

AT 29,035 FEET, MOUNT EVEREST SOARS HIGH ABOVE THE HIMALAYAN mountain range as the tallest mountain in the world. This once in a lifetime opportunity will take you through the Everest region of Nepal and the heart of the Sherpa community. You will be immersed in the cultural and natural beauty of the Khumbu valley on this 10-day trek following the footsteps of legends. This trip will also take you to some of the restaurants that your generous donations helped make possible through The Juniper Fund's Business Grant program, as well as meet many of The Juniper Fund families along the way.

GUIDES



David Morton



Tony van Marken

You will be guided by one of the most experienced Himalayan guides and The Juniper Fund co-founder, [David Morton](#), and experienced climber and long-time supporter of The Juniper Fund, [Tony van Marken](#).

TRIP HIGHLIGHTS

- Trek to the base camp of the breathtaking Mount Everest, the world's highest mountain.
- Explore Sherpa villages and ancient monasteries.
- Hike to Kala Pattar (18,192') and Everest Base Camp (17,590').
- See stunning Himalaya views including Mt. Everest, Lhotse, Nuptse, Ama Dablam and more



DAVID MORTON climbjourneylive.com



David Morton has guided and climbed the fabled Seven Summits on multiple occasions, including 9 expeditions (6 summits) to Mt. Everest. Along with Seven Summits expeditions, David's guiding includes work for Exum Mountain Guides, Alpine Ascents International, and others companies leading technical rock climbing, ice climbing, and a host of mountaineering expeditions throughout the world's great ranges from Mongolia to Papua to Patagonia to New Zealand. He's climbed many of the classic big alpine routes on high mountains including the Cassin Ridge on Denali and the South Face of Aconcagua. David's 8000 meter experiences includes over fifteen expeditions to 7 of the world's fourteen 8000m peaks. His Himalayan experience covers multiple 6000m, 7000m and 8000m peaks in Nepal, India and Pakistan.

One of David's great joys is sharing the mountains with others. He's most "at home" experiencing the more accessible mountain journeys with new friends, old friends, and family.



TONY VAN MARKEN



TONY VAN MARKEN tonyvanmarken.com

Tony van Marken (55) is an avid adventurer and endurance athlete. He is a veteran of over 30 high-altitude mountaineering expeditions on seven continents with over 60 high altitude summits on numerous classic peaks around the world including the seven summits.

Tony is also a marathon runner, mountain and road cyclist and certified open water diver. He has completed numerous standard and ultra-marathons, the legendary Cape Epic Mountain Bike Race (2011 and 2014) known as the Tour de France of mountain biking accredited as hors categorie (beyond categorisation) by the Union Cycliste Internationale (UCI), the Trans Andes Challenge (6-Day Stage Race, Patagonia, Chile), the Legend of El Dorado 7-Day Stage Race in Colombia and numerous other endurance events.

For the past 12 years Tony has led numerous expeditions introducing friends, family and corporate clients to the joys of mountaineering.

**Tony and David climbed Everest in 2005 and Cho Oyu in 2004 together.*

ITINERARY

DAY 06 – 23 OCTOBER

We'll begin our day with a trek following the Dudh Koshi river to Phunki Tenga. From there, we'll climb uphill to the village of Tengboche (3870m, 12,694ft), the cultural and religious center of the Khumbu, and the largest monastery (gompa) in the Everest region. At the monastery, there will be a possibility to attend Buddhist ceremonies and rituals performed by local monks. After visiting the monastery we'll descend 30 minutes through a quiet forest of fir and rhododendrons to a lodge in the village of Debouche.

Trekking time: 5-6 hours

Sleeping village: Debouche (3820m, 12,533 ft)

Net elevation gain: 380m, 1,253ft

DAY 07 – 24 OCTOBER

We'll trek up to Dingboche on this day, which is a crossroads for many peaks in the area, including Island Peak and Ama Dablam basecamps. On today's trek, we cross near the Imja River to reach Pangboche for lunch. Along the way, we can admire good views of Mt. Everest, Lhotse and Ama Dablam. We'll spend our first night of two (for acclimatization) at this elevation in Dingboche.

Trekking time: 5-6 hours

Sleeping village: Dingboche (4410m, 14,470ft)

Net elevation gain: 590m, 1,937ft

DAY 08 – 25 OCTOBER

Spending a day in the Dingboche and Pheriche area will help us acclimatize to the high altitude. Instead of staying idle, we'll take a walk further up valley for additional acclimatization and return back through Dingboche to spend the night slightly lower in Pheriche. If weather permits, we'll see some of the world's tallest peaks, including Lhotse's south face, Makalu and Cho Oyu.

