

# Everest Base Camp & Gokyo Lakes

## Trek

2023 & 2024

[actionchallenge.com](https://actionchallenge.com)

 **actionchallenge**  
challenge events worldwide



## About Us

# Action Challenge

**We are Action Challenge, and we bring people together through challenge & adventure.**



Since 1999 we've organised inspirational challenge events & adventures in the UK and Worldwide, for individuals to join, and for groups, companies & charities. Take on a challenge just for yourself, or link it to a special cause and fundraise – so far our events have raised over £90 million for charities. Now is the time to set new goals, to re-energise, and to get active!

We have over 40 UK & overseas challenge events that you can sign up to now – ranging from a meandering 25 km Thames Path walk, to conquering a mighty Himalayan peak. Take on an unforgettable group adventure and push yourself further! We welcome individuals, couples, or groups of friends & family – and you can self fund, or link your challenge with fundraising for a chosen charity.



Few experiences bring a group closer together than an outdoor adventure which challenges comfort zones, builds resilience & understanding, and forges respect & friendships. If you have a group, you can join one of our 40 or so scheduled events, or if you want something special – we can craft a bespoke itinerary or plan a unique challenge event to meet your objectives and get your team energised!

# Why Choose Us?



## 100% ATOL PROTECTION

We are 100% ATOL (Air Travel Organiser's Licence) bonded - ATOL number 6296. Offers full financial protection by the CAA (Civil Aviation Authority) for clients who have booked package trips, including flights.



## UK LEADERS & MEDICS

Every challenge is managed & led by one of our expert UK Qualified & trained Mountain Leaders, working alongside them will be a UK Medic whom has experience of expeditions & group challenges.



## EXPERIENCED LOCAL TEAMS

Our hand picked local teams & crew know the routes like the back of their hands! You will be fully supported by the experts - who will also teach you about the destination, people, culture & history!

## 4 THE GROUP EXPERIENCE

Join as an individual, couple, or group of friends - we bring people together and create an atmosphere where each person is supported, motivated & encouraged through the trip. Sharing adventures together we have a lot of fun!

## 5 TRAINING & SUPPORT

Once you've signed up to the challenge, you'll be supported by our teams with specifically designed training plans, a challenge app, an invite to join our Facebook group & options to join us on training walks & challenge briefing. By the time you are due to travel you'll be ready & raring to go!

## 6 OUR ITINERARIES

**OVER 20+ YEARS OF EXPERIENCE BRINGS YOU THE BEST ITINERARIES & DESTINATIONS**

## 7 QUALITY ASSURED VALUE

We pride ourselves on selecting the best local teams, hotels (always 3\*+), restaurants & guides so you can experience the best each destination has to offer. A highlight will certainly be our final celebratory meals & party at a fantastic venue!

## 8 OUR CLIENTS

We've taken teams from Harrods, Blackrock, HSBC and more to the summit of Kilimanjaro, and have also run events here in the UK for companies such as Tesco, British Gas and M&S. We've got over a decade of experience of working with organisations of every size. Our team of experts will work with you to ensure that your event is a success, achieving your goals and leaving a lasting impact.

**The Challenge**



# Everest Base Camp & Gokyo Lakes Trek

**TREK THE REMOTE EVEREST TRAILS OF THE GOKYO  
VALLEY**

**This trekking challenge will take you all the way to Everest Base Camp- at the very foot of the World's highest peak, and back via the more adventurous Gokyo Valley. With 15 days of trekking through the Khumbu and Gokyo Valleys you'll get to see the incredible Himalayas from all angles. You'll get to experience Sherpa culture and hospitality, as we'll be staying in traditional tea houses. Acclimatisation days built in, side trips and an optional sun rise trek to Kala Patthar all help make sure we have a world class adventure. The journey back from base camp, into the Gokyo Valley is the real hidden gem of this trek! After 11 days of trekking the comfortable hotel accommodation and traditional Nepali celebration meal round off an incredible challenge!**

# Everest Base Camp & Gokyo Lakes Trek

## DAY 1-5 - ARRIVAL IN NEPAL & HEAD TO THE MOUNTAINS

Depart on our flight to Kathmandu Airport. Once arrived, we transfer by coach to our Hotel. We have a briefing from our guides and a last check over our kit. Early morning of Day 3 we head to the airport, to take our short and scenic flight into Lukla, the gateway to the Khumbu Valley. This is the start of the 11 days trekking towards Everest Base Camp. We trek past small communities and villages, crossing high wire bridges over the raging river, surrounded by towering peaks. By day 4 we arrive in Namche Bazar, the Sherpa Capital, where we explore and acclimatise further on day 5.

