

Mark Hughes Foundation: Everest Base Camp supporting Brain Cancer Research



Trip Highlights

- Join the Mark Hughes Foundation crew and support brain cancer research
- Climb Kala Pattar (5545m) for unrivalled views of Everest, Lhotse, Nuptse and surrounding peaks
- Enjoy the scenic mountain flight to Lukla, taking in breathtaking aerial views of the Himalaya
- Immerse yourself in Kathmandu's vibrant culture, from bustling markets to sacred temples
- Experience the warmth of Sherpa hospitality, visiting traditional villages and monasteries along the trail
- Trek with experienced local guides and a well-supported porter team, ensuring ethical treatment, fair wages, and a safer experience for both travellers and crew



Trip Duration	14 days	Trip Code: NMH
Grade	Moderate	
Activities	Trekking	
Summary	14 day trip, 11 day trek, 2 nights hotel, 6 nights private eco-comfort camps, 5 nights eco lodge	

Supporting Your Cause

The Mark Hughes Foundation (MHF) is a charity formed in Newcastle by Mark and Kirralee Hughes following Mark's diagnosis with Brain Cancer in 2013. The Mark Hughes Foundation's mission is to raise much needed funds for research, to create awareness and support brain cancer patients and their families.

Our Foundation is a very small organisation that runs mostly on the generosity of our supporters and some community grants which allows us to keep the running costs to a bare minimum so that one day, maybe in our lifetime, together, we will find a cure for brain cancer.

Join our tribe on this extraordinary 14-day trek to the base of Mt Everest in support of brain cancer research.

<https://www.facebook.com/markhughesfoundation/>

<https://www.instagram.com/markhughesfoundation/>

<https://twitter.com/MarkHughesFdn>

<https://www.linkedin.com/company/mark-hughes-foundation>

<https://www.tiktok.com/@markhughesfoundation>

#MHF #MarkHughesFoundation

Your Huma Challenge

Thank you for your interest in our Mark Hughes Foundation: Everest Base Camp supporting Brain Cancer Research. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

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Trip Dates

2026 06 Nov - 19 Nov

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

12

Group Size Max:

16

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Trip grading

What Impact Will My Fundraising Have?

The team will be raising funds to help MHF continue to drive critical research, education, and healthcare advancements across Australia for brain cancer patients, their families and carers, and health professionals.

Your Adventure

Embark on the adventure of a lifetime with the Everest Base Camp Trek, a truly life-changing journey that also supports the Mark Hughes Foundation in its mission to fund vital brain cancer research.

This carefully crafted itinerary prioritises safety, comfort, and responsible travel. Unlike traditional lodge-based treks, you'll stay in private Eco-Comfort Camps, featuring warm tents with off-the-ground beds, heated dining areas, and clean, well-maintained facilities. The route is designed to allow for gradual acclimatisation, ensuring a safer and more enjoyable experience.

As you trek through historic Sherpa villages, you'll immerse yourself in local culture and enjoy spectacular Himalayan panoramas, including Everest, Lhotse, and Nuptse. The climb to Kala Pattar rewards you with the most breathtaking views of the region, but the final ascent to Everest Base Camp (5,364m) brings you to the heart of the world's highest mountains.

With expert guides, freshly prepared meals, treated drinking water, and ethical porter support, this trek combines adventure with sustainability and care.

By taking part, you'll not only experience one of the world's greatest treks, you'll also make a lasting difference in the lives of those affected by brain cancer.

