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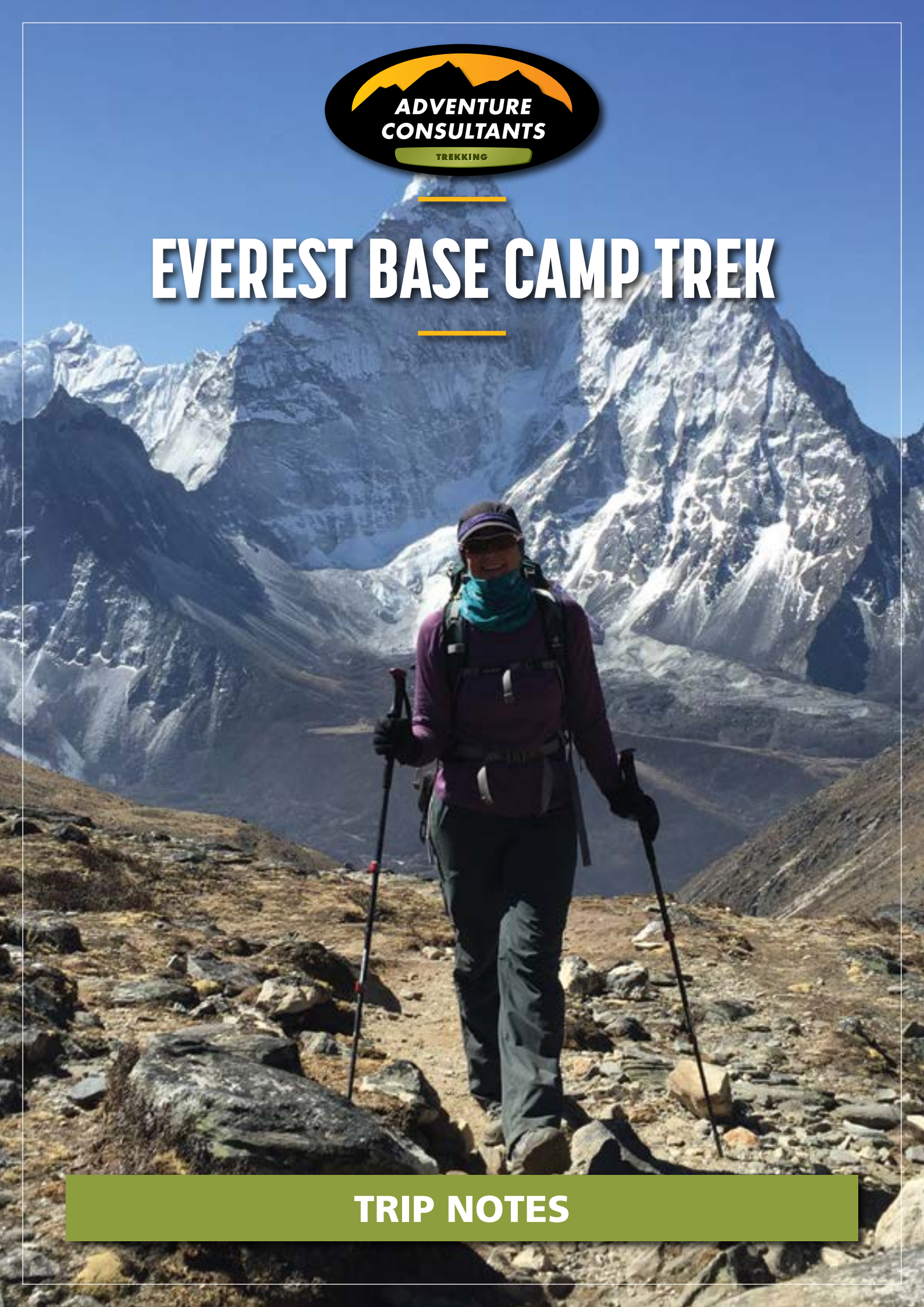
TREKKING

EVEREST BASE CAMP TREK



TRIP NOTES

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EVEREST BASE CAMP TREK NOTES

▲ Celebrations at Everest Base Camp. *Photo: Suze Kelly*

2027 TREK DETAILS

Dates: **Trip 1:** March 27 to April 13, 2027
Trip 2: April 9–26, 2027
Trip 3: October 3–20, 2027
Duration: 18 days
Departure: ex Kathmandu, Nepal
Price: US$6,250 per person (Pre-monsoon)
US$5,950 per person (Post monsoon)

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. Our trek is unique in that we have the privilege of spending some time at Everest Base Camp exploring the area and seeing the inner workings of expedition life.

