



**March 2025**  
**Everest Base Camp Trek**  
in aid of The Bluestack Foundation



# Join us in the Himalayas

for the adventure of a lifetime in aid of The Bluestack Foundation, Donegal!

**Wild + Free Adventure Co** are delighted to present the opportunity to **Trek to Mt Everest Base Camp** in aid of **The Bluestack Foundation** in **March 2025**.



The Everest Region or Sagarmatha as it's known in Nepal, offers spectacular mountain scenery and views of eight of the world's 14 highest peaks - all of which exceed 8000m. It is a trekker's paradise and a feasible goal for most fit walkers. We begin our trek winding through beautiful farming villages in the foothills, then through forests before emerging above the clouds to enjoy panoramic views of one of the natural wonders of the world - Mt Everest.

The trek includes overnight stays and sightseeing in Kathmandu and 14 days consecutive walking in the stunning surroundings of the Himalayas. No previous trekking or hiking experience is required, just a good level of fitness, a sense of adventure, a sense of humour and some determination.

**Early bird discount:**

**€3,950** (first 10 sign ups by 1 May 2024)

**Standard participation fee:**

**€4,100**

**Fundraising Target**

**€1500**

#### INCLUDES:

- International flights\*
- internal flights
- all accommodation & transportation
- food whilst trekking
- all guiding, trekking and support costs
- trekking permits
- rental of down sleeping bags, down jackets & duffel bags
- 24/7 pre departure support & Information
- Information Evening & training hikes
- and, crucially, a post trek hour long massage of your choice back in Kathmandu!

#### DOES NOT INCLUDE:

- Personal Travel Insurance
- Vaccinations
- Nepali Visa (\$35)
- Tips for porters & guides

**Participants are required to cover the cost of participation themselves. Fundraised money CANNOT be used to cover the cost of participation.**

\* Flights are from Dublin, if you are based elsewhere you are welcome to organize your own flights and join us in Kathmandu. Price of flights will then be deducted from your participation fee.



# Daily itinerary



## Day 1: Depart Dublin

Participants traveling from Dublin will meet at Dublin Airport & commence our journey to the Himalayan Kingdom of Nepal together. Ordinarily the journey takes 16hrs+ with a transit through either Abu Dhabi, Dubai/Doha or Bahrain.

## Day 2: Arrive Kathmandu

On arrival in Kathmandu, all participants whether flying from Dublin or elsewhere, will be met by our tour operator, Kamal Sapkota and transferred to our hotel which is situated amidst the bustling tourist district of Thamel.

You will have the opportunity to relax and unwind after the journey or wander around and soak up the atmosphere of this amazing city! If necessary, you could also pick up some last minute trekking essentials in the nearby markets. In the evening, we will be treated to a special traditional Nepali welcome, where we will get to sample the delicious staple Nepali meal, Dhaal

Bhaat Tarkari. After dinner we will have the opportunity to meet our trekking guides and be briefed on the following day's schedule.

## Day 3: Internal Flight To Lukla

### Walk Lukla to Phakding | 🕒 3.5 hrs

An early start this morning during which we make our way back to the airport for our short internal flight to Lukla, gateway to the Himalayas. This 50 minute flight is guaranteed to be one of the most exciting you will ever take! Most of it will be just a few thousand feet above ground level offering fantastic views of the terraced landscape below. If the weather is clear it will provide us with our first views of the snow capped peaks of the Himalayas.

After a light breakfast & briefing in Lukla, we begin our trek towards Phakding (2640m). Today is a beautiful introduction to the Himalayas, and the Buddhist Sherpa people of the area, with an easy 3.5hrs walk through pretty farming villages.





## Day 4: Phakding To Namche

📍 3440m | 🕒 5 hrs

From Phakding we continue north following the Dudh Kosi river crossing many times on suspension bridges laden with prayer flags. Dudh Kosi literally translates as 'Milk River' and you'll see exactly why — with the charging white water rapids coming all the way from the Khumbu glacier.

Before lunch, we will enter the Sagarmatha National Park, (Sagarmatha is the Nepali name for Everest-meaning Mother Goddess of the world) where we have our permits checked before we are allowed to continue. After lunch, we have a steep ascent to Namche Bazaar. If the weather is clear from here we will get our first view of Everest..