Itinerary at a Glance

DAY 1	ARRIVE IN KATHMANDU
DAY 2	FLY LUKLA (2800M). TREK TO MONJO (2850M). WALK APPROX 5-6 HOURS
DAY 3	TO NAMCHE (3440M). WALK APPROX 4-5 HOURS
DAY 4	TO KYANGJUMA (3550M) - WALK APPROX 3-4 HOURS
DAY 5	TO PANGBOCHE (3930M), WALK APPROX 6-7 HOURS
DAY 6	TO DINGBOCHE (4360M), WALK APPROX. 3-4 HOURS
DAY 7	REST DAY IN DINGBOCHE
DAY 8	TO LOBUCHU (4930M). WALK APPROX 6 HOURS
DAY 9	TO GORAK SHEP (5288M) & BASE CAMP (5360M). WALK APPROX 7-8 HOURS
DAY 10	KALA PATTAR (5545M), & TREK DINGBOCHE (4330M), WALK APPROX. 7-8 HOURS
DAY 11	TO NAMCHE (3440M). WALK APPROX 7-8 HOURS
DAY 12	TO LUKLA (2800M). WALK APPROX 6-7 HOURS
DAY 13	FLY TO KATHMANDU
DAY 14	TRIP CONCLUDES KATHMANDU

What's Included

- International flights
- Return flights to/from Lukla
- All group Airport transfers
- 13 breakfasts, 11 lunches and 12 dinners (includes boiled drinking water on trekking days and all meals on trek)
- An extra 5kg luggage allowance on Lukla flight, total 20kg
- Accommodation on trek in a combination of comfortable eco lodges and our exclusive eco-comfort camps with off the ground camp beds, mattresses and pillows



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Moderate

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains. To prepare for a moderate trek you should begin training at least four to five months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

- the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and sleeping bag liner (valued at over US\$500)
- souvenir World Expeditions kit bag
- group medical kit
- private transportation
- porters to carry all personal and group equipment
- porter's insurance
- all park entrance fees and trekking permits
- Travel Insurance

What's Not Included

- Lunch and final dinner in Kathmandu (restaurant booked; meals at own expense)
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- Airport and departure taxes
- Visa

Detailed Itinerary

DAY 1 Arrive in Kathmandu

After all your preparation and fundraising, the journey finally begins!

On arrival at Kathmandu Airport, you will be met by a World Expeditions representative (Huma) and transferred to the Radisson Hotel. The afternoon is at leisure until 4:30–5:00pm, when a pre-trek briefing will take place in the hotel lobby. During the briefing, your gear — including your kit bag, sleeping bag, and down or fibrefill jacket will be distributed.

This evening, we'll head out to the Kathmandu Grill Restaurant in Thamel for dinner.

Overnight: Radisson Hotel

meals: D



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Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 2 Fly Lukla (2800m). Trek to Monjo (2850m). Walk approx 5-6 hours

We have an early start with a short flight to STOL airstrip at Lukla. The Tenzing-Hillary Airport in Lukla was established by Sir Edmund Hillary to help access the Everest region and the Sherpa people. It is a picturesque flight with marvelous views of the Eastern Himalaya. Once at Lukla we are immediately presented with views of huge peaks surrounding the village, offering a glimpse of what is to come. Our crew assembles and we head downhill towards the Dudh Kosi, a raging river that flows from the highest peaks. The broad and well-marked trail meanders around fields of potatoes and buck-wheat, passing through small villages and rows of dahlia trees.

We cross and re-cross the thundering glacial river, named "Dudh" (milk) Kosi (river) because of its colour. Sections of today's walk are through pine forest and cleared areas reveal terraced fields and a variety of crops. We pass small groups of donkeys and yaks carrying trading goods and trek-gear along the trail. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, more commonly found at higher altitudes. Spectacular mountain peaks unfold above us and seem to hover above the tree-line as they rise above the deep river valley. We cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamskerku (6808 m) rises majestically, seemingly from the river floor.

We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus", and is mantra (chant) venerated by Buddhists and Brahmins alike.

Buddhists will walk to the left of these Mani Walls and chortens, but you may notice that people of the lowlands who have no knowledge of Buddhism do not follow this practice.

