

Lobuje Climb and Trek



Trek and climb the Nepalese Himalaya with the famous Sherpa people

Information Pack

Adventure Facts:



Season: _____ March-May & October-mid December

Start & Finish at: _____ Kathmandu, Nepal

Duration: _____ 22 days

Hotels: _____ 3 nights (twin share)

Lodges: _____ 17 nights

Camping: _____ 1 night tents (high camp)

Meals provided: _____ 21 breakfasts, 18 lunches, 18 dinners

Group Size: _____ 5-12 people



Highlights

- Trek in and around all the major valleys of the Everest region of Nepal
- Develop altitude experience and possibly build a foundation for future mountain adventures
- Snow-climb Lobuje East (6119m) adjacent to Everest
- Explore the Khumbu valley of the Everest region, visiting major attractions such as Everest Base Camp, Tangboche monastery and the Everest Bakery at Khumjung
- Develop high altitude expeditions experience and skills
- Meet, trek and climb with the friendly and famous Sherpa people

Attractions

Our principal objective for this expedition is an ascent of Lobuje East (6119m) in the famous Khumbu Valley, Gokyo Ri and Kala Pattar.

This peak offers a challenging but attainable climbing objective and is an ideal mission for first time expeditioners. The mountain is officially classified by the NMA as a 'Trekking Peak'; however it is still regarded as being a demanding climb.



Call us to book: +61 401 312 240

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delivering success

The Journey

Like most visitors to the Everest region, we will save ourselves a long bus trip and a week-long walk by flying to Lukla. We will take several days to make our way up the valley, leaving plenty of time for our bodies to acclimatise and to enjoy the fantastic experience of the Nepalese countryside.

We take in some of the major valleys in the Everest region and visit the major attractions: Everest Base Camp, Gokyo Lakes, Tangboche monastery, Thame village, Khumjung.

We head up into the Gokyo Valley to the stunning Gokyo Lakes and Gokyo Ri (5,340m), the first of our high points.

We cross the Cho La pass and head to the village of Lobuje, our base camp. We make a day trip to Kala Pattar (spectacular high point number two at 5,555m), and Everest Base Camp.

After all this preparation we will be acclimatised and ready for Lobuje East. From a high camp, which is usually ice next to a rock ridge, the ascent of Lobuje East (6,119m) requires cramponing on moderately angled snow with quite serious exposure.

After exploring the two main valleys of Sargarmatha National Park, having climbed one of its trekking peaks and a few of the view points, and crossing passes and glaciers, our objectives will be complete. We'll head off back down the valley at something approaching lightning speed – you will be amazed at how fit and strong you are!



Itinerary

Day	Activity	Stay at	Altitude (m)	Accommodation
1	Arrive, trip briefing, explore	Kathmandu	1400	Hotel
2	Packing, explore, city tour	Kathmandu	1400	Hotel
3	Fly to Lukla and begin trek	Phakding	2500	Lodge
4	Trek to	Namche	3450	Lodge
5	Rest day	Namche	3450	Lodge
6	Day trip to Thame	Namche	3450	Lodge
7	Trek via Khumjung to	Mong La	3900	Lodge
8	Trek to	Dole	4040	Lodge
9	Trek to	Lharfarma	4370	Lodge
10	Trek to	Gokyo	4750	Lodge
11	Climb Gokyo Ri	Tagnag	4750	Lodge
12	Cross Cho La	Dzong La	4850	Lodge
13	Trek to	Lobuje BC	4900	Lodge
14	Day trip to Kala Pattar	Lobuje BC	4900	Lodge
15	Rest day	Lobuje BC	4900	Lodge
16	Carry to and set up high camp	Lobuje HC	5700	Lodge
17	Climb Lobuje Summit and return to BC	Lobuje BC	4900	Lodge
18	Trek to Pangboche	Pangboche	4000	Lodge
19	Trek to	Namche	3450	Lodge
20	Trek to	Lukla	2900	Lodge
21	Fly to	Kathmandu	1400	Hotel
22	Depart for home	Depart Ktm		

About DCXP

DCXP was started by Duncan Chessell and has been operating trips around the world for many years. The experience gained in expedition logistics and health, has been utilised in developing teams of talented staff that are the basis of DCXP consistently high quality expeditions. DCXP is now managed by Katie Sarah, who has been involved with this business since 2006, and has now gained her own experience both in the field - from the remote wilderness of Antarctica to the summit of Everest - and in operating expeditions.

Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We arrange custom expeditions worldwide for groups who are looking for an experience that is both an adventure in remote and exciting destinations, but also has the infrastructure and support to help you achieve your goals.

