

Take on a trek
of a lifetime
for Pilgrims
Hospices!

07-22 MARCH 2026

EVEREST BASE CAMP TREK

To find out more visit:

www.pilgrimshospices.org/event/everestbasecamp

ITINERARY:



DAY 1: DEPARTURE

We meet the Pilgrims Event and Action Challenge Team at the airport and check-in together before boarding our flight to Nepal.

DAY 2: ARRIVE, NEPAL

On arrival, we are met at the airport by the local Nepalese team and start our journey to our overnight destination of Charikot. Our expected arrival at our hotel is late afternoon/early evening. Once all checked into the hotel, we will have a briefing from our Action Challenge Leader and local head guide who will be leading us on the challenge. In the evening we enjoy a welcome meal together and relax before our early departure in the morning.



DAY 3: PHAKDING

- 2,656m 13KM / 3 HRS TREKKING
- We leave our hotel early and transfer to Manthali airport for our exhilarating flight to Lukla. Clear skies permitting, we will get our first glimpse of Everest, Ama Dablam and Nuptse! On arrival in the famous town of Lukla, we'll trek towards Phakding, following the Dudh Kosi river along a centuries-old trading trail that runs from Nepal to Tibet. We will spend the night in a lodge in Phakding.



DAY 4: NAMCHE BAZAAR

- 3,449m 5KM / 3-4 HRS TREKKING
- For our first full trekking day, we cross the mighty Dudh Kosi river and continue through forested valleys to enter the Sagarmatha National Park. We cross the iconic twin suspension bridges passing high above the raging Dudh Kosi river before beginning one of the biggest ascents of the trip, to Namche Bazar. Half way through this ascent trail, there is the chance for our first view of Everest in the far distance. We arrive for the night at the famous village of Namche Bazaar.

DAY 5: ACCLIMATISATION DAY

- 3,449m 4-5 HRS TREKKING

Today we rise early to climb to the ridge above Namche for a stunning sunrise over the panorama of the Khumbu peaks. We spend the morning trekking along the beautiful river valley, returning for a more leisurely afternoon in Namche, before settling in for a second night to allow for further acclimatisation.

DAY 6: DEBOCHE

- 3,820m 7KM / 7-8HRS TREKKING

From Namche, the trail follows the contours of the valley, high above the Dudh Koshi river. From here we will see incredible views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stop-over for lunch.

Here we can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu. From here, it's a short trek through rhodendron-shaded trails to reach Deboche.



DAY 7: DINGBOCHE

- 4,700m 9KM / 8-9HRS TREKKING

The trail winds through rhododendron forest, crosses the Imja Khola river and has fine vantage points of Ama Dablam. It then climbs gradually past beautifully carved mani stones to reach the village of Pangboche where we continue along the confluence of the Khumbu and Imja Kholas, turning east into the Imja Valley. A path lined with stone walls leads us through fields to our accommodation in Dingboche village.



DAY 8: ACCLIMATISATION DAY

- 4,700m / 4-5HRS TREKKING

Dingboche village lies at the head of two valleys in the shadow of Pokalde (5,745m). For our acclimatisation walk today we head up the Chukung Valley for fantastic views of the Himalaya's majestic mountains including the towering south face of Lhotse and Island Peak. We return to our accommodation in Dingboche for the night.



DAY 9: LOBUCHÉ

- 4,910m 8KM / 4-6HRS TREKKING

We head up the Chola Khola valley towards the village of Dughla and descend to follow the valley to Lobuche. We will feel the temperature drop today, but the stunning sight of Nuptse bathed in an ethereal moonlight will keep our spirits high.



DAY 10: EVEREST BASE CAMP

- 5,364M 10KM / 8-10HRS TREKKING

Today is the day! We leave Lobuche at very early dawn. The sun soon reaches the summits of the Himalayan peaks and slowly lights up the valley floor. We traverse the Khumbu Glacier, climbing towards Gorak Shep ('Graveyard of Crows'), where a couple of simple lodges are set amongst breathtaking scenery. We continue at a slow but steady pace to reach Base Camp along the Khumbu Glacier at 5,364m. It's a long, tiring day at altitude but team spirit drives us on to reach Everest Base Camp. We spend a little time taking photos and celebrating our achievement before making our way back to Gorak Shep for the night.

DAY 11: KALA PATTAR

- 5,550m - PHERICHE 15KM / 8-10HRS TREKKING

Today you have the option to take on the slow and steady climb to the summit of Kala Patthar. This tough trek begins at 4am and is rewarded with spectacular views of the mighty Everest and the Khumbu Glacier below as the sun rises. We then re-join the rest of the group at Gorek Shep and descend to Periche to complete a long but unforgettable day. If a trek to Kala Patthar is not possible due to inclement weather, we will descend directly to Periche.