Trekking time: 2-4 hours

Sleeping village: Pheriche (4370m, 14,337ft)

Net elevation gain: -40m, -133ft

ITINERARY

DAY 09 – 26 OCTOBER

We'll ascend today to the village of Lobuche, tucked below Lobuche Peak. Our trail starts with a steep climb to Duglha, where we pass the memorials of climbers made up of dozens of large rock 'chortens' and strings of prayer flags at the top of Duglha Pass. Along the way we leave the last of the large vegetation and enter into the alpine zone.

Trekking Time: 4-5 hours

Sleeping village: Lobuche (4940m, 16,207ft)

Net elevation gain: 570m, 1,870ft

DAY 10 – 27 OCTOBER

We'll leave Lobuche early for our next outpost, Gorak Shep, the highest outpost with year round residents in the world. The trek is an easy stroll for about an hour before it starts to steepen through the rolling moraine of an old glacier. Once we arrive in Gorak Shep, we'll have the opportunity to leave our bags and make our way to our highest point of the trek, Kalapathar (5545m, 18,192ft) a 1200ft ascent. We'll enjoy stunning views of the Khumbu valley, Everest, Lhotse, Nuptse and more.

Trekking time: 8 hours (4 hours for Kalapathar)

Sleeping village: Gorak Shep (5170m, 16,961ft)

Net elevation gain: 230m, 754ft



ITINERARY

DAY 11 – 28 OCTOBER

We'll leave Gorak Shep and cross the moraine of the great Khumbu glacier to reach Everest Base Camp (5364m, 17,594ft), which lies beneath the sweeping ridges of Everest and Nuptse. The trek is not difficult, however we ascend and descend mostly on a glacier path, which can include some rough terrain. As we reach base camp, we enjoy the incredible melt paths and admire the gently rounded ice towers on the upper part of the Khumbu glacier. We'll spend some time at Base Camp before descending back to Gorak Shep.

Trekking time: 5-6 hours

Sleeping village: Gorak Shep (5170m, 16,961ft)

DAY 12 – 29 OCTOBER

After breakfast we'll board helicopters to begin our return to the plentiful oxygen of lower elevations. We'll be shuttled back to Pheriche in small groups due to the thin air and lower load capacities of helicopters in those elevations. After shuttling we'll continue on the spectacular helicopter journey through giant peaks and green valleys before landing back in the Kathmandu Valley proper. With an early pickup we'll be back in the city by lunch with the afternoon and early evening available for more sightseeing and shopping prior to our final celebration dinner.

DAY 13 – 30 OCTOBER

International departures from Kathmandu. Depending on your itinerary this day may have a substantial number of hours available for more time to explore the sights of Kathmandu.

**The above itinerary is subject to change for numerous reasons outside of our control, including weather, terrain conditions, acclimatization, team member health and fitness, etc. It is not unusual for adjustments to be made, and our guides use their good judgement to ensure the health, safety and success of all members on the trek.*

NEPAL TRAVEL INFORMATION



GETTING THERE

During your flight to Kathmandu (KTM) you will cross the International Date Line. Travel time is approximately three days. If you want to see the mountains as you flight into Kathmandu, make sure you sit on the right-hand side of the plane (weather depending, of course).

TRAVEL AND FLIGHT INFORMATION

While there are no direct flights to Kathmandu from USA or Canada, there are many short itineraries with one short international layover. Typical layover international airports include Hong Kong, Delhi, Doha, Dubai, Guangzhou, and Bangkok

ENTRY REQUIREMENTS & VISAS

A valid passport is required for entering Nepal. Your passport must be valid for 6 months beyond the expected date of return. US passport holders can stay up to 90 days with special visas. For this trek, you can obtain a 30-day visa for \$50 USD.

Visas can be obtained upon arrival with one passport photo. Please bring at least two passport photos.

AIRPORT ARRIVAL

Upon arrival at the Kathmandu Tribhuvan Airport (KTM), follow the signs to the Arrivals Building. Once you enter the Arrivals Building, proceed to the Kiosks on your left. You will enter in your passport, trip and lodging details into the computer. Please note the hotel address for Yak & Yeti above.

After you receive the printout from the Kiosk, proceed to the counter to your immediate right to pay for your visa fee. The fee will be \$50 USD for a 30-day visa. You can pay in USD – they accept credit cards or cash, but cash seems to be a smoother process.

Once you obtain a receipt, take both documents, your passport, and your passport photos to the Visitors Without A Visa counter. You will obtain your visa here, and then proceed to Baggage Claim.

