



Himalaya

bibbulmun track foundation nepal school rebuild



trip highlights

Helping to rebuild the school for the students of Kshamawati Higher Secondary School

Unique insights into the Thami culture, as you work alongside their community

Fully supported camping based trek including 3 hearty meals per day prepared by our cooks

Embark on a stunning 8 day trek in the Annapurna region of Nepal

Explore the historical and cultural sites of Kathmandu

Help raise money for the Bibbulmun Track Foundation



Trip Duration	16 days	Trip Code: SOG4738
Grade	Introductory to Moderate	
Activities	4 days Community Project Work	
Summary	3 nights 4* hotel in Kathmandu, 4 nights wilderness camp, 5 nights private permanent eco-camp, 3 nights eco-lodge	

welcome to World Expeditions

Thank you for your interest in our Bibbulmun Track Foundation Nepal School Rebuild trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

In 2015, on April 25 and again on May 12, catastrophic earthquakes shook Nepal, resulting in the loss of many lives, the destruction of property and over 5000 schools across Nepal were damaged. Our Rebuild Nepal Community Projects aim to help remote mountain communities rebuild their schools. Part of the trip cost will fund the projects and travellers from The Bibbulmun Track Foundation will volunteer time and sweat towards the reconstruction of schools. No particular skills are required, just a willingness to work hard. Once the project work is complete we will travel to the Annapurna region of Nepal and embark on a stunning trek on remote trails gaining incredible views of snow capped peaks. Our trek further assisting the economies of the mountain communities that rely heavily on tourism.



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trip cost

Joining Kathmandu: \$3190
All prices are per person

options & supplements

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee or hot chocolate served in your tent, porridge or a grain cereal, toast with spreads, eggs –fried, omelet or boiled, baked beans and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, tea, coffee or hot chocolate, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, goat curry, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

the trip

This is a great opportunity for the members of the Bibbulmun Track to help raise money for the Bibbulmun Track Foundation, contribute to a substantial service education project whilst traveling on the adventure of a lifetime! Kshamawati Secondary Higher School is located in North Eastern Nepal in the Dolakha district. The people of this region are predominantly from the ethnic group called Thamias, and they face the challenge of limited access to education. It is estimated 78% of the population are illiterate. The Kshamawati Higher Secondary School has 470 students enrolled from infant to year 12. The World Expeditions Foundation has been assisting this school since 2013 with the construction of a residential hostel for the students. The hostel will allow students to reside at school during the week, having a positive impact on school attendance. The hostel was at the foundations stage when the earthquakes struck and was mostly left in tact. The school buildings however were flattened. Naturally, our support will continue as we now help with the reconstruction of the classrooms.

Our Rebuild Nepal Community Projects are sustainable:

Consultation - we are having ongoing consultation with the heads of the school and broader community, with the Nepal Ministry of Education and experts in field of construction methods in earthquake prone regions.

Collaboration - in addition to the manpower offered by travellers, the reconstruction of these schools will involve the paid skills of local trades people as well as local volunteers. It will be a collaborative and collective effort to rebuild the schools and the local community will be engaged throughout the process.

Education - we will train local members of the community in the skills required to construct earthquake tolerant structures that have been approved by the Nepal Ministry of Education.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	DRIVE TO SUSPA KSHAMAWATI VILLAGE (2500M) TO ARRIVE AT PROJECT SITE.
DAYS 3-5	COMMUNITY PROJECT HELPING TO REBUILD KSHAMAWATI HIGHER SECONDARY SCHOOL
DAY 6	DRIVE TO KATHMANDU
DAY 7	FLY TO POKHARA, COMMENCE TREK TO DHAMPUS (1990M) - WALK APPROX. 3 HRS
DAY 8	TO LANDRUK (1600M). WALK APPROX 5 HRS
DAY 9	TO GHANDRUK (1740M). WALK APPROX. 4 HRS.
DAY 10	TO TADAPANI (2650M). WALK APPROX. 5-6 HRS.
DAY 11	POON HILL AND UPPER PHULBARI (3210M), FOR PANORAMIC VIEWS OF THE ANNAPURNA RANGE. WALK APPROX. 7HRS
DAY 12	TO SWARGA (2100M), VIA JALJALA DIL (2600M). WALK APPROX. 5-6 HRS.
DAY 13	TO GHIBRANG (1950M). WALK APPROX. 5-6 HRS.
DAY 14	TREK TO NAYAPUL (1070M) AND DRIVE POKHARA. WALK APPROX. 3-4 HRS, DRIVE APPROX. 2 HRS.
DAY 15	FLY TO KATHMANDU, AFTERNOON EXPLORE KATHMANDU, FAREWELL DINNER
DAY 16	MORNING AT LEISURE, FLY TO PERTH

what's included

- 15 breakfasts, 12 lunches and 11 dinners
- Expert bilingual guide
- Group medical kit
- The use of a trek pack including sleeping bag, down or fibre filled jacket and insulated mat, valued at USD \$500



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trip dates

2018 07 Apr - 22 Apr

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

*Ask our staff for more information.

