

# Everest Base Camp & High Pass



Information Pack

## Adventure Facts:



**Season:** \_\_\_\_\_ April-May & October-December  
**Proposed dates** \_\_\_\_\_ commence 7 April 2013 in Kathmandu (tbc)  
**Start & Finish at:** \_\_\_\_\_ Kathmandu, Nepal  
**Duration:** \_\_\_\_\_ 21 days  
**Hotels:** \_\_\_\_\_ 4 nights single (share available)  
**Lodges:** \_\_\_\_\_ 16 nights single (share available)  
**Meals provided:** \_\_\_\_\_ 20 Breakfasts, 19 Lunches, 16 Dinners  
**Group Size:** \_\_\_\_\_ 20 Maximum (can split into two groups if high demand)  
**Trip Cost:** \_\_\_\_\_ \$2,300 USD



## Highlights

- Explore the ancient and fascinating city of Kathmandu
- Our Himalayan expertise ensures you enjoy a high quality expedition
- Take a flight to Lukla and view numerous Himalayan Giants on the way
- Trek through the Khumbu and Gokyo Valleys with experienced Sherpa guides
- Feel secure with DCXP' comprehensive safety systems in place
- Climb Kala Pattar 5555m, viewpoint for Everest Base Camp and Gokyo Ri 5550m view point for Cho Oyu.
- Learn about Nepalese culture from the friendly and famous Sherpa people.

## Attractions

The sheer size and beauty of the Himalayas will be etched in your mind forever once you take this journey through rugged and remote valleys, over a high pass and as you stand on top of two peaks which offer panoramic views of the surrounding giants.

Our scenic flight skirts along the Himalayan range to the small Lukla airstrip – built by Sir Edmund Hillary's Himalayan Trust in 1964. Then we'll trek from Nepal's middle hills along the Dudh Kosi (Milk River) and into Sagarmatha National Park and the Himal (land of snows), where glaciers feed powerful waterfalls and the valley walls are capped with spectacular snowy peaks.

Our short-cut over the Cho La offers a real mountain experience before we head to Gorak Shep, and the nearby Kala Pattar and Everest Base Camp.

The physical challenge of walking at altitude is rewarded by unequalled views from the 5555m peak of this 'black rock', Kala Pattar. The view over Everest Base Camp is fascinating as you look out to the giants of the Himalaya range which surrounds you.



Call us to book: +61 401 312 240

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*delivering success*

## The Journey

### Exploring Kathmandu

On arrival in Kathmandu, the capital of Nepal, you will be met at the airport and transferred to your hotel by our staff. We will have our mid-afternoon trip briefing at the hotel: a chance to meet your trekking partners, and staff. They will explain where things are in Kathmandu, what will happen in the next couple of days in preparation for the trip, and check through your gear to ensure the smooth running of the trek. We'll take the opportunity for a guided sightseeing and cultural tour around the major sights and out of the way places around Kathmandu, as well as allowing time to explore on your own.

### Trekking in the Khumbu Valley

Our scenic mountain flight from Kathmandu gives you an introduction to the great Himalaya. The snowy peaks of Ama Dablam 'the Matterhorn of the Himalayas', Cho Oyu and Everest will all seem close enough to touch.

We will take several days to make our way up the lower valley, leaving plenty of time for our bodies to acclimatise and to enjoy the fantastic experience of the Nepalese countryside where the local Rai and Tamang people farm wheat, corn, fruit and other vegetables on terraces flanking the Dudh Kosi.

Namche Bazaar marks the beginning of the Khumbu region. The local Sherpa people have built lodges and teahouses to supplement their income from farming and yak herding, and more and more they are planting trees, maintaining and building tracks and generally keeping things tidy in order to maintain the area's appeal to visitors. We will take advantage of this wonderful infrastructure on our tea-house trek. At Namche we allow ourselves time to acclimatise before continuing up valley, stopping at small settlements as we make our way up the Gokyo Valley.

We will trek up the stunningly steep-walled Gokyo valley over a few days, along the raging torrent that becomes a babbling brook between the stunning Gokyo lakes. We will take the opportunity of an acclimatisation climb to Gokyo Ri which offers views of the whole valley, right up to Mount Cho Oyu. We sometimes see a family of kongma (Himalayan partridges) or one of picas (a bit like short eared rabbits) on our descent after sunrise.



