

Arbed amser - Arbed bywydau
Saving time - Saving lives



AMBIWLANS AWYR CYMRU
WALES AIR AMBULANCE

Everest Base Camp

for Wales Air Ambulance

THE
MOUNTAIN
COMPANY



Come and join our charity challenge to Everest Base Camp in November 2011. This is a challenging walk to the base camp of the world's highest mountain.

The trip will be led by Alan Ward - International Mountain Leader.

This is one of the classic treks of the world with stunning mountain scenery including Everest and Ama Dablam. The trek starts with an exciting flight in a Twin Otter plane to the mountain airstrip at Lukla, from here we follow in the footsteps of famous mountaineers for the walk into Everest Base Camp. We are now in Buddhist Sherpa country where you will see colourful prayer flags, Mani walls and monasteries along the way.

We have designed our Everest Base Camp trek with plenty of time for the necessary acclimatisation. Our route takes you to the prettiest Sherpa villages in the Khumbu and to Namche Bazaar, the colourful and vibrant heart of Sherpa country. You'll have the opportunity to visit the main monasteries of the Khumbu region at Tengboche and Thame.



- **Departure Date:** November 29th, 2011
- **Trek Grade:** Strenuous
- **Duration:** 19 days from Kathmandu
- **Cost:** Free - If you can raise £2,495 through fundraising/sponsorship (£1,495 + £1,000 minimum contribution to Wales Air Ambulance) then the trip is FREE!!!

For further details or to book the trip of a lifetime! contact:

alan@bigfootservices.co.uk or roland@themountaincompany.co.uk