



# EVEREST BASE CAMP TREK

DURATION: 17 DAYS

LOCATION: NEPAL

SKILL LEVEL: INTRODUCTORY

ALPENGLOW



# EVEREST BASE CAMP EXPEDITION

## Expedition Details

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DURATION: 17 DAYS

LOCATION: NEPAL

SKILL LEVEL: INTRODUCTORY

SEASON: SPRING

### DIFFICULTY LEVEL DESCRIPTION:

Trekking - No technical climbing or backpacking experience is necessary. It is important, however, that you are in good physical shape, and able to hike in rugged terrain for several hours each day. We are happy to detail physical training programs needed to get you ready for our treks.

### PREREQUISITES:

No experience necessary.



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# Expedition Introduction

## Everest Up Close

***Mount Everest has long captured the imaginations of people from across the world.***

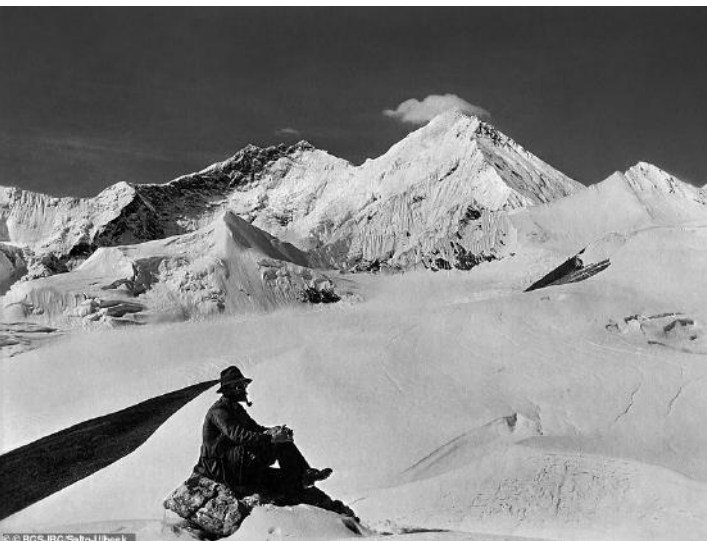
The fact that the summit of Everest is the highest point in the world speaks for itself, but when traveling in the Khumbu Valley, it becomes apparent that the greater picture of the mountain range, including the history, the weather, the locals, and the climbers who visit are what make this place special.

When trekking in the Khumbu, you enter a community of mountain enthusiasts that travel to this region to pursue their dreams. As you travel and trek beside the sherpa, guides, and climbers, you will attain a perspective unlike any other. You will gain an understanding of the region's culture, its history, and the sport that brought you there. With our support staff, guides, accommodations, and the best food in the business, you are able to focus your energy on yourself and your surroundings.



### ROUTE CHOICE

This trek officially begins at 9,000'/2,743m in Lukla, the world's highest airport. From there, we spend two weeks trekking from town to town through the Khumbu Valley. We'll hit famous spots like Namche Bazaar, Khumjung, Phortse,, Dingboche, and Kala Patar, where we enjoy the best views of Everest anywhere in Nepal.



### HISTORICAL OVERVIEW

The Khumbu Valley has been home to the Sherpa people for over 400 years, since they began to migrate from eastern Tibet into this massive landscape. When they first arrived, there were no trails through the forest, no stairs on the cliffs, and no fields for agriculture or livestock. Over time, the Sherpa transformed this landscape into what it is today, while still maintaining a harmonious and deeply respectful relationship with the natural world. It is truly one of the most special places on the planet.



## 17-Day Itinerary

To join a trek to Everest Base Camp is to be a part of an annual pilgrimage made by people from all around the world to one of the most revered places on Earth.

- Our aim is to create an itinerary that allows us to hit all the notable stops in the Khumbu while maintaining a relaxed, immersive itinerary
- 17 days allows us to spend quality time in our destination
- Our goal is to leave the Khumbu with a personal, unique connection to the region's culture, history, people, and landscape

***Our goal with a 17-day itinerary is to keep all the necessary acclimatization, training, and trekking preparation while maximizing the experience of simply being in the Khumbu without ever feeling rushed.***

This trek is an all-inclusive experience where everything is built-in from optional day hikes to rest days. We have personal, longstanding relationships with the full-time inhabitants of the Khumbu, allowing us special privilege and access into the lives and culture of the Sherpa people that live here.



