EVEREST - EMBRACE THE MOUNTAIN

Nepal World Healing Exchange Program visiting AWB clinics in Kathmandu, joining an AWB “train the trainer” program for Nepali acupuncturists, and trekking and doing clinics in rural Himalaya

OCTOBER 9 – NOVEMBER 1, 2015
(AWB One-Day Training on October 8)

WITH WILD EARTH JOURNEY’S
Thomas Kelly (Photographer and Yoga Teacher),
Carroll Dunham (Anthropologist, Yoga Instructor, Documentary Filmmaker)
And
Amchi Tsewant Gyurme Gurung (Traditional Tibetan Medicine Practitioner)
Diana Fried (AWB Founder, President of the Board, Five Element Acupuncturist)
Gerri Ravyn Stanfield (Author, Artist and Acupuncturist)
To see the greatness of a mountain, one must keep one's distance; to understand its form one must move around it; to experience its moods, one must see it at sunrise and sunset, at noon and midnight, in sun and in rain, in snow and in storm, in summer and in winter and in all the other seasons. One who can see the mountain like this comes near to the life of the mountain, a life that is intense and varied as that of a human being.
- Lama Angarika Govinda

TRIP DETAILS

Acupuncturists Without Borders (AWB) has been visiting and working in Nepal since 2009. Our program has grown in extraordinary ways, creating regular free acupuncture clinics run by AWB trained Nepalis, the Nepal Acupuncture, Moxibustion and Acupressure Association (AMAAN). Clinics are currently run in organizations that rescue girls and women from sex trafficking and domestic abuse; that rescue children from the streets; that support the peace process by rehabilitating former guerrillas and support those who lost families during the war; and that help women factory workers who work under very difficult conditions. Additionally health camps are run from time to time in rural villages by other health care workers. This program is truly a model for supporting the global empowerment and capacity-building of local practitioners, alongside the ongoing support from AWB.

Trip participants are invited join AWB at a training for local Nepali acupuncturists, teaching the current trainees who have been running clinics to help lead this training for others. This is part of our “train the trainer” program, continuing to support capacity-building and local empowerment. We split the days in Kathmandu between the “train the trainer” program and visits to historic sites within this sacred city. There will also be a celebration where participants can meet all of the Nepali organizations with whom we’ve been working.

After our time in Kathmandu, we will move on to the trekking portion of the trip in the Everest region. The Himalayan region lies at the heart of Asia. Several of the continent’s great rivers rise there, so it is a source of life, sustaining hundreds of millions of people. A geologic anomaly, it is the by-product, a side show to the massive earthly forces driving the Indian subcontinent beneath the Siberian plate and continuing to lift the Tibetan plateau. A dramatic landscape that begets a dramatic diversity, home to nearly 500 birds, 40 species of rhododendron, intense and persistent monsoon rains and melting glaciers turn rivers into torrents in this hotspot of Climate Change. Seemingly immobile, the mountains of the Himalaya are still growing, as communities continue to make lives amidst this impressively volatile, dynamic landscape.

In the shadow of Everest, the most famous of all mountain regions in the world, we will explore Sherpa communities and mountaineering history and lore. We will delve behind and beneath idealized visions, embracing the mountains, the raw elements, the people themselves, for a deeper authentic experience of how mountains can impact and transform us internally.
The Himalaya's gravitational pull extends to pilgrims, pundits, travelers, and immigrants, and has captured the world's imagination. This may have been the Asian birthplace of imagination, for the range is the fountainhead of two of the oldest established religions and the natal home to gods, demigods, spirits and emanations in abundance. It is not surprising that Lord Buddha was born in the foothills of the Himalaya. No area of the globe is so populated with sacred power spots, holy places imbued with spiritual energy and the power. "The more one has to struggle with the adverse forces of nature, the greater is the intensity of inner life and of creative imagination. To balance the powerful influence of the external world, one has to build up one's own inner world", writes Lama Govinda. The deeper a person looks within, the better is the understanding that brings about harmony with nature, as well as understanding, compassion, and kindness toward each other.

Justifiably this region is the most famous of all trekking and mountain regions in Nepal Himalaya. The Mount Everest (8848m) is located in eastern Nepal. On this trip we will trek at high altitude with breathtaking mountain scenery, views of panoramic Himalayan peaks and of course the top of the world, Mt. Everest. We will visit a monasteries and a nunnery in the Buddhist tradition, which inform the legendary Sherpa’s spiritual perspective as these are located within the mountains they call home. Please know that at this time of year we are sharing the trail with many other trekkers as it is the most popular time for trekking in this region.

We have shortened the trekking time on some days (from what is normal for many outfitters in the region) to allow time for the local clinics we will conduct, enjoying the environments we are visiting, group sharing, deepening our pilgrimage together and on our own, journaling, group meditation and qigong practice.

We have the extraordinary pleasure on this trip of hosting **Amchi Tsewang Gyorme Gurung** as our guest. Amchi practices Traditional Tibetan Medicine, and will teach us as we move along in our journey. (See bio below for his bio and more information.)

This trip is strenuous— you will need to be in good physical shape. Suitable for any energetic walker or adventurer looking for a challenge. Does not require any previous trekking or mountaineering experience, although daily jogging or walking exercise to prepare is necessary and you need to be in good physical condition, able to walk 5-6 hours daily at high altitude in steep terrain, and not have physical limitations that could endanger you and the group.
in this remote region.

Each day of the trip will weave inner practice and outer practice, service to spirit with service to others. We may begin with contemplative practices, including qigong and meditation. There will be a teaching component to explore our inner and outer journeys and what we have learned from working with the indigenous healers and in the clinics, and many opportunities to drop in together as a group. There will also be photography learning sessions for those so inclined with world-renowned photographer Thomas Kelly, our guide. Bring all your digital camera questions!

This will also be an opportunity to grow within our AWB traveling community. From our past experience, group travel opens up expectations and relationship dynamics that can be challenging as well as giving us opportunities for development. This isn’t simply about the culture, acupuncture service, and healing; it is about how we feel within ourselves and with each other. People may discover more about how they relate to a group. We may use some of our time for group council work to help us all become better at relating with one another in a multi level experience. Acupuncturists are welcome on this trip. In some cases partners or other health care practitioners may come as well; this depends on their level of interest in the clinical work and in the group sharing.

