

ADVENTURESS IN THE WILD EVEREST BASE CAMP TREK



Highlights

- Come and meet your wild side on our brand new trek to Everest Base Camp for women
- Follow in the footsteps of famous climbing parties and trek to Everest Base Camp
- Explore Namche Bazaar and soak up the Sherpa culture
- Walk amidst the world's highest mountain range, with incredible views of Everest, Nuptse, Lhotse and Ama Dablam
- Visit the hilltop monastery at Tengboche, the largest gumpa in the Khumbu region
- Ascend Kalapathar for awe-inspiring views of Mt Everest
- Experience the warmth and hospitality of the Sherpa people
- Extra acclimatisation days built in for a properly paced trek and to maximise success
- Private trips available for groups over 6 people
- Receive a free Adventurous Ewe Water-To-Go bottle when you depart on this trip to minimise our plastic foot-print in Nepal!



WELCOME

Svāgatam

Overview

Come and meet your wild side on our women's trek to Everest Base Camp for the Adventuress community.

Experience the Nepalese Himalayas and its local people is an adventure with treasured encounters and experiences that will last a lifetime!

Eight of the world's fourteen highest peaks are found in the Everest region, setting the stage for an epic journey. Trek to the most iconic base camp at the foot of the greatest mountain in the world, Mount Everest (8848m), this is one of the world's most classic treks.

Follow the legendary 'Everest Trail' through Sherpa country past cultivated fields and small villages. This carefully crafted itinerary together with trekking at a measured pace, will greatly assist you with your acclimatisation. Reaching spectacular high altitude scenery including the incredible monastery at Thyangboche, views of Ama Dablam, Everest and other mighty Himalayan peaks makes this challenging trek so special. As well as reaching Everest Base Camp, you'll have the opportunity to climb Kalapathar (5545m) with magnificent views of Mt Everest at sunrise.

Experience insight into the lives and culture of the Sherpa people with being accompanied by our amazing local guides and crew some of whom are traditional Sherpas from the Everest region. Plus, our commitment to the rights & fair treatment of porters & guides and our support of the environmental charity, [Cool Earth](#), means that you can rest assured knowing you're doing the trek of a lifetime the ethical and meaningful way.





TRIP SUMMARY



Activity: Trekking

Duration: 18 days & 17 nights

Active days: 13 days trekking
Including 1 acclimatisation day & 1 contingency weather day

Altitude: 5364m

Accommodation: Local guesthouse & teahouses

Cost: Deposit: £195 per person
Remaining balance: £1800 per person
Total cost: £1995 per person

Group size: 6 – 18 people

Level of difficulty: ■■■■
Extreme

Dates: 12th – 29th October 2023

ROUTE MAP

Get ready for an adventure



DAY 1
Arrive and transfer to hotel in Kathmandu.

DAY 2
Morning tour of Kathmandu. Afternoon transfer to Mulkot.

DAY 3
Flight from Manthali to Lukla. Trek to Phakding (o/n at 2800m).

DAY 4
Trek from Phakding to Namche Bazaar (o/n at 3440m).

DAY 5
Acclimatisation day at Namche

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DAY 6
Trek Namche Bazaar to Tengboche (o/n at 3860m).

DAY 7
Trek Tengboche to Dingboche (o/n at 4400m).

DAY 8
Acclimatisation day at Dingboche.

DAY 9
Trek Dingboche to Lobuche (o/n at 4910m).

DAY 10
Trek Lobuche to Gorakshep including EBC (o/n at 5080m).