## Day 5: Acclimatisation Day 1

Today we take our first Acclimatization Day in Namche Bazaar, the region's capital and the main administration and trading town in the area. Just above Namche is the National Park Museum with lots of interesting information on the history of the Everest region and Sherpa people.

For acclimatisation purposes, we trek higher today. We will walk up to Shyangboche airport, where the Ever-

est View Hotel is situated. Sipping tea on the balcony overlooking Everest is a pleasant way to acclimatise. For those of you who are feeling energetic you could take a further trek to the traditional village of Khumjung where you have the opportunity to see a "Yeti Skull"

## Day 6: Namche To Tengboche

📍 3867m | 🕒 5 hrs

The trail from Namche to Tyangboche offers incredible views of Everest, Lhotse, Kantiga, and Ama Dablam. We will pass through forests of juniper, pine as well as rhododendron. Tyangboche is one of the most beautiful locations in the Himalaya. It is home to the region's most important Buddhist monastery. We will have the opportunity to visit this monastery and observe the monks at prayer.

## Day 7: Tengboche To Dingboche

📍 4350m | 🕒 4.5 hrs

From Tengboche, the trail drops to Deboche, crossing another exciting suspension bridge on the Imja Khola and climbs to Pangboche. Our uphill trek then takes us to the quaint traditional Sherpa village of Dingboche with its exceptional views of Lhotse, Island Peak and Ama Dablam. Dingboche is also commonly referred



to as “summer village” as it is where the Sherpa take their yak herds to graze for the summer months. We take our time on this ascent so as to lessen the risks of altitude sickness.

## Day 8: Acclimatisation Day 2

On our second acclimatisation day we will again trek high and sleep low, we climb the hill behind Dingboche village in the morning. From there, we should get exceptional views of the surrounding mountains, Ama Dhablam and Lhotse’s massive south wall. Trekking high and sleeping low is proven to help combat altitude sickness. We will arrive back to our lodge at Dingboche in time for lunch. In the afternoon you will have the opportunity to sample what’s on offer at the Dingboche bakery on this relaxing afternoon.

## Day 9: Dingboche To Lobuche

⌕ 4910m | ⌚ 5 hrs

Today the trail continues along the lateral moraine of the Khumbu Glacier and passes by memorials for climbers who have perished on nearby summits. A short trek today but because of the gain in elevation it will be difficult. The trek will take in more beautiful scenery. Lobuche is a tiny village at the base of Lobuche Peak and the sunset over it is especially impressive.

## Day 10: Lobuche To Gorekshep- Everest Base Camp-Gorekshep

⌕ 5230m | ⌚ 9 hrs

A very early start this morning towards our ultimate destination Everest Base Camp. Today’s trek will be the most challenging day because of the altitude. Gorek shep used to be the original base camp in the 50’s when Edmund Hilary and Tenzing Norgay first summited Everest.

After a mid-morning break and food at Gorekshep we continue towards Base Camp. It is only 3hrs but the walk will be quite challenging due to thin air and altitude. Our path follows the lateral moraine of the Khumbu Glacier. We walk past ice pinnacles to arrive at Base Camp, the foot of the Khumbu Ice Fall. This is the closest you can get to Everest without mountaineering equipment. After a celebration and photos we make our return trip to Gorekshep.



## Day 11: Gorekshep To Kalapatter- Pheriche

⌕ 5545m | ⌚ 7 hrs

From Gorekshep, you have the option of an early morning challenging climb to the top of Mt Kalapatter which takes about 2 hrs before sunrise. For your efforts, you will be well rewarded with the most awesome panoramic view! All around us will be the giants of the mountain world, Pumori (7145m), Changtse (7553m), Nuptse (7855m), Lhotse (8516m), and straight ahead will be the South West Wall of Everest which looks just a stone’s throw away. There will be excellent photo opportunities on this day. From Gorekshep, having reached our target we joyfully descend to the beautiful valley village of Pheriche.

## Day 12: Pheriche To Tengboche

⌕ 3860m | ⌚ 4 hrs

From Pheriche we take a slightly different route down to Orsho and then to Pangboche Village. Here is the oldest monastery in the region, which contains what are said to be the scalp and bones of a yeti or abominable snowman. We then continue our descent to Tengboche.

