

Everest Base Camp Trek

20 Days in Nepal / Skill Level: Introductory



Oct. 11 - Oct. 30, 2019

Trek Price - **\$4,200**

*All costs included with the exception of alcohol, in-town meals. See page 7 for full details.

Difficulty Level: *Introductory - Technical climbing and altitude experience are not necessary but this course requires good physical fitness, specifically an ability to move in rugged terrain for long days. Alpenglow can happily provide physical and technical training programs to prepare for this introductory expedition.*

Overview

Mount Everest has long captured the imaginations of people the world over. The fact that its summit is the highest point in the world speaks for itself, but when traveling in the Khumbu Valley, it becomes apparent that it's not only Mount Everest's most famous statistic that makes this place so special, but the greater picture of the mountain range, including the history, the weather, the people who live there, and the climbers who visit.

When trekking in the Khumbu Valley with Alpenglow Expeditions, you become a part of the community of mountain enthusiasts that migrates to this region in order to pursue their dreams. As you travel and trek beside the sherpa, guides, and climbers who



continue on to the summits of the surrounding peaks, you will get a perspective unlike any other. You will gain an understanding of the region's culture, its history, and the sport that brought you there.

Our autumn trek accompanies expeditions on their way to Ama Dablam. Trekkers with Alpenglw Expeditions in the Khumbu are extremely fortunate to be able to utilize the same high-level logistics as those used on the region's high altitude climbing peaks. With our support staff, guides, accommodations, and food being the best in the business, you are able to focus your energy on yourself and your surroundings.

Come to the Khumbu with us and find yourself on the adventure of a lifetime!



Everest Base Camp Trek Itinerary

Day 1	Arrive in Kathmandu, Nepal (4,600 feet/1,400 meters). We transfer to our hotel, and begin the process of getting over jetlag.
Day 2	Explore Kathmandu. Today we explore some of Kathmandu's most famous sites. These include Swyambunath (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, and organize our bags for the trek.
Day 3	Fly Kathmandu to Lukla (9,000 feet/2,743 meters), 45 minutes. Trek Lukla to Monjo (9,300 feet/2,835 meters), 3-5 hours. One of the most beautiful and memorable mountain flights in the world, our 45-minute flight takes us from Kathmandu to Lukla, the town where we begin our trek to base camp. After organizing our yaks and porters we begin the half-day hike to the town of Monjo. The trail is excellent, and after descending to the town of Phakding, climbs easily from the river and across our first suspension bridges up to our lodge in Monjo.
Day 4	Trek Monjo (9,300 feet/2,835 meters) to Namche Bazaar (11,300 feet/3,444 meters), 3-4 hours. The walk begins with a couple of thrilling suspension bridges and wanders along the banks of the raging Dudh Khosi River, before climbing steeply up a 2,000 foot (610 meter) hill into Namche Bazaar. This hill is the first of our challenging climbs. Along the way we are rewarded with our first views of Mt. Everest, and plenty of well-built stone terraces to stop and rest. We have lunch in Namche Bazaar, and spend the afternoon exploring the vibrant town. Namche is the most important town in the Khumbu Valley, and is filled with fun shops, great bakeries, and colorful winding streets. We also visit the local monastery and the Sherpa Museum of Culture and Himalayan Climbing History. The museum's exhibits chronicling sherpa climbing history are not to be missed.
Day 5	Trek Namche Bazaar (11,300 feet/3,444 meters) to Khumjung (12,400 feet/3,790 meters), 1 hour. For acclimatization purposes we spend a second night near Namche Bazaar. After a relaxing morning exploring town and enjoying our first stunning views of Ama Dablam from a viewpoint above town, we have lunch and then take a one-hour walk to Khumjung and our sirdar's (lead sherpa's) home. We spend the night with Phurba Tashi and his family in his comfortable lodge, and possibly visit the Hillary School in Khumjung, and the Khunde hospital, both projects of Sir Edmund Hillary, and significant centers of Sherpa life.
Day 6	Trek Khumjung (12,400 feet/3,790 meters) to Phortse (12,450 feet/3,800 meters), 3 hours. Phortse is home to most of our sherpa team. It is a mountain town perched on the walls of a massive river valley and sees few Western visitors. To get there we set off on small trails, featuring a long stone staircase through vertical rock cliffs that ends at the Mong La, a high pass with striking 360 degree views of Ama Dablam, Thamserku, and Kantegri. We descend to the river then climb easily to Phortse, arriving in time for lunch. We spend the afternoon visiting our sherpa team in their homes, drinking tea and tasting the locally made yak yogurt.

