

# A Journey to Mt Everest Base Camp

15 October - 31 October, 2017



children's  
foundation



The trek to Everest Base Camp is probably one of the most famous in the world and with good reason.

The journey from Nepal's vibrant capital, Kathmandu, via twin-engine plane to Lukla and on into the very heart of the Nepali Himalaya is simply spectacular.

Majestic snow-capped peaks line the steep sided valleys and jaw dropping views await you at almost every turn. The beauty of the scenery is matched only by the famous warmth and hospitality of the Nepalese who will be looking after you throughout your trip.

Join Us!

## A Journey to Mt Everest Base Camp

### FAST FACTS

**Dates:**

15 October - 31 October 2017

**Trip Duration:**

14 days (+ 3 extra days in case the flight is delayed from Kathmandu - Lukla - Kathmandu.

**Trek fee:**

\$2750

**Flight quote and insurance:**

Approx \$1500

**Fundraising target:**

\$1500

**Trek company:**

Charity Expedition Nepal are a renowned registered trekking company dealing with the students and professionals in Nepal. They meet the high UK trekking standards.

**Accommodation:**

Twin share (single on request) 4-5 Star Kathmandu and simple guesthouses on the trek.

**Minimum age:**

18



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## Day by Day Itinerary

### Day 1 October 15



Upon arrival at Kathmandu International Airport, you will be transferred to your accommodation, a simple hotel located in central Kathmandu. Team members will be accommodated on a twin share basis in en-suite rooms. Welcome dinner and overnight at Hotel.

Accommodation: Hotel Tibet International

### Day 2 October 16



After breakfast, get on awaiting vehicles for a one-day heritage tour of Kathmandu valley, visiting some of its rich living world heritage sites. Free time for packing and gear list final check. Dinner and Overnight Hotel.

Accommodation: Hotel Tibet International

### Day 3 October 17



After breakfast, we will make an early morning start for the Twin Otter flight to Lukla. This is the gateway to the Khumbu region and it nestles in the lower slopes of the Himalaya at an altitude of 2,840m. This is an exciting flight, which should give us a glimpse of Everest in the distance. Flight timing will be 25-30 minutes. In the afternoon, we will begin our trek towards Phakding.

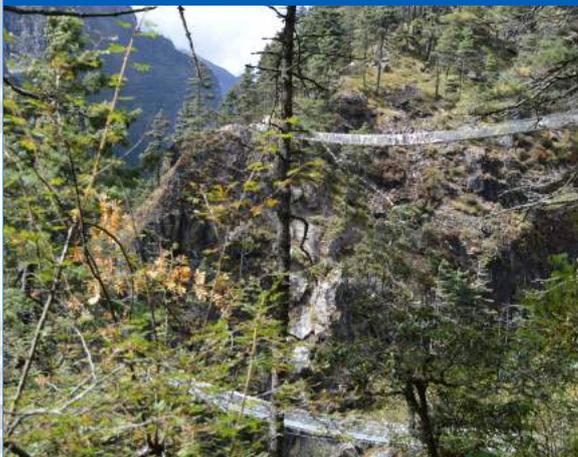
Overnight in simple guesthouses in Phakding.

Note: The ability to fly from Kathmandu is dependent on local weather conditions in Lukla.



## Day by Day Itinerary

### Day 4 October 19



After an early morning start, we will begin our trek from Phakding to Namche. We will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before entering the Khumbu National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply through pine forest for about two hours up 'Namche Hill' to reach Namche Bazaar at 3,400m. This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans cross the nearby border to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artefacts and souvenirs. Just across the valley to the east stand the Majestic peaks of Thamserku and Kangtega, the first real indications that we are entering 'Big Peak Country'. We will overnight in a simple guesthouse in Namche.

### Day 5 October 20



In the morning, we will walk up Shyangboche hill at 3,900m, returning to Namche for lunch. Many people find that this strategy of gaining altitude in the day and then descending back down to sleep at night helps them acclimatise more quickly. Namche has some nice bakeries, which serve great apple pie and coffee! We will overnight in a simple guesthouse in Namche.

### Day 6 October 21



From Namche, the well-worn Everest trail contours around the side of the valley, high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous teashops, we will cross the Dudh Kosi River and make a steep climb to Thyangboche, home of an impressive and recently rebuilt monastery. We have plenty of time to look around Thyangboche before we check into our guesthouse 30 minutes away in Debucho Guest House for the night.



## Day by Day Itinerary

### Day 7 October 21



Shaded by rhododendron trees, the trail crosses an airy suspension bridge just beyond Deboche. An hour's walking from here will bring us to Pangboche, an excellent viewpoint for Ama Dablam ('Mother's Charm Box') and home for the Sherpas who work on this imposing mountain in the post monsoon season. Contouring up the valley side, we will cross the river again and turn up the Imja Valley to reach the picturesque farming village of Dingboche at 4,410m. We will overnight in Dingboche Guest House.