## Day 13: Tengboche To Manju

Ⓜ 2840m | ⌚ 6 hrs

The very beautiful village of Manju lies between Phakding and the entrance to the Sagarmatha National Park nestled at the bottom of the magnificent Thamserku Mountain. Comfortably out of altitude, we can enjoy.



## Day 14: Manju To Lukla

⌚ 4 hrs

After a lie-in and a late breakfast in Manju we take our time on this our final day of trekking. Today we will enjoy wandering through local villages and interacting with locals. As we pass through the Arch at Lukla which marks the beginning and end point of our hike we take an "after photo" for comparison's sake! We then have the opportunity to celebrate our achievements with our guides and porters on this our final night in the mountains!

## Day 15:

An additional day is built into the Itinerary. This will be used to allow for flight delays into Lukla or as an extra acclimatisation day if needed under the advice of our expert trekking guides.

## Day 16: Lukla To Kathmandu

Today we take an early morning return flight to Kathmandu. In Kathmandu, we will relax and unwind in the luxury of your hotel and you will have the opportunity to enjoy a 1 hour traditional ayurvedic massage of your choice! Unwind and enjoy soaking up the atmosphere of this incredible city.



## Day 17: Sightseeing In Kathmandu

Today, you have the option of partaking in half a day sightseeing tour in Kathmandu. You can explore some of the most important Buddhist and Hindu temples in the Kathmandu Valley - Pasupatinath and Buddhanath.

On our final evening in Kathmandu, we meet together with our guides for one last celebratory meal. Ladies have the opportunity to dress up in a traditional Nepali Sari and hit the town in style!

## Day 18: Depart Kathmandu

We bid a sad farewell to our guides who have become friends, to the Himalayas and to the hustle and bustle of Kathmandu as we make our way back to International Airport for our flight home!

## Day 19: Arrive Into Dublin



# Take me to the Himalayas

for the adventure of a lifetime...

## Covid was a particularly difficult time for the people of Nepal who are heavily dependent on Tourism

Nepal is ranked second poorest country in Asia and its population is heavily dependent on tourism. From the hustle and bustle of Nepal's main cities Kathmandu & Pokhara which employs countless workers in its hotels and restaurants, to the markets which are filled with so many beautiful Nepali handicrafts (made in homes all over Nepal as a means of subsidising income) - all are dependent on tourists. The people of the towns and villages along the trekking trails of the Himalayas are dependent on tourists driving their economy as are the farmers in the countryside who grow crops for transport to tourist hubs. In addition, mountain porters subsidise their normal incomes or pay for their education through working with trekkers in the tourist season.

## The best way to help Nepal is to go there!

The main mantra to come from Nepal, whether it is from the Nepali Government or the Nepali people themselves is that one of the best ways to help Nepal get back on its feet is to visit! Nepal is open for business and warmly welcomes tourists to sample the delights of all that it has to offer! Lonely planet has listed Nepal as its Best Travel and Value Destination for many consecutive years. By visiting Nepal you will not only be enlisting on the trip of a lifetime to one of the most scenic and stunning places in the world you will also, more importantly, be directly supporting the local communities who are so heavily reliant on tourist business.



# Frequently asked questions

## Accommodation

Along the trekking route we will be staying in locally owned and run lodges, known as tea houses. These tea houses are very basic structures but have a lovely, warm and welcoming atmosphere.

In Kathmandu, we will be staying in local 3\* Nepali Standard Hotel, in the bustling tourist district of Thamel in Kathmandu.



## What will the food be like along the trek?

Typically, breakfast will be provided at the lodge where we sleep. We will stop along the trekking route for lunch. We enjoy a long leisurely lunch, usually up to 2 hours. This makes for a welcome break to trekking as well as aiding acclimatization. Dinner will be served in the evening at the lodge in which we will be staying.



