EVEREST BASE CAMP

THE CEILING OF THE WORLD

EVEREST BASE CAMP - TAILOR-MADE TREKKING HOLIDAY

Everest exerts a pull like no other mountain, and trekking to the base of Everest through the majesty of the high Himalaya delivers physical, and mental reward like no other trek on Earth. The mountain scenery is simply spectacular, the complete immersion in the Sherpa culture fascinating and the physical challenge a reward in itself.

Your adventure begins in the vibrant city of Kathmandu where you will enjoy a full day sightseeing tour. The Everest Base Trek starts the following day with a short flight to Lukla and your first day’s trek to Phakding. Your journey then continues ever upwards via Namche Bazaar, Tengboche and Dingboche and Ghorak Shep to Everest Base Camp where you will arrive after nine days of trekking through simply awe inspiring scenery in the footsteps of the world’s great mountaineers. The highlight of your trek will surely be the visit to Base Camp and the dawn view of Everest from the summit of Kala Pattar. The descent from Everest Base Camp is considerably faster then the ascent and after 13 days of trekking you will be looking forward to the short hop back to Kathmandu and the relative luxury that it offers.

- Your first glimpse of Everest.
- The rich and welcoming Sherpa culture in the Solu Khumbu region.
- Reaching Everest Base Camp and your view of the Khumbu Ice Fall.
- Tucking into hearty local food at the end of the day.
- The sense of achievement as you stand on top of Kala Pattar at dawn with Everest before you.

WHY BOOK A TAILOR-MADE TREKKING HOLIDAY WITH US?

Macs Adventure is a small, energetic company dedicated to delivering adventure excellence. We are passionate about creating outstanding trekking holidays where every last detail is taken care of. You are looking at our sample itinerary for Everest Base Camp. This will be your own private journey so with the help of one of our experienced trekking team you can turn this into your own personal itinerary. You set the pace, the date and make the decisions. Maybe you want to add on a few days here or there or include one of our extensions. Perhaps you want a longer itinerary, some more relaxation, or more cultural experiences?

Private treks are the most relaxing way to discover the magic of Nepal’s landscape and culture. You will have your own local guide and porter, be free to travel at your own pace and wander off the beaten track. You will discover the beauty of the landscape, the warmth of the people and the rich culture of this spectacular country. We will supply you with a comprehensive pre-departure information pack and your qualified and experienced local guide will coordinate and guide your trek. All of our holidays in Nepal are operated in partnership with our local agent who have over 15 years experience of organising trekking holidays. They are fully licenced and recognised as one of the leading agencies in Nepal. Rest assured your money is 100% safe, we are bonded with AITO and have an ABTA licence for financial protection. So, from the moment you decide to visit Nepal and the Everest Base Camp you can relax and look forward to an unforgettable trekking holiday with Macs Adventure.

WHAT'S INCLUDED?

Accommodation: 13 Nights Nepali Teahouses (guesthouses), 4 nights 5 star hotel in Kathmandu.
Meals: Breakfast, Lunch and Dinner whilst trekking. Breakfast only in Kathmandu.
Guides: Fully qualified and trained, English speaking guides & their team inc. porters.
Permits: All trekking permits.

SUMMARY

Tour: Everest Base Camp
Code: TNSEBC
Type: Tailor-Made Trekking Holiday
Price: See website
Single Supplement: See website
When to go: September to May
Trekking Days: 13
Nights: 17
Start: Kathmandu
Finish: Kathmandu

IS IT FOR ME?

If you have ever truly wanted to get away from it all, Nepal is the place for you. Taking this iconic walk is a life changing experience, not only because of the landscape and the challenge, but also the immersion in the Sherpa culture and Nepali way of life.

TO BOOK PLEASE VISIT WWW.MACSADVENTURE.COM OR CALL +44 (0) 141 530 8886
WALKING TREKKING BIKING CYCLING DISCOVERY
This sample/suggested itinerary for a trip to Everest Base Camp includes 13 days trekking in the high Himalaya and 4 days in the vibrant city of Kathmandu to give a total of 16 days and 17 nights. You can leave the UK on any date you choose.

The trekking itinerary includes acclimatisation days and gradual height gain to ensure that the effects of altitude are minimised which will give you the greatest chance of a successful and enjoyable trek to Everest Base Camp.

