



## World Change Starts with Educated Children

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*“You can hear the stories. You can see the pictures. But you have to experience this amazing country and its wonderful people first-hand to truly understand. Life-changing experiences rarely have such a good view.”*  
—Brett, Nepal Trek for Literacy 2002 participant

# Trek for Literacy Nepal

**Moderate level with challenging stages**

**24 Day trip**

**16 Day trek**

**3 nights hotels; remaining nights camping**

### TRIP HIGHLIGHTS

Room to Read and World Expeditions welcome you to a one-of-a-kind trip that combines the beauty of the Nepalese Himalayas with the inspiration of seeing our educational programs at work in remote villages. This trek will not only challenge you physically, but also offer you an insight into Nepalese culture that few other trekkers ever see.

Our porter-supported trek takes us through a beautiful land of unparalleled diversity. We start at 2,700 feet and climb to the highest most of us will ever get – the 17,769 foot Throung La Pass. This ancient trade route skirts the edge of the Tibetan Plateau. The wide range of climate zones will provide an opportunity to witness a variety of plant and animal life, as well as the different ways of life for the people who call the Annapurna region home. This trek is a virtual amphitheater of mighty mountains rising 26,000 feet above sea level and a variety of habitat including dense bamboo forests, terraced rice fields, river valleys, sacred pilgrimage sites and arid mountain villages. Best of all – you will go several weeks without seeing a car or television! This combination of spectacular scenery and cultural immersion is an outdoor odyssey that you will never forget.

You will also have the opportunity to see Room to Read’s work firsthand. We are excited to introduce you to our teachers and to join you as you play games with the local kids. In certain villages, you will witness the happiest day of the year – the day that their new school opens. Nothing we tell you here can prepare you for the genuine love and interest you will receive from the local people.

Please note that space on the Trek is extremely limited, and will be assigned on a first-come, first-served basis. The 2002 Trek for Literacy sold out quickly! If you are planning to join us, please let us know as soon as possible and submit your booking form so that we can reserve a place for you. Upon signing up for this adventure you will receive a detailed pre-departure package which will contain all kinds of information on your exciting adventure ahead! Please contact us for details.

## ITINERARY IN BRIEF

Oct 24	Depart USA
Oct 25	In transit
Oct 26	Arrive Kathmandu
Oct 27	Half day sightseeing in Kathmandu and dinner with Room to Read team
Oct 28	Drive to Beshi Sahar, stopping at a School Opening Ceremony
Oct 29	Commence trek
Nov 13	Completion of Trek with arrival in Pokhara
Nov 14	Fly from Pokhara to Kathmandu
Nov 15	Depart Kathmandu
Nov 16	Arrive USA

Cost: \$1495 (excluding airfare)

## DETAILED ITINERARY

Oct 24-25 In Transit - Altitude 35,000 feet

Travel from your homeport to Kathmandu (for our suggestions on airlines, see the "Airline Information" section below). All flights cross the date line and a day is consequently lost (don't worry, you get it back on the way home!).

Oct 26 Arrive in Kathmandu

A hotel representative will meet you at the airport and transport you to the very comfortable Radisson hotel, one of the nicer ones in Kathmandu. You'll have a few hours to relax, shop, nap or begin soaking up the unique culture of Kathmandu, one of the funkiest cities in Asia.

A pre-trek briefing will be given at 5:00pm where arrangements will be made for the distribution of your duffel bag, sleeping bag and down jacket. Drinks and snacks will be served from 6:30 pm until 7:30pm, and this is a great opportunity to get acquainted with your fellow group members. A team from Room to Read will join the cocktail hour and tell you more about their work.

Oct 27 Kathmandu - Altitude 4,383 feet

This morning a sightseeing tour has been arranged, taking in the key attractions in and around Kathmandu. In the afternoon you will have the option of visiting one of Room to Read's new educational projects, or will have free time to explore Kathmandu, Patan, Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centers of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

Oct 28 Drive to Besi Sahar - Altitude 2,700 feet

We will leave Kathmandu at 7:00am on a privately-chartered bus. We climb the steep mountain passes that surround Kathmandu, then drop down into Dhading Province. Here, we will stop to enjoy breakfast at a beautiful hotel overlooking the river, then continue on to visit one of the new Room to Read schools for the School Opening Ceremony. Children will welcome you with flower garlands and smiles. You will be the honored guests at what will be one of the biggest days in the history of the village. At the school, you will also help us to make a donation of over 300 new books for the school library, and will have time to read with the children.

