

Everest Base Camp Trek

Saturday 5th – Monday 21st November 2022



Information Pack

Julia's House Everest Base Camp Trek

Date: 5th – 21st November 2022

Duration: 17 days/16 nights

Depart: London airport



About the Trek

Join us on this bucket-list adventure as we hike to Basecamp, at the foot of highest mountain in the world, Mount Everest. You will walk in the footsteps of some of the world's most respected mountaineers and experience the spirit of the fascinating Sherpa people, all while being surrounded by the most breath-taking landscape imaginable. There's also time to trek to the summit of Kalapatar and marvel at the magnificent views of Mount Everest at sunrise.



About Nepal, Kathmandu and Everest Base Camp

Nepal is a trekkers paradise, combining Himalayan views, golden temples, charming hill villages and jungle wildlife to offer one of the world's greatest travel destinations. This landlocked Himalayan

country in south Asia is bordered by Chinese Tibet to the north and India to the south, east and west. Nowhere else can you trek for days in incredible mountain scenery, secure in the knowledge that a hot meal, cosy lodge and warm slice of apple pie await you at the end of the day. Nepal boasts eight of the world's fourteen highest mountains, including the highest mountain in the world, Mount Everest.

Kathmandu is the largest city and capital of Nepal. The city is at an elevation of around 1,400m making the climate generally cool and comfortable. This bustling city features UNESCO World Heritage sites, famous temples, holy rivers and sprawling residential areas. The restaurants are amongst the best in Asia.



Nepal's **Everest Base Camp** is the starting point for mountaineers who intend to reach the summit of Mount Everest. The Nepal Base Camp is located at 5,364m and mountaineers base themselves here for weeks to acclimatise on the mountain, return to rest and prepare themselves for their ascent. The trek to Base Camp has a number of remarkable attractions, not least of these is being able to say you've visited the highest mountain in the world. The scenery along the trail is beautiful with views of huge Himalayan peaks dominating the landscape. Staying in tea houses along the trail offers a unique insight into the lives of the local friendly Sherpa people.

Your questions answered...



Who accompanies us?

You will be accompanied throughout the trek by English-speaking local Sherpa guides who have an excellent knowledge of hiking in the region and may have even summited Everest itself. The guides are first aid trained and will support you throughout your journey, sharing their experience and wisdom with you. You will also be supported by a team of assistant guides, a Different Travel UK tour manager and a representative from Julia's House. You will be in very safe hands! Your luggage is carried by a team of local porters.

What's the terrain like?

The terrain will vary throughout the 12 days but in general it is relentlessly hilly and undulating. Some days you may spend all day trekking uphill, followed by a day trekking downhill. It is essential that your training includes plenty of hillwalking and trekking for consecutive days in order to condition your muscles to this type of exertion. Underfoot the conditions will be dry, rocky and very dusty (bring a 'Buff' www.buffwear.co.uk to cover your face to prevent 'Khumbu cough'). There are a number of river crossings with high suspension bridges too.

Kala Patthar

After you have reached Base Camp there is an option to trek to the top of Kala Patthar 'black rock', a peak which is 5,554m high. You will set off very early in the morning and discover exceptional views of Everest (conditions allowing) as the sun rises over the

Khumbu. It involves a very early start and is a slow, cold slog up to the top through the night. The stunning sunrise from the top makes it worth the effort!

How tough is it?

This trek is graded *challenging to extreme* because you will be trekking for 12 consecutive days over rough terrain, however, it is achievable if you are fit and comfortable with hill walking. Each day's trek is between 5-8 hours (variable depending on group pace) and you will cover approximately 10-15km per day. You will be exposed to higher altitudes each day (average 4,000m and up to a maximum of 5,554m) and we will walk at a slow and steady pace to help with acclimatisation. The trek is an endurance challenge so you are strongly advised to build up a good level of fitness – the fitter you are the more you will enjoy the challenge!

What's the climate like?

