

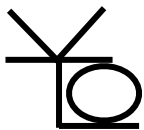


# The Trek of YOUR Life

Trek Feedback Summary 2013-2018



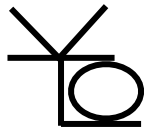
# #1 How Would You Rate The Trip



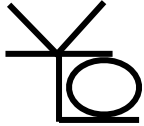
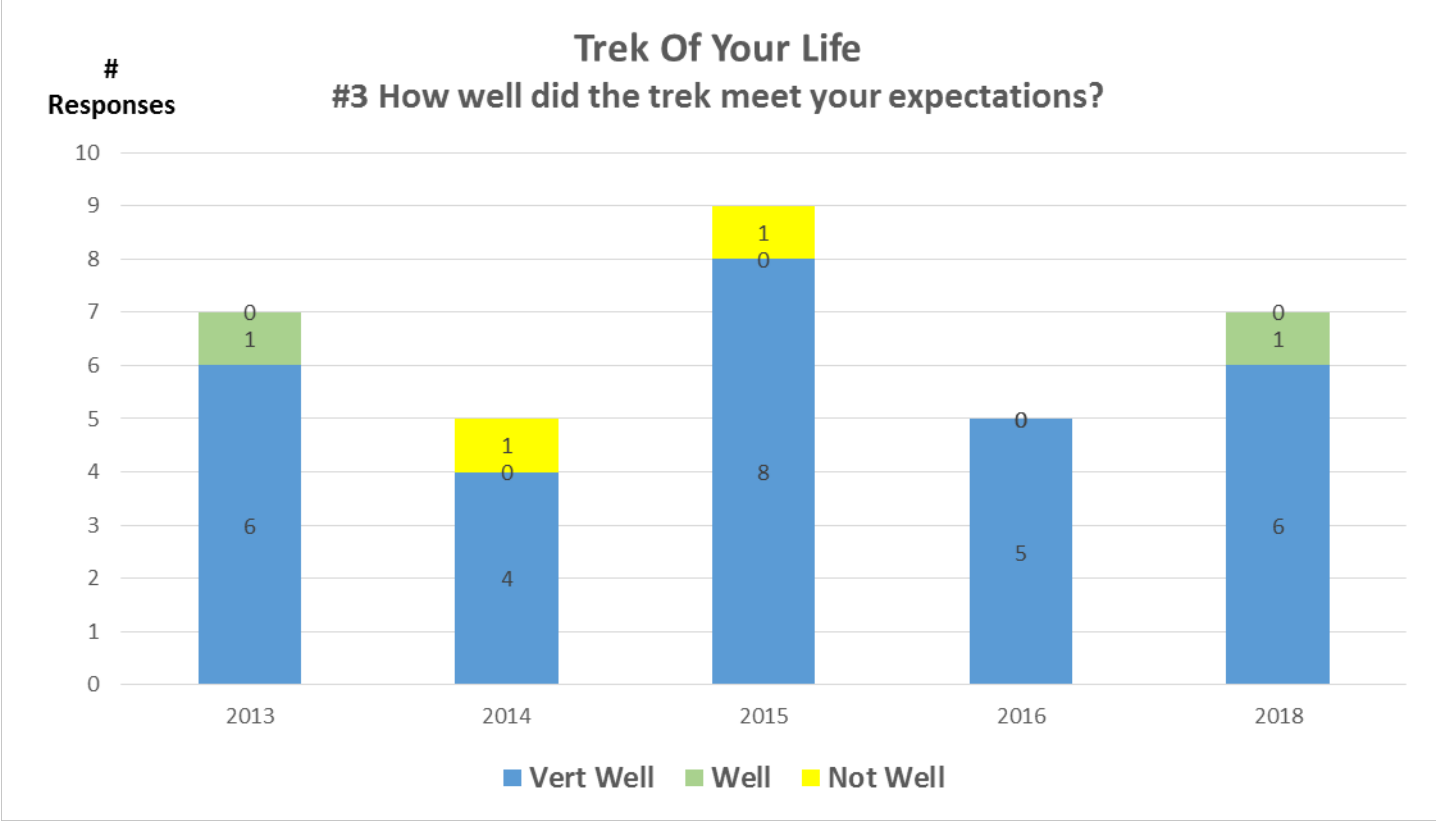
# #2 Why did you choose to go on the Trek of Your Life?

