



# AMA DABLAM

Expedition (6812m)

1st April to 27th April 2025

13th October to 8th November 2025



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Climb AMA DABLAM – one of the most spectacular mountains in the world and a climber's dream.

Our team with over 40 summits is ready to guide you on this challenging and majestic climb.

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Towering over Tengboche monastery and the Sherpa village of Pangboche at a height of 6,812m, Ama Dablam is one of the most iconic mountains in Nepal. The much-coveted SW ridge is one of the more popular routes in the Himalayas today, with climbers often using it as preparation for an expedition to one of the greater 8,000m peaks (of course the mountain is by its own right a fantastic objective).

Comprising of steep ice and rock with exposed ridges, the technical nature of the route is somewhat lessened by the presence of fixed lines along the majority of the route.

Our Route: We start our acclimatisation when we land in Lukla, the thriving Sherpa village known as the 'Gateway to the Khumbu'. We trek through numerous Sherpa villages before arriving in the grassy surrounds of Ama Dablam Base Camp, which is undoubtedly one of the more scenic base camps in the Himalayas.

Above base camp we place three camps on the mountain, each precariously positioned on the ridge, which means you'll need to have a good head for heights. Our summit push will begin early in the morning from Camp 3 and hopefully you'll top out in great weather, as the summit affords spectacular views of numerous Himalayan giants, including Mount Everest, Lhotse and Nuptse.

This month-long expedition is suited to strong rock climbers and technically-orientated mountaineers, who have previous experience in the Himalayas or other lower technical peaks in Europe, North and South America or New Zealand.

For those who have less time, you can opt for the helicopter transfer package from Ama Dablam Base Camp to Kathmandu which can shave off up to 5 days.



## About Everest One

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Everest One are an expert high altitude expedition company and the only Australian provider delivering climbs above 8000m. We have been involved in the mountaineering business for over 15 years, and in that time have built the most experienced, professional Sherpa team on the mountain.

We pride ourselves on truly personalized service, not only with our mountaineering guides on a minimum of a 1:2 ratio, small group sizes (max – 8), quality equipment, great food and a premium base camp set-up, but also support in the lead up to and during your adventure.

We are committed to your safety and success, in that order, and take our responsibility of taking care of you very seriously.

You will never be climbing alone, with your own dedicated Sherpa guide climbing by your side for the entire expedition.

> Your adventure begins here

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Establishing a close relationship between our Sherpa guides and clients is imperative.

To reinforce this cohesion and trust, we keep our group size small.

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Climbing Ama Dablam is not an undertaking Everest One take lightly, having worked for more than 15 years in the Himalayas, whilst building a reputable, trusted company and having handpicked the best high altitude climbing Sherpas in Nepal.

We can confidently say that we have one of the strongest support teams on the mountain. Our Head Guide and Expedition Leader, Phunuru Sherpa, has led 42 expeditions above 8000m, having scaled Everest an incredible 16 times, and is the current world record holder with 19 summits of Cho Oyu (8201m), along with numerous climbs of other 8000m peaks and 18 summits of Ama Dablam.

Our High Altitude Sherpa guides, who all come from the famous Sherpa village of Phortse, have worked on more than 175 expeditions above 8000m, with a combined total of 60+ summits of Everest, 22 of Manaslu and numerous other 8000m peaks including Makalu, K2, Broad Peak, Lhotse and Cho Oyu, along with 44 summits of Ama Dablam.

Allan Cohrs, who is the owner of Everest One and an experienced Expedition Manager and Guide, has led more than 25 expeditions in the Himalayas, including climbs of Mt Everest, Lhotse, Cho Oyu, and Ama Dablam.

We treat our responsibility of taking care of you very seriously, which is why we strictly ensure you will be part of a small team of climbers.

Our philosophy is simple. Having a small, manageable group size, supported by the best guides, exceptional accommodation, excellent equipment, nutritious food with a strong focus on planning and safety, allows us to provide close personal care throughout your adventure, ultimately giving you a higher chance of success.



## What makes the difference

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Your climb will be run by an experienced Expedition Manager and an Expedition Leader, who together will plan your climb according to the conditions.

You will be climbing 1:2 with an experienced, high-altitude Sherpa guide, with multiple summits of Ama Dablam, who is caring, compassionate and strong and also possesses high level technical and communication skills. They are not merely climbing companion, but experts in the field, taking close personal care of you throughout your expedition.

In Base Camp, you will have your own box tent, complete with a 6 inch mattress and carpeted floor, whilst up on the mountain, we use high quality 3 person dome tents, which you will share with one other climber.

> Our approach

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## Why choose Everest One?

### We are the only Australian company offering 8000m climbing expeditions.

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Everest One have been guiding treks and climbs in the Himalayas for over 15 years, with great success along with an outstanding safety record.

We do not just take anyone who applies. We need to know that you are capable and have the required experience to safely undertake the adventure you sign up for. Taking this approach means smaller groups, plus giving you the added confidence that your fellow climbers are capable and prepared. This allows our team to be more dynamic and flexible on the mountain, and not be forced to join long queues of climbers all pushing at the same time for that perfect weather window.

As the only Australian expedition company offering you premium high altitude climbing expeditions, we streamline the process, sorting out all logistics allowing you to focus on the important things, from gear preparation and training, travel insurance, visas and travel advice and we are always available to guide you through all the phases, long before you arrive in Nepal.

The climbing team for Ama Dablam alone have incredible experience with more than 44 summits of the mountain, giving you assurance.



## Meeting Your Expectations

Climbing any mountain, but particularly getting close to 7,000m involves a degree of risk. For this reason, we prepare our itinerary as a guide that is subject to change depending on the weather and other conditions on the mountain, including your own personal health.

We closely monitor the weather, with long range forecasting, and plan our rotations and final summit push according to those conditions. Having the flexibility allows us to adapt and move up the mountain when we consider it the safest and the best time to do so.

There is never a guarantee of success during any expedition, and climbers need to accept that we are dealing with mother nature, and she always has the final say.

Your safety is paramount. The mountains will always be there.

> Why Everest One?

# Expedition Breakdown

## Approach (8 days)

The first 2 days are spent in Kathmandu where we will conduct gear checks, enjoy a team dinner and expedition briefing, and pick up any last minute items. We will fly into Lukla and commence our acclimatisation trek over the next 5 days, spending two nights in the amazing village of Namche Bazaar. This is an important phase of our journey, as we gain strength and acclimatise to the altitude, before we trek into Ama Dablam Base Camp (4700m).

