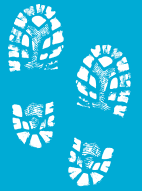


The challenge of a lifetime...
...for the charity of your choice

Everest Base Camp

Trek



Trek to the Goddess of the Himalayas - Mount Everest!



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Follow in the footsteps of the great explorers and take an unforgettable trek to the highest mountain in the world!

Your trekking challenge...

...is a twelve day journey of 120km, from the picturesque village of Lukla, nestling in the Nepalese Himalayas, to the base camp of Mount Everest and back again! Our route will lead us through this tranquil mountain range of gentle giants, encompassing some of the most breathtaking scenery imaginable, until we reach our goal at Everest Base Camp (5,357m). For those with enough energy, we then push on to summit Kala Patthar (5,545m), for without a doubt, the best view of Mount Everest and the stunning Khumbu Icefall!

Your itinerary...

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 Martha National Park Headquarters or maybe climbing one of the surrounding trails to get views of Mount Everest.

Day 7

Namche Bazaar to Khumjung (3,795m)

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 Tyangboche (3,867m)

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 Tyangboche, set in a beautiful meadow high on a ridge and home to a Buddhist monastery.

Day 9

Tyangboche to Dingboche (4,350m)

We push on from Tyangboche, 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.





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** **(4,928m)**

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 (4,245m)**

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 Tyangboche, 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)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation.

How fit do I need to be?

This trek has been designed to be challenging and is considered to be tough, but achievable by anyone as long as you train beforehand. Remember, you are trekking for 12 consecutive days, in very high altitude and in varied temperatures – the fitter you are the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join us on one of our challenge training weekends – it's a great opportunity for you to meet our team and fellow participants!

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 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 some broken in trekking boots and maybe some trekking poles you do not need any specialist kit. To save on 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, sun hat, camera, etc) and your kit bag will be carried from lodge to lodge by our porters. You will be able to leave your main piece of luggage at the hotel in Kathmandu.

Food matters...

All meals will be provided on trek as well as breakfast while staying in Kathmandu, however you will need to budget for your lunches and dinners in Kathmandu. We can cater for all dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form. Nepalese food is very varied and nutritious with plenty of vegetables.

What's included?

Return flights from London to Kathmandu, internal return flight to Lukla, all transfers, all accommodation, all meals on trek and breakfast in Kathmandu, porters and professional English speaking local guides for trek, permits and National Park Fees, comprehensive first aid kit, kit bag for trek including down sleeping bag, fleece sleeping bag liner and down jacket.

What's not included?

Personal airport taxes and fuel surcharge – these are approximately £250 and payable 6 weeks prior to departure, personal travel insurance – it is strongly advised to take this through Global Adventure Challenges, visa, lunches and dinners in Kathmandu, gratuities, alcoholic drinks and your personal kit (warm clothes, trekking boots, etc).

Can I stay in Nepal after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at enquiries@globaladventurechallenges.com. There is a minimum charge of £60 + VAT for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What sort of back-up is there?

There will be a strong support team with a professional English speaking Global Adventure Challenges leader from Nepal, as well as local guides and porters. Full, comprehensive medical kits will be taken and satellite telephones will be used to ensure your safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will always remain at the back of the trekking group ensuring that no-one is left alone – remember though, 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 mountain. 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... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – 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 touch with you to discuss your fundraising.

Are you ready to conquer the Himalayas?

Register online today!

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