



Everest Base CampTrek
and Lobuche East Climb
5th to 27th of April 2024
3rd to 25th of May 2024



Trek to Everest Base Camp (EBC) and stay there for 2 nights

Join us on this incredible journey as we venture into the heart of Sherpa country. Everest One will take you past the flags once you arrive in EBC, giving you the chance to explore this harsh, unforgiving environment. Why trek all the way, to not have time to enjoy and savor the moment.

When you join Everest One, you get to experience the unique opportunity of spending two nights in Everest Base Camp.

Everest One have been exploring this region for over a decade, developing long term relationships with the local people and staying in the best tea houses along the way. We aim to get off the main trail whenever possible, giving trekkers the opportunity to see different aspects of this magnificent landscape and an experience of real family style hospitality in lesser known villages.

We offer premier climbing experiences, and the EBC trek combined with a climb of Lobuche East (6119m) is no exception. Our focus is quality, safety and success. We will be with you every step of the way, guiding you with gear selection and training programs to help you achieve your goal.



About Everest One

The Everest One team are experts in managing guests performing in high altitude environments. Being completely accustomed to this environment, Everest One take care of all of your needs, from handling logistics, to making decisions and assessing risk, all the while focusing on your safety and wellbeing.

It has taken years of hard work to build the close relationships we have with the most highly experienced guides and support staff who are part of our team.

So what does that mean for you? Most importantly, it means we do not outsource our services. All team members have worked with us for many years and are committed to meeting all of your expectations.

> Your adventure begins here

You will find yourself surrounded by incredibly breathtaking views of the mountains that just keep on going

Before we embark on our climb, we firstly undertake the incredible trek to Everest base camp offering you a colourful journey through Nepal's most famous valley the Khumbu, home of Mt Everest (8848m) and Lhotse (8501m). The trail also offers glimpses of other 8000m giants including Cho Oyu (8201m), Makalu (8463m) and Shishapangma (8013m).

The rolling landscape varies from lush low alpine vegetation to dry high altitude scrub land. Inhabiting this harsh land are the Sherpa people, an ethnic group famous for their hardiness, spirit and mountaineering prowess. This trek journeys into the heartland of the Sherpa people providing an insight into their rich Buddhist culture and traditional way of life. Sir Edmund Hillary grew a passion for the Sherpa people from his early mountaineering years and following Everest, spent his remaining years dedicated to fundraising and bringing development to the region.

You'll share the trail with yak and porters carrying supplies to Everest base camp (EBC).

This unique opportunity gives a chance to mix with excited and anxious climbers, and gives close up views of the infamous Khumbu ice fall.



> Quick Trip Notes

Country >> Nepal

Trip >> Everest Base Camp & Lobuche East

Grade >> Moderate to challenging

Highest altitude >> 6119m

Visa Requirements >> You can prearrange a visa from your nearest Nepalese consulate, which is recommended. Tourist visas can be obtained directly at the immigration department of Tribhuvan International Airport in Kathmandu. Bring at least 2 passport sized photos and USD 60 cash for a 30-day tourist visa. Everest One will assist with this process.

Vaccinations >> Nepal is a developing country so some travel vaccines are advised. Obtain these at least 2-6 months before arrival to ensure good immunity. Seek GP advice.

Covid Vaccinations >> Travelers must be fully vaccinated against Covid-19 as part of entry requirements into Nepal

Trip Duration >> 23 days

Activities >> Trekking / Climbing

Travel Insurance >> Compulsory

> Trip Overview

After the perfect acclimatisation, we will climb Lobuche East

Lobuche East, standing at an impressive 6119m, is a stunning trekking peak, ideal for those who want to experience their first Himalayan climb or refine the skills they already have.

For many, Lobuche East is a precursor and important stage in taking on big mountains in the future including 8000m climbs. Although no previous climbing experience is necessary, it is still regarded as one of the more difficult trekking peaks.

Everest One have extensive experience on the mountain, along with expert high altitude climbing Sherpas, giving each member a tremendous opportunity to achieve their goal. We provide 1:2 guide to client ratio and ongoing training leading up to the climb.

To join the climb of Lobuche East, you will need to be fit, feel comfortable in an alpine environment, have a relaxed and flexible mindset and a love of adventure.

