

Everest Base Camp - 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 is a demanding trek with an average of 5 hours of walking per day except on the day we reach base camp which involves roughly 9 hours of walking. As with all our 'demanding' expeditions we expect clients to have a very good level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. 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 chaffing!

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 Training Days:

We hold training events prior to all expeditions. You will meet the expedition leader, expedition doctor and fellow adventurers! You will get the opportunity to ask questions and receive detailed briefs and advice about all aspects of the expedition including training, equipment, weather etc. These events are also a lot of fun and they take place in Glendalough 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 or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below).	
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.	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
A balaclava / a buff.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of waterproof gloves or mitts (Mitts are preferable).	
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 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 or plastic bags. If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags.	
Water bottles and water bladder. You must have the capacity to carry three litres of water while walking.	
A warm sleeping bag (4 season comfort rating, temperature to -5°C).	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser.	
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.	
Personal first aid kit. We recommend you carry rehydration salts, plasters, compeed, paracetamol, imodium, motilium and antibiotics suitable to treat traveller's diarrhoea. Ciprofloxacin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up to date advice. The expedition medic will also have a full medical kit to deal with issues of a more serious nature.	
Personal medication. Please carry any medication you are currently taking on a regular basis such as asthma inhalers, nutritional supplements, blood pressure tablets. If you suffer or have suffered from any skin condition bring appropriate creams such as canesten, zovirax, anusol or 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.	
Headlamp or small torch 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 on page 5.	

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).	
Power adaptor – Plug type C is used in Nepal.	
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 time of writing, EU passport holders were able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately €30 and you need to carry two passport photos with you for the tourist visa.

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 5,550 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 10 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 (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.

The Altitude Centre Ireland

If you would like to know how you will fare at altitude ahead of this expedition contact our friends at the Altitude Centre Ireland, Ireland's specialist in altitude training. They offer AMS Susceptibility Consultations which will determine your body's sensitivity to low oxygen (high altitude) and then recommend specific training if needed. For more information call 061748585 or email ireland@altitudecentre.com. Quote Earth's Edge to avail of a 10% discount.

Spending Money & Tips:

We recommend that you bring €200 in cash and a credit card or debit card with you to Nepal. It is possible to convert Euro, US Dollars and Pounds Sterling to Nepalese Rupees at Kathmandu Airport and 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 rupees as it is difficult to get change for foreign currency when buying small items. Tipping is totally optional. If you do decide to tip we would recommend a tip of €50 to €100 per person. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip evenly among all local staff.

About Nepal:

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 Expedition Summary & Itinerary:

This historic trek to Everest Base Camp (5,364m 17,598ft) is one of the most famous expeditions in the world. Mt Everest (8,848m), the world's highest mountain is known as Sagarmatha "sky head" in Nepalese and Chomulungma "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. Trekkers come away with great appreciation of the Sherpa way of life, their mountain culture and traditions. This itinerary includes 12 days of trekking and has been designed with acclimatisation in mind. This makes the trip more enjoyable and gives everyone the best chance to reach base camp. We also spend two nights in Kathmandu and enjoy time to explore the city. This unforgettable adventure is perfect for those looking for a challenging trek to the foot of the world's highest mountain.

*****YOUR EXPEDITION AT A GLANCE*****

		<i>Altitude</i>	<i>Hours of Trekking</i>
Day 1	Depart Dublin		
Day 2	Arrive Kathmandu		---
Day 3	Fly to Lukla/ Trek to Phakding	2,650m	3 hrs
Day 4	Trek to Namche Bazaar	3,450m	6 hrs
Day 5	Acclimatisation Day	3,450m	0 hrs
Day 6	Trek to Tengboche	3,860m	5 hrs
Day 7	Trek to Pangboche	4,000m	5 hrs
Day 8	Trek to Dingboche	4,350m	5 hrs
Day 9	Trek to Dughla	4,620m	5 hrs
Day 10	Trek to Lobuche	4,940m	5 hrs

