



EVEREST BASE CAMP

APRIL 2025

Everest Base Camp Expedition

Many thanks for signing up with LMG Treks & Expeditions for your Nepali adventure. Everything about Nepal is jaw-dropping, from the madness of Kathmandu through to the incredible views you'll enjoy day after day on the trek.

Our expedition will see us visit the iconic Everest Base Camp, Everest viewpoints, monasteries and of course the trekking summit of Kallar Pathar, from which we'll witness the sun set on Everest. To get us there we will fly to the infamous Lukla airport, cross countless suspension bridges and enjoy the hospitality of dozens of Sherpa families as we stop in their teahouses.

This trip will be tough, but we'll do our very best to ensure you have the time of your life.

Matt Le Voi

Company Director



Everest Base Camp Trip Itinerary

Your adventure will start in the bustling capital, Kathmandu. We will have the opportunity to sort final bits in Kathmandu before heading to Lukla by plane the next day. We start our trekking at 2,700m and have designed our itinerary to allow for careful acclimatisation. We follow the Everest trail northwards through the well visited villages of Namche Bazaar, Dingboche and Gorak Shep. Everest Base Camp will be just one of the many highlights on this trip for you.

Trip Grading

This trip is graded as Hard. It involves walking at altitude for 5-7 hours a day for numerous days in a row. This said the itinerary and pace is set in a manner to aid acclimatisation and success. This trip includes 11 full days of trekking.

The date you need to be in Nepal is the **13th April 2023. The earliest you can leave Nepal is the 28th April**

H = Hotel TH=Teahouse Alt.100m = Altitude of Destination. *Here is an indication, if flying from the UK how your trip should look.*

Day 1 – **Leave the UK.**

Day 2 – **Arrive in Kathmandu.** Alt.1400m (H) (13th April 2025) **Lunch and Dinner Not Included**

Day 3 – **Trek Briefing** in the morning followed by a couple of hours to make final arrangements. We then have a 5-hour drive to the village of Ramechaap from which we will fly to Lukla the following morning. Alt.1400m (H) **Lunch and Dinner not Included**

Day 4 – **Flight to Lukla.** We will take an early morning flight to Lukla, which will be followed by a 3- 4 hours Trek to the village of Phakding 8km. Alt.2650m (TH)

Day 5 – **Trek to Namche Bazaar** – We'll follow the Dudh Kosi river up to the famous Sherpa capital of Namche Bazaar. 11km. Alt.3400m. 5-6 hours walking. (TH)

Day 6 – **Acclimatisation Day from Namche Bazaar** – A vital day of acclimatisation. We will go for a short walk on this day to aid acclimatisation and we'll also see Everest for the first time. You will have the afternoon to explore the village, especially the amazing bakeries! You may wish to bring some spending money for the bakeries. Alt.3400m. 3-4 hours walking. (TH)

Day 7 – **Trek to Debuche** – A great day on lovely trails, still following the river far below. We will visit the infamous Tengboche Monastery just before descending to our overnight stop of Debuche, which is situated right underneath Ama Dablam. 12km. Alt 3,820m. 6 hours walking. (TH)

Everest Base Camp Trip Itinerary

Day 8- **Trek to Dingboche** – We leave the lush forests behind and gain more glacial surroundings. Our direct surroundings are filled with snow-capped mountains, including Lhotse, Ama Dablam, Island Peak and Lobuche East. 8.5km Alt.4,360m. 5-6 Hours Walking. (TH)

Day 9 – **Acclimatisation Day from at Dingboche** – Another crucial acclimatisation day in the itinerary. Dingboche is a great place to have this rest day as the surrounding views are excellent, and again there are two lovely cafes for which you may want to bring some spending money. We will also go on an acclimatisation walk up to 4,900m - 5,000m. (TH) 3 Hours Walking.

