



Everest Base Camp / Island Peak November 2019



Trek to Everest Base Camp (EBC) and explore the Khumbu Icefall

Join us on this incredible journey as we venture into the heart of Sherpa country. Everest One will take you past the flags once you arrive in EBC, giving you the chance to explore this harsh, unforgiving environment. This is a great trip for anyone who wants to experience the magic of the Himalayas, walking in the steps of Sir Edmund Hillary and Tenzing Norgay.

Everest One have been exploring this region for over a decade, developing long-term relationships with the local people and staying in the best tea-houses along the way. We aim to get off the main trail whenever possible, giving trekkers the opportunity to see different aspects of this magnificent landscape and an experience of real family-style hospitality in lesser known villages.

As an optional add on, we also offer you the opportunity to climb Island Peak, standing at an impressive 6189m. Although still a trekking peak, this is the perfect mountain to experience a serious climb, refine your skills and gain an insight into a true expedition.

Your leaders are well experienced, and have many varied trekking and mountaineering expeditions behind them including summits of Mt Everest and other 8000m peaks. They have the expertise to manage any challenges that may be faced along the way.

We are with you every step of the way, guiding you with gear selection and training advice to help you achieve your goal.



About Everest One

Everest One have been leading treks and climbs for over 7 years and are already regarded as one of the most credible Australian trekking and climbing companies. Known around the world for the premium adventures we offer in Nepal, Africa, South America and now Australia, we are excited to host high altitude treks and mountain climbs for individuals, groups, and charities.

We pride ourselves on truly personalized service, not only with our professional high-altitude mountaineering guides but also support we provide in the lead up to your adventure. We are experts in the high-altitude environment, focusing on your health and safety that is highlighted in our industry high success rates. We are extremely proud of the loyal customer base we have built around referrals, return guests and most importantly, trust and friendship.

your adventure begins here



You will find yourself surrounded by incredibly breathtaking views of the mountains that just keep on going

The trek to Everest base camp offers a colourful journey through Nepal's most famous valley the Khumbu, home of Mt Everest (8848m) and Lhotse (8501m). The trail also offers glimpses of other 8000m giants, Cho Oyu (8201m) and Makalu (8463m) along with the breathtaking dominance of Ama Dablam (6812m) and neighbouring peaks. The rolling landscape varies from lush low alpine vegetation to dry high altitude scrub land. Inhabiting this harsh land are the Sherpa people, an ethnic group famous for their hardiness, spirit and mountaineering prowess.

This trek journeys into the heartland of the Sherpa people providing an insight into their rich Buddhist culture and traditional way of life. Sir Edmund Hillary grew a passion for Sherpas from his early mountaineering years and following Everest, spent his remaining years dedicated to fundraising and bringing development to the region.

You'll share the trail with yaks and porters carrying supplies to Everest base camp (EBC) and villages along the way. This unique opportunity gives you a chance to mix with excited and anxious climbers, and gives close up views of the infamous Khumbu Icefall. The trek does not require the use of any technical mountaineering equipment – we do not need crampons, ice axe or harness and there is no rock climbing involved.

Everest One are the only Australian company who take you into actual Everest Base Camp. This unique experience gives trekkers a close up of the Khumbu Icefall and explore the area. During the non-climbing season, we set up our own dedicated camp at the base of Kala Patar, complete with commercial kitchen and heated dining tent.

We climb Kala Patar in the afternoon, giving you outstanding views of Everest, whilst watching the highest mountain on earth transform from rock to a stunning, vibrant orange as the sun sets.

For those looking for a further challenge, we also offer adventurers the chance to climb Island Peak as an add on to this adventure. Whilst the trekkers will continue down, those wanting to experience climbing a Himalayan mountain have the opportunity to do so.

The climb of Island Peak, whilst not technical, is still regarded as a challenging trekking peak. We set up Base Camp where we refine our skills, spending a day training, before we set off on our way to High Camp. After a night sleeping high on the mountain, we rise early for our summit bid. There are fixed ropes along the steep push to the top and your efforts will be rewarded with a spectacular amphitheatre of high peaks including Lhotse, Cho Oyu and Makalu.

