Lace up your hiking boots and get ready for the best trek you’ve ever-est been on! Join us as we trek through literally breath-taking panoramas to the incredible Mount Everest Base Camp.

20 February – 7 March 2020

For more information and to register online:

www.dream-challenges.com
Mount Everest Base Camp Trek 2020
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Lace up your hiking boots and get ready for the best trek you’ve ever-est been on! Join us as we trek through literally breath-taking panoramas to the incredible Mount Everest Base Camp.

This tough but enchantingly beautiful trek takes us from the mountain town of Lukla, up through rhododendron and fir forests, across pretty streams and creaking glaciers, past peaceful rural monasteries, shrines and prayer wheels and through unending and unforgettable panoramas, to the mighty Mount Everest Base Camp.

Reaching dizzy heights with stunning mountain vistas, we’re accompanied all the way by our wonderful ground handler, Dawa, who grew up in the Himalayas and knows the mountains like the back of his hand. Not only will you trek higher than most people will ever get a chance to do, you’ll also get an amazing insight into the beautiful local culture of the Sherpas and their yaks.

Places for this phenomenally popular bucket-list challenge will go very fast, so please register today to avoid disappointment.
The Itinerary

Days 1 & 2 | London to Kathmandu
After an overnight flight from London Heathrow to Kathmandu, via New Delhi, we catch a transfer from Kathmandu airport to the Hotel Tibet International. Here, we meet our lovely challenge leader for a pre-trek briefing and you’ll have the opportunity to ask any questions you may have about the challenge ahead. This evening, we have a wonderful welcome dinner at one of Kathmandu’s fine restaurants.

Day 3 | Kathmandu | 1,360m/4,488ft
This morning, we get to see one of the biggest Buddhist shrines in the world, Boudhanath Stupa, on a fascinating tour around the Nepalese capital of Kathmandu. Wandering through the monasteries that surround the shrine and seeing the Buddhist monks in prayer, this is the perfect calm before the storm!

We also visit Nepal’s most famous Hindu temple, Pashupatinath, which sits on the banks of the Holy Bagmati River, where Hindu Sadhus, Holy men and pilgrims perform their ritual bathing. The early afternoon is free to relax or you may wish to visit Kathmandu’s tourist centre, Thamel, to do some last-minute shopping. Later in the afternoon, we’ll supply you with your trek pack.

Day 4 | Kathmandu – Lukla - Phakding | 2,600m/8,580ft
This morning, we catch a short flight from Kathmandu to the mountain town, Lukla. Now at 2,600m, we have a chance to acclimatise, while exploring the quite literally breath-taking town. We also have the special opportunity to visit the ‘Classrooms in the Sky’ project. This wonderful charity school was set up by Dawa, our challenge leader, and is dedicated to improving the educational opportunities in this remote mountain region of Nepal.

In the afternoon, we start our challenge with an easy walk and descend on a wide trail towards the Dudh Kosi, the highest river in eastern Nepal. We join the main trail just above the village of Chaurikharka (2,731m) and follow it to Namche Bazaar, the bustling capital of the Khumbu region. Continuing on, we pass through the small village of Ghat (2,550m) and cross the Dudh Kosi river again to our accommodation in the beautiful village of Phakding.
Day 5 | Phakding - Namche Bazaar | 3,446m/11,372ft
Today, we head up the valley on a trail, busy with porters from the lower Solu district as they ferry supplies to Namche. We’ll pass many Sherpas leading their Zopkios (half yak, half cow) to higher valleys, laden with climbing equipment. We follow the river valley, through beautiful pine and rhododendron forest. Upon reaching Benkar village, we re-cross the Dudh Kosi and catch glimpses of the Kusum Kanguru and Thamserku mountains. We stop in the village of Monjo for lunch and then it’s back across the river to the western bank at Jorsale and the Sagarmatha National Park.

