

pennyappeal

EVEREST

BASE CAMP
2020

TAKE ON THE CHALLENGE
OF A LIFETIME

11TH - 27TH NOV 2020

Who are Penny Appeal?

Penny Appeal was founded in 2009 to provide poverty relief across Asia, Africa and the Middle East by offering water solutions, organising mass feedings, supporting orphans and providing emergency food and medical aid.

Since then we have saved lives and transformed communities around the world, helping to break the cycle of poverty and build better and brighter futures for those less fortunate than ourselves. Our work and our teams have grown considerably in the past few years, allowing us to launch new campaigns and work in even more crisis-hit countries.

All our projects are carefully designed to be both accessible and effective. They are a blend of emergency support, short-term relief and long-term sustainable interventions. This multi-focus approach means we can save lives immediately, improve situations in the coming days and weeks, and transform communities for years to come, giving desperate people the support they need depending on their situation



About the Challenge

Take on the highest mountain in the world... Mount Everest!

Join us as we embark on the classic Everest Base Camp trek and go on to climb Kalapathar! This iconic journey to 5,364m high is one of the greatest treks in the world; it's an absolute must for mountaineers and adventurers everywhere.

Everest is more than just a mountain though, it's a journey. Explore the streets of Katmandu, marvel at the beauty of the Himalayas and let the majesty of the Khumbu icefall take you away. Along this exhilarating journey, you will discover stunning landscapes, historic Sherpa villages and breath-taking scenery.

The Everest Base Camp trek truly is the challenge of a lifetime! Trekkers will test their endurance as they take on this 17-day trip through the world's largest mountain range. With 8 of the world's highest peaks crowning your trail, there is more beauty to be found in the Himalayas than you could ever imagine.

If you're looking for adventure, then the Everest Base Camp Trek is calling your name. This trip will take place from the 11th – 27th of November. You'll experience 11 full days of trekking which will include altitude acclimatisation days and 2 days of exploring the beautiful Kathmandu. You'll make memories that will last forever, push yourself to the limit, and know that long after you've completed the challenge, you will be helping deliver life-saving essential aid to those who are suffering around the world.



How we'll help you

We provide dedicated support from the moment you sign up right through to when you go on the trip. Once you receive your booking confirmation, you will have access to all the information you need, from fundraising ideas, kit lists to training routines. You'll have the opportunity to connect with fellow fundraisers so you can share tips on training and fundraising. You will also be accompanied by Penny Appeal staff during your 17-day trip so you'll always have somebody on-hand to help you every step of the way.

Is this trip for me?

Absolutely! Everest Base Camp welcomes everyone with a sense of adventure. So, if you are up for a physical and mental challenge, this is for you. Many of your fellow trekkers won't have done anything like this before, and whether you tackle the Everest Base Camp trek with friends or go for it alone, in the end, you will go home with new friends for life! You don't need to be an athlete to hike to Everest Base Camp. However, this is a tough and challenging trek, mainly due to the high altitude that you will be walking at. A good level of fitness will be required to make the most of this fantastic opportunity.

We will provide you with a comprehensive training guide to help get you to one of the most iconic sites in the world, and will of course be on hand every step of the way with any queries you may have.

There is plenty of time built-in to acclimatise to the high altitudes on this trek, but not to worry, we'll teach you all about how to prevent and treat altitude sickness before we even begin.

The Everest Base Camp trek is a great challenge for those looking to explore beautiful Himalayan mountainscapes. The trek will be challenging at times and we will be trekking through mountainous trails as we climb 5,554m, but the scenic views and awe-inspiring landscapes make it all worthwhile!

Key Information



Funding Options: How much does it cost? To book your place **you will need to pay a £499 deposit**. You then need to **raise a minimum of £4,500** before the trip. **80% of your sponsorship** must be collected at **least 3 months** before the trek.



What's included? Return flights and all overland transport, accommodation, all meals during trekking days, water, porters, local guides, **Choose a Challenge Tour Leader and UK Doctor**.



What should I bring? We'll provide you with a kit list tailored to this challenge when you book. Whilst on the trek your bag will be transported by porters so **all you need to carry is your backpack with your essential items**.



Accommodation: While in Kathmandu we **will be staying in a hotel** and along our trek **we will stay at local tea houses** on route.