Community acupuncture treatments will mainly be the NADA 5 point protocol. We will do other points as we are able, depending on the circumstances. We require that everyone (including non acupuncturists) attend an AWB training so that our clinics run smoothly during the trip, and everyone knows the particular protocols we use, and is familiar with the general purpose of our work. We recommend that you attend an AWB training if at all possible prior to this trip, or else you must plan to attend the abbreviated training offered on October 8th in Kathmandu.

The intention of our World Healing Exchange program is to provide service and training to local health promoters around the world, to learn from indigenous and traditional healers in these locations about their healing practices, and to deepen in our own lives and practices. We hope you will come along for the journey!

TRIP HIGHLIGHTS

- Experience Nepal’s great Himalayan range and glimpse of the world’s highest peak
- Participate in AWB rural and urban acupuncture clinics
- Aside from breathtaking scenery, experience unique Sherpa culture by visiting locals, monasteries and museums along the way.
- World heritage sites: Sagarmatha National Park
- Experience the Buddha dharma and indigenous traditional medicine
To attend the AWB training, you will need to arrive one day early on October 7th to Kathmandu. AWB can arrange hotel accommodation for this extra night, although you will need to cover your own hotel and meal expenses (and double occupancy is not guaranteed for this night).

If you are not attending the training you need to arrive on (or before) October 8th by 2 p.m. You may want to arrive a few days early to adjust to time change and altitude. Early bookings strongly encouraged. Most flights from the U.S. require two - three days of travel and overnight en route (you arrive in Kathmandu on the third day). Please see our recommended travel agent below who will get you the best deal on an airline ticket (and will also consider safety, best airlines, etc.):

**Peace Land's Travel & Tour Inc.**
Robin Bhandari (President)
Toll Free: 1888 461 4722
Phone: 214-634-9911, 817-842-7309 (mobile)
E-mail: robin@peace-landtravel.com
Website: www.peacelandtravels.com
3455 N Belt Line Rd. Suite 210C
Irving, TX 75062

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**DAILY ITINERARY**

Please note that the schedule is subject to changes. Some clinics are still in process of being set up and are not in the schedule. Spontaneous clinics may arise during the trip as well.

All meals are covered by the trip fee except where highlighted and noted “on your own.”

**October 8 Pre-Trip AWB Training, Kathmandu**

AWB One Day *Healing Community Training* from 9:30am – 5:30pm. This is for those who have NOT taken AWB's two-day training, or who would like to repeat the training (lots of new material offered if its been a while since you attended). Hotel Manaslu (B) *(L,D)* **On your own.**
**Day 1 ~ October 9 ~ Friday ~ Arrive Kathmandu (5009 ft)**

Arrive in Kathmandu by 2:00 p.m.! Our representative will meet you outside the customs and immigration area at the airport. He or she will answer questions, brief you on the immediate arrangements, and escort you to your hotel. Most flights from the U.S. require three days of travel and overnight en route (you arrive in Kathmandu on the third day).

This trip begins with a rendezvous in Kathmandu at Hotel Manaslu in the late afternoon. The trip leaders will hold a meeting and orientation in the hotel regarding trek arrangements and stay in Kathmandu. Leave hotel for group dinner Newar traditional feast at Thomas/Carroll house. Hotel Manaslu (B) (L) on your own. (D) T&C house.

**Day 2 ~ October 10 ~ Saturday ~ AWB Training, Kathmandu (5009 ft)**

(Training preparation and Set Up)

AWB Healing Community Training (9:30 am to 1:30 pm)
2:00 Pm Clinic at Women’s Labor Empowerment Center, Jorpati with trainees and AWB trip participants

The Women’s Labor Empowerment Society supports and helps to enhance the lives of women carpet factory workers. Carpet factory work is labor-intensive and the carpet industry has provided a large amount of employment to rural poor people. Almost 70% of the workers are women. Most Nepalese carpet factories have a low level of productivity due to the lack of sufficient capital, machinery, and training of laborers. Their shoulders and knee joints suffer with chronic long-term injuries due to continuous weaving of 10-12 hours a day. Even more devastating is that many workers have been paralyzed. With the support of AWB, and AMAAN (Nepal Acupuncture, Moxibustion and Acupressure Association), a group of 125+ carpet factory workers, aged between 14-60, are treated twice a month using the NADA Protocol 5 needle therapy since June of 2014.

Optional late afternoon pilgrimage to Boudhnath. Join hundreds of Buddhist pilgrims, circumambulate around the magnificent stupa, Visit traditional Bhutanese Amchi (Dr.) Sherab Barma in his shrine room for blessing of our Everest pilgrimage.

(His wife Pema Bhuti Sherpa was trained by AWB in the Nada Protocol and runs a soothing massage clinic. For those that want a massage, LET THOMAS KNOW, can accommodate up to 4 people at a time. You can have massage after we return from our deep mountain pilgrimage. Early sign ups necessary.)

After dinner at Bouddha Kitchen we’ll bus back to Manaslu. Hotel Manaslu (B, L, Manaslu D, Boudha Kitchen.)

**Day 3 ~ October 11 ~ Sunday ~ AWB Training, Kathmandu (5009 ft)**

Early morning guided tour of Pashupatinath, a Shiva temple complex filled with Himalayan yogis and where the last death rites are performed by Brahman Priests alongside the funeral Ghats. We’ll visit Kriyaputri Bhawan ashram for
mourners where pujas are conducted, visitors received and emotions healed. Meet renowned yogis to discuss sacred tilaka body painting of chakra points. Return to Hotel.

