



EXPEDITIONS



Mera Peak >> September 2018 >> 21 Days >> Small Group Adventures

Mera Peak is an outstanding climb for the advanced beginner...

>> Namaste!

Thank you for your interest in our Mera Peak 2018 Expedition. If you're looking for a new challenge, then why not join us for this trip of a lifetime! Mera Peak provides a great introductory climb for beginners new to mountaineering.

This culturally stimulating journey will take you through remote picturesque villages and forests, followed by a long consistent climb on the glacier to the summit. On a clear day you will see five of the six highest mountains on Earth. It's a truly memorable view that you will never forget.

Your team leaders are well experienced, and have many varied trekking and mountaineering expeditions behind them. As a result, they have the necessary skills and experience to manage any challenges that may be faced along the way. Your leaders and guides love the mountains and want to give you the best experience possible.

Everest One always offers premier climbing experiences, and Everest Base Camp is no exception. Our focus is quality, enjoyment, fun, safety and success. We will be with you every step of the way, guiding you with gear selection and training programs to help you achieve your goal.

We look forward to welcoming you as a member of our Everest One team.



>> About Everest One

Everest One, an Australian based company leading unique adventure opportunities. Experienced mountaineers Allan and Sharon Cohrs founded the business following their long-term relationship with the Himalayas. They have been mountaineering in the Himalayas for the past 15 years, regularly leading expeditions in Africa and Nepal including Mt Everest.

In May 2011, Sharon became the first breast cancer survivor in the world to climb to the summit of Mt Everest and, together with Allan, they became the 1st Australian couple to achieve the feat. In 2017, Allan guided a successful summit climb of Lhotse, the 4th highest mountain in the world (8516m).



STOP TALKING ABOUT
YOUR MOUNTAINS
AND START CLIMBING

>> welcome >> your adventure begins



This culturally stimulating journey will take you through remote picturesque villages and forests...

>> About

Standing at 6460m, Mera Peak is the classic Himalayan trekking peak. Never steep enough to get too scary, but at a seriously high altitude, Mera Peak is a great introductory climb for those looking to test the waters at high altitude climbing.

Our Route starts in Kathmandu, and after a few days sight seeing and preparation, we fly to Lukla, the beginning of our mountain adventure. From Lukla we immediately head off the beaten track and away from the busy Khumbu valley by crossing the Zatrwa La pass to the quiet Hinku valley. A pleasant few days are spent hiking up the Hinku until we reach Mera Peak base camp and Mera La. Above Mera La we place our high camp from where we launch our summit push in the early morning hours. From the summit of Mera Peak, we will be amazed at the stunning view. Lying a little to the south of the main Himalayan range, you will be offered the full Himalayan panorama, from the Langtang region and Cho Oyu in the west, taking in Nuptse, Lhotse, Everest, Baruntse, and Makalu, to Kangchenjunga in the far east.

We expect our participants to be competent in the outdoors with previous trekking and camping experience. Prior experience of mountaineering is not required.



>> Quick Trip Notes

Country >> Nepal

Trip >> Mera Peak

Grade >> Moderate

Highest altitude >> 6460m

Visa Requirements >> Tourist visas can be obtained directly at the immigration department of Tribhuvan International Airport in Kathmandu. Bring at least 2 passport sized photos and USD 60 cash for a 30-day tourist visa. You can also prearrange a visa from your nearest Nepalese consulate.

Vaccinations >> Nepal is a developing country so some travel vaccines are advised. Obtain these at least 2-6 months before arrival to ensure good immunity. Typhoid, Hepatitis A, Hepatitis B and Japanese Encephalitis are recommended. Please seek medical advice for other recommended vaccinations.

Trip Duration >> 21 days

Activities >> Trekking

Travel Insurance >> Recommended

>> trip overview

Leaders don't force people to follow, they invite them on a journey...

>> Allan Cohrs



As an experienced guide, Allan delivers a personalised service, focused on providing a safe, professional experience for his clients. Having led many treks and climbs at high altitude including successful summits of Mt Everest and Lhotse. He has also led the most climbs of Kilimanjaro of any Australian with 9 successful summits to date. He is experienced in handling logistics, decision making, assessing risk and creating a harmonious team environment. Allan is popular with his clients for his calm approach, depth of knowledge and experience and seemingly endless supply of fresh coffee.

>> Sharon Cohrs



Sharon is in charge of all logistics and co-ordination whilst in Australia, and has guided many treks and climbs in Nepal and Africa. Sharon knows the importance of keeping clients informed about what they need to know to make their experience the best it can be. Being the first breast cancer survivor in the world to summit Mt Everest, Sharon knows that stepping outside of your comfort zone isn't easy. It takes guts, commitment and determination. Sharon is very positive person, making her a great leader in challenging environments.

Sherpa Culture

Known as "Eastern People" in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet. Their culture (i.e. dialect, dress and food) is similar to Tibetan, which is in stark contrast to the Hindu ethnic groups that are the majority in Nepal. With a culture deeply rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high altitude porters on early Himalayan mountaineering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.

