



>> Everest Base Camp

>> APRIL 2019



Join us for a once in a lifetime opportunity to the REAL Base Camp.

>> Namaste!

Thank you for your interest in our Everest Base Camp 2019 Expedition. If you're looking for some new adventures and challenges, then why not join us for this trip of a lifetime! Everest One is the only Australian trekking company with exclusive access to stay in Everest Base Camp for 2 nights.

This is a great trip for anyone who wants to experience the magic of the Himalayas, walking in the steps of Sir Edmund Hillary whilst trekking to and staying in Everest Base Camp for two nights. 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 you joining us on this trip of a lifetime!

Allan & Sharon Cohrs

**LET US
TAKE YOU
TO NEW HEIGHTS**



>> 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, 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).

>> welcome >> your adventure begins



Trek through some of the world's most spectacular mountain scenery.

>> About

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), Makalu (8463m) and Shishapangma (8013m).

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 yak and porters carrying supplies to Everest base camp (EBC). This unique opportunity gives a chance to mix with excited and anxious climbers, and gives close up views of the infamous Khumbu ice fall. The route 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.



>> Quick Trip Notes

Country >> Nepal

Trip >> Everest Base Camp

Grade >> Moderate

Highest altitude >> 5550m

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

Activities >> Trekking

Travel Insurance >> Recommended

>> trip overview

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

>> 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. Having led many treks and climbs at high altitude including a 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 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 ibuprofen and general antibiotic. 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.

>> Our Route

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 traveled 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. We acclimatise in Dingboche first before trekking the last few kilometres of a high altitude trail to EBC. The view of Everest and Lhotse from Kala Pattar, our highest point, is a magnificent reward!

The return route passes through Tengboche and the Tengboche monastery. This is the largest monastery in the region and is open to visitors to share prayer time with monks.

Exclusions

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

>> Details

DURATION >> 19 Days

GRADE >> Moderate

DEPARTS >> 6 APRIL 2019

>> Cost

EVEREST BASE CAMP >> AUD\$ 3995.00

SINGLE SUPPLEMENT >> AUD\$500.00

>> Highlights

- > Stunning views of Everest, Lhotse, Nuptse & Ama Dablam
- > Colourful Buddhist culture
- > Spirited Sherpa people
- > 2 nights in actual base camp staying amongst expedition teams and climbers
- > Up close insight of Everest Expeditions operations
- > Tengboche Monastery
- > Alex Lowe Charitable Foundation's Khumbu Climbing School

>> Inclusions

- > 18 breakfasts, 14 lunches and 14 dinners
- > 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 >> 19 days

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!

A Himalayan Ascent 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 clockwise 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.

>> **B, L, D >> 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.

>> **B, L, D >> 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. >> **B, L, D >> Height 3440m**

>> 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.

>> **B, L, D >> 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.

>> **B, L, D >> 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. Play a game of snooker and do some much needed laundry. There are a few bakeries you can try too.

>> **B, L, D >> Trekking Time 4 Hours >> Height 4410m**

>> everest base camp >> 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.

>> B, L, D >> 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.

>> B, L, D >> Trekking Time 5 Hours >> Height 4910m

>> DAY 11

TREK LOBUCHÉ TO EVEREST BASE CAMP

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.

>> B, L, D >> Trekking Time 7 Hours >> Height 5364m

>> DAY 12

REST DAY IN 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 lower reaches of the Khumbu ice fall** 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.

>> B, L, D >> Height 5364m

>> DAY 13

TREK EBC TO PHERICHE VIA KALA PATTAR

(Kala Pattar optional - time permitting)

From Gorak Shep and EBC, Pumo Ri (7165m), Lingtren (6749m) and Nuptse (7861m) are clearly visible. However, Everest and Lhotse are largely blocked by the face of Nuptse. To see these mountains, we must climb another vantage point behind Gorak Shep known as Kala Pattar or "Black Rock". It will be an early start from EBC to reach Kala Pattar summit (4 hr). At 5550m, this is the highest point on our trek! The summit provides a close and unobstructed view of Everest and Lhotse, undoubtably a worthy reward for making the strenuous climb to the summit. We drop back to Gorak Shep for a snack before making the descent to Pheriche.

>> B, L, D >> Trekking Time 7 Hours >> Height - EBC 5364m,

>> DAY 14

TREK 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.

>> B, L, D >> 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.

>> B, L, D >> Trekking Time 5 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.

>> B, L, D >> Trekking Time 3 Hours >> Height 2840m

>> everest base camp >> detailed itinerary

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

>> 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 trek. A massage is highly recommended!

>> **Breakfast**

>> DAY 18 KATHMANDU

Our last day to catch in some sight seeing, shop, relax and prepare for departure. 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 talents. >> **Breakfast**

>> DAY 19 DEPART KATHMANDU

We bid Kathmandu and Nepal farewell....until next time. >> **Breakfast**

Note: daily walking hours are a guideline only.