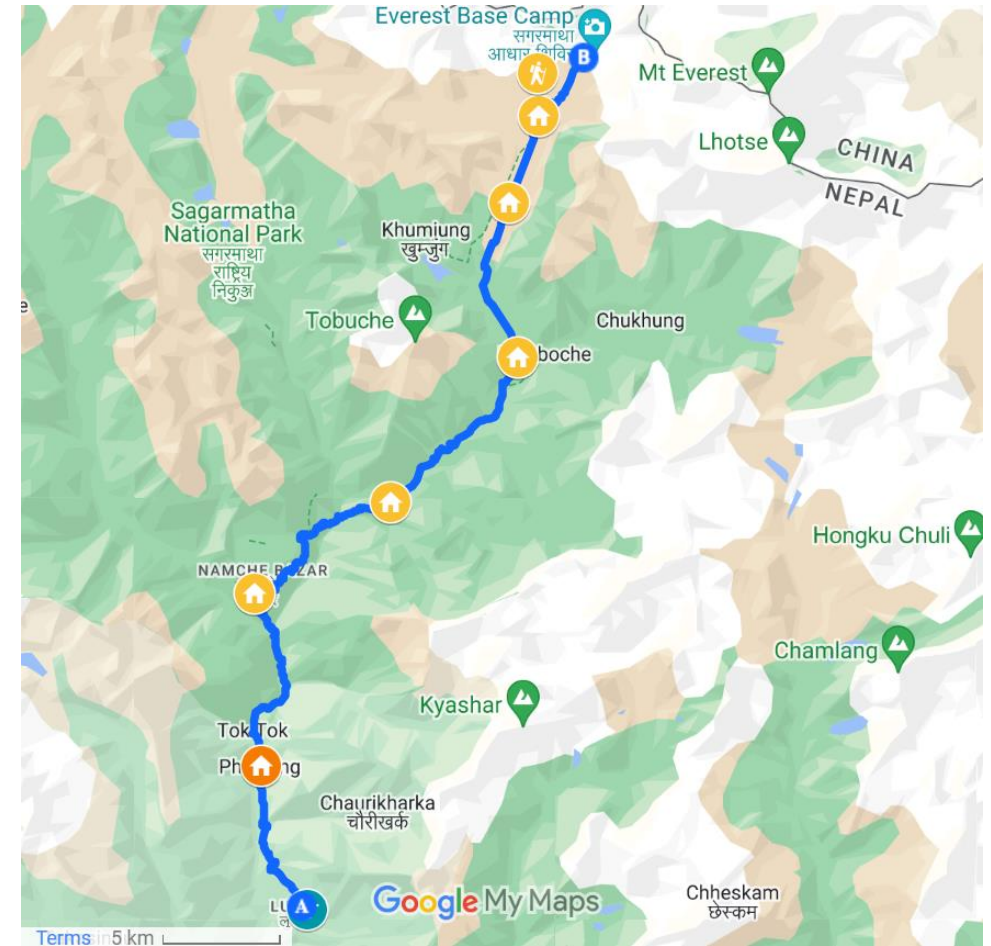
DAY 11
Trek Gorakshep to Pheriche (4280m) via Kalapathar (5,545m).

DAY 12
Trek Pheriche to Tengboche (o/n at 3860m).

DAY 13
Trek Tengboche to Monjo (o/n at 2840m) via Namche Bazaar.

DAY 14
Trek Monjo to Lukla (o/n at 2800m).

DAY 15
Spare day for poor weather/acclimatisation.



DAY 16
Return flight from Lukla to Manthali and transfer to Kathmandu.

DAY 17
Free day in Kathmandu.

DAY 18
Return home.

ITINERARY

2 boots. Himalayan mountain range. 1 classic trekking adventure

DAY 1

Flight from UK to Kathmandu Nepal

Flights are not included in your Everest Base Camp adventure giving you the flexibility to depart from the airport of your choice and extend your stay Nepal if you wish.

We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Nepal. Alternately, you can book your flights through our flight agent who is ATOL & ABTA protected. 6

Transfer from Kathmandu Airport to hotel in Thamel

On arrival in to Kathmandu Airport you will be met and transferred to your hotel where you will meet your fellow trekkers and local Nepalese Guide. There will be a briefing of the trek ahead and your chance to ask any questions and make any last-minute preparations. The remainder of the day is at your leisure or you can join an orientation walk around the inner part of the city through the back lanes and old market square (time permitting).

Included

Transfer:	Private transfer
Accommodation:	Kathmandu Guesthouse or similar (twin share basis)
Meals:	None

DAY 2

Morning tour of Kathmandu. Afternoon transfer to Mulkot

The day starts with a visit to one of the holiest temples for Hindus all around the world - Pashupatinath. Your local guide will take you through the spiritual journey with an engrossing explanation about the Hindu religion, the cycle of birth and death and the story behind the Sadhus - Hindu Holy Men, who renounce their social life to devote their life to Shiva (Hindu God of Destruction) to whom the temple is dedicated. Spiritually stimulated, you'll travel a short distance (15min approx) to reach the largest Buddhist stupa in Nepal (disputably, in the world) - Bodhnath. Follow the pilgrims circumambulating the stupa spinning the prayer wheels. Offer your prayers to Lord Buddha lighting a traditional butter lamp at the main entry way to the stupa. Lunch at a roof-top restaurant commanding an enticing view of the stupa.

