

<b>Duration:</b>	20 DAYS (options to extend)
<b>Time of Year:</b>	FEB/MARCH & OCT/NOV
<b>Max Capacity:</b>	15 PEOPLE
<b>Price:</b>	£4000

Lobuche East is a 6119m peak that will open you up to the world of Himalayan mountaineering. A great starting point for climbers who want to build their experience on a safe and beautiful mountain. This classic trekking peak requires a good fitness level but no previous experience climbing. We will teach you everything you need to know on the mountain.

We invite you to join us on an incredible expedition.

## What The Trek Involves?

---

During the expedition you will begin by trekking to Everest Basecamp so that you are acclimatised and ready for your ascent from the Lobuche East Basecamp. Each day you will be walking between 2-8 hours. You will be led by our expert mountain guides, Gelje and Adriana alongside trust AGA assistant guides. This is the perfect mountain to get a taste for the Himalayas and progress onto bigger peaks like Everest in the future. Lobuche East is not a technical climb, but any techniques needed will be taught before your ascent by our team

*\* If Gelje or Adriana are ill or cannot attend in extreme circumstances an equally experienced and renowned guide will take his/her place.*

## What's Included?

---

- ▶ Internal client transportation (Pick up/Drop off from KTM airport, taxi to/from domestic airport, travel to restaurant for client dinner)
- ▶ 3 nights stay at a top hotel in KTM
- ▶ Welcome dinner and farewell dinner
- ▶ Domestic flights to and from Lukla

- ▶ Permits and park fee's
- ▶ Accommodation during trek and basecamp logistics
- ▶ Food and soft drinks (at the lodges) during trek
- ▶ Porters during trek
- ▶ Insurance for local guides
- ▶ Internal client transportation
- ▶ Medical kit
- ▶ 60 min deep tissue massage in Namche Bazaar

### **Not Included**

- ▶ Airfare: International flights to/from Kathmandu
- ▶ Visa fee for Nepal
- ▶ Lunch and dinner during stay in Kathmandu (apart from trek organised dinners)
- ▶ Extra hotel nights in Kathmandu or Pokhara
- ▶ Extra food or drink and alcoholic beverages on the trek
- ▶ Personal expenses: Satellite phone call, battery recharging, showers, Wi-Fi, clothing, laundry, insurance
- ▶ Rescue Evacuation: Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests and Hospitalization costs.)
- ▶ Trekking equipment, clothes, and gear
- ▶ Tips for Porters and assistant guides
- ▶ Any other item not included in the 'what's included' list

### **Itinerary**

---

We have designed this itinerary for the Everest Basecamp Trek based on our previous trekking experiences and based on a healthy pace and altitude gain so that we can minimise chances of altitude sickness (don't worry too much about that though)!



**Please be aware that sometimes weather and other natural obstacles may alter or delay the itinerary slightly so please bear this in mind.**

<b>Day 1:</b>	Arrive in Kathmandu, airport transport to hotel and meet Adriana and Gelje
<b>Day 2:</b>	Preparation day – gear check, last minute shopping and welcome dinner in the evening with all clients
<b>Day 3:</b>	Free day in Kathmandu to Explore (guided tour organised) and afternoon meeting with whole team
<b>Day 4:</b>	Fly to Lukla airport by fixed wing (2,846m) and trek to Phakding (2,610m)
<b>Day 5:</b>	Trek from Phakding to Namche (3,440m)
<b>Day 6:</b>	Acclimatisation day in Namche, visit the Everest View Hotel (3,800m) for tea and coffee and optional 60 min deep tissue massage (included in trip)
<b>Day 7:</b>	Trek from Namche to Debuche (3,700m) via Tengbouche Monastery, visit monastery if open
<b>Day 8:</b>	Trek from Debuche to Dingboche (4410m)
<b>Day 9:</b>	Rest day in Dingboche, optional mini hike
<b>Day 10:</b>	Trek from Dingboche to Lobuche (4,940m) via Everest memorial
<b>Day 11:</b>	Trek from Lobuche to Gorakshep (5,164m) and onwards to Everest BC (5,364) if everyone is feeling good! And back to Gorakshep.
<b>Day 12:</b>	Hike up Kalapathar (5,644m) for panoramic views of Everest and trek down to Lobuche Village (4,940m)
<b>Day 13:</b>	Trek to Lobuche East High camp (5,400m)
<b>Day 14:</b>	Training day and prepare for summit push
<b>Day 15:</b>	Summit push (if weather permits) and trek down to Pheriche (4371m)
<b>Day 16:</b>	Descend from Pheriche to Namche (3440m)

<b>Day 17:</b>	Namche to Lukla (2,846m)
<b>Day 18:</b>	Fly from Lukla by fixed wing to Kathmandu
<b>Day 19:</b>	Free time in Kathmandu
<b>Day 20:</b>	International flight back home

## FITNESS REQUIREMENTS AND TRAINING

---

The main requirement is a strong mindset and a positive mentality! Other than that you need a basic level of fitness, enough to walk comfortably for 10km with a small backpack over hilly terrain at sea level. If you are fit and healthy you are ready to go!

If you are nervous about your fitness, we provide a training weekend in the Lake District with our professional mountain guides. This will involve learning how to walk with your trekking boots, how to use poles effectively and how to hike efficiently.

## PAYMENT

---

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer, then you will be responsible for covering the cost of the fees associated with the transfer so that AGA Adventures receive the full amount shown on the invoice.