Day 10 – **Trek to Lobuche** – A relatively easy day on the legs, but not on the eyes – yet more spectacular views all day. We will also head over the Thukla Pass which hosts a number of memorials to those who have perished mountaineering in the area. 8km. Alt. 4,940m. 5-6 hours walking. (TH)

Day 11 – **Trek to Everest Base Camp** – Now walking amongst giants, we're heading to the Everest Base Camp. We pass through Gorak Shep on the way for lunch, and spend the afternoon making our way across the boulders to EBC and back. Energy levels pending, you'll have the chance that evening to ascend to the 5,545m summit of Kallar Pathar. From here we will watch the 'Everest trio' turn golden as the sun sets. 11-15km Alt. 5,170m. 6-7 hours walking. (TH)

Day 12 – **Descend to Pherice**– Down we head for the first time! 12km. Alt. 4,280m. 7-8 Hours walking. (TH)

Day 13 – **Trek to Namche Bazaar** – Heading back to familiar ground. 20km. Alt. 3,400m. 6-7 Hours walking. (TH)

Day 14 – **Trek to Lukla**– Our final day of trekking and another long day with lots of descent, but on more familiar trails with thicker air. We'll have a celebratory meal with our guiding team in Lukla. 19km Alt. 2,650m. 6-7 hours walking. (TH)

Day 15 – **Depart Lukla to Ramechaap** - An early flight (should conditions allow) back to Ramechaap followed by the 5-hour return bus ride to Kathmandu. Upon arrival to Kathmandu it's time to get clean, relax, buy souvenirs and eat! Alt. 1400m. **Dinner Not Included**

Day 16 – **Optional Sightseeing & Celebrating** - You can enjoy a sightseeing tour of Kathmandu in the morning. You'll then have the chance to shop and explore in Kathmandu once more. In the evening we'll have a final meal together to celebrate the trip, most likely at the world-famous Rum Doodle Restaurant. Alt 1400m. **Lunch and Dinner Not Included**

Day 17 – **Final Day and Transfers to Airport (or Continue your holiday) – 28th April**

We'll get you transferred to the airport in good time for your departure home. **Lunch and Dinner Not Included**

Please Note – While we endeavour to stick to the details in the itinerary outlined above, some things may change to circumstances outside of our control. Changes in local transport, weather, infrastructure or participant health could be such circumstances.

Accommodation

During our stay in Nepal we will be using a Hotel whilst in Kathmandu, and Teahouses when on the trail itself.

Kathmandu Hotel Accommodation

We have a number of hotel options whilst in Kathmandu, and we tend to go for a higher standard to bookend your trip with a bit of luxury! The hotel will be in, or near to the bustling tourist district of Thamel. Here you can purchase souvenirs, change money or enjoy coffee and cakes.

Trail Teahouses

There is no doubt about it, teahouses are basic. Often brick structure hosting a large dining room, with a stove in the middle. The rooms will sleep 2 people. The toilets at the teahouses vary from a western style toilet, to a 'squat drop'. All meals are provided during the trekking phase. Breakfast can range from pancakes, Tibetan bread, porridge or even noodles. It is recommended you bring along some trail snacks to keep your energy up between meals. Whether you bring this from the UK or purchase it in Thamel is up to you. We will enjoy a varied menu whilst on our trek. Please ensure you make us aware of any dietary requirements.

Many teahouses have WiFi which can be purchased £3-5 when you get there. There is now also an 'Everlink' Data card which can be bought for about £15 for 10GB, useable at most teahouses.

Charging options are also available, most with a charge of £3-5 per device.

You will purify your water for most of the trek, however please allow about £20 for purchasing water at the upper end of the trail where it is not advised to purify / treat the water.



Travel, Visas and Money

Flights – It is your responsibility to book your flights to Kathmandu. As long as you are in Kathmandu for 13th April you can travel any day you wish. Most flights from the UK will to Kathmandu will be 14-16 hours in duration. You will be picked up from the airport and transported to your accommodation in Thamel. Please make us aware of your flight time and details no later than 2 weeks before departure.

Passport & Visas – Please ensure your Passport has at least 6 months until it's expiry from the date we are due to arrive back in the UK. It is your responsibility to sort your travel visa and this is done by online application before setting off (within 2 weeks of the start date) and then finalised upon landing. For this you need to have £50 to hand on arrival. There is more info on this in the 'Pre Travel Checklist' at the end of this document.

