
XTREME EVEREST 2

Medical Research Trek to Everest Base Camp 2013

THE AIM OF THE TREK

Xtreme Everest is a research project coordinated by the UCL Centre for Altitude, Space and Extreme Environment Medicine (CASE Medicine: see www.case.ucl.ac.uk) - doctors and scientists studying human systems stretched to breaking point in extreme environments to increase our understanding of critically ill patients.

As we analyse data from previous studies in 2007, 2009 and 2010, new questions arise. We now seek to answer some of these questions by studying new volunteers undertaking the same trek to Everest Base Camp in 2013 as we ascended in 2007.

Xtreme Everest depends on raising funds from grant giving charities, companies and individuals in order to be able to carry out our research programme. As was the case previously trekkers will be required to contribute to a fraction of the costs of the research in addition to the cost of the trek. Xtreme Everest are immensely grateful for the support we receive (both personal and financial), without which our work to improve understanding of human responses to low oxygen levels could not continue. To find out more about this unique research trek opportunity, please read on.

XTREME TREK ITINERARY

This 23-day itinerary follows the classic trek to Everest Base Camp ascending the legendary Khumbu Valley. It is without doubt one of the most famous treks in the world and follows the route that Hilary and Tensing trod in 1953. Our itinerary has a more gradual rate of ascent than is usual to ensure good acclimatisation. Most importantly, and uniquely among trekking trips to Everest, you will actually sleep at base camp for three nights.

The trek follows the same route and ascent pattern that the Xtreme Everest trekkers and climbers ascended in the spring of 2007. That year, more than 95% of the trekkers made it all the way to base camp and slept there; 85% were able to complete all tests at this altitude. Such a success rate is very unusual in faster paced itineraries that do not give as much time for adequate acclimatisation. It is important to meet the aims of the research, as well as for your personal sense of achievement and enjoyment, that as many trekkers as possible reach base camp, and we have constructed this itinerary accordingly.

On trekking days, you will be walking for a maximum of seven hours. There will be four rest days during the ascent with two full days and three nights at Everest Base Camp. The Xtreme Everest studies will be limited to half a day on rest days at Namche Bazaar, Everest Base Camp, and Kathmandu on the way down. The trek ascends to Namche Bazaar, the Sherpa capital and home to a thriving market famous for visiting travellers and their goods from Tibet. Throughout the trek, you will have outstanding views of many Himalayan giants including Everest (8,848 m), Nuptse (7,861m), Lhotse (8,516m), Pumori (7,161m) and Ama Dablam (6812m). When you reach Everest Base Camp, you will be at an altitude of nearly



5,500m. At base camp (5380m/17650ft), you will be able to savour the atmosphere of excitement as climbers prepare to tackle the world's highest mountain.

CAN I TAKE PART?

This trek is suitable for those who are new to trekking, and for more experienced walkers wanting to visit the Himalaya. To get the most out of the trek, you will need to be healthy and have a good level of overall fitness. You should be able to walk with a light rucksack for seven to eight hours in a day in the UK, or on similar gently rolling terrain.

While trekking, some of the days can be quite long, and the walking will feel more strenuous at altitude. Generally, the trail follows a good track, but occasionally it is uneven and rocky, especially the final section up to Everest Base Camp where the trail crosses the Khumbu Glacier which is covered with rocky debris.

The Xtreme Everest research studies will require a one-day visit to our Human Performance laboratories in London some weeks prior to departure. This will allow us to collect baseline data and provide you with an opportunity to meet other trekkers and investigators.

During the trek you will undergo a short period of testing each day supervised by your trek leader. Subjects wishing to undergo testing must be aged 18 years or above and we will also ask you to sign a consent form for participation in the research (as is required for all medical research). In some cases, if you are in agreement, we may ask you to visit laboratories of scientific teams that we collaborate with in the UK (e.g. Oxford) for some tests before and after the trek.

The Xtreme Everest team are very grateful for the contribution that our trekkers make both personally and financially. We have arranged a series of events both before and after previous expeditions to update our trekkers on progress in the research and future plans. These have including events at the Royal Geographical Society, University College London, and weekends in the Peak District. We value these opportunities to catch up with you and to share our results and we hope that you will join this continuing programme of events (please see website www.xtreme-everest.co.uk). This website will keep you up to date with these events and other Xtreme Everest news.

