

# EVEREST BASE CAMP TREK

ROGUE SPORTS EXPEDITIONS



# Welcome - स्वागतम्

Hello!

And welcome to our brand new, comprehensive guide to Rogue Sports Travel's expedition trek to Everest Base Camp.

Here we will share with you this incredibly beautiful corner of the world, highlighting, our showcase trek through The Himalaya.

Chapter 1: Welcome

Chapter 2: Why Us?

Chapter 3: Kathmandu

Chapter 4: Jewel In The Crown

Chapter 5: EBC - The route & itinerary

Chapter 6: Route Profile

Chapter 7: Food & Accommodation

Chapter 8: General Info

Chapter 9: Equipment List

Chapter 10: What you get

Chapter 11: Our Instructors

Chapter 12: Dates

Chapter 13: What next?



# Why Us?

Rogue Sports Travel 's expedition team consist of ex UK Special Forces as the leadership team on all of its adventure treks. The team are skilled in extreme levels of planning, managing and executing our treks to some of the most remotest parts of the world. We insist on having a UK guide with all our trips who is competent in logistics, coordinating different phases and a specialist in his field, leading by example. The mantra employed by Rogue Sports Travel is that we are all a 'team' and we all have a role to play that is essential in the outcome of a successful, safe trek. The Leadership team are supported by sherpa porters throughout, usually allocated in pairs. Our UK personnel are all well versed in delivering high-end experiences to our trekkers from all corners of the globe. You are in the safest of hands from day 1



# Kathmandu

# Kathmandu

Upon your arrival to Tribhuvan International Airport (TIA). You will be greeted by our UK guide, one of who will arrange your transit to the 4 star hotel. Traditionally a meeting is scheduled at the hotel to brief you on the coordinating instructions for your upcoming trek. Here, you will also be introduced to your trekking guides and Sherpas. If your flight arrives on time, we will also take you to one of our most favourite local restaurants where you can take the opportunity to relax and informally introduce yourselves to the rest of the trekking party and the UK guides. There will also be an opportunity for you to stock up on any last minute items you may need. For many of you, stepping off a plane from London into Kathmandu is a pupil-dilating experience, a riot of sights, sounds and smells that can quickly lead to sensory overload. Whether you're barrelling through the traffic-jammed alleyways of the old town in a rickshaw, marvelling at the medieval temples or dodging trekking touts in the backpacker district of Thamel, Kathmandu can be an intoxicating, amazing and exhausting place.

We invite you to stroll through the backstreets where Kathmandu's timeless cultural and artistic heritage still reveals itself in hidden temples overflowing with marigolds, courtyards full of drying chillies and rice, and tiny hobbit-sized workshops.

This endlessly fascinating city has enough sights to keep you busy for a week, although that will be a luxury we simply don't have.....our business lies further north on this trek! so we must remain focussed on the task ahead



*The Jewel in the crown.....*



# Lukla

Kathmandu - Lukla - Phakding

Lukla is known as the world's "most dangerous" airport! The weather is usually best at Lukla first thing in the morning, so we'll aim to get on one of the first planes to leave Kathmandu airport. That means an early start!! Ideally we should arrive in Lukla between 7 and 9am, but it'll be totally weather dependent. If we're booked on one of the first flights in the morning, we'll be the first to go when the weather finally clears. Upon arrival in Lukla, we will head to a local teahouse for breakfast and a coffee, allowing the porters to arrange our logistical support, before we start trekking. The first day's hiking is steady and the total trekking time today will be around 3-5 hours to The Trekkers Inn at Phakding. Once at Phakding, we will rest and reassess prior to settling into our rooms, have coffee, relax and start acclimatising!

Trekking distances:

Lukla - Phakding = 9km (3-4 hours)







# Trek to Namche Bazaar

This is a great trekking day! The start of the trek today is 'himalaya flat'; in short it's more of a roller coaster day. During the first few hours we'll get to cross some of the famous suspension bridges in the Khumbu valley.

As we enter the Sagarmatha National Park, the entrance to the Khumbu region, we will get our first views of the giant peaks as we continue to follow the river (Dudh Kosi) to the final suspension bridge of the day. Here we will come across two bridges, the lower one now abandoned. With a cheeky little climb to get to the start of the higher bridge, we will take the opportunity to get a few photos crossing it!

