



Everest Base Camp Trek



Activity: **Trek** Grade: Duration: **19 days**



Nepal is a country in a league of its own with breathtakingly beautiful scenery, a fascinating culture and friendly people. Meeting the villagers whilst trekking through this landlocked gem of a nation is one of its greatest pleasures.

Our route takes us via the Sherpa capital of Namche Bazaar through beautiful valleys, dense forests and across glacial rivers, enjoying tantalising glimpses of the mighty Everest before we reach our goal of Base Camp. There is also time built in to trek to the summit of Kalapatar, the famous Everest viewpoint, and wonder at views of highest mountain on the planet at sunrise.

We also have time to explore the colourful and frenetic capital of Kathmandu.



Challenge Grading

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is grade **Extreme (5)**.

Main challenges lie in the mountainous terrain and conditions, and the altitude we trek at,

Many factors influence the Challenge Grading, such as terrain, distances, climate, living conditions, etc. The grade reflects the overall trip; some days are likely to feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

Detailed Itinerary

Day 1: Depart UK for Kathmandu

Day 2: Arrive Kathmandu

We arrive into Kathmandu, usually late afternoon, and transfer to our hotel in the Thamel area. We have time to relax before dinner in a local restaurant and a good night's sleep. Night hotel.

Day 3: Kathmandu

After a full trip briefing, we head out into Kathmandu and take in some fantastic sights, such as Bodhnath and Swayambhunath (more commonly known as the monkey-temple): Buddhist temples swathed in prayer-flags and incredibly photogenic! Packed full with temples and palaces, markets and sadhus, Kathmandu is a labyrinth of streets and markets, crowded with exotic produce and a mystifying blend of people. Visit the central Durbar Square, infused with a medieval atmosphere, overflowing with stupas and home to the Old Royal Palace. There is also the opportunity to hire/buy any last-minute trekking equipment or haggle for your souvenirs at the many shops and stalls. We return to Thamel for lunch and have the afternoon free to explore before returning to the hotel in time for dinner and our final packing session. Night hotel.





Trekking Information

Terrain is varied as the route lies through valleys, forest, barren stony slopes and high mountain passes; paths are generally very good. The trek is extremely challenging because of the altitude at which we are trekking – this should not be underestimated.

The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when on the move. You may want to read about altitude and its effect on the body, it will help explain the need for rest days and a slow but steady pace: at altitude a much slower pace will gain the greater success. Altitude affects people differently and being super-fit is no guarantee of being less likely to feel the effects. Where a participant is suffering from the effects of altitude, it may be necessary to walk them back down to lower elevations.

This trek is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered.

Detailed Itinerary (cont)

Day 4: Kathmandu – Lukla – Phakding

We take a stunning early morning flight from Kathmandu to Lukla, 'Gateway to the Everest region,' perched at 2840m above the Dudh Kosi or 'River of Milk' – so named because of the pale milky appearance of the glacier melt-water. We are now in the region of the legendary Sherpas and you will notice the difference in the faces of the people you meet here and those from the Kathmandu valley. After meeting our assistant guides and porters in a local tea house, we trek north down towards Phakding (2610m) along a meandering trail which is lined with *mani* stone walls, made with hundreds of stone tablets and giant carved boulders, some brilliantly decorated with brightly-coloured paints. The Buddhists believe these to be sacred and so as a sign of respect to the local culture we pass them in a clockwise direction. Night teahouse.

Trek approx. 3 hours

Day 5: Phakding – Namche Bazaar

We head onwards and upwards as the trail starts to rise through a forest of rhododendron, magnolia and giant fir-trees. Our target this evening is Namche Bazaar (3440m), a delightful mountain village and the Sherpa 'capital', but first we must ascend Namche Hill; walking at a gentle but steady pace we finally arrive at the town that is itself an important meeting and trading point for the local people. Night teahouse.

Trek approx. 7-9 hours

Day 6: Acclimatisation Day

A valuable acclimatisation day sees us walking up to a great viewpoint to get our first sighting of Everest and its equally famous neighbours. We also take in the local museum before heading up further via the airstrip, stopping at the highest hotel for a well-earned cup of hot lemon, having gained approx 400m. We then head back to our tea house for lunch and a rest in the afternoon. We can explore the markets (which sell everything a trekker could require!) or happily laze around in the sun. It is important to note that acclimatisation is extremely important and that by using these acclimatisation days correctly we greatly improve our chances of reaching our goal of Base Camp, which lies at an altitude of 5364m. Night teahouse.

Passport & Vaccinations

A valid ten-year passport is essential; it should be valid for at least six months after departure from Nepal. There are visa requirements for UK citizens; currently all visas are obtained at the airport upon entry in Kathmandu.

We insist that you have had a tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. There is malaria in Nepal but it rarely occurs in elevations as high as Kathmandu.



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Crew & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

An expedition doctor or medic also accompanies trips unless run below minimum group size. The crew will have radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary.

Our local support crew is made up of local guides, drivers, cooks and porters. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. Your luggage and everything else we need on our trek is carried by porters. There are strict rules restricting the weight of the load a porter is permitted to carry.