Everest Base Camp is a pinnacle for trekkers, but it doesn't have to stop there. After EBC, many trekkers set their sights on more technical routes like the Cordillera Huayhuash in Peru or K2 Basecamp in Pakistan.

**See more trips at  
[ALPENGLLOWEXPEDITIONS.COM](https://alpenglowexpeditions.com)**



## About Alpenglow Expeditions

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*Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.*



### About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

### History of Alpenglow Expeditions

Founded in 2004 by IFGMA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.



# Who We Are

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## MISSION

TO INSPIRE ADVENTURERS THROUGH POWERFUL MOUNTAIN EXPERIENCES

## VISION

LEVERAGING THE POWER OF THE MOUNTAINS TO CREATE POSITIVE CHANGE IN THE WORLD

## VALUES

Alpenglow Expeditions facilitates epic mountain adventures. From Via Ferrata to summiting Mount Everest – our innovative climbing techniques, premier logistics, experienced & accredited guides, and smaller, curated teams results in an inspiring, powerful experience for every client.

Our logistical team is focused on quality and detail at every step resulting in a higher level of personal comfort with fewer delays and a better chance at success. As an AMGA accredited business, we surpass industry norms, guaranteeing that our guides are the best of the best, which includes requiring all international guides to have their IFMGA and/or AMGA certifications. Our guides are extensively trained across every route encountered - knowing the mountain inside and out makes for a smart, safe, decision process resulting in efficient, seamless trips. This training also allows our guides to focus on facilitating the best experience for our clients, including educating and teaching while on the mountain. Our guides and logistics ensure professionally managed and enjoyable expeditions, cohesive group dynamics, and an optimal trip for all.

Attention to detail extends to group dynamics and team size as well. We believe that the right people on the right mountain results in a unique and memorable expedition. We spend time understanding each participant, precisely matching them with the rest of the team. Small team size enables us to focus on each team member's goals for the trip, maximizing success and safety, which results in an outstanding curated experience.

Our innovative RAPID ASCENT™ program allows us to be efficient both on and off the mountain - pre-acclimatizing results in shorter, safer trips and eliminates the need for extended stays and unneeded hardship. Combining the innovative use of hypoxic training, small and carefully matched team sizes, and precise logistics means participants arrive better prepared and ultimately set up for success. RAPID ASCENT™ allows busy climbers to follow their passion in the mountains while maintaining the responsibilities of a busy life.

Alpenglow Expeditions is a group of passionate adventurers with a love for the high alpine. Our mission is to inspire adventurers through powerful mountain experiences because we know the transformative power they hold. Our clients feel empowered, surprised, delighted, and changed by the possibilities and promises of the mountains.

# About Alpenglow Expeditions

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## Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Manaslu, the 8th tallest mountain in the world, and in 2011 became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 10 summits of 8,000 meter peaks (including 6 summits of Mt. Everest).



## Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

## LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to insure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.

# The Alpenglow Difference

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## EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on fourteen 8,000-meter peak expeditions. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

## OUR GUIDES

Alpenglow's guides are a fundamental part of our operation and your experience. Your trip will be lead by one or more of our AMGA Certified guides who have intimate knowledge of their craft and the terrain. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it.

## PRECISE LOGISTICS

Time is a scarce resource in all of our lives. To maximize the value of our time we work with a local logistics team and have relationships with the services we use.

## HIGH-QUALITY FOOD

Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the trail, ensuring your strength and health throughout the expedition.

## FULL TIME OFFICE STAFF

We understand that scheduling and booking an international expedition is a large step. Therefore we maintain a full-time office staff to provide peace of mind and support you throughout the process.







## Route Description + Itinerary

Embark on an unforgettable journey to the iconic Everest Base Camp with Alpenglouw Expeditions. Your adventure begins in Kathmandu, Nepal's vibrant capital city. Spend your second day exploring the bustling streets, ancient temples, and rich cultural heritage of this enchanting city.

