

ROE 397: Nepal Cultural Trekking and Leadership Expedition in the Everest Region

May 14, 2025 to June 2, 2025



Course Description

Students will embark on a cultural trekking expedition in the Khumbu Valley in the Everest region of Nepal. Cultural immersion will be the vessel of experiential learning to help students understand the impacts of tourism on the region and on the Sherpa culture. Students will engage in various leadership curriculum, examining expedition behavior, communication styles, servant leadership and more in preparation for and throughout the expedition. Students will apply outdoor living skills and knowledge, including the 7 Principles of Leave No Trace on course. This course aims to provide a transformative experience that blends cultural immersion, leadership development and environmental responsibility, preparing students for future challenges both in the mountains and in life.

The expedition logistics will be organized through Namaste Trekking and Expeditions in Nepal. The owner, Jangbu Sherpa, has over 35 years of experience leading treks and expeditions through Nepal, Tibet and Bhutan. Fun fact: Jangbu Sherpa and Pemba Sherpa are related – their son and daughter are married and are currently local to Gunnison!

Nepal Course Leaders



This trip will be co-led by local, Pemba Sherpa, who was born in the Everest region and became a porter at 11 years old, beginning his lifelong career in the trekking business. He has summited Everest at least twice, along with countless other expeditions. He learned to cook in the lodge kitchens along the trekking routes, and in 1996, when Nepal was at civil war, he moved to the US and started Sherpa Café, sharing his native cuisine while still cultivating connections between Nepal and the Gunnison community. His main goal is “to take neighbors to my home.”



Tara Allman currently works full-time running the Wilderness Pursuits program at Western Colorado University. She oversees year-round trip plans and logistics and specializes in mitigating risk. Tara has over 20 years of experience in many facets of the outdoor industry from her roots in collegiate recreation to commercial guiding, ecotourism, military recreation and outdoor education. Her first commercial guiding experience was in a small village in South Africa, which fueled a lifetime passion for social justice issues. Since then, she has spent many years teaching for: Ohio University, the National Outdoor Leadership School, the Outdoor Education Group in Australia, Team River Runner, and more. In her spare time, she continues to share her love for outdoor spaces with others through ice, snow, water, rocks or dirt.

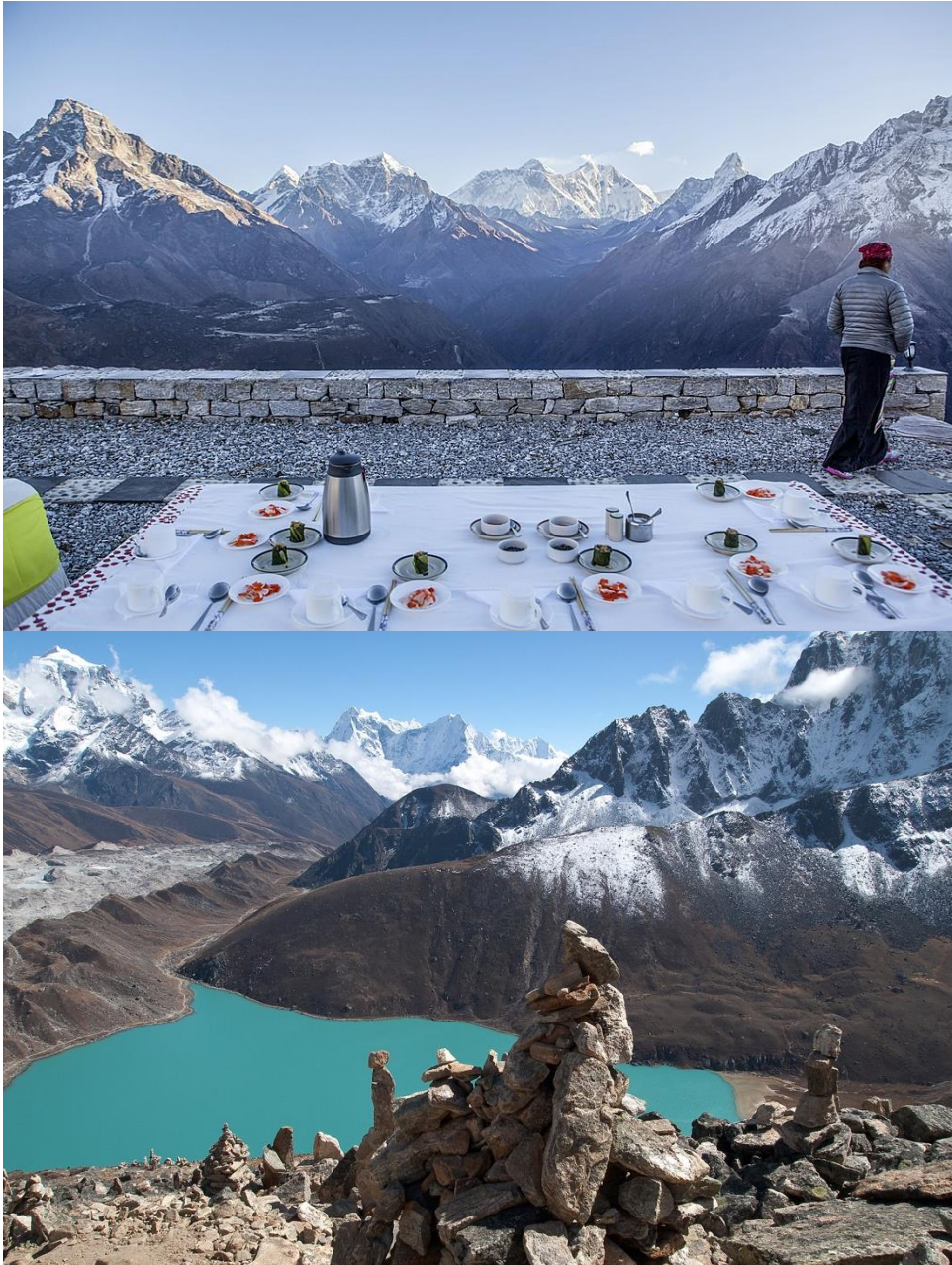
Nepal Brief Itinerary (Days 1-10)

