

## **Trek to Everest Basecamp – and support the Juniper Trust and the Jersey-based Gerard Le Claire Environmental Trust**

18 days - A spectacular trek in the Everest National Park – Sightseeing in colourful Kathmandu – Unforgettable Lukla flight - The charming Sherpas – Inspiring views of Everest, especially from Kala Patar

**Dates: Sat 18 Dec – Tue 4 Jan**

**Trip Ref. EBTC.1**

<b>Trip Cost: Flight inclusive (from London, Heathrow)</b>	<b>£</b>
<b>Trip Cost: Land Only (join in Kathmandu)</b>	<b>£</b>
<b>Insurance Cost:</b>	<b>£109</b>
<b>Annual Insurance Cost:</b>	<b>£149</b>

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**£750 Sponsorship Required....** In addition to the trip cost, participants will be required to raise a minimum of £750, which will be used to fund the ongoing projects of both the Juniper Trust and the Gerard Le Claire Environmental Trust. NOTE: None of the funds raised will be used to pay for the cost of the trip, but will benefit the trusts directly.

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### **Associated charities**

#### **1). The Juniper Trust**

The Juniper Trust, a UK Registered Charity (1053356), was founded in 1994 by Angela Locke. Originally dedicated to improving educational and health standards in Nepal, the Trust aims to direct its resources to those most in need and to work in partnership with local people. Facilitating an exchange of skills and knowledge and the development of friendship through close and equal contact, this approach has proved to be both successful and rewarding.

Historically, the Juniper Trust has focused on education projects in Nepal and has undertaken building work at a number of schools in Kathmandu. The work has typically involved rebuilding, reroofing, building additional classrooms and toilet facilities and the provision of clean water supplies. However, during 2003 the Trust began to broaden its scope to include projects in Ladakh, Peru and Tibet.

KE Adventure Travel works in partnership with the Juniper Trust, researching potential small-scale, sustainable aid projects. The Trust then identifies which projects are likely to generate the most long-term benefit and KE uses its expertise and local knowledge to ensure sponsorship and funds are successfully distributed. KE is involved with the Trust at committee level and also (in conjunction with local agents and contacts) undertakes to oversee much of the work which is carried out in the name of the Trust.

The Juniper Trust is run completely by volunteers and (unlike many charities) 100% of donations go directly to the intended project work.

For more information about the Juniper Trust, pictures, feedback from volunteers, updates on projects and how to become involved as a volunteer or donor, log on to the Juniper Trust website - [www.thejunipertrust.com](http://www.thejunipertrust.com) The Juniper Trust, PO Box 104, Keswick, CA12 5WD.

#### **2). The Gerard Le Claire Environmental Trust**

The Gerard Le Claire Environmental Trust was launched in November 2001 following Gerard's tragic death, aged 35, whilst serving the United Nations on a humanitarian aid mission in Mongolia. Gerard Le Claire, a respected environmentalist and humanitarian, was born and raised in Jersey and the work of the Trust reflects many of his values and aims. His profound love of the natural world led him to work with great passion and dedication to ensure that decisions affecting both Jersey and its relationship with the wider world recognised the value of our environment. At the time of his death he was Director of Environment for

the States of Jersey, and spent up to six weeks per year serving as part of the UN Disaster Assessment and Co-ordination (UNDAC) team, responding to environmental and humanitarian disasters across the world. These missions, which included operations in Rwanda following the genocide, made a profound impression on Gerard.

The aim of the Trust is to follow his ideals by enabling people to advance a range of policies and practices that sustain the environmental riches of the Island of Jersey (Channel Islands) and our planet for the benefit of this and future generations.

Since its launch in November 2001, the Trustees have been busy laying the foundations for the future. The aim is to start in a measured way, which ensures that expectations can be set, met and then raised in a sustainable manner. To date, we have concentrated on setting up what we hope will become annual events, which combine fund-raising with raising awareness about local and global environmental issues, working at both a strategic and practical level.