Is it right for me?

DCXP's Lobuche Climb and Trek is an appropriate goal for:

- Trekkers looking for an extra challenge
- Outdoor enthusiasts with a desire to learn more about the history and culture of the Everest region
- Aspiring mountaineers

Experience required

This expedition introduces you to high altitude trekking, and develops your skills to safely trek in the Himalayas and elsewhere.

This trip is aimed at experienced trekkers and people wishing to gain an introductory experience of mountaineering. It is an advantage to have done some over-night camping trips before but it is not required. Some rope skills and/or rock climbing experience will also be an advantage, but are not essential. A strong spirit of adventure and a willingness to have a go are what you'll need, in addition to a good level of fitness and a head for heights.

Fitness required

You will need to be able to walk for 6-8 hours a day with a moderate daypack. The trekking days are not especially long, as your body needs time to acclimatise. You are on holiday, so there is time to stop for a long lunch and read a book or take some photographs.

Our expedition dossier outlines appropriate levels of fitness to help you reach your goal.

An extra effort will be required on summit day to take you to the peak. We suggest that because people have a wide variety of lifestyles you may benefit from a training program to prepare for your trek.

When to go

The best times for this expedition are during Nepal's two main trekking seasons, in March-May (in the pre-monsoon season or spring), or in October-December (in the post-monsoon or autumn.) Both seasons offer generally settled and fine weather and moderate temperatures (T shirts and sun hats for day time in the lower valleys and down jackets and beanies in the upper valleys at night).

The weather tends to be a few degrees warmer in March-May, but with more chance of afternoon cloud. In October-December the weather is generally clear, but a few degrees cooler.



Why go with DCXP

DCXP's expeditions are always led by talented and experienced leaders. Your expedition leaders will have already guided the peak and know the route well. Our tried and trusted Nepalese Sherpas and trained cooks make it all happen for you.

We know there are many options for visiting this region. Over the years DCXP has gained a proven track record in providing safe, professional and successful mountain journeys. We pay particular attention to designing itineraries which allow the majority of participants to enjoy their adventure, and to succeed in reaching their goals. Our quality equipment, dedicated staff and attention to logistical detail means that many of our participants return for another Chessell Adventures expedition!

DCXP' Lobuche Trek and Climb is a great way to get yourself into the mountains and gain valuable exposure to altitude, long expeditions and the Himalayas.

Our expeditions are well planned, well led, and well resourced with good quality food, transport, equipment, first aid and communications. We do such a good job that the vast majority of our clients are advocates for DCXP.



What's included

- All airport transfers in Nepal
- Sightseeing tour in Kathmandu
- All accommodation in Nepal
- Breakfast in Kathmandu
- Flights between Kathmandu and Lukla (with up to 20kg baggage in total)
- Trekking permits, peak fees and National Park entry fees
- All meals on trek and climb
- Sherpa guides, cooks, porters, and or yaks, and local staff insurance
- Tea house accommodation or shared mountain tents and sleeping mats at high camp
- Group climbing gear such as ropes, snow stakes, and rock and ice protection equipment
- Group kitchen and dining equipment and tents
- Down jacket and sleeping bag rental
- The crew will carry a comprehensive medical kit including medical oxygen, portable altitude chamber (Gammov bag) and specialised drugs, as well as a satellite phone for emergency communications. Safety of the entire group (including your kitchen and climbing staff and porters) is our first priority.

What's not included

- International & home country domestic airfares, & excess baggage
- Nepal visa (USD \$40 for 30 days)
- International departure taxes from Kathmandu (1,695NRs = USD \$25)
- Excess baggage (allowance: 15kg on Kathmandu-Lukla flight + USD \$1/kg excess) +5kg hand luggage
- Tips for crew (allow \$150 USD)
- Personal travel insurance (REQUIRED)
- Changes in itinerary, or breaks from the group (including extra hotel nights)
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Meals and accommodation other than those specified, including outside the trip dates
- Personal clothing and equipment for the expedition

Personal and group gear checklist

✓ Personal Clothing etc

- Travel and town clothes (can leave extras in hotel in KTM)
- Sun hat suitable for snow conditions
- Sunglasses: Category 3 or 4, glacier type, UV & polarized are best
- Snow goggles (as for skiing)
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter AND balaclava
- 1-2 pairs of thermal liner gloves
- Windstopper fleece gloves
- Heavy mitts with waterproof shell (note: mitts not gloves)
- T-shirt/long-sleeved shirt
- 2 Thermal tops
- Fleece jacket or pullover mid weight
- Fleece jacket heavy weight
- DCXP Mid-heavy weight down jacket
- Rain and wind-proof jacket, preferably Gore-Tex
(make sure jacket goes over other clothing when layered up!)
- Rain and wind-proof pants (preferably with full side zips)
- Trekking shorts &/or long pants light weight
- 1-2 Thermal long pants
- Fleece long pants, mid weight
- Several pairs socks and underwear
- Trekking boots – we suggest strong leather boots
- Warm boots for camp (e.g. sheep skin boots) *Optional but great!

