



Everest Base Camp Charity Challenge

17 days lodge trekking

- *Classic Everest view from Kala Patar*
- *Visit Everest Base Camp*
- *Trekking in the land of the Sherpa people*
- *Discover Kathmandu Nepal's capital*
- *Raise money for Charity, INS (Integrated Neurological Services)*

Amigo Adventures want to take you to Nepal, a place that lies deep in our hearts.

What has Nepal got besides the Himalayas? Above all, people with incredible generosity.

It is no coincidence that Buda was born in modern-day Nepal, or that that Nepal has a dozen UNESCO World Heritage Sites, or that it is home to ten of the world's 14 eight-thousand-meter peaks. No, it is no coincidence. Nepal is a country touched by divinity. It is a mountain ladder that leads to heaven; a hallway to the soul. Nepal is an exotic but understandable universe, open and full of charm for travellers.

Trip Overview

This Everest Base Camp Charity Challenge is a great lodge trek and one of the most beautiful trekking routes in the world. The route gives us an insight into the lives of the legendary Sherpa people and the chance to observe their wonderful culture, friendliness and amazing hospitality; combined with a journey through the heart of the Himalayan foothills, and up to the exhilarating heights of Everest Base Camp. This is a truly unforgettable adventure for those looking for a real challenge to the foot of the world's greatest mountain.

Plus you have the chance to experience Kathmandu, Nepal's Capital with its bustling cosmopolitan quarter is always buzzing and alive. Enjoy its impressive Stupas, such as Boudhanath and Swayambhunath; its temples – Pashupatinath and Durbar Square Complex among many others; its medieval cities – Bhaktapur and Patan. We will enjoy them walking the backstreets and even getting stuck in their famous traffic jams while riding in a rickshaw.

Brief description

After arriving in Kathmandu and exploring the temples, shrines and bazaars of Kathmandu we take an exciting mountain flight to Lukla and trek up the Dudh Kosi Valley, surrounded by the soaring peaks of Thamserku and Kusum Kanguru. It's a steep ascent to Namche Bazaar, capital of the Kumbu Sherpas, where we are again greeted by spectacular mountain vistas. A rest day here aids acclimatization and there are great optional walks to enjoy the area. We then follow the trail to famous Tengboche, located high on a ridge where a magnificent 360-degree panorama awaits. The views of Everest, the Lhotse-Nuptse Wall, Ama Dablam and Kantega dominate this peaceful and spiritual location – surely one of the most soothing and inspiring places in the world. While passing Buddhist monasteries views of Everest get closer every day. This stunning trek visits both, Everest base camp and Kala Patar (5555m), a viewpoint recognised as the best vantage point to see Mount Everest which is a premier goal for many adventurous walkers in the Himalaya. After trekking to base camp and Kalapattar we return at our leisurely pace back to Namche and Lukla for our return flight to Kathmandu.

Detailed Itinerary

Day 01: Departure from UK. The actual flight time is about 10.5 hours but including the stopping over is about anything from 13 hours depending on flights and airlines

Day 02: Arrival in Kathmandu airport (1345 meters). We are met at the airport and transferred to our hotel in Kathmandu. Here we have a briefing from our head guide that will be taking us on the challenge. In the evening we have a welcome meal and relax before our departure on the challenge of a lifetime.

Day 03: Pre-trip Meeting and Sightseeing around Kathmandu valley. In the morning after breakfast at around 9 am, we host a Pre-Trip meeting at the hotel in Kathmandu. It will provide an opportunity for individuals to ask questions about the trek and arrange and organize any final preparations for the trip. After the Pre-Trip meeting your sightseeing tour will start around 9.45 AM in the morning. We visit Bodhnath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the Stupa. After Bodhnath Stupa we visit Pashupatinath, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. Then we will go to Monkey temple. The rest of our time in Kathmandu is free for further exploration and some last-minute shopping for trekking in Thamel or nearby your hotel. Stay overnight at hotel.

Day 04: Fly to Lukla (2804 meters) trek to Phakding/Manjo (2610/2850 meters). We leave our hotel early and transfer to the airport for our exhilarating flight to Lukla. Clear skies permitting, views of the Himalayan giants like Ama Dablam, Everest, and Nuptse will take our breath away and give us a taste of what is to come. On arrival in the famous town of Lukla we start our acclimatisation walk to Phakding or Monjo 2850m which is below us. **3-4 hours walk.**

Day 05: Trek to Namche Bazaar (3441 meters). We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar known as the Gateway to Everest which is home to many quality restaurants, hotels, lodges,

shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail. Stay overnight at Guesthouse. **5.30 hours.**

Day 06: Namche Bazaar Acclimatization day. Today we rise early and climb to the ridge above Namche for a stunning sunrise over the panorama of the Khumbu peaks. We then trek along the beautiful river valley and return for a more leisurely afternoon in Namche. We remain at Namche Bazaar for a second night to allow for further acclimatisation.