Team Safety & Trek Support

This trek reaches a maximum altitude of 6460m at Mera Summit. As such, you may experience some effects of high altitude e.g. headaches, increased breathing, disturbed sleep as your body adapts.

The trek schedule has been designed to allow for proper acclimatisation. However, everyone responds to high altitude differently – walk slow, drink plenty of water (5L/day), listen to your body and alert your guide if you are feeling unwell.

Your guide will be carrying a well stocked first aid kit along the trail. It will contain commonly used medication including ibuprofen and general antibiotics. It is easy to stay healthy and avoid bacterial/parasitic infections by eating from hygienic venues, and avoiding salad (raw) and unpeeled fruits.

>> your trip leaders

Journey into the heartland of the Sherpa people, gain an insight into their rich Buddhist culture and traditional way of life.

>> Details

DURATION >> 21 Days

GRADE >> Moderate

DEPARTS >> 9 SEPT 2018

>> Cost

MERA PEAK EXPEDITION >> AUD\$5750

>> Highlights

- > Ascent of Mera Peak
- > Serene wilderness of the Hinku valley
- > Colourful Buddhist culture and spirited Sherpa people
- > Stunning views of Makalu, Everest, Lhotse, Ama dablam, Cho Oyu and Baruntse

>> Inclusions

- > All meals outside Kathmandu
- > 4 Nights Kathmandu Hotel (3.5 star)
- > Experienced mountain guides
- > Experienced cook and porters
- > All Trekking & Climbing Permits
- > All team camping & cooking equipment on the climb
- > Group climbing equipment
- > Down jacket
- > Sleeping bag and expedition duffel
- > All transport in Nepal
- > Flights to and from Lukla
- > Extensive high altitude wilderness first aid kit
- > Porters to carry personal/group equipment

>> Exclusions

- > International Flights to Kathmandu
- > First night group dinner
- > Meals in Kathmandu (USD 10-15 per meal)
- > Travel Insurance (inc. early departure, mountain rescue)
- > Vaccinations
- > Visa
- > Porters Tips
- > Drinks & items of personal nature
- > Personal trekking gear
- > Personal climbing equipment (can be hired in Kathmandu)



THE MOUNTAINS
ARE CALLING
I MUST GO...

>> mera peak expedition >> 21 days

This region offers pure wilderness with many glacial lakes and spectacular peaks...

>> DAY 1

ARRIVE IN KATHMANDU, NEPAL

Welcome! Your adventure begins! An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner.

>> DAY 2

IN KATHMANDU

You will first do a gear check at your hotel with your guide, and organise equipment rental if needed. Then you have a free day to explore the crazy, yet wondrously beautiful city of Kathmandu. Home to 5 World Heritage sites, Kathmandu is a stunning landscape of handcrafted wooden palaces (durbar or palace squares of Kathmandu, Lalitpur and Bhaktapur) and glorious Buddhist stupas (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

>> DAY 3

FLY TO LUKLA - TREK TO CHUTANGA

Our trip begins with a morning 30 min flight to Lukla, that flies over endless rolling hills covered with green terraces. Once in Lukla, we have a short break to organise porters and gear before starting our day's walk to Chutanga. We head south out of Lukla and traverse gently through settlements just outside of Lukla.

Trekking Time 5 Hours >> Height 3020m

>> DAY 4

ACCLIMATISATION DAY IN CHUTANGA

For a sea level dweller, 3000m altitude is a significant change in altitude. In order to facilitate our acclimatisation to the lower levels of oxygen further in our adventure, we will spend an extra day at Chutanga. Chutanga is a budding new settlement that has arisen from the trekking tourism leading to Mera peak. It originally was a simple pasture for Lukla farmers, however, now it's a peaceful resting stop with a few lodges.

Height 3020m

>> DAY 5

TREK FROM CHUTANGA TO KHARKI TENG

Fortified with an extra night at Chutanga, we continue hitting the trails through lush forests, that gradually thin into a landscape of low alpine scrubs. The barren landscape at increasing altitude feels more remote with an absence of villages in this region. The route climbs up the faces of Charpate and Kalo himal, the prominent mountains that surround Lukla. It's important to rest the afternoon and drink plenty of water. Our first challenge is tomorrow so sleep well.

Trekking Time 3.5 Hours >> Height 3900m

>> DAY 6

TREK FROM KHARKI TENG TO TOKTOK

We will start the day early trekking up the trail behind camp. In an hour, the route brings us to our first or false pass at 4580m. From here we continue traversing around the mountain on an undulating trail to the true pass of Zatrwa La pass (4610m). You will be welcomed to the pass in true traditional buddhist style with prayer flags. Looking behind you up north, you can see the Kondge and Numbre mountains that stand above Namche. After celebrating our first pass, we make a steep 300m descent to Thuli Kharka for lunch. Camp is further downhill located near the valley floor at a beautiful site amongst rhododendron trees.