Nepal's climate varies with topography and altitude. You can expect daytime temperatures up to 25°C during the first few days, dropping to 0°C at night, then daytime temperatures of 5-15°C as you progress, with sub-zero night time temperatures (-10°C or lower). November is one of the best times to trek in this region and generally offers dry days with clear skies to enjoy incredible views of the mountains.

Please note: the conditions above are historically accurate but climate change can lead to uncharacteristic conditions which are out of our control. The guides will assess the situation and make decisions to ensure the best enjoyment and ultimately safety of the group as a whole.

Acclimatisation Days

The trek includes two important acclimatisation days. These days involve exposure to higher altitudes before descending back to your tea house for the night. This exposure offers your body a chance to adjust to the altitude in a controlled way, before you ascend to higher altitudes over the coming days. Acclimatisation days are also a great opportunity to explore and learn more about the history and culture of the Himalayas. Please note that acclimatisation days are not rest days although you may have the opportunity to spend the afternoons at leisure.



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Where will we stay?

In Kathmandu we will stay in 3* hotels on a twin-share basis with en-suite facilities. During the trek we will stay in tea houses which are locally owned lodges accommodating trekkers and climbers from all over the world. The tea houses are basic but clean and feature a main lounge-dining area which is heated with a central yak-dung burning stove, making it a very comfortable and cosy stay! You will take your breakfast and evening meals in this room and will be able to relax together here too. Battery charging facilities, soft drinks, hot drinks, snacks and souvenirs are available to purchase at many tea houses along the way. The bedrooms usually have two or three single beds per room which have mattresses and occasionally pillows and blankets. You will need to bring your own sleeping bag. If you are travelling as a group, please let Chantelle know who you would like to share with. Access to communications is very good on the trail so you will be able to speak to your family back home.

What about toilet and bathroom facilities?

The facilities at the tea houses will vary. Most have hot water showers or access to buckets of hot or tepid water for washing, payable locally. Washing facilities are increasingly expensive the closer you get to Base Camp. Toilet facilities are basic and in the early stages of the trail there will be a combination of Western and Asian squat toilets which are flushing. Further along the trail there are fewer flushing toilets and instead water buckets are provided for flushing.

What is the food like?

During the trek the food is plentiful and delicious. Generally you will be met with variations of rice, potato and noodle dishes and soups. A typical breakfast will include eggs, omelette, toast, cereal or porridge. Lunch will typically include dal bhat (steamed rice with a lentil soup), pasta, noodles, vegetables, rice, soup and momos (dumplings). A typical dinner will include soup, dal bhat, vegetables, pasta, noodles, rice and potato dishes. Nepalese food is very nutritious.



There will also be snacks and drinks available to purchase at each tea house (prices vary) or at local cafés and bakeries (particularly in Namche). In Kathmandu you will find a wide range of restaurants from high-quality Nepalese food to international cuisine.



Who can join this trek?

An ideal candidate would be someone who is open minded, positive, flexible and enjoys the challenges of the great outdoors. Adventure travel involves an element of the unexpected so do not expect the standard to be the same as you are used to at home. You will must be willing to train hard for this challenge.

The minimum age is 18, although 16-17 year olds may register if accompanied by a parent or legal guardian.

Health considerations

We require a medical form to be completed by everyone upon registering. Any pre-existing conditions, medications and other medical issues **must** be declared and (if relevant) signed off by your GP. Any conditions that later arise must be declared and a new medical form completed and signed.

What kind of training do I need to do?

If you do not already regularly exercise it is crucial that you start training (including plenty of hills) as early as possible. The best training for trekking to Everest Base Camp is hill walking. **You must take fitness training seriously** in order to enjoy the challenge and have the best chance of reaching Base Camp and the summit of Kala Patthar. Supplementary training could include running, cycling, gym workouts, team sports, boot camps, swimming, yoga etc.

The trek does not require technical climbing skills but it is still a tough trek at high altitude so it is important to **take your training seriously and arrive in Nepal as fit as you can be**. Julia's House will offer free training walks in the Purbecks so you can meet your fellow trekkers and test your fitness levels.



Will the altitude affect me?