OUTLINE OF THE TREK

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

Once everybody has arrived we have a team meeting where introductions are made and the trip outlined. 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 best restaurants to visit 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 venues to suit all tastes. From excellent bookshops to mountain bike hire, souvenir shopping and bars, Kathmandu's retail fraternity is waiting to meet you!

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

Next morning we fly by helicopter into the village of Lukla at 2,860m/9,383ft, the beginning of our trek. The trek takes 13 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

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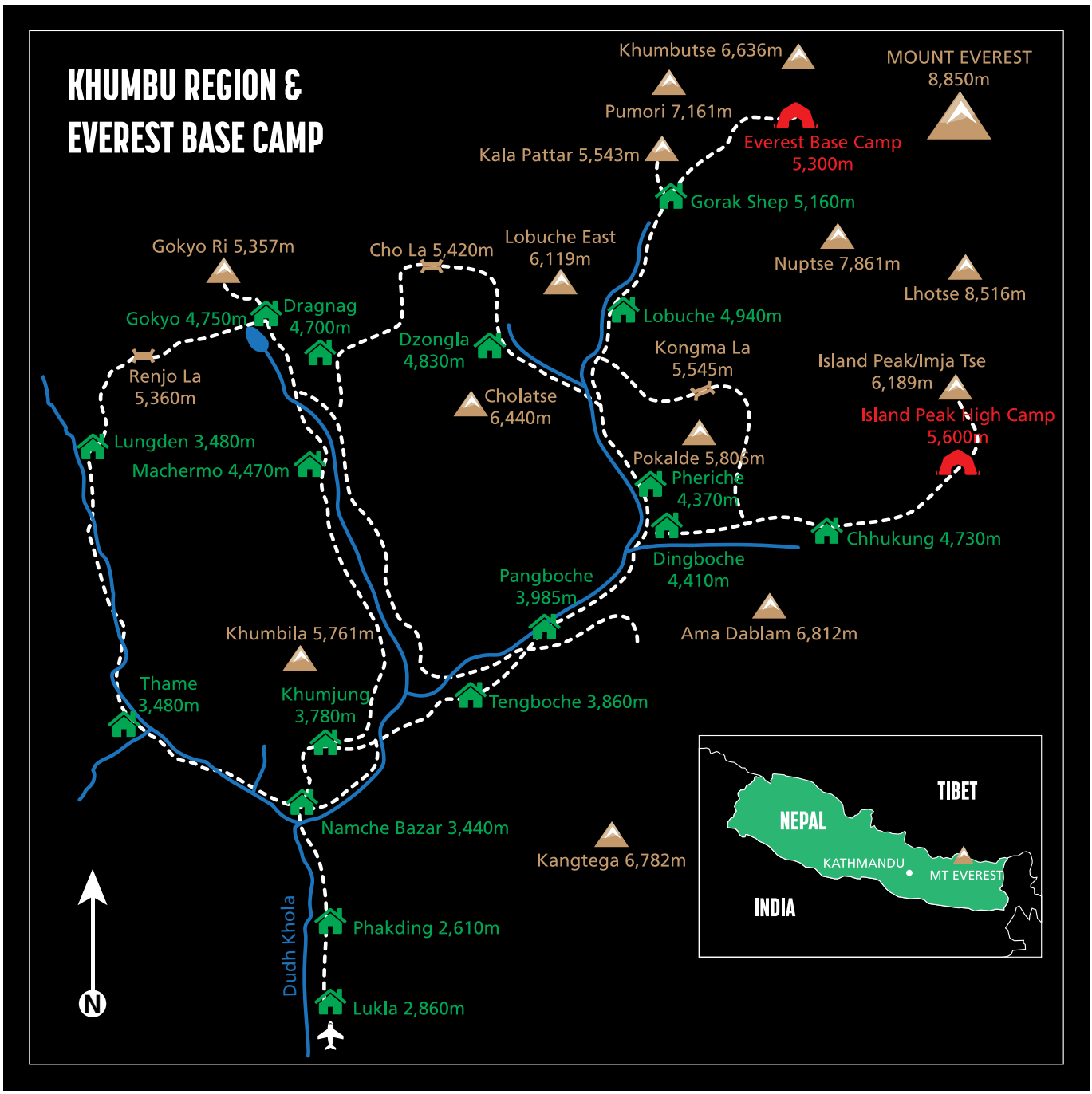

products. The Sherpas brought their Buddhist religion with them, which they evolved to develop their own sect of the faith. They are very generous and spiritual people with a colourful lifestyle, and our trek allows us to spend time with them in their homeland and visit their monasteries.