About the Cause

Emergency Response

Penny Appeal always strives to respond to global disasters and emergencies as they happen, but more importantly, we are always working to grow our capacity. This means delivering aid quicker, better and towards a more sustainable impact, benefitting more people than ever before.



Prophet Muhammad (SAW) said,
"Whoever relieves the hardship of a fellow Muslim, Allah will relieve them from hardship on the Day of Judgement." - Sahih Muslim

The funds you raise are absolutely critical in our ability to act fast during a crisis. War, famine, disease, poverty & climate change have immobilised communities in Myanmar, Syria, Yemen, Gaza, Indonesia and East Africa, and Penny Appeal needs your support to be able to deploy life-saving medical aid, food, clothing, sanitation and shelter to those who've been left incredibly vulnerable.

**EMERGENCY
RESPONSE**

Our teams are currently providing support in:

- Syria, where 70% of all people need urgent humanitarian aid.
- Lebanon and Turkey, where Syrian refugees are battling to survive.
- Yemen, which is experiencing the worst famine the world has seen this century.
- Palestine, including Gaza, where people are living amongst terrifying conflict.
- Bangladesh, where Rohingya refugees who have fled persecution need urgent support.
- Indonesia, helping re-build homes and lives after a powerful earthquake hit Lombok.
- Areas affected by the famine in East Africa, such as Somalia, Ethiopia and Kenya.
- Mozambique and Malawi, where 1.8 million people have been devastated by Cyclone Idai.

How can you help?

By signing up to this challenge you will be asked to raise a minimum of £4,500. Help support our Emergency Response appeal to help protect thousands of families from the devastating effects of natural disasters, famine and conflict. There's no upper limit to how much you can raise though, and we expect participants will go above and beyond to raise as much as they can. The more you raise, the more lives you can change.

Minimum Sponsorship £4,500

Fundraising Tips

£4,500 does sound like a lot of money but if you allow yourself plenty of time and if you put your mind to it, you can do it. You are doing something quite amazing, so the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself! With a bit of creativity, energy and determination you will easily be able to reach your fundraising target. If you sign up early, you'll have over a year to raise the funds, and you'll also have the opportunity to maximise fundraising potential during the month of Ramadan with zakat donations, too.



HAROON MOTA | Head of Challenge Events

Fundraising

Our fundraising guru, Haroon Mota is full of ideas and will be in touch to help you raise money for the trip. Whether you'd like resources to support your fundraising or just some ideas to get you started, please feel free to ask for anything you might need!

Here are some ideas to start you off, and we're more than happy to help you with any questions you may have.

- Begin by setting up an online donation page and ask everyone you know to donate – the more people you ask, the more you will raise! This means getting extremely busy on social media too!
- Host a dinner night or coffee morning and charge guests for a delicious home-cooked meal or tea and cake.
- Get busy in the workplace, organise a samosa sale or sell Krispy Kremes. Everyone loves a bake sale!
- Speak to your employer. Many employers have match funding schemes and could match your donations pound for pound. If not, there's always other ways they could help – perhaps organise a dress down day, a quiz night or promote you in their newsletter.
- Dig out your unwanted treasures and organise a car boot or jumble sale.
- Organise a games night and invite friends over, charging for an evening of fun and games!
- Contact your local papers. Tell your story to your local radio station or your newspaper and ensure the wider community get to hear about your incredible efforts.
- Leave collection boxes in your local supermarkets and takeaways or organise a bag pack at your local supermarket.



The Itinerary

Day 1 Fly from London to Kathmandu

We meet at London Heathrow airport for our flight to Nepal! No meals included other than on the flight.

Day 2 Arrive in Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu we'll be met by our local crew and transferred to our accommodation, where we will be spending the night.

Day 3 Kathmandu

Today is a free day to explore Kathmandu including Durbar Square, the Buddhist monkey temple Swayambunath and the sacred Hindu temple complex of Pashupatinath. This evening we'll enjoy a welcome dinner and challenge briefing. Breakfast and dinner are included at the hotel.

Day 4 Fly to Lukla and trek to Phakding

We catch a morning flight from Kathmandu to Lukla, the most renowned mountain airstrip in the world! Upon arrival, we will meet our mountain crew and porters who will be carrying our luggage throughout our journey before we begin our trek along the undulation trail to Phakding, which is situated at 2600m. After approximately 4-5 hours of trekking, we will spend the night at a local teahouse and enjoy a traditional dinner there.

