



EverestOne  
finding your everest

MOROCCO



Luxury Moroccan Adventure > 12 Days > 2020

# Join us on a journey to Morocco, the magical land of colours

From the colourful and vibrant hustle of the Marrakech Medina, to the rugged, natural beauty of the High Atlas mountains, from the moody, visual serenity of the Sahara desert to the windy Atlantic Ocean, Morocco is filled with exotic wonderment and rich culture.

Everest One are proud to offer you a bespoke luxury adventure, delving into this exquisite land where every step immerses you into a culture, steeped in tradition, warmth and vibrancy.

Along the journey, we stay in luxurious, mostly traditional accommodation from our own private 10 acre Estate (exclusive to Everest One) to exotic 16th century Riads, mountain retreats and luxury hotels.

We explore villages off the beaten track, discover local traditions and sample sumptuous cuisine.

Learn the secret to perfect Moroccan delicacies, experience the ancient Hammam tradition, travel through the Sahara desert, take an exhilarating hot air balloon ride over Marrakech and climb the highest peak in the Atlas mountains.



## About Everest One

Everest One is an Australian adventure travel company known around the world for the premium trips we offer in Nepal, Africa, and South America. We are delighted to offer intrepid travelers the real Morocco with a touch of luxury.

We pride ourselves on truly personalized service, not only with our professional charismatic guides but the level of quality, from exceptional accommodation to unforgettable, local experiences and sights

Your adventure begins here



## A country steeped in tradition, where old meets new, and cultures co-exist in harmony

Abounding with myths and legends, Morocco offers a surprise around every corner. This fast-paced tour will delight travelers looking to discover all of its hidden treasures.

Morocco is an ancient, mysterious and breathtakingly beautiful country that has lured foreign visitors for millennia. It is a land of contrasts: ancient and modern, Arab and Berber, European and African.

The idyllic and isolated Berber villages of the High Atlas almost seem untouched by time.

From the Riffians of the north to the Berbers of the Atlas and the Arab nomads of the south, the people of Morocco are as distinct as its landscapes. Their individuality is reflected in their dress and local traditions, which remain remarkably intact in most places.

Morocco has always adapted and absorbed these many influences, but the country's wild hinterlands and rugged mountain regions have also sheltered and preserved the indigenous Berber culture. The result is a country of powerful extremes, where the traditional and the modern thrive side by side, and the lifeblood of the country is a vibrant intermingling of dozens of cultural and social elements.



## Leaders don't force people to follow, they invite them on a journey to achieve their dreams



> Allan Cohrs

As a tour leader and guide in the Himalayas, Africa, South America and Australia, Allan delivers a personalized service, focused on providing a safe, professional experience for his clients.

He has guided in all corners of the globe with over 20 high altitude climbs in the Himalayas including summits of Mt Everest (8850m), Lhotse (8516m) and Ama Dablam (6812m) along with 9 climbs of Kilimanjaro.

Allan has traveled extensively throughout Morocco, exploring the most culturally diverse, spectacular sights this wondrous country has to offer, giving adventurers the opportunity to discover the real Morocco.

Together with expert guides and support staff under his leadership and Everest One flag, Allan takes pride in delivering travelers' with rare and unique experiences.



> Youssef Chergui

Youssef was born in the Atlas Mountains of Morocco and is proud and passionate about his home. From Berber background, Youssef has a vast and extensive knowledge of the history and wonderful attractions his country has to offer, and enjoys nothing more than sharing his stories.

Speaking English, Arabic, Berber and other Moroccan dialects, he is an expert at ensuring every facet of your experience is delivered to the highest standard.

Youssef is the penultimate gentleman, a true perfectionist when it comes to the finer details, from sourcing delicious food, bespoke accommodation and expert support staff.

You can be assured, Youssef will seamlessly steer you through breathtaking sights, leaving a long lasting impression on your adventure.

### Local Guides & Support staff

In addition, your team will be supported by wonderful local guides and support staff including experienced drivers, accommodation hosts, desert camp staff, private residence staff and mountain guides and porters.

### Team Safety & Support

Your team leaders are experienced in adventure travel tours, from security and personal safety in all locations, to highly experienced on-ground support teams and high altitude expertise.

All services have been meticulously planned, ensuring your safety throughout the journey.



## Trip Notes

- > Country: Morocco
- > Grade: Easy to Moderate
- > Highest Altitude: 4165m
- > Visa Requirement: Not required
- > Vaccinations: Consult GP / Travel doctor
- > Travel Insurance: Essential

Your trip leaders

# Magical MOROCCO



## Discover ancient and mystical Moroccan culture



### Dates:

- > 23rd Feb – 5th Mar 2020
- > 22nd Mar – 2nd Apr 2020
- > 12th Oct – 23rd Oct 2020
- > 9th Nov – 20th Nov 2020



### > Details

Duration: 12 Days

Grade: Easy to Moderate

Cost: \$7750

### > Inclusions

- > Airport transfers
- > All meals
- > Beverages at Private Estate (2 x nights)
- > 1 night in 5 star hotel in Casablanca
- > 2 nights in Erfoug
- > 1 night in a private camp in the Erg Chebbi Desert
- > 1 night in Boumalne Dades
- > 1 night in 16th Century Riad in Marrakech
- > 1 night in Imlil in Kasbah Du Toubkal
- > 1 night in Refuge Du Toubkal
- > 2 nights at Private Estate in Marrakech
- > 1 night in Riad Dar Anika at Marrakech
- > Internal flight – Casablanca to Errachidia
- > Picnic lunch at the desert
- > Dromedary Excursion
- > Choice of Quad bike tour or local Hamam/massage.
- > Hot Air balloon in Marrakech
- > 4WD with driver Day 2 – 6
- > Expert English speaking guides
- > Local guides & cook during the Toubkal trek

### > Exclusions

- > Airfare & Travel Insurance
- > Vaccinations
- > Drinks & items of personal nature
- > Additional meals not specified
- > Tips for guides and porters
- > Personal equipment for Mt Toubkal

Trip overview > duration 12 days

## Within the labyrinth of narrow Souks lies your home away from home

A stay in Marrakech would not be complete without experiencing life inside a traditional Moroccan Riad. Built from a culture that believed wealth should be hidden from view, the interior displayed a world of riches. This style of design can be found throughout the Muslim world, but nowhere has it reached such heights of brilliance in interior design as in Marrakech.

