



**KARNATAKA CLIMBERS AND EXPLORERS  
LAUNCHES 'HIGH ALTITUDE TREKKING AND TRAINING PROGRAMME'  
TO THE EVEREST BASE CAMP IN NEPAL**  
*In collaboration with and under the aegis, guidance and expertise of  
THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)*



HIGH ALTITUDE TREKKING AND TRAINING EXPEDITION TO

## **EVEREST BASE CAMP (EBC)**

**NEPAL**

**MAY 2024**

### ABOUT THE TREK:

With 8 of the world's 10 highest peaks, Nepal is loaded with spectacular mountain vistas. Mount Everest Base Camp has been a popular destination for trekkers since the very first expedition to the Nepalese side of Everest in 1953. This 11-day (excl. 2 rest days enroute) tea house trek along local trails, forests, villages and terraced farmland follows the highly praised route through the Dudh Kosi. One is rewarded with some of the most dramatic landscapes the Everest region can offer. Strenuous trekking is rewarded with spectacular Himalayan scenery including some of the world's highest peaks including Makalu, Lhotse and Everest. The trek starts at the upper Phakding and follows the Dudh Kosi valley which climbs up to the Sherpa capital of Namche, a bustling bazaar that's a junction for trekkers, local Sherpas and climbers en route to the mighty Mt. Everest. Khumbu valley is home to the friendly but legendary Sherpa people providing a fascinating insight into their quiet but vibrant lives. 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 a life time. From Namche, we trek along a high traversing path where we have our first good view of Everest and then head towards Thyangboche Monastery, which is located at 3867 Mts in a clearing surrounded by dwarf firs and rhododendrons. We then descend to the Imja Khola 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 Ama Dablam, Taweche and other peaks and then hike to Gorak Shep. We also have the opportunity to ascend Kala Pattar [5554m] 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 tedious climb that took you up there. You soon realize it was absolutely worth it. This also includes fantastic views of the south west 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

## PROGRAMME DETAILS:

<b>Period</b>	14 <sup>th</sup> to 28 <sup>th</sup> May 2024
<b>Duration</b>	15 days (Bengaluru to Bengaluru), if journey to Kathmandu and back is performed by air.
<b>Nature of programme</b>	Trekking, camping (tea house)
<b>Group strength</b>	Minimum: 15 ; Maximum: 20
<b>Age group</b>	18 to 50 years
<b>Trek distance</b>	128 kms approx.
<b>Grade</b>	Tough/Challenging
<b>Fees</b>	<b>Rs 74550/- [Rs.71,000/- (Katmandu to Katmandu)* + 3550/- (5% GST)]</b> <b>The costing is considering a 15-member team.</b> (In terms of transportation, food, accommodation, administrative expenses, complete camping facilities, technical gear, experienced instructors, guides, porters, etc.) * Up to Katmandu and back, the participants will have to make own transport arrangements as per their convenience.
<b>Registration</b>	<b>By 5<sup>th</sup> March 2024</b> by payment of 40000/- and the balance on or before <b>5<sup>th</sup> April 2024.</b>
<b>Mode of payment</b>	Cheque or DD drawn in favour of ' <b>KARNATAKA CLIMBERS AND EXPLORERES</b> ' / <b>NEFT (Contact coordinator for details)</b>
<b>Cancellation</b>	20 days before the date of departure: - 20% of fee + GST amount) 10 - 20 days before the date of departure: - 30% of fee + GST amount 05 - 10 days before the date of departure: - 50% of fee + GST amount Less than 05 days: - 80% of fee + GST amount
<b>Briefing</b>	All details pertinent to the expedition like items to carry, timings, reporting point, contact numbers etc., will be given on the day of briefing which will be held at least 10 days prior to the date of departure.

**Please note that registration will close once the target number is reached irrespective of the last dates mentioned. So, do not delay.**

*Every mountain top is within reach if you just keep climbing – Barry Finlay*

## ITINERARY:

Day	Date	Details
1	14-05-24	Reporting at KATHMANDU
2	15-05-24	DRIVE: Kathmandu to Ramechhap, FLY: Ramechhap – Lukla TREK: Lukla (9383') to Phakding (8691')
3	16-05-24	TREK: Phakding (8691') to Namche Bazaar (11,286')
4	17-05-24	ACCLIMATIZATION DAY: Namche Bazaar with an Acclimatization walk (12,434')
5	18-05-24	TREK: Namche Bazaar (11,286') to Tyengboche (12,696')
6	19-05-24	TREK: Tyengboche (12,696') to Dingboche (14,800')
7	20-05-24	ACCLIMATIZATION DAY: Dingboche with an Acclimatization walk (14,800')
8	21-05-24	TREK: Dingboche (14,800') to Lobuche (16,174')
9	22-05-24	TREK: Lobuche (16,174') to Gorakshep (16,929') to EBC (17,598') and back to Gorakshep (16,929')
10	23-05-24	TREK: Gorakshep (16,929') to Kalapatthar (18,513') to Pheriche (14,340')
11	24-05-24	TREK: Pheriche (14,340') to Namche Bazaar (11,286')
12	25-05-24	TREK: Namche Bazaar (11,286') to Lukla (9383')
13	26-05-24	FLY: Lukla to Ramechhap DRIVE: Ramechhap to Kathmandu
14	27-05-24	Buffer Day at Kathmandu*
15	28-05-24	Depart to Bangalore

**Programme co-ordinator - Srivatsa S : 98450 93836**

## INCLUSIONS & EXCLUSIONS:

<b><i>COST INCLUDES...</i></b>	<b><i>COST DOES NOT INCLUDE...</i></b>
<ul style="list-style-type: none"><li>• All transport – KTM airport to KTM airport (Note: Only one pick up and drop from and to airport)</li><li>• Trekking guide and Sherpa</li><li>• One porter for every 2 members for luggage offloading (10 kgs per bag)</li><li>• Trek permits &amp; national park entry fee</li><li>• Standard tea houses with on trek route</li><li>• Centrally ordered wholesome Veg food only</li><li>• Left luggage facility in Kathmandu</li><li>• Standard hotel accommodation in KTM</li></ul>	<ul style="list-style-type: none"><li>• Bangalore to Kathmandu and back – Journey</li><li>• Lunch, tea and dinner on the buffer day at KTM</li><li>• Insurance</li><li>• Bottled water during the entire programme</li><li>• Hire of coats, jackets, sleeping bags, etc.</li><li>• Any exclusive Room services</li><li>• Hot bath, charging of mobile phones etc. in tea houses enroute</li><li>• Tips to guides/porters</li><li>• Cost incurred in change of route/plan due to natural calamities etc.</li><li>• Emergency evacuation costs (assistance in arrangements will however be provided)</li></ul>

## OTHER INFORMATION:

- ✓ Average trek per day would be for around 7 - 8 hours.
- ✓ Maximum height gained during the trek 18,426 ft approx.
- ✓ Wholesome vegetarian food will be provided.
- ✓ An experienced and qualified instructor from the organisers will accompany the team.
- ✓ Guide, porters and support staff will be from Kathmandu
- ✓ A centralized medical kit will be carried.
- ✓ Decent and comfortable accommodation in Kathmandu, Lukla and enroute.
- ✓ Submission of medical fitness certificate as per proforma mandatory.
- ✓ At any time during the course of the expedition the leader's decision shall be final.
- ✓ Food and accommodation as centrally arranged only.

**Prospective participant should be physically and medically fit with a love for the outdoors. Outdoors demands leaving your comfort zone. Should not be suffering from any ailments related to lungs, heart, asthma, hypertension etc.**

*Mountains are places of great purity where man becomes more than a man*