The trekking days are moderately strenuous and involve walking between 4 and 6 hours in 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 the 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 Bazaar, which is the centre of trade for the Sherpa people as it has been for hundreds of years.

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Trekkers taking in the view from Tengboche Hill. *Photo: Rene Schwaller*

Namche Bazaar from above. *Photo: Caroline Ogle*

Mani stone on the trail. *Photo: Paolo Pieroni*

There are many sights to delight in Namche Bazaar with dramatic views across the valley to Mount Kwonde, a wonderful backdrop to the unique Sherpa architecture of the houses and lodges here. On our rest day, we explore the local Sherpa Museum and bustling Namche markets, or for those feeling energetic there is the possibility of a hike to 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 Tengboche Monastery, the biggest of the monasteries in the Khumbu Valley, which we visit and spend peaceful time within. The ascent of the long Tengboche hill takes us through a rhododendron forest, which is in full bloom during April.

From Tengboche we have splendid views of the world's highest mountains. Mt Everest pokes its head out above the high ridges of Mounts 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, either Pheriche or Dingboche, small villages situated on a green plain 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 options available to us, primarily in teahouses or lodges. By having a flexible approach, we can do our best to both aid the acclimatisation process and remain together as a team.

Our next stage takes us to Lobuche village 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.

From Lobuche our itineraries vary between seasons.

PRE-MONSOON

The pre-monsoon trips leave Lobuche for 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 at the Adventure Consultants Base Camp. 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. We enjoy a night here which gives us a chance to explore Base Camp and see the inner workings of an expedition.

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▲Happy trekkers near Dingboche. *Photo: Rene Schwaller*

The following morning, we descend to Gorak Shep, located in the shadow of Kala Patar, which is a real highlight of a trek up the Khumbu. At sunrise and sunset, the views of Everest can be magical, and we'll make the climb in the hope of enjoying a photographic session from the summit!

From Gorak Shep we continue the steady descent to Pheriche or Dingboche and then Namche Bazaar, now seemingly bustling with activity following the quiet of the higher reaches of the Khumbu.

POST MONSOON

Meanwhile, our post-monsoon departure departs Lobuche for our Gorak Shep Camp, stunningly located to allow a glimpse of Everest from the comfort of our tents. We will also have the opportunity to climb Kala Patar for an incredible Himalayan panorama.

The following morning, we rise early and enjoy a hearty breakfast before making our day trip to Everest Base Camp! Although the camp itself is quieter during the post-monsoon season there is much to see, and we have plenty of time to explore and absorb the magic of the place. We trek close to the base of the spectacular Khumbu Icefall, which alongside the surrounding mountains makes for perhaps our most extraordinary lunch stop of the trek, and it's with some reluctance that we say goodbye to Base Camp and begin our descent to lower altitudes, returning to the comfort of the lodge in Lobuche.

From Lobuche we descend to Pangboche, home of the Khumbu's oldest monastery for the night and then onwards to Namche Bazaar.

From Namche Bazaar both itineraries continue the descent to Lukla and the following day we fly back to Kathmandu and the finish of the trek.

ITINERARY

PRE-MONSOON

Trip 1: March 27 to April 13, 2027
Trip 2: April 9–26, 2027 (Accompanies the AC Everest Expedition to Base Camp)

Day 1	Arrive Kathmandu, team briefing
Day 2	Gear checks and sightseeing
Day 3	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft)

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▲Smiles on the famous bridge to Namche Bazaar. *Photo: Caroline Ogle*

