

Wild Med Adventures: EBC Trek

April 2023



Trip Facts

Duration

21 days from Kathmandu to Kathmandu

Physical Grading: 3

This trip is suitable for those with a high level of fitness and endurance. You do not have to be an experienced backpacker or mountaineer. Just relatively fit to walk each day for 6-7 hours with a light backpack. Best to have some altitude hiking in past.

Trip style: Active

This trip is designed for outdoor adventurers who are ready to experience new heights and explore the vastness of the Himalaya.

Service level: Basic

- ✓ Excellent value, competitive price, Mountain Medicine CME
- ✓ For travelers preferring flexibility, convenience and the security of small groups
- ✓ Simple and clean accommodations and/or well-maintained campsites
- ✓ Highly experienced and educated Staff, who are mainly the Sherpas from the highlands of the Himalaya as well as our knowledgeable Wild Med Instructors
- ✓ Well designed itinerary by our experts that suit the novice to experienced trekkers/mountaineers for a Grand Himalayan adventure.

Trip type: Private Trip

This will be a completely private trip for Wild Med Adventures with local Sherpa guides. No stress of splitting the team, changing itinerary and inflexibility.

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Trek Timing

Please refer to our Trek Schedule for exact dates and timing. Our Trek will take place from April 5th - April 25th, 2023.

Introduction

Mount Everest is the highest mountain in the world at the Himalayan Range of Nepal. Everest Base Camp is a hiking trip to visit the base camp of Mount Everest. The Everest Base Camp has been the world's premier mountain trek since the 1960s when Nepal opened its doors to commercial trekkers. It is a true dream of all hikers and outdoor lovers to visit the base camp of Mount Everest at least once in their life. Indeed hiking to Everest Base Camp is a wonderful trek and a once-in-a-lifetime journey. In short form, Everest Base Camp Trek is called EBC Trek. Everest Base Camp Trek is not only a trip for magnificent views of Mount Everest. Further, it is also an exploration of different beautiful Peaks in the Himalayan Range. You will also discover impressive glaciers, the mountain lifestyle, and the culture of the Sherpas - the most heroic mountaineers in the world. The EBC Trek will give you an experience of the distinctive alpine landscape with the endangered flora and fauna available in the Himalayan zone.

From Kathmandu, the trek begins after a 35 minute scenic mountain flight to Tenzing-Hilary airstrip at Lukla. From Lukla, the trekking starts following the upward path to the Sherpa capital of Namche Bazaar passing through the Dudh Koshi River valley with views of Thamserku and Kusum Kangaru peaks. It takes about two days to reach this Sherpa village, which is a central hub of the Khumbu area. Grand Himalaya has added three nights two full days of hiking around on our itinerary to allow for rest and acclimatization to minimize the effects of the Altitude - Acute Mountain Sickness (AMS). You then trek another two days to Dingboche (Alt. 4,260 m/13,980ft) before resting for another day for further acclimatization.

Another two days takes us to Everest Base Camp via Gorakshep, the flat field below Kala Patthar and Mt. Pumori. After the visit of the south base camp of Mount Everest the hiking to the top of Kalapathar (Alt. 5555m/18225ft), the black rock nearby Gorakshep provides a 360-degree awesome panorama of the world's tallest mountains of Mount Everest, Mount Lhotse, Mount Pumori, Mount Lobuche, Mount Nuptse, and other surrounding peaks. From this elevation the true height of Everest becomes clear. The entire south face of Everest is visible. Our itinerary also provides two nights of accommodation in Everest base camp with our Everest climbing team members which is a bonus for trekkers.

Afterward, the trekking will retrace down to Lukla following the places of Pheriche, Pangboche, Phortse, Namche, and Phakding. In Lukla, the trekking ends. The next morning from Lukla you fly back to Kathmandu. We will stay 2 nights in Kathmandu having a complete rest day and souvenir shopping day as well as our farewell dinner before departing on April 25th.

