



**OUTWARD BOUND
CANADA**

**WELCOME TO OUTWARD BOUND CANADA'S
Reach Beyond Expedition – Everest Base Camp**

**Course Code: EBC2
November 12 – 29, 2018**



About the Trek

While on Nepal's Everest Base Camp Trek, you'll stand face to face with Mount Everest, "Goddess Mother of the Earth," from the high-point of 18,513-foot Kala Pattar. On this journey of a lifetime, you'll hike to Everest Base Camp and the infamous Khumbu Icefall, marvel at the stunning views of the Himalaya, and engage yourself with the friendly Sherpa people of Nepal.

This challenging and rugged adventure allows for plenty of time for acclimatization, allowing you to fully enjoy one of the world's most stunning treks. Starting from Lukla, the Everest trek takes us through the homeland of the Sherpas, where we enjoy their friendly hospitality and experience arguably the most dramatic mountain views in the world.

Come experience the splendour and spirituality of the Himalayas!



Itinerary

Monday, November 12th (1:25am flight!): Travel to Kathmandu, Nepal.
(Arrive at Toronto Pearson Airport late on Sunday, November 11th)

November 13: The entire team meets in Hong Kong, daytime layover in Hong Kong; chance to go into the city. Depart at 5:40 pm for Kathmandu on Dragonair.

Late arrival (10:25 pm) in Kathmandu and hotel transfer. Yak and Yeti Hotel

November 14: Sleep in, breakfast at hotel, cultural tour of old Kathmandu. Team meeting. Final prep for trek. Yak and Yeti Hotel

November 15: We fly from Kathmandu to Lukla (2800 m.) Begin trek to base camp. We will stay in the village of Phakding (2610 m.) Each night we will stay in local “teahouses” in villages along the trail.

November 16: As we climb we have our first views of Everest (8848 m) and Nuptse. We arrive at Namche Bazaar (3440 m) for the night. Khumbu Resort Teahouse

November 17: We stay in Namche for a second night, and do a day trek to Khunde (3840 m) to visit the Sir Edmund Hillary Hospital.

November 18: We continue our trek to base camp. We will stop at the Tengboche Monastery where Sir Edmund Hillary and Tensing Norgay received their blessings before summiting Everest for the first time in 1953. Finish in Pangboche (3930 m.) The word boche/buche means pasture. Highland Sherpa Resort

November 19: Above Pangboche, the route enters alpine meadows. We are now above the tree line! Continue on to the summer village of Pheriche (4240 m) for the night. There is a memorial in Pheriche for all those who have died on Everest. Himalayan Hotel

November 20: We will spend an important second night in Pheriche to acclimatize. Day hike to Dingboche (4410 m) for lunch.

November 21: Above Pheriche we enter the alpine. At the top of a steep ridge there are many memorials for those who have died on Everest. We will travel to, and stay in, Lobuche (4910 m) for the night. Mother Earth Hotel

November 22: Travel to the village of Gorak Shep (5125 m.) After lunch, we will make the trip to Everest Base Camp (5364 m) and back. Some expeditions will have set up camps on the Khumbu Glacier. Buddha Lodge and Restaurant

November 23: Today we climb to the highest point of our trip, Kala Patthar at 5540m! All around us flow huge glaciers. The mountains of Pumori (7145m) and Khumbutse (6623 m) separate us from Tibet. But the Queen of them all - Chomolungma (Everest) - towers over everyone. This is the Roof of the World. We descend to Lobuche (4910 m) to sleep after having lunch in Gorak Shep.

November 24: We retrace our steps along the glacial valley to Pheriche (4240 m) and stop for lunch. In the afternoon, we take the lower trail to Pangboche (3930 m) where we sleep for the night.

November 25: We continue our descent to Namche (3440 m.)



November 26: Our last day of trekking. A long day to Lukla (2800 m.) Hotel Himalaya

November 27: Fly back to Kathmandu from Lukla. Free day in Kathmandu (Shopping, cultural tours etc.)
Final Celebration dinner in Kathmandu. Yak and Yeti Hotel

November 28: Last day in Kathmandu, late night departure (11:30 pm) for Hong Kong and the long trip back to Canada

November 29: Arrive home, 6:35 pm at Pearson Airport.

**EMERGENCY CALLS FOR A PARTICIPANT ON COURSE SHOULD GO DIRECTLY TO:
1.888.OUTWARD (688.9273) ext. 209**

You and your family should be aware that while on course you will be in a remote area without direct telephone contact. If you need to receive an emergency message, a person may have to travel some distance to deliver the message, at your expense.

Course Fees

1. DEPOSIT

In order to secure your spot on the team, we ask that you confirm your participation with a \$500CAD deposit.

2. EXPEDITION COSTS

COST INCLUDES:

The cost of your course includes:

- Internal flights and internal transportation costs
- All activity/trekking and park fees
- Accommodation – teahouses on trek and hotel in Kathmandu
- Food on trek, breakfast and dinners in Kathmandu
- Outward Bound Canada guides
- Nepalese guide and porters/yaks on trek
- Airport departure taxes

Your course fee does NOT include:

- Flight to and from Kathmandu
- Travel and Medical Insurance
- Vaccinations & Medications
- Tourist visa upon arrival
- Lunches in Kathmandu
- Souvenirs
- Bottled water on trek and in Kathmandu
- Incidental costs, snacks, pop, etc.
- Alcoholic beverages

3. PAYMENT SCHEDULE

| PAYMENT | DEADLINE | AMOUNT |
|-----------------|----------------------------------|------------------------|
| Initial Deposit | Upon acceptance | \$500.00 CDN |
| First Payment | February 28 th , 2018 | \$2,000.00 USD* |
| Final Payment | April 6 th , 2018 | \$2,500.00 USD* |



4. FUNDRAISING COMMITMENT

In addition to your course fees, you are required to fundraise a minimum of \$4000.00 CAD in support of Outward Bound Canada's Charitable Programs for Youth and Adults.