Trekking Time 6 Hours >> Height 3900m

>> DAY 7

TREK FROM TOKTOK TO KHOTE

The variation continues as we now find ourselves back in a temperate forest of the Hinku valley. We trek north traversing ridges before descending steeply to the valley floor to Tashing Ongma located by the Inkhu khola river. Camp is a short distance ahead at Kote which we reach by following the river to the junction with the Sanu khola river.

Trekking Time 4 Hours >> Height 3691m

>> DAY 8

TREK KHOTE TO THANGNAK

The route follows the Inkhu khola river deeper into the valley making a slow gradual ascent up the river bed. It's a tricky day climbing over the rocky boulders before hiking to a lovely grassy meadow for lunch. We cross the meadow to Thangnak.

Trekking Time 4.5 Hours >> Height 4356m

>> DAY 9

ACCLIMATISATION IN THANGNAK

From here the trail continues higher into low and high alpine environments. Before beginning the next stage of primarily rock and snow camping, we will take another day to acclimatise. This means a day walk up onto higher ridges (5000m) for views of the valley's peaks (Kusumkhang, Kyashar, Mera west face).

>> Height 4356m



>> mera peak expedition >> detailed itinerary

On a clear day you will see five of the six highest mountains on Earth...

>> DAY 10

TREK THANGNAK TO KHARE/MERA BASE CAMP

Today you will feel a distinct change in the environment as we climb into high alpine terrain, rocky trails, scree slopes and no vegetation....we're entering the playground of mountaineers and trekking to the base slopes of your first mountain, Mera peak! We hit the trail now west, trekking along side Mera's Dig glacier. We then contour around the north base of the mountain to our campsite at Khare. Given the altitude gain, remember to walk slow and take rest stops to enjoy this Himalayan wonderland.

Trekking Time 7 Hours >> Height 5045m

>> DAY 11

ACCLIMATISATION IN MERA BASE CAMP

Before progressing further, we will spend another day at base camp to acclimatise. We'll take the opportunity to practice our rope and crampon skills near camp as we prepare for our first summit day.

>> DAY 12

CLIMB MERA BASE CAMP TO MERA LA PASS CAMP

Today will be your first day of mountaineering, and you'll be fully geared up in mountaineering boots and crampons, and walking with ice axes! We climb onto the glacier, and contour slowly up around to Mera La pass. Our snow camp is located just south off the pass tucked away from strong winds. Fantastic views from the pass and first experience of mountaineering... overall it's going to be a great day! There's a lot of sun glare off the snow on a sunny day so remember to protect your eyes and skin properly.

Trekking Time 4 Hours >> Height - 5045m

>> DAY 13

CLIMB MERA LA PASS CAMP TO HIGH CAMP

Climbing mountains above 6000m commonly requires using multiple camps. By sleeping at consecutively higher camps, you slowly improve your physiology to adapt to the low oxygen levels available at these heights. Using multiple camps also reduces the physical climb demands on summit day. Hence today, we will continue to inch higher up the mountain to our last high camp. The climb continues as an easy climb up open snow slopes. We will pass some crevasses that we'll walk around. High camp is situated near a rock outcrop with stunning views of Nepal's mountain giants. We get an early night in to prepare for tomorrow's summit bid.

Trekking Time 4 Hours >> Height 5800m

>> DAY 14

SUMMIT MERA & TREK TO KHARE/MERA BASE CAMP

Considering that weather conditions are good, we will start early up a route on the snow ridge that leads to the central summit of Mera. The route is crevassed so for safety we'll rope up. It's a slow climb up the mountain with the last stretch steepening to a 50° angle slope, however, with the summit in full view as you climb, you'll feel motivated to reach it. The view from the summit includes a wonderful vista including Everest, Nuptse, Lhotse and Makalu. We will climb back to high camp, pack up and then drop west to lower altitudes at Khare for a good night's rest. Congratulations on your summit!

Trekking Time 4 Hours >> Height Summit 6460m, Khare 5045m

>> DAY 15

TREK TO KHARE & KHOTHE

After yesterday's fantastic effort, today is an easy downhill day of trekking. The easy trail will allow you time to reflect on your mountaineering conquest. As we now exit out of the Hinku valley, make sure you enjoy your remaining views of this amazing wilderness.

Trekking Time 5 Hours >> Height 3691m

>> DAY 16

REST DAY OR WEATHER CONTINGENCY DAY

If the weather has been on our side to this point, today will be a well deserved rest day. At a lower altitude you will also enjoy the oxygen richer air and warmer weather. Take a nap, grab a book and enjoy the views.

>> Height 3691m

>> DAY 17

TREK KHOTE TO THULI KHARKA

As usual with trekking in Nepal, with a bit of down there's always a bit of up to follow. Today we hit the day upwards towards Thuli Kharka. It will be a long day so take your time as we continue the trail back to Lukla. We will stop for lunch at Toktok, have a rest and then finish the trail to our campsite at Thuli Kharka.

Trekking Time 7 Hours >> Height 4310m



>> mera peak expedition >> detailed itinerary

The scenery is dramatic with the two giants, Lhotse and Everest dominating the skyline.