The tea houses along the Everest Base Camp trek offer a surprisingly wide variety of meals all cooked to order. Most of the food is vegetarian and grown in the surrounding areas. Dishes are typically potato, egg, rice or noodle based with vegetables depending on the season. You will find a lot of garlic on the menu, it's said to help with acclimatization! You can also get treats along the trail, with chocolate, crisps and soft drinks available at all lodges. Inevitably the higher you go the more expensive it gets.

In some of the lower towns you will find meat available on the menu, generally however we advise participants to go vegetarian for the trip.



## How much spending money will I need?

There is a saying "nothing is free in the Khumbu" As there are no roads in the area, quite literally everything has to be carried up by porters or yaks, which means that in addition to the cost of the item itself you are paying an additional transportation fee for the porters to carry up the load. As said before, factor in that the higher you get the more expensive everything becomes!

Of course, expenditure depends on your own spending habits. In Kathmandu you can buy lunch for as little as £5/€6, and dinner and drinks for around £10/€12.



On the trek, three square meals per day are provided. For additional treats you can expect to pay between €/£3-5 for a chocolate bar, a soft drink, or a hot shower. A good guide is £10, €15 per day for additional expenditure.

There are some unreliable ATMs along the trekking route so it is recommended that you take enough cash with you from Kathmandu for the duration of the trek.

## Gear

Once you sign up to the trek, you will receive an information pack which will include a comprehensive list of gear that you will need for the trek. The most important piece of equipment is a comfortable, reliable pair of trekking boots. It is worth remembering that our trekking company will provide you with a good quality down jacket and sleeping bag together with a travel bag.

At our welcome and information evening as well as on our training hikes you will also be given further tips and advice on what gear you will need and importantly what is not necessary!



## Weather & equipment list

The weather in the Himalayas is unbelievably unreliable and hard to predict. Regardless of what time of year you travel, clear views cannot be guaranteed. Whilst trekking you will be warm but cool down rapidly when stopping for lunch. During the day in the lower regions, temperatures range from 25° to 10° with the possibility of rain. At night, temperatures reduce rapidly and range from between 5 to -5 degrees.

At higher altitudes temperatures range from 5° to 15° during the day, with the possibility of bitterly cold winds. At night, temperatures can drop to -15°. In terms of clothing, it's best to wear many thin layers as opposed to few bulky layers.

## Fitness

In order to enjoy the trek it is recommended that you are in good physical shape and that you are able to walk in hilly terrain for several hours per day over 14 days. Stamina and endurance are required! Whilst challenging this trek is very achievable.

The best thing that you can do to prepare yourself for this trek is to keep yourself well, and arrive in good physical condition. The trek is graded moderate to strenuous due to the effects of altitude. Previous hiking experience is not required. The fitter you are and the more training and hill walking you do in advance the more you will enjoy the whole experience!

Training hikes will be arranged pre-departure, it is highly recommended, but not compulsory that you attend these, they are entirely for your benefit. The pace will be set by the guide whilst trekking.

## Is there electricity to charge batteries?

Electricity is available throughout the trek, you will be charged per hour for the use and again inevitably the higher you go the more expensive it gets. But power failures are not unheard of, so best bring spare batteries just in case.

## Will shower facilities be available?

At most lodges shower facilities will be available. Again, the higher you go, the more expensive it gets.

## Will there be internet access?

Internet & international telephones are available all along the trek, but are unreliable and network is only sporadically available higher up. Power failures and failures in internet access are common. We recommend bringing with you an unlocked phone and buying a Nepali SIM card over there, it makes for a convenient way of staying in touch with your friends and family at home!

## Will I be carrying my own rucksack?

No. Your rucksack will be carried by locally employed porters. You are permitted a maximum of 15kg in your rucksack.

You will be asked to carry a light backpack containing all you need for the duration of the daily trek i.e., your camera, water, sun cream, hat, gloves and all money/valuables.



## Support and Safety whilst trekking

Your safety & security during this trek is our primary concern. All our trekking guides are fully qualified and licenced. They are also wilderness first aid trained and have over 20 years experience in hiking and leading teams in the Everest region between them.

They are extremely competent and knowledgeable. You will also be accompanied by an Irish Team Leader. Their main responsibility will be to liaise between guides and participants and ensure the smooth running of the trek.