## Base camp (approx. 1 week)

Ama Dablam Base Camp (BC) (4700m) is comfortable and well-equipped. It will be your home for the next 3 weeks or so. Each climber will have their own individual box tent with comfortable mattress, and a carpeted floor. We will gather in our warm triple-skin heated and carpeted dining room for meals, and a separate, similarly outfitted communication and meeting tent with full internet facilities.

Here you can chill with fellow climbers, watch movies, check email, and stay in touch with home. In addition, it has become a climbing tradition in the Himalayas for all groups to conduct a small Buddhist ceremony (Puja) to offer thanks to the mountain, and to ask it for safe passage through its environment. As we get ready, we will alternately rest and climb, giving ourselves the preparation necessary for the best chance of success.

During this time, we will rest, train and do our first rotation on the mountain, spending the night at Camp 1 (4700m), and then touch Camp 2 (6080m), requiring us to scale the Yellow Tower, which is probably the most difficult and technical short section of the climb.

## Climb (approx. 7 days)

After we settle in at base camp, we will proceed with checking and testing all of our climbing equipment before our final rotation through the higher camps and our summit bid. Our rotations will include spending nights progressively higher on the mountain as we climb towards our goal. All going to plan, we will reach the summit in 4 days and have 3 contingency days built into our program.

## Pack up Base Camp and return to Kathmandu (6 days)

After completing the climb, we will pack up Ama Dablam Base Camp and trek back down to Lukla for our flight back to Kathmandu, where a hot shower, pizza and cold drink await.

For climbers opting to use the Helicopter transfer, you will be flown from Ama Dablam Base Camp to Kathmandu, for your flight home.

**Note:** Depending on the weather and conditions on the mountain, the contingency days are an important part of the program, and the above Expedition Breakdown is to be used as a guide only, and changes are often made to give the team the best possible chance of success.

## Quick Trip Notes

**Country** > Nepal

**Expedition** > Ama Dablam

**Dates** >

1st April to 27th April 2025  
13th October to 8th November 2025

**Grade** > Hard to difficult. Excellent fitness, stamina and strong mindset with previous experience of a Himalayan (or similar climb) above 6000m.

**Highest altitude** > 6812m

**Trip Duration** > 27 days

**Activities** > High Altitude Mountaineering

**Visa Requirements** > Tourist visas can be obtained directly at the immigration department of Tribhuvan International Airport in Kathmandu. Bring at least 2 passport sized photos and USD 50 cash for a 30-day tourist visa. You can also prearrange a visa from your nearest Nepalese consulate.

**Vaccinations** > Nepal is a developing country so some travel vaccines are advised. Obtain these at least 2-6 months before arrival to ensure good immunity. Typhoid, Hepatitis A, Hepatitis B and Japanese Encephalitis are recommended. Please seek medical advice for other recommended vaccinations.

**Covid-19** > You no longer need to complete a pre-departure COVID-19 test or show a vaccination certificate on arrival in Nepal.

**Travel Insurance** > Compulsory

**Cost** > USD\$12,500

**Helicopter Transfer** > USD\$1000-\$2000 approx. depending on number of passengers.

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## Leaders don't force people to follow, they invite them on a journey and lead them to achieve their goals

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### > Allan Cohrs Expedition Manager



As a guide in the Himalayas, Africa, South America and Australia and the owner of Everest One, Allan delivers a personalized service, focused on providing a safe, professional experience for his clients. Sharing time with Allan in the mountains is a common theme most of our guests comment on and part of the reason why so many of our clients keep coming back. He is down to earth, humble, approachable, discreet, professional, caring and wants you to succeed, but also help you create unforgettable memories along the way.

He has guided in all corners of the globe with over 35 high altitude climbs in the Himalayas including Mt Everest (8850m), Lhotse (8516m), Cho Oyu (8200m), Manaslu (8163m), Baruntse (7162m) and Ama Dablam (6812m), along with 10 climbs of Mera Peak (6476m), 9 climbs of Lobuche East and Island Peak and numerous other 6000m+ climbs including Aconcagua, the highest peak in South America and 14 successful summits of Mt Kilimanjaro.

Together with expert guides and climbers (all with 8000m summits) under his leadership and Everest One banner, Allan encourages and motivates his clients with a positive mindset to believe in themselves, dig deeper when the journey seems to get tougher, ultimately aiming to lead them to the summit, but most importantly prioritizing on everyone's safety and well being from start to finish.

### Sherpa Culture

Known as “Eastern People” in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet.

Their culture (i.e. dialect, dress and food) is similar to Tibetan, which is in stark contrast to the Hindu ethnic groups that are the majority in Nepal.

With a culture deeply rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high altitude porters on early Himalayan mountaineering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.

### Team Safety and Trek Support

This climb reaches a maximum altitude of 6812m. As such, you will experience some effects of high altitude e.g. headaches, increased breathing, disturbed sleep as your body adapts.

The climbing schedule has been designed to allow for proper acclimatisation. However, everyone responds to high altitude differently, walk slow, drink plenty of water (5L/day), eat, listen to your body and alert your guide if you are feeling unwell.

Your guide will be carrying a well stocked first aid kit along the trail. It will contain commonly used medication including ibuprofen and general antibiotics along with oxygen. Steps to staying healthy and avoid bacterial/parasitic infections include eating/drinking from hygienic venues, safe preparation of meals and maintaining personal hygiene and sanitation.

## > Your trip leaders

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## Experience at the highest level delivered with calmness, careful planning and your safety in mind

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### > Phunuru Sherpa Expedition Leader



Phunuru Sherpa is from the village of Phortse, famous for producing some of the finest Sherpa guides in Nepal. He has been working as an Expedition Leader for more than 15 years, and is focused on safety, careful planning, leading a strong team and providing exemplary support and attention to clients.

He is a highly experienced, senior head guide (Sirdar), having led 42 expeditions above 8000m. Some of his achievements include summits of the following mountains:

Current world record holder with 19 summits of Cho Oyu (8201m) in Tibet, 16x Everest (8848m), 3x Lhotse (8516m), 4x Manaslu (8163m), 1x Shishapangma (8027m), 19x Ama Dablam (6812m)

Phunuru was the first Nepalese climbing Ranger in the USA, having worked in 11 different National Parks in the States. He holds the record of 6 summits of Denali, the highest peak in the USA.

He has reached the summit of Aconcagua, the highest peak in South America 4 times, along with Kilimanjaro, the highest peak in Africa an incredible 22 times.

Phunuru is a lead instructor and Educational Director of the Khumbu Climbing Center in Phortse. He is also certified in Long Line Rescue and Wilderness First Aid.

## Our Sherpa Team

Our handpicked team of high altitude climbers are some of the most experienced and professional guides on the mountain. Without having a strong, reliable climbing and support team around you, your chances of success are heavily reduced.

