

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

EVEREST BASE CAMP
NEPAL

Sat 03 Apr - Mon 19 Apr 2010





In aid of your choice of charity

03 Apr - 19 Apr 2010

17 DAYS | NEPAL | EXTREME

Eight of the world's 14 giants meet in the Nepalese Himalayas, including the greatest of them all: Mt. Everest standing at a formidable 8,848m. Beginning in Lukla, we follow in the footsteps of the Sherpa on this epic quest trekking at high altitude. Cross numerous rivers along the way until we reach the highest point at Kalapathar (5,545m). Take in the astonishing array of peaks and glaciers below, before celebrating in the mystical city of Kathmandu.

- Stand in the shadows of the world's highest mountain (8,848m)
- Overwhelming panoramic views
- Deep gorges and glacial lakes
- Sample Sherpa hospitality
- Explore Nepal's mystical capital, Kathmandu

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 03 Apr

-

International departure from London

Your fundraising and training is about to pay off, the big day has finally arrived. Wave goodbye to family and friends before boarding your overnight flight to Kathmandu where your challenge will begin.

DAY 2 Sun 04 Apr

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Arrive Kathmandu

Welcome to Kathmandu, the gateway to the Nepali Himalaya. On landing in the capital, you'll be welcomed by the local Charity Challenge representative, who will transfer you to your hotel (you will stay in Mulkot, 3 hour transfer, if flying from Ramechhap the following day) for the first team dinner. This is the perfect opportunity for you to meet your fellow trekkers and ask any questions about your challenge ahead. After dinner, there will be time to prepare your trekking kit before getting an early night.

Accommodation: Hotel

DAY 3 Mon 05 Apr

-

Fly Kathmandu/Ramechhap to Lukla and trek to Tok-Tok village, 2,652m

You will have an early start as you transfer to Kathmandu/Ramechhap Airport where the adventure begins. The flight alone is an experience, so be sure to take in the scenery of towering, snow-capped mountains before you swoop dramatically into the runway. After arriving, there's a chance to pick up any last-minute kit and meet your sherpa crew. After lunch, there's a pleasant acclimatisation trek with a view of the kusum-kangru crossing at - Tok village. 6,369m. You finish at Tik-Tok village.

Accommodation: Teahouse

NB. This flight is weather dependant and can be subject to delay or cancellation. There are several acclimatisation/rest days built into the trip to allow for potential delays (up to three days). If flights are unable to take off after three days, we will implement an alternative trek itinerary.

DAY 4 Tue 06 Apr

-

Trek to Namche Bazaar, 3,440m (approximately 7-8 hours)

As you leave Tok Tok this morning, you will cross the first suspension bridge of the trek, a truly breath-taking experience. You will follow the trail to Monjo, beneath the peak of Thermasarkhu (6,608m), and continue down the meandering path along the river. Finally, you will cross another spectacular bridge before reaching the foot of the steep ascent to Namche. Weather permitting, this may be your first chance to glimpse the summit of the mighty Everest. At the top, the colourful, bustling Sherpa Capital of Namche Bazaar is your final destination for the day.

Accommodation: Teahouse

DAY 5 *Wed 07 Apr*

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Acclimatisation day at Namche Bazaar

With Everest now in sight, you'll have time to acclimatise by walking to the top of Namche Bazaar. There is an optional walk to the Everest View Hotel, which boasts sweeping panoramic views. Alternatively, you can head to the Sherpa Culture museum to learn more about the region's fascinating mountaineering history. You will spend another night in Namche Bazaar, ready to continue trekking in the morning.

Accommodation: Teahouse

DAY 6 *Thu 08 Apr*

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Trek to Deboche, 3,800m (approximately 6 hours)

This morning follows the winding trail from Namche Bazaar, with exceptional views of Everest. From Shanasa, descend into Phungitenga (3,250m) a pretty settlement in the midst of alpine woods before taking on a tough ascent to Tengboche (3,867m). With its monastery and stunning views, Tengboche is arguably one of the most beautiful sites in the Himalayas. Continue along the trail to Deboche (3,800m) where you will spend the night in the shadow of the Ama Dablam peak.