## Extending your stay

It may be possible to extend your flights and remain in Kathmandu should you wish to continue exploring this beautiful Hindu Kingdom! You must indicate when signing up that you wish to extend your stay as alterations to flights cannot be made after booking. There is so much to do and see in this beautiful country. An extra few days would give you the option of visiting the jungles of Chitwan National Park, where you would have the opportunity to go elephant back riding or on jungle safari.

## Currency

The currency of Nepal is the Nepali Rupee. It is not necessary to order Nepali Rupees through your bank in Ireland. When you arrive in Kathmandu you can withdraw Nepali Rupees using ATM machines. It is essential that you check with your bank provider that you can do this and that you alert them that you are travelling to Nepal. If not, they may block your card thinking that fraud is taking place.

You could also take cash with you and change it in one of the many money changers that can be found in Kathmandu.

\*Please note that Northern Ireland Sterling will not be accepted or changed in Kathmandu\*

## Tipping porters & guides

Tipping is by no means compulsory but it will be expected. From experience you will want to show your appreciation to the porters who will carry your bag for you over the course of the trek and to your friendly expert guides who will be there for you 24-7 taking care of your every need and answering your every question!

For large groups it is advisable to combine tips and then share them equally among guides and porters to ensure that all are treated fairly and that nobody is forgotten.

## Vaccinations

You will need to consult you doctor or Travel Medical Clinic for a medical check-up and assessment in relation to your personal circumstances and needs in terms of immunizations. Please find below the common recommended vaccinations required for Nepal.

### RECOMMENDED

Tetanus / Polio /Diphtheria/Hepatitis A/Typhoid

### OPTIONAL

Hep B & Rabies

(proof of vaccinations will be required prior to travel).



## Insurance

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Should include at a minimum:

- Trekking in remote locations to an altitude of 6000m
- Emergency Helicopter Evacuation
- Repatriation to Ireland
- Full medical cover

(proof of insurance required prior to travel).

## Visas

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### NEPAL

You will require a visa to gain entry to Nepal. British and Irish passport holders can get a visa easily on arrival at Kathmandu airport. You will need a passport photo in order to obtain your visa. The cost of the visa is \$40.

### TREKKING PERMITS

The cost of trekking permits is also included in your participation fee. You will need to bring with you a passport photo for your permit. At the end of the trek you will be given your Sagarmatha (Everest) National Park trekking permit as a souvenir of your adventure to the base camp of the worlds highest mountain.



## What is altitude sickness?

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**Acute mountain sickness** is an illness that can affect mountain climbers, hikers, skiers, or travellers at high altitude (typically above 8,000 feet or 2,400 meters). It is caused by a combination of reduced air pressure and lower oxygen levels at high altitudes. The faster you climb to a high altitude, the more likely you will get acute mountain sickness. Your symptoms will also depend on the speed of your climb and how hard you push yourself.

**In most cases, the symptoms are very mild. Symptoms generally associated with mild to moderate acute mountain sickness include:**

- Dizziness or light-headedness
- Fatigue
- Headache
- Loss of appetite
- Nausea or vomiting
- Rapid heart rate
- Shortness of breath during exertion

**Symptoms generally associated with more severe acute mountain sickness include:**

- Bluish discolouration of the skin (cyanosis)
- Chest tightness or congestion
- Confusion
- Cough
- Coughing up blood
- Decreased consciousness or withdrawal from social interaction
- Gray or pale complexion
- Inability to walk in a straight line, or to walk at all
- Shortness of breath at rest

To treat altitude sickness, early diagnosis is important. Acute mountain sickness is easier to treat in the early stages.

The main treatment for all forms of mountain sickness is to descend to a lower altitude as rapidly and safely as possible. You should not continue climbing if you develop symptoms.

In mild cases, symptoms improve promptly as soon as you descend to a lower altitude. Usually after some acclimatizing at a lower altitude, hikers can resume ascending. People with severe mountain sickness may need to be admitted to hospital. Emergency evacuation should be covered in your insurance policy.



### Keys to preventing acute mountain sickness:

- Climb the mountain gradually
- Acclimatization days built into your itinerary
- Sleep at a lower altitude when possible
- Learn how to recognize early symptoms of mountain sickness

Ask your doctor about a medication called acetazolamide (Diamox). This drug helps your body get used to higher altitudes more quickly, and reduces minor symptoms. It should be taken the day before you climb, and then for the next 1 to 2 days.