Day 7	<p>Trek Phortse (12,450 feet/3,800 meters) to Dingboche (14,800 feet/4,530 meters), 5-7 hours. We begin today's trek far from other trekkers on the trail from Phortse to upper Pangboche. In Pangboche we visit the oldest monastery and temple in the region and explore its paintings and statues. If we are fortunate, we may also receive blessings from the local lama. Once finished, we continue hiking to Dingboche, a small seasonal town perched at the base of Lhotse's South Face that has incredible views of Ama Dablam's North Ridge.</p>
Day 8	<p>Rest day in Dingboche (14,800 feet/4,530 meters). Optional climb of Chukkung Ri (17,600 feet/5,364 meters), 6-8 hours. Chukkung Ri is not glaciated, but provides an excellent way for us to gain additional acclimatization, as well as stunning views of Lhotse's South Face and the huge glaciers filling the Amphu Valley. In the afternoon we return to Dingboche. As needed, this day also makes for a great rest and recuperation day prior to continuing higher in the Khumbu Valley. Many shorter day hikes also exist around the town of Dingboche offering an opportunity to explore without attempting the complete climb of Chukkung Ri.</p>
Day 9	<p>Trek Dingboche (14,800 feet/4,530 meters) to Lobuche (16,109 feet/4,910 meters), 4-6 hours. We say goodbye to the Ama Dablam climbing team this morning, and then take our time and move slowly as we move considerably higher in the valley. The walk to Lobuche follows a high plateau with beautiful views of the surrounding peaks and yak herders' huts, before crossing a small river and climbing steeply above the town of Dughla to the Everest memorial zone. Here there are stone memorials and plaques to many of the local and international climbers who have been lost climbing Everest and the Khumbu's other big peaks. After some time here to take in the beauty of this place, we continue up the valley to Lobuche.</p>
Day 10	<p>Trek Lobuche (16,109 feet/4,910 meters) to Gorak Shep (16,942 feet/4,910 meters), 3 hours. Optional climb of Kala Patar (18,192 feet/5,164 meters), 4 hours round-trip. Today, although not long, is quite challenging due to the altitude and occasionally difficult trail. After an early morning start, we follow the valley next to the Khumbu Glacier all the way to the final Sherpa settlement of Gorak Shep. If the weather and views warrant, we may choose to climb Kala Patar this afternoon to see sunset on Everest's South Face. Summiting Kala Patar is a non-technical but strenuous hike on good, generally snow-free, trails. The views of Everest from its summit are the best anywhere in Nepal, and well worth the hard hike. We spend the night in a lodge at Gorak Shep.</p>
Day 11	<p>Trek Gorak Shep (16,942 feet/4,910 meters) to Lobuche (16,109 feet/4,910 meters), 2 hours. Optional hike to Everest Base Camp (17,575 feet/5360 meters), 3-4 hours round trip. Depending on our day yesterday, we may wake early to summit Kala Patar this morning. We also have the option to hike to Everest Base Camp at the foot of the Khumbu Icefall. In the autumn the base camp is quiet, but still a stunning place to visit. In the afternoon we descend all the way to Lobuche.</p>
Day 12	<p>Trek Lobuche (16,109 feet/4,910 meters) to Pangboche (12,894 feet/3,930 meters), 5 hours. Along the way we visit the town of Pheriche, home to the HRA (Himalayan Rescue Association), an important medical clinic that treats both foreign trekkers and the local Sherpa. We will also enjoy having more oxygen for our bodies, warmer temperatures, and re-entering the world of trees and vegetation after the stark beauty of Everest. We spend the night in one of our sherpa's lodges in Pangboche.</p>

