

## EVEREST BASE CAMP & ISLAND PEAK

### Information and Itinerary

**To reach Everest Base Camp (EBC, 5300m) or climb to the summit of Island Peak (6189m) are great achievements in their own right; combine them and you have a fantastic experience ahead of you. After the elation of reaching Everest Base Camp you still have to summit a 6000m+ peak!**

Amazingly this double act can be completed in just a few more days than either of the stand-alone treks, simply because EBC is acting as your acclimatisation programme for Island Peak.

This is a trip with so many highlights; it is not *just* about getting to the Base Camp or summiting Island Peak. Your whole journey from arriving in Kathmandu, the flight to Lukla, the trek itself up through the Sherpa heartland of Namche Bazaar right through to reaching the Base Camp and of course sitting on top of Island Peak will be filled with the most wonderful experiences. Nepali people are extremely friendly and their hospitality will make you feel very humble indeed.

You should however, be under no illusion that this is physically demanding, notably the climb to the summit of Island Peak.

This document should give you a flavour for what this trek is all about. It contains the daily itinerary, lots of important information, what is included/excluded in your trip price and some guidance on Kathmandu.

Should you decide to proceed, we will provide you with comprehensive trekking notes, a clothing and equipment list, notes on medical issues, high altitude trekking (very relevant for this trek) and lots more to assist you with your preparation.

On arrival in Kathmandu, you have about 36 hrs to settle in before you fly up to Lukla (an exhilarating experience in itself!) to begin the trek. After 2 days of trekking you will reach Namche Bazaar; the first of two 36hr acclimatisation stops. The itinerary has built in acclimatisation days that are tried and tested but if you do experience any serious difficulties with coping with the altitude there is a Nepalese Rescue Association (NRA) Medical Station based at Pheriche (approx half way to EBC) in addition to a small hospital at Kunde (close to Namche Bazaar). Both have qualified doctors manning them.

Beyond Namche, the serious altitude begins as you slowly progress to Base Camp (see sketch map on page 6). The mountain scenery along the way is just awe inspiring with many of the worlds highest peaks in full view. All things are relative and with so many 7000 - 8000m peaks around you, it is no wonder that the snow line is so high ; typically above 5000m.

#### DETAILS

Prices from £1350

Duration: 22 days UK - UK

Min/Max pers: 2/12

Max altitude: 6189m

Dates: see website

Spring season trekkers will see hundreds of tents that are home to the teams of climbers attempting to scale Everest. There are not so many in the autumn. You will also get the opportunity to view the Base Camp from above; Kala Patthar is a tough 90 min ascent but well worth it.

All too quickly, it will be time to head down but not for home! In just 3 days you will be in a tent at Island Peak's Base Camp ready for a summit attempt the next day. The nature of Island Peak means that you will need to carry your climbing kit (see box on right) up to the snow line so your daysacks will be heavier than normal.

We employ a specialist climbing Sherpa for the Island Peak phase (in addition to



A classic view along the Everest trail and below, the fantastic view from Island Peak's ridgeline.



#### Climbing Island Peak

You do not need any previous climbing experience to climb Island Peak.

You will need some climbing equipment; you can either use your own or hire it in Nepal (it is inexpensive). The trekking notes (sent to you on booking) will explain this in more detail.

A specialist Climbing Sherpa is employed specifically for the Island Peak phase (in addition to your normal Guide); he will teach you how to use the equipment prior to the ascent.

your normal trekking Guide) whose task it is to guide you through this phase, primarily above the snow line. He will teach you how to use the safety equipment and ensure that you are practiced and comfortable with it. He will also guide the group to the summit and ensure that the safety procedures are followed.

