

EVEREST BASE CAMP:

WILL YOU TAKE ON THE CHALLENGE?



ALEXANDER ADVENTURES
WORLDWIDE EXPEDITIONS & COACHING



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EVEREST BASE CAMP:

LOOKING FOR AN UNFORGETTABLE ADVENTURE?

A trek to Everest Base Camp is a thrilling and challenging adventure that offers stunning views, cultural experiences, and the chance to stand at the base of the world's highest peak

Join us on a trek through the Nepal Himalayas to Everest Base Camp! This iconic journey follows in the footsteps of legendary mountaineers like Edmund Hillary and provides plenty of opportunities to acclimatize and enjoy the stunning scenery along the way.

From the exciting flight into Lukla to the breathtaking views from Kala Pattar, this is truly a trek you will never forget. When we reach Base Camp, the feeling of accomplishment will be unmatched! This is a once-in-a-lifetime opportunity and shouldn't be missed. Why wait? Sign up today and experience the ultimate adventure in Nepal!

EVEREST BASE CAMP TREK OVERVIEW:

- **Distance - 120km/75 miles**
- **Travel - Mountain plane, Helicopter**
- **Total ascent - 6015m/19,734 ft**
- **Total descent - 5821m/19,097 ft**
- **Highest point - 5640m/18,500 ft Kala Patthar**
- **Difficulty - Challenging**
- **Guide - Local/UK and porter support team**
- **Accommodation - Guest houses/hotels**

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EVEREST BASE CAMP:

DAY 1: ARRIVAL IN KATHMANDU

Welcome to Kathmandu! As soon as you land at the airport, the Alexander Adventures team will be there to greet you. They'll drive you to your hotel and depending on the time of day, feel free to relax in your hotel room or you may even have the opportunity to explore the bustling streets of Kathmandu.

DAY 2: EXPLORE KATHMANDU

Today will be a relaxed day after your long travel day yesterday as you acclimatise and adapt to the new timezone! If you are feeling up to it, you'll have the opportunity to go and explore some of Kathmandu's UNESCO World Heritage sights. We will also have a trek briefing today, so this is a perfect time to ask any final questions about the expedition!

DAY 3 FLIGHT TO LUKLA - TREK TO PHAKDING (2,652 METERS)

This is when the adventure truly starts from Kathmandu, the adventure you'll enjoy a beautiful flight out to Lukla. On this flight over you'll get your first chance to take a glimpse of the spectacular Himalayan region. Once we arrive into Lukla we will either walk downhill along the edge of the Dudh Kosi River either to Phakding or Monjo – it's an easy and busy path surrounded by forest! Accommodation: tea hut



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DAY 4: TREK TO NAMCHE BAZAAR (3,440 METERS)

We'll start off today with an uphill trek to Namche Bazaar, the Sherpa 'capital' tucked away in the heart of the Khumbu region. Our journey will take us through Monjo as we enter the national park and cross the river several times along the way. And if that wasn't enough of an uphill battle, you can expect a long unrelenting path ahead! But don't worry – you'll be rewarded with a stunning bridge spanning a deep gorge! We will leave behind the lush coniferous forest behind and you'll be greeted by an incredible natural amphitheatre filled with houses perched atop its sides. Accommodation: tea hut

DAY 5: ACCLIMATISATION IN NAMCHE

We will use today as an acclimatisation day which you can use to rest or head out and enjoy the sights and sounds in Namche. You could even pay a visit to the Sherpa museum and other local places of interest.

DAY 6: TREK TO NAMCHE

We will leave Namche and head out to Deboche, which is near to the famous Thyangboche Monastery. The path out of Namche is steep at first but opens up into an expansive high valley in which we will pass by villages like Pangboche before heading up two steep hills. However, after we have passed these two hills it is only a short walk to the beautiful rhododendron glade where you will find the tea hut in Deboche.