Day 07: Trek to Tengboche Monastery (3860 meters). The trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. We trek to an altitude of 3860meters today. On reaching Tengboche you will see the local monastery. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. The group will be taken to observe a prayer ceremony either in the evening or morning depending on how the days trekking went. Stay overnight at Guesthouse. **5-6 hours.**

Day 08: Trek to Dingboche (4350 meters). From Thegboche the trail drops to Debuche, crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche amongst thousands of mani stones. Our uphill trek continues, taking us to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. We take our time so we avoid getting affected by the altitude. Stay overnight at Guesthouse. **6-7 hours.**

Day 09: Trek to Chhukung (4710 meters) and trek back to Dingboche. Today you can enjoy another day for acclimatization. We will have trip to Chhukung valley via the Imja Khola valley to get a marvellous view of the surrounding mountains, especially Lhotse's massive south wall, then return to Dingboche in the evening. Stay overnight at Guesthouse. **4-5 hours.**

Day 10: Trek to Lobuche (4910 meters). Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4910 meters at Lobuche which is really just a few huts at the foot of giant Lobuche peak. Some breathing problems may arise today due to the altitude. Stay overnight at Guesthouse. **5-6 hours.**

Day 11: Trek to Everest Base Camp (5365 meters) then back to Gorak Shep (5180 meters). Today has a real expedition feel to it and sees us leaving Lobuche at dawn. The sun soon reaches the summits of the Himalayan peaks and slowly lights up the valley bottom. We traverse the Khumbu Glacier, climbing towards Gorak Shep, whose name means "Graveyard of Crows", the site for a couple of very basic lodges set amongst breathtaking mountain scenery. We continue at a slow but steady pace on our bid to reach Base Camp along the Khumbu Glacier, on a long and tiring day at altitude. After a little time to take photos and relax, we make our way back down to Gorak Shep where we stay the night. **7-9 hours.**

Day 12: Trek to Kalapattar (5555 meters). Early in the morning we climb up to Kalapattar after enjoying the Khumbu Vista that guarded by tall mountains, we trek down to Periche (4200m): This will be one of the most difficult yet rewarding days of the trek. Most of morning in this day is spent climbing Mt. Kala Patar, a small peak (by Himalayan standards) at 5555meters. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 29028ft, 8850meters, towers directly ahead and on all sides loom the other

giants, Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep, then trek down to Periche. Stay overnight at Guesthouse. **7-9 hours.**

Day 13: Trek to Namche Bazaar (3441 meters). From Periche we take a slightly different route down to Orsho then to Pangboche village. Here is the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti, or abominable snowman. Leaving mountains behind us our descent takes us through Tengboche Monastery at elevation of 3860 meters before continuing back to the town of Namche Bazaar at 3441meters. We arrive back into Namche Bazaar in the afternoon. Stay overnight at Guesthouse. **6-7 hours.**

Day 14: Trek to Lukla (2804 meters). Finally we return to Lukla where the trek began, which will seem like a lifetime ago. Enjoying time to reflect on the trek as a group and the personal achievement of all those who took part. Also giving you time to explore the town. Stay overnight at Guesthouse. **4-5 hours.**

Day 15: Morning fly back to Kathmandu. Enjoying your last glimpse of the mountains you have recently visited for one last time on the 35 minute Scenic flight back to Kathmandu. On arrival in Kathmandu we are met and transferred back to our starting hotel. Stay overnight at hotel.

Day 16: Leisure day in Kathmandu. You can start today your Kathmandu Shopping Tour. It's also a spare day in case of bad weather in Lukla.

Day 17: Transfer for your final flight departure. Depending on the flight time you may arrive UK on the same day or following morning.

Total trekking distance is approximately 120km

Total trekking days: 10

WHAT IS INCLUDED?

- Return flight from London to Kathmandu (*We cannot issue flight tickets but we can advise you or get them on behalf of you*)
- Return flight from Kathmandu to Lukla
- All airport transfers,
- Accommodation twin sharing bases with breakfast in Kathmandu,
- National Park fees,
- An experienced guide and porters.
- Bed, Breakfast, Dinner and Lunch during the trekking
- Local transports
- Attraction entry fees

WHAT IS NOT INCLUDED?

- Personal travel insurance (which should cover trekking, travel and medical)
- Entry visa (US\$ 60 or equivalent)
- Any drinks
- Any personal nature's expenses
- Tips for local support staff (guides and porters tips is expected)

- Any other items that have not mentioned on inclusion

WHEN CAN I GO?

September/October 2011, we are planning Everest Base Camp Charity Challenge early autumn this year. If you have your own group of 5 or more friends or colleagues then you can choose the time that suits you.

