



Everest Base Camp Trek

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Project overview



What's included:

- 24/7 support in case of emergencies

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Departures/ drop offs
- Flights
- Insurance

Project itinerary

Are you ready? There's lots of information here, but even more on our schedule to ensure that you come completely prepared for the weeks ahead ...

Base Camp Trek Schedule

Week 1.Introduction in Kathmandu

Day 1: Monday

- Puja to the gods and goddess and name-giving ceremony
- Go over the week's schedule and handing over of documents
- Introductions game to get to know fellow trekkers
- Cultural seminar on social behavioural norms, dos and don'ts in Nepalese culture. Cross-cultural orientation on eating and drinking habits, bathing, clothing and toilet etiquette in Nepalese culture.
- Go out to explore your local surroundings

Day 2: Tuesday

- Nepali language training
- Talk on general health precautions and safety during the program
- Cultural as well as historical orientation tour to Budhanilkantha.



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- Shopping at the local market

Day 3: Wednesday

- Yoga and meditation session
- Nepali language training
- Into to Nepalese Culture and Religion (Optional)
- A cultural as well as historical orientation tour to the famous Boudhanath temple

Day 4: Thursday

- Nepali language lesson
- Nepali cooking session
- An amazing race for a Scavenger Hunt at the local market and orientation tour to an exclusive area of Kathmandu and tourist downtown.

Day 5: Friday

- It's all about hiking today! We will go on a nature trail into the mountains to get a view of Kathmandu valley.
- Feedback sharing, evaluation

Day 6: Saturday

- Free time to explore on your own or relax

Day 7: Sunday

- Free time to explore on your own or relax

Week 2: Everest Base Camp Trek

Day 8: Monday

Fly from Kathmandu to Lukla which is at an elevation of 2700m and trek to Phakding (3 - 4 hrs) and overnight. A spectacular flight and a jagged landing on a steep mountain runway will bring us to the start of our trek at the village of Lukla.



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Day 9: Tuesday

Phakding trek to Namche Bazaar 3440m, (6 - 7 hrs) and overnight. We will continue north following the Dudh Kosi river and on to Jorsale, where we will enter the Sagarmatha (Everest) National Park. From here, it will be a short walk to the confluence of two rivers, the Imja Drangpa (Imja Khola) and the Nangpo Tsangpo (Bhote Kosi) followed by a steep climb (for about 2 hrs) to Namche Bazaar, the main town in the Khumbu region. Namche is a prosperous Sherpa town and an important trading centre with a weekly Saturday market.

Day 10: Wednesday

Namche Bazaar (resting day and overnight). Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Once named the "Trekking Mecca of Nepal". Namche now boasts an abundance of lodges and souvenir shops. It is an ideal place to spend a resting day, acclimatising to the new altitude of 3450m before heading off towards Gokyo.

Options for acclimatisation walks include a visit to Khunde Hospital and also the one hour walk up to the Everest Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest.

Day 11: Thursday

Namche Bazaar trek to Tengboche (3860m) for about 6 hrs and overnight. From Namche, the trail contours around the side of the valley, high above the Dudh Kosi. Now, we will get our first really good views of the great peaks of the Khumbu including Mt Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we will descend steeply to a bridge over the river at Phunki Tenga. The village is an excellent lunch spot, and here we can rest before making the steep climb to Tengboche.

Although tiring, the hike up the zigzag path has numerous distractions, with rhododendron bushes, beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in the Khumbu.

We will stay near the monastery with Everest, Lhotse and Ama Dablam framed in the doorway of our guest house.

Day 12: Friday

Tengboche trek to Pheriche, (4252m) for 6 hours and overnight. After breakfast we will head up to



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Pheriche with the majestic Amadablam overshadowing our day. On the way, we will meet a little Sherpa village called Pangboche and continue to Pheriche.

Day 13: Saturday

Pheriche trek to Lobuche (4930m) for six hours and overnight. We will continue up the wide valley beneath the impressive peaks of Cholatse and Taboche on the left. We will then turn right and climb more steeply towards the foot of the Khumbu Glacier. At the top of this climb, there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

Day 14: Sunday

Lobuche trek to Gorakshep (5184m) for two and half hours and (Kalapattar 5500m) and back to Lobuche.

Week 3: Lobuche to Lukla

Day 15: Monday

Lobuche trek to Dingboche (6 and half hrs) and overnight. It is downhill most of the way, as we will retrace our steps to Dughla and descend to Pheriche. The Himalayan Rescue Association have their trekkers aid post here – an interesting visit!

Day 16: Tuesday

Dingboche trek to Tengboche (3860m, for 4 hrs) and overnight. We will continue to follow the river and after crossing it, climb back up through birch and rhododendron forest to Tengboche.

Day 17: Wednesday

Tengboche trek to Namche Bazaar (3440m) for 5 hrs and overnight. From Tengboche, we will descend to the bridge over the Dudh Kosi at Phunki, where there are water driven prayer wheels. Then, we will climb and contour around the hillside to Namche.

Day 18: Thursday

Namche Bazaar trek to Lukla (2840m) for 7 hours and overnight. From Namche Bazaar, the trail



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descends steeply to the village of Jorsale. Passing the villages of Phakding (2640m) and Choplung, we will reach Chaurikharka and the trail that cuts up to the airstrip at Lukla.

Day 19: Friday

Lukla to Kathmandu. Early morning flight to Kathmandu

Day 20: Saturday

Free days to relax with friends and kick back.

Day 21: Sunday

A further day to chill, or to explore the local area.

What is included in the Everest Base Camp Trek?

- Airport transfers as per the policy – Airport Pickup in Kathmandu – Tribhuvan International Airport)
- Presence of a dedicated program coordinator throughout your travel, at the projects and facilities – Logistical management support in case of emergencies
- Authentic Nepali meals and European (breakfast, lunch, dinner) for the duration of the entire program as per the meal plan
- Accommodation at hotels, tea houses, and at our accommodation facility – shared accommodation
- Local transportation to all venues
- Entry fees to all places
- Extensive pre-departure information
- Overland public local transportation

Exclusions

- Personal expenses such as table drinks, room service items, laundry, telephone calls, tips, bottles of water during your road travel etc.
- Any additional expenses caused by or liability for disturbance in the program due to circumstances, weather conditions, sickness, natural disasters. Please see Terms & Conditions.
- Liability for or insurance against injury, loss of life, accidents or loss of goods.
- Our program does not cover any liability and does not insure participants. Participants must



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have appropriate insurance before joining the program.

- Any camera fee where applicable.
- Any service not specified above.
- Flights from Kathmandu to Lukla. These can be purchased when you arrive by our in-country team. The cost is approx.£150-£200 return.

A few things to consider when you are with us!

- Returning to the accommodation after your personal trips before 22.00 hrs every day
- You will not be allowed to hire any vehicle on your own
- Consumption of alcohol inside the accommodation is strictly prohibited
- Respect and adhere to our code of conduct
- Our staff are there to support you, guide you and make your trip memorable. We kindly request you follow their instructions at all times
- You will not be allowed to bring guests inside our centres/guest houses or hotels

Additional Equipment

- Shoes suitable for hiking
- Warm clothes
- Sleeping bag
- Rain jackets during the rainy season
- Down jacket and gloves
- Water bottle

You can also rent equipment for the trek.

Please Note: This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.



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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)