Continuing upstream to the intersection of the Bhote Kosi and Dudh Kosi rivers, we cross a large, stable suspension bridge high above the river. We then have a steady climb to Namche, spotting the peaks of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m) and Tawoche (6,542m) along the way. After arriving in Namche, we have the rest of the day free to relax or wander the shops for Tibetan artefacts.

Day 6 | Namche
We rest today to ensure we acclimatise properly. Namche is a stunning village, tucked in a large hollow. We recommend you enjoy the sunrise and the sunset views from the National Park Headquarters above the village. After breakfast, the area is your oyster. You can take a walk towards Thami (3,810m) above the beautiful Bhote Kholo river valley or visit to the National Park Headquarters to see the displays of Sherpa culture. You could also climb to Shyangboche or visit the Everest View Hotel.

Day 7 | Namche - Thyangboche | 3,875m/12,787ft
From Namche, we trek to the village of Kyangjuma on an undulating trail, with fantastic views of Ama Dablam, Thamserku and Everest. From here, we only have a short walk up to Khumjung and the Everest View Hotel. Along the way, we’re likely to pass plenty of local wildlife, including Danphe pheasants and Himalayan thar, a fluffy mountain goat.

After a cup of tea, we pass through the village of Trashinga, where the trail drops steeply to cross the Dudh Kosi at Phunki Tenga (3,250m). We take a break here and admire the water driven prayer wheels, before trekking up through a gorgeous forest to Thyangboche. This municipality sits in a beautiful meadow, surrounded by the peaks of Kangtega, Ama Dablam and Mount Everest. This evening, we visit the monastery before settling down for our night’s rest.
Day 8 | Thyangboche - Dingboche | 4,360m/14,388ft
We start the morning by descending through a forest, lush with birch, fir, juniper and rhododendron, to the nunnery at Deboche. From here, we cross the Imja Khola glacier and gradually ascend to the village of Pangboche. We take our lunch break here and have a special opportunity to visit the old monastery, which once housed the legendary Yeti Scalp, a piece of the abominable snowman.

In the afternoon, we follow a trail passing the tea houses at Orsho, before crossing over another section of the Imja Khola and the old glacial moraines to our lodge in Dingboche. Now well above the tree line, we can’t see Everest from here, but we have the amazing sight of the Lhotse Nuptse ridge. This evening, if skies are clear, we can experience the stunning sunset from our lodge.

Day 9 | Dingboche | 4,360m/14,388ft
Today, we can enjoy a day of rest and acclimatisation in Dingboche, a quaint Sherpa village made up of a beautiful patchwork of small fields, growing barley and potatoes.

You may want to simply chill out at the lodge. Alternatively, you can take your camera up the Chukung valley for the spectacular views of the towering peaks and ice walls. If you wanted to stray further, you could scramble up to the Ama Dablam Lakes and marvel at the panoramas.

Day 10 | Dingboche - Lobuche | 4,930m/16,269ft
This morning, we trek to the top of the small ridge and have a gradual climb high above the Pheriche valley. The then trek through fairly flat open fields, before descending to cross the Khumbu Khola at Dughla.

After lunch, we have a short climb over a rocky trail to the top of the moraines and pass the memorial cairns, surrounded by amazing mountain vistas. We then cross a pretty stream and follow a narrow trail on the western side of the huge lateral moraines of the Khumbu glacier, until we come to the tea houses and our lodge at Lobuche.
**Day 11 | Lobuche - Everest Base Camp - Gorak Shep | 5,160m/1,7028ft**

Rising early, we follow the broad valley running parallel to the Khumbu glacier. We have a gradual ascent to the moraines of the Changri Nup Glacier, before trekking over a rocky trail, lined with cairns.

Rounding a bend, we come to the sandy basin of Gorak Shep (5,160m), where we have lunch and then set off for the Everest Base Camp (5,360m). The rough track takes us along a glacial lake and then up onto the Khumbu Glacier, passing yaks and their porters along the way.