To join the climb, you do not need prior mountaineering experience but you will need to be fit and feel comfortable in an alpine environment.



Quick Trip Notes

Grade >> Moderate

Highest altitude >> 5570m - Kala Pathar (Optional) 6189m - Island Peak

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 >> 19 days (Trek) - 25days (Trek and climb)

Activities >> Trekking / Climbing

Travel Insurance >> Essential

Leaders don't force people to follow, they invite them on a journey and lead them to achieve their goals

> Allan Cohrs



As a guide in the Himalaya's, Africa, South America and Australia, Allan delivers a personalised service, focused on providing a safe, professional experience for his clients. He has guided in all corners of the globe including 9 successful summits of Mt Kilimanjaro, with over 20 high altitude climbs in the Himalaya's including Mt Everest (8850m), Lhotse (8516m), Cho Oyu (8200m), Baruntse (7129m) and Ama Dablam (6812m), along with 8 climbs of Mera Peak (6476m), 4 climbs of Lobuche East, 3 climbs of Island Peak and numerous other 6000m+ climbs including Aconcagua.

Together with expert guides and climbers under his leadership and Everest One flag, Allan and his team always encourage their clients to step outside of their comfort zone, whilst supporting and leading them to their goal, all the while prioritising on their safety and well being from start to finish.

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 mountain-eering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.

Team Safety & Trek Support

This trek reaches a maximum altitude of 5360m. 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 pain killers and general antibiotics along with oxygen. 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 leader

Our Route begins from the gateway airport town of Lukla at 2840m. Following the Dudh Kosi river on the valley floor, the trail first passes through farming villages of mixed Tamang, Rai and Sherpa communities. We then make a sharp ascent up to Namche, the capital of the Khumbu and the traditional trading centre of Sherpa people. We take a less travelled road to Phortse, a typical Sherpa farming village and the site of the Alex Lowe Charitable Foundation's Khumbu Climbing School. Many Sherpa climbers come from Phortse and have been trained at the Khumbu Climbing School.

From here it's a short trek to Pangboche, the highest permanent Sherpa settlement. This is one of the highlights of the trek, with stunning views across the valley to Tengboche, whilst following a quiet, winding trail which hugs the steep slopes. We acclimatise in Dingboche for a few nights before climbing the Thukla Pass and reaching the Everest Memorials. From here, it is a short gradual walk to Lobuche where we spend a further night before setting off, trekking through the moraine before we reach our private camp. After a short rest and lunch, we take on the climb of Kala Patthar (5570m) from where we see Everest in all its glory.

The next day we head into EBC where we explore the Khumbu Icefall and have lunch before returning to our tents.

For the trekkers, it is an easy trek out, this time via Tengboche, home of the largest Monastery in the region and open to visitors to share prayer with Buddhist monks. After that we are on the home stretch, and will be celebrating our adventure back in Lukla a few days later with our Sherpa's and support team.

For those choosing to climb Island Peak, we spend a night in Dingboche before heading up the Imja Valley to set up our private Base Camp. We spend the next 5 days preparing gear, and refining our skills before we set off on our stunning climb, setting up high camp along the way. Although not technical, this is a great climb to gain skills and knowledge on mountaineering, and a valuable insight in a climbing expedition. Your efforts will be rewarded with breathtaking views including the 8000m peaks of Lhotse, Makalu and Cho Oyu.

Details

EBC >> 19 Days
 EBC + Island Peak >> 25 Days
 GRADE >> Moderate
 DEPARTS >> November 9th, 2019

Cost

Everest Base Camp >> AUD\$3995.00
 EBC Single Supplement >> AUD\$500.00
 EBC + Island Peak >> AUD\$5250
 EBC + Island Peak Single Supplement
 >>AUD\$500

Exclusions

- International Flights to Kathmandu
- First night group dinner
- Meals in Kathmandu (USD 10-15 per meal)
- Travel Insurance & Visa
- Vaccinations/
- Porters Tips
- Drinks & items of personal nature
- Personal trekking gear

