



CHALLENGE INFO PACK.

Everest Base Camp

Trek through the majestic Himalayan Peaks.

SUMMARY.

If we had to describe one of our challenges as “epic” then this trip to Everest Base Camp would be the one. Your challenge begins in Kathmandu, Nepal’s vibrant capital, before you fly to Lukla on a twin engined plane. From here you will continue on your trek into the heart of the Nepali Himalaya, taking in some spectacular scenery along the way.

GRADING.

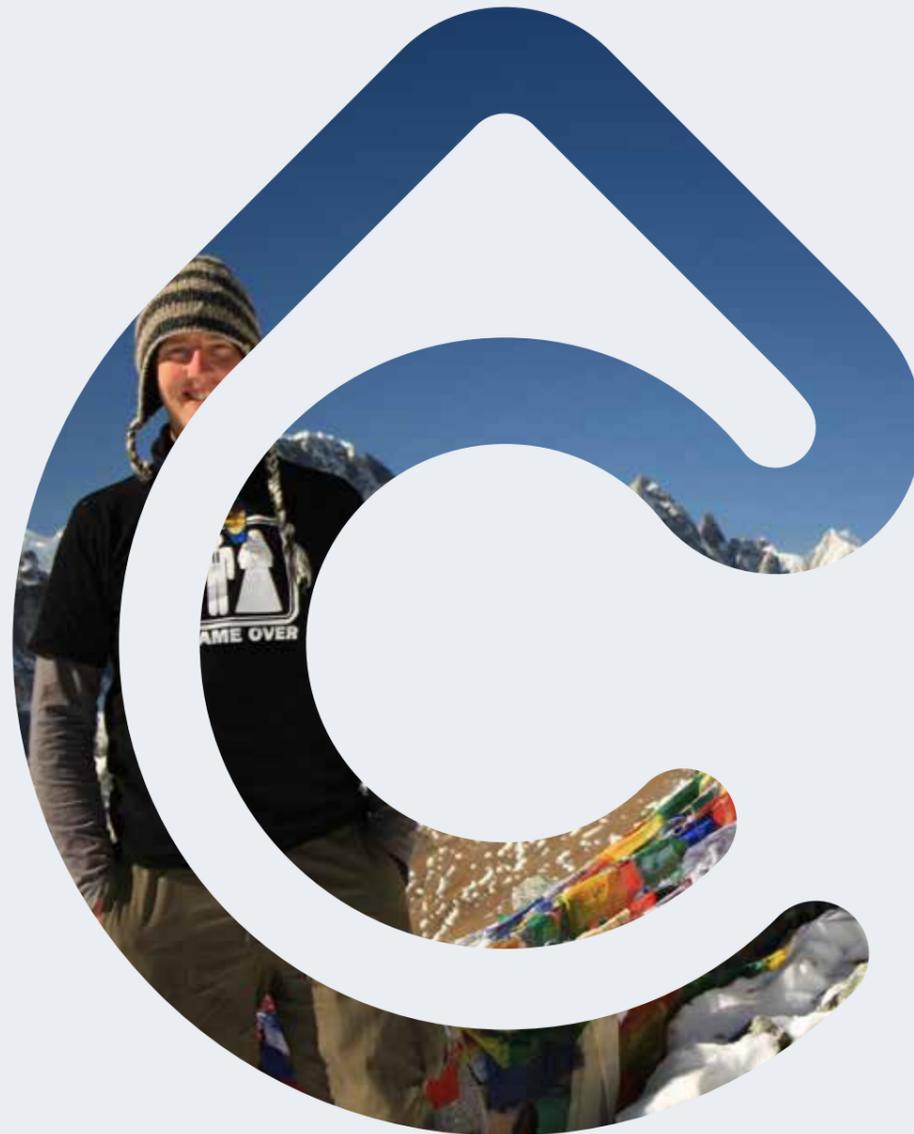
Tough! This is a multi day trek to significant altitude (5390 m above sea level) and there are several hours trekking per day for a total of 11 days; you will need to be in good physical shape to complete the challenge. Although acclimatisation is slow and gradual, you will feel the effects of altitude and stamina is essential for all participants.

TRIP DURATION.

15 days in total with 11 days trekking
Optional trip extensions are available

ACCOMMODATION.

You’ll be staying in a comfortable guesthouse in Kathmandu before your challenge begins. During the trek itself you will be staying in simple mountain bunkhouses, known as Teahouses.



THE COSTS OF MY CHALLENGE...

We understand that, when taking on a fundraising challenge, one size does not fit all. With this in mind, we have created an adjustable fundraising plan. This means that whether you are a first-time fundraiser or a seasoned pro, you will be able to tailor your fundraising target to suit you.

