EVEREST

THE ULTIMATE BASE CAMP TREK

KidsOut
THE FUN & HAPPINESS CHARITY

15 DAYS, MAY 2027

Experience some of the most iconic views on the planet

Incudes a private blessing at Kathmandu's sacred Boudhanath Stupa by a revered Lamas.

A perfect blend of adventure, culture, and spirituality

Get sponsored and raise important funds for your charity

A unique money-can't buy adventure



Walking With My Bear®

COVER: Kala Patthar sunrise - one of the most awe-inspiring scenes on Earth

www.walkingwithmybear.com

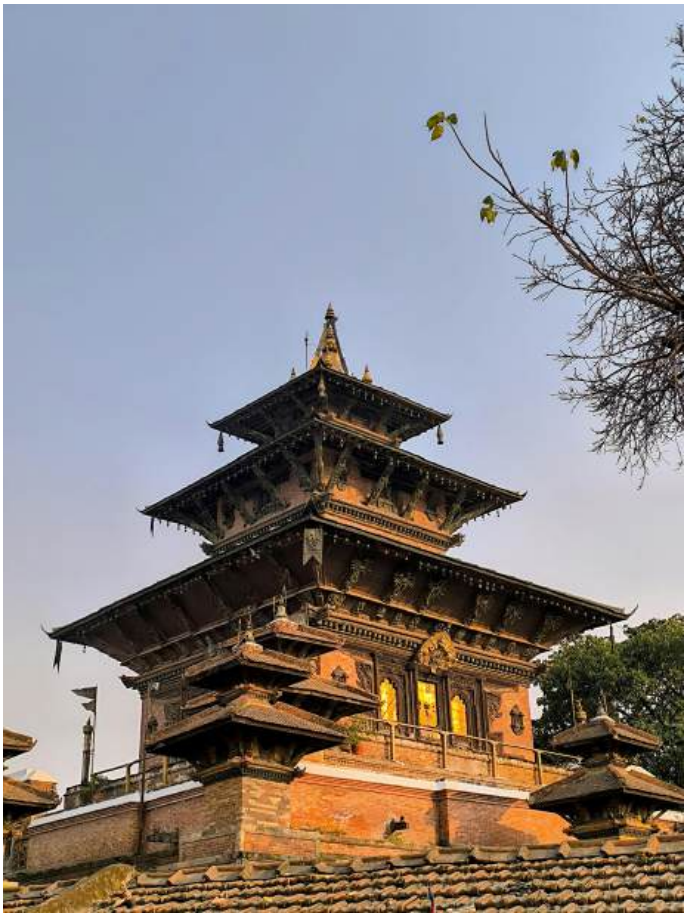


“INCREDIBLE FROM START TO FINISH”

Embarking on a trek to Everest Base Camp is not merely a journey; it is an extraordinary adventure that ignites the soul and leaves an indelible mark on the heart. As you traverse the breath-taking landscapes of the Khumbu region, each step brings you closer to the towering majesty of the world’s highest peak, Mount Everest. The trail unfolds with stunning vistas, vibrant Sherpa villages, and ancient monasteries, providing a glimpse into the rich culture and heritage of the Himalayan region. The air is crisp, invigorating, and filled with the promise of discovery.

This unique Everest Base Camp experience not just a trek but a once-in-a-lifetime bucket-list adventure that will forever linger in your memory.





“The experience was incredible. Life-changing. I loved every single day. I met the most amazing people too. Outstanding. Genuinely.”

D Bryant

Trip Highlights -

A perfect blend of Adventure, Culture and Spirituality

Embark on one of Nepal's most iconic treks, the legendary Everest Base Camp trek, celebrated worldwide for its dramatic landscapes, rich culture, and the allure of standing close to the world's highest peak.

Receive a private blessing at Boudhanath Stupa.

Begin your journey with an intimate spiritual ceremony led by revered Lamas at Kathmandu's sacred Boudhanath Stupa - an auspicious start to your Himalayan adventure.

Unique mountain flight experience

Experience the unforgettable flight into the famous Lukla's cliff edge airstrip at 2,900m. An adventure in itself, and the thrilling gateway to the Khumbu Glacier.