Inclusions

- 19 breakfasts, 14 lunches and dinners - Trek
- 25 breakfast, 19 lunches and dinners - Trek/climb
- 4 Nights Kathmandu Hotel
- Experienced mountain guides, western & local,
- Experienced cook and porters
- Trekking Permits
- All team camping & cooking equipment on the climb
- Group equipment, down jacket
- Sleeping bag and expedition duffel



Everest Base Camp / Island Peak >> 19 days - EBC / 25 days - EBC / Island Peak



Everest One
Adventure & Travel

Join the only Australian trekking company with exclusive access to stay in Everest Base Camp for 2 nights

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 EXPLORE KATHMANDU, NEPAL

This is a free day for you to explore the crazy, yet wondrously beautiful city of Kathmandu. Home to five 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. > [Breakfast](#)

DAY 3 FLY TO LUKLA AND TREK MONJO

Our trip begins with an early morning flight to Lukla that takes approximately 30 minutes. The flight travels over endless rolling hills covered with green terraces. Once in Lukla, we have a short break to organise porters and gear before starting our first day's walk, descending and ascending to Monjo. We pass green villages and colourful maniwalls as we follow the Dudh Kosi River up-stream. This region is Buddhist so remember to walk clock-wise or to the left of maniwalls and prayer poles. Monjo is an apple farming village situated near the base of the hill up to Namche. > [Trekking Time 5 Hours](#) > [Height 2840m](#)

DAY 4 TREK FROM MONJO TO NAMCHE

Before leaving Monjo, we'll drop into the Khumbu National Park Information Centre where you can trace our trail from a 3D model of the region. The route crosses several steel suspension bridges covered with katas, white well-wishing scarves and prayer flags. From the last bridge, it's a 2-3 hour hike up to Namche. On a clear day, you can catch your first view of Everest from a lookout about mid-way up the hill. Once in Namche, you have the afternoon to rest, do souvenir shopping or relax and take in the view. > [Trekking Time 5 Hours](#) > [Height 3440m](#)

DAY 5 ACCLIMATISATION DAY IN NAMCHE

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama dablam and Thamserku. It's just a taster for the spectacular scenery to come! From here, you can explore the villages of Khunde and Khumjung where Sir Edmund Hillary opened a hospital and school, respectively. Or the afternoon is free for wandering around Namche, emailing friends/family or relaxing over coffee and cakes in the bakery.

DAY 6 TREK FROM NAMCHE TO PHORTSE

The trail behind Namche is a gentle track that traverses high above the Imja River overlooking views of Thamserku and Ama dablam. We pass a chorten in memory of Tenzing Norgay, Sir Edmund Hillary's climbing partner, before reaching Kyangjuma to break for morning tea. We split from the regular traffic of trekkers heading to Everest Base Camp by taking the higher road up to Mong for lunch enroute to Phortse.

Many villagers still depend on potato and buckwheat farming here, but Phortse is also known for producing many climbing Sherpas to supplement incomes. Since 2003, the Khumbu Climbing School which operates in Phortse has trained many keen young men and women. Every winter, renowned international climbers and local guides work together to run climbing courses. The partnership has not only increased climbing enthusiasm amongst locals, but has also improved general climbing safety. Afternoon to rest and relax. > [Trekking Time 5 Hours](#) > [Height 3810m](#)

DAY 7 TREK FROM PHORTSE TO PANGBOCHE

Heading out of Phortse you will see Cho Oyu, the sixth highest mountain in the world up the Ngozumba glacier leading to Gokyo lakes. The trail to Pangboche can be a more of a challenging day traversing with views of Tengboche monastery just across the valley Pangboche is the highest permanent settlement with the oldest monastery in the Khumbu. The scenery from here to Lobuche is dominated by Ama dablam (6856m), one of the most picturesque mountains in the Khumbu, that is technically demanding to climb. Afternoon of leisure. > [Trekking Time 3.5 Hours](#) > [Height 3930m](#)