Overnight: Exclusive eco-comfort camp

meals: B,L,D

DAY 3 To Namche (3440m). Walk approx 4-5 hours

This morning we cross the green/aqua waters of the Dudh Kosi and pass through the gates of the Sagarmatha National Park. We follow the river course to the confluence of the Dudh Kosi and the Bhoté Kosi and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa "capital" of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain. We will spend the night above the main town, typically in the eco lodge of Lhakpa Sonam Sherpa and his family. In your free time in the afternoon, we recommend you visit the Sonam's Sherpa Culture museum, a meticulously curated collection in an ancient traditional Sherpa house showcasing the culture and stories of Sherpa climbers in the Everest region of Nepal.

Overnight: eco-lodge

meals: B,L,D



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DAY 4 To Kyangjuma (3550m) - Walk approx 3-4 hours

Our trek will start with an incline to Syangboche airstrip and along the ridgeline towards Everest View Hotel. We are welcomed with magnificent views of the surrounding mountains including Everest, Lhotse, Thamserku, Khangtega, Ama Dablam and many more. After a quick break, we continue towards Khumjung and visit Sir Edmund Hillary's famous "Schoolhouse in the clouds." This school was the first in the entire Khumbu region being built in 1961 with the help of the Sir Edmund Hillary and the Himalayan Trust. The school originally opened with only two classrooms but has since expanded to cater for over 350 students. We descend and follow the trail for approx 25 minutes to our new exclusive campsite at Kyangjuma. For those who are feeling the early effects of altitude can opt for a shorter acclimatization walk of around 2 hours directly from Namche to Kyangjuma. Overnight: Exclusive eco-comfort camp

meals: B,L,D

DAY 5 To Pangboche (3930m), walk approx 6-7 hours

The walk to Pangboche is one of the most spectacular trekking days in Nepal. The trail starts with a gradual descent through rhododendron and pine forests as we approach a suspension bridge to cross the Dudh Kosi. We start our climb through pine forests to the top of a long ridge which flows from the summit of Kantega. If we are lucky, we may come across local wildlife including the Himalayan Thar, Musk Deer and the vibrant Danphe Pheasant, the national bird of Nepal. A traditional gateway and chorten welcomes us to the village of Thyangboche. From the steps of the Monastery we will be rewarded to a clear view of Everest between Nuptse and Lhotse as well as Peak 38, Shartse and Ama Dablam. Thyangboche is considered the spiritual heart of the Khumbu Valley and the monastery was re-built with the help of Sir Edmund Hillary after being decimated by a fire in 1989. We continue down hill to Deboche for lunch before making our final push to Pangboche.

Overnight: Exclusive eco-comfort camp

meals: B,L,D

DAY 6 To Dingboche (4360m), walk approx. 3-4 hours

We follow the Imja Khola to stunning views of Everest, Lhotse, Kantega, Thamserku, Ama Dablam and Nuptse as we descend into the valley and cross the suspension bridge. As we reach the town of Shomare, we gradually ascend above the tree line where the terrain becomes increasing sparse, barren and dotted with high altitude shrubbery. The views of mountains are spectacular as we reach our overnight campsite at Dingboche, situated just beneath the impressive Ama Dablam.

Overnight: Exclusive eco-comfort camp

meals: B,L,D

DAY 7 Rest day in Dingboche

An important acclimatisation/rest day today with the option of hiking high up to the ridge overlooking the village, or perhaps up to Chukung Village. Excellent views of Nuptse, Lhotse, Chukung Peak and Imja Tse (6189m) are had from both in the valley or from the ridge above the camp. Massive glaciers drape beneath cliffs that soar up to 3,500 metres in this dramatic valley.

Overnight: Exclusive eco-comfort camp

meals: B,L,D



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DAY 8 To Lobuche (4930m). Walk approx 6 hours

We are gaining altitude and it is important that we move at a slow, steady pace. The slopes are quite barren now as we move above the tree line. Views of different peaks, such as Cholatse and Lobuche, unfold before us in this contrasting and spectacular landscape. We move up the Dhugla Ridge and onto moraine towards the Khumbu Glacier. Rock cairns can be seen, many of which are dedicated to the memory of climbers attempting the high mountains of the area, including Everest. The temperatures drop here as we are more exposed amongst this glacial moraine. We enjoy spectacular views all day today of Pumori and Nuptse. The hill above the town affords fine sunset views of Nuptse.

