



LUXURY EVEREST BASE CAMP TREK



2024 TRIP NOTES





LUXURY EVEREST BASE CAMP TREK TRIP NOTES

2024 TREK DETAILS

Dates: Trip 1: April 5–19
Trip 2: April 15–29
Trip 3: September 27 to October 11
Trip 4: October 16–30
Duration: 15 days
Departure: ex Kathmandu, Nepal
Price: US\$12,900 per person

▲ Approaching Everest. Photo: Anthea Fisher.

The Everest region is stunningly beautiful and a trek to Everest Base Camp is well worth the effort, at least once in this lifetime! The journey starts with your arrival in Kathmandu, where we show you the highlights of this ancient and fascinating city before flying by B3 helicopter into the Khumbu Valley, where we begin the trek and take in views the world's most dramatic skylines!

Whilst the trek to Everest Base Camp is a physical undertaking that takes some effort, this option enables you to experience this fantastic journey in comparative luxury. We utilise superior lodging in the lower villages and luxurious tent camps at higher elevations, supported by our attentive catering staff with fine meals of fresh local and imported foods.

TREK OUTLINE

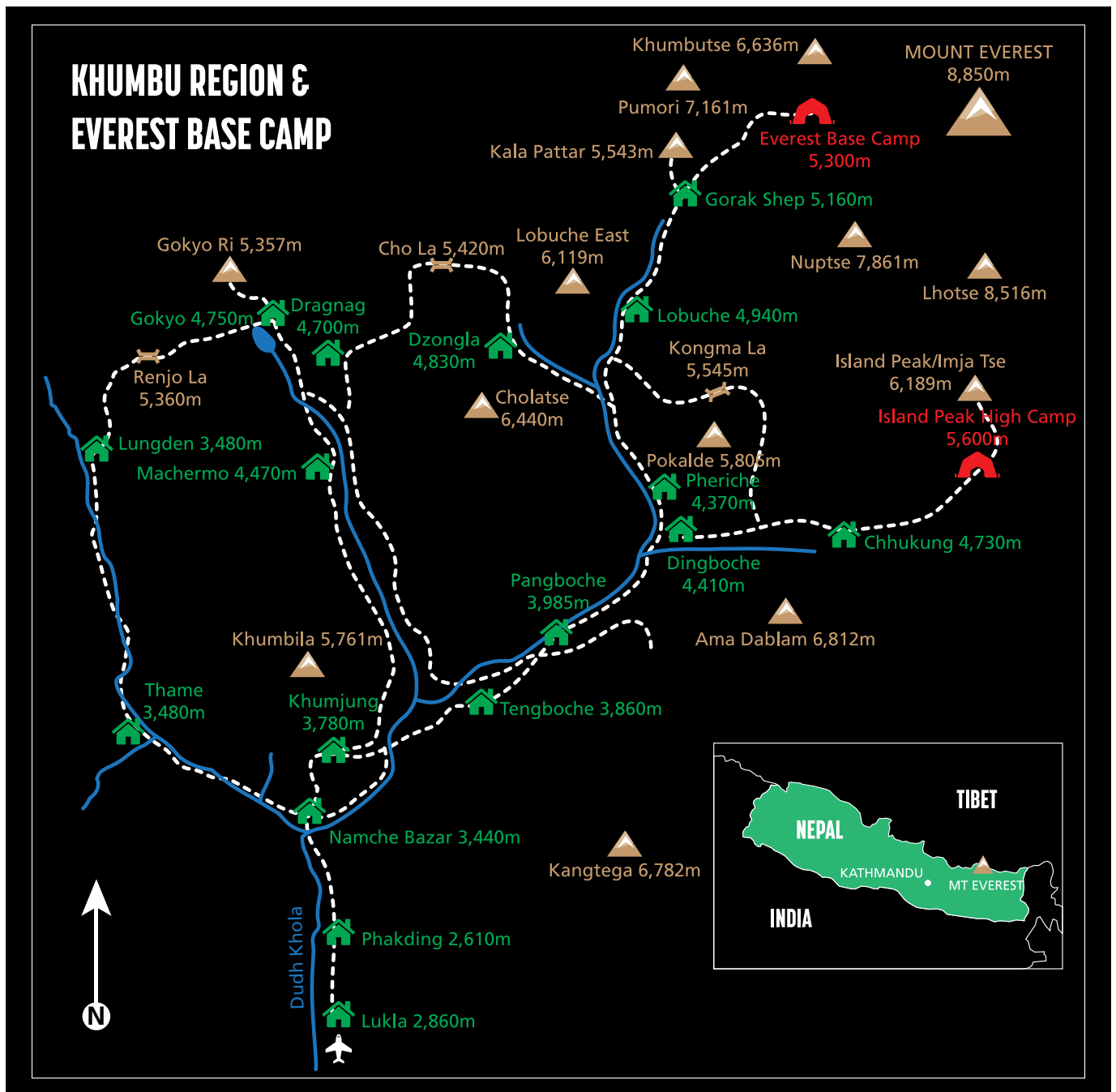
We meet in Kathmandu, the capital of the Kingdom of Nepal. You will be greeted by one of our representatives at the airport and whisked through the thriving city to your choice of luxury hotel.

