



EVEREST BASE CAMP



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This guide will take you on a journey to one of the most popular trekking routes in the Himalayas, passing through the beautiful valley of the Dudh Kosi river and the mystical Sherpa capital of Namche Bazaar. You will bear witness to some of the world's most spectacular mountain scenery as you stand in awe at the foothill of the 5th furthest point from the center of the Earth!

Read on to discover your adventure of a lifetime...



INTRODUCTION

The area we have chosen for you is the Khumbu Valley in Nepal's Everest region. We'll trek the famous route, walked by many of the World's best mountaineers all the way up to Base Camp. We will also summit Kala Pattar (5,545m) in time for sunrise on our highlight day, to see Everest (8,848m) and Lhotse (8,501m), the World's 1st and 4th highest mountains.

Spring is a wonderful time to visit the Khumbu, not only to witness the climbing season, but also to see Nepal's famous Rhododendrons in full bloom as you trek up through the Valley. Meet the famous Sherpa people and snake your way up to base camp with porters, cows, donkeys and yaks carrying supplies for the climbing expeditions.

Nima Lama, our Head of Operations in Nepal, will be there to greet you upon safe arrival at Kathmandu Airport. He will be your guide for the duration of your trip.

To start your journey into the heart of the Everest region read on...



THE ITINERARY



DAY 01: Arrival in Kathmandu

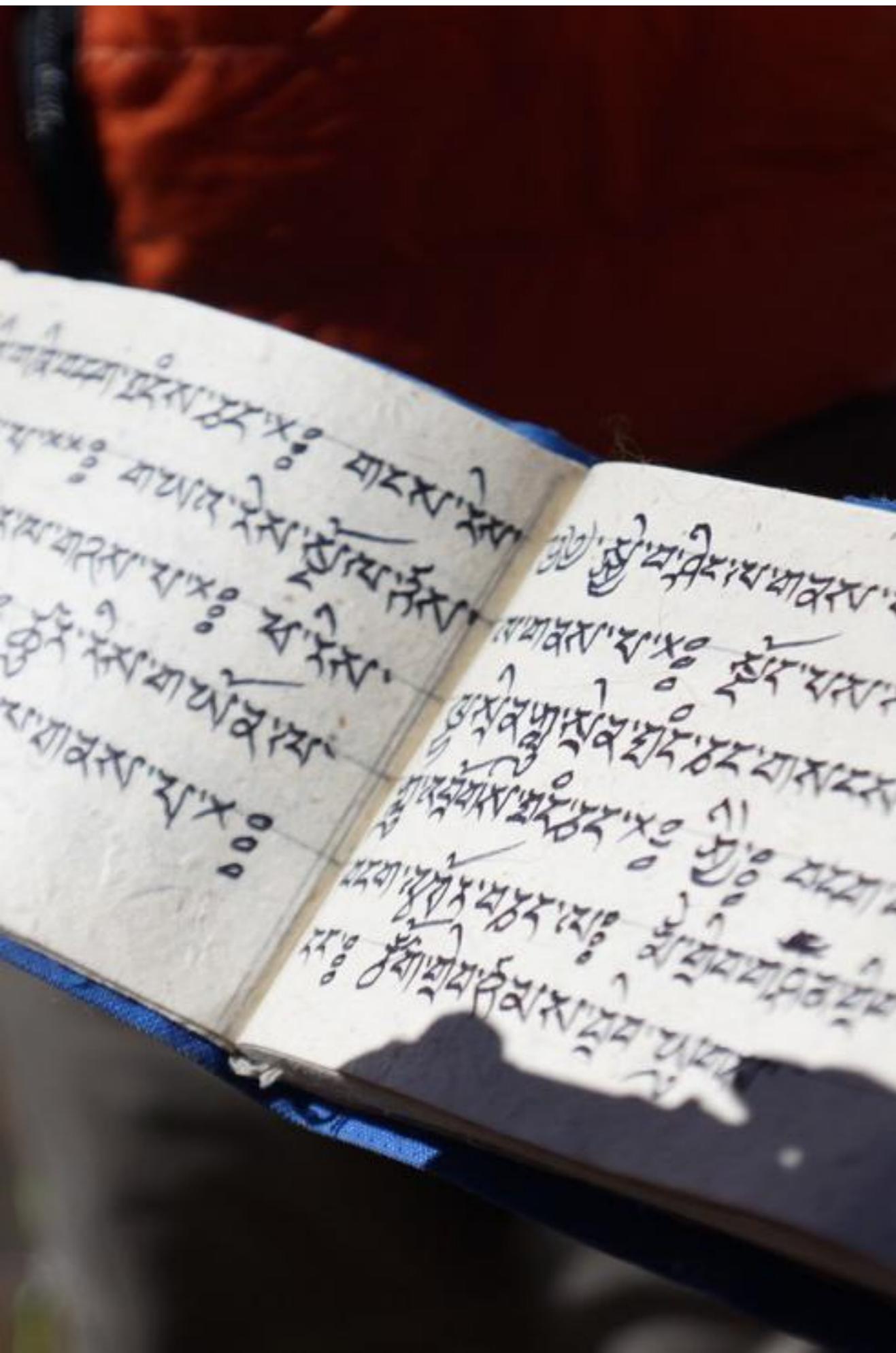
Our Mountain Quests team will meet you at the airport and escort you to your hotel. Today is a free day to rest from your flight, settle in, check your gear and perhaps some last minute shopping while in the Capital for your upcoming trek. In the evening we'll have a group briefing for the trip, where we can all meet each other and discuss the trek in detail.

