



**END
POLIO
NOW**

**Nepal High Mountains Trek
to Gokyo Lakes and Everest Base Camp
to support Rotary International
END POLIO NOW
21st April – 12th May 2025**



INFORMATION SHEET

TREK COSTS

Trip: \$3750

Which includes:-

- All airport transfers in Kathmandu
- 3 nights accommodation in Kathmandu, 3* level (twin share or single with additional cost)
- Half day guided Kathmandu city tour
- Return flight to Lukla
- All necessary trekking permits
- Guides and porters during the trek
- Maximum 20kg luggage allowance, including carry-ons
- All meals and accommodation on the trek
- One night stay at Everest Base camp itself
- Trek duffle, sleeping bags and down jackets if necessary.

Not included:

- Individual return flight to Kathmandu
- Personal travel Insurance
- Your fundraising target of \$2000

Poliomyelitis is a highly infectious disease that most commonly affects children under 5 years old.

Most know it as poliovirus. The virus is spread person to person, typically through contaminated water. It can attack the nervous system, and in some instances, lead to paralysis and death.

Although there is no cure, there is a safe and effective vaccine – one which Rotary and our partners use to immunize over 2.5 billion children worldwide.

We are on target to totally eradicate Polio in the next few years but we must continue the fight until the last case is history.

We've reduced cases by 99.9% since 1988. But until we end polio forever, every child is at risk.

By coming on this adventure you will be directly aiding the elimination of this virus, your fundraising efforts will be matched by the Gates Foundation at \$2 for every \$1 you raise. We have set each trekker a fundraising target of \$2000 and will help you reach this target with lots of ideas, advice and assistance. So your contribution will become a huge \$6000.



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This is one of the world's great classic treks, with the additional challenge of reaching Gokyo Lakes.

- * Experience breathtaking scenery and the comradery of trekking with a small and like minded group as you challenge yourself to reach Base Camp and beyond.
- * Get your first glimpses of the mighty Himalayan range on the included flight from Kathmandu to Lukla – surely one of the most dramatically located airports anywhere.
- * You'll be accompanied by experienced trek leaders along with assistant guides and porters, who will give you all the support and guidance you need along the way, and also introduce you to the rich local Sherpa culture.



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“The Himalayas is not just Everest at a towering 8849m, but on this trek you will be experiencing the grand mountains of Choy Oyu (8201m - 6th highest), Lochtse (8516 – 4th highest), Makalu (8485 – 5th highest) and numerous mountain peaks and valleys that have long held a fascination to people the world over.

While only a small percentage of the planet’s population will actually summit the highest point on Earth, you can still follow in the adventurous footsteps of Edmund Hillary and Tenzing Norgay by trekking the Khumbu and its surrounding valleys. We will spend a night with the mountaineers as they prepare their journey to the top of the world, the summit of Everest.

Stunning landscapes are a given on this journey but the real joy for me is to be somewhere that holds religious purpose and being there to make my small contribution in the fulfilment of Rotary’s promise that children everywhere will not suffer any longer from the effects of Polio.” Ken Hutt

Back to basics

The food and accommodation along the trek to Everest Base Camp may be basic, but it’s more than adequate. Teahouse menus all offer up a similar array of food that includes momos (dumplings), noodles, soup and dal bhat (rice, curry and vegetables). While it may become a little repetitive, the carbohydrate-heavy menu will provide you with all the sustenance you need during your time in the mountains

The locals recommend garlic soup as a natural remedy for altitude sickness. My only advice on this one? Consider your roommates if you have this for your evening meal. Sherpa Stew is my choice.

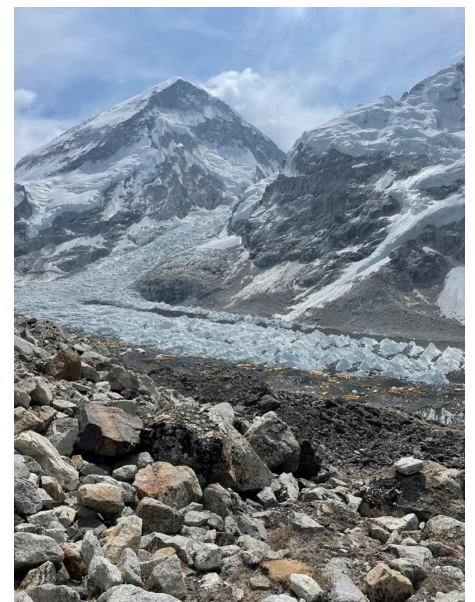
The rooms will have a simple bed with a pillow. Some teahouses also provide a blanket, but a good quality sleeping bag is your best friend on cold nights. Shared bathrooms are the norm, and yep – you will become adept at using a squat toilet, although western styles are becoming common.

Altitude sickness and Health

I encourage you to take a trip to your doctor prior to travel to seek advice on health issues whilst in Nepal. Our climbing/trekking agency are a Nepali based company with origins in Australia, very experienced in the local emergency procedures and health systems. Your well-being is our first priority.

Our daily rate of ascent is carefully managed and our leaders and guides are highly experienced mountaineers, some who have stood on the summit of Everest itself, so you can be assured of the best possible advice, and the best care as we slowly move into the high mountains and over high mountain passes .

We ensure adequate rest days and acclimatisation days, giving us the best opportunity for experiencing the effects of high altitude trekking and enjoying the experience without the potential high altitude discomfort.



Everest Base Camp 2022 and the Khumbu Icefall – We will stay in camp being hosted by Sumit Joshi, Guide and Mountaineer of Himalayan Ascent.



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Traffic jams

Everest Base Camp is an increasingly popular trail but our route via Gokyo Lakes and Cho La Pass is far less travelled. Beasts of burden such as horses, donkeys and yaks are a common sight in the mountains. Stay clear of them lest you meet the pointy end of a stray horn!

There will also be many porters on the trail. These guys (and girls) are the backbone of the mountain trails. You will no doubt see porters carrying enormous weights up incredibly steep hills and marvel at their superhuman strength and perseverance. Porters ALWAYS have right of way, so if there is one trying to pass, let them on through. They may be carrying your dinner, after all.

Four seasons in one day

Weather moves very quickly in the mountains. Your day may begin with clear blue skies, but can quickly change to rain and/or snow. Dressing in layers makes it easier for you to add/remove clothing as the weather dictates. Always carry wet weather gear (rain jacket, waterproof pants and gaiters) in your daypack for easy access.

Our porters will carry all your equipment you will need at the evening teahouse but you will need to carry your day pack with possibly a few snacks, water and warm jacket just in case. There are many places on the trail to buy a soft drink and chocolate bar (or Sherpa Stew).

Memories of a lifetime

The physical aches and pains of your adventure will soon subside, but what you will be left with is a trove of memories unlike any others.

The friendships that are forged on your trip are often fast and deep. The majesty of the Himalayas and the kindness of the Sherpa people remains with you always.

And when you look back on your trek in Nepal to Everest Base Camp, you'll look back with a sense of accomplishment and happiness, knowing you played a vital part in the elimination of Polio.



“Join me on one of life’s great adventures and help us defeat Polio for all time ... and give the greatest gift we can give to the children of the world.”

A POLIO FREE WORLD”



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