AWB Healing Community Training. (10:00 am to 3:00 pm)
Hotel Manaslu (B, L, D)

3:30 pm- Visit Shakti Samuha- AWB trip participants with 2 Nepali Acupuncturists

Shakti Samuha is the first organization in Nepal to be established and run by survivors of trafficking. In 1996, 500 girls and women were rescued from slavery in Indian brothels during widespread police raids. Among these, 128 were Nepalese girls and women. These women were locked away in remand homes in India, where conditions were as bad as – if not worse – than prison. The Nepalese government was reluctant to bring the women back to Nepal, claiming they would bring HIV into the country with them. In the absence of Government support, several NGOs took the lead in returning and rehabilitating the girls. Sadly, even in these rehabilitation centers, the women’s treatment did not help to restore their self-esteem and basic human rights. It was only after months had passed and the women were given training in their rights, that they realized they were not to blame for being trafficked. The women felt it was time to claim their rights so they set up Shakti Samuha.

6:15pm: Leave hotel for group dinner at James Giambrone house to hear his lecture on “Lost wax process and Thanghka painting”. James is the owner of the Indigo Gallery and has worked with master craftsman of the Kathmandu valley for over 30 years. He has opened his treasure house for us.

Hotel Manaslu (B, I, D, James Giambrone House.

Day 4 ~ October 12~ Monday ~ AWB Training, Kathmandu (5009 ft)
10:00 a.m. We will leave hotel in two groups to conduct a medical clinic at SAATHI and NAGARIK AWAZ/TEWA.

SAATHI meaning ‘friend’ in Nepali is a non-governmental, non-profit organization, which was established in 1992 to address contemporary challenges being faced by Nepali women. In keeping with this agenda, SAATHI identified Violence Against Women and Children as an area requiring urgent attention and intervention and has been working on this issue since this time. AWB has been providing free clinic once a week since April 2014.

Nagarik Aawaz (NA) was established in 2001 in response to the escalation of violence, and works with conflict-affected youth and women. In 2012 NA and its partner organizations started the cooperation with IFA and is today active in four districts (Lalitpur, Dang, Dhading and Ramechap). Peace Centers have been established in those districts and youths have been trained in conflict resolution and mediation. The youth use street drama, music and workshops to give back their knowledge and commitment to their communities. The attitudes of the youths have changed and their involvement in constructive and creative aspects of peace building has increased. They act as role models and thus contribute to stabilizing their social environment. AWB has been providing free NADA treatment since
Following guided tour to Patan Durbar Square.
Hotel Manaslu (B, L>Summit Café, Patan, D>Manaslu)

Day 5 ~ October 13 ~ Tuesday (Ghatasthapana) ~ AWB Training, Kathmandu (5009ft)
Early morning guided tour of Kathmandu Durbar Square. It is a must see and hard to miss location in the heart of the capital city. The immediate large square is surrounded by ancient Newari architecture, high temples, popular shrines and the old royal palace. Today Kathmandu durbar square is still an active and living square. Filled with people worshiping in shrines, selling goods or simply walking through. It's a living part of Kathmandu city.

AWB Healing Community Training. (10:00 am to 3:00 pm)

Following Clinic, free time.
Hotel Manaslu (B, L, D)

Day 6 ~ October 14 ~ Wednesday ~ AWB Training, Kathmandu (5009 ft)
Optional Early morning visit to Swayambhunath stupa, join the pilgrims – Nepali, Tibetan, Bhutanese, in-fact, you may see a Buddhist from any part of the world on their ascent to the spectacular 2000 years old Swayambhunath Stupa.

AWB Healing Community Training/Certificate distribution (10:00 am to 1:00 pm)
Early afternoon Celebration with AWB-Nepal program team and representatives of different organizations, followed by buffet dinner.
Hotel Manaslu (B, L, D).

Day 7 ~ October 15 ~ Thursday ~ Flight: Kathmandu ~ Lukla ~ Phakding (9317 ft)
The 45 minute flight from Kathmandu to the STOL airstrip at Tenzing-Hillary Airport, Lukla, is a journey in itself. This was the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvelous views of the Eastern Himalaya. At Lukla, the scale of the huge peaks that surround the village immediately impresses us but this is only a preview of what is to come. The broad and well-marked trail meanders around fields of potatoes and buckwheat passes as we trek towards village of Phakding. On the way, we cross the Kusum Khola, a tributary stream to the thundering glacial river, named "Dudh" (milk) Kosi (river) because of its color. The peak of Kusum Kangru (20895 ft) can be seen crossing the Thado Kosi Khola on one of the many suspension bridges we will utilize.
3/3.5 hours trek (m). Yeti Mountain Home (B, L, D).

From time to time flights are not able to leave Kathmandu to fly into Lukla, due to weather. If we are delayed due to weather, and cannot fly Kathmandu to Lukla on the day as planned, and we have to fly on a later day as weather permits, participants will need to cover additional costs as this is out of the control of the trip guides. This means participants will cover additional costs of airport transfers, room and board at hotel.

Day 8 ~ October 16 ~ Friday ~ Trek to Namche (11286 ft)
This morning we enter the gates of the Sagarmatha National Park. Sagar meaning "sky" and Matha meaning "head". The establishment of this national park is a significant attempt to provide habitat to at least 118 species of birds, including Himalayan Monal, Blood pheasant, Red-billed chough, yellow-billed chough, musk deer, snow leopard, Himalayan black bear and red panda. We are likely to see mountain goats grazing around the area. Their belly and under the chin hair is sheered and used for producing world class Pashmina shawls. We follow the river course to the confluence of the Dudh Kosi and the Bhote Kosi, and cross a spectacular high bridge before beginning our ascent to the village of Namche Bazaar: the Sherpa 'capital' of Nepal. If we're lucky the weather will be clear revealing first glimpse of Mt Everest (29028 ft), the greatest of all. Towering in “Top Danda”, over 13123 ft above the valley floor, we will be surrounded by saddle shaped summit Thamserku (22335 ft), Ama Dablam (22493 ft) meaning “Mother's necklace”; the long ridges on each side like the arms of a mother (ama) protecting her child, and the hanging glacier thought of as the dablam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women, Lhotse, the fourth highest mountain in the world at 27923 ft and its western segment Nuptse (25905 ft), Tibetan for "west peak". The trail continues to climb and meander to Namche, and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri, also known as a trekking peak, is worth every step. Namche is the launching pad for world famous expedition climbers. The Sherpas, Tiger's of the Snow, many who have summited Everest and earned enough to build comfortable lodges and stores, catering to the needs of visitors as well as a number of internet cafés, making it one of the few places in the region where trekkers can access the Internet, have established Namche as main trading center and tourist hub for the whole Khumbu region.
4 hours trek (m). Yeti Mountain Home (B, L, D).

