



LUXURY EVEREST BASE CAMP TREK



2019 TRIP NOTES





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2019 TREK DETAILS

Dates: Trip 1: 29 March to April 14, 2019
Trip 2: April 05 to 21, 2019
Trip 3: April 12 to 28, 2019
Trip 4: September 27 to October 13, 2019
Duration: 17 days
Departure: ex Kathmandu, Nepal
Price: US\$10,900 per person

▲ Approaching Everest. Photo: Anthea Fischer.

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 our pick of 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!

Throughout this journey, we utilise superior lodging in the lower villages and at higher elevations, you will stay in luxurious tent camps, supported by our attentive catering staff, with fine meals of fresh local and imported foods. While 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.

TREK OUTLINE

Trek members 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.

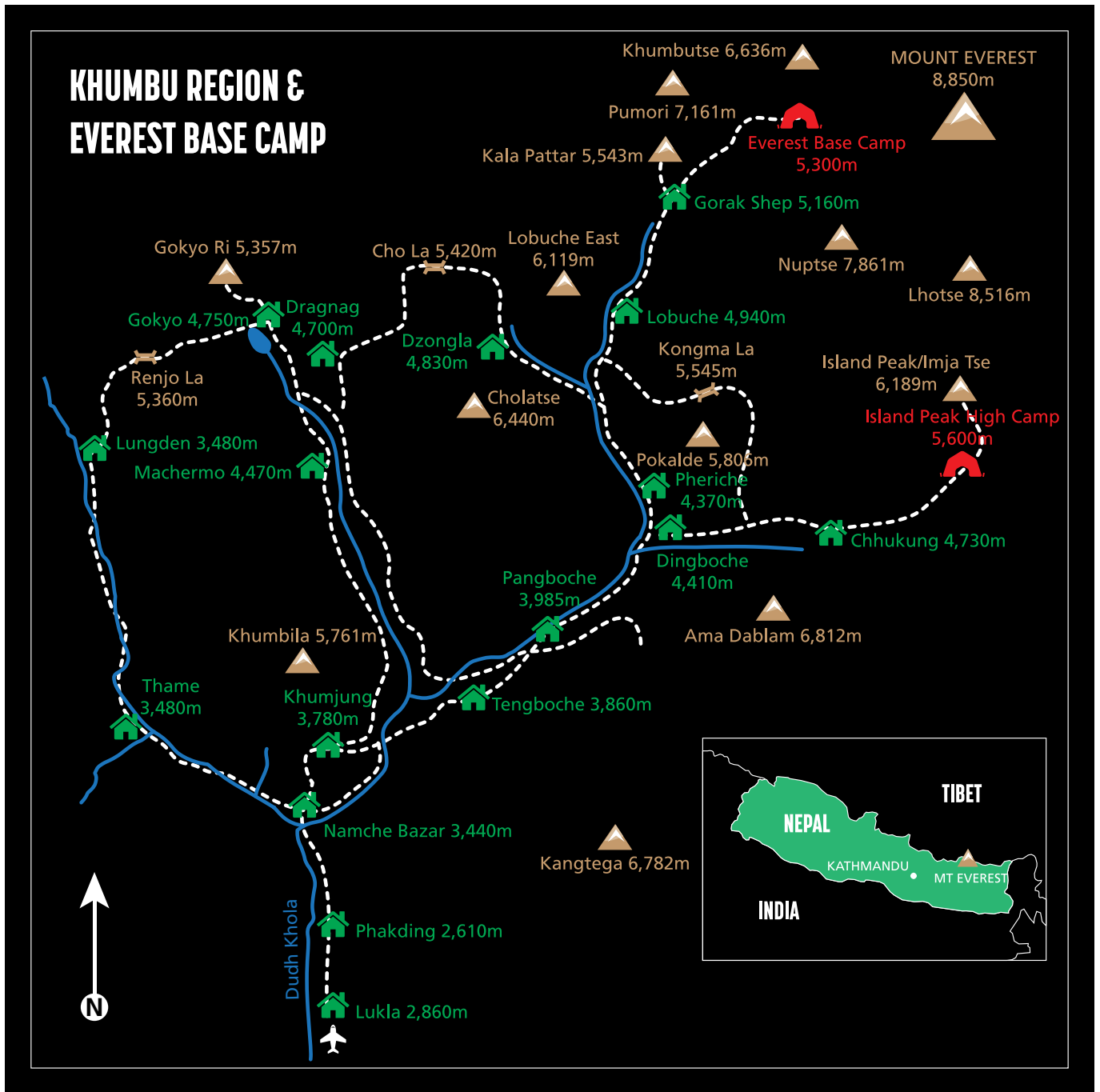
Once everybody has arrived, we have a team meeting where introductions to your fellow trekkers are made and your guide gives you an

outline of the upcoming trek. You will be briefed on the trip preparations and we can sort out any queries you may have.

Your guide will advise you on the best shopping and recommended 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 to suit all tastes. From excellent bookshops to mountain bike hire to shopping and bars, Kathmandu's retail fraternity is waiting to meet you!

We use a full day in Kathmandu sorting out 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 Lukla at 9,000 feet (2,800m),



thus avoiding the frenetic domestic terminal in Kathmandu and minimising the risk of weather delays at the beginning of our trek. The trek takes 13 days from our departure at Lukla, until we return to Kathmandu via helicopter from the high alpine village of Dingboche. 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 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.

There is the issue of altitude we must 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



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



▲ Namche Bazaar. Photo: Caroline Ogle

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 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 Monjo 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. 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 Kunde 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 April trek. 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.

