



The
Umbrella
Foundation



The Umbrella Foundation

Everest Trek October 2013 & March 2014

The Umbrella Foundation has rescued over 380 orphaned, trafficked and vulnerable children in Nepal since 2005 and in October 2013 and (separately) March 2014 we invite you to join us in exploring the breathtakingly beautiful area of the Everest region, to take on the adventure of a lifetime trekking in Nepal to reach Everest Base Camp.

First conquered by Tenzing Norgay and Sir Edmund Hillary in 1953, Everest has traditionally been the ultimate goal for mountaineers and trekkers alike. Set alongside several other giants, at 8,848m, Mount Everest is the world's HIGHEST mountain.

You will be trekking to Everest's southern face base camp through some of the world's more spectacular scenery and discovering remote mountain monasteries set against soaring, jagged pinnacles.

This trip offers you a unique opportunity to learn about the culture of the Sherpas in the Khumbu region and also understand why Umbrella are working so hard to combat the negative effects of child trafficking and to reintegrate rescued children to the areas from which they came.

Who will I be helping?

A child like Kopila....

Last week, the girls in Umbrella were having a conversation about what their names meant. Kopila told us that she likes her name but not what it means. "What does it mean?" I asked her. "Darkness, sister. And sometimes I am afraid of the dark," she replied. Very understandable for a girl who's past is indeed a dark one.

In 2006, neighbours made reports of a disturbance in a local house in Swayambhu. When the police went to investigate, they found the house empty but for a locked door. Behind this locked door lay Kopila – living in dreadful conditions, malnourished, scared and totally alone. She was just 5 years old. She had been living with her father and stepmother but there was no sign of them nor was there any sign of her own mother. For Kopila, the future did not look bright.

Fortunately, the police took Kopila directly to Umbrella where she joined the girls in the our Sagarmatha House. She arrived a quiet, malnourished and neglected girl. She struggled with her schoolwork. She was often described as being sad and lonely as she never had any contact with her family.



Sadly, as Kopila was abandoned so young, it has been difficult to find out information about her past. She has spent more than half her life estranged from her family. For Kopila, Umbrella is her family. She has relied purely on her Umbrella family for support and love. Kopila never takes this for granted and is always grateful to her brothers and sisters, both Nepali and international.

Today, it is so wonderful to see her grown up, healthy and happy with buckets of confidence - a far cry from the girl rescued almost 7 years ago. And Umbrella are so proud of her as she has been working really hard in school and she is now ranked first in her class!



The Umbrella Foundation Nepal

The Umbrella Foundation is an Irish registered charity that has rescued over 380 orphaned, trafficked and vulnerable children in Nepal since 2005. Umbrella's first goal has always been to get children back with their families where possible. When reintegration is not possible, Umbrella is committed to supporting these children in our homes until such time when they can stand on their own two feet.

Our key Projects include:

- Residential Childcare Homes;
- Family Reintegration and Support;
- Youth Programme; and
- Rural Community and School Support Programme



Why we do it.....

Nepal is one of the poorest countries in the world. Since it's civil war, more than 15,000 people have been killed and 100,000 displaced. An estimated 15,000 children are living in illegal or abusive 'orphanages'. Thousands of Nepal children are trafficked every year into:

Sex industry

Child Labour

Domestic servitude



The Trip

The **Everest Base Camp trek** is the classic Himalayan trek with incredible views and rewards. By accompanying Umbrella on this trip you will learn first hand about the problems Nepal faces while exploring it's wonders.

An unparalleled intimacy with the local community, stunning glacial valleys and breath taking snowy white peaks await trekkers along this 16-day adventure.

