

### **Everest Base Camp October 2026 Trip Dossier:**

We hope you will join us in October 2026 as we make our way to the foot of the world's highest mountain; Mount Everest (8849m).

This trek is perfect for those who want to fully experience the culture of Nepal and witness the beauty of the Khumbu Valley and its towering peaks. We promise to deliver a culturally rich experience where we hope you will make lifelong memories whilst being safely guided every step along the way. Upon your arrival in Kathmandu, you will be greeted by the wonderful sights and smells of this vibrant capital. You will also experience a full tour of Kathmandu's UNESCO World Heritage Sites, before flying off into the renowned Lukla Airport into the heart of the Himalayas.

Along the trek, you will become immersed in the idyllic beauty of the Himalayas and all the culture it brings such as its colourful prayer flags, fragrant rhododendrons and the welcoming sherpa life. After reaching Everest Base Camp, you will ascend Kala Patthar, which is a peak that sits at 5554m above sea level. Upon completion, you will be rewarded with a breathtaking 360-degree panoramic view of several 8000m peaks, including Mount Everest! After all the hard work is completed, you will make your way back down to Kathmandu where we will have a farewell dinner and wish you well on your onward travels.

### **Important Information:**

The total cost of the trip is £2600 per person which includes everything except international flights to and from Nepal and your VISA. Please see the list below of what is included and what is not included. Please note you will need a minimum of 6 months left on your passport, insurance that covers up to 6000m above sea level and helicopter evacuation in case of emergencies. We can provide recommendations of adequate insurance companies and policies' if required. We require a non-refundable deposit of £600 upon booking to secure your place and the balance being paid by January 2026.

### **Included:**

- Two UK-Based training days provided by Pioneer Mountaineering (Lake District / North Wales)
- In country private Transfer from Kathmandu Airport to your accommodation in Kathmandu and a return transfer from the accommodation in Kathmandu at the

end of the trek back to the airport for your onward travel (**Unless you decide to make your own personal arrangements to extend your itinerary**).

- Internal flights to and from Lukla Airport from Rammecchap Airport
- 4 nights' accommodation in Kathmandu at a 3 star hotel in a twin sharing room (2 persons per room)
- A fully guided sightseeing excursion in UNESCO World Heritage Sites in Kathmandu before you start your trek.
- All trekking permits and local entry fees
- Accommodation in tea houses/lodges during the trekking phase
- Meals (Breakfast, Lunch and Dinner) during the trekking phase, including extra hot drinks, snacks, and purified water.
- Experienced licenced Nepalese Trekking guide and porters to carry your luggage (you are expected to carry a small day rucksack yourself with essentials i.e. snacks, water, spare layers, first aid kit etc.)
- The accommodation, food, drinks, salary, insurance and transportation of the Nepalese Guides and Porters.
- UK Guide provided by Pioneer Mountaineering that will support the guide pre, post and during the event.
- All paperwork and regional maps of the National Park.
- Medical Kits to include emergency Oxygen
- A welcome and farewell dinner in Kathmandu which will take place before and after your trek.
- To congratulate you on completing your trek, you will receive a Pioneer Mountaineering Achievers Medal. Perfect to show off to your friends and family!
- Every person receives a goody bag with a free duffel bag, trip map and T-shirt. You'll really look the part and showcase what it means to be part of Pioneer Mountaineering!

#### **Not Included:**

- Tips to guides, porters and drivers of the trekking phase (We ask for all participants to contribute towards a tip for the Nepalese support team, we recommend £100 per person.)
- Lunch and dinner whilst in Kathmandu excluding the welcome and farewell dinners.
- Bar bills, telephone bills and other personal expenses (e.g. shopping and laundry)
- All expenses due to unavoidable events such as flight cancellation, personal illness, natural disasters etc (This is where travel insurance is a necessity).
- Personal trekking gear such as clothing, sleeping bags etc. (These can be hired for a small fee in Kathmandu, but this is at the expense of the individual).

- insurance that covers up to 6000m above sea level and helicopter evacuation in case of emergencies.

## **Itinerary:**

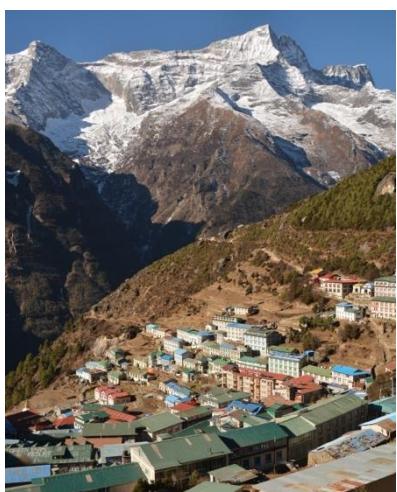
**Day One** – Participants arrive in Kathmandu (1350m) and are collected from the airport and brought to the hotel where the group will be staying. In the evening, we will have our group orientation, final kit checks and an evening visit to the city centre.