Accommodation: Teahouse

DAY 7 *Fri 09 Apr*

-

Trek to Dingboche, 4,358m (approximately 6-7 hours)

Leaving Deboche, your route follows the long Prayer Mani Wall up towards Shomare. The altitude may start to take its toll as you climb higher above the Imjatse River. However, from here it's a lovely descent into the Imjatse Valley and the shadows of the Nuptse, Lohtse and Ama Dablam mountains. The village of Dingboche is where you will rest your weary legs for the night overlooking a patchwork of fields.

Accommodation: Teahouse

DAY 8 *Sat 10 Apr*

-

Acclimatisation day in Dingboche

Today is another acclimatisation day. It is the perfect opportunity to explore the monastery and admire the incredible vistas from the ridge over Dingboche and the Imja Khola tributary. Spend the afternoon drinking tea in a coffee shop and resting up for the days ahead.

Accommodation: Teahouse

DAY 9 Sun 11 Apr

-

Trek to Loboche, 4,928m (approximately 5-6 hours)

Heading north, the trek follows the path above the village of Pheriche towards Thukla for lunch. The colourful memorial ground of fluttering prayer flags and monuments are dedicated to climbers who have lost their lives whilst mountaineering. It also serves as a reminder of how challenging the natural environment can be, so be sure to take a moment to appreciate your achievement so far. From here you have unrivalled views of Mt. Pumori and other peaks west of Everest. This is a good spot for a short break before continuing on for another 1½-2hrs up to Loboche.

Accommodation: Teahouse

DAY 10 Mon 12 Apr

-

Trek to Gorakshep, 5,160m (approximately 3 hours)

Set off on a rocky moraine path and climb above the glacial pond and icebergs of the Khumbu Glacier. After the last rocky moraine dunes, a short downhill walk brings you to the town of Gorakshep, below Kalapatthar (5,545m) and Mt. Pumori (7,145m). Gorakshep, famous for being Sir Edmund Hillary's base camp during his expedition to Mt. Everest in the 1950s, is your home for the night.

Accommodation: Teahouse

DAY 11 Tue 13 Apr

-

There and back to Everest Base Camp, 5,357m (approximately 6 hours)

Today is the day - the finale of your trek to Everest Base Camp. The high altitude and difficult terrain makes the trekking a lot more strenuous, but the lively commotion from Everest Base Camp will help to spur you on. Celebrate with friends old and new as you reach Everest Base Camp, making sure to take plenty of photos to document your achievement. You will then head back to Gorakshep to sleep for the night.

Accommodation: Teahouse

DAY 12 Wed 14 Apr

-

Ascent of Kalapatthar, 5,647m, and back to Pherice, 4,245m (approximately 3 hours)

Although optional, the steep hike to Kalapatthar is well worth it and is often considered one of the highlights of the trek. At Base Camp, the summit of Everest is hidden from view. From the top of Kalapatthar, however, you will be rewarded with breath-taking views of Everest's peak. Now it is time to start the descent back down to Lukla, beginning with an overnight stay in Pheriche 4,245m.

Accommodation: Teahouse

DAY 13 Thu 15 Apr

-

Trek to Kanguma, 3,550m (approximately 5-6 hours)

The return journey will take you through the village of Pangboche, as you continue back along the Imja-Tse gorge and up to Tyangboche. The village of Kanguma is home for the night, sitting alongside the beautiful Dudh Koshi River.

Accommodation: Teahouse

DAY 14 *Fri 16 Apr*

-

Kanguma to Chumoa, 2,710m (approximately 5-6 hours)

The morning climb from Kanguma is steep, pushing weary legs through pine forests and valleys towards Namche Bazaar. Enjoy lunch here, the largest Himalayan village, before continuing along the path towards Monjo and your teahouse for the evening.