It is an early rise to begin the ~3 – 4 hrs ascent to the 'crampon point' where the hard packed snow begins. From there it is less than an hour to reach the base of the climb; a 100m 70 degree hard packed snow wall with fixed ropes to get you up to the ridge that leads to the summit. You need to be patient along this narrow ridge; the summit holds just a few people at a time. Use the time wisely to savour the moment and take lots of pictures; Lhotse, Nuptse and Lhotse Sha are just 4km from where you are and staring right at you! Having successfully summited, it is time to descend and make your back to Base Camp. It is a long and tiring day.

You do need to be relatively fit and/or an experienced trekker, durable and be quite robust to do this. By the time you descend from Island Peak, you will be very tired. The combination of 7 days at very high altitude (above 4500m), some demanding walking and living in relative basic conditions is enough to wear the best down even just a little.

Travel and Trek's experience of this Peak will ensure that you are well aware of the pitfalls to give you the best chance of success.

Once you leave the Base Camp, Namche Bazaar awaits you just a couple of days down the trail and then onto Lukla and back to Kathmandu where you can relax, perhaps enjoy a beer in Rum Doodles and look back on your great achievement.

Whilst all this is going on, you will be under the watchful eye of a very experienced local Nepalese English speaking Guide (and possibly a UK Leader too) who will also manage the porters carrying your excess kit; you will only carry your daysack.



Trekking towards the base of Island Peak's hard packed snow wall. Island Peak is the highest peak visible

### Important Information:

- **Costs** are based on 2 sharing and are per person (singles see below).
- **Dates:** see respective website page.
- **Passports.** Passports should be valid for a minimum period of 6 months on the date on entry into Nepal (source: Nepal Embassy, UK)
- **Tourist Visa** is required for UK Nationals. This is not onerous and can be done on entry into Nepal or prior to departure. Full details provided on booking including the visa application form.
- **International Departure Taxes from Nepal.** From March 2009, this is included in the price of your air ticket.
- **Itineraries.** Day 1 of itineraries is deemed to be your departure day from the UK.
- When you book with Travel and Trek, you will receive a set of **comprehensive trekking notes**, an itinerary, clothing and equipment list, a visa application form and much more to help you prepare.
- **Airport arrivals.** We pick you up on arrival and transfer you back on departure; all part of the service.
- **Singles.** Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement (£60 based on full trip).
- **Extended Stays.** You are free to extend your stay in Nepal with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.
- **UK Leaders.** Some treks are led by a UK Leader IN ADDITION to a local Nepalese Guide. ALL treks have a local Guide on them.
- **Fitness.** The perception that you have to be super fit to reach EBC or even trek in the area is not true. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 6 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required. Island Peak does require a higher level of fitness. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.
- **Clothing and equipment** list will be provided on booking.
- **Medical/Vaccinations.** You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. You should also seek professional advice on what vaccinations you require for Nepal and other locations should you have an extended trip. Travel and Trek has a specific document on medical issues for clients once they book but as a guide for planning purposes, you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.
- **Altitude Sickness.** Formally known as Acute Mountain Sickness (AMS), Travel and Trek has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. Alternatively, you can request a copy be sent to you. If you wish to discuss it personally, please call the Travel and Trek office; our experienced staff will be happy to answer any questions that you may have.
- **Local Payments.** Travel and Trek does not charge any local payments.
- **Travel Insurance.** It is absolutely vital that you have adequate travel insurance. Please read page 8.

### International Guide and Porter Protection

Travel and Trek takes pride in the way it treats the Guides and porters that it employs. We ensure that they are adequately clothed, medically supported and only carry up to the maximum limit allowed (30kg) as advised by the International Porter Protection Group (IPPG).

## Daily Itinerary - Island Peak and Everest Base Camp

Quoted altitudes and hours walked are approximate.

