

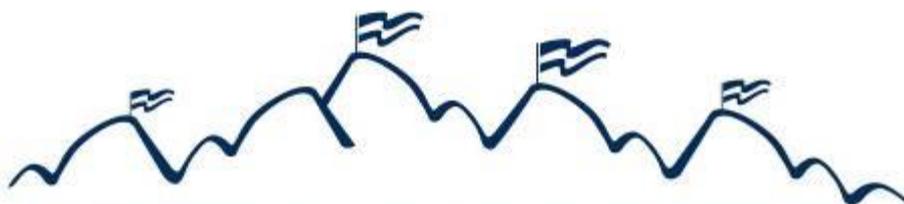
Everest Base Camp Expedition to Nepal 18 April to 6 May 2019

The Streetschool Everest Base Camp Trek will take place from 18 April to 6 May 2019. Accommodation is in clean, comfortable tea-houses and we enjoy delicious, home-cooked vegetarian meals from a varied menu. We also help you with your training programme and guide you safely every step of the way.



Cost: ZAR48,000 includes:

- ✓ Return flights ex JHB or Cape Town (land-only prices available if you are making your own flight arrangements)
- ✓ Domestic flights between Kathmandu and Lukla
- ✓ Option to extend your stay in Nepal after the trip
- ✓ All accommodation in Kathmandu and on trek
- ✓ Breakfast and dinner in Kathmandu and 3 meals per day while trekking
- ✓ Special adventure travel insurance (including evacuation in case of emergency)
- ✓ Sightseeing tour in Kathmandu with welcome dinner
- ✓ All local transfers in Nepal
- ✓ Your own Nepalese SIM card for mobile data
- ✓ Entrance into Sagarmatha National Park
- ✓ All guides, porters and yaks
- ✓ Coaching and personal training plans before the trip
- ✓ Logistical briefing sessions
- ✓ Visits to Buddhist monasteries
- ✓ 4 showers on trek
- ✓ Lots of laughter!



This does not include:

- Personal expenses and spending money (the area of Thamel in Kathmandu where we will be staying for a couple of nights has many shopping opportunities).
- Drinks and food outside of meal time – you can eat as much as you like during meals!
- Visa application fees (USD50 per tourist visa).
- Delays due to natural events.
- Trekking clothing and equipment (available for hire in Kathmandu at low cost).
- Drinking water on trek (approx. ZAR10 to ZAR20 per litre).

*This cost is based on a minimum of 10 participants. Should there be fewer the cost may change.



Itinerary

18 April **Depart from South Africa or other home country.**

19 April **Arrive in Kathmandu.**

20 April **Kathmandu Sightseeing Tour.**

Start full day sightseeing after breakfast. Prepare final trekking kit.

Kathmandu Durbar Square:

Durbar square classic tour takes you to this famous sight, which has housed kings of different dynasties and temples representing the finest specimens of Hindu and Buddhist architectures.

Swayambhunath:

One of world's most glorious, ancient, enigmatic and the holiest of Buddhist Chaityas dating back more than 2000 years is situated on a hillock.

Swayambhunath, literally "the Self-Created or Existent", is a mosaic of small stupas and pagoda temples contributed by the succession of kings and noblemen. The main structure is made of a solid hemisphere of brick and clay, supporting a lofty conical spire capped by a pinnacle of copper gilt. Painted on the four sides on the base of the spire are the "All-Seeing Eyes" of Lord Buddha. The main features of Swayambhunath in brief are "The Five Buddha's."





Boudhanath:

This colossal and ancient Stupa, one of Nepal's most unique monuments and said to be the world's biggest, attracts Nepalese pilgrimage of Tibetan ancestry from as far as Dolpo and Mugu as well as Tibet, Ladakh in India and Bhutan.

Boudhanath Stupa with its all-seeing eyes of primordial Adi Buddha on all the four sides of the stupa is said to hold the remains of Kasyapa – the Buddha of the previous time.

Pashupatinath:

Just a small walk takes us to the temple of Lord Siva-Pasupatinath. With a two tiered golden roof and silver doors, it is famous for its superb Newari architecture, situated near the banks of sacred Bagmati River. Entrance to the temple precinct is permitted to "Hindus Only", however visitors can clearly see the temple from the eastern bank of the Bagmati River. Pashupati, literally "Lord of the Animals", is the patron deity of Nepal and believed to have been unearthed by an obscure herdsman while one of his cattle was showering the earth with milk.