Upon reaching Base Camp, we take a moment to enjoy the sense of achievement and the view of the notorious Khumbu Ice Fall before returning to Gorak Shep to rest for the night.

**Day 12 | Gorak Shep - Pheriche | 4,243m/1,4002ft**

Leaving Gorak Shep early, we take a slow and steady trek up to Kala Patar (5,545m), a small, rocky peak on the South West ridge of Pumori. It’s a tough climb, but we’re rewarded with our best views yet. Huge glaciers surround us and creak as we walk.

In front of us lie the mountains of the Khumbu as we trek towards the incredible panorama, comprising Pumori, Nuptse, Changtse, Ama Dablam, Tawoche, Kantega and Sagarmatha. We then descend to Gorak Shep for a cup of tea and return to Lobuche for lunch. After our break, we descend further still, past the terminal moraines at Dughla and through a wide valley covered in scrub juniper, to Pheriche.

**Day 13 | Pheriche - Namche Bazaar | 3,446m/1,1372ft**

We cross the Khumbu Khola this morning and trek to the top of a small ridge. Enjoying exquisite views of the Imja valley, we walk down through small mountain settlements and then on to Thyangboche for lunch. Descending further, we pass through the forest to Phunki Tenga, where we take a rest with a cup of tea by the now familiar prayer wheels. Then it’s back on our feet to cross the river and follow a dusty trail to Trashinga. This leads us high above the river valley until we eventually reach our night’s accommodation at the wonderful Namche Bazaar.

**Day 14 | Namche Bazaar - Lukla | 2,827m/9,329ft**

Our last day of trekking starts with a descent along the steep trail to the Bhote Kosi. Crossing the river, we follow the bank for a short distance and on to the village of Jorsale. We then walk cross another bridge and trek along the river side until we come to our third crossing to Benkar. Reaching Phakding for lunch, we complete our challenge with a gradual climb out of the river valley to our finish line at Lukla! Filled with an unbeatable sense of achievement, it’s time for a celebration! This evening, we enjoy a celebration dinner together, which we may follow with some drinks and dancing with our Sherpa companions.

**Days 15 & 16 | Lukla - Kathmandu | 1,360m/4,488ft**

We get up early on Day 15, to catch our flight back to Kathmandu. From the airport, we’re transferred to our night’s accommodation at the Hotel Tibet International. The next day is yours to spend as you wish in Nepal’s bustling capital, sightseeing, shopping and exploring the colourful bazaars.

**Day 17 | Kathmandu - UK**

After breakfast, we transfer to Kathmandu airport and catch our flight back to London. Here, we part ways and head back to home sweet home!
Your Questions Answered

THE BASICS

When is it?
20 February – 7 March 2020

How much is it?
Registration fee: £399
Self fund: £2,100
Minimum sponsorship target: £4,200

When’s the fundraising deadline?
14 December 2019 (10 weeks before departure)

How do I sign up?
The best way to secure your place is on the Mount Everest Base Camp Trek 2020 challenge page on our website: www.dream-challenges.com/challenges/mount-everest-base-camp-trek-2020/
You are also welcome to call us on 01590 646410

MORE DETAILS

How does it work?
To take part in the Mount Everest Base Camp Trek 2020, you need to pay a non-refundable registration fee of £399, which is used to administer the challenge, secure your seats with the airline and pay deposits for the trek in Nepal. You then have two options to fund your challenge:

Option One - Minimum sponsorship:
Select a charity, hospice or animal sanctuary of your choice and fundraise a minimum of £4,200 for them. Providing you have raised the funds by 14 December 2019, the charity you’re supporting will pay the challenge costs (£2,100) on your behalf. The challenge costs include your flights (not including airport and fuel tax), accommodation, food, transfers, guides and challenge support. The rest of the funds will go directly towards the charity’s invaluable work.