When taking on a challenge with us you can rest assured that all of the money that you fundraise throughout the year will go directly through to the charity that you are supporting. Once you hit that all important fundraising target and your place on the challenge is confirmed, your charity will use this money to cover the remaining costs of your challenge as well as helping to further the vital services that they provide. All of our challenges operate on a minimum 50:50 cost ratio and 100% of any Gift Aid or money that you raise above your fundraising target will stay with your charity

HOW DOES IT WORK?

To get started on your journey you will need to pay a registration fee to secure your place on the challenge. We’ve split this registration payment into two instalments to make sure it’s manageable. You then choose your third instalment, which will automatically customise your fundraising target. We call this a “flexi payment”. We’ve detailed your options below.

INSTALMENT 1: Paid upon sign-up

INSTALMENT 2: Paid in January 2018

INSTALMENT 3: You choose - paid in May 2018

FUNDRAISE:
£2940

INSTALMENT 1
£195

INSTALMENT 2
£195

INSTALMENT 3
£0

FUNDRAISE:
£2550

INSTALMENT 1
£195

INSTALMENT 2
£195

INSTALMENT 3
£195

FUNDRAISE:
£2150

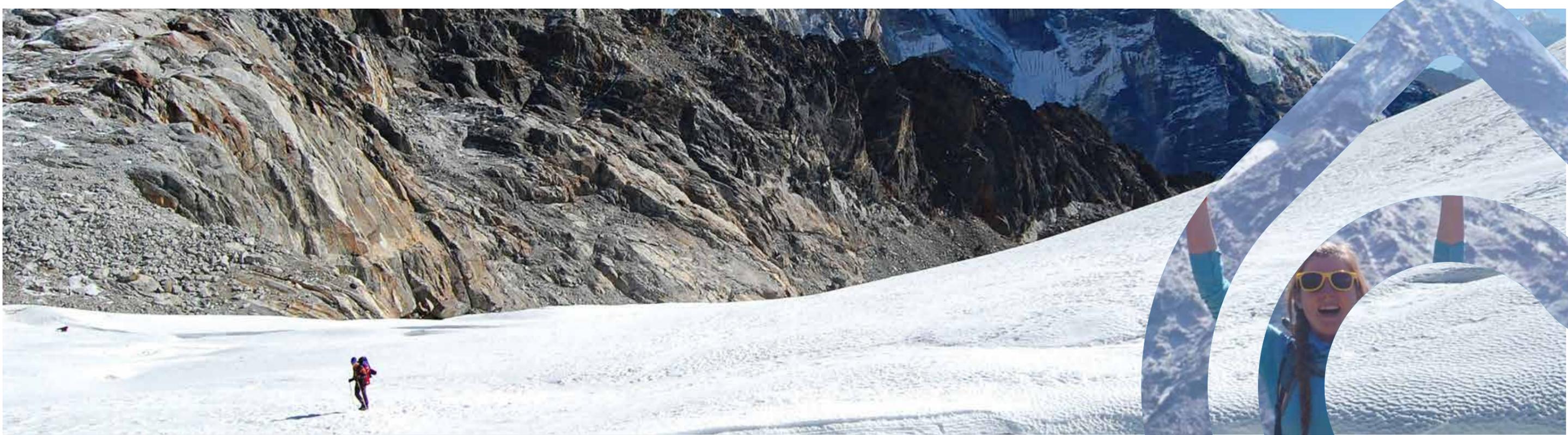
INSTALMENT 1
£195

INSTALMENT 2
£195

INSTALMENT 3
£395

Once you’ve paid your first instalment and chosen your plan, you are ready to begin your fundraising journey. If at any point throughout the year you decide you would like to change your fundraising plan, simply get in touch and we will be happy to help.

Please note any extension trips are optional extras with costs associated. Please refer to the extension trip information pack for the extension trip for costs.



CHALLENGE ITINERARY.

DAY 1: DEPARTURE.

You will depart from a London based airport for Kathmandu.

Please note that you may have more than one change en-route

DAY 2: ARRIVAL AND ORIENTATION.

Upon arrival at Kathmandu International Airport, you will be collected by the Choose a Challenge team and transferred to your accommodation in central Kathmandu. You will have free time to explore the city and also receive a short briefing.

- + Guesthouse Accommodation on multi share basis.
- + Dinner included.

****Please note all trekking times are approximate and depend on local conditions, weather and the health and pace of your group. ****

DAY 3: TREK DAY 1.

