



EVEREST BASE CAMP

Lodge/ teahouse trek

No of days: 18

Graded - Strenuous Walk at High Altitude

Nepal

Nepal, a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest. Although the width of the country is only 200Km North to South, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8 848m above sea level (Top of Everest).

The country is divided in to 3 elevation Zones viz. the low terrain, the midhill region and the high Himalayas, which contains 1/3 of the Himalayan range with 8 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna.

Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture. Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

Nepal at a glance:

Longitude: 26'12' and 30'27' No
Latitude: 80 degree 4' and 88 degree 12' East
Population: 24 million
Capitol: Kathmandu
Area: 147,181 sq. km

Everest

Mount Everest, named after George Everest, the Surveyor General of British India, lies in the Khumbu region of Nepal. The first summit attempt on Everest was by the British in 1921 and only after 32 years of intense exploration, Everest was finally scaled on May 29th, 1953, by Sir Edmund Hillary and Sherpa Tenzing Norgay under Lord Hunt's team. The Nepalese name for Everest is Sagarmatha which means "Goddess of the sky" and the Tibetan name for it is Chomolungma which means "Mother Goddess of the Earth". By whatever name you call her, she remains the tallest mountain in the world consecrated in midst of the gigantic mountains and glaciers as though they were her subjects. She truly looks like an Empress in her utmost beauty and glory and has attracted hundreds and thousands of mountain lovers over the years.

Your Adventure

This adventure takes you through the Khumbu Valley, the home of Everest and the land of the Sherpas. Mount Everest has captured the imagination of the world and this trek reveals it and many other peaks. It is the ultimate trek for experienced trekkers. We start the trek from Lukla and trek to Namche Bazaar where we get the first glimpse of the Majestic and mystical mountains. One of the highlights of this trek is Tengboche Monastery, which is considered to be the photographer's favourite place. From here we ascend towards Everest Base Camp and climb Kala Pathar where we are surrounded 260 degrees by peaks over 7 000m tall. With its alpine valleys and lakes, rugged mountainous landscape, glaciers and scores of gigantic mountains, this region is rated among the 'five best' region for trekking in the world.

This Adventure is graded 4 which is equivalent to strenuous walk at high altitude (max 5 545m). You don't need to be marathon - fit but you will enjoy it more if you are in reasonably good physical condition. We suggest you to under go physical training like jogging and stretching at least 3 times a week for 2 months before starting your trek.

Summary

Trek Distance:	Approx. 144km
Maximum altitude:	5 545m Kala Pathar.
In / Out:	Kathmandu.



Itinerary

- Day 1: Arrive in Kathmandu, welcome dinner
- Day 2. Half day city tour
- Day 3. Fly to Lukla (2830m) and trek to Benkar (2630m)
- Day 4. Trek to Namche (3440m)
- Day 5. Rest at Namche
- Day 6. Trek to Tengboche (3870m)
- Day 7. Trek to Dingboche (4420m)
- Day 8. Rest at Dingboche
- Day 9. Trek to Lobuche (4930m)
- Day 10. Trek to Everest Base Camp (5380m) and Back to Gorak Shep (5180m)
- Day 11. Ascend Kala Pathar (5545m) and back to Pheriche (4270m)
- Day 12. Trek to Tengboche (3870m)
- Day 13. Trek to Khumjung (3760m)
- Day 14. Trek to Benkar (2630m)
- Day 15. Trek to Lukla
- Day 16. Fly to Kathmandu
- Day 17. In Kathmandu
- Day 18. Departure

Please Note that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.

Your Adventure

Day 1 – Arrive in Kathmandu

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger pick up area you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Hi On Life's sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. We will also collect some documents from you. Please have the following things handy when arriving.

1. **Travel/ Medical Insurance** (photo copy)
2. **3 passport size photos**
3. **Photocopy of your passport.**

In the evening we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant.

Day 2 - City tour and Trek briefing

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will return to your hotel and your Group leader will give you your trek briefing and issue your 'trek pack' consisting of a duffle bag, down jacket, sleeping bag, inner liner for your sleeping bag and rain poncho. Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.

Day 3 - Kathmandu – Lukla - Benkar

A very early morning wake up and transfer to the domestic airport to board our flight which is a small 19 seated twin otter. The flight times can be flexible because we need clear weather both in Kathmandu and Lukla to be able to fly. So this can sometimes involve waiting in the terminal for a long time. Once we get the all clear signal we take off to our destination on a 30 min scenic mountain flight to Lukla. After a cup of tea you are treading on the legendary 'Everest Highway' which heads downwards through the alpine valley following the 'Dudh Kosi' or Milk River (named after its milky colour from glacial silt). We reach Benkar after a half day walk and end our first day here.