## CANCELLATION

---

Should you decide to cancel your trip for any reason at any time between booking the trip and the start date of the trip, some deduction will be made to the advance amount. This is to cover the company's obligations and expenses to pay a certain amount for personnel and resources in advance of the trip. The following cancellation charges will apply if you decide to cancel the booking:

- ▶ Cancellations made 90 days or more before the start date of the trip will incur a loss of 33% of the deposit paid.
- ▶ Cancellations made between 90 days and 60 days before start of trip will incur a loss of 100% of the deposit paid.
- ▶ Cancellations made between 60 days and 30 days before start of trip will incur a loss of 50% of the full trip cost.
- ▶ Cancellations made between 30 days and start of trip or at any time during trip will incur a loss of 100% of the full trip cost.

NB: All refund requests must be made in writing and be received in our office within the notice period stated above.

For all cancellations, the company must be notified in writing. Acceptable means of communication include letter and email.

## INSURANCE

---

Every client requires appropriate insurance which covers helicopter rescue, medical rescue and reparation costs all up to 5,600m altitude.

We have a partnership with Global Rescue who are the best provider for adventure insurance. We recommend their services for insurance policies. Without the adequate insurance you may have to pay up to \$100,000 for rescue.

## Who Is Global Rescue?

---

### *Travel Protection*

AGA Adventures partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enrol with Global Rescue

<https://partner.globalrescue.com/agaadventures/index.html>

### *IMG Signature Travel Insurance<sup>SM</sup>*

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it

<https://partner.globalrescue.com/agaadventures/index.html>

## Sample FAQs

---

### **Q: What happens if I'm injured or have an emergency requiring evacuation?**

**A:** Every situation is different when medical and security emergencies happen. To ensure you're protected when things don't go as planned, we highly recommend our clients enrol with Global Rescue <https://partner.globalrescue.com/agaadventures/index.html>

### **Q: What is included in the Global Rescue medical membership?**

**A:** The Global Rescue medical membership includes 24/7/365 advisory services with medical professionals, field rescue from the point of illness or injury and medical evacuation to the member's hospital of choice.

### **Q: Are there any limitations on my activities with a Global Rescue medical membership?**

**A:** No. Global Rescue does not put limitations on activities.

### **Q: What is included in the Global Rescue security membership?**

**A:** The Global Rescue security membership includes 24/7/365 advisory services and security evacuation from events like unpredicted natural disasters, terrorist attacks and civil unrest— all supported by a team of intelligence specialists and military special operations veterans

## GEAR LIST

---

This our mandatory gear list and things we highly recommend that you bring to your trekking trip! If you forget something or can't find it where you are we can help you find anything in Kathmandu!

- ▶ - Mountaineering helmet
- ▶ - Tape slings
- ▶ - Alpine ice axe
- ▶ - 12 Point Crampons
- ▶ - Ascender right or left hand
- ▶ - Mountaineering harness
- ▶ - Carabiners auto locking x3 and regular x3
- ▶ - Rappel device: ATC or figure 8
- ▶ - Mountaineering boots suitable for above 6000m
- ▶ - Hiking shoes or sturdy trail shoes
- ▶ - Expedition socks, Bridgedale summit socks or equivalent x4
- ▶ - Trekking socks x4
- ▶ - Merino Base layers top and bottom
- ▶ - Thin Mid layer top x2
- ▶ - Thick fleece mid layer top x1
- ▶ - Hiking trousers x1
- ▶ - Hardshell trousers x1
- ▶ - Softshell jacket with hood
- ▶ - Softshell trousers
- ▶ - Waterproof top and bottoms
- ▶ - Warm Down Jacket (800 fill)
- ▶ - Down trousers
- ▶ - Warm hat
- ▶ - Cap
- ▶ - Buff
- ▶ - Sunglasses (category 4)

- ▶ - Ski goggles
- ▶ - Thin synthetic gloves x2
- ▶ - Soft shell gloves
- ▶ - Hard shell gloves with insulation for extreme cold
- ▶ - Expedition mitts
- ▶ - Expedition backpack 45-50L
- ▶ - Duffel bags with locks x2
- ▶ - Sleeping bag rated to -40 degrees
- ▶ - Compression stuff sacks for sleeping bags, clothes, etc
- ▶ - Slippers/crocs for lodges
- ▶ - Trekking poles
- ▶ - Head torches with extra batteries x2
- ▶ - Suncream spf 50
- ▶ - Water bottles (Nalgene) x2
- ▶ - Thermos 1 litre
- ▶ - City clothes
- ▶ - Toiletries (shampoo, toothpaste, toothbrush, soap etc)
- ▶ - Traveltowel
- ▶ - Power bank, charging cables and plugs
- ▶ - Travel cup/bowl and spoon
- ▶ - Personal snacks
- ▶ - Personal first aid kit (including personal medications, painkillers, antibiotics, altitude sickness medication such as Diamox and Dexamethasone. We advise you to consult with your GP to discuss any medicines that require a prescription)





# lehara

## Lehara Deep Soft Tissue Massage

Trekking can be hard! Have tired legs or an achy back a few days into your trek? Fear not as we at AGA Adventures have you covered.

We have partnered with Lehara, a local community-focused sports massage provider, that will provide you with a high-quality 60-minute-deep soft tissue massage. Upon arrival at the Khumbu Lodge in Namche, all you need to do is choose a time that suits you, and we'll sort the rest!

Proceeds from your session will also be invested into the communities of the Khumbu Valley.

Lehara is a non-for-profit organisation where all proceeds pay for both the ongoing tuition and salaries of the local Sherpa therapists, and builds a community investment fund focused on advancing education, improving healthcare and protecting the environment. For more information on Lehara, visit [lehara.org](http://lehara.org) or follow @leharanepal



### CONTACT

To make your booking today or to contact us for further questions please email us at: [agaadventuresltd@gmail.com](mailto:agaadventuresltd@gmail.com)

Or visit our website:

[www.agaadventuresltd.com](http://www.agaadventuresltd.com)