Kathmandu to Phakding
Elevation: 2,610m

After breakfast, you will make an early start for the twin otter flight to Lukla. This is the gateway to the Khumbu region and is nestled in the lower slopes of the Himalaya at an altitude of 2,840m. This is an exciting flight and should give you a glimpse of Everest in the distance. In the afternoon, you will begin your trek and descend towards Phakding.

Please note the ability to fly to Lukla is dependent on local weather conditions

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

CHALLENGE ITINERARY.

(CONTINUED)

DAY 4: TREK DAY 2 .

Phakding - Namche Bazaar
Elevation: 3,340m

After an early morning start, you will begin your trek from Phakding to Namche. You will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before entering the Khumbu National Park. You will then cross the points at which the Dudh Kosi and the Bhote Kosi rivers meet on a high suspension bridge and climb steeply through pine forest for approximately two hours up to Namche Bazaar. Namche Bazaar is a prosperous trading town and the capital of the Khumbu region. Just across the valley to the east stands the majestic peaks of Thamserku and Kangtega, the first sign that you are entering "Big Peak Country".

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

DAY 5: TREK DAY 3.

Namche
Elevation: 3,440m

Today is an acclimatisation day. You will spend some time in Namche Bazaar before ascending to the Everest View Hotel at 3,900m. You will find that this strategy of gaining altitude during the day and then descending back down to sleep at night helps you to acclimate more quickly.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.



CHALLENGE ITINERARY.

(CONTINUED)

DAY 6: TREK DAY 4.

Namche Bazaar - Thyangboche

Elevation: 3,860m

From Namche Bazaar, the well-worn Everest trail contours around the side of the valley, high above the Dudh Kosi. As you follow the path, you will get your first proper view of the great peaks of the Khumbu: Everest, Lhotse Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, you will cross the Dudh Kosi River and make a steep climb to Thyangboche, home of an impressive and recently rebuilt monastery.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

DAY 7: TREK DAY 5.

Thyangboche to Dingboche

Elevation: 4,410m

Shaded by rhododendron trees, the trail crosses an airy suspension bridge just beyond Ama Dablam. Contouring the valley side, you will cross the river again and turn up the Imja Valley to reach the picturesque farming village of Dingboche.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

DAY 8: TREK DAY 6.

Dingboche

Elevation: 4,410m

Today you will have an acclimatisation day in Dingboche before your ascent to the upper section of the Khumbu Valley. Whilst in Dingboche, you will have the opportunity to walk to a viewpoint to help the acclimatisation process.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

CHALLENGE ITINERARY.

(CONTINUED)

DAY 9: TREK DAY 7.

Dingboche - Lobuche

Elevation: 4,940m

You will retrace your steps back to Pheriche before continuing along the trail up the broad valley bottom towards Dugla. Ahead of you will be the peak of Lobuche East and, to your left, the formidable north face of Taweche, the scene of many Himalayan ascents during the 1980s and 1990s. After approximately 3 hours you will reach the small collection of lodges in Dugla (4,620m). From here, you will climb steeply besides the glacier, the track eventually leading to a small cluster of teahouses in Lobuche. You will have a rest during the afternoon in order to allow you to continue acclimatising.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

DAY 10: TREK DAY 8.

Lobuche - Gorak Shep

Elevation: 5,164m

Three hours beyond Lobuche is Gorak Shep, base camp for the first successful summit in 1953. This tiny village is dwarfed by enormous peaks on all sides. After passing through Gorak Shep, you will continue trekking to the current base camp where all summit attempts of Mount Everest now depart. There you will be rewarded with amazing views of the Khumbu Ice Fall and will spend some time exploring the camp before returning to Gorak Shep for the night.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.



CHALLENGE ITINERARY.

(CONTINUED)

DAY 11: TREK DAY 9.

Gorak Shep - Pheriche

Elevation: 4,371m

Today you will ascend the Kala Pattar, reaching the highest point of your trek at 5,545m. This climb will take approximately 3 hours and will be tough. However, your efforts will be rewarded by views of Everest and the Khumbu Icefall as well as Lhotse, Nuptse and Pumori. You will then retrace your steps down the Khumbu Valley passing back through Dugla and continuing along the flat valley until you reach your overnight stay in Pheriche.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

DAY 12: TREK DAY 10.

Pheriche - Namche Bazaar

Elevation: 3,440m

You will follow the main Everest trail down the scenic valley, passing through Pangboche and climbing the monastery at Thyangboche. A steep descent of 500m leads through the bird filled rhododendron bushes and fir tree to the Dudh Kosi River. Crossing via a suspension bridge you will climb up the opposite side of the valley to reach the path leading back to Namche Bazaar.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

DAY 13: TREK DAY 11.

