



KILIMANJARO

Lemosho Route

2nd - 13th December, 2022



Join us on a magical journey to the roof of Africa - Mount Kilimanjaro

Lemosho route to Mt. Kilimanjaro is still known as one of the most beautiful and untouched approaches. Apart from the incredible scenery, landscapes and amazing views of Kilimanjaro and the surrounding vistas, it also has the benefit of not attracting the large crowds. This trip is a great starting point for anyone who wants a challenging trek and experience high altitude.

The Everest One team is highly experienced with many successful trekking and mountaineering expeditions. They have the necessary skills and experience to manage any challenges that may come up along the way.

Everest One always offers premier climbing experiences, and Kilimanjaro 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.



> About Everest One

Everest One is known as one of the most exciting and credible Australian trekking and climbing companies. Already recognised around the world for the premium adventures we offer in Nepal, Africa, and South America. 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 on every trip but also support in the lead up to our adventures. 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



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 Himalayas, Africa, South America and Australia, Allan delivers a personalized service, focused on providing a safe, professional experience for his clients.

He has guided in all corners of the globe including 10 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 and Island Peak and numerous other 6000m+ climbs including Aconcagua, the highest peak in South America.

Together with expert guides and climbers under his leadership and Everest One flag, Allan always encourages his clients to try harder and dig deeper when the journey seems to get tougher, eventually leading them to the summit, while prioritizing on everyone's safety and well being from start to finish.

Local Guides & Porters

In addition, your team will be supported by wonderful local guides and porters!

Team Safety & Trek Support

Your team leaders are experienced in high altitude medicine and first aid, and will help you with any altitude mountain sickness symptoms that you may experience. We will provide you with information before your trip begins on what to expect, and we will brief you along the way and make sure your experience is as comfortable as possible.



> Quick Trip Notes

- **Country:** Tanzania, Africa
- **Trip:** Mount Kilimanjaro
- **Grade:** Moderate to challenging
- **Highest altitude:** 5895m
- **Visa Requirements:** Australians need a visa to travel to Tanzania. Passport holders of other countries should check requirements.
- **Vaccinations:** Please check with your travel GP
- **Trip Duration:** 12 days
- **Activities:** Trekking
- **Travel Insurance:** Recommended

Your trip leaders

The panoramic views from the top of Mt Kilimanjaro must be seen to be believed

> Lemosho Overview

Lemosho route uses a remote camp above the overcrowded base camp. This gives climbers an excellent opportunity to reach the summit, with a shorter time for summit push. There is also a rest day factored in on the day before the climb, giving climbers the opportunity to head out on an acclimatisation walk, or if they are feeling strong, go straight for the summit. This relatively new route gives climbers views of both sides of the mountain, provides greater flexibility, allows the body to acclimatise and has an exceptional summit rate, with Everest One currently boasting a 100% success rate via this route.

Approaching Mt Kilimanjaro from the west, we begin our trek with a long drive from Moshi to the Londorossi Gate. We spend the next four days trekking through ever changing habitation, from rainforest to low lying shrubs, wild flowers, volcanic rock to the amazing Sonecia trees. As we climb higher, we reach the Lava Tower at above 4000m before dropping down to the breathtaking vista at Baranco camp. From there, we climb the Baranco Wall before passing through the overcrowded camp at Barafu and climbing a little higher to reach our private permit base camp, where we will spend two nights. We now have the opportunity to head out on an acclimatisation walk, or if we are feeling strong, aim for the summit.

For those interested in seriously challenging themselves, there is also the unique opportunity to attempt a 2nd summit the following day from our base camp. Once we have reached our goal, we descent the mountain via the Mweka route, giving you another perspective and time to reflect on what you have just achieved.



> Details

- DURATION: 12 Days
- GRADE: Moderate to Challenging
- DATES: 2nd – 13th December, 2022
- COST: AUD\$5750

> Inclusions

- 3 star hotel accommodation in Moshi
- 2 nights accommodation before & after trekking
- All food on the climb
- Transfer to and from the gate
- Experienced western & local mountain guides
- Highly trained cook and porters
- All team camping & cooking equipment on the climb
- First aid kit & emergency oxygen
- Sleeping Mat
- Park, Camping, Rescue, and Forest Fees
- Guides and porters wages
- Government taxes VAT 18%

> Exclusions

- Airfare & Travel Insurance
- Vaccinations
- Visa
- Transport to and from the airport
- Drinks & items of personal nature
- Tips for guides and porters
- Dinner and lunch for the first two nights & last night
- Personal equipment for mountain climbing

Trip overview: duration 12 days



Coming here is all about gazing in awe at a mountain on the equator capped with snow

> DAY ONE ARRIVE KILIMANJARO AIRPORT

Your adventure begins! Today, you arrive at Kilimanjaro Airport (JRO). You will be met at the airport by a team representative and transferred to the team hotel. Depending on your time of arrival, we will meet for a team dinner and sleep overnight.

