



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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EVEREST BASE CAMP  
NEPAL

Thu 09 Nov - Sun 26 Nov 2023





## In aid of Paces

09 Nov - 26 Nov 2023



### 18 DAYS | NEPAL | EXTREME

Are you ready for the challenge of a lifetime?

Beginning in Lukla, follow the footsteps of Sir Edmund Hillary and Tenzing Norgay – the first climbers to ever summit Everest. Walking in the shadow of the world's highest mountain, you will traverse gorges, visit the Everest Memorial Ground and trek through the Khumbu ice fall until you reach Base Camp. The higher you go, the harder the trek will become, pushing you and your body to the limit. However, the incredible views and support from fellow participants will spur you on to your goal. Arriving into Everest Base Camp will be a joyous occasion and one to savour with your fellow trekkers. Upon your descent and flight back to Kathmandu, you can spend time exploring the chaotic, exotic and historic capital. This high-altitude trek is not for the faint of heart, but our team of expert leaders, guides and doctors will ensure safety is a priority.

- 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 Thu 09 Nov

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#### 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.

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### DAY 2 Fri 10 Nov

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#### Arrive Kathmandu

Welcome to Nepal! On landing in the capital, you'll be welcomed by the local Charity Challenge representative, who will transfer you straight to your hotel. This evening, you will have a team dinner and briefing. 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. (B,L,D)

Accommodation: Hotel

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### DAY 3 Sat 11 Nov

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#### 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 onto the runway. After arriving, there's a chance to pick up any last-minute kit and meet your Sherpa crew and Ghopkyos (a mix breed of yak and cow). After lunch, there's a pleasant acclimatisation trek with a view of the Kusum-Kangru crossing at 6,369m. You will finish at Tok-Tok village . (B,L,D)

Accommodation: Teahouse

NB. This flight is weather dependent 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.

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### DAY 4 Sun 12 Nov

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#### 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. (B,L,D)

Accommodation: Teahouse

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**DAY 5** *Mon 13 Nov*

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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. (B,L,D)

Accommodation: Teahouse

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**DAY 6** *Tue 14 Nov*

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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. (B,L,D)

Accommodation: Teahouse

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**DAY 7** *Wed 15 Nov*

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**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, Lohatse and Ama Dablam mountains. The village of Dingboche is where you will rest your weary legs for the night overlooking a patchwork of fields. (B,L,D)

Accommodation: Teahouse

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**DAY 8** *Thu 16 Nov*

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**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. (B,L,D)

Accommodation: Teahouse

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**DAY 9** *Fri 17 Nov*

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**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. (B,L,D)

Accommodation: Teahouse

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#### DAY 10 Sat 18 Nov

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#### 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. (B,L,D)

Accommodation: Teahouse

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#### DAY 11 Sun 19 Nov

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#### 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. (B,L,D)

Accommodation: Teahouse

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#### DAY 12 Mon 20 Nov

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#### 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. (B,L,D)

Accommodation: Teahouse

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#### DAY 13 Tue 21 Nov

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#### 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, with the Tea House sitting close to the beautiful Dudh

Koshi River. (B,L,D)

Accommodation: Teahouse

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**DAY 14** *Wed 22 Nov*

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**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 campsite for the evening. (B,L,D)

Accommodation: Teahouse

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**DAY 15** *Thu 23 Nov*

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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. (B,L,D)

Accommodation: Teahouse

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**DAY 16** *Fri 24 Nov*

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**Lukla to Kathmandu and Transfer to Kathmandu**

Bid farewell to Lukla and the magic of the Himalayas. Touching down in Kathmandu you'll transfer to your hotel where a delicious celebration meal will await you. (B,L,D)

Accommodation: Hotel

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**DAY 17** *Sat 25 Nov*

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**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 to freshen up before transferring to the airport for your flight home. (B,L,D)

Accommodation: Flight

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**DAY 18** *Sun 26 Nov*

### 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. (B)

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### 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.

Meal Key: B = Breakfast, L = Lunch, D = Dinner

**HOW TO FUND YOUR CHALLENGE**

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

**SELF FUNDER**

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Pay a registration fee of £299.00 when you book  
Then a balance of £2595.00 (10 weeks before your challenge)  
Raise as much as you can for your charity.

**MINIMUM SPONSORSHIP**

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Registration fee of £299.00 when you book  
Raise a minimum of £5190.00 for your charity.

**FLEXI**

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Registration fee of £299.00 when you book  
Then £250.00 towards challenge costs (10 weeks before your challenge)  
Raise a minimum of £4690.00 for your charity.

