

IAPWA Everest Basecamp Challenge



Founded in 2009, IAPWA is passionate about creating a better future for all animals. Through our projects and partnerships, we provide veterinary care and support to thousands of dogs and cats every year.

The Everest Basecamp IAPWA Challenge is a fundraising programme meant to build engagement for IAPWA projects, while at the same time giving you a truly one of a kind experience. Raising money for IAPWA comes with amazing perks – read on and you’ll see!

Here’s how it works:

- You will need to raise money for IAPWA
- Part of the money you raise will cover your costs for the trip to Everest
- Once you raise all the necessary funds, all you have to do is pack your bags - Footloose and IAPWA will ensure an amazing experience for you

The Everest Inn special EBC trek is a trek that gets you real close-up to the ‘mother of all peaks’ Mt. Everest, the highest peak in the world accommodating you in Everest Inn and Everest Inn partner lodges.

Everest Inn is a chain of lodges along the Everest trail dedicated to providing a high level of Nepalese hospitality in a hygienic and neat environment to the trekkers at a very competitive price. Everest Inn runs four lodges in Lukla, Phakding, Namche and Pheriche and three other lodges in Devoche, Lobuche and Go-rakshap provide the similar services under the Everest Inn Partner status.

Everest Basecamp has been a popular destination for trekkers since the very first expeditions to the Nepa-lese side of Everest in the 1953. To reach this part of the Himalaya within a limited time, we have devised this two-week trek to Everest Basecamp, which runs directly to and from Lukla. The Everest Basecamp trek, a very well-known mountain trek, starts at the upper Phakding and follows the DudhKoshi valley, which climbs up to the Sherpa capital of Namche, a bustling bazaar that's a junction for trekkers, the local Sherpa and expeditions en route to the mighty Mt. Everest. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it the kind of walk you will remember for a long, long time. On the cliffs above the river it is possible to spot musk deer and the Himalayan Thar. From Namche, we trek along a high traversing path where we have our first good views of Everest and then head towards Thyangboche Monastery, which is about 4 hours climb. The monastery sits at 3867m in a clearing surrounded by dwarf firs and rhododendrons. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely mesmerizing and stunning and is rightly deemed to be one of the most magnificent in the world.

We then descend to the ImjaKhola and continue to the villages of Pangboche and Pheriche before finally approaching the Khumbu Glacier. We then follow the glacier, first to Lobuche, a vantage point for some spectacular views of the 'AmaDablam, Taweche and other peaks and then hike to GorakShep for a breather. We also have the opportunity to ascend Kala Pattar from where we can get some awesome views of the Himalayan giants which literally numb your senses with breathless admiration that beholds the eye; and makes up for the lung-bursting climb that took you up there. You soon realize it was absolutely worth it. This also includes fantastic views of the southwest face of the colossal Mt. Everest. We then trek down to Everest Base Camp at the foot of the Khumbu Ice Fall before finally making our way back down to Lukla.

Trip facts:

TH: Tea House (Everest Inn Lodges)

Trip duration: 15 Days

Grade: Moderate to fairly challenging

Activity: Trekking and sightseeing

Starts in: Kathmandu

Ends in: Kathmandu

Trek type: TH Trek (Includes: Accommodation in Everest Inn lodges, Guide, porters and all meals)

Accommodation: Hotel, Everest Inn Lodges

Transportation: Flight, Private vehicle as per group size

Maximum altitude: 5357m

AN OUTLINE OF YOUR ITINERARY

Day 01: Arrive Kathmandu and transfer to hotel

Day 02: Sightseeing Tour in Kathmandu (Bouddhanath, Pashupatinath and Patan)

Day 03: Transfer from hotel to airport and flight to Lukla. Trek to Phakding [2656m]

Day 04: Trek to Namche [3450m]

Day 05: Rest day in Namche

Day 06: Trek to Devoche [3820m]

Day 07: Trek to Pheriche[4252m]

Day 08: Rest Day in Pheriche[4252m]

Day 09: Trek to Lobuche [4930m]

Day 10: Trek to Everest Base Camp via Gorekshep[5184m] and Back to Gorakshep

Day 11: Trek to Kalapatthar[5357m] and trek back to Pheriche[4252m]

Day 12: Trek to Namche [3450m]

Day 13: Trek to Lukla[2800m]

Day 14: Flight back to Kathmandu

Day 15: Depart Kathmandu



Day 01 Arrival in Kathmandu and transfer to hotel

It's a panoramic thrill flying into Kathmandu on a clear day. The views of snow-capped mountain peaks sprawling down below you are almost ecstatic, beginning a whole chain of memorable experiences that stay with you for a long, long time. And as your plane hits the tarmac, our waiting support team will meet and greet you at the airport and escort you to your hotel. Welcome drinks will be served and overnight at your hotel.

Day 02 Sightseeing tour of Boudhanath, Pashupatinath & Patan

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan

Buddhism and Western influence. There will be a guided tour to the largest Buddhist Stupa in Nepal Bou-dhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva-Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbesh-wor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03 Flight to Lukla - Trek to Phakding [2656m]

A flight to Lukla and a landing on a steep mountain runway brings us to the start of our trek at the village of Lukla [2850m]. After meeting the crew, we head up the Dudh Koshi Valley on a well-marked trail and then stay overnight in Phakding. Overnight at Everest Inn Lodge.