**Fund-raising activities** include:

- *Annual lecture* on a theme related to the aims of the Trust. The Trustees were honoured to secure inspirational entrepreneur Tim Smit, Director and Co-founder of the world-renown Eden Project to deliver the sell-out inaugural lecture in January 2003.
- *Green Day* (next on 26/09/03) in which organisations and individuals across the Island are encouraged to wear something green and forsake their car for the day.
- *Annual Ball* an event, which celebrates the Trust's activities each year. The third annual ball on 18<sup>th</sup> October 2003, will include the launch of the Environment Awards.
- *Lè Vért Don*, literally translated from Jerriase (Jersey Norman-French) as 'green gift', this fund-raising initiative aims to bring tourism and conservation together by providing visitors with the opportunity to contribute to the environment they have come to enjoy.

These activities have enabled the Trust to support a **wide range of initiatives**, including:

**Practical projects:**

- § *Tree-planting* at La Crête headland.
- § *Summer nesting boxes* for the Natterer's bat, an endangered species in Jersey.
- § *Aluminium can banks* for schools.

**Awareness-raising:**

- § *Interpretation leaflet* for Jersey's south-east coast, an area of international importance.
- § *Funky Junk*: a project combining art with environment. 1,700 Channel Island school children were taught about global and local environmental issues and then made rainforest and local animals from recycled rubbish from home using traditional craft techniques (see: [www.awonderfulworld.org.uk](http://www.awonderfulworld.org.uk)).
- § Contribution towards a *film* about Jersey's south-east coast by award-winning Sue Daly.

**Monitoring and research:**

- § *Porpoise and dolphin detector* (POD) to monitor local cetacean populations.

To date the Trust's work has been met with overwhelming support and positive feedback. We would like to continue in this vein as we expand our activities in the years to come. Ideas for future initiatives are always welcome. As the Trustees' time is given voluntarily, every penny we raise goes directly to local environmental projects.

Please visit the website [www.gerardleclairertrust.org](http://www.gerardleclairertrust.org) for more information.

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## **Fund-raising and payment of the charitable contribution**

Individual participants will be responsible for raising a minimum charitable contribution of £750. This money must be paid into a dedicated Jersey bank account at least two months before the trip departure date. In the case of money raised through sponsorship, which will not be received by the participant until after completion of the trip, payment can be deferred. In this case, however, an agreement will have to be entered into between the participant and the organisers (The Jersey Connection) to guarantee payment of the minimum amount of £750.

Please refer to the section on How to Book for information about the payment of the trip cost.

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## **The Jersey Crew**

For information about group fund-raising activities and for information about the involved charities and the Jersey connection, please contact.

### **Cheryl Frost**

Jersey resident Cheryl's involvement with the Juniper Trust came about as a result of her work as a trekking guide for KE Adventure Travel in Nepal. Having originally qualified as a PE teacher, Cheryl's particular interest is in the development of education in the more rural villages.

"Travelling through remote areas, I found it hard to just walk through without trying to give something back. I am always touched by the people we meet and feel privileged to be able to visit parts of the world where the people may not be rich, but are richer in life than we ever will be."

Cheryl is enthusiastic to get others to combining their adventure holiday with an element of fundraising for the area that they are visiting. In this way, the traveller can reflect not only on a memorable trip, but also on the fact that he or she has made a small contribution. Cheryl sees the Juniper Trust as a means to provide funds for the remoter areas and also, perhaps, to change the horizons of a few individuals.

### **Tonya Caratsis**

Tonya Caratsis has lived and worked in Jersey for the last 14 years, having arrived on the island from Kenya, where she was born. Living the first 19 years of her life in Africa, Tonya has a love of the 'great outdoors' and has always had a thirst for exploring new places and experiences.

Tonya met Cheryl last year on a Jersey Overseas Aid trip to Nepal. Subsequently, the 'Cycle Tibet 2003' challenge was conceived and ultimately carried through! The difficulties involved in the organisation of this tough expedition (which proved to be a great fund-raising success) has cemented their joint ambition to continue to inspire the adventurous spirit in people and, by so-doing, to further their fund-raising efforts.

### **Sarah Le Claire**

Sarah chairs the board of Trustees of The Gerard Le Claire Environmental Trust. She is an environmentalist with a background in marine conservation. Sarah and Gerard met in 1995, whilst she was undertaking her MSc thesis on Jersey's coast. They were married in October 2000. Having travelled extensively herself, Sarah shared Gerard's passion for both global and local environmental and humanitarian issues. She is delighted to join Cheryl and Tonya in providing the opportunity to combine an adventurous challenge with raising money for worthwhile causes.