Without doubt, the most beneficial component to joining this climb is the time you have to acclimatise and be in the best possible condition to take on the summit climb. With the mountain conveniently located along the EBC trail, we are able to trek to Everest Base Camp, before we head back down and set up our own Base Camp in Lobuche, and plan for our summit bid.

We spend the next 4 days, which includes a contingency day, preparing gear, training, refining our skills and climbing for the summit.

You will be in awe at the sheer size and majestic beauty of the mountain along with the breathtaking views.



> Everest Base Camp & Lobuche East Climb: 23 days

Lobuche East offers one of the most breathtaking summit views, surrounded by the tallest peaks on earth, from the Everest, Lhotse, Nuptse, Makalu, Pumori, Ama Dablam, Cho Oyu, Thamserku, and many others.



> Highlights

- > Stunning views of Everest, Lhotse, Nuptse & Ama Dablam
- > Colourful Buddhist culture
- > Spirited Sherpa people
- > 2 nights in actual base camp staying in tents in our own private camp
- > Exploration of the base of the Khumbu Icefall
- > Visiting the Everest Rescue facility
- > Climbing the stunning trekking peak of Lobuche East (6119m)
- > Alex Lowe Charitable Foundation Khumbu
- > Climbing School in Phortse

Lobuche East is considered a trekking peak, and the ideal mountain to begin your climbing journey or fine tune your current skills. It is the perfect platform for those with ambitions of climbing higher in the future or experiencing a Himalayan summit.

Whilst not overly technical, you will need to be familiar with your equipment, and comfortable with ropes and crampons in steep terrain.

We will teach you the required skills to undertake the climb and do so with confidence. You do not need previous climbing experience.

Our combination of Western and Sherpa leadership, along with our impeccable safety measures, meticulous planning and weather updates, are the very reason we have such a high success rate.

> Everest Base Camp & Lobuche East Climb: 23 days

Aside from the incredible scenery, this journey also lets you gain insights into the Nepalese and Buddhist culture

> Our Route

Our Route begins from the gateway airport town of Lukla at 2840m. Following the Dudh Kosi river on the valley floor, the trail first passes through farming villages of mixed Tamang, Rai and Sherpa communities. We then make a sharp ascent up to Namche, the capital of the Khumbu and the traditional trading centre of Sherpa people.

We take a less traveled road to Phortse, a typical Sherpa farming village and the site of the Alex Lowe Charitable Foundation's Khumbu Climbing School. Many Sherpa climbers come from Phortse and have been trained at the Khumbu Climbing School.

From here it's a short trek to Pangboche, the highest permanent Sherpa settlement. We acclimatise in Dingboche before trekking to Lobuche before engaging in our final push to EBC, where you can rest up for a few days and take in the incredible scenery and majestic surroundings.

On the walk out from EBC, we spend a night in Lobuche before heading off to set up our private camp. We spend the next 4 days preparing gear and equipment, and refining our skills before we set off on our stunning climb.

You will be in awe of the sheer size and beauty of the mountain along with the breathtaking views.

Once we have climbed, we head back down the valley, this time via Tengboche where we visit the Tengboche Monastery, being the largest in the region and open to visitors to share prayer time with the monks.

After this, we are on the home stretch, and will be celebrating our adventure back in Lukla a few days later with our Sherpa's and support team.

> Details

Duration: 23 Days

Grade: Moderate to challenging

Dates: 5th to 27th of April 2024
3rd to 25th of May 2024

> Cost

EBC & Lobuche East climb: AUD\$6250

Single Supplement: AUD\$500

> Exclusions

- > International Flights to Kathmandu
- > First night group dinner
- > Meals in Kathmandu (USD 10–15 per meal)
- > Travel Insurance
- > Vaccinations
- > Visa
- > Porters Tips
- > Drinks & items of personal nature
- > Personal trekking gear

> Inclusions

- > 21 breakfasts, 17 lunches and 17 dinners
- > 4 Nights Kathmandu Hotel
- > Experienced high-altitude mountain guides
- > Experienced cook and porters
- > Trekking Permits
- > All team camping & cooking equipment in private camp
- > Group equipment
- > Down jacket, sleeping bag and expedition duffle bag

What's a typical day on the trail?