On entering the heavily carved door from the street, you notice the absence of windows as you venture deeper inside. The open courtyard reaches for the sky, whilst high ceilings create spaciousness with vibrant mosaic tiles and ornamental plaster.

Dating back to the 16th century, we have sourced two of the most awarded representations of luxurious comfort with homely hospitality.

Every fine detail has been thoughtfully considered from the crisp bed linen and fresh flowers to authentic Moroccan cuisine. While away the afternoon, taking a dip, relishing in a spa treatment, or chilling out on the roof terrace, the perfect place to unwind and enjoy the sun with a cool drink, affording total privacy and stunning views over the surrounding city.

Both Riad's are located just steps from the UNESCO world heritage site Djema el Fna, the pulsating heart of this magical city. Imagine exploring the sights before retreating to relax in an oasis of calm away from the hustle and bustle of the Medina outside.



## Opulence Moroccan style Your exclusive private retreat awaits

Everest One are proud to offer you your own exclusive retreat, located a short drive from the heart of bustling Marrakech.

This incredible enclave, built over 40 years ago for a well-known family, has never been open to travelers, having solely been appreciated and utilised for family gatherings, weddings and special occasions.

Situated within a secure gated, landscaped 10 acre private estate, you will have the pleasure of staying for two nights in one of three freestanding traditional Moroccan villas, consisting of four bedrooms each with its own ensuite, a multitude of living areas, both indoor and out, along with a magnificent resort style pool.

Attentive staff will be on hand to cater for all your needs, from a cold drink poolside, to sumptuous outdoor dining and entertainment.

This surreal setting is the idealic location to simply laze around, soak up the sun, indulge in some well-deserved pampering or just kick back and reflect on your accomplishments.





## A night amongst the Sahara Dunes. Nothing but the sound of the wind, a bright starry night and peace.

Imagine savoring fresh, local delicacies and enjoying a glass of wine as you relax in your private desert oasis, with nothing but sand dunes, serenity, the glow of the fire and allure of the night sky.

Rising early, you have the chance to climb one of the dunes, as you watch the sun rise, lighting up the arid landscape, creating a picturesque vivid red glow as far as the eye can see.

As part of your experience, we have arranged a camp abound in luxury and solitude. This unique setting will be your home for the night, with your own traditional Haimas tent made of camel skin, complete with a queen size bed, private bathroom and shower.

Once again our staff will be on hand to cater for all your wishes. From a private dinner for two atop one of the nearby dunes to escorting you as you explore the area and learn the history of this harsh land.

No stone will be left unturned. You can do as little or as much as you desire.



# 'The world is a Book and those that do not travel read only a page' – Saint Augustine

## > DAY ONE

### Arrive at Mohammed V International Airport in Casablanca.

Welcome! Your adventure begins here. We will have private transport awaiting to transfer you to the luxurious 5 Star Four Seasons Hotel. This stunning hotel offers three stunning areas for ocean view dining and drinks, an outdoor pool and one of the city's best spas.

Depending on the time you arrive, today is a day of leisure to settle in after your flight.

### > Accommodation and dinner

## > DAY TWO

### Exploring Casablanca

Today, we head into Casablanca to explore the sights including the architecture of the Mohammed V Square, navigate the Medinas, and visit the Hassan II Mosque, the largest in Morocco and the world and one of the few that allow non-Muslim guests. We will enjoy lunch overlooking the Atlantic Ocean at a well-known seafood restaurant.

We head back to the hotel in the afternoon, where you can relax, enjoy the views, take a swim, or perhaps experience a local Hamam, a traditional process where you first soak in a pool or sit in a steam room, then you're rinsed, exfoliated, and massaged.

At the appointed time, we transfer from the hotel to Casablanca's airport to catch the flight from Casablanca to Errachidia.

This will be a short but late evening flight.

Flight's departure at 22.40. Arriving at Errachidia at 23.50 local time.

We are collected by our own private driver's and 4WD's at the airport, before departing for our next destination where we pass through the Ziz Valley with over 10 million palm trees inside, and finally get to Arfoud, known as the, 'The door of the Desert'.

Accommodation and dinner at Kasbah Xaluca, ranked unique in Morocco for its distinctive characteristics.

It is a fantastic place, situated among the dunes and palms, where you can relax and enjoy this unique setting.

### > Accommodation / Breakfast / Lunch / Dinner

*The allure of the  
ocean, desert and  
mountains are calling*



Exploring Casablanca > detailed itinerary

# You'd be transformed into another world; the Arabian nights dream in the heart of the dunes

## > DAY THREE

Today is a day of total Desert.

We will follow the tracks to Rissani\* to visit some of their Centennial Kasbahs. Visit the market, unique in these latitudes, where the tribes and desert nomads usually go. It is curious to see their parking of donkeys.

We will go over the tracks that were used in the Dakar rally, visiting villages and nomadic settlements of the desert. We will stop in the Marine Fossil Quarries, going back 360 million years, and we enjoy a picnic lunch in Tisserdimine Oasis, the place where the movie 'Sahara' was filmed.

We will continue up to the Big Erg Chebi Desert with dunes of fine sand then change our 4WD vehicle for camels, to enter into the heart of the dunes and watch an unforgettable sunset.