### Crossing into the Khumbu Valley

The Cho La, approached from Dragnag below Gokyo, is a chance to walk on a glacier with relative safety. Although the approaches either side are quite steep, the glacier itself is quite flat and almost crevasse-free. It can usually be safely crossed without crampons and gives us access to the upper reaches of the Khumbu Valley. In case of unseasonable snow or poor weather it is a simple matter to walk down and around the intervening range via a well made, lower track to Pangboche and Lobuje.

### Kala Pattar and Everest Base Camp

From Lobuje we trek up the valley alongside the Khumbu glacier and on its moraine walls and spend the night at Gorak Shep, a harsh place where we hope to stay only one night. For the fit our 500m climb to Kala Pattar is quick and straight-forward because of our steady acclimatisation program. As we ascend, Everest and the South Col come into view from behind Nuptse. From the summit you can also see right down onto Everest Base Camp at the south-western foot of Mount Everest, just below the infamous Khumbu Icefall. Depending on the time of year, Base Camp might be teeming with hundreds of people or completely deserted! We then descend back down-valley later in the day to warmer, more friendly Lobuje.

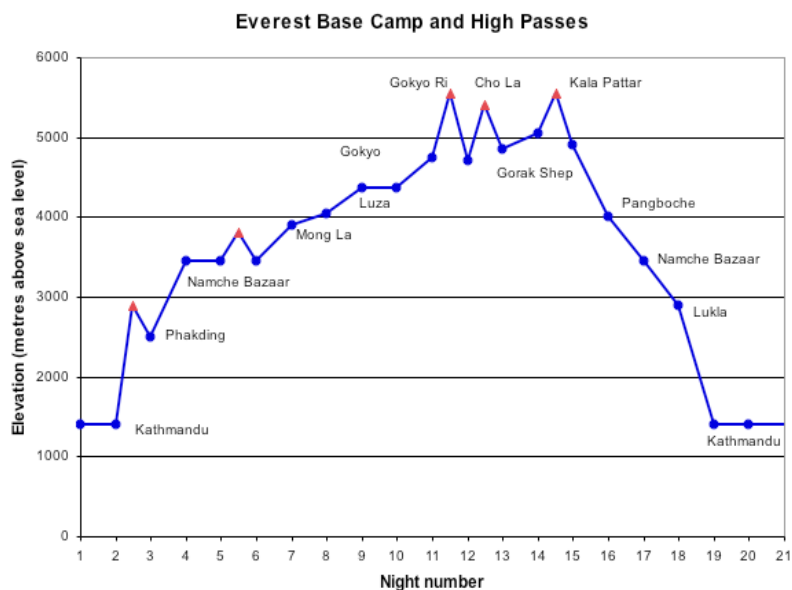
## The journey...continued

### Descending the Khumbu

Having explored the main valleys of Sargamatha National Park, crossed passes and glaciers and taken in the summits of two great view points, we head back down the valley through Namche and Ghat to Lukla at a great rate – fit and strong and ready to take on the world!

### Return to Kathmandu

There will be time in Kathmandu to see a few more sights and buy gifts before heading home with thrilling tales of peaks and glaciers, sherpas, gompas, yaks and the grandeur of the Himalayas.



## Detailed Itinerary

Day #	Activity	Stay at	Altitude (m)	Accommodation
1	Arrive, trip briefing	Kathmandu	1400	Hotel
2	Kathmandu day tour	Kathmandu	1400	Hotel
3	Fly Lukla begin trek	Phakding	2500	Teahouse
4	Trek to	Namche	3450	Teahouse
5	Rest day	Namche	3450	Teahouse
6	Khumjung/Thame (3800m)	Namche	3450	Teahouse
7	Trek to	Mong La	3900	Teahouse
8	Trek to	Dole	4040	Teahouse
9	Trek to	Luza	4370	Teahouse
10	Rest day	Luza	4370	Teahouse
11	Trek to	Gokyo	4750	Teahouse
12	Climb Gokyo Ri (5550m) & trek down*	Dragnag	4700	Teahouse
13	Cross Cho La*	Dzonga La/ Lobuje	4850	Teahouse
14	Trek to	Gorak Shep	5050	Teahouse
15	Climb to Kala Pattar, Everest BC	Lobuje	4900	Teahouse
16	Trek to	Pangboche	4000	Teahouse
17	Trek to	Namche	3450	Teahouse
18	Trek to	Lukla	2900	Teahouse
19	Fly to	Kathmandu	1400	Hotel
20	Kathmandu free day	Kathmandu	1400	Hotel
21		Depart Kathmandu		

\* In poor conditions it may be necessary to trek to Portse or Pangboche on day 13, and to Lobuje on day 14

## Why go with DCXP

This Everest Base Camp Trek utilises DCXP' high pass route to explore two of the main valleys of the Everest region.

