

Stand Up On Everest



On 16th April 2016 Mount Everest Base Camp will play host to "Stand up on Everest" at 5365m above sea level.

Martin Mor, Tom Wrigglesworth, Mickey D and Wayne Deakin will be joined by up to fifty eager fans on a gruelling nine day trek high into the Nepal Himalaya. At Base Camp they will perform on a purpose built stage to their fellow trekkers and any climbers awaiting their turn to summit the World's highest mountain.

This is designed as a TV documentary, The Production Company has been outsourced to One Tribe TV and have the job of getting this project commissioned.

The nominated Charity for Stand Up On Everest is Save The Children. The theme for Stand Up on Everest is providing children a better start in life. Save the Children are established in Nepal with many projects already helping children in Nepal.

Cost

18 Days For the unique and once in a life Stand Up On Everest in aid of Save the Children is £2250 excluding flights and insurance. £1,000 Sponsorship. Deposit of £450 to book space on trip.

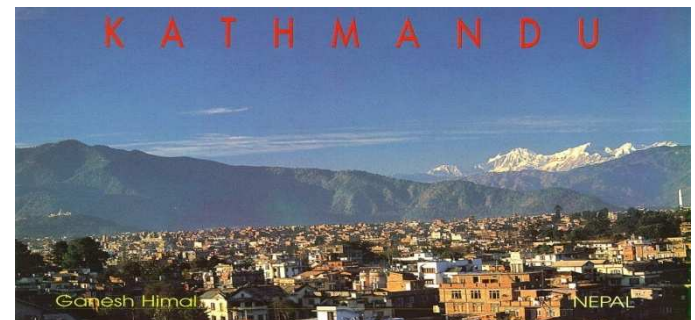
Nepal is a country in a league of its own with breathtaking beautiful scenery, a fascinating culture and friendly people. Meeting the villagers whilst trekking through this landlocked gem of a nation is one of its greatest pleasures.



Stand Up On Everest Schedule	
TBC	Launch Party
TBC	Pre- Trip Meeting
5 th - 6 th April 2016	Arrive in Katmandu
7 th April 2016	Katmandu to Lukla flight
15 th April 2016	Arrive at Gorakshep
16 th April 2016	Stand Up On Everest
19 th April 2016	Arrive at Lukla
20 th April 2016	Luka to Katmandu flight
22 nd April 2016	Depart for home destinations

Our route takes us via the Sherpa capital of Namche Bazaar through beautiful valleys, dense forests and across glacial rivers before we reach the renowned viewpoint of Kalapatar, on the approach to Everest Base Camp, and see the highest mountain on the planet.

There is also time built in to trek to Base Camp itself. We also have time to explore the colourful and frenetic capital of Kathmandu.



Stand Up On Everest

5th April : Fly to Kathmandu

Arrival in the city is recommended at least 24 hours ahead of our flight to Lukla. Arrival in time for the pre-trek briefing is mandatory. For those who arrive early, there is plenty to do in this amazing city. Pre-Trek Briefing: 6th April, 1700hrs, Kathmandu Guesthouse.

6th April : Kathmandu

Arrive Kathmandu, transfer to hotel in Thamel area. We have a half-day exploring the city and discovering the sights, sounds and smells! Kathmandu is a labyrinth of streets and markets, crowded with exotic produce and a mystifying blend of people. Visit the central Durbar Square, infused with a medieval atmosphere, overflowing with stupas and home to the Old Royal Palace. There is also the opportunity to hire/buy any last minute trekking equipment or haggle for your souvenirs at the many shops and stalls. Night hotel. (Dinner not included).

