

MOVING MOUNTAINS EVEREST BASE CAMP WITH GO DHARMIC

EMBARK ON A JOURNEY OF SELF-DISCOVERY, YOGA, TREKKING,
ADVENTURE AND HELPING SOCIETY ON THIS SPECIAL RETREAT

**Go
Dharmic**

Where Adventure Meets Compassion
30th October - 17th November 2024

INTRODUCTION TO EVEREST BASE CAMP TREK

Experience the thrill of the Everest Base Camp Trek, where adventure meets the sky. Journey through the heart of the Himalayas, surrounded by majestic peaks and rich Sherpa culture. This is more than a trek; it's an enlightening journey to your own inner unknowns. Each day will be guided with daily yoga, breathwork and meditation. It is also a fundraising opportunity, upon sign up we will provide you with your own fundraising page, so you can help Go Dharmic's humanitarian and environmental initiatives.

**The mountains
are calling, and
you must go.**

- John Muir



ITINERARY OVERVIEW

Our 17-day itinerary takes you through the iconic landmarks of the Everest region with daily meditations and Yoga. From Lukla's Tenzing Hillary Airport to the breathtaking Everest Base Camp, every day is an adventure waiting to unfold.

Price:
£1800

Fund raising Goal:
£2000 per person

[Sign Me Up](#)



"Barry Goudriaan was the first person to take the Go Dharmic flag to Mount Everest Base Camp and ran a marathon there to raise important funds for Go Dharmic. Now many of you are showing interest in scaling the sacred peak in aid of people in need and our planet. I wish you well on your journey to the top of the world and in doing so scale deeper aspects of your own self."

- Hanuman Dass

TRIP HIGHLIGHTS

Bullet points highlighting key experiences:

- **Fly Over the Roof of the World:** Land at Tenzing Hillary Airport, Lukla, one of the world's highest airports.
- **Stand in Awe:** Visit Everest Base Camp at 5,364m, the closest you can get to Mount Everest.
- **Sunrise Spectacle:** Ascend Kalapatthar for majestic panoramic views of the Everest Himalayan region.
- **Cultural Encounters:** Explore traditional Sherpa villages, immerse in their culture, traditions, and hospitality.
- **Spiritual Moments:** Participate in a special Rudra-vishek Pooja at Pashupatinath Temple in Kathmandu.
- **Giving Back:** Join us in a one-day feeding program at an orphanage, spreading love and compassion.



EQUIPMENT CHECKLIST

You must supply these items

- Toiletries:**
Toothbrush, toothpaste, soap, toilet rolls, bath towel, and personal items.
- Sun Hat:**
Essential for sun protection in high altitudes.
- Rucksack:**
A sturdy backpack for carrying your essentials.
- Trekking Gear:**
T-shirts, long-sleeve shirts, and suitable clothing for various weather conditions.
- Hydration:**
Water bottle and purifier for staying hydrated.
- Rain Gear:**
Rain poncho to shield you from unexpected showers.
- Trekking Stick:**
A reliable companion for stability.
- Warmth:**
Gore-Tex gloves, jacket, and pants to combat the cold.
- Footwear:**
Hiking boots and sandals for comfort.
- Woolen Comfort:**
Woolen socks and fleece sweaters for warmth.
- Protection:**
Sunscreen lotion and sunglasses.
- Memories:**
Don't forget your camera to capture the adventure.
- Light in the Dark:**
Flashlight for evenings.



HIGH ALTITUDE SICKNESS

High Altitude Sickness, or Acute Mountain Sickness (AMS), can be a concern in the Himalayas due to thin air at higher altitudes. Symptoms may include nausea, dizziness, and headaches.

**Respect the altitude;
it demands caution.**



10 GOLDEN RULES FOR ALTITUDE SUCCESS

1. Gradual Ascent:

Increase altitude gradually, allowing your body to acclimate.

2. Stay Hydrated:

Consume plenty of liquids to combat dehydration.

3. Avoid Hazards:

Say no to alcohol, smoking, and sleeping tablets.

4. Medication:

Use preventive medicines as prescribed by your guide.

5. Light Load:

Avoid overexertion; let porters help with heavy loads.

6. Safety in Numbers:

Don't trek alone; travel with a group or guide.

7. Don't Push Higher:

If you experience mild AMS, don't ascend further.

8. Descend for Severe Symptoms:

If AMS worsens, descend immediately.

9. Team Support:

Never leave anyone with signs of altitude sickness.

10. Dress Warmly:

Layer up to stay warm; don't overexert yourself.



DETAILED ITINERARY

Day 01: Arrival at Kathmandu

- Arrive at Tribhuvan International Airport, Kathmandu.
- Transfer to Hotel Hyatt Place.
- Evening meeting and welcome dinner.

