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## Everest Base Camp Trek 2010

This trip takes you straight to the heart of the Himalayas and to view the worlds highest mountain, Mount Everest which stands at 8850m (29028ft). Walking to the base camp of Everest really is an experience not to be missed. As you look up the Khumbu Icefall from the base camp you will see the route of many an expedition as well as other 8000m peaks such as Lhotse and Nuptse which will tower over you.

To get to the Base Camp you must first trek through the foothills and villages of the Himalaya. This will enable to soak up the warmth, hospitality and charm of the Nepalese people. Even the great panoramic views fade into insignificance compared to these people. With its cocktail of stunning landscapes, picturesque villages, friendly people and fantastic walking, Nepal really is a country that will enchant you.

Arriving in Kathmandu, Nepal's capital, can be quite a culture shock as it will be very busy and chaotic, which may seem confusing and daunting to the first time traveller to such countries. You will not have to worry about finding taxis, paying porters or finding hotels as your **Spirit of Adventure** leader will take care of you. Once you have arrived at your guesthouse you will then have the opportunity to relax and unwind before being briefed about your trek.

After an exhilarating flight to the mountain airstrip of Lukla, you will then trek to the village of Namche Bazaar, headquarters of the Sherpa people. You will have a full day here which enables you to explore its narrow streets and market stalls, which are full of local produce as well as the usual tourist gifts and novelties. From Namche you then trek on to stay at Tengboche which gives you a chance to visit its famous monastery. With this as your base you will get superb views of Everest, Nuptse, Ama Dablam and Lhotse. Over the next few days you will trek slowly up through the Khumbu villages and hills to Gorak Shep (5191m) your highest overnight stay. Nearby Kala Pattar will give you stunning views of the South West face of Everest, Nuptse and the Western Cwm. It is also the highest point in the trip at 5550m. From Gorak Shep you will then trek up the Khumbu Glacier to Base Camp where you will get the superb views of the famous Khumbu Icefall.

Autumn is an excellent time to trek, the weather is generally good with crystal clear days and quiet trails. The nights are likely to be cold particularly at higher altitudes. With the hard





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work behind you, your return down the valley, through rhododendron and birch forests is relaxed and easy and culminates in an exciting flight back to Kathmandu. Once back in Kathmandu you will get a few days to relax or if you still have energy, explore the nearby towns and markets.

### The trek routine.

Mornings begin at about 6 am with a cup of tea, you then pack your gear before breakfast, this enables the porters to make an early start. You will not have access to your kit bag until the evening so you should pack everything you need for the day in your rucksack. Your trek leader can always advise you on what to carry. You are usually on the trail by 8.00 am at the latest. You will normally have a 2 hour lunch stop by a river or in a quiet place, this allows you to relax during the middle of the day. The trek after lunch is generally shorter than the mornings walk and we try to make our base by about 3 pm. Once in the guesthouse afternoon tea is prepared and you are free to rest, write your diary or explore. The evening meal is usually served at about 7 pm. After supper is always a special time to reflect on the day and relax with the locals and other members of the trek.

You will be staying in tea-houses (guest houses) during this trek. These offer shelter and food and are considerably warmer at this time of year than tents. However the sleeping arrangements vary, from shared/communal rooms to single rooms. You will need sleeping bags. As you progress up the trail, standards in these tea-houses may vary as you might expect!

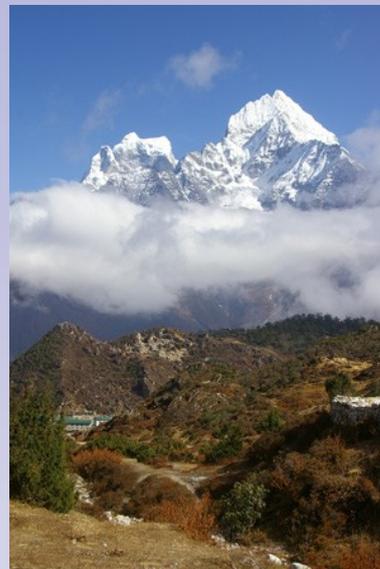
### Staff

You will be joined on this trip by John Diplock or Steve Lang from **Spirit of Adventure**. They will liaise with and organise your Nepalese guides and porters. John has worked and has been on many an expedition in the region since the early 90's, including first ascents on the higher peaks. Steve has trekked to many of the greater ranges around the world and is a qualified International Mountain Leader. Not all companies offering treks in the region will have a western leader!

### Medical Information

Trekking means walking every day for up to 7 hours. You may start only moderately fit and by the end of the trip you will feel amazingly healthy. We recommend that the minimum level of fitness is to be able to walk 1 mile in 20 minutes. If you lead a reasonably sedentary life, then plan an exercise programme of walking, cycling, swimming and jogging well before you plan to trek. Muscles strengthen reasonably quickly but ligaments and tendons take more time, this is why prior preparation is important. Walking slowly is however the best way to help acclimatisation at altitude.

When trekking, you will be a long way from medical assistance so bring any special medicine and potions you will require.





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### **Inoculations etc.**

**Your must consult your own doctor who will advise you on the current requirements:**

You should confirm with your doctor at least 4 months before your departure which ones are required. This is important if you know you will require a full programme of immunisation.

It is worth a visit to the dentist a few weeks before departure for a checkup! You wouldn't want to go to a Nepalese dentist!!!

### **Water Purification**

All water from taps and rivers in Nepal is contaminated to some degree. It is extremely important all drinking water is treated while on the trek. Any water from taps on the trek needs to be treated. This can be done by using ultra violet pens (Steripens) or by using purification tablets. In Kathmandu only drink bottled or your own treated water. It is important to remember, when brushing your teeth use only your own treated or bottled water.

### **Acute Mountain Sickness**

Commonly called altitude sickness, Acute Mountain Sickness (AMS) can affect all trekkers above 3000m/9750ft. It is caused by going up too high too quickly and can be fatal if the warning signs are ignored. Your body needs time to adjust to the smaller quantity of oxygen that is present at altitude. At 5500m/18000ft the air pressure is approximately half that at sea level. Altitude sickness is preventable. Go up slowly, giving your body enough time to adjust and drink plenty of water. The safe rate of ascent for most people involves spending about 3 nights between 2000m/6562ft and 3000m/9750ft before going higher. From 3000m you should sleep no more than 300m higher each night. If you develop the symptoms, never go any higher, but remain at the same height. Descend and the symptoms should go away. Your Spirit of Adventure guide needs to know if you are feeling unwell, so that your condition can be monitored.

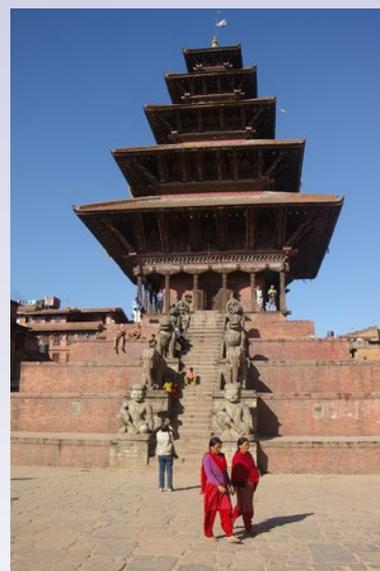
### **Symptoms**

**Headaches.** Very common and can be treated with aspirin or something similar. Usually come on in the afternoon and get worse overnight. Can also be caused by dehydration.

**Nausea.** Usually occurs with a bad headache.

**Dizziness.** If this occurs while walking, stop and have a drink out of the sun.

**Appetite loss.** This is common at altitude.





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**Dry cough.** This can sometimes be uncomfortable. Quite common at altitude due to the cold dry air.

Remember, if you develop any of these symptoms you should let your trek leader know so that the correct action can be taken. Remember, AMS can be fatal!!!

### **Dehydration**

At altitude the body loses a large quantity of water and you can become severely dehydrated very quickly. This will make you lethargic and give you headaches. If your urine is deep yellow then you are not drinking enough. A happy mountaineer always pees clear!

