

EVEREST BASE CAMP TREK WITH OPTIONAL ASCENT OF LOBUCHE PEAK EAST 6119m

A unique opportunity for you to take part in a trek to Everest Base Camp visiting the famous viewpoint of Kala Pattar. The views from Kala Pattar are amongst the finest in the world, spectacular, rugged and unforgettable. We travel as a self contained group in order to minimise our impact on the local environment. Our cooks use only kerosene for cooking and all rubbish is disposed on the waste disposal sites set up by the local government.



We additionally offer the optional guided ascent of 6119 metre Lobuche Peak. Set in the spectacular Khumbu region, Lobuche Peak is one of the most accessible 6000 metre peaks currently available to groups such as ours. Lobuche is only some 6 km from Mount Everest and the view from its summit has to be seen to be believed. The mountain is graded as moderate to climb i.e. requires the use of ropes, crampons and ice axe, but is within the capabilities of most fit people. The group will be accompanied by experienced British mountaineers and a guide of the Nepalese Mountaineering Association.

This expedition takes participants through one of the most continuously interesting areas of the Himalaya. It is an ideal trip for a first taste of Himalayan Trekking and Climbing. It is also a good choice for people on a tight schedule as the duration is 21 days with approximately 17 days trekking and/or climbing.

The trip is suitable for paraglider pilots wishing to experience the thrill of Himalayan flying. The approach to the mountain allows for a good amount of flying from the ridges and passes and the flying is excellent at both Thyangboche and Periche where we will be spending time acclimatising to the altitude.

Adventure Extreme has a great deal of experience in catering for the ambition of mountaineers, paragliders and extreme skiers. Feel free to call us to discuss your special needs on this adventure.

TRIP OVERVIEW

Dates 12 – 29 November 2003

Cost £1320.00 (Land price only)

Flight to Lukla We save many days of walking by flying to Lukla at 3000 meters. Lukla is a small STOL (Short Take Off & Landing) airfield close to our mountain. The flight in and out of Lukla is “interesting” to say the least and probably one of the most spectacular flights in the world.

Walk In They say that in Nepal, whichever way you walk is up! I can promise that after a few days you will believe that saying wholeheartedly. We cut across the grain of the country; each ridge higher than the previous one usually with an ever opening panorama. Seldom is the daily walk more than 8 or 9 miles, utilising traditional stopping points.

On our 2nd day of walking we should arrive at the Sherpa market town of Namche Bazaar altitude approx 3500 metres, where we can enjoy a rest and explore this beautiful area. A further day takes us to Thyangboche which is set amongst the highest mountains in the world with fantastic views of Mount Everest, Lhotse, Nuptse and Ama Dablam. From this point we ascend slowly spending several days on necessary acclimatisation to the altitude. Acclimatisation days will be spent at Namche Bazaar, Thyangboche, and Periche.

The trekking group will continue up to Lobuche Lodge at 4900 metres before visiting Kala Pattar and Everest Base Camp. Simultaneously the people wishing to make the ascent of Lobuche Peak will move to Base Camp.

Base Camp Our base camp will be situated in a small side valley beneath Lobuche Peak at an altitude of about 4900m. We will establish our high camp from here whilst acclimatising.

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The Climb We will leave base camp mid-morning to climb to our pre-prepared high camp at about 5400 metres. Departing high camp for the summit at about 2.00 a.m. the next morning. The going is initially fairly steep easing off once the long summit ridge is reached. Several areas on the final ascent are suitable for a take off point for paragliding members of the expedition.

Return Those on strict time schedules will return to the STOL (Short Take Off and Landing) Airfield at Lukla and fly to Kathmandu and then onto London. Others with more time on their hands may wish to trek further for more flying or perhaps return to Kathmandu before moving on.

COST INCLUDES

Transfers Between Tribhuvan (Kathmandu) Airport and Hotel. Return.

Hotel Four nights stay in Kathmandu. Tibet Guest House Hotel.

Sightseeing Tour We will provide a guided sightseeing tour of Kathmandu, Patan & Baktapur in the Kathmandu Valley.

Internal Flights Internal flights to and from Lukla are provided.

Trail Accommodation A mixture of camping and Sherpa lodge accommodation for duration of trek.

Porters For duration of expedition (see notes on weight & equipment).

Peak Fee Climbing permits for mountain.

Tents Tents and cooking equipment.

Food All food for the trek and the ascent of the mountain will be provided.