Money – The currency in Nepal is Nepalese Rupees, and it can only be attained in country, and should be left in country upon departure. There are multiple places to attain the rupees, and can be done as early as the airport. £1 is equivalent to roughly 140 Nepalese rupees, which can go a very long way in to Nepal. It is important to note that traveller's cheques are not accepted in Nepal. Even though all meals are provided on the trek, you may want to take some rupees with you for any extras. If you choose to do this please take them in small denominations.

There are ATM's available in Kathmandu, but please notify your bank that you are travelling. It is well worth having bank numbers, emergency contacts etc in the event of blockage, theft or loss. Our recommendation would be to carry enough US Dollars or Pound Sterling into the country, but keep it secure at all times. A money belt is an excellent bit of kit for safety of your essential items.

As a minimum you will need enough spending money to purchase yourself lunches and dinners for the days you are in Kathmandu (£15-20 per day), and we ask everyone to bring \$50 USD (in small denominations) to contribute towards a tip for the Nepali trekking staff.

You don't need to have much money for the trek, it all depends on how likely you are to want to buy snacks and additional drinks—none of which are particularly cheap (500 rupees for a bottle of coke for example). There are some nice bakeries at Namche and Dingboche for which you may want to budget some money (1000 rupees for a coffee and cake is typical)



INSURANCE, FITNESS & HEALTH

Medical Checks & Vaccinations – You should see your GP and dentist for a general check-up before you leave. Your GP and local travel clinic will have the most up to date information on what vaccinations you should need. Although none are currently required, we highly recommend having vaccinations against Polio, Tetanus, Typhoid, Diphtheria and Hepatitis 'A'. Some of these can take 6-8 weeks to take effect, so this should be scheduled way ahead of departure. An excellent resource to use is www.fitfortravel.nhs.uk.

It may be worth asking your GP for some Diamox, a drug to aid with acclimatisation. It is not a drug we will make you take, but there are certain scenarios where having it can be helpful.

Insurance – You must arrange your own travel insurance. The insurance **must cover you for trekking to over 5,545m, as well as helicopter rescue**. Evidence of this must be produced to us at least 2 weeks before departure. No insurance will mean you will not be allowed to travel as part of this trip. It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.

Fitness – There is no doubt about it, the fitter you are, the more you will enjoy this trek. As the itinerary above suggests, we will have multiple 6-7 hour days, and at altitude. The best way to get fit is to get out walking, and if possible, for 2-3 days in a row to build up that recovery. Once on the trail, you soon get into a routine, and getting up and out and finding your rhythm gets easier and easier.

It is well worth doing some reading into tips on how to acclimatise efficiently, and symptoms of altitude sickness. We all react differently to altitude, but the best method is to walk at a medium to slow pace, drink plenty of fluids (4+ litres a day) and avoid alcohol whilst we head to EBC. The trip has been designed to allow sensible acclimatisation, and your trek leader and guides have experience in identifying signs and preventing the onset. Get in touch with us if you're keen for a fully bespoke training programme.

Health – The main health issue to be aware of at the moment is Dengue Fever in Kathmandu. Using mosquito sprays whilst in Kathmandu is key. You must be very aware of personal hygiene in order to stay healthy. We recommend drinking just bottled, treated or boiled water, avoiding drinks with ice in and washed salads. Meticulous use of hand sanitiser after contact with people or money is highly advised.

Kit List

Note: Your luggage allowance for the trek is an absolute maximum of 15kgs. That is your duffel bag AND your Day bag as a combined weight.

LUGGAGE & PACKS

□ **Holdall** – A large duffel bag will be supplied in country. This is likely to hold ALL of your kit when travelling between the UK and Nepal, and just your extras when trekking. (We will be able to leave items safely at our hotel in Kathmandu that are non-essential to the trekking phase.) Upon booking your international flight you will be given a baggage allowance (usually 25kg-30kgs). Our internal flight to Lukla only allows a total luggage weight (Holdall + rucksack) of 15kgs. Multiple changes of clothes are not essential as items can be washed on the rest day. Merino products which naturally do not hold odour are ideal on treks, but at the end of the day – we'll all smell the same!