### **How to contact us:**

Cheryl	email:	anything@pureadventures.co.uk
Tonya	email:	anything@pureadventures.co.uk
	Tel (M):	07797 726059
Sarah	email:	mail@gerardleclairetrust.org
	Tel (M):	07797 713965

### **The Partnership**

The partnership of the The Juniper Trust, The Gerard Le Claire Environmental Trust and KE Adventure Travel in the 2004 Year of Adventure is particularly appropriate. A common ideology links the three organisations – the understanding of the need for a responsible approach to adventure travel, which involves respect for the people and environment of the host country and which also makes provision for 'giving something back' to the areas visited.

All of the funds raised will be split evenly between The Juniper Trust and The Gerard Le Claire Environmental Trust. The Juniper Trust will utilise the funds in environmental projects in the countries that are visited during the Adventure Year. The Gerard Le Claire Environmental Trust will use the funds locally within Jersey to continue its excellent, ongoing work.

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### **KE Adventure Travel & Responsible Tourism**

As adventure tourism becomes more popular, the world's fragile mountain environments are coming under increasing pressure. Adventure travel companies need to be acutely aware of their responsibilities with

regard to these wilderness environments and the local communities they sustain.

Since running its first trip in 1984, KE has been committed to minimising its environmental impact. Group sizes are limited to 16 or less and a statement of the company's Mountain Code, including guidelines for responsible and appropriate conduct, is provided to all clients, trek leaders, agents and staff. Amongst the practical steps included in the code is a policy of always carrying out (and properly disposing of) every scrap of rubbish created by KE groups – aiming to leave every campsite cleaner than it was at the time of the group's arrival.

The hard work and expertise of local support crews, including drivers, porters, mule-herders and cooks is of course integral to providing KE clients with the best possible holiday experience. However, in recent years attention has focused upon the scant regard that some trekking companies have for the welfare of their local staff. KE ensures that porters are equipped with appropriate clothing and equipment and requires its leaders to report upon the welfare and working conditions of the local trek staff. KE also enlists the help of its clients in ensuring that standards are maintained, by drawing attention to these issues on its post-holiday questionnaire.

In addition to ensuring that its own working practices are as sensitively organised as possible, KE is pro-active in promoting the need for responsible tourism. KE is a full member of AITO (The Association of Independent Tour Operators) and adheres to their Quality Charter and Responsible Tourism Guidelines. In 2003, KE's commitment to Responsible Tourism was recognised by the award of 2-Star status by AITO. In recent years, the thrust of KE's efforts to make a positive contribution to the places in which it operates has been directed through the company's close association with the Juniper Trust.

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## Everest Basecamp Trek

**3 nights hotels, 13 nights camping, 13 days MODERATE trekking,  
max. altitude - 5600m. All meals included.**

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The Mount Everest National Park has been a popular destination for trekkers and climbers alike, since the very first expeditions to the Nepalese side of Everest in the 1950's. This excellent short trek offers the chance to follow the classic "Everest Trail" to Everest Basecamp and to experience the wonderful mountain scenery of the Khumbu, within a little over 2 weeks. A memorable flight from Kathmandu to the airstrip at Lukla takes us into an alpine world where the air is crystal clear and colourful prayer flags flutter from the rooftops. We then trek to the prosperous village of Namche Bazaar and onwards, alongside the torrential Imja Khola, to the high valley below Everest. During the course of this excellent and relatively easy-paced trek, we visit many delightful Sherpa villages, including the stunningly located Thyangboche with its impressive backdrop of Everest and Ama Dablam. The high point of our trek is at Everest Basecamp, close up beneath the spectacular "Khumbu Icefall" which leads up to the South Col and was the route taken on the first ascent of Everest. Offering a taste of the Khumbu that is hard to beat within just 18 days, this is an excellent trip for a first visit to the Nepal Himalaya.

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## Itinerary

*The following day-to-day schedule should be taken only as a general guide. Even though we update our itineraries every year to take into account such things as: changes to trekking routes and changes in the routing or availability of local transport, it is not possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. A variety of factors, including adverse weather conditions and difficulties with transportation, can lead to enforced changes. The trip leader will make any changes, which are necessary.*

Day 1. Check-in, Terminal 3, Heathrow Airport, three hours before your departure. Depart UK.