Once across the other side, we will then start our climb up Namche Hill. On average, it takes most groups around two hours to get to Namche Bazaar from here, the main trading center and central hub for the Khumbu region. Most Sherpas who are in the tourism business are from the Namche area. We'll have lunch when we arrive in Namche and will then have the afternoon to explore. Great bakeries, go shopping or head to some of the tea shops.

Trekking distances:

Phakding - Hotel Comfort Inn, Namche Bazaar - 12km (6 hours)





# 1st Acclimatisation Day

Small Trek to Everest View Hotel

Today is a low key day. Today, we'll head up for our first view of Mount Everest, assuming the cloud base allows.....

The Everest View Hotel is about a 2-hour walk above Namche Bazaar. After breakfast we'll take an easy walk up to the hotel to grab a coffee (or a Beer) and hopefully get a glimpse of our first view of Mount Everest. And if the weather's good, you'll enjoy stunning views of the other 8000m peaks too, including Ama Dablam, Lhotse, Nuptse and Makalu.

It truly is one of the great trekking days! Once we've finished enjoying the view and topped up on local chai, we will head back down to Namche Bazaar.

The afternoon is then ours to relax and explore Namche further.

Trekking distance:

Namche Bazaar - Everest View Hotel 4km (2 hours)





# Namche Bazaar - Tengboche

So it's time to leave Namche for now. today's trek will take the group to Tengboche. After ascending out of Namche, the first few hours are nice and relaxed, and we can enjoy the views around us as we traverse high above the river below.

The track then descends steeply for a lunch stop next to the river. From here it'll take us just over two hours to climb the 700m vertical ascent via the zigzag path to reach the town of Tengboche and the famous monastery. It's a cheeky little Climb!

Although the ascent is quite long, it's sympathetically gradual too. We will then arrive in good time to explore Tengboche. Visit the Monastery (the largest gumpa in the Khumbu region) or the amazing bakery!

Trekking distance:

Namche Bazaar - Hotel Himalaya inn, Tengboche = 12km (6 hours)





# Tengboche - Dingboche

Today we will head to Dingboche, the next stop along the trek. Today we start out by descending from Tengboche before crossing the river and climbing up to Pangboche. On average, it takes around two hours to get to Pangboche. From Tengboche. From there, it's another four hours of trekking to our daily destination at Dingboche. On the approach to Dingboche, we will be tackling more climbs up to the Imja Valley. From here we will be able to look towards Island Peak at 6,189m. Dingboche has grown significantly over the years and is now a sizable settlement for this part of the trek. There are creature comforts here that the group will appreciate.

After settling into our teahouse, you are free to take a wander around Dingboche and relax.

Trekking Distance:

Tengboche - Hotel Valley View, Dingboche + 12km (5 hours)







## 2nd Acclimatisation Day

Today we seek out 'The Mothers Necklace' - Ama Dablam, possibly the world's most beautiful mountain. On this, our 2nd acclimatisation day, On our acclimatisation day we will look to spend the morning trekking towards Chukhung (4,730m) for our acclimatisation walk. On this walk, it's our intention to show you an incredible view of Ama Dablam and the other mountains around us.

We should be back at the teahouse in time for lunch, and then have the afternoon to chill and regather ourselves before the trek starts again the following day.

Trekking distance:

Chukhung - 3-4km (2-3 hours)





# Dingboche - Lobuche

So now it's time to step up the intensity as we move towards Lobuche. We will 'around six hours trekking today. We'll follow the trail towards Tukla, which usually takes around 2.5 hours to reach. This is where we will plan to stop for lunch and take on some well earned rest for an hour.

After lunch we'll confront a steep section uphill at The Tukla Pass, taking around an hour.

Once we top out, we will enter the Everest Memorial. We take a break here and allow people to explore. Although a solemn, the memorial is a stark reminder of the dangers faced by all who have attempted to climb the giant peaks surrounding us. It is a very humbling chance to remember the mountaineers' and Sherpas' lives that were lost whilst climbing in the Khumbu Valley.

