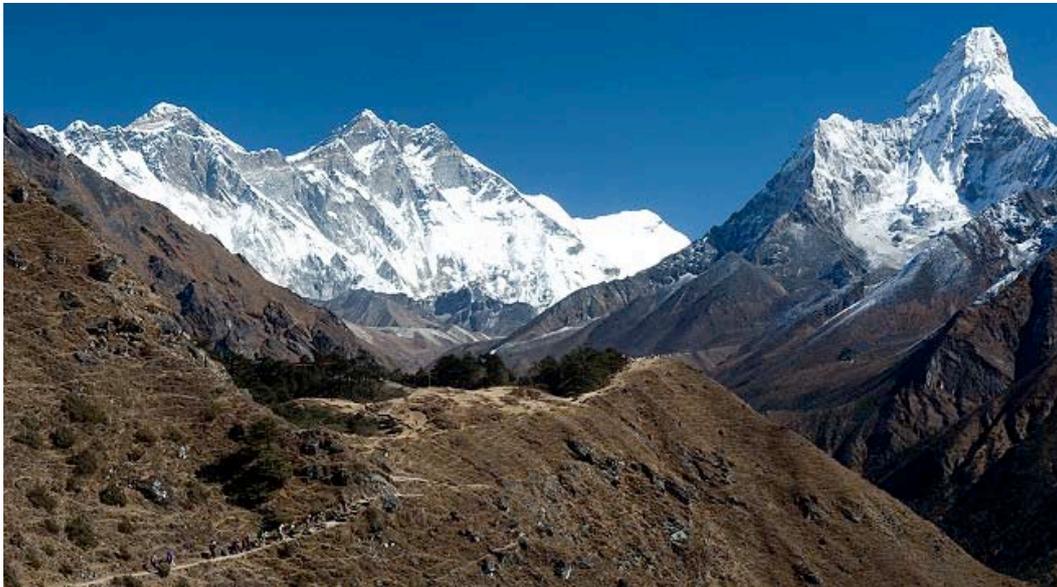


## Everest Base Camp 737 Challenge Trek

Altitude 5,544m/18,188ft » Duration 20 Days

Sunday 22<sup>nd</sup> April to Friday 11<sup>th</sup> May 2012

**Join Richard Parks on a trek to Everest Base Camp in support  
of Marie Curie Cancer Care.**



### **Richard says:**

"Thank you so much for your support. It's fantastic that you will be joining The 737 Challenge Trek to Everest Base Camp. I was blown away by the trek up the Khumbu Valley during my challenge, such an incredible corner of the planet. It's the scale that got me, unlike anything I'd ever seen before. I can't wait to go back, I hope you're as excited as I am!"

"We will all have different motives for this once in a life time trek to Everest Base Camp, however in attempting the trek you are not only challenging yourself positively, but you will be making a huge difference to lives of so many in supporting the charity



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Marie Curie Cancer Care. We are aiming to raise £1m in aid of Marie Curie and every penny you raise will really make a difference. Thank you."

## **Marie Curie Cancer Care**

Marie Curie Cancer Care is one of the UK's largest charities. Employing more than 2,700 nurses, doctors and other healthcare professionals, it expects to provide care to around 29,000 terminally ill patients in the community and in its hospices this year and is the largest provider of hospice beds outside the NHS.

The charity is best known for its network of Marie Curie Nurses working in the community to provide end-of-life care, totally free for patients in their own homes.

## **Introduction**

The trek to Everest Base Camp is without doubt one of the most famous in the world. It takes you into the heart of the Nepalese Himalaya, with awe-inspiring views of many of the world's highest and most beautiful mountains. Our itinerary is carefully designed to ensure you have adequate time to acclimatise comfortably, thereby enjoying the trekking experience to the full. The high point of the trek will be the climb to the famous Everest viewing point of Kala Patar (5,600m). We will also visit the actual site of base camp, below the tumbling Khumbu Icefall, from which Richard will make his Everest climb.

After exploring Kathmandu, we fly in a Twin Otter aircraft to the mountain airstrip at Lukla and begin the trek up the Khumbu Valley. We pass through many Sherpa villages, including the famous trading town of Namche Bazar, as well as visiting the monastery at Thyangboche. The trekking is mainly on good trails, apart from the last day up to base camp, which is on moraine (rocky ground). You can expect to trek for 4 to 5 hours each day, but some days will feel harder than others, depending on the altitude gain. This trek is therefore suitable for reasonably fit

walkers. We stay in lodges for the whole route and in the spring, you will see many Everest climbing teams in base camp.



