

The challenge of a lifetime,
for the charity of your choice...

Everest Base Camp Trek

 **GLOBAL
ADVENTURE
CHALLENGES®**

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globaladventurechallenges.com

Key Information

Duration: 18 days

Trekking Distance: Approx. 120km

Challenge Grade: Extreme 3

Location: Nepal

Challenge Highlights

- Gaze up at the world's highest mountain, Mount Everest
- Trek through a tranquil mountain range of gentle giants
- Explore Nepal's mystical capital, Kathmandu
- Witness awe-inspiring panoramic views
- Ascend Kala Patthar for close up views of Mount Everest and the Khumbu Icefall
- Soak up Sherpa culture

The Challenge

Follow in the footsteps of the great explorers and join us for an unforgettable trek to the foot of the highest mountain in the world, Mount Everest, standing tall at 8,848m. We'll trek from the picturesque village of Lukla, nestled in the Nepalese Himalayas, to the famous base camp of Mount Everest and back again! Our route allows us to acclimatise gently before reaching high altitude scenery, as it leads us through Sherpa country to this tranquil mountain range of gentle giants. We'll discover some of the most breathtaking scenery imaginable from start to finish on this unforgettable trek as we make our way to the colourful prayer flags of Everest Base Camp.

Day 1

We depart the UK for our overnight flight to Kathmandu.

Day 2

We arrive in Kathmandu and transfer to our hotel. A pre-trek briefing will be given by our local ground staff.

Day 3

To help acclimatise, we take a sightseeing tour of Kathmandu, visiting Boudhanath Stupa, one of the biggest Buddhist shrines in the world and Pashupatinath, the most famous Hindu Temple in Nepal.

Day 4

Lukla to Phakding (2,600m)

Our challenge begins! Following breakfast, we fly from Kathmandu on a spectacular 40 minute internal flight to the mountain village of Lukla. In the afternoon, we start our trek and descend on a wide trail towards the Dudh Koshi River, arriving at our accommodation in Phakding.

Day 5

Phakding to Namche Bazaar (3,446m)

Today we head up the valley on quite a busy trail, used by many porters and Sherpas. We follow the Dudh Koshi River until we cross a large suspension bridge and begin the steep ascent to Namche Bazaar – the tough climb is well worth it as we see our first glimpse of Mount Everest on the way up!

Day 6

Acclimatisation day at Namche Bazaar

We stay at Namche Bazaar for a second night to allow for sufficient acclimatisation. We will be taking a gentle trek in the local area today to help acclimatise to the altitude - a visit to the Saga Marthia National Park Headquarters or maybe climbing one of the surrounding trails to get views of Mount Everest.

Day 7

Namche Bazaar to Khumjung (3,790m)

Today we push on trekking to our next overnight stop in Khumjung. En route, we stop off at the aptly named Everest View Hotel for a cup of hot chocolate! Upon arrival in Khumjung, there may be an opportunity to visit the hospital at Kunde set up by The Sir Edmund Hillary Himalayan Trust.

Day 8

Khumjung to Thyangboche (3,875m)

We begin our day by descending steeply back into the valley to cross the Dudh Khosi River at Phunkitenge, hiking past a series of water-driven prayer wheels. Our trek then ascends steadily for approximately 2½ hours through pine fir, black juniper and rhododendron forest to the breathtaking village of Thyangboche, set in a beautiful meadow high on a ridge and home to a Buddhist monastery.

Day 9

Thyangboche to Dingboche (4,360m)

We push on from Thyangboche, descending through a forest of birch and fir to the Imja Khola river. After lunch, we ascend gradually passing chortens and mani walls (stones carved with Tibetan chants), to our lodge at Dingboche, where we stay for two nights.





Trek to the Goddess of the Himalayas - Mount Everest!

Day 10

Acclimatisation day at Dingboche

Today we are free to explore the surrounding area of the Chukung Valley and absorb its unrivalled vistas. We are now truly within the realm of the Himalayan giants - surrounded by the towering peaks of Ama Dablam, Nuptse and Lhotse.

Day 11

Dingboche to Lobuche (4,930m)

We begin with a gradual climb high above the Pheriche Valley and then descend to cross the Khumbu Khola River. We then continue trekking on a narrow trail on the western side as we approach our tea house at Lobuche.