Day 2. Arrive Kathmandu late afternoon. You will be met by your KE guide, or a representative. Transfer

to the Vaishali Hotel. This 4-star hotel is situated at the heart of the central Thamel district and is ideally situated for exploring Kathmandu. It has 95 guest rooms with air-conditioning, en suite facilities and satellite TV in all rooms. Leisure facilities include a swimming pool and a rooftop restaurant.

Day 3. After breakfast in the hotel we take a bus to the domestic terminal of Kathmandu Airport for the 35 minute flight to Lukla. Landing on the narrow, sloping runway in the heart of the mountains is a very spectacular way to arrive. To assist with acclimatisation, we allow two days for the walk up to Namche Bazaar. We start our trek with an easy downhill leg, from Lukla to Phakding beside the river. 2 hours walking to our first camping place.

Day 4. A very pleasant walk by the river through pine forest leads to Jorsale and the entrance to the Khumbu National Park. Dropping to the river, a suspension bridge is crossed and a good path followed, passing numerous tea houses to cross the river once again on a plank bridge. The first view of Everest is gained upon reaching a tea shop about an hour and a half below Namche at an altitude of around 3400 metres. Camp is made outside one of the many lodges which hereabouts boast some of the finest tea shop food in Nepal.

Day 5. Namche Bazaar (3400m.) is tucked away between two ridges amongst the giant peaks of the Khumbu. Known as the trekkers "Mecca," Namche boasts an abundance of lodges and souvenir shops. It is an ideal place to spend a rest day, acclimatising to the new altitude before heading off towards Thyangboche. Options for acclimatisation walks include the one-hour walk up to the Everest Hotel above Namche for the sunset view of Ama Dablam, Nupste, Lhotse and Everest.

Day 6. An easy day, but very spectacular in terms of scenery. The main trail out of Namche heads in a northwesterly direction. Following this trail, a short climb to a ridge crest reveals a wonderful view towards Everest, Lhotse and Ama Dablam. Reaching Kangjuma we begin a long traversing descent to the bridge across the Imja River at Phunki. Beyond the river, we climb a long ridge to Tyangboche where rebuilding work has recently been completed on one of Nepal's finest monasteries, which was destroyed by fire a few years ago. We have the chance to look around the monastery. This is a popular place to camp as it not only affords a good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. Sunset is particularly impressive.

Day 7. Three or four hours trekking takes us to the village of Pangboche, where there is the oldest monastery in the Khumbu. After lunch, we continue, gaining height only very gradually, to Dingboche at the entrance to the Khumbu Valley. We camp outside one of the lodges in this picturesque Sherpa village.

Day 8. In accordance with our programme of careful acclimatisation, we spend a rest day and second night camped at Dingboche.

Day 9. Today we make the return trek up the Imja Valley towards Chukung Ri. Fantastic views towards Tibet and of Island Peak and Ama Dablam. We return to spend a third night at Dingboche.

Day 10. The trek today follows the Khumbu Valley to the tiny settlement at Dugla. Shortly thereafter, we pass a memorial to those Sherpas who have died on Mount Everest and the trail flattens out and follows the lateral moraine on the west side of the Khumbu Glacier to Lobuche, the last habitation on the route to Everest Basecamp.

Day 11. The big day. We begin at first light following a trail through the ablation valley by the side of the Khumbu Glacier. Crossing the rubble of a tributary glacier we arrive at Gorak Shep a summer yak herding meadow at the foot of Kala Patar which now boasts two of the highest tea houses in Nepal. Walking at first on the moraine crest and finally on the Khumbu Glacier itself, we reach the traditional basecamp for Everest below the stupendous Khumbu Ice Fall. We will spend some time in this truly inspiring place before returning as far as Gorak Shep, where our crew will have set up our camp for the night.

Day 12. Aiming to make the most of the usually fine morning weather, we have an early start for perhaps the highlight of our trip, the short ascent of Kala Patar (5600m.). This is one of the finest viewpoints for Everest and the Khumbu Valley. Returning to Gorak Shep we first retrace our steps to Lobuche, before descending the Khumbu Valley to Pheriche where there is a permanent clinic set up by the Himalayan Rescue Association and staffed during the trekking season by two Western doctors.

Day 13. Shortly after leaving Pheriche we reach a bridge across the Khumbu River and a junction with our outbound trail below Dingboche. We pass through Pangboche before crossing the Imja Khola and climbing to Tyangboche.