Days	Event	Remarks
1	<b>Depart London</b>	We can assist with advice on flight routings if you require it.
2	<b>Arrive Kathmandu</b>	After exiting the airport, you will be collected by our Representative and transferred to your hotel (25 mins), which is perfectly placed in the heart of the city - Thamel.  You are then free to settle in and explore Thamel. You may choose to dine in one of the many and varied restaurants, all within minutes of your hotel.
3	<b>Free Day</b> <b>Cultural tour of Kathmandu</b> (optional), with exclusive transport and Guide. <b>Preparation for trek</b>	This free day can be used to either relax and prepare for the trek or take in some of the many sights on offer or do both!  We can prearrange a sightseeing tour (private) or you can arrange it on site. See the notes on sightseeing in this document.  You will be advised of what time to meet your Guide in preparation for the flight up to Lukla the next day.
4	<b>Domestic flight to Lukla</b> <b>Begin trekking</b> <b>Lukla (2840m) - Monjo (2835m)</b>	It will be an early start for your domestic flight to Lukla. Enjoy a late breakfast in Lukla whilst watching the flights come and go from this unique mountain airstrip.  Once you are ready, today is an easy 5 - 6hrs of trekking through the village of Phakding en route to Monjo where you will stay the night.
5	<b>Monjo - Namche Bazaar (3500m)</b>	The entrance to the Sagarmatha National Park is just on the outside of Monjo (checkpoint for Permits) and once through that, it is a steady hour following the river before you cross the final of 7 suspension bridges and begin the 90 min steep ascent into Namche.  This is the first of the 'big' hills so take it steady. You will catch your first glimpse of Mt Everest in the distance from a rest point (weather permitting).  Namche Bazaar is by far the biggest village in the region with shops and even internet cafes. Expect to arrive at lunchtime. 4 hrs.
6	<b>Namche Bazaar (3500m)</b> <b>Acclimatisation Day</b>	Today is an important acclimatisation day.  Your Guide will take you out on a trek to a variety of places in the local region primarily to gain some additional altitude and assist your body in its acclimatisation process (trek high, sleep low) and to see more of the stunning surroundings.  The Everest View Hotel is a favourite and sits at approx 3900m.
7	<b>Namche Bazaar - Tengbouche (3900m)</b>	A beautiful days walk out of Namche, initially contouring for about 60 - 90 mins until you reach Kenjoma. Some groups stop here for coffee (you can see Tengbouche across the valley) or you can push on for another hour, steeply downhill and across the river to a favoured lunch stop at Phunki Tenga (3250m).  The next 90 mins or so is steeply up until you majestically pop out in Tengbouche itself. Famed for its hilltop Monastery, this village has one of the best views of Everest. It is possible that you may go on for another 20 mins or so to use alternative tea houses in Debouche. 6 hrs
8	<b>Tengbouche - Pferishe (4270m)</b>	A deceptive day awaits. It is downhill out of Tengbouche, through Debouche with a steady trek across the girder bridge (45 mins) and then it is a long steady climb up to Pangbouche and beyond up to Shamare (4010m). You will have sufficient stops along this route.  During the second half of the day, there is a wonderful flat'ish section with some stunning views of Ama Dablam before a short but steep hill that leads over the Pferishe Pass and into Pferishe itself. 6 hrs.
9	<b>Pferishe</b> <b>Acclimatisation Day</b>	Pferishe is another important stop as the Nepalese Rescue Association is located here. It is a medical station manned (during the trekking season) by volunteer qualified Doctors. Through experience, if you are going to suffer from altitude sickness, symptoms will begin to surface here.  Your Guide will encourage you to take an acclimatisation walk, once again to gain some altitude to assist your body to acclimatise. This is your chance to get a good look at Island Peak up the Chuk-kung valley.  Also take the opportunity to go to the free presentation on altitude sickness, given by the volunteer Doctors (3pm everyday) and rest as much as you can.

