



WILDERNESS
SOLUTIONS

THE EVEREST BASE CAMP 'CLASSIC' TREK

Autumn 2-3 weeks

This - 'the best trek in the world' takes-in fascinating Kathmandu, the awe inspiring Khumbu Valley, Everest Base Camp and Kala Pattar

Cost: £2750-£3500 depending on your time in-country

Join the Wilderness Solutions Team in **Kathmandu** and settle into your travelling pace in Nepal's extraordinary capital city. If your programme allows - you have the option to arrive a little early and explore city's temples and sites, enjoy the madness of Thamel, eat well and relax in the famous 'Yak and Yeti Hotel'

We'll then fly onto the dramatic Lukla mountain airstrip and commence our trek into the Khumbu valley. After our first couple of nights in mountain lodges, we arrive at the fabled **Namche Bazaar**, where we'll spend a little time acclimatising and exploring the local area - and where we'll view the mighty Everest for the first time.

We then pick our way steadily up the Dudh Koshi river, staying in our favourite tea-house lodges at Tengboche, Pangboche and Pheriche, before gaining the higher reaches of our trek on the Khumbu Glacier.

Depending on our group's progress here, we'll aim to climb the high point of '**Kala Pattar**' and visit **Everest's legendary Base Camp** - beneath the world's highest peaks.

Occasionally our group splits at this point, with those on a shorter programme descending swiftly (on foot/aircraft or by helicopter) or at a more leisurely pace via the Cho La Pass, Namche, Lukla and into Kathmandu for R&R

International Travel

Kathmandu International hosts many of the worlds major airlines. We can advise or book your flights depending on personal requirement.

Price Includes:

Personal pre-trek assistance and advice
Expert Leadership and Guiding throughout the trip
Nepali Guides and Porters. Map & Info Pack
National Park fees, Trekking permit,
Luxury Kathmandu Hotels (>4 night) + breakfast (2 share)
Mountain Lodges (>17 night) all meals (2 sharing)
In-country transits, Internal flight (It aircraft only)
(We can advise or organise an insurance package for you)

www.wilderness-solutions.com



Price Excludes:

International Flight, Helicopter flight (optional)
Personal Equipment and Clothing
Alcohol & unscheduled meals and accommodation
in Kathmandu
Holiday/Travel Insurance, Visa
Additional purchases in the lodges
Optional tips to porters.

Finally....

Your trek will be personally and carefully managed and led throughout the period by one of our highly experienced Team Leaders. The physical demands, your comfort levels and health and safety are given the highest priority and attention throughout the venture. This Nepal experience is breath-taking, and by joining the Wilderness Solutions Team, you'll be maximising this opportunity of a lifetime and helping the wonderful people of the Khumbu Valley to recover after the most difficult of years.

Contact us:

info@wildernesssolutions.co.uk

