
XTREME EVEREST 2017– THE STORY SO FAR

Anniversary Trek to Everest Base Camp 2017

THE AIM OF THE TREK

Xtreme Everest is a research project coordinated by the UCL Centre for Altitude, Space and Extreme Environment Medicine (CASE Medicine: see www.case.ucl.ac.uk) - doctors and scientists studying human systems stretched to breaking point in extreme environments to increase our understanding of critically ill patients.

We have analysed data from previous medical research studies at altitude in 2007, 2009, 2010 and 2013. The results have increased our understanding of how our bodies respond to low oxygen environments, and we have already started to use this knowledge to alter the care we give to critically ill individuals. Whilst we have published a number of articles about our findings, and presented across the globe, we have never formally fed back to the Sherpa community who have supported us since our first visits to the Everest region. We have decided to undertake the same trek to Everest Base Camp in 2017 as we ascended on previous occasions, stopping in Namche Bazaar to share our knowledge with them, and celebrate the tenth anniversary of the original Xtreme Everest research trek.

Xtreme Everest depends on raising funds from grant giving charities, companies and individuals in order to be able to carry out our research programme. Xtreme Everest is immensely grateful for the support we receive (both personal and financial), without which our work to improve understanding of human responses to low oxygen levels could not continue. Whilst it is not compulsory we would be delighted if individuals chose to raise money for our Xtreme Everest charity (ten at ten project) whilst undertaking the trek to Everest Base Camp.

The Xtreme Everest team are particularly grateful for the contribution that our trekkers make both personally and financially. We have arranged a series of events both before and after previous expeditions to update our trekkers on progress in the research and future plans. These have including events at the Royal Geographical Society, University College London, and weekends in the Peak District. We value these opportunities to catch up with you and to share our results and we hope that you will join this continuing programme of events (please see website www.xtreme-everest.co.uk). This website will keep you up to date with these events and other Xtreme Everest news.

To find out more about this unique trek opportunity, please read on.

XTREME TREK ITINERARY

This 24-day itinerary follows the classic trek to Everest Base Camp ascending the legendary Khumbu Valley. It is without doubt one of the most famous treks in the world and follows the route that Hillary and Tensing trod in 1953. Our itinerary has a more gradual rate of ascent than is usual to ensure good acclimatisation.



The trek follows the same route that the Xtreme Everest trekkers and climbers ascended in 2007, 2009, and 2013. The overwhelming majority of our trekkers made it all the way to base camp and were able to complete all tests at this altitude. Such a success rate is very unusual in faster paced itineraries that do not give as much time for adequate acclimatisation. It is important for your personal sense of achievement and enjoyment that as many trekkers as possible reach base camp, and we have constructed this itinerary accordingly.

On trekking days, you will be walking for a maximum of seven hours. The trek ascends to Namche Bazaar, the Sherpa capital and home to a thriving market famous for visiting travellers and their goods from Tibet, and then on to Everest Base Camp. There will be five rest days during the ascent with two nights at Gorek Shep, giving you an opportunity to visit Everest Base Camp and climb Kala Patthar (5,545m) a hill that gives magnificent views of Everest's summit, of base camp and over the Khumbu Glacier. Throughout the trek, you will have outstanding views of many Himalayan giants including Everest (8,848 m), Nuptse (7,861m), Lhotse (8,516m), Pumori (7,161m) and Ama Dablam (6812m). When you reach Everest Base Camp, you will be at an altitude of nearly 5,500m. At base camp (5380m/17650ft), you will be able to savour the atmosphere of excitement as climbers prepare to tackle the world's highest mountain.

CAN I TAKE PART?

This trek is suitable for those who are new to trekking, and for more experienced walkers wanting to visit the Himalaya. To get the most out of the trek, you will need to be healthy and have a good level of overall fitness. You should be able to walk with a light rucksack for seven to eight hours in a day in the UK, or on similar gently rolling terrain.

While trekking, some of the days can be quite long, and the walking will feel more strenuous at altitude. Generally, the trail follows a good track, but occasionally it is uneven and rocky, especially the final section up to Everest Base Camp where the trail crosses the Khumbu Glacier which is covered with rocky debris.

TEAM COMPOSITION

Xtreme Everest trekking teams will be limited to groups of 14, so it is important that if you wish to trek with friends and colleagues you make this clear when booking. We cannot hold places, but will allocate them on a first come, first served basis, so please ensure everyone who wants to be with you books on your chosen trek as soon as possible.

