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Trek to Everest Base Camp organized by Hyderabad Adventure Club



Hyderabad | India | July'2009: Hyderabad Adventures club is a group of nature lovers who have decided to get together and explore the city of Hyderabad and its environs. Every once in a while, they make a larger, more ambitious trip.

Recently 5 members of Hyderabad Adventure Club, including Organiser Diyanat Ali, Dr. AVS Prasad, Mario Rozario, Dr. Priyank Chattra - all Hyderabad based, and Mithun G.N. from Bangalore left on a trek for Everest Base Camp. They completed the trek starting from Lukla at 9000 feet above sea level to Everest Base Camp at 17500 feet returning to Lukla on 1 July 2009.

Everest base camp is the Trekker's last stop at 17500 feet above sea level - it is the highest point one can go by on foot without any mountaineering equipment. The trek to base camp is a grueling climb, trekking through the Solukumbu valley in Nepal. The team trekked deep into the mountains through the homelands of the Sherpa people, among their villages and monasteries, with distant views of Everest, Nuptse, Lhotse and Ama Dablam peaks, the route is EBC is very scenic with varied fauna and flora, the trek route takes you via the small Nepali townships of Phakding, Namche Bazaar, the ancient monastery at Tengboche, Pangboche, the Dingboche glacier, Lobuche and Gorakshp - the last place with any modern facilities en route to Everest. All along the trail flows the Doodh koshi river, born from the melted snow from the mountains. Their guide Ngima was one of the enigmatic Sherpa people of the Himalayan peaks the locals call Sagarmata.

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To successfully complete this trek, the group trained for 4 months. The initial training was in the gym and jogging at parks, till an old veteran trekker, cousin of a Hyderabad Adventures member informed them to "find steps". This sage advice turned out to be a life saver...."No amount of workout at gym's prepares you for climbing a mountain", claim members of the group. The most useful part of the training was climbing the steps up the hill of Moula Ali dargah, the koe-imam dargah at Ammaguda and such lesser known places in Hyderabad itself. The club conducts local and not-so-local treks, explorations and camping trips on a regular basis.

Hyderabad Adventure Club members did a presentation of the Everest Base Camp Trek at ameerpet on 19th July which was attended by 40 people that highlighted the journey of the trek, the best scenic pictures, advice on preparation for the trek, and safety measures and first aid during the trek.

Reachout's News Bureau
July' 2009



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