Due to popular demand on this expedition we will be offering a limited number of places on 'Champion' treks. These treks will follow exactly the same itinerary and incur the same cost, but champion trekkers will not be asked to undertake the same programme of research tests, as other non champion trekkers. Champion trekkers will be asked to undergo a short period of testing each day supervised by the trek leader. They may also be asked to undergo one blood test before the trek begins.

TEAM COMPOSITION

Xtreme Everest trekking teams will be limited to groups of 14, so it is important that if you wish to trek with friends and colleagues you make this clear when booking. We cannot hold places, but will allocate them on a first come, first served basis, so please ensure everyone who wants to be with you books on your chosen trek as soon as possible.

An experienced leader will lead your trek. Apart from ensuring the smooth running of the trek, the leader will be there to ensure you get the most from your Himalayan experience. The leader will be a



vital contributor to the enjoyment and well-being of the trekking members and he or she will be there to deal with any unexpected problems. Leaders will either be a member of the Xtreme Everest team who took part in the previous expeditions or professional leaders from Jagged Globe who hold mountain first aid certificates. All will have experience of dealing with mountain related medical conditions and the Xtreme Everest scientific team will provide a comprehensive network of medical care in the Khumbu valley during the treks.

Your leader will be supported by one of our excellent Sirdars (head Sherpa guides). They will know the region very well, and there will be additional Sherpas accompanying your team throughout the trek. During the trek, all meals will be provided in pre-booked lodges, where we will sleep each night on the way to and from base camp. In base camp, we will stay for three nights sharing mountain tents between two people. Here, there will be a permanent Sherpa cook team catering for your group, and base camp staff to run the dining tent, toilets and shower tents.

PRE-TREK MEETING

To help you prepare for your trek, you can join Jagged Globe and your fellow team members for a weekend in North Wales. The weekend will include talks and advice on equipment and acclimatisation (but not the research), and a slide presentation of the trek, from people who have been to the region recently. On Saturday evening, there will be an informal dinner, which, along with a walk during the day, will give you a chance to relax and to get to know your fellow trekkers. On Sunday, you visit an outdoor shop to buy any equipment you might need at a substantial discount off normal high-street prices.

There is a choice of accommodation available, which includes the hotel used by Jagged Globe for the presentations, guesthouses, youth hostel or campsites. You pay for your own accommodation and there is a £50 fee payable to Jagged Globe, at the time, for the weekend, which includes the cost of dinner on Saturday evening. The pre-trek weekend is, therefore, very good value and is highly recommended if you wish to get the most from your trek.

Joining details will be sent to you on receipt of your trek booking.

MORE INFORMATION

Details of the research medical requirements, the baseline study and pre-trip meeting, as well as a full trek dossier, will be sent to you on receipt of your deposit, £300 per person, payable by cheque made out to Jagged Globe, or by card (please note that Jagged Globe do apply a 2% surcharge to credit card payments, there is no surcharge for debit cards).

In the meantime, if you need more information or help in deciding if this project is something you wish to be involved with then call, as follows:

For questions about the medical research, Xtreme Everest or CASE Medicine:

- Kay Mitchell on 07583 063327

For questions about your booking or any aspect of the trek:

- Jagged Globe on 0845 345 8848 (overseas +44 114 276 3322)

XTREME EVEREST TREK DATES

	Dates (all 2013)	Bank Holidays
Group 1	<i>Sat 16/03/13 to Sun 07/04/13</i>	29 th March 1 st April
Group 2	<i>Wed 20/03/13 to Thur 11/04/13</i>	29 th March 1 st April
Group 3	<i>Sat 23/03/13 to Sun 14/04/13</i>	29 th March 1 st April
Group 4 Champion	<i>Thurs 28/03/13 to Fri 19/04/13</i>	29 th March 1 st April
Group 5 Champion	<i>Sun 31/03/13 to Mon 22/04/13</i>	1 st April
Group 6	<i>Wed 03/04/13 to Thur 25/04/13</i>	
Group 7	<i>Sat 06/04/13 to Sun 28/04/13</i>	
Group 8	<i>Wed 10/04/13 to Thur 02/05/13</i>	
Group 9 Champion	<i>Sat 13/04/13 to Sun 05/05/13</i>	
Group 10 Champion	<i>Wed 17/04/13 to Thur 09/05/13</i>	6 th May

WEATHER

We will be trekking in the pre-monsoon season, which is springtime before the summer rains. The weather tends to be sunny in the mornings, although it is often cloudy in the afternoons. It is unusual for rain to fall early in the season, although it does sometimes snow closer to base camp. In March and early April, it can be quite cold at night but temperatures rise into May. It is normally sub-zero (say – 10°C) at base camp at night and, early in the season, freezing temperatures can persist during the day anywhere above Pheriche (at about 4,200 metres).

