

Join Suas for the adventure of a lifetime!

EVEREST BASE CAMP

MAY 2014



The very successful Suas Everest Base Camp Team May 2012 who collectively raised over €37,000 for Suas Partners in India and Kenya



FOR MORE INFORMATION:

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WWW.SUAS.IE

LIMITED PLACES AVAILABLE



Suas Everest Base Camp Trek, May 2014

The Everest region or Sagarmatha as it's known in Nepal, offers spectacular mountain scenery, and views of 8 of the worlds 14 highest peaks, all of which exceed 8000m. It is a trekker's paradise and a feasible goal for most fit walkers. We will begin our trek through lush green forests before emerging above the clouds to enjoy the panoramic views of one of the natural Wonders of the World!

This itinerary has allowed for maximum acclimatisation periods giving each team member the best chance of making it to our ultimate destination, Everest Base Camp.

Our expert, local guide Kamal Sapkota has operated in Nepal for over 10 years and operates to very high standards in terms of health and safety and care to the porters and Sherpas that he employs. He will arrange everything in country for us. He will talk us through the sights of the region and give us a detailed insight into the day to day workings of the Nepali and Sherpa people.

Accommodation during the trek will be in local tea houses. They are basic but will have a warm and friendly atmosphere.



Please take the time to read this brochure to get a sense of the fantastic adventure of Everest Base Camp, if you have any questions please contact beth@suas.ie

Day By Day Trekking Itinerary

DAY 1: Depart Dublin

DAY 2: Arrive Kathmandu

Transfer to hotel, in the bustling Thamel district of Kathmandu, where we will have the opportunity to relax after our long journey. In the evening we will have a team dinner (traditional Nepali meal) and be briefed by our trekking guide Kamal.

DAY 3: Back to the airport for our Kathmandu to Lukla, (**2886m**) 30 min morning flight. This flight is one of the most exciting you will ever take! Most of it will be at just a few thousand feet above ground level, so offers fantastic views of the terraced landscape and valleys below.



From Lukla, we begin our trek by descending towards the majestic Dudh Kosi river (River of Milk) and our destination Phakding. (**2640m**). A pleasant, easy walk of **3.30 hrs** approx.

DAY 4: Phakding to Namche (**3440m**). **5hrs**. From Phakding we continue north following the river crossing many times on high suspension bridges laden with prayer flags. We then enter the Mount Sagarmatha National Park where we have our permits checked before we are allowed to continue. From there we have a steep ascent to the regions capital and the main administration and trading town in the area, Namche Bazaar. If the weather is clear from here we will get our first view of Everest.

DAY 5: Acclimatisation Day 1.