Days	Event	Remarks
10	<b>Pferishe - Lobouche (4900m)</b>	<p>An easy first hour on the flat valley floor slowly rising, steeper until you reach the small cluster of tea houses known as Dughla (90 mins - 2 hrs). This sits at the base and the very front end of the Khumbu glacier.</p> <p>Your next section is to climb up the front of the glacier (although not on ice!), a steep but relatively short section (~45 mins). Be sure to spend some time at the top for there lies many memorials to climbers who have lost their lives in this region. It is a moving place.</p> <p>From here it is just 60 - 90 mins into Lobouche. 5 - 6 hrs.</p>
11	<b>Lobouche - Gorak Shep (5100m)</b>	<p>Lobouche is just 3 hrs from Gorak Shep; your final and highest tea house on this trip (5100m). Initially, it is easy walking along the side of the glacier. After approx an hour you climb up a very short sharp incline before making your way across an undulating moraine and into Gorak Shep.</p> <p>This is your base for the next two nights. You will trek to both EBC and also to Kala Patthar from here. 3 hrs.</p>
12	<b>Gorak Shep - Everest Base Camp (5300m) Return to Gorak Shep</b>	<p>It is an early morning start for the 3 hr trek to Base Camp. The route is very undulating, initially to the side of the glacier and then onto it for the final hour. The route varies enormously from year to year as the glacier moves.</p> <p>The Base Camp itself is potentially enormous; it has to house some 250 - 300 people during the main climbing season. The centre is not marked but is generally known to be a cairn with prayer flags. There is an excellent close up view of the Khumbu ice field. Climbers have to negotiate this dangerous section every time they go up for acclimatisation or to summit.</p> <p>Savour the atmosphere and the location; the whole day is approx 6 - 7 hrs,</p>
13	<b>Gorak Shep - Kala Patthar (5500m) - Descend to Dingbouche (4410m)</b>	<p>An early morning pre-dawn rise to summit the highest point on this trek (although this is optional). It is a 90 min tough ascent but gives you excellent views of the summit of Everest.</p> <p>The descent is much faster; time for breakfast! At about 0900hrs, you will begin the trek back, first back across the moraine and then through Lobouche (stop for coffee), Dughla and then taking the high route (above Pferishe) into Dingbouche. You will appreciate the lower altitude and warmer temperatures!</p> <p>Having descended, you should take every chance over the next 16 hrs to recover from the higher EBC section. Rest, sleep, eat and hydrate. Potentially 8 hrs.</p>
14	<b>Dingbouche - Chukkung (4730m)</b>	<p>Chukkung is less than 3 hrs from here; you can actually see the village up the valley. It is an a very easy trek. There is no rush to leave Dingbouche.</p> <p>On arrival in Dingbouche, if you need to hire any climbing equipment, this is the place to do so.</p> <p>If you have not met your Climbing Sherpa before now, you should here if not at Base Camp at the very latest. Your normal Guide will still be with you.</p>
15	<b>Chukkung - Island Peak Base Camp (4970m)</b>	<p>Another relatively easy day in terms of trekking time (under 4hrs) and altitude gain (240m) but your time on trek and at altitude will have begun to take their toll. You may find this more tiring than expected.</p> <p>The Base Camp is in a small gully and therefore potentially cold if the wind is up (which it tends to do in the afternoon). You will be tented here for two nights, complete with sleeping tents, a dining tent and kitchen. Your food will be cooked for you by a Chef.</p> <p>After lunch, your Climbing Sherpa will make sure that you are proficient in the use of your climbing equipment. This will include fitting it (if required) and practicing ascending and descending with the Jumor and Fig 8 respectively.</p> <p>You will need to prepare your daysacks for the ascent tomorrow.</p>
16	<b>Island Peak Summit Day (4970m - 61898m - 4970m)</b>	<p>A 0130hrs rise to trek up to the crampon point. It is a tough ascent through the night. Your aim is to be at the crampon point as dawn is breaking (3 - 4 hrs ascending). Crampons and harnesses on, you move onto the snow and up to the base of the hard packed snow wall.</p> <p>Gather your strength, clip onto the fixed rope and slowly, up you go, step by step until you reach the ridge.</p> <p>Once on the ridge (it is only 1.5m wide), you can make your way, still ascending and fixed to ropes, up to the plateau where you can relax for a little and take in the awesome scenery.</p> <p>From here it is another very short but sharp ascent up to the summit itself. Time to celebrate!</p> <p>Your descent is much faster but you will be tired so some care is needed to avoid any unnecessary accidents. By the time you reach Base Camp, you will have been on the go for over 12hrs. Time to rest and eat.</p>