DAY 02: Fly to Lukla, Trek to Monjo (2840m): Flight 1/2 hour, Trek 5 hours

We finally get started on our adventure with an early morning 30 minute flight to Lukla (2840m), the gateway to the Khumbu region of Nepal and home to Mount Everest. After landing and arranging our porters for our gear and luggage, we'll be on our way to Monjo (2840m) where we'll spend our first night in the mountains.

DAY 03: Trek from Monjo to Namche (3440m): 6 hours

From Monjo we'll enter the Sagarmatha National Park, the gates of the Everest region. We'll skirt along the Bhoté Kosi river, crossing several suspension bridges before rising up to Namche (3440m). On our way up to Namche, we will catch our first glimpse of Everest at a hidden lookout point if the weather is clear. This starts to ramp up the excitement for the following days!



DAY 04: Acclimatization Day #1 - Work on that breathing!

We'll spend 2 nights in Namche, a beautifully well put together Sherpa town in the middle of the mountains. Considering there are no roads you'll be shocked at what you'll find here. We won't ruin the surprise - it's a sight! Today we'll trek up to the Everest View Hotel to see the stunning panorama of Everest, Lhotse, Ama Dablam and Thamserku peaks (on a clear day). This is a taster of what's to come and it will blow your mind! We stay an additional nights here in order to acclimatize to the thinning air, meaning the body needs time to adjust to its new oxygen poor surroundings. A pretty relaxing day to get yourself ready for the higher altitudes.

DAY 05: Trek from Namche to Debuche (3710m): 6 hours

Today we trek to Debuche (3710m), a stunning little village not normally frequented by as many trekkers as other villages in the vicinity. We trek across the foothills before descending to the Imja river and then rising back up the other side to Tengboche. After having lunch in the famous German bakery at Tengboche we visit the highest monastery in the Khumbu, before walking down to Debuche for the night.

DAY 06: Trek from Debuche to Dingboche(4410m): 5 hours

The first thing you'll notice today is a distinct change in the terrain as we break through 4000m. At this altitude trees struggle to grow and are replaced by shrubs and grasslands. We trek up to Dingboche (4410m) and here you can really feel that Everest is close! The surroundings have changed, the gloves and wooly hats are needed and the mountains start to close in.



Dingboche is a pretty big town and we can spend the afternoon getting some laundry done or refuel on cakes at one of the several bakeries there.

DAY 07: Acclimatization Day #2 - Slow Deep Breathes!

As we have gained another big chunk of altitude, today we'll spend the day acclimatizing in Dingboche. We'll walk up to a look-out point, which is not an easy task, as it touches 5000m, but will really help with our acclimatization. From here we may be lucky enough to see Makalu (8463m), Lhotse (8516m), Nuptse (7861m) and even Cho Oyu (8201m) and Shispangma (8013m). That's 30% of the World's mountains over 8000m! After a quick rest and-photo session, we head back to town to relax with a good lunch and a nap or a cup of hot chocolate.

DAY 08: Trek from Dingboche to Lobuche (4910m): 6 hours

Things really start to change today as we head up to our next resting place, Lobuche (4910m). Up here rocks start to replace any shrubs or grass. On our way up to Lobuche we pass the famous Everest fallen climbers memorial at the Thokla pass. It's not long after that to Lobuche, where we will stop to spend the night.

DAY 09: Trek from Lobuche to Gorak Shep (5180): 8 hours

Heading to Gorak Shep (5180m) from Lobuche involves a gentle ascent on rocky terrain, that traces the Khumbu glacier. We'll head through the final village on the trek, Gorak Shep for an early lunch before trekking to base camp (5364m), where you'll see the annual mountaineering circus. We'll mingle with the climbers before heading back to Gorak Shep to spend the night.