Elevation 850m

> DAY TWO REST DAY

Today is a day of leisure, allowing you to settle into the relaxed African lifestyle. Forget about your watch, you are now on African time. Your Trip Leader will deliver a thorough briefing regarding daily routines, timings, altitude, safety and other important topics. A final gear check will be done before you will have the chance to head out for any last minute supplies. Early to bed tonight in anticipation for the start of an amazing adventure. **Elevation 850m**

> DAY THREE TRANSFER TO LONDOROSI GATE

Depart Moshi after breakfast and transfer to Londorossi Gate (2375m) which takes around 4 hours for registration accompanied by Everest One guide, experienced local guides along with our team of cooks and porters. After clearance proceed to Lemosho trailhead by 4WD jeep for luggage weighing before we set forth on our trek towards Forest Camp which takes between 3- 4 hours. Dinner and Overnight at Mti Mkubwa (Forest Camp)

Elevation 2650m >> 2-3 hours >> Habitat: Rainforest

> DAY FOUR MTI MKUBWA (FOREST CAMP) TO SHIRA 1 CAMPSITE

Leave Mti Mkubwa after breakfast to Shira 1 Campsite. We will stop for lunch on the way. Along this stage the weather becomes drier whilst the terrain consists of tall grasses, heather and volcanic rock whilst offering views of Kibo. Dinner and overnight at Shira 1 campsite. **Elevation 3700 >> 4-5 hours >> Habitat: Heath**

> DAY FIVE SHIRA 1 to SHIRA 2 CAMPSITE

Leave Shira 1 Camp after breakfast to Shira 2 Camp with picnic lunch on the way. The Terrain here is relatively flat and easily from Shira 1. It covers more heather and moorland zone abundant with wild flowers and unique Senecio trees. Dinner and overnight at Shira 2 campsite.

Elevation 3850m >> 4-5 hours >> Habitat: Heath

> DAY SIX SHIRA 2 CAMPSITE TO BARANCO

Leave Shira 2 campsite after breakfast to Baranco. The terrain here is more of alpine desert zone and moorland desert zone especially in the Baranco valley. We will be able to reach lava tower at 4600m. The vegetation here features the stunning and unique Senecio trees and Lobelia plants around the campsite.

You will arrive in Baranco at the same height that you started, however due to the climb above 4000m, this day is extremely important as it helps you acclimatise and prepare for our upcoming summit bid. Dinner and overnight in Baranco camp.

Elevation 3900m >> 5-6 hours >> Habitat: Alpine desert

> DAY SEVEN BARANCO TO KARANGA CAMP

After morning breakfast we leave Baranco climbing out of camp via the Baranco Wall. It is a comfortable yet stunning rock scramble ascending rapidly gaining 300m of ascent. It is a safe climb with many flat view points along the way. We continue short climbs and descents before reaching the top of a ridge which affords us open views across to our camp. The vegetation is more Alpine desert whilst the air is very dry requiring you to take more water. This is a true highlight of the trek in and one of those days you will never forget.

Elevation 3995m >> 3-4 hours >> Habitat: Alpine desert

> DAY EIGHT KARANGA CAMP TO KOSOVO CAMP VIA BARAFU CAMP

We leave Karanga Camp to Barafu Camp where we connect at a junction with the Mweka Trail then continue up to the Barafu Camp (4673m). You will be offered views of the summit from many different perspectives. We finalise our permit at Barafu before continuing on, climbing through switch backs of scree and rock to our private camp at Kosovo.

Once in camp, we are able to see our climbing route all the way to Stella Point, with unobstructed views across to Mawenzi Tarn, the 2nd highest peak and extinct volcano. We will get some much needed rest and food before we prepare for our acclimatisation walk or summit push depending on how the team is feeling. Dinner and overnight at Kosovo Camp.

Elevation 4873m >> 4-5 hours >> Habitat: Alpine desert

Lemosho route: detailed itinerary

This is one of life's great moments with a sunrise you will never forget

> DAY NINE KOSOVO CAMP (ACCLIMATISATION DAY)

After breakfast we leave Kosovo Camp accompanied with picnic lunch boxes. We will head up the steep, switch back route of scree and rock leading up to Stella Point (5756m). Depending on how the team is feeling, or for those who want to continue, we have the option to head directly for the summit from Stella Point, which is only a short 1 hour push from there.