You will be woken up with a knock on your door around 6am by a staff member. You'll get dressed and packed for the day's walk, and have your duffle ready for your porter before breakfast 7am. The aim will be to leave the teahouse and hit the trail by 8am. On the trail, you'll carry a small day pack (20–40L, 5kg) with your personal items, water, warm clothing and wet weather gear. Generally lunch is either at a teahouse along the way or at our destination for the night, which leaves the afternoon free to rest and soak in the views. Dinner is at 7pm, and most trekkers then either read/play cards or head to bed early to prepare for the next day's adventure.

Climate

Spring is mostly dry but this can be broken by periods of cold and snow. Below Namche, temperatures can reach ~24°C in the day. Whilst, above 4000m, day temperatures can range between 10°C–20°C. Nights are cold and temperatures can drop well below 0. Prepare cool and warm attire as suggested in the packing list.

Sleep & Food

Whilst on the trail, you'll sleep in local friendly teahouses. that provide basic accommodation (twin-share), common toilets and a large dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favorites. Other facilities including showers, internet, battery charging and laundry are often available for an extra cost. Your Kathmandu accommodation is a quality hotel we have been using for more than a decade, providing comfortable rooms, modern bathrooms and a fantastic roof top bar. Meals in Kathmandu, apart from breakfast are not included in the cost. Plan for USD \$10–15 per meal on these days.

> Everest Base Camp & Lobuche East Climb: 23 days

Leaders don't force people to follow, they invite them on a journey and lead them to achieve their goals

> Allan Cohrs



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

Sharing time with Allan in the mountains is a common theme most of our guests comment on and part of the reason why so many of our clients keep coming back. He is down to earth, humble, approachable, discreet, professional, caring and wants you to succeed, but also help you create unforgettable memories along the way.

He has guided in all corners of the globe with over 30 high altitude climbs in the Himalayas including Mt Everest (8850m), Lhotse (8516m), Cho Oyu (8200m), Manaslu (8163m), Baruntse (7162m) and Ama Dablam (6812m), along with 10 climbs of Mera Peak (6476m), 9 climbs of Lobuche East and Island Peak and numerous other 6000m+ climbs including Aconcagua, the highest peak in South America and 14 successful summits of Mt Kilimanjaro.

Together with expert guides and climbers (all with 8000m summits) under his leadership and Everest One banner, Allan encourages and motivates his clients with a positive mindset to believe in themselves, dig deeper when the journey seems to get tougher, ultimately aiming to lead them to the summit, but most importantly prioritizing on everyone's safety and well being from start to finish.

Sherpa Culture

Known as "Eastern People" in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet. Their culture (i.e. dialect, dress and food) is similar to Tibetan, which is in stark contrast to the Hindu ethnic groups that are the majority in Nepal.

With a culture deeply rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high altitude porters on early Himalayan mountaineering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.

Team Safety & Trek Support

This trek reaches a maximum altitude of 5360m. As such, you may experience some effects of high altitude e.g. headaches, increased breathing, disturbed sleep as your body adapts.

The trek schedule has been designed to allow for proper acclimatisation. However, everyone responds to high altitude differently - walk slow, drink plenty of water (5L/day), listen to your body and alert your guide if you are feeling unwell.

Your guide will be carrying a well stocked first aid kit along the trail. It will contain commonly used medication including Diamox, ibuprofen and general antibiotics. It is easy to stay healthy and avoid bacterial/parasitic infections by eating from hygienic venues, and avoiding salad (raw) and unpeeled fruits.

> Your trip leader

Experience at the highest level delivered with calmness, careful planning and your safety in mind

> Phunuru Sherpa Expedition Leader



Phunuru Sherpa is from the village of Phortse, famous for producing some of the finest Sherpa guides in Nepal. He has been working as an Expedition Leader for more than 15 years, and is focused on safety, careful planning, leading a strong team and providing exemplary support and attention to clients.

He is a highly experienced, senior head guide (Sirdar), having led 42 expeditions above 8000m. Some of his achievements include summits of the following mountains:

Current world record holder with 19 summits of Cho Oyu (8201m) in Tibet, 16x Everest (8848m), 3x Lhotse (8516m), 4x Manaslu (8163m), 1x Shishapangma (8027m), 19x Ama Dablam (6812m).