Day 13	Trek Pangboche (12,894 feet/3,930 meters) to Ama Dablam Base Camp (14,500 feet/4,420 meters), 3-4 hours. Today we make a short but steep climb away from the main tourist track to visit our climbing team in Ama Dablam Base Camp. This base camp may be the most beautiful in Nepal, with unbelievable views of Ama Dablam and a perfectly flat grassy valley with a river running through it. We enjoy a comfortable night in tents, and food from the best chef in the mountains.
Day 14	Rest day in Ama Dablam Base Camp (14,500 feet/4,420 meters). Optional hike to Ama Dablam Yak Camp (17,100 feet/5,200 meters), 6-7 hours round-trip. Since our climbing team and Sherpa will all be here preparing for their climb of Ama Dablam, this is an opportunity to see the inner workings of a major Himalayan climbing expedition. For trekkers that are feeling strong, there is an optional hike to Yak Camp on Ama Dablam. This hike gives a close-up view of the technical Southwest Ridge on Ama Dablam, our climbing group's route of ascent. We spend a second night in tents at Ama Dablam Base Camp.
Day 15	Trek from Ama Dablam BC (14,500 feet/4,420 meters) to Thyangboche (12,664 feet/3,860 meters), 4-5 hours. We leave base camp in the morning and hike down the hill to Pangboche. After tea we continue down the valley and through thick rhododendron forests to Thyangboche. Thyangboche is home to the most important and active monastery in the Khumbu and we will spend the afternoon visiting the monastery and monks and watching a traditional Tibetan Buddhist ceremony.
Day 16	Trek from Thyangboche (12,664 feet/3,860 meters) to Namche Bazaar (11,300 feet/3,444 meters), 5 hours. Our walk begins with a big drop down to the Dudh Khosi River and a stunning suspension bridge. After crossing the bridge we climb again to our lunch spot in Sanasa. After lunch, we continue contouring along hillsides and over small ridges until dropping into Namche Bazaar.
Day 17	Trek from Namche Bazaar (11,300 feet/3,444 meters) to Lukla (9,000 feet/2,743 meters), 5-7 hours. Our final day of walking covers the same ground we spent 2 days climbing on the way in. Now that we are acclimatized we cover the distance easily, and enjoy the many suspension bridges, tumultuous rivers, small towns and monasteries. After lunch in Phakding, the trail climbs a final 600 vertical feet (180 meters) to the airstrip in Lukla, and our final lodge where we spend the night.
Day 18	Fly Lukla (9,000 feet/2,743 meters) to Kathmandu. This 45-minute flight begins with one of the most exciting takeoffs in the world. Once airborne, there are incredible views of the mountains, the foothills, and finally the city. After landing in Kathmandu we return to our hotel for an evening of celebration. Night in hotel.
Day 19	Contingency day for flights from Lukla to Kathmandu. Since the flights to and from Lukla are often delayed or cancelled due to bad weather in the mountains, this is an essential extra day. If we arrive back in Kathmandu on time, this day can be used for sightseeing in the city, shopping for souvenirs, or sleeping in and enjoying the fantastic pool at the hotel.
Day 20	Depart Kathmandu for home. After a final group breakfast, return to the airport to catch international flights home.

Client Expectations and Timeline

90+ Days to Departure

Reserve Spot	Make your deposit to confirm registration - if you haven't already, head over to our website and click "Reserve Spot" and select your dates. The rest of the process is as easy as buying a book online. Make sure that you select to add an extension if you wish to extend any expedition.
Q&A	Q&A with Alpenglow - time to ask any question about travel, logistics, training and everything in between.
Application	Complete full application including medical questionnaire & travel information.
Reserve Rentals	Reserve rentals if needed within application. For our climbing schools, we have a small rental inventory of boots, ice axes crampons, helmets and harnesses. These are provided at no cost on a first come first serve basis. Please let us know what you plan on renting as soon as possible.