We will arrive by camel at our own Private Luxury camp where we will stay in Haimas tents made of camel skin like those used by nomadic people. Each tent includes its own private toilet and shower.

You will enjoy the typical "Mechui" roast lamb cooked in the traditional way and served in a Haima dining room with local folklore ... A true luxury in the middle of the desert served under the impressive amphitheater of stars.

For those wanting a little privacy, we can also organize a romantic dinner for two or more on top of one of the dunes.

> Accommodation / Breakfast / Lunch / Dinner

## > DAY FOUR

Today we have an 'Appointment with the Sunrise'.

We recommend you get up early to walk to the top of the Great Dune and see the sunrise.

Afterwards, we have breakfast before continuing our journey via 4WD, taking in the vast openness of the Sahara Desert, and explore Merdani, an abandoned village.

We will continue, visiting the Memphis Mines, near the border of Algeria.

Later on we will visit the village Khamlia where locals will treat us to their traditional dances, offering us local tea with mint.

Afterwards we return to Kasbah Xaluca where you can relax for the rest of the day.

Here you can enjoy an afternoon cocktail, dive into the pool, or soak in the jacuzzi.

Before dinner, we give you the choice of taking a Hamam or a massage or for the more adventurous ones the chance to ride a Quad around the dunes near the hotel.

> Accommodation / Breakfast / Lunch / Dinner / Choice of Hamam, 60 minute Massage or Quad bike tour.



Desert Adventure > detailed itinerary

**'What makes the desert beautiful is that somewhere it hides a well.'**  
*Antoine de Saint-Exu*

> **DAY FIVE**

After breakfast, we will leave by road to Tinerhir, a small and prosperous town that offers a beautiful panorama of contrasts with its pink houses and palms. This is the best starting point to go into the famous Todra Gorges, where we will take a walk long the river course.

Later on we will continue to Boumalne Dades, a town located in the Valley of the Birds at an altitude of 1612m in the High Atlas Mountains.

Tonight we appreciate nature, and enjoy comfort and relaxation in the middle of the valleys and mountains of the High Atlas, taking in panoramic views of the Dades Valley, sprinkled with friendly Berber villages and snowy peaks.

Our accommodation is a unique Hotel nestled high above the town, with welcoming traditional rooms, exquisitely decorated with materials from different African countries.

It is a true paradise in the middle of the mountains.

> *Accommodation / Breakfast / Lunch / Dinner*

*Candle light dinner,  
under dark sky, shining stars  
and roofless home.*

> **DAY SIX**

At this stage we have a long drive ahead as we make our way to Marrakech. We will be rewarded with some spectacular scenery, including a chance to explore At Ben Haddou Ksar, declared a World Heritage site by UNESCO and the scene of many film productions including Game of Thrones, Star Wars and Babel.

We will enjoy an amazing poolside lunch in a famous 5 star Hotel in the desert town of Ouarzazate, known as the Hollywood of Morocco.

We will cross Tizi-n-Tichka or Tichka Mountain port, the highest road pass in the country. Here we will leave the lunar landscape that will give way to the predominant colors of green and ochre as we arrive at our destination in the afternoon. We'll spend the evening in a 14th century traditional Moroccan Riad with dream rooms. This truly is a private oasis inside the Medina of Marrakech.

Once settled in you have the late afternoon to discover the unique Djemaa el-Fna Square. Around dusk, the square comes alive, full of reciters, fortune tellers, jugglers, tooth-pullers, dancers, snake charmers and more.

Later in the evening we meet up for a traditional Moroccan banquet and roof top drinks inside a famous Riad, quietly tucked away within the confusing labyrinth of Souks.

> *Accommodation in a Riad in the Medina\*/Breakfast/  
Lunch/Dinner*



# 'Even the loftiest of mountains begins on the ground' (Moroccan Proverb)

## > DAY SEVEN

### Toubkal Ascent Trek, day 1 // Marrakech – Imlil

Today we depart by car from Marrakech in the morning for a 90 minute drive south up the Moulay Brahim Gorges, perhaps visiting the Asni weekly market which runs every Saturday, then to Agersioual (1,600m), set in the upper foothills of the Western High Atlas mountains. Here you will leave the vehicle where we will meet our local guide prior to setting out for a 12km excursion on foot, heading east to the Berber village of Alkiss (1,700m) and over Tizi n Agersioual Pass (2200m).

Lunch is taken inside a Berber Home (or by the river) before we carry on walking up the Imnane Valley then over Tizi n Tamter Pass (2779m).

From here you can view the two valleys, down into the Imlil Valley and back down to the Imnane Valley. Another 90 minute trek down from here will take you to the village of Imlil where you will enjoy an evening meal in the charming Kasbah Du Toubkal, awarded by National Geographic as one of the unique lodges of the world.

The delightful garden and large terraces are a perfect spot to unwind and soak up the unparalleled views of the surrounding mountains. You will be treated to friendly and knowledgeable local Berber hospitality ensuring your stay is a memorable experience.

> Accommodation / Breakfast / Lunch / Dinner (90 minutes by car – 6 hours walking)

## > DAY EIGHT

### Toubkal Ascent Trek, day 2 // Imlil – Sidi Chamharoush Toubkal Refuge

After breakfast we begin our trek, heading along the Mizane Valley, first towards the village of Aremd and then onto the shrine of Sidi Chamharouch. Built on a moraine spur overlooking the valley floor, Aremd is the largest village in the valley and provides an interesting mix of traditional terraced farming, gites and streets that seem to be permanently gridlocked by goats and cattle.

For generations the local Berber villagers have worked these lands, producing corn, potatoes and walnuts from the harsh landscape.

