

# Unique trips to Base Camp Everest

Bonington Treks is offering eight expeditions to Base Camp Everest in 2010, following in the footsteps of the legendary mountaineer Sir Chris Bonington.

The company is run by Sir Chris's son Joe, a seasoned expedition leader in his own right, who draws on his family's experiences to offer unique trips.

The treks differ from others available because they offer amazing insights into Sir Chris's life. Participants will hear about Sir Chris's lifelong fascination with Everest, the conquests and tragedies along the way, and how he and his family dealt with his passion for the highest mountain on earth.

They will also visit the home of Pertemba Sherpa, who has climbed to the summit of Everest three times and is a long standing friend of Sir Chris. Trekkers will visit the bustling market town of Namche Bazaar and enjoy a cultural evening of Sherpa food and drinks.

Participants will also be given plenty of time to acclimatise to the conditions, with the treks taking 17 days to reach the most famous base camp in the world at 5,360 metres.

In addition to the climb, trekkers will be able to immerse themselves in the culture of the region by visiting monasteries, temples and places of interest.

They will have the chance to be involved in a Buddhist Puja ceremony at Thyangboche and receive a blessing. All the great expeditions have received a personal blessing from the Llama at Thyangboche.

"Our treks are very different because we can draw on my father's incredible experiences and achievements," said Joe. "We also feel it is important to give people extra time to acclimatise and to enjoy the culture of this fascinating area."

The treks, which take place between March and November, cost £1,995, including all accommodation and food but excluding flights. Trekkers should have a reasonable level of physical fitness.

More information and bookings at [www.boningtontreks.com](http://www.boningtontreks.com)