

Everest base camp, Nepal



This outstanding trek to the base camp of the world's highest mountain will take you through the lush valleys of Sagarmatha National Park, with time to explore its villages and monasteries. Eight of the world's fourteen peaks that exceed 8,000m in height are situated in the Nepalese Himalayas. The highest of them all, standing at 8,848m, is Mt. Everest.

Your trekking adventure begins at Lukla, where you will trek to the Sherpa capital of Namche Bazaar. You will have plenty of time to acclimatise to the altitude, following the trail across numerous rivers. Your trek leads uphill from Thyangboche, where you reach your goal of Everest Base Camp with its glacial floor and sunlit valley. If you have any energy reserves you can aim for the highpoint of Kalapathar (5,647m) with breathtaking panoramic views of the surrounding peaks and glaciers including Mt. Everest. Having completed the challenge, you will have the chance to explore the city of Kathmandu and its many temples and bazaars.

Please note that this challenge is graded "extreme" due to the length of days trekking at high altitude and a very high level of training and fitness is required.

Day 1: Depart from London - Kathmandu, Nepal

You will be flying from London to Kathmandu. Our Charity Challenge representative will be at the airport to assist you with the check-in and any last minute questions.

Day 2: Arrive Kathmandu

After landing at Kathmandu you will be met at the airport by a Charity Challenge local agent who will transfer you to your local hotel. Dinner & overnight at a local hotel in Kathmandu (you can leave spare kit here while you trek).

Day 3: Fly Kathmandu to Lukla & Trek to Phakding (2,652m) – 8-10 kms

After an early morning breakfast you will be transferred (20-30 minutes) from the hotel to the domestic airport, and board a small aircraft for the sweeping panoramic flight to Lukla (45mins). **Please note this flight can be subject to delay or cancellation due to weather conditions. The itinerary is put together with a number of acclimatisation/rest days so that if your flight were delayed for up to three days, you should still be able to complete the challenge. If flights are unable to take off after three days, we would implement an alternative Himalayan trekking itinerary.** Once in Lukla you will have time to wander around & pick up any last minute kit or rest after your journey & acclimatise, while the Sherpa crew sort and divide the camping equipment and baggage onto the Ghopkyo (mix breed of Yak & normal cow, as the Yak cannot survive below 3000m). After lunch you will begin your 3-4hr trek along a pleasant trail most, with a few steep climbs from Tarhe Khola, where you have a superb view of the Kusum-Kangru (6,369m) crossing. After a short climb, you reach Ghat village, and after another 1½hrs of trekking you arrive at Phakding village for the overnight camp near the bank of the Dudh-Kosi River.



Day 4: Trek to Namche Bazaar (3,440m) – 12-13kms

Today's 5-6hr trek continues on from Phakding. After crossing the suspension bridge over the Dudh-Kosi River, the walk is pleasant with a few short uphill climbs and then downhill, with magnificent views of Thermasarkhu (6,608m). From the village of Benkar, you will cross the long suspension bridge over the Bhote-Koshi River once more, and then continue on this trail of trekkers, Ghopkyo and porters, before finally arriving at the small village of Monjo. Monjo is situated below the magnificent peak of Thermasharkhu and near to the entrance of Sagarmatha National Park. After a few minutes walk from Monjo, you will reach the entrance of Sagarmatha National Park, where your trekking permit is checked. From here there is a short descent to Jorsalle village, the last village and the only place to shop at until Namche Bazaar. You will continue to trek by the river until the last bridge over the Imjatse River is reached. From here the walk is along a winding uphill path all the way to Namche Bazaar, with views of Kwangde peak and its other sister peaks to the east, with Kusum Kangru behind you as you climb higher. There are also views of the Mt. Everest - Nuptse wall, Lhotse and a closer view of Taweche peak, which can be seen all the way up to Thop Danda, where there's a resting stonewall for the porters and trekkers. There is still another 1-2 hour walk, which brings you to the famed Namche Bazaar, with its colourful houses situated in an amphitheatre shaped bowl. Overnight camping at Namche Bazaar.



Day 5: Acclimatisation Day at Namche Bazaar

Suggested activities include a short walk uphill to the Sagarmatha National Park headquarters, a magnificent spot perched on top of Namche Bazaar with spectacular views of the surrounding snow-capped giants and the valleys way down below. There is also an interesting museum with all kinds of information regarding the history of the Himalayas, its geography, culture, mountaineering history and information on flora and fauna of this region. You can then continue walking up to the

Everest View Hotel, where stunning views of Everest, Lhotse and Ama Dablam present a spectacular vista. You can then enjoy the afternoon at leisure and stay again at the camp at Namche Bazaar.