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- Adventure and new destination
- Broaden my horizons
- Adventure, volunteer, photography
- have always wanted to go to Nepal and I knew the group leader
- Never been to Nepal. Volunteering, Hiking, Natural beauty. Spiritual.
- Seemed like it would be a life changing experience
- Your trip was so much in line with both my interests and my values as a traveler - perfect combination of outdoor adventure amongst the most beautiful mountains as well as purposeful interaction with the people of Nepal.
- Support Syd and find out why she is so involved in Nepal
- To be with my cousins, to explore a place I've never been and to experience trekking.



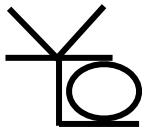
# #3 How well did the trek meet your expectations?



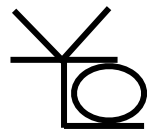
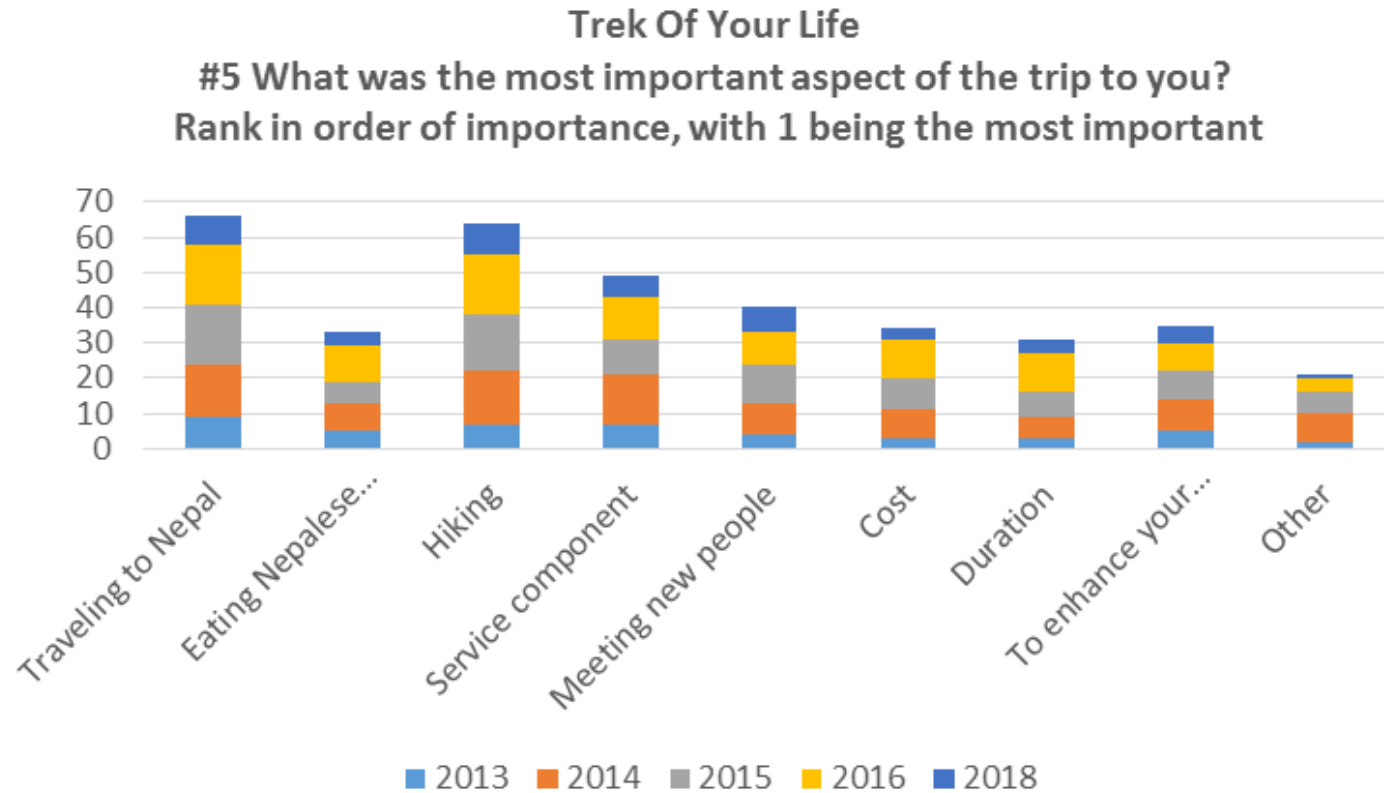
# #4 How could the trip be improved?