For those that just wish to gain a few hundred metres of altitude from camp, and then head back to camp to rest and prepare for the summit the following day, that is also an option. Many climbers enjoy climbing together as a team and will often make the decision depending on how the team are feeling overall. Dinner and overnight at Kosovo Camp. **Elevation 4873m >> 4 hours >> Habitat: Glacial/volcanic rock**

> DAY TEN KOSOVO CAMP — SUMMIT — MWEKA CAMP

We eat an early breakfast and leave camp, bound for the summit at around 4am. We are aiming to reach Stella Point before sunrise so that we afforded incredible views as the planet wakes up with brilliant red rays filtering through with the Mawenzi in the forefront. This really is one of life's great moments and a sunrise you will never forget.

From there it is a short push to Uhuru at 5895m. You will be now standing on the roof of Africa, on the summit of the highest freestanding mountain in the world. Time to grab your photos, call your loved ones or just take in the experience. After taking in the amazing views, along with an unbelievable sense of pride you will be feeling, we commence the descent down to Kosovo Camp for a hot lunch before continuing on to Mweka Camp.

Elevation 5895m > Summit 7 hours > Habitat: Glacial/Moorland

> DAY ELEVEN MWEKA CAMP TO MWEKA GATE

After breakfast leave Mweka Camp which takes between 3 to 4 hours. After clearance and being awarded with your Certificate acknowledging that you have reached the highest Peak of Africa, we then transfer back to our hotel in Moshi for a much deserved hot shower and group celebration.

Elevation 4873m >> 4 hours >> Habitat: Glacial/volcanic rock

> DAY TWELVE TIME TO HEAD HOME, JOIN A SAFARI OR EXPLORE

After breakfast, your trip concludes. You will be transferred to Kilimanjaro International Airport for your departure home. See you on the next adventure! **Elevation 850m**

> Trip Summary

Day 1 >> ARRIVE AT KILIMANJARO AIRPORT
Day 2 >> REST DAY
Day 3 >> TRANSFER TO LONDOROSI
Day 4 >> MTI MKUBWA TO SHIRA 1
Day 5 >> SHIRA 1 TO SHIRA 2 CAMPSITE
Day 6 >> SHIRA 2 TO BARANCO
Day 7 >> BARANCO TO KARANGA CAMP
Day 8 >> KARANGA CAMP TO KOSOVO
Day 9 >> KOSOVO CAMP
Day 10 >> SUMMIT DAY
Day 11 >> MWEKA CAMP TO MWEKA GATE
Day 12 >> DEPART FOR HOME



Lemosho route: detailed itinerary



Everest One
finding your Everest

Packing list for Mount Kilimanjaro

BAGS

- 1 x 25 – 35 liter Backpack
- 1 x 80 liter+ Duffel Bag



FEET

- 3 x trekking socks
- 2 x liner socks
- 1 x waterproof trekking boots/shoes
- 1 x camp shoes/sandals



HEAD / HANDS / EYES

- 1 x pair insulated waterproof/windproof gloves
- 1 x pair thermal gloves
- 1 x Beanie
- 1 x sunglasses (category 3 or 4 lenses)
- 1 x Sunhat (wide brim)
- 2 x buff (great for covering face when dusty, sun protection and over the face on summit day)
- 1 x head lamp (plus spare battery/bulb)

UPPER BODY

- 1 x Down Jacket
- 1 x soft shell/ light weight fleece jacket
- 1 x micro down jacket (synthetic or down)
- 1 x waterproof/windproof jacket (Goretex)
- 2 x mid layer long sleeve shirt – quick dry
- 1 x mid layer long sleeve shirt – quick dry
- 2 x synthetic or Merino wool t-shirts
- 2 x thermal top

LOWER BODY

- 2 x trekking pants
- 1 x softshell pants
- 1 x shorts or zip-off pants (optional)
- 1 x windproof waterproof pants (optional) 2 x thermal bottoms

IMPORTANT ESSENTIALS

- 1 x pair trekking poles (optional)
- 1 x travel towel (microfibre are best)
- 1 x small face cloth
- 2 x small bottles hand sanitiser (important)
- 1 x tube Sunscreen
- 1 x tube Lip balm (minimum 40 SPF)
- Spare laces (important)
- Camera (take extra battery)

SLEEPING

- 1 x inflatable sleeping mat
- 1 x 4 season Sleeping Bag

HYDRATION

- 2 x one liter water bottles or 2 liter Camelbak bladder

TRAVELLING DOCUMENTS

- Passport (plus 2 photocopies of passport) 4 passport size photos
- Airline tickets
- Travel insurance
- Wallet/Pouch for travel documents/money and passport

FIRST AID KIT

- Panadol
- Ibuprofen
- Band-aids
- Blister Pads
- Ointments





Sign Me Up

Mt. Kilimanjaro - Lemosho Route
2nd - 13th December, 2022

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.

>> 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.

SIGNATURE: _____

PRINT NAME: _____

DATE: _____



www.everestone.com.au
hello@everestone.com.au
www.facebook.com/everestoneaus PO
Box 747, New Farm, QLD, 4005, Australia

