



## NEPAL — FALL 2007

### 2-week Himalayan Cultural Trek & Photo Class

#### TOUR DATES:

Trip #1: October 1 – October 14

Trip #2: October 18 – October 31 (women's group)

*Join Laura Fonner and Don Nelson on this once-in-a-lifetime experience and allow the Sherpa people to welcome you with a huge smile!*

It's time to set the wheels in motion for your Fall 2007 Himalayan trek. This October, Don Nelson and Laura Fonner are planning two separate opportunities to combine a cultural trek to the doorstep of the famed Everest Himalayas with a unique photography experience.

Professional photographer Laura Fonner will provide classes and individual tutoring in the art of digital photography while Don Nelson will use his experiences as a Himalayan guide to provide unique cultural and scenic adventures and photographic opportunities in the city of Kathmandu and in age old villages and scenic pathways leading to the world's highest peaks.



**Don Nelson** has been traveling to Nepal, Sikkim, Tibet, Bhutan and Burma since 1999. He recently sold his interest in a family business so that he can focus on his passion — travel. In Don's words, "The scenery is spectacular. The vibrant colors and textures are captivating. I sense the spirituality of this magical place woven throughout the fabric of daily

life. The cultural differences captivate my thoughts, even after I have returned home. Come along with me one day to the places I love. See for yourself."

#### ARRIVAL DAY: Kathmandu →

Arrival in Kathmandu is generally just past noon. After meeting our Kathmandu crew we will head for the heart of this unique spiritual city. Our lodging will be just as unique as we stay for three nights at the Kantipur Temple House, a small, comfortable, secluded hotel built with the typical architectural blend of an ethnic Newari Temple, yet located in the heart of the cultural center of busy Kathmandu. This will be a welcome day of rest after a long journey. *Accommodations: hotel.* **Photo class topic:** No photo class today so you can get settled.

#### DAY 2: Kathmandu (KTM) – Tour City & photo opps.

Today we will have the opportunity to enjoy the city of Kathmandu. After a morning photo class with Laura, A guided tour will take you to ancient historic Baktapur; give you a taste of Tibetan culture at Bodnath monastery, then on to wandering through the tourist sector of Thamel. We'll have dinner as a "crew" in Kathmandu. *Accommodations: hotel.* **Photo class topic:** We will discuss proper etiquette when approaching a possible portrait subject, such as cultural etiquette and customs.

#### DAY 3: Kathmandu (KTM) – Tour City & photo opps.

An early morning visit to Swayambunath Temple provides "morning light" and special photo opportunities to begin the day. Photo class 2, shopping Kathmandu's eclectic street shops, individual guided walks providing "evening light situations" and a dinner with the "Children of Kathmandu" cap this second full day. *Accommodations: hotel.* **Photo class topic:** In addition to a critique of portraits, we will discuss composition in landscape and portraiture.

#### DAY 4: KTM → The Last Resort

An early morning bus ride through the farmlands and river valleys brings us to "The Last Resort." Our lodging and entertainment stop for this day. River rafting, bungee jumping supreme, hiking high above the resort or just resting in your comfortable resort lodging will be your choices for this day. Dinner and relaxation as a crew at the Resort finish this first day in the "foothills". *Accommodations: The Last Resort.* **Photo class topic:** How to compensate in less-than-ideal lighting situations.

#### DAY 5: Trekking Last Resort → Jiri → Shivilaya

An early morning bus ride upward through the mountain valleys brings us to lunch in Jiri and an introduction to our trekking crew. A 3 to 4 hour trek takes us to Shivilaya, a river valley village and our first trekking stop. **Photo class topic:** Critique of past assignment and then we will discuss documentary photography! *Accommodations: mountain lodge.*

#### DAY 6: Shivilaya → Bhandar

Morning tea, breakfast and trekking the trail toward Mt. Everest above roaring rivers, through forest glades, glimpsing a quick view here and there of the Snow Peaks. Our second day of trekking brings us to the village of Bhandar, a charming Himalayan valley farming village. **Photo class topic:** We will discuss the documentary assignment and answer any questions on materials covered so far. *Accommodations: mountain lodge.*

# T O U R P R I C E

## DAY 7: Bhandar → Sete

Morning tea, breakfast and photo opportunities are numerous as we descend to the river valley and then ascend to Sete in time for an afternoon photo class and relaxing in a small village. **Photo class topic:** Scenic Photography. *Accommodations: mountain lodge.*

## DAY 8: Sete → Junbesi

A 6 hour walk will take us up and over the Lamjura Pass and down to my favorite middle hill village, Junbesi. Photo opportunities abound on this day as we pass through aspen groves and pine forests and descend passing pristine “Sherpa farms” where farming is done just as it was done for the last 400 years. Junbesi is picturesque and quaint, with several fine old mountain lodges, a trading center for this rural valley. **Photo class topic:** When to use flash, when to turn it off! *Accommodations: mountain lodge.*

