

# ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

## Everest Base Camp Trek

Nepal has long held a mysterious attraction to travellers and trekkers alike and the tiny Himalayan kingdom has deservedly earned a reputation as one of the finest destinations in the world. Seeped in history and dominated by the majestic Himalayas, Nepal enthralled everyone who visits. Nepal is a country rich in bio-diversity due to its unique geographical position and altitude variation. The elevation of the country ranges from 60 metres above sea level to the highest point on earth (Mt Everest at 8848m) all within a distance of 150 kilometres - resulting in climate conditions from sub-tropical to Alpine zone.

The highest mountain in the world continues to lure adventurers as ever, and is still the most popular trek in Nepal. Starting with an exciting flight to Lukla, this classic walk penetrates right into the Sherpa homeland of Solu Khumbu with a clear cut aim to see the magnificent form of Everest. This region is famous not only for its proximity to the world's highest mountain, but also for its beautiful breathtaking views, sacred Monasteries and hard working, friendly Sherpa people. The trek itself climbs to 5,550 metres passing through a number of small villages, sampling their hospitality and culture in the comfortable tea-houses along the way. It is a demanding trek, however with the support and guidance of the world's best guides and mountaineers it is a very achievable and fulfilling journey.

Walking from lush green vegetation to the dry desert of Kalapather, the ducks on the turquoise lake of Gokgo, the sounds of singing birds, rock and avalanche falling and evenings under the full moon sky – every moment will be unforgettable.

### Adventure Itinerary

#### Day 1:

Arrive in Kathmandu, to be met at the airport by the AdventureX Group Leader. The evening to relax, have dinner in one of the fine restaurants and a pre-trip briefing.

#### Day 2:

Free time in Kathmandu to explore this amazing city. From observing early morning sessions of prayer wheel turning at the Buddhist Stupa of Bodhnath, to gaining a glimpse of the Living Goddess in Durbar Square, there are endless things to see. Or if you fancy a bit of retail therapy check out the multitude of shops selling branded fleeces and good quality merchandise.

Once you are prepared for your trek, finish the day with a relaxing cold drink in one of the many terrace cafes whilst the sun starts to go down on the distant snow-capped Himalayan Mountains.

(Breakfast included)

#### Day 3:

Start of the expedition. Fly to Lukla 2840m and gentle walk to Phakding (2610m).

#### Day 4:

Walk to Namche Bazaar (3440m) - the administrative centre of the Khumbu region.

#### Day 5:

Acclimatisation day. Day hike to Khumjung (3780m) and our first views of Mt Everest.

**Day 6:**

Walk to Tengpoche (3867m). Opportunity to visit the famous Tengpoche Monastery and take in the fantastic views, especially in the morning time.

**Day 7:**

Trek to Pheriche (4240m) and attendance at the high altitude sickness lecture at the Himalayan Rescue Association and Tokyo Medical College.

**Day 8:**

We continue on to Lobuje. At 4930m, this summer village boasting several hotels and a comfy bed is a welcome sight after a long day's walking.

**Day 9:**

Lobuje to Gorak Shep. At a height of 5160m this is the last village we will pass through en-route to Everest Base Camp.

**Day 10:**

We walk up to Kala Pathar Peak (5550m), which provides the best vantage point for viewing Mt. Everest & Mt. Lholsesar, Nuptse & Mt. Pumori. We then walk back to Gorak Shep, for our lunch break and then we take a walk to explore Everest Base Camp 5364m.

**Day 11:**

We begin our glorious descent, walking down to Dingboche (4410m). There is also an optional trip to Chhukung (4730m).

**Day 12:**

Walk down through Pangboche Monastery to Diuche or Tengpoche.

**Day 13:**

Today we reach Namche Bazaar by lunchtime. Opportunity to visit the Sherpa Museum, explore Namche Bazaar and pick up Himalayan Souvenirs.

**Day 14:**

Walk back to Lukla. We celebrate our last night in the mountains.

**Day 15:**

Early morning flight back to Kathmandu, then ½ day free time for a well deserved chill out in the sun, sight seeing or retail therapy.

**Day 16:**

Pushupatinath, Shwayambhunath Temple Darshan & Kathmandu Valley sightseeing.