Accommodation: Teahouse

DAY 15 *Sat 17 Apr*

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Trek back to Lukla (approximately 3-4 hours)

The last day of walking is pleasant, following the Bhote Kushi River towards the village of Phakding, before embarking on the final stretch of your journey. It's one last push to tackle the 45 minute uphill climb to Lukla where you will be staying in a traditional teahouse. Now it's time to revel in your success with a hard earned celebration meal and an evening spent sharing memories with your new found friends.

Accommodation: Teahouse

DAY 16 *Sun 18 Apr*

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Lukla to Kathmandu

Bid farewell to Lukla and the magic of the Himalayas. Touching down in Kathmandu you will transfer to your hotel where a delicious celebration meal will await you.

Accommodation: Hotel

DAY 17 *Mon 19 Apr*

-

Kathmandu

Today is dedicated to exploring the wonders of the magical city of Kathmandu. You will have time to visit its many temples and monasteries, mingle with the monkeys at Swayambhunath Temple or go for a stroll through the Garden of Dreams. Don't forget to pick up some prayer flags before you head back to the hotel for your last supper together.

Accommodation: Hotel

DAY 18 *Tue 20 Apr*

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Depart Nepal & arrive home

Today you depart from Nepal, leaving with fond memories and a great sense of achievement. Touching down in the UK, it may be harder than you expected to say goodbye to all your team mates so be sure to swap details before heading home to share the stories of your adventure.

NB

You will be using an internal airline to fly from Kathmandu to Lukla. Charity Challenge have audited several of the various airlines used within Nepal for this flight and, as a result of the audit, we now only use one of three airlines in Nepal who passed this specialist aviation audit. For emergencies only, we also have a list of approved helicopter companies, which have passed our due diligence processes. We are confident that we have done all we can to ensure that your EBC trek operates to the highest standards of safety that can be reasonably expected in light of the overall airline safety standards in Nepal. We still recommend that you educate yourself on the FCO's advice for Nepal before booking, particularly the advice on airline safety.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £495.00 when you book

Then a balance of £1697.50 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £495.00 when you book

Raise a minimum of £3550.00 for your charity.

FLEXI

-

Registration fee of £495.00 when you book

Then £495.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2450.00 for your charity.

WHAT'S INCLUDED

Before you go

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On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 23/01/2010), and the remaining 20% within 4 weeks of completing the challenge (by 17/05/2010). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 12 - 22 participants

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims.

Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge> and <https://riseandshield.com/partners/charity-challenge/>

* Rise and Shield do not provide cover to Cuba.

Level of Difficulty

The Everest Basecamp challenge is graded as extreme due to the rough terrain, high altitude, and basic facilities. A good level of fitness and regular training is required for this challenge. The more prepared you are for this challenge, the more you will enjoy it. Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the trek as long as they train regularly over a period of at least three months leading up to it, so as to build up stamina and endurance. Don't forget that the temperature and the altitudes will be very different from the UK and that you will be exercising constantly for a number of days. You can tell your supporters that on your Everest Basecamp Challenge you will be:

- Trekking for 12 days consecutively, without access to showers or proper washing facilities
- Trekking at altitudes of up to almost 6000m
- Suffering temperatures of down to below zero degrees
- Camping each night in locations with very basic facilities

Money

Currency: Nepal uses the Nepalese rupee. This is a closed currency which means that you will not be able to find Nepalese rupees outside of Nepal. For up to date currency exchange, go to www.xe.com. British Pounds, Euros and USD can be exchange at Kathmandu airport and in the city.

Credit Cards: These are accepted in all major hotels, banks and stores in Kathmandu. In addition, if you need to be evacuated from the mountain the only method of evacuation on Everest is by helicopter. For this, you will need a credit card with a limit of \$8000 in order to pay for the evacuation before being reimbursed by your travel insurance.

ATMs: ATMs are not always available and that when they are they do not always work. We would recommend that you exchange cash in the airport or use the ATMs there rather than relying on the city.

