



DHL's BASECAMP QUEST

One of the most famous treks in the world takes you deep into the heart of the Nepalese Himalaya and all the way to the base camp of the World's Highest Mountain: Everest.

To reach Everest Base Camp, you will trek 4 to 5 hours a day surrounded by many of the world's highest and most beautiful mountains. If you want to experience Sherpa culture, you can turn many prayer wheels, visit monasteries and chill out in the countless teahouses that dot the route.

Each night, you will stay in a lodge run by a local Sherpa family so there will be no nights spent in uncomfortable tents. The same families and Sherpa friends have hosted the organisers for over two decades now, guaranteeing you a warm welcome and hospitality.

In planning your trip, we want to ensure, as best as is reasonably possible, that you acclimatise properly – which is why the time taken to reach Base Camp is a day or so longer than normal. This extra time spent acclimatising is central to your safety at altitude and fundamentally gives you a more comfortable experience along the way.

This trek is suitable for fit walkers & trekkers who are able to walk slowly for up to 5 hours a day with a light rucksack. Some training will be required to be aerobically fit, but the pace and daily altitude gain are designed to be gentle.

The adventure begins in Kathmandu, where you can relax for a day after your international flight and explore the city. The next day you take the exciting flight over the mountains to the tiny Lukla airstrip, which is the gateway to Nepal's famous Khumbu Valley.

From here you set off directly with your porters along the Base Camp trail. At first the trail heads downhill and you spend your first night near the famous Dudh Kosi river. You later follow this river and cross it several times on airy suspension bridges. As you journey towards Everest you will enjoy views of famous peaks such as Ama Dablam, Lhotse and Nuptse.





The journey takes you past monasteries and through many Sherpa villages – the most famous of all being Namche Bazaar, where you rest for 3 nights to boost your acclimatisation to the higher altitude. This is critical for later in the trek. Whilst in Namche, you can take walks away from the main trail to visit the childhood home of the famous local Sherpa, Tenzing Norgay, or visit the tea terrace at the Everest View Hotel. You will see many Tibetans who cross the nearby border to trade traditional artefacts in this Sherpa 'capital'.

By the time you reach Everest you will be fit, acclimatised and have a real feel for the country that is home to the world's highest mountains. You will be trekking in the spring season and when reaching Base Camp, you will have lunch with the Everest Summit team, as they prepare for their attempt to climb to 8,848m. At DHL Express we know there *Ain't No Mountain High Enough*.

The next day you will fly from Lobuje in a helicopter back to Lukla, where you transfer into the same small aircraft you arrived in two weeks before, and head back to Kathmandu. This helicopter ride will be a dramatic finale to your trek and spares you the 4 days it normally takes to walk back to Lukla.

An experience of a lifetime.