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DAY 7: TREK TO DINGBOCHE

There will be a gradual gradient up to Dingboche. The path skirts round the side of the valley and beside the spectacular Ama Dablam with the river far below on your right. The village of Dingboche sits at the confluence of two valleys and offers picturesque views of good farming land!

DAY 8: ACCLIMATIZATION DAY IN DINGBOCHE

This is another rest and acclimatisation day. In the neighbouring village of Pheriche you can visit the Himalayan Rescue Association to listen to the daily lecture on high altitude health, and get a check up from the medical staff or go on a local walk up the valley towards Island Peak or up one of the neighbouring ridges.

DAY 9: TREK TO LOBUCH (4,940 METERS)

The ascent up the high valley to Lobuche alongside the huge Khumba Glacier onwards is more challenging as the air gets thinner and the terrain steeper. The Thukla Hills, however, are not just a physically grueling climb – they also serve as a memorial to Sherpas who have passed away during expeditions in these mountains. You will see many stupas along this part.



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DAY 10: TREK TO GORAK SHEP (5,160 METERS) AND EVEREST BASE CAMP (5,364 METERS)

Today we will hike on the glacial moraine to the final settlement of Gorak Shep, the last outpost of a small collection of huts just below a shoulder of Mount Pumori called Kala Patthar which is our destination the following morning as it's a fine viewing point for Everest. We'll have lunch at Gorak Shep and then walk on for roughly 1.5 – 2hrs and visit the iconic Everest base camp. We will trek along the lateral moraine and finally over the Khumbu glacier itself to the base camp at the foot of the Khumbu Ice Fall.

DAY 11: HIKE TO KALA PATTHAR (5,545 METERS) AND DESCEND TO PHERICHE

After a hard/cold, but rewarding early morning climb to the summit of Kala Patthar (5540m) to see sun rise behind the peak of Everest. It's time to reward yourself with breakfast at the lodge. After refuelling you will begin your descent back down past Lobuche village dropping to Pheriche at 4370m taking in the majestic peak of Everest as you make your way down.



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EVEREST BASE CAMP:

DAYS 12 AND 13: THE DESCENT

The next two days we will be descending via Namche Bazaar all the way to Lukla with various options for accommodation. It is possible to stay in different villages, for example Pheriche, Khumjung, Monjo, all 3 villages offer accommodation and tea houses, where you can get some rest and recharge your batteries for the next day, but the route is the same as the way

DAY 14: ADDITIONAL WEATHER DAY

This day is here to allow for any delays flying us out of the mountains.

DAY 15: LUKLA FLIGHT

The next morning, we will fly from Lukla to Kathmandu. On arrival in the capital city, we will transfer to a hotel for some rest and relaxation after our trekking experience. We can also take advantage of our time in Kathmandu to enjoy some sightseeing and explore the culture of Nepal.

DAY 16: FLIGHT HOME

Leaving Kathmandu marks the end of your journey and the start of your return home. We will drop you at the airport in time for your return flight.



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EVEREST BASE CAMP:

INCLUDES:

- **Airport transfers (to / from Kathmandu airport to Kathmandu, for international & Lukla flights)**
- **Internal flight**
- **Trek accommodation in lodges/tea houses (twin rooms with beds and mattresses)**
- **Three meals per day during the trek with a hot drink (additional drinks or portions are self-funded)**
- **Fees for Sagarmatha National Park and Village Development Committee, and waste management**
- **UK & Sherpa guides (English speaking, professional, experienced, and trained in first aid)**
- **Porters (max weight carried for you is 13kgs)**
- **Staff food, insurance, accommodation, and equipment**
- **Extra bits like trekking t-shirt, UK training day, UK support, Equipment deals**



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EVEREST BASE CAMP:

EXCLUDES:

- International flight to Kathmandu
- Personal costs like meals in Kathmandu and drinks, laundry, hot showers and charging on trek
- Travel Insurance
- Additional Porters if packs are overweight – £10 per kilo
- Visa
- Tips for Nepali staff



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