DAY 8 TREK FROM PANGBOCHE TO DINGBOCHE

As we hike up the track towards Dingboche, there's a distinct change in the landscape as we cross the 4000m barrier. High altitude scrubs replace trees and formidable mountains suddenly appear within reach. You feel instantly that Everest must be close! Dingboche is the first of a series of settlements leading to Everest Base Camp established to accommodate trekkers. It is a seasonal village with a few fields and yaks. There are a few bakeries you can try too. > [Trekking Time 4 Hours](#) > [Height 4410m](#)

Everest Base Camp / Island Peak >> [detailed itinerary](#)

Just above Dingboche along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains

DAY 9 ACCLIMATISATION IN DINGBOCHE

We take a rest day in Dingboche to acclimatise to our increased altitude gain. In the morning, we'll walk up to a lookout to touch the 5000m mark. It's a steep climb but we take it slow and the views of Makalu (8463m), Lhotse (8501m), Nuptse (7861m) and on clear days, Cho Oyu (8201m) and Shispangma (8013m) are worth any feelings of breathlessness. After lunch, if you're feeling energetic, you can hike towards Chhukung village or down to Pheriche. Alternatively, curling up with a book and hot chocolate is also recommended. > [Height 4410m](#)

DAY 10 TREK FROM DINGBOCHE TO LOBUCHÉ

Just above Dingboche and along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains. Take a moment to absorb the feelings of excitement that Everest is just around the corner! Passing Dughla, it's a one hour hike up to Thokla pass (4830m) where memorials have been built for fallen climbers. We then cross rocky terrain to Lobuche for the night. > [Trekking Time 5 Hours](#) > [Height 4910m](#)

DAY 11 TREK LOBUCHÉ TO PRIVATE CAMP (BASE OF KALA PATHAR)

The journey to EBC from Lobuche is a relatively gentle ascent of rocky terrain that follows across and along the Khumbu glacier, and passes through Gorak Shep. This pile of rocks sitting at the foot of the infamous Khumbu ice fall in Spring is home to some 30 teams (hundreds of climbers and support staff) aspiring to climb Everest. We will spend 2 nights at the Himalayan Ascent

Everest Expedition base absorbing the climbing atmosphere and excitement, and appreciating what it takes to climb the highest mountain in the world. Accommodation is a shared tent in a full service camp site. > [Trekking Time 3 Hours](#) > [Height 5100m](#)

DAY 12 PRIVATE CAMP TO EVEREST BASE CAMP

This is a day to fully explore EBC. We will visit the Himalayan Rescue Association clinic and learn about the volunteer work they do to provide medical assistance to climbers. We'll venture into the lower reaches of the Khumbu Icefall and understand why this is one of the most dangerous sections on the South route to Everest. Also, we'll visit other campsites and chat to climbers about their Everest climbing experience.

Few trekking companies can offer such an EBC experience so enjoy this unique twist of the classic EBC trek. > [Height 5364m](#)

DAY 13 TREK PRIVATE CAMP TO PHERICHE

Today we set off down the valley, retracing our steps through the moraine, and down to Lobuche for a hot drink, before continuing to descend the Thukla Pass into Dughla where we stop for a hot drink. We then continue the easy walk to Pheriche, where we spend the night in a warm teahouse. Although we descend over 600 metres, it is a relatively simple day, as you are now moving faster after having acclimatised. Your body will appreciate the drop in altitude and you will sleep well reflecting on your achievements. **This is where the EBC trekkers say good bye to Island Peak climbers.**

[Trekking Time 4 Hours](#) > [Height - Pheriche 4371m](#)

DAY 14 TREK FROM PHERICHE TO TENGBOCHE

As we descend to lower altitudes, every step you take from here to Lukla, you will feel rejuvenated with increasing oxygen in the air. We have lunch at Pangboche, cross the river and pass through Deboche to reach our destination of Tengboche for the night. Tengboche monastery is famous for hosting the major Buddhist festival, Mani Rimdu, in November. The monastery itself was rebuilt after a fire in 1989. Visitors are allowed to observe prayer time with the monks at mid morning/ mid afternoon. This is not to be missed! Also enjoy a cake at the bakery. > [Trekking Time 4 Hours](#) > [Height 3860m](#)