This approach adopted by Everest One gives you the confidence and assurance to move forward and chase your dreams.

Our Expedition Leader, Phunuru Sherpa has led 42 expeditions above 8000m, having scaled Everest an incredible 16 times, and is the current world record holder with 19 summits of Cho Oyu (8201m), along with numerous climbs of other 8000m peaks including Lhotse x 3, Manaslu x 3 and Shishapangma.

The remainder of our team, made up of 4 High Altitude Sherpa guides have worked on 134 expeditions above 8000m, with a combined total of 42 summits of Everest, 22 of Manaslu and numerous other 8000m peaks including Makalu, K2, Broad Peak, Lhotse and Cho Oyu.

We also have additional Sherpa guides if required, possessing the same level of expertise, along with a strong Porter team, expert cooks and support staff.



## > Your trip leaders

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# Basic Itinerary

(Full details in brochure)

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- Day 1 Arrive Kathmandu
- Day 2 In Kathmandu, final preparation
- Day 3 Fly to Lukla then trek to Phakding
- Day 4 Trek to Namche Bazaar
- Day 5 Namche Bazaar Acclimatisation day
- Day 6 Trek to Phortse
- Day 7 Trek to Pangboche
- Day 8 Trek to Ama Dablam Base Camp
- Day 9 Rest day/Traditional Puja Ceremony/Training
- Day 10 Ama Dablam Base Camp to Yak Camp
- Day 11 Yak Camp to Camp 1
- Day 12 Camp 1 to Camp 2 (touch) and back to Ama Dablam Base Camp
- Day 13 Rest Day / Training
- Day 14 Rest Day
- Day 15 Ama Dablam Base Camp to Camp 1
- Day 16 Camp 1 to Camp 2
- Day 17 Camp 2 to Camp 3 or 2.7
- Day 18 Summit and back to Camp 1 or Base Camp
- Day 19 Contingency Day
- Day 20 Contingency Day
- Day 21 Contingency Day
- Day 22 Pack up Base Camp (Helicopter transfer option)
- Day 23 Ama Dablam Base Camp to Namche Bazaar
- Day 24 Trek to Lukla
- Day 25 Fly to Kathmandu
- Day 26 In Kathmandu
- Day 27 Return home



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## Aside from the incredible scenery, spending time high up on the mountain is incredibly rewarding, emotional and a true privilege.

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### > Small Cohesive Team

Ama Dablam is a serious mountain and challenging objective for the climber wanting to experience a climb above 6000m.

You will need to be disciplined, focused and prepared to take on the climb of this iconic, beautiful peak. You'll find a number of large expeditions on the mountain, with many climbers and guides.

For a multitude of reasons, that's not our style.

By having a small team of climbers, we are able to move more efficiently and carefully on the mountain, have greater flexibility, the capacity to allow input from team members, along with clear decision making, planned performance resulting in a greater chance to summit as a team.

You'll get to know everyone, both fellow climbers and Sherpas closely throughout the course of the expedition. With Everest One, we'll have one Sherpa for each 2 climbers and they will guide you throughout your rotations.

We'll be on this journey together every step of the way and when it comes to the final push, you will be ready to reach the summit.

### > Inclusive:

- 4 nights Kathmandu accommodation
- Airport transfer to hotel and welcome dinner
- Breakfast in Kathmandu
- All necessary climbing and trekking permits
- Experienced Expedition Leader & Manager
- Government liaison officer
- Return flights between Kathmandu and Lukla
- All meals and accommodation during trek to base camp and return
- Porter service to carry unlimited personal gear to base camp
- Fully serviced powered base camp (including personal tent, heated dining tent and communication tent)
- All group climbing equipment
- Satellite communication system and Internet
- All meals/snacks, hot drinks and showers
- ICOM 2-way radio system for all guides to communicate between camps
- All meals and group equipment above base camp
- 1:1 Sherpa climbing guide/client ratio
- Maximum oxygen allowance (8 bottles)
- Extensive high altitude wilderness first aid kit
- Porters to carry group equipment
- All other charges for route fixing
- Expedition duffel bag
- Everest One team jacket, hoodie, t-shirt, cap and beanie

### > Exclusive:

- International flights to Kathmandu
- Tips and summit bonuses for Sherpa guides
- Tourist visa fees
- Meals in Kathmandu (USD10–15 per meal)
- Aerated and alcoholic beverages
- Personal items (e.g. phone calls, laundry)
- Travel insurance (including early departure, and mountain search/rescue)
- Personal climbing gear.

### HIGHLIGHTS

Climb one of the world's most iconic peaks

Test your skills at almost 7000m of altitude

Views of Everest, Lhotse, Nuptse, Makalu and Cho Oyu

Experience technical climbing under well protected conditions

Colourful Buddhist culture

Spirited Sherpa people

## > Ama Dablam Expedition

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## Important notes on Health, Sleep, Food, Gear and Climate

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### > Staying Healthy

It's vitally important to protect your health on the Ama Dablam Expedition, and Everest One owner and guide, Allan Cohrs, is an experienced climber, leader and manager, having led expeditions on Everest, Lhotse, Manaslu and Ama Dablam.

He and his team monitor the team's performance, conduct regular oxygen saturation readings and ensure the team members are eating well, stay hydrated, obtain quality sleep, sufficient rest and are at full strength during each phase of the climb.

Such knowledge is an invaluable resource, especially higher up on the mountain without an easy access to base camp ER facilities.

Our Sherpas are also well-trained in all aspects of hygiene, to ensure that you don't come down with a stomach bug the day before you leave base camp for the summit. Having a smaller team also assists in this regard.

### > Climate

During the trek to AD base camp in autumn, the weather is mild during the day and extremely cold at night.

In base camp, day temperatures can range between 15 degrees C to below zero, and it may snow at times. Nights are cold and can drop to -10 degrees C. Above 6000m, temperatures can drop dramatically, falling as low as -20 degrees C.

The weather can change quickly, which is why it is important to monitor the forecasts closely.

### > Sleep and Food

On the trek to Ama Dablam Base Camp, you will stay in comfortable teahouses, where we have stayed for many years. These provide basic accommodation, common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favorites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost.

You'll end up spending a fair bit of time in base camp as you rest in between rotations or unfavourable, waiting for a suitable summit window. We provide a comfortable, healthy environment at base camp so that you can focus on getting prepared for your summit push. We have a dedicated base camp cook who prepares delicious and high-quality meals. We also have a waiter, always available to help out with any special requests. People regularly comment that the best food is in base camp, which is so important, ensuring you maintain your strength.

