



The day of days had finally arrived! Today we would finally make the last push to get to Everest Base Camp. It was around 6 am and dark when we left our tea house in Lobuche, making the trail hard to see. We had a little mishap on the ice, but as visibility got better we were able to get stuck into the trek.

Altitude and fatigue

By this stage the altitude and general fatigue was really setting in. The trekking itself was not too challenging as it was a gentle ascent from Lobuche to our morning stop off in Gorak Shep. However, once the sun rose and we could clearly see what was ahead of us, a rush of adrenaline ran through me as I knew that each step would take us closer to our final goal.

Arriving at Gorak Shep

We arrived in Gorak Shep a few hours after leaving Lobuche. Gorak Shep is the last village before Base Camp. It was nice to get there and have some breakfast so we could re-energise before setting off for Base Camp. However, upon arrival, we were met with three helicopters touching down in the village within the first hour of us being there. One of them was for supplies, but the other two were there to take people who had severe altitude sickness back down the mountain.

The sight of people being air-lifted down reminded us of the harsh reality of the place we were in, and just how careful and in tune with our bodies we had to be. As much as reaching Base Camp meant to me, I told myself that if anything started to feel wrong, that I would put my health first.



*Resting up and enjoying the view just before we reached the village of Gorak Shep, Nepal.
Image by Tom Baxter.*

After the helicopters had flown back down the mountain and we'd had an hour rest, we set off to make the last leg of the journey. I was filled with mixed emotions about the final part. I was extremely happy to finally be reaching Base Camp, yet sad that this was almost the end of our expedition, and that we'd be heading back down later that day.

Reaching Base Camp

However, after a few dicey leaps over boulders and rocks for an hour or so we gradually made our way up alongside the Khumbu Glacier. We then came around a little bend and... there it was.... prayer flags draped all around it, with handwritten notes on rocks, and a little shrine that said...

'Congratulations on reaching Everest Base Camp - 5364m.'

I tunnel-visioned in on it, made the most of each step I took and reached out to touch the sign. We had made it!



Success! The moment we reached Mt. Everest Base Camp!

It was an exhilarating feeling being there and knowing that after months of preparing, pondering, and playing out how the trip would go in my mind - that we had made it safe and sound. We enjoyed the moment with some rum and hot chocolate, and just sat there soaking it all in. It had truly been a remarkable journey. From that early morning start back in Kathmandu, to the plane ride into Lukla and everything else that we had seen and experienced on the trek to base camp - I couldn't have hoped for a more enthralling life experience.

How it felt to reach my goal

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As our guide, Gelu, said it was time to head back to Gorak Shep, the only thing I was left to ponder was taking one more look up towards Everest and thinking, maybe, just one day...I might see the world from its peak.



Reflecting on the Journey to Base Camp

Twelve days of trekking in the Khumbu Region of the Nepalese Himalayas all the way from Lukla to Everest Base Camp and back was an absolute dream come true. For anyone who has an adventurous spirit, you need to do this trek. Living it day in day out makes you realise that it's as famous as it is for a reason - it's spectacular!

The touring company we used

We did the trek in an organised group tour run by [G Adventures](#). I recommend this type of travel as it is a great way to make friends. It also gives you peace of mind that everything will run as smoothly as possible.

Mental and physical challenges of the climb

Everest Base Camp is an achievable trek. You do, however, need to be physically fit and healthy leading up to departure, and have a positive and enthusiastic mind - ready for anything and everything along your journey. For me, preparation before the trip consisted of running, walking (especially on an incline), running up and down stairs, and swimming laps.

Get comfortable with your gear

It is also super important that you are aware and comfortable with all your gear. During training, wear your gear like you are trekking up to Everest Base Camp. Wear your boots in and test how your socks feel. Take note whether you have a tendency to get blisters in certain spots and need to bandage them. Or if you have pants that zip-off into shorts, check if the zip is comfortable pressing against your knee with you lift your legs up. Getting used to your gear will help you enjoy your trek a lot more.

Dealing with altitude sickness

Altitude, on the other hand, is something that is a lot more difficult to prepare for. It affects everyone differently so be aware of it, and do a bit of reading to know how to recognise any signs of sickness in yourself and other people.

Reflecting on my experience in Nepal

I've travelled to Nepal twice now, both times have been in late November/December, and I've had a phenomenal time. This is right at the end of peak season (September - November), so there are less trekkers. It's also usually it's quite clear so you have great visibility of the mountains. However, it is winter, so it can be quite cold at night. It dropped to - 12 degrees at Gorak Shep, but during the day the sun is usually out so you can easily get by with a t-shirt and even shorts.



The journey to Base Camp is an incredible and worthwhile experience for the fearless adventurer.

It's amazing to experience travelling through the villages in this incredibly remote area of the world, where walking is the only form of transportation and trade. Nepali people must be among the happiest and kindest people on earth. Their cheeky and friendly nature made it even easier to fall in love with the country. The scenery is so diverse and incredible on this trek. You see everything from valleys, green crops, glacial rivers, mountains, open plains and icefalls. There wasn't a day where you couldn't look around and not have your breath taken away.

I hope that everyone will one day have the opportunity to travel to Nepal and trek through the many beautiful regions, so they can fall in love with the place like I certainly have.

Phew! What a journey, the trip from Adelaide to Everest is as epic as they come - but would you take on this once-in-a-lifetime trek? Sound off in the comments below.