### **Cost**

The cost of the trek is £2,295 joining in the UK, or £1,655 joining in Kathmandu. Please read the Inclusions and Exclusions on page 20.



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## **Minimum donation**

We want to be completely transparent about how much you pay for your trek and what money goes towards Richard's quest in aid of Marie Curie Cancer Care. We ask that you attempt to raise a minimum of £1,000 towards the 737 Challenge Trust's fundraising in aid of Marie Curie Cancer Care.

## **Everest Base Camp with Jagged Globe**

"The website was informative and professional. I felt that, as a trekker I was in safe hands with a company that had the muscle and know-how to take people to the summit. When I got my access to the online account, the dossier, the duffle-bag and follow-up correspondence, I knew I had made the right choice."

## **Everest Base Camp Trek 2012**

Our aim is to provide you with an enjoyable and successful trek in Nepal. This remarkable Himalayan country is the centrepiece of our worldwide activities and we provide all of our trekkers and climbers with a smooth and efficient service to maximise both your enjoyment and your chances of a successful trip, whether it be to Everest Base Camp or a climb to the summit.

## **The benefits of joining Jagged Globe on our Everest Base Camp Treks are:**

- Well-planned itineraries and acclimatisation designed to give all team members the opportunity to reach base camp (preferably without a headache!)
- You will visit Jagged Globe's climbing team and get a sense of what an Everest expedition is like and what Richard was up against!
- All of our treks stay in lodges throughout and are led by highly experienced Jagged Globe leaders, supported by a Nepalese Sirdar, plus Sherpas and porters.



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- We take special care of our porters who are probably the best equipped and clothed in Nepal, with items specially purchased in the UK.
- We use a great hotel in Kathmandu, which people really appreciate, particularly after the trek. The Summit Hotel is a welcome oasis, situated ten minutes away from the noise and bustle of downtown Kathmandu.

### **Additional benefits include:**

- A fully staffed office here in the UK, which includes people with first hand knowledge of the region and its mountains. As a company, we have been organising trips to Nepal since 1988.
- You have the opportunity of joining a Pre-trip training weekend, to brief you on the trip, meet other members, have a day out 'on the hill' and to purchase equipment from a leading retailer at a 15% discount.
- You can take advantage of our comprehensive Equipment Hire Service to ensure you are well equipped for the trip without having to make expensive purchases.

We are here to make your trek a great and memorable experience, so why not join us for your Himalayan adventure!

### **Caudwell Xtreme Everest Research**

In a sample of 166 of our most recent trekkers, 94.6% got to Everest Base Camp. This is far better than most organisations could claim, but our experience with the Caudwell Xtreme Everest expedition in 2007 suggested it could be improved. Dr Peter Hackett, whilst doing altitude related research during the early years of the hospital at Pheriche, noticed that success in reaching base camp increased depending on how many nights trekkers had spent at Namche Bazaar. This was confirmed by Dr Mike Grocott's Caudwell Xtreme Everest (CXE) Treks that were organised by us. For these treks, Dr Grocott followed Dr Hackett's maxim and allowed 3 nights in Namche Bazaar. As

predicted by Dr Hackett, and envisaged by Dr Grocott, the success rate for reaching Everest base camp for the CXE Treks, consisting of 241 people (five of whom were over 70 years of age), was more than 97%, being 100% for the overwhelming majority of the trek groups. So, without making our trip any longer overall, we are shifting the balance of acclimatisation, so that 3 nights will be spent in Namche.



## Trek Itinerary

### Day 1: Fly London to Kathmandu

Our flight to Nepal departs London Heathrow in the evening.

### Day 2: Arrive Kathmandu

In Kathmandu, we will stay at the Summit Hotel; positioned well away from the noise and bustle of the city centre, it has extensive gardens, a swimming pool and an atmosphere of quiet, restful charm. It is a Dutch owned, British managed establishment with a friendly and helpful Nepalese staff. Team members will be accommodated on a twin share basis in large en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable.



### Day 3: Fly Kathmandu to Lukla

We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu. This is an exciting flight, which should give a glimpse of Everest in the

distance. In Lukla, we will meet our trek staff and porters and set off straightaway for our first night's stop at Monjo. Situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, this small hamlet is on the main trade route through the area and there are a number of clean, well-built lodges where we can spend the night.

