

Kenya Tri-Adventure 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 Kenya, an FAQ and the expedition itinerary with details on what's included and excluded.

Fitness & Training:

Tri-Adventure expeditions are very demanding and participants need to have a good level of fitness. These events have been specifically designed to challenge people. The expedition involves four tough days of trekking followed by two long days on the bikes and then a half day of rafting. 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 backpack 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.

On the two days of biking the pace will be slow however there are some big hills and you will be in the saddle for six hours on both days. To prepare yourself for this part of the challenge you should complete long slow bike rides. Start with shorter rides and then work up to be out for at least two hours at a time.

Although hillwalking or biking 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 over training 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 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 sharing 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	
Walking 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 for Cycling (You may bring SPD shoes although they are not necessary. If you do bring them you will need to bring pedals as well)	
Two pairs of thick socks and two pairs of thin socks.	
A long sleeved shirt for sun protection on hot days.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1.	
Two pairs of lightweight trousers or pants, one for trekking and one to wear at night.	
A good thermal (polypropylene) layer consisting of long johns and pullover.	
Cycling shorts	
Cycling gloves	
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).	
A light weight fleece.	
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 pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
Walking poles.	
Daypack: 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 (if either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Swimming togs and board shorts suitable for rafting.	
Water bottles and water bladder. You must have the capacity to carry three litres of water.	
A warm sleeping bag (comfort rating of -15°C or lower).	
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 are very useful.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> • Rehydration salts • Plasters • Compeed 	

<ul style="list-style-type: none"> • Paracetamol • Imodium • Motilium • Throat lozenges • Nasal spray • Decongestant such as Sudafed • Antibiotics suitable to treat traveller's diarrhoea <p><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>	
<p>Personal medication.</p> <ul style="list-style-type: none"> • Malarial Prophylaxis (consult with your own GP or the Travel Health Clinic) <p>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.	
Your vaccination booklet.	
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.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
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.	
Lanacane or chamois cream for cycling.	
Hand warmer sachets.	

Tourist Visas:

At time of writing, EU passport holders were able to obtain a tourist visa upon arrival in Kenya for a fee of approximately \$50 paid in cash. 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. Visa requirements are subject to change and should be confirmed before departure.

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 4,895 metres, mountain biking and rafting on class IV white water (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 -10 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 clients 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 (in 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 tingling 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 carry \$300 with you in mixed notes (including visa fee & tip). Tipping is common in Kenya and we recommend you tip if you are happy with the service. The recommended tip is \$100 per person. Please give your tip to the Expedition Leader and he/she will distribute the tip among all local staff. The recommended spending amount above includes the tip for the local staff.

Local Staff:

Your local team will be made up of the head guide, assistant guides, porters and cooks. The guides and many of the porters will speak English very well. However, some of the porters may be trainees and therefore will have limited English. Please be patient and respectful towards all staff. The porters on Mt Kenya are notoriously friendly and extremely hard working people and will go out of their way to assist you in reaching the summit. At Earth's Edge we take the treatment of our porters very seriously. For that reason, we limit the weight allowance of your duffel bag to 15kg to ensure the porters are not overloaded.

About Kenya:

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

Area: 581,309 km²
Population: 45,010,056
Official Languages: Swahili, English

'A few words of Swahili will prove very impressive!'

Hello: Jambo.
Goodbye: Kwa heri.
Thank you very much: Asante sana.
My name is: Jina langu ni.
No worries: Hakuna matata.

Slowly/take it easy: Pole-pole.
How are you? Habari?
Crazy cool like a banana! Poa kichizi kama ndizi.

Religion: Christianity (83%), Muslim (11.2%), Indigenous beliefs (1.7%), Others (4.1%)
Local Time: GMT +3.00
Local Currency: Kenyan shilling
Currency for Exchange: USD GBP EURO
Where to Exchange: In banks found in most major towns.
ATMs: ATMs can be found in larger towns.
Credit Cards: Accepted in larger outlets.

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

Expedition Summary & Itinerary

The Kenya Tri Adventure™ expedition is a challenge of a lifetime covering more than 200km in seven days. The expedition includes five days of trekking to Mt Kenya (4985m), two days of biking and one day of exhilarating rafting on the Tana River. We also include two wildlife safaris and one night of camping inside a game reserve! Each day on the route offers something different and every day is a challenge in its own right. Kenya is most recognised for being home to Africa's famous "Big Five" (Lion, Elephant, Rhino, Leopard and Buffalo) but most people don't realise that Kenya also offers some of the best adventure sport in the world. Kenya is a country of tremendous diversity; landscapes vary from glaciated mountains with snow-capped peaks, to dense forest to flat desert plains. Along this journey you will learn about Kenyan culture by chatting with our local guides. Kenyans say that; 'You will arrive as a visitor and leave as a friend'!