DAY 15 TREK FROM TENGBOCHE TO MONJO

It's a big descent from Tengboche to the Dudh Kosi river crossing, followed by a 45 min hike up the otherside heading back to Namche. The trail from here is an easy traverse with familiar sights of Thamserku and the Kongde range. We pause in Namche for lunch before making another big descent back to the valley floor. Crossing over the many suspension bridges in warmer temperatures again, we eventually break in Monjo for the night. > [Trekking Time 6 Hours](#) > [Height 2840m](#)

DAY 16 TREK FROM MONJO TO LUKLA

Enjoy the sights of the maniwalls around Ghat and other villages, as we make our way back to Lukla. This is our last opportunity to take in the Buddhist culture that has prevailed throughout the trek before returning to the melting pot of cultures found in Kathmandu. Has! Tonight we will have our group celebration dinner and thank the amazing Guides and Porters for their unconditional support and services along the way. > [Trekking Time 3 Hours](#) > [Height 2840m](#)

Everest Base Camp itinerary continued

DAY 17 FLY LUKLA TO KATHMANDU

Another early morning flight out of Lukla back to Kathmandu. You have the rest of the day to rest from the trip. A massage is highly recommended.

DAY 18 KATHMANDU

Our last day to take up some sight-seeing, shop, relax and prepare for departure. If you didn't make it to Bhaktapur or the other Durbar Squares in Patan or Kathmandu, make sure you don't miss these world heritage sites. They provide another viewpoint of Nepal's diverse culture and ancient architectural talents.

DAY 19 DEPART KATHMANDU

We bid Kathmandu and Nepal farewell. Until next time.

Island Peak itinerary continued

DAY 13 TREK FROM PRIVATE CAMP TO DINGBOCHE

Today we set off down the valley, retracing our steps through the moraine, and down to Lobuche before continuing to descend the Thukla Pass into Dughla where we stop for a hot drink. We then continue the easy walk to Dingboche, where we spend the night in a warm teahouse.

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[Trekking Time 4 Hours](#) > [Height - Dingboche 4410m](#)

Day 14 TREK FROM DINGBOCHE TO CHUKKUNG

Today we will head into the Chhukkung valley towards Island Peak base camp. The trail is an easy incline from Dingboche to Chhukkung where we will break the journey for the night.

[> Trekking Time 3 Hours](#) > [> Height 4730m](#)

Day 15 TREK FROM CHUKKUNG TO ISLAND BASE CAMP

We continue traversing grassy meadows to the rocky camp grounds of Island peak base camp. In the afternoon you can explore the nearby glacier lakes and search out noisy snow cock pheasants. Today we will check your mountain gear and do some basic training including clipping into fixed lines, ascending with a jumar, descending on an abseiling device, crampon technique, use of ice-axe including self-arrest and also practice rope skills in preparation for our summit bid beginning tomorrow.

[> Trekking Time 3 Hours](#) > [Height 5100m](#)

DAY 16 TREK FROM ISLAND BC TO HIGH CAMP

The normal route on Island Peak starts with a long rock scramble followed by a shorter snow line summit. We will take the opportunity to complete the climb in two phases to maximise summit success. The first stage requires a steep hike up the rocky scree to a high camp. We will rest in the afternoon to allow further acclimatise before the final summit climb the next day. It will be an early sleep so that we can be rested and up for an alpine start. >

[Trekking Time 4 Hours](#) > [Height 5600m](#)

Island Peak itinerary continued

DAY 17 SUMMIT ISLAND PEAK & RETURN TO BC

We will start in darkness before sunrise breaks. The route continues steeply up the lower flanks to snow fields near the summit. By early morning as sun is breaking across the valley, we'll x crampons to our boots and rope up for the last snow climb to the summit. The climb bypasses crevasses to a 50m snow wall. It's a vertical climb jumaring up the rope to the final short exposed summit ridge. At the summit you'll be surrounded by the now familiar Khumbhu giants, the most prominent being Ama dablam. The descent back to base camp is by the same route. You'll be back in camp by early afternoon to rest. Congratulations!!! > [Trekking Time 4 Hours](#) > [Height 6120m \(Summit\) and 5100m \(Base Camp\)](#)

DAY 18 WEATHER CONTINGENCY DAY

This is a free day to allow for any changes in the itinerary due to possible poor weather. You can use the day to rest, reflect and enjoy the views.