**WHAT'S INCLUDED**

**Before you go**

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- Access to your own password protected account including support materials and training schedules
- Warm up exercise routines
- Risk assessment and emergency management planning
- 16 and 20 week trek/bike training schedule
- Access to training weekends (optional and at additional expense)
- Fitness training notes
- Fundraising advice
- Public liability insurance

**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)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- An English speaking first aid trained challenge leader and full local support team
- 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
- Equipment as per the challenge activity
- Internal transfers (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- A Charity Challenge T-Shirt

**WHAT'S NOT INCLUDED**

**Before you go**

**On your challenge**

- - Visa (if required)
  - Any covid tests required for entry to any countries or places of interest on your challenge itinerary
  - Travel to and from the UK airport of departure
  - Vaccinations (please check Trip Notes for requirements)
- - Tips
  - Departure Tax (if applicable)

## 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 12 weeks before departure (by 17/08/2023), and the remaining 20% within 4 weeks of completing the challenge (by 24/12/2023). 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.

### Raising the sponsorship

Thank you so much for choosing Paces to support with your challenge. If you would like any fundraising help and support please contact [julie.booth@pacesheffield.org.uk](mailto:julie.booth@pacesheffield.org.uk) or call [0114 5510400](tel:01145510400). We are so very grateful for your hard work!

### Typical group size

The typical group size is 16 - 30 participants

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### Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 8-15 people, but there will be a small group supplement of £95. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

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### Optional extras

Business class upgrades\*  
 Single room supplements\*  
 Extensions at end of trip\*  
 Travel insurance  
 (\*subject to availability)

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### 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. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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### Level of Difficulty

Extreme: "Extreme" challenges will involve altitude, and a great deal of endurance. These trips are not to be taken lightly, and will take place in extreme environments, without home comforts. They are usually undertaken by someone with previous experience in a mountain setting, but who wants to take their experience to the next level physically and mentally. Training is essential to ensure you are suitably prepared for the challenge.

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 below zero degrees
- Staying each night in locations with very basic facilities

### Typical day

During the trekking days we rise early and have breakfast. We then trek, carrying only daypacks, for 6-8 hours. Lunch is prepared and had on route in dining halls associated with the local tea houses; if it is possible then a picnic lunch will be provided. These stops will give you time to relax and view the remarkable scenery. The trek zone is remote and rare flora and fauna will be seen. The evenings are spent in teahouses, where the food and facilities are simple.

### Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, an advanced and thorough safety management system. Challenge Safe 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 challenge activity itself. Your welfare is absolutely 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.

### Evacuations

In the event of a medical emergency, depending on weather and service availability, an evacuation by helicopter may be the quickest and safest choice. Your Challenge Leader and the Expedition Doctor will discuss this with you, with the

final decision resting with the doctor.

We appreciate that having to descend from the mountain will be a disappointment, having trained and fundraised for the challenge. However, the doctor will make the decision based on their professional assessment of your health and the impact of potentially continuing to ascend with lower levels of oxygen. Your safety is, and always will be, Charity Challenge's number one priority.

We will organise the logistics of the helicopter evacuation and in most cases, you would be taken to a hospital in Kathmandu. We will make the arrangements as quickly as possible to get you to safety, but it will be your responsibility to cover the costs for the helicopter evacuation before leaving Nepal. Therefore, Charity Challenge requires you to have access to a minimum of USD \$8,000 (about £5,500) of available funds and we would highly recommend that you have sufficient funds on your credit card before you leave home. Whilst Charity Challenge can initially open an insurance claim on your behalf, you will need to process a claim on your return home to recover any costs as a result of the evacuation. In order to process the claim further down the line, and as a minimum, insurance companies will require the helicopter invoice, a receipt of payment and a medical report from the doctor/hospital.

Charity Challenge will help you make all necessary arrangements for your accommodation in Kathmandu, your return flight (if you return home earlier than the scheduled return date) and to advise you of the next steps depending on your particular situation. Once again, you will need to pay for additional services and keep receipts in order to recover costs once you return home.

Some airlines may require a "Fit To Fly" certificate, especially if the medical emergency was as a result of an altitude related condition. Please refer to the Insurance tab for further information.

### 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.

### Flights

You will be making a return journey from London Heathrow indirectly to Kathmandu, Nepal. The flight takes approximately 16 hours. Your flight ticket will be emailed to you before your departure.

### Internal flights

Please note: The flight to Lukla can be subject to delay or cancellation due to weather conditions. The itinerary is put together with several acclimatisation/rest days so that if your flight was 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. 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 and weather conditions on the mountain.

The welfare and safety of all our participants and crew is our number one priority and we only use the safest airlines. In the event of delays, we will continue to apply our stringent safety standards and rearrange alternative flights on these

same airlines. Your patience will be appreciated as this may be at odds with other travellers who do not adhere to the same standards.