How much to bring: You will not need a large amount of money during this trip and other than at the start and end of the challenge, you will be in the mountains away from any foreign exchanges or banks. You will only need money for tips, additional food & drink, gifts & souvenirs, departure tax and for any other additional activities that you wish to do. On average we recommend around £250 and a credit card for emergencies as mentioned above.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. US\$10 per person per challenge day and this should be given to the expedition leader at the end of the trip who will advise you how to distribute it among the support team at your final celebration in Lukla. NB: you may be approached by local porters at the airport. Their tips are not included; if you agree for them to take your bags to the transfer vehicle, please be prepared to tip them a small, nominal amount (\$1). However, our team will be there to help you with baggage.

Visa

You must hold a full ten-year passport with at least six months to run from the end of your expedition. Airlines may not carry passengers holding passports with less than 6 months validity. You can download your visa application form from the embassy website: www.nepembassy.org.uk/visa_information.html.

The validity of visa dates are counted from the date of arrival in Nepal. You should apply about 12 weeks before departure for a single-entry tourist visa. Do not apply too early otherwise it will run out before you leave for Nepal. It is

valid for six months from the date of issue. We will send further visa advice at 3 months prior to departure.

Vaccinations

For up to date vaccination information please check the NHS Government website 'Fit for Travel' at: <http://www.fitfortravel.nhs.uk/home.aspxb>. Malaria precautions are essential in all areas below 1200m, all year round. The risk in Kathmandu and mountainous areas of similar or greater altitude is very small. Check with your doctor or nurse about suitable anti-malarial tablets

Flights

You will be making a return journey from London Heathrow indirectly to Kathmandu, Nepal. The flight takes approximately 16 hours. A copy of your e-ticket will be issued to you upon departure at the airport along with your luggage labels and a Charity Challenge t-shirt.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure and that it covers activities at high altitude (above 5000 meters). If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Group Size

Each Group is intended to be a minimum of 16 people in order to run and a maximum of approximately 30 people. We will be able to run this challenge for 10 to 15 people by charging a small group supplement of £75 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak fluent English. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

February-May is the tail end of the dry season and Base Camp can be around -10 to -7c in the early evening.

Late Sept/October – November is the start of the dry season and early evening temperatures are from -5 to -10c.

Early morning hours, when most climbers set out to climb, are very cold. During the day temperatures are warmer than these quoted, if the sun is out, but at night it will always be well below zero. You must be prepared for the worst, as mountain weather conditions can be extremely unpredictable.

Internal flights

Your challenge begins and ends with internal flights between Kathmandu and Lukla, which can occasionally be delayed due to bad weather, sometimes for several days. To allow for such delays at the start of the challenge, we have built into the itinerary up to three contingency days so that you still have a good chance of reaching the ultimate goal of Everest Base Camp as safely as possible. In these circumstances, however, you may lose your free day in Kathmandu at the end, and the days of trekking may vary slightly from the printed itinerary. Your challenge leader will have the final say over how any delay impacts the order of the itinerary based on the time available, the strength of the group, weather conditions on the mountain and so on. However, as the welfare and safety of all our participants and crew is our number one priority, if the delays mean that insufficient acclimatisation time remains, you may have to turn back before reaching Base Camp. If your flight back from Lukla to Kathmandu at the end of the itinerary is delayed, we will aim to get you back to Kathmandu as soon as flights are operational. However, this may mean that you miss your international connection and we will do everything we can to help you reschedule your flight at the earliest possible time. However, we recommend that you avoid making any important arrangements which cannot be amended or postponed for a few days after the scheduled return date to allow for this rare eventuality. In such rare circumstances, Charity Challenge will organise and cover the cost of the first two days of additional accommodation and meals in Kathmandu while you wait for the flights to be rescheduled. After this, we will continue to make all of the necessary accommodation and logistical arrangements for you, but the cost of accommodation and meals (approx. \$100 / £60 per additional night) will need to be settled by you locally. Please note that it is not deemed safe to charter helicopters to fly the route between Kathmandu and Lukla in poor weather conditions which have grounded fixed wing aircraft and this will not be an option available to you in such circumstances.

