

**Everest Base Camp 2024**

**Important Information**

**Trip Summary and details**

Taking us to the most iconic base camp of all, at the foot of the highest mountain in the world - Mount Everest (8848m), this is one of the world's classic treks. Walking through Sherpa country past cultivated fields and small villages, we have time to acclimatise before reaching spectacular high-altitude scenery: the incredible monastery at Thyangboche, views of Ama Dablam, Everest and other mighty Himalayan peaks. As well as reaching Base Camp, we have the opportunity to climb Kala Pattar (5550m) for a magnificent view of the highest mountain on Earth.

**Internal Flight Delays**

Please note that adverse weather conditions at Lukla airport occasionally mean that flights to/from Kathmandu cannot operate. We include an additional day at the end of the itinerary to allow for this, but on occasion persistent bad weather may delay the start of your trek or your return to Kathmandu.

It is a part of the parcel of this trek to this amazing part of the world, and clients need to be aware that HW Mountain Adventures will do everything we can to ensure we get you to the destinations on allocated days, however a willingness to accept a different area to trek within the time scale is expected.

Equally we will endeavour to ensure that international flights are not missed at the end of the trek, if this was to occur, it is for the guest’s expense to re purchase new flights back to the UK, and not the responsibility of HW Adventures. Please ensure you have sufficient insurance cover.

**Accommodation**

Accommodation in Kathmandu will be hotel based, twin rooms, or triple.

If anyone requests single accommodation, please let us know however there will be an extra surcharge for this of £60 per night per hotel and £10 per night per tea house.

Whilst on the trek we shall stay in Tea houses, which usually are twin rooms, occasionally rooms may accommodate more and you could have to share with others. (From the same group, triple the largest).

Tea Houses are basic with a central hub dining area, decorated with carpets and murals, all around a wood burner, or higher up, yak dung burner where there is no wood. Rooms are mostly built from thin wood with wooden sleeping platform and a thin foam mattress. Some provide blankets or duvets.

It is possible to obtain hot showers, or buckets of hot water for a cost of around 500 rupees, (roughly £3-5).

Those who want or need to be in contact back home, there is wifi in to the Khumbu area, paid for on top up cards at most tea houses. Prices vary from 600-1000 rupees.

Any additional soft drinks, alcohol or further food and drinks outside what will be provided must be paid for by you, the client, so please ensure you obtain enough rupees in Kathmandu to last you the trip.

The 2023 and 2024 trips, it was noted by the group members that they used around £300pp on the trek.

**Weather**

The main trekking season in Nepal is from October to mid‐May when daytime temperatures at most altitudes are generally comfortable for walking, the sky is clear much of the time and rain and snow are occasional occurrences. Daytime temperatures will vary from 15ºC to 35ºC in the Kathmandu Valley to around 10ºC at 3,600m and progressively lower the higher we go. Different seasons offer different advantages for trekking.

Pre-Monsoon/Spring: March -May. This is the main mountain climbing season, to witness the buzz at Base Camp itself this is the time to see activity on the mountain. Vast rhododendron forests bring stunning colours, the skies are usually clear with clouds building in the afternoons. Temperatures are warmer than the autumn but still cold at night.

Post Monsoon/autumn: Mid‐September to November. This is the main trekking season in Nepal. Day temperatures in Kathmandu are approximately above 20ºC. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with temperatures dropping as low as to minus 20ºC at the highest altitudes.

Snow can be expected on any departure, usually at the higher altitudes. Please remember that in any mountain area the weather is never wholly predictable and you should be prepared and equipped to deal with any differences in weather beyond the conditions described above.

**Responsible Tourism**

We must remember that Nepal is a third world country. For those of you that have never visited somewhere like this it can come as a shock.

I’d like us to help reduce the waste and rubbish issues that you’ll witness out there, by thinking before purchasing plastic bottles on the trail and such like.

All items that we have above Lukla have been carried in on foot mostly, which provides the local people with valuable income, however not all of the waste it generates is carried out.

By all means, have beers, bottle of coke if you require, but the biggest offender of all is plastic water bottles.