DAY 19 TREK FROM ISLAND BC TO DINGBOCHE

After completing our major trip objectives, the journey back is now easy and relaxing. Enjoy this period to absorb the colourful culture of Sherpa people as we trek again through numerous villages. The trek to Dingboche, our rst stop, is an easy angled descent through grassy meadows and high alpine scrublands.
> [Trekking Time 4 Hours](#) > [Height 4410m](#)

DAY 20 TREK FROM DINGBOCHE TO TENGOBOCHE

As we descend to lower altitudes, every step you take from here to Lukla, you will feel rejuvenated with increasing oxygen in the air. We have lunch at Pangboche, cross the river and pass through Deboche to reach our destination of Tengboche for the night. Tengboche monastery is famous for hosting the major Buddhist festival, Mani Rimdu, in November. The monastery itself was rebuilt after a fire in 1989. Visitors are allowed to observe prayer time with the monks at mid morning/mid afternoon. This is not to be missed! Also enjoy a cake at the bakery.

> [Trekking Time 4 Hours](#) > [Height 3860m](#)

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> [Trekking Time 6 Hours](#) > [Height 2840m](#)

DAY 22 TREK FROM MONJO TO LUKLA

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> [Trekking Time 3 Hours](#) > [Height 2840m](#)

DAY 23 FLY LUKLA TO KATHMANDU

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DAY 24 - KATHMANDU

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DAY 25 DEPART KATHMANDU

We bid Kathmandu and Nepal farewell. Until next time.

*"Its not the mountain we conquer
but ourselves"*

Sir Edmund Hillary

Trip Summary > Everest Base Camp

- 09 NOV >> ARRIVE IN KATHMANDU
- 10 NOV >> EXPLORE KATHMANDU
- 11 NOV >> FLY TO LUKLA AND TREK MONJO
- 12 NOV >> TREK FROM MONJO TO NAMCHE
- 13 NOV >> ACCLIMATISATION DAY IN NAMCHE
- 14 NOV >> TREK FROM NAMCHE TO PHORTSE
- 15 NOV >> TREK FROM PHORTSE TO PANGBOCHE 16
- 16 NOV >> TREK FROM PANGBOCHE TO DINGBOCHE
- 17 NOV >> ACCLIMATISATION IN DINGBOCHE
- 18 NOV >> TREK FROM DINGBOCHE TO LOBUCHE 19
- 19 NOV >> TREK LOBUCHE TO PRIVATE CAMP - CLIMB KALA PATHAR

- 20 NOV >> TREK TO EVEREST BASE CAMP
- 21 NOV >> TREK PRIVATE CAMP TO PHERICHE
- 22 NOV >> TREK PHERICHE TO TENGOBOCHE
- 23 NOV >> TREK TENGOBOCHE TO MONJO
- 24 NOV >> TREK MONJO TO LUKLA
- 25 NOV >> DEPART LUKLA FOR KATHMANDU
- 26 NOV >> IN KATHMANDU
- 27 NOV >> DEPART KATHMANDU

Trip Summary > EBC/ISLAND PEAK

- 09 NOV >> ARRIVE IN KATHMANDU
- 10 NOV >> EXPLORE KATHMANDU
- 11 NOV >> FLY TO LUKLA AND TREK MONJO
- 12 NOV >> TREK FROM MONJO TO NAMCHE
- 13 NOV >> ACCLIMATISATION DAY IN NAMCHE
- 14 NOV >> TREK FROM NAMCHE TO PHORTSE
- 15 NOV >> TREK FROM PHORTSE TO PANGBOCHE
- 16 NOV >> TREK FROM PANGBOCHE TO DINGBOCHE
- 17 NOV >> ACCLIMATISATION IN DINGBOCHE
- 18 NOV >> TREK FROM DINGBOCHE TO LOBUCHE
- 19 NOV >> TREK LOBUCHE TO PRIVATE CAMP - CLIMB KALA PATHAR