Day 12

Lobuche to Everest Base Camp then Gorak Shep (5,160m)

Today we reach our goal! We follow the broad valley that runs parallel to the Khumbu Glacier - it's a gradual ascent, enabling us to build the slow, steady rhythm required for walking at altitude. We soon reach the flat, sandy basin of Gorak Shep where we have lunch. Leaving Gorak Shep, we continue to Everest Base Camp, along the rough track beside a glacial lake, and then up onto the Khumbu Glacier itself. After approximately two hours, we reach the prayer flags of Everest Base Camp! Glowing in our success, we then descend back to Gorak Shep where we overnight.

Day 13

Gorak Shep to Kala Patthar, then to Pheriche (4,243m)

For those who have the energy, we wake VERY early to tackle the summit of Kala Patthar - a mighty peak at 5,545m, overlooking Base Camp. The views from the summit are breathtaking and the climb is well worth it! After a few photos, we head back to Gorak Shep and start our descent, taking a different trail back to our lodge in Pheriche.

Day 14

Pheriche to Namche Bazaar (3,446m)

We re-trace our steps, making a slight diversion to experience different views and take in as much of this stunning and unique part of the world as possible. We cross the Khumbu Khola and then ascend to a small ridge to witness stunning views of the Imja Valley. Following lunch at Thyangboche, we head on to Namche Bazaar, where we stay overnight.

Day 15

Namche Bazaar to Lukla (2,827m)

Leaving Namche, we continue our descent crossing the Dudh Koshi to Monjo. We push on through blue pine and rhododendron forest to Lukla, where we stay overnight. In the evening, we'll have a farewell dinner with our porters, followed by a few celebratory drinks and dancing with our Sherpa companions.

Day 16

Lukla to Kathmandu

We catch our internal flight to Kathmandu for a well deserved rest and some free time to explore this amazing city.

Day 17

Today we have a free day in Kathmandu followed by our celebratory dinner!

Day 18

Depart Kathmandu and arrive UK.

(Please note this is a complex itinerary and subject to change, including the overnight locations stated in this brochure)



Your questions answered....

Is this trip for me?

Absolutely! This trek is suitable for all abilities with the correct training. The minimum age for this trek is 18 years old (if you are aged between 13 -17 years you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Extreme (3) on our challenge grading scheme meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 12 consecutive days, in very high altitude and in varied temperatures, a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via our website. Why not join one of our challenge training weekends – it's a great opportunity for you to meet our team and other challengers, and train together prior to the event.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty. 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

Whilst in Kathmandu we will stay in a 3* hotel, twin rooms with en-suite washing facilities. Whilst we are on the trail we will be staying in local tea houses and lodges throughout the whole trek – these are basic, but clean and have toilets and are usually twin share. There is also opportunity to purchase extra snacks and 'essentials' from the lodges.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from broken in trekking boots and some trekking poles you do not need any specialist kit. To save incurring extra expense we supply you with a kit bag which includes a down sleeping bag, down jacket and fleece sleeping bag liner.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sun-screen, water, camera, sun hat etc.) and your luggage will be carried from each lodge/tea house to the next by porters. You will be able to leave your main piece of luggage at the hotel in Kathmandu.

Food matters...

All meals will be provided throughout the challenge, however you will have to budget for your lunches and dinners in Kathmandu. Water will be readily available and supplied free of charge. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. Nepalese food is very varied and nutritious with plenty of vegetables.

What's included?

- Return flights from London Airport to Kathmandu, internal return flight to Lukla
- All accommodation and transfers
- All meals on the trek and breakfast in Kathmandu
- Porters and professional speaking local guides
- Permits and National Park Fees
- Local English speaking trekking guides along with local high altitude medic
- Water for trekking
- Kit bag for trek – includes down sleeping bag, fleece sleeping bag, and down jacket

What's not included?

- Airports taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure
- Personal Travel Insurance – this can be obtained through Global Adventure Challenges
- Visa
- Lunches and dinners in Kathmandu, including your celebratory meal
- Tips and Gratuities
- Alcoholic drinks

Can I stay in Nepal after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first come first served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing enquiries@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What support is there on the trek?

This is a fully supported trek. There will be a strong support team with a professional Global Adventure Challenges Leader from Nepal, as well as local guides and porters. Full comprehensive medical kits will be taken with the group and we have a local medic on our team.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – the maximum altitude on this challenge is 5,545m.

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude, however the fitter you are the better you will cope in general whilst on the trek. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at high altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken, acclimatisation days taken and the number of highly trained experts in the support team.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested, how do I sign up?

You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained on the enclosed information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

Register Online Today!

www.globaladventurechallenges.com

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