Meals: All meals starting from dinner on day 2

Accom: Hotels and Teahouses

## DAYS 6-9 - HEADING HIGHER

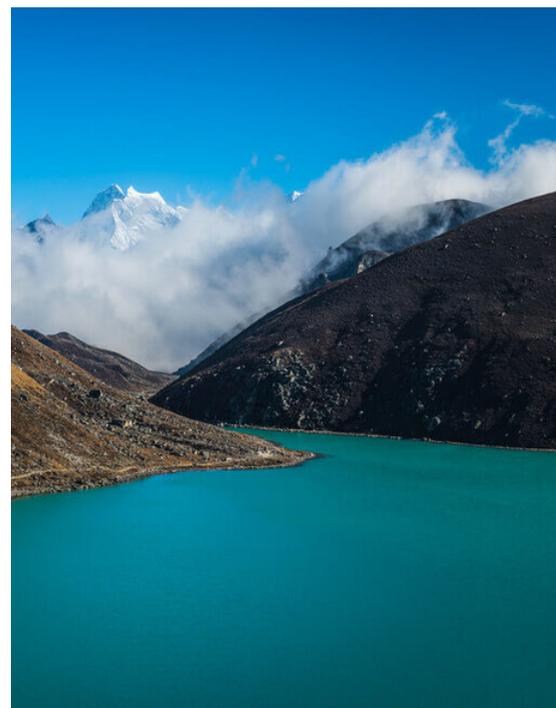
We head further up the Khumbu Valley, Everest looming over us getting closer and larger by the day. We pass the legendary Tengbouché Monastery, the beautiful Ama Dablam and numerous small hamlets. We also have a further built in acclimatisation day. We're at high altitude on these days, so a slow and steady pace, plenty of rest and good food and hydration are vital. On the afternoon of day 9 we arrive into Lobuche at 4910m, the place from which we launch our attempt on Everest Base Camp.

Meals: BLD (all days) Accom: Teahouses

## DAY 10 - EVEREST BASE CAMP

We leave Lobuche at dawn. We traverse the Khumbu Glacier, climbing towards Gorak Shep ('Graveyard of Crows'). We continue at a slow but steady pace on our bid to reach Base Camp along the Khumbu Glacier at 5,364m. We spend time taking photos and celebrating our achievement before making our way back down to Gorak Shep where we spend the night.

Meals: BLD Accom: Teahouses



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### DAY 11 - KALA PATTHAR

For those who are in good health to do so, sees us take on the slow and steady climb to the summit of Kala Patthar. This is a tough trek which begins at 4am, but an achievement that is rewarded with spectacular views of the mighty Everest and the Khumbu Glacier below as the sun rises. We then re-join the rest of the group at Gorek Shep and all descend to Periche.

Meals: BLD Accom: Teahouses

### DAYS 12-17 - RETURN VIA GOKYO LAKES

We branch off from the main Khumbu valley and Everest Base Camp trail and head over high passes to the Gokyo Valley with its turquoise glacial lakes. The trails on days 12 are tough, reaching as high as 5370m on the Cho La Pass, in often icy terrain. But the views are worth it, with peaks such as Ama Dablam, Baruntse and Cho Oyu all visible. In Gokyo we enjoy a rest day, with the option of exploring the nearby glacial lakes for those that have the energy. From here, on days 14 to 17, we head back towards Namche and Lukla via the Rejo La Pass and the Thame Valley.

Meals: BLD (all days) Accom: Teahouses

### DAYS 18-20 - KATHMANDYU & DEPART

We take the flight back to Kathmandu, where we stay in our hotel. Any down time can be spent exploring this incredible city, full of history, culture, great shopping and incredible foods. The evening of day 14 is set aside for our traditional Nepali celebration meal in the Thamel district of the old city. Dependant on flight times, the morning of day 15 you'll be free to explore the city further before our evening flight back to the UK. Arrival into the UK is on the morning of day 16.

Meals: BLD day 14, B day 15 Accom: Hotel/flight



# Everest Base Camp & Gokyo Lakes Trek



### INCLUSIONS

- Fully supported 20 day group challenge
- UK qualified medic
- Full support team, including local guides
- International flights and air travel taxes
- Action Challenge trek leader
- All accommodation, twin share - hotels / tea house
- All meals with the group; including breakfast, lunch and dinner
- National Park entrance fees
- Day in Kathmandu ended with a celebratory dinner
- Pre event support including discounted training weekends

### DATES & PRICES

Visit website for dates in 2023 & 2024.

### PAYMENT OPTIONS

An online Registration Deposit is required to secure your place on this challenge. Once registered, there are 3 payment options available to cover the remaining cost of your trip.

### SELF FUNDING

You pay the registration deposit, and then the full final balance directly to us.

### CHARITY SPONSORSHIP

You pay the registration deposit & fundraise twice the amount of the final balance. Your chosen charity pays us the final balance from this fundraising.

### MIXED FUNDING

A bit of both. You pay the deposit and split the final balance with your chosen charity. You will fundraise twice the amount that the charity is due to pay.



# Contact Us

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