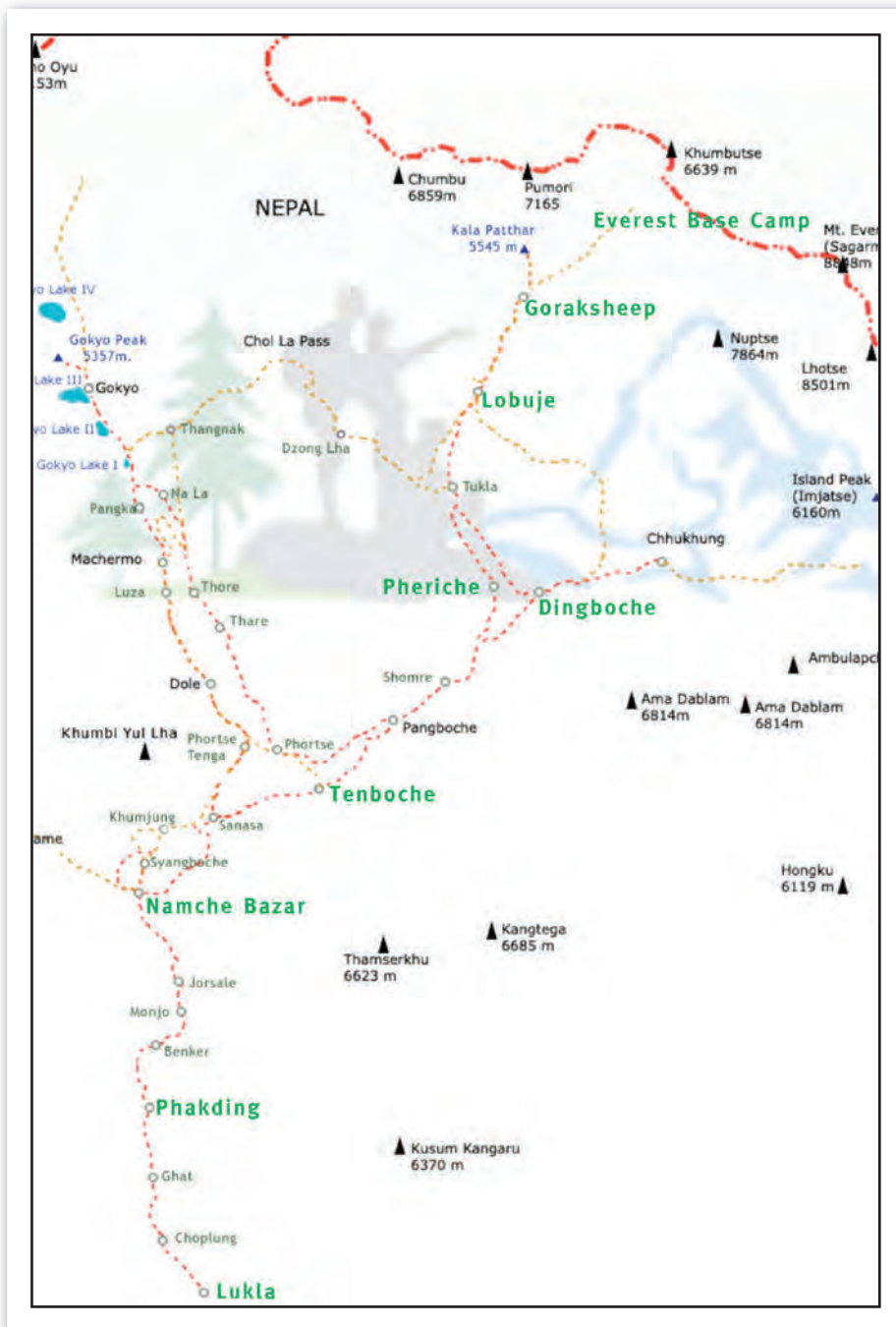
Already the effects of the thinning air can be felt. Just above Namche is the national park museum with lots of interesting information on the history of the Everest region. Also if you're feeling energetic we could walk to Shyangboche, where the Everest View Hotel is situated. Sipping tea on the balcony overlooking Everest is a pleasant way to acclimatise.

DAY 6: Namche to Tyangboche (**3867m**). **5hrs**. The trail from Namche to Tyangboche offers great views of Everest, Lhotse, Kantiga, and Ama Dablam. We will pass through forests of juniper, pine as well as Rhododendron. Tyangboche is one of the most beautiful locations in the Himalaya. It is home to the region's most important Buddhist monastery. We can visit this monastery and observe the monks at Prayer.



DAY 7: Tyangboche to Dingboche (**4350m**).

4.30hrs. From Tyangboche, the trail drops to Deboche, crossing another exciting suspension bridge on the Imja Khola and climbs to Pangboche where there are thousands of Mani stones in memory of those who lost their lives on Everest. Our uphill trek then takes us to the quaint traditional Sherpa village of Dingboche with its exceptional views of Lhotse, Island Peak and Ama Dablam. Dingboche is also commonly referred to as summer village as it is where the Sherpa take their yak herds to graze for the summer months. We take our time on this ascent so as to lessen the risks of altitude sickness.



DAY 8

Acclimatisation Day 2

Today we will enjoy our second day of acclimatisation after our 483 meter ascent. We will have the opportunity to trek the Chhukung valley via the Imja Khola River to get an exceptional view of the surrounding mountains, especially Lhotse's massive south wall. We then return to Dingboche in the evening.

DAY 9

Dingboche to Lobuche **4.30hrs. (4910m)** Today the trail continues along the lateral moraine of the Khumbu Glacier and passes by memorials for climbers who have perished on nearby summits. A pleasant short trek today taking in more beautiful scenery. Lobuche is a tiny village at the base of Lobuche peak and the sunset over it is especially impressive.