DCXP' expeditions are always led by talented and experienced leaders. On this Everest Base Camp Trek your trek leader will be a qualified Nepalese trek guide. They are there to ensure your trek is a wonderful, fun and safe experience.

Your accomplished and friendly trek guide will help you to enjoy and appreciate the cultural, and natural attractions of the region. The package uses a steady acclimatisation program and allows time for bad weather along the way, giving participants the maximum chance of success.

Your safety is our priority, our leaders are experienced in wilderness first aid and carry a very comprehensive first aid kit. Our own experienced climber and physician Doctor David Tingay advises us, and our clients, on medical issues, and is available by satellite phone in the event of a medical problem or injury arising on expedition.

Our expeditions are well planned, well led, and well resourced with good quality food, transport, equipment, first aid and communications. The vast majority of our clients are advocates for DCXP and many return for more adventures and send their friends along to experience our high quality service.



## About DCXP

DCXP was started by Duncan Chessell and has been operating trips around the world for many years. The experience gained in expedition logistics and health, has been utilised in developing teams of talented staff that are the basis of DCXP consistently high quality expeditions. DCXP is now owned and managed by Katie Sarah, who has been involved with this business since 2006, and has now gained her own experience both in the field - from the remote wilderness of Antarctica to the summit of Everest - and in operating expeditions.

Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We arrange custom expeditions worldwide for groups who are looking for an experience that is both an adventure in remote and exciting destinations, but also has the infrastructure and support to help you achieve your goals.

## Is it right for me?

A spirit of adventure and a willingness to stretch your horizons are what you'll need. You will need to be able to walk for 4-8 hours a day with a daypack. The trekking days are not especially long, as your body needs time to acclimatise and after all, you are on holiday.

DCXP' Everest Base Camp trek is an appropriate goal for bushwalkers and hikers or day-walkers looking for an extra challenge. This is a chance to get amongst the Himalayas in relative comfort. This expedition introduces you to high altitude trekking, and teaches you how to safely trek in the Himalayas (and elsewhere).

As refrigeration is not as simple in the mountains as it is at home we eat vegetarian and some meat-based meals. We are generally early abed but some nights you might want to hang around and chat with your fellow trekkers, the local staff or local people or play a game of cards. Rest days normally involve a part-day hike to a place of interest or viewpoint as well as some relaxation time.



## What's included

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### Your expedition cost includes:

- All airport transfers in Nepal
- Sightseeing tour in Kathmandu
- Hotel accommodation in Kathmandu, including breakfast
- Flights between Kathmandu and Lukla (with up to 20kg baggage in total)
- Trekking permits and National Park entry fees
- Trekking guide and porter(s)
- All meals and (usually shared) lodge accommodation on trek
- Local staff insurance
- The crew will carry a comprehensive medical kit appropriate to the group's size and experience. Safety of the group is our first priority.

### Accommodation and food

In Kathmandu: We will be staying at the Shanker Hotel (4 star). This charming historic palace has a peaceful garden with a pool and is just on the edge of the main tourist area, Thamel. It is safe and clean and well staffed, and is a safe place to leave your clean town clothes and other gear when you are in the hills.

There are many restaurants in Kathmandu catering to western tastes as well as plenty of local Dhal Bhat (rice and lentils) shops at very reasonable prices. Whilst on the trek we will stay and eat in Sherpa teahouses. Our trek guides know which are the best lodges, with the best cooks, though food is rather more basic than in Kathmandu. We provide cooked breakfasts and cooked lunches where possible.