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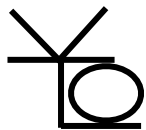
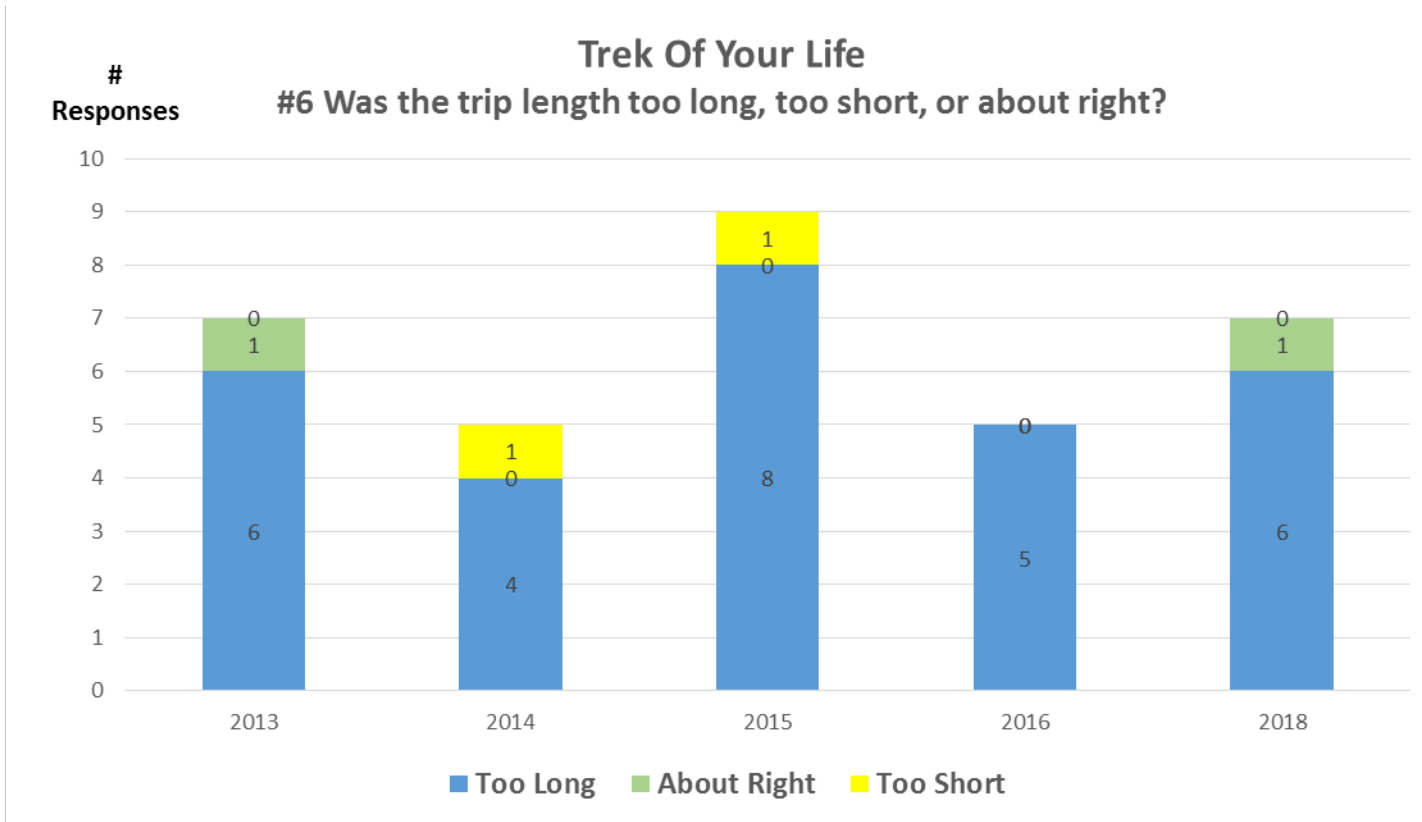
- Perhaps a little more communication between trekking organizers regarding when children will be at the school in relation to the holidays. I would have enjoyed more contact with the school and the children who go there.
- Move Nepal closer to the U.S
- The same way that Rupesh lead us in a yoga practice, I would have enjoyed having someone lead us in a meditation practice at one of the temples or perhaps at the Vipasana center in KTM.
- More time for trekking - however, I believe that has already been added
- include the jungle area, thus seeing more of Nepal improve the accuracy of the list of necessary items give advance info on rooms at the cottage - allow choice there (loft less desirable)