DAY 10

Lobuche to Gorekshep-Everest Base Camp-Gorekshep. **(5230m.) 8hrs.** A very early start this morning towards our ultimate destination Everest Base Camp. Today's trek along the rocky moraine path will be the most challenging day because of the high altitude. Gorekshep used to be the original base camp in the 50's when Edmund Hillary and Tenzing Norgay first summated Everest.

Gorekshep to Everest Base Camp (5400m)-Gorekshep. After a mid morning break at Gorekshep we continue towards Base Camp. It's only 3hrs to Base Camp but the walk will be quite challenging due to thin air and altitude. Our path follows the lateral moraine of the Khumbu Glacier. We walk past ice pinnacles, to arrive at Base Camp the foot of the Khumbu ice fall. This is the closest you can get to Everest without mountaineering equipment. After a celebration and photos we make our return trip to Gorekshep.



DAY 11

Gorekshep to Kalapatter (**5545m**)-Pheriche, **7 hrs**. From Gorekshep we have a challenging and demanding climb to the top of Mt Kalapatter which takes about 2 hrs before sunrise. We will be well rewarded with the most awesome panoramic view. All around us will be the giants of the mountain world, Pumori (7145m), Changtse (7553m), Nuptse (7855m), Lhotse (8516m), and straight ahead will be the South West wall of Everest which looks just a stone's throw away. There will be excellent photo opportunities on this day. We then descend to Pheriche.



DAY 12

Pheriche to Tengboche. (**3860m**)
4hrs.

From Pheriche we take a slightly different route down to Orsho and then to Pangboche Village. Here is the oldest monastery in the region, which contains what are said to be the scalp and bones of a yeti or abominable snowman. We then continue our descent to Tengboche.

DAY 13

Tengboche to Manju (**2840m**) **6hrs**. Manju lies between Phakding and the entrance to the Sagarmatha National Park area. It is at the base of the magnificent Thermasharkhu.

DAY 14

Manju to Lukla, **4hrs**. An easy stride home today on the last day of trekking. You will have the opportunity to celebrate our achievements in Lukla.

Day 15

An additional day is built into the itinerary. This will be used as an extra acclimatisation day if needed under the advice of our expert trekking guides. Alternatively we will use it as a rest day on the way back to Lukla.

DAY 16

Lukla to Kathmandu flight, 35min. From Kathmandu airport we will be taken back to our hotel to enjoy the hustle and bustle of Kathmandu.

DAY 17

Sightseeing in Kathmandu. There will be the option to do a half day's sightseeing to some of the main Buddhist and Hindu temples in Kathmandu, Pasupatinath and Buddhanath.

DAY 18

Depart Kathmandu. A late evening flight means that you will have the day to relax or pick up a few bargains around the stalls of Kathmandu!

How to sign up:

Firstly, please read the terms and conditions carefully. If you would like to apply, please fill out the application form and return it to the Suas office together with a €250 deposit before the **16th Dec**. When your application has been accepted you will receive a welcome email, together with an invitation to our welcome & information evening. At this meeting you will be provided with more detailed information on the trek, information on necessary equipment, sponsorship materials and details of our training hikes. Please note there are limited places available on the trek so the sooner you get your application form in the better!

Frequently Asked Questions

Nepal:

Nepal is one of the most enchanting countries in the world with its colourful culture, magical temples and breathtaking scenery. This is one trek that allows you to experience all of the above. It will present you with panoramic views of some of the world's highest peaks. Whilst this climb is graded moderate to strenuous it does not require any previous hiking experience, only that you are in good physical health and are able to walk up to several hours a day in hilly terrain with a light back pack.



The Trek:

We will be using a local Nepali trekking company, Mountain Delights Treks and Expedition Pvt. Ltd. Mountain Delights was established in 2001, by Ram Sapkota, or Kamal as he is known. By using a local Nepali Guide we are ensuring that all revenue generated in Nepal stays in Nepal, and by using local porters/guides and staying in locally owned hotels and Guesthouses we are contributing directly to the local communities through which we will be trekking.

Fundraised money will go towards:

The remaining €1,500 will go directly towards the work of Suas Educational Development.

