

EVEREST BASE CAMP TREK 2013



Fancy a challenge!

In April 2013 we are planning a trek to the Mount Everest Base Camp in Nepal.

Given that we will be reaching a maximum altitude of 5,545m (or 18,187ft in old money) and trekking through some pretty rugged terrain it will definitely be a challenge but having trekked in Nepal twice before, I can assure you that the effort is worthwhile.

The trek will be 18 days in duration and we will be using a company called World Expeditions (<http://www.worldexpeditions.co.uk>) to organise and manage our trek. I have been with them before and their performance was outstanding.

Importantly they will provide the climbing guides, cooks and porters to carry our gear and to reduce outlay on new equipment they also provide a trek pack with a sleeping bag, down jacket, sleeping mat with a kit bag to store this and our other gear in. I am also aware that they have, for most of the route to Everest, established permanent camp sites. While this still means that we will be sleeping under canvas, they have built permanent mess halls which will give us a warm central point to compare notes (and aches and pains!) at the end of each day.

The basic itinerary is as follows:

- Day 1 Depart London
- Day 2 Arrive Kathmandu (altitude 1,330M). Transfer to hotel (usually the Radisson)
- Day 3 Fly to Lukla (2,800M) Trek to Ghat (2,530M) Approx 2-3 hours
- Day 4 Trek to Monjo (2,850M) Approx 5 Hours
- Day 5 Trek to Namche Bazaar (3,440M) Approx 5 Hours
- Day 6 Rest day in Namche Bazaar
- Day 7 Trek to Thangbouche (3,870M) Approx 7 hours
- Day 8 Trek to Dingboche (4,360M) Approx 7 hours
- Day 9 Rest day in Dingboche
- Day 10 Trek to Lobuche (4,930M) Approx 6 hours
- Day 11 Trek to Everest Base Camp (5,360M) Approx 9 hours
- Day 12 Trek to Kala Pattar (5,545M Trek high point) and then to Lobuche. Approx 8 hours

The detailed notes for this day include the following:

You have completed your challenge of getting to Base Camp however today could still be tough as you will reach the high point of the challenge. We can get an early start for our ascent of Kala Pattar so we can be there for the clearest views. Kala Pattar is not a Nepali name but a Hindi name which translates to 'black rock'. From these black rocks the views from 5,545m are spectacular. Most eyes are locked on the mass of Everest. Many of the famous ascent routes are quite clear. Below us the Khumbu glacier snakes towards the icefall and the Western Cwm!!

- Day 13 Trek Pangbouche (3,867M). Approx 9 hours
- Day 14 Trek to Namche Bazaar (3,440M) Approx 7 hours
- Day 15 Trek to Lukla (2,800M). Approx 8 hours
- Day 16 Fly to Kathmandu (altitude 1,330M)
- Day 17 Day in Kathmandu
- Day 18 Return to London

World Expeditions do have a brochure for this trek on their website continuing many more details of the trek and some details of the terrain that we will be trekking through.

<http://www.worldexpeditions.co.uk/index.php?section=trips&id=229371>

Now for the hard part the cost.

The minimum cost per trekker is £3,000.00

This will cover:

- Airfares London-Kathmandu and Kathmandu Lukla
- All meals on Trek (BLD) and Breakfast in Kathmandu
- Airport transfers
- Nepali Group leader, Sirdar, guides, porters and kitchen staff
- Trek pack (the kit bag is yours to keep)
- Accommodation in Kathmandu
- Sagarmatha Park entrance fees.
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AND it will raise money for Matthews Friends, £3,000.00 is the minimum commitment per person but if you raise more than this then it will mean more money for the charity.

Next Steps:

I am committed to responding to World Expeditions in early September with an indication of numbers which will allow us to provide more details as regards dates etc. Once we have these we will issue a more detailed brochure with full details on the trek and request a deposit from all committed trekkers.

Please can you let me (Richard Aldridge) or any of the MF Trustees know if you are interested by 8th September 2011.

I appreciate the details given above are brief but please have a look at the World Expeditions website, you can also call or e-mail me directly if you have any questions.

Trekking in Nepal is a fantastic experience, not only the stunning mountain scenery but also the local cultures and traditions. It is the trip of a lifetime - that's why I am going for the 3rd time!!

I look forward to hearing from you.

- **Richard Aldridge**
- **Matthew's Friends - Trustee**
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