



UIAA
Global Youth Summit 2011



UIAA GLOBAL YOUTH SUMMIT 2011



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Climb your dream in Nepal

See the world's highest mountain?

UIAA Global Youth Summit

International Everest Base Camp Trek (5364 m)

14-30 September 2011

Climb Pokhalde Peak (5806 m)

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Peace Climb – International Youth Mountain Symposium

UIAA Global Youth Summit Year of Asia – A unique opportunity to share the Himalayas with experts including Nepal women’s record Everest team, ECO Everest expedition leader Dawa Steven Sherpa & mountain medicine experts of the Himalayan Rescue Association.

NAMASTE!

Everest Base Camp Trek is takes in some of the most famous mountain scenery in the world passing the beautiful Ama Dablam on route to Everest Base Camp itself and its spectacular ‘horseshoe’ of Everest, Lhotse and Nuptse.

We invite young Asian climbers & Federation trainers to share mountaineering techniques, performance development & the most of all the Himalayas. We welcome other countries to attend and offer an insight into their climbing programmes & environmental education.

OBJECTIVES

- Exchange training & mountain techniques on the Everest Trek. Set new rock routes & boulder problems.
- Listen to high altitude & youth lecture – Himalayan Rescue Association.
- Trek with some of Nepal’s top Sherpa’s including women’s record Everest team.
- Discover ice climbing in Asia session & how to organize ice climbing events.
- Take part in an ecological action & school visit on route.
- Make a post meet Peace climb & gather video.
- Contribute to mountaineering and mountain communities in Nepal.
- Enjoy being in these amazing mountains, make new friends to share adventures.

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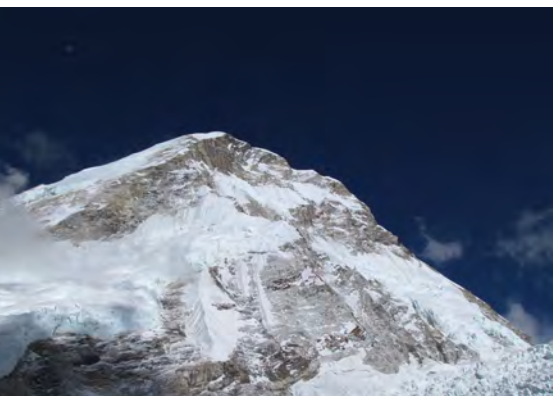


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Who for?

Young climbers aged 16 to 25 and leaders. Maximum of 4 participants per country. Those under 18 years old must be accompanied by an adult guide, who is able to look after them. For Pokhalde peak we expect winter/alpine mountaineering experience. Each day is normally 4-5 hours of walking, and each member only carries a light (5-6 kg) rucksack. The walking is not overly strenuous and the path is normally very good, although it can be rocky. We are expecting some North Face athletes to come and climb.

Place:

Start and finish Kathmandu airport, Nepal. You will be met at the airport by event staff.

Accommodation and Food:

- Kathmandu - Hotel Norbulinka – BB Plan (bed & breakfast)
Double rooms: US\$ 20/ person OK
- Lodges en route. The typical lodge will have twin rooms for sleeping and a large communal area for dining and hanging out in that will have a stove that will be lit in the evenings.

Staff/leaders:

Asian Trekking staff & Sherpas under Dawa Steven Sherpa.

Equipment:

See Equipment List for basic Everest trek including rock climbing around Kathmandu & bouldering. If you want to climb a peak you will be sent a separate list.

Insurance:

Participants must get themselves insurance for accident, rescue, third party liability and travel which is valid for participating in the programme of climbing and trekking in Nepal. This cover note of insurance should be presented to the organizers prior to arrival. See insurance form.

Entry visas:

If you need to obtain entry visa letter of support, please confirm names and passport numbers and contact emails as soon as possible

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COST: Programme A

US\$ 995 per person

(including Lukla return flight from Kathmandu) Programme A including Everest basecamp trek.



Tengboche



Khumjung village

Included:

- Transfer: airport-hotel-airport for international flight.
- Full service standard lodges on room sharing basis and fixed meals during the trek.
- Wages of guides and assistants and porters on trek.
- Local taxes and insurance for guides and required porters.
- Domestic airport departure tax transfers.
- Scheduled Flight: KTM-Lukla-KTM – US\$ 240 and booked for participants by Asian Trekking.

Not included:

- Tourist visa for Nepal and international flights to/from Kathmandu
- Personal expenses and personal tips, alcoholic beverages, cold drinks and mineral water or boiled water.
- Costs arising due to flight cancellation and political disturbance.
- Travel insurance, personal medical expenses and rescue evacuation. Lunch and dinner in Kathmandu payable on site.
- Entrance fees for Patan and Pashupatinath during sightseeing. Hot shower during the trek.

