



EVEREST BASE CAMP:

WILL YOU TAKE ON THE CHALLENGE?



EVEREST BASE CAMP:

Looking for an unforgettable adventure? 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.

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



ITINERARY

Day 1: Arrive in Kathmandu

When you arrive in Kathmandu, we will be waiting for your arrival! You will meet up with our team at the airport and take care of getting everything set, before heading over to our headquarters. From this point onwards, the adventure really starts! We will spend the night in a hotel and after a delicious dinner you will return to your respective twin rooms.

Day 2: Flight to Lukla - Trek to Phakding

The airplane journey from Kathmandu to Lukla is an adventure in itself with great views of the Everest region, and ends with a hair-raising landing. After meeting our crew, we will head up towards Phakding by following well-marked trails for us to take in the fantastic scenery that surrounds us, these views will give us many fantastic opportunities to take photos. Today's trek: approx. 3-4 hours. Meals included: Breakfast, lunch and dinner.

Accommodation: Tea hut



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Day 3: Trek to Namche Bazaar

The journey to Mount Everest starts in Phakding. We will cross and re-cross the Dudh Kosi river (melt water of Everest) on high suspension bridges, entering into Sagarmatha National Park at Monjo Village before climbing steeply up towards Namache Bazaar - a meeting place for traders from all over Khumbu Valley, who come here each Saturday morning. Today's trek: approx. 6-7 hours. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut

Day 4: Acclimatisation in Namche

Namche is a cosy little village that nestles between two ridges. It has numerous lodges, tea shops and souvenir stores, where you can find anything from traditional clothing to art pieces created by local artists! Today we will head up into the mountains for our first view at 3880m, on Ama Dablam, from which we will be able to take a glimpse at Mount Everest, which unsurprisingly towers over everything in this part of the Himalayan mountain range. Today's trek: approx. 3-4 hours. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut.



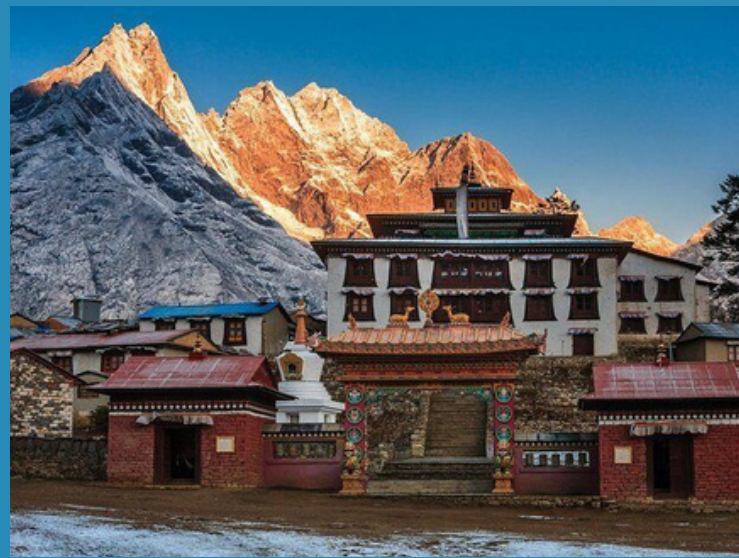
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Day 5: Trek to Tengboche

The trail starts out in Namche, which is a small village at the bottom of Mount Everest and Lhotse (the second tallest peak in the Everest range). We will get the most incredible views all the way along this stretch: from Sagarmtha Temple, which sits above the Koshi River. But also whilst we pass various villages along the way; then again after climbing up towards Tengboche - famous for being home to one large monastery, that covers almost the entire town square! Albeit being a very challenging day of the trek, it is more than worth it for the views that we will get to see! Today's trek: approx. 5-6 hours. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut

Day 6: Trek to Pheriche

Today we will be surrounded by the beauty of nature as we make our way to Pheriche. The forest floor is carpeted with lovely green leaves and branches. We are able to avoid any crowds at this popular destination as a result of our early departure. This spot can during the summer months reach up 40 degrees celsius, without any shade available! Today's trek: approx. 5-6 hours. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut



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Day 7: Acclimatisation in Pheriche

On this day of rest and acclimatisation, we will take the opportunity to wander up the valley of Imja with our guide, who will be pointing out many of the interesting features of the trek, such as Tshola Lake, before taking us onto higher ground overlooking Dingboche, where there are stunning views over Lhotse's south face. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut

Day 8: Trek to Lobuche

We will continue up the wide valley beneath some impressive peaks, including Cholatse and Tawache. We then turn right to take a steep climb towards our destination - Mount Everest! The tree house at Duglha is an excellent spot for lunch on this route; it provides shade from the sun and refreshments such as cold drinks and snacks if needed (although these may come at an extra cost). After eating we'll head out into open fields where there are plenty more cairns marking paths that can lead you all over Nepal. Today's trek: approx. 4-6 hours. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut



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Day 9: Trek to Gorak Shep - Everest Base Camp - Gorak Shep

From our stop at Gorak Shep, we take a detour to Base Camp, this is where many aspiring mountaineers hope they will be when their time comes - standing on top of the world with nothing but the sky above you and all that ice below! Our route takes us through some spectacular scenery including views from higher up in between crevasses where it's hard not to see how thin everything looks beneath your feet - even though there are dozens or more layers just under this surface, meaning you're safe should anything give way. Today's trek: approx. 8-9 hours. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut.

Day 10: Ascend Kala Patthar- Trek to Dingboche

After an early start, we'll be able to reach the top of Kala Pattar (5554m), the arguably most perfect Himalayan viewpoint. From here, you can see Everest and deep into the Khumbu ice field! Today's trek: approx. 8-9 hours. Meals included: Breakfast, lunch and dinner. Accommodation: Tea hut.



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Day 11: Dingboche- Lukla Helicopter flight)

After breakfast we will head in the helicopter for an unforgettable flight through Nepal's stunning scenery. The journey back to Lukla is full of breathtaking views and rewarding moments as you enjoy this isolated trip away from tourism. The best part about this trip is that we give you plenty of opportunity for rest and your own exploration, after all, it can be tough hiking around mountains. Meals included: Breakfast, lunch and dinner.

Accommodation: Tea hut

Day 12: Lukla- Kathmandu (Mountain flight)

The morning flight down the valley is a perfect way to end another fantastic day in Nepal. The sun has been shining on us throughout our entire visit, and it will finally cool off as we reach Kathmandu for some much-needed rest, before tonight's welcome-back meal! Meals included: Breakfast, lunch and dinner. Accommodation: Hotel

Day 13: Depart for home

After an amazing trip you will sadly say goodbye to the beauty of Nepal and we will make sure that you arrive at the airport in time for your flight home! Alternatively you can head off on Safari. Meal included: Breakfast.



BREAKDOWN IN COST

VISA COSTS & INFORMATION

Please be aware that all this information is based on a UK traveller, please bear in mind that it is your responsibility to check whether the requirements and costs for a visa have changed since this document was put together.

- 15 day visa: \$30
- 30 day visa: \$50

FLIGHTS AND TRAVEL INSURANCE INFORMATION

- Flight to Nepal - TBC
- Travel insurance - TBC

A copy of the policy is a condition of the trip to make sure you are covered by a medical or personal accident insurance policy, that includes repatriation to your home country.

<https://www.snowcard.co.uk/>

Please contact us for more details. Please also contact us about what policy you have chosen and send a copy of it, we will need details of the policy name number and 24hr medical emergency telephone number of your insurance provider before the start of your trip.

EXTRA OPTIONS INCLUDE:-

- **B&B in Kathmandu - \$50PP per night**
- **Chitwan Jungle Safari (all inclusive) as outlined in itinerary above - \$400pp**
- **Kathmandu city tour - \$50**

WHAT'S INCLUDED?

- **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 Sagamatha National Park and Village Development Committee.**
- **UK & Sherpa guides (English speaking, professional, experienced, and trained in first aid)**
- **Porters (max weight carried for you is 13kgs)**
- **Extra bits like trekking t-shirt, UK training day and UK office support**

WHAT'S NOT INCLUDED?

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

EQUIPMENT LIST:

- Sleeping bag, 3-4 season
- Sleeping mat
- 2x Reusable water bottle
- Sunscreen, cap, hat and sunglasses
- Thermals
- T-shirts, trousers, shorts
- Plenty of warm layers: jackets, soft shell jackets, thermals, fleeces and jumpers for evenings
- Waterproof coat and trousers
- More comfortable shoes for an evening in accommodation and exploration days: trainers
- Personal hygiene and toiletries: toothbrush, toothpaste etc
- Day trekking pack 30-45L
- 80L Soft holdall
- Hiking shoes/walking boots
- Hiking socks
- Walking poles
- Personal first aid kit, hand sanitiser, plasters etc.

TOTAL COST: £2600PP

