

NEPAL Everest Base Camp Trek

This is an Open Challenge itinerary; you can take part on the dates shown and raise money for a charity of your choice. Itineraries for bespoke trips (run for sole charities) may differ slightly, and will have different dates and pricing schedules.

Duration: 19 days / 18 nights

Trip Grade: Extreme

Dates:

26 Mar – 13 Apr 2011	24 Mar – 11 Apr 2012
8 Oct – 26 Oct 2011	13 Oct – 31 Oct 2012
12 Nov – 30 Nov 2011	14 Nov – 2 Dec 2012

Payment Options:	2011	2012
Fundraising:		
Registration Fee	£399	£449
Min. Fundraising Target	+	+
	£3750	£3800
Self Payment:		
Registration Fee	£399	£449
Trip Cost	+	+
	£1500	£1520

Please note Registration Fee is in addition to Trip Cost / Fundraising Target

Nepal is a country in a league of its own with breathtakingly beautiful scenery, a fascinating culture and friendly people. Meeting the villagers whilst trekking through this landlocked gem of a nation is one of its greatest pleasures.



Our route takes us via the Sherpa capital of Namche Bazaar through beautiful valleys, dense forests and across glacial rivers before we reach the renowned viewpoint of Kalapatar, on the approach to Everest



Base Camp, and see the highest mountain on the planet. There is also time built in to trek to Base Camp itself. We also have time to explore the colourful and frenetic capital of Kathmandu.

ITINERARY

Day 1: Depart UK, fly to Kathmandu

Day 2: Kathmandu

Arrive Kathmandu, transfer to hotel in Thamel area. We have a half-day exploring the city and discovering the sights, sounds and smells! Kathmandu is a labyrinth of streets and markets, crowded with exotic produce and a mystifying blend of people. Visit the central Durbar Square, infused with a medieval



atmosphere, overflowing with stupas and home to the Old Royal Palace. There is also the opportunity to hire/buy any last minute trekking equipment or haggle for your souvenirs at the many shops and stalls. Night hotel.

(Dinner not included)

Day 3: Kathmandu

We take a tour around Kathmandu and take in some awe-inspiring sights, such as Bodhnath and Swayambhunath (more commonly known as the monkey-temple): Buddhist temples swathed in prayer-flags and incredibly photogenic! Temples and palaces, markets and sadhus, we will see as much as we can before returning to Thamel for our evening meal and final packing session. Night hotel.

(Lunch not included)



Day 4: Kathmandu – Lukla – Phakding

We take a stunning early morning flight from Kathmandu to Lukla, 'Gateway to the Everest region,' perched at 2840m above the Dudh Kosi or 'River of Milk' – so named because of the pale milky appearance of the glacier melt-water. We are now in the region of the legendary Sherpas and you will notice the difference in the faces of the people you meet here and those from the Kathmandu valley. After lunch we trek north down towards Phakding (2610m) along a meandering trail which is lined with *mani* stone walls, made with hundreds of stone tablets and giant carved boulders, brilliantly decorated with brightly-coloured paints. The Buddhists believe these to be sacred and so as a sign of respect to the local culture we pass them in a clockwise direction. Night teahouse.

Trek approx 3 hours

Day 5: Phakding – Namche

We head onwards and upwards as the trail starts to rise through a forest of rhododendron, magnolia and giant fir-trees. Our target this evening is Namche Bazaar (3440m), a delightful mountain village and the Sherpa 'capital', but first we must ascend Namche Hill; walking at a gentle but steady pace we finally arrive at the town that is itself an important meeting and trading point for the local people. Night teahouse.

Trek approx 5 – 7 hours

Day 6: Acclimatisation Day

We take a day to rest in Namche; we can explore the markets (which sell everything a trekker could require here!) or happily laze around in the sun. It is important to note that acclimatisation is extremely important and that by using these acclimatisation days correctly we greatly improve our chances of reaching our goal of Kalapatar, which lies at an altitude of 5545m.