We will provide you with tools and resources, as well as the support of our Director of Individual Giving, to help you achieve this fundraising commitment – one which has proven very achievable for Reach Beyond participants in the past. In the unlikely event that a participant's fundraising falls short of this \$4000.00 commitment, the participant will be invoiced for the outstanding balance.

TOTAL COMMITMENT
\$5,000 expedition cost + \$4000 fundraising commitment
All cheques should be made payable to "Outward Bound Canada"

Disclaimer: As a not-for-profit charity we have tried to develop a fee structure for fundraising expeditions that is based on direct known costs at the time of announcing and promoting the expedition. The fee for our Everest Base Camp expedition is based on direct costs incurred to run the expedition, including staffing, equipment, food, travel, accommodation, local taxes, tips and park fees. Many of these costs are out of our direct control as we rely on in-country suppliers / subcontractors to deliver food, accommodation, etc. We reserve the right to add a surcharge, even after confirmation of your participation, should any travel, accommodation, food, park fees or other related costs be increased by any of the suppliers / subcontractors.

4. CANCELLATION POLICY

In case of cancellation, the participant is required to pay:

- 120 days prior to departure or before.....\$1,000.00
- 90 days prior to departure..... 50% of total cost
- 60 days prior to departure..... expedition is non-refundable

Course Details

FITNESS TRAINING

Once the team has been finalized, we will provide you with a suggested fitness plan to prepare you for the climb. This will be based on your completed fitness assessment, which will be part of your registration package. It is quite simple: the more physically fit you are, the more you'll enjoy your mountain experience. The goal of the fitness program is to ensure that you are physically and mentally ready ready to trek in the mountains for 6 – 8 hours/day and be prepared for the discomforts of "thin" air.

TRAVEL AND MEDICAL INSURANCE

All participants are required to have travel and medical insurance.

IMMUNIZATIONS AND MEDICATIONS

It has been recommended that you have the following shots for travel in Nepal:

DtPolio, Hepatitis A, Hepatitis B, Typhoid

Please check with your Doctor for a medical recommendation and to see which of these immunizations you need to get (if you have travelled a lot, you may be up to date in some of these.) If you need to get immunization shots, please contact the travel clinic nearest you and set up an appointment. Your Doctor will also be able to advise you as to where the nearest travel clinic is.



OUTWARD BOUND CANADA

TEAM GATHERINGS

We will endeavor to have a few team gatherings in the spring of 2018. The first gathering will be a “meet and greet” and discussion about fundraising, fitness training, and visa and immunization requirements. The second gathering will be to review the equipment list, finalize trip logistics, and check in to see how fundraising is going. We may also arrange a few training dates when team members can get together for a hike on the weekend or in the evening.

Please ensure **now** that you have a valid passport. Passport’s validity should extend at least 6 months beyond date of departure from Nepal.

Outward Bound Canada’s Charitable Programs

Our mission is to cultivate resilience, leadership, connections and compassion through inspiring and challenging journeys of self-discovery in the natural world.

At Outward Bound Canada, we believe that a truly meaningful experience is created when you reach beyond yourself and make a difference in the world around you. Our Reach Beyond Expeditions offer participants an incredibly rewarding opportunity to give back, by committing to raise funds for Outward Bound Canada’s charitable programs for vulnerable youth and adults.

While almost anyone is a good fit for an Outward Bound course, our programs have the greatest impact for those who are facing significant life challenges and transitions. Our specialized charitable programs are funded by Reach Beyond Expeditions and through private donations. We strive to make life-changing Outward Bound experiences possible for the following vulnerable populations:

Women of Courage Program – for women survivors of violence or abuse. Women may be at various stages of their healing journey at the time of their participation.

Veterans’ Program – for military men and women struggling with the transition back to civilian life.

Youth Programs – for low-income and under-served youth experiencing barriers to opportunity and achievement, as well as for Indigenous and newcomer youth who are caught between cultures, dealing with challenges to their self-identity and sense of belonging.

These programs provide participants with the appropriate challenges and supports to build resiliency and to discover the confidence, skills, energy and inspiration to transform their lives in the most fundamental of ways. Since 2011, Reach Beyond Expeditions have raised close to \$600,000 for these life-transforming programs and, in doing so, have helped to ensure that those who stand to benefit most from an Outward Bound experience have the opportunity to do so.

For tools and tips to support your Reach Beyond fundraising efforts, please check out the **Fundraising Toolkit** included in this package. Visit this link for more information on [Outward Bound’s charitable programs](#).

Contact Us

Reach Beyond Expeditions Coordinator & EBC Instructor: Angus Murray
rbexpeditions@outwardbound.ca
1-888-OUTWARD (688-9273) ext. 229

National Admissions Manager: Jill Zeppa
jillian_zeppa@outwardbound.ca
1-888-OUTWARD (688-9273) ext. 209