DAY 12: DESCEND TO NAMCHE

- 3,449m 20KM / 9-10HRS TREKKING

After breakfast this morning, we descend back down from Periche to the colourful village of Namche.

DAY 13: DESCEND TO LUKALA

- 2,850m 20KM / 8-9HRS TREKKING

Today, we complete the last leg of our challenge together back down to the town of Lukla.



DAY 14: RETURN TO KATHMANDU

This morning, we take a local flight back to Manthali/Kathmandu. Tonight we sit down for our last meal together in a traditional Nepalese restaurant; a celebration of our great achievement and a toast to our new found friends!



DAY 15: KATHMANDU

This morning, we will have the opportunity to take in the ancient Durbar Square, a UNESCO world heritage site, crammed full of brightly-coloured stalls laden with Buddhist and Tibetan souvenirs and surrounded by palaces and temples. We can also visit Swayambhu, a large Stupa with stunning views of the city, plenty of monkeys and a great place to eat Momos (a delicious local specialty!). This evening we transfer to the airport for our return flight.

DAY 16: DEPART AND ARRIVE BACK IN THE UK

TRIP OVERVIEW:



**16 Days
Itinerary**



**11 Days
Trekking**



**5,346
Altitude**



**7-22 March
2026**

It's incredible to think that in just two weeks out of the office, we can reach the base camp of the greatest mountain on earth, Mount Everest.

On this eleven day trek we see some of the most breath-taking scenery, visit some of the highest villages in the world, witness spectacular sunrises over snow-capped Himalayan Peaks, share a warm fire in cosy teahouses and follow in the footsteps of great mountaineers. From the peak of Kala Patthar, we gaze up at the mighty Everest summit, an incredible achievement and a sight to remember.

WHAT TO EXPECT:

Is there support along the route?

Yes, and plenty of it!

Your challenge will be led by an experienced Action Challenge leader. The leaders are selected for their experience, knowledge, enthusiasm, sensitivity and sense of humour, and will ensure that your trip runs smoothly.

You will also be accompanied by an Action Challenge doctor, who will be carrying a fully stocked medical kit in case of any emergency. They will carry out daily health checks and the re-assurance of their presence will allow you to focus on and enjoy your challenge!

We will also have a full support team in country with two way radio contact between the Action Challenge Head Quarters in London and local staff and satellite phone for emergencies. If for any reason you need to leave the group early local staff will assist you and will arrange transfers, accommodation and medical care if necessary.

You will also be accompanied by two members of the Pilgrims Events team who have climbed many peaks themselves, so you'll be in very safe hands!



FUNDRAISING SUPPORT:

Your events team that will be with you every step of the way!



To cheer you on!



Offer advice, encouragement & support...



...and to celebrate when you achieve your goal!



How will I fundraise £750?

The Events team will be here to support you every step of the way as you take on this incredible challenge. While your fundraising goal may seem overwhelming at first, it's absolutely within reach!

Here are some tips to take your fundraising to new heights:

- Our top tip for fundraising is to have your online fundraising page set up early. This way when people share in your excitement, you can direct them to your page straight away!
- Shout about it, you're doing a wonderful thing! You're taking on a huge challenge and helping to support the care of thousands of local people while you do it! Be proud. Be enthusiastic – it's contagious!
- Car Boot Sale or Sell Online – Gather unwanted items from your home and sell them at a car boot sale or through online platforms like eBay, Facebook Marketplace or Depop. This is a great way to declutter while contributing to your £750 target!
- Host a Dinner Party and Charge a Fee – Plan a dinner party and invite friends or family. Charge an entry fee or suggest a donation in exchange for a delicious meal and a fun evening.
- Host a Quiz Night – Organise a quiz night at your local pub, or even online. Charge an entry fee per team, prepare fun questions and offer a prize for the winning team.
- Run a Bingo Night – Arrange a bingo night with prizes for winners. You can even offer refreshments in exchange for a donation!



What will the food be like?

You'll have hot meals prepared three times a day. Food will be freshly prepared to order at the tea houses that we stay at and pass as we trek along the route. Typically you'll be given a choice of 3-5 meals that are healthy, hearty and have the right nutritional qualities for our trekking days. The meals are often vegetarian and often contain plenty of carbs to fuel us! Think rice, noodles, pastas, porridge, pancakes, omelettes as well as local foods such as Dhal Bat. As long as we know in advance of the trip, we can cater for all dietary requirements & requests.

When in Kathmandu, and the larger communities on the trekking route, there will be a little more choice and variation to enjoy. Not least of course our wonderful celebration meal to mark the end of the challenge, that really is a Nepali feast!