After lunch, drive south-west out of Kathmandu for approx 85 kms to Sun Koshi valley for a night in Taj River-view Resort located near to Sun Koshi river in the village of Mulkot along Banepa-Sindhuli-Bardibas highway. Transfer to Mulkot (3.5 - 4 hrs approx).

Included

Transfer:	Private transfer
Accommodation:	Kathmandu Guesthouse or similar (twin share basis)
Meals:	Breakfast & dinner

DAY 3

Transfer to Manthali Airport (1-1.5 hr approx). Early morning flight to Lukla at 2,800 m (20 mins approx). Trek to Phakding (O/N Altitude 2,800m / 2.5-3 hrs approx)

Following breakfast you will be transferred to Manthali Airport (1 - 1.5 hr approx) for your flight to Lukla (approx. 20 mins). During the flight if the weather is good, the views of the Himalayas from the small plane are amazing as you enter the gateway to the region of the legendary Sherpas.

Landing on the mountain airstrip of Lukla (2,800m), your trek begins heading northwards up the valley of the Dudh Kosi (or 'milk river'). The route then descends from the small plateau, down into the forested valley. Heading north towards Phakding - meandering trails lined with stoned walls. Lunch en route in a picturesque Thado-Koshi on the high rise above the river of the same name and with imposing sister peaks of Kusum-Kangarru in the backdrop. The trail offers some tantalising views before reaching the small settlement of Phakding (2,800m), where you will spend your first night in a basic teahouse.

Trek details

Trek length:	approx. 9kms
Trek time:	approx. 3 hours
Total ascent:	190m

Included

Transfer:	Airport transfer
Accommodation:	Teahouse at 2800m
Meals:	Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 classic trekking adventure

DAY 4

Trek Phakding to Namche Bazaar (3440m)

Heading out of Phakding your route follows the Dudh Kosi northwards. Today's walk takes you through magnificent forests with glimpses of the mountains ahead. Crossing the river several times by bridges you will pass through the villages of Benkar, Monzo and Jorsale. A final bridge spanning the narrow gorge of the river Dudh Koshi brings you to the foot of the steep climb to Namche. Halfway up this ascent, you may get your first glimpse, cloud-permitting, of the summit of Everest appearing majestically behind the great ridge of Nuptse-Lhotse. A last 300m of climbing brings you to Namche Bazaar, the Sherpa capital and the main town in the area. At an elevation of 3450m above the sea level, Namche Bazaar is the largest village in the Everest region often called the 'Sherpa Capital' of Khumbu and is an important trading centre. It has a weekly market on Friday afternoon and Saturday mornings but the town bustle and buzz all day every day with trekkers, coffee shops, bakeries and stores selling all kinds of trekking and climbing gear as well as Tibetan artifacts.

Trek details

Trek length: approx. 11kms
Trek time: approx. 6 hours
Total ascent: 830m

Included

Accommodation: Teahouse at 3440m
Meals: Breakfast, lunch & dinner

DAY 5

Acclimatisation day Namche Bazaar to Khumjung (3780m)

Today will see you take an acclimatisation walk, whether this involves going as high as the village of Khumjung (3780m) above Namche, or to the Everest View Hotel. Either of these options provides superb views of Ama Dablam, Nuptse, Lhotse and Everest. You will then spend a second night at your teahouse in Namche Bazaar.

Trek details

Trek length: approx. 9kms
Trek time: approx. 4 hours
Total ascent: 380m

Included

Accommodation: Teahouse at 3440m
Meals: Breakfast, lunch & dinner

DAY 6

Trek Namche Bazaar to Tengboche (o/n at 3860m)

Today's trail is spectacular in terms of scenery. The main route out of Namche heads north-west climbing steeply out of the town to a ridge crest where a spectacular view of Everest, Lhotse and Ama Dablam is revealed. The trail then follows a contour high above the river with occasional short climbs as you cross a series of ridges. Towards the end of this contour trail is the tiny settlement of Kangjuma where various items of local art and craft are laid out to entice passing trekkers.