From the Memorial, it will take us about an hour and a half to reach our well-earned bed for the night in Lobuche at 4940m.

Trekking distance:

Dingboche - Hotel Peak 15, Lobuche = 12km (6 hours)





# Lobuche - EBC - Gorak Shep

Today, we leave Lobuche for our destination - Everest Base Camp! We will start earlier today to ensure we have enough time at EBC and be able to get down to Gorak Shep.

Our first port of call will be Gorak Shep (5,164m), our eventual destination for the day. The trail to Gorak Shep is very much an up and down route, taking in the early stages of the glacial moraine and boulder fields. It'll take us around three hours to get to Gorak Shep, where we'll have a late breakfast/early lunch before cracking on for a further two hours to reach Everest Base Camp.

Once we reach Base Camp we'll have time to enjoy everything that it is, and the plentiful views of the mountains around you. Ensure your camera has a full charge here, as we take time to take in all that EBC is. We will then set off back for our 2 hour return to Gorak Shep and the sanctuary of chai and a roof in the teahouse. The distances walked aren't particularly long at this stage, but do not underestimate the challenge as we break through the 5000m barrier. Altitude can impact on the fittest of climbers at any stage if not prepared well enough.....

Trekking distances:

Lobuche - Everest Base Camp - Buddha hotel, Gorak Shep = 10km (8+ hours)





# Gorak Shep - Pangboche

Today we seek out Kala Patthar!

We again start early. Kala Patthar is around 2 hours from Gorak Shep, and to achieve the sunrise moment it means a 4am start! This is without doubt the most picture perfect sunrise view over Everest the trek offers. Once we're done, we are not intent on hanging around. We will you'll head back down much quicker than we came up! Prior to Breakfast we will take time to administer ourselves and change if need be, prior to our dash towards Lukla.

We'll head back along the route we travelled up, heading through Lobuche and along to the Everest Memorial before dropping down the Tukla pass.

Once we reach the river we'll turn right and head to Pheriche, where we will look to stop for some lunch before continuing our descent to Pangboche for the night's rest.

Trekking distances:

Gorak Shep - Kala Patthar = 1.2km (2 hours)

Gorak Shep - Everest Summit Hotel, Pangboche = 18km (6.5 hours)







# Pangboche - Namche Bazaar

On our trek, we'll finish in Namche Bazaar today.

The day starts off with a steep climb back up to Tengboche from Imja Khola low ground . A steep descent form Tengboche now leads you to the Dudh Koshi River. We now cross the first bridge over the Dudh Koshi River on our return trip in Phunki Tenga and having passed the village of Tashinga and Sansa, we reach Kyangjuma. Namche bazaar is an easy walk in from here. The night will be spent here so that we can get a hot shower, and relax in Namche restaurants, cafes and bakeries.

Trekking distance:

Pangboche - Hotel Comfort Inn, Namche Bazaar = 13km (7 hours)





# Namche Bazaar - Lukla

On the final day of the trek, we will retrace a part of the trek that we took on the first few days, into the rich greenery and more hospitable environment of the valley as we make our way back to Lukla. Here we will relax and visit one of the many bars before flying back to Kathmandu the following morning.

Trekking distance:  
Namche Bazaar - Cafe Dante, Lukla = 13km (7 hours)





# Lukla - Kathmandu

Once we have said our farewells to our sherpa porters and boarded our return flight to Lukla, we will make our way back to our hotel for the evening. We will then look to round off our trip with a farewell dinner at one of Kathmandu's most iconic restaurants to celebrate our achievements. The very next day there will be an opportunity to shop and sample Thamel and the wider Kathmandu city, You will be afforded the full day to undertake this mini-adventure prior to our departure back to the UK late at night.

Thamel/Kathmandu





On the final day of the adventure we will say farewell to the party at Kathmandu and wish you fairwinds and a safe passage home. Transport will be provided to the airport and we will hope to see you guys back on one of our further adventures in the region at a later date with a lifetime of memories from our two weeks in the Khumbu region.



