Everest Base Camp

A TREK TO THE TOP OF THE WORLD

October 1 to 21, 2017

a program of the stanford alumni association
Few events have better captured the essence of our human desire to explore than when Sir Edmund Hillary and Tenzing Norgay reached the summit of Mt. Everest in 1953. Under the careful guidance of our expert mountain guides and in the company of geophysicist and Stanford faculty leader, Simon Klemperer, we follow a meticulously planned approach that ensures safe and gradual acclimatization as we make our way up the Khumbu Valley to Everest Base Camp, which is at an altitude of 17,688 feet. Join us on the adventure of a lifetime as we experience firsthand the majesty of the Himalayas!

BRETT S. THOMPSON, ’83, DIRECTOR, STANFORD TRAVEL/STUDY

Highlights

**SEIZE** the challenge of making one of the planet’s most rewarding journeys as we retrace the steps of the great mountaineers on our way to Everest Base Camp. **HIKE** among the tallest mountains in the world and learn about their geophysics from faculty leader Simon Klemperer. **HEAR** the chants of monks as we explore the Tengboche Monastery, the heart of Sherpa culture for the last century.
Faculty Leader

**SIMON KLEMPERER** became a professor of geophysics after studying at Cambridge and Cornell. He currently serves as director of the undergraduate program in geophysics at Stanford and has taken a special interest in introducing Stanford undergraduates to scientific research, involving them in his fieldwork on three continents. He was awarded the 2008 Allan V. Cox Medal for fostering undergraduate research.

Simon studies the growth, tectonic evolution and deformation of the continents. He first visited the Himalayas and Tibet in 1992, part of an international research team acquiring the first deep seismic imaging of the earthquake faults beneath the world’s highest mountains. He has continued to work with scientists and Stanford students to develop an integrated geo-transect across the entire Tibet Plateau. Since 2005 Simon has extended his research to India, visiting the Northwest Himalaya in three separate trips to collect seismic data and more recently to sample geothermal springs. Most recently, the May 2015 earthquake in Nepal led him to deploy Stanford seismographs in Nepal to understand more about the fault shapes and future hazards. During our program Simon will discuss the earthquake of 2015, the role of the Himalayas in global climate change and the effects climate change has had on the Himalayas, as well as the panoply of Stanford research in the Himalayas and Tibet.

"Simon is a terrific lecturer and marvelous person. I was caught up in his knowledge, enthusiasm and passion."

**JIM HOLDEN, ’66, LLB ’68, ALASKA ADVENTURE, 2014**

---

**SIGN UP ONLINE:** alumni.stanford.edu/trip?everest2017
**OR BY PHONE:** (650) 725-1093
Depart on flights to Nepal, crossing the international date line en route and arriving in Kathmandu on Tuesday morning. Largely isolated from western influences until the 1950s, Kathmandu is a fascinating mix of Buddhist and Hindu influences. Take an optional walk to Durbar Square to take a look at the temple of Kumari Chowk and its beautiful three-story courtyard embellished with beautifully carved wooden balconies and window frames; it’s the centerpiece of the residence of Kathmandu’s pre-pubescent, divine “living goddess” (or royal kumari). Enjoy a welcome reception and dinner this evening with fellow trekkers. **Yak and Yeti Hotel (10/3: D)**

**THURSDAY, OCTOBER 5**

**KATHMANDU / PHAKDING (8,613′) / MONJO (9,372′)**

Depart for the Kathmandu helipad early this morning to board helicopters bound for Phakding. After meeting our porters and Sherpa guides, we begin our trek. Today travel along the Dudh Kosi Valley to Monjo, the official entrance of Sagarmatha (Everest) National Park, a UNESCO World Heritage site, and check in to our first tea house. **Monjo Tea House (B,L,D)**

**FRIDAY, OCTOBER 6**

**MONJO / NAMCHE BAZAAR (11,500′)**

Make our way up the notorious “Namche Hill,” our first real taste of the “hills” in the Himalayas. If the weather is clear, we’ll get our first view of Everest on the way up to Namche Bazaar, the gateway village to the Himalayas. Here, the views are as astounding as the people. Observe a colorful mix of Tibetan traders, tourists from around the world, expedition climbers, proud Sherpas, monks, Nepalese civil servants, colorfully garbed villagers and yaks in this vibrant Himalayan town. **Namche Hotel (B,L,D)**

