



EVEREST BASE CAMP

This is an amazing opportunity to trek the beautiful foothills of Nepal while immersing yourself in the stunning culture. We get to see wonders and places that normal trekking groups don't see and spend time assisting, and helping the next generation of Nepalese with their education and the future of an amazing country.

*It's blown my mind, pushed my body to places it didn't know it could go, and most of all it's fed my soul. More of an adventure than I could have dreamt. **Nick Speed***

WHAT'S INCLUDED?

- Flights as detailed in itinerary
- 3 nights hotel accommodation in Kathmandu
- Sherpas, porters and UK guide
- All accommodation and food on the trek (excludes soft drinks, chocolate, snacks etc.)

WHAT'S EXCLUDED?

- Pre-trip training weekend in north Wales
- Tips/gratuities
- Personal kit

BOOK NOW





EVEREST BASE CAMP: ITINERARY

Day 01 - Arrive Kathmandu

You will be greeted at Kathmandu airport in true Nepalese style and taken to the hotel where you'll stay for the night. There will be a team meeting, walk in to the Tamel district and check kit for the up and coming trek.

Day 02 - Flight to Lukla (2900m) & trek to Phakding (2660m)

This is it, we are off. We leave the hotel early in the morning and head in to the foothills. We get to Lukla and have second breakfast before slowly walking along the trail and absorbing the views.

Day 03 - Trek to Namche (3440m)

Today we head to the spiritual home of the Sherpa community. The vibrant Namche Bazaar. We take it nice and steady while we approach the famous Namche hill. Don't worry though, we may get our first views of Everest!

Day 04 - Trek to Pangboche (3900m)

Today we should be blessed with the most amazing views of Everest, Lhotse and Ama Dablam. If the situation arises we stop at Tengboche Monastery to pay our respects and then carry on up the trail. The views are just amazing, you'll barely notice the hills.

Day 05 - Trek to Pheriche (4270m)

A shorter walk today so we can have a more leisurely breakfast. Then we can rest for a wee while and take in the surroundings.

Day 06 - Acclimatisation day in Pheriche (4270m)

We call today a 'rest day' but really, we want to acclimatise. Depending on how the team is feeling, we have some flexibility in what we do.

Day 07 - Trek to Lobuche (4930m)

We have about 4hrs of walking to get ourself to the beautiful Lobuche that starts to get us closer to the big guns of the Himalaya. We pass through the climber's graveyard which is always an emotional affair.

Day 08 – Rest day in Lobuche (4,930m) plus acclimatisation walk

We have flexibility in the itinerary at this point. We can rest, acclimatise or perhaps even push on.

Day 09 - Trek to Gorak Shep (5184m) and attempt at Kalar Pattar Peak (5685m)

It's a short walk to Gorak Shep but we take it really easy. Slowly slowly. We arrive around lunchtime and start to look at the options available pending weather and how the team is feeling.

Day 10 - Everest Base Camp (5350m) - Return to Gorak Shep (5184m)

Today we will have completed either one or two of the objectives with EBC being the main event! We take our time, take in the atmosphere, get some pics and then off we go.

Day 11 - Trek to Pheriche (4270m)

Reversing the route we just came but we can pick up the pace a little as the thick oxygen air fills our lungs.

Day 12 - Trek to Deboche (3600m) / Continue to Namche (3450m)

Perhaps time for a celebration beer...?

Day 13 - Trek to Namche (3450m) / Trek to Lukla (2900m)

We get our kit sorted, have a tipping ceremony with the Sherpa and Porter team and start to plan our journey back to Kathmandu.

Day 14 - Flight to Kathmandu

A nice warm shower in the hotel awaits and time to change in to some clean kit! Tonight is our team celebration dinner so get those dancing shoes on.

Day 15 - Kathmandu

Get in some sight-seeing or perhaps pick up some souvenirs. Or, perhaps a well-deserved massage to get those legs fixed up!

Day 16 - Fly home





EVEREST BASE CAMP: KIT LIST

The Tea Houses have twin rooms with mattresses and blankets but the blankets can be in short supply if the route is busy.

We recommend you wear trekking boots and essential kit on the flight – if your bag gets lost in transit, you will still be able to continue with the trek.

The following kit list is a guideline to the items needed to help cope with the environment.

KIT BAGS

Porters will be carrying your main kit each day during the trek - you will not be required to carry your main bag. A 100litre duffle type bag will suffice and consider the weight of the bag when it's empty as some can weight 2kg with nothing in. Your main bag should weigh no more than 15 kilos when full – for the health and safety of the porters and to keep excess baggage costs down through Lukla airport.

When packing, please do not strap items such as sleeping bags or boots to the outside of your bags. There is a good chance that they will be ripped off while in transit. They also make handling the bags more difficult when loading buses on the trek. It is much better to bring a larger bag that is big enough for all your kit rather than a smaller one onto which you have to strap extra equipment.

PAPERWORK

- Passport
- Insurance Document
- 2 x passport photo's

Please bring photocopy of passport and insurance document.