Day 5 Trek to Namche

Today we trek into the Sherpa capital and heart of the Khumbu. The trail up the hill is steep but we will take the climb slowly and enjoy the surrounding views of the valley and river before we enter Everest National Park. After the formalities at the park entrance, we continue up hill to Namche which is built on the steep side of the mountain. We will break for the day at a teahouse after 6-7 hours of trekking at 3,440m.

Day 6 Acclimatisation day in Namche

With Everest now in sight, it's time for us to acclimatise before we continue our trek. Today we'll walk up to the Everest View Hotel and visit the Hilary Museum to learn more about the region's mountaineering history. Tonight we'll stay at the lodge in Namche.



The Itinerary

Day 7 Namche Bazaar to Thyangboche

Elevation: 3,860m

From Namche Bazaar, the well-worn Everest trail contours around the side of the valley, high above the Dudh Kosi. As you follow the path, you will get your first proper view of the great peaks of the Khumbu: Everest, Lhotse Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, you will cross the Dudh Kosi River and make a steep climb to Thyangboche, home of an impressive and recently rebuilt monastery.

Day 8 Trek to Dingboche

Today we will feel the high-altitude as we climb above the Imjatse River. From the top of this climb we'll enjoy beautiful views of the Imjatse Valley which we'll trek through as we descend into Dingboche, with the mountains of Nuptse, Lohtse and Ama Dablam looming above us.

Day 9 Acclimatisation day in Dingboche

Today we take a day's rest to help aid acclimatisation in Dingboche.

Day 10 Trek to Lobuche

We head North above the village of Pheriche and stop for lunch before the steep hill to the top. Today we will pass beautiful prayer flags fluttering in the wind before we follow the valley into Lobuche and our lodge for the evening, after trekking for around 5 hours.



The Itinerary

Day 11 Trek to Everest Base Camp and back to Gorakshep

This will be a challenging hike but is undoubtedly the highlight of the challenge as we make our way to Everest Base Camp at 5,170m and experience the wonderful lively atmosphere with fellow trekkers. It will be a tough climb but we will be rewarded with spectacular views. After a stop at camp and breath-taking scenery, including the Khumbu icefall, we will make our way back to Gorakshep, which will be our place of rest for the night!



Day 12 Trek to Kalapathar

Today we will summit Kalapathar, our highest point of the trek at 5,554m, and witness the incredible views of Everest and the Khumbu Icefall. We will spend some time at summit so we can revel in our incredible achievement and take in the breath-taking views. This will give us the chance to reflect on the awe-inspiring journey we have accomplished so far and take in the majestic mountains around us. We will continue on to Pheriche for our overnight stay.

Day 13 Trek to Namche

After a hearty breakfast we will set off from our accommodation and make our way onwards to Tengboche, taking in the stunning views of the now familiar Ama Dablam, Nuptse and Lhotse – some of the most beautiful peaks in the Himalayas. We'll visit Tengboche Monastery and the Sherpa Heritage Foundation to soak up the wonderful culture of this popular villager. This afternoon we'll continue to Namche where we stay the night.

Day 14 Trek to Lukla

This will be our final day trekking and will be a pleasant day to end our incredible challenge! Today will see us making our way over suspension bridges, taking us along beautiful paths and past teahouses as we make our way into Monjo. We will make our way through small villages on our final climb as we trek towards our final destination of Lukla, where we can enjoy our last evening

The Itinerary

with the Sherpa guides and porters and thank them for a wonderful adventure.

Day 15 Fly back to Kathmandu

Today marks the end of our unforgettable trek as we leave Lukla and the breathtaking Himalayas behind and fly over to Kathmandu where we can enjoy a well-deserved rest in our hotel before a celebration and farewell dinner with the whole group where we can toast to our success!

Day 16 Free day in Kathmandu

Today is yours to enjoy the sights and sound of Kathmandu and relax following your amazing achievement before we begin our journey home tomorrow.



Day 17 Depart Kathmandu for UK

It's time for our goodbyes! We have achieved something truly awe-inspiring and will be leaving with amazing memories, a huge sense of accomplishment and, hopefully, plenty of photos of our travels! We will arrive back in the UK where we will say our farewells to our fellow trekkers after what was undoubtedly the challenge of a lifetime.