Throughout the season, trekking during the day is usually in mild summer like conditions. People wear light shirts and trekking trousers, ensuring to keep covered from the sun, because you burn more easily at higher elevations. Early in the trek, people tend to feel cooler than in the same ambient temperatures at home, because of the altitude, so often fleeces are carried and worn. Fleeces are also useful as the stone built lodges and monasteries can be cool even low down and during the day.

We would recommend carrying a waterproof jacket and overtrousers, hat, gloves and a fleece in a small daysack; especially once you enter the distinctly mountainous realm beyond Pheriche where glaciers and moraines lie underfoot and snowfall accompanied by strong winds is possible from time to time.

Whilst trekking, we would recommend frequent stops at teahouses. This will allow you to keep hydrated with hot drinks, and to enjoy the local hospitality and culture more thoroughly.

PRICES

So you know exactly how much money you will be raising for the medical research project, we do not mix-up the fundraising required with the amount that is actually needed to pay for your place on the trek. We show clearly the amounts required separately.

The amount you need to pay to fund your place on the trek is:

Full Price (Groups 1 to 3): £2,565

Full Price (Groups 4 to 10): £2,495

This includes the international airfare and taxes from the UK.

Land-Only Price: £1,763

Joining in Kathmandu (no flight from UK) but all hotel accommodation. This price does not include airline taxes, as it does not include the international flight. You may pay this price if you want to arrange your own flight and meet the group in Nepal.

Single Room Supplement (SRS):

Kathmandu £140

The Full and Land-Only prices include bed and breakfast, 3-star hotel accommodation in twin-sharing rooms whilst in Kathmandu. If you want a room to yourself whilst in the city, a supplement is payable.



Availability may be limited, so please ask for a single room at the time of booking, and one will be allocated if possible. The SRS assumes that in order to provide a room for one person, we must provide a further room for the other person who would have been sharing with you otherwise.

You are not obliged to pay the SRS if you book by yourself, only if you want the guarantee of a single room. We will not enforce strangers of opposite genders to share, but provide single rooms at no cost to you if odd numbers of any one gender dictate.

Please note, the trek has been designed around the scientific programme and therefore if you wish to book your own flights this may interfere with this. Please check with us if you wish to organise your own flight so we can make sure they fit with the scheduled studies.

FUND RAISING

This is a charity trek. Xtreme Everest is seeking funding for research as well as research subjects. Therefore, we are asking each trekker to raise a minimum of £500 in addition to the cost of the trek.

The invoice that you will receive in confirmation of your booking will include the £500 minimum sponsorship fee, as a separate item. **The total balance, including the minimum sponsorship, is to be paid two months prior to departure.** If the balance has not been paid by this time we will unfortunately have to withdraw you from the trek.

In addition to the minimum sponsorship, we want you to seek additional support for the work that CASE does. We hope that your sponsors will want to be as generous as possible in recognition of your challenge trekking to Everest Base Camp and the potential benefits of the research you are taking part in. It has not been unusual in the past for trekkers going to Base Camp, whilst raising money for other charities for example, to get between £2,000 and £4,000 in sponsorship, or higher in some instances. This might seem a daunting challenge now but we hope that you will maximise this fund-raising opportunity as well as enjoy the experience of being on the trip of a lifetime.

All previous Xtreme Everest research has been privately funded through generous donations from grant giving charities, companies and individuals. You can set up an individual fundraising webpage via www.justgiving.com where you will find hints and tips to help you achieve your goal.



XTREME EVEREST TREK ITINERARY (23 DAYS)

DAY 1 Flight: London to Kathmandu.

We will take an overnight flight from London Heathrow.

DAY 2 Arrive Kathmandu

In Kathmandu, we will stay at the Summit Hotel, positioned well away from the noise and bustle of the city centre. It has extensive gardens, a swimming pool and an atmosphere of quiet, restful charm. It is a Dutch-owned establishment with a friendly and helpful Nepalese staff.