7th April : Kathmandu - Lukla - Phakding

We take a stunning early morning flight from Kathmandu to Lukla, 'Gateway to the Everest region,' perched at 2840m above the Dudh Kosi or 'River of Milk' – so named because of the pale milky appearance of the glacier melt-water. We are now in the region of the legendary Sherpas and you will notice the difference in the faces of the people you meet here and those from the Kathmandu valley. After lunch we trek north down towards Phakding (2610m) along a meandering trail which is lined with mani stone walls, made with hundreds of stone tablets and giant carved boulders, brilliantly decorated with brightly-coloured paints. The Buddhists believe these to be sacred and so as a sign of



respect to the local culture we pass them in a clockwise direction Night teahouse. **Trek approx 3 hours**

8th April : Phakding - Namche

We head onwards and upwards as the trail starts to rise through a forest of rhododendron, magnolia and giant fir-trees. Our target this evening is Namche Bazaar (3440m), a delightful mountain village and the Sherpa 'capital', but first we must ascend Namche Hill; walking at a gentle but steady pace we finally arrive at the town that is itself an important meeting and trading point for the local people. Night teahouse. **Trek approx 5 – 7 hours**

9th April : Acclimatisation Day

We take a day to rest in Namche; we can explore the markets (which sell everything a trekker could require here!) or happily laze around in the sun. It is important to note that acclimatisation is extremely important and that by using these acclimatisation days correctly we greatly improve our chances of reaching our goal of Kalapatar, which lies at an altitude of 5545m.

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10th – 12th April : Namche – Dingboche

The trail turns northeast from Namche along a tributary valley and the mountain views start to open up, becoming more dramatic as the climb approaches the holy ground of Tyangboche, which is surrounded by a protected juniper forest. From here, on a ridge above the much-photographed *gompa* (monastery) is a mountain vista with few equals: Everest, Lhotse, Nuptse, Ama Dablam, Kwangde and Kangtega all loom above us. When we reach the picturesque 'summer village' of Dingboche (4100m) it is time to take another acclimatisation day. Nights in teahouses. **Trek approx 3 – 6 hours daily**

13th – 15th April : Dingboche – Kalapatar – Base Camp

Leaving Dingboche, the trails ascend gently but still the pace is easy, it's important not to rush in the rarefied atmosphere. We reach Lobuche (4910m), often reached by walking past frozen rivers where stone houses sit in an icy wilderness of stunning beauty. We are en route to our final destination, Everest Base Camp. Over the next two days we climb to the look-out point of Kalapatar (5545m), which fills us with a real sense of achievement as we stare in awe at the spectacular surroundings. We can then head for the renowned camp where many a

climber has set off to climb the world's highest mountain, before returning to Lobuche. Nights in teahouses. **Trek approx 4 – 8 hours daily**

16th April : Stand Up On Everest

Finally the big day has arrived. A later start than usual, but your day bag will be packed with additional cloths and cold weather gear. We will make our way slowly across the moraine deeper into the valley until we find Everest Base Camp nestled in amongst the rocks. Upon arrival you will be given the chance to look around and potentially meet some of the climbers attempting to summit Mount Everest in the coming weeks.

Once everybody is in Base Camp, we will begin – "Stand Up On Everest". Basic refreshments will be laid on and we hope you enjoy what we hope to be the most unique stand-up performance in history. Following the performance we will return to GorakShep for a celebratory meal.

17th – 19th April : Lobuche – Tengboche – Lukla

We retrace the trail with comparative ease to Lukla, via Tengboche, home to Khumbu's oldest *gompa* and yeti relics. Our bodies are acclimatised to the altitude and the further we descend the fitter we feel. Nights in teahouses. **Trek Approx 4 – 8 hours**

20th April : Lukla – Kathmandu

Fly from Lukla to Kathmandu, and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating our achievements! Night hotel. (Dinner not included)

21st April : Free Day in Kathmandu & Celebration Party.

Free time to explore Kathmandu before transferring to the airport for our flight back to the UK.



Stand Up On Everest

22nd April

**Arrive at home
Destinations**

[The Aid Fundraiser reserves the right to change the route or itinerary for safety reasons should local conditions dictate.](#)



General Information Trip Cost

All accommodation is included as well as all flights and transfers; internal air tax; all meals Except 3 as specified in the itinerary; any permits and entry fees to any regions and sites visited as part of the itinerary. Experienced leaders and doctors are also included, along with a local support crew of local guides, porters and cooks. The trip cost does not include personal travel insurance, airline fuel supplement if charged by the airline, entry visa, three meals as specified, tip for local crew, or international departure tax. It also does not include any entrance fees to any optional sites or attractions.