Days	Event	Remarks
17	<b>Island Peak Base Camp - Pangbouche (3930m)</b>	Have a good breakfast; you will have earned it!  By comparison, you will fly down to Chukkung (coffee stop), easy through Dingbouche and cross the river with Pferiche just to the right. A stop, probably at Shamare before pushing on to Pangbouche. Although you will still be tired, it is a nice tired! You are descending, any altitude problems will be disappearing fast and it is getting warmer. 6 hrs.
18	<b>Pangbouche - Namche Bazaar</b>	An easy first hour to 90 mins as you descend into the valley, crossing the girder bridge before the short sharp ascent into Tengbouche and a rest at the 'German Bakery'!  The long descent followed by the equally long ascent awaits (2 - 3hrs) before the easy contour path back into Namche Bazaar. 7 hrs.
19	<b>Namche Bazaar - Lukla</b>	The first few hours will be easy out of Namche back down the long hill to the high suspension bridge. The group will stop at some point prior to moving on to have lunch at Phadking.  From here it is a deceptive trek; primarily ascending until you get back to Lukla. This final section is approx 3 hrs and you will be elated to reach your final destination having completed one of the classic treks in the world; well done. 7 - 8 hrs.
20	<b>Lukla - Kathmandu</b>	An early start to have breakfast and be ready for your flight back down to Kathmandu.  You should reach your hotel by midday; plenty of time to enjoy the facilities that Thamel has to offer. You can continue with any sightseeing, have a post trek massage (very inexpensive in Nepal), shop 'till you drop or simply relax in one of the many cafes soaking up the atmosphere.
21	<b>Kathmandu Free day or depart</b>	Completely free day.  Your departure from Kathmandu will depend on your airline. Due to potential delays out of Lukla, you are advised not to book an international flight before the evening of this day.  An evening departure will get you back to UK on the morning of Day 19.
22	<b>Kathmandu Depart</b>	Arrival in UK, or if you have a morning departure, the flight should get you back into the UK same day.

### What's Included in your trip:

Return international airport transfers

4 nights hotel accommodation in Kathmandu on a twin share, B&B basis

Return airport transfers for domestic flight to Lukla (LUA)

Return domestic flight KTM - LUA - KTM

Everest National Park entry, TIMS certificate (compulsory for all trekking in Nepal) and Island Peak Climbing permit

Services of an English speaking Nepali Guide throughout the trek

Porterage

Services of an English speaking Nepali, specialist Climbing Sherpa for the Island Peak climbing phase

Sleeping tents, mats, dining tent, kitchen tent, all food and water and staff to support the 2 day Island Peak tented phase

Comprehensive Trip Notes and other associated documentation

### Excluded:

International flights (from March 2009, international departure tax out of Nepal is included in the price of your flight)

Domestic airport departure taxes (approx £3 return)

Cost of Nepal Tourist visa (costs range depending on how long you spend in Nepal)

Hire of climbing gear (more information on how to do this on booking)