We then continue on to Besi Sahar, where our trek begins. The drive will take us through terraced fields, past numerous settlements and villages and along the Marsyangdi River.

Oct 29           Trek to Ngadi, 3-4 hours - Altitude 3,000 feet

Today is the first day of hiking. We plan to walk 3-4 hours to the village of Ngadi. The trek up from Besi Sahar is not especially a long one or steep one compared to what lies ahead, so it's a good simple first day. Along the way we will hopefully have great views of Himalchuli and Ngadi Chuli (Peak 29), our first-glaciated peaks. We will also have our first crossing of the river on somewhat primitive but exciting wooden bridges. We pass through the picturesque village of Bhulbhule at 2,700 feet before reaching our final destination, the very picturesque village of Ngadi.

Room to Read has helped the village of Ngadi to build a school, and at this primary school, you will be a part of the teaching experience. Each trekker is being asked to bring five copies of their favorite book from early childhood (ages 4-7). At the school you will be paired up with five eager students, who will form a circle with you as you read to them from your favorite book. At the end, you will leave each child with a copy, thereby assuring that your favorite book from childhood will "keep on giving". There will be an opportunity for you to take photos with your circle of new friends. Since the school has an outdoor volleyball court, we will also get a game going, mixing students and trekkers onto teams that will compete for bragging rights at the Gold Medalists of Ngadi.

Oct 30           To Buan Danda, 6-7 hours - Altitude 4,300 feet

The day starts off with excellent views to the north if the weather is clear. All around you on the high hills are settlements of the Gurung people, an ethnic group renowned for their bravery fighting as the Gurkhas. They are an enterprising herding and upland-farming people who speak their own unwritten language and occupy some of the most inaccessible villages high on the mountainsides above the trekking routes. After our arrival in the village of Baun Danda we will visit another school and participate in another "reading circle". Children will once again gather for the reading of your favorite childhood story. The remaining five copies will be distributed among the children in your group. More pictures and rewarding smiles will end the visit but stay in your memories for years to come.

After we leave Baun Danda, we continue on for three more hours to the village of Jagat. As our trek continues we will notice the many changes in the people whose culture is more Tibetan-like. For example, the houses are now built of stone and the vegetation is less tropical.

This is a long day of hiking, so we recommend an early start. Fortunately, you will have several opportunities to soak your legs in the very cold river. We highly recommend this as a refreshing break.

Oct 31           To Bagarchap, 6 hours - Altitude 6,900 feet

Our trail turns rocky as we follow the Marsyandi River steadily uphill along stony stairways. Several "teahouses" along the trail offer numerous excuses to stop to rest. The local dhut chai (milk tea) is great, the Cokes are cold, and there are great views. Stop and write in your journal; we're in no hurry. Towards the end of the day, we enter Bagarchap with its typical Tibetan designed houses and views of the Annapurnas. You'll want to be wide awake, since tonight is our gala Halloween party. So bring something simple and lightweight to wear — anyone dressing as a "trekker" will be ineligible for the coveted "Best Costume" award.

Nov 1            To Chame, 6-7 hours - Altitude 8,580 feet

The village of Chame is marked by a chorten containing Hindu elements. This town is one of the last places to load up on snacks and other sundries that you may need at higher altitudes. During the 2002 trek, several trekkers bought yak wool sweaters. Chame also contains a natural hot spring in the river, where we can soak off the day's muscle strain.

Nov 2            To Pisang, 6-7 hours - Altitude 10,280 feet

Theme of the Day: We're about to start getting high! We gain 1700 feet today, and will end the day at about two miles above sea level.