From Kangjuma the trail descends to a bridge across the Imja River at Phunki. Beyond the river, you'll climb a long ridge to Tengboche (3860m) the halfway point of your trek and the location of one of Nepal's finest monasteries. Tengboche Monastery, also known as Dawa Choling Gompa, is a Tibetan Buddhist monastery of the Sherpa community. Situated at 3,867 metres, the monastery is the largest gompa in the Khumbu region of which you'll have the chance to visit.

The sunset and sunrise on the fantastic panorama of mountains surrounding us are not to be missed - Everest, Nuptse, Lhotse and Ama Dablam provide a wonderful backdrop to your teahouse. Look out for Himalayan Tahr in the forest surrounding the monastery.

In the evening, you can visit the much-revered monastery for an interaction with the resident monks and to attend a prayer session and get the blessing from a monk, as do all the climbers on the Everest expeditions.

Trek details

Trek length: approx. 11kms
Trek time: approx. 6 - 7 hours
Total ascent: 420m

Included

Accommodation: Teahouse at 3860m
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 classic trekking adventure

DAY 7

Trek Tengboche to Dingboche (o/n at 4400m)

Today will see you descend through the forest to Devoche before crossing the rushing Imja Khola, whose valley the route will then follow. Climbing steadily, the trail enters Pangboche, at 3900m, the highest and the last settlement that is inhabited all year round. Ascending the valley, you will have lunch at Shomore, after which you will leave the trees behind and cross a wooden bridge at the confluence of the Khumbu and Imja Kholas. A short steep climb brings you to Dingboche, at 4400m, a summer settlement where you will be surrounded by towering peaks.

Trek details

Trek length: approx. 12kms
Trek time: approx. 6 hours
Total ascent: 480m

Included

Accommodation: Teahouse at 4400m
Meals: Breakfast, lunch & dinner

DAY 8

Acclimatisation day at Dingboche

In accordance with our careful program of acclimatisation you will spend 2 nights at this altitude before moving further up the Khumbu Valley. To assist with your acclimatisation you will have a day hike to Chukkung (4730m) in the upper part of the Imja Valley and directly below the tremendous 3000 metre south face of Lhotse. This is a high and wild corner of the Khumbu, the views here of ice flutings and soaring, serrated mountain ridges are incredible. After a most scenic lunch stop, you will retrace your steps to Dingboche to spend a second night in your teahouse. There are fantastic views towards Tibet and of Island Peak and Ama Dablam.

Trek details

Trek length: approx. 10kms
Trek time: approx. 5 hours
Total ascent: 380m

Included

Accommodation: Teahouse at 4400m
Meals: Breakfast, lunch & dinner

DAY 9

Trek Dingboche to Lobuche (o/n at 4910m)

The trail climbs steeply out of Dingboche past a chorten and ascends the valley gradually to Dugla at the end of the terminal moraine of the Khumbu Glacier. A steep climb to Chukpo Lari, a striking yet poignant place with a cluster of memorials in tribute to the climbers who have died on Everest together with panoramic views of the peaks lying on the Nepal-Tibet border. The trail then eases off as you follow the valley to Lobuje, a tiny hamlet with a few teahouses occupying a rocky, streamside location surrounded by towering peaks including Pumori (7161m), Nuptse (7861m) and Lhotse (8516m). The sunset over Nuptse is something not to be missed.

Trek details

Trek length: approx. 12.1kms
Trek time: approx. 6 hours

Included

Accommodation: Teahouse at 4910m
Meals: Breakfast, lunch & dinner

DAY 10

Trek Lobuche to Gorakshep including EBC (o/n at 5080m)

Today is a long day as you leave very early and follow the Khumbu Glacier northwards to Gorakshep (5,184m). The trail undulates up and down the moraine with some short steep sections. The path is rocky as you are now on the lateral moraine of the Khumbu Glacier. It will take approximately 3 hours to reach Gorakshep teahouse where you can unload your bags, restock your snacks and water to then make your final approach to Everest Base Camp.

