



Everest Base Camp Trek, Nepal

In Support of Child Haven International

25 Days, May 1 - 26 '09



AIR & LAND INCLUSIVE
CA \$4895 per person
from Toronto/Ottawa/Montreal
Taxes & fees extra

CA \$5295 per person
from Vancouver/Calgary/Edmonton
Taxes & fees extra

Our past trekkers said:

- "A humbling experience, this trip showed me more will than skill"

- "It is as much a trip through time as a journey within."

What challenges in your everyday life? Getting into your car to beat the traffic? Lose 15 pounds from your excess weight? To plan a Caribbean beach getaway? How about rewarding yourself with a challenging mountain walk in the Himalaya, the world's greatest mountain country for a close encounter with the mighty Everest and other giants? This non-technical trek is the ultimate test for the avid hiker. Walk 180km in 18 days with the highest altitude gain of 18,400 feet!

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