## DAY 9: Rest day in Junbesi

Begin this day with an early photo session, breakfast and a leisurely walk 1 ½ hours from Junbesi to Thubten Chholing Monastery, an active monastery with 150 monks, a small gomba here is exquisitely painted and definitely worth a photo visit. An afternoon photo class will be held here. **Photo class topic:** Light temperature and how it affects your photo. *Accommodations: mountain lodge.*

## DAY 10: Junbesi → Phaplu

Our trek this day is through the Sherpa Farm area southward toward Phaplu. Our overnight lodging is at the beautiful Del Sherpa Hotel in Phaplu. **Photo class topic:** Discussion on film speed ISO/ASA and how it can enhance your photos. *Accommodations: mountain lodge.*

## DAY 11: Rest day Phaplu

A half day photo class and a half day to visit the sites surrounding Phaplu will comprise the final day of trekking in the comfortable and pleasant Del Sherpa Hotel. **Photo class topic:** Today we will review what we’ve learned, and take a day for questions and reflections. *Accommodations: mountain lodge.*

## DAY 12: Phaplu → Kathmandu

The 40 minute flight back to Kathmandu passes over the trekking route just completed. After arrival in Kathmandu we will return to the comfortable Kantipur Temple House. Shopping, liesure, more photos, and a “crew party” to finish the day. **Photo class topic:** Discussion on aperture and shutter speed.. *Accommodations: hotel.*

## DAY 13: Kathmandu. (Free Day)

A day of choices. Choose between a Mt. Everest flight taking you within 2 miles of the summit of Mt. Everest (optional, extra cost), city site visits of your choice, monestary visits, shopping, a school visit or simply relaxation, your choice. Late afternoon class and photo critiques and awards over dinner as a crew for our last day in Nepal. **Photo class topic:** Discussion on lenses and other camera gear. We will also do a “speed course” on how to properly save your digital images when you return home. *Accommodations: hotel.*

## DAY 14: KTM → Bangkok → USA

Mid-day flight takes you to Bangkok and then on to the USA.

**Domestic Flights (USA):** Flights from your home to the gateway cities of San Francisco or Los Angeles are not included. Our International flight specialist may be able to add this item on to your international airfare depending on your desired flight origination.

**International Flights:** The cost of international flights is estimated but not included. It is simply easier if each individual handles this personally. You can usually add a stop in Thailand, Hong Kong, Japan or other asian countries for a nominal fee. Leaving the airfares and stopovers out of a package allows each individual to tailor their plans to their own needs. It also allows anyone who has frequent flyer miles to use them if they are available. Several airlines have been selected for quality, safety and connections to Nepal. All of them provide excellent international service, comfortable aircraft and great food on-board. We will make a final recommendation for a specific flight after group formation.

**Domestic Flights – Phaplu to Kathmandu:** Flights from Phaplu to Kathmandu are included in the tour cost. These flights are generally on a modern twin-engine turbo-prop aircraft designed for short field landings. The airline names are colorful with spiritual names like Buddha Air and Yeti Airlines.

### International round-trip airfare cost estimate:

+ Round Trip SFO or LAX to Kathmandu..... \$1250 - \$1550

### Insurance cost estimate:

+ Travel insurance ..... \$75 - \$125

### The following items are included in the tour:

- + KTM: Mid Range Hotel Kathmandu – 5 nights
- + KTM: Airport Transportation
- + KTM: City Tour of Kathmandu
- + KTM: Meals – Breakfast & Dinner – 5 Days
- + AIRFARE: Phaplu Kathmandu
- + TRANSPORTATION: Bus to Last Resort & Jir
- + TREK: Mountain Lodges accommodation.
- + TREK: English speaking guides, required porters.
- + TREK: Trekking permit fees.
- + TREK: 3 meals per day (breakfast, lunch & dinner)
- + TREK: Services of tour leader and photo instructor.

**Tour Cost:** ..... \$2275.00

**Complete package estimate (maximum):** ..... \$3950

### Single-room supplement

+ Hotel & lodge\* accommodations ..... \$250

### Items not included in tour cost (all costs listed are estimated):

- + Tips for Guides and Porters..... \$100
- + Nepal entry visa..... \$30
- + Misc. expenses (snacks, alcoholic beverages, personal purchases, etc). ..... \$100 - \$200

\* Mountain Lodges often have limited space and we will do our best to provide a single room but may not be able to guarantee the lodge portion singles.

**For more information on the Fall 2007 Himalayan trek and photo class, contact:**

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