□ A small **combination padlock** is advised for use on this pack.

□ **20-30l Rucksack** – A comfortable day pack which will just hold your daily walking essentials. The main bulk of the weight in this pack should be water. Use this for all travel essentials when not on trek.

FOOTWEAR

□ **Walking Boots** – A well broken in pair of walking boots. Ankle support preferred but not mandatory if you're a fit / experienced hiker.

□ **Flip Flops / Sandals / Trainers** – For use in the evening at the teahouse and also in Kathmandu. Down booties can be bought in Kathmandu for £15-£20.

□ **Trekking Socks** – Good quality trekking socks. Multiple pairs. Merino socks are the best option.

□ **Liner Socks** – Liner socks can be useful to prevent friction and aid wicking.



Kit List

TECHNICAL GEAR

Walking Poles – Highly recommended to help with stability, energy saving and taking pressure off the knees. comfort limit of at least 0 degrees.

□ **Headtorch** – Plus spare batteries. □ **Water Carrying** – One 1ltr water bottle, plus a 2-3 ltr bladder style hydration system is ideal.

TREKKING CLOTHING

□ **Waterproof Jacket and Trousers** – Hopefully rain will not be expected, but these are essential, especially if windy. □ **Sunglasses** - Ideally category 3 or 4.

□ **Trekking trousers** – A pair or two of lightweight trekking trousers or leggings. With UV blocking capability ideally.

□ **Sunscreen and Lipsalve** – Higher the SPF the better

□ **Dry Bags for Personal Kit**

□ **Shorts** – It can be pretty warm trekking whilst at the lower elevations.

□ **Universal Plug Travel Adapter** (Nepal has same voltage as UK)

□ **T Shirts** – Of technical fabric or ideally Merino. Do not bring cotton T-shirts on the trek.

□ **Snacks** – Can be bought in country.

□ **Books, Ipad, Cards. Electronic charging unit.**

□ **Warm Layer** – A fleece or power stretch layer

□ **Wet Wipes, Personal Wash Kit and Hand Sanitiser**

□ **Thermal Layers** - Top and bottoms, good to sleep in, and use for those colder days at altitude.

□ **Camera, spare batteries and memory card**

□ **Travel Clothes** – For travelling and R&R days.

□ **Warm Jacket** - A synthetic (primaloft or similar) or down jacket. Perfect for use in the evenings.

□ **Personal First Aid Kit** – A small personal kit is recommended even

□ **Wool Hat or Beanie**

HANDWEAR & HEADWEAR

□ **Blister plasters, Rehydration powders, Paracetamol, Ibruprofen, Asprin,**

□ **Buff or Sin Glade** Tape, Immodium Throat lozenges and Diamox (see your GP for this)

□ **Lightweight Gloves** – A thin fleece pair of gloves

□ **Thicker Gloves** – A pair of thicker gloves or mittens

□ **Money Belt & Spare Wallet**

PERSONAL EQUIPMENT

□ **Sleeping Bag** – A synthetic or down sleeping bag which as a lower

□ **Water Purification** – We recommend AquaProve—purchase from us

though the trek team will have a more comprehensive kit. Items such as

GET 30% OFF AT WATER-TO-GO



Hygiene has always got to be one of your top priorities whilst out on expedition, and drinking clean water will play a large part in this. We highly recommend treating water with Aquaprove or Chlorine Dioxide drops / tablets or similar, but you may also feel a Water-To-Go bottle is a great addition for ease of drinking water whilst on the trip too.

Water-to-Go is a water filter bottle that eliminates up to 99.9999% of all microbiological contaminants including viruses, bacteria, chemicals, and heavy metals from any non-saltwater source in the world, providing safe drinking water wherever you are.