From Chame our trail traverses through deep forest within the steep and narrow valley and crosses suspension bridges high above freezing waters. This terrain closely resembles the Cascade Range of Washington State. Along the trail, we catch our first views of the impressive Paunga Danda — the Great Wall of Pisang. This formation shows the incredible folding of lake-bed sediments that were upturned in the formation of the Himalaya. We end the day in the windswept town of Pisang. Prayer flags are whipping in the wind, the houses are made of stone, and 27,000 foot peaks can be seen in all their glory at sunset.

Nov 3 To Ghyaru, 6-7 hours - Altitude 12,050 feet

Theme of the Day: Brr!

The village of Ghyara is a favorite of most every Annapurna trekker who dares to climb this high. There is a “low route” that one can take to avoid the steep uphill climb to Ghyaru over a series of switchbacks, but the view from up here is more than worth the effort. Trust us on this one! The low route stays along the river, whereas the upper route gives one an extra 2000 feet of elevation gains from which to view the spectacular Annapurna massif. Although the climb is steep, it is not long. Today’s hike should not take more than three hours. So by lunchtime, you will be kicked back enjoying one of the best views of your life. Tonight will be cold, so most of us will be in our sleeping bags by 7:00pm and asleep by 9:00pm. Good thing too, as tomorrow morning’s sunrise is not to be missed.

Nov 4 To Manang, 6-7 hours - Altitude 11,480 feet

Theme of the Day: Sunrise!

If there has ever been a day when you need to get up at 5:15am to witness the sunrise, this is it. Directly to our west are 27,000 foot peaks, and to see them hit by ‘first light’ is a life-affirming experience. After this sight, and some tea to warm us, we will head off for what promises to be an easy day of hiking. Yes, easy! Note that we are actually dropping in altitude today. Our reward for yesterday’s uphill climb is a morning full of wide, flat trail with spectacular views of the Annapurna massif. John Wood once shot 75 photos in two hours along this section of trail.

We will have pass through the charming village of Ngawal and we then head downhill to the town of Manang. Like yesterday, this is not a long day of hiking – about four hours in all. When we get to Manang, if you still have energy there are several good side excursions from here. Or, you may wish (and we recommend this) to attend one of the Himalayan Rescue Association’s daily lectures on avoiding problems with altitude.

Nov 5 In Manang - Altitude 11,480 feet

Theme of the Day: No hiking!!

In order to allow proper acclimatization to the altitude, we will take a rest day in Manang. By this elevation, your body will need time to adjust to the changed conditions. There are several options that can occupy you during the day – a hike to a spectacular mountain lake, the HRA lecture, sleep, or reading a book in the afternoon sun.

Please note that this rest day is not optional, and we will not entertain requests to “save a day” by skipping it. It is not worth the danger of getting to a high altitude too quickly.

Nov 6 To Yak Khara, 6 hours - Altitude 13,020 feet

Climbing steadily through the Tengri we leave the Marsyandi Valley and continue along the Jarsang Khola Valley. The vegetation becomes increasingly sparse and you will note that the river has significantly decreased in size as we get closer to its source. In the afternoon we reach the tiny little settlement of Yak Khara (Nepali for “yak pasture”) where we call it a day. The afternoon tea will taste great, as it’s starting to get cold at this altitude.

Nov 7 To Throng Phedi, 5 hours - Altitude 14,450 feet

The trek continues up the Valley and on to Throng Phedi (14,450ft), meaning "foot of the hill". This is the base camp where we will spend the evening before arising before sunrise to ascend the pass. From here, you can look back down the valley and realize that peaks that were once towering over us are now below us. It's a great feeling of accomplishment.

Nov 8 Throng-La Pass -Altitude 17,769 feet - on to Muktinath 8-9 hours, 12,513 feet

Theme of the Day: Victory!

Today is the day! For most of us, this is probably the highest climbing we will do, as we ascend to the 17,769 foot Throng-La Pass. We start early, as we have many hours in front of us, and want to reach the pass early in the day before the winds start whipping.

The pass is marked by chortens and prayer flags fluttering in the breeze. You will be happy to know that one enterprising local actually sells tea at the summit, and you will need it after the challenging ascent. You will want to take summit photos, then start the steep descent.