>> DAY 18

TREK THULI KHARKA TO LUKLA

In the morning, we'll trek the steep ascent up to the familiar views of Zatrwa La pass (4610m). From here, it's an easy downhill all the way back to Lukla...to showers, beer and an end of expedition celebration dinner! Today you'll farewell your guide and porters.

Trekking Time 4.5 Hours >> Height 2800m

>> DAY 19 - 20

KATHMANDU

The flight will give you a final close look at some Himalayan giants (Gauri Shanker, Langtang). Once in Kathmandu, you're free to relax. A massage in one of the many beauty spas is highly recommended! If you didn't make it to Bhaktapur or the other durbar squares in Patan/Kathmandu, make sure you don't miss these world heritage sites. They provide another viewpoint of Nepal's diverse culture and ancient architectural tal-

>> DAY 21 >> DEPART KATHMANDU



>> Additional Information

What's a typical day on the trail?

You will be woken up with a knock on your door around 6am by a staff member. You'll get dressed and packed for the day's walk, and have your duffle ready for your porter before breakfast 7am. The aim will be to leave the teahouse and hit the trail by 8am. On the trail, you'll carry a small day pack (20-40L, 5kg) with your personal items, water, warm clothing and wet weather gear. Generally lunch is at the rest stop for the night, which leaves the afternoon free to rest and soak in the views. Dinner is at 7pm, and most trekkers then either read/play cards or head to bed early 8-9pm to prepare for the next day's adventure.

Climate

Spring is mostly dry but this can be broken by periods of cold and snow. In general, it's pleasant walking temperature. Below Namche, temperatures can reach ~24oC in the day. Whilst, above 4000m, day temperatures can range 15oC-20oC. Nights are cool but during storms it can drop to -10oC. Prepare cool and warm attire as suggested in the packing list.

Sleep & Food

Whilst on the trail, you'll sleep in local friendly teahouses. These provide basic accommodation (twin-share), common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost. Your Kathmandu accommodation is a mid-range 3.5 star hotel, but we can adjust according to your budget (i.e. budget to 5-star). Note that meals in Kathmandu are not included in the cost. Plan for USD 10-15 per meal on these days.



>> Trip Summary

- 9 SEPT >> ARRIVE IN KATHMANDU
- 10 SEPT >> DAY IN KATHMANDU
- 11 SEPT >> FLY TO LUKLA, TREK TO CHUTANGA
- 12 SEPT >> ACCLIMATISATION IN CHUTANGA
- 13 SEPT >> TREK CHUTANGA TO KHARKI TENG
- 14 SEPT >> TREK KHARKI TENG TO TOKTOK
- 15 SEPT >> TREK TOKTOK TO KHOTE
- 16 SEPT >> TREK KHOTHE TO THANGNAK
- 17 SEPT >> ACCLIMATISATION IN THANGNAK
- 18 SEPT >> TREK THANGNAK TO KHARE/MERA BASE CAMP
- 19 SEPT >> ACCLIMATISATION IN MERA BASE CAMP
- 20 SEPT >> MERA BASE CAMP TO MERA LA PASS CAMP
- 21 SEPT >> MERA LA PASS CAMP TO HIGH CAMP
- 22 SEPT >> SUMMIT MERA - TREK TO KHARE/MERA BASE CAMP
- 23 SEPT >> TREK TO KHARE & TO KHOTHE
- 24 SEPT >> REST DAY / WEATHER CONTINGENCY DAY
- 25 SEPT >> TREK KHOTHE TO THULI KHARKA
- 26 SEPT >> TREK THULI KHARKA TO LUKLA
- 27 SEPT >> FLY TO KATHMANDU
- 28 SEPT >> DAY IN KATHMANDU
- 29 SEPT >> DEPART

>> mera peak expedition >> detailed itinerary

>> Packing List >>

This list might seem long, but you may be surprised that you already have some of the gear. If you are unsure of something give us a call. What I have done is put a good brand beside some of the items – my recommendation only, there are many good brands, but these are the ones I use and prefer - Allan Cohrs

HEAD / HANDS / EYES

- 1 x pair of insulating gloves/mitts
- 2 x pairs thermal gloves
- 1 or 2 Beanies
- 1 x glacier glasses (category 4 lenses)
- 1 x pair goggles (Julbo or any ski goggles)
- 1 x balaclava (optional)
- Sun hat and buff (3 or 4 buffs are great for covering face when dusty, sun protection and over the face on summit day)

UPPER BODY

- 1 x down jacket
- 1 x fleece or soft shell jacket
1 x synthetic or down jacket (light down jacket —great for layering)
- 1 x vest
- 1 x waterproof Goretex shell
- 1 or 2 mid layer long sleeve shirts
- 2 x sets thermal tops (underwear)
- 2 x trekking t-shirts

LOWER BODY

- 2 x lightweight trekking pants
- 1 x warmer pants (softshell preferred)
- 1 x set windproof waterproof pant (over pant)
- 2 x thermal bottoms (warm ones)
- 1 x pair shorts (optional)
- 4 x underpants