**Day 17:**

Free time in Kathmandu, transfer to airport for flight home.

## Extension Options

### The Last Resort:

Suspended in isolation on a high cliff-top gorge above the Bhote Kosi River, the Last Resort is an enchanted sanctuary surrounded by dense jungle and pristine forest just 13km from the Tibetan border. It is the perfect place for those wishing to get away from the hustle and bustle of Kathmandu and relax for a couple of nights.

Uniquely crafted in local stone, wood and slate, the resort has an intimate dining hall with centuries old wood carving, delicious food, luxurious bungalows, herbal steam room, plunge pool, showers, toilet facilities and a well stocked bar. All the indulgences of home in a very exotic setting. The sprawling terraces of the resort are meticulously landscaped and the bungalows and buildings are coaxed to become one with the land with each passing monsoon. Limited access across a purpose built bridge guarantees privacy in this magnificent area.

The Last Resort combines all the essential elements necessary for an inspired adventure or total relaxation in one of the world's finest environments.

### Bungy Jump/ Bungy Swing/ Canyoning - The Last Resort

Canyoning is an amazing full body and mind experience that enables you to explore some of the last forbidden places in the Himalayas. It involves abseiling, climbing, jumping, swimming and sliding down steep canyon walls and waterfalls to deep pools below, through tight passages of contorted rock and powerful blasts of water.

The **Ultimate Bungy** at The Last Resort may be the most spectacular bungy jump on the planet and the **Ultimate Swing** is definitely the highest in the world. This remarkable drop/swing into the 160m (525ft) Bhote Kosi River Gorge on the Nepal/Tibet border has to be one of the most exciting experiences there is. Designed, constructed and operated by very experienced international professionals following international standards – it is Nepal's ultimate rush!

Please contact us for any information about extending your trip with any of the options mentioned here.

## The Details

### What Is Included?:

- Transfer to / from Kathmandu Airport and the hotels.
- Experienced Mountain Guides and Porters
- All Accommodation – in hotels (shared basis with same sex) and tea houses
- All meals during the trek.
- All local taxes and trekking permits
- Internal flights
- All transport during the trip
- A very cool AdventureX t-shirt.

### Excluded:

- International Flights
- Visas
- Personal Insurance
- Meals in Kathmandu (3 course meal can be between \$3-6 dependent on meal/restaurant)

### Getting There:

If you have any queries or need a hand at all in arranging your flight to and from Kathmandu please give us a shout. AdventureX have teamed up with KE Travel – fully ABTA (J1763) and ATOL (2808) bonded so your flights can now be booked easily and professionally. Our service is extremely competitive on price and your seat can be held in most cases by just a deposit. Please note though that Nepal is becoming a very popular destination so flights do tend to get booked up quite quickly.

### Do I Need A Visa?:

The best and easiest way to get your visa is to apply to the Nepalese Embassy in London by post before you leave. The cost is currently £20 for 60 days (single entry). Just send your passport, photo plus application form (downloadable from website) plus £20 cheque and your visa will be with you within 2 weeks. For full information, visit [http://www.nepembassy.org.uk/visa\\_information.html](http://www.nepembassy.org.uk/visa_information.html).

Alternatively you can get visas at Kathmandu airport. If you choose to do this you must have a passport photo and new crisp US dollars - as they will not accept payment in any other form (including wrinkly notes). However be prepared for long queues!

Either way please make sure you have at least 6 months validity on your passport prior to departure. Give us a call for more information.

### Injections:

We recommend that you contact your Medical centre for professional advice. As a guide you will be looking at Hepatitis A and B, Typhoid and Polio and have an up-to-date Tetanus shot. Some of these immunizations take weeks or months to do correctly, so don't leave it to the last minute and do check with your local health department for more detailed information. A thorough dental check-up is also strongly recommended before you leave.

Dysentery is the normal ailment that travellers to Nepal are struck with. With this in mind, be careful of where and what you eat in Kathmandu before the trip. Sanitation is a top priority on our trip and must be adhered to at all times.

Malaria has not been completely eradicated in Nepal, though it is only present on the Terai (southern Nepal). Basically unless you are going to spend considerable time in the game parks in southern Nepal (Chitwan National Park etc) it's not a huge worry as the mountains and towns are essentially bug free. Without a doubt the most effective deterrent against malaria is to protect against mosquito bites with long, tightly woven clothing and mosquito repellent. Mosquito repellent should be brought from home.