#### **Day 4: Trek to Namche Bazaar**

We will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before reaching the village of Monjo where we will enter the Khumbu National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar (3,400m/11,155ft). This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans cross the nearby border to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artefacts. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains.



**Day 5: At leisure in Namche Bazaar**

We will spend three nights in Namche Bazaar. During this critical acclimatisation phase (see 'Caudwell Xtreme Everest Research' above), we will spend time resting and trekking to higher altitudes. This will allow our bodies to become acclimatised to the altitude of 3,450m (11,300ft). On the first morning, there is the option of walking up to the Everest View Hotel (3,900m/12792ft), returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche bakery!



**Day 6: Acclimatisation trek to Thame**

Thame (3,844m) is located west of the main Khumbu Valley. It is famous as being the birthplace of Tenzing Norgay. Today we will take a leisurely walk towards Thame, to further aid our acclimatisation, before continuing the following day up the main

Everest Trail. The walk to Thame is steep out of the village, but there are superb views of the surrounding peaks.

### **Day 7: Trek to Deboche**

From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we will cross the Dudh Kosi River and make a steep climb to Thyangboche, home of an impressive and recently rebuilt monastery. We have plenty of time to look around Thyangboche (and have a cake at the bakery!), but at the height of the season it is a busy place, so we will drop down to the river and the village of Deboche (3,700m/12,135ft) a little further along the trail, where we will stay in a relaxing lodge.



### **Day 8: Trek to Dingboche**

Shaded by rhododendron trees, the trail crosses an airy suspension bridge just beyond Deboche. An hour's walking from here will bring us to Pangboche, an excellent viewpoint for Ama Dablam ('Mother's Charm Box') and home for the Sherpas who work on this imposing mountain each post-monsoon season. Contouring up the valley side, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingboche (4,410m/14,465ft).

### **Day 9: Acclimatisation**

Dingboche is a good location for acclimatisation, prior to our ascent up the upper section of the Khumbu Valley. While in Dingboche, we can attend a seminar about high altitude acclimatisation at the hospital in nearby Pheriche, run by the Himalayan Rescue Association. The walk over to Pheriche and back will also serve as good acclimatisation training and so make the walk doubly worthwhile.

### **Day 10: Trek to Lobuje**

We will retrace our steps back to Pheriche before continuing along the trail up the broad valley bottom towards Dugla. Ahead of us is the trekking peak of Lobuje East (6,119m/20,075ft), which is one of the objectives on our Khumbu Climber itinerary, and to our left is the formidable north face of Taweche, the scene of many cutting-edge Himalayan ascents of the 1980s and 1990s. After three hours we reach the small collection of lodges at Dugla (4,620m/15,153ft). We might choose to walk up to the Sherpa memorials, from where there are outstanding views of Ama Dablam, Cholatse and Taweche. From Dugla, the trail starts steeply to climb up beside the glacier moraine. After a few hours the track eventually leads to a small cluster of tea houses pleasantly situated at Lobuje (4,940m/16,207ft).



### **Day 11: Trek to Gorak Shep**

About three hours beyond Lobuje we reach Gorak Shep (5,220m/17,126ft), the site of the 1953 expedition's base camp. This will be our base for the next few days as we explore the surrounding area and visit Everest base camp.

### **Day 12: Climb Kala Pattar**

Today we will make an ascent of Kala Pattar (5,545m/18,188ft) and organise ourselves for the trip to base camp the following day. It is highly recommended to make an afternoon and evening ascent of Kala Pattar for hopefully a sunset view of Everest. The climb takes between 2 and 3 hours and can be hard work, but the effort is rewarded by the classic view of Everest and the Khumbu Icefall, as well as Lhotse, Nuptse, and Pumori immediately above. For many teams, this is as far as they go on the Everest Trail. For the full experience, tomorrow we will visit base camp itself.

### **Day 13: Trek to Everest Base Camp (5,600m/18,370ft)**

Contouring along the valley side, the trail leads on to the moraine of the Khumbu Glacier and becomes quite vague, weaving between mounds of rubble. After about 3 hours we will eventually reach base camp near the foot of the Khumbu Icefall. For those visiting base camp in the spring, it is a chance to meet teams making an ascent of the mountain. Here we hope to meet up with members of the Jagged Globe Everest South Col team, and catch up on their news of the climb so far. Base Camp is actually spread over quite a wide area and we will spend some time wandering through it and getting a sense of what it must be like to be camped here for two whole months, whilst attempting the mountain. To go any further than base camp, you will need to be a mountaineer! Our Everest team cooks will serve us lunch before we make the return trek to Gorak Shep.