Namche Bazaar - Lukla

Elevation: 2,860m

Today is your last day of trekking and you will be able to enjoy being back at a low altitude. You will descend from Namche Bazaar, the trail flattening out as you will cross the river twice more before making your way back to Lukla.

- + Teahouse Accommodation.
- + Breakfast, lunch and dinner included.

CHALLENGE ITINERARY.

(CONTINUED)

DAY 14: RETURN KATHMANDU.

You will depart Lukla Airport early in the morning for your flight back to Kathmandu. You will be met by Choose a Challenge representatives and transferred back to your accommodation. In the afternoon you will have some free time to explore Kathmandu, visit some of the local temples or grab some last minute souvenirs. In the evening, you and your team will travel into the town for a traditional dinner to celebrate your amazing achievement!

- + Guesthouse Accommodation on multi share basis.
- + Breakfast, lunch and dinner included.

DAY 15: FREE DAY.

Today is a free day to spend exploring Kathmandu.

Please note this is also an insurance day in the case of delayed flights internally between Lukla and Kathmandu.

- + Guesthouse Accommodation on multi share basis.

DAY 16: DEPENDING ON TRAVEL OPTION.

If you have chosen the immediate return travel option, you will transfer back to Kathmandu airport and then on to the UK. If you have chosen our extension option, you will be heading off on your extension trip to explore more of what Nepal has to offer. Participants on the ground arrangements only plan are free to continue on their own itinerary.

- + Breakfast included.

****Please note our itineraries are planned many months in advance and occasionally we need to make small adjustments and tweaks due to local conditions and advice from our partners on the ground in Nepal. We will try our best to inform you of any major adjustments however, in some cases changes may need to be last minute. Please try to bring a degree of flexibility with you when you come on the challenge.****



WHAT'S INCLUDED...

- ✓ International flights
- ✓ Transfers as mentioned
- ✓ Accommodation as mentioned
- ✓ Meals as mentioned
- ✓ All national park fees, entrance fees, taxes, permits and vehicles as applicable to the above itinerary
- ✓ Professional English speaking guides at all times
- ✓ Drinking water during the hike

- ✓ 24/7 support and emergency line available throughout the itinerary
- ✓ Equipment hire facilities
- ✓ All camping equipment required on the trek (excluding: sleeping bags/roll mats)
- ✓ Porter Service - you will only need to carry day-packs whilst on the trek

WHAT'S NOT INCLUDED...

- ✗ Evacuation: in event of a serious medical injury, we will coordinate with your travel insurance company to arrange evacuation
- ✗ Meals and drinks other than those mentioned in the itinerary
- ✗ Tips and gratuities.
- ✗ Extension Trips
- ✗ Country visa (if applicable)
- ✗ Travel insurance.
- ✗ Vaccinations.
- ✗ Personal equipment such as trekking equipment and sleeping bags



IS THIS CHALLENGE SAFE?

All of our challenge events involve an element of risk (that's part of what makes them challenging!) but we work closely with our partners in Nepal to ensure that your trip is memorable for all the right reasons. We risk assess all our trips and we comply to the BS8848 British Standard of trekking.

WHO WILL I BE TRAVELING WITH?

You'll be travelling with your best friends (it's just that you haven't met some of them yet!). Group sizes vary, but typically there will be 12-30 fellow students on your trip.

WHO WILL BE LOOKING AFTER US IN NEPAL?

We use only the best English speaking guides who have years of experience of guiding students from UK universities. They will not only be there to ensure that you are healthy, safe and well looked after, they'll also be more than happy to give you a real insight into the culture and traditions of Nepal.

WILL I GET SUPPORT FROM THE CHARITY FOR MY FUNDRAISING?

Absolutely! Whilst it is of course your responsibility to reach your fundraising target, all of our partner charities have staff dedicated to supporting students taking part in Choose a Challenge events.

TRIP FAQs.

CAN I EXTEND MY STAY IN NEPAL?

Yes, our departure dates allow participants to stay on as a group after the trek has finished and explore the highlights of Nepal (check out our extension trip information pack).

WHAT WILL THE WEATHER BE LIKE?

Weather in the Himalayas can be very changeable due to the nature of the surrounding terrain. When it does rain, it can be heavy and last for several hours. As you reach Everest Base Camp itself, the altitude leads to a sharp drop in temperatures, particularly at night. Kathmandu enjoys a subtropical climate (around 25 degrees celsius during the day) but there can be heavy downpours during the humid summer months.

DO I HAVE TO SPEAK NEPALI TO ENJOY THIS TRIP?

No! All our staff in Nepal speak English and you'll find that, whilst learning a bit of Nepali is greatly appreciated and very useful, English will be spoken fairly widely. Just a tip - namaste means hello!