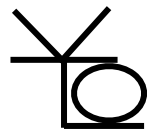
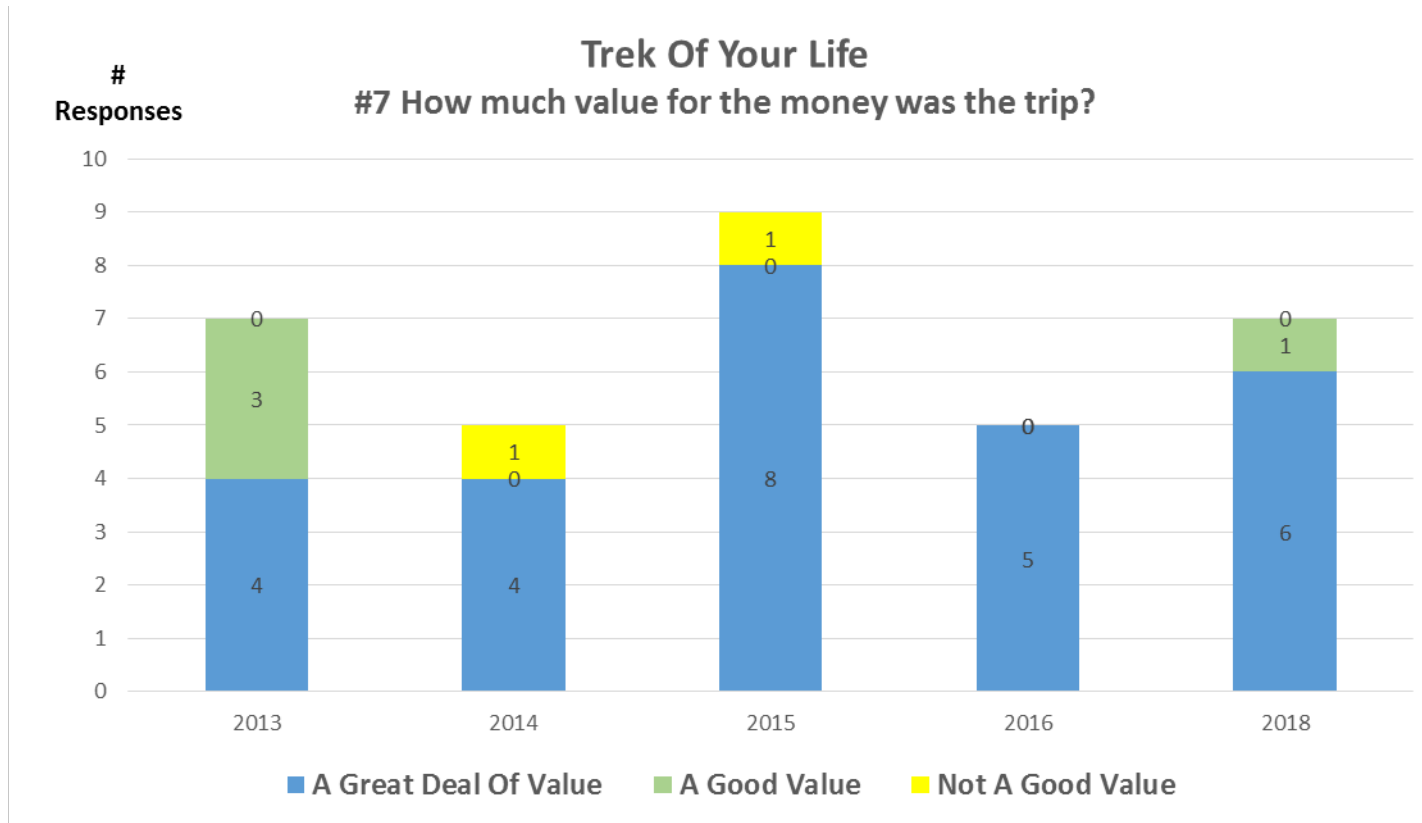
# #5 What was the most important aspect of the trip to you?



