



Mount Everest BASE CAMP TREK 2012 Trip Notes

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The trek to Everest Base Camp is amongst the most dramatic and picturesque in the Himalaya. The scenery is varied and spectacular, the lodgings and tracks are of very high standard, and the interaction with the local Sherpa people is forever memorable.

This trek is unique in that we have the privilege of spending some time at Everest Base Camp with our climbing expedition giving an appreciation of the inner workings of expedition life.

Outline of the trek

The trek members meet in Kathmandu, capital of the Kingdom of Nepal. We are greeted at the airport by our Kathmandu representatives, who whisk you through the thriving city to your hotel.

Once everybody has arrived we have a team meeting where introductions and the trip outline are completed. You will be briefed on the trip preparations and we can sort out any queries or questions you have.

Your guide will advise you on good shopping and the better restaurants to visit while you are in the city. After an optional sight seeing tour and familiarisation with the layout of Kathmandu you are free to look around. There are plenty of shops and entertainment to suit all tastes. From excellent bookshops to mountain bike hire to CD shopping and bars, Kathmandu's retail fraternity is waiting to meet you!



We use a full day in Kathmandu sorting out any equipment problems you may have but don't worry if you have forgotten anything, there are plenty of good outdoor shops in Kathmandu.

Next morning we fly into the village of Lukla at 9,000 feet (2,800m), the beginning of our trek. The trek takes 15 days from our departure from Lukla until we return to that point. The walking is over mostly gentle terrain with a couple of long hill climbs that follow very well formed tracks through the Sherpa homeland.

The Sherpa are of Tibetan origin having travelled over the high Tibetan passes to settle in the Nepalese highlands. They developed trade between the two countries bringing gems, wool and salt from Tibet in exchange for the plentiful Nepalese products. The Sherpas brought their Buddhist religion with them, which they evolved to develop their own sect of the faith. They are very generous and spiritual people with a colourful lifestyle, and our trek allows us to spend time with them in their homeland, and visit in their monasteries.

The trekking days are moderately strenuous, and involve walking between 4 and 6 hours duration with plenty of scenic places to stop along the way. We place a lot of emphasis on maintaining good health to enhance our trekking experience.

There is the issue of altitude we have to contend with which is incorporated into our trekking itinerary. We have included rest days at the relevant elevations to allow our bodies to adjust to the thin air and we carry sufficient medication to deal with most altitude related problems. Experience has shown us that good hydration, rest days at significant elevations and good base fitness help avoid any significant problems during this trek.

From Lukla the trail contours the valley walls of the lower Khumbu valley with fine views through the stands of Himalayan Pines, up to the high mountains above. We spend a night in Phakding and next day we follow the valley to the base of the Namche hill.

A long climb brings us to the famous village of Namche Bazar, which is the centre of trade for the Sherpa people as it has been for hundreds of years. There are many sights to delight in Namche Bazar with the dramatic views across the Valley to Mt Kwonde, a wonderful backdrop to the unique Sherpa architecture of the houses and lodges here. On our rest day here we take a visit to Sir Edmund Hillary's first hospital in Nepal, which is situated in the village of Kunde and sample high altitude croissants at the bakery in Khumjung.



The next stage of our trek takes us towards Tyangboche Monastery, the biggest of the monasteries in the Khumbu Valley, which we visit and spend peaceful time within. The ascent of the long Tyangboche hill takes us through a rhododendron forest, which is in full bloom during April.

From Tyangboche we have splendid views of the world's highest mountains. Mt Everest pokes its head out above the high ridges of Mts.' Nuptse and Lhotse whilst Ama Dablam stands omnipotent over the valley. We gradually climb above the tree line into the sub-alpine regions and our next stop, Pheriche, is situated on a green plane with yaks grazing contentedly. A rest day here allows us the opportunity to walk about and enjoy the views.

On the trek we will be utilising the best accommodation option available to us. This is primarily in teahouses or lodges, but we may use tents at times if these lodges are full. By having a flexible approach we can remain together as an expedition and make the most of the situation in order to aid our acclimatisation process.

Our next stage takes us to Lobuche village and the base of the Khumbu glacier. Mt Everest is hidden from us even though we are so close, but Pumori,



Nuptse, Lobuche and Taweche provide plenty of scenic splendour.

Then, after a night at Gorak Shep, we move to Everest Base Camp! It is here that the climbers rest and recuperate when not actually up on the mountain and our group will have the privilege of spending some time with the expedition members. There is always plenty of activity as the Sherpas and climbers prepare for their next phase of climbing on the mountain. Loads of food, fuel, tentage and oxygen cylinders are carried through the spectacular Khumbu Icefall to the camps high on the mountain. A night here gives us a chance to spend a bit of time with the climbers and see the inner workings of an expedition.