Why trek and fundraise for Suas?

Suas is an ambitious, education-focused social change organization that supports programmes in Ireland, India and Kenya. Founded in 2002, Suas has grown quickly to become a leading mid-size organization in development within Ireland, with an annual budget of over €1M.

Suas promotes quality education for all by providing short-term volunteers plus financial and technical support to our Partner schools in India and Kenya. In Ireland, Suas support's young adults to engage with social change through service learning programmes, thereby developing their team and leadership skills.

At Suas, education is viewed as key to social transformation-change education and you change the world. Key issues are not just about access but also quality-helping children and young people to realise their full potential to enable them to positively shape their futures and that of their communities and countries.

Accommodation:

In Kathmandu, Participants will be staying in local 3* Nepali Standard hotels. We will be staying in the heart of the bustling Thamel district.

Along the trekking route we will be staying in local tea houses, these are very basic structures, but will have a warm welcoming atmosphere.



The Cost:

By using a local Nepali trekking company we are able to offer the most competitive price on the market for this trek! The cost of participation in the Everest Base Camp trek is €3450. €1,950 of this will cover trip expenses. This amount MUST be covered by the participant themselves; fundraised money cannot be used to pay for the cost of your trip.

This Price Includes:

- International flights from Dublin
- Internal flights
- All accommodation whilst in country
- All land transportation while in country
- All trekking Guides & porters
- All food whilst trekking
- TIMS (Trekking Information Management System)
- Sagaramatha (Everest) National Park Permit
- Down Sleeping Bags & Jackets
- Duffel Bags

- All taxes
- Sightseeing in Kathmandu valley
- Predeparture training hikes, information & support

This Price does not include:

- Vaccinations
- Insurance
- Visa (\$30USD)
- Cost of Lunch & Dinner whilst in Kathmandu
- Bottled water
- Tipping *which is not compulsory but expected

Food whilst trekking:

Breakfast will be provided at the lodge where we sleep. We will stop along the trekking route for lunch. We enjoy a long leisurely lunch, usually up to 2 hours. This makes for a welcome break to trekking and aids acclimatization. Dinner will be served in the evening at the lodge in which we will be staying.

The tea houses along the Everest base camp trek offer a surprisingly wide variety of meals all cooked to order. Most of the food is vegetarian: potato, egg, rice or noodle based with vegetables depending on the season. You will find a lot of Garlic on the menu. It's said to help with acclimatization! You can always get treats along the trail, with chocolate, crisps and soft drinks available at most lodges. Inevitably the higher you go the more expensive it gets.

In some of the lower towns you will find meat available: The yak steak is certainly worth a try.

Breakfast Tea. There are no alarms on Everest, after all you are on holidays. Instead you will be woken up to the sound of gentle knocking at your door. It will be your Guide, laden with a nice hot drink to set you up for the day!

How much extra money will I need?

This depends on your own spending habits. In Kathmandu you can buy lunch for as little as €3, and dinner and drinks for around €8-10. On the trek €3-€5 (the higher you go the more expensive it gets) will get you hot drinks & chocolate! There are no ATMs anywhere along the trek so bring enough cash from Kathmandu for the duration of the trek.



Weather:

Expect the unexpected. The weather in the Himalaya is unbelievably hard to predict. Whilst trekking you will be warm but cool down rapidly when stopping for lunch. During the day in the lower regions, temperatures range from 15° to -5° at night. At higher altitudes temperatures range from 5° to 15° with the possibility of bitterly cold winds. At night,

temperatures can drop to -15°.

In terms of clothing, it's best to wear many thin layers as opposed to few bulky layers.

Fitness:

In order to enjoy the trek it is recommended that you are in good physical shape and that you are able to walk in hilly terrain for several hours over 14 days. Stamina and endurance are required. Whilst challenging this trek is achievable!

The best thing that you can do to prepare yourself for this trek is to keep yourself well, and arrive in good physical condition. The trek is graded moderate to strenuous due to the effects of altitude. Previous hiking experience is not required. The fitter you are and the more training and hillwalking you do in advance the more you will enjoy the whole experience!