### Day 8 October 22



Dingboche is a good location for acclimatisation prior to our ascent to the upper section of the Khumbu Valley. While in Dingboche, we will take a walk to Nangkarsang hill (4900m) which will serve as good acclimatisation training. Overnight again in our simple guesthouse in Dingboche.

### Day 9 October 23



We continue along the trail up the broad valley bottom towards Dugla. Ahead of us is the trekking peak of Lobuche East (6,119m/20,075ft) and to our left is the formidable north face of Taweche, the scene of many cutting-edge Himalayan ascents of the 1980s and 1990s. After three hours, we reach the small collection of lodges at Dugla (4,620m). From Dugla, the trail starts to climb up steeply beside the Glacier Moraine. After a few hours, the track eventually leads to a small cluster of tea houses pleasantly situated at Lobuche (4,940m). We will spend the afternoon relaxing and continuing the process of slow acclimatisation.





## Day by Day Itinerary

### Day 10 October 24



About three hours beyond Lobuche, we reach Gorak Shep (5,220m/17,126ft), the site of the 1953 expedition's base camp. At 5200m, the tiny village is dwarfed by the enormous peaks on all sides. After Gorak Shep, we continue for another few hours to the current base camp where the ascents of Mount Everest depart. There we will be rewarded with amazing views of the Khumbu Ice Fall and will spend some time exploring the camp before returning to Gorak Shep for dinner and our overnight stay.

### Day 11 October 25



Today we will make an optional ascent of Kala Pattar, the highest point on our trek at 5,545m for sunrise. The climb takes between 2 and 3 hours and can be hard work. However, the effort is rewarded by the classic view of Everest and the Khumbu Icefall as well as Lhotse, Nuptse, and Pumori immediately above. We retrace our steps to Lobuche and return down the Khumbu Valley, stopping for a break in Dugla. With views of the stunning peak of Ama Dablam ahead of us, we continue along the flat valley to overnight once again in Dingboche.

### Day 12 October 26



Following the main Everest trail down the beautifully scenic valley, we pass through Pangboche and re-cross the river before climbing to the monastery at Thyangboche. A steep descent of around 500m leads through bird filled rhododendron bushes and fir trees to the Dudh Kosi River. Crossing on yet another suspension bridge, we climb up the opposite side of the valley to reach the contouring path leading back to Namche Bazaar, where we will spend the night.



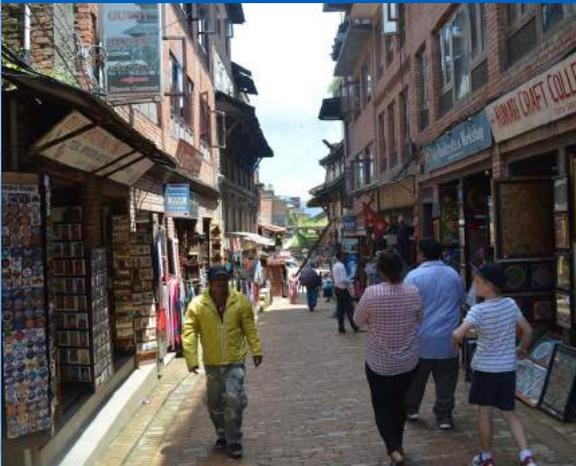
## Day by Day Itinerary

### Day 13 October 27



Today the trail flattens out and we cross the river twice more before a rising traverse up the hill-side, past numerous tea-houses to Lukla. Our last day of steady trekking will be a real joy as at lower altitudes, with two weeks behind us and nothing left to prove, we can soak up the atmosphere in each of the villages we amble through.

### Day 14 October 28



We will depart Lukla Airport early morning for our flight back to Kathmandu. We will be met at the domestic airport in Kathmandu and taken to our simple hotel. The afternoon can be spent exploring the city and visiting some of the temples or simply browsing bookshops and shopping in the Thamel area. We will travel into town in the evening for a celebratory dinner!

### Day 15-17 October 29, 30 31



These days are included as insurance in case of delays to our flight from Lukla back to Kathmandu. If the team are delayed in Lukla, Charity Expedition Nepal will cover the necessary costs for accommodation and meals in Lukla only.

An optional Childreach Nepal Project visit will be organized on two of these insurance days and the costs are included in the trek fee. We will visit a Mountain Village and participate in project work for example painting a school.



“The EBC trek was the trip of a lifetime, the fundraising and travel combined made it a hugely satisfying experience, and the Nepali people we met along the way were wonderful.”