Once everybody has arrived, we will have a team meeting where introductions to your fellow

trekkers will be made and you will be given an outline of the upcoming trek. Your guide will brief you on the trip preparations and we can sort out any queries you may have.

Your guide will also advise you on the best shopping areas and restaurants to visit while you are in the city. After an optional sightseeing tour and familiarisation with the layout of Kathmandu, you are free to look around as there are plenty of shops and entertainment options to suit all tastes. From excellent bookshops to mountain bike hire, shopping and bars, Kathmandu's retail fraternity is waiting to meet you!

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



The next morning, we fly by B3 helicopter into the village of Phakding at 2,610m/8,563ft, thus avoiding the frenetic domestic terminal in Kathmandu and minimising the risk of weather delays at the beginning of our trek.

The trek takes us through a variety of mountainous terrain from the forest clad hills below Namche to the high alpine glaciers at Everest Base Camp. The time-worn trails are generally well formed in the lower valley, but terrain becomes rocky and uneven as we approach Base Camp. Good balance and some previous trekking experience is required.

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 Sherpa 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 moderate and involve walking between 2 and 5 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.



▲ Trekkers just arrived in Lukla by helicopter. Photo: Thomas Fortin



▲ Namche Bazaar. Photo: Caroline Ogle

There is the issue of altitude 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 Phakding, 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 Monjo before following the valley to the base of the Namche Hill.

A long climb brings us to the famous village of Namche Bazaar, 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 Bazaar 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 Khunde and sample high altitude croissants at the bakery in Khumjung.

A short trekking day, which allows plenty of time for any last-minute shopping in Namche Bazaar, then takes us to Tashinga. From here we have splendid views of the world's highest mountains. Mt Everest pokes its head out above the high ridges of Mt Nuptse and Lhotse, whilst Ama Dablam stands omnipotent over the valley.

The ascent of the long Tengboche hill takes us through the rhododendron forest, which is in full bloom during our pre-monsoon treks. We gradually

climb to the tree line into the sub-alpine regions and our next stop Pangboche, the site of the Khumbu Valley's oldest monastery which we visit and spend peaceful time within.

We gradually climb above the tree line into the sub-alpine regions and our next stop, Dingboche is situated on a green plain with yaks grazing contentedly. Here we settle into our first tented camp and a rest day allows us the opportunity to walk about and enjoy the views.

The next stage takes us to our next camp near the village of Lobuche and the base of the Khumbu Glacier. Mount Everest is hidden from us even though we are so close, but Pumori, Nuptse, Lobuche and Taweche provide plenty of scenic splendour. Then we move to our third tented camp at Gorak Shep, the final resting post prior to Base Camp itself. We make an early start and begin our final day's trek to Everest Base Camp for a visit to our camp, where, during the spring, the Everest climbers will be preparing themselves for the ascent.