Trek Highlight

- ❖ Explore the ancient city of Kathmandu, Nepal:
 - Visit Swayambhunath (the monkey temple), a 2000 year old Buddhist Stupa
 - Visit the Bodhnath Stupa with its' 130 ft. dome
 - Visit the ancient Pashupatinath Temple with a holy cremation site.
- ❖ Scenic flights to/from Kathmandu and Mountain Village of Lukla.
- ❖ Hiking through small Sherpa villages, across rivers, up mountain valleys
- ❖ Close views of Mt. Everest 8848m (Tallest Mountain in the world), Mt. Lhotse 8516m-(4th), Mt. Makalu 8485m (5th) Mt. Cho Oyu 8201m (6th) and many other 7000m peaks surrounding.

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- ❖ Hike up Kala Patthar for the best views of Mt. Everest and the Khumbu Glacier
- ❖ Spend two nights at historic Mount Everest Base Camp with our climbers.
- ❖ Follow the path of traditional Everest climbing route.
- ❖ A visit to the Tengboche Monastery, which can be viewed from the top of Mt. Everest.

EBC Trek

Our aim is to provide you with a safe, enjoyable and successful trip to Nepal. We provide all of our guests with a smooth and efficient service to maximize your enjoyment, safety, and your chances of a successful trek/climb.

The benefits of trekking with Wild Med Adventures in the Everest region are:

-A very well planned itinerary and acclimatization schedule based on our Local Contacts who have experience of leading trekking and expeditions in the Himalaya for more than 20 years now.

-We provide a knowledgeable and helpful guide and a porter who will be walking & assisting the members at all times.

-Most of our hotels in the Everest region are among the finest in the area and we have very good relationship with the hotel owners and the staffs.

Travel Insurance recommendations

We recommend cancellation insurance to protect your investment.



We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. We Recommend [Global Rescue](#) for Evacuation Needs.

Please ensure that your chosen policy provides cover for the activities (Trekking with a guide) and localities in which you will travel Nepal, to elevations up to (Altitude 5,555m/ 18,188ft) above sea level).

Emergency Evacuation

Helicopter rescue services are available. Evidence of insurance will be required by the evacuation services before the helicopter will fly. And it can be landed anywhere in the Everest region. However, emergency evacuation cost is not included in your expedition cost.

Most helicopters struggle above 5000m. Often a helicopter can only take one or two persons at the limit of its operating altitude. There is no mountain rescue squad available, the victims have to be evacuated to a safe helicopter landing site preferably below 5000m.

Emergency Contact

Should you need to contact Wild Med Adventures during a situation of dire need, here is the contact information furnished below:

1. Ben Mattingly: Wild Med Adventures: +1 413-813-5330 or
2. Jennifer Mattingly: Wild Med Adventures +1 413-813-5882
3. **EMAIL: wildmedadventures@gmail.com**

Flexibility

Whereas every effort will be made to keep to the original itinerary; changes may occur due to snow conditions, electrical storms, or other imponderables of whatever nature whether physical, climatic, human or political.

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Passport & visa

A passport with at least 6 months validity beyond the duration of the trip is required and it is your responsibility to obtain your own visa (this can be obtained on the arrival at Kathmandu international airport at a charge of:

- Single Entry Visa valid for 30 days - US \$50

Trip specific safety

We strongly recommend the use of a neck wallet or money belt while traveling, for the safe keeping of your passport, air tickets, travelers' cheques, cash and other valuable items. Leave your valuable jewelry at home - you won't need it while traveling. The hotels we use in Kathmandu have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Upon Arrival In Kathmandu

Upon your arrival at the Kathmandu Tribhuvan International Airport (TIA), you will notice our representative holding Wild Med Adventures board.

He/She will welcome you with a garland and a bottle of mineral water, then assists your transfer to your respective hotel in Kathmandu in Van/Coach.

On every trip, we have airport pickup and drop shuttles included in the trip cost to protect you from any kind of hassles and tussles which is quite common to experience when you for the first time visit an alien country. Please be aware of people wanting to help you with your bags as they will ask for money once you get to your van/coach.