Phunuru was the first Nepalese climbing Ranger in the USA, having worked in 11 different National Parks in the States. He holds the record of 6 summits of Denali, the highest peak in the USA.

He has reached the summit of Aconcagua, the highest peak in South America 4 times, along with Kilimanjaro, the highest peak in Africa an incredible 23 times.

Phunuru is a lead instructor and Educational Director of the Khumbu Climbing Center in Phortse. He is also certified in Long Line Rescue and Wilderness First Aid.

Our Sherpa Team

Our handpicked team of high altitude climbers are some of the most experienced and professional guides on the mountain.

Without having a strong, reliable climbing and support team around you, your chances of success are heavily reduced.

This approach adopted by Everest One gives you the confidence and assurance to move forward and chase your dreams.

Our Expedition Leader, Phunuru Sherpa has led 42 expeditions above 8000m, having scaled Everest an incredible 16 times, and is the current world record holder with 19 summits of Cho Oyu (8201m), along with numerous climbs of other 8000m peaks including Lhotse x3, Manaslu x3 and Shishapangma.

Phunuru has been a Lead Instructor for over 17 years and is also the Education Director at the Khumbu Climbing Centre.

The remainder of our team, made up of 4 High Altitude Sherpa guides have worked on 134 expeditions above 8000m, with a combined total of 42 summits of Everest, 22 of Manaslu and numerous other 8000m peaks including Makalu, K2, Broad Peak, Lhotse and Cho Oyu.



> Your trip leaders



Stay for two nights in our EBC private camp, explore the Khumbu Icefall, and climb the majestic Lobuche East in one go

> DAY 1 ARRIVE IN KATHMANDU, NEPAL

Your adventure begins here. An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner.

> DAY 2 EXPLORE KATHMANDU

This is a free day for you to explore the crazy, yet wondrously beautiful city of Kathmandu. Home to five World Heritage sites, Kathmandu is a stunning landscape of handcrafted wooden palaces (durbar or palace squares of Kathmandu, Lalitpur and Bhaktapur) and glorious Buddhist stupas (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

> DAY 3 FLY TO LUKLA AND TREK MONJO

Our trip begins with an early morning flight to Lukla that takes approximately 30 minutes. The flight travels over endless rolling hills covered with green terraces. Once in Lukla, we have a short break to organise porters and gear before starting our first day's walk, descending and ascending to Monjo. We pass green villages and colourful maniwalls as we follow the Dudh Kosi River upstream. This region is Buddhist so remember to walk clockwise or to the right of maniwalls and prayer poles. Monjo is an apple farming village situated near the base of the hill up to Namche. **Trekking Time 5 Hours >> Height 2840m**

> DAY 4 TREK FROM MONJO TO NAMCHE

Before leaving Monjo, we'll drop into the Khumbu National Park Information Centre where you can trace our trail from a 3D model of the region. The route crosses several steel suspension bridges covered with katas, white well-wishing scarves and prayer flags. From the last bridge, it's a 2-3 hour hike up to Namche. On a clear day, you can catch your first view of Everest from a lookout about mid-way up the hill. Once in Namche, you have the afternoon to rest, do souvenir shopping or relax and take in the view. **Trekking Time 5 Hours >> Height 3440m**

> DAY 5 ACCLIMATISATION DAY IN NAMCHE

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama dablam and Thamserku. It's just a taster for the spectacular scenery to come! From here, you can explore the villages of Khunde and Khumjung where Sir Edmund Hillary opened a hospital and school, respectively. Or the afternoon is free for wandering around Namche, emailing friends/family or relaxing over coffee and cakes in the bakery. **Height 3440m**

> DAY 6 TREK FROM NAMCHE TO PHORTSE

The trail behind Namche is a gentle track that traverses high above the Imja River overlooking views of Thamserku and Ama dablam. We pass a chorten in memory of Tenzing Norgay, Sir Edmund Hillary's climbing partner, before reaching Kyangjuma to break for morning tea. We split from the regular traffic of trekkers heading to Everest Base Camp by taking the higher road up to Mong for lunch enroute to Phortse.

