

## Mountaineering in Nepal - Everest Region

### Island Peak 6189m

A unique supported trekking/climbing expedition to the Everest region of Nepal. After the initial short trek we expect to climb Island Peak 6189m. The views from Island Peak are amongst the finest in the world, spectacular, rugged and unforgettable. We expect to do side trips a great deal during acclimatization rest days in the heart of the Himalayas. Our periodic rest days for acclimatization offer scope for short climbs of between 3000 and 5000m. We can then guide you to the summit of 6000m+ Island peak from where you can view Lhotse, Makalu and Cho Oyo amongst other high peaks.



Island Peak is flanked by the huge Lhotse/Nuptse wall, with Mount Everest in the background, 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 trekking peak 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 climbing and trekking as the trip is fully supported by Sherpa porters, cook crew and guides. It is also a good choice for people on a tight schedule as the duration is 19 days with approximately 17 days climbing and trekking.

The trip is suitable for trekkers wishing to experience the thrill of Himalayan travel. The approach to Island Peak allows for a number of interesting visits to monasteries (Gompa's). View from the ridges and passes en route are normally also excellent. Thyangboche, Periche and Dingboche are well known villages where we will be spending time acclimatizing to the altitude.

#### TRIP OVERVIEW

**Dates** 02 November – 21 November 2008

**Cost** £1545.00 (Land price only – excludes international flights)

**Trek** They say that in Nepal, whichever way you are going, the walk is up! I can promise that after a few days you will believe that saying wholeheartedly.

On our 3th day of trekking 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 side trips and on necessary acclimatisation to the altitude. Acclimatisation days will be spent at Namche Bazaar, Thyangboche, and Dingboche. From Dingboche we have the possibility of climbing to 5000m here on Pokalde Peak.

The group will continue up to Chukkung at 4730 metres before moving on to Base Camp. After this we will climb to over 6 kilometers high and fly back to dry lake bed

**reservations:** +44 (0)7092-283020

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below (team members not wishing to take part in this section of the trip will return to Chukkung).

- Base Camp** Our base camp will be situated beneath Island Peak at an altitude of about 5000m. We will establish our high camp from here whilst acclimatising.
- The Climb** We will leave base camp mid-morning to climb to our pre-prepared high camp at about 5700 metres. Departing high camp for the summit at about 2.00 a.m. the next morning. The going is initially fairly steep but straightforward, easing off once the long summit ridge is reached.
- Lukla Flights** The flights in and out of Lukla are "interesting" to say the least and probably one of the most spectacular flights in the world.

### COST INCLUDES

- Airport Transfers** Between Tribhuvan (Kathmandu) Airport and Hotel. Return.
- Hotel** Three nights stay in Kathmandu at the excellent Tibet Guest House Hotel on a shared room basis including set breakfast. Single room supplement applies - £30.00.
- Internal Flight** Internal flight 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** We offer all required help and assistance to ensure you maximize your enjoyment of this mountain adventure.
- 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 available a large number of competitive fares. Most of our clients prefer to make their own arrangements in order to achieve the most cost effective travel solution. Return fares to Kathmandu start from around £400.00.
- Insurance** Suitable holiday travel insurance is obligatory (see notes insurance).
- Park Permit** 1500 rupees (about £12) Mount Everest National Park Entry Fee.

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<b>Meals in Kathmandu</b>	Other than breakfast, we do not provide food in Kathmandu as there are large numbers of excellent restaurants which you will doubtless wish to try. All other meals are provided.
<b>Entrance Fees</b>	Visits to temples, palaces etc.
<b>Accommodation</b>	Any additional hotel accommodation over the three nights covered whilst with Adventure Extreme.
<b>Personal Equipment</b>	(See notes).
<b>Climbing gear</b>	Climbing members of the expedition must provide their own equipment.
<b>Visa</b>	You 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

<b>Transfers</b>	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.
<b>Your Hotel</b>	<p>Thamel is where it all happens in Kathmandu, and we stay right in the heart of Thamel at the Tibet Guest House Hotel, which is in its own grounds in a quiet cul-de-sac. The hotel has twin-bedded rooms with en suite facilities. Set Breakfast included.</p> <p>If you require Single Room here there will be a supplement - £30.00.</p> <p>The hotel has a Restaurant, Roof Top Garden, Satellite TV, Internet, Money Exchange, 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.</p>
<b>Meals</b>	<p>We do not provide other meals in Kathmandu, as there are hundreds of cheap restaurants providing excellent and varied food. Particularly recommended are Rum Doodle's, Ying Yang and the Yak &amp; Yeti.</p> <p>Food for the trek and climb is provided and is excellent - vegetarians well catered for!</p>
<b>Kathmandu</b>	<p>Most people find Kathmandu to be one of the most interesting and varied places in the world. Walking around the city is very easy, but should you wish to rent a taxi to get around it's very cheap - haggle before agreeing a price!</p> <p>Gifts and trinkets are readily available - 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>
<b>Porters</b>	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, paraglider, plus 15 KGs MAXIMUM). 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.

