

Everest Base Camp & Island Peak Expedition Information Pack

Pre-Expedition Preparation:

In this document you will find detailed information on fitness & training, the necessary equipment, tourist visas, travel insurance, medical advice, temperatures & climate, altitude considerations, spending money and tips. Please review this information in full and prepare yourself for this fantastic adventure! We have also included information about Nepal, an FAQ and the expedition itinerary with details on what's included and excluded.

Fitness & Training:

Everest Base Camp and Island Peak is a demanding trek with an average of six hours of walking per day, except on the days either side of base camp and the day we summit Island Peak which involve roughly 14 hours of trekking. As with all our 'demanding' expeditions we expect participants to have a very good level of fitness. Although this is not a technical climb, we do recommend people have experience of scrambling and abseiling. This is a relatively long trek and good stamina is essential. For many people it will be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition.

As a guide to how fit you should be to attempt this trek we have decided to give you some measurable training goals. With an 8kg rucksack you should be able to complete the following routes from start to finish in the following time frame. Don't worry if you cannot complete the walks in the suggested time at first, your fitness will improve rapidly by undertaking cardiovascular exercise 3 to 4 times per week.

Walk	Route	Time
Carrauntoohill (Kerry)	Caher (Coomloughra) Route	6 hrs
Croagh Patrick (Mayo)	Main Route	3/4 hrs
Galtymore (Tipperary)	Black Road Route	4/5 hrs
Lugnaquilla (Wicklow)	Camara Hill Route	4/5 hrs
Spink (Wicklow)	Looped Walk Route	3/4 hrs

Please do not attempt these walks alone. You or someone in your party should have walking experience and the necessary navigational skills. If you would like to hire a guide to take you on one of these walks please contact us to be put in touch with a qualified mountain leader.

Although hillwalking is best, please remember any type of cardiovascular training will help you prepare for this expedition. Focus your training on building endurance fitness by completing long, slow and low intensity training sessions rather than fast and short sessions. Build the distance and duration of your training sessions slowly as overtraining often leads to injury. In the three months prior to departure try to include two long training days in a row to replicate walking for continuous days on the expedition.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing

discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area. If you have low muscle mass in your legs we suggest that you add strength training to your schedule. Muscle mass protects our joints and this is very important especially on long descents.

If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing!

The itinerary has been designed with correct acclimatisation in mind, with no big jumps in elevation. While on the expedition you will be encouraged to take it easy, eat well and stay very hydrated. Very hydrated means drinking between three and five litres of water per day depending on how much you sweat. Drinking three or more litres in a day is much harder than it sounds. We would recommend people practice drinking a large amount of water. Try drinking from a 500ml water bottle and see how many times you can refill it in a day. In our experience, it is those who cannot stay well hydrated that run into problems at altitude. Although your ability to withstand high altitudes is not directly related to your physical fitness levels, a good level of fitness will certainly assist in your general stamina.

It is not uncommon for people to encounter stomach problems on expeditions. This is due to a number of reasons such as poor hygiene, change in diet, a low immune system and poorly prepared food. We do everything we can to make sure food and water is safe for you to consume. It is very important that you wash your hands before eating and after going to the toilet. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

Earth's Edge Pre-Departure Weekends:

We hold pre-departure weekends prior to all expeditions. Attending your Pre-Departure weekend is compulsory as they form a key part to preparing you for your upcoming adventure! You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location!

Equipment:

The following is what we recommend you take, and is a guideline of what to bring on this expedition. You are responsible for having the necessary personal equipment you need for this trek. When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors have an excellent range of expedition equipment, very knowledgeable staff and are 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter.

EQUIPMENT CHECKLIST	
Synthetic mountaineering boots. (This item may be available to rent upon request.) -Examples of suitable boots; La Sportiva G2SM, Scarpa Phantom 6000 or similar. -Examples of unsuitable boots; La Sportiva Nepal Extreme, Scarpa Mont Blanc, Meindl Island Pro or similar.	
Gaiters if your boots do not have a built-in gaiter. Rental boots typically do not come with built-in gaiters.	

