Everest Base Camp

A TREK TO THE TOP OF THE WORLD

October 4 to 24, 2015

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. On this inaugural Stanford Travel/Study program, experience firsthand the majesty of the Himalayas. Under the careful guidance of our expert mountain guides and in the company of renowned Stanford faculty leader, Rob Dunbar, 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!

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 geology from faculty leader Rob Dunbar.

**HEAR** the chants of monks as we explore the Tengboche Monastery, the heart of Sherpa culture for the last century.
**Faculty Leader**

**ROBERT DUNBAR**, whose research interests span climate change, glaciers and ice sheets, as well as oceanography and biogeochemistry, heads a research group that works on past and present changes in the ocean and in mountain belts around the world. He has also been studying geology and climate history for years in the Peruvian/Bolivian Andes and in Patagonia. Rob is a strong believer in teaching and learning in the field. About this trek, Rob says, “There is no better way to learn about the Himalayas and their geology, ecosystems and people than by walking through them.” Rob has led 20 previous Travel/Study programs, including our inaugural trek to the summit of Africa’s Mount Kilimanjaro.

On this program Rob will discuss the origins and future of the Himalayas, the importance of glacier-derived water to Nepal and India, geologic forensics along our route and the exciting history of Himalayan mountaineering.

— William Keck Professor of Earth Science and J. Frederick and Elisabeth B. Weintz University Fellow in Undergraduate Education, Stanford University
— Senior fellow, Woods Institute for the Environment
— BS, geology, University of Texas, Austin
— PhD, oceanography, Scripps Institution of Oceanography, UC-San Diego

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**Reservation Form**

**Everest Base Camp**

**NAME**

**AGE**

**STANFORD CLASS**

**ADDRESS**

**CITY / STATE / ZIP**

**PHONE**

**CELL / WORK / HOME**

**EMAIL ADDRESS**

I/We have read the Terms and Conditions for the program and agree to them.

**SIGNATURE**

If this is a reservation for one person, please indicate:

☐ I wish to have single accommodations.

OR ☐ I plan to share accommodations with:

OR ☐ I’d like to know about possible roommates.

**BED PREFERENCE:**

☐ Twins  ☐ Double

Here is my deposit of $________ ($1,000 per person) for _____ space(s).

☐ Enclosed is my check
  (payable to Stanford Alumni Association) OR

☐ Charge my deposit to my:
  ☐ Visa  ☐ MasterCard  ☐ American Express

**CARD #**

**EXPIRATION DATE**

**CARDHOLDER SIGNATURE**

**DATE**

Mail completed form to address on mail panel or fax to (650) 725-8675 or place your deposit online at alumni.stanford.edu/trip?everest2015. Submit your reservation only once to avoid multiple charges to your account.
SUNDAY TO TUESDAY, OCTOBER 4 TO 6
DEPART U.S. / KATHMANDU, NEPAL (ELEVATION: 6,600’)
Depart on flights to Nepal, crossing the international date line en route and arriving in Kathmandu on Tuesday morning. Upon arrival in Kathmandu, transfer to our hotel. 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 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 (10/6: D)

WEDNESDAY, OCTOBER 7
KATHMANDU
Visit Swayambhunath (“Monkey Temple”), a remarkable stupa encircled by dozens of smaller stupas, shrines and fluttering prayer flags. Also visit the holy Bagmati River, which is lined with temples and cremation sites.

YAK AND YETI HOTEL (B,L,D)

THURSDAY, OCTOBER 8
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 9
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 civilian, colorfully garbed villagers and yaks in this vibrant Himalayan town.

NAMCHE HOTEL (B,L,D)

SATURDAY, OCTOBER 10
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 11
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 make our way down to the river at Phunki Thanka, where we stop at 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 12
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.
TREKKING NEAR NAMCHE BAZAAR

ceremony for our group. PANGBOCHE TEA HOUSE (B,L,D)

TUESDAY & WEDNESDAY, OCTOBER 13 & 14
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 15
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 16
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 17
GORAK SHEP / EVEREST BASE CAMP (17,688’) / LOBUCHE
Make our way to Everest Base Camp, where climbing expeditions pause to prepare for their summit attempts. Enjoy lunch 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 18 TO 21
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 22
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 UNESCO World Heritage site, a bastion of Tibetan culture in the heart of Kathmandu and the largest stupa in Nepal. Enjoy a festive farewell reception and dinner this evening. HYATT REGENCY HOTEL (B,L,D)

FRIDAY & SATURDAY, OCTOBER 23 & 24
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. (10/23: B)
DATES:
October 4 to 24, 2015 (21 days)

SIZE
Limited to 24 participants

COST*
$8,995 per person, double occupancy
$11,095 per person, single occupancy
*Association nonmembers add $200 per person

WHAT TO EXPECT
Trekking to Everest Base Camp is one of the world’s greatest adventures and challenges. Our non-technical, 13-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 68 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 terrain, with some steep sections and rock scrambling. 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.

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. We will have access to western-style toilets, however these are not always available. Hot showers 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.
Deposit & Final Payment
A $1,000 per-person deposit is required to hold your space on this program. Complete and return the attached reservation form or sign up online. 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. A brochure offering such insurance will be provided to U.S. residents with their welcome materials. The product offered in this brochure includes special benefits if you purchase your policy within a specified window: 14 to 21 days of the date listed on the welcome letter, depending on your destination and state of residence.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $200 more than the members’ price. Parents and their children under 21 may travel on one membership. For more information or to purchase a membership, visit alumni.stanford.edu/goto/member 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 can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or connection with the service of any railroad, steamship, airplane, or 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 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 connected with the tour. Program price is based on rates in effect in October 2014 and is subject to change without notice.
“It is not the mountain we conquer but ourselves.”

Sir Edmund Hillary

A T R E K  T O  T H E  T O P  O F  T H E  W O R L D

October 4 to 24, 2015

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