

## NEPAL - Ultimate Everest Base Camp Trek



### TREK OVERVIEW

The Ultimate Everest Base Camp trek takes in the best of the Khumbu and Everest. We have chosen this route to enable trekkers with a little more time available to complete an impressive circular route that guarantees similar stunning views to that of our Classic Everest trek, and more...

We approach Everest via the sacred lakes of the Gokyo Valley, visit the magnificent viewpoint Gokyo Ri (5350m) and cross the famous Cho La Pass (5420m) on the South side of Everest. Joining the main Everest trail we make our way up to the historic Everest Base Camp. Here we are encircled by a grand amphitheatre of rock and ice, a truly spectacular setting. We don't miss the opportunity to ascend the famous summit Kala Pattar (5554m) where the views towards Everest and the surrounding peaks are breath-taking. We then return to Lukla along the resplendent Khumbu Valley, with its diverse wildlife and vegetation, as well as its rich culture, where villages and rustic dwellings have seemingly scrambled up to perch atop rocky outcrops and vertiginous ledges. A truly memorable experience closely following the footsteps of legendary mountaineers.

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

## PREVIOUS EXPERIENCE/FITNESS

If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days involve 5 - 7 hours walking plus plenty of rest stops.

## GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of six or more passengers. He/she will be assisted by an experienced Nepali leader. Smaller or private groups will be led by an English speaking Nepali guide. This trip is exclusive to Adventure Peaks.

## WEATHER

The weather should be pleasant during the day with cooler evenings and nights. Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. The higher you are the cooler it will be. In spring afternoon cloud tends to build up in the afternoon and can obscure the views. Walkers should realise however that weather in the high mountains is unpredictable and should be prepared for this.

## WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

## CATERING ARRANGEMENTS

In the morning you can enjoy an early hearty breakfast of cereal, porridge, eggs and toast so you are fuelled up and ready to leave the teahouse whilst it's still fairly cool. Lunch is usually in a teahouse by the side of the trail or a picnic if there are no suitable places to eat. On arriving at your overnight teahouse you will be ready for a well earned cup of tea and biscuits - this leaves an hour or so to either rest or explore before a fine three course evening meal. Please remember that as the lodges like to source most of their supplies locally, the evening menus may appear repetitive. For pure good, hearty energy giving food you cannot beat the Nepalese staple, Dal Bhat, but most establishments will also offer choices of westernised food. There are plenty of opportunities to supplement your diet by buying snacks and drinks from the shops you pass along the way.

## ACCOMMODATION

In Kathmandu you will stay in a 3\* hotel in rooms with private facilities. Twin, double or single rooms are available (single supplements apply). On trek we utilise Nepalese trekking lodges (teahouses) which are locally owned and run fairly basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories (doubles sometimes available, please request). You will need a sleeping mat and sleeping bag. There is a central dining/sitting room where food and drinks are served. Toilet facilities are usually outside. Despite the basic facilities, it is a great experience to share the company of local families who will often entertain with local songs and dance!

## LANGUAGE AND TIME

**Language:** Nepali is the official language but English is the commercial language and is widely spoken.

**Time:** GMT+5hrs 45min (CET). No daylight saving time at present.

## HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by [Fit For Travel](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first sterilising with chlorine dioxide tablets or by boiling.

## INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).



## ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

## USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

## EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required,

together with a three to four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

### **BAGGAGE**

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). 15kg is also the most you are allowed on the flight to Lukla. (10kg hold and 5kg hand luggage). Some items can be left at the hotel in Kathmandu for your return.



### **VISAS AND PERMITS**

UK citizens and most EU nationals can purchase Visas on arrival. You will need the payment of US\$40 ready in cash and two passport sized photographs. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

### **LOCAL COSTS**

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes and personal spending.

### **CURRENCY**

The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal - therefore take UK sterling or US\$ and exchange on arrival in Kathmandu. Don't try and change money in the street in Nepal as it is illegal. ATMs and change bureaux are available in the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu. There are facilities in

Lukla and Namche Bazaar, but these should not be relied on.

