

Gokyo Lakes Trek to Everest Base Camp

Nepal | 5,550m



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Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m



Trek to Everest base camp and Gokyo Lakes in the heart of **Nepal** and experience a magical blend of fascinating culture, jaw-dropping scenery and a glimpse of the **world's highest mountain**. For many adventurers, it's the ultimate trekking itinerary which doesn't require any technical skills.

We start our trekking journey by heading into the **Gokyo Valley**, a stunning area close to the Everest region but hidden away and separated by a snowy pass. The Gokyo area offers quiet contemplation and reflection, especially if you visit the serenity and beauty of the Five Lakes. Make it to the Fifth Lake and you are rewarded with magical views of Cho Oyu, the 'Turquoise Goddess' feeling as though it is within touching distance across the border into Tibet. The majesty of Everest still graces this area and the journey to the

top of **Gokyo Ri** offers a more western view of Everest, something which few others get to see and exemplifies the changing faces of the mountain.

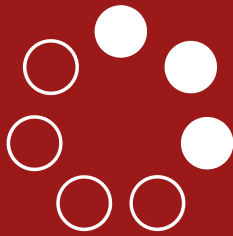
We visit the basecamp of **Mount Everest**, enter the the real stillness of the **Khumbu Icefall** and get the famous eagle eye view of the Himalayas from the top of **Kala Pattar**.

We descend following an ancient trade route through vibrant Sherpa settlements, dense rhododendron forest with magnificent views of the **Khumbu Valley**.

Our route allows for gentle acclimatisation with plenty of rest stops, giving you the chance to comfortably explore and savour every nook and cranny of the magnificent region.

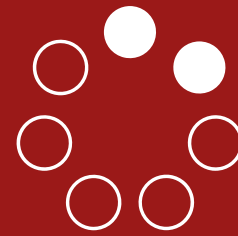
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Physical - P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep terrain, carrying a pack of 6-10kg in weight with the occasional extra long day.



Technical - T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Depart UK

Today we depart the UK, usually from London Heathrow.

DAY 2 : Kathmandu

We'll arrive into Kathmandu usually by mid-afternoon and will transfer to our hotel, before some free time to explore the local area. We will meet back up late afternoon to go through kit checks and have a briefing, before heading out for what is sure to be a lively group dinner!

(D)

DAY 3 : Kathmandu to Mulkot

We have the morning to explore Kathmandu, a great opportunity to tour the city. In the early afternoon we depart for our transfer to the town of Mulkot, approximately 4 ½ hours drive. Here, we will spend the night ready for our early morning flight to Lukla and the start of our trek tomorrow.

(BD)

DAY 4 : Lukla (2,800m) to Phakding (2,610m)

We leave early for a transfer to Ramechhap (approximately 1 ½ hour drive) for our morning flight into Lukla, from where we begin our trek into the Khumbu region. The views from the plane are amazing, providing dramatic scenes of terraced hills and the distant Himalayan giants. After landing we meet our ground crew and begin our trek to Phakding.

Overnight in Phakding.

Trekking time: 3 – 5 hours

(BLD)

DAY 5 : Phakding to Namche Bazaar (3,440m)

Walking through a beautiful pine forest, we follow the trail north up the valley of Benkar, before trekking along the banks of the Dudh Kosi, cross roaring rivers on exciting suspension bridges.

As we enter the Sagamatha National Park, we begin to climb with breathtaking views to Namche Bazaar, the gateway to the Khumbu region.

Overnight in Namche Bazaar.

Trekking time: 6 – 8 hours

(BLD)

DAY 6 : Acclimatisation Day - Namche Bazaar (3,440m)

Today we rest and acclimatise in Namche Bazaar. Namche is the Sherpa capital and a bustling village crammed with markets and traditional Sherpa houses. We'll take an early morning walk to the Sherpa museum where we see views of Mt. Everest, Lhotse (the 4th highest peak in the world) and the beautiful Ama Dablam. The Sherpa Museum houses an exhibit of traditional Sherpa lifestyles and a fabulous photography display. Then, if we're feeling up to it, we head up a steep climb to the Everest View Hotel. Sitting at 3,800m it's a great place to keep pushing our acclimatisation, before heading back down to Namche Bazaar.

Overnight in Namche Bazaar.

Trekking time: up to 5 hours

(BLD)

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ITINERARY

DAY 7 : Namche Bazaar to Dhole (4,035m)

Refreshed from our time in Namche Bazaar we set out for a stunning, hilly and wonderfully varied day which takes us off the main Base Camp trail and towards Gokyo.

We climb the Khumjung hill and descend to the east of Namche down a broad valley leading to the Dudh Koshi from where the route turns north. We can visit Mohang, the birthplace of the re-incarnated Lama of Rongbuk Monastery of Tibet who is believed to have introduced Buddhism in the Khumbu region of Nepal. The trail descends in a series of steep switchbacks down a sandy slope to the Dush Koshi & Phortse Thanga after which it is an up hill climb to Dhole. Walking on a trail through a rhododendron forest, we'll pass a waterfall before reaching Tongba Village. We continue uphill a bit further to reach Dhole and a huge sense of achievement for a great day.

Overnight in Dhole.

Trekking time: 7 – 9 hours

(BLD)

DAY 8 : Dhole to Machhermo (4,410m)

An easier and shorter day after the previous days efforts.

A short climb out of the Dhole valley leads to vast views of the Himalayan giants. We gently trek uphill past Labarma and Luza villages before reaching Machhermo. There is a Chorten right before the Luza village. Throughout today's journey we will be walking above the Dudh Koshi River. We arrive at Machhermo for lunch and earn ourselves a restful afternoon to take in the views, relax and rest.