Costs in Nepal

We recommend you budget for the following costs in-country:

- Tips for Local Porters & Crew (see below): US\$80-90 -
- Entry visa: US\$40
- Meals not included: US\$45-60
- Extra hot drinks on trek: US\$60

Remember to allow extra for drinks, souvenirs & other personal expenses. You can buy drinks, snacks and personal items in the villages we trek through, but be warned that the further up the trail we are, the more expensive items become.

This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.

We strongly recommend you carry a credit card in case of personal emergency. Day 17: Free Day in Kathmandu. Free time to explore Kathmandu before transferring to the airport for our flight back to the UK.

Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.

Flights

You will be responsible for making your own flight arrangements for meeting the group in Kathmandu, though we can advise you. It is your responsibility to allow plenty of time to connect to the flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We will recommend the flights to book in the new year.

Accommodation

Accommodation comprises of 13 nights in teahouses (simple but comfortable mountain lodges) and 3 nights in a hotel in Kathmandu. The hotel in Kathmandu is comfortable with private bathroom and hot water. The teahouses are plain and simple and are run by individual families. The most common 'best memory' of a trip to Nepal is the warmth and hospitality of the local people and the evenings spent in the teahouses along the route. Please do not expect the same standards as you would in the UK.





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Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you.

Food

All food is included except for 3 meals as detailed in itinerary. For much of the time we are trekking in a valley the local people hold sacred; no animal can be killed there for food. As such, we only have access to fresh meat at certain parts of the trek. The teahouses are safe and atmospheric places to stay in, but some have limited cooking facilities. This means that to cater for the group in a reasonable time-frame, your cook will choose relatively simple dishes. The food is full of energy and there is plenty of it, but please do not expect the variety you would have at home.

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to explore and try other culinary experiences! There is always something to suit every budget.

Trip Support

Your trip will be led by Altitude Events International and assisted by Peace Nepal Treks. The leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with Altitude Events International.

All expedition leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips like Stand up on Everest. All leaders are never sent to the same destination for months on end because we want them to be as enthusiastic about your trip as you are.

Although the leaders are trained in expedition first-aid, they are accompanied by an expedition doctors and medic who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough. The number of crew looking after you will depend on the final size of your group..

Local Support Crew

The local support crew is made up of local guides, drivers and cooks, and porters where appropriate. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers, cooks and porters do not always speak English but are very friendly and approachable. Peace Nepal Treks crew work closely with the local crew to ensure your trip runs smoothly and safely.



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Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your trek. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! Your leader will give you an idea of appropriate guidelines. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

Passport, Visa & Vaccinations

A valid ten-year passport is essential; it should be valid for at least six months after departure from Nepal. There are visa requirements for UK citizens; currently all visas are obtained at the airport upon entry in Kathmandu and will require US\$40 in notes; we also recommend you have two passport-sized photos with you. Other nationalities should check entry requirements.

We insist that you have had a tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. There is malaria in Nepal; you should not need prophylactics as it rarely occurs in elevations as high as Kathmandu, but it is always best to refer to your GP and travel clinic. **You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.**

Trekking Information Terrain

Terrain is varied as the route lies through valleys, forest and high mountain passes; paths are generally very good. The trek is challenging mainly because of the altitude at which we are trekking – this should not be underestimated. The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when on the move. You may want to read about altitude and its effect on the body, it will help explain the need for rest days and a slow but steady pace.



Trekking Distances

Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for and the terrain you'll be trekking over.

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Clothing & Equipment

We are travelling through remote mountains where we could be exposed to bad weather at any time. Be prepared for all weathers and temperatures. Weather conditions can change quickly in the mountains. We provide you with a detailed packing kit-list on registration. We are always available if you need advice.

Weather

Trekking season extends from mid- September to May. From early September the monsoonal rains decrease. By end of September through to December the weather is usually stable with mild to warm days, cold nights. February, March, April, May, October, November, December are the best time to do Everest base camp trek.



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Fitness Warning: Designed To Be Challenging

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Luggage

Your luggage and everything else we need on our trek is carried by porters and possibly yaks at times. Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. You should also bring a daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. The trip is designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

Please contact Jeremy at The Aid Fundraiser with any queries, using the contact information at the foot of this page.

Follow www.standuponeverest.co.uk for the latest details.