The maximum altitude on the trek is up to 5,554m (summit of Kala Patthar), or 5,364m at Everest Base Camp. There is a likelihood of altitude related symptoms. Your local guides are experienced in spotting signs of altitude sickness but it is important that you do your own research so you can be aware of how your body is adjusting.

Common mild symptoms of altitude sickness include headache, nausea, loss of appetite, disturbed sleep and fatigue. These generally subside after a few days, once your body acclimatises to the altitude. It is vital that you make your guides and tour manager aware of any symptoms immediately so you can be monitored.

You may wish to consult with your GP about Acetazolamide (Diamox). Please note that this is an unlicensed prescription-only medication in the UK and as it is unlicensed, your GP may not wish to prescribe it to you.

Please be assured that this trek has been designed to maximise your chance for sufficient acclimatisation i.e. the speed at which we trek, the route taken, acclimatisation days and the number of highly trained experts in the support team.

Important info about altitude:

- Acclimatisation is inhibited by overexertion, dehydration, and alcohol.
- If you begin to show symptoms of moderate altitude sickness, don't go higher until symptoms decrease.
- If symptoms increase, you must descend immediately. **Your tour guide and tour manager's decision for you to descend must be respected.**
- Different people acclimatise at different rates. Keep aware of your own symptoms.
- Stay well hydrated. You need to drink lots of fluids to remain properly hydrated (at least three litres per day from water, soup, tea, juices etc.). Urine output should be copious and clear to pale yellow.
- Take it easy and don't overexert yourself when you first arrive at altitude.
- Avoid tobacco, alcohol and depressant drugs such as barbiturates, tranquillisers, sleeping pills and opiates such as codeine. These decrease respiratory drive during sleep resulting in a worsening of symptoms.
- Eat a high calorie diet while at altitude.

General information about altitude can be found here:

<http://www.nhs.uk/conditions/Altitude-sickness/Pages/Introduction.aspx> or

<http://www.traveldoctor.co.uk/altitude.htm>.

COVID-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

We are optimistic that this trip will operate as scheduled, however, if travel restrictions either in the UK or Nepal prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health. We are closely monitoring the situation and will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please email Chantelle.shave@juliashouse.org



Fundraising

How to fund your challenge

There are three ways you can get involved:

1. Pay a deposit of £499 and pledge to raise £3,700
2. Pay a deposit of £499 and then pay a balance of £850. Pledge to raise £2,900
3. Pay a deposit of £499 and then pay the balance of £2,000. Fundraise as much as you can.

The deposit can be paid in two instalments of £249.50. The balances are due 10 weeks before departure.

If any of our fundraising events need to be cancelled due to COVID-19 Coronavirus, we will, of course, offer a full refund. In the first instance we will look postpone the trek and offer you the opportunity to transfer your booking to the new dates. If we can't postpone, or you cannot make the new dates you will be offered a full refund.

Trip Includes:

- ✓ Return flights from London (inc. airport taxes)
- ✓ Domestic flights
- ✓ All transport in Nepal
- ✓ Accommodation in 3* hotels and teahouses
- ✓ Meals
- ✓ English-speaking guides, porters and support crew
- ✓ Sagarmatha National Park entrance fees
- ✓ Trek permits
- ✓ UK Different Travel Tour Manager
- ✓ Free Training Walks

Not included:

- ✗ Nepalese visa (currently \$30 USD on arrival)
- ✗ Personal expenses (e.g, drinks, snacks, showers, souvenirs, etc)
- ✗ Vaccinations and Travel Insurance
- ✗ Tips
- ✗ Cost for optional helicopter in the event of poor weather conditions in or out of Lukla

Deposit

The deposit is non-refundable and non-transferrable. We recommend that you organise travel insurance at the time of booking as this may protect your deposit

in the event that you unexpectedly need to cancel (e.g. illness, injury, redundancy, jury duty etc).

How will I fundraise?

