



Trek to...

Everest Base Camp



...for an incredible Nepalese adventure

Trip outline

The trek to Everest Base Camp is without doubt one of the most famous in the world. It takes you into the heart of the Nepalese Himalaya, with awe-inspiring views of many of the world's highest and most beautiful mountains. Our itineraries are carefully designed to ensure you have enough time to acclimatize comfortably, thereby enjoying the trekking experience to the full.

You do not need to be extremely fit to undertake the trip as you will be walking at a very slow pace on the mountain to acclimatise to the altitude. This is a porter assisted trek therefore you will only be asked to carry on a small lightweight day pack.

Each group is led by a fully qualified National Park Mountain Guide assisted by porters and cooks. During the hotel stay a representative of the trekking company is always on hand for advice, and they are incredibly accommodating, courteous and friendly.

Flights depart from Heathrow airport and arrive in Kathmandu where you will be transferred directly to your hotel. You'll then have a day in Kathmandu to acclimatize and soak up the culture before flying on the Lukla and beginning the trek. The trek itself is amazing giving you a real sense of the scale of the Himalayas and the awesome sight of Mt Everest itself. At the end of the trek you fly back to Kathmandu for a day of rest and then back to the UK.

Scheduled Trip dates

Trip 1: Monday 21st April to Thursday 8th May 2025

Trip 2: Monday 8th September to Thursday 25th September 2025



Private trip details

We recommend trekking to Everest Base Camp from February to May or September to November as this is Nepal's dry season. The weather during this time is perfect for the trek with warm clear days and nights. We can operate our private treks for any given departure date and for any group size making this option ideal for family and friendship groups who wish to trek together.

Outline Itinerary

Day 1: Meet your group and fly from Heathrow Airport

Day 2: Kathmandu. Once you arrive in Kathmandu you'll be met and transferred to the hotel. The remainder of the day is set aside to explore the vibrant town of Kathmandu and in the evening there will be a group briefing given by the Mountain guide.

Day 3: Sightseeing in Kathmandu. We begin the sightseeing tour by our visit to Boudhanath Stupa; a place of worship for the Buddhist, the shrine is one of great importance to the Buddhist religion. Here we shall visit monasteries and watch the monks in prayer. We will continue and make our way to Pashupatinath temple, considered one of the holiest sites dedicated to Lord Shiva. This temple holds great importance as a place of worship to the Hindus. It forms a major part of the people on a day to day basis. Here you can watch devotees offering prayers and watch the activities that are undertaken in the temple premises. The afternoon is free for shopping and leisure.

Day 4: Fly to Lukla and Trek to Phakding. Early in the morning we fly from Kathmandu to Lukla (2827m). The flight offers a spectacular view of the Himalayas as we fly parallel to the Himalayan giants bordering Nepal and Tibetan China. After landing we will meet with our porters for the trek. We will have time to explore the village before starting the trail. The trek starts with a descent towards the Dudh Koshi River where we join the main trail to Namche Bazaar. The walking is easy and we will soon reach our lodge at Phakding. 4-5 hours trek.

Day 5: Climbing to Namche Bazaar. We will ascend slowly on the route to Everest Base Camp. Advancing slowly will ensure acclimatization. We shall tread slowly from Phakding crossing the river to walk through tracts of blue pine and rhododendron forest that is very spectacular in the spring months when the flowers are in bloom. We will cross the Dudh Koshi at Benkar and enjoy great views of the snow peaks Kusum Kangaru and Thamserku. After Monjo the trek will be a little strenuous as it will involve more



walking with a steep ascent to Namche Bazaar. From here, it is a short walk to the entrance of the National Park where our permits are checked before we descend quite steeply to Jorsale. The trek continues upstream on a flat terrain to the confluence of the Bhote Koshi and Dudh Koshi rivers. After crossing a large suspension bridge high above the river we climb steeply to the village of Namche Bazaar 3440m. A slow and steady pace is recommended on this section of the climb and we are encouraged to make the most of the fantastic photographic opportunities as the peaks of Everest, Lhotse, Nuptse, Ama Dablam and Taweche come into view. The effects of high altitude will slow down your pace a little, thus we encourage you to advance slowly. In Namche, we move into our lodge in the midst of the village and the rest of the afternoon is free to bargain for artifacts or embrace the spectacular scenery. 6-7 Hours.