On day three, we take a scenic flight to Lukla, a small town nestled in the heart of the Himalayas. The flight itself is an adventure, offering spectacular views of the Himalayan peaks. Upon arrival in Lukla, we begin our trek, making our way through picturesque Sherpa villages and lush mountain landscapes. Our destination for the day is Monjo, a charming village situated along the Dudh Koshi River.

Day four takes us deeper into the Khumbu region as we make our way to Namche Bazaar, the bustling trading hub of the Khumbu region. The trail winds through dense forests of rhododendron and pine, offering glimpses of the towering peaks that surround us. As we ascend higher, the air becomes thinner, and we begin to feel the effects of the altitude. Upon reaching Namche Bazaar, we're rewarded with stunning views of Everest and the surrounding mountains.

On Day 5 we trek to Khumjung where we can rest and spend another acclimatization day near Namche Bazaar. The views on this trek are stunning, offering views of Everest, Lhotse, and Ama Dablam. We'll spend the night with Phurba Tashi and his family in his comfortable lodge, and visit local sites.

Leaving Khumjung behind on Day 6, we continue our trek towards Phortse, home to most our Alpenglouw's Sherpa team.

The trail goes through Mong La Pass and offers stunning views of and Ama Dablam, Thamserku, and Kantegri. We'll descend to the river and then make an easy climb to Phortse.

Day 7 takes us to Dingboche. The trail ascends gradually, offering breathtaking views of the surrounding mountains. As we gain altitude, the landscape becomes more rugged and barren, dotted with occasional patches of grass and scrub. Upon reaching Dingboche, we're greeted by stunning views of Island Peak and the surrounding glaciers. We'll spend Day 8 resting here with an optional climb of Chukkung Ri.

On Day 9, we continue our trek towards Lobuche. As we gain altitude, the air becomes thinner, and the landscape becomes more desolate. Upon reaching Lobuche, we're rewarded with stunning views of Nuptse and other surrounding peaks.

On Day 10, we trek to Gorakshep. Although not a long trek, this day can be difficult due to the altitude and occasionally difficult trail. We'll start early in the morning and follow the valley next to the Khumbu Glacier. In Gorakshep, if the weather permits, we may climb Kala Patar at just over 18,000'/5,100m. The views of Everest from here are the best anywhere in Nepal.

***Day 11 is the day we've all been waiting for: our trek to Everest Base Camp. The final stretch is tough, but the sense of accomplishment upon reaching Base Camp is indescribable. We will descend to Lobuche from there.***



## Route Description + Itinerary

On the morning of Day 12, we trek back to Pangboche. On the way, we'll stop in Pheriche, home to the HRA (Himalayan Rescue Association), a clinic for trekkers and local Sherpa alike.

On Day 13, we return to Namche Bazaar. We'll drop down toward the river and cross a massive suspension bridge toward a lunch spot in Sanasa. Then, we'll continue along the hillsides and ridges until we reach Namche.

On Day 14, we'll trek back to Lukla and enjoy the final portion of our journey, crossing many bridges, rivers, and through small towns and monasteries. We'll have lunch in Phakding before reaching Lukla.

On Day 15, we will return to Kathmandu. Day 16 is reserved as a weather day and Day 17 is for departure.



# Daily Itinerary Overview

**DAY 1** — Arrive in Kathmandu, Nepal (4,600 feet/1,400 meters). We transfer to our hotel, and begin the process of getting over jetlag.

**Activity:** Arrive in Kathmandu  
**Sleeping Elevation:** 4,300'  
**Lodging:** Hotel TBD  
**Meals:** None

**DAY 2** — Today, we explore some of Kathmandu's most famous sites as an acclimatization day. These include Swyambunath (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, and organize our bags for the trek.

