PEAK POTENTIAL ADVENTURES

Quality Tourism Accredited Business

AUSTRALIAN VETERAN OWNED BUSINESS

EVEREST BASE CAMP

Everest Base Camp is an adventure every avid adventurer must complete. It's truly a journey of self-discovery. The enormous size of the Himalayan mountains will leave you mesmerised, and the peaceful and beautiful nature of the Sherpa people will touch you.

DEPARTURE DATES AND PRICE

Please refer to website:
www.peakpotential.net.au

Places are limited

Walk in The Shadows of The Beautiful Himalayan Peaks

0484 869 243 | admin@peakpotential.net.au | www.peakpotential.net.au

ADVENTURE OVERVIEW

See Mt Everest up-close via Kala Pattar on this 15-day adventure to Everest Base Camp. Organising our adventure during the main spring climbing season gives you the unique opportunity to stay overnight at Everest Base Camp. As a result, you'll have a chance to explore the Khumbu Icefall and experience first-hand the excitement and emotions as climbers prepare to attempt to climb the highest mountain in the world. As well as Mt Everest, along the way, you'll take in views of the other highest mountains in the world, such as Cho Oyu, Lhotse, Ama Dablam and Makalu.

HIGHLIGHTS

- Stunning views of Everest, Lhotse, Nuptse and Ama Dablam
- Stay overnight in Everest Base Camp to explore
- Enjoy the exciting atmosphere of the spring climbing season
- Experiencing the colourful Buddhist culture
- Meet and mix with spirited Sherpa people
- Visit the Alex Lowe Foundation's Khumbu Climbing School
- Stay overnight in tranquil local teahouses along the route
- Visit the village of Tengboche
- Enjoy the company of like-minded trekkers and adventurers
- Celebrate with your fellow climbers in Kathmandu.

INCLUSIONS

- Professional and experienced Australian & local guides
- Internal flights to Lukla and return to Kathmandu
- Transport and private vehicles used during the adventure
- 4x nights twin share accommodation in Kathmandu
- All meals as indicated in the travel itinerary
- Accredited and fully insured guides & porters
- Double-skinned mountain tents at Base Camp - twin share
- Accommodation at teahouses on the route - twin share
- 120-litre duffel bag to use on the walk provided in Nepal
- Emergency remote communications and UHF radios
- Group first aid kit carried by the guides
- All official national park trekking permits
- Pre-training and ongoing fitness advice, if required
- Personalised equipment advice and selection.

EXCLUSIONS

- International flights to Kathmandu and return home
- Personal expenses like phone calls and alcoholic drinks
- Meals in Kathmandu before and after the adventure
- Passport and visa costs
- Tips to local guides and porters
- Hiring any equipment in Kathmandu for the adventure
- Travel insurance - compulsory
- Boots and other essential adventure clothing
- Medical check-up costs and personal medication.

WHY WALK WITH US

Peak Potential Adventures operates small group adventures both in Australia and overseas and was founded by a group of experienced adventurers who have built a solid and well-regarded reputation. Our experience outdoors has been built from the ground up over many years. Adaptability, planning, logistics, transparency and professionalism are our strengths and qualities. Our priorities are meeting your expectations, servicing your needs, keeping you safe, and delivering value-for-money adventure experiences. Taking on an adventure can sometimes seem a bit daunting, so one of our most important qualities is that we are approachable and always available to answer any questions or provide advice - with us, you'll always get a personalised level of service.

PRE-ADVENTURE TRAINING

The Peak Potential Adventures team are qualified personal trainers who are available to guide and assist you in getting adventure fit to meet the physical demands of Everest Base Camp. Having completed many challenging expeditions throughout the world, we will provide expert advice regarding pre-adventure fitness training.

ADVENTURE ITINERARY

DAY 1 & 2 - KATHMANDU

Our team will organise your collection from Tribhuvan International Airport in Nepal. This will be a free day to recover from your international flight. Later in the evening, there will be a welcome group dinner. After a morning team briefing, day 2 is a free day to explore the crazy yet wondrously beautiful city of Kathmandu. Home to five World Heritage sites, Kathmandu is a stunning landscape of handcrafted wooden palaces (durbar or palace squares of Kathmandu, Lalitpur and Bhaktapur) and glorious Buddhist stupas (Swayambhu and Boudhanath). It is a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

DAY 3 - FLY TO LUKLA, WALK TO PHAKDING

Our trip begins with an early morning 30-minute flight to Lukla, which flies over endless rolling hills covered with green terraces. Once in Lukla, we have a short break to organise porters and gear before starting our day's walk, descending and ascending to Phakding. We pass green villages and colourful mani walls and follow the Dudh Kusi River upstream. This region is Buddhist, so remember to walk clockwise or to the right of mani walls and prayer flagpoles. Phakding is a small Sherpa village set along the Dudh Kosi River, surrounded by pine forest and terraced hillsides. It's often the first overnight stop on the trail, with friendly teahouses and a relaxed atmosphere that eases you into trekking life.