About UIAA Global Youth Summit events:

- These events are a great opportunity to meet a varied group of young climbers from home and abroad, make new friends, as well as exchange climbing techniques.
- During the event we will also share knowledge (demonstrations, lectures and experience) of climbing and mountaineering, ecological issues in Asia, high altitude medicine and living with mountain communities.

SPONSORS

Asian Trekking is providing 2 free trek places
ARISF is supporting some session leader costs
UIAA Youth Commission
Himalayan Rescue Association
The North Face (Nepal)

Registration deadline:

30 August 2011

Endorsed by:



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Organized by:



COST: Programme B

US\$ 995 + Extra Cost / per person

Approximate extra cost for Pokhalde Peak Climbing and tented camp expenses. Please see the chart at right for pricing.



Approximate Extra Cost Per person)

Group Size	2-4 Pax	5-8 Pax	7-10 Pax	11-12 Pax
Tented Camp Climbing	US\$ 815 Per Person	US\$ 660 Per Person	US\$ 620 Per Person	US\$ 525 Per Person

Thanks to Nepal Mountaineering Association for waiving the peak permit fee for Pokhalde

Tented camp climbing trek cost includes for Pokhalde:

- Full service tented camp during climbing period with food, foam mattresses, sleeping tent, dining tent, and toilet tent provided.
- Services of climbing/trekking guide and porters. Complete kitchen equipment will be arranged during climbing period as per program.
- Sherpa with equipment fly in and out Lukla.
- Climbing rope and snow bar.
- Climbing equipment allowance of High Altitude Sherpa (HAS).
- Local taxes, climbing/trekking guide, staff, and porters' insurance.

Costs DO NOT include:

- Personal climbing gear.
- Other costs as with programme A

Note: A garbage deposit of US\$ 250 is required to be paid when applying for the permit of Pokhalde Peak. The refundable garbage deposit of US\$ 250 will be paid by Asian Trekking.

OTHER OPTIONS Available on request and outside the UIAA GYS programme including rafting, jungle trek, other peaks. Please ask. Atibus sunt, quis audae dolorro ex earis eossus.

SPONSORS

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Himalayan Rescue Association

The North Face (Nepal)



Collect your video / add to
<http://www.youtube.com/user/uiaabem>



<https://www.facebook.com/group.php?gid=268798630125>
UIAA Global Youth Summit

Registration deadline:

30 August 2011

Endorsed by:



Sponsors:



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PROGRAMME OPTION A NOT INCLUDING POKHALDE PEAK

Day	Date	Activity	Accommodation
1	14-Sep-11	International arrival in Kathmandu	Hotel Norbulinka
2	15-Sep-11	Climbing wall & city visit. Youth training techniques exchange. Meet local school children. Sightseeing Pashupatinath and Patan.	Hotel Norbulinka
3	16-Sep-11	Visit to Balaju and Rock climbing/route setting techniques. Visit to Kathmandu medical centre	Hotel Norbulinka
4	17-Sep-11	Transfer to airport and schedule flight to Lukla (2860m). Trek to Phakding (2610m) ~ 3 hours walking	Overnight Lodge
5	18-Sep-11	Phakding - Namche Bazaar (3440m) 5 hours walking. Discussion of development of ice climbing and ice climbing competition in Asia	Overnight Lodge
6	19-Sep-11	Khumjung (3780m) for acclimatization	Overnight Lodge
7	20-Sep-11	Khumjung - Rock climbing, bouldering circuits & development	Overnight Lodge
8	21-Sep-11	Tengboche Monastery (3860m)	Overnight Lodge
9	22-Sep-11	Dingboche (4410m)	Overnight Lodge
10	23-Sep-11	Dingboche - Visit Chhukung (4730m)	Overnight Lodge
11	24-Sep-11	Lobuche (4910m)	Overnight Lodge
12	25-Sep-11	Visit Everest Base Camp (5364m) & trek back to Ghorekshep (5140m)	Overnight Lodge
13	26-Sep-11	Lobuche - Hike up Kala Pattar (5550m)	Overnight Lodge
14	27-Sep-11	Pangboche (3930m)	Overnight Lodge
15	28-Sep-11	Namche Bazar (3440m): Himalayan Environment presentation	Overnight Lodge
16	29-Sep-11	Lukla	Overnight Lodge
17	30-Sep-11	Schedule flight: Lukla-Kathmandu	Hotel Norbulinka
18	1-Oct-11	<i>Spare days to incorporate activity such as peak, rafting, jungle trek. Accommodation to be arranged personally, however we can help.</i>	
19	2-Oct-11		
20	3-Oct-11		
21	4-Oct-11		

NB on 7 – October - 11 UIAA Youth will be taking part in a Climate change and Ice climbing symposium, you are welcome to join. We will collate some of the outcomes from the trek.