If you are at risk of anaemia, ask your doctor if an iron supplement is right for you. Anaemia lowers the amount of oxygen in your blood.

### While climbing:

- Avoid alcohol
- Eat regular meals, high in carbohydrates

You should avoid high altitudes if you have heart or lung disease.



### What happens if I get sick?

The most important thing is not to panic. A slight case of diarrhoea is to be expected, as well as muscle aches – all a part of walking in the hills! Altitude sickness is mostly avoidable if you follow guidelines set out by the guides, mainly: trek high and sleep low, drink at least four litres of water per day (not including soft drinks!), and BE SENSIBLE. If you feel shortness of breath, a slight headache or dizziness, tell your team leader/guide and rest immediately. Lie down, drink water.

If you are still feeling unwell you may consider going down a few hundred meters. Do not pretend you are okay. A descent of a few hundred meters overnight may be enough to get you fully acclimatised and back to full strength in order for you to be able to continue climbing.



# The Bluestack Foundation

Enhancing the lives of people with additional needs

## Introduction

The Bluestack Special Needs Foundation was established in 2006 to provide direct support to people with additional needs and to their families and carers. Whether these needs are physical, sensory, intellectual, or mental health related disabilities, the foundation offers practical advice and emotional support through a range of programmes such as:

- The Saturday Club in Donegal Town & Falcarragh
- After School Service
- Low Cost Counselling
- Teen Youth Club
- Bluestack Choir
- Parent Support Network
- Jiving Classes and Get Fit
- Alternative Respite Solutions on behalf of TUSLA and HSE
- Behaviour Therapy
- Bluestack Shack Coffee Dock
- Community Services Programme
- Young adults Training and Progression Programme
- Information Dissemination
- Donegal Directory of Disability Services
- Summer Camp in July and August
- Play Therapy supports
- Lobbying for Equality
- Full disabled toilet and shower facilities
- A listening ear - a place to unwind, offload concerns and simply be heard.

The Bluestack Special Needs Foundation recognises that their work is only a drop in the ocean relative to the support so desperately needed by families. But it does make a profound difference to so many people.

Continued support enables the foundation to continue to influence the discourse on inclusion, empower people living with a disability to self-advocate and express their needs and most importantly continue to be that beacon of hope offering relevant, timely and practical responses to the expressed needs of their members.



## Find out more

**Visit:** Bluestack House, The Glebe, Donegal Town  
**Facebook:** **Bluestack Special Needs Foundation**

[www.bluestackfoundation.com](http://www.bluestackfoundation.com)



# Meet the team



## Team leader: Jono Griffin

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Jonathan Griffin (Jono), is a graduate of Sports, Exercise and Leisure and originally a PE teacher by trade. Having spent a number of years working as a Youth Worker, Jono then developed a project which used surfing to enhance the wellbeing of young people. Whilst leading this project he has organised 7 fundraising treks to the Himalayas, leading over 100 people to reach base camp and raising in excess of €100,000 for various charities.

Jono is a Level 2 accredited Surf and SUP coach. He is also an accredited Instructor Developer Coach with Irish Surfing, delivering the Surf Coach Curriculum. Jono firmly believes and pioneers a model of people centred coaching.

In 2021, Jono returned home to Donegal and set up Wild and Free Adventure Company specialising in off the beaten track adventures along the beautiful Sliabh Liag Peninsula in South Donegal. Whilst being in the ocean is his first love, the mountains are definitely the next best thing! Jono is a natural team leader and loves the opportunity to visit Nepal and work alongside the local trekking guides who are friends at this stage.







## Nepali partners: Mountain Delights

Mountain Delights was founded in 2004 by Ram Sapkota or Kamal as he is better known. Kamal has an inspirational backstory. From an impoverished farming family in the remote Dhading district of Nepal, he sold off goats as well as set up a bookshop business in order to pay for his secondary schooling. On completion of secondary school, he ran away and became a porter in order to improve his English and get to know the mountains. He subsequently completed his trekking guide qualification and became a senior guide, and completed his Tourism degree in the off season. During this time he founded his own very successful trekking company - Mountain Delights.