Most people find fundraising is far easier than they first imagined. We will support you every step of the way to ensure you reach and even exceed your target! We will send you a fundraising pack full of ideas on how to reach your target when you sign up. Here are some suggestions:

- Ask your friends, family and colleagues to sponsor you through JustGiving: £600
- Ask local companies to donate prizes and hold a raffle: 200 tickets @ £2 = £400
- Car boot sale, eBay auctions or Facebook Marketplace: £500
- Host dinner parties and charge your friends £10 to come: £180
- Hold a couple of virtual quiz nights: £250
- Ask your work or local school to hold a non-uniform day: £300
- Ask your local supermarket if you can hold a couple of collections throughout the year: £500
- Hold sweepstakes with family, friends and colleagues throughout the year: £500
- Keep a change jar: £70
- Ask for sponsorship instead of Christmas and birthday presents: £400

Total: £3,700



We can't do it without you

Regular respite is a life-saver for parents living with a child who has a life-limiting condition. They are now more than ever, anxious, exhausted, and lonely – as they live under the frightening shadow of a pandemic, often with nowhere else to turn. By fundraising for them, you are throwing these families a lifeline and giving them the well-earned break they so desperately need.

Respite, counselling, sibling activities — the list of services goes on and we are able to fund these services through the support of local people. The children and families we care for face challenges every day and we hope you decide to support them by taking on a challenge of your own.

Together we can change lives.



Made your mind up?

Sign up on our website or email Chantelle.shave@juliashouse.org to secure your place today. Once you have registered we will send you a supporter pack, training advice and exclusive discount vouchers.

We often find some of our fundraisers are more nervous about raising their minimum sponsorship than about training – don't be! Whether it's your first or fifty-first challenge, we're here to help you along the way.

Feel free to email if you have any further questions. Places on the trip are limited so we recommend booking early to avoid disappointment.



Sign up today and get ready for the adventure of a lifetime!

www.juliashouse.org/everest

For more information join our free virtual information evening on 24th November at 7pm

<https://www.juliashouse.org/event/everest-base-camp-virtual-information-evening>

Itinerary

Day 1 (Sat 5 Nov 2022):

London – Kathmandu

Depart London for our flight to Kathmandu.

Day 2 (Sun 6 Nov): Kathmandu

Arrive in Kathmandu and transfer to our hotel. The rest of the day is free to explore. We meet in the evening for our first traditional Nepali meal at a local restaurant and briefing on the week ahead.

Evening meal included.



Day 3 (Mon 7 Nov):

Kathmandu – Lukla - Phakdiing (2656m)

We fly from Kathmandu on a spectacular 40-minute flight to the mountain village Lukla. Your first sight of the Himalayan mountains will give you an exciting taste of what's to come. We meet our assistant guides and porters before trekking up the Dudh Koshi Valley ('river of milk' – named after the pale appearance of the glacier fed water). We take a well-marked centuries-old trading trail and then stay overnight in a lodge in Phakdiing.

Trekking time approximately 4 hours/9km. Breakfast (boxed), lunch and dinner included.



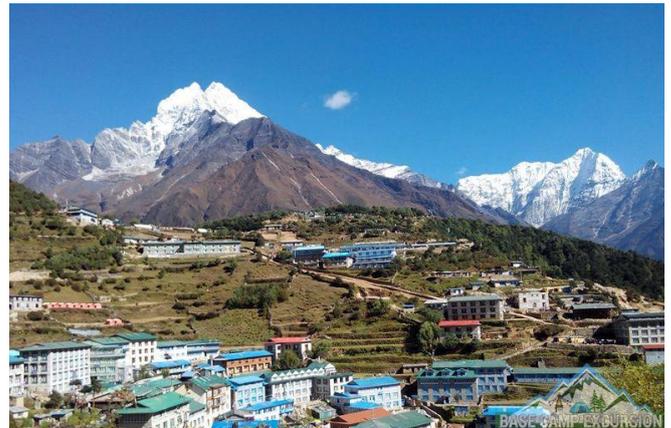
Day 4 (Tue 8 Nov):

Phakdiing - Namche (3450m)

From Phakding, we cross and re-cross the river on a series of high suspension bridges. We head onwards and upwards through a beautiful rhododendron forest before reaching the entrance to the Sagarmatha National Park, a protected area which aims to preserve the fragile mountain environment for future generations. We then take a steep hike to the traditional Sherpa village Namche Bazaar. Namche is the main trading village in the Khumbu and has a busy market, shops, cafes and most famously, freshly baked apple pies. The tough climb is well worth it as we catch our first glimpse of Mount Everest!

