

In support of
HELP for HEROES

TRAVELANDTREK.COM

Everest Base Camp Trek 15 Sep - 2 Oct 2010

The Everest Base Camp trek is one of the 'must do's in life.

At 5300m it is also one of, if not, *the* highest base camps in the world and of course it sits at the foot of the greatest mountain of them all.

But this is not *just* about getting to the Base Camp. Your whole journey from arriving in Kathmandu, the unique flight to Lukla, and the trek itself up through the Sherpa heartland of Namche Bazaar will be filled with the most wonderful experiences. Nepali people are extremely friendly and their hospitality will make you feel very humble indeed.

Not only will you be trekking to Base Camp but with those that have the same interest in Helping our Heroes.

By the time that you have finished this 13 day trek, you will certainly feel that you have achieved something special. Before you even begin trekking you will experience an exhilarating 30 min mountain flight up to Lukla, landing on what appears to be the tiniest of runways. But fear not these pilots are very experienced at putting these light aircraft down on this unique runway.

Having had a hearty breakfast in Lukla, it will be time to start trekking. For the first 8 days you will gradually ascend towards Base Camp, experiencing the effects of altitude as you go. The programme 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 along the route) in addition to a small hospital at Kunde. Both have qualified doctors manning them.

On the way to EBC, you will pass through Namche Bazaar and the monastery at Tengbuche, taken lots of photographs of what has been described as the most beautiful mountain in the world (Ama Dablam) and just walked in awe of what surrounds you.

Once you reach the Base Camp, if it is in the spring season you will see many 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 this from above; Kallar Patthar is just a 90 min ascent. All too quickly, it will be time to head back. Even though it is not all down hill, the return journey can take just 3 days!

Whilst you are trekking, 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 control the porters who will carry your excess kit; you will only carry your daysack with essential items such as water and sunscreen. Travel and Trek takes pride in the way it treats its porters and ensures that they are adequately clothed, medically supported with drugs if required and only carry up to the maximum limit allowed (30kg).

DETAILS

Price: £720

Duration: 19/20 days UK - UK

Trek guaranteed to go

Max altitude: 5500m



Terry Crosby served for 33 years in the Armed Forces. He was fortunate enough to complete his service without serious injury.

Others are not so lucky.

As the founder and Managing Director of Travel and Trek he is delighted to be able to use his expertise to facilitate a trek of this challenging nature in aid of Help for Heroes.

Terry is coordinating this trek personally and will ensure that your trek is well taken care of.

For those on this trek, be assured that you will be trekking with others that have the same common interest; many are ex military.

If you do decide to support this trek, you are encouraged to get as many people to sponsor you as possible BUT there is no formal obligation to do so. Official H4H sponsorship forms will be provided by Travel and Trek.

This trek is officially authorised by the charity; it's Reference Number is 20091208-8625-2956

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Important Information:

- **Costs** are based on 2 sharing and are per person (singles see below).
- **Dates:** 14 Sep - 2 Oct 2010.
- **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** 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 lists, notes on medical issues in addition to specialist notes on trekking at high altitude, notes on safe drinking water and a visa application form for Nepal.
- **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.
- **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 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 this subject for clients once they book.
- **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. A copy will be sent to you as part of the preparatory pack. 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 4.
- **Price:** £720
- **Inclusions:** 4 nights hotel accommodation Kathmandu (incl b'fast), all tea house accommodation on trek, return international airport transfers, return airport transfers for domestic flight to Lukla (LUA), Return domestic flight KTM - LUA - KTM, all National Park and trek permit fees, services of an English speaking Nepali Guide throughout the trek, Porterage, comprehensive trip notes and associated documents
- **Exclusions:** International flights, domestic airport departure taxes (approx £3 return), Nepalese Tourist visa (costs range depending on how long you spend in Nepal but expect £27 for EBC trek), personal spending, staff gratuities (advice given), personal travel insurance, food (breakfast included in hotels)
- **How to Book.** Download the Booking Form from the website's Homepage (located bottom right hand corner). Complete and return (it can be done by e-mail) with your deposit of £120 (details of how to pay are on the form). You will then receive a confirmation letter and comprehensive set of documents to help you prepare. You will also be kept informed of how the trek is going and assistance with sponsor forms if required. If in any doubt, call Terry at Travel and Trek, the contact details are below.

CONTACT DETAILS

Terry Crosby

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Daily Itinerary - Everest Base Camp

| Days | Date | Event | Remarks |
|--------|-------------|--|---|
| 1 | 14 Sep | Depart London | Travel and Trek can assist with advice on flight routings if you require it. |
| 2 | 15 Sep | Arrive Kathmandu , transfer to your hotel (25 mins), which is perfectly placed in the heart of the city – Thamel. Met by Travel and Trek representative Evening free to explore Thamel | Arrival brief Why not dine in one of the many and varied restaurants, all are within minutes of your hotel |
| 3 | 16 Sep | Cultural tour of Kathmandu (optional), with exclusive transport and Guide. Evening free | The cost will depend on numbers but you are equally free to arrange your own itinerary. Should you take up this option, this flexible tour will likely include the ancient city of Bhaktapur, the impressive Boudanathan (one of the largest Buddhist Stupas in Asia) and one of many other options. |
| 4 | 17 Sep | Early transfer to Kathmandu domestic airport for your flight to Lukla After breakfast in Lukla, this is an easy, predominantly downhill 5 hr day to Phakding or Monjo , including stops. | Your luggage allowance for the flight will be 15kg. Expect an early start today with breakfast in Lukla. Tea, coffee and snacks are available at the airport. There is a domestic departure tax of approx £1.50 |
| 5 – 16 | 18 - 29 Sep | Trekking. For the next 12 days you will trek in some of the most beautiful, wild and natural Himalayan countryside that the planet has to offer. The valleys are surrounded by the highest mountains on earth and you will walk on one of the most famous glaciers there is – the Khumbu. On arrival back in Lukla, you will stay the night there ready to catch your morning flight back to Kathmandu. | Trekking route: Lukla – Monjo – Namche Bazaar (2 nights) – Tengbouche – Pferische (2 nights) – Lobouche – Gorak Shep (2 nights) – Dingbouche – Pangbouche - Namche Bazaar – Lukla |
| 17 | 30 Sep | Fly Lukla – Kathmandu , spend the rest of the day at leisure catching up on friends or just lazing. Make sure that you book a restaurant for that night's celebration! Why not try Rum Doodles, the Everest Summiteers pub/restaurant | Please note that flights out of Lukla are prone to delays due to the weather. |
| 18 | 1 Oct | Kathmandu – day at leisure. | This is also a spare day in case your departure is delayed out of Lukla due to the weather. |
| 19 | 2 Oct | Time to chill out on your final day before your departure today. Depart for UK | Your arrival in UK will depend on your flights. A morning departure out of Kathmandu will arrive in UK same day; an evening flight will arrive on day 20. |
| 20 | 3 Oct | Arrival in London | |

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 in 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, it is aware of several companies that do sell adequate cover for the types of activities it conducts. Your contract would be with them 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.

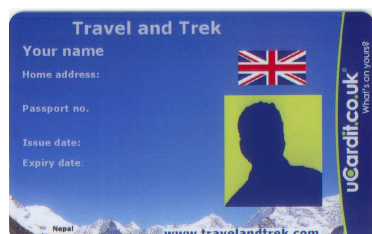
A Little Preparation May Save Your Life

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 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