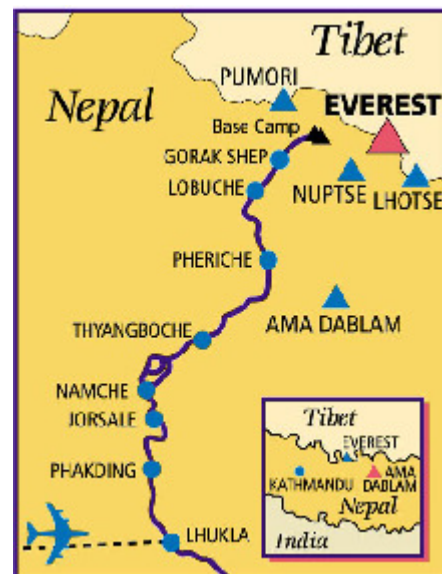
We say goodbye to the mountaineers to begin our descent to lower altitudes, down to Gorak Shep. Above Gorak Shep is Kalapatar, which is the highlight of the trek up the Khumbu. At sunrise or sunset the views of Everest can be magical and we hope to enjoy a photographic session with you there! After an attempt on Kalapatar we descend to Lobuche followed by a night in Pangboche and then Namche Bazar. From Namche Bazar we descend to Lukla and the following day we fly back to Kathmandu and the finish of the trek.

Itinerary

Trip #1: March 30 – April 17, 2012

Trip #2: April 19 – May 7, 2012

- Day 1 Arrive Kathmandu.
- 2 Gear checks and sightseeing.
- 3 Fly to Lukla, trek to Phakding with Everest climbers.
- 4 Trek to Namche Bazar (3407m).
- 5 Rest day and sightseeing Namche Bazar.
- 6 Trek to Tyangboche Monastery, overnight in Deboche.
- 7 Trek to Pheriche (4200m).
- 8 Rest day in Pheriche, morning hike.
- 9 Pheriche to Lobuche (4900m).
- 10 Trek to Gorak Shep (5100m).
- 11 Trek to Everest Base Camp (5300m). Stay in camp with the AC Everest Expedition.
- 12 Base Camp to Gorak Shep in afternoon.
- 13 Gorak Shep to Kalapatar, descend to Lobuche.
- 14 Trek to Dingboche for lunch, continue to Pangboche and visit the first monastery in the region, established 750 years ago.
- 15 Trek to Namche Bazar.
- 16 Trek to Lukla.
- 17 Spare day for weather delays.
- 18 Fly Lukla to Kathmandu.
- 19 Depart from Kathmandu.



Groups

If you are a group of 6 or more then you can nominate the dates that suit you for the 19-day trip, with the last departure start date available being April 20th.

If you are travelling alone or if there are just 2-3 of you then you will need to join our main departures from Kathmandu on March 30 and April 19 2010.

Enquire about extensions to the Everest Base Camp Trek – a private guided climb of Island Peak or add extra days to trek over the Cho La to the Gokyo Lakes region (*highly recommended!*).

The Expedition Fee

The cost of the trek ex Kathmandu is US\$3,500. This is an inclusive cost and covers the following:

- Kathmandu Airport Transfers
- Nepalese government royalty fees
- All trek organisational requirements
- All trekking permits
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek (tents at BC, use of BC facilities)
- All trek staff, including porter support (you only carry a daypack).
- All meals after departing Kathmandu and before arriving back in Kathmandu

The trek fee **does not** include the following:

- Air travel to and from Nepal
 - Hotel accommodation and meals in Kathmandu
 - Purchases of bottled water while on the trek, gifts or alcohol
 - Personal expenses such as laundry, battery charging & showers at lodges
 - Entry visas for Nepal (suggest getting 30 day tourist visa for Nepal on arrival into Kathmandu)
 - Personal clothing and equipment including sleeping bag for Lodge and Base Camp use
 - Personal travel / trip cancellation insurance
 - Any rescue costs or costs of early departure from the expedition
 - Gratuities to guides and Sherpa staff
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Deposit

A deposit of US\$500 is payable to secure a place on the expedition trek.

Balance

The balance of **US\$3,000** is payable by 30 December 2011 for Trip#1 and 19 January 2012 for Trip #2.

Payments

All payments can be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
Wellington
New Zealand

for the account of **Adventure Consultants Limited** Account # **1000-594771-0000**

We also accept the following form of payments for this trip;

- US Dollar **bank draft** made out to Adventure Consultants Limited
 - Payment via **Visa, Mastercard, or Amex**
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Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition trek member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
 - For cancellations made within 89-60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
 - For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.
 - We strongly recommend you take out trip cancellation insurance via your travel agent.
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Team Membership

For the Expedition trek we will take a **maximum of 12** trekkers with each departure, hence spaces are limited. We will consider separate groups as mentioned earlier.

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements.

In the Khumbu Valley during the trek we will be dining in the Lodges and at Base Camp we will be eating in the Adventure Consultants mess tent. Our base camp equipment and ample nutritious meals are always the envy of other groups on the mountain!

Equipment List

Expedition trek members will be sent a list detailing all necessary clothing and equipment to be individually provided.

Medical Examination

Expedition trek members will be provided with a medical questionnaire and we recommend visiting your family physician to receive a full medical examination. This information will be sighted only by the guide / expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time.

Documentation and Photographs

Expedition trek members will need to provide 3 passport-photographs for trekking permits and a copy of their passport bio-data page.

The advantages of trekking with us

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

How to join this expedition

If you would like to join the trek please request an Expedition Application Form or use our online booking form at <http://www.adventureconsultants.com/adventure/BookingForm/> and forward along with your climbing résumé and the deposit for the trip.

If you require more information please contact us at;

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