HOW MUCH WILL IT COST ME?

Minimum Sponsorship of £2275 for this charity trip. The initial registration fee non-refundable £500 which can be paid by, cheque or bank transfer, and should be accompanied with your Registration form. Further £1150 should pay 10 weeks prior to the event day and the remaining balance which is £625, should be paid within two weeks of returned from the trip.

WHAT IS THE MINIMUM SPONSORSHIP AND WHO IS IT FOR?

“This trip is intended to raise funds for **INS (Integrated Neurological Services)** – a charity supporting local people who are struggling to cope with the effects of a severe Stroke, or who have Parkinson’s disease or Multiple Sclerosis. INS helps them to have greater independence, to make the most of their abilities and enables the best possible quality of life for them and their families. Your support will help INS expand its services to help more people living with these difficult and incurable conditions. Visit www.ins.org.uk to learn more about INS.” It is important that every individual member of the team raises minimum of £2275 to cover the trip expenses - at the time writing is just over £1600-£1700 - as well as to leave the rest for INS.

The cost of the trip is at the time of writing:

- Flights to Kathmandu average £650 per person but it can go up/down
- Accommodations in Kathmandu average £80 per person per night for four nights
- Transportations and attraction entry fee in Kathmandu average £20 per person per day for four days
- Flights to Lukla is about £90 per person
- Cost during the Trekking to Everest Base Camp is about £500 per person (for accommodations, food, guide and porters, and National park entry fee and other general expenses).
- So total cost at the time writing is just over £1600 however General expenses in UK is not included yet but we are determined to keep the actual cost below £1700 so that we can save more Money for INS.
- I will be trying to get better deals with airlines and hotels in Kathmandu.

HOW CAN I JOIN FOR THE EVEREST BASE CAMP CHARITY CHALLENGE?

If you are interested to join the **Everest Base Camp Challenge**, Please fill the form and send it to info@amigoadventures.com with a Non-refundable deposit of £500 to secure your booking. Once we have received your registration form and deposit we will contact you to join a briefing and a presentation about the event and will also provide some ideas for fundraising. Remember we cannot issue flight tickets but we can advise you or get them on behalf of you.

Don't hesitate to get in touch with us if you have any other question.

Bank details

HSBC

AMIGO ADVENTURES LTD

BranchSort code: **40-07-33**

Account Number: **52426943**

GENERAL INFORMATION

Accommodation

In Kathmandu we stay in a comfortable hotel. Throughout the trek we stay in basic tea-house accommodation. All rooms are on a twin share basis. Tea-houses have shared washing facilities.

Food

Breakfasts each morning will be at our accommodation. Lunches will be en-route in tea-houses and evening meals will be at our night's stop. Variety in menus at this altitude is limited, but we attempt to offer a mix of typical Nepalese fare and dishes with an international influence.

Mobile phones

Do work in Nepal. Although in some of the areas you are trekking in there may be no signal. If you have not used your mobile outside the UK before you will have to contact your operator to enable international calls. Please ensure your phone is set for roaming if you are taking a mobile. Please note that it is expensive to phone both to and out of a mobile when abroad. We do not however encourage mobile phone use whilst walking on any of our trips – out of courtesy to other clients and trekkers please use your mobile phone discretely.

Tipping

This is at your discretion and we must stress that tips do not form part of the wages of your guide and trek crew. However, Nepalese people are as a rule incredibly cheerful and friendly and nothing ever seems too much trouble for them. Your guide and trek crew will be no exception and as a tip is the accepted form of saying 'thank you' if you have received good service, a tip at the end of your trek will be greatly appreciated.

Vaccinations and medical precautions

We always recommend visiting your doctor for a check-up before travelling. Your doctor will also have access to the most up to date information on vaccinations and medical precautions for the country you are about to visit

First Aid

You should always carry your own small, personal first aid kit. This should consist of the following: a general anti-biotic, throat lozenges, painkillers, plasters (Band-Aids), blister treatment, insect repellent (DEET), rehydration salts, antiseptic cream, altitude sickness (Diamox), diarrhoea treatment (e.g. Imodium), etc.

Guideline for clothing

- Walking boots
- Trainers/approach shoes
- Socks 3+ pairs (Walking and Casual)
- Underwear 3+
- Casual/T-shirts 3+
- Trekking Pants
- Light fleece 1-2
- Thick fleece 1-2
- Thermal Base layer shirt x 2
- Thermal underwear
- Waterproof jacket with hood
- Waterproof trousers
- Warm Jacket (Down)
- Winter/Thermal Gloves
- Sun Hat
- Warm Hat

