Everest Base Camp Information

4th to 20th October 2028

Eden Valley Hospice

JIGSAW Cumbria's Children's Hospice

INCLUSIONS

- Internal Transfers - Airport transfers and flight to Lukla Airport
- All Accommodation throughout, inclusive of high spec 4* accommodation in Kathmandu
- All food on the trek, and breakfasts in Kathmandu
- End of expedition celebratory meal
- Trekking Permits
- Trekking Staff, including English speaking Nepali Guides
- Experienced LMG Trek Manager
- Medical Kit and Portable Altitude Chamber carried on the expedition
- Team t-shirt, 70L Duffle Bag & Buff

EXCLUSIONS

- International Flights from your destination country (Approx. £1000-£1300)
- Personal Trekking Insurance - To cover trekking to over 5,545m. This is manda to join us on a trip.
- Tips for the trekking team (Roughly £100)
- Lunches and Dinners outside of the trekking phase
- Nepal Entry Visa £50
- Souvenirs
- Additional food and beverages
- Communications / Charging cost (Wifi / Sim Card)
- Non-Emergency Helicopter Flights
- Personal trekking kit (Boots,rucksacks etc)
- Services and Accommodation not included in the planned itinerary.
- Costs associated with an early departure from the expedition.

Everest Base Camp Itinerary

Day 1 – Arrival & Prep Day
Welcome to Nepal!
Day one is all about settling in after your journey. Take this time to relax, explore the local area, and make any final kit adjustments before the adventure begins.

Day 2 – Trek Briefing & Transfer to Ramechhap
We start the day with a detailed trek briefing, answering any last questions and finalising logistics. Then we embark on a scenic 4–5 hour drive to the village of Ramechhap, ready for our flight into the mountains.

Day 3 – Fly to Lukla & Trek to Phakding (2,650m)
An early morning flight takes us to Lukla, one of the world's most famous mountain airports. From here, we begin our trek with a gentle walk to Phakding, a peaceful village nestled by the river.

Day 4 – Trek to Namche Bazaar (3,440m)
Today we gain significant altitude as we climb through forested trails and across suspension bridges to reach Namche Bazaar, the vibrant heart of the Khumbu region.

Day 5 – Acclimatisation Day in Namche
We spend the day acclimatising in Namche. But that doesn't mean rest! We'll take a 3–4 hour acclimatisation hike, likely to a nearby Everest viewpoint offering breathtaking panoramas of the Himalayan giants.

Day 6–7 – Trek to Dingboche (4,360m)
Over the next two days, we enjoy steady trekking (approx. 5–6 hours per day) as we move deeper into the high Himalayas, passing through ancient Sherpa villages en route to Dingboche.

Day 8 – Acclimatisation in Dingboche
Another important day to adjust to the altitude. We'll take a rewarding acclimatisation hike up to around 5,000m, offering sweeping views of Ama Dablam and other surrounding peaks.

Day 9 – Trek to Lobuche (4,910m)
Today we continue our ascent along the moraine and glacial landscapes, reaching the small village of Lobuche, situated right under the impressive Lobuche East Peak. The thin air becomes more noticeable, but the scenery is unforgettable.

Day 10 – Everest Base Camp & Kala Patthar (Optional)
We hike to the legendary Everest Base Camp, celebrating with photos at the famous rock cairn.
Energy permitting, we'll then make the optional ascent to Kala Patthar for sunset views over Mount Everest—a truly unforgettable sight.

Day 11 – Descend to Pangboche
We begin our descent, trekking 19km down to Pangboche, retracing our steps through familiar terrain and enjoying the increasing oxygen levels.

Day 12 – Return to Namche Bazaar
Another day of descent brings us back to Namche, where warm food, friendly faces, and a cozy bed await.

Day 13 – Trek to Lukla & Celebration
Our final trekking day takes us back to Lukla, where we'll enjoy a celebratory meal with our guides and porters—your incredible support team throughout the journey.

Day 14 – Fly to Ramechhap & Return to Kathmandu
Weather permitting, we'll fly out of Lukla in the morning and drive back to Kathmandu from Ramechhap. The afternoon is yours to relax, shop, or explore. In the evening, we'll come together for a dinner in the city.

Day 15 – Explore Kathmandu
Enjoy a half-day sightseeing tour of Kathmandu's cultural highlights. The rest of the day is free for souvenir hunting and simply soaking in the buzz of the city.

Day 16 – Departure Day
Time to say goodbye -we'll transfer you to the airport for your international flight home after an unforgettable trip!

Frequently Asked Questions

How fit do I really need to be and what skills do I require?
The fitter you are the more you will enjoy it, and the more chance you'll have of getting to base camp. Being able to complete 2-3 days of big hill walks in the UK is a good gauge that you're ready.

How much do I have to carry?
On this trip we are supported by Jopkey (a Cow / Yak hybrid) which will carry all equipment not needed during the day (e.g Sleeping Bag, Wash Kit etc). What you carry on your back will largely be the same as what you carry during a day hike here in the UK. Likely items in your bag will include waterproofs, spare layer, hats, gloves, snacks and water (2-3L Max). We recommend you ensure you do some training walks with your 'trek weight' to ensure you're comfortable.

What Technical Kit do I require?
There is no technical kit required for this trip. All you need is a good sleeping bag but this can also be hired in Nepal.

Do I need any vaccinations?
Possibly! Vaccinations can be costly too and should be taken into consideration when budgeting for your trip. The best thing to do is to approach your Travel Nurse for information.

What is a non-Emergency Helicopter Flight mentioned in the Exclusions?
This expedition relies on an internal plane flight to start the trek, and to return back to Kathmandu. Delays can occur, and in order to make progress onto the trek, or in order to get you back to your international flight, we can consider the use of a helicopter (if the weather permits). This cost is not covered by LMG Treks & Expeditions, and you could expect to pay anywhere between £300-£600 per flight depending on the group size.

If you have anymore questions about the trek please reach out to fundraising@edenvalleyhospice.org where a member of our fundraising team would be more than happy to help.