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 classic trekking adventure

DAY 10 continued

The trail ascends the side of the glacier for a couple of hours before finally descending onto the rocky glacial moraine itself. The route winds through fascinating ice seracs to the area known as Everest Base Camp. From Base Camp (5364m) you will have close up views of the Khumbu Ice Fall where you can appreciate just how difficult it is for the climbers to negotiate a route through this area on their Everest ascent. Here Nuptse towers above and Pumori rears up behind and you are left in awe of this incredible location. After the obligatory photo stop at Base Camp you will retrace your steps back to Gorakshep.

Trek details

Trek time: approx. 9 hours
Total ascent: 274m

Included

Accommodation: Teahouse at 5080m
Meals: Breakfast, lunch & dinner

DAY 11

Trek Gorakshep to Pheriche (4280m) via Kalapathar (5,545m)

Today sees another tough challenge with a non-technical yet steep climb above Gorakshep to the small prominent peak of Kalapathar, 'Black Rock', at 5545m in the early hours of the morning. From this lofty perch you will witness the grandeur of Everest up close with epic summit views of the world's highest mountain and the neighbouring peaks of Nuptse, Lhotse and Ama Dablam.

Returning to Gorakshep (1.5hr approx) you'll then proceed with the return journey to Phericheto and the lower altitude of Pheriche.

Please note, the walk to Everest Base Camp and the climb of Kalapathar are both very tough. We may change the order in which we tackle these sections depending on the group's ability and weather conditions.

Trek details

Trek time: approx. 8 - 9 hours
Total ascent: 361m
Total descent: 1305m (trekking)

Included

Accommodation: Teahouse at 4280m
Meals: Breakfast, lunch & dinner

DAY 12

Trek Pheriche to Tengboche (o/n at 3860m)

Your trail cuts its way down the hillside blanketed with beautiful rhododendron forest and juniper trees. With spectacular bridge crossings your route follows the Dudh Koshi gorge descending through pine forests where you can often see mountain goats. The trail presents you with more incredible views of Ama Dablam, Thamserku and Nuptse mountains. With a crossing of another suspension bridge over the Imja Khola River, you'll then arrive in the small village of Tengboche where you can visit their renowned monastery and Sherpa Heritage Foundation museum. Again you will have more striking views of Ama Dablam, lush green hills and the flowing Imja Khola river, a tributary of the Dudh Kosi.

Trek details

Trek time: approx. 4 hours
Total descent: 380m

Included

Accommodation: Teahouse at 3860m
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 classic trekking adventure

DAY 13

Trek Tengboche to Monjo (o/n at 2840m) via Namche Bazaar

The trek to Namche Bazaar takes you along a beautiful undulating trail high above the Dudh Kosi. The Dudh Kosi is a storied yet "tame" river fed from the meltwater of Everest's infamous Khumbu Icefall and flowing among the giants of the Himalaya. You will have some time in Namche to enjoy the one of the very welcomed coffee houses and bakeries and with its position situated on the slope of an arch-shaped mountain, absorb these incredible views of of giant Himalayan peaks. Leaving Namche Bazaar you will take the outward trail with a couple more bridge crossings you'll exit Sagarmatha National Park and reach the small village of Monjo.

Trek details

Trek time: approx. 6 hours
Total descent: 1025m

Included

Accommodation: Teahouse at 2840m
Meals: Breakfast, lunch & dinner

DAY 14

Trek Monjo to Lukla (o/n at 2800m)

This is the final day of your Everest trekking experience. As your route gradually descends, the valley becomes more enclosed passing through a variety of settlements and forests. After a stop for lunch, you'll continue on the river's true left bank to Chopting (2660m) where you begin the final climb of the trip with a 45-minute steady ascent into Lukla. Arriving at this bustling mountain town denotes that it's your last evening of the trek giving you the perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here.

Trek details

Trek time: approx. 6 hours
Total descent: 25m

Included

Accommodation: Lodge at 2800m
Meals: Breakfast, lunch & dinner

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DAY 15

Spare day for poor weather/acclimatisation

Day in hand for poor weather contingency or additional acclimatisation day. This day will also come into play if your flight to/from Lukla is postponed due to adverse weather conditions.