# #6 Was the trip length too long, too short, or about right?

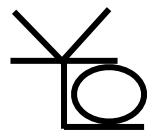
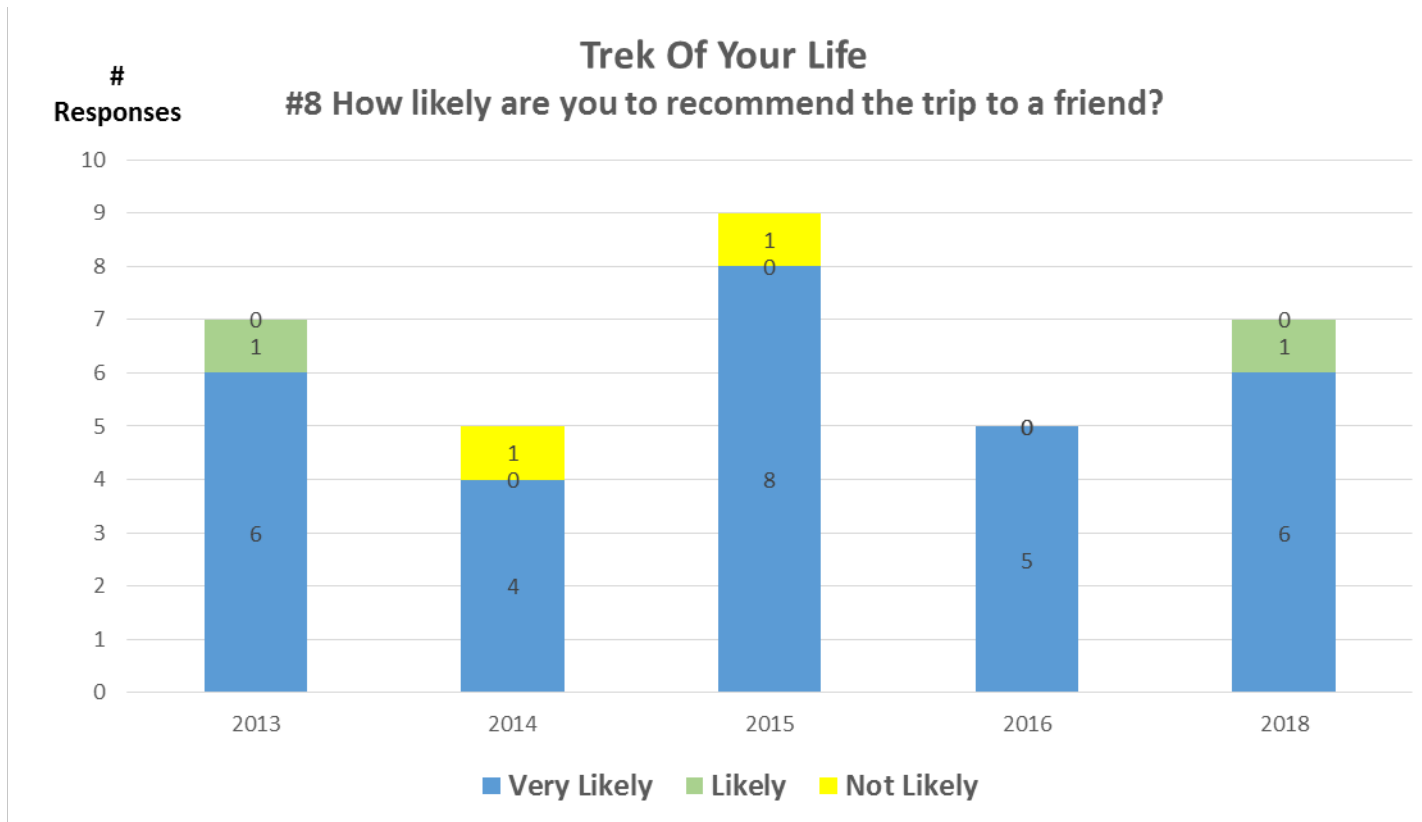


# #7 How much value for the money was the trip?





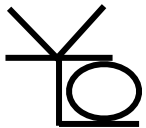
# #8 How likely are you to recommend the trip to a friend?



## #9 Further comments

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- I commend Sydney Frymire for the excitement and delivery of the trek. She is sensitive to the needs of her travelers and of the Nepalese people. It was refreshing to witness the cultural exchanges that she facilitated. On another note, I carried too much and perhaps she needs to ensure that her participants have a clear understanding of what their clothing requirements are and are not. It was a fabulous trip and I anticipate going again in the near future.
- This trip was tremendously enhanced by my extra time in Kathmandu, learning how to get around and paying visits to many different organizations that are working towards improving the lives of victims of trafficking. This experience inspired me to think more about the lives of those who are victimized in our societies both abroad and at home.
- Would have enjoyed some actual lectures on the Hindu and Buddhist religions, political history of the country
- The local guides - Sohan and Om - were wonderful and enhanced the value and enjoyment of the trip. Also the woman who met us and returned us to the airport. Cottage stay was lovely (except that I would have preferred a choice of room). Steve and Neru were excellent hosts. The yoga was a great feature. The lodges were excellent - staff, food, and leg/foot massages!



# #10 Would you be a reference for future trips?