“This was the only truly amazing thing I have ever done.”

### Included:

- All meals Days 1-14
- All relevant transfers
- All relevant accommodation based on twin share rooms (Day 1-14) and one night camping on the optional Childreach Nepal Project Visit
- All national park fees, entrance fees, taxes, permits and vehicle entrance fees to all national parks as applicable to the above itinerary
- Services of professional English speaking guides at all times
- Safe drinking water during the hike
- 24/7 support and emergency line available throughout the itinerary
- Medical Evacuation Services (this does not include the cost of medical evacuation - personal insurance must cover this)
- Equipment Hire - including sleeping bag, liner, duffle bag and walking poles if required
- Porter Service - you will only need to carry day-packs whilst on the trek

### Excluded

- Helicopter Evacuation - in the event of serious medical injury, we will coordinate with your travel insurance company to arrange helicopter evacuation
- Meals and drinks other than those mentioned
- Beverages and Alcoholic drinks
- Tips and gratuities (approx. \$80)
- Items of a personal nature such as shopping, telephone calls and laundry
- Nepalese visa
- Travel insurance
- Vaccinations
- Additional hotel stays in-country & extra travel (Days 16 & 17)
- Equipment hire for other items that are not included in the trek fee
- Any other service not clearly mentioned on the itinerary & trip inclusive portion
- Activities undertaken as part of independent travel





## Training

Our menu, acclimatisation schedule and guides will give you a great chance of reaching the top, however you can do a lot to improve your chances by training in advance. Everyone who takes part in the Everest Base Camp trek should be comfortable walking for long periods. Preferably, you should also be comfortable running at a moderate pace for 6km.

### WALKING TRAINING

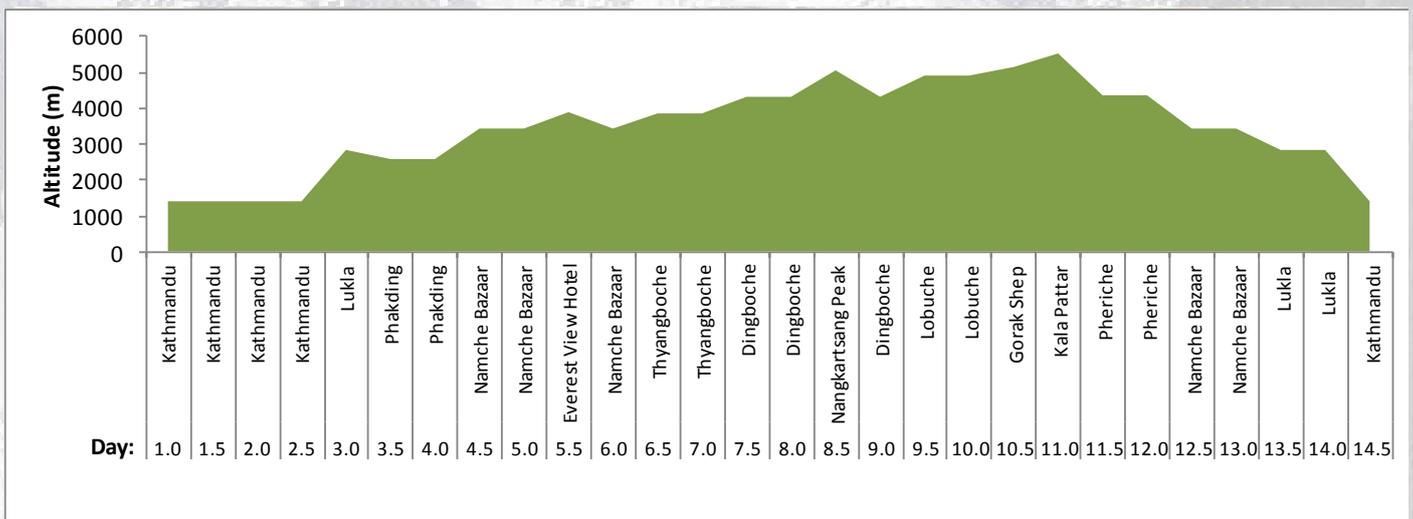
You will walk every step of the way from Lukla to the summit of Kala Patthar, and back again - over well-worn, but basic pathways. This trek is like a marathon, not a sprint! It requires endurance, and you must be comfortable walking for up to 8 hours per day while carrying a pack. By preparing the muscles used for trekking, you will recover quicker at the end of each day, and wake up with less aches & pains.

### RESISTANCE TRAINING

While cardio training and preparing your body for the rigours of prolonged periods of trekking are essential, some resistance training will also prove very helpful. Hiking will place strain on your knees and back so it is a good idea to focus on these areas. When training, it's not about lifting the heaviest weight you can. Do exercises in sets, starting with lighter weights as this will build up endurance rather than bulk.