DAY 3 Kathmandu

There will be an opportunity for rest, sightseeing, presentations about the region, the science and a short period of testing. A dawn visit to Patan, a pleasant 20-minute walk from the hotel, to see the sun rise over the temples is highly recommended.

DAY 4 Flight: Kathmandu to Lukla (2,840m/9,317ft) and Trek to Monjo (2,835m/9,300ft)

We will make an early morning start for the Twin Otter flight to Lukla, the gateway to the Khumbu. This will be an exciting flight, which may give a glimpse of Everest in the distance. In Lukla, we will meet our trekking staff; Sirdar, Sherpas and porters. Then, we set off straightaway for our first night's stop at Monjo.

Monjo is situated on the banks of the Dudh Kosi, this small hamlet is on the main trade route through the area. To get there, we use several suspension bridges to cross over the Dudh Kosi, the main river that drains the Khumbu. During the trek, we will get superb views of some of the "lesser" peaks of the Himalaya, such as Kusum Kanguru (6,367m), Kantega (6,685m) and Thamserku (6,609m), with their awesomely steep, hanging faces of rock and ice.

DAY 5 Namche Bazaar (3,440m/11,283ft)

Before setting off for the Sherpa Capital, we will formally enter the Sagarmatha National Park, by registering at the park gates at the top end of the village. Then it's off walking in the cool air of the morning, with the Dudh Kosi an ever-present companion, first to our left, but changing, as we criss-cross several times over suspension bridges. After an hour of leisurely walking, we arrive at the confluence with the Bhote Kosi, which tumbles down from Thame, the birthplace of Sherpa Tensing Norgay. To cross the river here, we climb up to a high suspension bridge. Then we climb steeply up the hillside for about two hours to reach Namche Bazaar (600m in ascent). Namche is a prosperous trading town and many Tibetans cross the nearby border to trade their wares in the market. The bazaar is a fascinating spectacle and is a good place to buy genuine Tibetan artefacts. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains.

DAY 6 & 7 Acclimatising and testing in Namche Bazaar

We will spend two days in Namche Bazaar resting and allowing our bodies to become acclimatised to the altitude of 3,440m (11,283ft). Each trekker will undergo approximately a half day of testing during

this rest period. It is important that everyone follows the same acclimatisation profile (as in 2007 as well), to ensure robust data collection, so please rest and relax (rather than climbing to some of the hamlets that lie higher up). The order of the day will be shopping in the bazaar, hunting out souvenirs and bargains from the many mountaineering equipment shops in the town, or visiting the famous German bakery, drinking tea and playing pool. We will also take the time to visit the monastery here, and perhaps have a blessing from the local Lama for the wellbeing of our journey.

DAY 8 Debouche (3700m/12,369ft)

From Namche Bazaar, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous teashops, we will cross the Dudh Kosi River and make a steep climb to Thyangboche (or Tengboche), home of the most famous and important monastery in the region. Having had a chance to visit the monastery, we descend a short way, following an often muddy and slippery path to a pleasant lodge in the restful, forested surroundings of Debouche.

DAY 9 Pheriche (4,270m/14,010ft)

Shaded by rhododendron trees, the path leads gradually down to the river once again to cross over a recently upgraded bridge. An hour's walking from here, will bring us to Pangboche, an excellent viewpoint for Ama Dablam, and a good place for some tea. Contouring up the valley side, we will be faced with a fantastic mountain wall at the head of the valley – this is Nuptse and Lhotse, that together now shield Everest from our gaze. To our right, we will be under the ever-watchful presence of Ama Dablam. As we near the head of this valley, we swing to the left to gain a small hamlet of lodges and teashops at Pheriche.

DAY 10 & 11 Acclimatisation in Pheriche

Pheriche is a good location for acclimatisation, prior to our ascent through the upper section of the Khumbu Valley. As before, to ensure reliable data, we will not need to extend ourselves physically by scrambling any hillsides to higher altitudes, but to rest in terms of height gain. Gentle walks along the floor of the valley, and perhaps a short foray over to neighbouring Dingboche would be worthwhile, especially armed with a camera to take pictures of Ama Dablam, and Taweche which tower over Pheriche on the opposite side of the valley. There will be an opportunity to visit the Himalayan Rescue Association clinic at Pheriche to hear a lecture provided by their team about their work.