Days 7 – 9: Namche – Dingboche

The trail turns northeast from Namche along a tributary valley and the mountain views start to open up, becoming more dramatic as the climb approaches the holy ground of Tyangboche, which is surrounded by a protected juniper forest. From here, on a ridge above the much-photographed *gompa* (monastery) is a mountain vista with few equals: Everest, Lhotse, Nuptse, Ama Dablam, Kwangde and Kangtega all loom above us. When we reach the picturesque 'summer village' of Dingboche (4100m) it is time to take another acclimatisation day. Nights in teahouses.

Trek approx 3 – 6 hours daily



Days 10 – 13: Dingboche – Kalapatar – Base Camp

Leaving Dingboche, the trails ascend gently but still the pace is easy, it's important not to rush in the rarefied atmosphere. We reach Lobuche (4910m), often reached by walking past frozen rivers where stone houses sit in an icy wilderness of stunning beauty. We are en route to our final destination, Everest Base Camp. Over the next two days we climb to the look-out point of Kalapatar (5545m), which fills us with a real sense of achievement as we stare in awe at the spectacular surroundings. We can then head for the renowned camp where many a climber has set off to climb the world's highest mountain, before returning to Lobuche. Nights in teahouses.

Trek approx 4 – 8 hours daily

Days 14 - 16: Lobuche – Pengboche – Lukla

We retrace the trail with comparative ease to Lukla, via Pengboche, home to Khumbu's oldest *gumpa* and yeti relics. Our bodies are acclimatised to the altitude and the further we descend the fitter we feel. Nights in teahouses.

Trek Approx 4 – 8 hours



Day 17: Lukla – Kathmandu

Fly from Lukla to Kathmandu, and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating our achievements! Night hotel.

(Dinner not included)

Day 18: Free time to explore Kathmandu before transferring to the airport for our flight back to the UK.

Day 19: Arrive London UK

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

GENERAL INFORMATION

TOUR COST

All accommodation is included as well as all flights and transfers; internal air tax; all meals except 3 as specified in the itinerary; any permits and entry fees to any regions and sites visited as part of the itinerary.

Experienced Discover Adventure leaders and doctor (depending on final group size) are also included, along with a local support crew of local guides, porters and cooks.

The tour cost does not include personal travel insurance, airline fuel supplement if charged by the airline, entry visa, three meals as specified, tip for local crew, or international departure tax. It also does not include any entrance fees to any optional sites or attractions.

Costs in Nepal

We recommend you budget for the following costs in-country:

- Tips for Local Porters & Crew (see below): US\$60
- Entry visa: US\$40
- Meals not included: US\$30-35
- Extra hot drinks on trek: US\$30

Remember to allow extra for drinks, souvenirs & other personal expenses. You can buy drinks, snacks and personal items in the villages we trek through, but be warned that the further up the trail we are, the more expensive items become.

This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

We strongly recommend you carry a credit card in case of personal emergency.



FLIGHT INFORMATION

Group flights leave from London Heathrow or Gatwick and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.

Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.

Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so do be prepared for transit stops: bring a good book or chat to your fellow trekkers! Airlines that do offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!

Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible; please complete the form in the information pack you'll be sent with your booking confirmation.

CULTURAL DIFFERENCES

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

ACCOMMODATION

Accommodation comprises of 13 nights in teahouses (simple but comfortable mountain lodges) and 3 nights in a hotel in Kathmandu. The hotel in Kathmandu is comfortable with private bathroom and hot water. The tea-houses are plain and simple and are run by individual families. The most common 'best memory' of a trip to Nepal is the warmth and hospitality of the local people and the evenings spent in the teahouses along the route. Please do not expect the same standards as you would in the UK!



FOOD

All food is included except for 3 meals as detailed in itinerary. For much of the time we are trekking in a valley the local people hold sacred; no animal can be killed there for food. As such, we only have access to fresh meat at certain parts of the trek. The teahouses are safe and atmospheric places to stay in, but some have limited cooking facilities. This means that to cater for the group in a reasonable time-frame, your cook will choose relatively simple dishes. The food is full of energy and there is plenty of it, but please do not expect the variety you would have at home.

