

# EVEREST BASE CAMP CHALLENGE



05.11.2009 – 22.11.2009  
**18** DAY TRIP FROM DUBLIN  
**13** DAY CHALLENGING TREK  
FULLY SERVICED LODGE BASED TREK

IN AID OF



Hospice Africa Ireland

# EVEREST BASE CAMP CHALLENGE

**HOSPICE AFRICA IRELAND**  
EVEREST BASE CAMP CHALLENGE

**PROPOSED DATES OF TRAVEL:**  
5TH NOVEMBER TO 22ND NOVEMBER 2009

**18** DAY TRIP FROM DUBLIN  
**13** DAY CHALLENGING TREK  
FULLY SERVICED LODGE BASED TREK

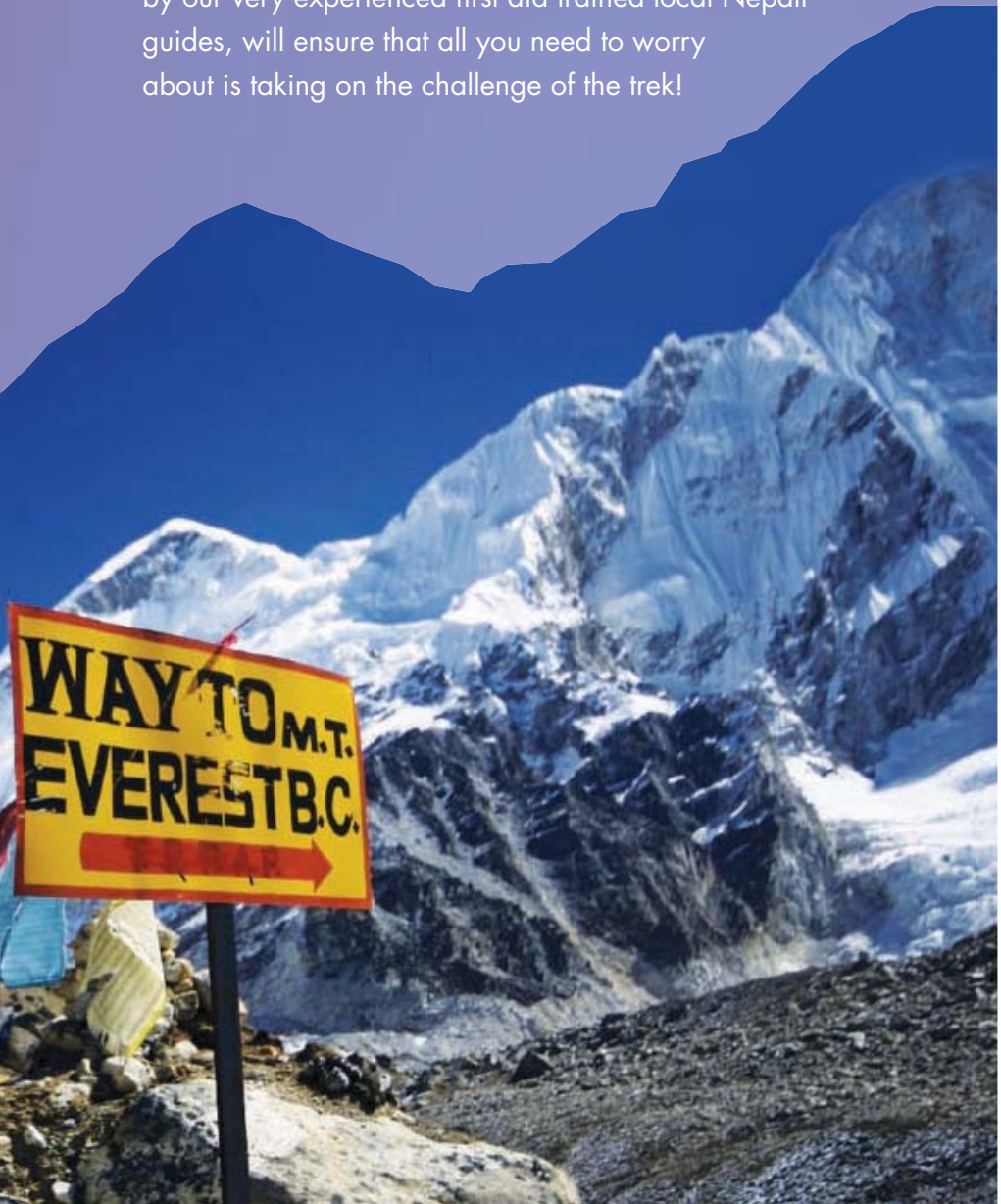
The Everest Base Camp Trek is one of the world's classic challenges. Ever since Sir Edmund Hillary and Tenzing Norgay achieved the summit in 1953, thousands of trekkers across the globe have thought to themselves 'well, perhaps I can at least make it to the base camp!'. We invite you to support **Hospice Africa Ireland** by taking up the challenge to trek to Everest Base Camp.