ESSENTIAL ITEMS FOR TREK:

- Well broken in, lightweight boots for trekking
- Trekking trousers (light weight, fast dry)
- Light-weight, long sleeved tops (fast dry)
- T-shirts
- Breathable socks
- Light-weight, waterproof jacket and trousers (should pack small and be breathable. Good for extra warmth over a fleece)
- Warm top or fleece
- Face scarf/buff (to cover face when trail is dusty)



DAY PACK:

You will need a day-pack large enough to carry a packed lunch and the listed following items (recommended at least 25 litre capacity).

- Platypus/Camelback (recommended) or water bottles - min 3-litre capacity.
- Water purification tablets
- Sunscreen – minimum factor 30 and SPF lip salve
- Sun hat
- Sun glasses
- Insect repellent
- Antibacterial hand wash gel – important for use before eating and after toilet stops
- Small waterproof bag containing: passport; credit cards and money
- Torch – LED head torch recommended or spare batteries
- First aid kit – see information below
- Toilet paper and matches/lighter

ESSENTIAL ITEMS FOR EVENING:

- Sleeping bag – four seasons
- Sleeping bag liner for extra warmth
- Trainers /shoes for comfortable wear
- Warm comfortable trousers and top
- Down jacket or equivalent or additional fleece (it can get VERY cold, particularly at night)
- Good quality gloves and warm hat
- Thermal underwear for bed
- Spare socks and underwear
- Pillow case for use in the tea houses

ESSENTIAL PERSONAL ITEMS:

- Wet-wipes/baby wipes for washing
- Camera, lots of film/memory card and spare batteries
- Two bin liners or rucksack liner
- Clean clothes for celebratory meal
- Small freezer bags for use as a daily personal rubbish collection

OPTIONAL USEFUL ITEMS:

- Walking poles (strongly recommended)
- Gaiters (for wet /muddy/dusty conditions)
- Padlock or means of securing/locking luggage
- Money belt
- Ear plugs (anti-snorer protection)
- Swimming costume (optional – for use at hotel)

The expedition leader will carry a complete medical kit during the trek, but are not able to supply everyone with essentials such as painkillers. You are requested to bring a comprehensive First Aid kit for personal use during the event. If you are travelling with a friend, you may wish to share your first aid kit, but please ensure you bring a full weeks' supply of painkillers, plasters (especially blister treatments) Imodium and other 'essentials' for both of you, just in case you both get blisters or fall ill.

FIRST AID KIT

- Painkillers
- Ibuprofen or other anti-inflammatory (not for asthmatics)
- Imodium for diarrhoea
- Antihistamine tablets and cream
- Antiseptic wipes
- Plasters
- Re-hydration mix such as Dioralyte
- Gauze pads
- Crepe bandage
- Zinc oxide tape (or Leucotape which is much better)
- Moleskin and/or 'Compeed' for blister treatment
- Small tub of Vaseline
- Tweezers & scissors (not in hand luggage on flight)
- Safety pins (not in hand luggage on flight)

NOTE PAINKILLERS & ALTITUDE

Participants are advised to bring BOTH Paracetomol and ibuprofen in their personal medical kits. Along with headaches, altitude can also cause mild nausea. Ibuprofen can cause an upset stomach and could make the nausea worse. Conversely, paracetomol doesn't work well for muscular and joint problems – ibuprofen works much better.



EVEREST BASE CAMP: FAQ's

WHAT DO I DO ABOUT A VISA?

You need a visa to enter Kathmandu and you can either do this in advance or at the airport. It's swings and roundabouts. Sometimes there is a bigger queue on the visa side and sometimes not. If you choose to get your visa at the airport, definitely bring a couple of passport sized photo's with you as a precaution. The visa machine takes your pic but there may be a power cut.

Details below from Gov.co.uk –

<https://www.gov.uk/foreign-travel-advice/nepal/entry-requirements>

WHAT CURRENCY DO WE USE AND WHERE TO EXCHANGE?

The local currency is Nepalese Rupee (NPR) which is what we use on the trail. Your final payment for the expedition is due in US Dollars (USD). You can exchange money in Kathmandu but it's recommended to bring the USD with you and then exchange to NPR in country.

HOW MUCH MONEY DO I NEED?

This depends on what you'd like to buy. Breakfast in Kathmandu is included and on the trail the meals and drinks like hot lemon are included too. Soft drinks, chocolate bars, bottled water etc. can cost anything from 30p to £4 depending on where you are. The higher up you go, the more it costs. People can spend anything from £20 to £100 depending on personal choices. Cake and alcohol are also available but again, come at a cost.

The celebration dinner in Kathmandu can be nearer to UK prices as well as coffee in places like Himalayan Java (Aspire Adventures personal fave!).

WHEN SHOULD I ARRIVE/ LEAVE KATHMANDU?

Please arrive on the first day of your expedition and that may mean flying overnight so leaving the day before. Please arrange to leave Kathmandu on the last day of your expedition. Please send us details of your flights and whether you'd like to stay extra nights before or after.

WHO SHOULD I BOOK FLIGHTS WITH?

Flights are not included in our costs so people can choose favourite airlines and places to fly from. Some of the more popular are Air India, Jet Airways, Qatar Airways or Emirates.