Personal spending

Staff gratuities, advice can be given

Personal travel insurance

Food, except breakfasts in hotels and all food during Climbing phase

**Schematic of the EBC/Island Peak Route**

Not to scale

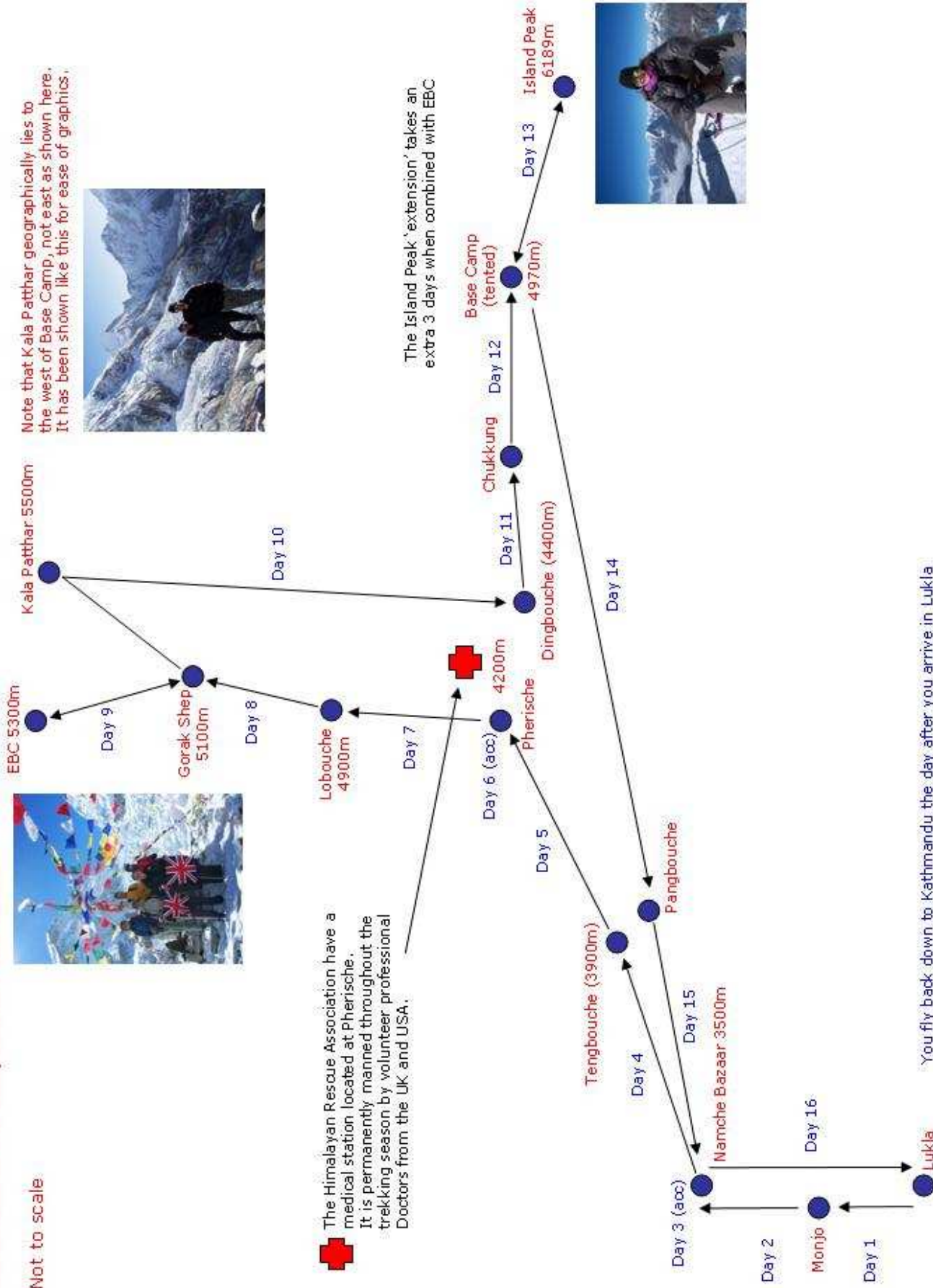


Note that Kala Patthar geographically lies to the west of Base Camp, not east as shown here. It has been shown like this for ease of graphics.



The Himalayan Rescue Association have a medical station located at Pherisiche. It is permanently manned throughout the trekking season by volunteer professional Doctors from the UK and USA.

The Island Peak 'extension' takes an extra 3 days when combined with EBC



You fly back down to Kathmandu the day after you arrive in Lukla

## Some Guidance for Kathmandu

If you have never been to a place such as Kathmandu, it is difficult to gauge whether the time allocated in any given itinerary is enough for your needs to see what you wish to see and do. This is designed to help you decide.