## Elevation Chart

The chart below shows the daily elevation for each village and acclimatization hike. By gradually progressing to each camp and taking our time, your body will have the best chance of adjusting to the increased altitude.



This trek will test you in ways you cannot understand but give back to you more than you ask.”



## Frequently asked questions

### What level of experience do I need?

No technical experience is necessary – the route follows a well-established trekking path. We advise that all clients have experience in hill-walking and are comfortable hiking for up to 7 hours per day with a 5-10kg pack.

### How fit do I need to be?

All participants should be in very good physical condition, preferably able to run for 6kms at a reasonable pace. You will spend prolonged periods at altitude during the climb and the effects of this are not to be underestimated. We allow for plenty of time to acclimatise, however we do recommend you consult your GP.

### Do I need any specialist kit?

The right kit can be the difference between a successful climb and one that ends early. Take a look at the kit list in your brochure for our recommendations. Selected items are available for hire.

### Will I need any vaccines?

We recommend all primary courses and boosters are up to date. Vaccinations against tetanus, hepatitis and typhoid are also advised. Please consult your doctor.

### How much should I budget for this expedition?

All transfers and accommodation in the itinerary are included, along with all meals during days 1-14. You will need personal spending money for souvenirs and alcoholic drinks (it is not recommended to consume alcohol whilst on the trek), plus your tips for crew (minimum \$50US), extra snacks and any additional travel you take part in. Meals are included for insurance days if based in Lukla. We recommend somewhere between \$400 and \$800.

### What is the food like?

Packaged lunches are provided, breakfast and evening meals will be in local tea houses and lodges. Your meals will be high in carbs and calories, consisting mostly of pasta, soups, vegetable stews, fruit and local dishes.

During the climb, you will become used to the guides and crew encouraging you to eat as much as you can – even if you're not hungry. This helps counter the effects of altitude and increases your chances of success on summit night. It's not unusual for some of our clients to return from a climb saying they've put on weight rather than lost it! If you have any specific dietary requirement, our team can cater for this. When signing up, you can specify your individual needs.

After the climb, we will be treated to a celebratory meal in Kathmandu. This will be a slap-up feast, with options ranging from classic Nepalese delicacies, to more standard Western fare.

Please bring preferred snacks for each day of trekking. A limited range of chocolate bars and pringles can be purchased along the trek route. You are encouraged by the guides to eat as much as you can, even if not hungry as your body burns more calories at altitude than sea level.

### What weather should I expect?

Mountain weather can be a law unto itself, and the Khumbu region is no different. At lower elevations, it will be warm enough to hike in a light shirt, while during days 8-12 the temperature will be much colder. Clouds can move in from the Himalayan peaks at the drop of a hat, so it pays to have warm, waterproof clothing packed in your day bag at all times. Please review the kit list in this brochure for a guide on what to pack.

### How many guides and crew will there be?

A head guide will accompany you at all times, who will have overall command of the expedition. There will also be a team of yak herders and assistant guides. During the trek there will be a minimum ration of 1 guide to 6 clients.



### What paperwork do I need?

A Nepalese Visa  
Travel Insurance  
Completed medical form

### Can I recharge my phone during the trek?

Yes, most teahouses and lodges have solar power. Outlets will be highly sought and are minimal so some days this will not be an option. There is a cost to charge your phone and gets more expensive the higher you go. The prices can range from \$1-5 per hour.

### What are communications like during the climb?

There is mobile phone coverage from Lukla up to around Thyangboche. Some networks have coverage as higher than this, with temporary antennae serving the modern-day base camp providing coverage near Gorak Shep. This service can be unreliable, and shouldn't be relied upon. Depending on which network you use, there will be limited data signal. As with all foreign travel, please be aware of the potential costs of roaming when making and receiving calls. Some lodges along the route will have wi-fi available for a cost.

### Can I shower/wash clothes on the trek?

Some teahouses can provide you with a small washtub to rinse out clothes, however most trekkers do not do this. Hot showers are available in some teahouses for a fee (approximately \$5-6), however please be aware that this uses up limited resources which must be carried up the trail by yaks or people. Solar showers and cold water are readily available.

### Are there cash machines available along the route?

Lukla and Namche Bazaar have ATM's however expect to pay a hefty premium and they are not reliable. Some teahouses will accept a credit card, however we recommend you bring sufficient cash for this.

Kathmandu ATM's also have a daily limit of cash withdrawals- \$200-300 plus a \$6-8 withdrawal fee.