DAY 12 Lobuje (4,940m/16,207ft)

We continue up the trail towards base camp and take a big step away from the cultivated fields of permanent habitation into more desolate regions. First, after only a few hours at most, we reach Dughla situated below the snout of the Khumbu Glacier. This will be a convenient place for lunch, as there is a big hill immediately beyond the teashops. So, after lunch, we will take the trail, which soon climbs steeply up beside the glacier moraine. But, after an hour or so of honest, sweaty toil, we will have done the hardest part of the day. Pumori, Lingtren and Khumbutse dominate the head of the valley now, as we walk towards our night's stop at a small cluster of teahouses pleasantly situated at Lobuje.

DAY 13 Gorak Shep (5,220m/17,126ft)

About three hours beyond Lobuje, we reach Gorak Shep, the site of the 1953 Everest expedition's base camp, and a more recent cricket match in 2009. Although not a long day, the walk is quite tough, as it negotiates moraines and involves a path that winds between, and over, boulders. In Gorak Shep, there is only a small collection of lodges, but you will find them comfortable, welcoming and reasonably well provisioned.

DAY 14 Everest Base Camp (5,380m)

Contouring along the valley side, the trail leads on to the moraine of the Khumbu Glacier and becomes quite vague, weaving between mounds of rubble. After about four to six hours, we reach base camp near the foot of the Khumbu Icefall.

After an initial welcome by our base camp staff, who will meet us brandishing hot drinks and biscuits, team members can pair off and settle into tents. Then, having had a rest, we will gather once more in our team mess tent for more hot drinks and light snacks. In the evening, we will have our first team dinner in base camp. As the light of the gas lanterns shimmers off our mugs of hot tea, outside the moon will be glinting off the towering ice sheets that hang off the surrounding peaks. Perhaps lit only by stars, the awesome majesty of the mountains mixed with the excitement of our achievement will be set to invade our hearts and souls.

DAY 15/16 Everest Base Camp

This is an opportunity to relax and take in the atmosphere of the international community that will have gathered here to climb the mountain. Each trekker will undergo a maximum of half a day of testing during their stay at base camp. During the day, there will be time to walk to the foot of the notorious Khumbu Icefall, and see the start of the Everest climb; you must not stray into the icefall itself, as crevasses and toppling seracs are ready for the unwary. And to take a single step forward into the icefall, you must possess a full Everest climbing permit as well as needing a sharp set of crampons! In fact, walking around base camp will be hard enough because of the altitude and because ice is always underfoot, even if covered with rock, boulders or grit. Nevertheless, whilst here, you will meet many interesting and fascinating people who have come to pit their wits and skills against the highest mountain on earth.

On the final evening, we will gather once more in the mess tent, along with our Sherpas, to celebrate our achievement in reaching Base Camp and completing the medical studies.

DAY 17 Trek to Dingboche

Today we start our return journey. After a hearty breakfast, we bid base camp farewell and start out over the moraines of the upper Khumbu glacier, back to the hamlet of Gorak Shep.

On the way, people will be given the opportunity to tackle Kala Pattar, which at 5,545m will take us to the highest point of the trek. Other than setting a height record, the summit of Kala Patthar also provides astonishing views of Everest and of the surrounding peaks. This is not for the faint-hearted as it makes for a long day of trekking, but is for many people the highlight of the trip.

Then we retrace our steps to Lobuje, but this time we keep going down the Khumbu valley. At the end of the Khumbu glacier on top of the terminal moraine, we reach a line of memorials to Sherpas who



gave everything to climb on Everest. Then, descending with the stunning peak of Ama Dablam in the foreground, we pass the small settlement of Dughla, where we may have rested or taken lunch on the way up to base camp. Just after Dughla, on the far side of the river, we take a rising track upwards away from the main trail that continues to Pheriche. This track gives us access to a high level path that contours the flank of the valley and leads above Pheriche so that we reach Dingboche more easily. This is a long day so an early start from base camp is advised in order to ensure that we all reach the lodge before nightfall.

DAY 18 Trek to Thyangboche

Following the main Everest trail down the beautifully scenic valley, we pass through Pangboche and recross the river before climbing to the monastery at Thyangboche.

