



# EVEREST BASE CAMP TREK

NEPAL • TREK • RED 2

## ABOUT THE CHALLENGE

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, enjoying tantalising glimpses of the mighty Everest before we reach our goal of Base Camp. There is also time built in to trek to the summit of Kalapatar, the famous Everest viewpoint, and wonder at views of highest mountain on the planet at sunrise.

We also have time to explore the colourful and frenetic capital of Kathmandu.

## EVEREST BASE CAMP ALZHEIMER'S SOCIETY • 18 DAYS

### Day 1: Depart UK for Kathmandu

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### Day 2: Arrive Kathmandu

We arrive into Kathmandu, usually late afternoon, and transfer to our hotel in the Thamel area. We have time to relax before dinner in a local restaurant and a good night's sleep. Night hotel.

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### Day 3: Kathmandu

After a full trip briefing, we head out into Kathmandu and take in some fantastic sights, such as Bodhnath and Swayambhunath (more commonly known as the monkey-temple): Buddhist temples swathed in prayer-flags and incredibly photogenic! Packed full with temples and palaces, markets and sadhus, 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. We return to Thamel for lunch and have the afternoon free to explore before returning to the hotel in time for dinner and our final packing session. Night hotel.

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### 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 meeting our assistant guides and porters in a local tea house, 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, some 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**

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### Day 5: Phakding – Namche Bazaar

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. 7-9 hours**

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### Day 6: Acclimatisation Day

A valuable acclimatisation day sees us walking up to a great viewpoint to get our first sighting of Everest and its equally

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famous neighbours. We also take in the local museum before heading up further via the airstrip, stopping at the highest hotel for a well-earned cup of hot lemon, having gained approx 400m. We then head back to our tea house for lunch and a rest in the afternoon. We can explore the markets (which sell everything a trekker could need!) or happily laze 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 Base Camp, which lies at an altitude of 5364m. Night teahouse.

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### **Day 7 - 9: Namche Bazaar – 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 Tengboche, which is surrounded by a protected juniper forest; this section takes around 5-7 hours. 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. After a good night's rest, we head up to the valley and reach the picturesque 'summer village' of Dingboche (4400m), where it is time to take another acclimatisation day. Nights in teahouses.

**Trek approx. 6 – 8 hours daily**

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### **Day 10 - 12: Dingboche – Base Camp – Gorakshep - Pheriche**

Leaving Dingboche after another vital acclimatisation day, 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 stay here a night and then head to Gorakshep (5164m), site of our highest teahouse, en-route to our goal of Everest Base Camp. Reaching the famous Base Camp rocks (5380m), we celebrate with photos and hugs before heading back to Gorakshep for the night. If our legs allow, we rise early morning to trek up to the summit of Kalapatar (5545m) for sunrise views over Everest – filled with a real sense of achievement as we stare in awe at the spectacular surroundings. From here, we head on down the valley to the lower altitude of Pheriche for the night. Nights in teahouses.

**Trek approx. 4 – 8 hours daily (Base Camp Day 9 – 11 hours)**

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### **Day 13 - 15: Pheriche – Tengboche – Monjo – Lukla**

We retrace the trail with comparative ease to Lukla, via Tengboche, home to an important Buddhist monastery and the largest gompa in the Khumbu region. We're rewarded yet again with panoramic views of the Himalayan mountains. Our bodies are acclimatised to the altitude and the further we descend the fitter we feel. Where we stay on the way down is flexible. On arrival in Lukla we celebrate our success and say our thanks to our local guides and porters. Nights in teahouses.

**Trek approx. 6 – 8 hours**

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### **Day 16: 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.

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## Day 17: Free Day

Free day to explore Kathmandu further and make those last-minute purchases! *(Lunch and Dinner not included)*

## Day 18: Fly Kathmandu to London

### TREK TRAINING WEEKEND

**£170 Special Offer - Only when you book at the same time as registering for your main challenge**

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

### GRADE | RED

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **RED** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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

Please note: This document was downloaded on 22 Aug 2019, and the challenge is subject to change.