

## Dirty Health X Everest Base Camp - Expedition Information Pack -

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### About Dirty Health

Dirty Health offers relaxed, down-to-earth wellness retreats designed to help people reset and feel better without the pressure of strict routines or quick fixes. Working with both everyday individuals and corporate businesses, the retreats are set on a purpose-built site and combine access to a fully equipped gym, yoga space, sauna, hot tub, and cold therapy with meals prepared by a private chef to support simple, effective nutrition. Guests can also take part in **nutrition seminars** and optional **food sensitivity testing**, all aimed at helping them better understand their bodies in a practical, sustainable way—so they can switch off, recharge, and return feeling healthier and more in control of their wellbeing.

**Mathew Pritchard** is the co-founder of Dirty Health and a well-known Welsh TV personality, best recognised for his role in Dirty Sanchez. In recent years, he's shifted his focus from extreme living to health and wellbeing, becoming a **passionate advocate for plant-based nutrition, fitness, and positive lifestyle change**. Through Dirty Health, he brings his no-nonsense, relatable approach to wellness—helping both individuals and corporate groups reset, build healthier habits, and take a more balanced, sustainable approach to looking after themselves.

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### Why Choose Earth's Edge

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business**. Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We're the only company to have a **dedicated expedition doctor** on every high altitude trip, providing you with peace of mind knowing you're in safe hands from start to finish.

- Our **exceptional expedition leaders** are true experts in their region, passionate about sharing their first-hand knowledge about the local culture, history, and geography while ensuring we consistently deliver unforgettable experiences.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're traveling solo or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We're here to **support you every step of the way**. Our friendly office team is available to answer any questions you have by phone, e-mail or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.
- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at [Great Outdoors](#) to ensure that you get the best gear for your expedition.
- **Responsible travel** is at the core of what we do at Earth's Edge. As a [Certified B Corp](#) company, we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of **environmental programmes and community projects**, including;

- A [yearly scholarship](#) that gives porters the opportunity to become guides on Kilimanjaro.
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the [Carry Me Back Program](#).
- We collect [clothing and gear donations](#) for our amazing porters on Kilimanjaro.
- We are striving to increase the number of [female staff](#) across our expeditions.

To read more about our sustainability practices, please visit our [responsible travel page](#).

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## Description & Detailed Itinerary

Our **16-day adventure** takes you on a historic trek through the Khumbu Valley to Everest Base Camp (5,364m), nestled at the foot of Mount Everest (8,848m). Known as Chomolungma, "The Mother Goddess of the Earth," in Tibetan and Sagarmatha, and "Sky Head," in Nepalese, this is the world's tallest peak and a beacon for explorers worldwide.

This **iconic** journey is one of the most celebrated and recognised expeditions and a favourite among **aspiring adventure trekkers**. It's easy to see why - with breathtaking scenery unfolding at every turn of the trail. We ascend the valley at a measured pace, allowing time to connect with locals in the villages we pass and **immerse ourselves** in the vibrant sights and smells of

**traditional Nepalese life.** Each night, we stay in charming, locally-run **tea houses**, where warm hospitality and the cosy heat of a stove welcome us after a day of trekking.

Our route includes a stop in **Namche Bazaar**, a bustling market town perched on a hillside in a horseshoe shape. This iconic waypoint offers an authentic glimpse into **Sherpa culture and daily life**. While here, we'll visit the local Sherpa museum and pay homage to the legendary **Tenzing Norgay**, who, alongside **Sir Edmund Hillary**, became the first to summit Everest in 1953. If weather permits, we'll catch our first awe-inspiring views of Everest and other majestic peaks, including **Lhotse (8,511m)**, **Nuptse (7,879m)**, and the striking **Ama Dablam (6,856m)**.

The trek to Everest Base Camp takes eight days, with two **acclimatisation days** carefully built into the schedule to **maximise safety and success**. The return trek to Lukla takes five days. Our experienced **expedition leader**, **expedition doctor**, and exceptional team of Sherpas and porters ensure every day on the trail is memorable and rewarding. This journey is ideal for those with a **good level of fitness** and a passion for experiencing the awe-inspiring Himalayan landscapes up close.