Other Personal Gear

- Sun screen, zinc cream and lip balm
- Wash kit (small personal toiletries, nail clippers and pack towel)
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)
- Personal medicines including your usual medicines AND 1 course each of (usually available in Kathmandu):
 - respiratory antibiotic (e.g. Amoxicillin)
 - gastrointestinal antibiotic (e.g. Ciprofloxacin)
 - gastro treatment (e.g. Imodium)
 - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
 - throat lozenges
 - altitude medication (e.g. Diamox)

✓ Personal Equipment

- Large pack 50-70L
- Water containers: minimum 3L: e.g. Nalgene wide mouth bottles 1L + bottles or bladder another 2L capacity
- Sleeping mat (e.g. ThermoRest or RidgeRest)
- DCXP Sleeping bag for base camp and trek use
- Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- Head lamp (we suggest Black Diamond with LED), spare batteries
- Pee bottle – wide mouth Nalgene's are good *Optional
- R Double (usually plastic) mountaineering boots (e.g. Scarpa Vega, Koflach Arotis Expeditions, etc; sizes 6-12 available to rent) or One Sports
- R Crampons Alpine style with rapid-fix bail type to suit your boots (e.g. Black Diamond Sabretooth)
- Gaiters (for snow) appropriate to your plastic & trekking boots
- Adjustable trekking pole(s)
- R Ice axe: one only, 65-75cm in length
- R Climbing harness with a belay loop, adjustable leg loops
- R Belay/Abseiling gear: e.g. Black Diamond ATC
- R Ascender e.g. Petzl expedition ascender
- R 2 Non-locking carabiners
- R 2 Locking carabiners (wide gate preferred)

Group Equipment Supplied by DCXP

- DCXP Group medical kit (for altitude illness, trauma, reserve antibiotics); emergency oxygen and portable altitude chamber
- DCXP Satellite phone (pay for air time used: USD \$5/minute)
- DCXP Sleeping tents, dining tent, all cooking and eating equipment & food on trek/climb
- DCXP Barrel or duffle bag for transporting personal gear by Yak and truck
- DCXP Climbing ropes, fixed safety ropes
- DCXP Snow anchors, ice anchors, rock anchors, v-thread cord

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (if forgotten) but don't rely on it.

R: This item is available to rent, see Gear Rental form

DCXP: DCXP provides this item

Mountain Designs Equipment - VIP privileges

Members of DCXP Expeditions receive a Mountain Designs VIP 20% discount card valid from the time your deposit is received to the start of the expedition.

Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand (see www.mountaindesigns.com for locations).

Travel Insurance

We recommend cancellation insurance to protect your investment. We require participants to have travel insurance that covers medical expenses, evacuation and repatriation.

Please ensure that your chosen policy provides cover for the activities and in the localities in which you will travel (Nepal, to elevations up to 6,119 metres above sea level).

How do I book?

Step 1 Complete the booking form contained in this document.

Step 2 Pay your deposit by telegraphic transfer. Please use the bank details below, make sure you tag your payment with YOUR name, note details of payment and email them to us.

Bank details for direct payments **USD DOLLARS**. Ask your bank to make an international Telegraphic Transfer to:

Account number: 2431902

Account holder: Arun Treks and Expedition (P) Ltd.

Bank: Nepal Investment Bank Ltd.

Branch address: Durbar Marg, Kathmandu, Nepal

Swift code: NIBLNPKT

Please mark your payment with YOUR name, and advise me at katie.sarah@dcxp.com



Personal details & trip details

Name as on passport: First name(s): _____ Middle names: _____
 Last name: _____ Sex: Male or Female
 Passport number: _____
 Home address: _____
 Postal address: _____
 Phone number: AH: _____ BH: _____
 Mobile phone: _____ Which is your preferred phone number: Home Work or Mobile
 Email address: _____
 Date of birth: (dd/mm/yyyy) _____ Nationality (as on passport): _____
 Shirt size: XS S M L XL XXL Boot Size: _____ UK or USA (for climbing trips)
 Trip applied for: _____
 Start date: _____ Finish date: _____
 How did you hear about the trip?: _____
 Previous Experience: _____
 Special Dietary Requirements/Food Allergies?: _____