- **DAY 1:** ARRIVAL/PICK UP AT TRIBHUWAN INTERNATIONAL AIRPORT (1,402.08 m/4,600 ft approx)
- **DAY 2:** CITY TOUR/SIGHT SEEING
- **DAY 3:** FLIGHT TO LUKLA AND TREK TO GHAT (2,530 m/8,350 ft approx)
- **DAY 4:** TREK TO MONJU (LUNCH AND STAY OVER NIGHT) (2,835 m/9,300 ft approx)
- **DAY 5:** TREK TO NAMCHE (LUNCH AND NIGHT STOP) (3,440 m/11,286 ft approx)
- **DAY 6:** REST DAY (ACCLIMATIZATION HIKE TO EVEREST VIEW POINT) (3,380 m/12,729 ft approx)
- **DAY 7:** TREK TO DOLE (LONG DAY OVER MONGLA) (4,038 m/13,248 ft approx)
- **DAY 8:** TREK TO MOCHERMO (4,470 m/14,665 ft approx)
- **DAY 9:** REST DAY (ACCLIMATIZATION DAY)
- **DAY 10:** TREK TO GOKYO (4,739 m/15,548 ft approx)



Nepal Brief Itinerary (Days 11-19)

- **DAY 11: ASCEND TO GOKYO RI AND STAY OVERNIGHT (5,483 m/17,989 ft approx)**
- **DAY 12: TREK TO LUMDE (4,300 m/14,100 ft approx)**
 - **VIA RENJOLA PASS (5,360 m/17,586 ft approx)**
- **DAY 13: TREK TO THAME (3,800 m/12,470 FT approx)**
- **DAY 14: TREK TO NAMCHE (3,440 m/11,286 ft approx)**
- **DAY 15: TREK TO PHAKDIN (2,610 m/8,563 ft approx)**
- **DAY 16: TREK TO LUKLA (2,850 m/9,350 ft approx)**
- **DAY 17: FLIGHT TO KATHMANDU (1,402.08 m/4,600 ft approx)**
- **DAY 18: EXTRA DAY IN KATHMANDU**
- **DAY 19: FINAL DEPARTURE**



Approximate Cost: \$4,500

Cost Includes:

- Tuition for 3 credit hours at Western Colorado University
- HAP Lab Altitude Blood Testing
- International Travel University Insurance
- Nepalese Travel Visa
- Lodging: Hotel Tibet in Kathmandu & Tea Houses during trek
- Transportation in Kathmandu
- Full day Sightseeing in Kathmandu
- National Park Permit
- Pasang Lhamu Gau Palika Fee
- Kathmandu/Ramechhap/Kathmandu drive
- Airfare in Nepal Ramechhap → Lukla → Ramechhap
- Full board trek (3 meals/day)
- Trekking Guide wages and food allowance
- Sherpa wages and food allowance
- Porters wages
- Staff insurance
- Guide transportation Ramechhap → Lukla → Kathmandu
- Tips for staff
- Tourism Luxury fee
- Value added Tax



Approximate Cost: \$4,500



Cost Does NOT Include:

- International Flight Costs
- Lunch and dinner during stay in Kathmandu
- US Passport
- Evacuation & Rescue Cost
- Personal Medical Kit
- Additional insurance, such as Emergency Evacuation
 - **Evacuation Insurance:** *Must pay all expenses up front, keep receipts & then get reimbursement from insurance company.*
 - While **Travel Insurance** is included during trip dates, additional dates can be added at individual's expense.
- Expenses of private nature such as Laundry, Telephone calls, Beverages, Tips, etc.
- Any loss arising due to unforeseen circumstances such as FLIGHT DELAYS OR CANCELLATION due to weather or technical problems, ROAD BLOCKAGE due to landslides or snowfalls, ACCIDENTS, etc.
- **OPTIONAL: Helicopter Flight directly from Kathmandu to Lukla cost additional \$300/each. Determined as Group Consensus.**

Information Session

- Open to All who are Interested!
- **When:** Next Wednesday, October 9, 2024
- **Time:** 5:30pm to 7:00pm
- **Location:** University Center, North Conference Room



More Questions?

Come into the Wilderness Pursuits (WP) Office

120 University Center

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