12 point crampons (If you don't have crampons we will provide them for you).	
Walking ice axe (60 – 70cm): The ideal length of the ice axe depends on your height. Under 1.7m use 60cm, Between 1.7 & 1.9m use 65cm and over 1.9m use a 70cm tool. (If you don't have an ice axe we will provide one for you).	
Sling (approx size 120cm x 10mm) x 2. (These are not available for rent.)	
Climbing harness & two screw gate carabiners. (If you do not have a harness we will provide one for you.)	
Trekking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners or sandals (to wear in transit & at lower altitude when not trekking).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Heavyweight hiking socks x 2.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1.	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layers x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
Mid-weight fleece x 2.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
A balaclava/a buff.	
Category 3 or 4 sunglasses.	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of heavy mountaineering gloves.	
A pair of down mitts.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags. To organise and water proof your equipment inside your bags.	
Water bottles: Three wide mouth 1 litre water bottles. If you wish to bring a water bladder to use at lower elevations you can but it will not work at high altitude so you need bottles.	
A warm sleeping bag (comfort rating of -15°C or lower).	
A sleeping bag liner (This helps to keep your sleeping bag clean and adds an extra season).	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Toilet roll.	

<p>Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following:</p> <ul style="list-style-type: none"> • Rehydration salts • Plasters • Compeed • Paracetamol • Imodium • Motilium • Throat lozenges • Nasal spray • Decongestant such as Sudafed • Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i> 	
<p>Personal medication. Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> • Asthma inhalers • Nutritional supplements • Blood pressure tablets <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> • Canesten • Zovirax • Anusol • Hydrocortisone 1% 	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Passport Photo's x 2 for trekking permit.	
Vaccination booklet (if required).	
OPTIONAL ITEMS	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Power adaptor – Plug type C is used in Nepal.	
Thermarest.	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

Tourist Visas:

At the time of writing, EU passport holders were able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately US \$40. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return to Ireland.

Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 6,189 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To contact Campbell Irvine call [+44 844 826 2722](tel:+448448262722) or go to their website www.campbellirvinedirect.com/earthsedge.

Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up to date medical advice. When you sign up for this event we will email you specific advice supplied to us by the Travel Health Clinic which details what is required for this destination.

Medical:

Before departure you will be required to complete an extensive medical questionnaire. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a medical form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). These measures are put in place for the safety of all participants on the trek.

Temperatures & Climate:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -20 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com/

Norwegian Meteorological Institute: www.yr.no

Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea &

dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you getting altitude sickness. Our guides are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. If you have suffered serious problems at altitude before, you should seek the advice of your doctor or a specialist. Please note it is common for most people to experience mild headaches on the summit day of this expedition. Always keep your guide informed on how you are feeling.

Diamox:

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants, especially those who have had AMS in the past, to take Diamox prophylactically (as a preventative), starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side effects, we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

Spending Money & Tips:

We recommend that you bring US \$350 in cash and a credit or debit card with you to Nepal. It is possible to convert US Dollars to Nepalese Rupees in or near our Kathmandu hotel. There are also ATMs throughout Kathmandu where you can withdraw cash using a credit card. On the trek it is best to have some rupees as it is difficult to get change for foreign currency when buying small items. Tipping is common in Nepal, it is not compulsory but it is expected. Our recommended tip for Everest Base Camp and Island Peak is US \$175. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all local staff. The recommended spending amount above includes the tip for the local staff. To obtain your visa on arrival please also ensure you have the correct amount of cash with you. It is your responsibility to ensure that you have the necessary requirements to obtain the visa on arrival. We recommend notifying your bank that you will be abroad and possibly using your debit/credit card.

Optional Expenses:

WiFi and hot showers are available in some tea houses at a cost of approx US\$5 each. Drinking water is provided by Earth's Edge on each day of the trek, this water is filtered and treated with purification tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add concentrated flavour drink. If you chose to purchase bottled water on the trek this will cost between \$1 - \$6 USD per litre.

About Nepal:

We advise all participants to educate themselves on local laws and customs before travelling to Nepal. Up to date travel advice can be found on the [DFA website](#).

Area:	147,181 sq km
Population:	29,000,000 approx.
Official Language:	Nepali
Religion:	Hinduism (80%), Buddhism (11%), Islam (4%), Kirat (4%), Christianity (0.5%) & Others: (0.5%).