The best solution is to bring cash with you from Australia and exchange it in Kathmandu at recommended hotels or money exchange facilities before leaving on the trek. It's best not to change money in the airport as the rates offered are very poor.

### How much baggage can I take on the trek?

Current limits are strict and are **10kg of hold luggage and 5kg of carry-on**. The night before the trek you will have access to scales to weigh your bags.

You will be given a duffle bag at the hotel to pack your 10kg luggage. This bag will be carried by the yaks.

You can leave excess baggage secured at the team hotel in Kathmandu.

### Is Nepal safe?

Nepalese tradition respects guests and most Nepali people value the contribution of tourists to the local economy. In general, Nepal is very safe for travellers. As the case anywhere, be cautious when walking around at night, avoid travelling on your own, some pick pocketing / bag snatching does happen, especially in the Thamel district of Kathmandu. October is the peak season so many tourists will be travelling during that time.

### What travel insurance do I need?

Travel insurance is compulsory, with a certificate to be provided.

Each policy must cover:

Trekking to 6000 metres

Medical expenses

Helicopter evacuation

Injury, death and repatriation



# About us ... the Adelaide Crows Children's Foundation

The Adelaide Crows Children's Foundation was established in 2005 to provide support to children in our SA community.

In 2017, we are pleased to announce that the Foundation has now granted over \$1.2M to support children in our community and beyond.

With a charter to raise and distribute funds for children in need through health, education and welfare programs, this year the Foundation will support all AFC Community programs, reaching over 50,000 school children via our 'Growing with Gratitude' well-being program, indigenous and multicultural programs, next generation academies and of course now our female engagement programs.

Each year the Foundation also grants up to \$100,000 to support children's charities, in 2017 our charity partners are - Kick Start for Kids, who provide up to 40,000 breakfasts each week to school children across the state and Canteen, providing for teens with cancer, we will partner with these organisations and support them throughout the season, lending the strong AFC brand to help further build their profile and fundraising endeavours.

The Foundation also hosts challenged children at our home games, coordinates fortnightly player hospital visits, donates countless memorabilia and makes every effort to provide player inspiration to those in need.

Funds raised from your trek will support children in need in Nepal and South Australia.



# Important Information

- Trek Cost \$2750 AUD (min) – slight fluctuations may occur due to USD movement
- Payment to Crows Children’s Foundation
- Fundraising \$1500 minimum
- A Minimum of 12 trekkers are required to ensure the trek takes place
- A \$750 deposit is required as soon as possible to secure your spot
- Payment can be made via direct deposit / credit card / eftpos facilities available tonight
- Numbers are limited, positions will be filled upon deposit payment
- Deposits are non refundable – except in the case of the trek being cancelled by the Crows Children’s Foundation
- Full payment is required by July 30 2017
- Flights to be booked and paid for independently of Crows Children’s Foundation, we recommend the services of Holidays of Australia and the World. It is the trekkers responsibility to be in Kathmandu on October 15th – you are free to arrive earlier / say later to suit your needs
- A Fundraising page will be established for each trekker if required to engage colleagues and friends to support the Crows Children’s Foundation – all donations are tax deductible
- Travel Insurance is compulsory to undertake the trek, proof of insurance is required, we encourage this to be arranged as soon as possible upon deposit payment
- We recommend you secure a travel visa prior to departure to avoid any difficulties upon arrival in Nepal, we take no responsibility for visa issues. A visa can be purchased on arrival at Kathmandu Airport. It costs approximately \$50-70 Australian. Please have cash available for this.

“So many highlights, the scenery is breathtaking, the team spirit the sense of achievement, every day you faced a challenge that you were unsure if you would succeed. Due to your own inner strength at the momentum of the team you achieved more than you believed you could on a daily basis.”

## How to Pay \$750.00 Deposit

Please make payment via:

### Direct Deposit

Crows Children’s Foundation Bendigo Bank  
BSB 633108 Account 154831101  
Please quote your name in the reference

### Cheque

Made payable to:  
Crows Children’s Foundation 105 West Lakes Blvd  
West Lakes 5021

