

Take on the Challenge of The
Highest Mountain on Earth

A circular logo with a dark background. Inside the circle, there is a stylized illustration of a mountain peak and a base camp. The word "EVEREST" is written in large, white, distressed capital letters across the top. Below it, "BASE CAMP" is written in smaller, white, distressed capital letters. At the bottom, "2018" is written in large, white, distressed capital letters. Two small orange circles are positioned on either side of the year "2018".

EVEREST

BASE CAMP
2018

INFORMATION PACK



HOW WE'LL HELP YOU

You'll have a dedicated Event Coordinator on hand from the second you sign up, right through to when you go on the trip. Once you receive your booking confirmation you will have access to the information you need from kit list to training guides! You'll have the opportunity to connect with your fellow trekkers, so you can share training and fundraising ideas!

IS THIS TRIP FOR ME?

Absolutely - Everest Base Camp 2018 welcomes all with a sense of adventure, so if you are up for a physical and mental challenge this is for you. Most of your fellow trekkers won't have done anything like this before and while some travel with friends and family, many will come alone. However, you will go home having secured new friends for life!

You don't need to be an athlete to conquer Everest Base Camp; however this is a tough and challenging trek mainly due to the high altitude that you will be walking at so 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 the basecamp of the highest freestanding mountain in the world and will of course be on hand every step of the way with any queries you may have.

TRAINING DAYS

Aside from your own training that we can guide you on, you'll be invited to a series of group treks up Mount Snowdon in Wales & Ben Nevis in Scotland to help with your preparation. These days are designed to help your body to get familiar with hiking, to build fitness, and to meet the team. These days will be a lot of fun and will give you a great opportunity to document your training preparations for fundraising purposes.

ABOUT THE CHALLENGE

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 which will give them the chance to experience some of the most dramatic mountain landscapes on earth.

This trip is taking place from the 11th to the 27th of December 2018, with 12 days of trekking. 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 the Rohingya refugees.

KEY INFORMATION

How much does it cost? To book your place you will need to pay £399 deposit. You then need to raise minimum £4,500 before the trip.

What's included: Accommodation, return flights (including airline taxes) and in-country travel, all meals during trekking days, water, fully qualified UK Leader, UK Doctor, and local crew, porters and drivers.

What should I bring? We'll provide you with a kit list tailored to this challenge when you book to ensure you are prepared. Whilst on the trek your main bag will be carried for you by porters so all you need to carry yourself is your day pack with your daily essential items.

Accommodation: Throughout the trek we will stay at local teahouses which are simple but comfortable. Either side of the trek in Kathmandu we will stay in a local hotel.

Climate: December is winter in Nepal so temperatures will be low with typically clear, crisp days which are ideal for trekking and provide stunning views.

Sign Up Today! Visit: www.pennyappeal.org/everest

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ABOUT THE CAUSE

Penny Appeal is an international humanitarian charity, working in more than 30 crisis hit countries worldwide. Our aim is to alleviate poverty in ways that cost just a few pennies each day.

ROHINGYA EMERGENCY

An estimated 500,000 Rohingya Muslims have fled to neighbouring Bangladesh following violence in Myanmar. The number is rising. They need your help, fast.

Treated worse than animals, this dehumanisation of the Rohingya people has become ethnic cleansing in Myanmar. Human rights violations and destruction are rife, with women raped, children abused and villages burned to the ground.

Homes, shops and entire villages are being burned to the ground. The refugees fleeing the violence have crossed the border injured and ill and need urgent medical attention. The camps in Bangladesh do not have sufficient resources to treat the injured or feed the many that haven't eaten in days.

MINIMUM SPONSORSHIP £4,500

We have been working in Burma constructing Barracks and Shelter for internally displaced people in Say Tha Mar Gyi Camp near Sittwe Township particularly. This area is unfortunately the epicentre of community violence in Arakan - where more than 250,000 civilians have seen food supplies cut off in the latest round of violence.

Over 680 Rohingyans have so far benefitted from the construction of these provisions and our partners are working on the development and construction of further household shelters for families in Pauk Taw Township as part of our resettlement project.



HOW CAN I RAISE MY SPONSORSHIP MONEY?

If you allow yourself plenty of time you'll easily reach your target. You are doing something quite amazing, so make sure you tell everyone you know, including your employer! Many companies operate schemes that match pound for pound!

Our fundraising guru Haroon Mota is full of ideas 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!