Accommodation in Kathmandu

We are going to provide our valuable guests with necessary accommodation in a 4-star hotel "Shanker hotel" two nights before the trip and two nights after the trek, this charming historic palace has a peaceful garden with a swimming pool and is close to the touristic Thamel. Team members will be accommodated on a twin share basis in large en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable. However, as Shanker hotel is one of the most popular and busy hotels in the valley, your early booking of the trip along with your deposit is highly required to make necessary accommodations and domestic flight reservations for your trip.



Accommodation on trek

Lodge accommodation will be provided during the trek up to base camp and on the way back to Lukla, which will be in the best available lodges in the area, team members will be accommodated on a twin share. Single occupancy rooms are really difficult on the trek. Most of the lodges in this area will have hot showers available at the charge of \$5-10 per shower which participants will have to pay in cash; they do not accept Credit cards at all on this trek above Namche Bazar. All accommodation in lodges above Namche will be more basic as we are going to be in the remote wilderness. We are offering two nights in tent accommodation at Everest base camp at our camp site with our Everest climbers.

Meals on the Trek

Meals during the trek in teahouse can be selected from the menu according to individual choice, unless we have over 15 people. For large groups we will place a bulk order as the teahouse will find it easier to prepare a bulk order than individual meals. We will pick 2 or 3 choices and get a show of hands, the kitchen will thank us!

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During a Tea House trek, you will usually have breakfast and dinner in the lodge; lunch will be eaten at one of the trail side restaurants. Every Lodge serves the traditional Nepali meal "Dal Bhat" which is composed of rice, vegetables and lentil soup. There will be a variety of different food items too, such as rice, vegetables, noodles, potatoes and soup. Almost every lodge in the Everest region have Nepali versions of western food such as pizza, pasta, pies and french fries. Soft drinks, snacks and beer are available in all lodges and trail side restaurants. And of course, Nepali milk tea is served everywhere.

Electricity Chargers

Electricity

230V

50Hz

Electrical Plugs

European plug with two circular metal pins

Indian-style plug with two circular metal pins above a large circular grounding pin

Electrical Device Charging

Most of our hotels en route on the trek, there will be pay electric devices charging facility.

Time Difference

GMT is less than Nepal by **5 hours 45** minutes (Depends on where you come from)

Mobile phones, Internet and Wi-Fi connectivity

Trekking is a wonderful break from the wireless world, but in the towns and cities out here, it is now your choice whether you disconnect or stay connected.

In-Kathmandu

We will prepare SIM cards ready for you on your arrival. And you can buy refills by scratch cards, very easy and convenient. Wi-Fi Internet available in hotel, restaurant, and cafés litter in Kathmandu and it is free most of the time.

In Everest Region-

In Everest Region

Everest Link's Wireless Internet is available in most of the routes of your incredible Everest Three High Pass Trek.

And Prepaid Cards are available in most of the stores and teahouses en route to Everest region, but at an additional fee. Credit card facilities are not available in the area, but they do accept cash in USD or GBP if you are short of local currency. Or you can purchase it in Kathmandu prior to departure. Inform us early in advance if you wish us to help you to purchase these for you in Kathmandu on your arrival.

Read more: <http://www.everestlink.com.np>

However, for safety reason, our Wild Med Guides will have a Sat phone in case an emergency situation arises. This works most everywhere and anytime.



Feedback

After your travels, we want to hear from you! Your feedback information is vital to us to enhance the quality of our services and adventures. Please help us to improve our services by filling the feedback questionnaire, which will be provided to you at the end of the expedition. The best quality service is our foremost priority.

“What is the shortest word in the English language that contains the letters: abcdef?”

Answer: feedback. We believe that feedback is one of the essential elements of progress.”

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SHORT ITINERARY

Day 01: Arrive Kathmandu rest and relax.