Within 90 Days to Departure

Complete Payment	Full Payment will be collected at the 90 day mark. Alpenglow will contact you prior to taking final payment and once you confirm we'll simply move your booking into the final stages. For international trips, a wire transaction is the best way to send payment. We also accept credit cards with transaction fee of 3% or you can pay by check.
Book Travel	We recommend reviewing flight options outside of 90 days and confirming with Alpenglow on travel times. Use us to guide you to the best flight schedules to make travel as easy as possible. Once you book your flights don't forget to share with the Alpenglow office so we pick you up on time from the airport.
Training	This is the hard part. The hours of training you put in directly correlates to your success in the mountains. Train hard and be ready for the adventure of a lifetime!
Equipment	Compile all equipment using the equipment list as a guide.
Purchase Insurance	Purchase travel and rescue insurance. We recommend Global Rescue and Travel Guard. Click here to find links to each.

General Trip Information

Payment

1. A 20% deposit is required for all treks and expeditions. Deposits are due upon registration, and can be paid by check made out to "Alpenglow Expeditions, LLC". All payments should be mailed to Alpenglow Expeditions at P.O. Box 3122, Olympic Valley, CA 96146 or sent via wire transfer. If wiring payment, please contact us for bank details and be certain that you are covering ALL fees! We also accept credit card payments with a transaction fee of 3%. Deposits are non-refundable and non-transferable. This is not a flexible policy. Planning our trips takes significant time and has non-refundable costs as well.
2. Balances are due 90 days before the expedition departs from the United States. Payment should be made as described above.
3. The cost of your trip includes your land costs (excluding in-town meals). This includes: double occupancy lodging while in town, meals on the mountain, scheduled transportation while in the countries we are visiting, group camping and climbing equipment, individual technical climbing equipment (boots, ice axes, crampons, helmets, harnesses), and guides.
4. The cost of your trip does not include: flights to/from the city where the expedition begins, airport taxes, visas, in-town meals, immunizations, tips for guides or local staff, travel, rescue, or any other type of insurance, hospitalization or evacuation costs, single supplement charges, excess baggage charges, alcohol, or other personal expenses.
5. The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.

Cancellations

1. We reserve the right to cancel any trip at any time. Reasons for cancellation might include (but are not limited to) political instability, natural disasters, or inadequate enrollment. If we cancel a trip prior to its start for low enrollment, we fully refund your payments. If we cancel your trip prior to its start due to political instability, natural disasters, or other reasons of that nature, we will refund all but non-recoverable costs. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case.
2. If you cancel your trip more than 90 days prior to departure, Alpenglow Expeditions will refund your payment minus the non-refundable deposit. 60-89 days prior, Alpenglow Expeditions will refund 50% of your payment. Fewer than 60 days prior, there are no refunds or credits.
3. On any trip, our guides reserve the right to remove any person, for any reason. These reasons generally stem from a person jeopardizing the safety of themselves or another team member. This includes a person who is not physically able to climb at the level necessary for the chosen route. In all these cases, there are no refunds whatsoever, and the client will be responsible for any additional costs incurred in leaving the trip.

Flights

We recommend using Kayak.com as a primary source for finding low-fare airfares. If you prefer to work with a travel agent, we recommend Jane Chauvin at Penny Pitou travel: (1-888-526-4488) or jane@pennypitoutravel.com. She is fast, efficient and affordable and intimately aware of the challenges of booking mountaineering trips.

Please confirm your itinerary with Alpenglow Expeditions before you purchase it.

Insurance

We require that all participants carry rescue insurance, travel insurance, and health insurance. Your policy numbers must be provided to us prior to leaving the USA. Homeowner/Renter's insurance is also recommended.