**Activity:** Explore Kathmandu  
**Sleeping Elevation:** 4,300'  
**Lodging:** Hotel TBD  
**Meals:** None

**DAY 3** — Fly Kathmandu to Lukla, and trek Lukla to Monjo. One of the most beautiful and memorable mountain flights in the world, our 45-minute flight takes us from Kathmandu to Lukla, the town where we begin our trek to base camp. After organizing our yaks and porters, it's time to trek and we begin the half-day hike to the town of Monjo. The trail is excellent, and after descending to the town of Phakding, climbs easily from the river and across our first suspension bridges up to our lodge in Monjo.

**Activity:** Fly to Lukla, trek to Monjo  
**Distance Covered:** 6 miles  
**Moving Hours:** 3-5 hours  
**Elevation Gain/Loss:** +300'/91m  
**Sleeping Elevation:** 9,300'/2,835m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 4** — Trek Monjo to Namche Bazaar. The walk begins with a couple of thrilling suspension bridges and wanders along the banks of the raging Dudh Khosi River, before climbing steeply up a 2,000 foot (610 meter) hill into Namche Bazaar. This hill is the first of our challenging climbs into higher elevations. Along the way we are rewarded with our first views of Mt. Everest, and plenty of well-built stone terraces to stop and rest. We have lunch in Namche Bazaar, and spend the afternoon exploring the vibrant town. Namche is the most important town in the Khumbu Valley, and is filled with fun shops, great bakeries, and colorful winding streets. We also visit the local monastery and the Sherpa Museum of Culture and Himalayan Climbing History. The museum's exhibits chronicling sherpa climbing history are not to be missed.

**Activity:** Trek to Namche Bazaar  
**Distance Covered:** 3 miles  
**Moving Hours:** 3-4 hours  
**Elevation Gain/Loss:** +2,000'/610m  
**Sleeping Elevation:** 11,300'/3,444m  
**Lodging:** Tea House  
**Meals:** Breakfast

**DAY 5** — For acclimatization purposes we spend a second night near Namche Bazaar. After a relaxing morning exploring town and enjoying our first stunning views of Ama Dablam from a viewpoint above town, we have lunch and then take a one-hour walk to Khumjung and our sirdar's (lead sherpa's) home. We spend the night with Phurba Tashi and his family in his comfortable lodge, and possibly visit the Hillary School in Khumjung, and the Khunde hospital, both projects of Sir Edmund Hillary, and significant centers of Sherpa life.

**Activity:** Trek to Khumjung  
**Distance Covered:** 2 miles  
**Moving Hours:** 1 hour  
**Elevation Gain/Loss:** +1,100'/335m  
**Sleeping Elevation:** 12,400'/3,790m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 6** — Phortse is home to most of our sherpa team. It is a mountain town perched on the walls of a massive river valley and sees few Western visitors. To get there we set off on small trails, featuring a long stone staircase through vertical rock cliffs that ends at the Mong La, a high pass with striking 360 degree views of Ama Dablam, Thamserku, and Kantegri. We descend to the river then climb easily to Phortse, arriving in time for lunch. We spend the afternoon visiting our sherpa team in their homes, drinking tea and tasting the locally made yak yogurt.

**Activity:** Trek to Phortse  
**Distance Covered:** 4 miles  
**Moving Hours:** 3 hours  
**Elevation Gain/Loss:** +50'/15m  
**Sleeping Elevation:** 12,450'/3,800m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 7** — We begin today's trek far from other trekkers on the trail from Phortse to upper Pangboche. In Pangboche we visit the oldest monastery and temple in the region and explore its paintings and statues. If we are fortunate, we may also receive blessings from the local lama. Once finished, we continue hiking to Dingboche, a small seasonal town perched at the base of Lhotse's South Face that has incredible views of Ama Dablam's North Ridge.

**Activity:** Trek to Dingboche  
**Distance Covered:** 5-7 miles  
**Moving Hours:** 5-7 hours  
**Elevation Gain/Loss:** +2,350'/716m  
**Sleeping Elevation:** 14,400'/4,530m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 8** — Rest Day in Dingboche with an optional climb of Chukkung Ri. It is not glaciated, but provides an excellent way for us to gain additional acclimatization, as well as stunning views of Lhotse's South Face and the huge glaciers filling the Amphu Valley. In the afternoon we return to Dingboche. As needed, this day also makes for a great rest and recuperation day prior to continuing higher in the Khumbu Valley. Many shorter day hikes also exist around the town of Dingboche offering an opportunity to explore without attempting the complete climb of Chukkung Ri.