Your Kathmandu accommodation is a 4-5 star hotel. Note that meals (except for breakfast) in Kathmandu are not included in the cost. Plan for USD10-15 per meal on these days.

### > Gear

Familiarity and comfort using your personal equipment is paramount to summit success. We recommend that you test drive your gear before joining this expedition. Keeping your body, face, feet and hands warm in reliable gear during cold weather above 6000m can make or break your Everest dreams. Please scroll down to see recommended items on our Gear List page and email us about specific brands or models we know works well on high-altitude peaks.

# Ama Dablam Expedition Itinerary

## > DAY 1 ARRIVE IN KATHMANDU, NEPAL

Your adventure begins here. An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. We can also use this time to arrange local money exchange, pick up a phone card or grab any supplies.

Later in the evening, there will be a group briefing, full gear check and welcome group dinner.

## > DAY 2 EXPLORE KATHMANDU

This is a free day for you to either explore the crazy, yet wondrously beautiful city of Kathmandu or attend to final packing, gear preparation or purchasing any additional equipment or gear you may require. We provide you with a duffel bag for your trekking gear and you will need an additional bag for your climbing gear which will be sent ahead to Everest Base Camp.

## > DAY 3 FLY TO LUKLA AND TREK MONJO

Our trip begins with an early morning flight to Lukla that takes approximately 30 minutes. The flights travels over endless rolling hills covered with green terraces. Once in Lukla, we have a short break to organise porters and gear before starting our first day's walk, descending and ascending to Monjo. We pass green villages and colourful maniwalls as we follow the Dudh Kosi River upstream. This region is Buddhist so remember to walk clockwise or to the right of maniwalls and prayer poles. Monjo is an apple farming village situated near the base of the hill up to Namche.

**Trekking Time 5 Hours >> Height 2840m**

## > DAY 4 TREK FROM MONJO TO NAMCHE

Before leaving Monjo, we'll drop into the Khumbu National Park Information Centre where you can trace our trail from a 3D model of the region. The route crosses several steel suspension bridges covered with katas, white well-wishing scarves and prayer flags. From the last bridge, it's a 2-3 hour hike up to Namche. On a clear day, you can catch your first view of Everest from a lookout about mid-way up the hill. Once in Namche, you have the afternoon to rest, do souvenir shopping or relax and take in the view. **Trekking Time 5 Hours >> Height 3440m**

## > DAY 5 ACCLIMATISATION DAY IN NAMCHE

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama dablam and Thamserku. It's just a taster for the spectacular scenery to come! From here, you can explore the villages of Khunde and Khumjung where Sir Edmund Hillary opened a hospital and school, respectively. Or the afternoon is free for wandering around Namche, emailing friends/family or relaxing over coffee and cakes in the bakery. **Height 3440m**

## > DAY 6 TREK FROM NAMCHE TO PHORTSE

The trail behind Namche is a gentle track that traverses high above the Imja River overlooking views of Thamserku and Ama dablam. We pass a chorten in memory of Tenzing Norgay, Sir Edmund Hillary's climbing partner, before reaching Kyangjuma to break for morning tea. We split from the regular traffic of trekkers heading to Everest Base Camp by taking the higher road up to Mong for lunch enroute to Phortse.

Many villagers still depend on potato and buckwheat farming here, but Phortse is also known for producing many climbing Sherpas to supplement incomes. Since 2003, the Khumbu Climbing School which operates in Phortse has trained many keen young men and women. Every winter, renowned international climbers and local guides work together to run climbing courses. The partnership has not only increased climbing enthusiasm amongst locals, but has also improved general climbing safety. Afternoon to rest and relax.

**Trekking Time 5 Hours >> Height 3810m**

## > DAY 7 TREK FROM PHORTSE TO PANGBOCHE

Heading out of Phortse you will see Cho Oyu, the sixth highest mountain in the world up the Ngozumba glacier leading to Gokyo lakes. The trail to Pangboche can be a more of a challenging day traversing with views of Tengboche monastery just across the valley. Pangboche is the highest permanent settlement with the oldest monastery in the Khumbu. The scenery from here to Lobuche is dominated by Ama dablam (6856m), one of the most picturesque mountains in the Khumbu, that is technically demanding to climb. **Trekking Time 3.5 Hours >> Height 3930m**

## > DAY 8 TREK TO AMA DABLAM CASECAMP

Today we depart the village of Pangboche and trek down to the Imja Khola where we cross a short bridge, before we slowly make our ascent up into Ama Dablam Base Camp. It is a stunning trek through a pristine landscape, reaching a height of around 4700m. Our private base camp, which will become your home for up to 3 weeks, will be fully operational by the time you arrive, giving you the chance to settle in and take in the impressive views of our objective, Ama Dablam (known as Mother's Necklace) which dominates the scenery.

**Trekking time - 5 hrs / Altitude 4700m**

# Ama Dablam Expedition Itinerary (continued)

## > DAY 9 REST DAY / PUJA CEREMONY / TRAINING

After a restful sleep, we will rise to take in the wondrous views in our grassy meadow camp. We will conduct our Buddhist Puja ceremony for safe passage on the mountain. This is a highlight of any high-altitude expedition, and a joyous and spiritual event where the Sherpas, climbers and our equipment are blessed whilst we make offerings to the mountain spirits. In the afternoon, we will do some basic training, including familiarisation and refreshment with our equipment, basic rope work and use of crampons.

## > DAY 10 - 12 FIRST ROTATION ON AMA DABLAM

We will start our first rotation up on Ama Dablam during this period. Due to the significant altitude gain between Base Camp and Camp 1 (5700m), we prefer to use the Yak Camp, located about half way at an altitude of 5180m. This allows you some additional time to acclimatise, and still sleep up on the mountain. The climb itself is not technical at this stage, and you will climb out of Base Camp and then follow a steady, gradual climb on simple terrain to the Camp.

The following day, we will continue on similar terrain up to Camp 1, which involves a bit of rock-hopping through the boulder field before a short steeper scramble where we will spend the night camped in amongst the rocks.

We will then continue to Camp 2 (6100m), climbing the famous Yellow Tower, which is considered one of the most challenging sections of the climb, with a near vertical ascent on rock, using fixed lines. Climbers will feel elated and in awe after reaching the top of the tower, with a short ridge section leading into Camp 2, home of the famous Eagle's Nest Camp.

We will only be touching Camp 2, and after a rest and some hot drinks, taking in the incredible views, we will retrace our steps back down the mountain into Base Camp.

## > DAY 13 RESTDAY / TRAINING

## > DAY 14 REST DAY

## > DAY 15 - 18 AMA DABLAM SUMMIT BID

We commence our summit bid, and after having already acclimatised on the mountain to above 6000m, we climb directly to Camp 1 (5700m), where we spend the night. This may take between 4 to 6 hours, depending on the conditions and individual strength.