It is here that the climbers rest and recuperate when not actually up on the mountain, and our pre-monsoon trek groups (Trips 1 and 2) will have the privilege of spending the night at Base Camp providing a real insight into expedition life. 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, tents and oxygen cylinders are carried through the spectacular Khumbu Icefall to the camps high on the mountain.

Our post monsoon treks (Trips 3 and 4) visit Base Camp for the day, and after a delicious picnic lunch, return to lower altitudes back down to Gorak Shep. Above Gorak Shep is Kala Patar, which is a highlight of the trek up the Khumbu. At sunrise or sunset, the



Loaded Yaks pass an Adventure Consultants luxury camp. Photo: Guy Cotter

views of Everest can be magical, and we hope to enjoy a photographic session with you there! We spend a final night in Gorak Shep before our spectacular scenic helicopter flight back to Kathmandu.

ITINERARY

PRE-MONSOON

Trip 1 April 5–19, 2024
Trip 2 April 15–29, 2024

Day 1	Arrive Kathmandu
Day 2	Gear checks and sightseeing.
Day 3	Fly by helicopter to Phakding (2,610m/8,563ft), trek to Monjo (2,835m/9,301ft)
Day 4	Trek to Namche Bazaar (3,440m/11,286ft)
Day 5	Rest day and sightseeing around Namche Bazaar
Day 6	Trek to Tashinga (3,450m/11,319ft)
Day 7	Trek to Pangboche (3,985m/13,074ft) and visit the local monastery
Day 8	Trek to Dingboche luxury tented camp (4,240m/13,900ft)
Day 9	Acclimatisation hike around Dingboche
Day 10	Trek to Lobuche luxury tented camp (4,900m/16,100ft)
Day 11	Trek to Gorak Shep luxury tented camp (5,160m/16,929ft)
Day 12	Trek to Everest Base Camp (5,300m/17,400ft), overnight at the AC Everest Base Camp
Day 13	Spare day for weather delays

Day 14 Fly to Kathmandu by helicopter
 Day 15 Depart from Kathmandu.

POST MONSOON

Trip 3 September 27 to October 11, 2024
Trip 4 October 16–30, 2024

Day 1	Arrive Kathmandu
Day 2	Gear checks and sightseeing
Day 3	Fly by helicopter to Phakding (2,610m/8,563ft), trek to Monjo (2,835m/9,301ft)
Day 4	Trek to Namche Bazaar (3,440m/11,286ft)
Day 5	Rest day and sightseeing around Namche Bazaar
Day 6	Trek to Tashinga (3,450m/11,319ft)
Day 7	Trek to Pangboche (3,985m/13,074ft) and visit the local monastery
Day 8	Trek to Dingboche luxury tented camp (4,240m/13,900ft)
Day 9	Acclimatisation hike around Dingboche
Day 10	Trek to Lobuche luxury tented camp (4,900m/16,100ft)
Day 11	Trek to Gorak Shep luxury tented camp (5,160m/16,929ft), climb Kala Patar (5,554m/18,222ft) for sunset
Day 12	Gorak Shep to Everest Base Camp (5,300m/17,400ft) and back to Gorak Shep luxury tented camp.
Day 13	Spare day for weather delays
Day 14	Fly to Kathmandu by helicopter
Day 15	Depart from Kathmandu



▲ Views of Ama Dablam. Photo: Caroline Ogle



▲ Luxury tents with stand-up sleeping tents and cot-beds Photo: Mike Bamber



▲ Crossing the Namche Bazaar bridge. Photo: Suze Kelly

TEAM SIZE

We will take a maximum of 6 trekkers with each departure, hence spaces are limited.

GROUPS

If you are a group of 6 or more, then you can arrange a private trek on dates that suit you for US\$12,900 per person.

We can also arrange private luxury treks for groups of 4 (US\$15,500 per person) and 2 trekkers (US\$20,500 per person), please enquire for additional information.