Welcome Evening:

This evening we will attend a special welcome programme, dinner with a live Nepali cultural show at a traditional restaurant. Transfer back to hotel for overnight stay.



21 April **Flight Kathmandu (1,310m) - Lukla (2,840m).**

Trek to Phakding (2,610m). (2-3 hours).

Early morning transfer to airport for flight to Lukla. The flight into Lukla is a lifetime experience in itself. The airfield is on a slope and the difference between the two ends of the runway is about 400 metres! Meet with our sirdar (guide) and



the rest of the crew. Our luggage will be packed into loads and then, while we have lunch, our crew will load these onto pack animals or get everything ready for our team of porters. After lunch, trek for a few hours along the Dudh Kosi River to the village of Phakding 2800 m.

22 April **Namche (3,440m) (5-6 hrs).**

The trail continues north up the Dudh Kosi valley to Jorsale, where the trail officially enters the Sagarmatha National Park. There is an entrance station just beyond the village where trekking permits are checked and National Park fees collected. Continue along the trail, crossing the Bhoté Kosi River to begin the steep climb up to Namche Bazaar at 3500m, the administrative centre of the Sagarmatha National Park and the hub of Sherpa society.

23 April **Namche rest for acclimatization.**

We will explore the surrounding of Namche on this day, and allow for acclimatization. Namche is the famous picturesque Sherpa village and we have a rest in the afternoon to enjoy walking round the village and visiting the Sherpa museum.

24 April **Tengboche (3,860m) (5 hrs).**

Tengboche Monastery (3,860m) is a 5hr walk. We walk with a beautiful view of the soaring peaks of Thamserku and steadily descend to the Imja Khola, lunching at Phunki along a very pleasant trail. Here in Phunki, we'll see a series of water driven prayer wheels. After lunch, a 2 hour ascent will take us to Tengboche Monastery (3,860m) – surely one of the most beautiful places in the world.

25 April **Pheriche (4,312m) (5 hrs).**

Pheriche (4,260m) is a 5 hour walk. We move forward up to Imja Khola valley Pangboche (3,900m) for lunch. After lunch we visit the Monastery and look at the Yeti scalp. We make our way to the summer village of Pheriche (4,260m). Superb scenery along the way.

26 April **Pheriche (4,312m) (5 hrs).**

Acclimatisation day.

27 April **Trek Pheriche to Lobuche (4,920m) (4-5 hrs).**

Lobuche (4,920m) - 4 hour walk. We move up a small ridge and contour around the base of Khumbu Glacier and lunch at Dhugla (4,600m). After lunch, we take a steep ascent to the terminal moraine of the glacier from where the views are stunning. We continue again along the moraine and camp at the foot of the Lobuche Ice Fall (4,930m).

28 April **Trek Lobuche to Gorakshep (5,140m) (4 hrs).**

The actual distance is not far on this day but we wake up early and move forward to Gorak Shep where we take a rest.





29 April **Hike up to Kalapatthar (5,545m).**

Visit Everest Base Camp (5,360m).

Back to Lobuche (4,920m) / (5 hrs).

This day, we climb Kala Patthar and visit the Everest Base Camp. From Gorakshep, we have a steep ascent up to the top of the Kala Patthar top. The actual distance is not so far but we will take it very slowly to make up for the altitude. This top (5,545m) is a hard pull but the views surpass anything you can imagine. All around us flow huge glaciers and only the creaking of the ice disturbs the silence. The mountains of Pumori (7,145m), Lingtren (6,697m) and Khumbutse (6,623m) separate us from Tibet and just over the Lho La pass we see the huge rock of Changtse (7,750m) in Tibet itself. But Sagarmatha, or Mount Everest, the queen of them all, towers over everyone. This is the roof of the world. The Everest Base Camp is a short trek down. We return to Lobuche for overnight stay.

30 April **Pheriche (4270m) (4 hrs).**

Follow the main Khumbu Valley down to Pheriche, site of the Himalayan Rescue Association's Trekkers' Aid Post.

1 May **Tengboche (3,860m) (5 hrs).**

Easy walk along the Imja Khola to include a visit to the gompa at Pangboche, then a short climb up to the Tengboche Monastery.

2 May **Namche (3,440m) (4 hrs).**

The trail descends steeply towards Pungki Thanka and another steep climb to Namche Bazaar.