On the trek we will be utilising the best luxury accommodation option available to us—superior

luxury lodging in the lower valley and at higher elevations you will stay in luxurious tented camps, supported by our attentive catering staff, with fine meals of fresh local and imported foods.

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. Mt 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, 2 and 3) 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 trek (Trip 4) visits Base Camp for the day, and after a delicious picnic lunch returns to lower altitudes back down to Gorak Shep. Above Gorak Shep is Kala Patar, which is a highlight of the trek up the Khumbu.



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

At sunrise or sunset, the views of Everest can be magical, and we hope to enjoy a photographic session with you there! After an attempt on Kala Patar, we descend to Dingboche for our final night in the Khumbu before we fly back to Kathmandu by helicopter.

ITINERARY

PRE-MONSOON

- Trip 1 29 March to April 14, 2019
- Trip 2 April 05–21, 2019
- Trip 3 April 12–28, 2019

Day 1	Arrive Kathmandu.
Day 2	Gear checks and sightseeing.
Day 3	Fly by helicopter to Lukla (2,860), trek to Monjo (2,835m).
Day 4	Trek to Namche Bazaar (3,440m).
Day 5	Rest day and sightseeing around Namche Bazaar.
Day 6	Trek to Tashinga (3,450m).
Day 7	Trek to Pangboche (3,985m) and enjoy the afternoon visiting the local monastery.
Day 8	Trek to Dingboche luxury tented camp (4,240m).
Day 9	Acclimatisation hike around Dingboche.
Day 10	Trek to Lobuche luxury tented camp (4,900m).
Day 11	Trek to Gorak Shep luxury tented camp (5,160m).
Day 12	Trek to Everest Base Camp (5,300m), overnight at the AC Everest Base Camp.

Day 13	Trek to Gorak Shep luxury tented camp, climb Kala Patar for sunset.	
Day 14	Trek to Dingboche or optional add-on flight from Gorak Shep to Kathmandu.	8.0mi -3019'
Day 15	Spare day for weather delays.	
Day 16	Fly to Kathmandu by helicopter.	
Day 17	Depart from Kathmandu.	

POST MONSOON

Trip 4 September 27 to October 13, 2019

Day 1	Arrive Kathmandu. 4997'	
Day 2	Gear checks and sightseeing.	
Day 3	Fly by helicopter to Lukla (2,860), trek to Monjo (2,835m). 9302'	8.2mi 3105'
Day 4	Trek to Namche Bazaar (3,440m). 11,287'	3.7mi 3239'
Day 5	Rest day and sightseeing around Namche Bazaar.	
Day 6	Trek to Tashinga (3,450m). 11,320'	3.7mi 2024'
Day 7	Trek to Pangboche (3,985m) and enjoy the afternoon visiting the local monastery. 13,075'	4.1mi 2943'
Day 8	Trek to Dingboche luxury tented camp (4,240m). 13,911'	4.2mi 2087'
Day 9	Acclimatisation hike around Dingboche.	
Day 10	Trek to Lobuche luxury tented camp (4,900m). 16,077'	5.1mi 2471'
Day 11	Acclimatisation hike near Lobuche. 16,930'	5.1mi
Day 12	Trek to Gorak Shep luxury tented camp (5,160m), climb Kala Patar for sunset. 18,351'	2551'
Day 13	Gorak Shep to Everest Base Camp (5,300m) and back to Gorak Shep luxury tented camp.	4.0mi 613'

Option to fly from Gorak Shep saves 1 (or possibly 2) days. Brochure gives no price for this option but it probably is expensive since Gorak Shep is at 16,930' v. 13,911' for Dingboche. It is only 8 miles from Gorak Shep down to Dingboche. An easy trek!



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

Day 14 Trek to Dingboche or optional add-on flight from Gorak Shep to Kathmandu.

Day 15 Spare day for weather delays.

Day 16 Fly to Kathmandu by helicopter.

Day 17 Depart from Kathmandu.

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\$10,900 per person.

We can also arrange private luxury treks for groups of 4 (US\$12,900 per person) and 2 trekkers (US\$16,900 per person).

THE ADVANTAGES OF TREKKING WITH ADVENTURE CONSULTANTS

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



• Fresh snow at Everest-Base Camp. Photo: Bronwyn Waters

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.

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 mess 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 and asked to visit their family physician and receive a full medical examination. 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 EXPEDITION FEE

The cost of the trek ex Kathmandu, Nepal is US\$10,900 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
- Accommodation in lodges or tents ex Kathmandu



▲ Spectacular views from Duglha 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

- Helicopter transport from Kathmandu to Lukla, and from Dingboche to 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 western trip leader and guide and local Sherpa guides
- Porter support (you only carry a daypack)
- Transport of 15kgs of personal equipment
- All meals after departing Kathmandu and before arriving back in Kathmandu
- Purified water and all 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
- Purchases of bottled water, gifts or alcohol while on the trek
- 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
- Any rescue costs or costs of early departure from the expedition
- Personal travel/trip cancellation insurance
- Gratuities to guides and Sherpa staff

Single is probably not worth it. Tents are nice
EXTRAS and on par with Antarctica clamshells.

Single Supplement: US\$1,600 per person.

Optional Add-on Flight from Gorak Shep: Please enquire for pricing.

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\$9,900 is payable 90 days prior to your trip start date.

PAYMENTS

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

Bank of New Zealand

Offshore Branch
 1 Willis Street
 Wellington
 New Zealand

for the account of Adventure Consultants Limited.



▲ Mountain views abound. Photo: Guy Cotter

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZ22

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. An expedition trek member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89–60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations within 59 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.

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 the trek 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. If you require more information please contact us at:

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▲ 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.

