



Hello,

It is with great pleasure that I attach our itinerary for the Xtreme Everest 2 base camp treks in 2013. Enclosed with the itinerary is a list of the available trek dates. The treks are being organised in conjunction with Jagged Globe, a trekking and climbing company with many years experience of travelling in Nepal. This is the same company that created the successful 2007 Caudwell Xtreme Everest treks with us.

If you wish to book on a trek, you should phone Xtreme Everest on 07583 063327 to obtain a booking code. Once you have received this booking code you will need to phone Jagged Globe on 0845 345 8848 to pay your deposit. The deposit for each trekker is £300, and this is non-refundable if you cancel. In the unlikely event that you do not meet our criteria, we shall unfortunately need to cancel you but your deposit will be refunded in full. You will have a week to pay your deposit from the time of booking. 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.

Once you have paid your deposit, you will be sent an information pack from Jagged Globe that will include a medical questionnaire. It is vital that you complete and return this form as soon as possible. Once Jagged Globe has screened their medical questionnaire and confirmed your booking, Xtreme Everest will send out a research pack.

The Xtreme Everest 2 research pack includes detailed information about the research we intend to undertake. It also includes an additional medical questionnaire to gauge your eligibility for each research study. If you have any questions about the research, please feel free to call a member of the Xtreme Everest 2 research team on 07583 063327 to seek clarification.

From December 2012 onwards you will be invited to undertake a baseline set of tests in London. These tests are a vital component of the research we intend to conduct and without the information from London, the studies in Nepal will be meaningless. Whilst undergoing baseline testing you will be asked to sign a consent form. This is to ensure that you have fully understood any risks that may be associated with the research, and have had every opportunity to have all your questions answered.

We strongly recommend that if you intend to trek with friends, you liaise with them at the earliest opportunity to agree preferred trek dates to facilitate early reservation.

We look forward to welcoming you on the trip,

***The Xtreme Everest 2 Expedition Team***