

18-Day Everest Base Camp (EBC) Trek

**A journey into some of the most breathtaking sceneries in the world.
A classic trek into the heart of the Khumbu region.**

Home to eight of the world's ten highest peaks, Nepal is blessed with spectacular mountains vistas. The Everest Base Camp trek is justifiably famous, not only for its proximity to Everest, the world's highest mountain (8850m a.s.l.) but also for its friendly Sherpa people, picturesque villages, great variety of cultures, as well as colorful festivals and monasteries. The flora and fauna are other visual treats you can expect from the Sagarmatha National Park.



About the Singapore Women's Everest Team

The Singapore Women's Everest Team (SWET) comprises of 6 young women who are attempting to summit the world's highest mountain in 2008. Beyond being the first all-female team from Singapore to attempt Mt Everest, we are unique as all of us come from diverse backgrounds and experiences, bound by a common aim to challenge our personal assumptions and boundaries.

Everest, symbolically, embodies values of passionate pursuit, resilience, tenacity, and a sense of enterprising adventure. Our Everest attempt encapsulates our firm belief that passion and conviction can bring dreams to pass, passion to reality. In spirit, this expedition extends beyond mountaineering. Through our journey, SWET provides a platform for its members to attempt the seemingly-impossible, and we hope to inspire others to do likewise.

Join us at EBC

SWET's Everest expedition will be a milestone for Singapore. You can be part of this historic event. Embark on this Everest Base Camp trek – your journey will bring you to experience one night at Everest base camp, something exclusive to members of this trek.

Traveling dates

EBC Trek Team A: Sat, 4 April to Tue, 21 April 2009

EBC Trek Team B: Sat, 18 April to Tue, 5 May 2009

Brief itinerary

Day	EBC Trek Team A	EBC Trek Team B	Description	Estimated Altitude at Rest Location
1	4 Apr	18 April	Singapore – Kathmandu	1400m
2	5 Apr	19 April *	Kathmandu	1400m
3	6 Apr	20 April	Kathmandu – Lukla – Phakding	2500m
4	7 Apr	21 April	Phakding – Namche Bazaar	3440m
5	8 Apr	22 April	Namche Bazaar	3440m
6	9 Apr	23 April	Namche Bazaar – Khumjung	3790m
7	10 Apr	24 April	Khumjung – Thengboche	3867m
8	11 Apr	25 April	Thengboche – Dingboche	4350m
9	12 Apr	26 April	Dingboche	4350m
10	13 Apr	27 April	Dingboche – Lobuche	4930m
11	14 Apr	28 April	Lobuche – Kala Pattar (5545m) – EBC	5400m
12	15 Apr	29 April	EBC – Lobuche	4930m
13	16 Apr	30 April	Lobuche – Thengboche	3867m
14	17 Apr	1 May	Thengboche – Monjo	3000m
15	18 Apr	2 May	Monjo – Lukla	2850m
16	19 April *	3 May	Lukla – Kathmandu	1400m
17	20 April	4 May	Kathmandu	1400m
18	21 April	5 May	Kathmandu – Singapore	Sea level

Note: All accommodation on trek are in Teahouse Lodges, except for one night at EBC – camping tent

*19 April – Team A & Team B meet in Kathmandu

Trek Information

Date – Team A : Sat, 4 April to Tue, 21 April 2009

Date – Team B : Sat, 18 April to Tue, 5 May 2009

Duration : 18 days

18D Land Cost : **As below** (*international airfare, taxes, visa + insurance not included*)

Group Size : 2 Pax: S\$ 1790 per person]
4 Pax: S\$ 1690 per person] No accompanied leader
6 Pax: S\$ 1620 per person]
08 Pax + 1 Leader: S\$ 1720 per person
10 Pax + 1 Leader: S\$ 1680 per person
12 Pax + 1 Leader: S\$ 1600 per person

Grading : ★★★★★ (please refer to the last page for the Activity Grading System)