Equipment

- Daypack/rucksack (min. 30 litres)
- Sleeping bag (4/5 seasons)
- sleeping bag Sheet
- water bottles
- Towel – quick drying pack towel is recommended
- Torch (and spare bulb and batteries)
- Camera & accessories
- A variety of dry bag/plastic bags
- Sunglasses
- Trekking poles (highly recommended)
- Washing/Shaving kit & toilet paper
- Insect Repellent
- Small personal First Aid kit
- Anti-Bacterial Hand wash
- Water purifying tablets (iodine based are best)
- Sun Cream & lip salve
- Blister plasters i.e. Compeed
- Passport photos (2) for trekking permit

Additional clothing and Equipment Lists (considered as being useful on a walking holiday)

- Penknife/small scissors
- Moisturising cream
- wet wipes
- Snacks/Energy bars

- Safety pins
- Padlock for your kitbag
- Small sewing/repair kit
- Small mirror
- Nail clippers
- Spare glasses/contact lenses
- Earplugs (against snorers)
- Cold water Travel Wash
- Travel adaptor (highly recommended)

Sleeping Bags and down jackets can be rented in Kathmandu. We can arrange these rental items for you in advance. Rental fees for these would be paid locally in Kathmandu.



Nepal

Officially the Federal Democratic Republic of Nepal is a landlocked country in South Asia. It is located in the Himalayas and bordered to the north by the People's Republic of China, and to the south, east, and west by the Republic of India. With an area of 147,181 square kilometres (56,827 sq. mi) and a population of approximately 30 million, Nepal is the world's 93rd largest country by land mass and the 41st most heavily populated country. Kathmandu is the Capital of Nepal and it is the country's largest metropolis. Nepal has a rich geography. The mountainous north has eight of the world's ten tallest mountains, including the highest point on Earth, the Mount Everest, called *Sagarmatha* in Nepali. It contains more than 240 peaks over 20,000 ft. (6,096 m) above sea level. The fertile and humid south is heavily urbanized.

By some measures, Hinduism is practiced by a larger majority of people in Nepal. Buddhism, though a minority faith in the country, is linked historically with Nepal as the birthplace of the Buddha. Many Nepali do not distinguish between Hinduism and Buddhism and follow both religious traditions. There is other several minor religions are also practiced but never had any religious conflict between any of them.

Something about Geography and Geology of Nepal : Nepal is roughly trapezoidal shape, 800 kilometres (497 mi) long and 200 kilometres (124 mi) wide, with an area of 147,181 km² (56,827 sq. mi). Nepal is commonly divided into three physiographic areas: the Mountain, Hill and Terai Regions. These ecological belts run east-west and are vertically intersected by Nepal's major, north to south flowing river systems.

The southern lowland plains or **Terai** bordering India are part of the northern rim of the Indo-Gangetic plains. They were formed and are fed by three major Himalayan rivers: the Kosi, the Narayani, and the Karnali as well as smaller rivers rising below the permanent snowline. This region has a subtropical to tropical climate. The outermost range of foothills called Shiwalik or Churia Range) marks the limit of the Gangetic Plain, however broad, low valleys called Inner Terai lie north of these foothills in several places.

The Hill Region abuts the mountains and varies from 800 to 4,000 meters in altitude with progression from subtropical climates below 1,200 meters (3,937 ft.) to alpine climates above 3,600 meters (11,811 ft.). The Mahabharat Lekh reaching 1,500 to 3,000 meters (4,921 to 9,843 ft.)

is the southern limit of this region, with subtropical river valleys and "hills" alternating to the north of this range. Population density is high in valleys but notably less above 2,000 meters (6,562 ft.) and very low above 2,500 meters (8,202 ft.) where snow occasionally falls in winter.

The Mountain Region situated in the Great Himalayan Range, makes up the northern part of Nepal. It contains the highest elevations in the world including 8,848 meters (29,029 ft.) height Mount Everest (*Sagarmatha* in Nepali) on the border with China. Seven other of the world's eight thousand meter peaks are in Nepal or on its border with China: Lhotse, Makalu, Cho Oyu, Kanchenjunga, Dhaulagiri, Annapurna and Manaslu.

Nepal has five climatic zones, broadly corresponding to the Tropical, and subtropical zones and experiences five seasons: summer, monsoon, autumn, winter and spring. The Himalaya blocks cold winds from Central Asia in the winter and forms the northern limit of the monsoon wind patterns. In a land once thickly forested, deforestation is a major problem in all regions, with resulting erosion and degradation of ecosystems.

REGISTRATION FORM

- Title :
- Surname :
- First name
- D.O.B.
- Address 1
- Address 2
- Town/City
- Post code
- Daytime phone
- Mobile
- E mail

Charity name: ***INS (Integrated Neurological Services)***

Contact name: Ann Bond abond@ins.org.uk

Charity reg. number: 1107273

Charity tel. Number: 020 8755 4000

Charity address: 82 Hampton Road. Twickenham, Surrey TW2 5QS

Charity E mail: manager@ins.org.uk