Overnight in Machhermo.

Trekking time: 3 – 5 hours

(BLD)

DAY 9 : Machhermo to Gokyo (4,800m)

We begin today by climbing a ridge for an excellent view down the valley to Kangtaiga and up towards Cho Oyu (8,153m). The valley widens and we descend to the riverbank before climbing onto the terminal moraine of the Ngazumpa Glacier. The trail levels out as it follows the valley passing the first lake, known as Longpongo, at 4,690m. At the sight of the second lake, Taboche Tsho, we're mesmerized by the shimmering turquoise blue sheet of water sparkling in the sun. Gokyo village stands by the third lake and Cho Oyu Mountain as a backdrop sets a spectacular view. After lunch, we explore around the third lake, Dudh Pokhari.

Overnight in Gokyo.

Trekking time: 3 – 5 hours

(BLD)

DAY 10 : Gokyo Valley: Acclimatisation Day

We can spend this day in a variety of ways. We can take a rest in the Gokyo Valley, we can hike to some additional lakes – Thonak Tsho and Ngozumba Tsho or if we want to, we can climb a hill, known as the Scoundrel's Viewpoint, located at the edge of Ngozumba Tsho. From here we get astounding views of Cho Oyu, Gyachung Kang, Everest, Lhotse, Nuptse and Makalu. Another treat is the view of the biggest glacier in the world – the Ngozumba Glacier.

There is also the opportunity to climb Gokyo Ri. Climbing to the top is fairly demanding (3-4 hours), but the scenery of Gokyo village, on the edge of third lake overlooked by Cholatse and the broad Nogzumpa Glacier, is magnificent. We are surrounded by panoramic mountains like Kusum Kanguru, Thamserku, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse, and Pumori. The sight of sunrays kissing Everest which towers over all the surrounding peaks is astounding.

Overnight in Gokyo.

Trekking time: up to 5 hours

(BLD)

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ITINERARY

DAY 11 : Gokyo to Thagnak (4,695m)

If it's needed there is another opportunity this morning to climb Gokyo Ri.

After which we trek through the Ngazumpa Glacier. We'll have lots of short sharp ascents and descents and there may be some route finding involved as we move between big ice pockets. We'll climb out of the glacier and traverse along the edge of a mountain before meandering into Thagnak. It will be a short hike today, with an afternoon of rest to prepare us for the long hiking days and elevation gain to come.

Overnight in Thagnak.

Trekking time: 3 – 5 hours (+ Gokyo Ri if climbing today)

(BLD)

DAY 12 : Thagnak via Cho La Pass (5,420m) to Dzongla (4,900m)

Today is going to be one of the toughest days of the trip. The Cho La pass is not itself difficult, but the terrain is steep and includes a glacier traverse on the eastern side.

We'll have a good rest at the top of the pass and our reward is some spectacular views including Ama Dablam, Cholatse, Lobuche East and Baruntse.

We'll need to walk over the glacier and pass through some broken terrain before we reach Dzongla Village. The village provides great views of some spectacular mountains along with Pheriche Village far below.

Overnight in Dzongla.

Trekking time: 7 – 9 hours

(BLD)

DAY 13 : Dzongla to Gorak Shep (5,190m) & Kala Paathar (5,550m)

We climb down from Dzongla and walk through a grassy trail while enjoying the view of Lobuche Peak. The trail curves through a wide river bed before rejoining the main trail and reaching Lobuche village. We then wind our way through the terminal moraine of the Khumbu glacier to our tea house at Gorak Shep, situated at the base of Kala Patthar. This was the original Base Camp used by Sir Edmund Hillary and Tenzing Norgay on their successful ascent of Everest, before the Base Camp moved closer to the mountain on the edge of the Khumbu Icefall.

From Gorak Shep we ascend the non-technical Kala Patthar (5,550m) and are rewarded for our efforts by unbeatable views. From this lofty perch we can clearly see the summit of Mount Everest, Nuptse, Lhotse and Ama Dablam. This is simply an amazing panorama and we'll allow ample time to savour the rewards of your efforts.

Overnight in Gorak Shep.

Trekking time: 6 – 8 hours

(BLD)

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ITINERARY

DAY 14 : Gorak Shep & Everest Base Camp (5,364m)

We take the trail to Everest Base Camp through the once vast Gorak Shep Lake. We pass through rocky dunes, moraine and streams before reaching Everest Base Camp and (depending on the time of year) a sea of tents.

Located at the foot of the Khumbu Icefall, this can be a long and strenuous day but the satisfaction of reaching Base Camp amply rewards our effort. We'll spend a few hours at Everest Base Camp, giving you a chance to thoroughly explore this historic area, we then return to Gorak Shep.

If we haven't already climbed Kala Patthar, we have another chance today.

Overnight in Gorak Shep.

Trekking time: 4 – 6 hours

(BLD)

DAY 15 : Gorak Shep to Pangboche (3,950m)

It's time to say goodbye to Everest and after a hearty breakfast we descend to Pangboche for a good night's rest.

Take some time at the Everest memorial, built to commemorate the climbers who have died on Everest, it's a somber but beautiful stop.

Trending mostly downwards, you'll be walking both away from and towards some monster views.

Overnight in Pangboche.