You will all have the opportunity to meet Kamal and his wife and hear the full story from the man himself!

Mountain Delights is both recognised and registered by the Government of Nepal and the Tourism Board of Nepal and has an excellent reputation both at home in Nepal and abroad! It has entertained guests from all walks of life (including royalty!) and employs fully trained and registered trekking guides. The company are committed to environmentally friendly policies

and has organised “clean-up treks” along some of the popular Himalayan trekking routes. The company also set an example in terms of the proper working and pay conditions of the staff & porters whom they employ.

Kamal’s social credentials are no less impressive. He has set up a charity called Tukkee Nepal which is directly supported by profits from his trekking company. This charity has supported approx 250 Dalit girls to go to school in the district where he was brought up. He has also set up a school in his village and a medical centre as well as a hydroelectric dam, bringing electricity to his village for the first time! All three (the medical centre, school and power station) were very badly affected during the earthquake but are in the process of being re-built. So, even through your participation fee you will be directly helping the company to continue its charitable efforts!

## How to sign up:

Please read this brochure carefully including the terms and conditions. If you would like to join us for this trip of a lifetime, please email [info@wildandfree.ie](mailto:info@wildandfree.ie) for an application form. You will need to submit your application form along with a non-refundable deposit of €500 to secure your place.

# Why trek with us?

## PERSONAL TOUCH

We pride ourselves on being a people-oriented business. To us, every trekker is not just a client but a valued member of our adventure family. Expect personalized attention and care every step of the way.

## A GENUINE PASSION FOR NEPAL

We have a deep-rooted love for Nepal, its people and its breathtaking landscapes. Our goal is to share this love with you, providing an authentic and immersive experience that showcases the beauty and culture of this incredible country.

## TRUSTED PARTNERSHIPS

With a 20-year relationship with Kamal and his team at Mountain Delights, we operate like a well-oiled machine. Our guides are not just professionals but extensions of our adventure family, ensuring your safety and satisfaction throughout the journey.

## TEAM ETHOS

From the moment you sign up, you become part of our tight-knit community. Through pre-departure meetings and training hikes, we foster camaraderie and teamwork, setting the stage for an unforgettable adventure.

## PERSONALIZED SUPPORT

Have questions or concerns? We're here for you every step of the way. Expect prompt and thorough responses to all your inquiries, helping you to feel confident and be prepared for the trek of a lifetime.

## LIFE-CHANGING EXPERIENCE

Embark on more than just a trek – join us for a transformative journey. Whether it's conquering personal goals, making lifelong memories, or gaining new perspectives, we're passionate about facilitating experiences that leave a lasting impact.

## ALL ABOUT THE JOURNEY

While reaching Everest Base Camp is an incredible achievement, we believe the true magic lies in the journey itself. Embrace every step, every moment, and every encounter, for it's these experiences that define the adventure.

## OUR WHY

At Wild and Free Adventure Company, our mission is clear – to inspire and empower through adventure. Join us as we embark on a shared journey of discovery, growth, and friendship amidst the awe-inspiring backdrop of the Himalayas.



# Terms and conditions

All possible efforts will be made to ensure that this trip runs as smoothly as possible. However, things do not always run according to schedule. Nepal is ranked the 11th poorest country in the world according to the Human Development Index. General operating standards are unlikely to meet Western standards or expectations. Please take this into consideration when applying for this trek.

Participants must be over 18 years old. Under 18's will be accepted if they are accompanied and under the direct supervision and care of a parent or guardian.

## PASSPORT

Participants must hold a valid passport which is valid six months after the scheduled return date. The itinerary is subject to change, in the event of unforeseen circumstances or adverse weather conditions.

Our trekking guides reserve the right to alter the route, walking durations or make other amendments in the safety and interest of the group, especially in the event of weather difficulties or group members becoming sick or injured.

## MEDICAL

You will be required to fill out a medical questionnaire prior to departure. This questionnaire will be used as a record of your medical history should treatment be necessary. You are required to consult your doctor for examination and his/her signature is required on the medical form. It is your obligation to keep us updated of all medical conditions that are relevant to your safe participation in the EBC trek. The organisers cannot be held to account in the event of false, misleading or omitted information from the medical questionnaire.