Included

Accommodation: Teahouse
Meals: Breakfast, lunch & dinner

DAY 16

Return flight from Lukla to Manthali and transfer to Kathmandu

Having completed one of the world's most renowned mountain trails, it's time to fly back Manthali (20 mins) with a stunning morning flight over forests and villages where you'll then be transferred to your hotel in Kathmandu (5 – 6 hours). Arriving in the bustling city late-afternoon, there's time to freshen up before heading into town to enjoy the particular delights of Thamel. This evening you'll enjoy a celebratory meal and reflect on your Everest Base Camp adventure. Please note, dinner is at your own expense to allow you the freedom to order what you wish.

Included

Accommodation: Kathmandu Guesthouse or similar (twin room share)
Meals: Breakfast only

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 classic trekking adventure

DAY 17

Free day in Kathmandu (or can also be used as a spare day for any poor weather conditions)

You can either relax in the hotel or nearby cafes and watch the world go by in Nepal's vibrant capital city or you can explore the rich in artistic and cultural heritage of Kathmandu full of fascinating and eclectic sights. Visit the Swayambhunath – the Monkey Temple; take stroll to Durbar Square - home to the Kumari Devi - considered a living goddess; pull up a seat in a cafe and enjoy a cup of spicy hot chai and watch the world go by or stroll through the backstreets and Kathmandu's timeless cultural and artistic heritage reveals itself in hidden temples overflowing with marigolds, courtyards full of drying chillies and rice, and tiny workshops. The day is yours.

Alternately, you can join an optional tour of the medieval town of Bhaktapur (additional cost applies).

Included

Accommodation: Kathmandu Guesthouse or similar (twin share basis)
Meals: Breakfast only

DAY 18

Return flight from Kathmandu home

Filled with an immense sense of pride and achievement together with some fantastic new friendships and memories of a lifetime.

Included

Airport transfer: At designated time for nominated group flight
Meals: Breakfast only

Please note, this itinerary is subject to minor changes depending on flight times, weather (particularly with flying in and out of Lukla), the ability of the group, etc., however this outline provides an excellent indication of the trek and what you will experience. As with any trek in mountainous areas, safety is paramount and your Leader will always make decisions to amend the itineraries to ensure the safety of the whole group.

ALTERNATE HELICOPTER FLIGHT

There is also an option to have a chartered helicopter flight from Pheriche to Lukla to reduce the itinerary by 2 days. Please get in touch with us for more info at info@adventurousewe.co.uk.

TRIP EXTENSIONS

Optional extensions are available at an additional cost:

- Chitwan Safari
- Kathmandu to Delhi
- Ancient Varanasi & the Ganges
- Ancient City of Lhasa

Please get in touch with us for more info at info@adventurousewe.co.uk.

TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Snapshot of trip highlights



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts of your adventure



01

Safety & well-being

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Everest Base Camp Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 12 people and is an experienced altitude leader.

Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Leader is a key part to this trip. They are expertly trained and experienced in every field of this high-altitude trek, bilingual (English and Nepali) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and satellite phone contact with base, the local office and Adventurous Ewe's HQ.

Trip grading

This is a tough trek graded as 'extreme', given you're reaching an altitude of 5,380m, but one that is very achievable with the correct preparations. It requires a good level of strength, endurance and determination.

Even if you consider yourself fit, you may still find the climb very challenging, depending on how well your body acclimatises to high altitude. There's no scientific way to determine how easily you'll acclimatise, and the process can also differ from climb to climb. Having been operating EB treks for many years now, we strongly recommend this carefully planned itinerary due to maximising time for acclimatisation with built-in acclimatisation and contingency days together with experiencing the beautiful and varied scenery. You'll be trekking high and sleeping low.

Overall the hiking is generally moderate and mostly on well-established trails. The trail crosses numerous modern suspension bridges over rivers and valleys; all have mesh sides, however, anyone with a strong fear of heights or vertigo may find these difficult. Please also be prepared for varied conditions and temps as you ascend. You're likely to be cold, washing facilities are minimal, the loos are different from the luxuries at home, your appetite may be affected and sleeping proves more difficult as you ascend too. Though please remember that everyone will be experiencing the same and as a team pursuit, we encourage strong teamwork and support.

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02



03



04



05

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trek to run is **6 people** and the maximum group size is **16 people**.

