

# Ken is trekking back to Everest, and you can too!

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

**END POLIO NOW**



**If Everest is on your bucket list, contact Ken Hutt on 0418 205 225**

**The lure of the mountains and Berry Rotarian Ken Hutt's passion for raising funds for the eradication of Polio encourages him to once again lead an expedition to Everest Base Camp.**

Scheduled for April/May 2025, Ken's route is not one that many Base Camp treks undertake.

Ken said, *"This route is the less travelled to Everest Base Camp and very spectacular. We will reach about 5500m altitude over three mountain passes so will be very well acclimatised by the time we arrive at Everest Base Camp. The mountain scenery and Gokyo Lakes is breathtaking, so cameras are a must. And we also spend a night at Base Camp itself, something few other trips offer. And if our timing is right, we'll experience a Puja - the ceremony done to ask the Mountain God for safe passage – generally done before any high-altitude mountaineering expedition".*

The 2025 Base Camp Trek is another fundraiser for Rotary's End Polio Now campaign. Trekkers raise sponsorship funds, each targeting \$2000 on top of their costs of the trip.

The trip will be 22 days and the cost (\$3750) includes hotel accommodation at either end of the trek in Kathmandu, all accommodation and food at tea houses, and one night camping and food at Everest Base Camp. Not included is your return flight to Kathmandu and your travel insurance.

The route will include Lukla (including the flight from Kathmandu and return into Tensing/Hilliary Airport), Namche Bazaar, Tengboche Temple, three high altitude passes ( Kongmo La, Cho La, and Renjo La) and Edmund Hilliard School and Gokyo Lakes.

**"Most people's concern is "am I fit enough?"** My answer is that we tend not to walk a lot each day as it is more about acclimatisation and altitude gained each day. If you can walk for 10km then I reckon your good to go. The trek allows for lots of stops to rest and have a sweet drink, a chocolate bar or similar," Ken said.

**Rotary Club of Berry**