There will be training hikes provided pre-departure, mostly in the Wicklow area. It is highly recommended, but not compulsory that you attend these. They are entirely for your benefit. The pace will be set by the guide whilst trekking.

Will electricity be available for recharging batteries?

Electricity is available throughout the trek, you will be charged for the use and again inevitably the higher you go the more expensive it gets. But power failures are not unheard of, so best bring spare batteries just in case.

Will shower facilities be available?

At lower altitudes, there will be shower facilities available. The higher you go shower facilities usually take the form of a bucket of hot water. You will be charged for the pleasure and it is worth noting that this cost is not included in your participation fee.

Will there be international Telephones / internet access available?

Internet access will be available as far as Dingboche. International Telephones will be available as far as Lobouche.

Will I be carrying my own rucksack?

No. Your rucksack will be carried by locally employed porters. You are permitted a maximum of 15kg in your rucksack.

You will be asked to carry a light backpack containing all you need for the duration of the daily trek i.e., your camera, water, sun cream, hat, gloves and all money/valuables.

Support and Safety whilst Trekking

Your safety during this trek is our primary concern. All our trekking guides are fully qualified and licensed. They are also first aid trained and have over 30 years experience in hiking in the Everest region between them. They are extremely competent and knowledgeable.

You will also be accompanied by an Irish Team leader. Their main responsibility will be to liaise between guides and participants and ensure the smooth running for the duration of the trek.

What is altitude sickness?

Acute mountain sickness is an illness that can affect mountain climbers, hikers, skiers, or travellers at high altitude (typically above 8,000 feet or 2,400 meters). It is caused by a combination of reduced air pressure and lower oxygen levels at high altitudes. The faster you climb to a high altitude, the more likely you will get acute mountain sickness. Your symptoms will also depend on the speed of your climb and how hard you push yourself.

In most cases, the symptoms are very mild. Symptoms generally associated with mild to moderate acute mountain sickness include:

- Difficulty sleeping
- Dizziness or light-headedness
- Fatigue
- Headache
- Loss of appetite
- Nausea or vomiting
- Rapid heart rate
- Shortness of breath during exertion

Symptoms generally associated with more severe acute mountain sickness include:

- Bluish discoloration of the skin (cyanosis)
- Chest tightness or congestion
- Confusion
- Cough
- Coughing up blood
- Decreased consciousness or withdrawal from social interaction
- Gray or pale complexion
- Inability to walk in a straight line, or to walk at all
- Shortness of breath at rest

To treat altitude sickness, early diagnosis is important. Acute mountain sickness is easier to treat in the early stages.

The main treatment for all forms of mountain sickness is to descend to a lower altitude as rapidly and safely as possible. You should not continue climbing if you develop symptoms.

In mild cases, symptoms improve promptly as soon as you descend to a lower altitude. Usually after some acclimatizing at a lower altitude, hikers are fit to continue climbing.

People with severe mountain sickness may need to be admitted to hospital. Emergency evacuation should be covered in your insurance policy.



Keys to preventing acute mountain sickness include:

- Climb the mountain gradually
- Acclimatization days built into your itinerary
- Sleep at a lower altitude when possible
- Learn how to recognize early symptoms of mountain sickness

Ask your doctor about a medication called acetazolamide (Diamox). This drug helps your body get used to higher altitudes more quickly, and reduces minor symptoms. It should be taken the day before you climb, and then for the next 1 to 2 days.

If you are at risk of anaemia, ask your doctor if an iron supplement is right for you. Anaemia lowers the amount of oxygen in your blood.

While climbing:

- Drink plenty of fluids
 - Avoid alcohol
 - Eat regular meals, high in carbohydrates
- You should avoid high altitudes if you have heart or lung disease.

What happens if I get sick?

The most important thing is DON'T PANIC. A slight case of diarrhoea is to be expected, as well as muscle aches – all a part of walking in the hills. Altitude sickness is mostly avoidable if you follow guidelines set out by the guides, mainly: trek high and sleep low, drink at least 2 litres of water per day (not including soft drinks!), and BE SENSIBLE. If you feel shortness of breath, a slight headache or dizziness, tell your porter/guide and rest immediately. Lie down, drink water. If you are still feeling unwell you may consider going down a few hundred meters. Do not pretend you are okay. A descent of a few hundred meters overnight may be enough to make you fully able to start trekking again the next day.