Many villagers still depend on potato and buckwheat farming here, but Phortse is also known for producing many climbing Sherpas to supplement incomes. Since 2003, the Khumbu Climbing School which operates in Phortse has trained many keen young men and women. Every winter, renowned international climbers and local guides work together to run climbing courses. The partnership has not only increased climbing enthusiasm amongst locals, but has also improved general climbing safety. Afternoon to rest and relax.

Trekking Time 5 Hours >> Height 3810m

> DAY 7 TREK FROM PHORTSE TO PANGBOCHE

Heading out of Phortse you will see Cho Oyu, the sixth highest mountain in the world up the Ngozumba glacier leading to Gokyo lakes. The trail to Pangboche can be a more of a challenging day traversing with views of Tengboche monastery just across the valley. Pangboche is the highest permanent settlement with the oldest monastery in the Khumbu. The scenery from here to Lobuche is dominated by Ama dablam (6856m), one of the most picturesque mountains in the Khumbu, that is technically demanding to climb. **Trekking Time 3.5 Hours >> Height 3930m**

> DAY 8 TREK FROM PANGBOCHE TO DINGBOCHE

As we hike up the track towards Dingboche, there's a distinct change in the landscape as we cross the 4000m barrier. High altitude scrubs replace trees and formidable mountains suddenly appear within reach. You feel instantly that Everest must be close! Dingboche is the first of a series of settlements leading to Everest Base Camp established to accommodate trekkers. It is a seasonal village with a few fields and yaks. Play a game of snooker and do some much needed laundry. There are a few bakeries you can try too.

Trekking Time 4 Hours >> Height 4410m

> Everest Base Camp & Lobuche East Climb: 23 days

Just above Dingboche along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains

> DAY 9 ACCLIMATISATION IN DINGBOCHE

We take a rest day in Dingboche to acclimatise. In the morning, we'll walk up to a lookout to touch the 5000m mark. It's a steep climb but we take it slow and the views of Makalu (8463m), Lhotse (8501m), Nuptse (7861m) and on clear days, Cho Oyu (8201m) and Shispangma (8013m) are worth any feelings of breathlessness. After lunch you can hike towards Chhukung village or down to Pheriche. Alternatively, curling up with a book and hot chocolate is also recommended. **Height 4410m**

> DAY 10 TREK FROM DINGBOCHE TO LOBUCHE

Just above Dingboche and along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains. Take a moment to absorb the feelings of excitement that Everest is just around the corner! Passing Dughla, it's a one hour hike up to Thokla pass (4830m) where memorials have been built for fallen climbers. We then cross rocky terrain to Lobuche for the night. **Trekking Time 5 Hours >> Height 4910m**

> DAY 11 TREK LOBUCHE TO EVEREST BASE CAMP

The journey to EBC from Lobuche is a relatively gentle ascent of rocky terrain that follows across and along the Khumbu glacier, and passes through Gorak Shep. This pile of rocks sitting at the foot of the infamous Khumbu ice fall in Spring is home to some 30 teams (hundreds of climbers and support staff) aspiring to climb Everest. We will spend 2 nights at the Everest One camp, absorbing the climbing atmosphere and excitement, and appreciating what it takes to climb the highest mountain in the world. Accommodation is a shared tent with full service

> DAY 12 REST DAY IN EVEREST BASE CAMP

This is a day to fully explore EBC. We will visit the Himalayan Rescue Association clinic and learn about the volunteer work they do to provide medical assistance to climbers. We'll venture into lower reaches of the Khumbu ice fall and understand why this is one of the most dangerous sections on the South route to Everest. Also, we'll visit other campsites and chat to climbers about their Everest climbing experience.

Few trekking companies can offer such an EBC experience so enjoy this unique twist of the classic EBC trek - **Height 5364m**

> DAY 13 TREK EBC TO LOBUCHE (OPTIONAL CLIMB KALA PATAR)

Today we head back down the valley where the views of Pumori (7165m), and Nuptse (7861m) and clearly visible. However, Everest and Lhotse are largely blocked by the face of Nuptse. To see these mountains, we must climb another vantage point known as Kala Patar or 'Black Rock'. It will be an early start from EBC to reach Kala Patar summit at 5550m. The summit provides a close and unobstructed view of Everest and Lhotse, undoubtedly a worthy reward for making the strenuous climb to the summit. We drop back down to Gorak Shep for a snack before making the decent to Lobuche.