Weather

Nepal's rainy season, or monsoon, runs from mid-June to September. Spring and autumn are generally clear and dry, and very warm at lower elevations. Mountain weather is notoriously fickle, so be prepared for anything.

In the mountains temperature is influenced heavily by the altitude, and it gets very cold as we gain height.

Detailed Itinerary (cont)

Days 7 – 9: Namche Bazaar – Dingboche

The trail turns northeast from Namche along a tributary valley and the mountain views start to open up, becoming more dramatic as the climb approaches the holy ground of Tengboche, which is surrounded by a protected juniper forest; this section takes around 5-7 hours. From here, on a ridge above the much-photographed *gompa* (monastery) is a mountain vista with few equals: Everest, Lhotse, Nuptse, Ama Dablam, Kwangde and Kangtega all loom above us. After a good night's rest, we head up to the valley and reach the picturesque 'summer village' of Dingboche (4400m), where it is time to take another acclimatisation day. Nights in teahouses.

Trek approx. 6 – 8 hours daily

Days 10 – 13: Dingboche – Base Camp – Gorakshep

Leaving Dingboche after another vital acclimatisation day, the trails ascend gently but still the pace is easy – it's important not to rush in the rarefied atmosphere. We reach Lobuche (4910m), often reached by walking past frozen rivers where stone houses sit in an icy wilderness of stunning beauty. We stay here a night and then head to Gorakshep, site of our highest teahouse, en-route to our goal of Everest Base Camp. Reaching the famous Base Camp rocks, we celebrate with photos and hugs before heading back to Gorakshep for the night. If our legs allow, we rise early morning to trek up to the summit of Kalapatar (5545m) for sunrise views over Everest – filled with a real sense of achievement as we stare in awe at the spectacular surroundings. Nights in teahouses.

Trek approx. 4 – 8 hours daily (Base Camp Day 9 – 11 hours)

Days 14 - 16: Gorakshep – Namche – Lukla

We retrace the trail with comparative ease to Lukla, via Pengboche, home to Khumbu's oldest *gompa* and yeti relics. Our bodies are acclimatised to the altitude and the further we descend the fitter we feel. Where we stay on the way down is flexible. On arrival in Lukla we celebrate our success and say our thanks to our local guides and porters. Nights in teahouses.

Trek approx. 6 – 8 hours

Accommodation & Food

Accommodation is in teahouses (simple but comfortable mountain lodges) when trekking, and a hotel in Kathmandu. The hotel is comfortable with private, twin-share facilities. Tea-houses are generally simple, and are run by individual families. The most common 'best memory' of a trip to Nepal is the warmth and hospitality of the local people and the evenings spent in the teahouses along the route.

All food is included except where specified in itinerary. The food is full of energy and there is plenty of it, but please do not expect the variety you would have at home.



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Detailed Itinerary (cont)

Day 17: Lukla – Kathmandu

Fly from Lukla to Kathmandu, and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating our achievements! Night hotel.

(Dinner not included)

Day 18: Free Day

Free day to explore Kathmandu further and make those last-minute purchases!

(Lunch and Dinner not included)

Day 19: Fly Kathmandu to London

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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For details of our extension trip to the sub-tropical and rich wildlife habitat of Chitwan National Park (adds 4 days) please contact us.



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Everest Base Camp Trek 2017 - 2018

2017 Dates	2018 Dates
18 Mar - 5 Apr	17 Mar - 4 Apr
4 - 22 Nov	3 - 21 Nov

Pricing Information

All costs are based on a minimum of 15 participants. Please refer to our website for latest prices and offers.

	REGISTRATION FEE Payable on registration	FUNDRAISING TARGET Payable 10 weeks prior to trip departure	TRIP COST Payable 8 weeks prior to trip departure
FUNDRAISING OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	You commit to raise the fundraising target . Your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Paid by your charity providing they have received all of the Fundraising Target . All Airline Taxes paid by charity.
	£399.00	From £4050.00	N/A
PART - PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Your contribution (Part Payment Trip Cost) to the trip cost gives you a lower fundraising target. You commit to raise this target and your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Set contribution (Part Payment Trip Cost) paid by you at this time . Remaining costs paid by your chosen charity, providing they have received all of the Fundraising Target . All Airline Taxes paid by charity.
	£399.00	From £3050.00	From £500.00
SELF PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Raise as much as you can and 100% of your donations will go to your chosen charity	Paid by you together with applicable Airline Taxes (capped at £225.00/£250.00)
	£399.00	N/A	From £1800.00

What's Included

- All transport from London to Kathmandu and internal flights to Lukla
- All meals except where specified, and accommodation
- Discover Adventure leaders; doctor with group of 12+ participants
- Backup equipment, local guides, porters & cooks
- Trekking permit
- Entrance to any sites visited as part of the itinerary

What's Excluded

- Three meals as specified in the itinerary
- Extra hot drinks in tea-houses (some are included)
- Travel insurance
- Nepal entry visa
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at time of writing)
- Fees for any optional sites, attractions or activities
- Airline taxes: we cap these so that £225.00/£250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions