actionchallenge on Everest

The Everest Base Camp challenge takes us through some of the most breathtaking mountain scenery the world has to offer, as well as some of the thinnest air! It’s an incredible eighteen day adventure, which gives you the opportunity to explore life on the world’s tallest mountain, even passing by the world’s highest bank and post office!

We follow the contours of valleys along glacial rivers, we trek up through stunning rhododendron forests and pass through some of the highest villages on earth. The spirit of the mountains is intertwined with the spirit of the Sherpa people; colourful prayer flags flutter in the wind, prayer wheels spin and intricately carved mani stones line our route.

From high above Namche we watch the sun rise over the snow capped peaks of the Himalayan giants, at night we see the mountain of Nuptse bathed in the ethereal light of the full moon and from Kala Patthar we catch an awe-inspiring view of the summit of Everest.

As we ascend above the tree line the expedition buzz is palpable. Team spirit and determination drives us along the Khumbu glacier to reach the hallowed ground of mountaineers, Everest Base Camp. Standing on the roof of the world is an incredible shared moment that will last a lifetime.

This is a true challenge that bonds us together and, back in Kathmandu, we enjoy a special dinner to celebrate our incredible journey to Everest, the greatest mountain on earth.

at a glance
- Activity: Trekking - at altitude
- Location: Himalayas, Nepal
- Duration: 18 days / 13 days trekking
- Difficulty: Tough
- Distance: 130 km
- When: October and November 2014
- Group size: 15 - 25

trip highlights
- All inclusive 18 day challenge
- Pass through the highest villages in the world
- Experience sunrise over the Khumbu Glacier
- Visit the monastery at Tengboche
- Climb to Kala Patthar for a view of Everest’s summit
- Gaze up at Everest from Base Camp, you made it!
- Explore the colourful capital of Kathmandu
introduction

This fully-inclusive adventure to Everest Base Camp will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. If you are raising money for a charity, we will sort out all the formalities so you can concentrate on your own preparation and fundraising. We offer pre-challenge briefings and training weekends in the UK, where you can meet our mountain leaders, members of your group and others taking part in challenges around the world. On the day of departure you meet your group and Action Challenge leader at the airport in London. Whether you’re joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to Kathmandu, ready to take on Everest and the trekking adventure of a lifetime!

brief itinerary

Day 1  Depart London  Day 10  Lobouche - 4,930 m
Day 2  Kathmandu  Day 11  Base Camp - 5,332 m
Day 3  Lukla & Monjo - 2,850 m  Day 12  Kala Patthar - 5,643 m
Day 4  Namche - 3,449 m  Day 13  Descend to Tengboche
Day 5  Acclimatisation day  Day 14  Descend to Namche - 3,449 m
Day 6  Khumjung  Day 15  Descend to Lukla - 2,850 m
Day 7  Tengboche - 3,867 m  Day 16  Fly to Kathmandu
Day 8  Dingboche - 4,343 m  Day 17  Depart Kathmandu
Day 9  Acclimatisation day  Day 18  Arrive in London

what’s included

- International and domestic flights
- Action Challenge mountain leader
- Full support team, including local guides, sherpas and donkeys
- UK medic
- All accommodation
- All meals, except in free time
- Airline taxes
- Treated drinking water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner in Kathmandu
- Invitation to a challenge briefing in London
- Discounted training weekends
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health
- Discounts on kit to buy / hire at Ellis Brigham, Cotswold Outdoor and Trek Hire

dates

October and November 2014

cost

All inclusive trip cost from £1,949
Initial £399 deposit to sign up

Three payment options available

Please visit our website for more details

how tough is the challenge?

The Everest Base Camp trek is a tough challenge at altitude, over a prolonged period of time, with the highest point at 5,545 m. The terrain is varied with some steep uphill climbs and downhill passes and, therefore, a good level of fitness is required.

extensions

Why not stay on after the challenge and explore some more of Nepal’s highlights?

Please email us for more information

when to go

One of the best times to visit Nepal and complete the challenge is between October and November, when the country is at its most beautiful after the rains. The temperature is pleasant and visibility is excellent, ensuring you get the most stunning views throughout the trek. February and March are also a good time to be trekking, with slightly warmer temperatures than the latter part of the year.
Breakfasts each morning will be at our accommodation. Lunches will be en-route in tea houses and evening meals will be at our night’s accommodation. Variety in the menu at this altitude is limited, but we attempt to offer a mix of typical Nepalese fare and dishes with an international influence. Please let us know if you have any dietary requirements in advance.

### Itinerary

**DAY 1 - Departure from London**

We will meet our group and Action Challenge staff at the airport and check in together before boarding our flight to Kathmandu.

**Meals:** L,D*  **Accom:** Flight / Hotel* *(dependent on flight schedule)*

**DAY 2 - Kathmandu**

On arrival, we are met at the airport and transfer to our hotel at 1,330 m, on the outskirts of Kathmandu. Here we have a briefing from our Action Challenge leader and local head guide who will be leading us on the challenge. In the evening we enjoy a welcome meal together and relax before our early departure in the morning.

**Meals:** B,L,D  **Accom:** Hotel

**DAY 3 - Lukla and Monjo**

We leave our hotel early and transfer to the airport for our exhilarating flight to Lukla. Clear skies permitting, we will get our first glimpse of Everest, Ama Dablam and Nuptse. The awe-inspiring scale of the Himalayan giants will give us an exciting taste of what’s to come. On arrival in the famous town of Lukla (‘Place with many goats and sheep’) we start our acclimatisation walk down to Monjo 2,850 m and to our lodge for the night.

**Meals:** B,L,D  **Accom:** Tea House  **Distance:** 14 km / 7 - 8 hours

**DAY 4 - Namche - 3,449 m**

On our first full trekking day we cross the mighty glacier-fed Dudh Kosi river and continue through forested valleys to enter the Sagarmatha National Park, where we find rock walls and huge boulders ornately carved with Buddhist prayers. Tonight we stay at the famous village of Namche Bazaar.

**Meals:** B,L,D  **Accom:** Tea House  **Distance:** 6 km / 5 - 6 hours

**DAY 5 - Acclimatisation Day**

Today we rise early to climb to the ridge above Namche for a stunning sunrise over the panorama of the Khumbu peaks. We spend the morning trekking along the beautiful river valley, returning for a more leisurely afternoon in Namche before settling in for a second night to allow for further acclimatisation.

**Meals:** B,L,D  **Accom:** Tea House  **Distance:** 5 km / 4 - 5 hours

**DAY 6 - Khumjung - 3,860 m**

Our views today are dominated by the beautiful Ama Dablam 6,812m. An essential trekking day where we climb one of the nearby ridges for more spectacular mountain views. To watch sunset on Mt. Everest from here, about 1 hour walk away, is unbelievable. We continue for an unforgettable walk to Khumjung beneath a star stubbed sky and the snowy silhouettes of the high mountains.

**Meals:** B,L,D  **Accom:** Tea House  **Distance:** 7 km / 5 - 7 hours

### Additional Costs

- **Insurance** - approximately £60
- **Visa** - £35
- **Tips for local staff** - recommended amount £50
- **Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.**

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DAY 7 - Tengboche - 3,867 m
From Namche, the trail follows the contours of the valley, high above the Dudh Koshi. From here we will see incredible views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stop-over for lunch. Here we can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu, where we spend the night.

Meals: B,L,D   Accom: Tea House   Distance: 8 km / 6 - 8 hours

DAY 8 - Dingboche - 4,343 m
In the morning we visit the Tengboche Monastery and have time to enjoy the 360 degree mountain panorama before descending to Devouche. The trail winds through rhododendron forest, crosses the Imja Khola river and has fine vantage points of Ama Dablam. It then climbs gradually past beautifully carved mani stones to reach the village of Pangboche where we continue along the confluence of the Khumbu and Imja Kholas, turning east into the Imja Valley. A path lined with stone walls leads us through fields to our accommodation in Dingboche village.

Meals: B,L,D   Accom: Tea House   Distance: 10 km / 9-10 hours

DAY 9 - Acclimatisation Day
Dingboche village lies at the head of two valleys in the shadow of Pokalde (5,745m). For our acclimatisation walk today we head up the Chukung Valley for fantastic views of the Himalaya's majestic mountains including the towering south face of Lhotse and Island Peak. We return to our accommodation in Dingboche for the night.

Meals: B,L,D   Accom: Tea House   Distance: 5 km / 4 - 5 hours

DAY 10 - Lobuche - 4,930 m
We head up the Chola Khola valley towards the village of Dughla and descend to follow the valley to Lobuche. We will feel the temperature drop today, but the stunning sight of Nuptse bathed in an ethereal moonlight will keep our spirits high.

Meals: B,L,D   Accom: Tea House   Distance: 8 km / 8 - 9 hours

DAY 11 - Base Camp - 5,332 m
Today is the day! With the buzz of expedition in the air, we leave Lobuche at dawn. The sun soon reaches the summits of the Himalayan peaks and slowly lights up the valley floor. We traverse the Khumbu Glacier, climbing towards Gorak Shep (‘Graveyard of Crows’), where a couple of simple mountain lodges are set amongst breathtaking mountain scenery. Together we continue at a slow but steady pace on our bid to reach Base Camp along the Khumbu Glacier. It’s a long and tiring day at altitude but team spirit drives us on to reach Everest Base Camp. We spend a little time taking photos and celebrating our achievement before making our way back down to Gorak Shep where we spend the night.

Meals: B,L,D   Accom: Tea House   Distance: 10 km / 8 - 10 hours

land only
If you are planning on travelling to Nepal before the challenge or wish to organise your own flights, we do offer a land only option, with a significant discount off the trip price. You will be required to meet your group at the hotel on day two of the itinerary.

Please email us for more information

accommodation
- 3 - 4 nights in comfortable 2 - 3* hotels in Kathmandu
- 13 nights in tea houses with shared washing facilities on the trek
All accommodation is on a twin-share, single-sex basis and we will pair you with someone of a similar age, where possible.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

single supplement
If you decide that you would like to have your own room on the challenge, we can accommodate this in the majority of places.

Please email us for more information

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Today, we complete the last leg of our challenge together back down to the town of Lukla.

Meals: B,L,D   Accom: Tea House   Distance: 20km / Approx 8 - 10 hours

On arrival back in Kathmandu, we sit down for our last meal together; a celebration of our great achievement and a toast to our new found friends!

Meals: B,L,D   Accom: Hotel

**DAY 12 - Kala Patthar**

Today, for those who are in good shape, it is a slow and steady climb to the summit of Kala Patthar. This is a tough trek but an achievement that is rewarded with spectacular views of the mighty Everest and the Khumbu Glacier below. We descend to Periche to complete a long but unforgettable day. If a trek to Kala Patthar is not possible due to inclement weather, we descend directly to Periche.

Meals: B,L,D   Accom: Tea House   Distance: 15km / Approx 8 - 10 hours

**DAY 13 - Descend to Tengboche**

Meals: B,L,D   Accom: Tea House   Distance: 11 km / Approx 6 - 8 hours

**DAY 14 - Descend to Namche**

Meals: B,L,D   Accom: Tea House   Distance: 10 km / Approx 6 - 8 hours

**DAY 15 - Descend to Lukla**

Today, we complete the last leg of our challenge together back down to the town of Lukla.

Meals: B,L,D   Accom: Tea House   Distance: 20km / Approx 8 - 10 hours

**DAY 16 - Fly to Kathmandu**

On arrival back in Kathmandu, we sit down for our last meal together; a celebration of our great achievement and a toast to our new found friends!

Meals: B,L,D   Accom: Hotel

**DAY 17 - Free day in Kathmandu and depart**

This morning, we will have the opportunity to take in the ancient Durbar Square, a UNESCO world heritage site, crammed full of brightly-coloured stalls laden with Buddhist and Tibetan souvenirs and surrounded by palaces and temples. We can also visit Swayambhu, a large Stupa with stunning views of the city, plenty of monkeys and a great place to eat Momos (a delicious local specialty!). Those who want to take it easy can spend the afternoon wandering around backpacker haven Thamel, or kick back with a book in the beautiful “Garden of Dreams.” This evening we transfer to the airport for our return flight.

Meals: B   Accom: Flight / Hotel* (dependent on flight schedule)

**DAY 18 - Arrive in London**

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**what’s not included**

- Alcoholic drinks
- Drinks and food outside of meals, other than water
- Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.

**training weekends / briefings**

We run a number of training weekends throughout the year in the Peak District, Brecon Beacons and Snowdonia. These are fully-inclusive - 2 night’s accommodation and all meals. We also organise training days in London and the North and South downs. On both, you will get the chance to meet our mountain leaders and test out your kit and fitness!

You will also receive an invite to a challenge briefing in central London.
payment options

A REGISTRATION DEPOSIT of £399 (for 2014) is required to secure your place. We offer 2 deposit payment options:

OPTION 1: Deposit paid in full, by card at the time of registration.

OPTION 2: Deposit paid in two 50/50 split payments. The first 50% is paid when you register and the second is charged to your payment card at the end of the following month. For this option, a £10 supplement will be charged with the first instalment.

Once registered, there are 3 PAYMENT OPTIONS to fund the balance of the trip cost. Full details are on our website.

1) SELF FUNDED

For anyone who wants to pay for the entire trip themselves. It’s then completely up to you whether or not you choose to raise any money for a charity of your choice.

The total all inclusive cost of this trip is £1,949 (for 2014), which, after you pay the £399 Registration Deposit, leaves a balance of £1,550. This final balance is due for payment 10 weeks before your departure along with any fuel surcharges levied by the airline.

2) SPONSORSHIP FUNDED

This is for anyone who wants to take on this challenge and will link it with fundraising a significant sum of money for a charity of their choice. You would have to raise at least £3,100 (for 2014) via sponsorship and donations from friends, family and colleagues, and be confident at the outset that you can achieve this total.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £3,100 (for 2014), your charity will pay for the balance of your trip costs to Action Challenge. That balance, paid by your charity, is £1,550 (the same as if you were you were ‘Self Funded’) - the charity will retain at least £1,550 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

3) MIXED FUNDED

A mix of the 2 options above! You pay about half the trip cost yourself, and also fundraise for your charity. They pay the remaining balance of your trip costs. Ideal For anyone who wants to take on the challenge and also fundraise for a charity, BUT is happy to pay a reasonable proportion of the trip cost themselves, which with your registration deposit, is set at a level that covers at least the costs of flights & accommodation; perfect for those who feel more at ease asking for sponsorship in respect to the ‘challenge’ component of their trip.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £2,350 (for 2014), your charity will pay a portion of your trip cost to Action Challenge. That balance, paid by your charity, is £950. At the same time, you will be required to pay the remaining balance yourself, which will be a figure of £600 (These two amounts added up to the same as the ‘Self Funded’ final balance) - the charity will retain at least £1,400 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

ATOL

ATOL is a scheme that protects you from losing money or being stranded abroad if your travel company collapses. Action Challenge is 100% ATOL bonded, which provides you with full financial protection. On receipt of your registration fee, you will receive an ATOL certificate explaining your protection.

how to book

To book on to this challenge, please visit our website; www.actionchallenge.com for a full list of prices and all available dates.

private groups

If you are a charity, business, school or private group with a minimum of 10 people and fancy your own bespoke trip, please call us on +44(0)207 609 6695 or you can send us an email to events@actionchallenge.com for more information.

social media

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