Tonight we will stay in a teahouse you are already familiar with for a night before we head off in the morning to set up our Lobuche East Base Camp, and start preparing equipment and training.

Trekking Time 5 Hours >> Height 4910m

> DAY 14 IN LOBUCHE BASE CAMP

Today we enter the serene sanctuary of panoramic mountains where we set up a dedicated Base Camp in preparation of our climb of Lobuche East. We will spend the afternoon doing some basic training, focusing on glacial travel, crampon and rope skills and checking equipment. We will get an early night in to rest ourselves for the first part of the climb.

Trekking Time 5 Hours >> Height 5100m

> DAY 15 CLIMB LOBUCHE BASE CAMP TO HIGH CAMP

After crossing the grassy meadow to the foot of Lobuche Peak, we ascend steeply on a rocky trail to a col for lunch (approx. 4 hours at 5500m). From here, we can appreciate magnificent views of Everest, Lhotse and Nuptse. To reach high camp along the start of the summit ridge, it's another 1.5-2 hr rock scramble or snow trek depending on conditions. We may even attempt to climb a little higher, if the conditions are suitable, providing us with a private camp, and also a shorter summit push the next day. Do not miss the stunning sunset view from high camp.

Trekking Time 6 Hours >> Height 5700m

> DAY 16 SUMMIT LOBUCHE EAST & RETURN LOBUCHE BASE CAMP

Summit day begins with an alpine start at 4am for breakfast and gear preparation before our summit climb. We leave camp by 5am and walk up the ridge for 50m to a face. Climbing on fixed lines up the 45 degrees snow wall, we then reach the ridge proper. We follow the ridge around seracs (snow/ice climb) to the 1st or false summit.

> Everest Base Camp & Lobuche East Climb: 23 days

The scenery is dramatic with the two giants, Lhotse and Everest dominating the skyline

> DAY 16 CONTINUED

Be prepared for exposure along the way as we walk on the ridge. It's a quick rappel down from the 1st summit, then finally up another 60m to the true summit by mid morning. We return by the same route to high camp for a break and pack up camp. Our home for the night is a campsite on the other side of Lobuche towards Dzongla near Tsholo lake.

>Trekking Time 9 Hours >> Height 6119m (Summit) to 5100m (Base Camp)

> DAY 17 WEATHER CONTINGENCY DAY

If weather prevents us from climbing on our planned dates, this is a spare day to allow some flexibility for success. On such a day, we'll rest, drink water, eat food, banter with friends and support staff or play cards. There's never a dull day in the mountains!

If we do not require to use this day, we may make some changes to the itinerary for the trek back to Lukla, allowing us to have an additional night in Namche.

> DAY 18 TREK LOBUCHÉ BASE CAMP TO TENGBOCHÉ

As we descend to lower altitudes, every step you take from here to Lukla, you will feel rejuvenated with increasing oxygen in the air. We have lunch at Pangboche, cross the river and pass through Deboche to reach our destination of Tengboche for the night. The monastery itself was rebuilt after a fire in 1989.

Visitors are allowed to observe prayer me with the monks at mid morning/mid afternoon. This is not to be missed followed by some cake and coffee at the bakery .

> Trekking Time 4 Hours >> Height 3860m

> DAY 19 TREK FROM TENGBOCHÉ TO NAMCHÉ

It's a big descent from Tengboche to the Dudh Kosi river crossing, followed by a 45 min hike up the otherside heading back to Namche. The trail from here is an easy traverse with familiar sights of Thamskerku and the Kongde range. We stop in Kangjuma for lunch, to take in the stunning views before continuing on our destination for the night, with hot showers and delicious food from the bakery.

>Trekking Time 5 Hours >> Height 2840m



> DAY 20 TREK FROM NAMCHÉ TO LUKLA

After breakfast, we start the long descent down to the Dudh Kosi, before climbing back up to Monjo. Enjoy the sights of the maniwalls around Ghat and other villages, as we make our way back to Lukla. This is our last opportunity to take in the Buddhist culture that has prevailed throughout the trek before returning to the melting pot of cultures found in Kathmandu. Tonight we will have our group celebration dinner and thank the amazing Guides and Porters for their unconditional support and services along the way.