- Rescue Insurance- For US citizens, we recommend obtaining rescue insurance through American Alpine Club and upgrading that service via Global Rescue. Visit www.americanalpineclub.org to become a member and obtain the appropriate level of coverage based on the altitude of the peaks you will be climbing with us. Helicopter rescues in foreign countries, while unlikely, can cost up to \$20,000. International climbers have several options as well for rescue insurance. Our recommendation is Global Rescue as we have had great success with them in the past. Your insurance must not have a mountaineering exclusion and must cover up to your trip's highest altitude. This coverage is very important.
- Travel Insurance- Coverage should include lost/damaged baggage, unexpected delays, accident/life, and trip cancellation. Trip cancellation will cover you for non-refundable air and land costs should you need to cancel your trip due to an emergency. Since our costs are often not refundable, this coverage is very important as well, and should be purchased as soon as possible after registering for an expedition.
- Health Insurance- All members of our teams are required to have current health insurance. This insurance should cover emergency hospitalization abroad as well as domestically.
- Homeowner/Renter's Insurance- While unusual, thefts can occur while overseas. We recommend a policy to cover these losses.

Medical

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

Some of the medications you may consider carrying with you include:

1. Tylenol – a simple painkiller for headaches and minor pains.
2. Ibuprofen – mild altitude headaches, along with body aches and pains, are common.
3. A cold and flu remedy of your choice (strong decongestant).
4. Pepto Bismol - for minor stomach upset, best taken in caplet form.
5. Immodium AD – to control diarrhea, when necessary. Again, tablets are preferred.
6. Cough Drops – the air at altitude is very dry, and many climbers develop hacking coughs.
7. A laxative agent of your choice.
8. Dramamine (or equivalent) – an anti-motion sickness agent of your choice as bus/plane

rides to our trailheads are often very bumpy.

9. Diamox (Acetazolomide) required – prescription medication often used prophylactically to prevent altitude sickness. You should have a large enough supply to take 250mg/day (best as scored tablets so you can take 125mg twice a day).
10. Z-pack required – a broad spectrum anti-biotic.

Also be sure to discuss vaccinations with your doctor. Often a travel clinic has the most up-to-date information on which shots are necessary for the country you are visiting. Be sure to mention that most of our trips explore only the highlands and capital cities. This might mean that you need fewer immunizations, and anti-malarials are often not necessary. Determine this with your doctor, and refer to your trip itinerary for the exact locations we will be visiting. At the very least, your tetanus shot should be up-to-date and you should have protection against Hepatitis A.

Aerobic Conditioning

We cannot stress enough the importance of being in excellent aerobic condition before arriving on your trip. Arriving fit will increase your safety on the trip and reduce the risk of medical issues. It will also dramatically increase your enjoyment and learning during your trek or expedition. At the minimum, we recommend an exercise regimen that includes a minimum of 3 one-hour workouts per week (biking, running, swimming) along with a few long days hiking as you get close to your departure date. Please call us if you would like to discuss a specific routine to fit your needs.

Money

The countries we visit can still be challenging places to use a credit card or find an ATM. While you may choose to bring these for backup, we recommend you bring enough cash for your planned spending. American dollars are still the easiest way to carry money. Be sure you carry clean, new bills and have some smaller denominations. Carry your money and important documents in a hidden waist pouch under your clothes.

The amount of money you need varies by how many presents you plan on bringing back! In addition to souvenirs and gifts, plan on spending on airport departure taxes, alcohol and snacks, and tips for local staff and your guides.

Additional Notes

- Single Supplement - If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.
- Cameras – high quality point and shoot digital cameras are an excellent option. We have found that small pocket cameras are much better than big DSLRs for summit days. You need a simple light system, and the new generation of digitals take great photos. A guide favorite is the Sony RX 100.
- Be sure to create a data sheet of all of your essential information – passport, credit card or ATM numbers, airline ticket information, visa number (if applicable), etc. This sheet should then be photocopied and scattered amongst your luggage. If any of your documents are stolen, having this information will be essential.
- Rental Equipment - Alpenglow Expeditions offers a limited number of mountaineering boots, crampons, ice axes, helmets, harnesses, carabiners, perlon, and belay devices for use by our clients. There is no additional charge for using this equipment, but

please let us know as soon as possible if you intend to use Alpenglow Expeditions' equipment. Check your expedition's equipment list to see what technical climbing equipment is necessary for your climb or trek. Rental gear from Alpenglow is only available for shipment within the US. Rental gear must be taken home by the renter and shipped back to Alpenglow within two weeks of end of trip at the renter's expense.