- 20 NOV >> TREK TO EVEREST BASE CAMP
- 21 NOV >> TREK PRIVATE CAMP TO DINGBOCHE
- 22 NOV >> TREK DINGBOCHE TO CHUKKUNG
- 23 NOV >> TREK CHUKKUNG TO ISLAND PEAK BASE CAMP
- 24 NOV >> TREK ISLAND PEAK BC TO HIGH CAMP
- 25 NOV >> SUMMIT ISLAND PEAK AND RETURN TO CHUKKUNG
- 26 NOV >> CONTINGENCY DAY
- 27 NOV >> TREK CHUKKUNG TO DINGBOCHE
- 28 NOV >> TREK DINGBOCHE TO TENGOBOCHE
- 29 NOV >> TREK TENGOBOCHE TO MONJO
- 30 NOV >> TREK MONJO TO LUKLA
- 01 DEC >> DEPART LUKLA FOR KATHMANDU
- 02 DEC >> IN KATHMANDU
- 03 DEC >> DEPART KATHMANDU

EBC/Island Peak >> trip summary

Disclaimer: Every effort has been made to ensure the accuracy of the information in this brochure. All information is provided in good faith. EverestOne reserves the right to make any changes if it becomes aware of any inaccuracy.



>> 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 pair of insulating gloves (need to be warm for summit day)
- 2 pairs thermal gloves
- 1 or 2 Beanies
- 1 Glacier glasses (category 4 lenses - I use Julbo)
- 1 pair goggles (Julbo or any ski goggles)
- 1 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 fleece or soft shell jacket
- 1 synthetic or down jacket (Arcteryx light down jacket — great for layering)
- 1 vest (IceBreaker vest and Salewa soft shell)
- 1 waterproof Goretex shell
- 1 or 2 mid layer long sleeve shirts
- 2 sets thermal tops (underwear)
- 2 trekking t-shirts

LOWER BODY

- 2 lightweight trekking pants
- 1 warmer pants (softshell preferred)
- 1 set windproof waterproof pant (over pant)
- 2 thermal bottoms (warm ones)
- 1 pair shorts (optional)
- Underpants (Icebreaker or similar recommended)

FEET

- 3 pairs trekking socks (e.g. Bridgedale, Lorpen, Smartwool)
- 1 pair summit socks (warmer by same brands)
- 2 pairs of thin polypropylene socks/liners
- 1 pair trekking boot or shoe. I wear La Sportiva approach shoes for the trek
- 1 Lightweight sandals for camp (optional)

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

*CLIMBING GEAR

- 1 pair boots
- Ice axe
- Jumar and abseiling device
- Climbing harness and helmet
- Karabiners (3 screw gate, 2 snap gate), prussic cord, slings
- *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

- 30+ litre day pack with comfortable harness
- 1 Head lamp (plus spare battery/bulb)
- 1 Thermarest or Exped sleeping mat (self-inflating)
- 1-2 tubes Zinc Sunscreen
- 2 tubes Lip balm (minimum 40 SPF)
- 2 One litre water bottles
- 1 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) best to have your tetanus up to date and Typhoid,
- 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. Glad bags for keeping your gear dry inside pack. (We use Sea to Summit dry stuff sacks)
- 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

A down jacket, and sleeping bag will be provided. If you prefer to use your own, feel free to do so. We recommend a good quality and warm 4 seasons sleeping bag. Nights can and will be cold.

You will also receive a duffle bag in Nepal, 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 Nepalese 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 2019 ADVENTURES

Yes Sign Me Up!

Everest Base Camp: 9th - 27th November 2019
Everest Base Camp / Island Peak climb:
9th November to 3rd December 2019

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



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: _____



Everest One
Finding your everest

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.

INITIAL ____

>> 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: _____



www.everestone.com.au

hello@everestone.com.au

www.facebook.com/everestoneaus

PO Box 747, New Farm, QLD, 4005, Australia