You'll come away from this trek with a deep appreciation for the Sherpa way of life, their **unique mountain culture, and enduring traditions**. We also explore **Kathmandu**, Nepal's vibrant capital. This lively city is a fascinating blend of diverse ethnicities, offering a dynamic contrast to the

#### **Day 1: Arrive in Kathmandu.**

Arrive in Kathmandu (KTM). Transfer to the hotel to relax or explore the city. There will be a full expedition briefing in the afternoon. Overnight hotel.

#### **Day 2: Transfer to Ramechhap 5 hrs; Fly Ramechhap to Lukla, 35 minutes; Trek Lukla to Phakding, 3 hrs.**

Early morning transfer to Ramechhap, where we board the exciting flight to Lukla. The journey on the 14-seater plane offers breathtaking views of the surrounding mountains. Upon arrival in Lukla, we begin our trek to the village of Phakding. The trail initially descends northwest toward Choblung in the picturesque Dudh Kosi Valley. From there, we follow the Dudh Kosi River, aptly named the "Milk River," passing through the village of Ghat before reaching Phakding. Overnight tea house. Altitude: 2,610m.

#### **Day 3: Trek Phakding to Namche Bazaar, 8 hrs.**

After breakfast, we set off along the Dudh Kosi River, enjoying the serene surroundings. Before long, we reach the confluence of the Bhote Kosi and Dudh Kosi rivers and cross a large suspension bridge. The trail then climbs steadily through fragrant pine forests and small meadows to reach the distinctive horse-shoe shaped village of Namche Bazaar. While it's a tough day on the trail, the possibility of stunning views of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m), Ama Dablam (6,856m) and Taweche (6,542m) make all the effort worthwhile. Overnight tea house. Altitude 3,440m.

**Day 4: Acclimatisation Day in Namche Bazaar.**

As its name suggests, Namche is famous for its vibrant local market. After breakfast, we climb to the ridge above the village, where we're rewarded with stunning panoramic views of the Khumbu peaks, including Everest, Nuptse and Ama Dablam. If people are feeling strong, we have the option of ascending further to the air strip above the village. We then visit the National Park museum with the option of visiting the Sherpa museum too. The rest of the day can be spent exploring this colourful village or relaxing in the tea house. Overnight tea house. Altitude 3,440m.

**Day 5: Trek Namche Bazaar to Phortse, 5 hrs.**

Today's route has some stunning views of the surrounding landscape, dominated by Ama Dablam, which towers over us for the day. Towards the end of the route we have a steep descent to the Dudh Kosi and then a big climb up a steep trail to reach Phortse. Overnight tea house. Altitude 3,950m.

**Day 6: Trek Phortse to Pheriche, 6 hrs.**

Another stunning day on the trail, with potential views of Everest if the weather is clear. We gain over 500 metres in elevation today so it's important to take it slow and acclimatise properly. Today we walk above the tree line and experience a more barren but equally beautiful landscape. Overnight tea house. Altitude 4,371m.

**Day 7: Acclimatisation Day in Pheriche.**

After a relaxed start to the day, we set out on an acclimatisation hike, climbing to higher ground near the village. We return to the tea house for a hot lunch, with the afternoon free to relax and explore Pheriche at your own pace. Overnight tea house. Altitude 4,371m.

**Day 8: Trek Pheriche to Lobuche, 6 hrs.**

The day begins with a steep climb to the ridge above Pheriche. At the top, we are rewarded with fantastic views of our route so far and the iconic Ama Dablam. After about three hours we stop for lunch in Dughla before tackling a long ascent to reach the memorials honouring climbers who lost their lives climbing Mt. Everest. The final stretch is relatively flat and takes us right into Lobuche. Overnight tea house. Altitude 4,940m.

