



EVEREST BASE CAMP ADVENTURE

Nepal

19 days | 18 nights

OVERVIEW

An extraordinary exploration through the Khumbu region, including a visit to Everest Base Camp – this is a Big Heart Adventure like no other. Beginning in the ancient city of Kathmandu, we take in the most impressive Buddhist and Hindu temples, local bazaars, backstreets and hidden alleyways. We then undertake the trek of a lifetime with 13 days of spectacular mountain scenery and glacial wonder. Experience Gokyo lakes, Kala Pattar & Everest Base Camp with a crossing of the immense Cho La Pass. This trip takes you off the beaten track so you can deeply immerse in authentic Sherpa culture and the essence of Nepal.

This journey is the ultimate challenge for the ambitious trekker. We take you to the foot of Mount Everest and traverse through the wild rhododendron forests and steep mountain ridges of Khumbu's Cho La Pass. Trek to the summit of both Gokyo Ri at 5340m and Kala Pattar at 5554m. Both peaks are optional, but those willing and able are rewarded with magnificent views of the highest mountains in the world! We top it all off with a visit to Everest Base Camp and a closer look at the spectacular Khumbu Icefall.

This Everest Base Camp Adventure requires you to be adequately fit but not necessarily a highly experienced trekker. Sometimes, the fittest people suffer conditions related to altitude sickness from going up too fast. We make sure we take our time and pace our ascent.

DETAILS

- Type: Challenge Trek Guided
- Adventure: Everest Base Camp Adventure
- Destination: Nepal
- Group Size: Max 12 plus leaders

ITINERARY

Day 1 | Welcome to Kathmandu

Get ready to embark on an exhilarating journey as we are greeted by our local guide upon arrival at Kathmandu International Airport. From here, we are accompanied through the labyrinth of Kathmandu's winding streets and settled into the snug, heritage style of our new abode.

As the day unfolds and depending on your arrival time, we can take a bazaar walk through the clandestine alleys and hidden courtyards of old Kathmandu. It is a treasure trove unknown to most visitors and a wonderful opportunity to acclimatise. Our ramble takes us to the venerable Kathmandu Durbar Square, a palace steeped in history and grandeur and deservedly holding a place among UNESCO's World Heritage Sites.

As we delve into the old city and its web of enchanting alleyways, we encounter a myriad of hidden temples that blur the lines between

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www.bigheartadventures.com.au | hello@bigheartadventures.com.au

PO Box 6046 West Lakes Shore SA 5020 | ph 08 7006 5620



@bigheartadventures



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Hinduism and Buddhism, sometimes seamlessly embracing both. The surrounding local bazaars set the stage for a thrilling introduction to the heart of Kathmandu with their vibrant stalls showcasing exotic fruits, aromatic spices, and dazzling crafts forged from brass, bronze, and copper.

But it's not just about the produce – the local scene is alive with a fascinating mix of people. From the vibrantly dressed locals of the Kathmandu Valley to Gurkhas, Sherpa women in striped aprons, Indian traders, and wandering sadhus (Hindu holy men), there's a diverse tapestry of characters to encounter.

As we reach the Durbar Square, behold the spectacle of stunning temples that stand proudly beneath the watchful gaze of the Hanuman Dhoka Palace, the ancient seat of Nepalese Royalty. Known as Kantipur, this city is one of the three ancient jewels nestled in the Kathmandu Valley, the others residing in Patan and Bhaktapur. Here, we can learn about the history and the temples and have the chance to visit the residence and temple of a Living Goddess.

We return to our hotel in time to prepare for our first dinner together, overflowing with the sensory offerings from our day's introduction. 3 nights stay at Nepali Ghar Hotel.

Meals Included: Dinner

Day 2 | Temples, temples, temples

After a big sleep, we get ready for a day packed with excitement and exploration in the incredible Kathmandu Valley!

Starting with a hearty breakfast to fuel our adventure, we set off in privately chauffeured cars to experience another three of the incredible seven local UNESCO World Heritage Sites.