Day 14. Continuing our descent to the hamlet of Phunki, where there is a bridge crossing the Dudh Kosi, we follow the main trail to Namche Bazaar, where we have time for sightseeing, souvenir buying and a leisurely lunch. An easy stroll in the afternoon takes us to Monjo, where we camp.

Day 15. From Monjo the trail descends steeply, passing through Phakding (2652m.) and Chopting, to reach Chaumrikharka where the trail cuts up to the airstrip at Lukla. We camp above the airstrip on the lawn of the Himalaya Lodge.

Day 16. We take the early morning flight to Kathmandu, where we check in to the Vaishali Hotel. The afternoon is free for sightseeing. As a part of the holiday package we have included complimentary evening meals at the finest restaurants in Kathmandu on each of the nights that we stay in the city. On this first night after our trek we will certainly have a party. Try not to eat and drink too much.

Day 17. A free day in Kathmandu. There is an 'optional' guided sightseeing tour of the city's main attractions, including the Buddhist temple at Bodhnath, as well as the principally Hindu temple complex at Pashupatinath. Alternatively, you may prefer to do your own thing, especially if you have visited Kathmandu before. One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which presents a fascinating mosaic of shops, cafes and restaurants, food markets and street vendors, as well as a bewildering array of colourful temples and shrines of both the Buddhist and Hindu religions. With advance notice it is possible for us to arrange seats on the scenic flights over the Everest National Park.

Day 18. Early morning check-in for the return flight to the UK. Arrive at Heathrow late afternoon.

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### Flight Details:

Up to date flight times will be sent to you along with your final invoice. See 'International Flights' for further details of the flights chosen for this trip. Please note: flight times can be liable to last minute changes and you should always check with the KE office in the week prior to your trip's departure.

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### Trip Information

This section is intended to give you a few brief details about the trip, including trekking conditions, trek/climb grade, group-size, weather and a number of other important considerations. A comprehensive information package will be sent to clients on receipt of their booking form - see "How to book..." below.

### Trek grade and conditions...

**Duration 18 days. (3 nights hotels, 13 nights camping, 13 days MODERATE trekking), max. altitude - 5600m. All meals included. An explanation of the trekking grades can be found on page 7 of the KE 2003/04 brochure.**

Generally, the trekking conditions on this trip are easy, following good paths and yak trails throughout. Additionally, as the Khumbu is Nepal's most popular trekking destination, the area is well supplied with teashops and lodges and the trails between these are well used and present easy walking conditions. This is the classic walk-in to Everest and our 13 days of trekking allow us plenty of time to comfortably complete the itinerary. To ensure that everyone is in good shape on the steady ascent to Everest Basecamp, our revised itinerary now includes acclimatisation days both at Namche Bazaar and at Dingboche. This ascent presents no real difficulty and should be within the capabilities of fit and active hill-walkers. Trekking up to altitudes of over 5000 metres is always strenuous.

### Group size and client: guide ratio....

On a trip of this type we take a maximum of 16 clients. One of KE Adventure Travel's Western guides will accompany the group and there will also be a full Nepali trek crew, including a Sirdar and several Sherpas.

### KE Pricing....

**Flight inc. from:** The flight inclusive price is calculated on the trek cost plus the cost of Economy Class international flights on a designated airline. Air fares are subject to change and if at the time of your booking the fare has increased, then the additional cost will be passed on.

### **International Flights....**

We propose to use Gulf Airlines for this Everest Basecamp - Charity Adventure. The flight inclusive trip price includes the cost of Gulf Air Economy Class airtickets from London. Flights depart from Heathrow and travel to Kathmandu via Abu Dhabi. All Gulf flights depart from Terminal 3 and check-in is three hours before departure. The Gulf Air flights depart in the evening and arrive in Kathmandu the following afternoon. Return flights depart from Kathmandu early evening and arrive in the UK the following morning. Full details of your flight schedule will be confirmed with your booking.

If you would like to extend your trip by a few days please let us know so that we can check the availability on your preferred dates of travel.

### **Flights from Jersey to London....**

You will need to make your own arrangements for flights from Jersey to London, to link up with the Gulf Air service to Kathmandu. The trip price does not include the cost of these flights.

