

Stanford **TRAVEL/STUDY**

EVEREST BASE CAMP TREK

October 24 to November 7, 2022

Few events have better captured the essence of our human desire to explore than when Sir Edmund Hillary and Tenzing Norgay reached the summit of Mount Everest in 1953. Under the careful stewardship of our expert mountain guides and in the company of geophysicist and faculty leader Simon Klemperer, we'll follow a meticulously planned approach that ensures safe and gradual acclimatization as we make our way up the Khumbu Valley to Everest Base Camp, at an altitude of 17,598 feet.

FACULTY LEADER

Simon Klemperer

Simon Klemperer became a professor of geophysics after studying at Cambridge University and Cornell University. He has taken a special interest in introducing Stanford undergraduates to scientific research, helping to found the Stanford Earth Summer Undergraduate Research program (SESUR), and has involved students in his fieldwork on three continents (including Tibet!). He initially visited the Himalayas and Tibet in 1992 as part of an international research team that acquired the first deep seismic imaging of the earthquake faults beneath the world's highest mountains, establishing a new paradigm for the creation of plateaux. Over the next decade, he and his Stanford students and collaborators developed an integrated geotranssect across the entire Tibetan Plateau. Simon has crisscrossed Tibet and the Himalayas on over a dozen expeditions, most recently sampling and even discovering geothermal springs, using their chemistry to test ideas from his seismic images. In 2015, the devastating earthquake in Nepal led him to deploy Stanford seismographs to help study the fault shapes and future hazards. On this program, Simon will enlighten travelers on the plate tectonics of the Himalayas that created Earth's highest mountain; the 2015 earthquakes and landslides in Nepal; and the role of the Himalayas in Earth's climate cycle and its future, always with an eye to how geology has shaped society. Simon also hopes to sample one or more warm springs on the Everest Base Camp trip, adding some science to our tourism. He has hiked up to (and beyond) Everest Base Camp on the north (Tibetan) side and is excited to accompany you to the southern, Nepali, base camp.

Positions:

- Professor of geophysics, Stanford
- Professor (by courtesy), geological sciences, Stanford

Publications:

- "Lateral variation of the Main Himalayan Thrust controls the rupture length of the 2015 Gorkha earthquake in Nepal," *Science Advances* (2019)
- "The Main Himalayan Thrust and devastating earthquakes beneath the Himalayas," *China Science Bulletin* (2021)
- "³He/⁴He analysis of thermal springs locates the mantle suture beneath Tibet," *Nature Geoscience* (2021)

Accolades:

- Fellow, American Geophysical Union (2018)
- Fellow, Geological Society of America

Academic History:

- PhD, geophysics, Cornell University
- MA, Cambridge University
- BA, mineralogy and petrology, Cambridge University

ITINERARY

MONDAY, OCTOBER 24

KATHMANDU, NEPAL (ELEVATION: 4,593')

Arrive independently in Kathmandu and transfer to our comfortable hotel. Largely isolated from Western culture until the 1950s, Kathmandu is a fascinating mix of Buddhist and Hindu influences. Take an optional walk to Durbar Square to admire the temple of Kumari Chowk and its beautiful three-story courtyard embellished with beautifully carved wooden balconies and window frames; it's the centerpiece of the residence of Kathmandu's prepubescent, divine living goddess, or Royal Kumari. Enjoy a welcome reception, folk dance performance and dinner this evening with fellow travelers.

HOTEL YAK & YETI (D)

TUESDAY, OCTOBER 25

KATHMANDU

Today visit Swayambhunath, also known as the Monkey Temple, a remarkable stupa (dome-shaped shrine) encircled by dozens of smaller stupas, temples and fluttering prayer flags. Stroll along the holy Bagmati River, which is lined with temples and cremation sites. HOTEL YAK & YETI (B,L,D)

WEDNESDAY, OCTOBER 26

KATHMANDU / PHAKDING (8,694') / MONJO (9,301')

Head to the Kathmandu helipad early this morning to board helicopters bound for Phakding, where we meet our porters and Sherpa guides, then begin our trek. Travel along the Dudh Kosi valley to Monjo, the official entrance of Sagarmatha (Everest) National Park, a UNESCO World Heritage site, and check in to our first teahouse. MONJO TEAHOUSE (B,L,D)

THURSDAY, OCTOBER 27

MONJO / NAMCHE BAZAAR (11,286')

Make our way up the formidable Namche hill, our first real taste of the "hills" in the Himalayas. If the weather is clear, we'll get our first glimpse of Everest on the way up to Namche Bazaar, the gateway village to the Himalayas. Observe a dynamic mix of Tibetan traders, tourists from around the world, expedition climbers, experienced Sherpas, monks, Nepalese civil servants, colorfully garbed villagers and yaks in this vibrant Himalayan town. HOTEL NAMCHE (B,L,D)