Day 2 & 3: Half day guided city sightseeing tour of Kathmandu valley and preparation

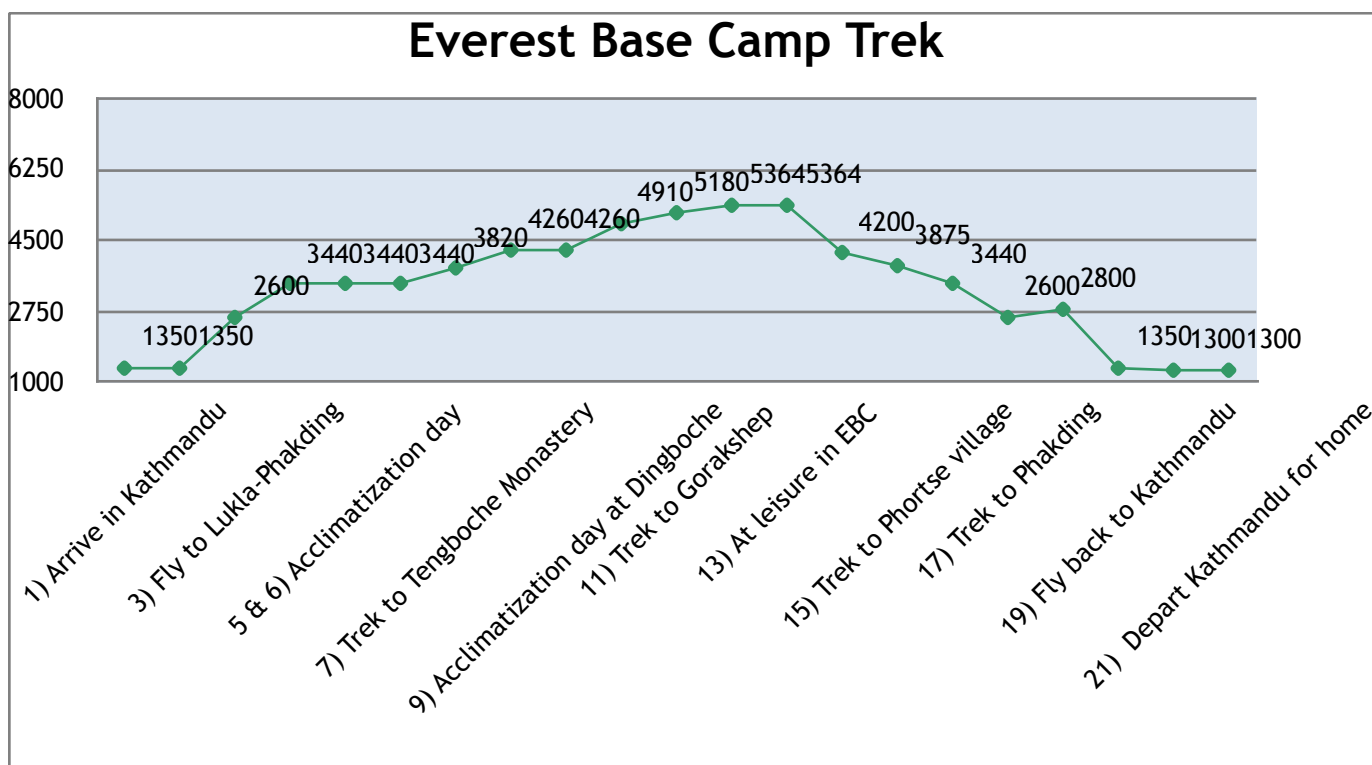
Day 03: Fly to Lukla in a fixed win Twin Otter flight commence trek to Phakding. (We may need Helicopter depending on weather - would be an additional \$600pp one way)

Day 4-18: Trek in the area & return to Lukla

Day 19: Fly from Lukla - Kathmandu in fixed wind Twin Otter flight.