WHAT ABOUT INSURANCE?

There are lots of companies that specialise in trekking insurance for Everest Base Camp. Some of the more popular are World Nomad. The BMC and True Traveller. There are lots. Make sure it covers the altitude of Everest Base Camp (up to 6,000m is the general height mentioned) and includes helicopter rescue.

Please get insurance as soon as possible in case you have an injury or need to cancel for some reason.

WHAT ABOUT TIPS?

This is personal depending on how you feel things have gone with the team. They are not included in the costs. You may wish to give anything from \$75 to \$120 which will be shared amongst the team of porters and Sherpas.

CAN I LEAVE STUFF AT THE HOTEL?

Yes, of course. It will be kept in a secure room and you'll be given a luggage tag to use when you get back. We tend to leave stuff like clean underwear, clean polo shirt and jeans and anything we don't want on the trail.

CAN I BOOK EXTRA NIGHTS BEFORE AND AFTER?

Of course, depending on availability. Cost will be in the region of \$65 per night and payable when you check out of the hotel. Email info@aspire-adventures.com with your requirements and we will confirm once sorted.

WHAT ABOUT WI-FI OR CONNECTIVITY IN COUNTRY?

Some people get themselves a local Nepal SIM card and load up with credit. To get a SIM you'll need a passport photo. Wi-fi is available in a lot of places on the trail and comes at a cost depending on MB usage. The expedition leader will post on to social media most days so your friends can connect in with him/her if you wish for a digital detox.

WHERE DO WE SLEEP AND WHEN ON THE TRAIL?

We sleep in lodges which are locally known as teahouses. The rooms are basic but have a roof. Toilets could range from shared to en-suite. They are single beds and generally have a blanket but a sleeping bag for higher altitude is highly recommended along with a sleeping bag liner for when you may just wish to use the blanket.

Food is plentiful and ranges from eggs and toast for breakfast, noodles and pasta for lunch and hearty dinners of the same. Of course, Dal Bhat (rice with a lentil soup) is always available. As the Sherpa community say, Dal Bhat power....24hr!

Some of the teahouses will have showers and some may even be hot! They will come at a charge and will be around £3 give or take.

It's also worth bringing ear plugs as the walls are thin and people make noise! Sleep and rest is needed.

WHAT VACCINATIONS SHOULD I GET?

Please follow the advice below and also consult a travel nurse –

<https://www.gov.uk/foreign-travel-advice/nepal/health>

HOW DO I GET TO AND FROM THE AIRPORT?

Please tell us your flight details and we shall arrange transfers. Someone will be waiting for you outside arrivals with your name on a board..

WILL I BE OK WITH ALTITUDE?

Altitude is very individual and the route is chosen to give everyone the best chance of succeeding. The great article below from the NHS explains more about how it can impact you. You may also wish to discuss a drug called acetazolamide which is commonly known as Diamox. This is a prescription drug (discuss with Doctor) but also available to buy online. It is strongly recommended bringing this with you.

<https://www.nhs.uk/conditions/altitude-sickness/>

WHAT KIND OF TRAINING SHOULD I DO?

You don't need to be an athlete to complete this expedition. That said, a fair level of fitness will make things more comfortable. Definitely get some walks in and start to build in carrying a rucksack with the same kind of weight as you'd carry on the trail (2litres of water, snacks, waterproofs, camera etc.).

Build this up and include some hills and perhaps think about back to back days which then replicate the expedition. Walking days can vary from 3hrs and 6km in distance with minimal height gain to 6hrs and 350m of vertical height gain in that same day.

WHAT IF THERE IS AN EMERGENCY AT HOME?

Your expedition leader will have a Nepal SIM card and will give you the contact number if you'd like to share with people at home to contact in an emergency.

WHAT ELSE SHOULD I THINK OF?

Definitely bring copies of your insurance document and photocopy it also. Bring a photocopy of your passport and it's good practice to bring a couple of passport sized pics also. It's worth photocopying the front and back of a credit card just in case stuff is lost.

There can be dead time in the evenings so perhaps bring some cards to play games. Also, a Kindle or some books to read. Some people bring headphones and perhaps watch a movie downloaded on a tablet.

WHAT SHOULD I DO WITH MY PASSPORT?

You can leave your passport in Kathmandu which will be held in a safe. This means that it won't be on the trail with you.

ARE TRAINING WEEKENDS AVAILABLE?

Yes. Have a look at <https://aspire-adventures.com/skills-and-learning> and you'll see a range of dates available to help improve your success chances. You could also book some 1:2:1 training via info@aspire-adventures.com who can advise on dates and costs.

WHAT HAPPENS AFTER I PAY THE DEPOSIT?

You'll receive an email to confirm your spot. We will then set up a WhatsApp group to help connect the team and deal with questions or worries. Nearer the time you'll receive some emails as reminders along with a link to upload your medical information which is held securely. You'll also be contacted about flight, insurance and passport information so we can start to get things arranged in Kathmandu.

WHAT IF I HAVE QUESTIONS?

Please do email us at info@aspire-adventures.com and we shall answer everything ideally within 24-48hrs.