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EVEREST BASE CAMP (5600m) - Nepal

Introduction

From exploring the city of Kathmandu with its temples and bazaars to the breathtaking views of the world's highest peaks during our trek through the Sagarmatha National Park.

Everest is situated at the head of the Khumbu valley. Our trek up the 'Khumbu' is a truly humbling experience. You'll come across the most awe inspiring mountain scenery on the planet, experience sherpa and buddist cultures and meet some of the friendliest sherpa people along the trail.

We'll be privileged with some amazing views of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m), Ama Dablam (6,856m), Thamserku (6,623m)...the list of peaks goes on.

You really haven't seen mountains until you've experienced the Himalaya!

Who's it for ?

Any reasonably fit person who enjoys walking can reach base camp through a good programme of acclimatisation allowing you to fully enjoy one of the world's most stunning treks, a journey of a lifetime.

Our Route

From our hotel in Khatmandu we take one of the most amazing flights you'll ever experience to Lukla, passing over the world's highest mountains. Our 17 day trek starts here and winds its way through the Khumbu Valley.

Safety & Success

Our 17 day trek is designed to give us the best possible programme of acclimatization to reach Everest Base Camp. We have built in several rest days for acclimatization and to explore some of the sherpa market towns such as Namche Bazaar and take in the most amazing views.

Our Guides

All our trips are run by UK qualified & experienced Guides who hold International Mountain Leader or UIAGM guides awards.

Day 1. Depart UK for overnight flight to Kathmandu

Day 2. Upon our arrival we transfer to the nearby hotel (The Kathmandu Hotel) where we can relax. Today we'll meet our guides and team, go through the trek and have a chance to discuss with staff and sort out kit.

Day 3. A quick drive to the Airport to catch our twin otter aircraft to take us on one of the most amazing flights you'll ever take, to the start of our trek at the mountain landing strip at Lukla. Passing over the worlds highest mountains we'll see our trek laid out before us. After collecting our bags and meeting our porter teams we head out on a short walk to the village of Phakding. Here we stay at a comfortable guest & tea house.

Day 4. Trek to Namche Bazaar
We will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before reaching the village of Monjo where we will enter the Khumbu National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar (3,400m/11,155ft). This is a trading town and the capital of the Khumbu Region. Here we'll see many Tibetans crossing the nearby border to trade their wares and the local market is a fascinating spectacle.

Day 5. Rest day at Namche Bazaar.

This is part of our acclimatisation programme and we will spend time resting and trekking to higher altitudes, allowing our bodies to become acclimatised to the altitude. This morning for those up for it, we have the option of walking up to the Everest View Hotel (3,900m/12792ft), returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche bakery, buying genuine Tibetan artefacts at the market or just relaxing and gazing across to the east where you'll see the sacred and impressive peaks of Thamserku and Kangtega.

Day 6. Acclimatisation trek to Thame

Thame (3,844m) is located west of the main Khumbu Valley. It is famous as being the birthplace of Tenzing Norgay. Today we will take a leisurely walk towards Thame, to further aid our acclimatisation, before continuing the following day up the main Everest Trail. The walk to Thame is steep out of the village, but there are superb views of the surrounding peaks.

Day 7. Trek to Deboche

From Namche, the well-worn Everest trail winds around the side of the valley high above the Dudh Kosi river. Along this path we get good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by villages and tea houses, we will cross the Dudh Kosi River and make a steep climb up to Thyangboche, home of an impressive and recently rebuilt monastery. From here we descend to the village of Deboche (3,700m/12,135ft) a little further along the trail, where we will stay in a local lodge.

Day 8. Trek to Dingboche. Here the trail crosses an airy suspension bridge bringing us to Pangboche, an excellent viewpoint for Ama Dablam. Continuing up the valley side, we re-cross the river and go up the Imja Valley to reach the picturesque farming village of Dingboche (4,410m/14,465ft).

Day 9. Rest day at Dingboche. This is a good acclimatisation day. While in Dingboche, we can attend take a short walk over to Pheriche for a seminar about high altitude acclimatisation at the hospital, run by the Himalayan Rescue Association.