FEET

- 3 x pairs trekking socks (e.g. Bridgedale, Lorpen, Smartwool)
- 1 x pair summit socks (warmer by same brands)
- 2 x pairs of thin polypropylene socks/liners
- 1 x pair trekking boot or shoes
- 1 x lightweight sandals for camp (optional)

- 1 pair of runners/approach shoes for around camp.
- 1 pair long Gaiters (optional)

*CLIMBING GEAR

- 1 x pair boots
 - Ice axe
 - Helmet
 - Crampons
- *All of this can be hired in Kathmandu

*MEDICINE/FIRST AID KIT

- 1 First aid kit (simple), personal medications, Ibuprofen hand sanitizer, Band aids for blisters, ointments etc.
 - Wet ones for cleaning
- *A full medical kit will also be provided and carried with the group.

IMPORTANT ESSENTIALS

- 50+ litre day pack with comfortable harness
- Warm 4 seasons sleeping bag
- 1 x head lamp (plus spare battery/bulb)
- 1 x Thermarest or Exped sleeping mat (self-inflating)
- 1-2 tubes Zinc Sunscreen
- 2 x tubes Lip balm (minimum 40 SPF)
- 2 x one litre water bottles
- 1 x pair trekking poles (optional)
- 1 travel towel (microfibre ones are best)

TRAVELLING DOCUMENTS

- Passport (plus 2 photocopies of passport)
- Airline tickets to Kathmandu
- Travel insurance including mountain rescue (Global rescue)
- 4 passport size photos.
- Immunisations (see your GP)

- Wallet/Pouch for travel documents/money and passport
- Visa for Nepal (will send documents for you to fill out and we will organize visa before travel through)
- Nepalese consulate (Visa will be “30 day multiple entry”cost \$85.00)
- 4 large waterproof bags e.g. waterproof dry stuff-sacks or garbage bags for keeping your gear dry inside pack.
- Highly recommend some stuff sacks for your equipment that will be placed in the duffle bags.
- Clip seal bags are handy to separate things like food etc. in your pack.

NOTES

You can purchase an Everest One duffel bag in Kathmandu which will be used to transport the gear you do not need during the day.

As this is a supported trip, we employ the wonderful Nepalese porters to carry our gear required for the trip. You will be amazed at their strength and beautiful nature. We believe in supporting the local people through tourism and respect them greatly.

We will brief you when we are in Kathmandu of what to pack in your duffle bag and in your day pack.

**BOOK NOW FOR OUR
2018 JOURNEY**

>> Yes Sign Me Up!

**Mera Peak Expedition
9th Sept - 29th Sept 2018**

Personal Details

Please write your name as it appears on your passport.

Mr Mrs Ms. Dr Other.

First Name: _____ Middle Name: _____

Surname: _____

Address: _____

Suburb/Town: _____ State: _____ Postcode: _____

Date of Birth: _____ Country: _____

Passport Number: _____

Nationality: _____ Country of Issue: _____

Date of Issue: _____ Date of Expiry: _____

Email: _____

Mobile: +61 _____

Work Number: +61 _____

Home Number: +61 _____

Accommodation

Accommodation is based on twin share. Is there anyone you would like to share with?

Yes No

Name: _____

Single Room Supplement: \$500

Payment Details

AUD\$500.00 deposit is required to secure your booking

Everest One

BSB: 064 000

ACC: 1486 0514

Credit card facilities also available - please contact us

This trek is a **once in a lifetime opportunity** and we are with you every step of the way.

We are here to guide you and want you to have the **ultimate journey of your life!** - *Allan & Sharon Cohrs*

Emergency Contact

Name: _____

Relationship to you: _____

Mobile: +61 _____

Work Number: +61 _____

Home Number: +61 _____

Email Address: _____

Mailing Address: _____

Travel Insurance

Can be completed at a later date

Company Name: _____

Membership Number: _____

Insurance Cover: _____

Contact Name: _____

Yes No

Passport

Country of issue: _____

Nationality in passport: _____

Date of issue: _____

Date of expiry: _____



Medical & Health Form

Please answer each question below and include details of dates, location and treatment received (as applicable). Please attach a separate page if insufficient space is provided for answers.

You, the participant, acknowledge that you have obtained medical advice as to the suitability of EO's Adventure given your medical status and fitness or that you have given careful consideration to obtaining medical advice but have declined to seek it and accept all risk associated with your decision.

1.	Have you ever suffered any form of cold injury or illness, including frostnip or frostbite? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Have you ever experienced any form of altitude related illness? If yes, please describe below including location, altitude, illness, treatment and recovery.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	Describe any major accidents, illnesses, injuries or operations you have had in the last 5 years:	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Do you have any problems with or limitations caused by any physical or mental condition that may reasonably impact your participation in the Adventure, including by your back or knees or as a result of any other injury or illness, and including any heart related condition? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	Are you on any medication currently and/or do you intend to use medication on the Adventure? If yes , please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.	Do you have any allergies or intolerances to food or medication? If yes , please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No

7.	Do you wear corrective lenses?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8.	Are you familiar with standard CPR and resuscitation techniques?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.	Do you have any pre-existing medical conditions that may affect your ability to undertake this Adventure? If yes, please describe:	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.	Is there anything else from a medical perspective that you think EO ought to be informed about?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11.	Do you have any special dietary requirements? Please Note: whilst EO will endeavour to cater to any specific food requirements you may have, you should feel free to carry with you additional food that you consider necessary for your special dietary requirements.	<input type="checkbox"/> Yes <input type="checkbox"/> No
12.	Please indicate your current level of fitness: Excellent Good Poor	
11.	Please outline your training program:	
13.	Please outline your trekking/mountaineering experience:	

SIGNATURE: _____

DATE: _____

PRINT NAME: _____

>> Terms & Conditions

1) Booking Form: By You completing the Booking Form, submitting it to EO, and EO's acceptance of it by written reply, You agree to the terms and conditions contained in this document to the exclusion of all other terms and conditions not in this document, unless they are set out in the Booking Form, and/or otherwise agreed to in writing by You and EO (the parties).

2) Prior dealings and variations: Any prior dealings between the parties and the terms and conditions that apply to those dealings do not apply to the Adventure. Any variation of these Terms and Conditions must be agreed in writing by You and EO and, in the case of EO, the signatory must be duly authorized by EO to agree to the relevant variation.

3) Price: the price of the Adventure is outlined in the Trip Notes or has otherwise been notified to You in writing. The inclusions for the Adventure are listed in the Trip Notes. The price quoted is in AUD dollars and is payable by cash or direct deposit into EO's nominated bank account. You will be liable for all bank charges that may be levied on direct deposits. Every endeavour will be made by EO not to change the Price. However, if there is a change to the exchange rate or local conditions, EO reserves the right to change the Price.

4) Timing to Payment: Unless otherwise agreed in writing, the Price is payable as follows:

a) 30% at the time You submit the Booking Form to EO; and

b) The balance no later than 30 days prior to the first day of the Adventure, or such other date as EO in its absolute discretion may agree (i.e. Where You book the Adventure closer to the first day of Adventure); or

c) If the Booking Form is submitted to EO within the 90 day period prior to the first day of Adventure, the Price is payable at the time the Booking Form is submitted, or such other date as EO in its absolute discretion may agree.

5) Transfer: if You book for this Adventure and decide to transfer to another adventure with EO that is at that time advertised by EO and the start date of that other adventure is not more than 12 months after the start date of this Adventure, then EO will agree to transfer your payment across to the new Adventure provided that your written notice of the change is received no later than 90 days prior to the date that the Adventure You initially booked was due to start or such other date as EO in its absolute discretion may agree.

6) Cancellation by You:

a) Payments made by You for your Adventure are forfeitable or refundable as follows. If You cancel:

i) 90 days or more prior to the first day of your Adventure – the full Price paid or payable by You is refundable or forfeitable to You, less any bank charges or fees that EO may incur or have incurred.

ii) 60 days or more but less than 90 days prior to the first day of your Adventure – 50% of the Price is refundable or forfeitable.

iii) Less than 60 days prior to the commencement of your Adventure – 100% of the Price payable by You will be forfeitable (or forfeited, if paid) to EO.

b) The Price is quoted as a package and no partial refunds will be made for any services not used or for any early exit by You from the Adventure. If any part of the Price is to be forfeited to EO but has not at the relevant time been paid by You then EO reserves the right to recover that amount from You as a debt due and payable.

7) Cancellation by EO (tour numbers): EO may cancel the Adventure if EO considers that the number of persons booked on the Adventure is insufficient for EO to run the Adventure. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any cancellation of the Adventure for such reason, including for any time incurred or inconvenience suffered, gear purchases, flights booked or vaccinations obtained. However, all or any part of the Price already paid by You will be refunded to You, less any bank charges or fees incurred at the time You paid the Price.

8) Cancellation or other changes by EO (other): in the case of inclement weather, snowy or icy conditions, conditions that EO reasonably considers may make any part of the Adventure unduly risky, or any political military, terrorist threat or due to a variation to or introduction of a government travel warning after the date You book the Adventure, EO reserves the right to change the start date of the Adventure, the end date, the duration, the route, to cancel or postpone or delay the Adventure if EO considers that there may be a risk to the safety of participants, or to a third party providing those services if such conditions exist or may reasonably exist. You acknowledge that in the event of any such change, cancellation, postponement or delay You have no right to claim any costs, loss, damages (whether direct or indirect) or refund from EO. You also acknowledge that EO is not obligated to inform You of any government travel warning that may apply and that You have or have had the opportunity to check any government travel warnings that may be in place.

2) Warranties and representations: You warrant and represent to EO that:

a) You are in good health and are mentally and physically fit at the time of booking this Adventure;

b) You have disclosed every matter concerning your health and wellness of which You are aware or ought reasonably be aware and/or expected to know that is relevant to EO permitting You to participate on this Adventure;

c) You will notify EO as soon as You become aware if your health and fitness is adversely affected in any way prior to the start of the Adventure, or during the Adventure so that EO can assess whether to permit You to participate or continue to participate in the Adventure;

d) EO may disclose medical information about You to its consultant doctor (if applicable);

e) You have sought medical advice as to your suitability for this Adventure or, You have elected not to seek medical advice for this purpose and wholly accept the risk of not having obtained such advice;

f) EO has not made any representations to You in connection with the Adventure other than those contained in these Terms and Conditions;

g) You are fully aware that the Adventure involves challenging trekking at high altitudes and You have satisfied yourself that You have the requisite skills and experience necessary for You to participate in the Adventure or You will ensure that You have the requisite skills and experience prior to the day of the Adventure;

h) It may or may not be possible for You to insure yourself in relation to the Adventure, including the high altitude aspects of the Adventure;

i) You have made all due and independent enquiries in adventure travel, high altitude trekking and expeditions similar to the Adventure; and

j) During the Adventure, You will follow the instructions of the Guide leading the Adventure, noting that those instructions in many circumstances will relate to the safety and wellbeing of participants in the Adventure.

10) Adventure Guides: EO will nominate a suitably experienced Guide to lead your Adventure. However, EO reserves the right at any time to change the nominated Guide and replace that Guide with another suitably experienced Guide. You may not claim any costs, loss, damages (whether direct or indirect) or refund from EO for any change to an Adventure Guide or any other staff engaged by EO for your Adventure.

10) Exclusion from Adventure (health and fitness): if for any reason, the Guide, as nominated by EO, considers, in the Guide's absolute discretion, that You should not participate in the Adventure for reasons associated with your health and wellness, despite You having obtained a medical clearance to do so, the Guide may exclude You from the Adventure, either before or during the Adventure. If on such grounds the Guide excludes You from the Adventure before the Adventure commences, then any refund will be in accordance with condition 6 as if You had cancelled during the timeframes stated in that clause. However, if the Guide excludes You from the Adventure on such grounds after the Adventure commences for any reason, no refund of the Price (or part of the Price) will be payable to You except in the absolute discretion of EO.

11) Exclusion from Adventure (other): The Guide may, in the Guide's absolute discretion, exclude You from the Adventure if You engage in any illegal act, or the Guide considers that your behaviour is or is reasonably likely to cause danger, distress or nuisance to any other participant on the Adventure, including staff engaged by EO for your Adventure. In connection with such exclusion, You must follow the instructions of the Guide. You will not be entitled to any refund of the Price (or any part of it) in connection with any such exclusion and it is a matter for You to insure for this, if You can, as You may consider appropriate, reasonable, and appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

12) Information and Trip Notes: EO provides information and prepares Trip Notes in good faith. EO may make reasonable changes to any Adventure itinerary, services or route having regard to timing of the Adventure or for any reason considered necessary by EO or if it receives advice to do so.

13) Insurance: Insurance for You is not included in the Price. You acknowledge that it is your responsibility to make enquiries about and obtain and maintain appropriate insurance to cover You in connection with the Adventure, if possible. EO may ask You for your insurance details and You must provide those details to EO promptly but EO is not obliged to check that the insurance You obtain is reasonable, appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

14) Travel documents: It is your responsibility to obtain the appropriate travel documents for entry to the country where the Adventure is to take place. EO will be responsible for applying for any permits that are relevant to the Adventure, but only to the extent listed as inclusions in the Trip Notes.

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>> Terms & Conditions cont...

16) Airlines, flights: EO recommends that You obtain flexible flights for the Adventure as sometimes Adventures can be delayed due to events such as inclement weather and internal flights. You are liable for any costs You may incur in connection with your flights should timing of your Adventure change. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any change to the Adventure or your participation in the Adventure resulting in You incurring additional costs in connection with your flights.

17) Privacy: You agree that You:

- a) permit EO, its agents or assigns to collect personal information from You, or from your medical practitioner, regarding your health and wellness, including any medical conditions You may have or have had previously. You acknowledge that this information may be disclosed to EO representatives in order to ensure your safety and wellbeing in connection with the Adventure, but will not be used by them for any other purpose; and
- b) will respect the privacy of the Guides and fellow participants in the Adventure and not do anything that is deemed by EO to be an invasion of their privacy.

18) Image and Likeness: You grant EO the right to take and use photographs and videos of You and your personal effects in connection to your participation in the Adventure. In consideration for You participating in the Adventure, You authorise EO, its assigns and transferees to copyright, use and publish your image and likeness in print and/or electronically for marketing purposes, and the like.

19) Force Majeure: If EO is prevented (directly or indirectly) from performing any of its obligations under its agreement with You by reason of act of god, strikes, trade disputes, breakdowns, interruption of transport, government or political action, acts of war, terrorism, acts or omissions of a third party or for any other cause whatsoever outside of EO's reasonable control, EO will not be liable for any costs, loss or damage You may suffer as a result and EO may cancel the Adventure and condition 8 will apply.

