

EVEREST BASE CAMP

8 - 23 November 2025



Trek to the base camp of the world's highest peak



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Trip overview

Nepal

Nepal is a landlocked Himalayan country in South Asia covering an area of 147,181 sq. km, bordered by Chinese Tibet to the north and by India to the south, east and west. For a small nation, the Nepali landscape is diverse, ranging from the humid Terai in the south to the lofty Himalayas in the north. Nepal boasts eight of the world's fourteen highest mountains, including of course Mount Everest on the Chinese border.

Kathmandu

Kathmandu is the largest city in Nepal and the capital. The city is at an elevation of around 1400m making the climate generally cool and comfortable. This bustling city features UNESCO World Heritage sites, famous temples, holy rivers and sprawling residential areas. In the touristy areas such as Thamel, souvenir shops, restaurants and bars abound making this a big draw to backpackers and travellers. This incredible city is not to be missed.

Everest Base Camp

Nepal's Everest Base Camp is not just a popular trekking route for tourists; it is the starting point for mountaineers who intend to reach the summit of Mount Everest. The Nepal Base Camp is located at 5364m and mountaineers base themselves here for weeks to acclimatise on the mountain, return to rest and prepare themselves for their ascent. The scenery along the trail is beautiful with views of huge Himalayan peaks dominating the landscape. Staying in teahouses along the trail offers a unique insight into the lives of the local people.

Trek overview

This is a tough 12-day trek to Nepal's Everest Base Camp, including an optional (but highly recommended) summit of Kala Pattar. This trek allows you to walk in the footsteps of some of the world's most respected mountaineers and offers you an insight into the culture of the Sherpa people all while being surrounded by a breath-taking landscape of massive snow-capped peaks.



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What is the experience like?



Who accompanies us?

You will be accompanied throughout the trek by English-speaking local Sherpa guides who have excellent knowledge of hiking in the region and may have even summited Everest itself. The guides are first-aid trained and will support you throughout your journey, sharing their experience and wisdom with you. You will also be supported by a team of assistant guides and a Different Travel UK tour manager. Your luggage is carried by a team of local porters.

How tough is it?

This trek is graded *challenging to extreme* because you will be trekking for 12 consecutive days over rough terrain, you will be exposed to higher altitudes each day, (average 4000m and up to a maximum of 5554m) and you will stay overnight in basic teahouses. Each day's trek is between 5 and 8 hours (variable depending on group pace) and you will cover approximately 10-15km per day. The trek is an endurance challenge so you are strongly advised to build up to a good fitness level before departure to ensure fast recovery from each day's exertion. Do not underestimate the training required for this trip. Being away from home comforts and family for an extended period is often a challenge for participants although access to communications on the trail is very good overall.

What is the terrain like?

The terrain will vary throughout the 12 days but in general, you will trek up and down hills constantly throughout the day as the terrain is relentlessly undulating. Some days you may have a full day trekking uphill, followed by the next day trekking downhill all day. It is essential that your training includes plenty of hillwalking and trekking up gradients over consecutive days to condition your muscles for this type of exertion. Underfoot the conditions will be dry, rocky and very dusty (bring a 'Buff' www.buffwear.co.uk to cover your face to prevent 'Khumbu cough'). There are numerous river crossings which utilise very high suspension bridges.

Altitude

The maximum altitude on the trek is up to 5554m (summit of Kala Pattar), or 5364m at Everest Base Camp. There is a likelihood of altitude-related symptoms. Your local guides are experienced in spotting signs of altitude sickness but it is important that you do your research so you can be aware of how your body is adjusting.

Common mild symptoms of altitude sickness include headache, nausea, loss of appetite, disturbed sleep and fatigue. These generally subside after a few days, once your body acclimatises to the altitude.



Acclimatisation days

The trek includes two important acclimatisation days. These days involve exposure to higher altitudes before descending back to your teahouse for the night. This exposure offers your body a chance to adjust to the altitude in a controlled way before you ascend to higher altitudes over the coming trek days. Acclimatisation days are also a great opportunity to do some local exploring and learn more about the history and culture of the Himalayas. Please note that acclimatisation days are not rest days although you may have the opportunity to spend the afternoons at leisure.