### **TIPPING**

Tipping is an accepted part of life in Nepal. We generally tip our local staff as a whole. Please see the Nepal Background Information in your booking confirmation email for more information. Tipping at meals and in hotels is normal practice.

### **ADVENTURE PEAKS KITBAG**

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

### **FLIGHTS AND JOINING ARRANGEMENTS**

Within the published price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the Land Only and the With UK flights prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change.

All clients will be met on arrival and transferred to the first hotel. If you have booked your own flights you need to make your way to the rendezvous shown below. If your arrival time is close to the group flights, then we will be happy for you to share our transport.

**The rendezvous for this trip is the ARRIVALS HALL AT KATHMANDU AIRPORT when your flight comes in on Day 2.**

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**

### **DELAYS – LUKLA FLIGHTS**

We allow extra time in the itinerary for bad weather causing delays at Lukla. If you are delayed longer our agent will try to secure alternative seats or obtain options on helicopters which can fly in less good weather. If the flights are delayed over night, accommodation can be provided on a B+B basis at an extra cost. If helicopter flights are utilised you will need to cover this cost inclusive of your leader's portion (variable cost depending on group size but approx: \$400 p/p in total each way). Where required we can re-book/change your International flights but additional costs may/will be incurred. All additional payments would need to be paid for in Kathmandu (card payments accepted). If you are unable to accept this, you may want to consider an alternative trip less dependent on weather e.g. the Annapurna Region.

### **EXTENSIONS**

- **Everest Panoramic Flight** (from Kathmandu).
- **Chitwan Safari** (+ 4 or 5 days)

*FOR PRICES AND MORE DETAILS PLEASE SEE OUR WEBSITE OR CONTACT OUR OFFICE*

## ULTIMATE EVEREST ITINERARY

No	Day	Today we...	We stay at...	Accommodation...	Meals...
1	Sat	Depart UK	Plane	Plane	
2	Sun	Arrive Kathmandu	Kathmandu	Hotel	
3	Mon	Fly to Lukla and Trek 1	Phakding (2610m)	Teahouse	BLD
4	Tue	Trek 2	Namche Bazaar (3440m)	Teahouse	BLD
5	Wed	Trek 3	Namche Bazaar (3440m)	Teahouse	BLD
6	Thu	Trek 4	PhortseTenga (3680m)	Teahouse	BLD
7	Fri	Trek 5	Dole (4050m)	Teahouse	BLD
8	Sat	Trek 6	Machermo (4465m)	Teahouse	BLD
9	Sun	Trek 7	Machermo (4465m)	Teahouse	BLD
10	Mon	Trek 8	Gokyo (4790m)	Teahouse	BLD
11	Tue	Trek 9	Gokyo (4790m)	Teahouse	BLD
12	Wed	Trek 10	Dragnag (4690m)	Teahouse	BLD
13	Thu	Trek 11	Dzongla (4830m)	Teahouse	BLD
14	Fri	Trek 12	Lobuche (4930m)	Teahouse	BLD
15	Sat	Trek 13	Gorak Shep (5140m)	Teahouse	BLD
16	Sun	Trek 14	Lobuche (4910m)	Teahouse	BLD
17	Mon	Trek 15	Debuche (3820m)	Teahouse	BLD
18	Tue	Trek 16	Namche Bazaar (3440m)	Teahouse	BLD
19	Wed	Trek 17	Lukla (2850m)	Lodge	BLD
20	Thu	Return to Kathmandu	Kathmandu (1350m)	Hotel	B
21	Fri	Sightseeing	Kathmandu (1350m)	Hotel	B
22	Sat	Depart Kathmandu	Plane	Hotel	B
23	Sun	Arrive home	Home	Own bed!	

**Days 1/2** Depart UK and arrive Kathmandu the following evening. Transfer to hotel close to the famous bustling, Thamel district of Kathmandu and within easy walking distance of the Monkey Temple, with lovely gardens where one can relax.