There are a few different varieties of bottle, and you can get yours through the following link. Don't forget to use the code **LMG30** at checkout

<https://watertogo.eu/lmg/>

WATER PURIFICATION FOR JUST £10



Aquaprove is an effective, simple to use, solution that is dropped into your untreated water. After just a few minutes the water is safe to drink. Unlike some methods, the process when using Aquaprove has a very limited faff factor in order to purify, plus just one bottle can purify roughly 250 litres of water which is way more than you'll need for drinking on any expedition of ours.

It is hard to get hold of Aquaprove however we have set ourselves up as a distributor and will offer any of our clients a bottle for just £10 (rrp £13). If you wish to have some on the trip please make us aware in advance of the expedition and we'll ensure you have some

About lmg treks & expeditions

LMG Treks & Expeditions is the international sister of UK based Lakeland Mountain Guides. We are focused on ensuring that the high quality of service and experience that we provide on our UK events is taken abroad.

We are a fair and flexible organisation; however, we do have a few house rules:

- Treat the Leaders with respect. **What your leader says is final.** Any decision your leader makes is based on years of experience, so whether it be them telling you that you cannot continue due to injury, or having to cut an ascent up a mountain short due to time or weather, listen to them. Anyone who fails to listen is effectively removing themselves from the responsibility of LMG Treks & Expeditions
- All medical issues must be made aware to our leaders.

Our contact details are:

Email – info@lmgtreksandexpeditions.com

Phone – 07557022362

Facebook – LMG Treks & Expeditions

Instagram – lmgtreksandexpeditions

It'd be great to hear from you after your trek, especially if you have any positive feedback about any of our leaders you met. We are also very grateful for any Facebook reviews so the rest of the world can know what a great time you had on both your trek, and with LMG Treks & Expeditions.



Want to get fit for the trip?

You're off on a trip of a lifetime, so you want to make sure you're in absolute peak physical condition so you can enjoy every moment. The fitter you are, the easier the trek or expedition will feel, and the better you will recover after each day.

Matt Le Voi, company director of LMG Treks and Expeditions is also a fully qualified Level 3 Personal Trainer. What this means is as well as trekking with us, you can train with us too!

Doing a little can go a long way and we can design a fully individualised training plan for you to follow and get you ready for the expedition.

Even if you're just after a few hints and tips to get you started, please don't hesitate to get in touch. We're more than happy to help!

Check out the website at www.lmgpersonaltraining.com

On the lead up to the trek, please don't hesitate to contact the company for any additional information.

Our contact details are:

Email – info@lmgtreksandexpeditions.com

Phone – 07557022362

Facebook – LMG Personal Training

Instagram – LMGPersonalTraining



Pre Travel Check List

6+ Months before travelling

- Complete our Medical form / Risk Waiver- <https://forms.gle/1qjMUbRFz7d1yrp59>
- Book Flights
- Check your passport is valid and has 6 months before expiry from the date of your planned return to the UK
- Book a GP appointment for a health check, research and book any vaccinations you may need / want to have
- Confirm your annual leave / organise pet car / house sitters etc
- If not already, get training for the trip – get in touch with us for any hints, tips or even a bespoke training plan.

2 Months before travelling

- Examine the kit list and start filling the gaps
- Check out our blogs on our website to help answer any queries - <https://www.lmgtreksandexpeditions.com/resources>

1 Month before travelling

- Start packing your kit – remember, you have just 15kgs for the trek, this includes the weight of your day bag too
- Book airport parking / travel to and from the airport

1-2 weeks before travelling

- Visa Application – To be done within 2 weeks of arrival in Kathmandu. You will need to get our planned hotel address from us. It is a 30 Day Visa that you're selecting under 'Visa Pre-Arrival'. <https://bit.ly/3RVEdHy>
- Obtain any currency / spending money. You need a minimum of \$100 in USD for tipping, £50 for your visa on arrival, £20 per day in Kathmandu for meals, plus approximately £20 for water on the trail. Additional money will be needed for charging / WIFI.
- Send us your flight confirmation details (Arrival and Departure)
- Send us your Travel Insurance Document. Please ensure your insurance covers the height we are trekking to, as well as helicopter rescue.
- Ease up on the exercise, you don't want to get any last-minute niggles or injuries.