**Day 14: Trek to Pheriche**

We retrace our steps to Lobuje, and return down the Khumbu Valley, stopping for a break in Dugla. With views of the stunning peak of Ama Dablam ahead of us, we continue along the flat valley to Pheriche.

**Day 15: Trek to Kyangjuma**

Following the main Everest trail down the beautifully scenic valley, we pass through Pangboche and re-cross the river before climbing to the monastery at Thyangboche. A steep descent of around 1500ft/500m leads through bird filled rhododendron bushes and fir trees to the Dudh Kosi River. From here we will continue to Kyangjuma (3,550m/11,545ft) to spend the night.

**Day 16: Trek to Monjo**

Crossing on yet another suspension bridge, we climb up the opposite side of the valley to reach the contouring path leading back through Namche Bazaar. We should have enough time in Namche to shop and relax in the bakery with a coffee and a cake, or even to check the Internet.



A steep descent for 600m/2,000ft down Namche Hill leads to the suspension bridge crossing the Dudh Kosi river and the small village of Monjo (2,835m/9,300ft). Not only is Monjo a quieter place to stay than Namche, it also means our porters have a less strenuous walk back to Lukla tomorrow.

### **Day 17: Trek to Lukla**

The trail now flattens out and we cross the river twice more before a rising traverse up the hill-side, past numerous tea-houses to Lukla. Our last day of steady trekking will be a real joy as at lower altitudes, with two weeks behind us, and nothing left to prove, we can soak up the atmosphere in each of the villages we amble through. All excess energy is guaranteed at our party this evening with our Nepalese crew.

### **Day 18: Fly Lukla to Kathmandu**

An early morning flight. We will be met at the domestic airport in Kathmandu and taken to the Summit Hotel. The afternoon can be spent exploring the city and visiting some of the temples, or simply browsing bookshops and shopping in the Thamel area. The team may choose to eat at the Summit Hotel tonight or in town at one of the many excellent restaurants.

### **Day 19: At Leisure in Kathmandu**

For those eager to see as much of Kathmandu as possible, an early start is worthwhile to visit the temples of Pashupatinath and Swayambhunath and districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel.

### **Day 20: Fly Kathmandu to London**

Our scheduled flight back to the UK arrives in London Heathrow early evening.

**IMPORTANT NOTE:** Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it! Weather conditions, availability of porters and the health of team members can all contribute to changes. The guides and their Sherpa assistants will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

## Acclimatisation

Approximate altitude profile of Everest Base Camp Trek: Everest Base Camp



Please note: This profile does not represent the gradient of the mountain!

## Team Composition

The Everest Base Camp 737 Trek will be led by Richard Parks, supported by local Sherpa Guides and Porters.

## Leadership

The Everest Base Camp 737 Challenge Trek will be led by Richard Parks. In selecting suitable leaders, we not only look to ensure that they have the relevant qualifications but we also ensure that they have a good track record of trekking at high altitudes. Whilst qualifications and experience are essential requirements, we also make sure that our leaders have the right temperament to lead a team comprised of individuals who have a range of previous experience and expectations. To that end,

we aim to provide a leader who will make the trek both successful and enjoyable throughout.

All of our leaders are personally known to us, having normally led several expeditions or treks for us previously. They are familiar with what we expect from them and how we like them to run trip on our behalf. Their main aim will be to ensure that you derive optimum benefit from taking part in the trip and to maximise every individual's chances of reaching the Everest Base Camp. However, as experienced mountaineers, they will always operate with safety as the prime consideration. In the past, the careful selection of our leaders has proved to be a major asset in the continuing success of our expeditions and treks and the overall enjoyment of the team members taking part.

Our leaders also hold a current mountain first aid certificate and have experience of dealing with the symptoms of acute mountain sickness and other altitude related illness.





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## **Experience Required**

The 20-day Everest Base Camp Trek is suitable for keen walkers who are able to walk for 4 - 5 hours in a day, with a light rucksack. Some of the days are quite long, and the walking feels more strenuous at altitude. Generally the trail is a good track, but occasionally it will be uneven and rocky, especially on the final section up to Everest Base Camp.