If you have any relevant medical conditions please make sure they are listed on your booking form. On all journeys we carry a very comprehensive first aid kit, but if you want to bring your own personal basic first aid kit by all means do.

### Exchange Rates:

As a reference the Nepali Rupee currently stands at (time of print) – Nepali Rupee 70.65 to 1\$ and for the British pound it is 129 to £1 – however it changes frequently. To change your currency once in Nepal, use only certified foreign exchange points or alternatively your hotel as there are a lot of people who will jump at the chance to help – this is definitely not recommended! GBP£ and US\$ are the most widely accepted currencies to exchange for Rupees.

### Medical Advice and Fitness:

A reasonable/good level of fitness is required for the Everest Base Camp trek to really get the most from it. It is a steady climb upwards, ascending no more than 300 to 500 metres per day above 3000 metres, with rest periods and opportunities to take in the beautiful views, exploring the villages and sacred monasteries.

Treks in the Himalayas are not dangerous by any means, however due to the fact that very little medical care is available whilst on the trail, you do need to make sure that you are physically fit and healthy

before departing. In case of serious illness or injury, you will be evacuated by helicopter to Kathmandu. This is an extremely expensive service to pay for as a one-off, so it is essential that you have 'Medevac & Search and Rescue' included in your Travel insurance policy. Neither the Nepalese government, the British Embassy or AdventureX is responsible for the bill.

Altitude sickness: Often known as Acute Mountain Sickness (AMS) is a particularly important medical consideration while trekking in Nepal. Altitude sickness means the effect of altitude on those who ascend too rapidly to elevation above 3000 metres. The initial symptoms are: Nausea, vomiting, loss of appetite, insomnia, persistent headache, dizziness, disorientation, fatigue and breathlessness. These symptoms are to be taken very seriously and a further ascent should be reconsidered. The only cure for altitude sickness is to descend to lower elevations immediately and rest. We will ascend only 300-500 metres per day above 3000metres to assist in acclimatisation and prevent AMS.

Please be assured that your safety and wellbeing are our first priority during this trip. You will be accompanied and supported by the best and most experienced mountain guides in the Himalayas, who know every detail of this trek like the back of their hand. All that we ask is that if you have any medical conditions or problems that you please let us know before the trip.

### **Nepalese Dress Code:**

On the trail you will probably spend most of your time in shorts, trousers, t-shirts and your faithful hiking boots. However when it comes to the towns and villages you must dress appropriately. Ladies should wear t-shirts/blouses and long skirts or trousers and men should cover up their chests with shirts/t-shirts. The men can usually get away with shorts quite happily but must be prepared to wear trousers when going to the temples.

### **Personal Equipment:**

Equipment is an essential part of any excursion, but none more so than when entering the vast reaches of the Himalaya. We will send you all the information you need on what to bring as part of your Pre-departure Pack, but for an initial check please see the list below.

Basically, we advise you to keep things as light as possible, without skimping on the necessities. Clothing should be lightweight, dry quickly, and provide insulation even when wet.

- Good sleeping bag
- Thick walking socks
- Hiking shorts
- Worn out but warm cord trousers
- Light weight trekking trousers
- A pair of worn trekking boots (must be worn-in)
- Breathable waterproof jacket
- Sun hat
- Warm woolly hat
- Warm gloves
- Thermal underwear – vest top and long johns
- T-shirts
- Warm sweater /Fleece
- Flip flops
- Toiletries (use biodegradable soaps) + towel
- Sun protection factor 30
- Lip salve
- Personal medication
- Litre drinking bottle with good screw lid
- Good quality rucksack

**Finally:**

It is imperative that you realise that you are entering an environment where the rules and realities of life are much different from the West. Certain events such as festivals sometimes delay the itineraries and are just part of everyday life in Asia. It's a big part of what makes Nepal magical, and in our opinion, it is by far outweighed by the brilliance of being able to journey through one of the world's last true frontiers. This is one of the finest trekking expeditions in the world and one that will stay engraved in your mind forever. We look forward to seeing you there!