Day 11	Trek to EBC to Gorakshep	5,364m-5,170m	9 hrs
Day 12	Spare Base Camp day or climb to Kala Patthar Peak (5,554m)	4,940m	6 hrs
Day 13	Trek to Tengboche	3,860m	5 hrs
Day 14	Trek to Namche Bazaar	3,450m	7 hrs
Day 15	Trek to Lukla	2,850m	7 hrs
Day 16	Fly to Kathmandu		---
Day 17	Depart Kathmandu		---
Day 18	Arrive Dublin		

Day 1: Depart Dublin.

Depart Dublin in the evening for Kathmandu with Etihad. Arrive in Abu Dhabi in the early morning and connect for the flight to Kathmandu. Overnight flight.

Day 2: Arrive in Kathmandu.

Arrive in Kathmandu in the mid afternoon. Overnight hotel.

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

After breakfast at our hotel we drive to the domestic airport for our flight to Lukla. From here 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. We enjoy our first night on the trail. Overnight tea house. Altitude 2,650m.

Day 4: Trek Phakding to Namche Bazaar, 6 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.

Rest day for acclimatisation at Namche Bazaar. As the name suggests, Namche is famous for its local market. We advise an early start to climb to the ridge above Namche for sunrise. We are rewarded with the stunning sunrise over the panorama of the Khumbu peaks including views of Everest, Nuptse and Ama Dablam. The rest of the day can be spent exploring this colourful village, walking along the Thami Valley or visiting the Sherpa museum to see the interesting displays of Sherpa lifestyle and culture. Overnight tea house. Altitude 3,450m.

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

Today's route is fairly flat but has some stunning views of the surrounding landscape. Towards the end of the route we walk up a steep trail to reach Tengboche. In the afternoon we explore Tengboche, visiting the local bakery and monastery. Overnight guest house. Altitude 3,860m.

Day 7: Trek Tengboche to Pangboche, 5 hrs.

Today's walk is quite short but we move slowly in order to acclimatise correctly. The trail takes us through Deboche and over some bridges before a steep ascent to Pangboche. We pass more beautiful monasteries and have great views back to Tengboche. Overnight guest house. Altitude 4000m.

Day 8; Trek Pangboche to Dingboche, 5 hrs.

We continue on a relatively easy track as we clear the tree line and are rewarded with uninterrupted mountain views. The final section into Dingboche is the steepest but it's relatively short. Relax for the afternoon. Overnight tea house. Altitude 4,350m.

Day 9: Trek Dingboche to Dughla, 5 hrs.

Today is another short day. We start from Dingboche with a steep climb onto the ridge above Pheriche. Upon reaching the monastery at the top of the ridge we are greeted with fantastic views of our route so far and of what lies ahead. From here the trail is relatively easy with uninterrupted views of the surrounding landscape. Dughla is situated just below the Khumbu Glacier. Overnight tea house. Altitude 4,620m.

Day 10: Trek Dughla to Lobuche, 5 hrs.

After breakfast we walk up the terminal moraine of the Khumbu Glacier, crossing the snow line. After some time we reach some memorials for climbers who lost their lives climbing Mt Everest itself. The second half of the walk is quite flat and takes us right into Lobuche. Lobuche treats us with more amazing views of the Himalayas. Overnight tea house. Altitude 4,940m.

Day 11: Trek Lobuche to Everest Base Camp to Gorakshep, 9 hrs.

From Lobuche it is a long rewarding walk to Everest Base Camp (5,364m). We keep a slow pace all the way in order to acclimatise correctly. After 8 days of walking there is a real sense of achievement upon reaching base camp! After taking in the atmosphere and sights at base camp we walk back down to Gorakshep. Overnight tea house. Altitude 5,170m.

Day 12: Kala Patthar or Spare Base Camp Day, 6 hrs.