The following day, we traverse and climb up to Camp 2 (6100m), using the fixed lines, where we will camp at the Eagles Nest or in the rocks close by, depending on crowds. This section can take between 4-5 hours.

Climbing from Camp 2 to Camp 3 is challenging, as we climb the Grey Tower and care needs to be taken, both during the ascent and descent. You will be secured by fixed ropes and this section of the climb is steep and exposed. You will be traversing on ice and granite slabs. Rock falls can occur during this section, particularly when there are other climbers ahead.

Once up on the Mushroom Ridge, famous for its rocky, icy, snowy ridge and incredible exposure, you are bound to be in awe by the uninterrupted, breathtaking views delivered along this narrow ridge. After traversing through a steep couloir, we will arrive at our Camp.

We will set-up our camp at 2.7 or 3, dependant on the snow and ice on the mountain. Camp 2.7 at around 6300m offers greater protection and is usually the preferred choice.

After some rest, hydration and food, followed by a 4am breakfast, we will crawl out of our tents for an early start, as we commence our summit bid. You can expect cold temperatures, and preparation and layering are very important.

After we round the Dablam, a large slab of ice and snow sitting precariously on the upper part of the mountain, we follow the fluted, yet solid snow steps leading to the summit, at an angle of around 45 degrees. You will be feeling tired, but the thought of reaching the top will provide adequate motivation.

From the summit of Ama Dablam, you will be rewarded with incredible panoramic views of Lhotse, Mt Everest, Nuptse, Pumori, Cho Oyu and Makalu.

You will be feeling immense pride and elation, knowing that you have climbed one of the most beautiful and iconic mountains in the Himalayas.

After soaking in the views, and reflecting on your accomplishment, it will be time to focus, and take care descending as we slowly make our way back down to Base Camp, to celebrate our wonderful experience.

## > DAY 19 - 21 CONTINGENCY DAYS

We include 3 additional contingency days in the schedule to allow for any foreseeable delays due to weather and conditions on the mountains.

# Ama Dablam Expedition Itinerary (continued)

## > DAY 22 PACK UP BASECAMP / HELICOPTER OPTION

Today we pack our gear as we prepare to trek back down to Lukla.

You will have one more night in our Base Camp to relax and look out to the summit of Ama Dablam, knowing you have stood on top of this majestic peak.

For those opting for the Helicopter transfer, you will be collected today, depending on the weather, and fly directly via Lukla to Kathmandu.

For the rest of us, we will leave the following day, and spend two days trekking down to Lukla.

## > DAY 23 AMA DABLAM BASECAMP TO NAMCHE BAZAAR

## > DAY 24 TREK TO LUKLA

## > DAY 25 FLY TO KATHMANDU

## > DAY 26 IN KATHMANDU

## > DAY 27 RETURN HOME



> Ama Dablam Expedition: Itinerary

## Gear selection for Ama Dablam expedition

### Choosing the right gear

When it comes time for selecting your gear, this can quite often be the most confusing and difficult part of the preparation.

There are so many choices and opinions, with sales staff offering differing advice, that it can quickly become overwhelming.

Having the right gear and equipment is essential for your safety and comfort up on the mountain, and getting it wrong could have serious implications. Everest One provide you with a detailed gear list and will help you through the selection process.

Phunuru Sherpa, our Expedition Leader, is a Brand Ambassador for a leading Nepalese gear provider, and we can arrange for you to purchase specialist clothing items or have them made for you in Nepal.

We provide you with an Everest One light-weight down jacket, a fleece hoodie, t-shirt, cap, beanie and duffel bag as part of your package.

We also have exclusive arrangements with a number of leading outdoor gear and equipment specialists, and can offer you discounts when attending these locations.

When it comes to some items, like 7/8000m boots, down suits and sleeping bags, finding the gear or latest version can sometimes be difficult.

We have connections with some of the leading distributors of specialised equipment in Nepal, and can make arrangements to have this gear ordered and ready for your collection once you arrive for your expedition.



> Ama Dablam Expedition: Climbing Summary

# Gear List for Ama Dablam Expedition

## BACKPACK

- \* 1x Climbing pack (between 50 to 75 liters)

## FEET

- \* Trekking socks (3–4 pairs)
- \* Liner socks (2 pairs)
- \* Down booties
- \* Base camp shoes (comfortable, waterproof and warm)
- \* Hiking shoes (good low to mid cut), or
- \* Light weight trekking boots

## HEAD / HANDS / EYES

- \* Cap
- \* Wide brim or bucket hat
- \* 3x buffs
- \* 2x warm polar fleece or wool hat (beanie)
- \* 2x glacier glasses (category 4 lens, must wrap around your face well)
- \* 2x Headlamp (bright LED with powerful beam) and plenty of extra batteries
- \* 2x Lightweight synthetic liner gloves
- \* Soft shell gloves for lower camps
- \* Expedition gloves with removable liner, warmest available

## LEGS

- \* 3x Thermal layers (breathable and moisture wicking, few different weights, e.g. Midweight and expedition weight))
- \* Soft shell pants (comfortable for everyday wear and climbing lower sections of the mountain)

## LEGS (continued):

- \* Hardshell pants (heavy duty with reinforced crampon patches and waterproof zippers)
- \* Insulated pants (down or primaloft)
- \* 2–3x Trekking pants
- \* Shorts (quick dry – optional)

## UPPER BODY

- \* 3x Thermal layers (breathable and moisture wicking, few different weights, e.g. Midweight and expedition weight)
- \* Warm jacket (fleece or light-weight down)
- \* Hard shell jacket (breathable waterproof with good hood that fits over a climbing helmet)
- \* Down jacket (800 fill, lightweight with hood)
- \* 3x t-shirts
- \* 3x mid-weight layer (long sleeves)
- \* 1–2 fleece style hoodies

## UNDERWEAR

### Men

- \* 4x boxers or preferred style (merino)
- \* 2x boxers or preferred style (clean for sleeping)

### Women

- \* 6x merino briefs or preferred style
- \* 4x sports bra or preferred style

## FIRST AID KIT

Personal kit including any specialist medication, Panadol, Iboprufen, Anti-inflammatorys, hydration tabs, Band-aids, Blister Pads, Ointments etc.