Local Time:	GMT +5.45
Local Currency:	Nepali Rupee
Currency for Exchange:	EURO, GBP & USD.
Where to Exchange:	Most major towns – your Expedition Leader can advise you on arrival. Worn or ripped Rupee notes may prove difficult to use, so beware of this when accepting notes.
ATMs:	Available in larger towns and cities.
Credit Cards:	Accepted in larger outlets.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

Everest Base Camp & Island Peak Expedition Summary & Itinerary:

Island Peak is suitable for experienced trekkers who want to climb a 6,000m Himalayan Peak. Our Island Peak expeditions includes the classic Everest Base Camp trek one of the most iconic routes in the world. Mt Everest (8,848m), the world's highest mountain is known as Sagarmatha "sky head" in Nepalese and Chomolungma "the mother goddess of the earth" in Tibetan. The scenery is truly breathtaking with mixed forest, flower filled meadows, glaciers, rivers and spectacular mountainous panoramas throughout. Located in the Khumbu region of eastern Nepal our route takes us through Sherpa villages, bazaars and Buddhist monasteries.

After trekking to Everest Base Camp we are well acclimatised and 'trek fit' to take on the challenge of Island Peak. Although it is often classified as a trekking peak, standing at 6,189m Island Peak is a tough challenge. Like most peaks the crux of the climb is the summit day where we ascend over 700m on mixed terrain. The last two hundred meters to the summit require us to use fixed ropes but it is technically very easy and we provide all the training in days leading up to summit day. The views of the surrounding 7,000m and 8,000m peaks make all the hard work worthwhile! As well as 19 days in the Everest region we spend two nights in Kathmandu and enjoy time to explore the city.

Day 1: Depart Dublin.

Depart Dublin for Kathmandu. Overnight flight.

Day 2: Arrive in Kathmandu.

Arrive in Kathmandu. Overnight hotel.

Day 3: Fly Kathmandu to Lukla, 35 minutes; Trek Lukla to Phakding, 3 hrs.

In the early morning we take the exciting flight from Kathmandu to Lukla. The views from the 14-seater planes are amazing. From Lukla we trek to the village of Phakding. The trail starts by descending Northwest to the village of Choblung in the Dudh Kosi Valley. From here we follow the Dudh Kosi River passing through Ghat and then into Phakding. Overnight tea house. Altitude 2,650m.

Day 4: Trek Phakding to Namche Bazaar, 8 hrs.

After breakfast we start walking, following the Dudh Kosi River. After some time we reach the confluence of the Bhote Kosi and Dudh Kosi and cross a large suspension bridge. The trail then ascends through pine forest and some small meadows to reach the distinctive horse-shoe shaped village of Namche Bazaar. It's a tough day on the trail but the possibility of great views of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m), Ama Dablam (6,856m) and Taweche (6,542m) make all the effort worthwhile. Overnight tea house. Altitude 3,450m.

Day 5: Rest and Acclimatisation Day in Namche Bazaar.

As the name suggests, Namche is famous for its local market. After breakfast we climb to the ridge above the village to marvel at the panoramic views of the Khumbu peaks including Everest, Nuptse and Ama

Dablam. If people are feeling strong we have the option of ascending further to the air strip above the village. We then visit the National Park museum with the option of visiting the Sherpa museum too. The rest of the day can be spent exploring this colourful village or relaxing in the tea house. Overnight tea house. Altitude 3,450m.

Day 6: Trek Namche Bazaar to Phortse, 5 hrs.

Today's route has some stunning views of the surrounding landscape, dominated by Ama Dablam, which towers over us for the day. Towards the end of the route we have a steep descent to the Dudh Kosi and then a big climb up a steep trail to reach Phortse. Overnight tea house. Altitude 3,840m.

Day 7: Trek Phortse to Dingboche, 6 hrs.

Another stunning day on the trail, which offers views of Everest if the weather is clear. We ascend over 500 metres today so it's important to take it slow and acclimatise correctly. Today we walk above the tree line and experience a more barren but equally beautiful landscape. Overnight tea house. Altitude 4350m.

Day 8: Rest and Acclimatisation Day in Dingboche.

After a lazy start we go for an acclimatisation hike ascending the high ground near the village. We then return to the tea house for a hot lunch. The afternoon is free to relax and explore Dingboche which is home to a number of good bakeries and a pool table! Overnight tea house.

Day 9: Trek Dingboche to Lobuche, 6 hrs.

We start from Dingboche with a steep climb onto the ridge above Pheriche. Upon reaching the top of the ridge we are greeted with fantastic views of our route so far and Ama Dadlam. After about three hours we stop for lunch in Dughla and then ascend a long hill to reach the memorials for climbers who lost their lives climbing Mt Everest. The last section of the walk is quite flat and takes us right into Lobuche. Altitude 4,940m.