How to sign up:

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May Everest Base Camp Trek Application Form

Personal Information

First name _____

Last name _____

Permanent Address _____

Email _____

Home Tel. No. _____

Mobile No. _____

Occupation _____

Date of Birth _____

T-shirt & Hoody size: S M L XL

How did you hear about the Everest Base Camp Challenge?

Prior to this event, names and email addresses of those who have been accepted will be circulated to all team members. Please tick this box if you DO NOT wish your details to be shared with the rest of the team.

Emergency Contact details

This must be a friend or relative who is not on the trip with you. Please advise us immediately if this information changes, as it is essential that we have up to date information prior to your departure.

Emergency Contact Details 1

Name _____

Relationship to you _____

Work Tel No. _____

Home Tel No _____

Mobile No _____

Address _____

Email _____

Emergency Contact Details 1

Name _____

Relationship to you _____

Work Tel No. _____

Home Tel No _____

Mobile No _____

Address _____

Email _____

Passport Information

This information will be used when booking your flights-please ensure that it is correct! Your passport must be valid for at least 6 months after the trek ends.

First Name (as per passport) _____

Last Name (as per passport) _____

Passport Number _____

Place of Issue _____

Date of Issue _____

Date of Expiry _____

Nationality _____

Health and Fitness

The Everest Base Camp trek requires a good level of fitness. The ability to walk in hilly terrain for approx 3-7hrs daily over 14 consecutive days at an altitude of between 2,800m and 5,545m. It is your responsibility to ensure that you are of the level of fitness required.

Please Rate your level of Fitness.eg. Poor/Moderate/Good/Very Good/Excellent

Do you have any dietary requirements? _____

If so please specify. _____

Do you suffer from any allergies? _____

Allergies/medical conditions will not necessarily exclude you from participation. Our aim is to ensure that we identify in advance any health issues that might require special monitoring while overseas.

Registration Fee

A registration fee of €250 is required along with this application form in order to secure your place on the trek. This deposit is non-refundable and can be paid either by cheque or bank transfer.

Cheques should be made payable to Suas Educational Development.

**Please ensure that you make note of your name on the lodgement eg Last name, First Name/EBC on the transfer details.

Suas Educational Development

A/C number 25937430

Sort code - 901490

Swift Code - BOFII2DXXX

IBAN - IE69BOFI90149025937430

Beneficiary Bank Name: Bank of Ireland.

Beneficiary Bank Address: Lower Baggot St., Dublin 2

Declaration

By signing the application form you are agreeing to the terms and conditions laid out below. I agree that all information contained in this form is true and accurate to the best of my knowledge. If my circumstances change prior to departure I will let Suas know immediately. I have read the terms and conditions of entry and agree to be bound by them.

Signed: _____

Printed Name: _____

Date: _____

Checklist:

I understand the fundraising requirements

I have read and I agree to the terms and conditions

I have included:

- A signed application form
- A €250 Deposit made payable to: Suas Educational Development

Return Address:

Beth Dinsmore,
Everest Base Camp Challenge,
10-12 Hogan Place,
Dublin 2



Before applying, please carefully consider the following terms and conditions

Whilst every possible effort has been made to ensure that this trip runs as smoothly as possible, things can and often do go wrong. Nepal is a developing country and general operating standards are unlikely to meet Western standards or expectations. Please take this into consideration when applying for this trek.

To apply for this trek, participants must be available to travel in April/May 2013. You must hold a valid passport which is valid 6 months after the scheduled return date. Participants must be over 18 years old, or over 16 but under the care of a parent or guardian. There are limited places available on this trek. When we receive your application form and registration fee you will be sent notification that your application has been accepted. In the unlikely event that your application has not been accepted due to overbooking, your deposit will be fully refunded. All possible efforts will be made to accommodate your special requirements as detailed in your application form, but we cannot guarantee that they will be met.

Dates and Itinerary:

The itinerary is subject to change, in the event of unforeseen circumstances or adverse weather conditions. This itinerary has been designed with extra days included in case of flight delays in our internal flight from Kathmandu to Lukla, which is not uncommon.