# Specialist Gear for Ama Dablam Expedition



## BAGGAGE

- \* 1x One duffel bag for trekking gear provided by Everest One
- \* Additional duffel bag to transport your climbing gear to EBC
- \* Climbing pack (outlined in previous list) \*
- Stuff sacks (waterproof)

## CLIMBING HARDWEAR

- \* Harness (light weight alpine with belay loop and gear loops)
- \* Crampons (semi auto with heel bail, good anti-balling system and steel)
- \* Carabineers (6 screw gate and 6 snap gate)
- \* Rappel device – ATC and Figure 8 (easy to use and lightweight)
- \* Prussik cord (about 8 meters of 6mm and 5 meters of 4mm)
- \* Ice Axe (for alpine use and correct length for your height)
- \* Jumar (large handle to fit your gloved hand)
- \* Trekking poles (lightweight with good snow basket)
- \* Climbing helmet

## SLEEPING

- \* 2 x sleeping bag (-20oC to -40oC rated (800+ goose down fill, correct length for your height, one for base camp and one for higher camps)
- \* Sleeping mats (full length, insulated inflatable with repair kit and closed cell foam pad)



## FEET:

- \* 7/8000m Mountaineering boots
- \* Crampons
- \* 3 x Summit socks

## DOWN:

- 1 x 8000m down jacket and pants or suit (specialized suits built to perform and protect climbers from extreme cold conditions )

## HYDRATION

- \* 2 x 1 liter water bottles
- \* Thermos

## IMPORTANT ESSENTIALS

- \* 1 x travel towel (microfibre are best)
- \* 1 x small face cloth
- \* 2 x small bottles hand sanitiser (important)
- \* 2 x tube Sunscreen
- \* 2 x tube Lip balm (minimum 40 SPF) Spare laces (important)
- \* Camera (take extra battery)
- \* Power bank
- \* Books, Kindle etc
- \* Phone with cables
- \* Headphones (optional)
- \* Pocket knife or Leatherman (optional)
- \* Pee bottle

## TRAVELLING DOCUMENTS

- \* Passport (plus 2 photocopies of passport)
- \* 4 passport size photos
- \* Airline tickets
- \* Travel insurance
- \* Wallet/Pouch for travel documents/money and passport







**Book Now**

## > Sign Me Up

(choose the date)

**Ama Dablam Expedition**  
1st April to 27th April 2025  
13th October to 8th November 2025

### Personal Details

Please write your name as it appears on your passport.

Mr  Mrs  Ms.  Dr  Other.

First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb/Town: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Country: \_\_\_\_\_

Passport Number: \_\_\_\_\_

Nationality: \_\_\_\_\_ Country of Issue: \_\_\_\_\_

Date of Issue: \_\_\_\_\_ Date of Expiry: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: +61 \_\_\_\_\_

Work Number: +61 \_\_\_\_\_

Home Number: +61 \_\_\_\_\_

### Accommodation

Accommodation is based on twin share. Is there anyone you would like to share with?

Yes  No

Name: \_\_\_\_\_

### Payment Details

**USD\$2,000 deposit is required to secure your booking**

Everest One

BSB: 064 000

ACC: 1486 0514

**Credit card facilities also available - please contact us**

## Emergency Contact

Name: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Mobile: +61 \_\_\_\_\_

Work Number: +61 \_\_\_\_\_

Home Number: +61 \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

## Travel Insurance

**Can be completed at a later date**

Company Name: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Insurance Cover: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Yes  No

## Passport

Country of issue: \_\_\_\_\_

Nationality in passport: \_\_\_\_\_

Date of issue: \_\_\_\_\_

Date of expiry: \_\_\_\_\_



## Medical & Health Form

Please answer each question below and include details of dates, location and treatment received (as applicable). Please attach a separate page if insufficient space is provided for answers.

You, the participant, acknowledge that you have obtained medical advice as to the suitability of EO's Adventure given your medical status and fitness or that you have given careful consideration to obtaining medical advice but have declined to seek it and accept all risk associated with your decision.

1.	Have you ever suffered any form of cold injury or illness, including frostnip or frostbite? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Have you ever experienced any form of altitude related illness? If yes, please describe below including location, altitude, illness, treatment and recovery.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	Describe any major accidents, illnesses, injuries or operations you have had in the last 5 years:	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Do you have any problems with or limitations caused by any physical or mental condition that may reasonably impact your participation in the Adventure, including by your back or knees or as a result of any other injury or illness, and including any heart related condition? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	Are you on any medication currently and/or do you intend to use medication on the Adventure? <b>If yes</b> , please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.	Do you have any allergies or intolerances to food or medication? <b>If yes</b> , please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No

7.	Do you wear corrective lenses?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8.	Are you familiar with standard CPR and resuscitation techniques?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.	Do you have any pre-existing medical conditions that may affect your ability to undertake this Adventure? If yes, please describe:	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.	Is there anything else from a medical perspective that you think EO ought to be informed about?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11.	Do you have any special dietary requirements? <b>Please Note:</b> whilst EO will endeavour to cater to any specific food requirements you may have, you should feel free to carry with you additional food that you consider necessary for your special dietary requirements.	<input type="checkbox"/> Yes <input type="checkbox"/> No
12.	Please indicate your current level of fitness: Excellent                      Good                      Poor	
11.	Please outline your training program:	
13.	Please outline your trekking/mountaineering experience:	

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

## Terms & Conditions

**1) Booking Form:** By You completing the Booking Form, submitting it to EO, and EO's acceptance of it by written reply, You agree to the terms and conditions contained in this document to the exclusion of all other terms and conditions not in this document, unless they are set out in the Booking Form, and/or otherwise agreed to in writing by You and EO (the parties).

**2) Prior dealings and variations:** Any prior dealings between the parties and the terms and conditions that apply to those dealings do not apply to the Adventure. Any variation of these Terms and Conditions must be agreed in writing by You and EO and, in the case of EO, the signatory must be duly authorized by EO to agree to the relevant variation.

**3) Price:** the price of the Adventure is outlined in the Trip Notes or has otherwise been notified to You in writing. The inclusions for the Adventure are listed in the Trip Notes. The price quoted is in AUD dollars and is payable by cash or direct deposit into EO's nominated bank account. You will be liable for all bank charges that may be levied on direct deposits. Every endeavour will be made by EO not to change the Price. However, if there is a change to the exchange rate or local conditions, EO reserves the right to change the Price.

**4) Timing to Payment:** Unless otherwise agreed in writing, the Price is payable as follows:

a) 30% or nominated deposit at the time You submit the Booking Form to EO; and

b) The balance no later than 60 days prior to the first day of the Adventure, or such other date as EO in its absolute discretion may agree (i.e. Where You book the Adventure closer to the first day of Adventure); or

c) If the Booking Form is submitted to EO within the 90 day period prior to the first day of Adventure, the Price is payable at the time the Booking Form is submitted, or such other date as EO in its absolute discretion may agree.