DAY 4 - PHAKDING TO NAMCHE

Leaving Phakding, we follow the Dudh Kosi River through forests and small Sherpa villages before reaching Monjo. Here we stop at the Khumbu National Park Information Centre, where you can trace our trail on a 3D model of the region. The route then crosses several steel suspension bridges draped with prayer flags and white katas. From the final bridge, it's a steady 2–3 hour climb to Namche. On a clear day, a lookout midway up offers your first view of Mount Everest. Once in Namche, you have the afternoon to rest, browse the markets, or pick up any last-minute gear.

DAY 5 - EXTRA DAY IN NAMCHE

We spend an extra day in Namche before moving higher to allow our bodies time to adapt to the thinner air and lower oxygen levels. In the morning, we take a steady walk up to the famous Everest View Hotel, where you'll be rewarded with a breathtaking panorama of Everest, Ama Dablam and Thamserku — a small preview of the scenery to come.
The afternoon is free to enjoy at your own pace. You may choose to wander the bustling markets, browse a few local shops, or simply relax in a café with a warm coffee and a slice of cake while soaking up the lively atmosphere of this Sherpa trading hub.

DAY 6 - NAMCHE TO PHORTSE

The trail behind Namche is a gentle track that traverses high above the Imja River with overlooking views of Thamserku and Ama Dablam. We pass a memorial in memory of Tenzing Sherpa, Sir Edmund Hillary's climbing partner, before reaching Kyangjuma to break for morning tea. We split from the regular traffic of trekkers heading to Everest Base Camp by taking the higher road up to Mong for lunch en route to Phortse. Many villagers still depend on potato and buckwheat farming here, but Phortse is also known for producing many climbing Sherpas to supplement their incomes. Since 2003, the Khumbu Climbing School, which operates in Phortse, has trained many keen young men and women. In addition, every winter, renowned international climbers and local guides work together to run climbing courses. The partnership has not only increased climbing enthusiasm amongst locals but has also improved general climbing safety. On arrival, we will stop at the Khumbu Climbing School to check their activities, perhaps even getting in a rock climb at the nearby crag.

HOW TO REGISTER AND JOIN OUR TEAM

If you would like to join us on our Everest Base Camp adventure or would like more information, please contact us directly using any of the contact details below, or fill out the below application and email it back to our office. For more information, visit our Peak Potential Adventures website and our Everest Base Camp information page

ADVENTURE ITINERARY

DAY 7 - PHORTSE TO PANGBOCHE

Heading out of Phortse, you will have spectacular views of Cho Oyu, the 6th highest mountain in the world and up the Ngozumba Glacier leading to Gokyo Lakes. The trail to Pangboche is an easy day of traversing, with views of Tengboche Monastery across the valley. Pangboche is the highest permanent settlement with the oldest monastery in the Khumbu. The horizon from here to Lobuche is dominated by Ama Dablam (6,856m), one of the most picturesque Khumbu mountains that are technically demanding to climb.

DAY 8 - PANGBOCHE TO DINGBOCHE

As we hike up the track towards Dingboche, there is a distinct change in the landscape as we cross the 4,000m altitude mark. High-altitude scrubs replace trees, and formidable mountains suddenly appear within reach. You feel instantly that Everest must be close! Dingboche is the first of a series of settlements leading to Everest Base Camp, which was established to accommodate trekkers. It is a seasonal village with a few fields and yaks. The afternoon is free to send emails or do some much-needed laundry. There are also a few local bakeries where you can grab coffee and pastry and relax with your teammates.

DAY 9 - EXTRA DAY IN DINGBOCHE

We spend an extra day in Dingboche to acclimatise to the higher altitude. In the morning, we set out on the steep but rewarding hike up Nangkartshang Peak, reaching close to 5,000m. This essential acclimatisation walk helps prepare our bodies for the altitude ahead, with unforgettable views of Makalu, Lhotse, Nuptse, and on clear days even Cho Oyu and Shishapangma. After returning to Dingboche for lunch, the afternoon is yours to relax, read a book, or enjoy a hot chocolate while soaking up the quiet beauty of the Himalaya.

DAY 10 - DINGBOCHE TO LOBUCHE

We enter a serene sanctuary of panoramic mountains just above Dingboche and along a plateau of yak herder shelters. Take a moment to absorb and reflect on your feelings of excitement that Everest is just around the corner! Passing Dughla is a 1-hour hike up to Thokla Pass (4,830m), where memorials have been built for deceased climbers. We then cross some rocky terrain to Lobuche to spend the night.