Pre-requisite/s : Participants must be of an above average level of fitness, physically and mentally fit, with the ability to trek with a 8kg to 10kg backpack load. Experience in multiple day treks/camp outs, is an advantage. Participants shall have to participate in the team training/s organized by our appointed trek leader

To Book : To place a reservation, the following is needed,
1. A photocopy of your international passport (*should not expire earlier than **05 Nov'09**)
2. A copy of the completed booking form
3. Deposit of S\$ 1000/- (by cheque & payable to "Pac-West Travel (S) Pte Ltd")

Mailing Address : SWET-EBC TREK
c/o Pac-West Travel (S) Pte Ltd
60 Eu Tong Sen Street
#02-05 Furama Hotel Shopping Centre
Singapore 059804
Tel: 65361889

Closing date : **15 February 2009**

Contact Email : ebc@womenoneverest.com

Package Inclusions

1. Domestic airfare (KATHMANDU-LUKLA-KATHMANDU)
2. Domestic Airport Taxes (Excess luggage is payable by participants)
3. All land transfers in Kathmandu
4. Daily breakfast & all meals during trek
5. Tourist Class Twin/Triple sharing accommodation in Kathmandu (4 nights only)
*single supplement surcharge applicable for participants who prefer a single room throughout (+S\$ 235/pax)
6. Twin/Triple sharing accommodation during trek (Basic Teahouse Lodges)
7. One night stay at Everest Base Camp (Camping Tents)
8. Sagarmatha National Park Fees, Nepal Trekking Guide & necessary porters for trekking
9. Complimentary rental of down sleeping bag and outer-shell jacket

Note: Accompanied expedition leader from Singapore if the group size is above 8 participants (SWET representative)

Package Exclusions

1. International airfare and airline taxes & Fuel Surcharge (SIN-KTM-SIN)
2. Nepal International Airport Taxes @ NRps 1695 (* est. S\$ 40/-) to be paid upon departure from Nepal
3. Nepal Single Entry Visa fee @ USD 40 (* application upon arrival)
- 2 coloured passport sized photographs & min. 6 months validity of passport is required
4. Personal Travel Insurance incl. **Emergency Medical Evacuation**
- EXTRASURE SILVER plan from @ S\$66/-; GOLD plan from @ S\$88/-
5. Lunch & Dinner while in Kathmandu
6. Hard and Soft drinks (incl. mineral/drinking water) throughout
7. Personal expenses and personal trekking gear
8. Tips for Nepal guides and porters
9. In the event of an early return from trek due to unforeseen circumstances or by choice, all additional expenditure on transportation/ accommodation are to be borne by trek participants
10. Everything else not mentioned in the inclusion field

Pac-West Travel (S) Pte Ltd is the appointed agent to provide logistical and operational support for the EBC Trek.

Other Important Information

It is the Singapore Women's Everest Team's (SWET) intent to meet our supporters at the Everest base camp. However, in view of the unusual weather patterns in Everest that might affect the team's climbing schedule, SWET cannot give full assurance that the team will station at the base camp to meet the trek participants.

Deposit & Final Payment

A non-refundable deposit of **S\$1000/-** per person is required upon reservation. This is non-refundable once the ticketing/land arrangements are confirmed. The deposit forms part of your final payment. Balance or full payment must be made 21 days prior to departure (Team A – full payment by 14th March 2009 / Team B – full payment by 28th March 2009).