Trekking time: 5 – 7 hours

(BLD)

DAY 16 : Pangboche to Namche Bazaar (3,400m)

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colourful pheasants and mountain goats. The path eventually reaches Sansa, from where we can once again enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We trek on winding trails then through a forest before reaching Namche Bazaar, where we spend the night. Luxuries such as the internet and coffee houses await!

Overnight in Namche Bazaar.

Trekking time: 6 – 8 hours

(BLD)

DAY 17 : Namche Bazaar to Lukla (2,800m)

Crossing 9 suspension bridges, today's trek is a huge one bringing us right back to Lukla and the end of our trekking expedition! Time to celebrate our efforts.

Overnight in Lukla.

Trekking time: 6 – 8 hours

(BLD)

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ITINERARY

DAY 18 : Fly Lukla to Ramechhap. Transfer to Kathmandu

We return to Ramechhap on the earliest flight from Lukla, before our 6 hour transfer back to Kathmandu. The afternoon is yours to enjoy, shop for fascinating souvenirs, visit the palaces and markets, or simply enjoy some down time in this vibrant city. A couple of 360 favourites are the Monkey Temple, a Buddhist temple situated on a small hill that offers panoramic views of the city, and the Pashupatinath Temple, one of the most famous Hindu temples in Nepal. Tonight, we regroup for a celebration meal at the Roadhouse.

(BD)

DAY 19 : Depart Kathmandu

Today's timings are dependent on your international flights.

If 360 are securing your flights, you will either be departing Kathmandu on a day flight, arriving back to the UK the same day, or you will depart on an evening / night flight and arrive back into the UK the next day (Day 20).

This will be dictated by flight routes, times and costs and if you tick "flights included", then 360 team will do their utmost to find the most appropriate flights, giving you the best options. Please do let the office team know at the time of booking if you have a preference, and we will always do our best to accommodate.

(B)

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KIT LIST

Bags & Packs

Kit bag

A 80-120L duffel bag to transport kit. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

Daysack

Approx. 40L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Waterproof rucksack cover

To protect rucksack from rain

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Small kit bag or light bag

This is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag

Padlocks x 2

For use on your kit bag for travel and on the expedition plus your hotel bag

Sleeping Gear

4 Season sleeping bag

You should get a sleeping bag rated to -15C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights

Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

Headwear

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Sunglasses

Category 4 minimum. Worth spending money on good UV filters. Julbo is our preferred supplier

Sunblock

Buy the highest SPF you can find as UV intensifies with altitude

Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

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KIT LIST

Upper Body

Base layer x 3

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

Mid layer x 2

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

Gilet (optional)

Optional - A great low volume additional layer to keep your core warm, whether down, Primaloft or fleece

Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Soft Shell (optional)

Optional - These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

Down jacket

Generally made using feathers, these are the ultra-warm and insulated layer that are used when sitting in the tea houses or in extremely cold environments. Those with a windproof outer fabric will provide the best insulation. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -25C and the assistant will recommend the correct fill for you

Warm gloves

Consider liners or a light polartec pair for lower altitudes and evenings, and a thicker waterproof pair like ski gloves for higher altitudes

Down mitts & waterproof mitts

Essential for higher altitudes and cold temperatures. To be worn with a liner glove underneath and waterproof & windproof layer over the top.

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KIT LIST

Lower Body

Long Johns

Thermal insulation for the lower body

Trekking trousers x 2

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Softshell trousers

Windproof or thermal lined trekking trousers for higher altitudes and the summit phase. Thermal leggings can still be worn underneath if necessary

Waterproof trousers

Like the jacket, an essential piece of kit to stay dry and should also be Goretex

Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you

Feet

Walking boots

Well worn in 4 season waterproof boots with mid to high ankle support

Micro crampons

A smaller style of crampon, designed to give you a bit more grip on more icy terrain when full crampons are too much, or if you're wearing lighter boots. Microspikes can be invaluable on slippery slopes, and we would suggest they are carried in your day pack with you when higher up on the hill. Please note these cannot be hired in situ – but as they are only around £15, hopefully a good little investment for you anyway! (An example here, though other brands and styles are of course available.)

Spare laces

Just in case

Comfortable trainers

For evening use and to give your feet a break once we reach the lodges

Trekking socks x 5

Start with lighter socks lower down, working up to thicker pairs for higher up as it gets colder. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

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KIT LIST

Hydration

Water bottles/bladder

3L equivalent – Camelbaks are useful at lower altitudes but have a tendency to freeze up at higher altitudes without insulation tubes. Nalgene bottles are better at altitude. We suggest a combination of a 2L bladder and 1L bottle or 2 x ½L bottles to put in your jacket for the colder nights.

Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

Toiletries

Wash kit

Keep it simple on the mountain. Essentials are handsoap, toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

Alcohol gel

A must have for good hygiene!

Insect repellent

For early stages and once back down

Toilet paper x 3+

Not provided, you'll need to carry quite a bit but don't worry, you can pick this up along the way if you run out!

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short.

Medications

Personal first aid kit

Your own first aid kit should contain: A basic blister kit, plasters, antiseptic, sun-protection, any personal medication, basic pain relief (paracetamol/aspirin/ibuprofen), strepsils, anti-nausea, a personal course of antibiotics if prone to illness etc.

Personal medication

Keep this in your daysack

Miscellaneous

Head torch

We recommend Petzl head torches. Bring spare batteries.

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

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KIT LIST

Camera

Bring plenty of spare batteries and memory cards

Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. Extra snacks can be bought en-route if needed. Energy gels and protein bars are not suitable

Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Just in case

Visa

A visa can either be obtained easily on arrival at Kathmandu airport, alternatively you can collect it from the Nepalese Embassy in London.