Day 6: Trek to Thyangboche (3,867m) – approx 10kms

Today your 5hr trek takes the trail leading along a winding path with great views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and a close-up view of Tharmserkhu. You will come to a busy place called Shanasa, in this area there is a much higher chance of seeing the beautifully coloured Danphe pheasant (Impeyan pheasant) the national bird of Nepal, the elusive musk deer, and sometimes even a herd of Himalayan Thar (mountain goat). From Shanasa, the trail descends to the Imjatse River at Phungitenga (3,250m), a small settlement with a couple of teahouses in the midst of the alpine woods of mostly silver fir blue pines, rhododendron and some magnolia and birch trees. At Phungitenga there are a number of beautiful prayer wheels propelled by water, from the nearby streams. The walk from here is strenuous for an hour on a winding trail through shaded woods until a small religious monument of prayer stones covered with rhododendron leaves and junipers is reached. From here the walk is uphill for another hour, with views of Thermasarkhu and Kangtenga. Tyangboche is one of the most beautiful places in the Himalayas, and the first thing that you will see is a big Ghompa (monastery), before a large field with campsites and teahouses, lodges beneath the peak of Ama Dablam with Everest looming above, and the Nuptse wall to the north with Mt. Lhotse and Lhotse Shar to the north east and many more peaks all around you. From Tyangboche you take the trail & descend through a forest of birch, fir, juniper and rhododendron and comes out at a lovely spot at Deboche (3,650m) with further views of Mt. Ama Dablam, Mt. Everest, Nuptse and Lhotse. Overnight camping.

Day 7: Trek to Dingboche (4,358m) – approx 12kms

Today you have 5-6hrs of trekking today takes the trail & descends through a forest of birch, fir, juniper and rhododendron and comes out at a lovely spot at Deboche (3,650m) with further views of Mt. Ama Dablam, Mt. Everest, Nuptse and Lhotse. From Deboche you will walk past the long prayer mani wall, the path is gradual until you reach a small bridge over the narrow gorge of the Imjatse River. The walk continues gradually uphill most of the way, as you come to a large mani wall gate. A little further from here the route diverts going to the upper Pangboche village, where an old monastery is located. After a gradual walk downhill which brings you back to the main trail, you continue with a short climb to Shomare a small settlement with fantastic close-up view of Ama-Dablam for lunch. Following a pleasant break here your journey continues eastwards, after an hour walk, before a small wooden bridge the road splits two ways again; the north going to Pheriche and the second leading east beneath the towering north face of Ama Dablam. The trail climbs slowly, winding above the Imjatse River, until you come to a big mani stupa. From here onwards the walk is fairly moderate as you enter the Imjatse Valley beneath the mighty peaks of Ama Dablam, Nuptse and Lhotse with views of the eastern snow capped mountains. Dingboche is a beautiful patchwork of fields enclosed by stonewalls protecting the crops of barley and potatoes from the cold winds and grazing animals. Overnight camping.

Day 8: Acclimatisation day in Dingboche

Today is a very important acclimatisation day. For those that wish, you can take a walk up onto the ridge above Dingboche where you will have some spectacular views across the valley and the Imja Khola. The day can be spent visiting a monastery in Dingboche exploring the Imja Khola. There are some breathtaking views of the north face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak. The days walk is usually short with a good chance to relax in the afternoon and laze in the sun. Overnight camping.

Day 9: Trek to Loboche (4,928m) – approx 8kms

Today's 4-5hr onward journey leads north for about 40-50mins until you come to a mani prayer stupa. The trail is gentle looking down to Pheriche village below. Today's walk offers views of the Mt.Tawache, Ama Dablam and to the north Pokalde (5,741m), Kongma-tse (5,820m) and the great wall of Nuptse. After a walk of 1½-2hrs the trail from Pheriche joins another near Dugla (4,595m) before a small wooden bridge over the

river of Khumbu glacier. You will stop at Thukla, for lunch, before continuing for an hour up a steep hill to the top. As you summit the hill you enter a memorial ground of prayer flags and monuments dedicated to climbers who have lost their lives attempting to reach the lofty pinnacles of these majestic mountains. From here you have unrivalled views of Mt. Pumori and other peaks west of Everest. This is a good spot for a short break. There is another 1½-2hrs of trekking up to Loboche, hidden and sheltered from the wind. Overnight camping.