>> 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 duffel 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 (20-40LL, 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

- 6 APRIL >> ARRIVE IN KATHMANDU
- 7 APRIL >> EXPLORE KATHMANDU
- 8 APRIL >> FLY TO LUKLA AND TREK MONJO
- 9 APRIL >> TREK FROM MONJO TO NAMCHE
- 10 APRIL >> ACCLIMATISATION DAY IN NAMCHE
- 11 APRIL >> TREK FROM NAMACHE TO PHORTSE
- 12 APRIL >> TREK FROM PHORTSE TO PANGBOCHE
- 13 APRIL >> TREK FROM PANGBOCHE TO DINGBOCHE
- 14 APRIL >> ACCLIMATISATION IN DINGBOCHE
- 15 APRIL >> TREK FROM DINGBOCHE TO LOBUCH
- 16 APRIL >> TREK LOBUCH TO EVEREST BASE CAMP
- 17 APRIL >> REST DAY IN EVEREST BASE CAMP
- 18 APRIL >> TREK FROM EBC TO PHERICHE VIA KALA PATTAR
- 19 APRIL >> TREK FROM PHERICHE TO TENGBOCHE
- 20 APRIL >> TREK FROM TENGBOCHE TO MONJO
- 21 APRIL >> TREK FROM MONJO TO LUKLA
- 22 APRIL >> FLY FROM LUKLA TO KATHMANDU
- 23 APRIL >> KATHMANDU
- 24 APRIL >> DEPART KATHMANDU

>> everest base camp >> detailed itinerary

“Its not the mountain we conquer but ourselves”

- Sir Edmund Hillary

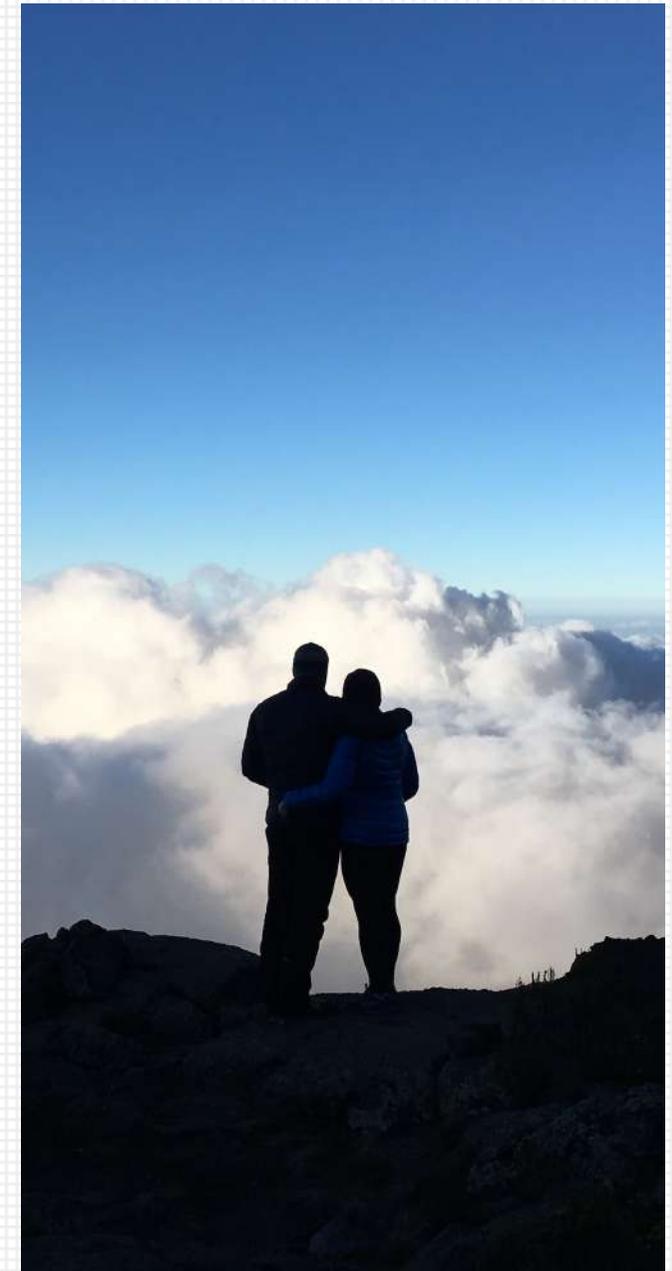
>> *Packing List

- 30+ litre day pack with comfortable harness
- Trekking clothes (1 shorts, 2 t-shirts, 1 pants, etc)
- 1 set windproof/ waterproof shells
- 1 fleece (mid-heavy weight)
- 1 mid layer shirt or fleece
- 1 fleece pants
- 2 sets thermal underwear (top/ bottom)
- 1 pair of insulating gloves
- 3 pairs of trekking socks
- 2 pairs of liner socks
- 1 pair of waterproof trekking boots
- 1 pair of sandals (e.g. crocs)
- 1 set of trekking poles (optional)
- 1 Beanie
- 2 sets of buff / scarf
- 1 sunglasses (category 3)
- 1 sunhat
- 2 One litre water bottles (e.g. Nalgene, BPA free)
- 1 head torch (plus batteries),
- Whistle, pocket knife
- Personal toiletries (including any medication, sunscreen, hand sanitiser, face/ body wipes etc.)
- Passport, travel insurance (including mountain rescue)
- Books, notebook, camera, cards
- Sleeping bag/mat, down jacket provided by Everest One

***This is an example of the minimum requirements for the Everest Base Camp trek and a more detailed list will be sent.**

>> Checklist

TO DO	DATE	ACTIVITY	COMPLETED
Register	Immediately	Your \$500 deposit secures your spot. Congratulations!	<input type="checkbox"/>
Balance of payments	60 days prior to departure	Pay remaining balance.	<input type="checkbox"/>
Depart Kathmandu for Everest Base Camp	Saturday, 6 April, 2019	Now its time to trek new heights in Nepal	<input type="checkbox"/>



**BOOK NOW FOR OUR
2019 JOURNEY**



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

>> Yes Sign Me Up!

Everest Base Camp
6th April - 24th April 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: _____



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: _____



>> **Contact: 1300 820 866**

www.everestone.com.au

admin@everestone.com.au

www.facebook.com/everestoneaus

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