Also known as the Monkey Temple, our first stop is Swoyambhunath Temple where cheeky monkeys dart around the many shrines and temples. Perched atop a hill, this ancient Buddhist Stupa offers breathtaking views of the valley and is a sacred haven for both Hindus and Buddhists.

Next stop: Pashupatinath Temple, one of the holiest in the Hindu religion. Dedicated to Lord Shiva and considered to be his birthplace, this temple is situated along the sacred Bagmati River. With ghats lining the river below the temple, it is the primary cremation site for Hindus in the Kathmandu Valley, and also a significant pilgrimage site for both Nepali and Indian sadhus.

Our final exploration today takes you to Boudhanath Stupa! Our visit begins with a delightful lunch, soaking in the Stupa's vibes from our vantage point on the café terrace. After refuelling, it's time to unravel the mysteries of this immense structure – one of the world's largest stupas. With four pairs of eyes keeping watch in the four cardinal directions, this architectural wonder stands tall on an

octagonal base adorned with prayer wheels. Surrounding the stupa, you'll find the homes of Lamas, Buddhist monasteries, and shops galore.

We wrap up our day with some free time – a chance to absorb it all, wander, explore, or maybe snag some unique treasures from the local shops before heading back to the sanctuary of our accommodation buzzing from our full and exciting day.

Meals Included: Breakfast, Lunch, Dinner

Day 3 | Patan in depth

The city of 'Kathmandu' actually comprises 3 ancient cities that lie within the valley of 'Nepal', which is how the valley was originally known during ancient times. These cities are Kathmandu, Patan and Bhaktapur.

Following a good brekky, we ready ourselves for a day exploring Patan, a city of Buddhist influence as opposed to the Hindu religion in the old cities of Kathmandu and Bhaktapur. Patan is located across the Bagmati River to the south of Kathmandu city and is also known as Lalitpur, the city of fine arts. It is believed to have been founded in the third century B.C. by the famous Buddhist emperor, Ashoka, and if this timeline is accurate, it would be the oldest continuing Buddhist town in the world!

After a morning of enjoying Patan Durbar Square, we have lunch inside the old palace before continuing on and venturing away from the beaten path. Here is where we unveil the mysteries of hidden alleyways and the intricate courtyard system that renders this ancient city an unparalleled marvel of planning. They say "old is gold", and so it is as we discover craftsmen busy at work creating bronze statues or copper pots, and thanka painters focused on the fine detail of their masterpieces. We also see the temple of a thousand Buddhas, the Golden Temple and many 'secret' monasteries and temples unknown to nearly all visitors to Nepal.

It's truly remarkable when contrasted with our modern impressions of Kathmandu, and learning about how this ancient city was planned will blow your mind! A sophisticated blueprint encompassing features such as community water supply, emergency fire tanks, resting spots, sacred areas, bustling marketplaces, and strategic locations for ancient traders from Tibet or India to gather the latest market intelligence before venturing into the local market. The echoes of history resonate in every corner of Patan, offering a truly enthralling experience.

Once back at our hotel, we meet with our trekking guide to go over details for the trek and check any last-minute gear requirements before heading out for dinner.

Meals Included: Breakfast, Lunch, Dinner



Day 4 | Bhaktapur and Mulkot

It's time to check out the last of Kathmandu Valley's three ancient cities with a drive to Bhaktapur.

Besides a few hints of modernism, Bhaktapur is often called a 'living museum' with people going about their daily lives as they have since early times. You can expect grain threshing in the city square or potters at their wheels and drying their newly created wares in the sun. All adding to the beautiful preservation of this ancient area. Our visit will include the must-see sights and allow plenty of time to explore the backstreets and alleyways.

From Bhaktapur, we'll drive out of town to Mulkot, a small village around 4 hours drive from Kathmandu. It's surreal to think that a week from now, we will traverse the incredible Khumbu Glacier and visit Everest Base Camp! As our excitement and anticipation build over our trekking days to come, we settle into our Mulkot accommodation and sleep well before our flight to Lukla early in the morning. Overnight Kwality Beach Resort.