- Souvenir World Expeditions kit bag
- Private transportation from Kathmandu - Kshamawati - Kathmandu
- Accommodation in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows
- The World Expeditions Foundation [WEF] funds some of the costs associated with the project [such as materials, transport of materials to the site and wages of the local project manager].
- All park entrance fees and trekking permits and site entry fees
- Porters to carry all personal and group equipment during trek
- Insurance, protective clothing, food and shelter for porters
- Flight Kathmandu/Pokhara return valued at US\$238
- Donation to the Bibbulmun Track Foundation
- Escort from the Bibbulmun Track Foundation travelling with the group
- Cost includes materials and transportation of materials for project site

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

detailed itinerary

DAY 1 Arrive Kathmandu

After the months of planning and preparation your journey is upon you!

On arrival in Kathmandu you will be met and transferred to the Radisson Hotel. The remainder of the afternoon is at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

Overnight Radisson Hotel

meals: NIL

DAY 2 Drive to Suspa Kshamawati village (2500m) to arrive at project site.

The scenic drive from Kathmandu to Suspa is around 150kms. The journey takes us through many villages and we can watch as rural life passes by our window. For most of the drive the road is wide with gentle slopes. There are sections of the road that are narrow and the last 15kms of road is on a wider gravel road. We'll stop for lunch en-route. Upon arrival at the village we'll be greeted by the school leaders and we'll set up camp nearby the construction site. The school and wider community are very grateful for the time and effort the members of the Bibbulmun Track Foundation are investing into this service project. It is a great opportunity for the members to give something back to a rural and remote community in need.

The setting here is green and lush. This afternoon we'll take a tour of the construction site. We will meet the local team of workers that we'll work alongside and we'll be briefed on the tasks ahead.

Overnight Wilderness Camp

meals: B,L,D

DAYS 3-5 Community project helping to rebuild Kshamawati Higher Secondary School

Over the course of the next three days we will work hard to complete as much of the school construction as possible. Following a hearty breakfast we'll work for 2 hrs before stopping for morning tea, and resume work for another 2-3 hrs before stopping for lunch. We complete another

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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

2-3 hrs of work before finishing up for the day and a snack before our evening meal. There should be a few free hours in the late afternoon before the evening meal to spend relaxing, reading, writing in your journal or watching village life and enjoying the surrounds.

Overnight Wilderness Camp

meals: **B,L,D**

DAY 6 Drive to Kathmandu

Following breakfast we take the scenic drive back to Kathmandu, stopping for lunch en route. On arrival we check into the Radisson Hotel and prepare for the trek phase of our journey.

Overnight Radisson Hotel

meals: **B,L**

DAY 7 Fly to Pokhara, commence trek to Dhampus (1990m) - walk approx. 3 hrs

This morning we take a flight west to Pokhara, Nepal's second largest town (820m). In good weather we are greeted with sights of the entire Annapurna Range. From here we drive for an hour to a pass between two river valleys to the village of Phedi, where we commence our trek. There is no need to rush as this is a short day with plenty of time to reach our overnight stop. The trail ascends for the first hour, following a ridge through fields of bamboo clusters to magnificent rhododendron forest. Villagers greet us with "Namaste", the traditional Nepalese greeting, as we pass their homes and continue to the ridge top where at the crest the scale of the mountains astounds us. Machapuchare (6993m), Hiunchuli (6441m) and Annapurna South (7219m) can be seen from our immediate viewpoint. Overnight eco lodge.

meals: **B,L,D**

DAY 8 To Landruk (1600m). Walk approx 5 hrs

After a glorious mountain sunrise we follow the trail through rhododendron forest before continuing through a series of Gurung villages where lifestyles have not changed substantially over the centuries. After lunch we follow a well-marked trail to the prosperous village of Landruk where we camp for the night in our private eco campsite.

meals: **B,L,D**

DAY 9 To Ghandruk (1740m). Walk approx. 4 hrs.

