



EVEREST BASE CAMP TREK 2021

SEPTEMBER 24 - OCTOBER 15, 2022*

JOIN US AS WE EXPERIENCE SOME OF THE BEST TREKKING AVAILABLE IN
THE EVEREST REGION OF NEPAL AND VISIT HIMALAYAN LIFE PROJECTS

HIGHLIGHTS INCLUDE:

- Sightseeing in Kathmandu
- Jeep ride to the Everest Region
- Trekking through lush jungles to high alpine ecosystems and varied ethnic villages of Nepal
- Exploring Namche Bazar, capital of the Sherpa people
- Exploring the beautiful high alpine lakes
- Ascend to a maximum altitude of 5,550m
- Crossing Kongma-La and Cho-La Pass
- Summiting Kalo Pathar, Chukung-Ri and Gokyo-Ri
- Views of Mount Everest
- Flying out of Lukla to Kathmandu
- Visiting Himalayan Life's projects (Yangri School/Street Kids project in Pokhara)



LEADERSHIP

Daniel Burgi, Sonam Sherpa, Phurpa Sherpa

FITNESS

Moderate to good fitness is required for this trek. Warm-up hikes in BC in the summer highly recommended

COST

2,800 CAD (includes all in-country costs, but not international flights)

VACCINES + INSURANCE

Participants are responsible for travel immunizations and insurance

*Dates dependent on COVID-19 restrictions

MORE INFO

INFO@HIMALAYANLIFE.COM