Meals Included: Breakfast, Lunch, Dinner
Driving Time: Approx. 5 hours

Day 5 | Ramechhap, Lukla & Trek to Monjo

Today's the day we lace up our boots and hit the trail! But first, we have an hour's drive from our accommodation to Ramechhap where we fly to Lukla.

It's a spectacular flight, and after landing on the tiny mountain runway, we meet our trekking crew in the village. Then, together, we head up a well-marked trail through the Dudh Koshi Valley to our night's accommodation near the river at Monjo. Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 6 hours
Altitude: 2850m

Day 6 | Trek to Namche

Our altitude increases by 600-metres today, so we go slow and steady, taking our time as we take in the beautiful surrounds of Sagarmatha National Park. This park was set up to protect and preserve the fragile mountain environment of the Everest region. We cross the river on a suspension bridge before ascending quite steeply to Namche.

Along the way, if the weather is clear, we may catch our first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu region and has a busy Saturday market which is a meeting place for the Hindu traders from the lowlands, and the Tibetan yak caravans that have crossed the glaciated Nangpa La. 2 nights local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 4 hours
Altitude: 3450m

Day 7 | Rest day in Namche

Today, we rest and allow our bodies to acclimatise.

Namche is tucked away between two ridges and has stunning mountainous views. The village is a popular stopover for trekkers, and there is an abundance of lodges, tea shops, and souvenir shops to complement the magnificent outlook.

It is an ideal place for us to rest, which is crucial for acclimatising to the new altitude before continuing upwards to the spectacular Gokyo lakes.

Options for acclimatisation walks include a visit to Khunde Hospital, which was set up by Sir Edmund Hillary, or a one-hour walk to the Everest View Hotel above Namche for the sunset view of the surrounding peaks – Ama Dablam, Nuptse, Lhotse and Everest. Alternatively, there are also good views from the National Park Centre and Museum just above the town.

We settle in the village of Brampton for an overnight stay.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Rest Day (Altitude Acclimatisation)
Altitude: 3450m

Day 8 | Trek to Tengboche

Onward and upward today! From Namche, the trail contours around the side of the valley, high above the Dudh Kosi River. Now, we get our first truly impressive views of Khumbu's great peaks. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga.

The village is an excellent lunch spot and makes for a welcome rest before we do the steep climb to Tengboche. The trail up zigzags back and forth, and although tiring, we take our time and admire the many rhododendron bushes, beautiful birds and, of course, the superb mountain scenery.

The local Tengboche Tibetan Buddhist monastery is the largest in the Khumbu and is renowned for hosting wonderful annual Mani Rimdu festival celebrations. Our lodgings for tonight are near the monastery, with views of Everest, Lhotse and Ama Dablam taking centre stage (weather permitting). Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 4 hours
Altitude: 3846m

Day 9 | Trek to Dingboche

Beginning with a steep descent through gorgeous Rhododendron forest, our altitude climbs another 454m today. We cross the Imja Khola, a tributary of the Dudh Kosi river and then ascend steadily to the village of Pangboche.

With exceptional views of the mountain, Pangboche is directly opposite Ama Dablam and is 'base camp' for climbers striving to reach the 6,856m summit. Founded in 1667, old Pangboche's Gumpa is the oldest monastery in the Khumbu, and houses relics said to be the skull and hand of a yeti.

From here, we have a further 2-3 hours walking before reaching Dingboche, our next acclimatisation rest stop! 2 nights local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 4300m

Day 10 | Acclimatisation day in Dingboche

It's important to really tune in to your body and support it while adjusting to the increased elevation. Drink lots of water, eat well, sleep, and increase your potassium intake. Some moderate exercise helps as well, and today is a chance to take your body a bit higher during the day and sleep back down at Dingboche in the evening. The slight increase in altitude matched with sleep at a lower level gives our body additional support.

You may wish to explore the upper parts of Dingboche, which has a more traditional feel than the lower part of town. Or, we can head up onto the ridgeline to a peak called Dolma Ri, topped with prayer flags and said to be the home of eagles. For something more gentle, there is the chance to visit an old Buddhist hermitage called Nangar Dzong. This is your rest day, however, and if you are tired and need to take it easy, do so. Listen to your body!