Day 10. Trek to Lobuje. We retrace our steps back to Pheriche before continuing along the trail up the broad valley bottom towards Dugla. Ahead of us is the trekking peak of Lobuje East and the formidable Taweche. We reach the small collection of lodges at Dugla where the trail starts steeply to climb up beside the glacier moraine. After a few hours the track eventually leads to a small cluster of tea houses situated at Lobuje (4,940m/16,207ft).

Day 11 – 13. Trek to Gorak shep (5,220m/17,126ft). This is the site of the 1953 everest expeditions base camp. Over the next two days, this will be our base for climbing the peak of Kala Patar hopefully for a sunset view of Everest. The climb takes between 2 and 3 hours and can be hard work, but the effort is rewarded by the classic view of Everest and the Khumbu Icefall, as well as Lhotse, Nuptse, and Pumori immediately above.

After the previous day of climbing Kala Patar, we leave Gorak Shep contouring along the valley side, the trail leads on to the moraine of the Khumbu Glacier, weaving between mounds of rubble. After about 3 hours we will eventually reach base camp near the foot of the Khumbu Icefall (**5,600m/18,370ft**). For those visiting base camp in the spring, it is a chance to meet teams making an ascent of the mountain. We will spend some time wandering through and getting a sense of what it must be like to be camped here for two whole months, whilst attempting the mountain. To go any further than base camp, you will need to be a mountaineer!. After a lunch stop we return to Gorak Shep.

Day 14. We retrace our steps to Lobuje, and return down the Khumbu Valley, with views of the stunning peak of Ama Dablam ahead of us, we continue along the flat valley to Pheriche.

Day 15. Following the main Everest trail down the beautifully scenic valley, we pass through Pangboche and re-cross the river before climbing back to the monastery at Thyangboche. From here we will continue to Kyangjuma (3,550m/11,545ft) to spend the night.

Day 16. Trek to Monjo. Crossing yet another suspension bridge, we then climb up to reach the contouring path leading back through Namche Bazaar. A steep descent for 600m/2,000ft down Namche Hill leads to the suspension bridge crossing the Dudh Kosi river and the small village of Monjo (2,835m/9,300ft).

Day 17. Trek to Lukla. We cross the river before a rising traverse up the hill-past numerous tea-houses to Lukla. Our last day of steady trekking will be a real joy as at lower altitudes, with two weeks behind us, we soak up the atmosphere in each of the villages we walk through.

Day 18. Fly Lukla back to Kathmandu on an early morning flight and taken back to the Hotel. The afternoon can be spent relaxing before a celebration dinner back at the hotel.

Day19. Leisure day in Kathmandu. Seek out the temples of Pashupatinath and Swayambhunath and districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel.

Day 20. Flight back to London.

Trip Costs

Up to date costs for our trips to Everest Base Camp, please refer to our website or contact us.

All our trips include:

Flights London to Kathmandu

Internal flights to Lukla

3 nights hotel Kathmandu
(breakfast & evening meal)

All transport to/from airport

Everest Park entry fees

Porters, cooks & guides fees

Accommodation (tea houses) and meals on the trek during 17 days.

Not included:

Personal insurance (you must be insured against emergency repatriation and medical expenses abroad for your chosen activity). *Personal insurance can be arranged. Please contact us for information.*

Booking Security

All our overseas trips are booked through our travel partner Strachan Sports Travel providing ATOL bonding and ABTA & IATA quality membership.

Raising Money for Charity

For many, the experience of having achieved a major summit while raising money for a charity, enhances your experience and overall achievement. In addition your chosen charity will benefit greatly from both the money and raised profile.

As part of our booking packs, we include sponsorship forms and can assist you in planning your fundraising. If you don't have a charity in mind, we can give you information on the charities that we work with and their causes.

How to Book

Please complete our booking form and return with your deposit. On confirming your booking we will send you confirmation and receipt of the booking. The full balance is then paid 6 weeks before departure.

Further information can be found:-

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