Day 20: Allow as contingency day / Rest and relax (Farewell dinner in the evening)

Day 21: Depart Kathmandu for home



Itinerary disclaimer

The itinerary is the strongest part of our trip. Stick to it and you will have little altitude related illness problems, go one day harder and you can be in big trouble. In our decade long experience as guides and leaders, we have tested these programs out several times. Sometimes they will seem slow but it's about enjoying the trip not pushing hard and having a headache all day. You need a very good reason to go faster. Going slower is Ok; just watch your overall progress. Shifting up one day instead of having a rest day can mean headaches and you then have to have a rest day later anyway!

Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions and the health of climbers can all contribute to changes. The trek Leader/Guide and cook will try to ensure that the trip runs according to plan, but an easy going nature will be an asset! Issues that result in changes to trip finish dates, hotel or air tickets requirements etc need to be communicated to grand Himalaya HQ ASAP.

Furthermore, our Trip Notes is a general guide to the trek and region we are going to visit.

Any mention of specific destinations or flora and fauna is by no means a guarantee that they will be visited or come across.

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INCLUDES AND EXCLUDES

What the price includes

- ☑ 4-night hotel accommodation in Kathmandu “Shankar Hotel”, a 4-star hotel (or similar) with all rooms having private facilities. Breakfast is included. Accommodation is on a twin share basis but single rooms are usually available at an additional cost. Please inform us as early as possible if you wish to have a single room.
- ☑ Sagarmatha National park entry fees, Khumbu Pasang Lhamu Rural Community (KPLRC) Entrance and all government taxes.
- ☑ Return Domestic flight ticket Kathmandu-Lukla-Kathmandu in a Twin Otter flight (All guests + 1 Guide according to volume of group). Please bear in mind, an extra cost of approx. US\$600/- per guest per flight will be applicable for chartering a private Helicopter in case of bad weather disturbance on fixed wing Twin Otter flight IN/OUT of Lukla.
- ☑ Domestic airport taxes.
- ☑ All pick up & drop transportation from airport to airport both domestic & international.
- ☑ An experienced local guide who knows the area, local people, mountains and local culture very well. (Daily wages, domestic flight fare, food, accommodation, Insurance)
- ☑ Assistant guide/Sherpa (4 trekkers = 1 assistant guide). (Daily wages, domestic flight fare, food, accommodation, insurance)
- ☑ Appropriate number of porters, (Basically 1 porter between two guest ratios) (Daily wages, food, accommodation, insurance)
- ☑ Meal 3 times a day, Breakfast/lunch/dinner (tea/coffee/hot drinks on the trek). Meal can be selected from the menu at lodges according to individual choice.
- ☑ Insurance for all local crews including the porters
- ☑ 1 Bottle of “Summit Brand” Oxygen, fresh mask & regulator set (only for emergency use).
- ☑ Compressive First Aid kit only for crews.
- ☑ Farewell celebration meal in a well reputed Nepali restaurant with cultural dance show after the trek with all local staff.
- ☑ Accommodations on the trek in the finest lodge
- ☑ Two-night logistics, food, accommodation in historic Everest base camp
- ☑ Wilderness Medicine “Mountain Medicine CME”

What the price does not include

- ☒ International & home country domestic airfares, transfers en route & excess baggage.
- ☒ Your personal insurances. Medical, Mountain rescue & repatriation cover is obligatory.
- ☒ Personal expenses e.g. phone calls, laundry, alcoholic beverage, bottled water, WI-FI Internet, any electronic device charging facility fee, and main meals (lunch & dinner) in Kathmandu apart from celebration meal Kathmandu.
- ☒ Your Nepal entry visa fee (**USD \$50** available on entry) Valid for 30 days.
- ☒ Tipping to the guide & local staff (allow up to \$450 per guest) will be collected by guide at EBC.
- ☒ Excess baggage above 15 kg will be extra charged USD \$1.5 per kg.