Day 4 - Trek to Namche (5-6 hrs)

The next day we will be walking mostly uphill through the alpine valleys and crossing rivers and reach Namche Bazaar, which is the Sherpa capital of the Khumbu region. This is one of the most strenuous days of the trek, but the nature is magical! On a clear day you get views of Everest, Lhotse, Thamserku, Kusum Kangru, Kwangde and Taweche on the way to Namche.

Day 5 - Rest and acclimatization

As we will have gained about 700m that day, it demands a rest and acclimatization day for the following day. We will either rest at Namche or trek to Everest View Hotel where you will have a breathtaking view over Mount Everest, Nuptse, Lhotse and Ama Dablam. You will be back at lunchtime and will have plenty of time to rest to make the following day easier.



Day 6 - Trek to Tengboche (5-6 hrs)

Today the landscape changes dramatically. The trail is more open and wide and it reveals the great depths of the surrounding mountains. We descend to the Dudh Kosi River and stop for lunch at Phunki Tenga. From here we climb steeply through a beautiful Rhododendron and birch forest for 2 hrs until we reach Tengboche. We will visit the monastery and watch the monks performing their rituals.

Day 7 - Trek to Dingboche (5-6 hrs)

The next day we trek through a beautiful rhododendron forest for about an hour and cross the Imja River. From here the trail is more open and by the time we reach Shomare we are above the tree line. We stop here for lunch. After lunch we cross a wide and flat stretch beside the ridge below the Taweche peak. This place is usually windy. After about an hour we cross the Imja River and climb steadily for an hour to Dingboche.

Day 8 - Rest and acclimatization

Today we will climb a steep ridge in the morning. This is for an excellent view of the surrounding mountains and to prepare for the next day. We are back for lunch at our lodge in Dingboche. In the afternoon you can relax and enjoy the view and read your books in the sun room.

Day 9 - Trek to Lobuche (4-5 hrs)

From Dingboche the trail is very open and wide with gradual climb till we reach Thukla where we stop for lunch. After lunch we climb steeply along the terminal moraine of the Khumbu glacier and we reach an open flat spot where we can see the memorials of those who died during the unfortunate expeditions to Everest, Lhotse and Pumori. Then we trek along the lateral moraine of the Khumbu glacier for an hour to Lobuche.



Day 10 - Trek to Everest Base Camp and back to Gorak Shep (7-8 hrs)

From Lobuche we trek an open and barren trail crossing the moraines of the Changri glacier and the Khumbu glacier and stop at Gorak Shep for lunch after a 3 hrs hike. Gorak Shep looks like a small dried out lake in the middle of the mountains and glaciers. There are three lodges at Gorak Shep and they are the last ones before Everest Base Camp. After lunch we trek for 3 hrs through the lateral moraines of the Khumbu glacier up to Everest Base Camp which looks like a barren ice field, with boulders and ice pinnacles. You will feel that you are on the surface of moon. We will have splendid views of the Khumbu Icefall and can visit the “village” of Everest expeditions. Maybe we get the chance to meet with some climbers or maybe we head for the bakery tent and have a delicious apple pie at 5300m!! In the afternoon we hike back to Gorak Shep and spend the night there.



Day 11 - Ascend Kala Pathar and trek to Pheriche (8-9 hrs)

The next morning we climb Kala Pathar, which is a steep rocky mound, which looks black. Kala Pathar, meaning black rock named for its colour, is 364 vertical meters higher from Gorak Shep, and takes 2 to 3 hrs to summit it. From here you get 360 degrees views of the surrounding mountains and a bird's eye view of the Khumbu glacier. In the afternoon we hike down to Pheriche and spend the night there.

Day 12 - Trek to Tengboche (3-4 hrs)

After a good rest at Pheriche we are all set to trek to Tengboche through a beautiful rhododendron and pine forest.

Day 13 - Trek to Khumjung (3-4 hrs)

We begin with a steep descend and cross the Dudh Kosi river and ascend steeply for about an hour and a half to Kyangjuma. From here we take another trail to Khumjung which takes about 45 mins. We reach Khumjung early, so after an hour rest, we will visit the Khumjung monastery where you can see the so called "Yeti Scalp" and then visit the Khumjung high school, built by Sir Edmund Hillary.

Day 14, 15, and 16 Trek to Benkar – Lukla - fly to Kathmandu.

For the remaining days we will be retracing our footsteps back to Lukla where we end the trek and the following morning we fly back to Kathmandu. Then you are free for rest of the day.

Day 17 – Free time in Kathmandu

You can spend your free time in Kathmandu for shopping and sightseeing. If you need any help or advice, your group leader will be happy to assist you. The next day will be a mixture of sadness of your departure as well as excitement to catch up with your friends and family to tell them about your adventure.