Next of kin (Emergency) contact details

Name: _____ Relationship to you: _____
 Phone number (preferred): _____ Mobile ph: _____
 Email: _____
 Residential Address: _____

Self assessed fitness / readiness for trip

Height (cm): _____ Weight (kg): _____ Resting heart rate: _____
 Evaluate your general health: poor average good excellent
 Evaluate your fitness: poor average good excellent
 Please NOTE that you will on most trips be required to have your Doctor fill out a medical clearance certificate in addition to this information

Self assessed questions	Yes	No	Details
Do you feel you are physically prepared (or will be before commencement) for the trip that you are planning to undertake?			
Do you have any medical illnesses, infirmities, disabilities that require the regular care of a doctor?			
Do you have allergies, to food, bites, stings, drugs?			
Are you allergic to penicillin?			
List all the medications you are taking currently and the dosages			
Have you been hospitalised or had surgery in the last five years?			
Do you have any heart or respiratory problems?			
Are you a diabetic?			
Do you suffer from epilepsy or seizures of any kind?			
Do you have any physical or mental limitations that might preclude you from this trip?			
Are you pregnant?			

Booking conditions, waiver, pricing policy

Name as on passport: First name(s): _____ Last name: _____

Trip Name: _____ Start Date: _____

Total Trip cost: _____ Currency (listed on website): USDS _____

Deposit due: _____ Currency (listed on website): USDS _____

Base Currency price policy

Each trip is generally quoted in USD as listed on the website. The currency converter is indicative of a "mid rate" and the actual FX rates vary widely from bank to bank. We require payment in this currency to be able to stabilise the price. Our agents and offices hold multi-currency bank accounts to facilitate this process, speak to your booking agent who will obtain an invoice for you from Arun Treks and Expeditions (P) Ltd (hereafter referred to as Arun Treks) in the appropriate currency and assist with payment either by EFT, telegraphic transfer, cheque or cash as appropriate. If you pay by prior arrangement with your agent in another currency be advised a FX surcharge may apply.

Travel insurance & Doctors certificate

As a pre-condition for delivery of service you agree to return 60 days ahead of the start date of your trip, a Doctors certificate (that we will supply) stating you are fit for your intended journey and hold valid travel insurance appropriate to the journey intended that covers medical expenses and evacuation, i.e. climbing coverage for expeditions.

Booking Conditions

Risk Awareness / Liability Waiver

I have been advised by DCXP as agent for Arun of the following matters in relation to my upcoming trip with Arun Treks. I have been advised that travel, trekking, climbing and especially mountaineering are inherently dangerous activities. I may be killed, injured, incapacitated and experience pain, illness and suffering. I may experience loss, damage or theft of my property. Any of the above may not be Arun Treks or DCXP's fault or the fault of anyone. These incidents may be caused by others in my party, employees or directors of Arun Treks, their subcontractors or even my guide, may be caused by environmental factors, or even just physical or mental exhaustion which can happen at any time on my trip. There is no way of predicting all the hazards I may face. While Arun Treks will take reasonable precautions to minimise the risks, there is no way Arun Treks can guarantee my safety on this trip 100%.

I acknowledge that often the areas of operation are remote with little or no immediate medical support. In some remote areas self-rescue is the only option. My guide may need to begin first aid appropriate to the remoteness of the area and the nature of my ailment. By signing this document I certify that I have read and understood these risks and they are acceptable to me.

I also agree not to seek compensation, financial or otherwise from any incident that might occur during or associated with the trip, from Arun Treks or DCXP, or their respective directors, officers, employees, agents, partners or subcontractors.

Arun Treks and its agents including employees, guides, leaders, subcontractors and porters shall not be liable for loss, death or injury, to any of its clients or loss or damage or delay to their baggage, personal effects or other property arising from the following:

1. Acts of God including but not limited to Landslides, Ice Cliff Collapse, Avalanche, Earthquakes, Flooding and Fire;
2. Civil disturbances of any nature including but not limited to War, Revolution, Riots, Strikes or Labour Shortages;
3. Environmental Factors such as changes to trails rivers and valleys, loose rocks, unstable snow, unstable ground, bad weather;
4. Any other circumstance beyond our control and responsibility.

Cancellation Policy

Your non-refundable deposit amount is specific to each trip and listed on the DCXP website or trip documentation. If you cancel you lose your deposit.

Payment in full is normally due 60 days ahead of departure date, if you don't pay by this date you can lose your place on the trip and your deposit is forfeit. In rare cases earlier payment will be required.

Normal Policy Is:

If you cancel 60-31 days before departure date you lose 50% of your payments.