Our itineraries give you 4 nights in Kathmandu, which is effectively is two full days and a few half days. This is dependant to some degree on your international flight timings. Unless you wish to see every single sight that Kathmandu has to offer, we would suggest that the time we offer in Kathmandu is enough for most people's needs.

If you really wish to relax and take your time with sightseeing and also shopping/dining/bars then consider adding at least a day, if not two (I would suggest at the end of the trek). See insert box to the right.

Kathmandu has more than its fair share of sights to see; here are a selection:

**Swayambhunath**, otherwise known as Monkey Temple. The Buddhist Temple sits high on a hill to the west of Kathmandu and is one of the instantly recognisable icons of the city. It is walkable from Thamel (about 30 - 40 mins) and will take about 1 - 2hrs to get around this complex depending on how much interest you have in what is there. Small entrance fee (under £1).

**Boudanathan (Boudha)**, is the largest Buddhist stupa in Nepal and one of the largest in the world. It is a magnet for the large Tibetan population in Nepal and the circular complex is surrounded by shops selling Tibetan artefacts. A lovely place to see, very tranquil. A good place for lunch on one of the high restaurant floors overlooking the stupa. This would be high on my list to see. Small entrance fee (under £1).

**Pashupatinath**. This is Nepal's most important Hindu Temple. It stands on the banks of the Bagmati river, which flows into the Ganges and is therefore considered holy. It is also one of the most important Shiva Temples on the Asian continent and draws devotees from all over, most notably the colourful *Sadhurs* or holy men. This site is perhaps better known for its open cremations on the ghats of the river bank. This site is quite close to Boudha so it makes sense to combine them both in one outing. Entrance fee approx £2.50.



**Bhaktapur** is one of the original town's in the Kathmandu valley. It is approx 45 mins drive, which in itself can give you a flavour of what the local area is like. A German funded development project in the 1970's restored many very old buildings to their former glory, paved previously dirt tracks and established a sewerage system. Despite its heavy £7 (approx) entrance fee, it is still (in my opinion) worth a visit. The 'town'

is certainly walkable and it has many shops and places to see.

**Patan** is considered the 2nd largest town in the Kathmandu valley, although most people's vision and experience of Patan is its Durbar Square. This Square has the highest concentration of Temples than anywhere else within Kathmandu or Bhaktapur. Worth a visit if you have time and be sure to read more about Patan before you get there!

**Kathmandu's Durbar Square**, is easy walkable from Thamel (20 mins) and for that reason alone, is recommended. Not only do you see the Square but you will walk through the back streets to get there and also (if you plan it right), return from another direction, hopefully through Freak Street and New Street (high concentration of local shops).



### Extended Stays

We can pre-arrange extended stays in the same hotel for as little as £32 per room based on twin share, B&B.

**How to sightsee.** You can do this in one of two ways; Do It Yourself (DIY) or with a professional tour guide and vehicle.

DIY. With a bit of planning you can plan a route, grab a taxi and away you go. You can then either pick up a local guide on the spot (probably a student trying to earn some money) or use a guidebook and self guide your way around. The beauty of this is that you can really please yourself and change your plan as often as you wish. The downside is that you don't quite get the full flavour of local life and may even miss something.

Professional Guide. This can easily be arranged with your hotel (at least a day's notice) or even pre-arranged prior to leaving the UK. The tour will be private to you and will include an appropriately sized vehicle, driver and Guide. They will suggest an itinerary but you can alter that within reason.

Some tips.....I would suggest that you would be able to hit 3 sights in a day between 9am and 3pm, including lunch. This timescale still gives you time to relax and do other things. Save the ones that are walkable from Thamel (Monkey Temple and Durbar Square) for half days. Hit Bhaktapur first thing in the morning and come back into Kathmandu later. Try visiting Monkey Temple early also, better atmosphere, less people.

