



Everest Base Camp Trek

The Trek to the Everest Base camp is one of the highest and most beautiful treks in the world and requires participants to be in good physical shape to be able to do the trek comfortably. Even though the trek into the Everest region can be steep & strenuous at some places, it does not require that you have any previous trekking or mountaineering experience neither does it require any technical experience; only that you be in good physical conditioning and be able to hike at a comfortable pace for 4-6 hours over hilly terrain with a light day pack. Good cardio-vascular conditioning and exercises for muscles that are used to hiking will make your trip much more enjoyable. Our goal is to climb Kala Patthar at 18,200 feet and walk on broken glacial moraine all the way into Base Camp at 17,500 feet. You will spend 12 days in a land where life is simple, trails are steep and the air is thin. We recommend the following schedule to the participants:

We recommend the following schedule to the participants

- Week One:** Participants should develop a habit of being able to get up in the morning and run / brisk walk for a minimum of 3-4 Km at least 3-4 days a week. This would represent at least 20-25 minutes of cardio exercise. Though difficult at first, keep at it. You can stop and take breaks as well. During the day, you should get into the habit of avoiding elevators and taking the steps. You should be able to climb at least 4/5 flights of steps daily. (Avoid going down steps too fast as this could result in some knee injuries). If you Don't enjoy running and are into some other sport like cycling or swimming, spend about 45 mins cycling or about 600 – 800 mts of swimming for at least 4 days a week .
- Week Two:** Assuming you have successfully survived week one and are consistent with your exercise, you can take up the pace a notch. Increase your distance to 5/6 kms per day and 5 times a week, you can additionally go to a gym. Avoid heavy weight training. Focus more on a core workout. These are your muscle groups that run along the length of your body and helps maintain your posture and sustains you during your long hours of working.
- Week Three:** In addition to the week Two exercise, one additional feature you should add in Week Three is walking for half an hour during the evenings with a backpack on carrying 3-4 kgs. This could be 2lts of water, some snacks, a jacket etc. This will help strengthen your back and shoulders thus preparing you for the long hours of trekking. If you don't want to just simply walk, also try increasing your time on climbing flight of steps. As compared to week One, you should aim to be able to climb 10-12 flight of stairs comfortably.
- Week Four:** Sustainance. Keep up the tempo, sustain the workout. Try avoiding doing anything very rigorous but be consistent with morning and evening walks / runs and climbing flight of stairs.
- Week Five:** Sustain the workout. Increase only if you feel comfortable. Start doing an additional 10-15 mins of climbing stairs in the morning / evening with a daypack of 2-3 kg; about 20-25 floors once a day should help increase the stamina and Endurance considerably.

Contact: info@adventure-pulse.com