**Activity:** Rest Day / Climb Chukkung Ri  
**Moving Hours:** Optional 6-8 hours  
**Elevation Gain/Loss:** +3,500'/1,067m  
**Sleeping Elevation:** 14,400'/4,530m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 9** — We say goodbye to the Ama Dablam climbing team this morning, and then take our time and move slowly as we move considerably higher in the valley. The walk to Lobuche follows a high plateau with beautiful views of the surrounding peaks and yak herders' huts, before crossing a small river and climbing steeply above the town of Dughla to the Everest memorial zone. Here there are stone memorials and plaques to many of the local and international climbers who have been lost climbing Everest and the Khumbu's other big peaks. After some time here to take in the beauty of this place, we continue up the valley to Lobuche.

**Activity:** Trek to Lobuche  
**Distance Covered:** 5 miles  
**Moving Hours:** 4-6 hours  
**Elevation Gain/Loss:** +1,300'/396m  
**Sleeping Elevation:** 16,109'/4,910m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 10** — Today, although not long, is quite challenging due to the altitude and occasionally difficult trail. After an early morning start, we follow the valley next to the Khumbu Glacier all the way to the final Sherpa settlement of Gorak Shep. If the weather and views warrant, we may choose to climb Kala Patar (18,192 feet/5,164 meters) this afternoon to see sunset on Everest's South Face. Summiting Kala Patar is a non-technical but strenuous hike on good, generally snow-free trails. The views of Everest from its summit are the best anywhere in Nepal, and well worth the hard hike. We spend the night in a lodge at Gorak Shep.

**Activity:** Trek to Gorakshep  
**Distance Covered:** 3 miles  
**Moving Hours:** 3 hours  
**Elevation Gain/Loss:** +850'/259m  
**Sleeping Elevation:** 16,950'/4,910m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 11** — Continue trekking to Everest Base Camp (17,575 feet/5360 meters) at the foot of the Khumbu Icefall, an additional 3-4 hours round trip. In the autumn the base camp is quiet, but still a stunning place to visit. In the afternoon we descend all the way to Lobuche.

**Activity:** Trek to Everest Base Camp  
**Distance Covered:** 7 miles  
**Moving Hours:** 4-6 hours  
**Elevation Gain/Loss:** +735' / 224 m  
**Sleeping Elevation:** 16,207'/4,940m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 12** — Trek from Lobuche to Pangboche. Along the way we visit the town of Pheriche, home to the HRA (Himalayan Rescue Association), an important medical clinic that treats both foreign trekkers and the local Sherpa. We will also enjoy having more oxygen for our bodies, warmer temperatures, and re-entering the world of trees and vegetation after the stark beauty of Everest. We spend the night in one of our sherpa's lodges in Pangboche.

**Activity:** Trek to Pangboche  
**Distance Covered:** 7 miles  
**Moving Hours:** 4-6 hours  
**Elevation Gain/Loss:** +1,600'/488m  
**Sleeping Elevation:** 14,469'/4,410m  
**Lodging:** Tea House  
**Meals:** All Meals

**DAY 13** — Trek Pangboche (12,894 feet/3,930 meters) to Namche (11,300 feet/3,444 meters), 4-6 hours. Today we continue down valley back to the bustling village of Namche.

**Activity:** Trek to Namche  
**Distance Covered:** 7 miles  
**Moving Hours:** 4-6 hours  
**Elevation Gain/Loss:** -1,500'/488m  
**Sleeping Elevation:** 11,300'/3,444m  
**Lodging:** Pangboche  
**Meals:** All Meals

**DAY 14** — Trek from Namche Bazaar (11,300 feet/3,444 meters) to Lukla (9,000 feet/2,743 meters), 5-7 hours. Our final day of walking covers the same ground we spent 2 days climbing on the way in. Now that we are acclimatized we cover the distance easily, and enjoy the many suspension bridges, tumultuous rivers, small towns and monasteries. After lunch in Phakding, the trail climbs a final 600 vertical feet (180 meters) to the airstrip in Lukla, and our final lodge where we spend the night.