### Credit Card

Visa / Mastercard

Number \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Name \_\_\_\_\_

Expiry \_\_\_\_ / \_\_\_\_ CCV \_\_\_\_\_

EFTPOS facility also available on the information night





## Detailed Gear List

|                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bags</b>                             | <p>Day pack 28/40L- should be large enough for all your day's needs<br/>         Large Backpack or duffel bag (<b>a duffel bag is included in your trek fee and will be available at your hotel on arrival</b>). On the trek these will be transported by the yaks.<br/>         Bum bag/pouch optional</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Toiletries</b>                       | <p>Face cream, lip balm, Sorbolene cream<br/>         Biodegradable soap in small bottle<br/>         Deodorant, shampoo and conditioner<br/>         Towel – small, quick drying and compact<br/>         Handkerchief/ tissues<br/>         Hand sanitizer - great for when you are unable to wash your hands<br/>         Dry shampoo or talcum powder for hair and clothes<br/>         Sanitary Pads<br/>         Nail scissors<br/>         Wet wipes for body and face<br/>         Toilet paper - take 2 of your favourite from home. It can be purchased all the way along the trek but can be a bit harsh.</p>                                                                                                                                                                                 |
| <b>Suggested medicines and vitamins</b> | <p><b>(We recommend you consult an experienced travel doctor for recommendations to suit your individual needs).</b><br/>         Imodium/ Gastro Stop /Ondansetron<br/>         Diamox/steroids oral form<br/>         Paracetamol &amp; ibuprofen<br/>         Voltaren tablets or gel<br/>         Buscopan Forte for cramping<br/>         Antibiotics for skin and for virus<br/>         Natural sleeping tablets<br/>         Cold and flu tablets<br/>         Throat lozenges<br/>         Vicks (great for masking toilet smells and also comfort for colds)<br/>         Probiotics<br/>         Vitamin C, Zinc and Garlic tablets<br/>         Magnesium powder and salts for recovery<br/>         Hydrogen peroxide for scrapes, betadine wipes and bandaids<br/>         Blister kit</p> |
| <b>Protection</b>                       | <p>Sunglasses 100% UV protection<br/>         Sun cream 40 SPF min<br/>         Broad brimmed sun hat<br/>         Buff – provides additional warmth around neck and can also be drawn over mouth and nose in extreme cold and can also be used to keep the dust out.<br/>         Rain poncho<br/>         Beanie<br/>         Liner Gloves – ideal for cool days<br/>         Ski Gloves or similar - must be windproof for higher altitudes</p>                                                                                                                                                                                                                                                                                                                                                       |



## Detailed Gear List

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Clothes</b></p>  | <p>2 long pants for walking – quick dry, hiking pants or skins / tights, avoid cotton.<br/>         Thermals – 2 tops and 2 long johns, merino wool is excellent. Becomes pyjamas at night and is a good under layer when cold.<br/>         Light long sleeve collared shirt<br/>         Quick dry shorts optional<br/>         2-4 t-shirts – short and long arm, quick dry best<br/>         Down jacket – critical mid layer, a quality mid weight 800 loft down is suitable (can be purchased in Kathmandu for approximately \$100)<br/>         Good water proof outer shell jacket<br/>         Light fleece jacket when combined with the down or Gore-Tex outer becomes a formidable jacket.<br/>         Socks – minimum of 4 pairs of quality hiking socks<br/>         Optional sweater can be comfortable at nights in lodges<br/>         Water proof pants</p> |
| <p><b>Footwear</b></p> | <p>Flip-flops / thongs or joggers for the end of the day<br/>         Hiking shoes – well worn in and waterproof</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Other:</b></p>   | <p>Passport with at least 6 months in date, passport photos x 4 for trekking permits<br/>         Headlamp / torch<br/>         Phone<br/>         Camera<br/>         Phone and camera chargers<br/>         Optional portable solar panel for charging<br/>         Power pack for phone<br/>         Power convertor<br/>         Snacks, protein balls, chocolate, nuts, chips, dried fruit, chocolate coated coffee beans etc<br/>         Pillow case<br/>         2 Water bottles (can buy in Kathmandu if required)<br/>         Optional theraband for stretching</p> <p>Sleeping bag and liner (-20 degrees) – you can bring your own sleeping bag or liner. Hire is included in the trek fee and will be in your hotel room on arrival.</p> <p>Water purifying tablets (these are provided by the guides)</p>                                                       |



## Countdown to your trek

| To Do                                        | Date                                                                                              | Activity                                                                        |
|----------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>Deposit</b>                               | Immediately                                                                                       | Your deposit secures your spot. You are going to EBC.                           |
| <b>Purchase travel insurance and flights</b> | As soon as we have 12 trekkers pay a deposit we will let you know and encourage you to book asap. | Holidays of Australia and the World will book the flights for you if you prefer |
| <b>Connect with your group online</b>        | Get to know your fellow adventurers on Facebook or via the social media hashtag #CrowsEverestTrek |                                                                                 |
| <b>Begin fundraising on everyday hero</b>    | CCF will invite you to their everyday hero fundraising page.                                      |                                                                                 |
| <b>Participant dinner</b>                    | September 2017                                                                                    | Meet your fellow adventurers in person, share ideas and ask us questions.       |
| <b>Final payment</b>                         | July 31 2017                                                                                      | You will be invoice by CCFD                                                     |
| <b>Go!</b>                                   | Oct 15 2017                                                                                       | You are on your way!                                                            |
| <b>Final fundraising balance</b>             | At the end of your trek Oct 31 2017                                                               | Congratulations! You've reached your fundraising milestone of \$1,500           |

“The sense of achievement walking through the gate on your return to Lukla indescribable.”