**5) Transfer:** if You book for this Adventure and decide to transfer to another adventure with EO that is at that time advertised by EO and the start date of that other adventure is not more than 12 months after the start date of this Adventure, then EO will agree to transfer your payment across to the new Adventure provided that your written notice of the change is received no later than 90 days prior to the date that the Adventure You initially booked was due to start or such other date as EO in its absolute discretion may agree.

**6) Cancellation by You:**

a) Payments made by You for your Adventure are forfeitable or refundable as follows. If You cancel:

- i) 90 days or more prior to the first day of your Adventure – You forfeit your full deposit and any other non-refundable items.
- ii) 60 days or more but less than 90 days prior to the first day of your Adventure – 50% of the Price is refundable or forfeitable.
- iii) Less than 60 days prior to the commencement of your Adventure – 100% of the Price payable by You will be forfeitable (or forfeited, if paid) to EO.
- iv) If You cancel within 60 days, please remember that we have invested your funds in good faith to allow your adventure to proceed and therefore cannot offer You a refund. You can however obtain a credit note which can be transferred to another adventure within 12 months.

b) The Price is quoted as a package and no partial refunds will be made for any services not used or for any early exit by You from the Adventure. If any part of the Price is to be forfeited to EO but has not at the relevant time been paid by You then EO reserves the right to recover that amount from You as a debt due and payable.

c) Depending on the reason for cancellation, you may be able to reclaim these cancellation charges under the terms of your travel insurance policy directly with your insurance provider. Travel Insurance is compulsory and should be obtained at the time You commit to the Adventure.

**7) Cancellation by EO (tour numbers):** EO may cancel the Adventure if EO considers that the number of persons booked on the Adventure is insufficient for EO to run the Adventure. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any cancellation of the Adventure for such reason, including for any time incurred or inconvenience suffered, gear purchases, flights booked or vaccinations obtained. However, all or any part of the Price already paid by You will be refunded to You, less any bank charges or fees incurred at the time You paid the Price.

**8) Cancellation or other changes by EO (other):** in the case of inclement weather, snowy or icy conditions, conditions that EO reasonably considers may make any part of the Adventure unduly risky, or any political military, terrorist threat or due to a variation to or introduction of a government travel warning after the date You book the Adventure, EO reserves the right to change the start date of the Adventure, the end date, the duration, the route, to cancel or postpone or delay the Adventure if EO considers that there may be a risk to the safety of participants, or to a third party providing those services if such conditions exist or may reasonably exist. You acknowledge that in the event of any such change, cancellation, postponement or delay You have no right to claim any costs, loss, damages (whether direct or indirect) or refund from EO. You also acknowledge that EO is not obligated to inform You of any government travel warning that may apply and that You have or have had the opportunity to check any government travel warnings that may be in place.

**9) Warranties and representations:** You warrant and represent to EO that:

a) You are in good health and are mentally and physically fit at the time of booking this Adventure;

b) You have disclosed every matter concerning your health and wellness of which You are aware or ought reasonably be aware and/or expected to know that is relevant to EO permitting You to participate on this Adventure;

c) You will notify EO as soon as You become aware if your health and fitness is adversely affected in any way prior to the start of the Adventure, or during the Adventure so that EO can assess whether to permit You to participate or continue to participate in the Adventure;

d) EO may disclose medical information about You to its consultant doctor (if applicable);

e) You have sought medical advice as to your suitability for this Adventure or, You have elected not to seek medical advice for this purpose and wholly accept the risk of not having obtained such advice;

f) EO has not made any representations to You in connection with the Adventure other than those contained in these Terms and Conditions;

g) You are fully aware that the Adventure involves challenging trekking at high altitudes and You have satisfied yourself that You have the requisite skills and experience necessary for You to participate in the Adventure or You will ensure that You have the requisite skills and experience prior to the day of the Adventure;

h) It may or may not be possible for You to insure yourself in relation to the Adventure, including the high altitude aspects of the Adventure

i) You have made all due and independent enquiries in adventure travel, high altitude trekking and expeditions similar to the Adventure; and

j) During the Adventure, You will follow the instructions of the Guide leading the Adventure, noting that those instructions in many circumstances will relate to the safety and wellbeing of participants in the Adventure.

**10) Adventure Guides:** EO will nominate a suitably experienced Guide to lead your Adventure. However, EO reserves the right at any time to change the nominated Guide and replace that Guide with another suitably experienced Guide. You may not claim any costs, loss, damages (whether direct or indirect) or refund from EO for any change to an Adventure Guide or any other staff engaged by EO for your Adventure.

**11) Exclusion from Adventure (health and fitness):** if for any reason, the Guide, as nominated by EO, considers, in the Guide's absolute discretion, that You should not participate in the Adventure for reasons associated with your health and wellness, despite You having obtained a medical clearance to do so, the Guide may exclude You from the Adventure, either before or during the Adventure. If on such grounds the Guide excludes You from the Adventure before the Adventure commences, then any refund will be in accordance with condition 6 as if You had cancelled during the timeframes stated in that clause. However, if the Guide excludes You from the Adventure on such grounds after the Adventure commences for any reason, no refund of the Price (or part of the Price) will be payable to You except in the absolute discretion of EO.

**12) Exclusion from Adventure (other):** The Guide may, in the Guide's absolute discretion, exclude You from the Adventure if You engage in any illegal act, or the Guide considers that your behaviour is or is reasonably likely to cause danger, distress or nuisance to any other participant on the Adventure, including staff engaged by EO for your Adventure. In connection with such exclusion, You must follow the instructions of the Guide. You will not be entitled to any refund of the Price (or any part of it) in connection with any such exclusion and it is a matter for You to insure for this, if You can, as You may consider appropriate, reasonable, and appropriate or co-verse You for all risks that may apply to You as a participant on the Adventure.

## Terms & Conditions cont...

**13) Information and Trip Notes:** EO provides information and prepares Trip Notes in good faith. EO may make reasonable changes to any Adventure itinerary, services or route having regard to timing of the Adventure or for any reason considered necessary by EO or if it receives advice to do so.

**14) Insurance:** Travel insurance is compulsory for all trips. Insurance for You is not included in the Price. You acknowledge that it is your responsibility to make enquiries about and obtain and maintain appropriate insurance to cover You in connection with the Adventure, if possible. EO may ask You for your insurance details and You must provide those details to EO promptly but EO is not obliged to check that the insurance You obtain is reasonable, appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

**15) Travel documents:** It is your responsibility to obtain the appropriate travel documents for entry to the country where the Adventure is to take place. EO will be responsible for applying for any permits that are relevant to the Adventure, but only to the extent listed as inclusions in the Trip Notes.