Our trekking guide reserves the right to alter the route, walking durations or make other amendments for the safety and interest of the group, especially in the event of weather difficulties or group members becoming sick or injured.

Medical:

You will be required to fill out a medical questionnaire prior to departure. This questionnaire will be used as a record of your medical history should treatment be necessary. You are required to consult your doctor for examination and his/her signature is required on the medical form. It is your obligation to keep us updated of all medical conditions that are relevant to your safe participation in the EBC trek. The organisers cannot be held to account in the event of false, misleading or omitted information from the medical questionnaire.

Whilst on the trek, if the trekking guide or leader gives specific safety or medical advice, in the interest of your health and safety, you agree to abide by this advice.

It is your responsibility to ensure that you are fully inoculated as per advice from your doctor. Evidence of vaccinations must be provided to Suas on the stipulated dates in April 2013.

Medical Treatment: It is a condition of joining the trek, that in cases of emergency team leaders and guides have your permission to arrange any necessary medical or surgical treatments and to sign any required form of consent on your behalf.

Sponsorship:

The cost price of the trip is €1950; this covers the cost of your participation on the trek. Under no circumstances can fundraised money be used to cover the cost of your trip. Fundraised money €1,500 will go directly to Suas supported projects. Failure to submit these fees in advance of the trek will result in you losing your place on the team.

In the Event of Cancellation/ Delay:

In the event that the Trek has to be cancelled or is delayed due to any of the following: Force Majeure, any unusual or unforeseen circumstances beyond the organisers reasonable control, Suas or Mountain delights cannot be held liable for costs incurred. Examples include but are not limited to war, major accidents, power failures, adverse weather conditions, labour disputes, flight delays or travel advice from Foreign and commonwealth offices advising against travel to any of our destinations. The organisers will make all possible efforts to re-schedule or refund-but neither of these are guaranteed. The organizers will not be held liable for costs.

In the event that you have to cancel your place on the team, no refunds will be made. You may also be liable for a reasonable cancellation fee.

Fitness Requirements:

It is your responsibility to ensure that you are adequately fit to cover the distances stipulated in the itinerary. It is your responsibility to be aware of the effects of altitude sickness. The itinerary is designed to include acclimatization days but there is no guarantee that you will reach Everest Base Camp.

Visa Requirements:

It is your responsibility to ensure that you are eligible for a Tourist visa into Nepal, and that you clear immigration and customs. If you are refused access for any reason, the organisers do not accept liability for any costs incurred in resolving the difficulty or returning to Ireland.

Insurance:

Participants must hold adequate travel insurance. Please note that it must include full medical cover as well as cover for: Trekking in remote locations to an altitude of 6000m, emergency helicopter evacuation and cover the cost of repatriation to Ireland. Details of your policy must be shared with the organisers pre-departure on the dates outlined.

The organisers of this trek accept no responsibility for loss or damage to your personal belongings or claims arising from your participation in this challenge arising from your own actions.

Data Protection:

All information that you have provided in applying for this trek, will be used for the purposes of this trek only. Your details will not be passed on to any third party, except as required for medical reasons. Your data will be destroyed after completion of this trek.

Complaints:

If you have a complaint regarding any element of this trek, it will be taken seriously. Please inform the organisers/team leaders as soon as possible. Every effort will be made to resolve the issue. Upon completion of the trek you will be asked to fill out a short questionnaire about your experience and all feedback will be taken into account.

Participation Fee:

Participation fee must be paid pre-departure - failure to pay the amount in full may result in you losing your place on the team. No refund will be given to any party who do not make it to Everest Base Camp for whatever reason.

Disclaimer:

While we will do our best to make your journey safe and comfortable, you travel at your own risk. Participants agree to indemnify Suas and Mountain delights trekking company against any claims of damage or loss, to personal property, personal injury or even death and any claim arising from their own actions.

Information Prior to Departure:

When you sign up you will be provided with more detailed information on the trek, including necessary equipment list, sponsorship materials and fundraising support if needed, and on hand support 24/7 to answer any questions that you have on what to expect on the trek! Monthly training hikes will also be provided, pre-departure, mostly in the Wicklow area. These are for your benefit and a good opportunity for some team bonding before we jet off!