>Trekking Time 3 Hours >> Height 2840m

> DAY 21 FLY LUKLA TO KATHMANDU

Another early morning flight out of Lukla back to Kathmandu. You have the rest of the day to rest from the trek. A massage is highly recommended!

> Everest Base Camp & Lobuche East Climb: 23 days

> **DAY 22**
KATHMANDU

Our last day to catch in some sight seeing, shop, relax and prepare for departure. If you didn't make it to Bhaktapur or the other durbar squares in Patan/ Kathmandu, make sure you don't miss these world heritage sites. They provide another viewpoint of Nepal's diverse culture & ancient architectural talents.

> **DAY 23**
DEPART KATHMANDU

We bid Kathmandu and Nepal farewell, until next time!



> **Trip Summary**

- Day 1 >>ARRIVE IN KATHMANDU
- Day 2 >>EXPLORE KATHMANDU
- Day 3 >>FLY TO LUKLA AND TREK MONJO
- Day 4 >> TREK FROM MONJO TO NAMCHE
- Day 5 >>ACCLIMATISATION DAY IN NAMCHE
- Day 6 >> TREK FROM NAMCHE TO PHORTSE
- Day 7 >> TREK FROM PHORTSE TO PANGBOCHE
- Day 8 >> TREK FROM PANGBOCHE TO DINGBOCHE
- Day 9 >>ACCLIMATISATION IN DINGBOCHE
- Day 10 >>TREK FROM DINGBOCHE TO LOBUCHE
- Day 11 >>TREK LOBUCHE TO EVEREST BASE CAMP
- Day 12 >>IN EVEREST BASE CAMP
- Day 13 >>TREK EBC TO LOBUCHE (OPTION TO CLIMB KALA PATAR)
- Day 14 >>TREK LOBUCHE TO LOBUCHE EAST BASE CAMP
- Day 15 >>CLIMB LOBUCHE EAST BASE CAMP TO HIGH CAMP
- Day 16 >>SUMMIT LOBUCHE EAST & RETURN LOBUCHE BASE CAMP
- Day 17 >>WEATHER CONTINGENCY DAY
- Day 18 >>TREK LOBUCHE BASE CAMP TO TENGBOCHE
- Day 19 >>TREK TENGBOCHE TO NAMCHE
- Day 20 >> TREK NAMCHE TO LUKLA
- Day 21 >> FLY TO KATHMANDU
- Day 22 >> IN KATHMANDU
- Day 23 >> DEPART KATHMANDU FOR HOME

> **Everest Base Camp: detailed itinerary**



Packing List

HEAD / HANDS / EYES

- 1 x pair of insulating gloves/mitts
- 2 x pairs thermal gloves
- 1 or 2 Beanies
- 1 x glacier glasses (category 4 lenses)
- 1 x pair goggles (Julbo or any ski goggles)
- 1 x balaclava (optional)
- Sun hat and buff (3 or 4 buffs are great for covering face when dusty, sun protection and over the face on summit day)

UPPER BODY

- 1 x down jacket
- 1 x fleece or soft shell jacket
1 x synthetic or down jacket (light down jacket —great for layering)
- 1 x vest
- 1 x waterproof Goretex shell
- 1 or 2 mid layer long sleeve shirts
- 2 x sets thermal tops (underwear)
- 2 x trekking t-shirts

LOWER BODY

- 2 x lightweight trekking pants
- 1 x warmer pants (softshell preferred)
- 1 x set windproof waterproof pant (over pant)
- 2 x thermal bottoms (warm ones)
- 1 x pair shorts (optional)
- 4 x underpants

FEET

- 3 x pairs trekking socks (e.g. Bridgedale, Lorpen, Smartwool)
- 1 x pair summit socks (warmer by same brands)
- 2 x pairs of thin polypropylene socks/liners
- 1 x pair trekking boot or shoes
- 1 x lightweight sandals for camp (optional)

- 1 pair of runners/approach shoes for around camp.
- 1 pair long Gaiters (optional)

*CLIMBING GEAR

- 1 x pair boots
- Ice axe
- Helmet
- Crampons
- *All of this can be hired in Kathmandu

*MEDICINE/FIRST AID KIT

- 1 First aid kit (simple), personal medications, Ibuprofen hand sanitizer, Band aids for blisters, ointments etc.
- Wet ones for cleaning
- *A full medical kit will also be provided and carried with the group.