Kala Pattar

After you have reached base camp there is an option to trek to the top of Kala Pattar 'black rock', a peak which is 5554m high. You will set off very early in the morning and you will discover exceptional views of Everest (conditions allowing) as the sun rises over the Khumbu. It involves a very early start and is a slow, cold slog up to the top through the night. The stunning sunrise from the top makes it worth the effort!

What about meals?

All your meals are included, as specified on the itinerary. During the trek the food is plentiful and delicious although the teahouses tend to offer similar menus so be prepared for a menu which is repeated. There will also be plenty of snacks and drinks available to purchase at each teahouse (prices vary) or at local cafés and bakeries (particularly in Namche). In tourist areas of Kathmandu, you will find a wide range of restaurants catering for international and high-quality Nepalese food.

Where will we stay?

You will stay at a hotel in Kathmandu with en-suite facilities before and after the trek and tea houses (locally owned lodges) with shared bathroom facilities during the trek. The tea houses are comfortable but simple.



Practical information

Is there an age limit?

You must be 18+ to join this trek. It may be possible for you to participate if you are 16 or 17 years old if accompanied by a parent or guardian. There is no upper age limit.

Who can take part?

An ideal candidate for the trek would be someone who enjoys trekking and being out of their comfort zone, is interested in different cultures and is willing to train for the challenge.

How fit do I need to be?

You should have a good level of fitness to ensure fast recovery from each day of trekking.

How should I prepare?

You must engage in training (including plenty of walking up and down hills) before departure to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download several free apps to help you train and track your progress, e.g. MapMyWalk, C25K, MyFitnessPal, etc. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.

Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow-up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

If your medical issues at the time of booking represent a concern for your safety and well-being or the safety and well-being of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation in a trip nor contravene the Equality Act 2010.

Health Assurance

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) which provides recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Nepal prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel, there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination. We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us at info@different-travel.com.

Trip cost

A non-refundable £495 registration fee is payable at the time of booking.

You then have the following options to pay your remaining trip cost balance:

1. **Self-funded***: You pay your own trip cost balance of £2,500 by 29 August 2025.
2. **Sponsorship**: You fundraise £5,000 by 15 August 2025 for your chosen charity. This includes your £2,500 tour costs balance *and* a £2,500 donation to charity.
3. **Flexi**: You pay your 2,500 trip costs yourself by 29 August 2025 and also fundraise 2,500 for a charity of your choice. Any fundraising cannot be used to pay for your trip costs.

Trip Includes:

- ✓ Return flights from London (inc. airport taxes)
- ✓ Domestic flights
- ✓ All transport in Nepal
- ✓ Accommodation (3-star hotel in Kathmandu, teahouses on trek)
- ✓ Meals
- ✓ English-speaking guides, porters and support crew
- ✓ Sagarmartha National Park entrance fees
- ✓ Trek permits
- ✓ UK Different Travel tour manager.

Trip Does Not Include:

- ✗ Nepalese visa (current cost \$30 on arrival)
- ✗ Personal expenses (e.g. drinks, snacks, showers, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips (approx. £55-65 per person)
- ✗ Trek kit and equipment
- ✗ Cost for optional helicopter transfer in the event of poor weather conditions in or out of Lukla

Itinerary

Day 1-2 (Saturday 8 – Sunday 9 November 2025): London to Kathmandu

Depart London for Kathmandu on an indirect overnight flight. Upon arrival in Kathmandu the next morning you will be transferred to a hotel where the rest of the day is free before a trek briefing and welcome dinner at a local restaurant this evening.

Meals: Dinner



Day 3 (Monday 10 November 2025): Kathmandu to Lukla (2843m) to Monjo (2835m)

Depart the hotel early this morning for the domestic airport, from where you will take a scenic 40-minute flight landing on a steep mountain runway which sets the scene for our forthcoming trek. Upon arrival in Lukla, we will meet our assistant guides and porters before starting the trek up the Dudh Kosi Valley on a well-marked trail towards Phakding where we cross and re-cross the river on a series of high suspension bridges before we arrive at the small village of Monjo where we stay overnight.

Meals: Boxed breakfast, lunch, dinner

Trekking: approx. 5-6 hours / 12.5km



Day 4 (Tuesday 11 November 2025): Monjo to Namche (3440m)

From Monjo, we take a steep hike to Namche where, if the weather is clear, we catch our first glimpse of Mt Everest. Just beyond Monjo is the entrance to the Sagarmatha National Park, a protected area which aims to preserve the fragile mountain environment for future generations of trekkers and mountaineers. Namche is the main trading village in the Khumbu and has a busy market, numerous shops, cafes and most famously, freshly baked apple pies.