20) Assumption of Risk: You acknowledge that:

- a) Adventure travel, expeditions and trekking holidays are by their nature physically and mentally challenging and carry higher level of risk than a standard holiday, with potential exposure to risk of injury, death and loss to property;
- b) High altitude trekking is inherently dangerous and, of itself, carries the risk of injury, death and loss to property;
- c) Standards of accommodation, transport, healthcare, hygiene, safety and service providers are likely not to be as high in the region of the Adventure as in your country of origin;
- d) your Adventure will likely require You to travel on difficult, challenging and dangerous terrain, at high altitude, in extreme weather conditions, in remote locations with minimal or no telecommunications and with sudden changes to Adventure arrangements, and political stability in the region of the Adventure;
- e) there are inherent dangers associated with adventure travel, You have considered those dangers and, nevertheless, You have elected to participate in the Adventure and accept all risk associated with your participation in the Adventure, including risk of injury, death, and loss to property; and

f) EO is not liable for and You may not make any claim against EO for or in connection with the acts, omissions or negligence of third parties who may provide goods and/or services to EO or to You for the Adventure.

21) Release and Waiver of Liability: In consideration for EO accepting your booking on the Adventure and You being permitted by EO to join the Adventure, to the extent permitted by law:

- a) You indemnify and keep indemnified and release, discharge, waive, hold harmless EO and its officers, employees, agents, licensees, Guides and other representatives of EO from all claims, actions, costs and losses (whether direct or indirect) which may arise out of or occur in connection with the Adventure, whether arising or occurring before, during or after the Adventure, including in relation to any negligence caused or contributed to by any or all of those listed above; and
- b) You waive any claims You have or may at any time have against EO and its officers and employees and, as You accept the risks associated with your participation in the Adventure, You agree not to make any claim against EO its officers and employees for any personal injury, property loss or any other loss of any kind that You may suffer or incur in connection with the Adventure, whether before, during or after the Adventure.

22) No waiver: a party will not be deemed to have waived any of its rights or remedies under these Terms and Conditions or at law by allowing any time or indulgence or by not exercising any right or remedy arising out of any default by the other party.

23) Australian Consumer Law

- a) Under the Australian Consumer Law statutory guarantees apply to the supply of 'recreational services' of the kind offered by these Terms and Conditions. 'Recreational services' is defined as including activities that involve a significant degree of physical exertion or risk undertaken for the purposes of recreation, enjoyment or leisure. These guarantees mean that EO, its officers, servants, agents or assigns, as the supplier, is required to ensure that the recreational services it supplies to You are rendered with due care and skill and are fit for their intended purpose.
- b) Under Australian Consumer Law, EO, its officers, servants, agents or assigns, as supplier, is entitled to ask You to agree that these statutory guarantees will not apply to You. Therefore, please note that if you sign and/or submit this form to EO, You will be agreeing that your rights under EO's agreement with You, if you are killed or injured because the service provided are not rendered in accordance with these statutory guarantees, are excluded, restricted or modified in the way set out in this condition.
- c) To the extent permitted by law, You hereby exclude, release and forever discharge EO, its officers, servants, agents or assigns from all liability for any and all claim, loss, damage, cost or expense arising from your death or your suffering physical or mental injury or any other condition, occurrence, activity, form of behaviour, course of conduct or state of affairs as specified in Section 139A of the Consumer and Competition Act 2010 (Cth) (except in the case of liability arising from the reckless conduct on the part of EO, its officers, servants, agents or assigns and your participation in the recreational activities which comprise the Adventure.

24) Jurisdiction and Applicable Law: Your booking, the Terms and Conditions, and the rights and obligations of the parties in connection with the Adventure, are governed exclusively by the jurisdiction and law of Australia and you and EO submit to the exclusive jurisdiction of the courts of the State of Queensland, Australia.

25) Definitions:

- a) **Agreement** or agreement means the Booking Form and these Terms and Conditions, and any variation of them agreed to in writing by the parties
- b) **Guide** means any guide engaged by EO for the Adventure, whether as an employee, contractor or in any other capacity
- c) **Adventure** means the adventure for which You have booked and any trip substituted for that adventure in accordance with these Terms and Conditions
- d) **High altitude trekking** includes the actions of walking, trekking, backpacking, and may involve being on challenging terrain such as uneven trails, dirt trails, rock, ice and snow.
- e) **Trip Notes** means the trip notes we have provided to You for the Adventure.
- f) **You or you** means you as the participant in the Adventure and as a party bound by these Terms and Conditions.
- 26) Interpretation:** 'include' or 'including' is to be read without limitation.
- 27) Severance:** If any part of these Terms and Conditions are found to be illegal, unenforceable or invalid, then the relevant part will be severed unless to do so would cause the Terms and Conditions to be frustrated.

For the benefit of Everest One, in signing this booking form, I acknowledge that I have read, understood and accept the terms and conditions accompanying this booking form.

SIGNATURE: _____

PRINT NAME: _____

DATE: _____



>> **Contact: 1300 820 866**

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