Whilst on the trek, if the trekking guide or leader gives specific safety or medical advice, in the interest of your health and safety, you agree to abide by this advice. It is your responsibility to ensure that you are fully inoculated as per advice from your doctor. Evidence of vaccinations must be provided in advance.

## PARTICIPATION FEE & FUNDRAISING

The participation fee for this trip covers the cost of your participation on the trek. Under no circumstances can money

that has been fundraised be used to cover the cost of your participation on this trip. Your participation fee must be submitted directly to Wild and Free.

All fundraised money should be remitted directly to The Bluestack Foundation. Failure to submit the full participation fee and fundraising target in advance of departure will result in you losing your place on the team.

## IN THE EVENT OF CANCELLATION/DELAY

In the event that the Trek has to be cancelled pre- departure by the organisers due to any of the following: Force Majeure, any unusual or unforeseen circumstances beyond the organisers reasonable control, Examples include but are not limited to war, major accidents, power failures, adverse weather conditions, labour disputes, flight delays or travel advice from foreign offices advising against travel to any of our destinations. The organisers will refund or re-schedule.

In the event that you (the participant) have to cancel your place on the team, no refunds will be made. You may also be liable for a reasonable cancellation fee to cover costs incurred by the organisers.

## FITNESS REQUIREMENTS

It is your responsibility to ensure that you are adequately fit to cover the distance as stipulated in the itinerary. It is your responsibility to be aware of the effects of altitude sickness. The itinerary is designed to include acclimatization days but there is no guarantee that you will reach Everest Base Camp.

## VISA REQUIREMENTS

It is your responsibility to ensure that you are eligible for a Tourist Visa into Nepal, and that you clear immigration and customs. If you are refused access for any reason, the organisers do not accept liability.

## INSURANCE

Participants must hold adequate travel insurance. Please note that it must include full medical cover as well as cover for: trekking in remote locations to an altitude of 6000m, emergency helicopter evacuation and cover the cost of

repatriation to Ireland. Details of your policy must be shared with the organisers pre-departure on the dates outlined.

The organisers of this trek accept no responsibility for loss or damage to your personal belongings or claims arising from your participation in this challenge arising from your own actions.

## DATA PROTECTION

All information that you have provided in applying for this trek will be used for the purposes of this trek only. Your details will not be passed on to any third party, except as required for medical reasons. Your data will be destroyed after completion of this trek.

## COMPLAINTS

If you have a complaint regarding any element of this trek it will be taken seriously. Please inform the organisers/ team leaders as soon as possible. Every effort will be made to resolve the issue where possible.

## DISCLAIMER

Whilst we do our very best to ensure that your journey is as safe and comfortable as possible, you travel at your own risk. Participants agree to indemnify Wild and Free Adventure Co, The Bluestack Foundation and Mountain Delights Trekking Company against any claims of damage or loss to personal property, personal injury or even death and any claim arising from your own actions.

## FLIGHTS TO NEPAL

Participants are welcome to arrange their own travel to and from Kathmandu. Participants will be given a time and date to be in Kathmandu in time for the team briefing . You will be met at the airport by our tour operator and transferred to the hotel where you will meet the team. If, due to unforeseen circumstances, (e.g. delayed flights etc.) you do not make the scheduled departure of the Lukla flight, you will be responsible for the additional costs of re-connecting with the group. All possible efforts will be made in assisting you to reach the group.

# What happens next?

## Key dates

- **23 April 2024**  
Information Evening at the Bluestack Foundation HQ & Online
- **1 May 2024**  
Early Bird Sign up Deadline (€150 off)
- **31 May 2024**  
Deadline for Sign Up
- **Mid June 2024**  
Team meeting 6-8pm (in person & online)
- **24 August 2024**  
1st Training Hike
- **27 October 2024**  
2nd Training Hike
- **End November 2024**  
Participation Fee (€1500)
- **Beginning February 2025**  
Participation Fee balance remitted
- **1 February 2025**  
3rd Training Hike
- **Mid February 2025**  
Fundraising balance remitted
- **March 2025**  
Trek Departure