Our destination today is easily seen across the valley, the attractive Gurung village of Ghandruk, We descend the valley floor through terraced fields and cross steel suspension bridge to commence our ascent. As we trek up the staircase, we enjoy the beauty of Himalaya at a relatively close range and observe the glaciers flowing from them to form the river below us. It really is a magnificent location and a photographer's delight. On our leisurely approach along these ridges we savor the magnificent scenery with fine mountain views. Ghandruk is the second largest Gurung settlement in Nepal and provides a further insight into the lifestyles of villages that have traditionally provided the backbone of the famous Gurkha regiments. The afternoon can be spent at leisure, or take a tour of the old village. Overnight in our private eco campsite.

meals: **B,L,D**

DAY 10 To Tadapani (2650m). Walk approx. 5-6 hrs.

Our trail meanders uphill through fields and into forest of rhododendron, magnolia and lichen covered fig. We pass by waterfalls that cascade down narrow gullies that provide the perfect home for many small ferns and delicate plants such as exotic orchids bursting with colour. We stop at Tadapani, a small village alongside the trail for our nights accommodation.

Overnight camping

meals: **B,L,D**

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important note

Our local staff have completed a thorough review of trail conditions, bridges, our private campsite infrastructure and the general state of community villages and report that they are satisfied with operational safety in the Annapurna and Everest regions. In between now and the dates we have set for the community projects, Nepal will experience monsoonal weather.

Post monsoon our local staff will again make the same thorough review. Traveller safety is of utmost importance to us, so if there is any question that these areas would pose a risk to our travellers, we would not proceed with the project trips. We consider this to be very unlikely but suggest that with your flight bookings to Nepal, you book flights that are flexible and refundable. Once again though, we are very confident that this will not be necessary.

These trip notes represent the most current information for this itinerary. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 11 Poon Hill and Upper Phulbari (3210m), for panoramic views of the Annapurna range. Walk approx. 7hrs

The walk this morning offers excellent views of the Dhaulagiri range as the trail zigzags until we reach our lunch stop at Ghorepani. This is a sizeable town on the main tourist trail. You may wish to wander through the bazaar for a short period following lunch, as there are many Tibetan wares on display and also a bakery or two. Ghorepani is the last stop before we head into the more uninhabited regions of our trek.

Most trekkers to Ghorepani make the pre dawn 45 minute climb to the summit of Poon Hill (3200m). We will make the climb in the afternoon, when there are no crowds. From Poon Hill we leave the main trail and traverse on old yak herder trails to Upper Phulbari. The location affords even more spectacular views than from Poon Hill, which we enjoy from the comfort of our eco lodge and with the luxury of no pre-dawn start. The photography is superb from here and you may wish to get up early to catch the sunrise over the Himalaya.

meals: B,L,D

DAY 12 To Swarga (2100m), via Jaljala Dil (2600m). Walk approx. 5-6 hrs.

Our start this morning is an uphill walk for an hour. We get excellent views of the mountains while walking in the dandas which is higher than Poon Hill. We eat lunch at Jaljala and continue for 2 hours downhill walk till we reach our private eco campsite at Swarga. Our campsite is above Les Par and surrounded by trees. This is a lovely section of our journey, with quiet trails and tiny villages set above the main trails far below.

meals: B,L,D

DAY 13 To Ghibrang (1950m). Walk approx. 5-6 hrs.

Our walk today is through jungle with gradual uphill sections. We mostly come across Himalayan brown oak, alder and rhododendron. The trail is unpaved and it is a villagers trail. We stop for lunch at Tharo Khola near a stream. After lunch a 20 minute uphill walk through trees and through a ridge rewards us with excellent views of the mountains. The danda we walk today is called Bhamarkot danda. We then descend towards Ghibrang. Trekking along the ridge of Bhamarkot Danda we gain excellent views of Annapurna South, Machapuchare, Hiunchuli and the Manaslu ranges. Ghibrang is a delightful village, largely untouched by western influence, and our private eco campsite offers yet more stunning views in a peaceful terraced setting amidst this pretty village.

meals: B,L,D

DAY 14 Trek to Nayapul (1070m) and drive Pokhara. Walk approx. 3-4 hrs, drive approx. 2 hrs.

