



## Humanitarian & Medical Spring Semester

# HIMALAYAS 92-DAYS

### COURSE HIGHLIGHTS:

- ▶ Explore the Kanchenjunga Trek, which contains the ecosystem housing the world's 3rd highest peak
- ▶ Spend a night at Everest Base Camp
- ▶ Attempt a summit of Imja Tse (20,305') — first ascended by Tenzing Norgay in 1953
- ▶ Raft the little-known Tumor River

### WHY TAKE THIS COURSE:

- ▶ Trek the Everest Region and spend time in remote Himalaya villages
- ▶ Earn your EMT and Wilderness EMT credentials
- ▶ Teach Western emergency medicine to villagers of the Himalayas
- ▶ Volunteer and practice your skills in a remote village clinic
- ▶ Learn Eastern medicine techniques and skills

### WHERE YOU'LL BE:

- ▶ Wilmington, North Carolina (for EMT Training)
- ▶ Nepal (Kathmandu)
- ▶ Temur River
- ▶ Mt. Everest
- ▶ Renjo La Pass



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*For complete itinerary details, see reverse side ▶*

# 92-DAY HUMANITARIAN & MEDICAL — SPRING SEMESTER ITINERARY — HIMALAYAS (Subject to change)

## NORTH CAROLINA:

- ▶ **Days 1-28:** 19-Day 'Intensive' EMT-Basic & Wilderness-EMT Training, with time to sit for your certifying examination prior to our departure for Nepal.

## NEPAL:

- ▶ **Days 29-31:** Welcome to Nepal! After arriving at Kathmandu, you'll have time to relax and experience the sights and sounds of Nepal. The first few days will be a balance between preparing for treks, obtaining permits, and exploring Kathmandu. You'll eat local food, visit World Heritage sights and shake off jet lag before we journey into the mountains.
  - ▶ **Days 32-34:** Start each day watching the sun rise over the world's highest mountain range. Acclimate to the high altitude with a series of day hikes, and receive your first introduction to the NCOAE core curriculum.
  - ▶ **Days 35-51:** Hike the remote Kanchenjunga Trek around the third highest peak in the world. The trek passes through small villages belonging to several different ethnic groups, which allows you to experience rural Nepali life and culture. Learn about alpine landscapes, high altitude and remote, developing world settings.
  - ▶ **Day 52:** Layover at the Tumor River put-in (rest and re-supply; prep for rafting).
  - ▶ **Days 53-58:** Our six days on the Tamur River bring lots of exciting whitewater, plus first-hand experience in the logistics and planning required to run a multi-day river trip. A layover day will allow time to practice and discuss river-related first aid scenarios.
  - ▶ **Days 59-62:** Return to Kathmandu where we meet with Nepali and international disaster relief and rural health professionals to discuss ongoing issues in rebuilding in Nepal. Visit the Tibetan Medical Centre and learn about the principles behind Tibetan medicine.
  - ▶ **Days 63-69:** This is where your practical skills come to life as the group travels toward the Tibetan border.
- You'll spend these days instructing first-aid training for Nepali outdoor guides.
- ▶ **Days 70-72:** Travel back to Kathmandu to prepare for trekking at Mt. Everest. This journey includes one of Nepal's most famous treks, crossing spectacular high passes between 17,500' and 18,200'.
  - ▶ **Day 73:** We'll board an early morning mountain flight to Lukla; a flight that starts the journey to Everest Base Camp. After we land, we'll start trekking northwards through the village of Lukla, descending to Ghat along the east bank of the Dudh Kosi ('Milk River'), followed by a gentle climb and level meandering walk to Phakding.
  - ▶ **Day 74:** Trek to the Namche Bazar. Otherwise known as the 'Sherpa Capital,' the Namche Bazaar is nestled in a crescent amphitheater that towers above two great valleys.
  - ▶ **Day 75:** This day is set aside to relax and acclimate to the high altitude.
  - ▶ **Day 76:** Trek to Thame — the oldest Sherpa village in the Everest region, and the birthplace of Tenzing Norgay Sherpa, who summited Mt. Everest with Sir Edmund Hillary.
  - ▶ **Days 77-79:** These few days of trekking lead the group to Lumde and Gokyo.
  - ▶ **Days 80-84:** Trek to Mount Everest Base Camp, with close-up views of the Khumbu Icefall and Nuptse along the way.
  - ▶ **Day 85:** Trek over Kangma La Pass and then to Chukung.
  - ▶ **Days 86-88:** This is our mountaineering section. Arrive at Island Peak Base Camp and attempt to climb the Imja Tse — a peak that tops out at 20,305 feet and offers stunning views of Ama Dablam, the south face of Lhotse and Mount Everest.
  - ▶ **Days 89-90:** Return trek to Lukla. If time permits, visit the Khumjung Monastery and Phakding.
  - ▶ **Days 91-92:** Kathmandu and return flights home.

**More courses offered. Please visit [NCOAE.org](http://NCOAE.org) for complete details.**