DAY 11 - LOBUCHE TO GORAK SHEP AND KALA PATTAR RETURN

Gorak Shep is the last settlement before reaching Everest Base Camp. From Lobuche, it is a short walk of a couple of hours across a glacier moraine to reach Gorak Shep around mid-morning. After some refreshments, we will hike the trail up the large black hill behind our teahouse. The summit of Kala Patter, or “Black Rock”, offers us our first real look at Everest, an unobstructed view of the highest mountain in the world. Alongside it stands Lhotse, the 4th highest in the world. Kala Pattar is also our highest point on the adventure, at an altitude of 5,500m. Finally, we walk back down to Gorak Shep for a well-earned hearty lunch and a good rest. The trek to Kala Pattar is not compulsory. Still, we highly recommend you do it because we will spend the night at Everest Base Camp, which will significantly assist with your altitude acclimatisation.

DAY 12 - GORAK SHEP TO EVEREST BASE CAMP

Finally, we reached our objective today, Everest Base Camp! We walk along the rocky terrain alongside the Khumbu Glacier to Everest Base Camp. This pile of rocks at the foot of the infamous Khumbu Ice Fall in spring is home to some 30 teams (hundreds of climbers and support staff) aspiring to climb to the summit of Everest. In the afternoon, we will take our time inspecting the Khumbu Ice Fall and visiting the Himalayan Rescue Association. Finally, we will spend the night at Everest Base Camp. This is an excellent opportunity to see firsthand what it takes to climb an 8,000m mountain.

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ADVENTURE ITINERARY

DAY 13 - EVEREST BASE CAMP TO PHERICHE

As we walk the undulating glacier trail back to Thukla pass, we look back and around at the snow peaks within this spectacular and wonderous valley. You can understand why this Himalayan mountain region attracts so many climbers and adventurers to this playground of mountains. We continue the downhill trail to Pheriche.

DAY 14 - PHERICHE TO TENGBOCHE

As we descend to lower altitudes, you will feel rejuvenated with increasing oxygen in the air every step you take from here to Lukla. We have lunch at Pangboche, cross the river and pass through Deboche to reach our destination of Tengboche, where we will spend the night. Tengboche Monastery is famous for hosting the major Buddhist festival, Mani Rimdu, in November. The monastery itself was rebuilt after a fire in 1989. Visitors are allowed to observe prayer time with the Monks at mid-morning and mid-afternoon. This is not to be missed! You can also enjoy coffee and a cake at the bakery.

DAY 15 - TENGBOCHE TO MONJO

It is a big descent from Tengboche to the Dudh Koshi River crossing, followed by a 45-minute hike up the other side heading back to Namche. The trail from here is an easy traverse with familiar sights of Thamserku and the Kongde Range. We pause in Namche for lunch before making another big descent back to the valley floor. Crossing over the many suspension bridges in warmer temperatures again, we eventually rest in Monjo for the night.

DAY 16 - MONJO TO LUKLA

Enjoy the sights of the mani walls around Ghat and other villages as we make our way back to Lukla. This is our last opportunity to take in the Buddhist culture that prevailed throughout the adventure before returning to the melting pot of cultures found in Kathmandu.

DAY 17 - FLY LUKLA TO KATHMANDU

This will be an early morning flight out of Lukla back to Kathmandu. You have the rest of the day to rest and relax from the trek. A massage is highly recommended.

DAY 18 - KATHMANDU

This will be your last day to get in some local sightseeing around Kathmandu or to relax and prepare for your departure. If you didn't make it to Bhaktapur or the other durbar squares in Patan/Kathmandu, make sure you don't miss these world heritage sites. They provide another viewpoint of Nepal's diverse culture and ancient architectural talents.

DAY 19 - DEPART KATHMANDU

Today you will book out of your hotel in Kathmandu and be driven in the shuttle to Tribhuvan International Airport for your return flight home.

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ADVENTURE:_____ **ADVENTURE DATE:**_____

FULL NAME:_____ **DATE OF BIRTH:** / /

MOBILE NUMBER:_____ **EMAIL ADDRESS:**_____

1. **DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS OR ALLERGIES?** (Please circle) **YES / NO**

If you have circled **YES**, please provide further information about your dietary requirements or allergies?

_____

_____

2. **DO YOU HAVE ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF?** (Please circle) **YES / NO**

If you have circled **YES**, please provide further information about your medical conditions.

_____

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3. **DO YOU HAVE ANY INJURIES WE SHOULD BE AWARE OF?** (Please circle) **YES / NO**

If you have circled **YES**, please provide further information about your injures.

_____

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4. **HOW WOULD YOU RATE YOUR CURRENT LEVEL OF FITNESS?** (Please circle)

POOR **AVERAGE** **GOOD** **VERY GOOD** **EXCELLENT**

5. **HAVE YOU HAD ANY PREVIOUS BUSH WALKING OR TREKKING EXPERIENCE?** (Please circle) **YES / NO**

If you have circled **YES**, please provide further information about your experience.

_____

_____

6. **WHO SHOULD WE CONTACT IN CASE OF AN EMERGENCY AND WHAT IS THEIR RELATIONSHIP TO YOU?**

FULL NAME:_____ **RELATIONSHIP:**_____

7. **WHAT IS THE BEST MOBILE NUMBER FOR YOUR EMERGENCY CONTACT?**

_____