Have your trekking poles at the ready today as our descent is approx. 1000 metres. We pass through interesting villages situated on steep rocky hills and terraces. The villages we pass are mixed communities of predominantly Gurung, Brahmin & Chettri. The final descent into Nayapul is 20 minutes on stone stairs. Here we will have a quick lunch break and then board the bus for Pokhara and our private eco camp. Once settled in we highly recommend you take a stroll down to the lake at Pokhara, there are many stores selling Tibetan wares which are less expensive than Kathmandu. The main street running along the lake is vibrant and an interesting place to sit and watch the world go by.

meals: B

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DAY 15 Fly to Kathmandu, afternoon explore Kathmandu, farewell dinner

This morning we transfer to the airport for our spectacular flight to Kathmandu. The mountain flight follows the Himalaya range to Kathmandu where we transfer to our hotel. The remainder of the day is free for last minute shopping and sightseeing.

Tonight we will visit Rumdoodle restaurant in Kathmandu and celebrate our successful trek and service program.

Overnight Radisson Hotel

meals: B

DAY 16 Morning at leisure, Fly to Perth

This morning is at leisure until we transfer to the airport for our flight to Perth.

*Please contact World Expeditions who can help with all your flight arrangements

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season extends from mid-September to May. From early September the monsoonal rains decrease. By mid-October through to December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 deg C at low altitude and nights can drop to below -5 deg C at higher altitudes. Weather in the Himalayas can be unpredictable at any time of year. It is essential to be prepared for all conditions as freak storms and unseasonal temperatures can occur.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4

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hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

private eco campsites

The Annapurna region is a very popular area for trekking with its stunning mountain vistas and traditional villages. Road constructions in some parts of the region have not hindered our opportunity to seek out the best walking trails away from these thoroughfares. World Expeditions pioneered the concept of private eco campsites in the Everest region in 2013 and due to their great success, has replicated this in specific sites across the Annapurna region. While most companies offer lodge trekking where sustainable practice is not well patrolled and which takes away employment from the alternative camping option, our private eco campsites deliver a small environmental footprint but are big on comforts. Each site comprises of a permanent dining room which is heated, two person stand high tents with stretcher beds, mattresses and pillows, composting sit toilets and many of our private eco campsites also have hot showers. Meals will be taken in the dining room and at the end of the trekking day, you will relax with cushioned seating and the pot belly stove in the company of your staff and fellow World Expeditions travellers. There are no emissions in the room as the chimney carries smoke outside. There is also a staff kitchen where the preparation of all your meals takes place and there are incinerators that are used to burn all waste with any non combustibles being carried out for proper disposal in Pokhara. Our camps deliver an atmosphere of privacy and exclusivity from where you will enjoy fantastic mountain views; a place where travellers and staff come together and where camaraderie and friendships are forged. We know this to be a highlight of our camping approach and consistently received feedback that overwhelmingly supports this. When you join one of our camping treks, you should also take comfort in knowing that you are supporting the livelihoods of many local people as our style of trekking provides up to 25% more employment than a lodge or teahouse trek and we also engage people from each village in maintenance and surveillance when the camps are not in use.

We list next to each trek day in the day to day itinerary above where our private eco campsites are located. Hot showers are available at the following camps: Dhampus, Landruk, Ghandruk, Tadapani, Swarga, Chomrung, Upper Phulbari. There will be a small charge of between 200-300 rupees for their use and they are subject to availability.

wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all

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your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a duffel bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack. Pack a sturdy pair of work gloves and work clothes.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- *A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- *We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- *We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- *Porters also receive life insurance and income protection insurance.
- *Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.
- *Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.
- *Porters are not to carry more than 30kgs.
- *The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

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International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example, public bus transfers or specialised transport such as 'tuk-tuk's' could be another. Where seat belts are not provided we strongly recommend that you hold tight to a fixed part of the vehicle at all times.

what's not included

- Accommodation and meals in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

info nights

The Bibbulmun Track Foundation and World Expeditions invites you to attend our inspiring adventure travel information night for this journey. This special evening is designed to inform and entertain. The next information session will be held on:

THURSDAY 27TH July starting at 6pm

Please register to attend by calling the Bibbulmun Track Foundation or emailing scott@worldexpeditions.com.au to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.worldexpeditions.com or contact our office.

social networking

Follow us on Facebook at <https://www.facebook.com/WorldExpeditions>

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited



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space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by contacting Scott Pinnegar at World Expeditions scott@worldexpeditions.com.au or (03) 8631 3300 or contact the Bibbulmun Track Foundation. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take.