Bodhi Tree Foundation;s work here	Camping	B/L/D
4/15/12	05	Simikot - Kermi	Camping	B/L/D
4/16/12	06	Trek Kermi to Below Shingjungma (6 – 7 hrs) Remote summer pastures for yak herders from the Limi Valley	Camping	B/L/D
4/17/12	07	Trek Shingjungma to Chhongsu Khola (Nyalu Base) 4 hrs	Camping	B/L/D
4/18/12	08	Trek to Talung (4325 m) via Nyalu Pass, 4915 (7 hours)	Camping	B/L/D
4/19/12	09	Trek to Tashi Thang (3900 m), (Hot spring) (6-7 hours)	Camping	B/L/D
4/20/12	10	Rest day in Tashi Thang	Camping	B/L/D
4/21/12	11	Trek to Till chu (3580 m) (7 - 8 hours.)	Camping	B/L/D
4/22/12	12	Trek to Manepeme (3990 m) (6 hours)	Camping	B/L/D
4/23/12	13	Trek to Sher. Drive Taklakot (Purang) 3930m - Guest House) Cross the border into Tibet	Guest house	B/L/D
4/24/12	14	Taklakot – Lake Manasarovar	Camping	B/L/D
4/25/12	15	Visit Chiu Gomba & Gusul Gumba and drive to Darchen	Guest House	B/L/D
4/26/12	16	Darchen – Dira Phuk	Camping	B/L/D
4/27/12	17	Dira Phuk - Zutrupuk	Camping	B/L/D
4/28/12	18	Zutrupuk – Darchen – Hor Qu	Camping	B/L/D
4/29/12	19	Hor Qu – Saga	Camping	B/L/D
4/30/12	20	Drive Hor Qu – Lhatse – Shigatse	Hotel	B/-/-
5/1/12	21	Visit Tashilungpo Monastery & drive to Gyantse visit Khumbum Monastery and drive to Lhasa	Hotel	B/-/-
5/2/12	22	Lhasa sightseeing	Hotel	B/-/-
5/3/12	23	Lhasa sightseeing	Hotel	B/-/-
5/4/12	24	Flight Lhasa to Kathmandu	Hotel	B/-/-
5/5/12	25	Departure	-	

## **DATES:**

April 11 – May 5, 2012 (exact dates still to be determined)

## **PRICE:**

\$ 5950 USD per person, double occupancy

\$ 6450 USD per person single occupancy

\*Fees are inclusive of a \$500 tax-deductible donation to Bodhi Tree Foundation

\*\*Additional fees will be charged for extra days or added side trips (i.e.- Everest Scenic Mtn Flight, Jungle Safari in Chitwan National Park, Mountain Biking, River Rafting, etc....)

## **PRICE INCLUDES:**

- International airfare from Lhasa (Tibet) to Kathmandu (Nepal) by Air China
- Domestic flights Kathmandu / Nepalgunj / Simikot with a weight limit of **15 kg per person.**
- Hotel in Kathmandu with breakfast included (4 nights)
- Hotel in Nepalgunj with breakfast included (1 night)
- Tibet special permits, visa letters and entrance fees.
- Upper Humla controlled region trekking permits
- Transportation in Tibet by Toyota 4WD Land cruiser.
- Supporting truck for luggage, food, gear and Nepali staff.
- Airport transfers with an escort
- 1 night relax full board at Last Resort
- Guesthouses in Purang, Darchen & Hotel accommodation at Shigatse & Lhasa with breakfasts.
- Private transports for sightseeing
- Breakfast, lunch, dinner and Camping accommodations during the trek portion of the trip
- Cooks, Camping equipment
- Experienced Guide
- Treks porters/helpers, Yaks on the Mt. Kailash Kora
- National Park fees
- Full back up staff from Nepal (guide, cook and other supporting staff from Nepal)
- Insurance for the guide and porters
- DDC taxes in Humla

## **PRICE DOES NOT INCLUDE:**

- International flights to Nepal
- Nepal visa \$40 USD (you will need 2 of these – one each time you enter into Nepal) available on arrival at the KTM airport
- Chinese visa \$175 USD for American citizens & \$85 USD for other nationals per person payable cash in Kathmandu on arrival.
- Medical & emergency evacuation insurance (**you must have this!**)
- Sightseeing entry fees in Kathmandu
- Lunch & dinner in Kathmandu
- Personal gear & clothing
- Tips, any expenses of personal nature
- Entry fees for sightseeing
- Excess luggage charges on flights
- Sleeping bag & Mattress
- Any kind of bottled drinks, personal snacks or foods
- Extra accommodations – if you fly early or stay late, we are happy to book your extra nights at available hotels.
- Trip extensions- ie-Everest Scenic Mtn Flight, Chitwan Jungle Tour, Mountain Biking, etc...

**DEPOSITS:**

A *nonrefundable* \$500 per person deposit is required at time of registration to reserve a place on the "Limi Valley-Kailash-Lhasa Trek". Space is limited to 10 people.

Full payment is due no later than February 1, 2012, if unpaid at that time deposits will be forfeited.

**PAYMENTS:**

Personal checks, cashier's 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 February 1, 2012 – 50% Refund minus the \$500 deposit

After February 1, 2012 – 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 February 1, 2012 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 need to have insurance for all medical and hospital costs, including all associated rescue, evacuation and transportation costs. *Proof of travel & evacuation insurance is mandatory!!*

**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, Nepal has very little flat ground.

Porters, horses or yaks 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.

### **A TYPICAL DAY ON THE TREK:**

- Early morning wake-up call at your tent with a hot cup of 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 3-4 hours of trekking.
- Lunch varies with soup, noodles, chapattis, biscuits, and tea or a pack lunch with chapatti, boiled egg & potato
- Back on the trail again after lunch for a few more hours.
- Usually arrive in camp by late afternoon.
- Help set up camp.
- 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!

### **RECOMMENDED IMMUNIZATIONS:**

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

[www.ciwec-clinic.com](http://www.ciwec-clinic.com) (good clinic in KTM staffed with Western doctors)

[www.lonelyplanet.com/thorntree/](http://www.lonelyplanet.com/thorntree/) (excellent place to research Nepal)

Please contact us for more information at:  
[bodhitreefoundation@yahoo.com](mailto:bodhitreefoundation@yahoo.com) or  
Call Sarah & Mark Ferris at 530-587-9137