**SATURDAY, OCTOBER 7**

**NAMCHE BAZAAR**

Today is an acclimatization day. Explore the Namche Local Trading Market, which is held each Saturday morning. Tour the Everest History Museum and the Sherpa Cultural Museum, where we learn about the culture and history of the Sherpa people. **Namche Hotel (B,L,D)**

**SUNDAY, OCTOBER 8**

**NAMCHE BAZAAR / DEBOCHE (12,738′)**

Leaving Namche Bazaar, traverse the steep valley above the Dudh Kosi River, enjoying views of the Khumbu Valley and the peaks of Mount Everest, Ama Dablam and Lhotse along the way. Each step provides magnificent views of the valley as we cross the river and ascend 1,500 feet to the Tengboche Monastery. The monastery has been at the heart of Sherpa culture since 1916. Attend the afternoon call to prayer before hiking on to Deboche where we stay overnight. **Deboche Tea House (B,L,D)**

**MONDAY, OCTOBER 9**

**DEBOCHE / PANGBOCHE (12,969′)**

As we continue our trek upward today, ascending the Khumbu Valley to Pangboche, we start to leave the forests and the lush areas and watch the land become more barren with no trees and less vegetation. Visit the Pangboche Monastery and...
partake in a private blessing ceremony for our group. PANGBOCHE TEA HOUSE (B,L,D)

TUESDAY & WEDNESDAY, OCTOBER 10 & 11
PANGBOCHE / PHERICHE (13,993')
Continue up the valley to Pheriche for a two-night stay. Before mountaineering and trekking became popular in the region, Pheriche was primarily a farming village. On our acclimatization day, visit the Himalayan Rescue Association medical post and learn about high-altitude acclimatization. Enjoy an optional hike to Nagarjun Hill for fantastic views of the fifth-highest mountain in the world, Makalu. PHERICHE TEA HOUSE (B,L,D—BOTH DAYS)

THURSDAY, OCTOBER 12
PHERICHE / LOBUCHE (16,203')
Today we walk up the Khumbu Glacier. As we leave Pheriche, the lateral moraine of this famous glacier is visible. Distances are short now, and our steps become more measured and deliberate as we move higher into the thin air. In the early afternoon, climb up past the chortens (monuments) that have been constructed for Sherpas and climbers lost in expeditions over the years. The peaks of Cholotse and Lobuche loom above us and we see craggy 22,493-foot-high Ama Dablam from a more dramatic vantage point than from earlier in our trek. LOBUCHE TEA HOUSE (B,L,D)

FRIDAY, OCTOBER 13
LOBUCHE / GORAK SHEP (16,800')
The trail today meanders through the ice and rubble of the massive Khumbu Glacier as we make our way to Gorak Shep. Historically a seasonal yak grazing area, today Gorak Shep is the last outpost before Everest Base Camp. On today’s hike, enjoy stunning views of Mount Everest, Everest Base Camp and the Khumbu Ice Fall. Travelers interested in an additional challenge have the option to climb to the summit of Kala Patthar (18,300’). GORAK SHEP TEA HOUSE (B,L,D)

SATURDAY, OCTOBER 14
GORAK SHEP / EVEREST BASE CAMP (17,688') / LOBUCHE
Make our way to Everest Base Camp, where climbing expedi-tions pause to prepare for their summit attempts. Enjoy tea and a puja ceremony at Base Camp to celebrate our achievement before returning to Gorak Shep. Continue down the valley to Lobuche where we spend the night. LOBUCHE TEA HOUSE (B,L,D)

SUNDAY TO WEDNESDAY, OCTOBER 15 TO 18
LOBUCHE / LUKLA (9,380')
Spend the next four days retracing our steps as we descend the valley to Lukla. VARIOUS TEA HOUSES (B,L,D—ALL 4 DAYS)

THURSDAY, OCTOBER 19
LUKLA / KATHMANDU
This morning, bid farewell to our local Sherpas and staff in Lukla and return by plane to Kathmandu. Upon arrival, transfer to our hotel for some much-deserved rest and relaxation. This afternoon, visit Boudhanath in the heart of Kathmandu, a UNESCO World Heritage site that’s a bastion of Tibetan culture and the largest stupa in Nepal. Enjoy a festive farewell reception and dinner this evening. HYATT REGENCY HOTEL (B,L,D)