**Activity:** Trek to Lukla  
**Elevation Gain/Loss:** -2,300'/700m  
**Sleeping Elevation:** 9,000'/2,743m  
**Lodging:** Lukla  
**Meals:** All Meals

**DAY 15** — Fly Lukla (9,000 feet/2,743 meters) to Kathmandu. This 45-minute flight begins with one of the most exciting takeoffs in the world. Once airborne, there are incredible views of the mountains, the foothills, and finally the city. After landing in Kathmandu we return to our hotel for an evening of celebration. Night in hotel.

**Activity:** Fly KTM  
**Lodging:** Hotel  
**Meals:** All Meals

**DAY 16 + 17** — Weather Day / Departure Day.

**Activity:** Depart

# Travel Details

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## FLIGHTS

Climbers should schedule flights to land in Kathmandu on Day 1 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged. Flights into Kathmandu are double checked by the Alpenglow logistics team, please verify with us before booking.

## VISAS

Visas can be obtained [online](#) or upon arrival to Tribhuvan International Airport for most citizens. Please check visa requirements well in advance if you are not from the United States.

## PASSPORTS

You will need to email a proper photo of your Passport upon signing up for your trip. Your Passport must have more than 6 months validity after the last date of the trip and have at least 2 blank pages for stamps. Copies must be high quality, color, no glare, no cropping, in focus, straight on/no angles.

*Please confirm your itinerary with Alpenglow Expeditions before purchasing.*





## Accommodations

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*All expeditions include double occupancy lodging in town and double occupancy tents on the trail and in tea houses. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.*

### IN-TOWN

While in Kathmandu, we stay in the Hyatt. We utilize this time to recharge our batteries from the lengthy international travel. While in tea houses, we will also stay in double occupancy rooms unless otherwise requested. Read below for single supplement details.

### SINGLE SUPPLEMENT

If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.

### ON-MOUNTAIN ACCOMMODATIONS

On the trail, we will stay in the most comfortable tea houses available along the way to and from Everest Base Camp. We will also spend one night in tents at the Ama Dablam Base Camp.







## General Trip Information

### FOOD

Most of the food we eat is prepared by local cooks who work in the tea houses where we stay along the way. When we are not staying in tea houses, our western-trained local staff provides fresh, healthy foods. We are usually able to accommodate most dietary restrictions, including gluten-free, vegetarian, and vegan diets.

### MOUNTAIN TRAINING

The Everest Base Camp Trek is a large physical undertaking, and trekkers who are joining our teams should have a deep understanding of what it takes to train for a trip like this. For a personalized training schedule, please reach out to our in-house trainer:

[lynette@alpenglows.com](mailto:lynette@alpenglows.com).

### MEDICAL REQUIREMENTS

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

### On Mountain Medicine

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

## INCLUSIONS

**The cost of your trip includes** your land costs (excluding in-town meals). This includes:

- double occupancy lodging while in town
- meals on the trail
- group camping and climbing equipment
- scheduled transportation while in the countries we are visiting
- certified guides

## CANCELLATION POLICY

View our cancellation policy online at [alpenglowexpeditions.com](http://alpenglowexpeditions.com).

## INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

## EXCLUSIONS

**The cost of your trip does not include:**

- flights to/from the city where the expedition begins
- airport taxes
- visas
- in-town meals
- immunizations
- tips for guides or local staff
- travel, rescue, or any other type of insurance
- hospitalization or evacuation costs
- single supplement charges
- excess baggage charges,
- alcohol
- other personal expenses.

*\*\* The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.*





## Expedition of a Lifetime

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*Success is only achievable with your hard work and perseverance, and of course the right team of people around you.*

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

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expeditions

[ALPENGLLOWEXPEDITIONS.COM](http://ALPENGLLOWEXPEDITIONS.COM)

### BOOKING + INQUIRES

For booking details, questions, or more information please call or email us:

**1 (877) 873-5376**

**[info@alpenglowexpeditions.com](mailto:info@alpenglowexpeditions.com)**



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This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.

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