Day 04 Trek to Namche [3450m]

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Overnight at Everest Inn Lodge.

Day 05 Rest in Namche

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Tengboche. To acclimatize, you visit Khunde Hospital set-up by Sir Edmund Hillary, or take a one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the town. Overnight at Everest Inn Lodge.

Day 06 Trek to Devoche [3867m]

From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. We get our first really good views of the great peaks of the Khumbu including Mt Everest, Lhotse,

Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunk-iTenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche. Tengboche offers spectacular panorama of Everest, Lhotse and Ama Dablam and is home to the largest monastery in Khumbu – Dawa Choling Gumpa. We make a short stop at the monastery to witness the monks during their afternoon praying session and then descend another 25 minutes down to Devoche. Over-night at Everest Inn Partner Lodge.

Day 07 Trek to Pheriche [4252m]

We descend downhill through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam [6,856 m], and has exceptional views of the mountain, with the gumpa, mani walls and scattered pine trees in the foreground. A further two hours walk brings us to Pheriche.

Day 08 Rest day in Pheriche

A day for rest and acclimatization. We also get to wander up the valley to look at a lake, the Tshola Tsho and the perpendicular walls of Cholatse and Tawache. We can climb up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Mt. Lhotse.

Day 09 Trek to Lobuche [4930m]

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche. Overnight at Everest Inn Partner Lodge.

Day 10 Trek to Everest Base Camp [5357m] via Gorakshep

A very early start is required to reach the Everest Base Camp. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col. We return to either Gorakshep or Lobuche. Overnight at Everest Inn Partner Lodge.

Day 11 Trek to Kalapatthar [5554m] and back to Pheriche

To reach our next stop, Kala Pattar, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at our camping place: GorakShep. Later in the afternoon, we make our way to the top of one of the finest viewpoints in the Everest region, Kalapatthar [5554m]. After Kalapatthar, we trek back to Pheriche for overnight. Overnight at Everest Inn Lodge.

Day 12 Trek to Namche [3450m]

We will be heading down and we walk downhill towards Tengboche and after crossing the bridge over the DudhKoshi river trek onwards to reach Namche Bazaar. Great view of Ama

Dablam, Thamserku, Tawache and Lhotse as well as dense wildlife of some species of Pheasants, Beautiful Griffons, Musk deer and Wild goat can be found inside the rhododendrons forest. Descending takes a lot less hours and obviously AMS is no longer an issue. Enjoy the passes and forest until we reach Namche. Overnight at Everest Inn Lodge

Day 13 Trek to Lukla [2800m]

Our final day's trekking follows the DudhKosi down to Lukla. This last evening calls for a celebration. We have a party with our sherpa guides and porters. We sample some chyang (local beer) and try out some Sherpa dance steps. Altogether, an end to a memorable trip on a merry note. Overnight at Everest Inn Lodge.

Day 14 Fly to Kathmandu

We pack up early and head for the airstrip to hop a flight back to Kathmandu

On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing or send a few post cards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

Day 15 Depart Kathmandu

Our Nepalese support team will take you to the airport for your flight home.

PRICE

The price for the above tour as a fundraising challenge is £2995.00, with IAPWA receiving the funds once the tour costs have been paid, meaning the above tour will be at no cost to the individual doing the challenge. Please note that flights are not included in this package, including internal flights. These can either be paid for and arranged by the person taking the challenge, or by increasing the challenge target to £3995.00, IAPWA will arrange these flights for you, meaning the above tour AND the flights will be at no cost to the Fundraiser once they hit the target.

PRICE INCLUDES:

- » Accommodation during trek in local lodge/Tea house (standard rooms non Attached bathroom)
- » 3 course meals with hot drinks (Breakfast, Lunch, Dinner) on the trekking days, breakfast in Kathmandu
- » Kathmandu/Lukla/Kathmandu airfare
- » English speaking local expert guide, porters during the trek
- » Sagarmatha National park fees
- » Trekkers' Information Management System fees (TIMS)
- » 3 nights' accommodation at 3-star Hotel in Kathmandu on twin sharing with breakfast
- » Airport transfers with escorts
- » Sightseeing tour in Kathmandu with English speaking local guide and entry fees
- » Equipment clothing for porter & staffs only
- » Insurance for all staff & porters only

PRICE EXCLUDES:

- » International flight & any other airfares
- » All Lunch & dinner in Kathmandu
- » Extra baggage charge if any (weight allowance 12kg + 3kg in domestic flight)
- » Personal gears & clothing (available on hire)
- » Tips for Guide, porters, drivers etc.
- » Any expenses incurred in emergency evacuation/road block due to any reason
- » Personal expenses like Table drinks, snacks while walking, hot water/shower, internet, tele-phone etc during trek.
- » Your Insurance and Medical expenses
- » Any other tours, transfers and Hotel accommodations other than mentioned above