FRIDAY, OCTOBER 28

NAMCHE BAZAAR

Today is an acclimatization day. Tour the Namche Monastery, then delve into the culture and history of the Sherpa people at the Sherpa Culture Museum. Also admire the statue of Tenzing Norgay, one of the first known individuals to reach Everest's summit, along with Sir Edmund Hillary. HOTEL NAMCHE (B,L,D)

SATURDAY, OCTOBER 29

NAMCHE BAZAAR / DEBOCHE (12,660')

Leaving Namche Bazaar traverse the steep valley above the Dudh Kosi river. Each step provides magnificent vistas of the valley as we ascend more than 1,500 feet to the Tengboche Monastery, which has been at the heart of Sherpa culture since 1916. Attend the afternoon call to prayer before hiking on to Deboche, where we stay overnight. DEBOCHE TEA HOUSE (B,L,D)

SUNDAY, OCTOBER 30

DEBOCHE / PANGBOCHE (13,074')

Enjoy a less strenuous day to rest from our journey thus far and to prepare for the strenuous days ahead. Travel from Deboche to Pangboche, stopping for a visit at the peaceful Pangboche Monastery, silhouetted against the mountain peaks, along the way. PANGBOCHE TEAHOUSE (B,L,D)

MONDAY, OCTOBER 31

PANGBOCHE / PHERICHE (14,340')

As we continue our trek upward from the Khumbu Valley, the surrounding vegetation grows sparse. The land becomes more barren as we gain altitude. PHERICHE TEAHOUSE (B,L,D)

TUESDAY, NOVEMBER 1

PHERICHE

Spend today adjusting to the high altitude of Pheriche. In the morning take a short hike to see spectacular views of the highest peaks in the Himalayas. Later visit the Himalayan Rescue Association Nepal and learn about high-altitude acclimatization. PHERICHE TEAHOUSE (B,L,D)

WEDNESDAY, NOVEMBER 2

PHERICHE / LOBUCHE (16,207')

Today we ascend to the Khumbu Glacier. As we leave Pheriche, the lateral moraine of this famous glacier becomes visible. Distances are short now, and our steps become more measured and deliberate as we move higher. In the early afternoon, climb past the chortens (monuments) that have been constructed in memory of Sherpas and climbers lost in expeditions over the years. LOBUCHE TEAHOUSE (B,L,D)

THURSDAY, NOVEMBER 3

LOBUCHE / GORAK SHEP (16,863')

The trail today meanders through the ice and rubble of the massive Khumbu Glacier on the path to Gorak Shep. Historically a seasonal yak-grazing area, today Gorak Shep is the last outpost before Everest Base Camp. Take in stunning views of Mount Everest, Everest Base Camp and the Khumbu Icefall. Travelers interested in an additional challenge have the option to climb to the summit of Kala Patthar (18,519'). GORAK SHEP TEAHOUSE (B,L,D)

FRIDAY, NOVEMBER 4

GORAK SHEP / EVEREST BASE CAMP (17,598') / GORAK SHEP / LOBUCHE

Head to Everest Base Camp, where climbing expeditions pause to prepare for their summit attempts. Sip tea and revel in the beauty of Mount Everest before returning to Gorak Shep for lunch. Continue down the valley to Lobuche, where we spend the night. LOBUCHE TEAHOUSE (B,L,D)

SATURDAY, NOVEMBER 5

LOBUCHE / PHERICHE

Set out from Lobuche this morning, heading back through the Khumbu Valley. Pay attention to the fleeting views of Mount Everest before settling in at Pheriche for the night. PHERICHE TEAHOUSE (B,L,D)

SUNDAY, NOVEMBER 6

PHERICHE / KATHMANDU

This morning bid farewell to our local Sherpas and load into helicopters for a scenic mountain flight through the Himalayas and the Khumbu Valley to Lukla. After a brief stop at the Lukla airport to refuel, we continue our journey to Kathmandu. Upon arrival transfer to our hotel for some much-deserved rest and relaxation. Enjoy a festive farewell reception and dinner this evening to celebrate our journey.

HYATT REGENCY (B,D)

MONDAY, NOVEMBER 7

KATHMANDU / HOME

Transfer to the Kathmandu airport for flights home, arriving the same day. (B)

INFORMATION

Covid-19 and Travel

With travel requirements and local Covid-19 conditions changing weekly, travel protocols for our program will be shared with confirmed travelers closer to departure. To read more about Travel/Study's general approach to ensuring traveler health and safety, visit our [Covid-19 Travel page](#).

Size

This trip is limited to 22 participants. Travel/Study is committed to providing a low-density experience on all programs and will implement protocols to do so, including social distancing on transportation as well as during lectures, meals and excursions. Single accommodations are limited.