Money

You will need to carry some US Dollars with you. Please refer to our Finance FAQs for our recommended amount.

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

Country

What information can you give me on Nepal?

Nepal, officially the Federal Democratic Republic of Nepal, is located in the Himalayas with a population of approximately 27 million. Bordered to the north by the China, and to the south, east, and west by India and across the Himalayas lies the Tibet. A monarchy throughout most of its history, Nepal was ruled by the Shah dynasty of kings from 1768, when Prithvi Narayan Shah unified its many small kingdoms. However, a decade-long Civil War by the Communist Party of Nepal and several weeks of mass protests by all major political parties led to elections for a constituent assembly in May 2008 which overwhelmingly favored the abdication of the Nepali monarch Gyanendra Shah and the establishment of a federal multiparty representative democratic republic.

Kathmandu is the nation's capital and the country's largest city. Kathmandu Valley itself has estimated population of 5 million. Nepal has a rich geography. The mountainous north has eight of the world's ten tallest mountains, including the highest point on Earth, Mount Everest, called Sagarmatha in Nepali. It contains more than 240 peaks over 6,096 m above sea level. The fertile and humid south is heavily urbanized.

How would you describe the Sherpa people?

The Sherpa people are the predominant ethnic group living in the eastern Himalayan region of Nepal. In 2001 there were approximately 150,000 Sherpas in Nepal. Their language is a variant of Tibetan. Sherpas belong to the Nyingmapa, the "Red Hat Sect" of Tibetan Buddhism. Allegedly the oldest Buddhist sect in Tibet, it emphasizes mysticism and local deities shared by the pre-Buddhist Bon religion, which has shamanic elements, in addition to Buddha and the great Buddhist divinities. The Sherpa also believe in numerous gods and demons who are believed to inhabit every mountain, cave, and forest. These have to be worshiped or appeased through ancient practices that have been woven into the fabric of Buddhist ritual life. Indeed, it is almost impossible to distinguish between Bon practices and Buddhism.

Sherpas are highly regarded as elite mountaineers. They were immeasurably valuable to early explorers of the Himalayas, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mt. Everest. Today, Sherpa is a term often used casually to refer to almost any guide or porter hired for mountaineering expeditions in the Himalayas. Sherpas are renowned in the international climbing and mountaineering community for their hardiness, expertise, and experience at high altitudes. It has been speculated that a portion of the Sherpas' climbing ability is the result of a genetic adaptation to living in high altitudes.

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FAQ'S

Guides

Where do I meet my guide?

Your guide will either meet you at the airport in the UK or in Kathmandu. Specific details on this will be shared with you when you're close to your departure.

Food and Water

What is the food like on the mountain?

We stay in lodges known locally as tea houses and these have basic kitchens. Apart from generators there is no electricity in the Khumbu region and the food is usually cooked on big stoves and ovens fuelled by wood or yak dung. Despite this the range of food produced is fantastic and the menus are very comprehensive. The majority of the meals focus on fuelling the hungry trekker by providing plenty of carbohydrates. Pastas, rice based dishes, spring rolls and pizzas are the staples. Every single ingredient is brought up either on a yak or by a porter and as such the menus get a little simpler as you get to the higher lodges. Most of our midday meals are also eaten at trailside restaurants and are usually accompanied by a hot drink or two. On top of well-balanced meals clients are provided with coffee, tea and snacks upon arrival into the lodge and at all mealtimes. Clients are invited to bring along any of their favourite snacks and goodie bags from home as buying additional snacks from the lodges can be expensive. Concentrate on high energy foodstuffs such as Jelly Babies to give you that little boost on an arduous day.

I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

Where does the drinking water come from?

For the first days bottled drinking water will be used (up to Namche Bazaar). At the higher lodges we will use locally sourced drinking water from streams or springs. These are usually fresh being topped up from melt water above or by rainfall but we also increase their purity by treating the water with purification tablets and by boiling it. We always ensure that our drinking water is 100% bug free.

How often is fresh water available for replenishing during the day?

Before leaving the lodge in the morning you will fill your water bottles or camel bladder. If this runs low you will have ample more water to replace it with. For most walking days water can be replenished at the lunch time site.

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FAQ'S

Accommodation

What kind of accommodation is there on the trek?

The teahouses vary in their quality and style depending on their location. Generally they have a communal room downstairs, with one or two bedrooms above them. Some have shower facilities, some will just have a stand pipe, and there are shared toilet facilities. They use a type of wood burning stove in the main communal area. Other rooms are generally unheated.

There are no facilities for changing money in the teahouses. We recommend that you organise sufficient cash in Kathmandu, your local guide can advise on this.

There is electricity in many of the teahouses at lower altitudes, but not when you get higher and the teahouses become more basic. A top tip for making your batteries last a little longer is to put them in the inside pocket of your coat or under your pillow at night. Cooler temperatures drain battery life so keeping them warm will ensure they last longer.

What are the tea-house facilities like?

The tea-houses can be very basic and you will need to come with an open mind. Everything is brought up on the back of a porter so sometimes they might not feel much more than a basic shed. They can also be very difficult to keep clean so they can potentially feel a little grimy.

The higher up in the mountains we go, the more basic the facilities become. A hole in the ground will often serve as a loo which can be overwhelming and off putting. If there is a shower it will be a 'paid' experience and may be a bucket wash. Many don't bother as they don't look very inviting.

We ask that you keep in mind that this is an adventure, and try and take the situation in your stride. Hand gel and wet wipes are a must!