For some, Thamel is a **shopping paradise**; wall to wall shops. You can find some absolute gems there (literally), from clothing to jewellery, trekking gear to all sorts of wonderful presents at very inexpensive prices. Bargaining is part of their culture; they love a good haggle!

There are many good **restaurants, bars and cafes** in Thamel; more than enough to suit anyone's taste (from Nepali to general continental) for the time that you have there. Watch the prices though; the 10% service and 13% Govt tax are not included in the prices shown on menus.

## Travel Insurance

It is vital that you have adequate travel insurance. The Everest region is remote; it would take a days bus ride and 5 or 6 days to walk into the area or a 30 min flight in a light aircraft to get to Lukla. If you had an unfortunate accident, the helicopters would cost up to US\$2500 per flying hour (expect a 2hr return flight) to come and get you and fly you back to Kathmandu. To fly you back to the UK under any form of medical supervision (ie on a stretcher) is estimated to cost well in excess of £10,000 and that doesn't include the hospital costs.

Having adequate insurance means that you have be truthful to the insurance company about precisely what activities you are undertaking and to what altitude (max). Whilst Island Peak stands at 6189m, you are not at that altitude for more than a few hours and a helicopter is highly unlikely to fly to that altitude to rescue you there either\*. Explain to your insurance company that, 5500m is a realistic altitude to be rescued from and not 6189m and they may be sympathetic regarding any premium loading.

It terms of activities for insurance purposes, only Island Peak involves using ropes, crampons and associated safety equipment. All other trips involve only trekking; no climbing or use of specialist equipment.

Please note that any travel insurance you may have as part of a credit card is unlikely to provide adequate cover but check your own card conditions.

This Foreign & Commonwealth Office link is a useful reference and recommended read:

<http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/travel-insurance/>

Whilst Travel and Trek does not sell insurance (and nor can it recommend any particular company), it is aware of several products that meet the criteria that you may be looking for. Your contract would be with the chosen insurance company and not Travel and Trek.

\* This is based on Travel and Trek's experience; helicopters pilots are reluctant to fly to Everest Base Camp (5300m) and generally only do so in life or death cases. The air is very thin at these altitudes and helicopters find it difficult to fly in such conditions. Flying above this altitude to Island Peak is therefore even less likely.

### So What Happens If I Have An Accident?

If you have an accident that requires professional medical help, the first priority is to get you to the nearest medical station (provided that you can be moved). Your Guide and his staff will do this as quickly as possible. You will be carried if necessary. There are a number of these stations scattered in the region; they are manned by volunteer professional doctors and the provisions (drugs, etc..) are funded by donations. Expect to pay a fee if you require attention (min US\$50).

If they can provide sufficient assistance to get you trekking again, they will.

Any serious injury that clearly requires a helicopter to get you to a hospital in Kathmandu will need the involvement of your travel insurance company. Someone will be required to call your travel insurance company and inform them of the incident if you are unable to do so yourself; the insurance company should do the rest. Many tea houses and all medical stations will have satphones to enable that call to be made.

*If you do not have insurance or cannot pay with a credit card on the spot the helicopters will not take off. No payment, no rescue, it is that simple.*

### A Little Preparation May Save Your Life

Some insurance companies provide a very handy credit card sized card with all of their contact details on it. If your company does not, then try using this very handy website [Ucardit.co.uk](http://Ucardit.co.uk) Travel and Trek clients get a 10% discount.

For about £5 (including P&P), you get a virtually indestructible credit card sized card with all of your important information on it. You can either use one of three pre-designed Travel and Trek cards or design your own. An example is shown below. You can literally put whatever you want on it from flight details, mobile numbers, addresses, insurance details, etc...

To try it, go to the Home page, click 'Travel'. Then scroll down, bottom left, click on the 'Travel and Trek' banner and either use a branded template or design your own. These are example cards from the website (not full size).

Front



Rear