# General Terms and Conditions

## 1. Deposit:

A minimum deposit of 20% plus airfares per person is required to confirm your reservations. The reservation deposit is non-refundable. Payment of your deposit will be deemed as you accepting these terms and conditions. You will not seek to reverse the reservation deposit if any travel service provider is unable to provide the services for which you have contracted. Credit card fees do not apply to deposit payments. Fees are applied to balance payments and those paid in full at the time of booking.

## 2. Final payment:

The balance for all bookings is due 90 days prior to travel.  
2.1 If you have not paid by the due date we may cancel your arrangements and retain your deposit.  
2.2 Credit card payments are accepted with fees applicable (2% for Visa and MasterCard, 3% for American Express and Diners). To avoid the payment of credit card fees, EFT transfers and cheques are accepted, however the funds must be cleared into the nominated Holidays of Australia bank account by the due date of the final payment.

## 3. Late bookings:

Reservations made within 90 days of departure will only be accepted if the total value of the arrangements is paid in full at the time of booking, this also secures payment of any cancellation fees imposed if the booking is subsequently cancelled by you. In the event that we are unable to confirm your requested arrangements your payment will be refunded in full.

## 4. Cancellations by you:

Cancellation of a booking, or part thereof, will incur the following fees plus any additional supplier charges. Once travel has commenced, no refunds will be made for any unused service. All flights are non-refundable and changeable subject to fees and applicable fare rules. Cancellation period prior to departure  
Cancellation fee as % of total package value  
90+ days Loss of deposit  
90 days and less 100%

## 5. Changes by us:

At the time of booking in the event we have to change any component to your itinerary due to schedule changes, unavailability or price increase due to supplier charges your package will be re-priced accordingly and you will be notified. In almost all cases, significant changes to your itinerary and even the cancellation of one or more parts of your holiday package will be due to factors which are outside our control, given we are not ourselves a provider of travel services. We will notify you of changes to your booking as soon as we can. We cannot accept any liability or pay any compensation where the services we have promised to arrange are significantly modified or cannot be provided at all or as promised as a result of circumstances which are outside of our control. We reserve the right to amend your travel documents if they do not match your booking due to our error or omission.

## 6. Changes by you:

Should you choose to change any of your travel arrangements a change fee of \$25 per person per change is applicable in addition to any change and cancellation fees imposed by our supplier partners as per their terms and conditions. In the event you should advise the spelling of your name which does not match your as per identification or request incorrect travel dates resulting in the reissue and or rebooking of your travel arrangements, all and any fees incurred will be passed on to you for payment.

## 7. Itinerary and Fares:

Rates and details are valid at the time of printing however, these can be subject to alteration and we reserve the right to alter fares in the case of unforeseen circumstances without notice.

## 8. On board currency and on board purchases:

We cannot accept responsibility for any advice in relation to the currency used on board cruise ships or the methods of payment of on board purchases. You are solely responsible for making your own enquiries in relation to the currency used on board cruise ships and the methods of payment of on board purchases.

## 9. Airfares:

Where airfares have been included in itineraries, they are based on lead in economy fares based on the best availability at the time of packaging. In the event that fares have increased an additional payment will be required. Fares include check-in luggage and inflight dining and entertainment where applicable. Should you require certain facilities or have a preferred airline please discuss this with your consultant at the time of booking.

## 10. Hotel check-in procedures:

When checking into hotels it is common procedure to present valid photo identification on arrival. Many hotels may also require a credit card pre-authorisation upon arrival as a security bond to cover any incidental expenses incurred during the stay (please note: the amount charged will vary, however some hotels will charge AU\$100 per night upwards as a security bond). Cash is not accepted as a payment for the security bond.

## 11. Travel Insurance:

We strongly recommend that passengers have their own travel insurance against illness, injury, loss/damage to personal belongings, cancellation charges and not being able to travel on the confirmed departure date. Please enquire at the time of booking.

## 12. Passports:

When travelling internationally, you are required to have a valid passport to show upon departure and arrival of your journey. Often this requires at least 6-12 months validity past your return date to Australia depending on your destination. Please ask your consultant for further clarification at the time of enquiry. You are solely responsible for meeting necessary passport requirements and paying all associated costs.