## What's not included

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### The following are not included in your trip cost:

- International & home country domestic airfares, transfers en route & excess baggage
- Visas USD \$40, (valid for 30 days, available on entry)
- International departure taxes (1,695NRs = USD \$25)
- Excess baggage (allowance: 20kg on Kathmandu-Lukla flight + USD \$1/kg excess)
- Tips for crew (allow \$100 AUD)
- Personal travel insurance (REQUIRED).
- Changes in itinerary or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Lunch and dinner in Kathmandu (it would be a pity to constrain your choices!)
- Meals and accommodation other than those specified
- Personal clothing and equipment for the trek except that specified or rented

## Personal and group gear checklist

### ✓ Personal Clothing etc

- Sun hat
- Sunglasses
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter AND Balaclava
- 1-2 pairs of thermal liner gloves
- Wind stopper fleece gloves
- Fleece/wool mitts with wind/waterproof shell (note: mitts not gloves)
- T-shirt/long-sleeved shirt
- 2-3 Thermal tops and/or 2 thermals + 1 light fleece vest or top
- Fleece jacket heavy weight

DCXP Heavy weight down jacket

- Rain and wind-proof jacket, preferably Gore-Tex
- Rain and wind-proof pants
- Trekking shorts &/or long pants light weight
- 2-3 Thermal long pants
- Fleece long pants, mid to heavy weight
- Several pairs socks and underwear
- Trekking boots – we suggest strong leather boots
- Warm boots for nights (e.g. sheep skin boots) \*Optional but great!

### Other Personal Gear

- Sun screen, zinc cream and lip balm
- Wash kit (small personal toiletries, nail clippers and pack towel)
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)
- Personal medicines including your usual medicines AND 1 course each of (usually available in Kathmandu):
  - respiratory antibiotic (e.g. Amoxicillin)
  - gastrointestinal antibiotic (e.g. Ciprofloxacin)
  - gastro treatment (e.g. Imodium)
  - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
  - throat lozenges
  - altitude medication (e.g. Diamox)

### ✓ Personal Equipment

- Day pack 30L
- Water containers: minimum 2L:  
e.g. Nalgene wide mouth bottles 1L &/or Camelbak bladder.

DCXP Sleeping bag liner

DCXP Sleeping bag: 750-1000 grams of down with Dryloft outer shell, winter grade

- Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- Head lamp, spare batteries (we suggest one with LED & halogen modes)
- Pee bottle – wide mouth Nalgene are good \*Optional
- Adjustable trekking pole(s) \*Optional

### Group Equipment Supplied by DCXP

DCXP Group medical kit (for altitude illness, trauma, reserve antibiotics)

DCXP Tea houses provide rooms, mattresses, dining facilities and simple wash facilities. In the lower valley some have 240 v electricity (you'd need an adapter to charge any devices))

DCXP Duffle bag for transporting personal gear by porter or yak

#### Notes:

**Your will notice ranges for a number of items (e.g. 2-3 thermal tops, 750-1000g down sleeping bag).**

**Warmer season trekkers (April-May) will likely need the lower number in the range, whereas colder season trekkers (December to March) will likely need the higher number in the range.**

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (if forgotten) but don't rely on it.

R: This item is available to rent

DCXP: DCXP provides this item

## Mountain Designs Equipment - VIP privileges

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Members of DCXP<sup>®</sup> expeditions receive a Mountain Designs VIP 15-20% discount card valid from the time your deposit is received to the start of the expedition.

Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand (see [www.mountaindesigns.com](http://www.mountaindesigns.com) for locations).

## Travel Insurance

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We require participants to have travel insurance that covers medical expenses, evacuation and repatriation.

Please ensure that your chosen policy provides cover for the activities (trekking and mountaineering with ropes and guides) and in the localities in which you will travel (Nepal, to elevations up to 5,555 metres above sea level).

You may already have your own policy but if not we can suggest either World Nomads <http://www.worldnomads.com> or Covermore <http://covermore.com.au>.

Whichever policy you choose, please read the relevant policy details in full.

## How do I book?

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**Step 1** Go to the DCXP website and locate the trip that you wish to book or forward to us the booking form contained in this document.

**Step 2** Follow the prompts, and enter your details and pay your deposit by telegraphic transfer. Please use the bank details below, make sure you tag your payment with YOUR name, note details of payment and email them to us.

**Step 3** Once you have completed your booking form online, you will receive an automatic confirmation of your booking, and have access to downloads for trip dossier, including what to expect, training tips and so on. This will answer many remaining questions!

Bank details for direct payments **USD DOLLARS**

Via direct payment at a branch or internet transfer use:

**Bank:** Nepal Investment Bank Ltd  
**Swift Code:** NIBLNPKT  
**Account Name:** Arun Treks and Expeditions (P) Ltd  
**Account Number:** 2431902  
**Branch address:** Main Branch Durbar Marg, Kathmandu, Nepal