Cultural doorways of the Khumbu

Wander past traditional Sherpa villages adorned with carved mani walls, spinning prayer wheels and vibrant prayer flags that carry blessings across the mountains.

Sagarmatha National Park

Experience the floral and fauna biodiversity of Sagarmatha National Park, as our trail winds through the magnificent forests of rhododendron, magnolia and firs, with Mount Everest as your backdrop.

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Himalayan panoramas at every turn

Enjoy sweeping views of iconic peaks, including Everest, Lhotse, Cho Oyu, Ama Dablam, and other towering giants. Our constant companions throughout this adventure.

Visit ancient monasteries and Sherpa hospitality

Explore revered Himalayan monasteries, including Tengboche, and experience the warmth and traditions of Sherpa hospitality and mountain life.

Stand at the base of Everest

Stand at Everest Base Camp (5,364m) and trek across the majestic Khumbu Glacier to reach the legendary base of Mount Everest - an achievement and milestone for every adventurer.

Kalapatthar - the most breath-taking sunrise in the world

Climb to the iconic lookout of Kalapatthar for its famous sunrise views of Everest's summit - one of the most breath-taking moments of the trek.











"The Everest Base Camps trip was the most incredible two weeks we have ever had. There are just no words. Absolutely BRILLIANT"

P and M Stevens

A UNIQUE, 15-DAY MONEY CAN'T BUY ADVENTURE

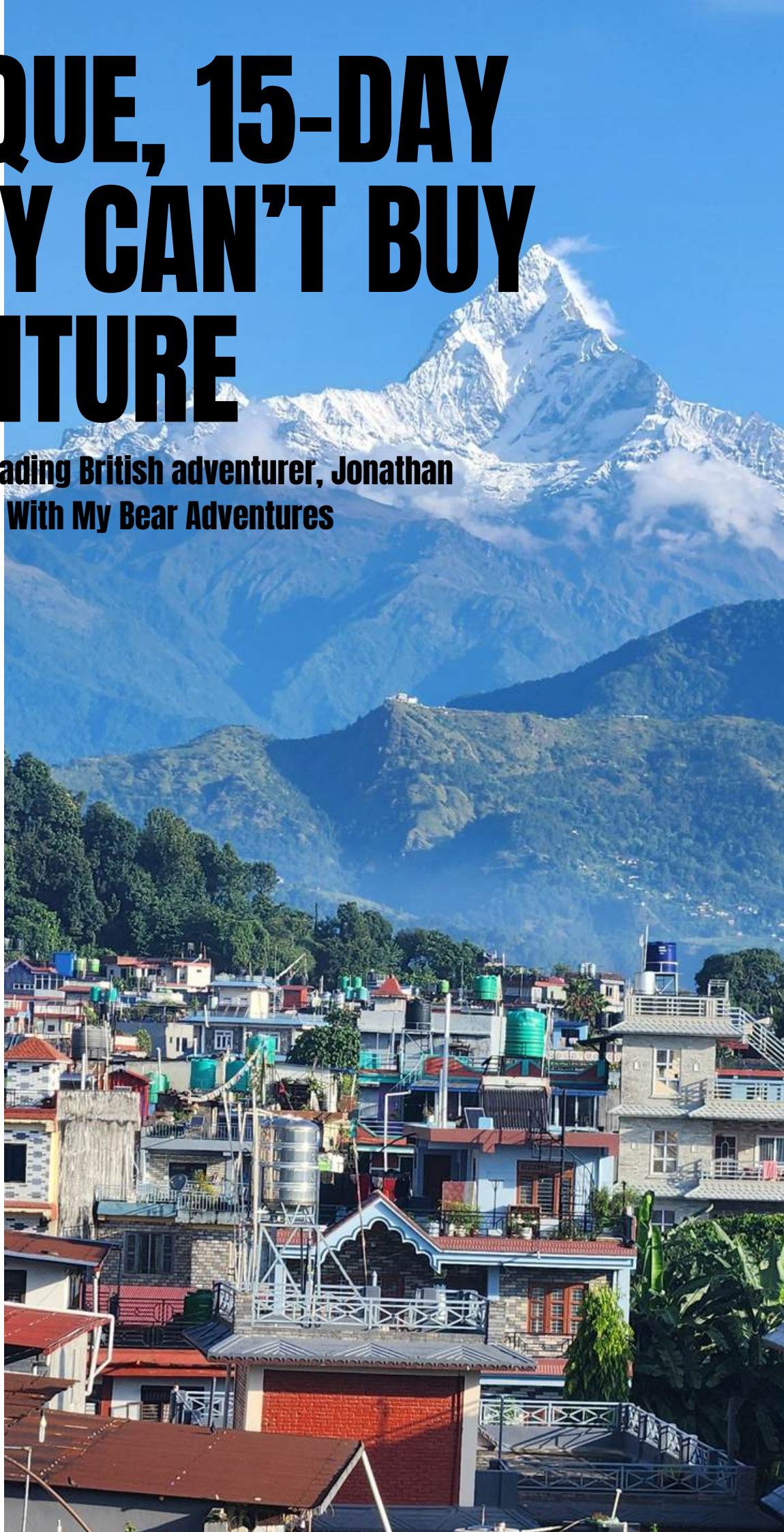
Brought to you by leading British adventurer, Jonathan Kattenberg, Walking With My Bear Adventures