3 May **Lukla (2,840m) (6 hrs).**

Down along the gorge of the Dudh Kosi and trek further up to the small mountain airstrip at Lukla to catch our return flight to Kathmandu. Weather permitting, our trekking crew might prepare a farewell treat for us. We would be expected to join in the singing and the dancing!



- 4 May **Flight: Lukla to Kathmandu.**
Fly back to Kathmandu. Enjoy the diverse restaurants and chaotic markets for shopping and relaxing.
- 5 May **Depart Kathmandu for home.**
Flight via Dubai for home
- 6 May **Arrive back home.**

Accommodation:

We will spend 4 nights in Thamel Eco Resort in Kathmandu. While we are trekking, we will be staying in lodges and teahouses along the way. These lodges are comfortable but rustic.

Your guides:

Klasie Wessels of Streetschool will be your guide for this expedition. He will assist the participants in mental preparation for the trip, as well as ongoing coaching for the duration of the expedition. Klasie is an experienced adventurer and has participated in numerous endurance events (Cape Epic, Iron Man) in South Africa, as well as numerous treks in the Himalayas. He has led several groups to Everest Base Camp and understands the physical and mental requirements. He understands that the nature of this expedition will be unlike any previous expedition the participants have completed, and will help you maintain focus and mental stamina during the trek.

Equipment:

A detailed kit list will be supplied including pricing options for some of the more expensive items. Kathmandu has many shops selling/renting a wide variety of trekking and hiking equipment and although it may be advisable to get certain items (like shoes) in SA, everything you require can also be obtained in Kathmandu. The equipment will be discussed in detail at the group sessions we will have before departure.

Physical demands:

By April 2019 you should be able to walk comfortably for 6 hours a day, carrying a day-pack of about 5kg. Daily distances range between 7 and 12 km and we walk at a slow pace to allow for proper acclimatisation (we also take many tea-breaks!). You won't have to carry anything and the porters will transport most of your luggage. We will help you with your training programme and discuss this in more detail at our pre-trek briefings.

Contact us:

We appreciate that this is a life-changing experience and an important decision for you to make. You are welcome to contact us with your questions at any time. If you require more information or would like to book your place on the journey, please contact:

Klasie Wessels: 021 880 0269, 082 554 4614, klasie@streetschool.co.za
More information about Streetschool is available at www.streetschool.co.za.



Everest Base Camp kit list April 2019:

Porters will carry our packs and we are allowed to take 15kg each. All your belongings will be packed in an expedition bag which will be carried by Yaks or Porters. You will carry your own daypack however.

With you and in your daypack you should have:

- | | |
|---|---------------------------------------|
| # day pack (20 L will be ok) | # 2 bottles of water (1 to 1,5L size) |
| # trekking poles | # snacks |
| # camera | # lip balm (Zambuck) |
| # sunglasses | # sunscreen |
| # wet wipes & dry hand wash | # medication |
| # water purification tablets | # toilet paper, hankie |
| # iPod, charging cables (two pin type) | # hat |
| # cash (R4,000 pp for the full 14 day trek should be enough for drinking water, snacks and additional showers). | |

Your kit list should include the following (I have used K-Way as the benchmark):

- ✓ 2 x long pants (similar to the Explorer Grego or Kloof)
- ✓ 3 x T shirts
- ✓ 1 x long light top like moisture manager type (Zip fleece)
- ✓ 3 x undies and 4 x pairs of socks
- ✓ 2 pairs of ultra thin socks to wear under your hiking socks
- ✓ Rain jacket, 1 x Sofshell trekking jacket plus 1 x heavy duty down jacket
- ✓ Ultra thin liner gloves (like running gloves) plus heavy duty outer gloves
- ✓ Hat/cap (cover ears), Buff, Balaclava
- ✓ Hand towel, soap and toiletries, face cloth
- ✓ Small headlamp/batteries
- ✓ Sleeping bag (at least -5C)
- ✓ Running shoes or crocs (to wear at Tea House after the day's trekking)
- ✓ Dry hand wash, wet wipes, hand cream (Zambuck)
- ✓ Notebook, pen, something to read (many wonderful bookshops in Kathmandu)
- ✓ We tip the guides and porters as a group. We usually tip each guide and porter a total of USD100 and USD60 respectively. We expect to use 2 guides and 2 porters as a group. Contributions are entirely up to you.