### **Baggage Allowances....**

You should aim to keep the combined weight of your check-in and cabin baggage to around 20 kgs. This is particularly applicable to the internal flight within Nepal, where this limit is more strictly enforced. KE Adventure Travel is not responsible for any excess baggage charges incurred.

### **Land Only Clients....**

Clients making their own flight arrangements should meet up with their group at the Vaishali Hotel in Kathmandu. The group will arrive in Kathmandu on the afternoon of the day following their departure from the UK. At the end of the holiday, the group will depart from Kathmandu on the evening of the penultimate day of the trip itinerary. Land only clients can safely book their return flights on this day, but not any earlier. We provide hotel contact details for land only clients and can also arrange airport transfers if needed.

### **Temperatures and weather....**

The trekking season in Nepal is limited by the occurrence of the Monsoon to two periods; Pre-Monsoon and Post-Monsoon. Post-Monsoon, from October onwards, the weather is very fair and stable, becoming gradually colder into December. The temperatures, which we might expect to encounter, will range from daytime highs of around 25 degrees centigrade in Kathmandu, with warm nights, to daytime temperatures of between 10 and 15 degrees centigrade at 4000 metres. At our highest camping places (c. 4500m.) we can expect night-time temperatures to fall to minus 15 degrees centigrade.

### **Equipment....**

We provide everything except a sleeping bag, Thermarest, personal equipment and clothing. A detailed list of our recommendations on these matters will be sent to you on confirmation of booking. In general, you will not need any specialist clothing for this trek, other than what you would take on a walk in the British hills in winter.

### **Free Trek Bag and Thermal Mug....**

All participants will receive a FREE KE trek bag. These have been specially made to stand up to the rigours of adventure travel. We will also be giving away a FREE KE thermal mug, which will keep your bed tea warm far longer than any standard trekking issue tin mug.

### **Accommodation....**

During this trip the group will spend 2 nights in Kathmandu at the Vaishali Hotel, which is a comfortable tourist class hotel with swimming pool, conveniently located in the centre of the popular Thamel district. Whilst on trek there are 13 nights camping. All accommodation is based on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability it may be possible to book a single room for the hotel nights in Kathmandu. Please contact our

office for a quote.

### **Spending money requirements....**

THIS IS A FULLY INCLUSIVE PACKAGE, which includes a KE Western leader, all flights and transfers, any land transport involved in the itinerary, quality hotel accommodation in Kathmandu, a guided sightseeing tour of Kathmandu, all meals whilst in Kathmandu (including evening meals in some of the finest restaurants in Kathmandu on each of the evenings that we spend in the city). Once on trek, a full service, including food and all equipment (excluding personal equipment) is included in the trek price.

Approximately £150 should be allowed for miscellaneous expenses. This can be carried in the form of cash or travellers cheques. Sterling and US Dollars are equally acceptable in Nepal. The exchange rate at the moment (July 2003) is approximately 120 rupees to the pound and 80 rupees to the US dollar. You should allow 1100 rupees for Nepalese airport departure tax (Gulf Air flights). You should also allow approximately 5000 rupees (£40) for porter and trek crew tips. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Also, if you expect to buy considerable quantities of soft drinks or beer, you should make an allowance for this.

### **Visa requirements....**

A valid passport (with at least 6 months remaining validity) and a current Nepalese Visa are required for the trek. You can apply for your Nepalese Visa in advance from the Nepalese Embassy in London. The cost of a 60 day visa is currently £20 (July 2003). An application form will be forwarded to you with your booking confirmation. Alternatively, you can pick up your visa on arrival in Kathmandu. If you intend to obtain your visa on arrival, you will need a passport photograph and US\$30.

### **Health considerations....**

Full details of vaccination requirements will be sent to you on confirmation of your booking. A comprehensive medical kit will accompany each trek and we offer discounts to qualified doctors of medicine who are prepared to act as "trek doctor" (details on request). We do recommend that each person carries a basic first-aid kit, however, and suggestions for its contents will also be sent to you at the time you book. The majority of our guides hold an appropriate wilderness first-aid certificate and are experienced in dealing with a range of medical problems associated with adventure travel.