"I enjoyed every minute of the time I spent with Jonathan on this trip. Professionally he has set the bar for mountain leaders very high and personally, he is plain and simple a great person. I am already in the dreaming phase for my next adventure and can't wait to get out on the trails with Jonathan again."

Ben Sargison - Sales Manager

"Jonathan recently led our 17 day school trip to the Indian Himalayas.
Jon consistently ensured the health and safety of the group, conducting dynamic risk assessments and working closely with our in-country guides to enable us to thoroughly enjoy the experience. He was great to work with. I hope that we have the opportunity to work with Jonathan again in future as he was an excellent leader for this kind of trip."

Angela Prickett - Head of Sixth Form St Michael's School



Your 15-day adventure Itinerary

DAY 01: May 10, 2027
ARRIVAL KATHMANDU (1,300m/4,264')

Welcome to Kathmandu, the capital city of Nepal. You will be greeted by one of our company's representatives at Tribhuvan International Airport (KTM) who will transport you to your hotel. Today, you will have a chance to rest and relax and also get the opportunity to meet some of our team and discuss details about your upcoming adventure. You will enjoy a group meal with your fellow trekkers.

Accommodation based on selected package: 5-star hotel Yak & Yeti, Kathmandu Thamel
Meals: Dinner.

DAY 02: May 11
GUIDED TOUR IN KATHMANDU VALLEY

After breakfast you will visit Boudhanath's local market and Kathmandu Durbar Square, and then on to Boudhanath Stupa, a UNESCO World Heritage Site. The site is important as it is one of the oldest and biggest Buddhist monuments in Nepal serving as a key point for Buddhist pilgrimage. Once a crucial layover point on the ancient trade route to Tibet, it later became a settlement for Tibetan refugees. Here, the bustling streets and narrow alleys around the stupa are filled with colourful homes, Tibetan Buddhist monasteries, and the lively presence of street vendors. Though its origins remain unrecorded, legend tells of a humble woman and her four sons who in the 5th century undertook the construction of this remarkable stupa. Every day, numerous Buddhists engage in a daily ritual of circling the stupa three times while chanting the powerful mantra 'Om Mane Padme Hum' in a practice called "kora". Colourful prayer flags fastened to the stupa sway in the breeze carrying your prayers toward the heavens.





DAY 03: May 12
KATHMANDU OR RAMECHHAP-LUKLA-PHAKDING (2,652m/8,700')

We set off early today as we are off to the airport. We will be escorted to the domestic terminal of Kathmandu or Ramechhap Airport where we'll board our flight to Lukla (2,800m), which takes approximately 30-35 minutes. As we fly the short distance to Tenzing-Hillary Airport at Lukla, it's a perfect opportunity to sit back and enjoy the views over the Himalayas (try and sit on the left if you can). On reaching Lukla Airport you will be introduced to other trekking members, before enjoying a hearty breakfast at the lodge. Here, our luggage is prepared for the Porters.