Day 14

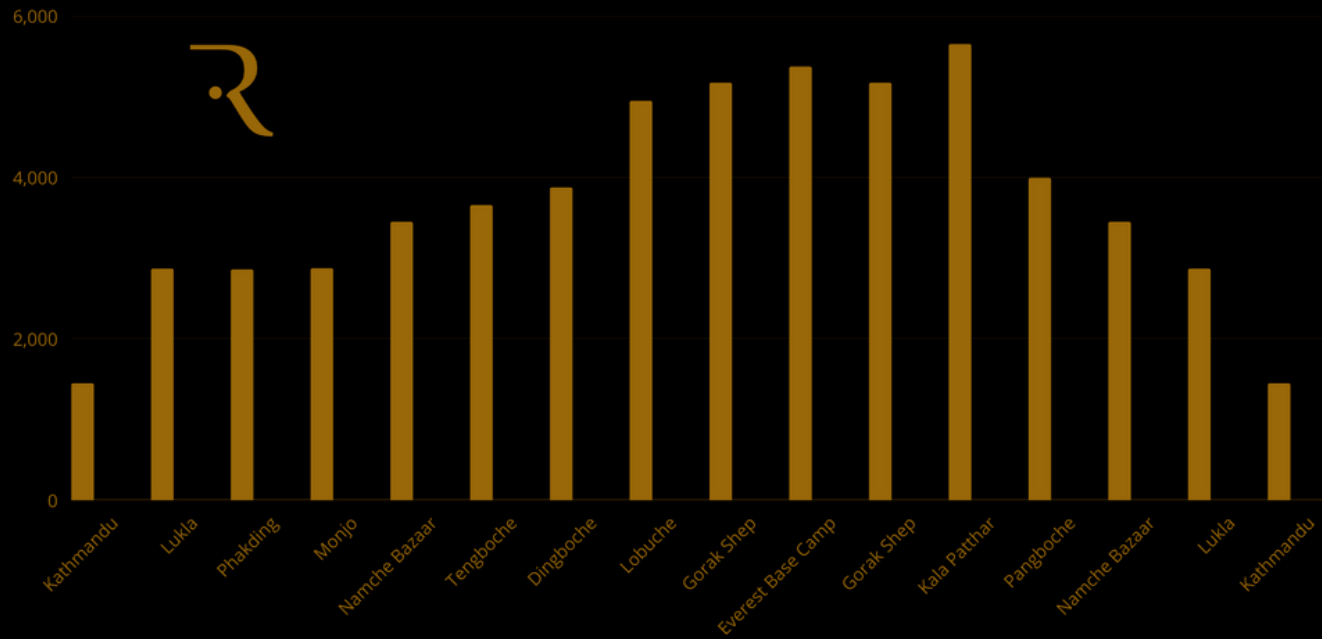


Day 15

# Route Profile



## ALTITUDE GAIN



## Food & Accommodation

EBC is a hike passing through some of the most remote parts of the world. But don't be fooled into thinking that the quality of the food in the Nepalese Himalayas is below standard!

Whilst we accept the food on the trek might not feature Masterchef style presentation, we will guarantee you that it is tasty and wholesome. You need to be aware though that there are a few things you should know if you want to find the best meals this country has to offer.

The first thing you need to know is that the food will vary significantly from our Marriott hotel in Kathmandu to the remote mountain villages of the Everest Base Camp trail. In Kathmandu, you can get more or less any type of cuisine you can think of – from local Nepali dishes to pizza's, curry's or high end restaurant food, cooked to the highest of standards.

However, in the mountains, resources are harder to come by, meaning there'll be a smaller selection of delicious local Nepali dishes, plus a few 'Western' meals thrown in for good measure. A word of warning here is to avoid the meat. If you have a delicate stomach then you may want to adopt the veg and rice diet. The standard of accommodation we use is important to Quadrant's team. Starting out in a small piece of comfort is as important as it is when we arrive back. The Trek consists of Tea house and Lodge accommodation, which gets more basic as we progress up the valley. This is all part of the experience of Everest Base Camp and a flexible approach is needed in the event of things changing at the last minute. As you can see, there are plenty of options when it comes to food on the Everest Base Camp trek – and food in Nepal in general. Whatever your preference, there will be something to please your taste buds along the way.