The Everest Base Camp trek takes you into one of the most spectacular regions of Nepal, the Khumbu, where the Sherpa culture thrives amongst the highest peaks in the world. The Everest massif as seen from Thyangboche and Kala Pattar is a sight you will never forget, and the hospitality of these tough mountain people will remain with you for a long time.



This is the traditional trek to view Everest, following the historic trail; it will appeal to those who wish to retrace the steps of history to the base of Everest in aid of [Hospice Africa Ireland](#). Our crew will ensure high catering and hygiene standards whilst providing the comfort of staying in specially selected Sherpa lodges.

Our agent has been operating treks since 1975 and is the world's most experienced Himalayan trekking operator. Their high standards of service, looked over by our very experienced first aid trained local Nepali guides, will ensure that all you need to worry about is taking on the challenge of the trek!



# CHALLENGE COST INCLUSIONS

## INCLUDED

- Challenge Pre-departure Information Guide, with all you need to know for your trekking challenge.
- International airfares from Dublin to Kathmandu to Dublin (see flight scheduled for exact flight details).
- Hotel accommodation in Kathmandu at the Radisson hotel on a twin share basis with breakfast.
- All internal transport by private bus, jeep, car or scheduled air services.
- All group airport transfers.
- Gear package including kit bag (yours to keep), sleeping bag and liner, and down or fibre filled jacket during challenge.
- All meals while trekking.
- Accommodation on a twin share basis in selected lodges.
- Porters to carry all personal and group equipment.
- Porter welfare supplement (porter's insurance, meals, accommodation and adequate clothing for your porter).
- English speaking Nepali group leader, sirdar, guides and kitchen staff.
- Sagarmatha park entrance fees and TIMS trekking permit.
- Comprehensive emergency medical kit.

## NOT INCLUDED

- ✘ Lunches and dinners in Kathmandu.
- ✘ Aerated and alcoholic drinks on trek.
- ✘ Items of a personal nature such as phone calls, laundry, etc.
- ✘ Tips (estimate €60 min – usually €3 per day for the guides to share).
- ✘ Nepal Airport and departure taxes – 1,500 rupees (US\$23).
- ✘ Nepal single entry Visa – US\$30.
- ✘ Travel Insurance.
- ✘ Carbon offset (£51 for full or £26 for half).
- ✘ Western doctor.

Proposed dates of travel:

5th November to  
22nd November 2009

Trip charge per person:

€5,000 of which half will go to HAI and the balance will cover international & domestic flights and all trek costs as identified above.

**Deposit of €100 to secure airline seat by 30 June 2009.**

Providing low cost palliative care in Africa to patients with cancer & HIV/AIDS and their families.

For information on how you can help, please call Hospice Africa Ireland on

**(01) 406 8708**

or email [info@hospiceafrica.ie](mailto:info@hospiceafrica.ie)

[www.hospiceafrica.ie](http://www.hospiceafrica.ie)



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