Continuing east and crossing the flood plain our route takes us along mule tracks and up into the high rocky cliffs above the valley. Crossing the river we eventually come to the pastoral shrine of Sidi Chamharouch, which attracts tourists and pilgrims alike (although only Muslims are allowed to cross the stone bridge to visit the Marabout Shrine itself). The village sits beside a small waterfall, a jumbled cluster of houses that seem to melt together into an anarchic mass. From here the trail continues to climb steadily, snaking and zig zagging its way up to the snow line and the Toukbal Refuge (3206m), our stop for the night.

Early to bed tonight for our final climb in the morning.

> Accommodation / Breakfast / Lunch / Dinner (Approx 5hours walking.)



Toubkal Ascent Trek > detailed itinerary

# Revitalize your mind and body and challenge yourself in the pristine surrounds of the Atlas Mountains

## > DAY NINE

### Toubkal Ascent Trek, day 3 // Trek to summit Jebel Toubkal (4165m); return to Imlil – Marrakech

Early this morning we make our attempt for the summit of Jebel Toubkal, the highest peak in Northern Africa. Our route takes us up the south cirque, crossing the stream above the refuge and then heading across one of the mountains numerous scree fields, where we will have to negotiate a seemingly endless carpet of boulders and rocks.

The walking is relatively straightforward, but the scree and the altitude will make the going quite difficult in parts, however, the views along the way make the journey more than worthwhile.

Cresting the ridge line we find ourselves on the plateau, from where it is a short walk to the summit and the vistas out across the surrounding landscape.

From here there are unrestricted, magnificent views in every direction, from the Marrakech Plain to the High Atlas in the north and as far south as the Anti-Atlas and the Sahara.

Pliny, the great Roman scholar, once described the High Atlas Mountains as the most fabulous mountains in all of Africa and from our vantage point high above the valley it is easy to understand why.

Retracing our steps we then return down the mountain and head back to Imlil before driving back to Marrakech.

Tonight we arrive at our own dedicated 10 acre private Estate, consisting of 3 free standing palatial homes, impressive grounds, full security and resort style pool.

Our staff will prepare an outdoor barbecue banquet on the lawn, complete with local food and drinks.

Traditional entertainment with Moroccan dance will feature this evening as we celebrate our climb of Toubkal.

> Accommodation / Breakfast / Lunch / Dinner / Drinks (both Alcoholic / Non Alcoholic) / Local Entertainment



Summit Jebel Toubkal > detailed itinerary

## > DAY TEN

Today is a complete day of relaxation to enjoy the grounds, sit around the pool, read a book, soak up the sun and rest the body.

For those wanting to venture out, the centre of Marrakech is only 15 minutes drive from our private accommodation.

Your personal driver is on standby, ready to accommodate at any time.

If some personal pampering is the order of the day, arrangements can be made to attend a local Day Spa or Hamam or if you prefer, have the therapist come to you.

Alternatively, you can explore the Souks and shop for souvenirs including quality Kaftans, traditional handicrafts, exquisite leather goods, carpets, Argan oil, lamps and other unique keepsakes.

This evening dinner and wine will be served beside the pool at our Private Estate.

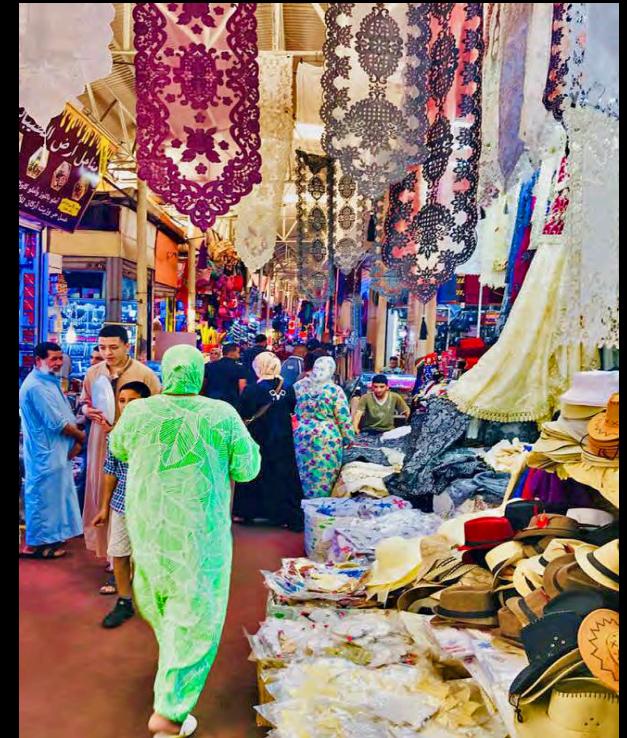
>Accommodation / Breakfast / Lunch / Dinner



*There is no greater feeling than pushing yourself, stepping outside of your comfort zone and achieving something you never expected you could do.*

*The experience dominates, makes you smile each time you close your eyes.*

*This is the ultimate reward nobody can ever take from you.*



Marrakech Private Estate > detailed itinerary

# Lose yourself in Marrakech, the colourful city of entertainment, the pearl of Morocco.

## > DAY ELEVEN

As the trip nears an end, we have a special treat planned.

Today we rise early, and meet our pilot, before gracefully setting off and drifting across Marrakech in our hot air balloon, gracing you with spectacular views of the Atlas Mountains and the thriving red city below.

Once on the ground, you can indulge in an impressive spread of fresh bread, baked delicacies, fruit, crepes and coffee.

Afterwards, we head into the Medina, where we check into the most outstanding 16th century Riad, tucked away inside a narrow Souk. Without vehicle access, our concierge will meet us to take your luggage as they escort us through the maze of narrow, terracotta toned alleys.

Once entering the impressive carved timber door, you are sure to be taken back as you admire this stunning representation of Moroccan architecture.

Taking some time out to unwind, how you plan to take on the afternoon is completely up to you.