THE ADVANTAGES OF TREKKING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions and treks. 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 trek 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 and treks safe and successful.

ACCOMMODATION

Whilst in Kathmandu, you will have the option to stay in one of a variety of high-end hotels and we will be happy to advise you on our favourites.



▲ Fresh snow at Everest Base Camp. Photo: Bronwen Waters

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.

When trekking in the Khumbu Valley, we will be dining in the lodges. At our tented camp and at Base Camp, we will be eating in the Adventure Consultants heated dining tent, catered by our attentive staff.

EQUIPMENT LIST

Trek members will be sent a list detailing all necessary clothing and equipment to be individually provided. A sleeping bag is provided as part of your trek fee as well as a down jacket, which will be yours to keep at the end of the trek.

MEDICAL EXAMINATION

Trek members will be provided with pre-trip medical advice and a medical questionnaire. This information will be sighted only by the Expedition Leader and our medical adviser and treated with full confidentiality.

DOCUMENTATION AND PHOTOGRAPHS

Trek members will need to provide a digital passport photograph for trekking permits and a copy of their passport biodata page.

THE TREK FEE

The cost of the trek ex Kathmandu, Nepal is US\$12,900 which is an inclusive cost covering the following:

- Kathmandu airport transfers
- Kathmandu sightseeing tour
- Nepalese Government royalty fees
- All trek organisational requirements
- All trekking permits
- Helicopter transport from Kathmandu to Phakding, and from EBC (pre-monsoon) or Gorak Shep (post monsoon) to Kathmandu
- 10 or 11 nights accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek including sleeping bag for use at camps
- Down jacket—yours to keep after the trip
- All trek staff, including professional trip leader and local Sherpa guides
- Porter support (you only carry a daypack)



▲ Spectacular views from Dughia Pass. Photo: Rene Schwaller



▲ Lounging at AC's Dingboche luxury camp. Photo: Rene Schwaller



▲ Luxury accommodation at Monjo. Photo: Suze Kelly



▲ Luxury lodge accommodation. Photo: Guy Cotter

- Transport of 15kg of personal equipment
- All meals after departing Kathmandu and before arriving back in Kathmandu
- Purified water and hot drinks on the trek
- Back up medical services

The trek fee does not include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Lodge or tented accommodation in the Khumbu valley beyond the 10 or 11 included nights
- Purchases of bottled water, gifts or alcohol
- Personal expenses such as laundry, battery charging and showers at lodges
- Entry visas for Nepal
- Personal clothing and equipment
- Excess baggage fees
- Any rescue costs or costs of early departure from the trek
- Personal travel/trip cancellation insurance
- Gratuities to guides and Sherpa staff

EXTRAS

Single Supplement: US\$1,800 per person.

DEPOSIT

A deposit of US\$1,000 per person is payable to secure a place on the Luxury Everest Base Camp Trek.

BALANCE

The balance of payment of US\$11,900 is payable 90 days prior to your trip start date.

PAYMENTS

All payments should be made by bank transfer to:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

For the account of Adventure Consultants Limited.

Account Number: 1000-594771-0000
Account Type: US Dollars
Swift Address: BKNZNZ22



▲ Mountain views abound. Photo: Guy Cotter

NOTE: All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

CANCELLATION & 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. A trek member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of trip deposit.
- For cancellations made within 90 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 60 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 if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TREK

If you would like to join one of these treks please feel free to book using our online booking form at <https://www.adventureconsultants.com/treks/himalayan-treks/luxury-everest-base-camp-trek/book-now> and return your completed application to us with a deposit for the trip.

CONTACT US

If you require more information please contact us at:

Adventure Consultants Ltd
PO Box 739
Wanaka, 9343
New Zealand

Phone: +64 3 443 8711

Email: info@adventure.co.nz

Web: www.adventureconsultants.com





Views on the trek to Lobuche. Photo: Rene Schwaller



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