How will I stay clean?

There is no getting away from it, hygiene in tea-houses is very basic. They have a lot of demand and the weather and location don't help. Although its hard to embrace, it is part of the experience and you should approach it with a 'we're on an adventure' attitude.

You will be using hand gel frequently and will be washing with wet wipes.

Once back in Kathmandu you will revel in the delights of a flushing loo and running water!

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FAQ'S

Will I have my own room?

Most altitude related symptoms manifest themselves at night. We therefore recommend room sharing from the onset of all our expeditions. Room share is always organised according to sex and where possible age groups. Obviously if you have joined this expedition with a friend or partner then you will share rooms with them. If you have joined the team by yourself then it is highly likely that you will be sharing a room with a pre-assigned room buddy.

If you would rather sleep solo, that's also possible to organise – please see the next FAQ.

If I want my own room how much will this cost?

We can make the arrangements for you to sleep solo throughout this expedition, if that's what you'd prefer.

If you want a single room in Kathmandu only, it will cost £125 and if you'd like a single room throughout your expedition it will cost £350.

Health and Safety

What happens if there is a problem on the trek?

All our guides are in communication with each other by phone and radio. In addition the national operates a rescue service. This service is linked by radio to the park headquarters. In the vast majority of cases of emergency rescue the problems can be attributed to altitude and if so the solution is immediate descent to lower altitudes. Our local mountain crew are all experienced in dealing with any problem that might arise. Our guides are either doctors or hold the highest standard of wilderness first aid qualifications and can handle any emergency to the highest level of competency, rarely requiring national park assistance.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

Am I likely to suffer from altitude sickness on this expedition?

There are different types of altitude sickness. Although our acclimatisation regime ensures that everybody enjoys the best possible chance of getting high on the mountain, altitude related problems can happen. The most common of this is high altitude sickness – AMS (Acute Mountain Sickness). Symptoms for this can include headaches, nausea and vomiting.

This sounds quite dramatic but generally this is just the process your body naturally goes through to adjust to the higher altitudes and the reduced partial pressure of the atmosphere. For some people the acclimatisation process takes a little longer than others.

For our guides this is all part and parcel of ascending a near 6,000m peak and, although we assess each client's personal situation carefully, we also further consider the compounding effects of dehydration brought on by excessive vomiting and loss of appetite.

AMS might sound frightening but our guides are fully trained (and highly experienced) in helping relieve your personal symptoms and providing advice on how to best proceed.

What can I do to help prevent AMS?

In most cases AMS can be avoided by following guidelines:

- Drink lots of water
- Walk slowly
- Stay warm
- Eat well

We recommend that you familiarise yourself with the various affects that altitude can cause. During your pre-climb briefing, we describe altitude sickness to you in detail, and advise you how to cope with it.

The most important thing is not to fear it, but to respect it and to know how to deal with it and more importantly tell your guides how you feel.

Our guides have seen every condition that can occur on this trek, and they will always know how to deal with problems.

Is there a risk of getting HACE (High Altitude Cerebral Edema) and HAPE (High Altitude Pulmonary Edema) on the mountain?

HACE and HAPE rarely occur on this trek and our guides are fully trained in recognition of the onset of these problems and will deal with them at the first sign of their development.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

Should I bring Diamox on the expedition with me?

Although we recommend you come armed with a course of Diamox or other high-altitude drug on this expedition, we do not recommend that take you these as a prophylactic during the trek or climb. We view Diamox as a treatment drug rather than a preventative medicine. Most adventure medics give similar advice, however we do appreciate this can be confusing, as many GPs (who aren't necessarily mountaineers) do suggest taking it as a prophylactic.

We pride ourselves on designing all our itineraries with acclimatisation very much front and centre and this expedition itinerary has been carefully designed to allow for your body to adjust to the altitude gradually, safely and comfortably. However, if you find that you are still having problems adjusting to the altitude (see our FAQ on Altitude Sickness) then your expedition leader or expedition medic will recommend the correct course of action regarding taking Diamox.

Should I take Diamox?

It is far preferable to take Diamox if and when needed during the course of the expedition. If you are already taking it and then start having altitude related problems you are left with few options but to descend to a more comfortable altitude which sadly often means that the summit is not attainable.

Furthermore, Diamox is a diuretic, meaning you will have to drink a lot of fluid to prevent dehydration. Of course, the upshot of this is you'll have to pee more which means you'll probably be having to get up more in the night and take cover behind rocks during the day. Another quite common side-effect is that it can cause your extremities to "buzz and tingle" including your fingers, toes and lips which can feel quite unsettling. Other side-effects can include dizziness and light headedness with loss of appetite, nausea, vomiting and diarrhoea. Although all these side-effects are manageable when you have symptoms of altitude sickness, we personally believe it is counter-intuitive to take it unless necessary.

Of course, it is totally up to you, this is just our recommendation and we're not doctors. If you do decide to take Diamox on the advice of your doctor then please do let your leader know in situ so they are aware of this. We also suggest you take the drug for a couple of days a few weeks before travelling so you can experience the symptoms before taking them during the trek.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

What happens if I am unable to complete the trek due to ill-health or altitude sickness?

Unfortunately people can get ill in the mountains. Your expedition leader will constantly be monitoring your health and should you get ill with either altitude sickness or any other illness they will be discussing your options with you from an early stage. Should it become apparent that you are unlikely to be able to summit (without it being a life-threatening situation requiring a medevac) you will be turned around accompanied by one of our experienced Sherpas at all times until the group rejoins you. As this is outside the itinerary you would need to meet any additional costs incurred as a result. This is one of the reasons why we insist on travel insurance.