You will have the choice to join a planned tour of some of the sights including the 16th century Saadian Tombs, local museums or the Koutoubia Mosque.

The Jemaa el-Fnaa, being the central market place, comes alive in the late afternoon and just simply soaking up the atmosphere is a must do, with snake charmers, storytellers, dancers and slick shop touts all vying for your attention amid the bustling sounds, smells and colour that vividly encapsulate Morocco's vibrant soul.

To celebrate our final night, whilst reminiscing and revisiting memorable experiences, we enjoy a decadent assortment of Moroccan dishes, from fresh bread served with cooked vegetable salads, local olives, fresh figs, Zaalouk, a smoked aubergine dip to succulent lamb tagine and couscous.

> Accommodation / Breakfast / Lunch

## > DAY TWELVE

Today our journey through Morocco comes to an end.

At the appointed time, you will be collected from the Riad, and transferred by private vehicle to Casablanca's airport where your journey may continue into Africa or Europe, or for others it may be time to head home.

With a touch of sadness, you will bid Morocco and all its wonders farewell, but it is not a goodbye, it's a see you later.

Breakfast / Lunch



*It's amazing, it's pumping, it's furious, it's anxious, it's happy and it's far more real than anything you'll ever experience in a Western city. Morocco is a living, pulsating entity which is rapidly changing all the time but there are parts of Marrakech that carry on as they have done for a thousand years.*

– Robert Plant

Marrakech > detailed itinerary



# A few travel tips for Morocco

## Climate

Remember, depending on which time of the year you travel, Morocco can be extremely hot. During the summer months, between June and August, temperatures can soar above 40 degrees. April and October are cooler, whilst November through to March can still experience warm conditions however cooler evenings.

## Bartering

As many of the shops, particularly in the markets don't have fixed prices, learning to barter will serve you well. It is a great way to meet and have fun with the you are willing to pay, and don't be unreasonable for the sake of a few dollars.

## Dress culture

Being an Arabic country, it is important that you respect religious and local customs. Wearing light weight clothing, and covering the knees and shoulders is a good tip. Not only does this provide protection from the harsh sun, and avoid unwanted looks, but it also shows that you understand and respect the culture, which in turn gain you a greater respect. Long pants and shirt MUST be worn in places of worship. Carrying a scarf or shawl comes in handy for covering up or reprieve from the sun.

## Language

Arabic, Berber and French are the main languages you will hear. English is becoming popular, but be prepared to brush up on a few local phrases or be creative.

## Safety

As with most countries, you need to take care when in crowded areas as pick pocketing and bag snatching can occur. Moroccans are friendly, but it pays to be careful of over-friendly locals.



## Alcohol

Morocco allows the consumption of alcohol. Alcohol must be purchased and consumed in licensed hotels, bars, and tourist areas.

## Currency

The local cash is the Moroccan Dirham. One Australian dollar is worth approximately 6.5 Dirhams.

## Payment

Many businesses accept cash only. There are currency exchanges and ATMs available, although the machines are not always reliable. Hotels and larger stores accept credit cards.

## Fridays are holy days

Muslims observe holy days on Fridays, meaning many locals attend the mosques to pray. This can affect business hours.

## Wifi / mobile phone access

You have the choice of data roaming, which is expensive, or obtaining a local SIM card, which we can arrange for you. The 4G network is quite reliable in many areas.

## Taking Photographs

Morocco is a photographer's paradise but be careful when taking photographs of people. Always ask permission. Often this will involve a small payment.

## Punctuality

Remember things, including schedules can be quite relaxed in Morocco. Just go with the flow, chill and accept this laid back way of life.

# Packing list for Mt Toubkal trek

## BACKPACK

1 x 25 / 35 litre day pack

## FEET

2 x pairs trekking socks  
1 x pair trekking boots/approach shoes  
1 x lightweight sandals / sneakers

## HEAD / HANDS / EYES

1 x pair insulated waterproof/windproof gloves  
1 x pair thermal gloves  
1 x Beanie  
1 x sunglasses (category 3 or 4 lenses )  
1 x Sunhat (wide brim)  
1 x buff (great for covering face when dusty, sun protection and over the face on summit day) 1 x head lamp (plus spare battery/bulb)

## UPPER BODY

1 x soft shell/ light-weight fleece  
1 x down jacket (synthetic or down)  
1 x waterproof/windproof jacket (Goretex)  
1 x mid layer long sleeve shirt – quick dry  
2 x synthetic or Merino wool t-shirts  
1 x thermal top

## LOWER BODY

1 x trekking pants  
1 x shorts or zip-off pants (optional)  
1 x windproof waterproof pants (optional)  
1 x thermal bottoms

## IMPORTANT ESSENTIALS

1 x pair trekking poles (optional)  
1 x travel towel (microfibre are best)  
1 x small face cloth  
2 x small bottles hand sanitiser (important)  
Insect repellent  
1 x tube Sunscreen  
1 x tube Lip balm (minimum 40 SPF)  
Spare laces (important)  
Camera (take extra battery)

## HYDRATION

Water purification tabs  
2 x 1 litre water bottles OR  
Camelbak 2ltr / 3ltr bladder

## TRAVELLING DOCUMENTS

Passport (plus 2 photocopies of passport) 4  
passport size photos  
Airline tickets  
Travel insurance  
Wallet/Pouch for travel documents/money  
and passport

## FIRST AID KIT

Panadol  
Ibuprofen  
Bandaids  
Blister Pads  
Ointments





## BOOK NOW

### Personal Details

Please write your name as it appears on your passport.

