



# Everest Base Camp Trek

[https://www.truexperientctravel.co.uk/wp-content/themes/tru-experience-travel/images/header\\_banner.png](https://www.truexperientctravel.co.uk/wp-content/themes/tru-experience-travel/images/header_banner.png)

## Project overview



### What's included:

- 24/7 support in case of emergencies

---

Visit: <https://www.truexperientctravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

Email: [travel@truexperientctravel.co.uk](mailto:travel@truexperientctravel.co.uk)

4 Wyndham Avenue, High Wycombe, Buckinghamshire, UK HP13 5EP

Page 1/6



# Everest Base Camp Trek

[https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header\\_banner.png](https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header_banner.png)

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

## **What's not included:**

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

## **Project itinerary**

### **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
- Introduction game to get to know fellow participants
- 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.
- Shopping at the local market

#### **Day 3: Wednesday**

- Yoga and meditation session
- Nepali language training



# Everest Base Camp Trek

[https://www.truexperientctravel.co.uk/wp-content/themes/tru-experience-travel/images/header\\_banner.png](https://www.truexperientctravel.co.uk/wp-content/themes/tru-experience-travel/images/header_banner.png)

- 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.

### 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.



# Everest Base Camp Trek

[https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header\\_banner.png](https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header_banner.png)

## 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 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



# Everest Base Camp Trek

[https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header\\_banner.png](https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header_banner.png)

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

## **Week 3**

### **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 and it is quite interesting to 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 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 and to catch your breath.

### **Day 21: Sunday**

Free days to relax and to catch your breath.

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



# Everest Base Camp Trek

[https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header\\_banner.png](https://www.truexperiencetravel.co.uk/wp-content/themes/tru-experience-travel/images/header_banner.png)

## 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)