Once you receive your bags from Baggage Claim, you will proceed to Customs. Be sure to keep all your bags together, as well as your baggage receipts obtained when you check-in. Custom officials will likely check your bags against the baggage receipts.

Outside the arrivals hall there will be a large group of taxi drivers and agents from many hotels and travel companies. Look for a sign with The Juniper Fund and/or Shangri-La Treks (our outfitter). A private vehicle will take you to the hotel.

VACCINATIONS

There are no special vaccinations required for travel to Nepal. For additional information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, visit the CDC website www.cdc.gov/travel

NEPAL TRAVEL INFORMATION

ELECTRICITY

In Nepal you will find power plugs and sockets that are of Type C, D and M. See the pictures below or visit www.power-plugs-sockets.com/nepal/ for more information.

Type C: also known as the standard “Euro” plug

Type D: mainly used in India, Sri-Lanka, Nepal and some African countries – this is most common

Type M: Looks like plug D, but with larger pins.



TRAVEL ADVICE

Make two copies of valuables such as your passport, tickets, visas, etc. Keep one copy with you in a separate place to the originals and leave another copy with someone at home. Be sure to inform your credit card company as well as your bank that you will be traveling internationally to Nepal. This will eliminate any credit card holds for fraudulent activity.

CURRENCY

Nepalese Rupee - Current Conversion Rate: 1 USD : 115 NPR (can vary from 110 to 116 NPR)

Suggestion: You might want to bring approx. \$700-800 per person into the Khumbu for personal spending money and Staff Tip Pool.

American Express, MasterCard and Visa are accepted in tourist shops, hotels, restaurants and agencies in Kathmandu. There are ATMs in Kathmandu and Namche. You can also bring USD and exchange for NPR after you arrive in Kathmandu.

CELL PHONE USE & WI-FI

Nepal Country Code +977

In order for your phone to work on the Nepali cellular networks, you will need a Nepal SIM card (Ncell recommended). Cell coverage is available throughout Kathmandu, and in most areas along the Everest Base Camp trek. You can easily buy a sim card for your phone in Kathmandu.

Wi-Fi is also readily available throughout Kathmandu for free, including at the airport when you arrive. Paid Wi-Fi is available during your trek at most teahouses.

RESCUE INSURANCE / EMERGENCIES

Rescue insurance is very important for travel in the Khumbu. One option for this is an American Alpine Club (AAC) membership. With a membership you get \$7,500 in global rescue coverage. There are other options for additional coverage through the AAC as well. Another option for rescue coverage is to purchase a Global Rescue plan for the trip.

American Alpine Club: americanalpineclub.org/rescue

Global Rescue Insurance: www.globalrescue.com/

If evacuation is needed for any reason during the trip, its essential to contact your insurance provider prior to evacuation to obtain prior approval.

For emergencies in Kathmandu, the Ciwec Hospital is where we will go (see contact info above). When you fill out a registration and medical form, be sure to fill them out completely and accurately. Should you need to see a doctor this will be the document that helps us.

EVEREST BASE CAMP TRIP INFORMATION

TEMPERATURES & WEATHER

Kathmandu – Average Highs: 70-80F | Average Lows: 50-60F

Namche Bazaar – Average Highs: 50-60F | Average Lows: 20-40F

WATER (PAANI)

The water in Nepal is not clean - untreated water should be avoided. This includes water from the hotel faucet and all water on the trek. You will drink bottled or previously boiled water both in Kathmandu and in the Khumbu. Treating all remaining water with a SteriPen is recommended.

Drinking plenty of fluids during the trek is an important aspect of maintaining your body's hydration level and to avoid altitude sickness. Around 3 to 4 liters of fluid is recommended for daily intake while trekking. The fluids include tea, soup or simple drinking water.

Hand sanitizer is an important packing item for this trip. Be sure to include a small bottle in your day pack, as well as a few backups in your overnight luggage.

TEA HOUSES

Tea houses are cozy, rustic hotel-like accommodations in the Khumbu. They are like a bed and breakfast – where you have a private room, and everyone convenes and hangs out in the main dining room. There is no heat in the private rooms, but there is a stove in the main dining area that keeps it warm in the morning and at dinner. People generally hang out in long underwear or jeans, puffy jackets, and other layers that you can add if it's chilly or remove once the stoves heat up. We'll be doing a lot of tea house chilling!