Zahra Rose's Testimonial

Trekking Everest had been a lifelong dream of mine and raising money for those in need was always an active goal. Penny Appeal allowed me to combine both my dreams & goals in the most extraordinary way. Everest Base camp is the most grueling, testing, humbling & beautiful thing I have ever endured. We trekked over 100 miles across the Himalayas in the 10 days we were on the mountains, saw the most wonderful wildlife, prayed in the most scenic spots, froze in the sub minus 30 temperatures then huddled around fires in the evenings while playing board games & made friendships for life. The PA team had faith in every member on that mountain, ensured we smashed our fundraising goals and reached our personal dreams of standing on base camp as better human beings.



The conditions we faced on that mountain were tough but we were lucky enough to be there by choice & with the luxuries of - clothes, clean water, medical aid, food and shelter. Not only did the experience change our lives but live lives of thousands more. Seeing first hand where the money we raised was being invested and receiving regular updates from PA touched us and our fundraising contributors. The changed lives of our Rohingya brothers & sisters made the whole experience worth every tiny struggle we experienced while also making us realise just how lucky we are by comparison. Anyone who tells you the experience hasn't changed them for the better isn't telling you the full amazing truth, everyone needs to trek Everest at some point in their life.

Maryam & Saira's Testimonial

We're sisters and we have both always really enjoyed hiking, thanks to our parents, but have never hiked outside the UK. We were one of the first people to sign up to the Everest Base Camp challenge and were excited as our teams grew to 34, throughout the year. When signing up, there were a few things that we were apprehensive about. Firstly, the huge fundraising target of £4,500.



We have been fundraising from a young age and had never raised more than a couple hundred pounds. Thanks to the encouragement and support of our fundraising manager we were able to smash the target. We decided to fundraise together and managed to raise nearly £20,000 for the Rohingya Refugees, thanks to our generous friends, family and colleagues. Although we were really excited about the trek, the other thing that we were worried about was the physical aspect. Trekking for 12 days in the Himalayas in the cold of December was going to be a challenge and we were not sure if we were ready. Penny Appeal arranged training days across the UK throughout the year, so not only did we get to trek up beautiful mountains like Snowdon and Ben Nevis, we also got to meet our amazing team. Trekking to Everest Base Camp has been a life-changing experience for us both. Walking amongst the Himalayas, surrounded by beautiful scenery that looks like something from a postcard, is something we will never forget. There's something about taking on a challenge with others that are in the same boat as you, that brings you closer together. As a team, we all motivated each other to keep going and helped those who were struggling, always remembering the suffering of the Rohingya Refugees as inspiration to continue. We've made life-long friends with some amazing people and will be sharing these memories for years to come. This was such an incredible experience for us both, it has encouraged to sign up for another international charity challenge, plus we've been bitten by the trekking bug!



Shy Kappaadia's Testimonial

'Life begins at the end of your comfort zone'



I have always wanted to do something that caused my children to appreciate the beauty of the almighty's creation, yet equally introduce them to charity work through a more fun and cooler vision. Everest Base Camp did this for me, Alhamdulillah. I met some incredible people during this expedition, many who have become lifelong friends. We laughed, struggled, supported and prayed beside each other from the very word go, Alhamdulillah.

I would definitely recommend this trek, but more so, doing it with Penny Appeal.

Selina Yasmin's Testimonial

I had no idea what to expect when I signed up for Everest Base Camp, but I knew it was something I had always wanted to take part in and doing it for Charity was even better. My first training day was to Ben Nevis and I personally found it so difficult! I was thinking if I'm finding this tough, how on earth am I going to get to Everest Base Camp?!

Penny Appeal arranges plenty of training days for everyone participating in the trek which helped us greatly. You are trekking through all sorts of weather conditions preparing you for EBC. This was one of the best experiences I had in my life, but it was also very challenging. There were days where I physically struggled, but the team, the views and the cause made this worthwhile. I learned a lot about myself through this incredible journey. I pushed my mind and body to carry on, even though I was finding it extremely difficult in the -25° weather. It also made me understand why I was doing this, and that the daily struggles I faced were nothing in compared with what the Rohingya refugees went through.

If you are considering taking part in this challenge, don't hesitate to sign up! I promise you it will be the best thing you ever did. You will not only come back with adventurous stories, friends for life, but you would have helped a great cause.





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