Day 9 ~ October 17 ~ Saturday ~ Syangboche (12601 ft) and back to Namche (11286 ft)
We will take a 3 hour (R/T) hike to Syangboche from Namche. It is one of the most lovely and enchanting places throughout the world, lies at the lap of Khumbila and on the top of Namche Bazaar. We can have a very clear view of Mount Everest that lies in the midst of towering Himalayan ranges dotted with rivers like Dudh Koshi and Bhote Koshi river, some desert-like areas and green forests which are home to rare wildlife. Prominent Himalayas that can be seen from here include Mount Everest, Nuptse, Lhotse, Tawache, Khumbila, Amadablam, Thamserku, Kusum Kangaru, Tashi Lhaptsa, Nangbala, etc. Hike back to Namche. We’ll visit the Natural History Museum and have a lecture by a Naturalist. Amchi Thupten, who operates a traditional Tibetan medicine clinic, will discuss his practice with us. Yeti Mountain Home (B, L, D).

Day 10 ~ October 18 ~ Sunday ~ Trek to Thamo (11286 ft) ~ Clinic Day
Pack up and walk to Thamo. We will visit Karié Ani Gompa and set up clinic for the nuns living at this Buddhist nunnery hermitage, established by Rimpoché Karie. If time permits, will visit Laudo Ani Gompa, which is connected with the well-known center Kopan in Kathmandu and westerners quite often come here to study and practice Buddhism.
2 Hours trek (m). Local Lodge (B, L, D).

Day 11 ~ October 19 ~ Monday ~ Trek to Phortse (12500 ft) via Khumjung (12401 ft)
A day walk to the village of Khumjung. Khumjung is where Sir Edmund Hillary built his “Schoolhouse In the Clouds”, in 1961, surrounded by holy mountains. The school has gradually expanded from its small but celebrated beginnings as it endeavors to keep up with the demand for education from the local people. Now, with an enrollment of over 300 pupils, the school teaches preschoolers and Grades 1 to 10. Visit and exchange about AWB with students.

The famed Khunde hospital is close by. Early mountaineering expeditions passing through Khumbu were mainly aware of the extraordinary strength and endurance of their Sherpa porters but when doctors accompanied Sir Edmund in those early years they pointed out such preventable health problems as goitre, cretinism, hypothyroidism, smallpox, measles, neo-natal tetanus. Antibiotics could save many lives in young children. Care in pregnancy could help prevent maternal deaths. Family planning allowed selection of family size. Much tuberculosis was treatable. Building Khunde Hospital was the first step towards filling these gaps. We will visit hospital.

We will also be able to visit the monastery at Khumjung where we may have the opportunity to see the “scalp of a yeti”, kept as a sacred relic in a locked box, following high profile thefts of yeti relics from Tengboche monastery by Peter Byrne, a member of the 1957 Slick Expedition to Everest, who swapped bones from the yeti hand for human bones, and smuggled the original bones back to England for analysis in a convoluted plot involving the actor Jimmy Stewart. The test results were inconclusive.

Trek towards Phortse village.
3/4 Hours trek (m). Local Lodge (B, L, D).

Day 12 ~ October 20 ~ Tuesday ~ Phortse (12500 ft)
Clinic if time permits.
Phortse is a unique Sherpa settlement of about 80 households situated at the buffer zone of Sagarmatha National Park. The locals have preserved their rich culture and developed Phortse as a model ecotourism village with the aim of adding cultural aspect to the Everest experience. Situated in the lap of the mountains, Phortse offers wonderful mountain views and wildlife experience. The village is lush, surrounded by birch and juniper trees that shelter endangered musk deer and different varieties of pheasants. Peacocks, Himalayan Tahr and bear are also spotted around the region every now and then. The very rare snow leopard has also been reported to be seen here.
5 Hours trek (m). Tashi Friendship Lodge (B, L, D).

Day 13 ~ October 21 ~ Wednesday ~ Trek to Pangboche (12894 ft)
We follow the open trail to the small village of Pangboche. The village is home to Sungdare Sherpa, a native of the village, who had the record for conquering Everest five times in the Sherpa climbing history and in the world history of mountaineering in 1989. Pangboche is quite close to the base of Mount Everest. It is also considered to be a holy place. According to legend, Lama Sangwa Dorjee, who brought Buddhism to the region in the 17th century, flew over the Himalayas and landed on a rock at Pangboche, leaving his footprints in the stone and founding several monasteries. The monastery at Pangboche is the oldest monastery attributed to either Lama Sangwa Dorjee or one of his incarnations.
We will make a quick stop at Pema Bhuti’s mother’s home. Pema Bhuti, dharma daughter of Thomas Kelly and Carroll Dunham, is also an active part of AWB’s Nepal program.
4/ 4.5 Hours trek (m). Om Kailash Lodge or High land Sherpa Lodge (B, L, D).

Day 14 ~ October 22 ~ Thursday ~ Trek to Dingboche (14468 ft)
This morning we begin a steady ascent. The stunning views of Everest, Lhotse, Kantega, Thamserku, Ama Dablam and Nuptse are spectacular throughout our walk today. We cross the river and then gradually trek up to Dingboche, situated just beneath the impressive Ama Dablam (22493 ft) meaning “Mother’s necklace”. To the east at the head of the Imja Khola valley sits the pyramid peak of Imja Tse (20305 ft), better known as Island Peak. Massive glaciers drape beneath cliffs that soar up to 11483 ft in this dramatic valley.
4/ 5 Hours trek (m). Khumbu Resort (B, L, D).
Day 15 ~ October 23 ~ Friday ~ Trek to Thugla (14468 ft)
We start the day following the main trail to Thugla, with overwhelming views of surrounding landscapes and mountains. After the climb the walk gets better on the gradual slow up till Thugla is reached, where the raging Dudh Kosi (milk river) starts fed by the melting Khumbu glacier.
3 Hours trek (m/d). Local Lodge (B, L, D).