Day 10: Trek Lobuche to Everest Base Camp to Gorakshep, 9 hrs.

We start early and climb almost 300 metres to Gorakshep for lunch. The terrain is rough in places as we pick our way through the Khumbu glacier. From Gorakshep it's two and half hours to reach Everest Base Camp (5,364m). After eight days on the trail there is a real sense of achievement upon reaching base camp! After taking in the atmosphere and sights we walk back down to Gorakshep. Overnight tea house. Altitude 5,140m.

Day 11: Trek Gorakshep to Kala Patthar to Dingboche, 10 hrs.

For those with the energy there is an optional early start to climb Kala Patthar (5,550m). It's a tough trail to the top but Kala Patthar offers some of the best views of Everest in the entire region. Afterwards we return to Gorakshep for breakfast. From Gorakshep we descend all the way back to Dingboche. Overnight tea house. Altitude 4,410m.

Day 12: Rest & Skills Day in Dingboche.

Following all the hard work in getting to Everest Base Camp we take a rest day to recover. During the day we sort out our equipment for Island Peak and practice some rope skills. Overnight tea house.

Day 13: Trek Dingboche to Chhukung, 4hrs.

Today we leave the main trail to Everest behind us and trek towards Chhukung. This four hour walk allows us plenty of time in the afternoon for rest and preparing our climbing equipment. Overnight tea house. Altitude 4,700m.

Day 14: Chhukung to Island Peak Base Camp, 3 hrs.

We spend the morning practicing our new rope skills with our climbing Sherpas. These skills are key to ensuring we move safely on the high slopes of Island peak and under the expert tuition of the Sherpas. We will have plenty of time to make sure we are comfortable and competent with the ropes. Following lunch we start the short hike to base camp where we will spend our first night in tents. Overnight camp. Altitude 5,090m.

Day 15: Base Camp to High Camp, 2hrs.

Following a lazy start, we ascend to Island Peak High Camp. The steep trail climbs the lower slopes of Island Peak and offers up incredible views over the Imja glacier and lake. We arrive late afternoon and settle into the tents before dark. The Sherpa team will ensure you are well fed and hydrated before an early night to get some sleep for the push towards the summit. Overnight Camp. Altitude 5,500m.

Day 16 Summit Day! 14 hrs.

We rise early for an alpine start and begin the 700m ascent to the summit. Although there is some scrambling in places, the route is well used and easy to follow. We ascend a rocky spur to the crampon point at the base of the upper snow fields. As the sun rises we are treated to stunning views of the surrounding 8,000m peaks, Lhotse & Makalu. From the crampon point we move in rope teams, led by climbing Sherpas. We traverse the glacier, negotiating a safe route with the use of ladders and fixed lines to the base of the imposing head wall at 5,900m. From here the summit is visible almost directly above us. The steep head wall is climbed with the aid of fixed lines which lead all the way to the summit at 6,189m. From the top we can enjoy spectacular views of the Everest Region. We then retrace our footsteps back through high camp where we take a short break to refuel and rehydrate before continuing our descent to Chukhung and a welcome bed in the tea house. Altitude 4,700m.

Day 17: Spare Summit Attempt.

A spare day in case of bad weather on Day 16.

Day 18: Trek Chhukung to Tengboche, 6 hrs.

Today we descend to Tengboche. The route offers amazing close-up views of Ama Dablam (6,856m) widely considered one of the most stunning peaks in the world. In the afternoon, we can visit Tengboche monastery the largest and most significant monastery in the region. Overnight tea house. Altitude 3,860m.

Day 19: Trek Tengboche to Namche Bazaar, 4 hrs.

From Tengboche we descend for one hour to reach the Dudh Kosi river. We then climb for over an hour and follow the river canyon to Namche Bazaar. In the afternoon, there is plenty of time for shopping in the market. Overnight tea house. Altitude 3,450m.

Day 20: Trek Namche Bazaar to Lukla, 8 hrs.

Our last day of walking always brings out mixed emotions. It's a long day with some steep downhill and uphill sections. There is plenty of time for reflection and to enjoy the last views of the highest mountains in the world. We say goodbye to our support team in Lukla and enjoy our last dinner on the trail. Overnight tea house. Altitude 2,850m.