### **Sunburn**

At altitude there is less atmosphere to protect you from the sun's harmful radiation. It is essential that you protect yourself with a high factor protection cream. Your eyes also need protecting with a pair of good quality sun glasses or glacier glasses, with wrap round or side protectors and protection against UVA and UVB.

### **First Aid Kit**

We will be taking a comprehensive medical kit for the trek but everybody should carry their own personal medical kit.

A suggested content is:

Plasters/band Aids

Blister kit

Antiseptic cream

Anti-fungal powder

Aspirin/paracetamol

Diarrhoea treatment

Scissors

Moisturising cream

Sun protection cream - Factor 15 to 20 and total block

U V Lip salve

Insect repellent

Water purification tablets

Throat lozenges

Dry Hand Wash

Personal medication

Eye Drops- the trail can be very dusty





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### Dress Standards

These vary considerably around the country. Kathmandu is the most liberal and culturally diverse place, though women will find dressing modestly will attract less attention. The well off (locals and foreigners) are expected to dress conservatively, casually and cleanly.

Along the trekking route the Nepalese are more used to seeing shorts and light tee shirts as worn by western visitors, but in less frequented areas locals may still be quite shocked. Being dressed in a culturally acceptable way gives you much greater respect with the local people.

For men, shorts are acceptable, T-shirts are OK but singlets are going too far and bare chests are considered rude. For women a double standard exists. Long baggy shorts are fine, although long baggy trousers or a knee length skirt are definitely more appropriate. A T-shirt is the minimum for modesty, but lycra pants invite unwarranted attention.

### Equipment

Your weight limit on the trek is 15Kg. You will need to bring your own personal equipment. There is a suggested kit list below, split into **essential** items and **recommended** items. If you require any equipment advice please give us a call

### Recommended

T-shirts and Shorts.

Skirt. For the ladies, long and loose fitting. Can be purchased in Kathmandu.

Telescopic Ski pole or walking stick

Diary.

Paperback books. These can then be swapped.

Personal stereo or ipod.

Binoculars.

Camera and film/memory cards.

Handkerchiefs.

Washing powder. Small quantity of biodegradable.

Down jacket. Recommended but not essential.

Pocket knife.

Small repair kit. Needle and thread etc.





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### Essential

Rucksack. About 35 litres for day walking.

Water bottle. 1 litre.

Sleeping bag

Sleeping bag liner.

Waterproof jacket and trousers.

Fleece jacket

Thermal top and bottoms.

Track-suit trousers.

Woollen jumper.

Woollen or fleece hat.

Balaclava.

Sun hat.

Woollen gloves or mittens.

Walking socks.

Walking boots and Trainers.

Gaiters.

Thermal underwear.

Under garments.

Towel, Toiletries, Biodegradable soap, toothpaste, shampoo, dry handwash, personal items.

Personal first aid kit.

Sun glasses with wrap round or side protectors.

Lighter. Essential for burning used toilet paper.

Moisturiser. For men as well as women. Your skin will become very dry at altitude.

Sun protection cream. Factor 20 and sun block.

Torch and spare batteries.

As a general rule you will require cool loose fitting clothing for the lowlands and warmer windproof clothing for higher altitudes and for sitting around camp in the evenings.

You will be able to leave baggage etc. in the hotel in Kathmandu while you are trekking. It is pleasant to come back to a clean set of clothes. Please do not bring expensive items of jewellery with you, as there is no need for you to dress up for dinner.





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### Factfile

Activity—15 days trekking to  
Everest Base Camp

#### Accommodation / meals

4 nights hotel B & B

All other nights in tea houses on a full  
board basis

#### Date

12th – 31st October

#### Experience Required

Regular walker

#### 2010 Costs

Land only £1349

#### Cost includes:

Internal airfares

Guest House in Kathmandu (Twin  
rooms)

Trek costs (full board)

#### Price does not include:

Visa fees, passport costs, travel  
Insurance

Meals in Kathmandu

International Flights