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to

explore and try other culinary experiences! There is always something to suit every budget.

PASSPORT, VISA & VACCINATIONS

A valid ten-year passport is essential; it should be valid for at least six months after departure from Nepal. There are visa requirements for UK citizens; currently all visas are obtained at the airport upon entry in Kathmandu and will require US\$40 in notes; we also recommend you have two passport-sized photos with you. Other nationalities should check entry requirements.

We insist that you have had a tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. There is malaria in Nepal; you should not need prophylactics as it rarely occurs in elevations as high as Kathmandu, but it is always best to refer to your GP and travel clinic.

You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

TREKKING INFORMATION

Terrain

Terrain is varied as the route lies through valleys, forest and high mountain passes; paths are generally very good.

The trek is challenging mainly because of the altitude at which we are trekking – this

should not be underestimated. The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when on the move. You may want to read about altitude and its effect on the body, it will help explain the need for rest days and a slow but steady pace.

Trekking Distances

Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much



more useful when training to think about the hours you need to walk for and the terrain you'll be trekking over!

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Clothing & Equipment

We are travelling through remote mountains where we could be exposed to bad weather at any time. The table below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in the mountains. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Weather

Nepal's rainy season, or monsoon, is from mid-June to September, though there may still be intermittent rain in early October. Weather in spring and autumn is clear and dry. In the mountains temperature is influenced heavily by the altitude.

The figures below show min and max average temperatures and average number of rainy days in Kathmandu:

February	4 - 19°C	5	October	13 - 27°C	4
March	7 - 27°C	2	November	7 - 23°C	1
April	12 - 28°C	6	December	3 - 19°C	0

Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. We design our challenges so that everyone can go at their own pace: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

TRAINING WEEKENDS: £119 SPECIAL OFFER!

Only when you book online at the same time as registering for your main challenge

Discover Adventure Training Weekends in Snowdonia National Park are designed help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other trekkers, you're bound to find it incredibly useful!

For dates and further information see our brochure or website.

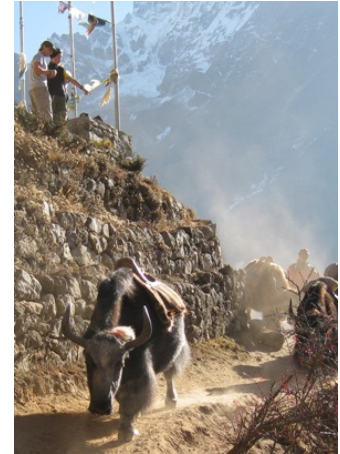
TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

Although our leaders are trained in expedition first-aid, they are accompanied by an expedition doctor or medic (dependent on group size), who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough.



The number of crew looking after you will depend on the final size of your group, but an average-sized group in Nepal would be led by two leaders and a doctor. At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Local Support Crew

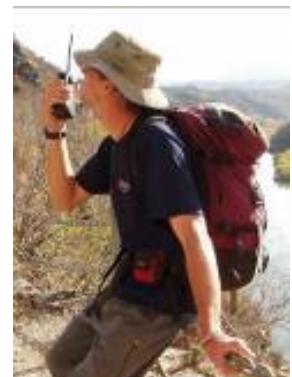
Our local support crew is made up of local guides, drivers and cooks, and porters where appropriate. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers, cooks and porters do not always speak English but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your trek. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! Your leader will give you an idea of appropriate guidelines. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

Luggage

Your luggage and everything else we need on our trek is carried by porters and possibly yaks at times.



Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should also bring a daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

WORLDWIDE SUSTAINABLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association, has recognised the work we do in this area and has awarded us 4 stars as a Responsible Tour Operator.



Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you

would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

Carbon Offsetting

We encourage all our customers to offset emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action in the UK you can volunteer for a day with BTCV and work on an environmental project local to you. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge



Please contact the Discover Adventure office using the contact details below with any queries.

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