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- ☒ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.
- ☒ Personal Trekking gear
- ☒ All our guests are kindly requested to bring your own First Aid Kit with sufficient supplies according to the prescription given by your private Doctor for the trip.
- ☒ Possible Helicopter flight if bad weather from Kathmandu - Lukla - Kathmandu (\$600 one way)

Booking Conditions

A deposit is payable at the time of booking and the final balance will be due 90 days before the start of the trip. The act of booking implies that you have accepted the ethos of the trip and any objective or subjective risks associated with it. You can book online @ www.wildmedadventures.com

Cancellation

Should you wish to cancel your booking please inform us immediately in writing by email or letter. The following charges will apply, as a percentage of the trip: More than 90 days before departure – loss of deposit, 90 to 60 days – 50% of total cost, 60 days to 30 days – 75% of total cost and 30 days or less 100% of total cost. These cancellation charges go to paying, amongst other things, outside Guides that have been contracted in, hotel or airline deposits, staff wages, setting up costs etc.

Note

No refund if any member breaking from the group due to illness or otherwise and not utilized any services. Medical evacuation costs, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise. The cost may need to be paid by clients at the time and may be able to be claimed back from your travel insurance company.

What to take

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. Our trek costs are based on 1 porter between two guests ratio. Please inform us early in advance if you prefer to have personal porter at a small additional cost. Your trekking gear will be carried by the porter in a water-proof duffel bag that we will be providing to you in Kathmandu. The maximum weight limit per porters in Nepal is 30kg only (15kg per client) as there is 1 porter between 2 clients, which means the average weight of each member's duffel bag shouldn't exceed 15kgs max. Besides, the airlines company that flies to the trekking areas of Nepal has a similar policy of allowing 10Kgs of checked luggage and 7Kgs of hand baggage for free, for every passenger.

Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee or free), but you will need to take all of your trekking gear with you.

Be a safe Trekker

1. Keep your eyes on your team mate while trekking and try to cohere with the group at all times. Trekking tracks in the Himalayas are often connected with caravans and nomads trail, trails to the villages nearby, the trekking route, domestic and wild animals trail, etc. These trails off the trekking track can often mislead you and consequently, people could wander off the track towards the hazardous door.

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2. Try not to ascend rapidly especially during the first few days of trekking, no matter how physically tough you are. I presume trekking in the Himalayas is entirely different from trekking in the Alps and Andes. Keep your eyes all around you when trekking because there is an utmost possibility of seeing wild life and some other interesting sites, rather than speeding up towards the next camp and end up holding your heads rest of the day.
3. Drink plenty of fluids at least 4 liters a day. Keeping yourself hydrated after a days exhaustion is a must which can help prevent you from having AMS (Acute Mountain Sickness). Avoid drinking alcohol once you hit high altitude, which is above the altitude of 3500 meters. Make a habit of drinking water, tea, soup, juice and so on, instead of alcohol. Drinking alcohol at high altitude has been scientifically proved to be making your body more susceptible to AMS.
4. Make sure you do not overload your daypack as this could cause pain to your shoulders/back. The heaviest item in your daypack should be your water, so your daypack should get lighter as the day goes on. If your daypack feels uncomfortable at any point, stop and readjust it.
5. Ensure that your feet and other extremities are kept warm and dry at all times. There have been cases of people not adequately dressed getting frost bite at high altitude due to the freezing temperatures. Remember, although the temperatures at the top may not seem cold, wild chill can reduce this temperature even further. Always be prepared with something to cover your face, warm gloves and thick walking socks.
6. We advise that you take some plasters/a blister prevention kit with you to keep your feet in good condition. Don't lace your boots too tightly/loosely and if they feel uncomfortable readjust them and apply plasters when necessary.
7. Keep your head torch in your daypack, always. You never know when and where you end up walking in the dark.
8. Walking poles can aid your trek, providing additional support and balance. Walking poles also helps to significantly reduce knee strain, particular during decent.
9. Your guides and Sherpas are very much experienced about the places you are trekking. So we always recommend you to follow their instructions and help yourselves by helping them to create a magnificent and successful trip.

Our Entire Wild Med Teams as well as Grand Himalaya would like to wish you safe and successful trip.