Cancellation Charges

You may cancel your booking at any time. Cancellation must be made in writing to avoid any miscommunication. If notification of cancellation is received, the following charges will apply:

- Less than 30 days prior to departure - the deposit will be forfeited.
- Between 14 and 21 days prior to departure - 75% of the full fare
- Less than 14 days prior to departure – No refund of fares paid
- No show – No refund of fares paid

Cancellation of Expedition by SWET

The Singapore Women's Everest Team (SWET) reserves the right to cancel the trek if the sign-ups are inadequate. Be it due to factors that make the trip economically unfeasible for our appointed operator to operate or due to uncontrollable factors that do not allow the safe conduct of a safe trek or the delivery of services as described in the itinerary. These factors include acts of God, wars, transportation or other strikes, civil strike and orders from government. In the event of a cancellation due to inadequate participation, or inability to secure seats or accommodation, SWET and our appointed agent will refund the amount you have paid. SWET and our appointed agent reserve the right to alter or modify (with or without prior notice) the itinerary, travel arrangement and hotel accommodation in anyway necessary due to circumstances over which the operators have no control.

Refund of unused services

No refund can be made in respect of accommodation, meals, sightseeing tours, transportation or any other services that are included in the tour fare but not utilized.

Rights to Reject

The Singapore Women's Everest Team (SWET) and our appointed agent reserve the right to cancel or withdraw any itinerary, or any booking made for a participant or decline to accept or retain any person as a member of a trip if any such person appears likely to endanger the health, safety or impair the comfort & enjoyment of others. SWET and our appointed agent further reserve the right to cancel this reservation if for any reasons, and any carrier, hotel or other contractor refuse to allow the participants to participate in the expedition. In any of the foregoing events, SWET's and our appointed agent's sole liability shall be to refund to the participant any monies paid, less the amount for services already utilized, and administration & cancellation fees.

Travel Documents

It is the participants' personal responsibility to ensure that travel documents and other necessary documents are in order. SWET will advise you on what documentation is required. As a general guide, you must have an International Passport or other recognized travel documents that should be valid for more than six months from the date of travel. You must have the necessary visas, vaccinations and health certificates as required. SWET, together with our appointed agent, will wherever possible assist you to obtain the necessary visas. There will be a service charge, and visa fee levied will be borne by the participants. SWET and our appointed agent cannot however guarantee the approval of your application. A full refund of all money paid will be made if the result of the rejection is made at least 30 days prior to departure date. If less than 30 days notice is given, the relevant cancellation charges will apply. SWET and our appointed agent cannot be held responsible or liable for any expenses, reimbursement or refund of expedition fees if any passenger is refused entry by any country on the trek for whatsoever reasons, including lack of the necessary documents.

Insurance

SWET strongly recommends that all participants purchase some form of travel insurance in preparation for this trip. This will come in handy in the event of trip cancellations (due to medical/compassionate reasons), hospitalization, medical claims and delay/loss of baggage, etc. Medical evacuations and hospitalization charges abroad can be very expensive. SWET and our appointed agent can recommend you the appropriate insurance policies.

Responsibility

SWET and our representative (the expedition leader) and our appointed agent, and its associated agents (refer as "Organiser") act only as agents for the participants and the transportation, accommodation, companies, entertainment and meals suppliers and to the principals involved in this trek. All tickets, vouchers and documents issued are subject to specific terms and conditions. The "Organiser" do not accept any liability in contract for any injury, damage, loss, delay additional expenses or inconvenience caused directly or indirectly by events which are beyond its control or which are not preventable by reasonable diligence on its part including but not limit to war, civil disturbance, fire, floods, unusually severe weather, acts of government or of any authorities. All claims against the "Organiser" must be made in writing within 14 days after the completion of the trek.

All the terms and conditions mentioned above cannot be changed except in writing by the "Organiser".

Activity Grading Scale

Star Grade	Definition	Examples
★	Easy. Activity can be completed easily by person of average fitness	Short local day hikes
★★	Moderate. Some physical exertion may be expected	Gunung Panti day trek, Gunung Ledang 3 days trek
★★★	Moderate to Strenuous. Participants should be in good fitness condition. Those who have not been exercising regularly may need to undergo some pre-conditioning.	Gunung Ledang 1 or 2 days trek, Mount Kinabalu trek
★★★★	Strenuous. Extensive physical activity involved. Participants should undergo additional fitness training prior to trip.	Gunung Tahan, Nepal treks