Day 4	Trek to Namche Bazaar (3,440m/11,286ft)
Day 5	Rest day and sightseeing Namche Bazaar
Day 6	Namche Bazaar to Tengboche (3,970m/12,696ft)
Day 7	Tengboche to Pheriche (4,270m/14,009ft) or Dingboche (4,410m/14,469ft)
Day 8	Rest day in Pheriche or Dingboche, morning hike
Day 9	Pheriche or Dingboche to Lobuche (4,940m/16,207ft)
Day 10	Rest day at Lobuche, morning hike
Day 11	Trek to Everest Base Camp (5,300m/17,400ft), overnight at the AC Everest Expedition Base Camp
Day 12	Base Camp to Gorak Shep Camp in the afternoon
Day 13	Gorak Shep Camp to Kala Patar (5,554m/18,222ft), descend to Pheriche or Dingboche
Day 14	Trek to Namche Bazaar
Day 15	Trek to Lukla
Day 16	Spare day for weather delays
Day 17	Fly Lukla to Kathmandu
Day 18	Depart from Kathmandu

POST MONSOON

Trip 3: October 3–20, 2027

Day 1	Arrive Kathmandu, team briefing
Day 2	Gear checks and sightseeing
Day 3	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft)
Day 4	Trek to Namche Bazaar (3,440m/11,286ft)
Day 5	Rest day and sightseeing Namche Bazaar
Day 6	Namche Bazaar to Tengboche (3,970m/12,696ft)
Day 7	Tengboche to Pheriche (4,270m/14,009ft) or Dingboche (4,410m/14,469ft)
Day 8	Rest day in Pheriche or Dingboche, morning hike
Day 9	Pheriche or Dingboche to Lobuche (4,940m/16,207ft)
Day 10	Rest day at Lobuche, morning hike
Day 11	Trek to Gorak Shep Camp, climb Kala Patar (5,554m/18,222ft)
Day 12	Trek to Everest Base Camp (5,300m/17,400ft), return to Lobuche
Day 13	Descend to Pangboche (3,985m/13,074ft)
Day 14	Trek to Namche Bazaar
Day 15	Trek to Lukla
Day 16	Spare day for weather delays
Day 17	Fly Lukla to Kathmandu
Day 18	Depart from Kathmandu

TEAM SIZE

We will take a maximum of 12 trekkers with each departure, hence spaces are limited.

PRIVATE GROUPS

If you are a group and prefer a private option then you can nominate the dates that suit you for the 18-day private trek. Cost varies depending on group size, please enquire for a personalised quote.

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Trekkers on the trail to Pangboche. *Photo: Suze Kelly*

Luxury options are available, along with spectacular and challenging extensions to the Everest Base Camp Trek—a privately guided climb of Island Peak or add extra days to trek the Gokyo Extension, over the Cho La to the Gokyo Lakes region.

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 trip to offer our trekkers the best possible experience.

We employ strong and specialised trek 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 and 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.

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 when at Base Camp, we will be eating in the Adventure Consultants dining tent. Our Base Camp equipment and ample nutritious meals are always the envy of other groups on the mountain!

EQUIPMENT LIST

Trek members will be sent a list detailing all necessary clothing and equipment required for the trip.

MEDICAL INFORMATION

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

DOCUMENTATION & PHOTOGRAPHS

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

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"We've made it!" Trekkers at Everest Base Camp. *Photo: Rene Schwaller*

THE TREK FEE

The cost of the trek ex Kathmandu is US$6,250 for Trips 1 & 2 and US$5,950 for Trip 3.

This is an inclusive cost and covers the following:

- Kathmandu airport transfers
- Nepalese government royalty fees
- All trek organisational requirements
- All trekking permits
- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek (tents and camping facilities)
- All trek staff, including porter support
- Breakfast, lunch and dinner ex 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, gifts or alcohol
- Personal expenses such as laundry, battery charging and 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
- Excess baggage fees over the 15kg trek allowance
- Personal travel/trip cancellation insurance
- Any rescue costs or costs of early departure from the trek
- Gratuities to guides and Sherpa staff

PAYMENT DETAILS

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

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

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.

DEPOSIT

A deposit of US$750 will secure a place on the trek.

BALANCE

The balance of payment is payable 90 days prior to your trip start date.

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Everest Base Camp, Khumbu Icefall and Mount Everest. *Photo: Suze Kelly*

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 the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the full 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 our Everest Base Camp Treks please feel free to book using our online booking form at https://adventureconsultants.com/treks/himalayan-treks/everest-base-camp-trek#DepartureBookingBlock and return your completed application to us with a deposit for the trip.

CONTACT US

If you require more information please contact us at:

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▲Awesome views of Ama Dablam from Khumjung. *Photo: Suze Kelly*

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.

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