Your Itinerary

- Day 1:**
Arrival & Umbrella
Kathmandu
We arrive at Kathmandu International Airport mid-afternoon and transfer to our hotel. Later that evening we will visit The Umbrella Foundation for a traditional Nepali evening meal and a welcome programme.
- Day 2:**
Preparation
Trek Preparation and Sight Seeing
There will be a morning briefing session from the group leader on your trip, your permits will be arranged and you will be helped to pick up any additional items of gear that you may require for the trek. A sightseeing programme in the afternoon around Kathmandu will take in both Swayambhu and Boudhanath Stupas, among other attractions.
- Day 3:**
Lukla & Phaking
Fly from Kathmandu to Lukla (2886m) and Trek to Phakding (2610m)
There will be an early morning drive to Airport for the 35 minutes scenic flight to the small mountain airport Lukla. After arrival in Lukla we will have an easy 3 and half-hour trek to the first stop of Phaking. **3.5 hours trekking**
- Day 4:**
Namche Bazaar
Trek from Phakding to Namche Bazaar (3440m)
The trail continues north up the Dudh Kosi valley to Monjo, where it officially enters Sagarmatha (Everest) National Park, a UNESCO World Heritage site. Catch a first glimpse of Everest during the steep climb that brings us to the Sherpa town of Namche Bazaar. **6 hours trekking**
- Day 5:**
Namche Bazaar
Today is a day of rest at Namche Bazaar (3440m)
We'll spend an extra day here to acclimatise, heading out on short hikes to take in views of Everest and the village of Khumjung.
- Day 6:**
Tyangboche
Trek from Namche Bazaar to Tyangboche (3867m)
After breakfast in Namche, we start our trek towards Tengboche enjoying superb views of Mt. Everest, Nuptse, Lhotse and Ama Dablam. After having a relaxed lunch at Phunki Thenga we then have a steep climb up through the pine forests before reaching Tengboche, location of the biggest Buddhist Monastery in the Khumbu region. **5 hours trekking**
- Day 7:**
Dingboche
Trek from Tyangboche to Dingboche (4260m)
We descend through Rhododendron forests to the Imja Khola and cross an exciting suspension bridge over the Imja Khola before reaching the village of Dingboche for the night. **5 hours trekking**
- Day 8:**
Dingboche
Dingboche, rest day for acclimatisation (4260m)
As we have reached over 4200m, we will have another day for acclimatisation here. Dingboche is a 'summer village', used by Sherpas with homes lower in the valley to look after their herds in the summer months and it offers outstanding views.



- Day 9:**
Lobuche
Trek from Dingboche to Lobuche (4930m)
 The onward Himalayan journey leads us north, which offers views of Mt. Tawache, Ama Dablam, Pokalde (5741m) Kongma-tse (5820m) and the great wall of Nuptse as we continue trekking up to Lobuche. [5 hours trekking](#)
- Day 10:**
Everest Base Camp
Trek from Lobuche to Everest Base Camp (5360m) via Gorakshep (5160m)
 The highest leg of our trek follows the rocky moraine path, past icy glacial ponds and icebergs down below the Khumbu glacier. Then after leaving the bags at Gorakshep (the last place where lodges are available) we make our way up to Everest Base Camp! After spending some time taking in the base camp, we return to Gorakshep for the night. [6 - 7 hours trekking](#)
- Day 11:**
Kala Patthar & Pheriche
Trek from Gorakshep to Kala Patthar (5545m) and trek to Pheriche (4243m)
 At the break of dawn we climb to Kala Patthar (5545m) and enjoy the views of a spectacular sunrise. From Kala Patthar we can have a panoramic view of Mt. Everest and many other mountain peaks. After lunch, we trek down to Pheriche. [7 hours trekking](#)
- Day 12:**
Namche Bazaar
Trek from Pheriche to Namche Bazaar (3440m)
 We continue our descent through the mountains paths back down to the village of Namche Bazaar. [7 hours trekking](#)
- Day 13:**
Lukla
Trek from Namche Bazaar to Lukla (2886m)
 This is our last day on these stunning mountains, which have been home to us during our adventure. The last day is pleasant and after our arrival at Lukla in the evening, the celebrations begin!
- Day 14:**
Kathmandu
Fly from Lukla to Kathmandu
 We will take an early morning flight back to Kathmandu and drop our things and rest our tired legs at the hotel. After a visit to Umbrella for debrief we'll have a late evening gala meal in centre of the city.
- Day 15:**
Kathmandu
Kathmandu
 You can take some free time to explore the city and take in the sights and sounds of Kathmandu!
- Day 16:**
Kathmandu & Return Home
Kathmandu
 This day is yours to use as you see fit before your transfer to the airport for your journey home.

Note on the Itinerary: While the trekking period is 12 days, we have allotted 16 days for this trip. This is because in some circumstance there are delays with regard to the internal flights to/from Lukla and Kathmandu due to instances of bad weather. These instances are rare but can occur, even during trekking season. Therefore, it is prudent to have some additional days either side of the planned trekking period as a 'just in case.' In case of emergencies and/or if there are significant delays due to the bad weather, we can arrange helicopters (which are not affected by the bad weather) from Lukla back to Kathmandu to ensure that you can catch your return flight home.

I'm interested! – What do I need to do?

We just ask for three things:

1. Email info@umbrellanepal.org or telephone +353 87 368 3738 expressing interest and to get additional information;
2. Send your completed registration form and booking deposit (€200) to The Umbrella Foundation Ireland; and
3. Pledge to raise a further €1,800 to help Umbrella's work in Nepal.

All participants will obtain an Umbrella Fundraising Pack full of ideas to reach your target!

Frequently Asked Questions

How much do I need to pay?