If you cancel less than 31 days before departure date you lose 100% of your payments.

If you cancel and we are able to fill your place on the trip we may refund your money at our discretion. This would normally be subject to an administration fee. We may also choose to offer you another trip (transferable) at our discretion. Arun Treks reserves the right to vary or cancel a trip or a specific departure and will endeavour to advise you of cancellations not less than 42 days before departure. In the event of Arun Treks cancelling a trip, we would work with all the members of the trip to try to provide an alternative venue. If you do not accept alternative arrangements we will refund all payments you have made to Arun Treks, less any unrecoverable costs. Arun Treks will not be liable for any additional costs incurred by you such as airticket cancellation fees or changes. We advise you to have a travel insurance policy that covers cancellation.

Itinerary Policy

Arun Treks will make every effort to achieve the objectives of the given trip/expedition. By signing below I understand that variations may be necessary for reasons including but not limited to; safety, interruptions to transportation, political unrest, prevailing weather conditions and the needs of the group.

Trip Price Policy

The trip price may change at any stage. Changes might be due to international currency fluctuations, inflation, fuel prices, conditions, fees or other changes. Once your full payment has cleared into our account, we would normally not vary the price. If the trip price were to vary considerably (>10%) after you had paid your non-refundable deposit and you decided to cancel we would likely allow a full refund or transfer to another trip.

For included/excluded items and any special conditions, see the Info Pack for each specific expedition.

Acceptance

I have read and understood, and accept, the Risk Awareness / Liability Waiver, Cancellation Policy and the Trip Price Policy. I acknowledge and accept that DCXP is an agent of Arun Treks. I understand and accept the risks that have been explained to me, I hereby waive my right to bring any legal claim against Arun Treks even where Arun Treks and its Employees, Agents or Contractors would otherwise be deemed liable due to Gross Negligence, Breach of Contract or otherwise.

Signed: Date: Name:

If under the age of 18 please have a parent or guardian sign for you.



Instructions

This document DUE 60 days from the start of the trip please.

PLEASE attend to these details at the first available moment.

Please fill out this as carefully as possible and fax, post or scan/email this into our reservations team.

Latest contact details can be found on the website.

If you can only fill out one section send that in now and update the second part later, thanks :-)

Personal details & trip details	
Name as on passport: First name(s): _____	Middle names: _____
Last name (Surname) : _____	Sex: Male or Female
Trip name: _____	Start date: _____
Passport Number: _____	Nationality: _____
International flight information	
Arrival City: _____ (city name) _	Departure City: _____ (city name) _
Arrival Date: _____ (dd-mm-yyyy) _	Departure Date: _____ (dd-mm-yyyy)
Arrival Time: _____	Departure Time: _____
Arrival Flight No: _____	Departure Flight No: _____
Hotels: Single Supplement and Travelling Companion	
Do you require a SINGLE SUPPLEMENT for your Hotel: Yes or No: _____ Camping/Lodges: Yes or No: _____	
Note that some trips a single supplement is included, if not a quote for the specific trip will be sent to you for approval and payment, before we book it.	
If you are travelling with someone and would like to be allocated a hotel room together, please specify below. Note some trips are share basis and you will be assigned someone to share with if you do not specify someone below. EXCEPTION - females will not be required to share with a male unless specifically requested! A single room will be provided for you in this situation at no cost.	
Name of travelling companion: _____	Room Setup: Twin Share (two single beds) or Double (one large bed)
Further instructions: _____	
Travel insurance details	
Please Note: The insurance company you have chosen to take cover with has a 24 Hour world-wide emergency assistance service. Should an accident occur after you have departed for your trip, DCXP needs to be able to contact the emergency assistance section of your insurance company. Therefore we need to know who they are and a contact phone number for them. Please note this is a different number to general enquiries and claims.	
The following are two examples of Insurance companies and their emergency assistance contact details.	
Company: Covermore 24 hour emergency provider: Customer Care Pty Ltd 24 hour emergency Ph: +61 2 8907 5619	Company: IHI (good for mountaineering cover) www.ihl.com 24 hour emergency provider: IHI 24 hour emergency Ph: +45 33 15 33 00
Primary Policy	Second Policy (if required)
Company: _____	Company: _____
Policy Number: _____	Policy Number: _____
24 HR Emergency Provider: _____	24 HR Emergency Provider: _____
24 HR Emergency Ph: _____	24 HR Emergency Ph: _____
It is in your best interest to purchase travel insurance as soon as you book your trip to cover cancellation costs, for example if you become ill before the trip and can not attend some travel insurance policies will re-imburse all your lost funds.	