Scenic walk for acclimatisation

Our walk towards Chheplung begins through the stone paved trails where you make your way through numerous prayer rocks while enjoying the scenic and energetic village of Lukla. Here you can capture some of the most beautiful rural scenery on the entire trek. This first and short hike is specifically designed for the purpose of acclimatisation. On reaching Phakding also known as the Lodge City, you may choose to take a trip to the nearby Monastery to stretch your legs. This night will be spent in one of the lodges in Phakding.

Accommodation: Lodge stay Meals: Breakfast, Lunch and Dinner

Duration: 35-minute flight and 3-4 Hours/8km Trek
Elevation: 2,652m/8,699H

Note: If Kathmandu airport becomes crowded due to air traffic, sometimes the Civil Aviation Authority of Nepal (CAAN) asks all travel and trekking agents to take clients to a different domestic airport (Ramechhap Airport) to fly to Lukla and return which is 123km away from Kathmandu. Should this happen we will provide all transportation and this will not impact on your costs.

Your 15-day adventure Itinerary



DAY 04: May 13
TREK PHAKDING-NAMCHE BAZAAR / (3,440m/11,283')

After enjoying your breakfast at your lodge in Phakding, the trail leads you towards the first suspension bridge of the trek and uphill through the settlements of Zapute, Toktok, Benkar, Chumoa to Monju, which is also a gateway to the incredible Sagarmatha National Park. Between Phakding and Monju, you will have the opportunity to experience the interesting small tea houses and shops. After a further short walk we'll arrive at the Sagarmatha National Park, where after going through standard park formalities at the entrance, the trail drops steeply to the long suspension bridge built across the Dudh Koshi River. We will then cross another suspension bridge and continue the walk to the high Hillary Bridge at the bottom of the hill. After the bridge, the trail leads us uphill to Namche Bazaar – the gateway to Mount Everest. This uphill trail will give you your first great view of the magnificent mountain peeking from behind Lhotse-Nuptse. Plus, you'll get to see the peaks of Mount Lhotse and Mount Kusum Khangru.

Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner
Duration: 6-7 Hours/10-12km
Trek Elevation: 3,440m/11,283'

DAY 05: May 14
REST DAY AT NAMCHE BAZAAR

This is the first of the three scheduled rest days which will help us acclimatise to the high altitude. Since experts believe that it is safer to stay active even during rest days, we are going to spend the day enjoying small hikes in and around Namche Bazaar. We hike up to Everest View Hotel to enjoy the vast views of the Himalayas. On our way back to Namche we also tour the Khumjung Monastery with its famous 300-year-old Yeti scalp, reportedly from an 'abominable snowman'. The scalp was allegedly carried by Sir Edmund Hillary across the globe for inspection by zoologists. Needless to say what the outcome was. Our guide can also take us to the Tourist Visitor Centre near the headquarters of the Sagarmatha National Park which hosts historical artifacts related to the first Everest ascenders. We'll also get to see and read about the Sherpa culture and the various diverse plant and animal life in the Everest region.

Overnight in Namche Bazaar.

Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner
Duration: 3 Hours/3-4km
Hike Elevation: 3,880m/12,729'



Your 15-day adventure Itinerary

DAY 06: May 15
NAMCHE BAZAAR – TANGBOCHE MONASTERY / (3,867m/12,684ft)

Leaving Namche the route is unbelievably beautiful – the Dudh Kosi can be seen far below us, whilst Thamserku, Kantega, Ama Dablam, Lhotse and Everest rise in front. Woods, rhododendron and the river make this a lovely walk. The morning view from Tengboche is justifiably considered one of the most magnificent in the world. Tengboche Gompa, the cultural and religious centre of Khumbu, founded in 1912, has been destroyed and rebuilt twice as the result of earthquake and fire forests. We'll also see mani walls, chorten and the impressive suspension bridges that stretch between mountain ridges. Watch out for musk deer, Himalayan Thar and the famous tame pheasants.