In the afternoon, we enter the Hindu and Buddhist pilgrimage site of Muktinath. As we rest here for the evening we will have the opportunity to witness the interaction amongst the Tibetan traders as well as the Sadhus who walk two thousand miles here from their homes in the south of India. And you thought your legs were tired!

Nov 9 To Kagbeni, 5 hours - Altitude 9,270 feet

Following our breakfast and hot tea we trek to the village of Kagbeni, a beautiful old Tibetan village with a famous monastery. Room to Read helped the local school to establish a library and we continue to work with them on other projects. If you've seen the Room to Read documentary video, this is the village where Rob and Miriam built the library. Trekkers will have an opportunity to visit the school, followed by a tour of the monastery. We'll have lunch and spend the night at the famous "Red House Lodge", run by three jolly sisters. If you are nice to them, they might agree to show you their private shrine to Buddha.

Nov 10 To Marpha, 6-7 hours - Altitude 8,800 feet

Yes, we are losing altitude again, for the second day in a row! Welcome to the back half of the trek! The other good news is that we have now entered the stunningly-beautiful Kali Ghandhaki River Valley, the deepest valley in the world. For the next several days, you will have mountains that tower 17,000 feet above you as you follow the river. The only downside to this is that it will be windy (we'll bet you a beer on this one, and give you 3-1 odds), so bring something to cover your face and eyes, like a bandana and sunglasses. After three hours, we arrive in the prosperous village of Jomsom, where we lunch. We will then go uphill to the village of Syang, where Room to Read has built a library. We will deliver some new books to the school, to augment the library, and you will experience being a small town hero! After this, we will walk one more hour to the village of Marpha, one of the most beautiful places in Nepal.

Nov 11 To Kalopani, 6 hours - Altitude 8,500 feet

Today is another scenic day of trekking. Amongst the highlights are: (a) several crossings of the Kali Ghandhaki River on high suspension bridges; (b) pine and conifer forests that may tempt you to take an afternoon snooze along the trail; and (c) the picturesque village of Khobang, a town of narrow alleys and tunnels that connect houses built around enclosed courtyards as protection from the strong winds. If you have an aversion to headwinds, you will want to start early on this day, as the winds usually begin to get strong by late morning. We end our day in the village of Kalopani.

Nov 12 To Tatopani, 6-7 hours - Altitude 4,000 feet

Today is our last full day on the trail, and we end in a place that may make you wish you had booked your return flight for sometime next year. Tatopani is famous for two things. First, tato pani means "hot water" in Nepali, as this village derives its name from the hot springs found along the river. You will share the large

bathing pools with Indian sadhus (religious pilgrims), fellow trekkers, and locals. It's a very egalitarian and hedonistic environment. Second, Tatopani is known for its inn system, run by the local Thakali people. They are said to be amongst the best lodge keepers and cooks of Nepal. Room to Read Founder John Wood can attest to this, reporting that "This is the only part of the Annapurna trek where I've felt as though I gained weight!"

Nov 13 To Pokhara, 6-7 hours - Altitude 3,200 feet

After a suggested breakfast of apple pie, and a suggested morning activity of one more soak in the hot springs, we leave Tatopani and hike for several hours through an incredible valley of canyons and a swift river to the village of Beni. In Beni, we will pick up a local taxi service to drive us the three hours to Pokhara. We should arrive in Pokhara by mid-afternoon. For the first time in a few weeks, you will have luxuries like email and Internet access and international newspapers. That night, we will have our goodbye dinner and celebrate our feat of walking nearly 200 miles while smiling through most of it.

Nov 14 To Kathmandu - Altitude 4,383 feet

Depart Pokhara on a morning flight to Kathmandu. The flight is only one hour long, so you will have time during the day to explore more of Kathmandu, or to do some last-minute shopping.