### DETAILED ITINERARY

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### DAY 1
Arrive Starting Point: Kathmandu
Our local representative will meet you at Kathmandu Airport and transfer you to your 5 star hotel. If time permits you will meet your guide and be able to explore Kathmandu.
Overnight Kathmandu

### DAY 2
Day Tour of Kathmandu
Kathmandu is a vibrant, exciting and culturally fascinating city. Your local guide will help you discover the sights, sounds and smells of this fascinating city during an exciting full day tour.
Overnight Kathmandu

### DAY 3
Flight to Lukla (2804m) and Trek to Phakding (2610m)
After a private transfer to the airport you will board the plane for and a spectacular 30 minute flight to Lukla. Sit on the left hand side of the plane for the best views. You meet your porters and then its onto the trail and on your way to base camp. A three hour walk brings you to your first overnight lodge in the village of Phakding. An afternoon visit to a prayer ceremony at the local Buddhist monastery completes a perfect first day.
Overnight Phakding

### DAY 4
Phakding to Namche Bazaar (3535m)
The snow capped mountains tower around you as you criss-cross the valley bottom on nerve jangling suspension bridges. On your way to Namche Bazaar a final sustained climb brings the welcome sight of the village.
Overnight Namche Bazaar

### DAY 5
Namche Bazaar Acclimatisation Day
Regular acclimatisation days are crucial for a successful trek to Everest Base Camp and minimising the effects of altitude. They also offer a great excuse to explore the Sherpa villages.
Overnight Namche Bazaar

### DAY 6
Namche Bazaar to Tengboche (3850m)
The views of Everest and Ama Dablam really start to open up as you trek high above the Dubh Kosi. You will be taken to observe the prayer ceremony in the famous monastery.
Overnight Tengboche

### DAY 7
Tengboche to Dingboche (4350m)
Once you leave Tengboche the landscape gets increasingly barren and mountainous and only the hardiest crops survive as the altitude and cold begins to tell.
Overnight Dingboche

### DAY 8
Day Trip up Chhukung Valley
From Dingboche you enjoy another challenging acclimatisation day with a side trip to the Chhukung Valley and for those feeling strong an optional ascent of Chhukung Ri. (5546m)
Overnight Dingboche

### DAY 9
Dingboche to Lobouche (4950m)
The really hard work starts as you reach the terminal moraine of the Khumbu glacier and climb to the small summer village of Lobuche. The cold, altitude and overcrowding make this a...
challenging overnight stop and no doubt you will look forward to continuing in the morning.

Overnight Lobouche

DAY 10

Lobouche to Ghorak Shep (5160m)
The trail continues upwards to Ghorak Shep alongside the enormous Khumbu glacier. The views of Pumori are spectacular. Ghorak Shep consists of a few tea houses and has a real frontier feeling.

Overnight Ghorak Shep

DAY 11

Ghorak Shep to Everest Base Camp (5400) and Return
From Ghorak Shep the round trip to Everest Base Camp takes about six hours. This is the most challenging walking that you will do on your trek but this awe inspiring place and the sight of the Khumbu Ice Fall is one that will stay in your memories for a lifetime.

Overnight Ghorak Shep

DAY 12

Climb Kala Pattar (5545m) and Descend to Pheriche (4280m)
A very early morning start for the climb to the summit of Kala Pattar will give you the best view of Everest and in the thin air you really do feel as if you could reach out and touch it. It is definitely a moment to treasure. You return to Ghorak Shep for breakfast and then begin your descent, reaching Periche that afternoon.

Overnight Pheriche

DAY 13

Pheriche to Khumjung (3753m)
As you continue to descend the air feels positively thick and you really do feel great. A lovely day of walking brings you to the village of Khumjung for your overnight stop.

Overnight Khumjung Village

DAY 14

Khumjung to Phakding (2610m)
Another long but interesting day of the return trek as you pass Namche Bazaar and descend to Phakding and the relative hustle and bustle of lower altitude.

Overnight Phakding

DAY 16

Morning flight back to Kathmandu
The early morning is the best time for flying back to Kathmandu and after a short transfer to your hotel you can enjoy a day of rest and relaxation.

Overnight Kathmandu

DAY 17

Leisure day in Kathmandu
Flights from Lukla are occasionally disrupted due to bad weather so it is important to have a spare day in case of delays and there is plenty to keep you entertained in Kathmandu.

Overnight Kathmandu

DAY 18

Onward travel
Transfer to airport and travel home.

TAILOR-MADE SUGGESTIONS

Our independent/private treks are tailor made for you so if you wish to add or remove trekking days or change the route or add in one our extensions this is no problem. Our trekking team will work with you to create an itinerary that is perfect for you.