DAY 19 Trek to Namche Bazaar

A steep descent of around 1500ft/500m leads through bird filled rhododendron bushes and fir trees to the Dudh Kosi River. Crossing this on yet another suspension bridge, we climb up the opposite side of the valley to reach the contouring path leading back to Namche Bazaar .

DAY 20 Trek to Lukla

A steep descent for 600m leads to the suspension bridge crossing the Dudh Kosi River. We cross the river several times more before a final, but long and tiring, rising traverse up the hillside, past numerous teahouses leads to Lukla. This is a long day, for the last day of the trek, but celebrations in Lukla, and a farewell party for our friends the Sherpas, will soon ease sore feet and aching backs.

DAY 21 Flight: Lukla to Kathmandu

We take an early morning flight from the hillside runway. In Kathmandu, we will be met at the airport and taken to the Summit Hotel.

DAY 22 Leisure and testing in Kathmandu

Each trekker will undergo a maximum of half a day of testing. We will have time for some last minute shopping and sightseeing, or just relaxing by the swimming pool before our journey home.

DAY 23 Flight: Kathmandu to London

We arrive back at London Heathrow in the evening.

You are welcome to contact us if you would like to discuss the trek and your experience in more detail.

IMPORTANT NOTE

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it! Weather conditions, flight changes and the team's fitness, for example, can all contribute to changes. The trek leaders and their Sherpa assistants will try to ensure that your trek runs according to plan, but please be prepared to be flexible if necessary.



EQUIPMENT

You will need to provide your own personal clothing and equipment, which you should wear and test before departure, especially walking boots. Down duvet jackets and down sleeping bags are available for hire from Jagged Globe .

A complete kit list is contained in the trek dossier, which will be sent to you on receipt of your booking. We recommend several retailers, who give generous discounts to people trekking or climbing with Xtreme Everest. Branded Xtreme Everest products will be available closer to departure.

INSURANCE

To be adequately protected by travel insurance, you will need a specialist policy that caters for the type of trip that you are taking part in with Jagged Globe. You would need to have a policy in place and send a copy of the details to Jagged Globe before you travel. The policy must include suitable cover for rescue and repatriation and emergency medical expenses. You may already have an Annual Policy that will cover you for your trip, or you could contact one of the following insurers who specialise in travel policies.

Snowcard

The BMC

IHI

Dogtag

Other insurance providers are also available.

Trek leaders have authority to call for helicopter evacuation for medical reasons without the need to refer to the insurance company beforehand for approval. Although satellite telephones may be available in some lodges, we feel this is an important aspect of any policy if it is to provide worthwhile cover for this trek.

ENVIRONMENTAL CONSIDERATIONS

CARBON EMISSIONS - **XTREME EVEREST WILL MINIMISE CARBON IMPACT WHERE POSSIBLE.**

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THE TREKKING ROUTE TO *EVEREST BASE CAMP* IS UNDER CONSIDERABLE ENVIRONMENTAL PRESSURE. THEREFORE, WE MINIMISE THE IMPACT OF OUR EXPEDITIONS BY ADHERING TO A RESPONSIBLE AND WORKABLE ENVIRONMENTAL POLICY. THIS INCLUDES THE FOLLOWING MEASURES:

General Garbage - Items that are easily combustible may be burnt without offending local sensibilities (smoke is considered as purifying). Non-combustibles and the remains of burnt items will be taken back to an appropriate collection point. Special consideration will be given to the safe disposal of used batteries, for example, which will re-exported back to the UK.

Toilet Facilities - At Everest base camp, we will have our own toilet facilities. The waste will be transported to a suitable disposal point from time to time throughout the programme. In teahouses and lodges, we will use the facilities provided. Be prepared, some of these are quite reasonable, whilst others pose a significant test of character! The plumbing seldom matches the promise offered by white porcelain, where it exists.

Forestry Care – for overnight accommodation, we only use local lodges that use kerosene or gas for cooking and do not burn wood. This helps prevent deforestation. It is common for lodges to burn dried yak dung, especially higher up where woods are sparse.

'KEEP' - supports the work of the Kathmandu Environmental Education Project (KEEP) and trekkers are asked to adhere to its guidelines, which we will provide as part of the trek dossier.