An experienced leader will lead your trek. Apart from ensuring the smooth running of the trek, the leader will be there to ensure you get the most from your Himalayan experience. The leader will be a vital contributor to the enjoyment and well-being of the trekking members and he or she will be there to deal with any unexpected problems. Leaders may be a member of the Xtreme Everest team who took part in the previous expeditions. All will have experience of dealing with mountain related medical conditions.

Your leader will be supported by one of our excellent Sirdars (head Sherpa guides). They will know the region very well, and there will be additional Sherpas accompanying your team throughout the trek.



During the trek, all meals will be provided in pre-booked lodges, where we will sleep each night on the way to and from base camp.

PRE-TREK MEETING

To help you prepare for your trek, you can join Jagged Globe and your fellow team members for a pre-trip weekend based in Sheffield. The Saturday will be based in and around the Jagged Globe offices. There will be presentations on personal equipment, dealing with altitude, and staying healthy as well as a slideshow about the trek. In the evening there will be an informal meal and the chance to get to know others on your trip. On Sunday we head outdoors for a good walk in the nearby beautiful Peak District. It will also be a chance to meet the Jagged Globe office team, visit their specialist equipment shop and try on any hire equipment you may need.

The weekends are free to attend (you just have to pay for your accommodation and meals). Confirmed dates and joining details will be included in your Booking Confirmation email.

MORE INFORMATION

A full trek dossier, will be sent to you on receipt of your deposit, £250 *per person*, payable by cheque made out to Jagged Globe, bank transfer or by card (please note that Jagged Globe do apply a 2.5% surcharge to credit card payments, but there is no surcharge for debit cards). You can also book with Jagged Globe online.

In the meantime, if you need more information or help in deciding if this project is something you wish to be involved with then call, as follows:

For questions about Xtreme Everest or CASE Medicine:

- Sarah Hayden on +44 (0)20 3447 2838

For questions about your booking or any aspect of the trek:

- Rosie Slingsby or Natalie Popple at Jagged Globe on +44 (0)114 276 3322

XTREME EVEREST TREK DATES

	Dates	Bank Holidays
Group 1	Fri 31/03/17 to Sun 23/04/17	14 th April 17 th April
Group 2	Fri 31/03/17 to Sun 23/04/17	14 th April 17 th April



WEATHER

We will be trekking in the pre-monsoon season, which is springtime before the summer rains. The weather tends to be sunny in the mornings, although it is often cloudy in the afternoons. It is unusual for rain to fall early in the season, although it does sometimes snow closer to base camp. In March and early April, it can be quite cold at night but temperatures rise into May. It is normally sub-zero (say – 10°C) at base camp at night and, early in the season, freezing temperatures can persist during the day anywhere above Pheriche (at about 4,200 metres).

Throughout the season, trekking during the day is usually in mild summer like conditions. People wear light shirts and trekking trousers, ensuring to keep covered from the sun, because you burn more easily at higher elevations. Early in the trek, people tend to feel cooler than in the same ambient temperatures at home, because of the altitude, so often fleeces are carried and worn. Fleeces are also useful as the stone built lodges and monasteries can be cool even low down and during the day.

We would recommend carrying a waterproof jacket and overtrousers, hat, gloves and a fleece in a small daysack; especially once you enter the distinctly mountainous realm beyond Pheriche where glaciers and moraines lie underfoot and snowfall accompanied by strong winds is possible from time to time.

Whilst trekking, we would recommend frequent stops at teahouses. This will allow you to keep hydrated with hot drinks, and to enjoy the local hospitality and culture more thoroughly.

PRICES

The amount you need to pay to fund your place on the trek is:

Full Price: £2,845

This includes the international airfare and taxes from the UK.

Land-Only Price: £1,978

Joining in Kathmandu (no flight from UK) but all hotel accommodation. This price does not include airline taxes, as it does not include the international flight. You may pay this price if you want to arrange your own flight and meet the group at the hotel in Kathmandu.

Single Room Supplement (SRS):

Kathmandu **£245**

The Full and Land-Only prices include bed and breakfast, 3-star hotel accommodation in twin-sharing rooms whilst in Kathmandu. If you want a room to yourself whilst in the city, a supplement is payable. Availability may be limited, so please ask for a single room at the time of booking, and one will be allocated if possible. The SRS assumes that in order to provide a room for one person, we must provide a further room for the other person who would have been sharing with you otherwise.



You are not obliged to pay the SRS if you book by yourself, only if you want the guarantee of a single room. We will not enforce strangers of opposite genders to share, but provide single rooms at no cost to you if odd numbers of any one gender dictate.

Please note, the trek has been designed around the anniversary programme and therefore if you wish to book your own flights this may interfere with this. Please check with us if you wish to organise your own flight so we can make sure they fit with the schedule.

The total balance is to be paid not less than 60 days prior to departure. If the balance has not been paid by this time, it will be assumed you have cancelled your place and you no longer wish to trek to base camp. If so, our normal cancellations terms and conditions will apply.

FUND RAISING

You may want to seek support for the work that CASE does. We hope that your sponsors will want to be as generous as possible in recognition of your challenge trekking to Everest Base Camp and the potential benefits of the research Xtreme Everest undertake. It has not been unusual in the past for trekkers going to Base Camp, whilst raising money for other charities for example, to get between £2,000 and £4,000 in sponsorship, or higher in some instances. This might seem a daunting challenge now but we hope that you will consider this fund-raising opportunity as well as enjoy the experience of being on the trip of a lifetime.

All previous Xtreme Everest research has been funded through generous donations from grant giving organisations, companies and individuals. You can set up an individual fundraising webpage via www.justgiving.com where you will find hints and tips to help you achieve your goal. The Xtreme Everest team is happy to assist with any queries you may have.

XTREME EVEREST TREK ITINERARY (24 DAYS)

DAY 1 Flight: London to Kathmandu.

We will take an overnight flight from London Heathrow, leaving in the evening.

DAY 2 Arrive Kathmandu

We arrive in Kathmandu in the afternoon. We will stay at the Summit Hotel, positioned well away from the noise and bustle of the city centre. It has pleasant gardens, a swimming pool and an atmosphere of quiet, restful charm, with a friendly and helpful Nepalese staff. Overnight, Summit Hotel (twin-sharing, bed and breakfast).

DAY 3 Kathmandu

There will be an opportunity for rest, sightseeing, and presentations about the region. A dawn visit to Patan, a pleasant 20-minute walk from the hotel, to see the sun rise over the temples is highly recommended. Overnight, Summit Hotel (twin-sharing, bed and breakfast).

DAY 4 Flight: Kathmandu to Lukla (2,840m/9,317ft) and Trek to Monjo (2,835m/9,300ft)

We will make an early morning start for the fixed-wing flight to Lukla, the gateway to the Khumbu. This will be an exciting flight, which may give a glimpse of Everest in the distance. In Lukla, we will meet our trekking staff: Sirdar, Sherpas and porters. Then, we set off straightaway for our first night's stop at Monjo.

Monjo is situated on the banks of the Dudh Kosi, this small hamlet is on the main trade route through the area. To get there, we use several suspension bridges to cross over the Dudh Kosi, the main river that drains the Khumbu. During the trek, we will get superb views of some of the "lesser" peaks of the Himalaya, such as Kusum Kanguru (6,367m), Kantega (6,685m) and Thamserku (6,609m), with their awesomely steep, hanging faces of rock and ice.

DAY 5 Trek from Monjo to Namche Bazaar (3,440m/11,283ft)

Before setting off for the Sherpa Capital, we will formally enter the Sagarmatha National Park, by registering at the park gates at the top end of the village. Then it's off walking in the cool air of the morning, with the Dudh Kosi an ever-present companion, first to our left, but changing, as we criss-cross several times over suspension bridges. After an hour of leisurely walking, we arrive at the confluence with the Bhote Kosi, which tumbles down from Thame, once a home of Sherpa Tensing Norgay. To cross the river here, we climb up to a high suspension bridge. Then we climb steeply up the hillside for about two hours to reach Namche Bazaar (600m in ascent). Namche is a prosperous trading town and many Tibetans cross the nearby border to trade their wares in the market. The bazaar is a fascinating spectacle and is a good place to buy genuine Tibetan artefacts. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains.



DAY 6 Acclimatising in Namche Bazaar

We will spend three days in Namche Bazaar resting and allowing our bodies to become acclimatised to the altitude of 3,440m (11,283ft). The order of the first day will be shopping in the bazaar, hunting out souvenirs and bargains from the many craft and mountaineering shops in the town, or visiting the famous bakeries, drinking tea and playing pool. We will also take the time to visit the monastery here, and perhaps have a blessing from the local Lama for the wellbeing of our journey.