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<b>Fitness</b>	Although it is not necessary to be an athlete to take part in our trips, a good general degree of fitness is desirable. If you have doubts about suitability of this trip for you, please feel free to contact us for individual advice.
<b>Mountaineering</b>	Our trips often 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 and on the spot instruction as required.
<b>Weather</b>	We have chosen this time of year because conditions can usually be relied upon to be cold and clear with good thermals. 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.
<b>Equipment</b>	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.
<b>Clothing</b>	Lightweight Trousers Tee-shirts & Shirts (ski type ideal) 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) Duvet Jacket (as warm as you can get)
<b>Footwear</b>	Good comfortable walking/paragliding boots for day wear Sandals/trainers for evenings
<b>Equipment</b>	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! Telescopic Ski Pole(s) Sleeping Mat/Thermorest
<b>Other Equipment</b>	Ice Axe and Crampons - for those climbing Plastic or Leather Mountaineering Boots (rigid to take crampons) - for those climbing



## DOCUMENTATION

<b>Passport</b>	Valid for a minimum of six months after end of trip - visa requirement
<b>Visa</b>	Contact Nepalese Embassy in London or your country of residence or on arrival in Kathmandu.

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<b>Vaccination Certificate(s)</b>	See you own doctor in plenty of time
<b>Passport Photos</b>	6 Passport photos (for permits)
<b>Travel Insurance</b>	It is obligatory that participants hold valid travel insurance with cover for trekking/climbing (as applicable). It should cover missed departure, medical repatriation, cancellation etc. Several companies offer suitable insurance, including Worldwide Travel Insurance or Sports Cover Direct – they are both very experienced in the adventure sport field. You should organize cover as soon as possible in case unforeseen circumstances result in you having to cancel. You can link direct from our website downloads page.
<b>Medical</b>	<p>You should bring any medicines you require on a regular basis, together with Lomotil, Aspirin, Plasters etc. There are plenty Pharmacies in Kathmandu. Important: if you plan to visit Chitwan National Park you <u>must</u> obtain an effective anti malarial program and use it under your own doctors advice.</p> <p>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.</p>
<b>Money</b>	You will find it easy to change Travellers Cheques in Kathmandu, and in villages where there are Banks. We recommend American Express as there is an office in Kathmandu. Cash will be needed for gift purchases etc. US\$, Pounds Sterling or Euros 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 for emergencies and any other unforeseen problems. Credit Cards are NOT widely accepted outside Kathmandu, where there are plenty ATMs.
<b>Confirmation</b>	On receipt of your booking we will send you a written confirmation.
<b>Cancellation</b>	See Booking Conditions.
<b>Booking</b>	Simply fill in the enclosed Application Form and send it with 20% deposit, or the full cost of the trip if you book within 10 weeks of departure, payable to Adventure Extreme, please mark envelope <u>exactly</u> as follows:



FAO: Mrs G McAllister  
EXPEDITION PRIORITY BOOKING  
Victoria Cottage  
Tomintoul  
Banffshire  
AB37 9ET, UK

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## 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 20% 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 trekking, climbing, paragliding (as applicable), 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 make sure you complete all the sections - print clearly - sign & date  
**ISLAND PEAK NEPAL EXPEDITION BOOKING FORM**

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Postcode: \_\_\_\_\_ e-mail address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Nationality: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Next of Kin Name & Tel No: \_\_\_\_\_ Travel Arrangements: \_\_\_\_\_

Travel Insurance Company Name and Policy No. (must cover Trekking/ Climbing as applicable - compulsory): \_\_\_\_\_ Travel Insurance Company 24 Hour Emergency Contact Tel No: \_\_\_\_\_

Previous trekking/climbing experience: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

£1545.00 Expedition Cost  
 Tibet Guest House Single  
 Room Supplement £30.00

**Expedition Deposit/  
 Expedition Full Payment**  
**£ (enclosed)**

20% deposit, or the full cost of the expedition if you book within 10 weeks of departure. Please make cheque payable to Adventure Extreme and post to address below.

*I have read and accept the conditions as specified in the Booking Conditions*  
**SIGNED & DATED:**  
 \_\_\_\_\_

**MARK ENVELOPE EXACTLY AS FOLLOWS:**  
**Mrs G McAllister, EXPEDITION PRIORITY BOOKING, Victoria Cottage, Tomintoul, Banffshire, AB37 9ET, UK**

Deposit Received:	£	Date:	Balance Due:	£	Date:
Confirmation Sent:		PDF   POST	Balance Received:	£	Date:
Flight Arrival – Airline:	No.	Time:	Single Supplement	£	
Request to Purchase Equipment:			Equipment Paid:		