OPTION B INCLUDING POKHALDE PEAK- Same as A until day 13 and then as follows:

12	25-Sep-11	Visit Everest Base Camp (5364m) & trek back to Ghorekshep (5140m)	Overnight Lodge
13	26-Sep-11	Lobuche - Hike up Kala Pattar (5550m)	Overnight Lodge
14	27-Sep-11	Lobuche to Pokhalde Base Camp (5535m)	Overnight Tented Camp
15	28-Sep-11	Summit Pokhalde Peak (5806m) & return to B.C.	Overnight Tented Camp
16	29-Sep-11	Pangboche (3930m)	Overnight Lodge
17	30-Sep-11	Namche Bazar	Overnight Lodge
18	1-Oct-11	Lukla	Overnight Lodge
19	2-Oct-11	Schedule flight: Lukla-Kathmandu	Hotel Norbulinka
20	3-Oct-11	<i>Spare days to incorporate activity, training or alternative peak</i>	
21	4-Oct-11		

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BOOKING FORM

UIAA Global Youth Summit International climbing and trekking in Nepal
September 14 th to 30 September or 2 October 2011.

Date: _____

MOUNTAINEERING FEDERATION / CLUB: _____

ADDRESS: _____ CONTACT NUMBER: _____

WEBSITE: _____ E-MAIL: _____

FULL NAME AS IN PASSPORT: Name: _____ Last name: _____

NATIONALITY: _____ ADDRESS: _____

DATE OF BIRTH: _____ SEX: _____ PASSPORT NO: _____

DATE & PLACE OF ISSUE: _____ PERIOD OF VALIDITY: _____

Your passport must have a minimum validity of 6 months for travel to Nepal.

E-MAIL: _____ MOBILE PHONE: _____ PHONE: _____

EMERGENCY CONTACT DETAILS:

CONTACT PERSON / RELATION: _____ CONTACT NO: _____

Brief Trekking Background _____

Participant climbing experience, level and skills:

I can tie in /Yes/No/

I can top rope belay safely /Yes/No

I can lead belay safely /Yes/No

My current on sight level is: _____ My current red point level is: _____

Experience in mountaineering / qualifications:

Good health and physical fitness are required on all trips.

Do you suffer from any pre-existing medical conditions? Please specify

Are you under any medication that we should know? Please specify

Your Blood Group _____ Special diets: ☐ vegetarian ☐ allergies and intolerances ☐

Details: _____

Participants must be protected by their own insurance that cover accidental, medical, emergency evacuation and loss or damage to personal effects.
(a policy copy to be submitted 8 days before trek departure.)

INSURER: _____ POLICY Number: _____

Place, date and time of arrival and transport, which you plan to use (and number of flight):

Questions: _____

Date: _____

Signature _____

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Participants applying for a UIAA Global Youth Summit event also acknowledge and accept that:

- Safety is a primary concern at UIAA Global Youth Summit Events, but as with all the other forms of climbing there is a danger of personal injury or death.
- Participants at UIAA Global Youth Summit events, and their parents if U18, accept the risks of participation and are responsible for their own actions, which should take account of relevant circumstances such as changing weather conditions.
- To take part it is necessary to be medically fit to do the activity and have valid liability and accident insurance which is valid in the country of the event and which covers rescue and repatriation. Please bring a copy of your insurance with you to show the organizers
- Please also complete the Release & Assumption of risk form from Asia Trekking Ltd who are sponsoring some staffing of this event

Signed: (Participant) _____

Date: _____

I have returned the liability release form, with parental consent if under 18.

Payment:

I will send payment to the below bank clearly labeled with my name & UIAA Global Youth Summit (GYS) 2011 to the below account ☐

BANK ADD:	NEPAL BANK LTD. KATHMANDU BANKING OFFICE DHARMAPATH, NEPAL. Telephone: +977-1-4247192 (direct), 4221185 Ext. 225/341 Fax : +977-1-4222381 , 4220414 Email : info@nepalbank.com.np http://www.nepalbank.com.np
SWIFT:	NEBLNPKA
A/C No.:	34559-13
Beneficiary :	ASIAN TREKKING (P.) LTD,
Beneficiary Address:	Bhagawan Bahal, Thamel -29, Kathmandu, NEPAL, Tel: 00 977-1-4424249, 4426947, 4419265, Fax: 00 977-1-4411878 www.asian-trekking.com E-mail:- info@asian-trekking.com
A/C TYPE	CURRENT ACCOUNT US\$

I would like to receive information on climbing other trekking peaks such as Pokhalde (5,806m) or Island peak (6,189m) after the Everest trek ☐

How many people from my Federation would like to climb Pokhalde (5,806m) Climb for peace ☐ or Island Peak? ☐

I am interested in raising money for a local charity? ☐

I am interested in finding out about other activities such as rafting, jungle trek ☐

Please send this signed registration form before end August 2011, if possible, through your mountaineering federation / club.



Asian Trekking (P) Ltd.

P. O. Box 3022, Bhangwan Bahal, Thamel, Kathmandu, NEPAL

Phone: 00977-1-4424249 / 4426947 | Email: info@asian-trekking.com | Website: www.asian-trekking.com | Contact: **Amar Pradhan**

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