For that reason, we will be supplying several sawyer mini water filters to enable us to use the plentiful water supply with no restrictions. We will make plenty of stops each day to fill up and filter our water between us, thus negating the need to purchase plastic water bottles.

**Passports and Visas**

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit.

We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects. Most nationalities require a visa for Nepal, which can be obtained in advance or on entry. If you wish to apply before departure the current visa cost is £25 for a 15-day visa and £50 for a 30-day visa for UK passport holders. The current cost of a visa on arrival is US$30 for 15 days, US$50 for 30 days or if extending your stay $100 for 90 days. All are multiple entry. The visa on arrival fee can be paid for in cash in US Dollars, Pounds Sterling or Euros.

Application forms are available in the immigration hall (or for electronic passports there are visa registration machines which, after inserting your passport, automatically fill out a form for you). You must firstly join the queue to pay the visa fee, and then go to the relevant immigration desk to obtain your 15-, 30- or 90-day visa stamp. There can be long queues for visas on arrival. We will talk you through the visa process, even applying prior to leaving the UK.

**Altitude Warning**

This trip includes more than one night over 3500m above sea level, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life‐threatening. We expect most clients to experience some mild symptoms of altitude sickness, such as headaches and shortness of breath while walking or sleeplessness. We are able to identify symptoms of severe AMS and if a client requires extra care, arrangements such as rapid descent will be made immediately.

A number of medical conditions or medications can reduce your body’s ability to acclimatise. This may affect your performance and make you more susceptible to AMS. If you are worried about any pre‐existing conditions, such as heart conditions, or your overall physical ability, you must seek medical advice prior to booking. The drug Diamox (also known as acetazolamide and normally only available on prescription) has been shown to aid acclimatisation in some individuals, and therefore may reduce the risk of AMS. Clients considering using Diamox should speak to their doctor about the drug, its side‐effects and a prescription. Please note that while we endeavour to assist all our clients in achieving their goals, there may be times when we may decide to delay or stop your ascent based on your overall condition, or the onset of AMS.

**Insurance ‐ are you adequately covered?**

You must have adequate travel insurance, and if you are joining a trip which goes to high altitude, you must check that you are covered up to the maximum altitude of the trip.

Recommended insurance companies for the trek are;

Austrian Alpine Club, BMC, Dog Tag

Please ask if you need help with insurance, it is more important than the trip itself!

It is recommended to have a credit card with funds available up to $6000 to pay for helicopter repatriation should it be required, which will be claimed back from insurance afterwards should you have to pay anything.

**Local Time**

GMT + 5 hrs 45 mins.

**Electricity**

230V 50Hz. Most of the lodges now have electricity and charging facilities for batteries. The cost is approximately £2 per hour to charge. Normal plugs work in some places. 2 pin in others.

**Staff and support**

There will be myself and one other leader from the UK, a Nepalese guide, sherpas and a few porters for carrying kit.

As this trip is tea house based, equipment required is a minimum, whilst we are using porters for this we will support you with kit and packing prior to departure, and remove any contraband items (meant in good humour).

Maximum pack weight is 10kg for the internal flight, which should be a capable carry for most people. You will then strip some of that for the porters to carry, leaving yourself with 5-7 kilos. Please speak to us prior if you are concerned about weight carrying, this is a challenge and holiday, we do not want you to suffer any ill effects.

**Extra Expenses and Spending Money**

As there are local lodges/teahouses along the entire trekking route it is possible to buy things such as beer, cold drinks and chocolate. If you buy these you should expect to spend a few pounds extra each day.

There are cash machines in Kathmandu, Nepalese currency is rupees, with roughly 130-40 rupees to the pound. The currency is only available once there, but they widely accept American dollars everywhere apart from on the trek. Then its only local currency, there is currency exchange available at Namche Bazaar and a cash machine, but I wouldn’t rely on this.

You can take cash and exchange it in Kathmandu – I usually take £ to save paying exchange rates on $ in the first place.

**Tips**

It is customary in Nepal to tip the staff. You will be required to join in with tipping (obviously only if you are happy with them). This should be no more than $100 per person unless extra porters are used.

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