Nov 15 Depart Kathmandu for home

Nov 16 Arrive USA

NOTE ON ITINERARY: Although we do our best to follow the schedule above, this itinerary is subject to change due to weather, route conditions, and other factors beyond our control. Also, some educational projects may be changed. We are constantly supporting new programs in Nepal, and we may as a result decide to switch one school or library visit for another. In any case, you will see a great many of our projects while on the trek.

## **THE COUNTRY AND ITS PEOPLE**

Nepal is known for its beautiful and dramatic scenery. Avid walkers and non-walkers alike are drawn to its mountains and foothills to view the Himalaya and the world's highest peaks. Many also discover the beauty of the forests and the enjoyment of time spent as a self-contained expedition, far from the rush of the modern world and in the delightful company of the trek crew as they tend to our needs and ensure that we are comfortable and able to enjoy the trek to the fullest. They are physically strong, sharp-witted and have an incredibly positive attitude towards a life that we would consider extremely tough.

There is something about a trek in the Himalaya that draws you back time and time again. For keen walkers it is a paradise and even avowed non-walkers find that one foot just seems to follow the other, drawn by the appeal of what lies beyond.

Nepal's population of around 20 million people is a blend of Hindu, Buddhism and animist religion. Nepal is a mosaic of cultures, ethnic groups and languages. It is remarkable that in a country of this size there are over 30 different ethnic groups, with at least as many languages. One million people live in the Kathmandu Valley, but at least ninety percent of the population live in the rural areas of the lower and middle hills of the Himalayan Range. Nepal is predominantly a simple rural society and a trek in the foothills of the Himalaya is a strong cultural experience as we spend time with our crew and meet local village people.

## **WEATHER PATTERNS**

October and November are the ideal months to visit Nepal. The weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 77-85°F at low altitude in October and nights can drop to below 32-40°F at higher altitudes.

## **DAILY TREK ROUTINE**

You will be woken with a cup of tea brought to your tent between 6 am and 7 am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your duffel bag which is then taken by the porters and will not usually be available to you until camp that afternoon (you will of course have a day pack with essentials like suntan lotion, two water bottles, and an extra layer of clothing). We are usually on the trail between 7.30 am and 8.30 am. Following a good morning's walk, we stop for lunch at around 11 am.

Lunch is usually a 2 hour break to allow for the trekker's meal followed by the crew meal. This break also enables you to do your washing in the warmest part of the day, catch up on your diary, read or rest. The afternoon walk is generally a little shorter and camp is usually reached by around 3 pm to 4 pm.

Once we have reached camp and the kitchen is set up afternoon tea is served. Washing water is again provided to enable you to wash at the end of the trek day. Until dinner there is time to rest, explore the surrounding area and villages or sit and chat with the crew and local people. Dinner is usually served around 6 pm to 7 pm. Remember to bring your water bottle to the mess tent so it can be filled with boiling water. It then makes a great hot water bottle. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people, it is always a special time. All camp chores are done for you, leaving you free to use your time to the fullest. You carry only a light daypack as your gear is carried by yaks or porters.

## **MEALS**

Our menu is based on fresh food to provide three nutritious, plentiful and tasty meals daily. Breakfast is a selection of cereal, muesli, and porridge, followed by pancakes, chapati, puri and local breads. An egg dish usually completes the meal. Lunch is a selection of salads, pasta, traditional breads, cheese and potato dishes. Our evening meal commences with soup and is followed by rice, pasta and a range of vegetable and meat dishes. Fruit or a local dessert complete the meal. Tea, coffee, hot chocolate, and cookies are provided at meals and on request in camp. We can cater for specific dietary needs if we know in advance. First-time trekkers are pleasantly surprised at the quality of the meals.

## **HEALTH**

You can expect to remain healthy throughout the trek. All food is hygienically prepared, cooked and served. Our kitchen crew are well trained and conscientiously adhere to strict hygiene guidelines. All water is boiled to ensure it is safe to use. You should be conservative when you eat in Kathmandu prior to the trek. Do not eat any food from tea-houses on the trek as the risk of illness is far too high.

All our leaders undertake intensive first-aid and medical skills courses with Dr Jim Duff, a high altitude specialist. We carry an extensive medical kit and if necessary can promptly evacuate.