Trekking time approximately 5-6 hours/7km.

Breakfast, lunch and dinner included.



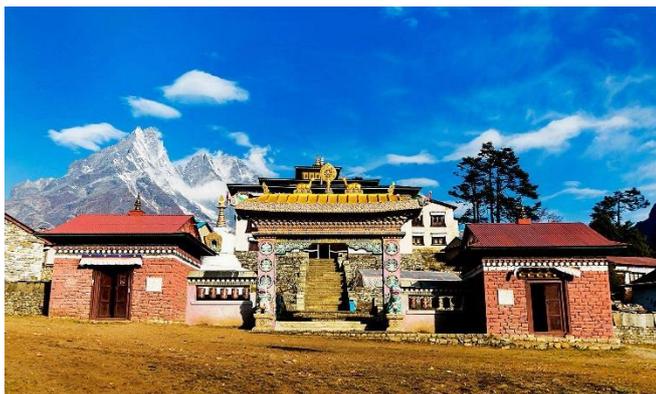
Day 5 (Wed 9 Nov):

Namche Bazaar (acclimatisation day)

We rise early for an important acclimatisation trek. There are a number of options for acclimatisation in the area – we can trek towards the Everest View Hotel (3,880m) for a well-earned hot chocolate and fantastic panorama of Everest, Ama Dablam, Lhotse, Thamserku and more. Or perhaps visit the local Sherpa museum and Syangboche airport (3,780m). After lunch the rest of the day is free for you to relax and enjoy the bustling town of Namche (and try a slice of famous apple pie!).

Trekking time approximately 2-3hours/3km.

Breakfast, lunch and dinner included.



Day 6 (Thu 10 Nov):

Namche to Tengboche (3867m)

From Namche, the trail follows the contours of the valley, high above the Dudh Kosi River. From here the mountain views start to open up and we are rewarded with the most incredible panoramic vista of the greatest peaks in Nepal. Passing several villages and tea shops we descend steeply into the forest. We reach the village of Phunki Tenga, situated next to the river and an ideal stop for lunch. We rest before taking a steep climb out of the protected juniper forest to the holy ground of Tengboche, famous for its legendary monastery, the largest in the Khumbu.

Trekking time approximately 5-6 hours/10km.

Breakfast, lunch and dinner included.

Day 7 (Fri 11 Nov):

Tengboche - Pheriche (4252m)

After breakfast we continue to descend through the rhododendron forest until we cross the river and start our steady climb towards the picturesque village of Pangboche. After stopping at a small village for lunch, we gradually head up the valley, passing beautifully carved mani walls (stones carved with Tibetan chants). You will notice the temperature dropping as we approach our lodge in Pheriche.

Trekking time approximately 6-7 hours/12km.

Breakfast, lunch and dinner included.



Day 8 (Sat 12 Nov):

Pheriche (acclimatisation day)

Today is another important day for rest and acclimatisation surrounded by fantastic views of the Himalayas and rural farmland in the valley below. Look out for Ama Dablam, Cholatse and Tawache which surround vast glaciers and turquoise lakes. This afternoon you can explore the village and relax in one of the local bakeries or cafes.

Trekking time approximately 2-3 hours/3km.

Breakfast, lunch and dinner included.



Day 9 (Sun 13 Nov):

Pheriche to Lobuche (4,930m)

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache. Taking the steep ascent towards the foot of the Khumbu Glacier, we stop for lunch at Dughla (4,620m), a quaint village surrounded by vast peaks. We continue our ascent until we reach a memorial, home to tributes to all those who have died in Nepal's Himalaya. After some time to reflect, we continue following the Khumbu glacier - the highest glacier in the world! It is also renowned for the Khumbu Icefall, a very dangerous part of the ascent route for those attempting to climb Mount Everest. We head towards the cluster of tea houses at Lobuche, where we stay for the night.