Option Two - Self funding with sponsorship:
If you still want to help your favourite charity in a big way, but don’t want the pressure of a minimum fundraising target, this is the option for you. Pay the challenge costs yourself (£2,100) by 14 December 2019 and then fundraise as much as you can for the charity or hospice of your choice or make a donation. The challenge costs include your flights (not including airport and fuel tax), accommodation, food, transfers, guides and challenge support.

How fit do I have to be?
Trekking to Everest Base Camp is a high altitude trek and is a serious physical challenge. The trek will challenge your physical fitness, powers of endurance and mental strength. Perhaps the biggest challenge is dealing with the altitude; but we have designed this itinerary to allow for sufficient acclimatisation to the conditions, which will help to improve the chances of reaching Base Camp. A UK qualified doctor will be with the group at all times. We’ll also provide you with a free, realistic training plan, which builds up gradually over time, so you’ll be well prepped, ready and raring to go by the time we leave for Kathmandu.
I’m worried about signing up on my own...
Please don’t be! The majority of people will sign up on their own and our Dream Challenges are renowned for the amazing camaraderie and life long friendships made as our groups take on these incredible feats together.

Once you’ve signed up for the challenge, we’ll send you a link to a private Facebook group for everyone registered for the Everest Base Camp Trek 2020. Please feel free to use this space to swap questions, advice and updates with your fellow trekkers on your training and fundraising. You may also want to reach out to the fellow participants in this group to see if there’s anyone in your local area you can meet up to train and fundraise with.

Do I need special equipment?
You will of course need walking boots and a good quality waterproof coat. We will supply you with a comprehensive list of everything you will need to take on the challenge well before your departure date. We provide you with a suitable sleeping bag.

Am I too old?
Absolutely not! One of the amazing things about the challenge is that people of all ages will come together to do something very special. The age range is likely to be from 18 to a youthful 75.

Where will we sleep overnight?
We will spend the nights while trekking staying in traditional Nepali tea houses along the mountain trail. Please remember that this is a challenge event and not a holiday, so facilities are quite basic, but they’re very comfortable and on camping nights, the equipment we provide is professional and will keep you warm and cosy even while camping at high altitude. The remaining nights will be spent in comfortable tourist class hotels.

What other costs will I pay?
In addition to paying your registration fee, you will need to budget for your airport taxes and the fuel surcharge (approximately £350), personal travel insurance, visa, gratuities, optional tours and personal expenses.

What about insurance and visas?
You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. Dream Challenges has a recommended policy, which we will send you details of. You can however take out your own insurance providing it covers you for a charity trek in Nepal. You will need to apply for a visa to obtain entry into Nepal, we will send you all the relevant information and forms in plenty of time.

How will you support me?
The Dream Challenges team are here to help you achieve your challenge and we’ll support you all the way. We’re on hand from the minute you sign up to answer any questions you may have. Once you’ve registered, we’ll send you a realistic training programme to help you get fit for the trek. The programme builds up gradually as the challenge gets closer.

What is the food like?
During the trek, the food will be cooked on kerosene stoves by our kitchen team and will be fairly basic. Food will be carried with us from Kathmandu with seasonal vegetables and fresh meats bought along the way. Boiled drinking water will be provided three times per day. If you have any dietary requirements, please let us know well in advance of the trek so we can cater for this.
Can I extend my stay at the end of the challenge?
Yes of course! If you wish to extend your stay, please let us know by the challenge deadline (14 December 2019) and we’ll take you out of the group flights (and of course, we would deduct the cost from your balance).

Why take part?

THE CAUSE
The Mount Everest Base Camp Trek 2020 is an Open Challenge, which means you can either self fund your adventure or you can raise money for a charity, hospice or animal sanctuary of your choice. It’s your chance to do something big for the cause closest to your heart.