Mr  Mrs  Ms  Dr  Other

First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb/Town: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Country: \_\_\_\_\_

Passport Number: \_\_\_\_\_

Nationality: \_\_\_\_\_ Country of Issue: \_\_\_\_\_

Date of Issue: \_\_\_\_\_ Date of Expiry: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: +61 \_\_\_\_\_

Work Number: +61 \_\_\_\_\_

Home Number: +61 \_\_\_\_\_

### Accommodation

Accommodation is based on twin share. Is there anyone you would like to share with?

Name: \_\_\_\_\_  Yes  No

Single Room Supplement: \$500

### Payment Details

**AUD\$500.00 deposit is required to secure your booking**

Everest One

BSB: 064 000

ACC: 1486 0514

Credit card facilities also available - please contact us

## Emergency Contact

Relationship to you:

Mobile: +61

Work Number: +61

Home Number: +61

Email Address:

Mailing Address:

## Travel Insurance

**Can be completed at a later date**

Company Name:

Membership Number:

Insurance Cover:

Contact Name:

Yes  No

## Passport

Country of issue:

Nationality in passport:

Date of issue:

Date of expiry:



# Medical & Health Form

Please answer each question below and include details of dates, location and treatment received (as applicable). Please attach a separate page if insufficient space is provided for answers.

You, the participant, acknowledge that you have obtained medical advice as to the suitability of EO's Adventure given your medical status and fitness or that you have given careful consideration to obtaining medical advice but have declined to seek it and accept all risk associated with your decision.

1.	Have you ever suffered any form of cold injury or illness, including frostnip or frostbite? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Have you ever experienced any form of altitude related illness? If yes, please describe below including location, altitude, illness, treatment and recovery.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	Describe any major accidents, illnesses, injuries or operations you have had in the last 5 years:	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Do you have any problems with or limitations caused by any physical or mental condition that may reasonably impact your participation in the Adventure, including by your back or knees or as a result of any other injury or illness, and including any heart related condition? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	Are you on any medication currently and/or do you intend to use medication on the Adventure? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.	Do you have any allergies or intolerances to food or medication? If yes, please describe below:	<input type="checkbox"/> Yes <input type="checkbox"/> No

7.	Do you wear corrective lenses?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8.	Are you familiar with standard CPR and resuscitation techniques?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.	Do you have any pre-existing medical conditions that may affect your ability to undertake this Adventure? If yes, please describe:	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.	Is there anything else from a medical perspective that you think EO ought to be informed about?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11.	Do you have any special dietary requirements? <b>Please Note:</b> whilst EO will endeavour to cater to any specific food requirements you may have, you should feel free to carry with you additional food that you consider necessary for your special dietary requirements.	<input type="checkbox"/> Yes <input type="checkbox"/> No
12.	Please indicate your current level of fitness: Excellent                      Good                      Poor	
11.	Please outline your training program:	
13.	Please outline your trekking/mountaineering experience:	

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

## >> Terms & Conditions

**1) Booking Form:** By You completing the Booking Form, submitting it to EO, and EO's acceptance of it by written reply, You agree to the terms and conditions contained in this document to the exclusion of all other terms and conditions not in this document, unless they are set out in the Booking Form, and/or otherwise agreed to in writing by You and EO (the parties).

**2) Prior dealings and variations:** Any prior dealings between the parties and the terms and conditions that apply to those dealings do not apply to the Adventure. Any variation of these Terms and Conditions must be agreed in writing by You and EO and, in the case of EO, the signatory must be duly authorized by EO to agree to the relevant variation.

**3) Price:** the price of the Adventure is outlined in the Trip Notes or has otherwise been notified to You in writing. The inclusions for the Adventure are listed in the Trip Notes. The price quoted is in AUD dollars and is payable by cash or direct deposit into EO's nominated bank account. You will be liable for all bank charges that may be levied on direct deposits. Every endeavour will be made by EO not to change the Price. However, if there is a change to the exchange rate or local conditions, EO reserves the right to change the Price.

**4) Timing to Payment:** Unless otherwise agreed in writing, the Price is payable as follows:

- a) 30% at the time You submit the Booking Form to EO; and
- b) The balance no later than 30 days prior to the first day of the Adventure, or such other date as EO in its absolute discretion may agree (i.e. Where You book the Adventure closer to the first day of Adventure); or
- c) If the Booking Form is submitted to EO within the 90 day period prior to the first day of Adventure, the Price is payable at the time the Booking Form is submitted, or such other date as EO in its absolute discretion may agree.

**5) Transfer:** if You book for this Adventure and decide to transfer to another adventure with EO that is at that time advertised by EO and the start date of that other adventure is not more than 12 months after the start date of this Adventure, then EO will agree to transfer your payment across to the new Adventure provided that your written notice of the change is received no later than 90 days prior to the date that the Adventure You initially booked was due to start or such other date as EO in its absolute discretion may agree.

**6) Cancellation by You:**

a) Payments made by You for your Adventure are forfeitable or refundable as follows. If You cancel:

- i) 90 days or more prior to the first day of your Adventure – the full Price paid or payable by You is refundable or forfeitable to You, less any bank charges or fees that EO may incur or have incurred.
- ii) 60 days or more but less than 90 days prior to the first day of your Adventure – 50% of the Price is refundable or forfeitable.
- iii) Less than 60 days prior to the commencement of your Adventure – 100% of the Price payable by You will be forfeitable (or forfeited, if paid) to EO.

b) The Price is quoted as a package and no partial refunds will be made for any services not used or for any early exit by You from the Adventure. If any part of the Price is to be forfeited to EO but has not at the relevant time been paid by You then EO reserves the right to recover that amount from You as a debt due and payable.

**7) Cancellation by EO (tour numbers):** EO may cancel the Adventure if EO considers that the number of persons booked on the Adventure is insufficient for EO to run the Adventure. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any cancellation of the Adventure for such reason, including for any time incurred or inconvenience suffered, gear purchases, flights booked or vaccinations obtained. However, all or any part of the Price already paid by You will be refunded to You, less any bank charges or fees incurred at the time You paid the Price.

