

## Walsall Academy – Nepal Everest Base Camp 2017

This itinerary has been put together specifically for your school. It provides detailed information on each phase of your expedition including where you will be accommodated and how you will eat. The overall expedition will be led by the team, under the guidance of the Expedition Leader but some phases may also be led by in-country guides.

Team Aims & Objectives:

- Embrace a new culture
- Reach Everest Base Camp
- Gain a huge sense of achievement by challenging yourselves
- Have an amazing experience
- Go to high altitude
- Help and meet new people
- See amazing views
- Drink tea!

Day	Activity	Location	Description	Accom	Food
1	Flight	In Transit	Depart the UK on your flight to Kathmandu, the capital city of Nepal.	Flight	Provided on Aeroplane
2	Arrive in Nepal	Kathmandu	<p>Arrive in Kathmandu by late afternoon and collect your visas at the airport. Once you have your visa, travel on to your pre-booked hotel in Kathmandu. All airport transfers will be organised through Himalayan Ecstasy staff, who will meet you at the airport. Settle into your accommodation and adjust to the time-zone and culture.</p> <p>You'll also need to make any final preparations for your trek and get an early night before beginning your trek tomorrow.</p>	Hotel	Local Eatery
3	Mountain Flight & Trekking	Lukla to Phakding	Board your early morning mountain flight to Lukla. On arrival, meet with your trekking team before setting off on the main trail. Make your way to your first tea house accommodation in Phakding (2,652m).	Tea House	Tea House

4	Trekking	Phakding to Namche Bazaar	<p>Today you will pass through Zaphute, Toktok, Benkar, and Chumoa, before arriving in Monjo (2815m), where you will reach the entrance to Sagarmatha (Everest) National Park. Here, your permits and passports will be checked. Pass through Thaog, and then Jorsale, where the last tea houses and lodges until Namche can be found. Continue along the trail, crossing several high bridges over the Bhote Kosi and Dudh Kosi rivers, and soon you will enjoy your first ever views of Mt Everest.</p> <p>Continue along the main trail and eventually you will reach Namche Bazaar (3445m), the Sherpa's administrative centre for Khumbu district.</p>	Tea House	Tea House
5	Acclimatisation	Namche Bazaar	<p>You will need to spend today acclimatising in and around Namche Bazaar, a bustling, thriving village with well-developed facilities and services. Here you will find dozens of lodges, restaurants, shops, and internet café's.</p> <p>There are plenty of day hikes in the area, such as the hike to the Everest View Hotel and the picturesque Sherpa village of Khumjung (3785m).</p>	Tea House	Tea House
6	Trekking	Namche Bazaar to Tengboche	<p>Make your way out of Namche Bazaar to join the main trail to Tengboche, along the way you will have fantastic views of Everest, Nuptse and Lhotse before you reach the village of Tengboche (3,865m).</p>	Tea House	Tea House
7	Acclimatisation	Tengboche	<p>Today you will need to spend a day acclimatising at Tengboche. This is a cultural, spiritual, and religious centre for the people of the Khumbu region, and a welcoming and popular stop for all trekkers heading to Kala Pattar. There is a famous Gompa here and the views of the surrounding mountains are spectacular.</p>	Tea House	Tea House
8	Trekking	Tengboche to Dingboche	<p>Make your way along the trail past several small villages including Pangboche (3,901m), before continuing on to Dingboche (4,360m).</p>	Tea House	Tea House
9-10	Acclimatisation and project	Dingboche & surrounding area	<p>Acclimatise at Dingboche for a couple of days whilst giving back to the local communities by taking part in some project activities. Dingboche village has a lower (often colder) part and an upper (often warmer) part and is a great acclimatisation stop. If you're feeling fit enough, don't miss out on the classic hike to Chukhung (4740m), traditionally a herding station used as a base to graze the surrounding grasslands. From here there are truly outstanding views towards Lhotse, Nuptse,</p>	Tea House	Tea House