Overnight eco lodge (please note that single supplements cannot be guaranteed at Lobuche during peak periods).

meals: B,L,D

DAY 9 To Gorak Shep (5288m) & Base Camp (5360m). Walk approx 7-8 hours

We trek alongside the Khumbu Glacier as the path winds over the rocky moraine towards the settlement of Gorak Shep. We are high, among the glaciers of the world's highest peaks. Following our arrival at Gorak Shep we have an early lunch before we commence our trek to Everest Base Camp. In the pre monsoon season many expeditions can be seen at base camp and this excursion is one of the highlights of the trek.

Overnight lodge (please note that single supplements cannot be guaranteed at Gorak Shep during peak periods).

meals: B,L,D

DAY 10 Kala Pattar (5545m), & trek Dingboche (4330m), walk approx. 7-8 hours

Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks atop the hill the views are spectacular. Most eyes are locked on the mass of Everest and its rocky buttresses immediately before us. Many of the famous ascent routes are quite clear. Below us the Khumbu Glacier snakes towards the icefall and Western Cwm. We can see the area where expeditions set their base camp but the original site was at Lake Camp, now known as Gorak Shep. Take a look in every direction and soak it in. The view south and our route out is particularly beautiful. In the afternoon we make the return trek to our exclusive eco-comfort camp at Dingboche, soon after setting off we reach the site of a row of cairns to Sherpa climbers who died on Everest, before we continue to the small settlement at Tugla. Our path on an old lateral moraine takes us to the sheltered village of Dingboche and our permanent camp. To the east at the head of the Imja Khola valley sits the pyramid peak of Imja Tse (6189 m). This afternoon we can walk up the ridge behind Dingboche for sunset views of Nuptse, Lhotse and Chhukung Peak.

Overnight: Exclusive eco-comfort camp

meals: B,L,D

DAY 11 To Namche (3440m). Walk approx 7-8 hours

There may be a tendency to rush as we gradually descend downhill but there is still much to appreciate. We follow the Imja river and eventually cross the Pheriche river to our lunch stop at Deboche. After lunch we wander through serene rhododendron and birch forests to reach Thyangboche monastery and continue towards Namche.

If the weather is clear, the mountain views as we near Namche Bazaar are outstanding. As we approach the end of our trek, we have time to peruse the Tibetan shops for souvenirs or even wander the Sherpa capital and relax with a coffee.

Overnight: eco-lodge

meals: B,L,D



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DAY 12 To Lukla (2800m). Walk approx 6-7 hours

Leaving Namche we descend through the forest towards the Dudh Kosi, and continue our return journey crossing and re-crossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world. We exit Sagarmatha National Park and retrace our steps along the valley, passing through a variety of settlements and forests before a gentle climb to Lukla. We savour our final mountain sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek is a perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here.

Overnight: eco-lodge.

meals: B,L,D

DAY 13 Fly to Kathmandu

We start the day with a stunning morning flight over forests and villages directly to Kathmandu. Upon arrival, you will be transferred back to the Radisson Hotel and have the remainder of the afternoon free. There will be plenty of time to relax or do some last minute shopping/sightseeing.

This evening, we'll head out to a local restaurant for our final night in Nepal to reflect on what has truly been the experience of a lifetime.

(Note: restaurant will be booked but dinner is at own expense)

Overnight: Radisson Hotel

meals: B

DAY 14 Trip concludes Kathmandu

After breakfast arrangements conclude. You will be transferred to the airport for your flight home.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Country Information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.



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Climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

Mountain Flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash or credit cards (Visa, Mastercard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.



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A Typical Day

Each morning begins with a wake-up cup of tea, brought to your tent around 6:30 am, followed by a small bowl of warm water for washing. Before breakfast, you'll pack your gear into your kit bag, which will be carried by porters or pack animals and won't be accessible until you reach camp in the afternoon.