**Day 9: Trek Lobuche to Everest Base Camp to Gorakshep, 9 hrs.**

We start early, climbing almost 300 metres to Gorakshep, where we stop for lunch. The terrain is rough in places as we pick our way through the Khumbu glacier. From Gorakshep it's a two and half hour trek to reach Everest Base Camp (5,364m). After eight days on the trail, there is a real sense of achievement upon reaching base camp! We take time to soak in the sights and atmosphere before returning to Gorakshep. Overnight tea house. Altitude 5,164m.

**Day 10: Trek Gorakshep to Kala Patthar to Dingboche, 10 hrs.**

For those with the energy, there's an optional early start to climb Kala Patthar (5,550m). It's a tough trail to the top but the summit offers some of the best views of Everest in the entire region.

Afterwards, we return to Gorakshep for breakfast. From Gorakshep we descend to Dingboche. Overnight tea house. Altitude 4,401m.

**Day 11: Trek Dingboche to Tengboche, 4 hrs.**

Today, we descend to Tengboche. The route offers amazing close-up views of Ama Dablam (6,856m), widely considered one of the most stunning peaks in the world. In the afternoon, we have the option to visit Tengboche Monastery, the largest and most significant monastery in the region. Overnight tea house. Altitude 3,860m.

**Day 12: Trek Tengboche to Namche Bazaar, 4 hrs.**

From Tengboche, we descend for one hour to reach the Dudh Kosi river. We then climb for over an hour, following the river canyon back to Namche Bazaar. In the afternoon, there is plenty of time for shopping in the market town. Overnight tea house. Altitude 3,440m.

**Day 13: Trek Namche Bazaar to Phakding, 5 hrs.**

Today, we retrace our steps all the way back to Phakding. We notice a big change in the landscape as we drop almost 1,000 metres to Phakding. Overnight tea house. Altitude 2,610m.

**Day 14: Trek Phakding to Lukla, 3 hrs.**

Our last day of trekking always brings out mixed emotions. The trail follows the Dudh Kosi river before making the last climb into Lukla. There is plenty of time for reflection and to enjoy the last views of the highest mountains in the world. We say goodbye to our support team in Lukla and enjoy our last dinner on the trail. Overnight tea house. Altitude 2,860m.

**Day 15: Fly Lukla to Ramechhap, transfer to Kathmandu.**

In the morning, we fly back to Ramechhap and then transfer to Kathmandu, where we check into our hotel. We then have some free time for resting at the hotel or exploring the surrounding area. In the evening, we enjoy a celebratory meal in one of Kathmandu's best restaurants. Overnight hotel.

**Day 16: Depart Kathmandu.**

Enjoy your last bit of relaxing or do some more exploring in Kathmandu before heading to the airport.

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## Expedition Cost

**Total Cost: £3,699**

- A deposit of **GBP 399** is taken at the time of booking to secure your spot.
- A part payment of **GBP 1,000** is due six months prior to departure.
- The **final balance** can be paid in instalments, but is **due 90 days** prior to departure.

## Flights

Please consult us before booking your flights to ensure you arrive in time for the expedition briefing on the first day. It's essential you do not miss this meeting.

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## Expedition Inclusions & Exclusions

### Expedition Costs Include:

- An Earth's Edge team jacket and buff, yours to keep
- Internal flights in Nepal
- Highly experienced local expedition leader
- Dedicated expedition doctor
- Full support team, including porters
- Permit for trekking to Everest Base Camp
- All accommodation based on twin sharing in hotels in Kathmandu and in tea houses on the trek
- All meals and drinking water (except in Kathmandu and Ramechhap (where needed) where accommodation is based on B&B)
- A celebratory dinner on the final night
- All planned group transport throughout the expedition
- All group gear consisting of a fully stocked med kit including an oxygen tank

### Expedition Costs Exclude:

- International flights
- Personal travel insurance
- Medical vaccinations
- Tourist visa
- Personal equipment
- Tips
- Expenses of a personal nature like laundry, phone calls, alcohol, WiFi or showers in the tea houses and excess baggage charges.
- Any costs arising out of unforeseen circumstances which affect the itinerary such as bad weather, landslides, road conditions and any other circumstances beyond our control

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## Spending Money and Tipping

### Spending Money

We recommend that you put aside **GBP400** in spending money for this trip. We recommend that you exchange a small amount of cash into the local currency, Nepalese Rupees, either at the

airport or in Kathmandu, for purchasing small items like snacks on the trail. There are ATMs available in Kathmandu where you can withdraw cash using a credit/debit card.