## General Info

The 15 Days Everest Base Camp trek is a part bed and breakfast package that ensures the benefit of the best accommodation before and after your trip in Kathmandu. Accommodation will be catered for in the Tea Houses, you will be expected to pay for your own food outside of the catered food packages supplied along the route. .

### Passport & Visas

A passport with 6 months validity at the end of your stay is generally required. Please check your relevant embassy or consulate for other nationalities. We must emphasise, It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice.

### Visa Nepal

All nationalities require a visa. \$40 for 30 days, \$100 for 90 days - Both are obtainable on arrival or you can apply to the Nepalese Embassy in London prior. If applying in Nepal, Payment must be made in cash and USD, GBP are accepted. You must supply 2 passport photos



# Equipment List



Within the years of mountain experience we have amassed both within our military and our expedition challenges, access to some of the very best suppliers of mountain apparel. Our knowledge of what's the best fit for purpose is of sound standing and can be adhered to or not. Clothing, especially outerwear is a very personal choice and as long as your kit is fit for purpose then we should have no problems. The packed weight of your trekking day pack should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel and you will be able to bring some luxuries in a duffle bag supplied and managed by your Sherpa

We suggest you bring the following Items:

- Hiking boots (Happy to discuss)
- Socks
- Walking trousers
- Underwear
- Baselayer x 2 (Merino wool)
- Fleece jacket or warm jumper
- Waterproof jacket - Gore Tex
- Warm Down / Synthetic Jacket
- Sunhat/Warm hat/Beanie
- Neck Buff
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves
- Head Torch and spare batteries
- Sun protection
- Water bottles 1 Litre x2
- Washbag and toiletries
- Toilet paper
- Antibacterial handwash
- Travel towel
- Selection of dry bags
- Small padlock (to lock duffle bag)
- Daypack roughly 30-45 litres
- Sleeping bag
- Basic First Aid Kit including:  
antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).  
Glucose tablets and multi-vitamins.



## What you get

- International flights to Kathmandu
- Airport Pick-up and Drop-off service UK and Nepal
- 2 nights twin-sharing accommodation in Kathmandu at
- 4 star hotel
- UK Guide
- Full day guided city tour in a private vehicle
- Farewell dinner
- Airport transfer for domestic flight
- Trekking permit and TIMS permit
- Kathmandu-Lukla-Kathmandu flight tickets
- Government licensed English speaking sirdar
- Porters (One porter for each 2 members)
- Insurance of Guide and Porter
- All required local and government taxes

## What you don't

- Nepal arrival Visa
- Any extra meals/snacks whilst on trek
- Meals in the city except breakfast
- Welcome dinner
- Sirdar and Porter tips
- Personal expenses
- Monument entrance fees
- Your travel insurance - Helicopter evacuation
- Any other extended trips

# *Our Point of Difference: Our UK Instructors*





## *Our UK Instructors*

Our Instructors have extensive experience in the mountains. The skill set on offer is borne of elite level, military training and operational exposure in the world's most iconic mountain ranges. Exposure to such experience is normally reserved for our extreme portfolio of expeditions, but given the UK guides are so well versed with The Khumbu, Annapurna and Karakoram ranges we have made their services available to parties who book the himalayan adventure treks. Each party will have a minimum of x1 Team Leader running the trek and will be your personal point of contact prior to and throughout the trip offering you that support and motivational encouragement you will need as the trip progresses.



# *Base Camp Expedition Dates*



## .....What Next?

We are adding new trek's & tours all the time. View the latest additions to the collection at [www.quadrant-travel.com](http://www.quadrant-travel.com). As soon as something interests you please call, you will speak to the Trek leaders regarding your choice.

### **Terms & conditions and travel insurance**

Your booking is subject to the terms and conditions of Quadrant Travel, which are detailed in the booking form. It is vital that you have adequate and appropriate travel and helicopter evacuation insurance and we are able to suggest a number of policies either for the duration of your trip or on an annual basis.

### **Travel Aware**

Quadrant Travel Ltd is a proud partner of the Foreign, Commonwealth and Development Office's Travel Aware campaign. This campaign is part of the UK Government's efforts to help people prepare themselves for safe and healthy travel abroad. More information can be found on [www.gov.uk/travelaware](http://www.gov.uk/travelaware)

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