FRIDAY & SATURDAY, OCTOBER 20 & 21
KATHMANDU / U.S.
Enjoy a free day in Kathmandu. Participants departing on late-evening flights may opt to tour the Boudhanath stupa on Friday instead of Thursday. Late Friday afternoon, transfer to the airport for flights home, arriving home on Saturday. (10/20: B)
Trip Information

**DATES**
October 1 to 21, 2017 (21 days)

**SIZE**
Limited to 24 participants

**COST**
$9,495 per person, double occupancy
$11,695 per person, single occupancy

*Association nonmembers add $300 per person

**WHAT TO EXPECT**
Trekking to Everest Base Camp is one of the world’s greatest adventures and challenges. Our non-technical, 15-day route allows for maximum acclimatization. However, most people will experience some difficulty due to the high altitude (17,688 feet at Base Camp), and getting to Base Camp cannot be guaranteed. Participants must be physically fit, active and in excellent health. A medical history and health assessment questionnaire requiring a physician’s signature will be sent to each participant upon enrollment.

On average we trek 6 to 8 hours each day (approximately 75 miles over 14 days, with a maximum of 10 hours on the day we trek to Base Camp) with a full daypack (approximately 15–20 pounds) on uneven, rocky and scree terrain, with some steep sections. Elevation gain and loss vary from day to day. All trekkers must be comfortable with rolling ascents and descents.

All other gear is carried by yaks and porters. There is a strict luggage limit of 40 pounds per person, including sleeping gear, in accordance with domestic flight restrictions. Our program includes flights on helicopters and twin propeller planes.

We stay in simple tea houses during our trek. The tea houses are clean and comfortable, with very basic guest rooms and a common area where people gather to eat and talk. Each night you will be able to read, write in your journal, or simply sit and enjoy the views and the company of your fellow travelers.

Although loss of appetite is common at such high altitudes, plentiful and nutritious hot meals are provided each day. Bathrooms in the tea houses are shared facilities, most of which include western-style toilets. Additionally, hot showers in rustic accommodations are available at most tea houses at additional cost.

A complete list of recommended trekking gear and a suggested fitness regimen to prepare for the program will be sent to each registered participant. Expect an adventurous and rigorous, rather than luxurious, travel experience. We welcome travelers 12 years of age and older on this trek.

**WHY TREK?**
Trekking, or traveling long distances on foot through remote areas, offers you the opportunity for intimate exploration each step of your adventure. Be in the moment as you take in your surroundings; experience the culture; learn about the history, plants, animals and landscapes; and meet local people on your journey.
Included
3 nights of deluxe hotel accommodations • 14 nights in best-available tea house accommodations • 17 breakfasts, 16 lunches and 17 dinners • Welcome/farewell receptions • Gratuities to guides, drivers and porters for all group activities • All tours, hikes and excursions as described in the itinerary • Transfers and baggage handling on program arrival and departure days • Domestic helicopter flight from Kathmandu to Phakding and return airplane flight from Lukla back to Kathmandu • Minimal medical, accident and evacuation insurance • Global Rescue Individual Medical Evacuation membership • Trip duffel bag • Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information • Services of our professional tour manager to assist you throughout the program

Not Included
International and U.S. domestic airfare • Passport and visa fees • Immunization costs • Meals and beverages other than those specified as included • Independent and private transfers • Trip-cancellation/interruption and baggage insurance • Excess-baggage charges • Personal items such as trekking gear, internet access, telephone and fax calls, laundry and gratuities for nongroup services

Air Arrangements
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on Qatar Airlines between San Francisco and Kathmandu, Nepal, is approximately $1,600 as of October 2016 and is subject to change without notice.

Terms & Conditions

Deposit & Final Payment
A $1,000-per-person deposit is required to hold your space on this program. Sign up online at alumni.stanford.edu/trip?everest2017 or call the Travel/Study office at (650) 725-1093. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

Cancellations & Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

Insurance
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. Information offering such insurance will be provided to travelers with their welcome materials. The product offered includes special benefits if you purchase your policy within 14 days of written confirmation of your participation on the trip.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the members’ price. A person traveling as a guest paid for by a current member will not be charged the nonmember fee. For more information or to purchase a membership, visit alumni.stanford.edu/goto/membership or call (650) 725-0692.

Responsibility
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we cannot assume any liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motor coach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in October 2016 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.
“It is not the mountain we conquer but ourselves.”

SIR EDMUND HILLARY