PORTER PROTECTION

Any trek or expedition to Nepal relies on the hard work of local porters. It is their carrying of our supplies and baggage that makes a journey into the mountains possible. Be careful to ensure that all local staff are well treated and have adequate protection from the elements. We work closely with our Nepal based partner, Summit Trekking, to provide shelter, clothing and footwear that match the severity of the environment. Porters who become sick will be treated with the same care and attention as any team member would be. That would include helicopter evacuation, if medically necessary or to remove porters from hazardous situations.

Jagged Globe supports the work of the International Porter Protection Group (IPPG) and provides help and advice to IPPG to improve the working conditions of the porters on whom we depend. All trekkers are asked to provide feedback on porters' working conditions in post-trip questionnaires.

RECOMMENDED READING

Xtreme Everest

Go to www.xtreme-everest.co.uk for articles and news stories about the medical research organisation.

Travel

Trekking in Nepal

Jamie McGuiness

Mountaineering

Everest the Hard Way

Chris Bonington (our Patron)

Into Thin Air

Jon Krakaur

Medicine

Going Higher: Oxygen, man and mountains

Charlie Houston

High Altitude Handbook

Andrew Pollard & David Murdoch

Everest and conquest in the Himalaya

Richard Sale and George Rodway

Cultural

Tenzing and the Sherpas of Everest

Judy & Tashi Tenzing

EVEREST PROJECT DATA PROTECTION DISCLAIMER

Any personal data that you give to the Xtreme Everest project will be used only for this project and not disclosed to unauthorised third parties. Research data is controlled under the data protection Act. If you are not selected for the study, or if you decide to withdraw your interest, please inform the project organisers in writing and your data will be destroyed within 28 days.

SOME IMPORTANT INFORMATION.

WHAT THE PRICE DOES INCLUDE:

- Economy class return airfares from the UK (unless booking “land-only”)
- UK Air Passenger Duty and other airport taxes that are payable at the time of purchase of the international airline ticket (i.e. not including taxes payable in cash at overseas destinations, as there is no mechanism for us to pay these for you)
- Two Hotel/airport transfers linking with your international flight (unless booked “land-only”, when services start and finish at the Summit Hotel).
- Four nights’ hotel accommodation in Kathmandu on a bed & breakfast basis, in twin-sharing ensuite rooms (in the Garden Wing at the Summit Hotel, or similar).
- Return scheduled, flight from Kathmandu to Lukla on Twin Otter, or similar.
- All airport transfers between the Summit Hotel and the domestic airport to connect with the Lukla flight.
- Accommodation in lodges and teahouses as per the itinerary whilst on trek. Usually, very basic twin rooms, occasionally bunk rooms, not ensuite.
- Three meals a day (set menu, with vegetarian option), throughout the trek.
- Hot drinks in lodges and teahouses served with meals.
- 3 litres of hot (boiled) water per person per day for water bottles, (one in the morning, one at lunchtime, one at night,) in addition to hot drinks described above.
- A bowl of hot water each morning on trek for personal washing.
- Twin-shared tent in Base Camp for three nights, along with mess tents, shower tent and toilet tent.
- As many hot drinks as you ask for in base camp.
- All portage costs for your personal clothing and equipment between Lukla and base camp, return. Less a light day sack, which you must carry.
- All costs for leaders, guides and local helpers.
- National park and local permit fees.
- Kitbag.

WHAT THE PRICE DOES NOT INCLUDE:

- Visa fees (assume \$50).
- Bar bills and snacks.
- Laundry in Kathmandu or on trek.
- Travel insurance.
- Medical fees, rescue or repatriation costs or any costs arising for the curtailment of you trek, whosoever caused.
- Lunch and evening meals in Kathmandu (assume \$15 a meal).
- Optional trips (e.g. city sightseeing, monastery entrance)
- Tips to local staff (assume \$80).
- Showers (assume \$2-\$3 each time).
- Bottled drinks (beer, soft drinks, mineral water, for example.)
- Satellite telephone calls and Internet access

WHEN TO BOOK

We recommend that you book as soon as you are sure which trip you want to do. You will be required to attend sea level testing in December or early January to join one of the Xtreme Everest treks. If you book too late we may no longer be holding one of the flight reservations made for your trip, as it may have been handed back to the airline. Under these circumstances, we will buy a new ticket for you, but this may entail an additional cost.