DAY 10: Summit Kala Pattar (5545m), Trek to Dingboche (4410): 8 hours

This is our very own summit day! We'll climb up to the summit of Kala Pattar (5545m) where we will see uninterrupted panoramic views of Everest and Lhotse for sunrise. This is a key highlight of the adventure and you'll feel on top of the World! We'll head back down to Gorak Shep for some food before descending to Dingboche (4410m).

DAY 11: Trek from Dingboche back to Tengboche (3860m): 4 hours

We'll retrace our steps back to Tengboche (3860m) and we'll quickly feel the oxygen returning back to our lungs. In fact, because of all the acclimatization we've had, the air will feel rich and the body will respond well. We'll take lunch in Pangboche before arriving at Tengboche for the night.

DAY 12: Trek from Tengboche to Monjo (2840m): 5 hours

Not the easiest day, as we head down into the ravine we were previously in outside Tengboche, before climbing back up the other side to reach Namche. After this ascent though it's generally downhill or flat all the way to Monjo, after refueling in Namche.



DAY 13: Trek from Monjo to Lukla (2840m)

Our final day on the trek takes us back to Lukla where we'll reflect on the unbelievable life-changing journey we've just completed. It's time to rest before we fly back to the madness that is Kathmandu tomorrow.

DAY 14: Fly to Kathmandu

An early morning flight will get us back to the Capital. It's definitely time for some rest and relaxation. We can point you in the direction of the nearest massage!

DAY 15: Spare Day in the Capital

A spare day in Kathmandu, where we can organize another city tour for you, get you out on a day's white water rafting or just leave you to relax. A great idea to have this spare day in order to absorb any delays along the trek.

DAY 16: Fly Back Home!

It's time to leave us, but we look forward to seeing you again soon. We'll make sure you get safe and sound to the airport on time for your returning flight home.





WHAT TO EXPECT



Food - Food will be prepared in the teahouses and will be international in nature. Pastas, potatoes, meat and vegetables. Breakfasts will include eggs in different ways, cereals, teas and coffees. The food and drinks will be clean and well prepared, giving us all the energy we'll need for our trip.

Accommodation - In Kathmandu we'll be in a well-run, clean hotel, with en-suite bathrooms, in-room TVs, 24 hour hot water and power and laundry facilities. Rooms will be on a twin-share basis. In the mountains we will be staying in tea houses (think family owned lodges that have been upgraded for international trekkers) on a twin share basis.

Gear - We will provide all participants with a full kit list that is provided at the end of this document. This is a highly recommended list of important items that will make your journey with us comfortable, as well as safe. Please refer to the list for full details.

Trekking Assistance - we will be accompanied by a full compliment of porters who will be helping us with our excess luggage. Trekking days will see us carrying our day packs, with water, food and water-proofs in them.



INCLUSIONS

- All the necessary trekking permits
- Accommodations in Kathmandu
- All domestic transportation
- All meals and accommodation during the trek
- Full-qualified guide
- Porters to carry group personal equipment during the trek

EXCLUSIONS

- International flights to and from Kathmandu
- Meals in Kathmandu (allow USD 10-15 per meal)
- Carbonated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Travel and medical Insurance (covering rescues)
- Rescue and early departure from the trek
- Personal gear