Addition Nights

Trekking Extensions: You may wish to add on trekking days, this is no problem, they can be added on at any point along the trek. We would however suggest that you add them on the way up rather than down to aid acclimatisation.

Kathmandu Hotel: We are happy to share our knowledge about accommodation in Kathmandu or indeed book anywhere that you already have in mind. We can of course easily add on extra nights in this exciting city for you.

Extensions

While you are in Nepal you may wish to experience some of the other delights this wonderful country has to offer. We would suggest the following:

Chitwan Jungle Safari: (4 Days/ 3 Nights)
Experience the other side of Nepal in the jungle of the Chitwan National Park. The park offers protection to 56 species of mammals including the one horned rhinoceros, Bengal Tiger, leopard, sloth bear, wild elephant, striped hyena, Gangetic dolphin and wild bison. There are an estimated species of birds, 125 species of fish, 590 species of butterflies and 47 species of reptiles in the park. Your visit will include canoeing, an elephant back safari, visit to an elephant breeding centre and cultural shows.

Bardia National Park: (4 Days/3 Nights)
Bardia is the largest wilderness area in Nepal. The park was established to protect the tiger and has a population of over 100 rhinos and is one of the best places in Asia for seeing herds of wild elephants.

River Rafting: Nepal has some of the best rafting in the world and several multi day trips are available.

Please do not hesitate to give us a call for suggestions on how to alter or add to this itinerary. We are itching to have a chat about this wonderful country and design the perfect holiday for you.
When to Go

The trekking season in Nepal extends from mid-September to May. The ideal times to visit are October to December—the post monsoon mountain air is clear and fresh, or February to April—the climate remains dry and pleasant and the famous rhododendrons grow and bloom. December to February is the Nepali winter, the days are cool to mild and clear but the nights can be bitterly cold at the higher points and winter storms can bring snow.

Grade

This holiday is graded strenuous and you should be in good physical fitness and have experience of multi day trekking or walking prior to undertaking an Everest Base Camp Trek. The effect of altitude should not be underestimated, The trails are generally well maintained and a good walking surface although the going can be rough once you reach the base of the Khumbu Glacier and on the final approach to EBC.

Accommodation

Whilst on trek you will stay in Nepali Teahouses (Guesthouses), these are traditional mountain lodges operated by local people (13 Nights). The lodges have a comfortable central living and eating room which is heated and individual twin share bedrooms. Toilets and washing facilities are shared and hot showers may be available for an additional charge in some lodges.

Whilst in Kathmandu this itinerary is based on a stay in twin or double room at the 5 star Hotel de l’ Annapurna or Hotel Shanker which are opposite the Royal Palace within 5 minutes walk of the busy tourist area of Thamel (4 nights). Of course we are happy to advise you about other hotels or book anything that you request.

Meals

In Kathmandu breakfast at your hotel is included but other meals are not. You should allow £10-15 per person per day for lunch and dinner. Breakfast, lunch and dinner are included while on trek as well as tea and coffee at meals. Food while on trek is good but, does get more basic the higher you climb as fewer ingredients become available. Pancakes, bread and cereal form the basis for breakfast, lunch is normally a warming noodle soup at a convenient tea house on the trail and the evening staple dish while trekking is dal bhaat, this is a filling dish of lentil soup, rice and curried vegetables.

Equipment

While trekking you will only have to carry a day bag with water, snacks, spare clothes and your camera. Your main bag will be moved by a porter. We ask you to limit your luggage to one bag of up to 15kg per person. It is possible to leave some luggage at your hotel in Kathmandu.

We will supply you with a detailed equipment list as part of your pre-departure information pack.

Your guide

Quality guides make the difference between a great trip and an unforgettable experience. Our Nepali guides are fully qualified and trained. All have many years experience of guiding trekkers in Nepal, and speak fluent English.

They bring a wealth of knowledge to your journey, opening your eyes to the legends, culture, food, flora and fauna of the Himalayas. Additionally they are first aid trained and fully trained and experienced in dealing with cases of Altitude Sickness.

Included on this Itinerary

- Extensive pre-departure information pack including Trailblazer Everest Guide Book.
- Airport meeting and transfers by private vehicle.
- Tour of Kathmandu with guide and driver.
- 4 nights 5 star accommodation in Kathmandu, including breakfast.
- 13 nights twin share accommodation in mountain lodges during the trek.
- Breakfast, Lunch and Dinner during the trek. Also water and hot drinks.
- 1 fully qualified, English speaking guide and his team including porters.
- Food, accommodation, salary, insurance and equipment for your guide and porters.
- Return internal flight from Kathmandu to Lukla.
- Sagarmatha National Park Permit and TIMS.