You are most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 6 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A Trek Training Programme will be provided when you join this event to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and **Strength & Movement Coast, Peter Lant**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers.

Packing and kit tips will also be provided when you sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



06

07



Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance with IPP (International Passenger Protection). What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. For the latest info, please visit <https://www.gov.uk/foreign-travel-advice/nepal/entry-requirements>

Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on entry into the country. To avoid queuing, unnecessary delays or potential clearance problems, we recommend you contact your nearest Nepali embassy to organise your visa prior to arrival. For British passport holders, please visit the UK Foreign & Commonwealth office website for the latest travel information on Nepal at: <https://www.gov.uk/foreign-travel-advice/nepal>

Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover.

For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

Global Rescue Membership

For peace of mind whilst trekking in the mountains, Global Rescue provides short term membership giving access to travel, security, medical advisory and evacuation services up to \$US500,000. For more info, please visit

<https://ss.globalrescue.com/partner/adventurousewe/index.html>

Vaccinations

There are currently no mandatory vaccination requirements. Vaccinations for consideration are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A and Rabies. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.



WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**



HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism

Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



The Specialist Travel Association



**TOURISM DECLARES
CLIMATE EMERGENCY**



Glasgow Declaration
Climate Action in Tourism

ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

COOL EARTH



TOP TIPS

EBC trekking

- Dress the part and layer up – base layer, insulating layer and shell. Base layer that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Ensure you have comfortable trekking boots which are well-worn in and waterproof
- Wear synthetic or merino wool socks that fit well. Thicker socks provide more insulation, but make sure they don't cause your boots to fit too tight. It's also important to keep your feet dry, so have an extra pair of socks to change into
- Train in your trekking kit. Including your hiking boots & socks and wearing of your daypack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your big challenge
- Ensure your daypack is comfortable and has a waist strap to help take the weight of your bag on your hips
- Pack your kit inside a dry bag just in case
- Stay hydrated – it's important when undertaking any physical activity but particularly so at altitude. Use a hydration bladder system with a cover over the drinking nozzle and bring a wide-mouthed Nalgene bottle
- Hygiene, hygiene, hygiene – use hand sanitiser regularly and don't share any personal items
- Look after your feet – blister prevention
- When it's cold, you might be less inclined to stop for food and water. Make it simple by keeping snacks and water within reach so you can eat and sip regularly throughout the trek
- Bring your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- The combined weight of your daypack + main kit bag should be no more than 15kg for your internal flights in Nepal
- Bring your Water-to-Go bottle which you'll receive when travelling with us so that you can refill and avoid purchasing plastic bottles
- Be respectful of the rural communities, the people, their land and their homes
- **Most importantly.....SMILE & ENJOY THE JOURNEY!**





COST

Deposit: £195 per person payable on booking

Remaining balance: £1800 per person payable 4 weeks prior to start of trip

Total: £1995 per person

A monthly payment plan can be arranged for this trip. Please contact us for more information or to set up your plan. Simply email info@adventurousewe.co.uk or call 01492 588 069.

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#) and see our [T&C's](#).

Fundraising

All sponsorship monies are to be sent directly to chosen Charity/s / Foundation.

INCLUSIONS & EXCLUSIONS

Everest Base Camp Trek

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Adventurous Ewe Leader (for groups over 12 people)
- Qualified & experience Local Mountain Guide
- Services of assistant guide/s and porters on the trek
- Internal flights from Manthali to Lukla and return
- Guided tour of Pashupatinath and Bodhnath inclusive of guide, entry fees & pvt vehicle
- Fee charged by local Khumbu Development Committee
- Everest National Park fees
- Private vehicle road transfers within Nepal per your itinerary
- Accommodation - 17 nights in hotel (twin or triple share) and Teahouses
- Meals as outlined in your itinerary (breakfast x 17, lunch x 13 and dinner x 14)
- Medical safety equipment and supplies
- All logistical and safety management whilst in Nepal
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Kathmandu Nepal. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Airport transfers in Nepal if flights booked are outside of our recommended flight times
- Visa – please refer to: <https://www.gov.uk/foreign-travel-advice/nepal>
- Vaccination/s. Please refer to: <https://www.fitfortravel.nhs.uk/destinations/asia-east/nepal>
- Charges levied by teahouses for hot shower, battery charging (*depending on the region \$US2.00-\$5.00*); *higher you go, the more expensive*
- Personal spending money
- Drinking water
- Meals not listed in your itinerary including your celebration dinner
- Snacks, electrolytes, water purification tablets
- Kit and equipment as listed on your kit list and medication
- Tips for local crew
- Single room supplement where available (approx. \$US145pp)
- Any associated costs with leaving the trek early.