Instruction Many of our trips are well suited for mountaineers. In the past many people Himalayas with us, and our trips can whatever your special interest. and paragliding will be available as the expedition. Your trip will be senior instructors and a Guide of the Association.



paraglider pilots as well as have enjoyed flying in the easily cater for you, instruction in both climbing required for the duration of accompanied by BHPA Nepalese Mountaineering

Equipment We will provide all communal equipment (see notes).

NOT INCLUDED

International Flights The availability of low cost flights on the Internet and from high volume discounters makes it very difficult for trekking specialists to come up with competitive fares. Most of our clients prefer to make their own arrangements in order to achieve the most cost effective travel solution. If you require assistance however, we would be delighted to put you in touch with our contacts at PIA and Wildwings either of whom can provide fares to Kathmandu starting from around £400.00.

Insurance Suitable holiday travel insurance is obligatory (see notes insurance).

Trekking Permit \$5 Per week. Also 1000 rupees (about £10) Mount Everest National Park Entry Fee.

Meals in Kathmandu We do not provide food in Kathmandu as there are large numbers of excellent restaurants which you will doubtless wish to try. All other food is provided.

Entrance Fees Visits to temples, palaces etc.

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Accommodation	Any additional hotel accommodation over the four nights covered whilst with Adventure Extreme.
Personal Equipment	(See notes).
Canopy	For flying members of the expedition; you must provide your canopy. (However, we can arrange to rent you one for the trip if required).
Visa	British Passport holders can obtain a visa on arrival at Tribhuvan Airport (\$30 for 30 days), otherwise they can be obtained through the Nepalese Embassy in London or in country of residence.
GENERAL	
Transfers	Tribhuvan Airport is some distance from your hotel in the Thamel area of Kathmandu. The hotel minibus will be at the airport to meet you, if required.
Your Hotel	Thamel is where it all happens in Kathmandu, and we stay right in the heart of Thamel at the Tibet Guest House Hotel. The hotel has twin-bedded rooms with en suite facilities. Restaurant, Roof Top Garden, Satellite TV, Laundry Service and IDD service. This is a very friendly family run business and we have used the hotel for many years and we are sure you too will certainly feel at home here.
Meals	We do not provide meals in Kathmandu as there are hundreds of cheap restaurants providing excellent and varied food. Particularly recommended are KC's, Rum Doodle's, Narayans, Utse's Tibetan Restaurant and the Yak & Yeti. Also the Casinos which some large hotels run provide good food; cheap. Food for the trek and climb is provided and is excellent - vegetarians well catered for!
Kathmandu	<p>Kathmandu is the chocolate cake capital of the universe, so putting on weight after your trek is usually no problem. Most people find Kathmandu to be one of the most interesting and varied places in the world. The normal means of transportation is to rent a bicycle for the day at a cost of about 40 pence. You will find that the bicycle rickshaw is cheap too. (Haggle before agreeing a price!).</p> <p>Gifts and trinkets abound - you will have no difficulty finding unusual presents for family and friends back home. Of particular interest are Tibetan Rugs and precious and semiprecious stones sold loose in many of the jewellery shops. Traditional silver jewellery is to be found everywhere and is not expensive, so be prepared to be tempted.</p>
Porters	It is important that each person travels as lightly as possible, but we will provide porters to carry additional baggage. (People should restrict their equipment weight to what they walk in, plus 15 KGs MAXIMUM canopy extra). We ensure that our porters are suitably clothed for working on this trip and that they have adequate footwear. You may find your porter to be particularly helpful during the trek, often acting as guide to local points of interest, should this be the case a monetary tip at the end of the trek will be welcome. About £20 is fair, but strictly optional.
Fitness	Although it is not necessary to be an athlete to take part in our trips, a good general degree of fitness is desirable. Some of our climbing expeditions are fairly strenuous, other treks much less so. If you have doubts about suitability of any of our trips for you, please feel free to contact us for individual advice.
Mountaineering Options	Some of our trips have a mountaineering peak included as an objective. This is not obligatory and you may wish to take part in the trek, without the climbing element. If you wish to climb you should have basic mountaineering experience, again, we are able to offer specific advice as required.
Weather	We have chosen this time of year because conditions can usually be relied upon to be cold, clear and stable. However, we all know that the weather can sometimes be unpredictable. Generally, we can expect to wear light clothing for much of the walk-in. Above 4000 metres, and even lower at night, it gets very cold indeed, so warm clothes are essential.