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“

I signed up to climb Mount Kilimanjaro because I was looking for a serious physical challenge combined with an interesting way to raise awareness of water poverty. I raised over **£8,000** for the **Penny Appeal water wells campaign** in The Gambia and received a lot of advice, support (and serious encouragement) from the charity to enable me to raise this amount. However, trekking with Penny Appeal also helped put the **fun** into **fundraising!** The training days on Mount Snowdon and Ben Nevis not only helped me to physically prepare for the challenge but helped me to get to know my team and make friends. Overall, conquering Kilimanjaro was tough, but it was made easier with the support from **#TeamOrange** and the new friendships I developed, all whilst, knowing that my fundraising was making a difference to lives of vulnerable people in The Gambia.

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KANZA AHMEDSign Up Today! Visit: www.pennyappeal.org/everest

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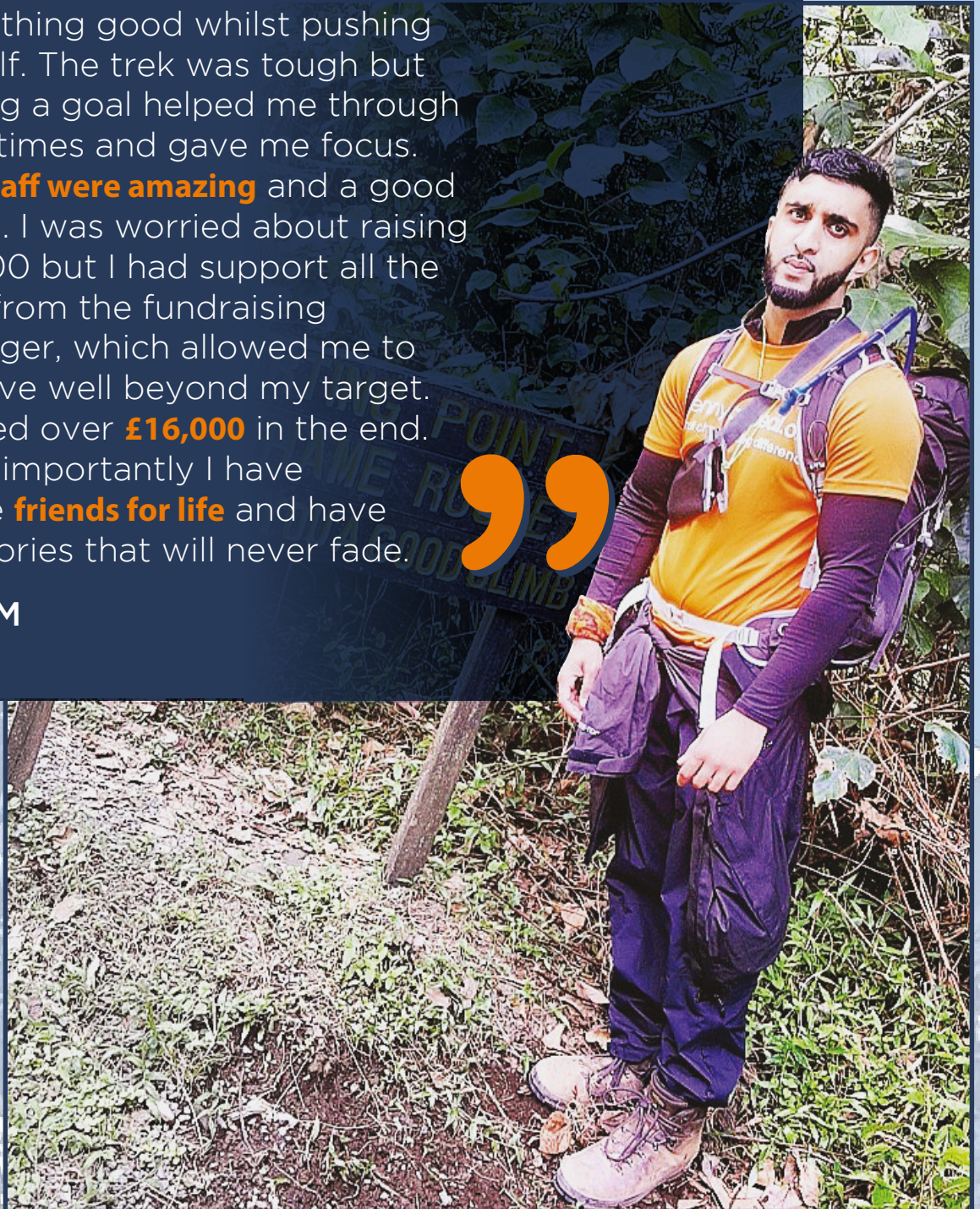
✉ haroon.mota@pennyappeal.org

TESTIMONIALS

“

I signed up to climb Kilimanjaro with Penny Appeal after suffering a ruptured brain aneurysm. I had a rare second chance to do something good whilst pushing myself. The trek was tough but having a goal helped me through dark times and gave me focus.