FOOD AND SNACKS

You'll get breakfast, lunch, dinner and snacks, as well as ample hot and cold drinks. When staying in lodges, expect local food such as dal bhat as well as Western-style dishes such as pizza. Tea Houses can cater for vegetarian as well as many other special diets as long as we are informed prior to the trip. All of our treks provide excellent local and Western food!

While breakfast, lunch and dinner is provided during the trek, we recommend bringing along a selection of trail snacks, such as energy bars, chocolate, candy, etc. Bring a variety of easy-to-eat snacks you enjoy.

SHOWERS & LAUNDRY FACILITIES

For our lodge-based treks, hot showers are available in selected lodges for a small fee. We advise people to bring wet-wipes for impromptu washes in between available showers. Some lodges also provide a laundry service for a small fee.

ACCLIMITIZATION

Excellent physical conditioning significantly increases your ability to acclimatize. The key to climbing to high altitudes is proper acclimatization. Our program follows a calculated ascent profile which allows time for your body to adjust to the altitude. In addition to a proper rate of ascent, your performance is often related to how well you have taken care of yourself throughout the hours, days, and weeks prior to your trek. Proper hydration, nutrition, and warmth must be maintained on a daily basis throughout the expedition.

FITNESS

We cannot recommend enough being fit prior to the trek as this will make all the difference to your acclimatization and, ultimately, your enjoyment. For most treks, you should be comfortable walking up to 6 hours with a light pack.

Our Everest Base Camp Trek requires cardiovascular endurance (via aerobic training), strength endurance (through strength conditioning), and hiking-specific training (via hiking with a pack). During your training, you should be planning to progressively ramp up your speed, duration (time or mileage), and pack weight of weekly training hikes to give you hiking-specific conditioning that cannot be matched by any other sort of training.

IMPORTANT CONTACT INFORMATION



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JIBAN (OUTFITTER)

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SHANGRI-LA NEPAL TREK

treknclimb@shangrilanepal.com

HOTEL YAK AND YETI

+977 14248999

address: Durbar Marg, Kathmandu, Nepal

CIWEC HOSPITAL

Open 24/7

+977 1-4424111

address: Kapurdhara Marg, Kathmandu 44600

HOW TO SIGN UP

1. Pay your trip deposit of \$3,500.00 USD
2. Return your Participant Agreement and Acknowledgement of Risk forms
3. Purchase Rescue and Trip Insurance
4. Final donations due by 10 September 2021

WHAT'S INCLUDED?

- 2 Dinners in Kathmandu
- Breakfasts at the Yak and Yeti in Kathmandu
- All expenses during the trek – this includes: porters, tea house accommodations, meals at tea houses
- 3 nights at hotel in Kathmandu – The Yak and Yeti
- Ground transportation in Kathmandu
- Trekking Registration fee & National Park permit fees
- Domestic Airfare

WHAT'S NOT INCLUDED?

- International Airfare & excess baggage fees
- Nepali Visa Fee (Paid upon entry)
- Lunches and Snacks in Kathmandu
- Personal Insurance, Rescue Insurance, Airport Tax, rescue flights (if required)
- Tips for porters and local guides (approx. \$250 total per trekker)
- Personal expenses (i.e. telephone calls, laundry, wifi, etc.)

EVEREST BASE CAMP TREK GEAR CHECKLIST

GEAR

- Medium Duffel Bag – 70+ Liters
- Small Backpack (30 Liters)
- Sleeping Bag Rated to 0 Degrees
- Compression Sack for Sleeping Bag
- Trekking Poles
- Gaiters

FOOTWEAR

- Light Hiking Boots
- Trail Running Shoes or Tennis Shoes
- Socks (6-8 pairs)

CLOTHING

- Trekking/Hiking Pants
- Rain Shell Pants
- Base Layer Pants
- Base Layer Long Sleeve Top (3)
- Hiking Shirt (2-3)
- Insulated Fleece Top
- Soft Shell Jacket
- Rain Shell Jacket
- Hooded Insulated Parka
- Undergarments (2-3)

HEAD

- Wool or Fleece Hat
- Baseball Cap or Sun Hat
- Buff or Neck Gaiter
- Sunglasses
- Headlamp

HANDS

- Lightweight Fleece Gloves
- Heavyweight Shell Gloves

MISCELLANEOUS

- A Few Trail Snacks
- Clothing for Tea Houses & Travel
- One-Liter Water Bottle
- Pee Bottle
- Extra Batteries for Headlamp
- Camera
- Small Duffel
- Travel Locks
- Toiletry Bag
- Water Purification
- Hand Sanitizer (2-3 small bottles)
- Sunscreen
- Lip Screen
- Medications & Prescriptions
- Hand and Toe Warmers
- Stuff Sacks for Gear

GEAR DESCRIPTIONS & RECOMMENDATIONS

GEAR

Medium Duffel Bag (70+ Liters): This will be used by porters to carry your gear. Use variety of compression bags to organize your items within the large duffel.