Day 18 - Departure

Please note that once you arrive to your hotel in Kathmandu your Group leader will time to time update you with the timings and description of your activities. On your trek, every evening, after dinner, your Group leader will describe in detail about your next day trek and also advise you regarding which clothes and equipment you need to carry in your day pack for the day.



A Day On Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing. Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast.

After breakfast we will hit the trail and usually walk for about 3 to 4 hrs before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hrs of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your Group Leader will often organize side trips in the afternoon. Your dinner will be served around 7 PM.



High altitude

On this trek you will be going up to 5545 meter, so it is very important to understand the affects of altitude.

The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the affects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization. Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final.

Do not medicate yourself without first informing your group leader.

Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level. The most important thing is not to worry about altitude because our team is there to take care of you.

Staff

Group leader: your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

Sirdar: His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

Sherpas: Their job is to lead your way and distribute equal loads to the porters.

Porters: They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 kg carrying which very few companies do. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even up to 100 kg!!



Weather

Oct/ Nov and March / April

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 22C to 28C and the min temp can be 8C to 15C

At higher altitude (3500m to 5500m) the daytime max temp can be between 17C to 22C and min temp can be between -4C to 8C

Dec to end of Feb

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 15C to 20C and the min temp can be 2C to - 8C

At higher altitude (3500m to 5500m) the daytime max temp can be between 12C to 18C and min temp can be between -4C to -20C. Please note that this is just general information and it could vary marginally.

Our Services

- All internal transportation, in private vehicle.
- Services of English-speaking guide, porter's and sherpa's assistance
- 4 nights in tourist class hotel on bed and breakfast basis while in Kathmandu.
- Welcome dinner.
- Half day guided city tour with lunch.
- Use of a personal trek pack consisting of a duffle bag, Tshirt, down jacket and sleeping bag.
- Both way air fare to Lukla and back to Kathmandu with domestic terminal taxes.
- All meals while on trek.
- Afternoon tea/coffee service on arrival at the lodge
- Twin share accommodation in trekking lodges with shared bath and toilet facilities
- National Park fees,
- Staff insurance, tourist service fee and all taxes applicable as per state law.

Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times
- Private room accommodation in Kathmandu unless a single supplement is paid
- Optional tips to guides & porters
- International airport departure taxes
- Visa costs
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.

Recommendations for things you should bring

- Water bottle 3 bottles, min 1 litre each, should be able to hold hot water
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll.
- Stuff bags smaller plastic bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch preferably head lamp
- Penknife
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

Optional

- Walking sticks
- Cameras
- Knee guard for those with bad knees.

Clothing

- Trousers: 1 lightweight for easy walking. 1 warmer for colder days
preferable wind/water proof. 1 comfortable and warm for the lodges
- Shorts: Not too high cut revealing ones
- T-shirts: At least 3 or 4
- Hats: Sunhat and woollen ones for colder days
- Gloves: Woollen and Gore-Tex
- Woollen inner liners: Light weight tops and trousers, preferably woollen, at least 2 pairs
- Socks: At least 4 pairs (both thin and thick woollen ones)
- Jackets: 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets.
- Shoes: Trekking boots, preferably waterproof & sandal/gymshoe for evening



Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including anti-malarials' have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness, and accidents. And it should also cover you for Emergency Helicopter Evacuation.

In case of Lukla flight cancellation

Sometimes due to bad weather Lukla flights get cancelled. This may make it difficult for you to connect with international flights. In such an event and if the group as a whole wishes to charter a helicopter, which is an ideal solution to Lukla flight delays, we can arrange for it. Your will need to pay about 1000 USD depending on the group size. A covering letter is then issued to each trekker for claims against their travel insurance. Please make sure that your Travel Insurance Policy has coverage for helicopter evacuation.

Money Matters

The ideal currency to bring with you is US\$ or Euro in traveller's cheques.

In Kathmandu: Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

On trek: you will need around 6 to 10 US\$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

In Kathmandu: for bellboys, waiters and porters 20 to 30 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff. The recommended amount is 75 US\$/group member. The Group leader will collect the tip and then split it between the staff and put it in envelops so that the trekkers can give it to the staff during the "Farwell Ceremonies". If you want to tip the Nepali group leader you can do that separately.

Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted.
- Over display of affection between men and women, especially in temples and monasteries are discouraged.
- Please remove your shoes before entering monasteries and temples.
- Never point the soles of your feet at a person or shrine.
- Many Hindu temples are closed to non-Hindus. Please ask before entering.
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!



View of Mount Everest from Kala Pathar