**8) Cancellation or other changes by EO (other):** in the case of inclement weather, snowy or icy conditions, conditions that EO reasonably considers may make any part of the Adventure unduly risky, or any political military, terrorist threat or due to a variation to or introduction of a government travel warning after the date You book the Adventure, EO reserves the right to change the start date of the Adventure, the end date, the duration, the route, to cancel or postpone or delay the Adventure if EO considers that there may be a risk to the safety of participants, or to a third party providing those services if such conditions exist or may reasonably exist. You acknowledge that in the event of any such change, cancellation, postponement or delay You have no right to claim any costs, loss, damages (whether direct or indirect) or refund from EO. You also acknowledge that EO is not obligated to inform You of any government travel warning that may apply and that You have or have had the opportunity to check any government travel warnings that may be in place.

**2) Warranties and representations:** You warrant and represent to EO that:

- a) You are in good health and are mentally and physically fit at the time of booking this Adventure;
- b) You have disclosed every matter concerning your health and wellness of which You are aware or ought reasonably be aware and/or expected to know that is relevant to EO permitting You to participate on this Adventure;
- c) You will notify EO as soon as You become aware if your health and fitness is adversely affected in any way prior to the start of the Adventure, or during the Adventure so that EO can assess whether to permit You to participate or continue to participate in the Adventure;
- d) EO may disclose medical information about You to its consultant doctor (if applicable);
- e) You have sought medical advice as to your suitability for this Adventure or, You have elected not to seek medical advice for this purpose and wholly accept the risk of not having obtained such advice;
- f) EO has not made any representations to You in connection with the Adventure other than those contained in these Terms and Conditions;
- g) You are fully aware that the Adventure involves challenging trekking at high altitudes and You have satisfied yourself that You have the requisite skills and experience necessary for You to participate in the Adventure or You will ensure that You have the requisite skills and experience prior to the day of the Adventure;
- h) It may or may not be possible for You to insure yourself in relation to the Adventure, including the high altitude aspects of the Adventure;

i) You have made all due and independent enquiries in adventure travel, high altitude trekking and expeditions similar to the Adventure; and  
j) During the Adventure, You will follow the instructions of the Guide leading the Adventure, noting that those instructions in many circumstances will relate to the safety and wellbeing of participants in the Adventure.

**10) Adventure Guides:** EO will nominate a suitably experienced Guide to lead your Adventure. However, EO reserves the right at any time to change the nominated Guide and replace that Guide with another suitably experienced Guide. You may not claim any costs, loss, damages (whether direct or indirect) or refund from EO for any change to an Adventure Guide or any other staff engaged by EO for your Adventure.

**10) Exclusion from Adventure (health and fitness):** if for any reason, the Guide, as nominated by EO, considers, in the Guide's absolute discretion, that You should not participate in the Adventure for reasons associated with your health and wellness, despite You having obtained a medical clearance to do so, the Guide may exclude You from the Adventure, either before or during the Adventure. If on such grounds the Guide excludes You from the Adventure before the Adventure commences, then any refund will be in accordance with condition 6 as if You had cancelled during the timeframes stated in that clause. However, if the Guide excludes You from the Adventure on such grounds after the Adventure commences for any reason, no refund of the Price (or part of the Price) will be payable to You except in the absolute discretion of EO.

**11) Exclusion from Adventure (other):** The Guide may, in the Guide's absolute discretion, exclude You from the Adventure if You engage in any illegal act, or the Guide considers that your behaviour is or is reasonably likely to cause danger, distress or nuisance to any other participant on the Adventure, including staff engaged by EO for your Adventure. In connection with such exclusion, You must follow the instructions of the Guide. You will not be entitled to any refund of the Price (or any part of it) in connection with any such exclusion and it is a matter for You to insure for this, if You can, as You may consider appropriate, reasonable, and appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

**12) Information and Trip Notes:** EO provides information and prepares Trip Notes in good faith. EO may make reasonable changes to any Adventure itinerary, services or route having regard to timing of the Adventure or for any reason considered necessary by EO or if it receives advice to do so.

**13) Insurance:** Insurance for You is not included in the Price. You acknowledge that it is your responsibility to make enquiries about and obtain and maintain appropriate insurance to cover You in connection with the Adventure, if possible. EO may ask You for your insurance details and You must provide those details to EO promptly but EO is not obliged to check that the insurance You obtain is reasonable, appropriate or covers You for all risks that may apply to You as a participant on the Adventure.

**14) Travel documents:** It is your responsibility to obtain the appropriate travel documents for entry to the country where the Adventure is to take place. EO will be responsible for applying for any permits that are relevant to the Adventure, but only to the extent listed as inclusions in the Trip Notes.

## > Terms & Conditions continued

**16) Airlines, flights:** EO recommends that You obtain flexible flights for the Adventure as sometimes Adventures can be delayed due to events such as inclement weather and internal flights. You are liable for any costs You may incur in connection with your flights should timing of your Adventure change. You may not claim any costs, loss or damages (whether direct or indirect) from EO in connection with any change to the Adventure or your participation in the Adventure resulting in You incurring additional costs in connection with your flights.

**17) Privacy:** You agree that You:

- a) permit EO, its agents or assigns to collect personal information from You, or from your medical practitioner, regarding your health and wellness, including any medical conditions You may have or have had previously. You acknowledge that this information may be disclosed to EO representatives in order to ensure your safety and wellbeing in connection with the Adventure, but will not be used by them for any other purpose; and
- b) will respect the privacy of the Guides and fellow participants in the Adventure and not do anything that is deemed by EO to be an invasion of their privacy.