Day 16 ~ October 24 ~ Saturday ~ Trek to Lobuche (16108 ft)
We are gaining altitude and it is important that we move at a slow, steady pace. The slopes are quite barren as we move above the tree line. Views of different peaks, such as Cholatse and Lobuche, unfold before us in this contrasting and spectacular landscape. We move up the Dhugla Ridge and onto moraine towards the Khumbu Glacier. Rock Cairns can be seen, many of which are dedicated to the memory of climbers attempting the high mountains of the area, including Everest. We will have spectacular view all day of Pumori (23,494 ft), which means "Unmarried Daughter" in the Sherpa language, and Nuptse (the west peak).
3 Hours trek (m/d). Alpine Lodge (B, L, D).

Day 17 ~ October 25 ~ Sunday ~ Trek to Gorak Shep (16863 ft)
We trek alongside the Khumbu Glacier as the path winds over the rocky moraine towards the settlement of Gorak Shep. We trek along the glaciers of the world's highest peaks.
3 Hours trek (m/d). Himalayan Lodge (B, L, D).

Day 18 ~ October 26 ~ Monday ~ Ascend Kalapathar (18192 ft) ~ Trek to Lobuche (16108 ft)
Kalapathar translates to "black rock" in Hindi. 360 degree panoramic view of Mountains like Pumori, Lingerten, Changtse, Lola, Khumbutse, Everest, Nuptse, Amadablam, Kangtega, Thamserku, Kusum Khang, Tawche, Lobuche peak,Gyajung Khang plus many unnamed peaks can been seen. Eyes are locked on the mass of Everest and its rocky walls. Below, the Khumbu Glacier turns towards the icefall, one of the dangerous zone for the climbers. Take a look in every direction and soak it in.
We trek back to Lobuche (16108 ft).
6 Hours trek (d). Alpine Lodge (B, L, D).

Day 19 ~ October 27 ~ Tuesday ~ Trek to Pangboche (12894 ft)
Today we follow the trails back to the holy village of Pangboche.
6 Hours trek (m). Om Kailash Lodge (B, L, D).

Day 20 ~ October 28 ~ Wednesday ~ Trek to Namche (11286 ft)
Onwards to Namche!
6/7 Hours trek (m). Yeti Mountain Home (B, I, D)

Day 21 ~ October 29 ~ Thursday ~ Trek to Lukla (9317 ft)
Repeating our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. Cherish our final mountain sunsets of the trek as we complete this exhilarating journey.
4 Hours trek (m). Yeti Mountain Home (B, I, D)

Day 22 ~ October 30 ~ Friday ~ Flight: Lukla ~ Kathmandu (5009ft)
If the gods and winds are with us, we will depart by morning flight, and fly down to Kathmandu.
Hotel Tibet International (B) (L, D- On your own).

We have scheduled an extra day if flights are delayed due to weather. If so, we will explore the surrounding areas of Lukla, which means place with many goats and sheep, but only few can be seen in the area these days.
If we reach Kathmandu—you are on your own for lunch and dinner- we will make suggestions.
Day 23 ~ October 31 ~ Saturday ~ Kathmandu (5009ft)
Kathmandu is yours to explore. Re-visit Boudhanath Stuppa in early morning, to join the hundreds of Buddhist pilgrims circumambulating the stupa. Hang prayer flags followed by a visit to Serchen Monastery- morning meditation alongside praying monks. By western standards, the city is intimate. You can visit the many interesting sights, shrines, and markets, or stroll in Kathmandu's fascinating Asan Tole bazaar. Don't miss Bhaktapur Durbar Square (the King's Palace). A 30-minute taxi ride from Kathmandu, the Hindu city of Bhaktapur, has preserved its ancient character and is an enchanting display of medieval Nepalese town life architecturally based on Hindu cosmology. A highlight is Durbar Square, with its many temples, remains of an ancient palace, and intricate Sun Dhoka (“Golden Gate”), a gilded copper gate crafted in 1753.

Possible visit to Umbrella Foundation and clinic.

Gather for final farewell dinner at Hotel Tibet International with a new respect for the extraordinary geography we have traversed and a greater understanding of the Himalayan Kingdom.
Hotel Tibet International (B, D) (L-On your own)

Day 24 ~ November 1 ~ Sunday ~ Departure
Bid farewell, Himalayan style. Depart Nepal on flights back home.

WHAT YOU CAN EXPECT

Expert Leadership
Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you’d never find on your own, they make sure everything runs smoothly and safely without a hitch, to the extent this is humanly possible. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You’ll be in good hands with them every step of the way.

Activity Level
This trip is designed for flexible, energetic people who like to be active, and have a spirit of adventure and a positive
attitude. This trek is strenuous—a long one with considerable time spent at altitudes above 12,000 feet. Trekking at high altitudes is strenuous. It is suited for strong people in good health who enjoy walking, even up steep hills (there is very little level walking in Nepal). We expect participants to be strong, experienced hikers in good physical condition. You will be hiking 3 to 6 hours a day, up and down mountain trails that are steep in some places, and mostly at elevations above 11,000 feet. Exercise at high altitude compounds the physiologic stress. You need to be in excellent health to enjoy such an experience, with adequate cardiovascular endurance, muscular strength, and excellent balance. In addition, high altitude may create discomfort and symptoms of illness that you do not experience while exercising at low elevations, such as shortness of breath, restlessness or sleeplessness at night, and headaches.

The level of fitness needed for this trip requires regular aerobic exercise for at least one hour 4-5 times a week. This may include aerobic fitness classes, power walking, jogging, cycling on hills, swimming, and cross-country skiing. Additionally, you must be able to sustain exercise for prolonged periods. Finally, you must have some experience with exercise at altitude. We recommend that you start a moderate training program several months before departure, then slowly build up to a more strenuous level. Since training is highly sport-specific, include some hiking or running in your program. Consult your physician if you have questions concerning your underlying health. We can help answer questions for you or your physician concerning required levels of fitness and health conditions at altitude. If you have concerns about your ability to do this trip, we can suggest appropriate alternatives.