### **Books....**

Trekking and Climbing in Nepal. Steve Razzetti. New Holland.  
The Trekkers Handbook. Tom Gilchrist.  
Trekking in Nepal. (New 6th edition) Stephen Bezruchka.  
Trekking in the Nepal Himalaya. Stan Armington.  
Trekking in Nepal, West Tibet & Bhutan. Hugh Swift.  
Kathmandu and the Kingdom of Nepal. Prakash Raj.  
Insight Guide to Nepal.  
Adventure Treks Nepal. Bill O'Connor.  
The Trekking Peaks of Nepal. Bill O'Connor.

### **Maps....**

Lamosangu to Mt. Everest, 1:110,000 (available in Nepal)  
Khumbu Himal, Schneider Maps, 1:50,000

\*\* A trekking map will be provided for all group members on arrival in Kathmandu.

**Available from Cordee. 3A De Montfort St. Leicester. (tel. 0116 2543579).**

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### **Adventure Travel Insurance....**

#### **Single-Trip**

Before you embark upon a KE Adventure Travel holiday you **must** be insured. The KE Adventure Travel Insurance Scheme has been designed specifically with the needs of the adventure traveller in mind. In addition to the normal provisions within any travel insurance policy, our scheme includes cover for the trekking, mountaineering or biking involved in the trip and also includes cover for helicopter rescue and repatriation. Our insurance policy also includes 'special outbound missed departure extension' cover, providing valuable cover for internal flight departures missed due to international flight delays. We can sell single-trip insurance to anyone wishing to travel with KE. For this trip the premium is £109. Details of our insurance scheme together with other important information can be found on pages 88 – 89 of the KE 2003/04 brochure.

### **Why not take out Annual Cover ?**

We can also offer the same insurance on an annual basis to residents of UK, Europe and Australia and to British expatriates, wherever they may reside. For only £149, our Annual Policy will provide cover for your holiday with KE and for any other holidays you choose to take over the period of one year. Cover is granted for any number of trips in a 12 month period, providing no single trip is of more than 70 days duration and applies to any activities undertaken on a KE holiday, plus scuba diving and winter sports for up to 21 days each year.

### **Special Family Discount.**

Include your spouse / partner and children for a total premium of only £199.

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## **EXPEDITION PROVIDER - ALL TRAVEL ARRANGEMENTS ARE MADE BY KE ADVENTURE TRAVEL**

KE Adventure Travel has 19 years experience of guiding some of the best and most challenging adventure travel holidays, worldwide. With a standard of service that is second-to-none, including Western guides on every trip, KE has made some of the world's most radical and far-flung trekking, climbing and mountain biking itineraries accessible to everyone.

### **HOW TO BOOK**

Having read this dossier, if you require further information, please don't hesitate to contact the KE Adventure Travel office. To book your place on this adventure, please send in (post or fax to KE Adventure Travel) the completed booking form (which you will find within this dossier). You should include a deposit of £200, with your booking form, and you should also consider paying the appropriate insurance fee at the time of your booking, as this will safeguard your deposit if you subsequently have to withdraw from the trip. Deposits can be paid by cheque or Switch, or by credit card (Visa, MasterCard, American Express). Alternatively you can book directly through the KE website which can be found at [www.keadventure.com](http://www.keadventure.com). You will be sent an acknowledgement of your booking, along with a "Visitor To" booklet, which includes detailed information about your journey with KE Adventure Travel - including; how to obtain your visa, how much money you will need to take with you, health and medical considerations, equipment requirements, accommodation, and also general information about the country, people, climate etc. Once you have signed up for the trip, you will also receive an acknowledgment (together with updates on fund-raising projects and the work of the charities) from Cheryl Frost / Tonya Caratsis in Jersey.

### **YOUR COMPLETE FINANCIAL PROTECTION**

KE Adventure Travel is a fully licensed and bonded tour operator. KE Adventure Travel is a member of the Association of Independent Tour Operators (AITO), bonded with the CAA (ATOL 2808) and AITO Trust (AITOT) and ABTA licensed (W4341). You can book your holiday with KE Adventure Travel in complete confidence that all monies you pay for a trip are fully protected.

**KE ADVENTURE TRAVEL LTD**  
**32 Lake Road, Keswick. Cumbria. CA12 5DQ.**  
**Tel. (017687) 73966 Fax. (017687) 74693**  
**Email: [info@keadventure.co.uk](mailto:info@keadventure.co.uk) Website: [www.keadventure.com](http://www.keadventure.com)**