Day 6: Full day at Namche Bazaar. We will spend a day in Namche Bazaar resting and allowing our bodies to become acclimatized to the altitude of 3,450m. In the morning, there is the option of walking up to the Everest View Hotel 3,900m, returning to Namche for lunch.

Day 7: Trek to Tengboche. From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Koshi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we will cross the Dudh Koshi River and make a steep climb to Tengboche (3867m), home of an impressive monastery. We have plenty of time to look around Tengboche and in a relaxing lodge. 5-6 hours trek.

Day 8: Trek to Dingboche. In the morning we will visit the monastery before descending through forest of birch, fir, juniper and rhododendron. The walking today is uphill yet done very slowly to adjust to the altitude thus pace yourself slowly. After crossing the Imja river the trail heads to the village of Pangboche, backed by the peak of Ama Dablam, where we will take lunch. Later our trail climbs through open alpine hillsides before we re-cross the Imja River and old glacial remains to our lodge in Dingboche 4260m. 6-7 hours trek.



Day 9: Dingboche - Acclimatization Day. Before we ascend any higher we will take a day to relax and acclimatize, thus exploring the beautiful Imja Khola Valley. Dingboche is located in a patchwork of small fields enclosed by stone walls protecting the crops.

An ascent of the hill behind our lodge will showcase great views of the fifth highest mountain in the world, Makalu, which is not visible from the valley floor. A walk up the valley towards Chukkung is worthwhile. The views are fantastic in this valley; to the north is Lhotse, Island Peak in the centre of the valley, and the crimped ice-walls of unnamed peaks that

line the southern end of the valley form a hauntingly beautiful sight. Unfortunately Everest is not visible from the village.

Day 10: Trek to Lobuche. Today the walk is relatively tiring up the valley to Lobuche so we advise you take your time and are well hydrated. From Dingboche we ascend the small ridge behind the village above the Pheriche valley. From the top, the peaks of Taweche and Cholatse dramatically line the valley to the west. To the north, Lobuje Peak and the snowfields of the Cho La can be seen. At Dughla we take a light lunch at the foot of the huge moraines of the Khumbu Glacier flowing off Everest and in the afternoon we will climb steadily to reach a ridge with a line of cairns, built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last 50 years. From here the view is enthralling, Pumori, Lingtren, Khumbutse, and across the border in Tibet, Changtse are seen at the head of the valley, whilst Everest is hidden behind the towering walls of Nuptse and Lhotse. We then follow the valley stream to our lodge at Lobuje 4930m where we will be arriving early afternoon. 4-5 hours trek.

Day 11: Trek to Gorak Shep. After breakfast we follow the broad valley running parallel to the Khumbu glacier. The trail ascends only gradually to the moraines of the Changri Nup Glacier but from here we make a series of small ascents and descents over a rocky trail lined with cairns that leads eventually to Gorak Shep 5200m. After lunch we will set off uphill to Kala Pathar to experience the beautiful sunset views from this amazing point. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints will provide views almost as good. Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest. As we will be descending in fading light, do take a head-torch for this excursion. 6-7 hours trek.

Day 12: Trek to Lobuche. We will advance early to trek along the glacier to **Everest Base Camp**, which takes around 3 hours. If you are trekking in the popular climbing period of March to May you will almost certainly encounter yaks and porters supplying food and equipment to expeditions here. From Base Camp we do not get views of Everest but we will be able to see the notorious Everest Ice Fall which is regarded as the hardest and most dangerous section of the mountain. We return to Gorak Shep for an early lunch before re-tracing our steps to Lobuche. Be prepared for a strenuous day. The trek to Base Camp is optional so if you are feeling tired you can rest at Gorak Shep instead.

Day 13: Trek to Tengboche. Following the main Everest trail down the beautifully scenic valley, we pass through Pangboche and climb to the monastery at Tengboche. 7-8 hours trek.

Day 14: Trek to Monjo. We continue our trek leading back through Namche Bazaar. We should have enough time in Namche to shop and relax in the bakery with a coffee and a cake, or even to check the Internet. A steep descent for 600m/2,000ft down Namche Hill leads to the suspension bridge crossing the Dudh Koshi River and the small village of Monjo (2,835m/9,300ft). Monjo a quieter place to stay than Namche and it also means our porters have a less strenuous walk back to Lukla the next day. 6-7 hours trek.

Day 15: Trek to Lukla. The trail now flattens out and we cross the river twice more before a rising traverse up the hill-side, past numerous tea-houses to Lukla. 3-4 hours trek.