You advocate taking a small first aid kit, what should it have in it?

We advocate a little bit of self-help on the trek. If you have a blister developing for example then please stop take off your boot and treat it before it becomes a problem.

Your own first aid kit should contain: A basic blister kit, plasters, antiseptic, sun-protection, your own personal medication (sometimes your luggage might get to the tea-house after you, so you may not be able to take your medicine according to the regime you are used to), basic pain relief (paracetamol/aspirin/ibuprofen), strepsils, anti-nauseau, a personal course of antibiotics if prone to illness etc.

Generally the best approach packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Your 360 expedition leader and/or a local porter (we call the ambulance man!) carries a very comprehensive first aid kit which contains a wide range of supplies and medications. They are fully trained to use whatever is needed for any emergency that may arise. We advocate keeping this in mind when packing your own first aid supplies and keeping your own first aid kit as compact and light as possible.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

Do I need to take Malarial drugs?

The Malaria protozoa generally do not survive over an altitude of 1,500m so once we have started the trek malaria poses no threat. (Lukla is at 2,700m). When visiting the lowland regions of Nepal or going to India it may be advisable to seek advice about if and when to take the malarial prophylactics. When visiting these places the chances of contracting malaria can be reduced by standard precautions such as sleeping under mosquito nets, applying insect repellent and wearing long sleeve shirts and trousers.

We advocate you visit your local doctor before departure to get the latest advice, MASTA Travel Health clinics, or many larger local hospitals have travel clinics.

What vaccinations do I need?

The following vaccinations are recommended:

- Hepatitis A
- Typhoid
- Diphtheria
- Tetanus
- Polio

This list is not absolute and it is important you should see your GP Surgery or travel clinic for latest recommendations and to ensure you are up to date on necessary vaccinations.

Kit

Is there a luggage weight limit?

Yes, the total baggage allowance for your flight to Lukla is 15kg (check-in luggage and hand luggage). We know this can be a challenge for people so our advice is to pack only the kit list (once weighed you can add your 'luxury items'). The saving grace is that you can wear as many layers as you like during check in, and can stuff your pockets full (snacks and electronics often get thrown into pockets for this journey).

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

What clothing should I wear in the mountains?

We advocate the beg, steal and borrow principle for first timers, instead of buying brand new stuff that may never get used again. The cost of equipment is usually a major deterrent for people coming onto trips in the first place.

Kathmandu has hundreds of gear stores selling stuff at very cheap prices. A majority of them sell imitation clothes and equipment but 360 Expeditions guides will be on hand to show you the shops selling the good quality stuff.

Our guides usually start the walk wearing long, lightweight trekking trousers and T-shirts. Long trousers are recommended as a deterrent to insects, stinging plants and to act as sun protection.

Shorts can also be worn on the initial few days of the trek as the temperature is usually warm. Ensure that you apply sunprotection frequently, or buy a once a day product such as P20 if you're not very good at remembering to apply it. Sunglasses are worn for most of the trek as well as suitable sunhats.

The prevailing conditions on the mountain will dictate what you will wear: if it is cold when you leave in the morning then wear your fleece. As things warm up take advantage of the zipper system which most trekking clothing has – open and close the zips to adjust to your own preferred temperature. If you get too warm then take a layer off.

Waterproofs: are needed on hand at all times. It is not unusual to be caught out in an afternoon rainstorm low down on the trek. Waterproofs should be Goretex material or similar.

What clothing should I wear on the mountain during summit days?

As we gain altitude it gets cold and day time temperatures of -10 to -15 C are not unusual.

Typically our guides wear 2 sets of base layers (long johns), a thick fleece layer (top and bottom) and then on the legs waterproofs whilst on the upper torso a down jacket is worn. As the wind picks up near the summit ridge our guides will put on their windproof layer on to ward off the wind chill. On their hands they'll wear a thin layer of fleece working gloves over the top of which a thicker set of "ski gloves" or mittens is worn.

Their heads are covered by a thermal "beanie" hat or a thick balaclava and the hood of their down jackets. On their feet the guides wear one pair of thin socks and one pair of thick.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

What is the best type of footwear to use?

Because of the huge variety of terrain encountered when doing this trek it is very important to wear the right footwear. Boots are recommended and should be sturdy, waterproof, insulated against cold temperatures and offer adequate ankle support. In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters. A wide range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local gear store. When in-store try lots of boots on, use the ramps in the shops to test their traction, make sure they are comfortable as you will be almost living in them for days on end and they are very important.

To do this trek it is not necessary to buy technical boots with crampon clips as crampons are not used. If needed you'll use micro-spikes which have elastic straps that fit over all boots.

What clothing and footwear is appropriate when staying in the tea-houses?

There is no electricity above Lukla and lodges are heated by a pot-bellied stove fuelled with either wood or yak dung. These provide adequate warmth for the dining rooms but are not connected to the bedrooms. A thick fleece or light down jacket provides adequate warmth for inside the buildings. For footwear we suggest using either trainers (sneakers) or crocs. It is nice to get out of your trekking boots and to have something light to wear for the evenings.

How much will my pack weigh during the trek?

A daysack is worn by the climber at all times during the trek. The content of this is mandatory and should include: a fleece (for when taking breaks or weather changes); a full set (top and bottom) of waterproofs; sufficient water for the day; snacks; camera equipment; personal medication and a head torch.