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Equipment	If there is some equipment/clothing you do not have, it is possible to rent in Kathmandu or Namche Bazaar at the many stores specialising in such items. Alternatively you can purchase through us at competitive rates.
Clothing	Lightweight Trousers (Trollsters or similar) Tee-shirts Socks (several pairs) Hat & Gloves Long Johns, Pants & Vests Warm Climbing type Trousers or Salopettes Fleece Jacket or Sweater Windproof Overtrousers and Jacket (Goretex is ideal) Shirts (ski type ideal) Duvet Jacket (as warm as you can get)
Footwear	Good comfortable walking boots for day wear Sandals/trainers for evenings
Equipment	Kit Bag/Rucksack Down Sleeping Bag (5-Season) Good Alpine Sunglasses (Glacial type) Sun Block Cream & Lip Salve Toiletries Head Torch & Batteries Water Bottle Camera - almost essential! Films Telescopic Ski Pole Sleeping Mat/Thermorest
Other Equipment	Ice Axe and Crampons - for those climbing Plastic or Leather Mountaineering Boots (rigid to take crampons) - for those climbing Helmet & Paraglider with lightweight harness if possible (vario/altimeter - optional) - for those flying
DOCUMENTATION	
Passport	Valid for a minimum of six months after end of trip - visa requirement
Visa	Contact Nepalese Embassy in London or your country of residence or on arrival in Kathmandu for British Citizens
Vaccination Certificate(s)	See you own doctor in plenty of time
Passport Photos	6 Passport photos (for permits)
Insurance	Travel Insurance. It is obligatory that participants hold valid travel insurance with cover for trekking/climbing and paragliding (if applicable). It should cover missed departure, medical repatriation, cancellation etc. Several companies offer suitable insurance, including Harrison-Beaumont. Contact Jane Griffiths on 01993 700200 or e-mail her on info@hbinsurance.co.uk, make sure you quote our reference "Adventure Extreme".
Medical	You should bring any medicines you require on a regular basis, together with Lomotil, Aspirin, Plasters etc. Important: Nepal is a Malaria Endemic Area so you <u>must</u> obtain an effective anti malarial program and use it under your own doctors advice. We will have a comprehensive medical kit including Gammow Bag, as there is a limited amount of medical facilities outside Kathmandu. If you have specific medical problems please feel free to discuss it with us in confidence.

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Money

You will find it easy to change Travellers Cheques in Kathmandu, and in villages where there are Banks. We would recommend American Express as there is an office in Kathmandu. Cash will be needed for gift purchases etc. US\$ and Pounds Sterling cash notes can usually be changed along the trail but not always. You'll need a little money if you want to buy beer at around £2.00 per bottle! Plus some extra for presents, emergencies and any other unforeseen problems. Credit Cards are NOT widely accepted outside Kathmandu.



Confirmation

On receipt of your booking we will send you a written confirmation.

Cancellation

See Booking Conditions.

Booking

Simply fill in the enclosed Application Form and send it with 10% deposit, or the full cost of the trip if you book within 10 weeks of departure, payable to Adventure Extreme, please mark envelope **exactly** as follows:

**FAO: Mrs G McAllister
Adventure Extreme
PRIORITY BOOKING
Victoria Cottage
Tomintoul
Banffshire
AB37 9ET
UK**

**reservations: +44 (0)7092-283020
email: trips@adventure-x.com
web: www.adventure-x.com**

Booking Conditions

Your contract is with Adventure Extreme. Adventure Extreme is a wholly owned subsidiary of Adventure Travel International Ltd (ATI Ltd) who are registered in Belize No. 22391. Registered Office 60 Market Square, Belize City, Belize. Below are the details of the terms and conditions of the agreement. Please read them carefully. When you make a booking and we accept it a legally binding contract is made.