Day 02: Social Contribution and Sightseeing in Kathmandu

- Breakfast at the hotel.
- Visit an orphanage for a feeding program.
- Visit Baudhanath Stupa for world peace prayers.
- Special Rudravishek Pooja at Pashupatinath Temple.
- Trek briefing by professional guide.

Day 03: Night Drive from Kathmandu to Manthali Airport Ramechhap (4 to 5 Hours Mid Night Drive)

- Ramechhap - Lukla Flight (20 Mins).
- Lukla (2,860m) to Phakding (2,600m) trek (4 hour Trek).

Day 04: Trek from Phakding to Namche Bazaar (8 hours)

- Trek through Rhododendron forest.
- Enjoy views of Kusum Kanguru and Thamserku.
- Permits checked at Jorsalle.
- Reach Namche Bazaar (3,440 m).

Day 05: Acclimatization Day in Namche Bazaar

- Rest or hike to Khunde and Khumjung villages.
- Return to Namche Bazaar for the night.

Day 06: Trek from Namche Bazaar to Tengboche (8 hours)

- Descend through Khumjung and Trashinga.
- Reach Tengboche (3,867 m).
- Visit Tengboche Monastery and enjoy views of Ama Dablam.

Day 07: Trek from Tengboche to Dingboche (8 hours)

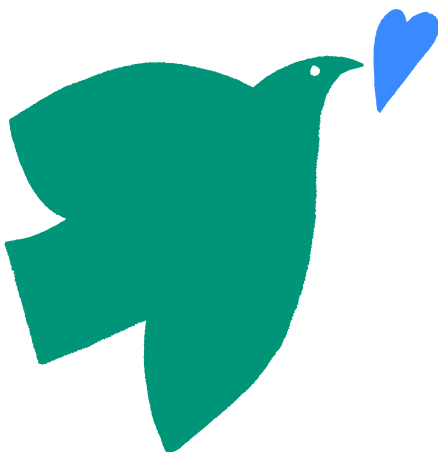
- Descend through the forest and reach Pangboche.
- Enjoy views of Ama Dablam.
- Continue to Dingboche (4,410 m).

Day 08: Trek from Dingboche to Lobuche (8 hours)

- Choose between two routes: Kongma-la pass or via Pheriche.
- Overnight at Lobuche (4,910 m).

Day 09: Trek from Lobuche to Gorak Shep and Everest Base Camp

- Trek to Gorak Shep (5,160 m).
- Visit Everest Base Camp (5,364 m).
- Return to Gorak Shep for the night.



Day 10: Trek from Gorak Shep to Dzongla (7-8 hours)

- Pass by the beautiful views of Lobuche mountain.
- Reach Dzongla (4,843 m) overnight.
- Sunrise view from Kala Patthar.

Day 11: Trek from Dzongla to Dragnag via Cho La Pass (7-8 hours)

- Challenge Cho La Pass (5,420 m) early in the morning.
- Enjoy glacier views and beautiful landscapes.
- Reach Dragnag (4,700 m) for the night.

Day 12: Trek from Dragnag to Gokyo Lake and Gokyo Ri (5483 m)

- Trek to Gokyo Lake (4,750 m).
- Hike to Gokyo Ri (5,483 m) for panoramic.
- Himalayan views.
- Overnight at Gokyo Village/Tea House (4,870 m).

Day 13: Trek from Gokyo to Dhole (8 hours)

- Descend downhill towards Lukla.
- Reach Dhole (4,110 m).

Day 14: Trek from Dhole to Monjo (8 hours)

- Descend to Monjo via Namche Bazaar.
- Revisit the trail from your ascent.
- Reach Monjo (2,835 m).

Day 15: Trek from Monjo to Lukla (8 hours)

- Trek through Rhododendron and Pine forest.
- Reach Lukla (2,860 m) via various villages.
- Overnight at a guesthouse in Lukla.

Day 16: Flight from Lukla to Ramechhap and Drive from Ramechhap to Kathmandu

- Joyful drive back to Kathmandu.
- Rest and evening dinner with Nepali cultural show.

Day 17: Departure for Your Onward Destination

- Transfer to Kathmandu airport for international departure.



INCLUSIONS AND EXCLUSIONS

Value-packed adventure of a lifetime.

Inclusions:

- All meals
- Accommodations
- Domestic flights/Transports
- Guides/Porter
(Food Accommodations, Salary, Insurance)
- Permits
- Yoga Instructor
- First aid boxes
- Mobile Data Internet and Social Contributions.

Cost Excludes:

- International airfares
- Travel insurance
- Personal equipment
- Bar bills
- Guide/porter tips
- Additional mobile charging
- Satellite wifi
- Special hot shower and anything which is not mentioned in inclusions.



CONTACT INFORMATION

Reach out to us and
start your adventure.