Day 7 Namche – Acclimatisation hike

We will have the opportunity to hike up to Kunde, Khumjung and the Everest View hotel. Kunde is the location of the first medical centre, and Khumjung is the location of the first school, built by Hillary's Himalayan Trust.

Day 8 Namche – The Results Show and anniversary celebration

The Xtreme Everest team will present an overview of the medical research results to the local Sherpa community, and invite them to celebrate our tenth anniversary. All our anniversary trekkers will be invited to join us. We hope to hold this event in Namche's monastery situated above the majority of the village's shops and tea houses.

DAY 9 Trek from Namche to Debouche (3700m/12,369ft)

From Namche Bazaar, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous teashops, we will cross the Dudh Kosi River and make a steep climb to Thyangboche, home of the most famous and important monastery in the region. Having had a chance to visit the monastery, we descend a short way, following an often muddy and slippery path to a pleasant lodge in the restful, forested surroundings of Debouche.

DAY 10 Trek from Debouche to Pheriche (4,270m/14,010ft)

Shaded by rhododendron trees, the path leads gradually down to the river once again to cross over a recently upgraded bridge. An hour's walking from here, will bring us to Pangboche, an excellent viewpoint for Ama Dablam, and a good place for some tea. Contouring up the valley side, we will be faced with a fantastic mountain wall at the head of the valley – this is Nuptse and Lhotse, that together now shield Everest from our gaze. To our right, we will be under the ever-watchful presence of Ama Dablam. As we near the head of this valley, we swing to the left to gain a small hamlet of lodges and teashops at Pheriche.

DAY 11 & 12 Acclimatisation in Pheriche

Pheriche is a good location for acclimatisation, prior to our ascent through the upper section of the Khumbu Valley. Gentle walks along the floor of the valley, and perhaps a short foray over to neighbouring Dingboche would be worthwhile, especially armed with a camera to take pictures of Ama Dablam, and Taweche that tower over Pheriche on the opposite side of the valley. There will be an opportunity to visit the Himalayan Rescue Association clinic at Pheriche to hear a lecture provided by their team about their work.



DAY 13 Trek from Pheriche to Lobuje (4,940m/16,207ft)

We continue up the trail towards base camp and take a big step away from the cultivated fields of permanent habitation into more desolate regions. First, after only a few hours at most, we reach Dughla situated below the snout of the Khumbu Glacier. This will be a convenient place for lunch, as there is a big hill immediately beyond the teashops. So, after lunch, we will take the trail, which soon climbs steeply up beside the glacier moraine. But, after an hour or so of honest, sweaty toil, we will have done the hardest part of the day. Pumori, Lingtren and Khumbutse dominate the head of the valley now, as we walk towards our night's stop at a small cluster of teahouses pleasantly situated at Lobuje.

DAY 14 Trek from Lobuje to Gorak Shep (5,220m/17,126ft)

About three hours beyond Lobuje, we reach Gorak Shep, the site of the 1953 Everest expedition's base camp, and a more recent cricket match in 2009. Although not a long day, the walk is quite tough, as it negotiates moraines and involves a path that winds between, and over, boulders. In Gorak Shep, there is only a small collection of lodges, but you will find them comfortable, welcoming and reasonably well provisioned.

DAY 15 Visit Everest Base Camp (5,380m)

Contouring along the valley side, the trail leads on to the moraine of the Khumbu Glacier and becomes quite vague, weaving between mounds of rubble. After about four to six hours, we reach base camp near the foot of the Khumbu Icefall. The awesome majesty of the mountains mixed with the excitement of our achievement will be set to invade our hearts and souls. This is an opportunity to relax and take in the atmosphere of the international community that will have gathered here to climb the mountain.

There may be time to walk to the foot of the notorious Khumbu Icefall, and see the start of the Everest climb; you must not stray into the icefall itself, as crevasses and toppling seracs are ready for the unwary. In fact, walking around base camp will be hard enough because of the altitude and because ice is always underfoot, even if covered with rock, boulders or grit. Nevertheless, whilst here, you will meet many interesting and fascinating people who have come to pit their wits and skills against the highest mountain on earth.

Once we have seen our fill we will return to Gorak Shep to celebrate our achievement.

DAY 16 Trek to Dingboche

Today we start our return journey. On the way, people will be given the opportunity to tackle Kala Patthar, at 5,545m the highest point of the trek. Other than setting a height record, the summit of Kala Patthar provides an astonishing view of Everest and of the surrounding peaks. This is not for the faint-hearted though as climbing all the way up before walking to Dengboche makes for a long & arduous day. But, for that reason and for the views it gives, it is for many the highlight of the trip.

Then we retrace our steps to Lobuje but, once there, we keep going down the Khumbu valley. At the end of the Khumbu glacier on top of the terminal moraine, we reach a line of memorials to Sherpas who gave everything to climb Everest. Then, descending with the stunning peak of Ama Dablam in the foreground, we pass the small settlement of Dughla, where we may have rested or taken lunch on the



way up to base camp. Just after Dughla, on the far side of the river, we take a rising track upwards away from the main trail that continues to Pheriche. This track gives us access to a high level path that contours the flank of the valley and leads above Pheriche so that we reach Dingboche more easily. This is a long day so a quick departure after Kala Patthar is needed so that we all reach the lodge before nightfall.

DAY 17 Trek from Dingboche to Thyangboche

Following the main Everest trail down the beautifully scenic valley, we pass through Pangboche and re-cross the river before climbing to the monastery at Thyangboche.

DAY 18 Trek from Thyangboche to Namche Bazaar

A steep descent of around 1500ft/500m leads through bird filled rhododendron bushes and fir trees to the Dudh Kosi River. Crossing this on yet another suspension bridge, we climb up the opposite side of the valley to reach the contouring path leading back to Namche Bazaar.

DAY 19 Trek from Namche to Lukla

A steep descent for 600m leads to the suspension bridge crossing the Dudh Kosi River. We cross the river several times more before a final, but long and tiring, rising traverse up the hillside, past numerous teahouses leads to Lukla. This is a long day, for the last day of the trek, but celebrations in Lukla, and a farewell party for our friends the Sherpas, will soon ease sore feet and aching backs.

DAY 20 Flight: Lukla to Kathmandu

We take an early morning flight from the hillside runway. In Kathmandu, we will be met at the airport and taken to the Summit Hotel. Overnight, Summit Hotel (twin-sharing, bed and breakfast).

DAY 21-23 Leisure in Kathmandu

We will have time for shopping and sightseeing, or just relaxing by the swimming pool. There is a myriad of UNESCO World-Heritage sights in the Kathmandu Valley, which are captivating and enduringly fascinating. You will want to visit Thamel, the tourist heart of the city, as well as the valley's great Palaces, Temples and Stupas. Overnight, Summit Hotel (twin-sharing, bed and breakfast).

DAY 24 Flight: Kathmandu to London

We will leave the hotel after an early breakfast and travel to the airport for a morning departure. We arrive back at London Heathrow in the evening.

You are welcome to contact us if you would like to discuss the trek and your experience in more detail.

IMPORTANT NOTE

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it! Weather conditions, flight changes and the team's fitness, for example, can all contribute to changes. The trek leaders and their Sherpa assistants will try to ensure that your trek runs according to plan, but please be prepared to be flexible if necessary.



EQUIPMENT

You will need to provide your own personal clothing and equipment, which you should wear and test before departure, especially walking boots. Down duvet jackets and down sleeping bags are available for hire from Jagged Globe.

A complete kit list is contained in the trek dossier, which will be sent to you on receipt of your booking. Jagged Globe will be on-hand to help you buy anything you need, and to give you expert advice about clothing and equipment. You will have the benefit of an *Xtreme Everest* discount too when buying from the Jagged Globe Shop, either on-line or during the pre-trek weekend. *Branded Xtreme Everest products will be available closer to departure.*

INSURANCE

To be adequately protected by travel insurance, you will need a specialist policy that caters for the type of trip that you are taking part in with Jagged Globe. You would need to have a policy in place and send a copy of the details to Jagged Globe before you travel. The policy must include suitable cover for rescue and repatriation and emergency medical expenses. You may already have an Annual Policy that will cover you for your trip, or you could contact one of the following insurers who specialise in travel policies.

Snowcard The BMC IHI Dogtag

Other insurance providers are also available.

PORTER PROTECTION

Any trek or expedition to Nepal relies on the hard work of local porters. It is their carrying of our supplies and baggage that makes a journey into the mountains possible. Be careful to ensure that all local staff are well treated and have adequate protection from the elements. We work closely with our Nepal based partner, Summit Trekking, to provide shelter, clothing and footwear that match the severity of the environment. Porters who become sick will be treated with the same care and attention as any team member would be. That would include helicopter evacuation, if medically necessary or to remove porters from hazardous situations.

Jagged Globe supports the work of the International Porter Protection Group (IPPG) and provides help and advice to IPPG to improve the working conditions of the porters on whom we depend. All trekkers are asked to provide feedback on porters' working conditions in post-trip questionnaires.

SHERPA AID (UK)

Jagged Globe founded the charity, Sherpa Aid UK, in 2014 when 16 Sherpas were killed on Everest whilst working in the Khumbu Icefall and they were hit by an avalanche. One of our own Sherpas, Pasang Karma was killed. Sherpa Aid aims to help the families and dependants of those killed when working in the mountains by replacing some of income lost when such tragedies happen.

RECOMMENDED READING

Xtreme Everest

Go to www.xtreme-everest.co.uk for articles and news stories about the medical research organisation.

CASE Medicine

Go to www.case-medicine.co.uk for articles and news stories about the medical research organisation.

Travel

Trekking in Nepal

Jamie McGuinness

Mountaineering

Everest the Hard Way

Chris Bonington (our Patron)

Into Thin Air

Jon Krakaur

Medicine

Going Higher: Oxygen, man and mountains

Charlie Houston

High Altitude Handbook

Andrew Pollard & David Murdoch

Everest and conquest in the Himalaya

Richard Sale and George Rodway

Travel at High Altitude

http://medex.org.uk/medex_book/about_book.php

Cultural

Tenzing and the Sherpas of Everest

Judy & Tashi Tenzing

SOME IMPORTANT INFORMATION

WHAT THE PRICE DOES INCLUDE:

- Economy class return airfares from the UK (unless booking “land-only”)
- UK Air Passenger Duty and other airport taxes that are payable at the time of purchase of the international airline ticket (i.e. not including taxes payable in cash at overseas destinations, as there is no mechanism for us to pay these for you)
- Two Hotel/airport transfers linking with your international flight (unless booked “land-only”, when services start and finish at the Summit Hotel).
- Six (6) nights’ hotel accommodation in Kathmandu on a bed & breakfast basis, in twin-sharing ensuite rooms (in the Garden Wing at the Summit Hotel, or similar).
- *Return scheduled, flight from Kathmandu to Lukla by fixed-wing aircraft (Twin Otter/ Dornier DO228 or similar).*
- All airport transfers between the Summit Hotel and the domestic airport to connect with the Lukla flight.
- Accommodation in lodges and teahouses as per the itinerary whilst on trek. Usually, very basic twin rooms, occasionally bunk rooms, not ensuite.
- Three meals a day (set menu, with vegetarian option), throughout the trek.
- Hot drinks in lodges and teahouses served with meals.
- 3 litres of hot (boiled) water per person per day for water bottles, (one in the morning, one at lunchtime, one at night,) in addition to hot drinks described above.
- A bowl of hot water each morning on trek for personal washing.
- All portage costs for your personal clothing and equipment between Lukla and base camp, return. Less a light day sack, which you must carry.
- All costs for leaders, guides and local helpers.
- National park and local permit fees.
- Kitbag.



WHAT THE PRICE DOES NOT INCLUDE:

- Visa fees (assume \$50).
- Bar bills and snacks.
- Laundry in Kathmandu or on trek.
- Travel insurance.
- Medical fees, rescue or repatriation costs or any costs arising for the curtailment of you trek, whosoever caused.
- Lunch and evening meals in Kathmandu (assume \$15 a meal).
- Optional trips (e.g. city sightseeing, monastery entrance)
- Tips to local staff (assume \$80).
- Showers (assume \$2-\$3 each time – and available in most lodges when on trek).
- Bottled drinks (beer, soft drinks, mineral water, for example.)
- Satellite telephone calls and Internet access

WHEN TO BOOK

We recommend that you book as soon as you are sure which trip you want to do. If you book too late we may no longer be holding one of the flight reservations made for your trip, as it may have been handed back to the airline. Under these circumstances, we will buy a new ticket for you, but this may entail an additional cost.

BOOKING PROCEDURE

If you wish to book on a trek, you need to phone Xtreme Everest on +44 (0)20 3447 2838 to obtain a booking code. Once you have received this booking code you will need to call Jagged Globe on +44 (0)114 276 3322 to pay your deposit. Or, book through the Jagged Globe website:

<https://www.jagged-globe.co.uk/trek/book.html>

Select "Xtreme Everest 2017 – Everest Base Camp Trek"
from the drop-down list below 'Nepal'.

The deposit for each trekker is £250, which is non-refundable, if you cancel. If you do not meet our criteria, and we cancel you, the deposit will be refunded in full. Once Xtreme Everest has issued you with the booking code, you'll have 7 days to pay your deposit. If you are unable to pay your deposit within this week, and other trekkers express an interest in your trek place, we may be forced to give your code to another trekker. As soon as you have paid your deposit, Jagged Globe will then confirm your place on the trip and send you a Trek Dossier, which contains:

- Visa and permit instructions
- Previous experience questionnaire
- Medical questionnaire and declaration
- Vaccination information
- An equipment and clothing list
- Pre-trip meeting details

HOW TO PAY

We prefer to receive payment by debit card or cheque or bank transfer but you may pay by any lawful means, as long as the money we receive into our account is equal to the amount you owe. This means, if you are paying by bank transfer, for example, you must tell your bank that you want to pay the fees that occur at both ends of the transaction, i.e. the charges when the payment leaves your account and the charges when it arrives in Jagged Globe's. You may want to pay by credit card as this usually confers additional consumer protection, in accordance with the terms and conditions of your card. If you do use a credit card, a 2.5% charge will be added to the amount being paid to cover the cost imposed by the bank to process the payment. The balance of the trip cost is due no later than 60 days prior to departure.

FREQUENTLY ASKED QUESTIONS

- **How fit do I need to be?**

You should be able to walk for 7 hours a day along country paths in Britain, through rolling countryside. If you can walk up Snowdon and back down, you will be OK to have a go at Everest Base Camp.

- **How far will I walk each day?**

On average, you will walk for less than 10 Km, and for less than 7 hours each day. The days get tougher as you get higher, but fitness improves during the walk. The shorter days are tougher, as it generally means more height is being gained.

- **What will the food be like?**

The food provided by the lodges and tea houses, aspires to be western, but a lot is prepared with eggs, rice, pasta, cheese and vegetables. Meat is not plentiful in general, you will find buffalo in Namche Bazaar and chicken more or less everywhere.

- **I need a special diet, is that OK?**

Yes, let us know and we make sure your diet is catered for.

- **Do I need a visa?**

Yes, if you have a British Passport. Visas can be obtained before travel from the Nepalese Consulate for £35 or at the airport when you get to Kathmandu for US\$50. Check on the Nepalese Embassy website for up-to-date information and the requirement if you are not a British Passport Holder.

- **What support and back up will there be?**

An Xtreme Everest Leader will meet the team in Kathmandu. Our leaders *are first-aid trained*, with experience of leading teams to high altitude. Teams carry a comprehensive medical kit. There is a rudimentary local hospital at Khunde and at Pheriche.

Sherpas join the team in Lukla for the trek to base camp. Porters and yaks carry the team's bags and equipment.

- **Will I need vaccinations?**

Please see your GP or Practice Nurse to get the very latest advice.

- **Will I need any special clothing or equipment?**

You will need clothing and equipment as though you were walking in Britain, but with a few extra layers of fleece, including thermal underwear, and some very warm gloves. You will need a robust pair of walking boots and a rucksack of about 35-litres. We will send you a kit list when you book, and you can hire a warm down jacket and 4-season down sleeping bag from us if you don't want the expense of buying these for one trip.



- **Will there be anything else to pay?**

Yes, you will need a tip for the local staff, plus something for meals when in Kathmandu, and for souvenirs.

- **Where will I fly from?**

We fly to Nepal, with Jet Airways via Delhi. Departure from the UK is from Heathrow.

- **Will I have to carry my own kit on the trek?**

We will give you a kit bag, for travelling and spare clothing and equipment, not being used each day on the trek. Whilst trekking a porter or yak will carry it. You won't be able to get to it during the day. You will have your rucksack of about 5 -6 Kg with stuff like a water-bottle, camera, spare fleece, gloves, waterproof, sun-cream, lip-salve, hat and sunglasses.

- **Will the money that is paid for the trip be protected against the failure of the tour operator?**

Yes. Jagged Globe is a licensed and bonded tour operator with an Air Travel Operators Licence (ATOL 10241) regulated by the Civil Aviation Authority.