Meals: Breakfast, lunch, dinner

Trekking: approx. 3-4 hours / 5km



Day 5 (Wednesday 12 November 2025): Namche (acclimatisation day)

This morning you will go on an important acclimatisation trek. There are several options for acclimatisation in the area, such as trekking towards the Everest View hotel (3880m) with views of Ama Dablam, Lhotse, Thamserku and more; or perhaps visiting the interesting Sherpa museum and Syangboche airport (3780m) where you November catch a glimpse of Everest. After lunch, the rest of the day is free for you to relax and enjoy the bustling town of Namche (and perhaps try a slice of famous apple pie).

Meals: Breakfast, lunch, dinner

Trekking: approx. 2-3 hours / 3km



**Day 6 (Thursday 13 November 2025):
Namche to Deboche (3820m)**

From Namche, the trail contours onto the side of the valley, high above the Dudh Kosi River where we enjoy our first really good views of the great peaks of the Khumbu. Passing several villages and numerous tea shops we descend steeply into the forest towards the village of Phunki Tenga situated next to the river, where we stop for lunch. After lunch, we take a steep climb out of the forest to Tengboche which is famous for its monastery, the largest in the Khumbu. We then descend to a village nearby, Deboche, where we stay overnight.

Meals: Breakfast, lunch, dinner
Trekking: approx. 6-7 hours / 12km

**Day 7 (Friday 14 November 2025):
Deboche to Dingboche (4410m)**

This morning we continue to descend through the forest until we cross the river and start our steady ascent up towards the village of Dingboche, stopping at a village for lunch. The trail this afternoon opens up into what feels like a vast plain after following a narrow trail earlier in the day. You will notice the temperature dropping as you approach Dingboche, which is the highest-altitude village on the trek so far.

Meals: Breakfast, lunch, dinner
Trekking: approx. 4-5 hours / 9.5km



**Day 8 (Saturday 15 November 2025):
Dingboche (acclimatisation day)**

Today is another important day for acclimatization. You will ascend to around 4600m from where you will have panoramic views of the nearby peaks and the rural farmland in the valley below. Look out for Ama Dablam, Amphu Gyabjen, Cholatse and Tabuche which surround vast glaciers and turquoise lakes. This afternoon you can explore the village and perhaps visit one of the bakeries or cafes for refreshment.

Meals: Breakfast, lunch, dinner
Trekking: approx. 2-3 hours / 3km



**Day 9 (Sunday 16 November 2025):
Dingboche to Lobuche (4910m)**

We retrace our steps from yesterday's acclimatisation up the wide valley beneath the impressive peaks of Cholatse and Tabuche but turn right and take a steep ascent towards the foot of the Khumbu Glacier. We stop to have lunch at Thukla (4620m), a small village surrounded by vast peaks before continuing on the trail towards the memorial, home to tributes to all those who have died in Nepal's Himalayas. After some time to reflect, we continue following the Khumbu glacier up towards the cluster of houses at Lobuche where we stay for the night.

Meals: Breakfast, lunch, dinner
Trekking: approx. 5-6 hours / 9km

**Day 10 (Monday 17 November 2025):
Lobuche to Everest Base Camp (5364m) to Gorak
Shep (5140m)**

Today we make our final journey to our goal, Everest Base Camp. Starting our trek just after dawn we continue to follow the ice pinnacles and crevasses of the Khumbu Glacier as it winds its way through the valley. After around 4 hours of trekking, we stop for an early lunch at Gorak Shep before making the final push to reach Base Camp, arriving a few hours later. After celebrations, group photographs and time to appreciate the stunning surroundings at Base Camp we return to Gorak Shep for a well-deserved rest!

Meals: Breakfast, lunch, dinner

Trekking: approx. 8-9 hours / 11.5km



**Day 11 (Tuesday 18 November 2025):
Gorak Shep to Kala Pattar (5554m) to Pheriche
(4240m)**

The trek to the top of Kala Pattar is optional but it offers superb sunrise views of Everest (which you can't see from Base Camp) and other vast peaks. If you wish to do this trek a 3 am start is required to make it to the top for sunrise. For those trekking Kala Pattar, you will return to Gorak Shep in time to meet the rest of the team for breakfast before starting the descent to Pheriche, a small town you will have seen from across the valley in Dingboche when we stayed there on days 7 and 8.