After a wholesome breakfast, we typically start trekking between 7:30 and 8:00 am, depending on the day's distance and terrain. The morning walk lasts around three to four hours before we take a one-hour lunch break at a scenic spot chosen by our team. The afternoon walk is usually shorter, and we aim to reach camp between 3:30 and 4:30 pm.

Upon arrival, afternoon tea is served once the kitchen is set up, offering time to relax or explore before dinner, which is typically between 6:00 and 7:00 pm. Bring your headlamp and water bottles to the dining tent so they can be filled with boiling water for the night. Evenings on the trek are a special part of the journey—whether playing cards, sharing stories, or enjoying music and dancing with the local crew, these moments often become some of the best memories of the trek.

Exclusive Eco-comfort Camps

The Everest area is a built up region. It's the homeland of the Sherpa people and the highest mountains on earth. As a result, it is Nepal's most popular tourism region for trekkers. Over time, villages in the area have grown with scores of lodges, restaurants and trekking equipment shops. We have observed many companies change over from camping to lodge/tea house trekking with these developments. These accommodations are reliant on wood from the region for heating, cooking and to generate warm showers. Some have solar technologies which are crude and not consistently functional as they rely on fine weather conditions. World Expeditions has always argued that lodge/tea house trekking is therefore a drain on a natural resource which is becoming increasingly scarce. We cannot consciously contribute to this problem which is now termed as a deforestation crisis. Our exclusive eco-comfort camps provide innumerable benefits. Firstly, we are able to continue our philosophy of offering camping treks which is the most sustainable type of trekking, whilst offering a greater level of comfort as a result of the construction of a permanent dining room structure which will replace the traditional mess tent. Meals will be taken in the dining rooms, and at the end of the trekking day, you may relax with cushioned seating and a pot belly stove that is fuelled by yak dung and not wood, to warm the room. There are no smoke emissions in the room as the chimney carries it outside. An ablution block comprising of several toilets with composting western sit toilets and hand basins are also installed in our camps. Our exclusive eco-comfort camps create an atmosphere of privacy and exclusivity and come with fine views of the mountains - a place where our travellers and staff come together, and where camaraderie and friendships are formed. We know this to be a highlight of our camping treks and consistently receive feedback that overwhelmingly supports this. Finally, our camping treks employ many local people - a workforce of up to 25% more than a lodge trek provides.

Hot shower facilities are available at some locations in the Everest region. These locations are: Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo. There will be a small charge of between 300-650rps to utilise this service, and it is subject to availability. Most, but not all, World Expeditions trips in the Everest region visit one of more of these locations.

Eco Lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.



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Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip

In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers. The hotel has a World Expeditions tour desk in the foyer, free WIFI, a pool and bar, restaurants, room service, currency exchange and free luggage storage whilst you are on trip. A hearty buffet breakfast is included with every night stay in the Radisson. The Tranquility Spa, within the Radisson offers massage, reflexology, steam room and sauna, plus many beauty treatments for your enjoyment - as a World Expeditions client you will receive a 30% discount off the retail prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

Single supplement charges relate to nights spent at the Radisson Hotel in Kathmandu and our exclusive eco comfort camps. In other locations single rooms are allocated when available, during peak periods single rooms cannot be guaranteed in Lobuche and Gorak Shep.

What You Carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

Equipment Required

Specialist gear required includes walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

Acute Mountain Sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation



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- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

Porter Initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more than 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted.



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FAQs

Q. Can I charge my camera/phone on the trek?

A. There will be opportunities to charge your camera/phone at Namche, Deboche and Lukla. There are also solar charging facilities in Dingboche, Lobuche & Gorak Shep. You should carry fully charged spare batteries as well and a solar charging pack is also handy.

Q. What gear is provided?

A. Use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500) is provided for your use. You will be given this at the group briefing in Kathmandu.