**16) Airlines, flights:** EO recommends that You obtain flexible flights for the Adventure as sometimes Adventures can be delayed due to events such as inclement weather and internal flights. You are liable for any costs You may incur in connection with your flights should timing of your Adventure change. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any change to the Adventure or your participation in the Adventure resulting in You incurring additional costs in connection with your flights.

**17) Privacy:** You agree that You:

- permit EO, its agents or assigns to collect personal information from You, or from your medical practitioner, regarding your health and wellness, including any medical conditions You may have or have had previously. You acknowledge that this information may be disclosed to EO representatives in order to ensure your safety and wellbeing in connection with the Adventure, but will not be used by them for any other purpose; and
- will respect the privacy of the Guides and fellow participants in the Adventure and not do anything that is deemed by EO to be an invasion of their privacy.

**18) Image and Likeness:** You grant EO the right to take and use photographs and videos of You and your personal effects in connection to your participation in the Adventure. In consideration for You participating in the Adventure, You authorise EO, its assigns and transferees to copyright, use and publish your image and likeness in print and/or electronically for marketing purposes, and the like.

**19) Force Majeure:** If EO is prevented (directly or indirectly) from performing any of its obligations under its agreement with You by reason of act of god, strikes, trade disputes, breakdowns, interruption of transport, government or political action, acts of war, terrorism, acts or omissions of a third party or for any other cause whatsoever outside of EO's reasonable control, EO will not be liable for any costs, loss or damage You may suffer as a result and EO may cancel the Adventure and condition 8 will apply.

**20) Assumption of Risk:** You acknowledge that:

- Adventure travel, expeditions and trekking holidays are by their nature physically and mentally challenging and carry higher level of risk than a standard holiday, with potential exposure to risk of injury, death and loss to property;
- High altitude trekking is inherently dangerous and, of itself, carries the risk of injury, death and loss to property;
- Standards of accommodation, transport, healthcare, hygiene, safety and service providers are likely not to be as high in the region of the Adventure as in your country of origin;
- your Adventure will likely require You to travel on difficult, challenging and dangerous terrain, at high altitude, in extreme weather conditions, in remote locations with minimal or no telecommunications and with sudden changes to Adventure arrangements, and political stability in the region of the Adventure;
- there are inherent dangers associated with adventure travel, You have considered those dangers and, nevertheless, You have elected to participate in the Adventure and accept all risk associated with your participation in the Adventure, including risk of injury, death, and loss to property; and
- EO is not liable for and You may not make any claim against EO for or in connection with the acts, omissions or negligence of third parties who may provide goods and/or services to EO or to You for the Adventure.

**21) Release and Waiver of Liability:** In consideration for EO accepting your booking on the Adventure and You being permitted by EO to join the Adventure, to the extent permitted by law:

- You indemnify and keep indemnified and release, discharge, waive, hold harmless EO and its officers, employees, agents, licensees, Guides and other representatives of EO from all claims, actions, costs and losses (whether direct or indirect) which may arise out of or occur in connection with the Adventure, whether arising or occurring before, during or after the Adventure, including in relation to any negligence caused or contributed to by any or all of those listed above; and
- You waive any claims You have or may at any time have against EO and its officers and employees and, as You accept the risks associated with your participation in the Adventure, You agree not to make any claim against EO its officers and employees for any personal injury, property loss or any other loss of any kind that You may suffer or incur in connection with the Adventure, whether before, during or after the Adventure.

**22) No waiver:** a party will not be deemed to have waived any of its rights or remedies under these Terms and Conditions or at law by allocating any time or indulgence or by not exercising any right or remedy arising out of any default by the other party.

**23) Australian Consumer Law**

- Under the Australian Consumer Law statutory guarantees apply to the supply of 'recreational services' of the kind offered by the Terms and Conditions. 'Recreational services' is defined as including activities that involve a significant degree of physical exertion or risk undertaken for the purposes of recreation, enjoyment or leisure. These guarantees mean that EO, its officers, servants, agents or assigns as the supplier, is required to ensure that the recreational services it supplies to You are rendered with due care and skill and are fit for their intended purpose.

**b)** Under Australian Consumer Law, EO, its officers, servants, agents or assigns, as supplier, is entitled to ask You to agree that these statutory guarantees will not apply to You. Therefore, please note that if you sign and/or submit this form to EO, You will be agreeing that your rights under EO's agreement with You, if you are killed or injured because the service provided are not rendered in accordance with these statutory guarantees, are excluded, restricted or modified in the way set out in this condition.

**c)** To the extent permitted by law, You hereby exclude, release and forever discharge EO, its officers, servants, agents or assigns for all liability for any and all claim, loss, damage, cost or expense arising from your death or your suffering physical or mental injury or any other condition, occurrence, activity, form of behaviour, course of conduct or state of affairs as specified in Section 139A of the Consumer and Competition Act 2010 (Cth) (except in the case of liability arising from the reckless conduct on the part of EO, its officers, servants, agents or assigns and your participation in the recreational activities which comprise the Adventure.

**24) Jurisdiction and Applicable Law:** Your booking, the Terms and Conditions, and the rights and obligations of the parties in connection with the Adventure, are governed exclusively by the jurisdiction and law of Australia and you and EO submit to the exclusive jurisdiction of the courts of the State of Queensland, Australia.

**25) Definitions:**

- Agreement** or agreement means the Booking Form and these Terms and Conditions, and any variation of them agreed to in writing by the parties
- Guide** means any guide engaged by EO for the Adventure, whether as an employee, contractor or in any other capacity
- Adventure means the adventure** for which You have booked and any trip substituted for that adventure in accordance with these Terms and Conditions
- High altitude trekking and climbing** includes the actions of walking, trekking, backpacking, using ropes, crampons and other climbing equipment and may involve being on challenging terrain such as uneven trails, dirt trails, rock, ice and snow.
- Trip Notes** means the trip notes we have provided to You for the Adventure.
- You or you** means you as the participant in the Adventure and as a party bound by these Terms and Conditions.

**26) Interpretation:** 'include' or 'including' is to be read without limitation.

**27) Severance:** If any part of these Terms and Conditions are found to be illegal, unenforceable or invalid, then the relevant part will be severed unless to do so would cause the Terms and Conditions to be frustrated.

SIGNATURE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**For the benefit of Everest One, in signing this booking form, I acknowledge that I have read, understood and accept the terms and conditions accompanying this booking form.**



[www.everestone.com.au](http://www.everestone.com.au)  
[hello@everestone.com.au](mailto:hello@everestone.com.au)  
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