Cost*

\$10,895 per person, double occupancy

\$11,995 per person, single occupancy

*Stanford Alumni Association nonmembers add \$300 per person.

Included

- Educational program with lecture series and predeparture materials, including an education resource list and travel information
- Services of our professional tour manager to assist you throughout the program
- All tours and excursions as described in the itinerary
- Gratuities to guides, drivers and porters for all group activities
- 3 nights of deluxe hotel accommodations
- 11 nights in best-available teahouse accommodations
- 14 breakfasts, 12 lunches and 14 dinners
- Welcome and farewell receptions
- Transfers and baggage handling on program arrival and departure days
- Helicopter flights from Kathmandu to Phakding and Pheriche to Kathmandu via Lukla
- Ripcord Individual Medical Evacuation membership
- On-tour quarantine-related trip-cancellation, -interruption and -delay insurance coverage
- General medical, accident and evacuation insurance

Not Included

- Your personal flights to and from the program
- Passport and visa fees
- Immunization costs
- Meals and beverages other than those specified as included
- Independent and private transfers
- Nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage
- Baggage insurance
- Excess-baggage charges
- Personal items such as internet access, telephone calls, laundry and gratuities for nongroup services

Air Arrangements

You are responsible for booking and purchasing airfare to the start location and from the end location of the program. These air purchases are NOT included in the program cost. To assist you in making these independent arrangements, we will send you details with your confirmation materials on when to arrive and depart.

What to Expect

Trekking to Everest Base Camp is one of the world's greatest adventures and challenges. Our nontechnical, 13-day route allows for maximum acclimatization. Most people, however, will experience some difficulty because of the high altitude (17,598 feet at Base Camp), and we cannot guarantee we will get to Base Camp. Participants must be physically fit, active and in excellent health. Expect an adventurous and rigorous, rather than luxurious, travel experience. We welcome travelers 15 years of age and older on this trek.

A Typical Day

On average we trek 6 to 8 hours each day (approximately 75 miles over 13 days, with a maximum of 10 hours on the day we trek to Base Camp). Participants must carry a day pack (approximately 15 to 20 pounds) on uneven, rocky and scree terrain, with some steep sections. Elevation gains and losses vary from day to day. All trekkers must be comfortable with rolling ascents and descents. Each night you may read, write in your journal or simply sit and enjoy the views and the company of fellow travelers.

Meals & Accommodations

We stay in simple teahouses during our trek. The teahouses are clean and comfortable, with very basic guest rooms and a common area where people gather to eat and talk. Although loss of appetite is common at such high altitudes, plentiful and nutritious hot meals are provided each day. Bathrooms in the teahouses are shared facilities, most of which include Western-style toilets.

Preparations

Upon enrollment, each participant will receive a medical history and health assessment questionnaire requiring a physician's signature. We will send each registered participant a complete list of recommended trekking gear and a suggested fitness regimen to prepare for the program. There is a strict luggage limit of 40 pounds per person, including sleeping gear, in accordance with domestic flight restrictions. Yaks and porters carry all gear except for your day pack.

TERMS AND CONDITIONS

Eligibility

We encourage membership in the Stanford Alumni Association as the program cost for nonmembers is \$300 more than the members' price. The nonmember fee is waived for anyone traveling as a paid guest of a current member as well as for emerita or emeritus faculty and staff. To purchase a membership, call (650) 725-0692 or visit alumni.stanford.edu/goto/membership.

Deposits, Payments and Cancellations

A \$1,000-per-person deposit is required to reserve space on this program. Final payment is due 120 days prior to program start. Deposits and any payments are refundable, less a \$500-per-person cancellation fee, until 120 days prior to program start. After that date, refunds can be made only if the program is sold out and we resell your place(s), in which case a \$1,000-per-person cancellation fee will apply.

Insurance

Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with general medical, accident and evacuation coverage, as well as on-tour quarantine-related trip-cancellation, -interruption and -delay insurance coverage, under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional nonquarantine-related trip-cancellation, -interruption and -delay insurance coverage and/or baggage insurance. Information offering such insurance will be included in your confirmation materials. The product offered includes special benefits if you purchase your insurance within 14 days of receiving your welcome email.

Responsibility

The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motor coach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger, as tour rates include arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. We reserve the right to cancel any program prior to departure, in which case the entire payment will be refunded without further obligation on our part. We also reserve the right to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. Baggage is carried at the owner's risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time passengers are not on board their plane or conveyance. Neither the Stanford Alumni Association, nor Stanford University, nor our operators accept liability for any carrier's cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect at the time the brochure is published and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges. As a condition of participation, all confirmed participants are required to sign an Assumption of Risk.

California Seller of Travel Program Registration #2048 523-50