## **LEADER AND CREW**

Room to Read brings you this adventure in partnership with our friends at World Expeditions, a company that has been taking trekkers to Nepal for almost 30 years. Leaders include males and females who are of Nepali background. All have years of experience and are professional guides dedicated to providing the best experience possible. They have a high level of competence in wilderness and emergency medicine as they all complete annual courses with Dr. Jim Duff, expedition doctor on three Mt. Everest climbs. We'll be traveling as a self-contained expedition ensuring that we do not deplete limited local food resources, and we'll be providing valuable employment for the local people. We're sure you'll enjoy the company of the crew members with whom we share our days. Guides will ensure we take the right trail, kitchen hands prepare our food and do the washing up, the skilled cook's meals will please you, porters and yak handlers move your gear from camp to camp and the sirdar oversees the operation. The times you spend with these people - walking, talking, playing games - will often be the fondest memories of your trek.

## **TIPPING**

Tipping is a tradition throughout the Indian sub-continent. At the end of the trek your leader will collect what you wish to give and assist the group to distribute it fairly amongst the crew. The staff will work very hard and look forward to your tip as an indication from you of a job well done. As a recommendation, you should budget on tipping around 120 rupees (approximately USD\$2) for each trek day. If you wish to tip the group leader please do this in addition to the crew's tip. We do not include the tip in the cost of your trek because if we did the crew would not see it as an expression of your satisfaction.

## **ACCOMMODATION**

In Kathmandu we'll stay at the Radisson Hotel, a first class hotel within walking distance of the town center, where a full breakfast is provided. You may leave any items not required on the trek at the hotel.

## **GEAR**

Most of the specialist gear required for the trip is provided by our partners at World Expeditions. In Kathmandu you will be given a duffel bag containing a quality sleeping bag and inner liner, insulating rubber mat, and a down or fiber-filled jacket (note that this saves you the trouble, and the cost, of buying gear that you may not need again!). You will need to bring walking boots, a day-pack and at least two water bottles in addition to your clothing and personal gear. Please refer to your pre-departure package for full requirements. This document will be provided once you have signed up for the trip.

## **ENVIRONMENTAL CONSIDERATIONS**

Nepal's environment is extremely fragile. The rapidly increasing population puts immeasurable pressure on the country's environment and resources and it is our responsibility as visitors to minimize the impact of our presence. Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We therefore do not have campfires and we strongly discourage group members from buying wood-fuelled hot showers in teahouses along the trail. We do not cook in teahouses as they burn wood but do our cooking on kerosene stoves that we carry with us.

## **POKHARA TO KATHMANDU MOUNTAIN FLIGHT**

The flight to Kathmandu is a spectacular journey and one of travels musts. Unlike the small mountain airstrips that use small aircraft and are often unreliable due to weather delays, this flight is from the major airport of Pokhara to the capital of Kathmandu. The many flights between these two cities use larger aircraft and have frequent schedules. The views of the Annapurna, Manaslu, Ganesh and Langtang ranges are breathtaking. An extra bonus is that we avoid a day-long bus journey back to Kathmandu along the road you have already traveled, giving you more time to relax in Kathmandu and explore its highlights.

## **ACUTE MOUNTAIN SICKNESS**

When we ascend above 8000 feet our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust, World Expeditions has structured the treks so that you ascend slowly, allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache,
- Tiredness,
- Disturbed sleep ,
- Loss of appetite/nausea,
- Shortness of Breath,
- Cough,
- Palpitation,

- Swelling of the hands and face.

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. Group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend. Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## **COST**

**Airfare:** We would highly recommend that you make your airline reservations as soon as you know for sure that you are going on this trip. Flights into and out of Katmandu are infrequent and usually overbooked. World Expeditions will be happy to help you with your airfare so please contact them for details.

**In-country costs:** These are estimated at \$1495. Each trekker will be responsible for paying this amount, in advance. The initial deposit of \$750, payable to World Expeditions will reserve your spot on the trip. Please note that this deposit is non-refundable, and is required in order for your spot on the team to be reserved.