Contact details for inquiries
and booking

godharmic.com
@godharmic



Everest Base Camp Trekking map



ABOUT GO DHARMIC

Go dharmic is a humanitarian and environmental charity registered in the UK, US and India. Working on bringing people together to spread love and compassion through a diverse array of social action campaigns.

www.godharmic.com



FUNDRAISING GOAL

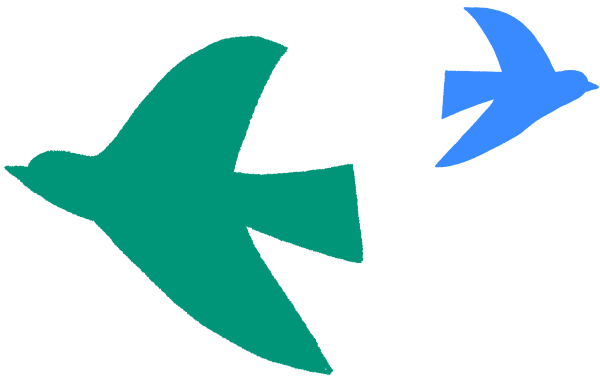
With your own page set up for your family and friends to donate to we hope you will be able to raise at least £2000 for Go dharmic with this journey of a lifetime you may even be able to raise more.

**LOVE
ALL.
FEED
ALL.
SERVE
ALL.**

DISCOVER INNER HARMONY IN THE HEART OF THE HIMALAYAS

Amidst the awe-inspiring beauty of the Himalayas, we offer a unique opportunity to discover inner peace through daily meditation and yoga sessions. Immerse yourself in the serenity of the mountains and your own inner journey.





Meditation and Yoga Sessions

Morning Meditation:

Begin your day with guided meditation to set a positive tone.

Yoga in Nature:

Practice yoga asanas amidst the pristine Himalayan environment.

Evening Serenity:

Wind down with a peaceful meditation session as the sun sets over the peaks.

Benefits of Yoga and Meditation

Physical Well-being:

Strengthen your body and improve flexibility.

Mental Clarity:

Find tranquility and mental focus amid natural beauty.

Stress Relief:

Reduce stress and anxiety while connecting with nature.

Spiritual Exploration:

Deepen your inner journey through mindfulness.



TREKKING FAQs

Do you need to train to hike to Everest Base Camp ?

A little training is good practice, some aerobic training to be able to cope with the conditions of high altitude / low oxygen on the Everest Base Camp Trek.

Will I have to carry all of my own stuff on the Trek?

No, unless you need to. For each trekker our porters carry up to 12kgs of weight. All you need to bring are the essential items you need for the day. The porter fee is included in your travel bill.

Will I get altitude sickness on the Trek?

It could be. There is no way to predict how the altitude will affect you. When people start to feel symptoms, it's usually only above 3500 meters.

Will I have access to the internet?

Yes some place you will be able to use Internet if there is not any technical problem. But you need to pay certain amount to use WiFi Internet. Usually the Internet is slow, broad band connection.

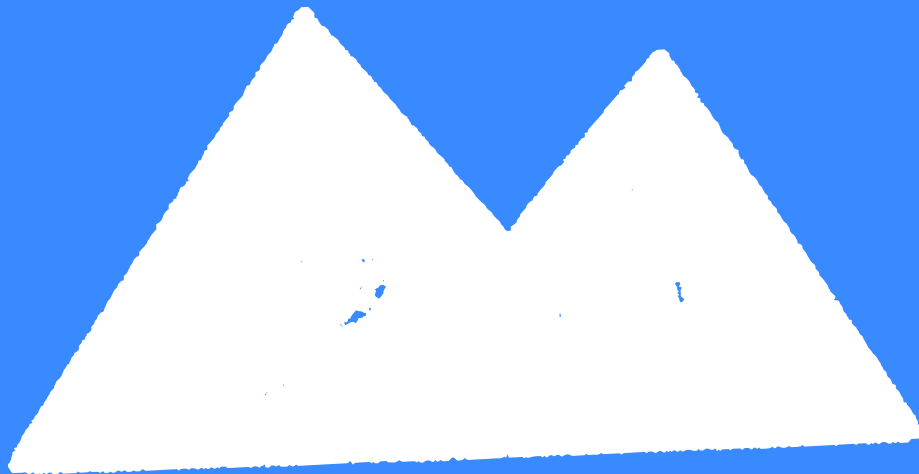
For any other questions or queries please contact:
events@godharmic.com

Disclaimer




By choosing to join the retreat, you acknowledge and accept the inherent risks involved in the activity and agree to release Go Dharmic from any liability or responsibility for any personal injuries, accidents, or any health issues that may occur during the event. Each individual joining the retreat is solely responsible for their own safety and well-being throughout the duration of the retreat. Please exercise caution, use good judgement, and prioritise your safety at all times. Also, the itinerary, cost, and order of events is subject to change.






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info@godharmic.com

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 @godharmicnow

 @GoDharmic
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 www.godharmic.com