**Day Two** – The group will receive a guided tour around Kathmandu's heritage sites to explore the culture and history of Kathmandu as well as picking up any last-minute pieces of equipment that might be needed.

**Day Three** – Early morning, the group will transfer to the airport for a spectacular flight to the Sherpa village of Lukla (2800m). After lunch the group will complete a short walk which descends from the forested terraces of Lukla and towards the brightly painted lodges of Phakding (2610m). Once at Phakding, the group will spend the night in a lodge and have the first sherpa style meal of the trek.



**Day Four** – After breakfast, the group will trek into the Sherpa capital of Namche Bazar (3440m); the heart of the Khumbu. After a short while, the group will arrive at Monjo where we will enter Sagarmatha National Park. After entering the national park, the trail starts to gain some altitude and the group will tackle the world-famous Namche Hill into the lively and beautiful Bazar before settling into our accommodation for the next two nights and enjoying some coffee and cake in a local bakery.



**Day Five** – Today will be spent as an acclimatisation day in Namche Bazaar to aid the process of your body adapting to the lower oxygen levels in the air. It is important to have a rest day in Namche before proceeding any higher to ensure you have a safe and healthy trek. As part of this day, we will have a short walk to Everest View Hotel to admire the stunning views of Mount Everest.

**Day Six** – Once more acclimatised, the group will trek out of Namche Bazar and on towards Tengboche (3860m) following dirt tracks and crossing suspension bridges over fast flowing rivers. As you enter Tengboche you will admire the stunning design of the historic monastery and be welcomed by a small group of yaks which make their presence known by chiming their bells.

*Day Seven* – Today is spent walking through beautiful rhododendron trees that gradually takes the group back to the river and into Pangboche, a great viewpoint for Ama Dablam. Upon leaving the village, the group will make a turn up into the Imja valley to reach the lovely and picturesque village of Dingboche (4360m).

*Day Eight* – The group will have a complete acclimatisation day which is spent in Dingboche and will involve a short hike up to a viewpoint that overlooks the beautiful scenery and towering peaks. Today is about letting your body recover from the last few days and the rise in altitude from 3440m to 4360m.

*Day Nine* – The group will hike towards the vast Khumbu glacier and head up alongside it to reach the small village of Lobuche (4930m) where we will spend the night enjoying traditional Nepalese food and drink and learning more about the mountain community.

*Day Ten* – The group will complete a 3-4 hour walk next to the Khumbu Glacier to the crossing of the Changri Glacier which leads us into Gorakshep (5164m). After a short break in Gorakshep, the group will continue onto the pinnacle of the trek which is Everest Base Camp (5364m). After celebrating the group's achievement and taking some well-deserved photos, we will return to Gorakshep for the evening.



*Day Eleven* – Before starting the return down the valley, the group will make an ascent of Kala Patthar (5545m) which offers an awe-inspiring panoramic view of several 8000m peaks such



as Lhotse (8516m) and Mount Everest (8849m). We aim to do this ascent early morning to catch the sunrise behind Mount Everest. After summiting Kala Patthar, the group will return to Pheriche (4240m) whilst appreciating a drop in altitude.

*Day Twelve* – The group will leave Pheriche and make their way back down the valley towards Kyangjuma (3600m) via Pangboche. Today is a long hike but will feel easier than previous days as the group descends in altitude and begins to feel the benefits of more oxygen in the air.

*Day Thirteen* – Today involves continuing back down the valley to Monjo (3440m) where we will sign out of the national park and spend one our last nights in the scenic lodges.

*Day Fourteen* – The group will complete their final day of the trek which involves heading back to Lukla (2800m) before purchasing the last of their Himalayan souvenirs and getting ready for the flight back to Kathmandu the following morning.

*Day Fifteen* – The group will travel from Lukla back to Kathmandu before being reunited with their non-trekking luggage at the accommodation. The evening will be spent celebrating the end of an amazing adventure and getting any final bits ready for the group's departure back home.

*Day Sixteen* – Contingency Day encase of any bad weather or illness encountered during the trekking phase.

*Day Seventeen* – Say our farewells and depart back to the UK.

### **Visas and Permits:**

UK citizens can purchase Visas on arrival (we advise that you do this online on the official Nepalese Government Website prior). Passports must be valid for at least six months before the end date of the trip.