Day 16: Fly Lukla to Kathmandu. Early morning take flight to Kathmandu. Rest day is free.

Day 17: Final departure. Morning in Kathmandu and transfer to the airport

Day 18: Arrive back at Heathrow Airport.

Training Event – Spring 2025 (exact dates will be confirmed in January 2025)

A training event is provided for all Everest BC participants. This provides an opportunity for the whole team to get to know each other prior to your departure and to run through important information about the trip. It also gives you plenty of opportunity to ask questions and collect advice.

Costs and payment structure

The cost of the trip is **£2,695**. There is a £250 trip deposit (non-refundable or transferable) to book your place and the remaining balance is paid in small instalments. The price is **all inclusive***; covering accommodation, flights, transfers, guides, porters and cooks + all food throughout your expedition. The price also covers the training day. *The only costs **not included** are VISA's, travel insurance, tips, lunch and dinner in Kathmandu.

The trip payments are structured into manageable instalments so that the full amount doesn't come as too much of a shock. There is flexibility on these payment dates if arranged in advanced so you can pay larger amounts but less often or we can tailor a payment structure to suit you.

Payments	April trek	September trek
Trip deposit (at time of booking)	£250	£250
1 st September 2024	£950	£950
1 st December 2024	£500	£500
1 st April 2025	Balance	£400
1 st June 2025	X	Balance

How to reserve your place on the trip

To book a place on the trip simply return the reservation form with a £250 trip deposit (this is non-refundable or transferable) to Jonathan Reilly, Meriden House, Park Road, Tisbury, Wiltshire, SP3 6LF.

Alternatively you can send through your trip reservation form via email and your trip deposit via internet banking to the following HSBC business bank account;

Account Name: TheBEC Limited,

Account Number: 62049414

Sort code: 40-40-14

Reference: **Your Name** (this is very important as we can link the payment with your reservation form)

When your deposit is received a trip booklet is sent out detailing every element of the trip. This includes information on VISA's, travel insurance, fundraising ideas and kit information.

On advancement of deposit for a booking on any of our trips or expeditions the deposit acknowledges that he/she has read and understands the below booking conditions and agrees to be bound by them.

If you have any questions or queries regarding this trip or would like any further information then please email Info@thebec.co.uk or call Jonathan on 01747 871109.



British Expedition Company

Reservation Form

Please fill in and email or print off and post with your deposit to:

Jonathan Reilly, British Expedition Company,
Meriden House, Park Road, Tisbury, Wiltshire SP3 6LF.

Full Name This must be exactly as is appears on your passport	Mr / Mrs / Miss / Other _____	
	First name: _____ Middle names (if applicable) _____	
	Surname _____	
Date of Birth		
Home Address		
Phone - Land line		
Phone - Mobile		
Email address 1		
Email address 2		
Nationality		
Which Expedition and trip date do you prefer?	Expedition	
	Trip date	
Passport details	Passport number	
	Passport expiry	
Any special food requirements?		

Next of Kin / Emergency Contact

Name	
Relationship	
Address	
Telephone number (Land and Mobile)	

Medical Details

Know allergies to food/medication/insects etc...

Do you have any specific medical conditions that we need to be aware of when you are away on expeditions?

Please give any additional information concerning your health that you think is necessary for us to know, especially in the case of an emergency.

Questionnaire

1. Briefly describe your reasons for wanting to attend the trip

2. Where did you find out about the trip?

3. Which description below best matches your level of fitness? (Tick or highlight)

- Very good level of fitness
- Quite strong level of fitness
- Normal fitness level e.g. can do a day walk in hills with a small rucksack
- Need to improve my fitness

4. Briefly describe your camping and walking experience...

Booking Conditions and Specific Information

All the flights and flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate

The British Expedition Company recognises that hill walking, trekking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

1. All bookings are made with The British Expedition Company whose office is Meriden House, Park Road, Tisbury, Wiltshire, SP3 6LF, UK. Registered company number: 6957339

2. All our package expeditions are ATOL protected and our ATOL number from the Civil Aviation Authority is 10222.



Your Financial Protection

When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

We, or the suppliers identified on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we nor the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable)."