Due to the severe altitude and the ever changing weather conditions it may not be possible to go to Everest Base Camp on day 11. The expedition leader in consultation with the local guides will make a decision on when to go to base camp. If we reach base camp on day 11 we will climb Kala Patthar (5,554m) to watch the sun rise over Everest. We will finish the day by walking back to Lobuche. Overnight tea house. Altitude 4,940m.

Day 13: Lobuche to Tengboche, 5 hrs.

Today we retrace our steps back to Tengboche. The walking is much easier today as we are descending and losing altitude all the time. We stop off in Pheriche and visit the HRA clinic. Here the medical staff are conducting research on the effects of altitude and they may be looking for participants! This research will hopefully lead to a better understanding of the effects of altitude on the human body and how to prevent some of its life threatening effects. The afternoon's walk is magnificent with great opportunities to appreciate the true extent of the trek we have undertaken. Overnight tea house. Altitude 3,860m.

Day 14: Trek Tengboche to Namche Bazaar via Khumjung, 7 hrs.

Today we follow an easy path although there are a couple of steep sections. We arrive in Khumjung at lunchtime. It is a wonderfully tranquil place which has been well supported over the years by mountaineers. It has a superb bakery with delicious cake and decent coffee too! In the afternoon we will continue on to Namche Bazaar. Overnight tea house. Altitude 3,450m.

Day 15: Trek Namche Bazaar to Lukla, 7 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 16: Fly Lukla to Kathmandu, rest followed by evening celebration meal.

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

Day 17: Kathmandu to Abu Dhabi.

Enjoy a free day in Kathmandu for some exploration and shopping. In the evening we depart for Dublin via Abu Dhabi. Overnight flight.

Day 18: Arrive in Dublin.

Arrive back in Dublin in the morning. Expedition ends.

Expedition Costs:

€399 non-refundable deposit at the time of booking & €2,700 balance payment at least two months prior to departure - Total €3,099. Read our [best price guarantee](#).

* If you are fundraising you need to contact your chosen charity for a fundraising target. You still need to pay a €399 deposit to Earth's Edge. You also need to ensure that your charity pays the balance payment to Earth's Edge at least two months prior to departure.

*Prices were set on September 14th, 2015.

EXPEDITION COSTS INCLUDE:

- International flights from Dublin to Kathmandu return economy class.
- Internal flights in Nepal.
- Earth's Edge Expedition Leader.
- Expedition Doctor.
- Local English speaking guides, local cooks and support team.
- All accommodation based on twin sharing in hotels in Kathmandu and in guest houses elsewhere.
- All meals are included except in Kathmandu where accommodation is based on B&B
- Plenty of snacks during trek days.
- All transport throughout the expedition.
- An Earth's Edge expedition softshell jacket 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. Tips are 100% optional.
- Any additional services not included in the itinerary such as excess baggage charges, hotel portage, and any items of a personal nature such as laundry, room service charges, drinks, phone calls, etc.

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 support team 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 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. 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 and can cater to all dietary preferences and/or restrictions. Please let us know of your dietary requirements.

How many people can take part in this expedition?

This expedition will have an average of 15 participants, with 20 being the maximum group size.

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 about two months before every expedition we organise a pre-departure meeting. An experienced expedition leader & 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 €50 plus fare difference. For requests made between two and four months before departure there is a change fee of €100 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. 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 and local guide will assess the situation and make an informed decision on what to do. Participant safety is always the priority in the decision making process. This itinerary has been designed taking into consideration possible bad weather. Alternative routes and contingency plans are always in place in the case of adverse weather conditions.

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 an 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 only 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 of 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 clients within 24hrs.
- Our office staff hold bachelor degrees in tourism management and are keen adventurers themselves. So when you make an enquiry you are speaking to an expeditions' 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 clients for their expeditions is second to none. We provide detailed informative trip documentation, medical & vaccine guidance & visa support.
- Earth's Edge hold pre-departure events prior to each expedition, these include training hikes and a detailed overview of what to expect including expert advice on gear.
- 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.