At the time of writing, UK passport holders are able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately **USD50** payable in cash. This is included in the amount recommended above.

Our recommended **tip amount is USD200/GBP150** per person. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip evenly among all of our Earth's Edge team in Nepal. The recommended spending amount above includes the tip for the Earth's Edge Team.

Whilst on the trail, wifi and hot showers are available in some tea houses at a cost of approx **USD5 each**.

### Tipping

At Earth's Edge it is important to us that the tipping process is transparent and that all team members are tipped fairly.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the trek. Our average group size is 13 climbers plus our doctor = 14 people.

We recommend everyone tips **USD200/GBP150**. If everyone tips, that will give us a total tip amount of USD 2,800 (13 x USD 200 + USD 200 as we tip on behalf of our doctor).

With a group of that size, our Earth's Edge team in Nepal will be made up as follows and receive roughly the following share of tips.

<b>Expedition Leader:</b> 1 person	USD 400 x 1	= USD 400
<b>Assistant Sherpas:</b> 3 people	USD 290 x 3	= USD 870
<b>Porters:</b> 9 people	USD 166 x 9	= USD 1494
<b>Driver:</b> 1 person	USD 35 x 1	= USD 35
	<b>TOTAL</b>	<b>= USD 2,800</b>

Please note the above figures are a guideline based on an average of 13 trekkers. We ask our clients not to tip any of the Earth's Edge team directly as it's important that all of the team get their fair share of the tips.

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## Flights to Lukla & Weather Contingencies

In the event that your group's flights to or from Lukla are cancelled due to inclement weather, additional spending money will be required. The domestic airline will aim to get us on the next available flight when weather conditions are favourable, either later the same day or on one of the following days. While we visit this region when the weather is most favourable, it's essential to note that adverse weather conditions can occur during the trekking season.

In some cases, the **weather may be too poor for planes to fly but helicopters can often operate**, as they can fly in less favourable conditions. Should the need arise, the cost of helicopter hire must be covered by you as changes due to weather are outside the control of Earth's Edge and as per our [booking conditions](#), we don't cover costs associated with changes outside our control (Force Majeure). The estimated cost of helicopter hire is in the range of €300 - €600 per person per flight, but this is subject to variation. Please ensure you have **access to sufficient additional finances** for potential weather-related disruptions during your trek.

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## Safety Standards

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced leader supported by a qualified doctor with a keen interest in adventure travel and expedition medicine.

Our expeditions are further supported by our dedicated Earth's Edge team of Sherpa guides and porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to Nepal. Up-to-date travel advice is available on the [DFA website](#).

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and **apply hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.

- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our [safety page](#).

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## Carry Me Back Program

In 2019, 720kg of waste was generated per day in the Khumbu region during the trekking season. At present, most of this is left behind in pits that are dug throughout the valley and the Sagarmatha National Park, where it is then burnt. This is due to the lack of infrastructure in the high regions and the difficulty of transporting it out of the valley.

Through the Carry Me Back Program, run by Sagarmatha Next, we are helping to combat this issue. This is a crowdsourced waste removal system which utilises the movement of tourists to transport waste from this area to places where it can be recycled.

For any clients travelling in Nepal who are willing, we organise for them to carry a bag containing 1kg of segregated and shredded waste material to a pick-up point. From here, this waste is collected and transferred to a recycling facility. You can read more about the project [here](#).

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## Book Your Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your [consultation here](#).

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## Expedition FAQ

Do you have a question that wasn't answered in this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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