TRIP EXTENSION

If you wish to extend your stay in Nepal, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at info@adventurousewe.co.uk.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

BAGS

- Main kit bag (duffle bag)** – a soft-sided weather resistant bag with functional straps for carrying. Suitcases and wheeled bags are not suitable as these are unable to be carried by porters. The weight limit per person is 10kg each. Porters carry two bags each as well as their own backpack. Porters weight limit is 25kg each. Any baggage not needed on trek can be left at the hotel
- Rucksack** – 30 - 35 litre rucksack to carry your day-to-day trekking items. A rucksack liner/dry bag is recommended
- Dry stuff sacks** - (try to avoid plastic bags) that keep fresh clothing and other important items like passports dry. Good for quarantining old socks
- Small foldaway/reusable bag** - for leaving items in the hotel in Kathmandu which are not needed on the trek

CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- Down jacket** ideally with a hood. Great for when having breaks during your trek, for wearing at night or in extreme weather conditions
- Midlayer** or **fleece**
- Trekking trousers** – avoid cotton trousers
- Trekking t-shirts** – merino wool based or wicking fabric
- Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (one pair for trekking and one pair for teahouses & sleeping)
- Buff** – for warmth, sun protection and dust protection
- Beanie** which covers your ears and is lined for extra warmth
- Gloves or mittens** - a pair of thin liners and a pair of wind stopper/waterproof gloves
- Inner/liner gloves** – ideally merino wool, windproof
- Underwear** - Merino wool or wicking material, not cotton
- Evening clothing** - for hotels & teahouses
- Casual clothing** - for travel

FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers / crocs** – or comfy shoes to wear in the evenings
- Socks** – minimum of 3 pairs of merino wool or synthetic trekking socks over liner socks. Please ensure you trial your sock-wear prior to departure to ensure your choice is suitable. Recommend Smartwool Merino Mountaineering Extra Heavy Crew Socks
- Flip-flops** or similar - (optional) casual wear

TREKKING EQUIPMENT

- Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles
- Adventurous Ewe Water-to-Go filtration bottle**
- Head torch & spare batteries** - essential
- Sunglasses** – essential and must have strong UVA/UVB protection
- Retractable trekking pole(s)** - optional
- Sleeping bag** – a good 3-4 season sleeping bag as the nights can be cold especially in the teahouses. 4-season sleeping bag for December trips
- Sleeping bag liner** - we recommend taking a sleeping bag liner to add a little more warmth and keep your sleeping bag clean inside
- Gaiters** - optional

TRAVEL ADMIN

- Passport** plus photocopy of passport
- Flight tickets**
- Travel insurance policy and emergency number**
- 2 passport photos** for your trekking permit (plus 1 more passport photo if applying for your visa on arrival in case the electronic machines are out of order)
- Cash** - the currency in Nepal is the Rupee, US \$ are also accepted in some places. Before departing on your trek, ensure you have enough Nepalese currency in small denominations to purchase meals & drinks during the trek and tips for local crew
- Debit and credit cards**

ADDITIONAL ITEMS

- Antibacterial hand gel**
- Sunscreen and lip block** – minimum SPF50
- Favourite snacks** - both sweet and savoury
- Electrolytes**
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Light-weight micro-fibre towel** – optional
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for teahouses
- Reading material / card games** for evenings
- Spare dry bag** for dirty or wet clothing
- Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- Plug adapter**
- Go-Pro** - or similar. Please note, recharging facilities will be limited in teahouses so it would be ideal to bring your own charging packs. Please visit the website for use of drones <https://uavcoach.com/drone-laws-in-nepal/>

ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
ADVENTURES

CONTACT US

For any further info or any questions,
please feel free to contact us at:



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Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





Adventurous
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We look forward to welcoming
you to Nepal for this classic
trekking adventure.