**18) Image and Likeness:** You grant EO the right to take and use photographs and videos of You and your personal effects in connection to your participation in the Adventure. In consideration for You participating in the Adventure, You authorise EO, its assigns and transferees to copyright, use and publish your image and likeness in print and/or electronically for marketing purposes, and the like.

**19) Force Majeure:** If EO is prevented (directly or indirectly) from performing any of its obligations under its agreement with You by reason of act of god, strikes, trade disputes, breakdowns, interruption of transport, government or political action, acts of war, terrorism, acts or omissions of a third party or for any other cause whatsoever outside of EO's reasonable control, EO will not be liable for any costs, loss or damage You may suffer as a result and EO may cancel the Adventure and condition 8 will apply.

**20) Assumption of Risk:** You acknowledge that:

- a) Adventure travel, expeditions and trekking holidays are by their nature physically and mentally challenging and carry higher level of risk than a standard holiday, with potential exposure to risk of injury, death and loss to property;
- b) High altitude trekking is inherently dangerous and, of itself, carries the risk of injury, death and loss to property;
- c) Standards of accommodation, transport, healthcare, hygiene, safety and service providers are likely not to be as high in the region of the Adventure as in your country of origin;
- d) your Adventure will likely require You to travel on difficult, challenging and dangerous terrain, at high altitude, in extreme weather conditions, in remote locations with minimal or no telecommunications and with sudden changes to Adventure arrangements, and political stability in the region of the Adventure;
- e) there are inherent dangers associated with adventure travel, You have considered those dangers and, nevertheless, You have elected to participate in the Adventure and accept all risk associated with your participation in the Adventure, including risk of injury, death, and loss to property; and

f) EO is not liable for and You may not make any claim against EO for or in connection with the acts, omissions or negligence of third parties who may provide goods and/or services to EO or to You for the Adventure.

**21) Release and Waiver of Liability:** In consideration for EO accepting your booking on the Adventure and You being permitted by EO to join the Adventure, to the extent permitted by law:

- a) You indemnify and keep indemnified and release, discharge, waive, hold harmless EO and its officers, employees, agents, licensees, Guides and other representatives of EO from all claims, actions, costs and losses (whether direct or indirect) which may arise out of or occur in connection with the Adventure, whether arising or occurring before, during or after the Adventure, including in relation to any negligence caused or contributed to by any or all of those listed above; and
- b) You waive any claims You have or may at any time have against EO and its officers and employees and, as You accept the risks associated with your participation in the Adventure, You agree not to make any claim against EO its officers and employees for any personal injury, property loss or any other loss of any kind that You may suffer or incur in connection with the Adventure, whether before, during or after the Adventure.

**22) No waiver:** a party will not be deemed to have waived any of its rights or remedies under these Terms and Conditions or at law by allowing any time or indulgence or by not exercising any right or remedy arising out of any default by the other party.

**23) Australian Consumer Law**

- a) Under the Australian Consumer Law statutory guarantees apply to the supply of 'recreational services' of the kind offered by these Terms and Conditions. 'Recreational services' is defined as including activities that involve a significant degree of physical exertion or risk undertaken for the purposes of recreation, enjoyment or leisure. These guarantees mean that EO, its officers, servants, agents or assigns, as the supplier, is required to ensure that the recreational services it supplies to You are rendered with due care and skill and are fit for their intended purpose.
- b) Under Australian Consumer Law, EO, its officers, servants, agents or assigns, as supplier, is entitled to ask You to agree that these statutory guarantees will not apply to You. Therefore, please note that if you sign and/or submit this form to EO, You will be agreeing that your rights under EO's agreement with You, if you are killed or injured because the service provided are not rendered in accordance with these statutory guarantees, are excluded, restricted or modified in the way set out in this condition.
- c) To the extent permitted by law, You hereby exclude, release and forever discharge EO, its officers, servants, agents or assigns from all liability for any and all claim, loss, damage, cost or expense arising from your death or your suffering physical or mental injury or any other condition, occurrence, activity, form of behaviour, course of conduct or state of affairs as specified in Section 139A of the Consumer and Competition Act 2010 (Cth) (except in the case of liability arising from the reckless conduct on the part of EO, its officers, servants, agents or assigns and your participation in the recreational activities which comprise the Adventure.

**24) Jurisdiction and Applicable Law:** Your booking, the Terms and Conditions, and the rights and obligations of the parties in connection with the Adventure, are governed exclusively by the jurisdiction and law of Australia and you and EO submit to the exclusive jurisdiction of the courts of the State of Queensland, Australia.

**25) Definitions:**

- a) **Agreement** or agreement means the Booking Form and these Terms and Conditions, and any variation of them agreed to in writing by the parties
- b) **Guide** means any guide engaged by EO for the Adventure, whether as an employee, contractor or in any other capacity
- c) **Adventure** means the adventure for which You have booked and any trip substituted for that adventure in accordance with these Terms and Conditions
- d) **High altitude trekking** includes the actions of walking, trekking, backpacking, and may involve being on challenging terrain such as uneven trails, dirt trails, rock, ice and snow.
- e) **Trip Notes** means the trip notes we have provided to You for the Adventure.
- f) **You or you** means you as the participant in the Adventure and as a party bound by these Terms and Conditions.

**26) Interpretation:** 'include' or 'including' is to be read without limitation.

**27) Severance:** If any part of these Terms and Conditions are found to be illegal, unenforceable or invalid, then the relevant part will be severed un-less to do so would cause the Terms and Conditions to be frustrated.

SIGNATURE:

NAME:

DATE:



EverestOne  
making your Everest

[www.everestone.com.au](http://www.everestone.com.au)  
[hello@everestone.com.au](mailto:hello@everestone.com.au)  
[www.facebook.com/everestoneaus](https://www.facebook.com/everestoneaus)  
PO Box 747, New Farm, QLD,  
4005, Australia