If we, or the suppliers identified on your ATOL certificate, are unable to provide the services listed (or a suitable alternative, through an alternative ATOL holder or otherwise) for reasons of insolvency, the Trustees of the Air Travel Trust may make a payment to (or confer a benefit on) you under the ATOL scheme. You agree that in return for such a payment or benefit you assign absolutely to those Trustees any claims which you have or may have arising out of or relating to the non-provision of the services, including any claim against us, the travel agent (or your credit card issuer where applicable). You also agree that any such claims may be re-assigned to another body, if that other body has paid sums you have claimed under the ATOL scheme."

3. The terms and conditions of all agreements made with the Company shall be subject to, and governed by, English Law.

4. In order to make a booking, complete and sign the Booking Form and post it to The British Expedition Company with your deposit. Unless the trip is full you will receive confirmation of booking and further details.

5. It is important to be aware that once your deposit/installments are paid, should you wish to cancel at any time thereafter, these are non-refundable/transferable. In addition the cancellation penalties detailed below will be applied. It is strongly recommended that you have suitable cancellation insurance coverage from the time of booking. It is a condition of the booking that clients follow the agreed payment plan to ensure that flights and permits can be purchased by the company at the appropriate time. The company has a right to cancel the booking if the client fails to pay the installment within 14 days of the agreed payment date (in this instance no refunds will be issued) or charge additional fees up to 10% of the total trip cost - this is at the discretion of the company.

6. Cancellation of a trip by the BEC will entitle you to a part refund unless cancellation has been forced by unforeseen government (or similar) intervention in which case costs incurred by the Company will be subtracted from any refund due. No other compensation will be allowable.

7. Cancellation of bookings must be notified in writing. The £250 trip deposit is non-refundable as are 100% of all installment and balance payments.

8. Whilst every effort will be made to adhere to the planned itinerary, it must be realised that in this type of adventurous travel, changes to the itinerary may occur for which the Company accepts no responsibility, however caused. The BEC will make every effort to inform you of any change. Your final itinerary may differ in respect of the places where you stay overnight. In particular it may be necessary to alter your itinerary at short notice due to adverse weather, mountain conditions, client or leader illness, road conditions, or to operating conditions imposed by owners and operators of

accommodation, facilities, aircraft, vessels and other forms of transport. Should such conditions involve clients in extra costs such as accommodation, transportation and meals, such costs should be borne by the client.

9. The BEC cannot be held responsible for any missed connecting transport.

10. The Expedition Guides will do their utmost to ensure that any problems are solved for the benefit of the group as a whole. Signing the booking form signifies your acceptance of the Guides authority to make decisions affecting the group or individuals. For instance, he/she may require an individual to leave the group if he/she believes that person's health is at risk, if an illegal act is committed, or their behaviour becomes detrimental to the safety, enjoyment or well-being of the group. Should the Guide take such action, that person would not be entitled to any refund.

11. Please understand that there are certain hazards involved in climbing and trekking, which you must accept at your own risk. The Company will not be liable for any illness, injury or death sustained during an expedition, or course, nor will it be liable for any uninsured losses of your property.

12. The Company cannot be made liable for the consequences of strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences.

13. It is a condition of booking, that you are adequately covered by insurance prior to departure, which must cover the cost of repatriation and evacuation if you become too ill to continue. Failure to provide a copy will result in the cancellation of your expedition.

14. Trip prices are based on an exchange rate of US\$1.40 - UK£1 and operating costs at the time of booking. The Company reserves the right to levy fuel and/or currency surcharges following currency fluctuations or operating costs beyond our control. We sincerely hope that surcharges will not be necessary, but in the unlikely event that they are, you may cancel your booking without penalty if the surcharge amounts to more than 10% of the cost of the trip.

15. Any air travel that is part of any trip is subject to the conditions as stipulated by the airline concerned and liability is limited in accordance with International Convention.

16. If the UK Foreign Office does not issue advice against travel, and you decide not to travel on the basis of a perceived threat or hazard, howsoever formed, will be interpreted as a voluntary cancellation and the charges set out in booking condition 8 applied.

17. Non-UK Nationals should consult their own government for advice on travel to the destination country and all countries transited en route.

18. Having made every effort to ensure correctness of the trip details and booklets we cannot be held responsible for any inaccuracies, errors or omissions.

19. The Company can use photographs supplied by its Guides or members of the expedition for future marketing and publishing without further permission from those featured on the images. I also give my permission for my contact details to be shared with other clients booked on the same departure.

20. On advancement of deposit for a booking on any of our trips or expeditions the deposit acknowledges that he/she has read and understands the above booking conditions and agrees to be bound by them.