You are welcome to contact members of the Jagged Globe office staff, who have recent experience of trekking to Everest Base Camp, if you would like to discuss the trek in more detail. Phone 0845 345 8848.

## **Environmental Practice**

The trekking routes to popular base camps such as Everest are under considerable environmental pressure. We therefore do our best to minimise the impact of our expeditions and treks by adhering to a responsible and workable environmental policy. This includes the following measures:

**General Garbage** - Items which are easily combustible may be burnt without offending local sensibilities. Non-burnables and the remains of burnt items will be taken back to an appropriate collection point. Special consideration is given to the safe disposal of used batteries, which are re-exported back to the UK.

**Toilet Facilities** - On trek, toilet facilities are available at Tea Houses. At Everest base camp we share the expedition toilet facilities, which are transported to a suitable disposable point after the expedition.

Jagged Globe supports the work of the Kathmandu Environmental Education Project (KEEP) and trekkers are asked to adhere to its guidelines, which we provide.

## **Porter Protection**

Any trek or expedition to Nepal relies on the hard work of local porters. It is their carrying of our supplies and baggage that makes a journey into the mountains possible. Jagged Globe is therefore careful to ensure that they are well treated, not exploited and have good protection from the elements. We work closely with our Nepal based partner, Kit Spencer to provide shelter, clothing and footwear that match the severity of the environment. Porters who become sick are treated with the same care and attention as team members, and we have used helicopters, at our expense, to rescue porters from hazardous situations.

Jagged Globe supports the work of the International Porter Protection Group (IPPG), and provides help and advice to those organisations to improve the working conditions of the porters on whom we depend. All trekkers are asked to provide feedback on porters' working conditions in post-trip questionnaires.

## **Pre-Trip Meeting**

Prior to all our treks, we host a Pre-Trip training day. The primary purpose of the day is to provide an opportunity for individuals to ask questions about the forthcoming trek and to introduce them to other team members. We will cover topics such as personal equipment and acclimatisation, and will include a mountain walk. As Richard is proudly sponsored by Rab, Scarpa and Grivel. At this weekend, there will be a one off opportunity to purchase gear at reduced rate.

This year's training day will be on March 31<sup>st</sup> in the Brecon Beacons.

## **Equipment**

Trekkers need to provide their own personal clothing and equipment. To join the 737 Challenge Trek, you will need the following specialist equipment:

A good walking boots such as Scarpa Super-Trek, Scarpa SL/SL Lady or Scarpa Cristallo.

3/4-season sleeping bag such as Rab Andes 800 or Rab Alpine 600.

Medium weight Down Jacket such as Rab Infinity or Rab Endurance.

A complete equipment and clothing list is included in the Trek Dossier, which is sent to you on booking, along with details of our comprehensive Equipment Hire Service.

### **What the price includes**

- Economy class return airfares from the UK (unless Land Only).
- UK airline taxes.
- All internal flights and hotel/airport transfers.
- Accommodation at our base in Kathmandu, the relaxing Summit Hotel.
- All road transport by private vehicles.
- Accommodation in lodges/tea houses and all meals during the trek.
- All portering costs.
- All costs for a Jagged Globe accredited leader and Sherpa staff.
- Jagged Globe kitbag.
- Bespoke 737 Challenge Rab jacket.

### **What the price does not include**

- Donation to Marie Curie Cancer Care
- Visa fees.
- Overseas airports taxes not paid in advance through the international airline ticket.
- Bar bills and laundry.
- Travel insurance.
- Lunch and evening meals in Kathmandu.
- Optional trips and sightseeing tours.
- Tips.



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## **Booking**

If you would like to book a place on this trek, you can do so by returning our Booking Form, with a deposit of £300 payable to 'Jagged Globe'.

Alternatively, you can book over the telephone and pay your deposit. Please call us on 0845 345 8848.

We will process your booking within 3 working days from receipt and you will receive a written confirmation of your booking, along with the trek dossier, which contains more information about the trip, including an equipment list, and details on how to apply for your Nepalese visa.

On booking, we will also send you a walking experience questionnaire, medical declaration and an equipment hire request form. We ask you to complete these forms and return them to us as soon as possible after receiving your confirmation of booking.

## **Additional Information**

**If you wish to discuss any aspect of the trek or your suitability for it, please contact us by telephone.**

**+44 (0) 845 345 8848**

**or email us at**

**[climb@jagged-globe.co.uk](mailto:climb@jagged-globe.co.uk)**