Your day-to-day rucksack will weigh no more than 3 – 4 kilo's and a rucksack of around 40L capacity will more than suffice. This rucksack can be filled to the brim with extra stuff when you check in at the airport. Our guides put their down jackets or a thick fleece and a pair of mountain socks in this bag to free up space in their hold luggage.

It is important that your day sack has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs (strongest muscles) to do most of the carrying. Another handy feature would be a compartment in which to fit a Platypus / Camelbak.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

What do the porters carry? What is the correct porter weight?

Your porter bags should be of a soft material duffel bag or at a push a rucksack variety and should not be a suitcase or hardbodied metal case. Furthermore they should weigh around 15kg when packed for the trekking phase of the trek. We have found this weight to be ample and usually everybody can plan to take only enough clothes and equipment needed for the mountain. Please bear in mind that on top of your load, porters will also have to carry a share of the food, kitchen equipment and their own survival gear.

Inside the porter bag should be a change of clothing, your clothing for higher up the mountain, sleeping-bag, personal toiletries etc. (see equipment/clothing list). Also take a pair of light footwear to wear in the evenings (cros etc.) and consider bringing a book or playing cards.

Is a down jacket necessary?

They are highly recommended and are worth their weight in gold on summit day. Our guides wear them every evening above Namche Bazaar.

A layer system comprising of several layer of base layers, fleeces, jumpers and a thick coat will just about suffice on the climb but nothing beats the efficiency of a good down jacket (especially when topped with a water proof layer).

How warm does my sleeping bag need to be?

Sleeping bags should be rated within the -15C comfort zone. From the first night upwards it is not unusual to experience frosty nights and a good nights sleep is important to give you the best chance to get to Everest Base Camp. Ensure you get a sleeping bag that has this temperature rating at this comfort zone rather than as its extreme zone.

It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag. Once you have warmed up the bag the down will retain the heat and ensure that you sleep at a temperature that's your own body temperature. For best results it is best to wear as little as possible when inside your sleeping bag. Our guides will often only wear a set of thermals in their bag. It is important for the bag to trap the heat. By wearing multiple layers of clothing your clothing will trap this heat and your bag will not function properly.

Our guides take sleeping bags rated to well below -20C to ensure that they are warm at night. A 3 season sleeping bag can be enhanced by using an inner silk or fleece bag (or similar) and the tea-houses have plenty of blankets/duvets you can use as extra layering. The idea is to be as comfortable and warm as possible each night to ensure plenty of sleep for the arduous days ahead.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

What clothing is suitable for when we come back from the mountains?

Kathmandu is at a relatively low altitude and daytime temperatures are warm. When in Rome do as the Romans. Shorts and T-shirts are fine to wear during the course of the day. Evening wear generally tends to be casual with long trousers and casual shirt appropriate for all hotels and restaurants. Nepalese are generally quite conservative in their dress code and are generally well dressed despite their situation in life. Your town and party clothes can be left in a safe lock up at the hotel and do not need to be taken up the mountain.

What other gear will I need?

Please review the kit list. While all items are required there may be times when some of the items on the kit list may not be used (such as warm weather or changing conditions).

Are there clothes washing facilities on the trail?

There are no facilities for you to have your washing done and dried whilst on the trail, and realistically, the only time you might have chance for things to dry is when you're in Namche Bazaar for 2 nights. Get stuff washed and hung outside in the morning of your acclimatisation day and it should be dry by the time the sun sets, but only if it's not raining of course! Anticipate not washing kit and take as many pairs of underwear as you are comfortable with in this scenario. Don't overpack on the baselayers and midlayers though as there's a strict weight limit on the Lukla flight of 15kg.

Is it possible to rent equipment before I go?

It is also possible to hire clothing and equipment before you leave from our partners Outdoor Hire (www.outdoorhire.co.uk) where 360 Expeditions has an Everest Base Camp kit list set up and you can pick and choose hire items from this (please do check it in line with our kit list!). We recommend that you buy your own boots which are worn in prior to the trek.

Is it possible to rent kit once I'm in Nepal?

We have a really good link to a great outfitter in Nepal, where they sell / rent quality outdoor kit at a fraction of the cost of the UK. Down jackets and sleeping bags are available to rent in Nepal and, if you do want to hire these, please let us know in advance of the expedition so we can get a list together for our ground crew.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

The Trek

How out of my comfort zone will I be?

On a day to day level remember that you will be hunkered down in lodges at altitude. You are likely to be cold, washing and toilet facilities will be limited and basic, along with your accommodation. Your appetite may be affected by the altitude and as you get higher on the trek you are likely to suffer shortness of breath and many people experience difficulty sleeping. Remember that everyone on the trek is likely to be experiencing exactly the same symptoms, physical and mental.

Can I contact the others on the climb? How about the guide?

Generally about 1 month before your trip departure we will create a WhatsApp group where you can start to chat to your team members.

You can call our office at any time and talk to us and/or your guide to discuss any aspect of your expedition.

The Weather

What is the best time of year to trek to Base Camp?

The optimal climbing seasons are late March through to early June when the daytime temperatures are the warmest and there is a reduced cloud cover. Late September through to December is also good as the daytime conditions are generally cooler but still clear.

How cold can it get?

The temperature at the top of the Kala Patthar can vary widely. Sometimes it is only a degree or two below freezing, but climbers should be prepared for possible temperatures as low as minus 25 degrees Celsius, especially in conjunction with wind chill. On the trek expect cold mornings (sometimes frosty). An afternoon rainstorm is not unusual at the lower altitudes.