Day 21: Fly Lukla to Kathmandu, rest followed by evening celebration meal.

We fly back to Kathmandu in the morning and check into our hotel. We then have some free time for resting at the hotel or exploring the surrounding area. In the evening, we enjoy a celebratory meal in one of Kathmandu's best restaurants. Overnight hotel.

Day 22: Kathmandu to Dublin.

Enjoy a free morning in Kathmandu for some exploration and shopping. In the evening, we depart for

Dublin. Overnight flight.

Day 23: Arrive in Dublin.

Arrive back in Dublin in the morning. Expedition ends.

Expedition Costs:

€399 non-refundable deposit at the time of booking, followed by a €1,000 payment six months prior to departure & a €3,100 balance payment due two months prior to departure - Total €4,499. Read our [best price guarantee](#).

*If you wish to pay for your trek in instalments, contact us for more information.

* Prices were set on December 18th, 2017.

EXPEDITION COSTS INCLUDE:

- International flights from Dublin to Kathmandu return economy class.
- Internal flights in Nepal.
- Experienced Irish expedition leader accompanying you from Dublin airport.
- Experienced Irish expedition doctor accompanying you from Dublin airport.
- Earth's Edge Pre-Departure Weekends.
- Local English speaking guides, local cooks and support team.
- All accommodation based on twin sharing in hotels in Kathmandu, tea houses on the trail and camping at higher elevations.
- All meals and drinking water are included except in Kathmandu where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

EXPEDITION COSTS EXCLUDE:

- Personal travel insurance.
- Transfers to and from Dublin Airport.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

SHARE YOUR JOURNEY AND WIN A €300 ADVENTURE PACK:

On each expedition, one person will win an Earth's Edge Down jacket, Gore-Tex jacket and an environmentally friendly Keep-Cup. How do you win? Share your journey from start to finish on your Instagram. We want to see your gym sessions, your training hikes, your gear prep, and of course your photos of your amazing adventure with us! Simply let us know your Instagram handle, tag us in your post, and use our hashtag #EarthsEdge. There's no limit on how many posts you can do, and if you win we could feature your photos on our Instagram or Website! ***On average, we have 12 people on our***

expeditions, so you have a 1 in 12 chance of winning! Get snapping! We will select a winner approximately four weeks after each expedition!

Expedition FAQ:

What is the accommodation like on this expedition?

While in towns, cities and on the trek, we use locally run hotels and guest houses in an effort to support the local economy. Staying in guest houses is a great way to meet local people as well as like-minded trekkers. At higher elevations you will be sleeping in two person tents. Our prices are based on two people sharing. It is generally possible to arrange single rooms on Earth's Edge expeditions. Contact us to request a single room.

What is the food like on this expedition?

Food plays a huge part in the success of our expeditions. A cook accompanies all expeditions to prepare nutritious, tasty food. All fresh produce is washed using clean water and all perishable items are kept cool. We provide balanced meals which keep participants energised throughout the expedition. We like to cook local seasonal dishes but we also cook western dishes.

Can Earth's Edge cater for my dietary restriction?

We will try our best to cater for those with dietary restrictions. If you have a dietary restriction, please state this on your medical declaration form which you will complete prior to your expedition. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

How many people can take part in this expedition?

This expedition will have an average of 8 participants.

Who is leading this expedition?

An Earth's Edge expedition leader accompanies all expeditions. Our leaders are highly experienced and skilled in expedition leadership and wilderness first aid. Local English-speaking guides work with our expedition leaders to run the expedition. Our local guides are highly experienced and very familiar with the expedition route, local history, cultures and customs of the region.

Will I get a chance to meet any of my other team members before departure?

Yes, we hold pre-departure weekends about two months before every expedition. If you cannot attend the particular weekend that is scheduled for your expedition, then you are welcome to attend another training weekend. An experienced Earth's Edge expedition leader and expedition doctor will meet the group to answer questions about the trek. Most people at this stage will have questions about their equipment and will be given advice on the best way to pack for the trip. This is also a great opportunity for participants to meet one another before setting off. Around this time, you will receive a pre-departure document which will include lots of important information such as what time you need to meet at the airport and emergency contact information that you can pass on to your next of kin. Please note where differences exist between this info pack and the pre-departure document the pre-departure document supersedes.

Can participants extend their stay after the expedition?

