

limbs4all nepal challenge 2014

One of the most spectacular treks in the Everest region with its serene turquoise lakes and stunning views of Mount Everest.



trip dates

2014 02 Nov - 16 Nov

trip cost

Joining Kathmandu: \$3990

options & supplements

: \$390

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

inclusions valued at USD\$:

Meals: USD\$585

Internal Flights: USD\$290

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee or hot chocolate served in your tent, porridge or a grain cereal, toast with spreads, eggs –fried, omelet or boiled, baked beans and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, tea, coffee or hot chocolate, boiled water

the trip

The Gokyo Lakes region at the head of the Dudh Kosi Valley provides a more tranquil trek through the Sherpa heartland that affords ample time for acclimatisation with opportunities to savour the mountain panoramas from beautiful alpine campsites. The highlight of the trek is our ascent of Gokyo Ri. From the summit we gain superb views of Everest as well as the 8000m peaks of Lhotse, Makalu and Cho Oyu. Taking part in the trek along with Mark and Lucy Inglis, you will not only get to experience a stunning part of the world, but will help to raise funds for a great charity Limbs4All, committed to helping some of the 400 million disabled people in the world to express their potential by supporting projects and individuals in New Zealand and worldwide.

about your leader/escort

Mark Inglis:

For Mark Inglis, standing on the summit of Mount Everest had always been a boyhood dream, a dream that he thought he had lost in 1982 when as a Search and Rescue Mountaineer in New Zealand's majestic Mount Cook National Park, he had a 'hiccup'(in Mark's words) in his climbing career, stuck in an ice cave dubbed 'Middle Peak Hotel' near the summit of Mount Cook for 14 days. As a result of this stay Mark lost both legs below the knees to frostbite. Mark achieved his dream to summit Mount Everest in 2006 and became the first double amputee to do so. Mark is also a winemaker, well known author, patron of the Cambodia Trust and patron of the NZ/Nepal Foundation. Mark will help interpret the magical place that are the mountains of Nepal and will fill your evenings with tales of adventure and survival and help motivate you to achieve your goals.

at a glance

DAY 1	JOIN KATHMANDU
DAY 2	FLY TO LUKLA (2800M). TREK TO MONJO (2850M). WALK APPROX 5-6 HOURS.
DAY 3	TO NAMCHE BAZAAR (3440M). WALK APPROX 4-5 HOURS.
DAY 4	REST DAY IN NAMCHE BAZAAR.
DAY 5	TO PORTSE TENGA (3600M). WALK APPROX 6 HOURS.
DAY 6	TO DOLE (4000M). WALK APPROX 3 HOURS.
DAY 7	TO MACHHERMO (4410M). WALK APPROX 3 HOURS.
DAY 8	TO GOKYO (4759M). WALK APPROX 5-6 HOURS.
DAY 9	ASCENT OF GOKYO RI (5483M). WALK APPROX 4 HOURS.
DAY 10	TO DOLE (4000M). WALK APPROX 6 HOURS
DAY 11	TO DEBOCHE (3770M). WALK APPROX 5-6 HOURS.
DAY 12	TO MONJO (2850M), WALK APPROX. 7-8 HOURS
DAY 13	TO LUKLA (2800M). WALK APPROX 6 HOURS.
DAY 14	TO KATHMANDU BY AIR (1330M).
DAY 15	TRIP CONCLUDES KATHMANDU.

additional deposits required

Due to the nature of this trip and the requirement to pre-book our arrangements on a specialty group basis, a NZD \$700 per person, non-refundable deposit is due at the time of booking.

what's included

- 14 breakfasts, 12 lunches and 12 dinners
- airport transfers
- flights Kathmandu / Lukla / Kathmandu approx. US\$290