BOOKING PROCEDURE

If you wish to book on a trek, you need to phone Xtreme Everest on 07583 063327 to obtain a booking code. Once you have received this booking code you will need to phone on 0845 345 8848 to pay your deposit. The deposit for each trekker is £300, and this is non-refundable, if you cancel. If you do not meet our criteria, and we cancel you, the deposit will be refunded in full. You will have a week to pay your deposit. If you are unable to pay your deposit within this week, and other trekkers express an interest in your chosen trek dates, we may be forced to give your code to another trekker. They will then confirm your place on the trip and send you a Trip Dossier, which contains:

- Visa and permit instructions
- Trekking/climbing experience questionnaire
- Medical questionnaire and declaration
- Vaccination information
- An equipment and clothing list
- Pre-trip meeting details
- Environmental issues

HOW TO PAY

We prefer to receive payment by debit card or cheque but you may pay by any lawful means, as long as the money we receive into our account is equal to the amount you owe. This means, if you are paying by bank transfer, for example, you must tell your bank that you want to pay the fees that occur at both ends of the transaction, i.e. the charges when the payment leaves your account and the charges when it arrives in Jagged Globe's. You may want to pay by credit card as this usually confers additional consumer protection, in accordance with the terms and conditions of your card. If you do use a credit card, a 2% charge will be added to the amount being paid to cover the cost imposed by the bank to process the payment. The balance of the trip cost is due no later than 60 days prior to departure.

FREQUENTLY ASKED QUESTIONS

- **How fit do I need to be?**

You should be able to walk for 7 hours a day along country paths in Britain, through rolling countryside. If you can walk up Snowdon and back down, you will be OK to have a go at Everest Base Camp.

- **How far will I walk each day?**

On average, you will walk for less than 10 Km, and for less than 7 hours each day. The days get tougher as you get higher, but fitness improves during the walk. The shorter days are tougher, as it generally means more height is being gained.

- **What will the food be like?**

The food provided by the lodges and tea houses, aspires to be western, but a lot is prepared with eggs, rice, pasta, cheese and vegetables. Meat is not plentiful in general, you will find buffalo in Namche Bazaar and chicken more or less everywhere

- **I need a special diet, is that OK?**

Yes, let us know and we make sure your diet is catered for.

- **Do I need a visa?**

Yes, if you have a British Passport. Visas can be obtained before travel from the Nepalese Consulate for £35 or at the airport when you get to Kathmandu for US\$50. Check on the Nepalese Embassy website for up-to-date information and the requirement if you are not a British Passport Holder.

- **What support and back up will there be?**

A Jagged Globe Leader or an Xtreme Everest Leader will accompany the team from the UK. Our leaders are first-aid trained, with experience of leading teams to high altitude. Teams carry a comprehensive medical kit. There is a rudimentary local hospital at Khunde and at Pheriche.

Sherpas join the team in Lukla for the trek to base camp. Porters and yaks carry the team's bags and equipment

- **Will I need vaccinations?**

Please see your GP or Practice Nurse to get the very latest advice.

- **Will I need any special clothing or equipment?**

You will need clothing and equipment as though you were walking in Britain, but with a few extra layers of fleece, including thermal underwear, and some very warm gloves. You will need a robust pair of walking boots and a rucksack of about 35-litres. We will send you a kit list when you book, and you can hire a warm down jacket and 4-season down sleeping bag from us if you don't want the expense of buying these for one trip.

- **Will there be anything else to pay?**

Yes, you will need a tip for the local staff, plus something for meals when in Kathmandu, and for souvenirs.

- **Where will I fly from?**

We fly to Nepal, with Jet Airways via Delhi. Departure from the UK is from Heathrow.

- **Will I have to carry my own kit on the trek?**

We will give you a kit bag, for travelling and spare clothing and equipment, not being used each day on the trek. Whilst trekking a porter or yak will carry it. You won't be able to get to it during the day. You will have your rucksack of about 5 -6 Kg with stuff like a water-bottle, camera, spare fleece, gloves, waterproof, sun-cream, lip-salve, hat and sunglasses.

- **Will the money that is paid for the trip be protected against the failure of the tour operator?**

Yes. Jagged Globe is a licensed and bonded tour operator with an Air Travel Operators Licence (ATOL 10241) regulated by the Civil Aviation Authority.

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