Excluded

- International flights to/from Nepal.
- Lunches and dinners while in Kathmandu.
- Travel Insurance.
- Personal Equipment.
- Nepal Visa.
- Extra drinks and snacks, hot showers, laundry.
- Tips for your trekking crew (expected, but not mandatory).

PRACTICAL INFORMATION

Flights to Kathmandu

Flights to Kathmandu are available daily from London via the Gulf or India. Airlines include Jet Airways, Gulf Air, Qatar Airways & Etihad Airways. No airlines fly direct but it is possible to fly with British Airways from Heathrow to Delhi, then onwards to Kathmandu on a short flight with Jet Airways. Flights start at around £600 but this
price is likely to increase during peak trekking season and if booked close to your departure.

We do not sell flights as we cannot compete with the large companies on price but would recommend both Opodo and Expedia for competitive flights.

Passport & Visas

All nationalities require a full passport valid for at least six months after your intended departure from Nepal.

Most nationalities require an entry visa for Nepal which can be obtained in advance from the embassy or at the airport on entry to Nepal.

At the airport is easy, convenient & more economical. The current cost at the airport is US$25 for 15 days or US$40 for 30 days. This must be paid in hard currency US$ or equivalent and you will need two passport photos. We will email you a visa form. If you have this completed before you arrive at the airport this will speed up the process for you.

There is NO departure tax payable upon leaving Nepal it is now included in your international flight ticket.

Health & Vaccinations

You will require certain vaccinations and possibly malaria tablets for a trek in Nepal. For detailed advice on travel health please visit the Fit For Travel Website: www.fitfortravel.nhs.uk/home.aspx from here go to destinations and select Nepal. Alternatively, Nomad Travel Clinics around the UK can provide vaccination & health information. We will include a discount voucher for their services with your pre-departure information. www.nomadtravel.co.uk/

Acute Mountain Sickness or Altitude Sickness is a major concern on the trek to Everest Base Camp and although our itinerary is designed to minimise the chances of you suffering from AMS each individual is affected differently by altitude. Our pre-departure information pack has detailed information on minimising the risks of AMS, recognising the signs and the appropriate course of action to take. Your leaders are all fully trained in dealing with AMS. If you have any pre-existing health conditions that you think may make you more susceptible to AMS we recommend you consult your doctor before booking this trip.

Currency, Money & Local Costs

The local currency is the Nepali Rupee. The best way to carry money is a combination of cash & travellers cheques in GBP or US$ and credit/debit cards. There are only ATM's in Kathmandu & Pokhara. You can change money in most major towns but, you will get a better rate in Kathmandu.

You will need some money to pay for your visa on arrival, meals in Kathmandu, sundries on trek such as hot showers, extra hot/cold drinks, alcoholic drinks, snacks, souvenirs and trekking crew tips.

Travel Insurance

Travel insurance which includes evacuation cover and covers trekking to the altitude of Everest Base Camp (5545m) is a requirement for this holiday. We will require the details of your policy prior to your departure.

How to Book

Once you have read all the information in this factsheet and on our website, had some thoughts about your dates of travel and your preferred itinerary, please get in touch. Our experienced and enthusiastic specialists are keen to get started on designing an adventure that suits you and making your plans a reality.

Please don’t hesitate to contact us by phone on:
+44 (0) 0141 530 8886
Or 1-866-355-1037 (US Toll Free)
email: info@macsadventure.com

Or fill in our on-line contact form and one of our team will respond to your enquiry as soon as we can.

Customer Reviews

We are justifiably proud of our reputation for outstanding holidays. You can read numerous customer reviews on our website. These will give you a great insight into the high levels of service you can expect from Macs Adventures.

Book with Confidence

Financial Security

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations1992" all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP
This insurance is only valid for passengers who book and pay directly with/to Macs Adventure Ltd. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

AITO Quality Statement
Macs Adventure is a member of the Association of Independent Tour Operators. The Association represents Britain’s leading independent tour operators and encourages high standards of quality and service.

Macs Adventure abides by the Association’s Code of Conduct and adheres to the AITO Quality Charter which can be viewed on www.aito.com. Visit the website to find out more about the Association or call 020 8744 9280.

ABTA Member Statement
Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA Members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct.

For more information on ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, contact ABTA, 30 Park Street, London SE1 9EQ, tel 020 3117 0581 www.abta.com