Porters or pack animals carry most of the gear and camp supplies, leaving you free to carry only a light daypack. No technical climbing or other special abilities are required. You should be equipped with a spirit of adventure and a willingness to undergo the potential hardships of outdoor living and long days on the trail.

OUR GUIDES IN NEPAL

**THOMAS KELLY** is a native of Santa Fe, New Mexico. He has led cross-cultural trips throughout South Asia and Mongolia. An x-Peace Corps Volunteer of Nepal, ethnographic photographer for The Body Shop International, a recipient of a Bill and Melinda Gates Foundation Grant, Thomas Kelly has been documenting vanishing and resilient indigenous communities across the planet for over twenty-five years. Thomas has worked on the PBS TV series Millennium: Tribal Wisdom in the Modern World and National Geographic TV series Light At the Edge of the World. Having published over 10 photographic books on Nepal, Tibet, India and Mongolia he more recently has spent the last 8 summers in Mongolia with his two sons and wife Carroll exploring the Tsaatan reindeer nomads, the Kazakh eagle hunters, and Khalkh horse people. His photos have been published worldwide including the New York Times, Time and Newsweek, Outside, Men’s Journal and National Geographic Adventure. A classical reportage photographer, Kelly has the ability to have a quiet, yet trusted presence among the peoples he photographs to capture the elusive essence of these enduring cultures. He currently represents Hinduism Today, USA and loves to practice Yoga.

**CARROLL DUNHAM** is a Princeton University anthropologist, yoga instructor, documentary filmmaker and director of Wild Earth Pvt. Ltd-a cooperative producing luxury Himalayan herbal products in Kathmandu. She has lived in the Himalayas for twenty-five years exploring Asia’s rich spiritual healing traditions, maps of the body and consciousness, sacred geography, plant pharmacopeias and life cycle rituals. As Company Anthropologist for The Body Shop, she explored and documented rites and rituals of body care around the world (and wrote the book Mamatoto: A Celebration of Birth (Viking: 1991) celebrating birthing rite practices of every continent. She continues to work with traditional healers throughout Asia from India to Mongolia. Author of four books, Sacred Landscape and Pilgrimage in Tibet-In Search of the Lost Kingdom of Bon, Tibet: Reflections from the Wheel of Life, The Hidden Himalayas, Abbeville Press, N.Y., N.Y. she has worked on National Geographic, CBC, BBC, and PBS documentaries on polyandry, pilgrimage, sexuality, mind sciences and sacred geography

**AMCHI TSEWANG GYURME GURUNG** was born in a family lineage of eleven generations of traditional doctor’s in a small town called Dhumba, Jomsom, Mustang, Nepal. He is currently the secretary of Himalayan
Amchi Association, Nepal. From an early age he studied medicine and herbs with his father Amchi Tshampa Ngawang Gurung. He completed his degree after six years of medical studies from Chagpori Medical College, Darjeeling, India. He currently works at his father’s clinic in Jomson, Mustang, Nepal. Amchi visited America in 2014 and gave a lecture at the Rubin Museum of Art, New York City about medical thangkas and examined visitors during the week long program. Amchi worked at Amankora Resort, Bhutan as a visiting practitioner training Spa Therapists, and diagnosed the guests and gave talks on Tibetan Medicines and herbs. During our trek amchi will discuss about the Four Tantras and the importance of maintaining a balance in the body’s three principles of function [often translated humors: rLung (pron. Loong), mKhris-pa (pron. Tree-pa) [often translated as bile ], and Bad-kan (pron. Pay-gen) [often translated as phlegm].

TRADITIONAL TIBETAN MEDICINE (Tibetan: Ggso ba rig pa) is a centuries-old traditional medical system that employs a complex approach to diagnosis, incorporating techniques such as pulse analysis and urinalysis, and utilizes behavior and dietary modification, medicines composed of natural materials (e.g., herbs and minerals) and physical therapies (e.g. Tibetan acupuncture, moxabustion, etc.) to treat illness.

The Tibetan medical system is based upon Indian Buddhist literature (for example Abhidharma and tantras) and Ayurveda. It continues to be practiced in Tibet, India, Nepal, Bhutan, Ladakh, Siberia, China and Mongolia, as well as more recently in parts of Europe and North America. It embraces the traditional Buddhist belief that all illness ultimately results from the three poisons: ignorance, attachment and aversion. Tibetan medicine follows the Buddha's Four Noble Truths which apply medical diagnostic logic to suffering.

DIANA FRIED, M.Ac., MA, Founder and President of the Board of Acupuncturists Without Borders, was the Executive Director of AWB for 9+ years, where she worked in disasters and under-served communities doing community acupuncture. Locations have included Louisiana, Haiti, Nepal, Mongolia, Mexico, Ecuador and Israel-Palestine, and the supervision of disaster relief work and community clinic work around the US and the world. Diana is a graduate of the Academy for Five Element Acupuncture, and had a private practice for many years. Diana has many years of experience and training in emotional/trauma healing work, along with years of work in international grassroots community development (Oxfam America), including travel and work in México, Central America and Africa. Diana is also a certified Acupuncture Detoxification Specialist (NADA), a certified Qigong Instructor and has studied sound healing. She has produced videos around the world. Diana is soon to graduate from the Buddhist Chaplaincy program at the Upaya Zen Center in Santa Fe and has many years of practice and study of Buddhist meditation particularly in the Vipassana tradition.

GERRI RAVYN STANFIELD is a healer of body, mind and spirit, an inventive author and international educator. She practices acupuncture and herbal medicine in Portland, Oregon with a focus on helping people survive cancer, chronic pain and traumatic experiences. She uses her background in the realms of Taoist, Chinese and other traditional medicines, Jungian psychology, environmental activism, social justice, earth based spirituality, creative writing and theatre arts to coax more of the extraordinary into the world. She uses a combination of Traditional Chinese Medicine, Five Elements Acupuncture and a Japanese style of acupuncture, mixing herbs, counseling and body work to facilitate transformation on a holistic level. She facilitates workshops and intensives all over the globe that blend healing techniques, creative expression, activism, musical improvisation, conflict resolution and leadership skills.
**Trip Fee Information**

**Trip Dates:** October 9 – November 1, 2015  
(October 8 for those attending the one-day training)

**Note:** There will be a one day required (for acupuncturists and non-acupuncturists) AWB training for those who have not attended an AWB training, taking place on October 8th in Kathmandu. **7.5 CEU’s will be offered, and the course fee is $150.00.** Those who previously attended an AWB training are welcome to attend at **½ price ($75)** and will get the full number of CEU’s (7.5).