## **COST INCLUSIONS**

- Trek Pre-departure Information Guide, with all you need to know for your trek
- Hotel accommodation at one of Kathmandu's best hotels on a twin share basis with breakfast
- All internal transport by private bus, jeep, car or air
- All group airport transfers
- Gear package including duffel bag, sleeping bag and liner, insulated sleeping mat and down or fiber filled jacket
- All meals while trekking
- Two-person tents with sewn in floor and fly sheet
- Porters to carry all personal and group equipment & Porter's insurance
- Group leader, sirdar, guides and kitchen staff
- All park entrance fees and trekking permits
- Emergency medical kit
- Half day sightseeing in Kathmandu

## **NOT INCLUDED**

- International airfare
- Lunch and dinner in Kathmandu
- Monument entrance fees during Kathmandu city tour
- Sodas, or alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Airport and departure taxes
- Nepal Visa (required)
- Travel Insurance (required)

## **RAISING FUNDS TO SUPPORT OUR WORK**

Room to Read staff and various friends in Nepal volunteer their time in order to make this a special trip. Our goal is to show you a side of Nepal that few tourists ever see. And because we negotiate special discounts, your trip is substantially less expensive than what other tour operators charge.

However, in return, we ask that each trekker either donate or raise money to support our work. Each trekker is required to raise or donate \$3000. Most trekkers choose to raise donations from fund-raising activities, while some make a personal donation or get family members to do the same. In either case, all donations to us

are tax-deductible. We will provide you with fund-raising advice, as we've had many people do this over the last year and know of successful strategies. You are responsible for issuing receipts to each donor (we'll provide them to you) and collecting their email addresses for inclusion on our email update list.

Some people are worried about this, as they have not done fund-raising in the past. Don't be! There are literally tens of thousands of people who have done the Leukemia Society's Team in Training program, which requires them to raise a similar amount. If that many people have done it, it's not that difficult. And we'll give you advice on how to get it done. Please remember that Nepal is one of the poorest countries on earth, and these children need schools and libraries to help make a dent in the 70%+ illiteracy rates. We want the main focus of the Trek for Literacy to be about bringing you a wonderful vacation, but we also want to leave behind a positive legacy for the children of Nepal.

## WHAT'S NEXT?

1. Sign up now!
2. For fundraising information and questions about Room to Read's work contact:  
415-561-3331  
[travel@roomtoread.org](mailto:travel@roomtoread.org)  
[www.roomtoread.org](http://www.roomtoread.org)
3. To sign up for the trip or for specific questions about the itinerary please contact World Expeditions at:  
1-888-464-TREK  
or [michelle@WEadventures.com](mailto:michelle@WEadventures.com)

## KEY DATES

- ASAP – A deposit of \$750 is needed to reserve your spot on the trip. Upon receipt of your deposit, World Expeditions will provide you with a complete pre-departure package which will contain all kinds of information to help you prepare for your adventure ahead.
- August 1, 2003 – The remaining payment (adjusted for deposit) for in-country costs must be made to World Expeditions. Your medical form, personal details form, Terms & Conditions Contract, flight reservations and travel insurance information is also due.
- September 1, 2003 – By this date, each participant must have submitted their total fund-raising contribution of \$3,000 to Room to Read.

### Important Note:

These trip notes represent the most current information available for this itinerary, and supersede any information previously distributed. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise.

## ENJOY THE ADVENTURE OF BEING ALIVE!

Room to Read/World Expeditions Jan 2003

*"Room to Read provided a very unique way to see Nepal. Trekking in the Himalayas AND getting the opportunity to visit the local schools and meet the students was an unforgettable experience."*

—Jennifer Dailey, Trek for Literacy 2002 participant

*“The only thing more beautiful, more spectacular, and more emotional than trekking in the Himalayas are the smiling faces of the Nepali children that we support through Room to Read. As we entered the first Room to Read school and saw the beautiful Nepali children singing and smiling at us, I looked around the trek group to find tears in their eyes and smiles from ear to ear.”*

*—Hilary Valentine, Trek for Literacy 2002 participant*