The staff were amazing and a good laugh. I was worried about raising £4,500 but I had support all the way from the fundraising Manager, which allowed me to achieve well beyond my target. I raised over **£16,000** in the end. Most importantly I have made **friends for life** and have memories that will never fade.”

KASIM

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THE ITINERARY

Towering over the dramatic peaks of the Himalayas is Everest, the world's tallest mountain. Travel to Nepal, explore Kathmandu and take a flight to a mountain airstrip before embarking on the trek of a lifetime through Everest National park to the legendary Everest Base Camp.

Day 1 - 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 Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu we'll be met by our local crew and transfer to our accommodation. Overnight hotel.

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 Pashupati-nath. This evening we'll enjoy a welcome dinner and challenge briefing. Breakfast included. Overnight hotel

Day 4 - Fly to Lukla and trek to Phakding

We catch a morning flight from Kathmandu to Lukla(2840m), 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 2,600m. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 4-5 hours trekking.

Day 5 - Trek to Namche Bazaar

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. Overnight at 3,440m. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 6-7 hours trekking

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. Breakfast, lunch and dinner included. Overnight local tea house.

Day 7 - Trek to Phortse Gaon

This morning we leave Namche along the classic route to Everest which contours the hillside high above the Imja Khosi and offers an amazing insight into the life and culture of the Sherpas. Today we'll enjoy spectacular views of many peaks in the area including Everest, Lhotse, Nuptse and the beautifully shaped Ama Dablam (6,812m). Tonight we stay in Phortse Gaon (3,810m), home to a number of Sherpas who have reached Everest's summit. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 6-7 hours trekking

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(4,410m), with the mountains of Nuptse, Lhotse and Ama Dablam looming above us. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 6 hours trekking

Day 9 - Acclimatisation day in Dingboche

Today we take a day's rest to help aid acclimatisation. Breakfast, lunch and dinner included. Overnight local tea house.

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THE ITINERARY - Continued

Day 10 - Trek to Lobuche

We head North above the village of Pheriche and stop for lunch before taking on the steep hill to the top. Today we will pass beautiful prayer flags fluttering in the wind before we follow the valley into Lobuche(4,900m) and our lodge for the evening. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 5 hours trekking.

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 (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 with 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! Breakfast, lunch and dinner included. Overnight local tea house. Approx. 5 hours trekking

Day 12 - Trek to Kalapathar

Today we will summit Kalapathar(5,554m), our highest point of the trek, 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 beautiful 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. From here we return to Lobuche for a well-deserved sleep! Breakfast, lunch and dinner included. Overnight local tea house. Approx. 7 hours trekking.

Day 13 - Trek to Tengboche

After a hearty breakfast we set off from Lobuche and make our way onwards to Tengboche(3,840m), 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 village. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 4 hours trekking.

Day 14 - Trek to Monjo

Leaving Tengboche, we will pass yak herder's cottages and high peaks as we make our way to Monjo(2,860m). We will have a slow descent as we lose 600m with Monjo standing at 2,800m – quite a dramatic change from our previous night's lodgings! Today will see us making our way over suspension bridges, taking us along beautiful paths and past tea houses as we make our way into Monjo. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 5 hours trekking

Day 15 - Trek to Lukla

This will be our final day trekking and will be a pleasant day to end our incredible challenge! We make our way through small villages on our final climb as we trek towards our final destination of Lukla(2,840m) where we can enjoy our last evening with the Sherpa guides and porters and thank them for a wonderful adventure. Breakfast, lunch and dinner included. Overnight local tea house. Approx. 5 hours trekking

Day 16 - Fly back to Kathmandu

Today marks the end of our unforgettable trek as we leave Lukla and the breath-taking 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 our achievements! Breakfast, lunch and dinner included. Overnight hotel.

Day 17 - Transfer to airport for flight home

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 say our farewells to our fellow trekkers after what was undoubtedly the challenge of a lifetime.

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pennyappeal

#team orange challenges

HAVE FUN, RAISE FUNDS
SAVE LIVES!



take on a challenge
with **#teamorange** today!

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