### **Baggage:**

15kg is the maximum allowance on the flight to Lukla (10kg hold, 5kg hand luggage). The remainder of your luggage (if you have any – depending on the flights you book) can be left at the hotel in Kathmandu for your return. We recommended that you wear your trekking boots both flights from the UK and to Lukla and have essentials such as your sleeping equipment, waterproofs, warm layers and water bottles etc. in your hand luggage in case your luggage is delayed or lost. Most other things can be replaced but comfortable, well worn-in boots cannot.

### **Flights and Joining Arrangements:**

All clients will be met on arrival and transferred to the first hotel. As this trip is land only you will need book your own flights to Kathmandu Airport. The meeting point for this trip is the *Arrivals Hall at Kathmandu Airport*. Please ensure you arrive on Day 1, not a day earlier or later due to the itinerary. **Please ensure you do not purchase your flights until we can guarantee the trip is taking place!** Once the airlines have released flight dates and times we will work together and release the exact trip days.

### **Equipment:**

A detailed equipment list is provided on booking, but normal winter walking equipment is all that is required.

### **Insurance:**

You will need Insurance which covers mountain rescue, evacuation and medical expenses. This is essential! You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 5000m (some will exclude this option).

### **Altitude:**

If you are new to altitude, you may have concerns about the effects. Don't worry because our itineraries are designed to allow sufficient time to acclimatise. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

### **Participation Statement:**

Pioneer Mountaineering recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions'.

Please inform staff if you are not comfortable with any of your programmed activities.

Pioneer Mountaineering has clear obligations and responsibilities, and we require participants to contribute to their own and each other's safety by following the instructions of our staff. Acknowledging these risks in no way compromises your legal rights, nor does it release Pioneer Mountaineering from any of its obligations towards you.

### **UK Leader:**

A highly experienced UK leader will accompany the group during the trek. They will be assisted by an experienced Nepali leader.

### **Weather:**

Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. The higher you are the cooler it will be. Walkers should realise however, that weather in the high mountains is unpredictable and should be prepared for this. Our team will ensure you have the correct clothing and experience to tackle all conditions.

### **What is carried by group members?**

This trek is fully supported by a team of local porters who will transport your main baggage. You will only need to carry a light daypack. A 35L rucksack is an adequate size, it will have enough room to fit all the essentials in such as water bottle, camera, wet weather gear, extra layers etc.

### **Food during the trekking phase:**

All food during the trekking stage is included. Each day a breakfast of cereal, porridge, eggs and toast will be available ensuring you are fuelled up and ready for the day ahead. Lunch is usually in a welcoming teahouse by the side of the trail. The Nepalese staple meal is Dal Bhat and Sherpa Stew, but most establishments will also offer choices of westernised food (Subject to availability). There are plenty of opportunities to supplement your diet by buying snacks and drinks from the shops you pass along the way, although these are at your own expense and are **NOT covered by the trip fee.**

### **Accommodation:**

In Kathmandu you will stay in a 3\* hotel. The rooms will be a shared usually 2 per room. During the trek you will sleep in Nepalese trekking lodges (teahouses) which are locally owned basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories. You will need a sleeping mat and sleeping bag. There is a central dining/sitting room where food and drink are served. Toilet facilities are usually outside. Local families will often entertain with local songs and dance further adding to your experience.

### **Language and Time:**

Nepali is the official language, but English is the 'commercial' language and is widely spoken. The time zone change is GMT+5hr45min (CET).

### **Medical:**

Our UK leaders hold first aid certificate and also always carry first aid kits. However, you should bring your own supplies of plasters, blister prevention pads, paracetamol etc. You are also responsible for any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the National Travel Health Network, and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from NHS Choices. Tap or stream water should never be drunk without sterilising with chlorine dioxide tablets or by boiling. We will provide bottled water during the trek but we still recommended sterilising this yourself.

**Currency:**

The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal – therefore take UK sterling or US dollars and exchange it on arrival in Kathmandu. Don't try and change money in the streets of Nepal as it is illegal. ATMs and change bureaux are available at the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu.

**Tipping:**

Tipping is an accepted part of life in Nepal. We generally tip our local staff at the end of the trek (We advise £150 per person).

**Fitness:**

We highly recommend that all participants are capable of regular multi day hill walking so that they have the right level of fitness to fully enjoy your time on this trek. Walkers must come with a reasonable degree of fitness. Most days involve 5 – 7 hours of walking plus plenty of rest stops. As part of the trip fee, we include two training days, one based in the Lake District and one in North Wales which will help us gauge your current level of fitness. We will also provide support with a fitness training plan to follow to build your base level of fitness before the trek.

Pioneer Mountaineering  
Everest Base Camp Trek