

Everest Base Camp Trek

2024 & 2025



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



Everest Base Camp Trek

A CLASSIC TREK IN THE SHADOWS OF EVEREST

This trekking challenge will take you all the way to Everest Base Camp - at the very foot of the World's highest peak. With 11 days of trekking through the Khumbu Valley you'll get to see the incredible Himalayas from all angles. You'll also get to experience Sherpa culture and hospitality, as we'll be staying in traditional tea houses for the entirety of the trek. 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.

Then it's off to the bustling capital of Kathmandu. After 11 days of trekking the comfortable hotel accommodation and traditional Nepali celebration meal round off an incredible challenge!

Everest Base Camp Trek

DAY 1&2 - ARRIVE IN NEPAL

Depart on our flight to Kathmandu Airport. Once arrived in Kathmandu airport we transfer by coach to our Hotel. On arrival we have time to freshen up before our first Nepali evening meal. We have a briefing from our guides and a last check over our kit.

Meals (day 2): D Accom: Hotel

DAYS 3-5 - TREK INTO THE SHERPA HEARTLANDS

Early morning of Day 3 we head again to the airport, this time to take our short and scenic flight into Lukla, the gateway to the Khumbu Valley. We trek past small communities and villages, crossing high wire bridges, 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: BLD (all days) Accom: Teahouses

DAYS 6-9 - HEADING HIGHER

Leaving Namche we head further up the Khumbu Valley. We pass the legendary Tengbouché Monastery, the beautiful Ama Dablam and numerous small hamlets. We also have a further built in acclimatisation day, during which we venture down the secluded and quiet Chukung Valley towards Island Peak. On the afternoon of day 9 we arrive into Lobuche at 4910m.

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 on our bid to reach Base Camp along the Khumbu Glacier at 5,364m. It's a long and tiring day at altitude but team spirit drives us on to reach Everest Base Camp. We spend time taking photos, celebrating our achievement before making our way back down to Gorak Shep where we spend the night.

Meals: BLD Accom: Teahouses



Everest Base Camp Trek

DAY 11 - KALA PATTHAR (optional)

Today, for those who are in good health to do so, we 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 to complete a long but unforgettable day.

Meals: BLD Accom: Teahouses

DAYS 12&13 - THE LONG DESCENT

Two long trekking days take us back down towards Lukla. It's tough going, but the breath taking views and cultural sights take your mind off the challenge. The thicker air of lower altitudes is very welcome, as are the bakeries, cafes and bars of Namche Bazar and Lukla!

Meals: BLD Accom: Teahouses

DAYS 14-15 - KATHMANDU & DEPART

The adventure isn't over yet, as we again take the short flight back to Kathmandu, where we stay in our hotel. Any down time can be spent exploring this incredible bustling 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.

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

DAY 16 - ARRIVE IN THE UK

After our overnight flight you'll arrive back to the UK on the morning of day 16.



Everest Base Camp Trek



INCLUSIONS

- Fully supported 16 day group challenge
- UK qualified medic
- Full support team, including local guides
- International flights & air travel taxes
- Action Challenge trek leader
- All accommodation, twin share - hotels/teahouse
- All meals with the group; including breakfast, lunch & 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 available dates

PAYMENT OPTIONS

There are 2 'payment options' available when you sign up.

SELF FUNDING: Just like a standard holiday! You pay the initial registration deposit online, and then the final balance of the trip cost (+ any fuel surcharge imposed by the airline if booking a Flights Included package) – which is invoiced 12 weeks prior to departure.

CHARITY FUNDRAISING: Do it for a charity of your choice! Choose how much of the trip cost you want to cover yourself & fundraise at least twice the remaining balance. Your chosen charity pays us the final balance from this fundraising, with the rest being kept as a donation. Any airline imposed fuel surcharge will be invoiced to you if booking a Flights Included package – 12 weeks prior.



Contact Us

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