Trek

The five day hike takes us to Mount Kenya (4985m) known as Kere Nyaga - Mountain of Brightness, an ancient dormant volcano and Africa's second highest mountain. Long overshadowed by Tanzania's Mt. Kilimanjaro, trekkers are starting to take notice of this beautiful glacial peak. The 66km route takes us through a variety of habitat such as dense bamboo and rainforests which are rich in wildlife including elephant, buffalo and monkeys. Even the higher up moorlands are home to many mammals including the rock hyrax, the nearest living relative of the elephant.

Bike

The two day cycle section covers a distance of 106km through the Kenyan countryside. It's a very scenic route as we ride through rural Kenya with many fun downhill sections as well as tough climbs. For the most part we will be riding on dirt roads with very little traffic. Between the two days of biking we camp in game reserve and go on evening and morning wildlife safaris. The park is stocked with lion, rhino, elephant, hippo, leopard, giraffe and a whole host of other game. The highlight of this experience is going to sleep listening to some of Africa's biggest game outside your tent!

Raft

The Tana River stretches for 1000km and is the longest river in Kenya. It is a drop pool river so makes for an exciting day of white water rafting. Experienced guides will provide you with the paddle skills you will need to safely get through the many rapids along a 16km stretch including one called 'Can of Worms' due to its four 90 degree bends in quick succession. The main river is surrounded by stretches of thick forest with fig and palm trees. These forests are filled with interesting birdlife and often shelter buffalo, elephant, hippo and crocodile as well as a host of smaller, shy antelope and primates.

Day 1: Dublin to Kenya.

Depart Dublin in the evening. Overnight flight.

Day 2: Arrive in Kenya, 3 hrs driving.

Arrive in Jomo Kenyatta International Airport in the mid-morning and drive for 3 hrs to the river camp on the banks of the Tana River. When everyone has got their bearings, there will be a briefing on the following days activities. Overnight camp.

Day 3: Chogoria (2200m) to Chogoria Gate Camp (2950m), 5 hrs trekking/ 14km.

After breakfast we drive to Chogoria where we meet the team of porters who will be looking after us on our trek for the next few days. We enter the forest at 2200m and trek for five hours till we reach the park gate which will be our first campsite. The east side of the mountain is teeming with wildlife and signs of elephant and leopard are common. After a tasty meal, an early night is probably on the cards. You retire to your tents and try to get your first night's sleep to the sounds of the Mt Kenya wildlife! Overnight camp.

Day 4: Chogoria Gate Camp to Lake Ellis (3500m), 8 hrs trekking/14km.

A fried breakfast is served at about 7am. You leave the campsite after registering at the gate and trek up through a section of stunning trees and mixed grass meadows. A short deviation before lunch takes you to a beautiful valley of amazing waterfalls and steep landscape. On clear days we are rewarded with stunning views of Mt Kenya's jagged peaks. We reach our secluded campsite beside Lake Ellis in the early afternoon and relax for the evening. Overnight camp.

Day 5: Lake Ellis to Mintos Hut (4200m), 7 hrs trekking/8km.

The walk today is well off the beaten track. You walk around the lake, cross over the valley and follow a ridge up the mountain for about 3 hours to eventually join the normal Chogoria route at an altitude of about 4,100m. Enjoy breath-taking views over the Gorges Valley and back over towards Itinguni and the Northern Moorlands. Lunch is served at a small stream crossing, before continuing for a further hour to the Mintos Hut area, 4200m. In the afternoon we can take the 10 minute walk to the "Temple". This is a 500ft vertical cliff that gets its name from the position visitors often adopt when peering over the edge - they look as if they are praying. A very early night is recommended in preparation for tomorrow's summit day. Overnight camp.

Day 6: Summit Day! 12 hrs trekking, 4km to summit 18km to Old Moses Camp.

We start walking in the early hours of the morning in darkness. Our route takes us via Simba Col to Point Lenana (4,985m) and takes roughly four hours. Enjoy the stunning site of the sun rising through the clouds en route to the summit. After plenty of photos at the top we begin our descent to Judmire Camp. We depart the peak via the same route as far as Simba Col and then turn left and head on down a steep scree slope to Shiptons Camp, where we enjoy some rest and a cooked breakfast. We then complete the final leg of the summit day, a six hour walk to Old Moses Camp. Despite being all downhill except for three shorts ascents, everyone arrives ready for bed! Overnight camp.