Small Backpack (30 Liters): Internal frame climbing/trekking pack. Simple, lightweight design.

Sleeping Bag Rated to 0 Degrees: Down or synthetic insulation.

Compression Sack for Sleeping Bag

Trekking Poles: Lightweight and collapsible poles preferred as opposed to ski poles.

FOOTWEAR

Light Hiking Boots: Waterproof hiking boots designed for hiking in cool to cold conditions.

Trail Running Shoes or Tennis Shoes: Lightweight and comfortable, recommended for off-mountain use, pre/post trip, and tea houses.

Socks: 3 pairs of heavy hiking socks, 3 pairs of light weight hiking socks recommended.

CLOTHING

Trekking Pants: Lightweight, nylon trekking pants. Simple models are recommended, made of synthetic fabrics.

Rain shell pants: Non-insulated, fully waterproof shell pants that must fit comfortably around your base layer bottoms and softshell pants. Side zippers recommended to allow you to take on/off your pants without removing footwear.

Base layer pants: Non-cotton base layer bottoms that should fit snugly without constriction.

Base Layer Long Sleeve Top: Non-cotton material such as merino wool or polyester. Hooded base layers are strongly recommended for sun protection.

Hiking Shirt: Comfortable for hot weather, able to put fleece layer over easily for warmth.

Insulated Fleece Top: Mid weight, form-fitting fleece layer for use over base layers. Hood option, recommended.

Soft Shell Jacket: Breathable, but wind & weather resistant. Hooded model recommended. Must fit well over mid layer and base layer top.

Rain Shell Jacket: Non-insulated, fully waterproof shell jacket with hood. Must fit comfortably over your base layer, mid layer, and softshell.

Hooded Insulated Parka: Jacket should be heavily insulated with high-quality down fill. For warmth, a hood is required. Down sweaters or light puffy jackets will not be sufficient.

Undergarments: Synthetic or wool fabrics, comfortable athletic style.

HEAD

Wool or Fleece Hat: Non-cotton wool or synthetic hat that covers the head and ears comfortably.

Baseball Cap or Sun Hat: To shade face and/or neck, ears.

Buff or Neck Gaiter: Simple lightweight model. A Buffwear 'Buff' is a versatile item and is preferred.

Sunglasses: High-quality UV-blocking sunglasses with good all-around protection. High quality lenses are a must due to mountain sun.

Headlamp: Modern outdoor LED headlamp, 90-200 lumens of output.

HANDS

Lightweight Fleece Gloves: Lightly insulated / fleece gloves.

Heavyweight Shell Gloves: Warm shell gloves with insulated removable liners. First Ascent Guide Glove recommended.

MISCELLANEOUS

A Few Trail Snacks: While food is provided, we recommend bringing along a selection of trail snacks, such as energy bars, chocolate, candy, etc. Bring a variety of easy-to-eat snacks you enjoy.

Clothing for Tea Houses & Travel: Casual, comfortable clothes. Cotton is OK!

One-Liter Water Bottle: Two one-liter capacity bottles, BPA free plastic. No water bags or bladder systems, no metal bottles.

Pee Bottle: One wide-mouth, clearly marked container for overnight use.

Extra Batteries for Headlamp

Camera: Optional. Small point-and-shoot are ideal and work well at altitude. Alternatively, many opt to use a smartphone camera.

Small Duffel: Can double as carry-on luggage for you flight, used to store any items you do not plan to take into the mountains.

Travel Locks: For travel piece of mind.

Toiletry Bag: Include toilet paper (stored in plastic bag), hand sanitizer, toothbrush, toothpaste, floss, and wet wipes. Quantities dependent on length of trip.

Water Purification: Steri-Pens with extra batteries recommended. Chemical water treatment drops or tablets will also work.

Sunscreen: one to two ounces of SPF 30+ sunscreen.

Lip Screen: Several tubes of SPF 30+ lip screen.

Medications & Prescriptions: Bring any personal prescriptions, plus Pepto Bismol, Cipro (500mg tablets), Metronidazole, Z-Paks (250mg), Diamox (125 mg tables, approx. 35 total), and a variety of painkillers.

Hand and Toe Warmers: 3 sets of each

Stuff Sacks for Gear: 2-3, variety of sizes.



THE JUNIPER FUND

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