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Rest Day (Altitude Acclimatisation)
Altitude: 4300m

Days 11 | Trek to Lobuche

This morning we are back on the trail for our longest trekking day so far! After breakfast, we continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on our left.

We then turn right and climb more steeply towards the foot of the Khumbu Glacier, inching our way closer to Everest Base Camp. At the top of this climb are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mount Everest. Our path then gently ascends along the glacier, eventually reaching the cluster of houses at Lobuche.

It can get very cold here, but the views of Nuptse are awesome, especially when lit by a full moon. Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 8 hours
Altitude: 4930m

Day 12 | Trek to Gorak Shep, Visit Everest Base Camp

Leaving Lobuche at dawn, today has a true sense of 'expedition' to it and it's an majestic sight as the sun reaches the Himalayan summits around us and slowly lights up the valley bottom.

We traverse the Khumbu Glacier, climbing towards Gorak Shep, which means 'Graveyard of Crows'. There are only a couple of very basic lodges here, set amongst breathtaking mountain scenery, and we will make our way back for tonight's accommodation. Firstly, however, we continue at a slow but steady pace on our bid to reach Everest Base Camp.

It's a challenging day but the immense beauty of Khumbu Glacier, the world's highest glacier, and the awe-inspiring summit of the mighty Everest, are well worth the effort!

We enjoy a little moment at Everest Base Camp to take photos and relax before returning to Gorak Shep and our lodgings for tonight. Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 7 hours
Altitude: 5357m

Day 13 | Trek to Dzongla, Climb Kala Pattar

We have another big day today and we'll reach our highest altitude of 5554m at the summit of Kala Pattar.

For those feeling able, it is a tough, slow yet steady climb to the summit, but a real achievement that is rewarded with spectacular views of the Khumbu Glacier below and the mighty Everest above!

From here, we retrace our steps down to Lobuche where we leave the main Everest Base Camp trail and take an alternative, winding trail to Dzongla. This is a lovely walk, contouring around the hillsides and taking us passed the Cho La Lake, all the while enjoying stunning panoramic mountain views.

We enter the valley with Tawache Peak Base Camp and, crossing the river, have one steeper climb up into Dzongla.

Dzongla is a small 'kharka' or pasture ground with two lodges. Here we are just a few hours below the Cho La pass and can relax and enjoy the amazing view up at the sheer wall of Cholatse Peak. Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 8 hours
Altitude: 4830m (Kala Pattar summit climb 5554m)

Day 14 | Trek to Gokyo, via Cho La Pass

The Cho La Pass sits at 5370m and as we start out from Dzongla, we climb up to a plateau and cross an icy mountain stream, before ascending to the pass. This will take approximately half our trekking day, and although it's a steep and rocky ascent that we need to manage carefully, it's fun and beautiful and we'll stop often to enjoy the incredible landscape as we go.

Once up at the glaciated pass, we trek across the snow and ice to the summit and take in the incredible views of the Himalayan mountains around us. We then descend steeply for 1 ½ hours before our downhill efforts become more gradual on a rocky hill trail. Our path then steepens again until we reach Dragnak where we then head out through the big Nzogomba Glacier. We make our way across the glacier accompanied by the haunting creaks of moving ice and trek past the second lake into the Gokyo Valley. The valley is such a contrast to our previous landscape with its green ablation and gorgeous, turquoise glacial lakes. Yet another moment of breathtaking awe!

We now have a stunning walk into Gokyo, a seasonal grazing village built beside the third and largest lake, and where we also get to appreciate our first views up to Cho Oyu (8201m). Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 8 hours
Altitude: 4700m

Day 15 | Trek to Dole, Climb Gokyo Ri

Our destination for today is Dole, a small village in the Dudh Kosi River valley. We begin our day with a climb to the summit of Gokyo Ri. It's an energetic start, but the views from the top are worth the exertion, and it's considered one of the best for the four highest mountains in the area: Everest, Lhotse, Makalu and Cho Oyu. Gokyo Ri's peak also offers an excellent vantage point over the lakes, the glacial moraine and the Khumbu icefall.