Day 7: Old Moses Camp to Ol Pejeta Game Reserve, 2 hrs trekking (7km) & 6 hrs biking (50km).

Our last day on the mountain begins with a two hour walk to meet our bikes at the Sirimoni Gate. Following a biking brief, we get going on this stunning route to the Ol Pejeta Wildlife Park. Most of the terrain is downhill or flat and offers amazing views of Mt Kenya and the rugged Kenyan landscape. We arrive in our camp in the mid-afternoon and then head out on an evening game drive. Although the reserve is small, it is very well stocked with Lion, Elephant, Rhino, Hippo, Leopard and hundreds of species of birds. Our campsite is located inside the game reserve so we go to bed listening to some of Africa's biggest game just outside your tent! Overnight camp.

Day 8: Ol Pejeta Conservancy to the Tana River, 6 hrs biking (56km).

After an early morning game drive we cycle for 56km to where we meet the main road in the late afternoon. This full day of biking will test stamina and will require us to dig deep on rough rural roads with some long climbs. It's a stunning route with great scenery and takes us through some small villages where we will be greeted by friendly waves from the locals. We also pass a reserve with excellent opportunities to spot Rhino! After celebrating the end of the biking section we drive for two hours back to the Tana river. Overnight camp.

Day 9: Tana River, 4 hrs rafting, (16km).

The adventure starts with 3km of easy class II and III white water, where there will be plenty of opportunity to practice the paddle skills required to run the lower part of the river. A 6km section follows and then we will rest for an hour to view the abundance of bird life around and cool off with a swim in the warm water. The final 7 km of river back to the campsite starts with some easy class III waters where paddle commands are gone over again before we meet the three big rapids (class IV and V) with names like Captains Folly, Can of Worms and Sphincter Flexor. Subject to water levels we may be able to "surf" in "fish eye" and then swim the next couple of minor rapids. Numerous smaller rapids brings us on to the last big one – Spasm, a series of drops over ¾ km section with a big surprise half way through! We reach the campsite about four to five hours after setting off, where a full barbeque lunch awaits us. Relax for the afternoon. Overnight camp.

Day 10: Tana River to Nairobi.

We enjoy a relaxed morning or for those who want, Bungee jumping is available! After lunch we drive to the international airport in Nairobi in time for our evening flight back to Dublin. Overnight flight.

Day 11: Arrive back in Dublin.

Arrive back in Dublin in the early morning. Expedition ends.

Expedition Costs:

€399 non-refundable deposit at the time of booking & €3,100 balance payment at least two months prior to departure - Total €3,499. Read our [best price guarantee](#).

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

*Prices were set on September 26th, 2018.

EXPEDITION COSTS INCLUDE:

- International flights from Dublin to Nairobi return economy class.
- Experienced Irish expedition leader accompanying you from Dublin airport.
- Experienced Irish expedition doctor accompanying you from Dublin airport.
- Earth's Edge Pre-Departure Weekend.
- Local English speaking guides, local cooks and support team.
- All accommodation based on twin sharing in cottages and camping.
- All meals and drinking water for the duration of the itinerary.
- 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.
- Mountain bikes and helmets.
- An Earth's Edge bandana for all participants.
- National Park fees.

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 a typical day like on this expedition?

The following is a typical day on this expedition and most days on the route will follow this general format, however every day is slightly different and the weather can have a huge influence too.

Wake up, sometimes at sunrise, to enjoy the spectacular views of the surrounding landscape. After a substantial breakfast, we pack up all the equipment and get ready to leave. After giving your main bag to the porters we get moving. You need only carry a small rucksack with a spare jacket, hat, sun cream, water bottle, packed lunch and camera. We move at a pace that suits the group and stop regularly for photo opportunities and rests. At around midday we break for lunch. After a healthy and energising lunch, we start moving again and by mid-afternoon we will have reached our destination. Once settled in, we play cards, explore the area and enjoy watching the sun disappear below the horizon. Meanwhile, the cooks will be busy preparing dinner using fresh seasonal local produce. After dinner the Earth's Edge expedition leader will brief you on tomorrow's adventure. That night you can enjoy the company and stories of your guides and fellow adventurers. Then head to bed for a good night's sleep to be ready to do it all again the next day!

What is the accommodation like on this expedition?

While in Sagana you will be twin sharing in cottages. All the cottages are clean, comfortable and have hot water. While on the trek you will be sleeping in two person tents. Our prices are based on two people sharing. It is generally possible to arrange single rooms/tents on Earth's Edge expeditions. Contact us to request a single room or tent.

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 13.

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 porters 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 the 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 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 a porter.

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 pre-departure 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.