**Day 3** A spectacular short internal flight takes us to the tiny airstrip town of Lukla and the gateway to the Sherpa Kingdom. After lunch we walk along the typically stony path that descends from the forested terraces of Lukla right into the Dudh Kosi valley and the brightly painted lodges of Phakding. Good views of Kusum Kanguru's North Face (6367m). *2 hours walking.*  
*If the flight is delayed due to poor weather this will become the sightseeing day scheduled for the end of the trip.*

**Days 4/5** Into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with local protocol for passing chortens, mani stones, Yaks, spinning prayer wheels etc. and enjoying the hustle and bustle of trekking and everyday life that exists on the 'Everest Trail'. At Monjo we enter Sagarmartha National Park. *5 to 6 hours walking.*

It is important to have a couple of nights and a rest day in Namche before proceeding any higher. You can spend day 5 taking short walks up to Thame or Khumjung, visiting the Everest, Ama Dablam and Pumori viewpoints or just relaxing and exploring the narrow streets of the busy Sherpa capital.

**Day 6** We head NE up the side of the Dudh Kosi. We climb steeply out of Namche, turn the corner and are immediately presented with superb views of Everest, Lhotse, and Nuptse. *4 to 5 hours walking.*

**Day 7** This is a short walk in distance but involves a height gain of 420m so it is important to do this slowly to aid acclimatisation. *4 to 5 hours walking.*

**Days 8/9** This again is another shortish day, level to start with, but with an overall height gain of 400m it is worth taking it slow. *5 to 6 hours walking.*

More acclimatisation on day 9 spent absorbing the views from the ridge above the village and relaxing.

**Day 10** As you walk to Gokyo taking in views of Cho Oyu, the World's sixth highest mountain, you will pass the two Gokyo lakes and end your day at Gokyo village at 4790m. *5 to 6 hours walking.*

**Day 11** Ascent of Gokyo Ri (5340m). This peak gives fantastic views of Everest, Lhotse, Nuptse, Makalu, Cho Latse, Thamserku,

Kantega and Ama Dablam. No rush and the rest of the day free for relaxation and sampling Gokyo's finest bakery. *3 to 5 hours walking.*

**Day 12** Today we cross 1km of glacier to its eastern side and continue to the lodges at Dragnag at the foot of the valley leading towards the Cho La pass. *3 to 4 hours walking.*

**Day 13** A long day as we head over the Cho La pass (5368m). A steep climb through boulders leads to the pass from where we are rewarded with more spectacular views. We descend to Dzongla. *8 to 10 hours walking.*

**Day 14** A short walk from Dzongla to join the main Everest trail where we get our first close up views of mountains at the head of this valley. We head up to Lobuche. *4 to 5 hours walking.*

**Day 15** A long walk next to the Khumbu Glacier brings us to the crossing of the Changri Glacier and on to the summer yak pasture of Gorak Shep for lunch. We then continue up to the historical Everest Base Camp and return to our lodge in Gorak Shep. *6 to 8 hours walking.*

**Day 16** An early start and steep climb brings us to the top of the famous Kala Pattar (5550m) for views of Everest, Lhotse and Nuptse. This is the highest point on the trek. We descend to Lobuche after lunch. *3 to 5 hours walking.*

**Day 17** Descend from Lobuche to Debuche. Enjoy the lower altitude walking and the teahouses. *5 to 8 hours walking.*

**Days 18/19** Two more days walking back to Lukla using different paths much of the way, visiting Tengboche Monastery and spending the night at Namche Bazaar to enjoy the luxuries of the bakeries and pizzerias. *4 to 6 hours walking per day.*

**Day 20** Fly Lukla to Kathmandu. Back to the comforts of our hotel in Thamel and the enjoyable hustle and bustle. This is a good time to buy souvenirs and try your hand at haggling with the local shopkeepers. Time to celebrate!

**Days 21/22** Spare day in case of bad weather and time for sightseeing in Kathmandu. Sightseeing tours can be arranged and would include visiting the temples of Bodnath, Swayambhunath (The Monkey Temple), Pashupatinath and Durbar Square. Simply wandering around the huge array of shops, markets, cafes, bars and restaurants in Thamel is a fascinating experience. Depart Kathmandu in the evening of Day 22, return to UK the following day.