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**Trip Fee** (does not include international airfare, visas, several meals in Kathmandu as noted in the itinerary, and a few other items – see below):

**Deposit:**
A non-refundable $500 deposit is required to hold your spot  
(add 3% for credit card payment)

**NOTE: Add 3% for all fees for credit card payment. All credit card payments must be done by phone with AWB office at 505-266-3878**

<table>
<thead>
<tr>
<th>Early Bird AWB member - $4975</th>
<th>½ trip fee (minus deposit) of $1987.50 due by May 1</th>
<th>Remainder of trip fee of $2487.50 (plus single supplement and training fees) due by July 1</th>
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</thead>
<tbody>
<tr>
<td>Early Bird Non Member - $5175</td>
<td>½ trip fee (minus deposit) of $2087.50 due by May 1</td>
<td>Remainder of trip fee of $2587.50 (plus single supplement and training fees) due by July 1</td>
</tr>
<tr>
<td>Regular Rate AWB member - $5175</td>
<td>½ trip fee (minus deposit) of $2087.50 due by July 1</td>
<td>Remainder of trip fee of $2587.50 (plus single supplement and training fees) due by September 1</td>
</tr>
<tr>
<td>Regular Rate Non Member - $5375</td>
<td>½ trip fee (minus deposit) of $2187.50 due by July 1</td>
<td>Remainder of trip fee of $2687.50 (plus single supplement and training fees) due by September 1</td>
</tr>
<tr>
<td>NAMASTE CHALLENGE donation of $500</td>
<td>Due by September 1 for everyone.</td>
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**Single Supplement:** you can request a single room accommodation in Kathmandu for an additional **$400.**  
No single rooms will be available during the trekking portion of the trip.  
Full payment due dates include payments for training fee and single supplement fee.

Registration Form will be emailed to you and is due back by snail mail, email or fax by

**NAMASTE CHALLENGE** – We are asking the trip participants who are called to this life-changing journey and this ancient place to assist AWB and the Kathmandu acupuncturists in keeping this program alive. We at AWB invite you to take a fundraising challenge to help make these clinics possible and make a huge difference, both in the lives of the people receiving acupuncture and in the lives of the acupuncturists that are changing the current healthcare culture in Nepal to one of service rather than only for profit.

We are asking participants in this trip to raise or donate an *additional* $500 as a contribution in the Namaste Challenge towards the AWB Nepal program. This $500 is completely tax-deductible and we will work with you every step of the way over the next few months including conference calls, AWB materials that you can use, suggestions for grassroots fundraising efforts, methods for using newsletters and social media platforms to reach
out into your communities. Take the Namaste Challenge, talk to us about it and we will gladly soothe any fears and light your social justice fires.

CEU/PDA's:

10 NCCAOM for field service work
4 NCCAOM, CA, FL, TX for field work
7.5 NCCAOM, CA, FL, TX for one day training (if you take the training)

Trek cost includes:

- KTM International Airport arrival & departure transfer by private car/van/private bus.
- English speaking experienced guide.
- Traditional Tibetan Medicine Amchi who will accompany trip
- Sherpa staff to assist you during treks.
- First Aid Kid Box
- Emergency helicopter rescue evacuation coordination (This is only in case of Emergency condition of guests, however all guests are responsible to pay helicopter Evacuation Charge- US$ 1500 per/Hour if necessary. So all our guests are kindly requested to make sure that you have required travel Insurance which will cover this expense in case needed).
- Guide, cook and kitchen support staff.
- Mules or porters for luggage during trek.
- All meals during the treks.
- Airfare from Kathmandu to Lukla.
- Twin sharing basis room with lodges during trek
- All the permits and monastery entrance fees.
- Nepal restricted area permit fees.
- Hotel Manaslu and Hotel Tibet International (Kathmandu) on twin sharing basis (additional cost for single accommodation) with buffet dinner at the beginning and end of trek (see itinerary).

The cost does not include:

- Travel & Health Insurance- Emergency Helicopter Rescue Insurance (Most recommended).
- Single Supplement Charges.
- Hot shower, battery charges (available in Trek with extra cost).
- Unforeseen costs such as flight cancellation or delay, sick in trek, and helicopter rescue in trek. Additional costs due to bad weather, etc which is out of our control will be covered by trip participants
- Nepal Visa Fee
- Tips for guides, porters and staff.
- Sleeping bag during trip.
- Personal care items.
- Alcohol and soft drinks
- International Airfare to/from Katmandu
- Additional meals/stay in Katmandu (see itinerary)
- Additional costs due to inclement weather, machinery breakdown, or political conditions
- Any other cost, which is not mentioned in price includes items as above.
*Food, lodging and ground transportation for any additional days before or after the trip need to be covered by you, and are not included in the trip fee.

If you should need emergency assistance on the trip due to injury or altitude, participant will need to cover those costs.

Trip is limited to 15 participants. Acupuncturists and their partners as well as other health care practitioners may be welcome. All participants must be willing to participate in clinics and group meetings.

Payments:
Make out check to AWB and mail to:
AWB
909 Virginia NE, Suite 211
Albuquerque, NM 87108

Call 505-266-3878 if you want to pay by credit card

****PLEASE NOTE:
We require that you purchase travel insurance. This is just a smart thing to do for overseas travel, and if there is a medical emergency, particularly an evacuation needed, you will need to have this coverage. Check www.InsureMyTrip.com to compare coverage and prices.

Full Payment and Cancellations:
Payments required per chart above. If you cancel after the due date of a payment, there is no refund unless we are able to fill your spot. If we can fill your spot we will refund your payment not including your deposit (which will cover our additional administrative time and marketing).

