

The Everest Base Camp Challenge, Nepal

A once in a lifetime trek at the top of the world from 14-28 October, 2011

We're heading to the world's mightiest mountain for our 4th expedition to Base Camp (5,360m) and we'd like you to join us!

Camping with sweeping views of the mountains and valleys, this 10-day trek involves a tremendous amount of up-and-down hiking with numerous river crossings on spectacular bridges, climbing from temperate to snow-line regions, with a highest point of 5,545m / 18,190ft ([see itinerary](#)). Every chance to visit villages, monasteries, teahouses and the charity, [NYCDS](#), will allow us to interact with local people and see for ourselves the wonderful work being done for the most needy children of the region.

Although trekking / climbing experience is unnecessary, physical and mental determination are essential for this tough challenge. Free training sessions will be provided.



GIVING KIDS A CHANCE AROUND THE WORLD

Registration Fee: AED 2,200 (non-refundable)

Minimum Fundraising Target: AED 19,000 (includes flights, accommodation, meals and water)

Charity: all funds raised will be donated to the [New Youth Children's Development Society](#) in Nepal

Training: this challenge has been classified as EXTREME and is achievable by anyone who maintains a strong level of fitness and is willing to put in extra training in the months leading up to the challenge.

CHALLENGE YOURSELF — HELP OTHERS!

REGISTER NOW

By taking part in a Gulf for Good adventure, participants raise funds that are donated to handpicked children's charities in the areas where the challenges take place.

In 10 years, Gulf for Good has completed 33 challenges, raising over US\$1.7 million for schools, hospitals, orphanages, and medical equipment in 21 countries in the Middle East, Asia, South America and Africa.

The charity challenges are a mixture of moderate to extreme adventures, ranging from high altitude treks to hiking, cycling, kayaking, rafting and even camel trekking in magnificent landscapes. Our adventures allow you to access areas you may have only dreamed of visiting, in the company



of like-minded individuals.

Operating under the patronage of His Highness Sheikh Ahmed Bin Saeed Al Maktoum, Gulf for Good aims to bring together Gulf nationals and residents, of all backgrounds, to push their own limits whilst raising money to make a real difference to children's lives in the area of the challenge.

For more information:
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