Day 10: Trek to Gorakshep (5,288m) & Everest Base Camp (5,357m) – approx 14kms

Today is the day for your final destination of this adventurous journey at the foot of Number One. The first hours walk is gradual and up the valley at the end of the grassy field, a short 20 minutes climb. The walk from here follows the rocky moraine path, as you walk you can see the icy-glacial pond and icebergs down below of Khumbu glacier. After the last rocky moraine dunes, a short downhill walk brings you to Gorakshep on the flat field below Kalapatthar (5,545m) and Mt.Pumori (7,145m). Gorakshep has two teahouses, and it used to be a base camp in the early 50's Edmund Hilary expedition to Mt. Everest. After a break here at Gorakshep you will continue towards Expedition Base Camp and to the Khumbu Ice-fall, the path from here can be misleading; follow the lead Sherpa as every year the trail changes due to the movements of the glacier. The walk is strenuous due to the high altitude and thin air and it passes over rocky dunes and moraine and streams, until you reach the base camp. Expedition Base Camp is lively with commotion during the high expedition season. A great view of the Khumbu icefall awaits you. After a celebration here you will retrace the journey back to Gorakshep for your overnight camp. Today's journey will take you some 9 hours.



Day 11: Ascent of Kalapatthar (5,647m) & trek back to Pherice – approx 14 kms

This morning you have the option to ascend to the summit of Kalapatthar. A few minutes of easy walking on the sandy fields brings you to the base of the peak, then a steep climb for 45 minutes brings you to the near level field. The walk from here is gradual till you reach the rocky spot after an hour and from here another steep climb to the top for another ½hr. At the top of Kalapatthar is a small rocky peak on the southwest ridge of Mt.Pumori, the view from here is beyond imagination as Everest looks within a stones throw distance. Between the summit of Nuptse, Lho-la and Lhotse on the back, the panoramic view from this spot is something to cherish, and you feel it's worth the hard climb up to here and to feel at the top of the world. All of the higher snow capped giants that dominate will be all around you. To the south Khumbu glacier sweeps below you, and you can also see Everest Base Camp down below on the moraine of Khumbu glacier, when the expedition season is active. After a great moment with the panoramic view you descend and continue towards your overnight camp in Pheriche (4,245m).

Day 12: Trek to Phungitenga – 15 kms

Your journey back down today takes you through Pangboche continuing your journey back along the Imjer-Tse gorge and up to Tyangboche. From here you descend back down to the settlement of Phungitenga, where you camp beside the raging torrent of the Dudh Koshi River.

Day 13: Phungitenga to Chumoa – 11 kms

From Phungitenga you have a steep climb away from the river as you make your way back towards Namche. The walk takes you along winding tracks, through a landscape of pine forests and steep valleys. The views are magnificent as you follow a relatively easy path towards the Sherpa capital. Stopping in Namche for lunch there will be time for some last minute shopping before you continue down, taking the long path back down to the river. Retracing your steps you cross the river once more and head through Jorsalle, towards the park

entrance at Monjo. From here you have a short walk to your campsite for the evening, at the small settlement of Chumoa before your return to Lukla.



Day 14: Trek back to Lukla

Your final day's walking is a pleasant 5 hour walk, with a few short uphill climbs before descending back down to the Bhote-Koshi River, crossing it three times. Stopping in Phakding en-route, you then cross the river and begin your final leg of an epic journey. The last uphill climb of 45 minutes will bring you to the busy village of Lukla (9,200ft), where you spend the night at a campsite.

Day 15: Lukla to Kathmandu

This morning you will fly from Lukla to Kathmandu. You will have the afternoon to relax and do some souvenir shopping in Kathmandu. This evening you will enjoy a celebratory meal with your team.



Day 16: Kathmandu

Today you are free to relax and enjoy Kathmandu or you can take part in individual activities:
 Mountain Flight to Everest – approx US\$170 per person inclusive of airport transfers to be paid locally.
 Sightseeing Tour – approx US\$ 20 per person inclusive of half day sightseeing tour of Pashupatinath Temple and Boudhnath Stupa with the service of a guide, transport and applicable entrance fees – to be paid locally.
 Overnight in Kathmandu.

Day 17: Arrive UK

This morning, you will transfer to the airport for your return flight to the UK, arriving later in the day.

N.B. The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary, however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

Should you suffer from vertigo, it is worth considering that on most mountain treks there will be occasional exposure to sheer drops. Please contact our team if you would like further advice.



Optional Extension:

Chitwan National Park, elephant ride and Canoe Safari. (4 days, 3 nights)

- Fly or drive to Chitwan National Park. Proceed into the jungle on elephant back.
- Enjoy jungle activities: elephant ride, bird watching tour or a nature walk.
- Rest at the lodge and watching elephants bathing from a dug-out canoe ride. Overnight at Jungle Lodge



To find out more information, visit the Everest Base camp challenge page on our website or click on "extensions" in your member's area.