FAQ’s

What essential documents do I need to bring with me on tour?
- Valid passport must be valid for up to 6 months after you return from your tour
• Keep a separate photocopy of your passport, with Nepal visa
• Travel insurance, keep a separate photocopy
• Cash and traveler's checks, keep numbers and proof of purchase separate
• Copy of flight tickets
• Emergency contact numbers for banks, insurance, family contacts.

Passport and Visa:

Please see that you have a current passport. If you need a new passport, please apply early. Passports are needed for to enter and leave Nepal. Nepali Visa can be procured at the airport on arrival but requires a potentially lengthy wait in line. We highly recommend getting visa from a Nepal Embassy in the USA. (Suggested 30 days visa= USD 40). Two extra passport photos and photo copy of your passport. If you’re getting your visa at Nepal Airport, you’ll need one additional passport photo (three total). A valid passport and one passport size photo with a light background. Immigration Department has not specified the size of the passport-size photo. Visa can be obtained only through payment of cash in the following currency: Euro, Swiss Franc, Pound Sterling, US dollar, Australian dollar, Canadian dollar, Hong-Kong dollar, Singapore dollar and Japanese Yen. Credit Card, Indian currency or Nepalese currency is not accepted for payment of Visa fee.
For more info: http://www.nepalembassyus.org/visphp

What is the weather & temperature like in trekking?

Weather in the mountains (Himalayas) is notoriously difficult to predict. During the autumn months of October and November, the weather is generally pleasant offering best Himalayan views but colder at night.

Average Temperature: 35 to 40 degree Fahrenheit at night, 60-70 degree Fahrenheit day time.

Will I be getting a supply list to make sure we have proper gear?

Yes. Please stay tuned for a list of packing suggestions.

Can I use credit cards in the places we visit in trekking?

In most cities (Kathmandu, Pokhara) yes, to some extent, however once you leave those cities behind, you can only use cash.

How much cash should I bring?

Depends on your spending habits. Lots of fun stuff to buy – Nepal is a shopper's paradise. USD 150- USD 600 depending how much you like Himalayan stuff. Alcohol is on you--keep some cash on hand for local beer if that is your pleasure. As per Himalayan trekking custom began by the British, optional tips to local Sherpa staff.

Do I need to tip my guide and porters? How much would that be?

Tips for local staff are built into price of program, but not for leader guides.

Will there be phone service?

Depending on your international service, if it has links with local server (NTC or N- Cell). We will have cell phone with us for emergencies and one can make international call from Namche. Internet is available in Namche. If anyone has a SAT phone, bring it!

What is baggage allowance for domestic flights within Nepal (our flight to Lukla)?
Over weight baggage is at your additional cost. We are each limited to 15 kgs (33 pounds) per person. 10 kgs (22 pounds) in baggage and 5 kgs (11 pounds) carry on. You can bring additional baggage to Kathmandu and leave it at the hotel there (recommend luggage locks for bags left at hotel).

**How do you minimize the risk to assist the group's safety?**

The safety and well being of our clients is our first priority. Whilst acknowledging that there are inherent risks in all overseas travel that can never be totally eliminated, we endeavor to minimize any risks or dangers that have the potential to lead to any more than a reasonable level of physical or emotional distress for our clients, staff and partners. We aim to do this by:

- Ensuring the chosen itinerary is appropriate for your group.
- Our guides are all first aid trained, carry a comprehensive first-aid kit and are aware of emergency evacuation procedures.
- Travel insurance is compulsory for all travelers.
- Mobile phone or satellite phone communication available on most treks. We recommend you get medical advice prior to trekking departure to ensure all travelers are suitable for the challenge ahead.
- The way we stay the safest is to be in good relationship with one another, with excellent communication skills. Participating in our group process is the best way to ensure this.

**Is the water ok to drink? Do I need to bring purifying tablets/filter?**

We will provide you with boiled water to fill your water bottles. Purchases of mineral water are not covered in trip fee. If you have a steri pen, bring it. They are wonderful devices! We encourage as many travelers as possible to bring their own steri pen to become responsible for their own water purification. But you can also buy mineral water in some villages along the trail. Please bring two water bottles to fill up purified water.

**Can I charge my digital camera or other batteries on my trekking?**

These facilities will be not available everywhere we go, as this is remote area of trekking in Nepal. But in Kathmandu and our trekking starting point, of course, yes. Remember to bring your adapters and voltage converters (for computers – only in Kathmandu)!

**What kind of sleeping bags should I bring?**

Please bring a down or fiber filled sleeping bag rated to 0 degrees Fahrenheit. A good pile sleeping bag liner is a good idea to add degrees of warmth and can be washed out like a sheet. What you bring is what you will sleep on, so make sure it makes you happy!

**Will we have bathroom while out on the main trekking area-Mustang?**

In village area we will have access to charpi (local compost toilet), but in uninhabited areas, we will have to answer our nature calls under open sky.

**Should we bring little shovels to bury regular human waste or ziplocks for the toilet papers?**

It is really an ethical question of personal choice of how you choose to be on the planet and what kind of footprint you choose to leave. Leave no trace as much as possible is the best approach. We do the best we can. Bring ziplocks
for TPs and when we get to a village charpi (local compost toilet), toss them into the mix to biodegrade- keeping your ziplock. This of course means ideally the best tampons etc. are those that are no bleached, biodegradable, but unfortunately, they are not available in Kathmandu. Problem with pads is the plastic and like Maggi noodles and all the plastic from China invading small communities in the Himalayas, not sure how one avoids this, as what they will do is burn it though anything to do with menstruation is considered highly polluting. Local women traditionally used wool and felt pads for the whole affair, washing them out and reusing them. You can use those menstrual cups that are cleaned out, or menstrual rags that can be washed-- a great way to have less of an environmental impact.

So the same goes for toilet paper--if out on the trail and natural calls, either put in a ziplock afterwards or bring a small backpacking trowel to dig a hole, which will aid in a quick process of biodegrading. Nothing is more offensive that tourist TP along the trail!

Standing at this convergence of snow and sky, I lift my face and feel afloat like a passing cloud. Spirits soar in such infinite space, one feels euphoric in the cold clarity of the peaks, and the silence speaks to the soul.- George B. Schaller

The real voyage of discovery consists not in seeing new landscapes; but in having new eyes.
Marcel Proust