IMPORTANT ESSENTIALS

- 50+ litre day pack with comfortable harness
- Warm 4 seasons sleeping bag
- 1 x head lamp (plus spare battery/bulb)
- 1 x Thermarest or Exped sleeping mat (self-inflating)
- 1-2 tubes Zinc Sunscreen
- 2 x tubes Lip balm (minimum 40 SPF)
- 2 x one litre water bottles
- 1 x pair trekking poles (optional)
- 1 travel towel (microfibre ones are best)

TRAVELLING DOCUMENTS

- Passport (plus 2 photocopies of passport)
- Airline tickets to Kathmandu
- Travel insurance including mountain rescue (Global rescue)
- 4 passport size photos.
- Immunisations (see your GP)

- Wallet/Pouch for travel documents/money and passport
- Visa for Nepal (will send documents for you to fill out and we will organize visa before travel through)
- Nepalese consulate (Visa will be “30 day multiple entry” cost \$85.00)
- 4 large waterproof bags e.g. waterproof dry stuff-sacks or garbage bags for keeping your gear dry inside pack.
- Highly recommend some stuff sacks for your equipment that will be placed in the duffle bags.
- Clip seal bags are handy to separate things like food etc. in your pack.

NOTES

You will receive an Everest One duffel bag in Kathmandu which will be used to transport the gear you do not need during the day.

As this is a supported trip, we employ the wonderful Nepalese porters to carry our gear required for the trip. You will be amazed at their strength and beautiful nature. We believe in supporting the local people through tourism and respect them greatly.

We will brief you when we are in Kathmandu of what to pack in your duffle bag and in your day pack.

> Everest Base Camp & Lobuche East Climb: 23 days

BOOK NOW

> Sign Me Up

(Circle the date you're signing up for)

Everest Base Camp & Lobuche East Climb

5th to 27th of April, 2024

3rd to 25th of May 2024

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?

Yes No

Name: _____

Single Room Supplement: \$500

Payment Details

AUD\$1000.00 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

Name: _____

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? Please Note: 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% or nominated deposit at the time You submit the Booking Form to EO; and

b) The balance no later than 60 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 – You forfeit your full deposit and any other non-refundable items.
- 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.
- iv) If You cancel within 60 days, please remember that we have invested your funds in good faith to allow your adventure to proceed and therefore cannot offer You a refund. You can however obtain a credit note which can be transferred to another adventure within 12 months.

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.

c) Depending on the reason for cancellation, you may be able to reclaim these cancellation charges under the terms of your travel insurance policy directly with your insurance provider. Travel Insurance is compulsory and should be obtained at the time You commit to the Adventure.

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.

9) 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.

11) 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.

12) 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 co-verse You for all risks that may apply to You as a participant on the Adventure.

Terms & Conditions cont...

13) 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.

14) Insurance: Travel insurance is compulsory for all trips. 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.

15) 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.

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:

- 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
- 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:

- 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;
- High altitude trekking is inherently dangerous and, of itself, carries the risk of injury, death and loss to property;
- 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;
- 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;
- 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
- 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:

- 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
- 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 allocating 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

- Under the Australian Consumer Law statutory guarantees apply to the supply of 'recreational services' of the kind offered by the 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 for 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 and climbing includes the actions of walking, trekking, backpacking, using ropes, crampons and other climbing equipment 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 unless to do so would cause the Terms and Conditions to be frustrated.

SIGNATURE: _____

PRINT NAME: _____

DATE: _____

For the benefit of Everest One, in signing this booking form, I acknowledge that I have read, understood and accept the terms and conditions accompanying this booking form.



www.everestone.com.au
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www.facebook.com/everestoneaus
88 Macquarie St., Teneriffe, QLD 4005
AUSTRALIA