DOMESTIC FLIGHTS

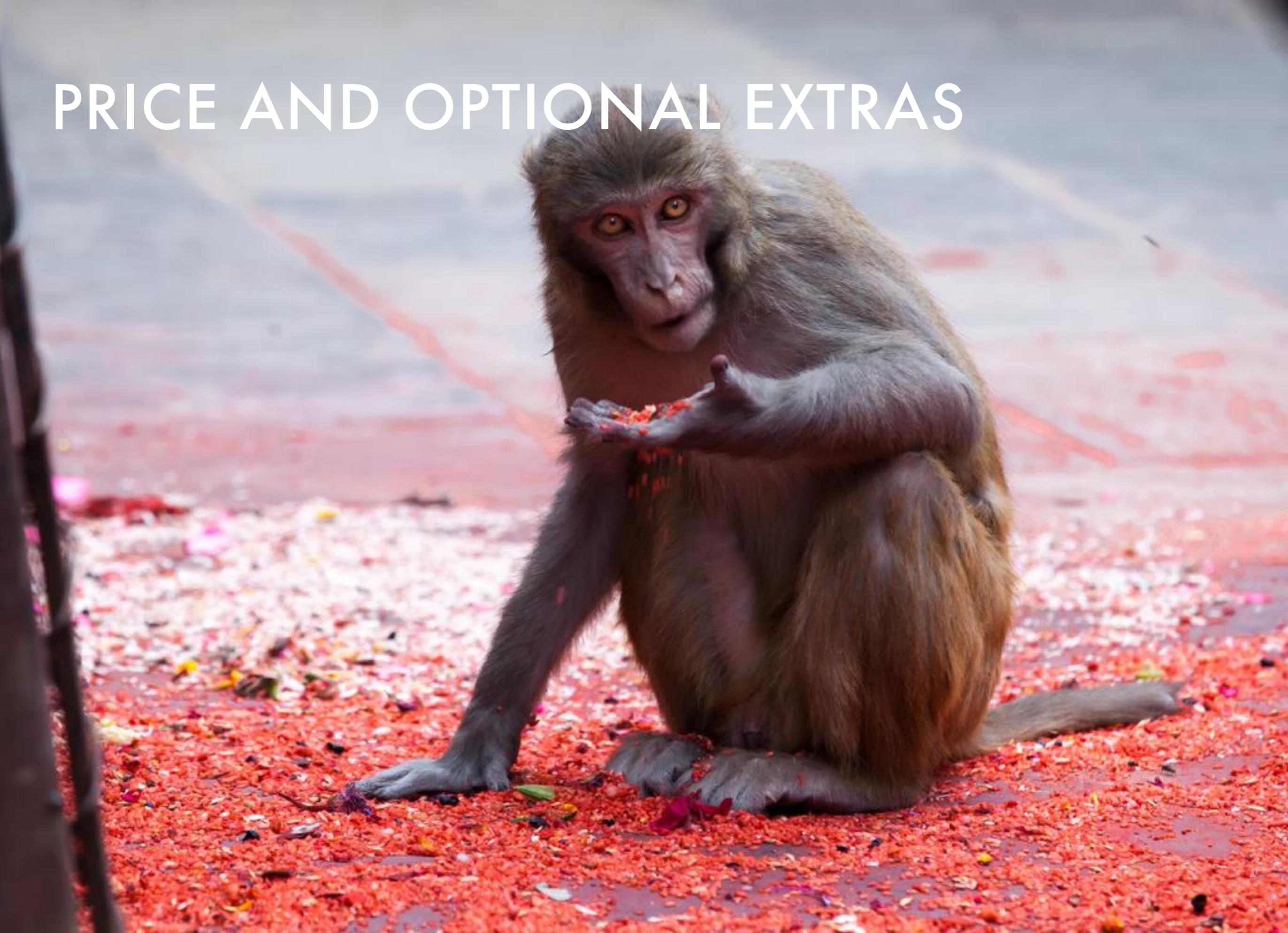
The airport that we fly to in order to begin our trek is called Lukla. Lukla airport is in a mountainous part of the country and requires good weather for safe landings and take-offs. As a result of this, delays are common and expected. It is not unheard of to need to wait 1, 2 or 3 days for good weather in order to fly.

We have built in contingency days into this itinerary in order to handle short delays regarding flight cancellations. It is wise to book open return tickets on your international flights in order to remain flexible though.

There is an alternative to the fixed-wing flights between Kathmandu and Lukla. We can charter helicopters, which are able to fly in conditions with much lower visibility than fixed-wing aircraft. On average, the cost of a helicopter between Kathmandu and Lukla is about \$500 USD per person, although pricing can be fluid. This is a one-way cost. For a return journey the cost will be around \$1,000 USD per person.

Please contact us to discuss this further should you need clarification on anything we have discussed.

PRICE AND OPTIONAL EXTRAS





Price - The price for the whole adventure discussed comes to:

6,750 AED per person

Please note that these prices are assuming the following hotel in Kathmandu

www.hotel-tibet.com.np

Single supplement charge at 650 AED per person

We are able to customise the hotels in order to bring this price down should you have a different budget in mind

Please contact us at info@mountainquests.com or at

+971 4 368 2687 / +971 50 644 9130 for more information, or to book.

www.mountainquests.com



MOUNTAIN QUESTS

ABOUT MOUNTAIN QUESTS

Based on the philosophy of 'Live, Don't Exist', Mountain Quests was set up in April, 2011 by Matt Farr whose passion for mountain climbing led him to Nepal on a regular basis to conquer the majestic peaks of the Himalayas. After years of successfully putting his climbing skills to the test all over the world, including a two week adventure in the Alps climbing seven mountains in 12 days, Mountain Quests was born.

With offices in both Dubai in the United Arab Emirates and Kathmandu in Nepal, Mountain Quests is in full control of its operations, logistics, safety and security to offer clients options of both tailor-made trips and pre-arranged itineraries.

The essence of every trip is a culturally rich and diverse travel experience that will appeal to people seeking a unique adventure or looking to push physical and emotional boundaries.

The types of trip vary to accommodate different abilities and include hiking, trekking, expeditions, mountain biking as well as extreme pursuits including survival trips and adventure sports such as bungee jumping and paragliding. The core destination of Nepal make up the portfolio with the addition of Northern India planned towards the end of 2014.