From here, we head away from Gokyo village, descending steadily along the side of the valley, where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements used when yaks are taken to these pastures to graze during the warmer months. Ahead of us are excellent views of Cho Oyu, while back down the valley are the peaks of Kantega and Thamserku.

We arrive at Machermo in time for lunch and then continue our descending journey to Dole. Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 8 hours
Altitude: 4038m (Gokyo Ri summit climb 5400m)

Day 16 | Day 16: Trek to Namche

Today is a shorter walking day compared to the last five and drops steeply as we make our way to Phortse Tenga, a lovely authentic Sherpa village off the main trail. We'll pass through more rhododendron forests and birch forests festooned with hanging mosses and lichens. It's beautiful! And, as we hit the crossroads high above the Dudh Kosi and follow the main trail down to Namche, the scenery continues to be simply stunning!

As our altitude reduces, the number of traders we see en route increases, allowing us to admire Tibetan handicrafts and perhaps purchase a souvenir before tomorrow's final trekking day. Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 3450m

Day 17 | Trek to Lukla

It's our final day on the trail and our seventh consecutive walking day since we rested in Dingboche. By the time we reach our tea house accommodation in Lukla tonight, we'll be back below 3000m. What an incredible achievement and your Everest Base Camp Adventure is nearly at an end!

No doubt your body is feeling fatigued, but we have one last push following the trail along the Dudh Kosi River back down to Lukla.

We celebrate our last evening in the mountains with our sherpa guides and porters. We have journeyed so far with our trekking team and it's always a little sad to say 'Goodbye'. As we all reflect on our shared experience the festivities kick in with a chance to try Sherpa dancing and maybe some chang, a fermented pro-biotic barley wine similar to cider. Overnight local tea house.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 6 hours
Altitude: 2800m

Day 18 | Fly to Ramechhap and Drive to Kathmandu

This morning, we enjoy a final hearty trekking breakfast provided by our hosts at the tea house. We then bid "alavida" to the incredible vistas of the Khumbu area, and although farewells are bittersweet, we can all feel immensely proud of what we have accomplished. The colours of glacial lakes, the memories of Everest Base Camp, Kala Pattar, Cho La Pass, and the warm Sherpa hospitality will remain with us always.

For now, it's time to catch our early morning flight back to Ramechhap. We then have a 3-4 hour drive back into Kathmandu, however, for those who have booked our four-day yoga retreat extension, we will turn off before Kathmandu Valley and take you to the beautiful Vishuddhi Alaya retreat near Namobuddha. Here, we

leave you in the nurturing hands of our local yoga guide, with whom you can create your retreat experience however you wish.

If you are continuing with us into the Kathmandu Valley, we return to our original accommodation by early afternoon with plenty of time for you to spend however you wish – sightseeing, shopping, a wellness therapy, or holing up in a street side cafe to watch the world go by.

In the evening, we meet in the hotel foyer and head to one of Kathmandu's finest restaurants for a Big Heart farewell and to reminisce over our incredible adventure! Overnight Nepali Ghar Hotel.

Meals Included: Breakfast, Lunch, Dinner

Day 19 | Depart Kathmandu

This morning is free to relax and get packed up before enjoying some more free time ahead of your flight home.

If you're not quite ready to leave this wonderful country and would like to explore more of Nepal independently, we are happy to assist you with those arrangements.

You may wish to consider finishing off the trek with our Yoga Retreat.

Meals Included: Breakfast

Optional Extension: Namobuddha Yoga Retreat (Days 18-22)

An independent part of the trip, the retreat is yours to enjoy however you wish. Spend your days here connecting with nature and reconnecting with yourself. All meals included.

Forests surround Vishuddhi Alaya, and the retreat has been sustainably designed to enhance tranquillity and peace. Constructed from rammed earth, with a vegetarian menu of homegrown organic produce, and activities including yoga, meditation, Ayurvedic massage and craniosacral therapies, the total relaxation of your entire being is promoted and supported.