			<p>Ama Dablam, Chukhung glacier, as well as several other snow-capped peaks.</p> <p>The next day you could climb onto the dividing crest behind Pheriche / Dingboche and head north along it, towards Nangkar Tshang on the slopes of Pokalde and take in the spectacular mountain panorama.</p>		
11	Trekking	Dingboche to Lobuche	<p>Leaving Dingboche you will climb the ridge behind the village to gain the higher plain, passing many memorials and prayer flags at the crest. Continue to the village of Lobuche (4,935m).</p>	Tea House	Tea House
12	Acclimatisation	Lobuche	<p>Lobuche village offers some great views, especially from the ridge behind the lodges.</p> <p>From here, Mt,Nuptse looks especially photogenic during sunset.</p> <p>Be aware that it can be freezing cold in Lobuche so you will need to wrap up warm at night.</p>	Tea House	Tea House
13	Trekking	Lobuche to Gorak Shep and on to Kala Patthar	<p>Leave Lobuche and make your way to your overnight stop of Gorak Shep (5,180m) before continuing on to Kala Pattar (5,623m).</p> <p>Kala Patthar ('Black Rock' in Hindi) is the most popular viewpoint of Mt Everest, with breathtaking views of the surrounding faces, peaks, and glaciers. From Gorak Shep, the climb may take you two hours.</p> <p>Kala Patthar has two summits and two ascent routes, both of which can be seen from Gorak Shep. The left hand path (almost straight ahead as you look from Gorak Shep) takes you to the lower summit at 5545m, and the right hand trail up the eastern flank takes you to the higher summit at 5623m.</p> <p>Once you have reached the top of Kala Patthar, head back to Gorak Shep for the night.</p>	Tea House	Tea House
14	Trekking to Base Camp and back	Everest Base Camp	<p>Today you will reach Everest Base Camp (5,300m)!</p> <p>The route from Gorak Shep to Base Camp follows the moraine crest, past the Gorak Shep flats, before descending onto the Khumbu glacier. There is not one single location for Base Camp, but most expedition teams choose a site close to Khumbu Icefall at 5300m. The hike from Gorak Shep to Everest Base Camp could take you 2 or 3 hours each way. You will then need to start your return journey, descending, and spending the night in Lobuche.</p>	Tea House	Tea House

15	Return Trekking	Lobuche to Pangboche	Trek back to Lukla (via Pangboche and Namche Bazaar) the same way you trekked in. Individual features of the valley and mountains appear quite different when seen from the opposite direction, and the team can vary their stopping places and visit other tea houses along the route. On arrival in the thriving village of Lukla, enjoy your final night in the Khumbu region whilst eating Dhal Bhat (lentil curry) and drinking ginger tea.	Tea House	Tea House
16	Return Trekking	Pangboche to Namche Bazaar		Tea House	Tea House
17	Return Trekking	Namche Bazaar to Lukla		Tea House	Tea House
18	Mountain Flight	Lukla to Kathmandu	Take an early flight back to Kathmandu from Lukla. Arrive in the bustling capital where you can spend time soaking up the sights, sounds and tastes of the bazaars.	Hotel	Local Eatery
19	Sightseeing R&R and project	Kathmandu	Spend a couple of days exploring the fascinating streets and temples of Kathmandu whilst taking part in yet more project activities. Immerse yourself in the culture by seeing some of the country's most fascinating monuments, shop in the bustling bazaars and try some of the best street food the country has to offer!	Hotel	Local Eatery
20	Sightseeing R&R and project	Kathmandu		Hotel	Local Eatery
21	Flight	In Transit	Depart Kathmandu and arrive in the UK for your homecoming.	Flight	Provided on Aeroplane

Travel plans can sometimes be adversely affected by unforeseen circumstances in-country, and this is especially the case when planning trips to developing regions. Such events may require Outlook to change the order of itinerary phases and / or the itinerary content in order to ensure the safety and security of the expedition team. Should this happen, Outlook will always seek to consult with the Link Teacher(s) and parents as soon as possible.