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Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner



DAY 07: May 16
TREK TANGBOCHE MONASTERY - DINGBOCHE (4,358m/14,295')

We'll walk down the stone steps that lead us through colourful rhododendrons, birches and conifers, where again the famous tame pheasants walk confidently amongst us. We'll then hike half an hour down to the riverside and take a gradual climb up to the valley's highest year-round settlement of Pangboche (3,860m/12,664'). Here you'll see more small villages, chortens and mani walls.. You can also get a close up view of Mount Ama Dablam. In the afternoon we continue ascending to Pheriche from where a fairly moderate walk leads us to Imja Valley. Here, on climbing the last and steepest climb of the day, we finally reach Dingboche, where the mountain views are outstanding.

Accommodation:: Lodge stay Meals: Breakfast, Lunch and Dinner
Duration: 5-6 Hours/11-12km Trek Elevation: 4,410m/14,646'

DAY 08: May 17
DINGBOCHE (Acclimatisation day)

Today we use for acclimatisation. We'll gently hike up the Imja Khola to Chhukung. This is a small summer settlement from where the views of Island Peak (6189m), Lhotse, Ama Dablam and the fluted ice walls flanking the Amphu Lapcha pass are one of the highlights of the entire trek.

Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner
Duration: 4-5 hours/5-6km Trek Elevation 5,083m/16,676'

Your 15-day adventure Itinerary

DAY 09: May 18
TREK DINGBOCHE - LOBUCHE (4,910/16,105')

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache. We then take a steep climb towards the foot of the Khumbu Glacier. The tea house at Dughla is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the Sherpas who have died while climbing Mount Everest. The path then climbs gently along the glacier, eventually reaching a cluster of houses at Lobuche.

Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner
Duration: 7-8 Hours/11-12km Trek Elevation: 4,910m/16,105'







A unique money-can't-buy adventure

Your 15-day adventure Itinerary

DAY 10: May 19
TREK LOBUCHE TO GORAKSHEP 5150m and VISIT EVEREST BASE CAMP (5,320m/17,450') – Famous Kale Patthar sunset

We start off early today as we trek to Gorakshep. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. As we reach Gorakshep where we'll have lunch, we will be surrounded by snow-capped mountains - including the majestic Mount Everest. After a brief lunch and rest we take the trail to Everest Base Camp through the once vast Gorakshep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. As we reach Everest Base Camp we cannot help but appreciate those who climb Everest, especially those who take the hazardous route through the Khumbu icefall. We'll get a glimpse of their brightly coloured tents that stand out scattered amongst the grey rocky surroundings. mountainous surroundings. Nuptse, Khumbuste and Pumori are the mountains we can view from base camp. We have now met the ultimate objective of our trip, to witness the famous sunset from Kala Patthar. This is a truly breath-taking moment and something you will never forget. As the sun's rays strike the snow-capped mountains the peaks glow orange like a volcano erupting. The view has become justifiably, a symbolic, bucket-list experience.

Accommodation: Lodge stay at Gorakshep
Meals: Breakfast, Lunch and Dinner
Duration: 7-8 Hours/14-15km
Trek Elevation: 5,364m/17,598'



DAY 11: May 20
EXCURSIONS TO KALA PATTHAR (5,545m/18,190') 5,545m AND TREK BACK TO PHERICHE (4,210m/13,819')
Breath-taking morning views of Everest plus Tibet

We start very early today, walking upwards for a couple of hours until we reach the famous viewing point of Kala Patthar (Black Rock at 5,545m/ 18,192'), where the point offers the best views of Mount Everest. As the mountains grows golden with the first light of day, we'll also see Nuptse, Lhotse, Pumori, and Ama Dablam, plus hundreds of other beautiful peaks, and of course Tibet. We will spend some time here to appreciate the breath-taking snow-capped peaks before heading back to Gorekshep to have breakfast; finally retracing our steps to Pheriche for our overnight stay.

Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner
Duration: 7-7 Hours

Your 15-day adventure Itinerary

DAY 12: May 21
TREK PHERICHE – NAMCHE BAZAAR / 3,440m/11,283')

After having a hot breakfast at the lodge, we continue our return journey. The trail drops downhill to Pangboche village, and then again to the riverside where we'll cross the bridge to Imja Khola and continues to climb to Tengboche. A steep descent from Tengboche will take us to the Dudh Koshi River. We will cross the first bridge over the Dudh Khoshi River in Phunki Tenga, having passed the villages of Tashinga and Sansa, before reaching Kyangjuma. The Namche bazaar is an easy walk from here and well worth trying out your haggling skills for souvenirs. The night will be spent here so enjoy the welcoming atmosphere at your leisure.

Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner Duration: 7-8 Hours 14-15km
Trek Elevation: 3,440m/11,283'

DAY 13: May 22
TREK NAMCHE BAZAAR - LUKLA / (2,652m/8,700')

After breakfast we'll set off downwards from Namche Hill to the suspension bridge crossing the Dudh Koshi River near the confluence of Dudh Koshi and Bhote Koshi rivers, towards Monjo. After some formalities at the check post of the National Park at Monjo, our walk continues to Phakding for lunch. Since this is the last day of the trek this route has been chosen so that you can enjoy your surroundings with maximum ease as most of the treks are flat. We'll walk through vast open plains, colourful rhododendrons, and towering luscious pine forests. Again, we'll pass through the Sherpa village, the moving prayer stones, and the flapping prayer flags, but this time with very less effort.



On reaching Lukla and overloaded with memories, it's up to you whether you choose to spend it alone, or share with the others on your trek.

Accommodation: Lodge stay
Meals: Breakfast, Lunch and Dinner
Duration: 7-8 Hours/18-19km
Trek Elevtion: 2,860m/9,383'

DAY 14: May 23
FLY LUKLA - RAMECHHAP OR - KATHMANDU 45 MINUTE

It's an early start today. Following breakfast our guide will take us to the airport to board the flight to Kathmandu or Ramechhap. Upon arrival at Kathmandu or Ramechhap Airport we will be transferred to our comfortable hotel where we can either relax or make the most of what incredible Kathmandu has to offer.

Accommodation: 5-star hotel
Meals: Breakfast, Lunch and Dinner

Note: If Kathmandu airport becomes crowded due to air traffic, sometimes the Civil Aviation Authority of Nepal (CAAN) asks trekking agents to take their clients to a different domestic airport (Ramechhap Airport) to fly to Lukla. This airport is 123km away from Kathmandu. Should this happen we will provide transportation and no extra cost.

Your 15-day adventure Itinerary





Day 15 May 24
Return home from Kathmandu, the capital of Nepal

Depending on your flight time, now is the opportunity to make the most of the atmosphere of this intriguing and vibrant city. Don't miss the historic Durbar Square, a UNESCO World Heritage Site and home to several palaces and temples. Make sure you visit a local tea house as well as the bustling markets where the sounds, colours and smells of exotic spices will linger in your memory. The city is also famous for its Buddhist stupas, plus the city's other UNESCO World Heritage Site, the famous Monkey Temple (Swayambhunath). From here you will have panoramic views across Kathmandu.

Price:

£3,250 per person.
Single supplement £190
Includes 5 star Yak & Yeti Hotel, Katmandu.

Excludes flights.

Cost includes:

Pre Event Support:

- Unique participant booklet support
- Online Group training sessions on kit
- Online Group sessions on training
- Online Group sessions regarding Q&A's
- Online individual sessions on bespoke training guidance
- Organised group training walk at agreed location with full mountain leader team
- Group kit fitting at Rab Outlet store (providing up to 50% discount on certain items) with full support and consultation on all kit
- Online High Altitude Awareness course
- Optional group altitude chamber training (max 6 clients per session and cost to be confirmed)
- Kathmandu: All airport transfers
- Hotel accommodation – on full board basis
- Meet & greet upon arrival at airport
- All sightseeing by private AC vehicle in Kathmandu as per above program
- English speaking local guides for Kathmandu sightseeing as per program
- English guide trained in Expedition Leadership and Group management, REC (Rescue Emergency Care)
- Expedition & Travel First Aid, Royal Geographic Society Off-Site Safety Management certified adhering to BS8848 Expedition and Travel Standards & BS11200 Crisis Management
- Private Buddhist puja at Boudhanath
- All entrance fees as per itinerary
- Government tax
- Trekking part:
- Airport transfer
- Local lodge accommodation on trek
- Meals (Breakfast, Lunch and dinner)
- Up to 4 litres of bottled drinking water each day
- All domestic transport as listed in itinerary
- Domestic flights Kathmandu-Lukla-Kathmandu or Ramechhap-Lukla-Ramechhap
- Everest National Park entrance fees
- Village Development area entrance fee
- Trekking permit
- Porter to carry personal gear (2 clients 1 porter)
- 15kg per person luggage allowance while on trek
- Experienced English speaking trekking guide
- English guide trained in Expedition Leadership and Group Management, REC (Rescue Emergency Care) Expedition & Travel First Aid, High Altitude Awareness trained.