Immersed in the spiritual energy of the surrounding area, Vishuddhi Alaya Resort is complemented by the nearby sacred pilgrimage site of Namo Buddha. Your days here are filled with rest, the healing power of nature, and personalised yoga sessions. It's a divine, soul-nourishing end to your Everest Base Camp Adventure trek.

After 4 nights and 5 days, you will leave these tranquil surroundings and be transferred to Kathmandu Airport for your flight home. Should you wish to extend your stay, either at the retreat or in Nepal, we are happy to discuss arrangements to suit your needs.

INCLUSIONS

Travel

Arrival & departure transfers in Kathmandu when flying on same flights as Big Heart Leader

All transport and transfers detailed in itinerary, including flights to Lukla and Ramechhap

Local taxes

Meals

All meals and snacks as per the itinerary

Filtered drinking water provided on-demand

Tea/coffee with meals

B x 18 | L x 17 | D x 18

Accommodation

*13 nights local Tea House (*Please see note below)*

4 nights standard twin share Nepali Ghar Hotel

1 night Kwalithy Beach Resort

**Note: The local tea houses are basic but clean and they do not often have attached bathrooms or hot showers. The price is based on twin share and does not include any extra charge that lodge owners may levy for single rooms, attached bathrooms or hot showers (if these facilities are available) or for battery charging. We can't know in advance what they may charge for such things in the different lodges along the way, so we prefer to leave this cost out, rather than pass along an estimated charge to you.*

Activities

Entrance fees and English-speaking Nepali guide for sightseeing days

Temple visits: Swoyambhunath Temple, Pashupatinath Temple, Boudhanath Stupa

Local trekking guide and porters

Trekking permits and registration fees

Safety

Group First Aid kit and emergency communication device

Leader certified in Remote Area/Wilderness First Aid

English Speaking Local Guide

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Big Heart Extras

Big Heart Adventures designed ioMerino hiking top

Big Heart Adventures designed head sock

Big Heart Adventures journal

Guided pre-departure training walks and or program (trip specific)

Discount card for pre-departure purchases at Exurbia

A charity contribution to our Give Back program

Access and assistance from our Travel Agency with organising flight bookings and/or to extend your stay

EXCLUSIONS

- International flights (these can be arranged to join our Big Heart Adventures host from Adelaide or en route to Kathmandu)
- Drinks (except filtered water and coffee/tea with included meals)
- Meals not stated on the itinerary
- Items of a personal nature
- Travel Insurance
- Visas
- Tipping
- Extra levy charges at tea houses
- Optional Yoga Retreat Extension – inclusive of meals, standard twin share accommodation, yoga guide. Please add to your booking by selecting from the dropdown menu before adding to cart. Single-room supplement available

FITNESS REQUIREMENT

- A very good level of fitness is required to walk the trails on this trip
- You do not need to be a highly experienced trekker – sometimes, the fittest people come down with altitude sickness problems from going up too fast, so we make sure we take our time and pace our ascent
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces on undulating trails, including some steep inclines/declines, rocky trail and swing bridges
- Our longest walking day is approx. 8-9 hours and we walk 7 consecutive days on this adventure
- Trail rating: Moderate
- Max. Altitude: 5554m

IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund
- Training walks start 8 weeks prior to departure. We recommend you attend these walks to maximise your enjoyment and for the groups welfare when away
- Rooming is twin share
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Comfortable walking shoes
- Water bottle (1 litre) that can be refilled
- Day Pack
- Light rain jacket
- Warm jacket or jumper
- Personal medications

- Clothing that is quick-drying, breathable and layerable as needed – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and sunscreen, insect repellent
- Sleeping attire
- *Conditions can change quickly in the mountains. We recommend dressing warmly with merino layers and a down puffer jacket.

ACCESSIBILITY

There are stairs, uneven surfaces, and moving luggage to and from accommodation, plus walking the trails with swing bridges, rock and ice, on this trip. Please talk to us about your accessibility needs before booking

