



Expedition Newsletter

Welcome to the Eighth of our regular news letters. If you discover anything of interest and want to share it (links, articles etc), let us know and we'll include it.

Get Fit at Spectrum

Alex has been busy talking to the Fitness Manager at the Spectrum and has got us a very good deal. First off we get a free induction session and an "Active" card then they will carry out an assessment of everyone's personal fitness levels and advise us on what we need to do to improve our "altitude ability". After that you can go along at a time of your choosing and work on the aspects they have advised. All at the "Off-peak" rate. The inductions will take place in groups of 4 or 5 the first was this week and Alex will be in touch with dates shortly for the rest of you.

On the subject of health

With the clock now ticking down to 8 months before departure you need to start thinking about getting all the correct injections. I've had a look through the Department of Health advice pages and it would appear the principle ones are Tetanus, Polio, Typhoid and Hepatitis A. According to Dr Piper, Diphtheria and Meningitis, depending on your age, are possibilities. The only moot point is that of Rabies vaccine. There are feral dogs around both in Kathmandu and in the valleys to Base Camp. Rabies is endemic in the sub-continent including Nepal. Having said that, the risk is very small, especially if you avoid dogs. These notes are a guide, please consult your own GP and take their advice on the matter, they know your personal circumstances and are qualified to give such advice.

Time off from School

Hopefully you have all acted on my email about this. I have had a response from one Head Teacher and they finished by saying "***I am confident that this expedition will be of great educational value to all those who take part***". We now have to live up to that expectation. It would also be nice if one of you from each school would act as a liaison, keeping the Head updated on what is happening. Perhaps pass on a copy of these newsletters.

In Brief

A big thank you to Hazel, Ellen, Neil and Phil for giving up their Saturday afternoon at very short notice to help the Rotary Club with the parking at the Ripley Event

Something to think about:- If you thought you were going to spend the two weeks of the trek just looking at the scenery, Wrong! I expect everyone to do some form of project (it's a requirement of the awards). You can work in twos or threes if you wish and the subject choice is yours. Suggestions made so far have been. Effect of tourism on the route, Farming at altitude, Yaks etc

The next Farmers Market is on Saturday the 12th August. Mark is in charge as both Alex and I are off on Scout camp that day. We do have volunteers to help but the rest of you are always welcome to turn up



News Spotlight

There will be no meeting in August. Next Expedition team meeting will be held on **Thursday 28th September 2006** Venue Mellow HQ Starting 19:30.

234 days to go and counting



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Culture Corner

The Himalayan Kingdom has the richest and most diverse culture landscapes anywhere. Nepal is the holy land of Lord Pashupatinath and Gautam Buddha where the Hindus and Buddhists have lived together in harmony for centuries. The Temple of Pashupatinath is Nepal/s most sacred Hindu shrine and one of the four most important cities in the world for Shiva worshippers. Lord Buddha, the light of Asia, was born in Lumbini in Nepal/s southern plains, which makes Nepal a scared pilgrimage destination for Buddhists as well.

The rich tapestry of the cultural heritage of Nepal is synthesized in the Kathmandu Valley. The three ancient cities of the Valley Patan, Kathmandu, Bhaktapur represent an epitome of harmony in urban design, elegant architecture and refined culture. These cities pack a concentration of religious monuments unequalled in the world. Don/t miss the seven monument zones named as World Heritage Sites by UNESCO all situated within the small confines of the Valley.

Adding dazzling colour to Nepal/s myriad attractions are the many festivals that dot the calendar. Join in the numerous annual festivals that are celebrated throughout the year in traditional style highlighting enduring customs and beliefs. Go for village tours and visit the multi-ethnic groups to get first hand experience of their customs and lifestyles.

As eating is a special affair in Nepal, there is food for each and every occasion and festival. Kathmandu offers an incredible selection of dining opportunities. There are many restaurants that serve only authentic Nepali food complete with ethnic ambience.

An Expensive Business!

If we were brave enough to even want to go beyond base camp we would need a very large cheque book. I came across the rules for climbing Everest on the "Nepalinformation.com" website. Basically to get a permit it would cost the following:

- \$50,000 for up to 7 people
- \$10,000 / head for up to a maximum of 5 others
- \$20,000 If you use the traditional SE ridge approach
- \$10,000 If you change your submitted route in any way

In addition you have to arrange for all the rubbish produced to be removed not only from Everest itself but transported back to your country of origin. Once you have it arranged you pay a bond to the Nepal Government for the amount.

After all that there's no guarantee you'll even get to the top if the weathers bad tough luck



A Kathmandu Market



Old Royal Palace



Statue of Garuda