Where will we stay?

Accommodation will be allocated on a twin sharing basis. You'll share with someone of the same sex, and we try where possible to match people of similar ages (but this can't be guaranteed). If there is someone you'd like to share with, please mention this at the time of booking. In Kathmandu, we will stay in a comfortable hotel. On the trek, our accommodation will be in tea houses which are basic lodges with rustic facilities.

You can also choose to pay an additional supplement (£395) to have your own room (and/or tent) on the challenge. However please note that this is subject to availability.

Can I meet others before the trip departs?

Absolutely! As part of your entry you'll receive a free 25km or 35km place on our very own Pilgrims Way Challenge, where you'll also be able to meet the Events Team who are accompanying you on your trip! You'll additionally receive a 50km place on an UK Ultra Challenge (worth £139), where you'll be able to train for your challenge, test your kit and meet your fellow members of #TeamPilgrims!

We will also set up a WhatsApp group where we will share useful tips and encouragements. The group will be the ultimate destination for support – as we're all in it together!

How challenging is the hike?

Everest Base Camp is a demanding trek, that will be sure to test your endurance with high-altitude, rocky ground and long hiking days. It's tough but achievable; with training and determination, anyone can conquer Everest Base Camp!

Therefore being in strong physical condition and training for the challenge will make the trek even more enjoyable and manageable.

TRIP COSTS:

What's included:

- ✓ Return flights from London to Nepal (inc. all known airport taxes, unless taking the non-flight option)
- ✓ All transfers and transport in Nepal
- ✓ All hotels before & after the trek
- ✓ Teahouse accommodation during the trek
- ✓ All meals including breakfast, lunch and dinner
- ✓ All trekking permits & National Park fees
- ✓ All entrance fees to sites as per the itinerary
- ✓ Day in Kathmandu with a celebratory dinner
- ✓ Action Challenge App with all documentation
- ✓ Fitness and training guide
- ✓ Discounts from UK retailers & reduced rates at Travel Clinics
- ✓ FREE 25km or 35km place on the Pilgrims Way Challenge
- ✓ FREE 50km place on an UK Ultra Challenge
- ✓ X5 Pilgrims Hospices Technical T-Shirts
- ✓ X1 Pilgrims Hospices Neck Buff
- ✓ A Pilgrims Hospices Event Lanyard

What's excluded:

- X Alcoholic drinks
- X Travel insurance
- X Single room supplement
- X Any required visa fees
- X Tips for staff
- X Helicopter services if rain affected

TRIP COSTS:



A £395 registration fee is payable at the time of booking, with a final balance of £3,495 (made payable 12 weeks prior to the departure date). You must pledge to raise a minimum of £750 for Pilgrims Hospices.

Your challenge costs have been calculated based on the highest price point for the challenge tour package. **However, the more participants that join us the lower your cost may be. This is quite literally ‘the more the merrier’.**

For example, based on the standard price point of a twin room with flights. The costs will be as follow:

- 15-20 participants in the group = £3,890 total (inc the deposit)
- 20-25 participants in the group = £3,740 total (inc the deposit)
- 26+ participants in the group = £3,590 total (inc the deposit)

At the point of paying the final balance: due on 12th December, Action Challenge will reduce your balance accordingly dependent on the number of participants within the group. The Pilgrims Team will also keep you regularly updated with the group numbers.

So, our advice is encourage your friends, partner or colleagues to join you on this adventure of a lifetime. We would truly like to take a large group to experience the worlds greatest mountain!

	Twin Room (with flights)	Twin Room (excluding flights)	Single Room (excluding flights)	Single Room (with flights)
Deposit:	£395	£395	£395	£395
Tour Cost:	£3,495	£2,295	£2,690	£3,890
Total:	£3,890	£2,690	£3,085	£4,285
Final Balance Due	12th December 2025	12th December 2025	12th December 2025	12th December 2025

* The single supplement fee for the X2 hotels and teahouses = £395 (subject to availability)

* Land only cost = £2,295

* We highly recommend you take out the full flight package, so you're part of the team from start to finish!



INFORMATION MEETING:

Date: Sunday 23rd February 2025

Time: 11:00 AM

Location: Pilgrims Hospices Anne Robertson Centre,
55 London Rd, Canterbury CT2 8JA

Join us for an exciting information meeting to learn all about our
Everest Base Camp Trek!

Where we'll cover everything you need to know about this once in a lifetime challenge. From training tips, to packing lists and what to expect on the trek, this meeting will help you prepare for your journey to one of the most iconic destinations in the world!

**Reserve your place at the information meeting today
by emailing: fundraising@pilgrimshospices.org**