Extensions are possible but subject to availability, contact us ASAP if you wish to extend your trip. For extension requests made at least four months before departure there is a change fee of €100 plus fare difference. For requests made between two and four months before departure there is a change fee of €150 plus fare difference. It is not possible to make an extension request within two months of departure.

What back-up support is there on this expedition?

Along with the Earth's Edge expedition leader we use local guides, cooks, drivers and support teams of the highest standard. We employ local staff based on their qualifications, experience and references. Our expedition leaders are trained in wilderness first-aid and most of our local guides are first-aid trained too. Our expedition leaders and local staff are familiar with the locations of local medical services and hospitals. Where no mobile/cell phone network is available expeditions are accompanied by two-way radios and satellite phones. Our expedition leaders have 24/7 access to our office in Ireland.

What emergency procedures are in place?

A detailed assessment of risk is completed for all expeditions. The risk assessment covers potential minor and major injuries, environmental risks, political risks and evacuation plans detailing the locations of local hospitals, emergency services and airports.

What happens if someone gets sick or injured?

In the event of someone falling ill or getting injured, the expedition doctor will assess and treat the sick or injured person. Often with some rest, participants can continue without a problem. If needed a porter will help the injured person to the next camp where an evacuation to a hospital can be arranged for more serious incidents. In the unlikely event of a serious incident which requires urgent hospital treatment a helicopter evacuation can be requested from local authorities. The decision to evacuate is ultimately the expedition leader's. You must respect the decisions of your expedition leader at all times. Extra costs incurred as a result of an evacuation must be paid by the participant. Your personal travel insurance must cover such eventualities.

What happens in bad weather?

In the event of a sudden change of weather conditions the Earth's Edge expedition leader will assess the situation and make an informed decision on what to do. Participant safety is always the priority in the decision-making process. Our itineraries are designed taking into consideration possible bad weather. Alternative routes and contingency plans are always in place in case of adverse weather conditions. We always aim to keep to the itinerary as much as possible but please remember that this is adventure travel and changes can occur!

What will happen to participant's luggage during the expedition days?

On this expedition, you only need to carry a small bag with the essentials such as a spare jacket, hat, water, packed lunch, camera etc. The bulk of participant's luggage will be carried in a separate bag by the support team.

What happens if the airline loses a participant's luggage?

If an airline loses luggage, Earth's Edge will help report the lost baggage and chase up the airline while the participant continues on the expedition. Personal travel insurance should cover the purchase of any necessary clothes and equipment needed. Generally, the airline will deliver lost luggage within 24 hours.

What happens if a participant misses their airport connection?

If a flight connection is missed because a previous flight was delayed, the airlines will offer an alternative flight and accommodation if necessary. If this disrupts any part of your expedition, Earth's Edge will make alternative arrangements to get you back on schedule. Any extra costs incurred due to a missed connection will be covered by the airline or the participant's personal travel insurance.

Why Earth's Edge?

- Earth's Edge is Ireland's first fully licensed & bonded adventure travel company.
- Earth's Edge is 100% Irish owned.
- We send expedition leaders from Ireland with solid travel experience & who are 'salt of the earth' genuinely lovely people.
- We send doctors on all our expeditions, regardless of the difficulty or remoteness of its location. They are accompanied by a comprehensive medical kit.
- We excel at expedition planning and management. Each expedition goes through a custom-made event check-list starting 12 months before departure to ensure we do all we can to run expeditions as smoothly as possible.
- We provide excellent expedition support. All expeditions are managed from our office in Dublin and have 24/7 support from an operations and medical expert.
- We endeavour to respond to all enquiries from both current & potential participants within 24hrs.
- Our office staff are all highly qualified and boast many years of customer service and operations experience between them. Most importantly, they are keen adventurers themselves and are passionate about exploring the globe! They each take part in at least one Earth's Edge expedition a year. So, when you make an enquiry, you are speaking to an expert as opposed to a travel agent.
- We offer very inclusive packages which are excellent value for money.
- The emphasis we place on preparing our participants for their expeditions is second to none. We provide detailed informative trip documentation, medical & vaccine guidance & visa support.
- Earth's Edge hold training weekends prior to each expedition which include a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We follow a strict environmental, social & economic responsible travel policy.

- Earth's Edge group sizes are always small. This enables us to minimise our environmental impact & it also ensures we retain the element of adventure in our expeditions that separates them from your average holiday.