We are asking our trekkers to raise a total of €2,500. To secure your place you must transfer €200, with the balance of the fundraising target being transferred to Umbrella 4 weeks prior to departure. All money that you fundraise will be sent directly to Umbrella Nepal.

What's included in the cost?

All in-country (Nepal) expenses related to the trip. This includes: transfers, accommodation, meals, full medical support, experienced guides, porters for personal equipment and pre-trip briefing. An Umbrella Foundation representative and an Umbrella Trekking representative will be on hand to support you every step of the way. All your food while on the trek is included, apart from during free time.

What's not included?

Umbrella asks that participants contribute the costs of flights to the trip. While you may fundraise for this amount also, this must be in addition to the €2,500 amount stated above. You are responsible for obtaining your own visa (€20) and adequate personal travel insurance. You will also need to organize meals and drinks in free time, tips for local support staff/guides, spending money and items of a personal nature.

Do I need to special equipment?

A good pair of trekking boots! You will get a full kit and equipment list upon registration so that you are fully prepared.

Will I visit Umbrella / see their work?

YES! – The money that you are fundraising will be going directly to those whom you will meet in our children's homes in Kathmandu and the communities in which you will be trekking. Trek participants will engage in a musical programme on their first day in Umbrella and in community arts and local skills classes during the Lantang trek. More details on these interactions will follow after registration.

Do I need to be fit?

This is a very achievable trek. While having a good level of fitness is defiantly a bonus, a person with a moderate to good level of fitness can complete the trek. We will have personal assistant guides to accompany all participants so that you can go at your own pace.

What will the weather be like?

Oct and March are the two main trekking periods in Nepal due to the warm day and clear skies. While temperatures drop at night-time you will most probably be trekking during the day in shorts and t-shirts!

Why are flights not included?

Umbrella is asking that participants arrange their own flights as we envisage having participants from a number of different countries. Also, we want to give people the option to stay on longer in Nepal after the trek. We will give clear advice on the times to arrive in Nepal so that we can organise your transfer to the hotel we have arranged.

Registration Form

Personal Information

Full Name (as it appears in your passport):

Date of birth:

Phone:

Email:

Current address:

City:

Country:

T-Shirt Size:

Passport Details

Passport Number:

Nationality:

Date of Issue:

Place of Issue:

Expiry Date:

Note: A scanned copy of your passport is also required. This is needed to obtain your trekking and national park permits in country in advance of your arrival.

Emergency Contact

Name:

Address:

Relationship:

Phone Number:

Email:

Medical Details:

Do you have any special dietary requirements? (Yes / No)

Do you suffer from any medical condition or allergy?

(Please note that this information will only be shared on a 'need to know' basis).

Additional Information

All accommodation will be shared and single sex. Is there someone you wish to share with?

Where did you hear about Umbrella's upcoming Everest adventure?

Website:

Newsletter:

Facebook:

Word of Mouth:

Other:

Terms and Conditions

1. A registration fee of €200 (or other currency equivalent) is required for each application (made payable to The Umbrella Foundation) is required to confirm your place on the trek. For the different payment methods available please visit www.umbrellanepal.org/Donate
2. You must raise a minimum (there is no maximum) of €2,500 sponsorship (inclusion of deposit). This should be transferred at least one month before the trek start date;
3. If you withdraw from your place on the expedition, all sponsorship raised in the name of the trip must be transferred to The Umbrella Foundation. This is to ensure the integrity of Umbrella supporters and their fundraising efforts;
4. The participant must be at least 18 years of age before departure date or be accompanied by a parent or guardian;
5. Umbrella reserve the right to alter the in-country itinerary should climatic or any other unforeseen circumstances make this necessary. You will be notified of all changes if and when Umbrella have been notified;
6. Your passport must be valid for 6 months from the date of your planned return;
7. Participants take part at their own risk and thereby indemnify 'The Umbrella Foundation' and its agents against claims for loss or damage to personal injury (or death) and any claim arising from the participants own actions;
8. Proof of adequate travel insurance, which covers the trek described, is required prior to your arrival date; and
9. Participants must comply with and are responsible for attending to any inoculations and health regulations required for the destination. Details on these shall be provided as part of participants 'Introduction to Trekking in Nepal' information pack provided after registration.

Declaration

I confirm that the above information is accurate at the time of writing and that I have read and accept The Umbrella Foundation Charity Trek terms and conditions above.

Signed:

Date:

Once you have completed the above form and read the enclosed terms and conditions please scan and send a copy to info@umbrellanepal.org and post a hard copy to:

The Umbrella Foundation Ireland
Tallaght Enterprise Centre,
Tallaght, Dublin 24,
Ireland

Ph: + 353 87 368 3738