



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

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.

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.

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

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

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

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.

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

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)

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

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.

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

CHALLENGE INFORMATION

DETAILED INFORMATION

Flight Information

Group flights leave from London Heathrow or Gatwick on scheduled airlines 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).

Your journey may involve a transit en route, details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Roomshare Arrangements

Some accommodation (in hotels or camp) will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

On some nights we are likely to sleep in more communal accommodation such as dormitories, huts, local homestays or monasteries, depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

Accommodation

Accommodation is in teahouses (simple but comfortable mountain lodges) when trekking, and a hotel in Kathmandu. The hotel is comfortable with private, twin-share facilities. Tea-houses are generally 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.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

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 may be in very rural or remote 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 we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Leaders & Trip Support

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. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is 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 total number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: participant 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, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries we travel to is far below what you would spend on a normal night out.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the destination and terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft 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 small 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 communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They 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 medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

PREPARING FOR THE CHALLENGE

Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. 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 Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may 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.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

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 participants 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!

CHALLENGE EXTENSIONS



CHITWAN NATIONAL PARK

Chitwan National Park lies in Nepal's subtropical Terai lowlands in the south of the country. It was Nepal's first National Park, awarded World Heritage Site status in 1984.

Its dense jungle, marshy wetlands and rippling grasslands are a haven to wildlife such as the one-horned rhino, sloth bear, gharial, leopard, and the creature everyone hopes to catch a glimpse of – the elusive Royal Bengal tiger. We will also keep our eyes open for the many other species of animals and birds which live here, including several species of deer and monkey.

We explore this beautiful and enchanting habitat by jeep and dug-out canoe, and also visit a local community, where the way of life is very different to what we have experienced in the mountains of Nepal.

Min 3 pax - £50 supplement for 2 pax

PRICES

| | |
|------|------|
| 2019 | £525 |
| 2020 | £575 |

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](#)



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.