Costs include continued:

- Comprehensive expedition medical kit (including blood pressure monitor, oximeter and heart rate devices & portable altitude chamber) with group at all times.
- Twice daily medical checks on all clients
- Duffle bag (if required)
- Sleeping bag and down Jackets (if required)
- Government tax
- Insurance of guide and porter

Hotels and lodges:

Places	5-star
Kathmandu	Yak & Yeti hotel *****
Phakding	Local Lodge with attached bathroom
Namche	Local Lodge with attached bathroom
Tangboche	Local Lodge (sharing bathroom)
Dingboche	Local Lodge (sharing bathroom)
Lobuche	Local Lodge (sharing bathroom)
Gorakshep	Local Lodge (sharing bathroom)
Pheriche	Local Lodge (sharing bathroom)
Lukla	Local Lodge with attached bathroom

The Cost Does Not Include:

Cost for extra usage of vehicle, other than scheduled & mentioned in the itinerary.
Cost for any other service not mentioned under the “Cost Includes” Head Cost for Insurance. Additional cost arising due to mishaps, political unrest, natural calamities like - landslides, road blockage, etc. In such case extra will have to be paid on the spot by the guest directly. Payment for service provided on a personal request.
Personal expenses such as laundry, soft and hard drinks, incidentals, porter charges, tips. etc.

GENERAL INFORMATON:

Travel Insurance

It is a condition upon joining any of Walking With My Bear Adventures trips that all clients be insured for comprehensive expenses that might in occur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance. However, we can provide details of reputable providers who have a track record of great services on the understanding this is not deemed as advice of provider.

Acclimatisation

This trek's itinerary is planned with a high degree of awareness of Acute Mountain Sickness (AMS). Experts agree that gaining elevation without proper consideration of AMS could be fatal. The higher the altitude, the less oxygen will be in the air. Therefore, our body needs time to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatise to the high altitude thus resulting in a successful trip. We provide all clients access to online High Altitude Awareness courses as part of our package. Equally, we can provide group altitude adjustment training for clients at a nominal cost should they
desire in Leeds. For further details please let us know.

Equipment's & Packing List

We will provide you with an equipment and packing list, which includes a list of outlets where items can be purchased. The items will vary according to the season and the trek duration. The weight limit for your luggage is 33 pounds or 15 kg on the trek. Remember that your luggage will be carried by porters but you are required to carry a day-pack (with your valuables or anything important) on your own. We also suggest that you pack only what is necessary.





Why choose Walking With My Bear Adventures?

- At Walking With My Bear Adventures Ltd, we pride ourselves on our approach, attention to detail and client care on all aspects of your adventure.
- Expedition Leadership and group management trained. REC(Rescue Emergency Care) Expedition & Travel First Aid,
- Royal Geographic Society Off-Site Safety Management certified adhering to BS8848 Expedition and Travel Standards & BS11200 Crisis Management
- Experienced long established overseas partners who live and work in the area.
- 1st class pre event training and support
- Twice daily medical checks on the event
- Comprehensive Expedition Medical Kit (including blood pressure monitor, oximeter and heart rate devices & portable altitude chamber) with group at all times.
- Experienced in multi-day adventures and risk management
- Pre event client support including online kit, training and altitude awareness training
- Online High Altitude Awareness training course for all clients.
- Pre event training day
- Qualified leaders
- Excellent client to guide and porter ratios ensuring clients have the very best support.

THE HOME OF UNIQUE ADVENTURES

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THE FUN & HAPPINESS CHARITY



www.walkingwithmybear.com

Brought to you by Jonathan Kattenberg
email: contact@walkingwithmybear.com