Travel

Do I need to book my own flights to Nepal?

360 Expeditions will be booking flights on your behalf. We provide confirmation of flight times and departure terminal approximately eight weeks before your departure date. Please be aware that flight schedules are subject to change. Please ensure that you have checked flight details before setting out for your flight.

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FAQ'S

Which internal airport in Nepal do we fly from?

The Civil Aviation Authority of Nepal announced in October 2022 that there were too many flights leaving Kathmandu to Lukla, and deemed it too dangerous to continue, which means there are no longer flights between Lukla and Kathmandu during peak trekking season. Peak season is defined as Apr 1st – May 30th and October 1st – November 30th each year. This change affected all airlines and tour operators in Nepal and means the only option to travel to/from Lukla by plane is now from Manthali airport in Ramechhap.

Insurance

Do I need special travel insurance for the trek?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

Entry into Country

My passport runs out 3 months after the trek, is this OK?

Your passport should be valid for 6 months after the date the trek starts. If it runs out before you may be refused entry. It is also advisable to have a couple of photocopies of your passport in case of loss.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

Do I need a visa for Nepal?

Visas are compulsory for entry into Nepal for all foreign nationals. You can either apply for your visa on arrival in Nepal, or in the UK before you travel.

If you decide to apply before you go, you may be selected to attend the Nepalese Embassy to collect your visa. If this is the case, you'll be given a set day and time when you have to do this. If this happens and you can't make it to the embassy, there are a couple of options:

1. you can nominate someone to go on your behalf.
2. you can ignore the request to go to the embassy and sort your visa on arrival. There will be no issues getting your visa on arrival even if you've already started the process in the UK.

It is very easy to get your visa on arrival in Kathmandu and there are now electronic visa booths at the airport which take your photo, allow you to fill in all the relevant information and spit you out the completed visa application. You then just queue to pay your fee!

A 30 day visa costs US\$50.

Training

How fit do I need to be for this expedition?

Trekkers are expected to be in good physical condition. The better your physical shape the more you will be able to handle the demands of trekking to Base Camp. Having a good level of fitness will allow you to enjoy the expedition all the better and increase your chances of reaching the summit of Kala Patthar.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

Any tips on how a trekker can maximise their chances of success?

The 360 training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to best incorporate the best suitable fitness program with your own lifestyle.

The idea is to increase the intensity of the exercise over 4 to 6 months before you leave for the expedition. Concentrate on cardiovascular work-outs during the initial weeks by taking short runs when time allows and try to spend at least 2 weekends a month going on long duration walks (longer than 6 hrs) carrying a rucksack of around 10kg. As you get stronger increase this rate of exercise and the duration by walking every weekend and running 5km every second day.

A focused regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the mountain itself. In addition the weekend walks will help break in your boots and get you used to your equipment. In combination this will pay dividends when you reach Nepal because even though you can't train for altitude your body will be ready for arduous days and you will be familiar with how to best use your equipment.

Finance

When is the money due for this expedition? What kind of payment do you accept?

Generally speaking deposits are due upon booking to secure your place as we need to book the international flights well in advance. The full amount should be paid 4 months prior to departure. However having said this our aim is to get you to the top of Kala Patthar and we understand that everyone's personal financial situations can vary.

Please contact our friendly office crew to discuss a suitable payment plan should you find raising the funds to be difficult. We have been in your shoes and go by the motto of where there's a will there's a way.

What is your cancellation and refund policy?

Please read our terms and conditions carefully before you depart. 360 Expeditions highly recommends trip cancellation insurance for all expeditions. Due to the nature and heavy costs of government and operator permits we must adhere to a stringent refund policy.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

FAQ'S

How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. Although tipping is not compulsory once someone sees how hard the crew works and realises the minimal amount of money they get paid relative to us, tipping will seem the least they can do to say thank you. As a general rule we suggest around \$160-\$180 per client for the entire local crew to be shared amongst them. For the leader this is your call.

Money: am I correct in thinking we only need to take US Dollars with us?

US dollars are readily recognised and are easily converted to the local currency. Upon arrival there will always be a bureau de change at the airport. These provide a better rate of exchange than your hotel. Buying gifts or small goods such as drinks or snacks with small denomination US dollars is not a problem. Getting change for a \$20 bill when buying a \$1 coke will be a problem. Larger bills are good for tipping your porters at the end of the expedition and a sufficient amount should be carried with you. Your 360 leader will remind you in the pre-expedition brief of the correct amount to take on the trip with you.

What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or how much you have to drink when you come off the hill. As a basic rule of thumb \$250 should be more than adequate for any post expedition spending. Nepal is a relatively cheap place and when indulging in the local custom of haggling goods can be bought for very good value for money. Your 360 leader will be happy to point out the relative bargains and the suitable prices and where to get the best value for money.

The only cash you'll need to consider taking with you on the mountain is the local crew tips which are presented to them before we leave Lukla (see above) and for any additional snacks and soft drinks you wish to purchase from the tea-houses encountered en route. Additional supplies can be quite expensive though as all this is brought in by porters.

Electronics

Do we need a travel adaptor for the plug sockets in the hotel or are they the same as UK?

The voltage is 220v / 50Hz like the UK. Rectangular or round three-pin plugs are used. It is possible to recharge your electronic items and batteries for a small cost at all the lodges.

Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m



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Gokyo Lakes Trek to Everest Base Camp | Nepal | 5,550m

TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

360^{EXPEDITIONS}



“Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming ‘Wow! What a Ride!’ “

Dream it. Plan it. Live it.