## 13. Visas:

Depending on diplomatic relations, some countries will require you to obtain a visa in order to stay in the country. Even if you are just stopping over for a few hours, some countries will require you to have a visa if you wish to leave the airport. To find out if you require a visa for your international stay and how to apply for one, refer to the destination's consulate or embassy, your consultant or visit Visa Link online <http://visalink.com.au>. You are solely responsible for meeting necessary visa entry requirements and paying all associated costs.

## 14. Concessions:

Please note: To receive concessional travel fares, Great Southern Rail is required to confirm your eligibility for the concession electronically with Centrelink. If you do not want this to happen you will need to contact Centrelink or the Department of Veterans' Affairs (DVA) to obtain a Pension Concession Letter as proof of your eligibility for the concession and provide this directly to Great Southern Rail before the concession can be given. To qualify for Concession Fares, Australian Pensioner, Commonwealth Seniors Health Card or state issued Seniors Card must be presented at the time of booking must be valid as at the time of bookings and travel and must be carried at all times during travel. Not all sectors are included in arrangements for the funding of concessions. Funding for concessions may be withdrawn subsequent to the printing of this document and any rates quoted may therefore change without notice.

## 15. Documentation:

In order for us to prepare your tickets we require the following documentation:

15.1 For bookings with concession discounts – a copy of your Pensioner Card, Commonwealth Senior Health Card or state issued Senior Card. (Please refer to Concessions paragraph for further details).

15.2 International bookings – a copy of your passport.

15.3 Domestic bookings – a copy of your Driver's License or Government issued photo identification.

15.4 Cruise bookings – completed cruise booking form supplied by your Holidays of Australia consultant. Your full itinerary, vouchers and tickets will be sent to you 2-3 weeks prior to your departure on the condition that all required documentation has been received.

## 16. Pricing:

All prices are quoted in Australian Dollars and packages containing international components are subject to currency fluctuations until paid in full. All from package prices which include a cruise component are based on a lead category interior cabin. Rail journeys are based on pensioner prices where applicable. Package prices are correct as at time of printing and are subject to availability, change and seasonal surcharges. Prices may exclude flights, visas, insurance, items of a personal nature and compulsory charges collected by third parties.

## 17. Images:

All images in this brochure depict authentic locations, their appearance in the brochure does not indicate that these destinations will be included in your arrangements. Some images have been provided by or purchased from Australian Tourism Bodies, Photo Stock Libraries and our preferred suppliers.

## 18. Bookings by travel agent/operator:

If you are a travel agent or tour operator making a booking on behalf of clients, you acknowledge and agree that you and your client(s) are bound by these general booking conditions.

## 19. Automatic upgrades:

From time to time, travel service providers provide automatic upgrades. It is your responsibility to advise us if you do not wish to be eligible for an automatic upgrade.

## 20. Agency:

We act as an agent for, and sell various travel related products as agent on behalf of, numerous transport, accommodation and other service providers, such as airlines, coach, rail and cruise line operators. Any services we provide to you are collateral to that agency relationship. Our obligation to you is to (and you expressly authorise us to) make travel bookings on your behalf and to arrange relevant contracts between you and travel service providers. We exercise care in the selection of reputable service providers but we have no control over, or liability for, the services provided by third parties. We regret we cannot guarantee itineraries and the connections associated with any of our packages. All bookings are made on your behalf subject to the terms of conditions, including conditions of carriage and limitations of liability, imposed by these service providers. We can provide you with copies of the relevant service provider terms and conditions on request. Your legal rights in connection with the provision of travel services are against the specific provider and, except to the extent a problem is caused by fault on our part, are not against us. Specifically, if for any reason (excluding fault on our part) any travel service provider is unable to provide the services for which you have contracted, your rights are against that provider and not against us.

## 21. Minimum group numbers:

Our escorted tours are subject to a minimum number of participants as determined by us in order to be financially viable and to have a pleasant group atmosphere. If the minimum number of participants is not reached, we reserve the right to withdraw the tour escort and re-price the tour.

## 22. Special needs:

Should you have any special needs, you are required to inform us at the time of your booking. Special needs include (without limitation) if you have any disability, illness disease or other condition, you have limited mobility, you have a service animal, you are pregnant, you need special help or any other circumstances exist which may make it difficult for you to use travel services. If you fail to advise us of your special needs, we may not be able to book suitable travel services for you. To the extent permitted by law, you are responsible for ensuring that the travel services are suitable for your special needs.

## 23. Jurisdiction:

These general booking conditions are governed by the laws in force in South Australia. You agree that, in the event of a dispute between you and us, any action you bring against us will be brought in South Australia, Australia.

Your full itinerary, vouchers and tickets will be sent to you approximately 2-3 weeks prior to your departure on the condition that all required documentation has been received.

## Proudly in partnership with



ATAS # 10392

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