Important Notice

- Activities like: Skiing, Climbing Mountain, Trekking, Paragliding, Wing suit, Drone etc. without permit is illegal in Nepal & is strictly prohibited, we kindly request all of our guests to inform us before joining the “**Everest Base Camp**” if you are considering bringing Wing suit, Para glide or Drone for additional fun. We would be delighted to help you with issuing required permits from related government office in Kathmandu prior to the departure for the trip accordingly at an additional permit fees applicable. Grand Himalaya will not be liable for penalties otherwise.

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✓ Essential gear checklist

Personal Clothing

- 1 pair of 3 season walking boot must be well fitting, comfortable & previously worn.
- 1 pair of Trainer (approach) shoes
- 2+2 pairs of Warm woollen socks plus thin cool max socks
- A warm woollen base layer
- 2/3 Cotton or Cool max T-shirts
- 1 suit of Thermal top & bottoms Icebreaker are recommended
- 1 suit of Wind proof jacket with hood (Gore-Tex)
- 1 Suit of Waterproof jacket & trouser
- A fleece jacket & trouser with side zips
- 1 Warm hat woollen which covers your ears.
- Thick Gore-Tex & thin fleece gloves
- 1+1 Sun & snow Glacier glasses 100% UV protection with side flaps and a hard-sided storage case (i.e. Julbo/Cebe). 1 pair extra sunglasses (Also with UV protection in case your 1st pair breaks or lost)
- 1 Down jacket (available for hire in Kathmandu at charge of \$ 5 per day) if required.
- 1-4 season sleeping bag (available for hire in Kathmandu at charge of \$ 10 per day) if required.
- 1 Rucksack 50 litre

- 2 Walking trousers must be warm & comfortable
- 1 pair of Sandal
- 1 Shade hat or baseball cap
- 1 Small duffel bag for luggage storage in Kathmandu
- 1 Fleece scarf or neck gaiter
- Good quality Camera to capture the memorable moments of your life in the Himalaya.
- Swim suit while you in Kathmandu hotel

Personal Equipment

- 4 season sleeping bag -20C
- Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- 1 Head lamp with enough spare batteries (Petzl or Black Diamond)
- 1 pair Gaiter for boots appropriate to type of boot
- 2 Water bottles (1 litre Nalgene) with wide mouth
- 1 Hydration bladder with drinking tube for lower altitude - (optional).
- 1 pair warm gloves Fleece or wool
- 1 pair Foldable Trekking-poles
- 2 Lip guard. At least SPF 20.
- Pocket knife (Swiss knife)
- 1 set - Personal first-aid kit with Ibuprofen, Amoxicillin, Ciprofloxacin, Immodium, Diamox, zofran, dexamethasone, tylenol and any other

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doctor recommended medications. Blisters on the feet are quite common problems during the walking or trekking period. So it might be good idea to have appropriate blister care supplies, there are few different shape of Compeeds available now a days

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Other Personal Gear

- Valid Passport and passport size photos
- Fanny pack or wallet for travel documents, money & passport
- Favourite snack foods not more than 3 kg
- Paperback books, Sudoku book, cards, Walkman, iPod etc
- Personal toiletries as necessary
- Small padlock for duffel bag is also essential during the trek
- Towel
- 2/3 packets wet wipes for cleaning hand and face are useful
- 100ml Anti-Bacterial Hand Hygiene (Hand Sanitizer) Gel
- Water purification tablets

Pull your socks...tie your shoe lace...let's get started!

Equipment supplied by us

- ✓ 1 Kit bag (Kit bag with your name on it will be provided to you in Kathmandu for the trek. This will be included in your trek cost. Your traveling kit bag can remain at the Hotel in Kathmandu with spare clothes for after the trek.)
- ✓ Satellite phone if you are traveling in a remotest part of Nepal (pay for air time used: USD \$5/minute)



NOTE: You must have all of the above personal gear, clothing and equipment. There is great outdoor shop in Namche which have far more selections than outdoor shop in Kathmandu.

www.wildmedadventures.com