Terrain

The terrain is on uneven mountain paths with steep ascents and descents each day. You will also be crossing numerous swing bridges, and you should tell your leader if you have any fears of heights. The itinerary is built up in a way that we have allowed plenty of time for you to acclimatize to the altitude.

Luggage allowance and valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details on what to pack are provided in your Kit List. Your rucksack (suitcases are not appropriate) must not exceed 15kgs in weight (due to restrictions on what your mountain porters can carry). You can leave any gear you wish to in your hotel in Kathmandu while you trek. While trekking, yaks will transport your personal kit to the next camp, meaning that you will only have to carry a daypack.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Typical day

During the trekking days we rise early and pack up camp before breakfast, then trek carrying only daypacks for 6-8 hours. There will be a picnic lunch en route and plenty of time to stop and view the remarkable scenery. The trek zone is remote and rare flora and fauna will be seen. The evenings are spent in beautifully located camps near lodges, where the food and facilities are fairly simple. Please note the flight to Lukla 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.

Accommodation

The hotel in Kathmandu will be three star and located at the centre of town. Rooms are usually en-suite. During the trek and outside Kathmandu, you will camp in two person tents nearby to tea-houses. For a small fee, you can charge electrical items at the tea-houses. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Food & Drink

The food in Kathmandu is varied. During the trek the food will be cooked on kerosene stoves by our kitchen team and will be simple. Most of the food will be carried from Kathmandu. Only seasonal vegetables and fresh meats are bought along the way where available. Boiled drinking water will be provided 3 times per day. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good

quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality Gore-Tex waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. A full kit list for this challenge can be found [here](#) and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Toilets

A toilet tent will be provided but do bear in mind that toilet facilities will be of the 'squat and drop' variety. Toilet paper is also provided. Bowls of water will be provided for washing. Please note that due to the wilderness environment, the facilities will be somewhat spartan.

Phone and WiFi

Apart from Kathmandu, there will be very limited phone and internet reception.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand (link to Challenge Safe page on new website) formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Everest Basecamp Challenge, there are a couple of important points that you should be aware of:

- You will be trekking for 12 days at high altitude, with its associated risks
- Smoke alarms are not a legal requirement in Nepal, and as such much of the accommodation used will not have these in place. Your tour leader will explain the fire safety precautions to you.
- Temperatures may go down to below zero at night and you should have adequate clothing to cope with this
- You will be using a domestic airline to fly in and out of Lukla, and as of 05th December 2013, the EU banned Nepalese airlines from operating in EU airspace. We recommend that you read the FCO's [travel advice for Nepal](#) to read more about air safety in Nepal before you travel.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking ability, which is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If we find that somebody is unable to walk at all, then we can transport them from one location to the next by horse or with the help of our staff, but only as a final option (due to often poor weather conditions this can be difficult). Contact will be maintained between guides and the support team allowing for emergency evacuation if necessary.

Please note that in some circumstances you may be evacuated by helicopter back to Kathmandu, therefore it is essential that you have a credit card with the funds to pay for this before leaving country. The cost of this evacuation would be USD \$8000. You should keep receipts to look into making a claim on your insurance once you are back.

Training

This challenge is graded 'Extreme', which means that a good level of fitness is definitely required! We recommend that you have significant experience of trekking within the UK before departure. Don't forget that the temperature and the altitudes are different from the UK. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress). Also see our [Fitness Training page](#).

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)



A must-do! The views are breath-taking, the people are wonderful and the trek itself is the most rewarding experience of my life!

Iona Nelson



Walking to Everest Base Camp is one of the most enjoyable things you will ever do. Beautiful scenery, beautiful people and a lot of satisfaction gained when you have made it to the camp and to the summit of Kala Pattar.

Ciarán Harkin



The mountains create the adventure, but the people in the group make the trip.

Paul Mills

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Any more questions?

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