Trekking time approximately 5-6 hours/9km

Breakfast, lunch and dinner included.

Day 10 (Mon 14 Nov):

Lobuche to Gorak Shep (5,184m)

To reach our next stop, Kala Pattar, we follow Khumbu Glacier as we traverse through the valley. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We make our way to the top of one of the finest viewpoints in the Everest region, Kala Pattar (5554m). As the light begins to fade, we stroll back to our base at Gorak Shep (graveyard of crows) where a couple of simple mountain lodges are set amongst breath-taking scenery. We settle in for an early night in preparation for our trek to Everest Base Camp the following day.

*Trekking time approximately 8-9 hours/10.5km.
Breakfast, lunch and dinner included.*

Day 11 (Tue 15 Nov):

Trek to Everest Base Camp (5357m)

Today is the day! There's a buzz in the air as we leave Gorak Shep at dawn to make our final journey to Everest Base Camp. It's an early morning and tough climb but the views are breath-taking and you will be in awe of your spectacular surroundings. We make our way through ice pinnacles and past the crevasses of the Khumbu Glacier. As we reach the prayer flags of Everest Basecamp, you will feel an overwhelming sense of achievement. After celebrations, group photographs and time to appreciate our stunning vistas we can take a higher route to get a spectacular view of the Khumbu ice-fall and the route to the South Col. We return to Gorak Shep (or Lobuche depending on timings) for a well-deserved rest! It's a long but unforgettable day!

*Trekking time 7-8 hours/10km
Breakfast, lunch and dinner included.*



Day 12 (Wed 16 Nov):

Trek to Pangboche (3985m)

Today's trek is mostly downhill as we re-trace our steps to Dughla and descend to Pheriche. We arrive at The Himalayan Rescue Association, a trekker's aid post which is well worth a visit. After lunch we cross the Khumbu Khola on a wooden suspension bridge and follow the Imja Khola to the village of Pangboche.

*Trekking time approximately 5-6 hours/10km.
Breakfast, lunch and dinner included.*



Day 13 (Thu 17 Nov):

Pangboche to Namche (3450m)

Today we continue to follow the river, and, after crossing it, climb back up through birch and rhododendron forest to Tengboche. Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen. From Tengboche we descend to the bridge over the Dudh Kosi. At Phunki Tenga we can see the water driven prayer wheels before making our way back to Namche.

*Trekking time approximately 4-5 hours/8km.
Breakfast, lunch and dinner included.*



**Day 14 (Fri 18 Nov):
Namche to Lukla (2,800m)**

Today marks our final day of trekking as we follow the Dudh Kosi River back to Lukla. The rest of the afternoon is at leisure and you may wish to visit one of the bars, cafes or restaurants, or simply relax and reflect on your incredible achievement. In the evening we have a traditional celebratory meal together and say a big thank you to our local guides and porters.

*Trekking time approximately 4 hours/9km.
Breakfast, lunch and dinner included.*



**Day 16: (Sun 20 Nov)
Kathmandu to London**

Enjoy a day of relaxation or further exploration of Kathmandu before we transfer to the airport late in the evening for our overnight flight to London.

**Day 17: (Mon 21 Nov)
Arrive in London**

We are due to land in London at 11:40 on Monday morning.



**Day 15 (Sat 19 Nov):
Lukla to Kathmandu**

This morning we pack up early and fly from Lukla back to Kathmandu. We arrive at our hotel in time for lunch and you can spend the rest of the day exploring this amazing city or have a well-deserved rest. We sit down for our last meal together as a group, a celebration of our great achievement and a toast to our new-found friends!

Breakfast, lunch and dinner included.

N.B. This itinerary is subject to change and will depend on the group ability, flight schedules, weather and the daily circumstances. Any changes in the itinerary will be made in the interest of group safety and enjoyment. You will be informed each evening of the plans for the next day. Your guide and tour manager will have the final say in the interest of the health and safety of the group.