If your flight back from Lukla to Kathmandu at the end of the itinerary is delayed, we will aim to get you back to Ramechhap as soon as the right 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 opportunity.

### Visa

You do require a visa to enter Nepal and must have an original passport with at least 6 months validity. We will send you further advice at 3 months prior to your departure. For all other visa information, please go to the Nepalese Embassy Website <http://www.nepembassy.org.uk/tourist-visa/>

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.

### 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. This should include protecting the charity in the event of your cancellation 56 days or less prior to departure; the specific activities on your challenge including trekking at high altitude (up to 6000 meters); medical (emergency, evacuation and repatriation) specifically for this trip covering helicopter evacuation.

If you choose not to purchase the Charity Challenge recommended travel insurance policy when you book, we will send you a disclaimer which you should complete and return.

### Vaccinations & altitude

For up to date vaccination information, please check the NHS Government website <https://travelhealthpro.org.uk/country/159/nepal>.

Malaria - The risk in Kathmandu and mountainous areas of similar or greater altitude is very small. However, if you are planning an extension to your trip, especially to the lowlands, you may need to take anti malarial medication. Check with your doctor or nurse about suitable anti-malarial tablets

For advice on altitude sickness, please see <https://travelhealthpro.org.uk/factsheet/26/altitude-illness>.

### Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

### Climate & terrain

March is the tail end of the dry season and early March is particularly devoid of rain. However, the days can be particularly cold and you should come prepared for all weather, including snow. In the upper regions, temperatures will usually be between 0c and 5c during the day. In the evenings, the temperature will drop until the morning and can be as low as -15c.

September is the start of the dry season, but you should still be prepared for some showers. In the upper regions, temperatures will usually be between 5c and 10c during the day. In the evenings, the temperature will drop until the morning and can be as low as -10c.

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

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

### 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, the temperature and the altitude 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 and gradually add 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. For more information and advice, 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](#)

## Luggage allowance & valuables

On your international flight your luggage allowance is 23kg. You will be able to leave clothing and belongings that you do not want for the trek at the hotel in Kathmandu. You can then pick them up on your return to the hotel at the end of your challenge. We advise against bringing valuables on the trip but if you do, please do not leave them at the hotel.

On the internal flight to and from Lukla, your luggage allowance is 15kg including hand luggage. This is also the weight allowance that the porters are able to carry on the mountain. Whilst trekking, the yaks will transport your personal kit to the next teahouse so you will only need to carry your daypack.

We will do everything to provide adequate safety for the group and security for your possessions. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance, passport, visa etc.) in case they get lost or damaged.

We advise that you wear your walking boots on the plane and take a set of trekking clothing (especially your jacket) in your hand luggage. In the unlikely event that your hold bag should go missing, you will be able to begin the challenge until you are reunited with your luggage.

## Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support guides and staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

## 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 £95 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

### Clothing & 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 good quality walking socks. You don't need a clean pair every day, but make sure you have enough to 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; a high quality Gore-Tex waterproof and windproof jacket and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings and the summit day/night. A full kit list for this challenge can be found in your Account Area once you book on this challenge, you will also have access to kit discounts with our partners Outdoor Hire, Cotswold Outdoor, Runners Need and Snow + Rock.

### Accommodation & toilets

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 sleep in local tea-houses.

If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Toilet facilities are available at the teahouses along the route.

### Food & Drink

The food in Kathmandu is varied. During the trek, the food will be cooked by the tea houses you stay in and will be simple. 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.

### Money

**Currency:** Nepal uses the Nepalese Rupee. This is a closed currency which means that you will not be able to purchase your Rupees before the trip. British Pounds, Euros and USD can be exchanged at Kathmandu airport and in the city.

**Credit Cards:** Whilst these are accepted in all major hotels, banks and stores in Kathmandu, you will need to have cash along the trekking route.

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:** Working ATMs are not always readily available. We would recommend that you exchange cash at 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. Along the trekking route, you will be able to charge your electronics and use the showers in the tea houses for a small fee (approx £3). You will also need money for tips, additional food & drink and gifts & souvenirs. On average, we recommend around £250 and a credit card for emergencies as mentioned above.

**Tipping:** Tipping is personal and at your sole discretion. We recommend approx. US\$10 per person per challenge-day. This should be given to the challenge leader who will distribute it among the support team, including guides, assistant guides, cooks and porterstrip.

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.

### Phone and WiFi

There is increasingly better wifi and phone signal along the trek and in the tea houses. However, take the opportunity to take a break from the electronic world and concentrate on the beauty of nature.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.



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

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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