- 1) A non refundable deposit of 10% for each person must be sent with the booking form. The balance of the expedition price is due for payment 10 weeks before the departure date. If you book less than 10 weeks before the departure date, full payment must be received before the booking can be accepted. If the balance is not paid in time we reserve the right to cancel your expedition and apply the cancellation charges outlined below.
- 2) Our expedition has been costed on a minimum group size of 6.
- 3) If you wish to make any changes to your booking once confirmation has been issued, notification must be received at least 10 weeks before the departure date and be accompanied by a payment of £30 to cover administration costs. This extra cost will still apply if we are unable to make the changes you have requested. Changes made within 10 weeks of departure will be treated as a cancellation of the original booking and the cancellation charges outlined below will apply re the details of the terms and conditions of the agreement. Please read them carefully. When you make a booking and we accept it a legally binding contract is made.
- 4) If you wish to cancel your expedition, this must be done in writing by the person whose name the expedition is invoiced to. If we receive notice of the cancellation up to 69 days before the departure date you will merely forfeit your deposit. After that date you will be additionally liable for the following cancellation charges: (a) Less than 69 days but more than 30 days before the departure date: 50% of the expedition price. (b) Less than 30 days before the departure date: 100% of the

expedition price. Please note that if the reason for cancellation falls within the terms of your insurance policy, then any such charges will normally be refunded to you by the insurance company. The insurance premium is forfeited on cancellation.

5) We reserve the right, in any circumstance to cancel your expedition. However, in no case will we cancel your expedition less than 10 weeks before the scheduled departure date. If we do cancel your expedition any moneys paid will be refunded. We do not accept liability for damages incurred in respect of any cancellation on any account whatsoever.

6) All baggage and personal effects are at all times at the clients risk. We will not be responsible for any loss, damage or accident to any luggage and property even when carried by porters.

7) It is in the nature of an expedition of this kind to be flexible. The day to day agenda and ultimate goal of the expedition is taken as an aim and not as a contractual obligation. We shall not be responsible for delays or alterations in the programme or expenses incurred due to international or internal flight cancellations, strikes, sickness, weather, war, quarantine, force majeure, political closures and disputes.

8) On an expedition of this nature, it is necessary for you to abide by the authority of the leader, who represents Adventure Extreme (ATI Ltd). Signing our booking form signifies your agreement to this. If in the opinion of the leader your behaviour is detrimental to the safety and welfare of the group as a whole or if, in consultation with the appointed expedition doctor where there is one, the leader considers your general well being will be put at risk by continuing with the expedition, you may be asked to leave the trip without the right to any refund.

9) Your booking is accepted on the understanding that you realise the potential risks and hazards that can be involved in expeditions of this kind. Adventure Extreme (ATI Ltd), along with our guides/leaders and anyone else working in association with us cannot be held responsible for any accident or

mishap that may occur in connection with any part of, or services connected with, the expedition.

10) Medical vaccinations and other preliminary arrangements including all visa/permit procurements are entirely your responsibility and we accept no responsibility in the event that these are not completed in time for departure.

11) To take part in one of our expeditions you need to be covered by insurance, which must include climbing,, missed departure and the cost of repatriation if you become too ill to continue.

12) No refund or compensation will be made or given for any unused feature of the expedition.

13) Neither Adventure Extreme (ATI Ltd) nor the owners of the services provided will entertain any complaint unless written notice is given to Adventure Extreme (ATI Ltd) within 28 days of the end of the expedition.

14) The booking conditions may only be waived by a manager of the company and in writing.

15) When you sign this booking form you agree to accept all these conditions and when we accept your booking we agree to carry out our obligations to you as defined in this information pack. This agreement is made subject to, and must be interpreted and enforced according to Belize Law.

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PLEASE PRINT CLEARLY IN CAPITALS ADVENTURE EXTREME EXPEDITION BOOKING FORM

Full Name: _____

Address: _____

Postcode: _____ e-mail address: _____

Home phone: _____ Work phone: _____

Nationality: _____ Date of Birth: _____

Passport No: _____ Place & Date of Issue: _____

Expiry Date: _____ Insurance Policy & Emergency Tel No: _____

Contact Name & Tel No in case of emergency: _____

Expedition Selected: _____

Flight Arrival Number _____

Date & Time: _____ Departure Date: _____

Please write a brief résumé of outdoor experience: _____

Deposit/Full Payment enclosed _____ Cheques made payable to Adventure Extreme.

I accept the conditions as specified in the Booking Conditions

SIGNED: _____ DATE: _____

MARK ENVELOPE:

Mrs G McAllister, Adventure Extreme, PRIORITY BOOKING, Victoria Cottage, Tomintoul, Banffshire AB37 9ET, UK

Deposit Received:	£	Date:	
Balance Due:	£	Date Due:	
Confirmation Sent:		Balance Received:	£
Equipment Ordered:		Equipment Paid:	£
Equipment Sent to Client:		Received by Client:	