

CHALLENGE YOURSELF

ON A LIFE CHANGING HIMALAYAN ADVENTURE



"Jack is an accomplished Himalayan guide and mountaineer having climbed mountains across Asia, North America and New Zealand. I have personally travelled and been on expeditions with Jack and can be rest assured that his engaging manner plus emergency service and military training will provide for an excellent adventure. Jack has become an invaluable member of the Trek Climb Ski Team and brings far more to our trips than simply showing our guest the way. His strong leadership and support, combined with his knowledge and passion for the people and mountains of Nepal, delivers an exceptional trekking holiday experience that is second to none."

**Nick Farr, Everest Summiteer
& Director of Trek Climb Ski**

"Let us take you on an adventure of a lifetime and share the beauty of the Himalaya and the people of Nepal. It's time to commit, explore and achieve."

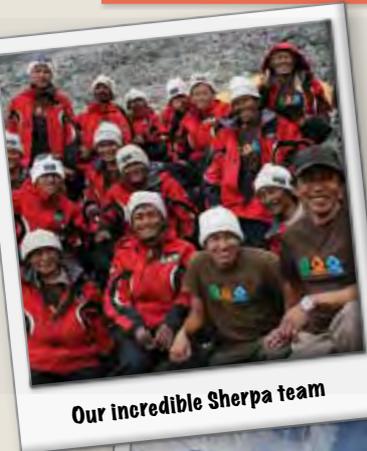
**Jack Carmody
& Russ Tomlin**



For a comprehensive expedition program contact:
Jack Carmody –jack@xtremeadventures.net.au or 0466 749 244
Russ Tomlin –russ@xtremeadventures.net.au or 0421 416 019

MT. EVEREST BASE CAMP

ULTIMATE ADVENTURE & TRAINING PACKAGE



Our incredible Sherpa team



Mountain river crossings



Spectacular Ama Dablam



Cultural attractions



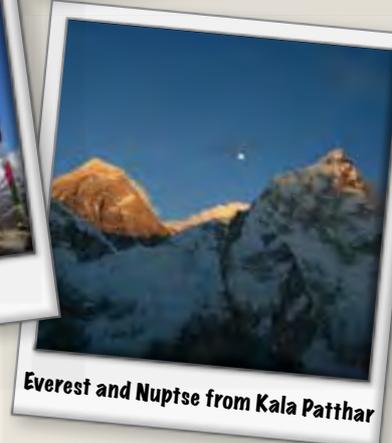
Stunning Himalayan views



Beautiful Nepalese children



Sacred Buddhist Stupas



Everest and Nuptse from Kala Patthar

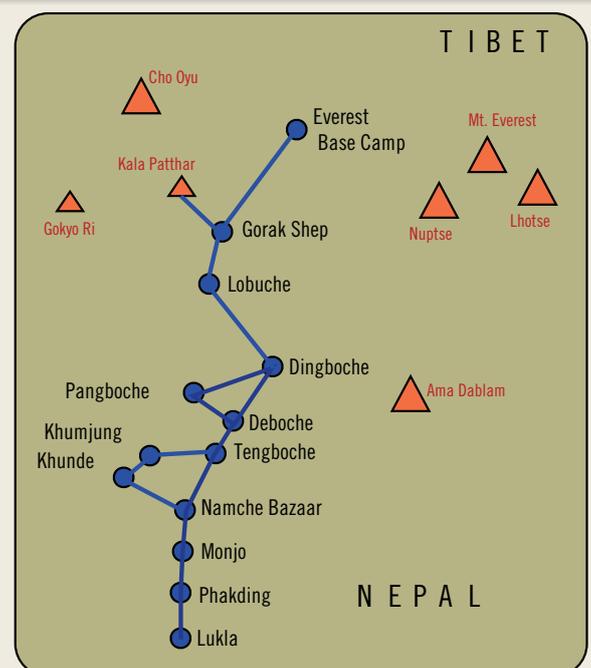
INCLUSIONS

- Trek to Everest Base Camp – 19 day expedition
- 4 days in vibrant Kathmandu staying at the Radisson Hotel (breakfasts included)
- Guided sightseeing tour in the ancient city of Kathmandu
- All ground transfers and return flights from Kathmandu to Lukla
- Porters to carry all personal and group equipment
- Full support from exceptional local Sherpa guides and porters
- Nutritious food prepared by our head chef
- All accommodation while trekking - tent camping & lodges in Lukla and Namche Bazaar
- Spiritual blessing by the Himalayan Lama in Namche Bazaar

TRAINING PACKAGE

- 10 week lead-up trekking conditioning training program with Jack Carmody and his team of personal trainers
- 1 day of rock climbing and abseiling with fellow expeditioners
- An adventure weekend away with fellow expeditioners
- On-going support and advice from your trek leader and performance coach
- Fun and supportive team training sessions (indoor and outdoor)
- Achieve a greater level of fitness
- Gain a new level of confidence and self-esteem
- Everest presentation and information evening conducted by Trek Climb Ski Director and Everest Summiteer, Nick Farr

MT EVEREST BASE CAMP ITINERARY MAP



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