Meals: Breakfast, lunch, dinner

Trekking: approx. 5-6 hours / 12km (+ extra 3km for Kala Pattar)

**Day 12 (Wednesday 19 November 2025):
Pheriche to Kyangjuma (3550m)**

Today's trek is mostly downhill as we retrace our steps and descend to Kyangjuma, a village just outside of Namche. There are lots of places of interest along the way including a trekker's health post, water-driven prayer wheels and rhododendron forests.

Meals: Breakfast, lunch, dinner

Trekking: approx. 8 hours / 14.5km



**Day 13 (Thursday 20 November 2025):
Kyangjuma to Monjo (2840m)**

Today we continue on the trail to Namche and Monjo. We can take a small detour this morning to visit Khumjung (3780m) and Khunde (3840m), where you can visit the Edmund Hillary School and hospital, both still in use today, or the Monastery. We descend into Namche for lunch before making our way back to Monjo for the night.

Meals: Breakfast, lunch, dinner

Trekking: approx. 4-5 hours / 8km



Day 14 (Friday 21 November 2025):

Monjo to Lukla (2843m)

Today marks our final day of trekking as we follow the Dudh Kosi back to Lukla. The rest of the afternoon is at leisure and you may wish to visit one of the many bars, cafes and restaurants, or simply relax and reflect on your incredible achievement. Tonight you will enjoy a celebratory meal together and have a thank you and tip ceremony for the local guides and porters.

Meals: Breakfast, lunch, dinner

Trekking: approx. 7-8 hours / 12.5km



Day 15 (Saturday 22 November 2025):

Lukla to Kathmandu

This morning we will depart Lukla on an early flight back to Kathmandu. We will arrive at the hotel just before lunch and you can enjoy the rest of the day at leisure. This evening we will enjoy a farewell meal in Kathmandu. Overnight at a Kathmandu hotel.

Meals: Breakfast, lunch, dinner



Day 16-17 (Sunday 23 - Monday 24 November 2025):

Kathmandu to London

Transfer to the airport for the return flight to London. You may arrive on Monday 24 November depending on flight schedules.

Meals: Breakfast



N.B. This itinerary has been prepared in advance so while we do not anticipate changes, this itinerary may be subject to alteration due to flight schedules, hotel availability and other factors outside our control. During the trip itself, the itinerary will depend on the group's ability, weather and daily circumstances. Any changes in the itinerary will be made in the interest of group safety and enjoyment. In-country, your guide and tour manager will have the final say in the interest of the health and safety of the group.

KIT LIST - EVEREST BASE CAMP TREK

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport + copy	
E-Tickets + pre departure info	
2 Passport photos for trek permit	
Visa approval & US\$30 in cash	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Trek kit bag	
Suitcase/large holdall for luggage	
Daypack (25-30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	
Dry bag/rucksack liner	

CLOTHING + FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	
Trek trousers	
Non-cotton, technical t-shirts	
Non-cotton long sleeved base layer	
Trek socks	
Underwear	
Warm fleece/mid layer	
Warm insulated jacket (e.g. down or Primaloft)	
Waterproof jacket and trousers	
Casual clothes and shoes for sightseeing	
Thermal trousers and long-sleeve top	
Sun hat with brim	
Warm hat for night	
Gloves or mitts + liner gloves	
Trainers for camp	

HEALTH + HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, moisturiser, nail brush and nail care kit	
Personal first aid kit to include: prescription medicine, 50% DEET insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	
Hairbrush/comb	
Lateral flow tests x 2	
Disposable masks	
Feminine care products	
Travel towel	

OTHER KIT	✓
Sleeping bag (comfort -10 to -15°C) + silk/thermal liner	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr water bottle	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Hiking poles – to be stowed in hold luggage for flight	
Buff (e.g. buffwear.co.uk) + Cobber cooking neck wrap	
Balaclava	
Energy food/snack bars	
Electrolyte (e.g. NUUN)	
Water purification tablets (e.g. Biox Aqua)	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod/books/pack of cards	
Portable power bank	