Of course, popping a pound in a donation box is great; but fundraising and representing them with pride, while you achieve something incredible is a massive step up. You’ll raise lots of awareness of the charity and encourage other people to support them too, who otherwise may not have even heard of them - and all the funds you raise will do wonders for their cause. So this trek won’t just be life-changing for you; it’ll be life-changing for everyone you’ll be helping too.

THE CAMARADERIE
Our dream challenges are renowned for the incomparable camaraderie, life-long friendships made and overwhelming sense of achievement our heroes get while conquering these amazing feats.

There’s nothing like coming together with other inspiring people, who share your passion for reaching your goals, experiencing the world and helping to make it a better place.

THE CHALLENGE
The Mount Everest Base Camp Trek 2020 is the ultimate motivation for you to get fit. Trekking to the base camp at the foot of the highest mountain in the world is not exactly a walk in the park and shaping up for it is a great goal to get you off your couch and onto your bike. The training plan we provide for you is very achievable and you’ll even find it fun with your mountainous adventure to get excited for! What’s more, our treks aren’t just physically challenging, they’re mentally challenging as well. Venturing for sixteen days in unknown territory and pushing yourself out of your comfort zone is an incredible feat and the sense of achievement you’ll experience will be unforgettable!
Conditions of entry

1. A non-refundable registration fee of £399 is required to participate in this challenge and should be paid direct to Dream Challenges.

2. If you have selected:
   Option One – You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must raise the agreed minimum amount of sponsorship as specified by your chosen charity, 100% of which must be sent to your charity by at least 14 December 2019 (ten weeks prior to the challenge departure date) and will be used to cover your tour costs, including air fare (not including airport taxes and the fuel surcharge - approximately £350), accommodation, food, transfers, guides and challenge support.
   Option Two – You pay the non-refundable challenge registration fee direct to Dream Challenges when you register for the challenge. You must pay the full challenge costs of £1,800, which will need to be paid to Dream Challenges by 14 December 2019 (ten weeks before the departure date) to secure your place on the challenge. You then have the option to raise as much sponsorship and/or make a personal donation for the charity of your choice.

3. Under Option One, if you are unable to raise the minimum sponsorship required, you will forfeit your right to a place on the challenge or you could make up the shortfall yourself.

4. If you do not take up your place for any reason, you must inform Dream Challenges and your charity immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship returned. You must send all sponsorship forms and sponsorship money collected to your charity.

5. The good reputation of your charity is paramount. You must agree to act lawfully and to follow the fundraising guidelines laid out by the charity you are supporting.

6. All participants taking part do so at their own risk. Dream Challenges has organised flights, accommodation, food, guides etc and is fully bonded by the Civil Aviation Authority ATOL No. 10456. In making these arrangements, Dream Challenges is acting as your agent and is unable to accept liability for any loss or damage, however arising, or for cancellation of the challenge due to circumstances beyond their control.

7. Itineraries, schedules and accommodation may change and other alterations may occur, which are beyond the control of Dream Challenges.

8. If you are refused passage/entry/exit to or from Nepal, any additional costs incurred are your responsibility.

9. You must not be dependent on alcohol or drugs or have any criminal convictions.

10. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport for the challenge. Passport control and other authorities will reserve the right to refuse entry.

11. Your travel insurance must cover health/accident/loss/repatriation during the challenge. You must supply proof of travel insurance by 14 December 2019 (ten weeks prior to departure) or you may forfeit your place on the challenge.

12. For health and safety reasons, the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.

13. The tour operator and local staff should not be subject to inappropriate verbal or physical behaviour. In any such case we reserve the right to exclude any person from the challenge.

14. You must agree to be bound by Dream Challenges’ Booking Conditions.

15. You must be at least 18 years of age before the departure date of the challenge unless permission has been given by Dream Challenges.

16. This contract is governed by English Law and the exclusive jurisdiction of the English Courts. The challenge is operated by Dream Challenges. Flights and ground arrangements are ATOL bonded (10465) through Dream Challenges Ltd, Newcourt House, New Street, Lymington SO41 9BQ.