



TREK PORTFOLIO





LMG TREKS & EXPEDITIONS

LMG Treks & Expeditions was established in 2018 with the aim of offering international trips to our UK based clients that we get to take out through Lakeland Mountain Guides. Since then, the company has grown well and has delivered multiple successful, and enjoyable experiences to dozens of trekkers to both Nepal and Morocco. We employ the same attention to detail and desire to offer a superb experience from Lakeland Mountain Guides and have channelled this into our expeditions, and if you were to head to TripAdvisor and look at either company, we proudly boast nothing but 5-star reviews.

In 2025 we will be opening up Tanzania as a destination, offering ascents of Kilimanjaro, as well as Slovenian adventure holidays. Back in 2022 we had the pleasure of taking 10 St Mary's Hospice fundraisers to Everest Base Camp, and collectively their efforts raised over £40,000 for the charity!

In this portfolio you'll find some introductory information about the trips we offer, and when we offer them. Hopefully, you'll find something that you think would be a good fit for your fundraisers and we can help get them to tick off an achievement of a lifetime, all whilst supporting your charity along the way.

All information in this portfolio is correct as of the time of publication, and it can also be viewed on our website over at www.lmgtreksandexpeditions.com. Ultimately, if you find something you like the look of, just drop me an email at info@lmgtreksandexpeditions.com and we can organise a chat or meet up to discuss.



Many thanks for your time and consideration,

Matt Le Voi

Company Director & Trek Manager

LMG Treks & Expeditions Ltd
International Adventure Travel

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EVEREST BASE CAMP

Difficulty: Moderate / Hard. Non-technical but to High Altitude.

Days: 16 Days Total spent in Country. 13 Trekking Days

Season: April / May and October / November

Maximum Altitude: 5,545m

Walking Per Day: 5-7 Hours

Accommodation: Teahouses and Hotels

Price: £2,295 (Land Only)

Expedition Summary

Everest Base Camp really is a trip of a lifetime, and for so many reasons. Nepal is a fantastic country, full of amazing people who just want to make sure you have the best time! The trek to Everest Base Camp is varied throughout, from the lush green valleys up to the dramatic boulder fields as you approach EBC itself. Trekkers will feast on incredible views of soaring peaks daily, including the mighty Mount Everest itself. Trekkers will also get the opportunity to ascend the 5,545m peak of Kallar Pathar and watch the sun set against Everest.

Trekkers would ideally have good hill fitness, and being able to complete 2-3 back-to-back mountain days in the UK would be a good gauge of being capable to complete this trek.

Expedition Inclusions

- Internal Transfers - Airport transfers and flight to Lukla Airport
- All Accommodation throughout, inclusive of high spec accommodation in Kathmandu
- All food on the trek, and breakfasts in Kathmandu
- Trekking Permits
- Trekking Staff, including English speaking Nepali Guides
- Experienced LMG Trek Manager
- Medical Kit and Portable Altitude Chamber carried on the expedition
- Team t-shirt & Duffel Bag

Expedition Exclusions

- International Flights from your destination country
- Personal Trekking Insurance - To cover trekking to over 5,545m.
- Trips for the trekking team (Roughly £100)
- Lunches and Dinners outside of the trekking phase
- Nepal Entry Visa £50
- Souvenirs
- Additional food and beverages
- Communications / Charging cost (Wifi / Sim Card)
- Personal trekking kit (Boots, rucksacks etc)

KILIMANJARO & MOUNT MERU

Difficulty: Hard

Walking Per Day: 5-10 Hours

Days: 11 Days Total spent in Country. 9 Trekking Days

Accommodation: Hotels, Mountain Huts and Camping

Season: Jan - July

Price: £3,300 (Land Only)

Maximum Altitude: 5,895m

Expedition Summary

Kilimanjaro is the tallest mountain in Africa, the tallest freestanding mountain in the world and one of the 'Seven Summits'. All of this, plus the fact it is a non-technical trek makes it a bucket list regular. Our expedition to Tanzania starts with an ascent of Mount Meru which is the 5th tallest mountain in Africa and stands at 4,566m. This ascent of Mount Meru provides a great opportunity to get in some acclimatisation before heading to Kilimanjaro itself, and should result in a more enjoyable experience and a higher chance of summit success for our trekkers. Our ascent of Kilimanjaro is via the Machame Route which offers a beautiful varied ascent, culminating in a night ascent to the summit for sunrise.

Trekkers would ideally have good hill fitness, and being able to complete 2-3 back-to-back mountain days in the UK would be a good gauge of being capable to complete this trek.

Expedition Inclusions

- Internal Transfers
- Accommodation throughout - Hotel, Huts & Camping
- All food whilst on the trek
- Trekking & Park Permits
- Trekking Staff
- LMG Trek Manager
- Team t-shirt
- Medical Kit and Portable Altitude Chamber carried on the expedition

Expedition Exclusions

- International Flights from your destination country
- Personal Trekking Insurance - To cover trekking to 5,895m. This is mandatory to join us on a trip.
- Tips for the trekking team (Roughly \$300)
- All meals outside of the trekking phase
- Tanzania Entry Visa £50
- Souvenirs
- Additional food and beverages
- Personal trekking kit (Boots, rucksacks etc)



MOUNT TOUBKAL

Difficulty: Moderate / Hard. Winter ascents have a technical nature.

Days: 8 Days Total spent in Country.
5 Trekking Days

Season: Summer & Winter

Maximum Altitude: 4,167m

Walking Per Day: 5-7 Hours

Accommodation: Hotels, Gite and Mountain Refuge

Price: £675-£775 (Land Only)

Expedition Summary

Mount Toubkal is the tallest mountain in North Africa, and this expedition offers so much to anyone that wants to take it on. Firstly, it is a brilliant introductory multi-day expedition, and a really good opportunity to experience trekking at altitude for the first time too. We offer this trip in Summer (May and September) and Winter (December and February). The itineraries are the same for both trips, however the winter trips are harder thanks to the conditions, and they require the use of technical winter kit to reach the summit. Our itinerary is longer than some you'll see advertised, and this is quite simply to enhance client experience, and offer further acclimatisation opportunities, which in turn increases the chances of reaching the top and reduces the chance of altitude related illness.

The Moroccan people are great and the food is fresh and plentiful! We stay in a range of accommodation, from Berber Gites through to the mountain refuge below Toubkal. At the end of the trip, we even have a day and half in the mind-bending city of Marrakech which is always a brilliant way to end the trip.

Expedition Inclusions

- Airport Transfer at the start of the trip
- Accommodation throughout
- A variety of B&B to Full board basis throughout
- UK Trekking Staff, including a local Moroccan Guide
- Experienced LMG Trek Manager
- Team t-shirt

Expedition Exclusions

- International Flights from your destination country
- Personal Trekking Insurance - To cover trekking to over 4,167m. This is mandatory to join us on a trip.
- Trips for the trekking team (Roughly £40)
- Lunches and Dinners outside of the trekking phase
- Souvenirs
- Additional food and beverages
- Personal trekking kit (Boots, rucksacks etc)

A SUCCESS STORY

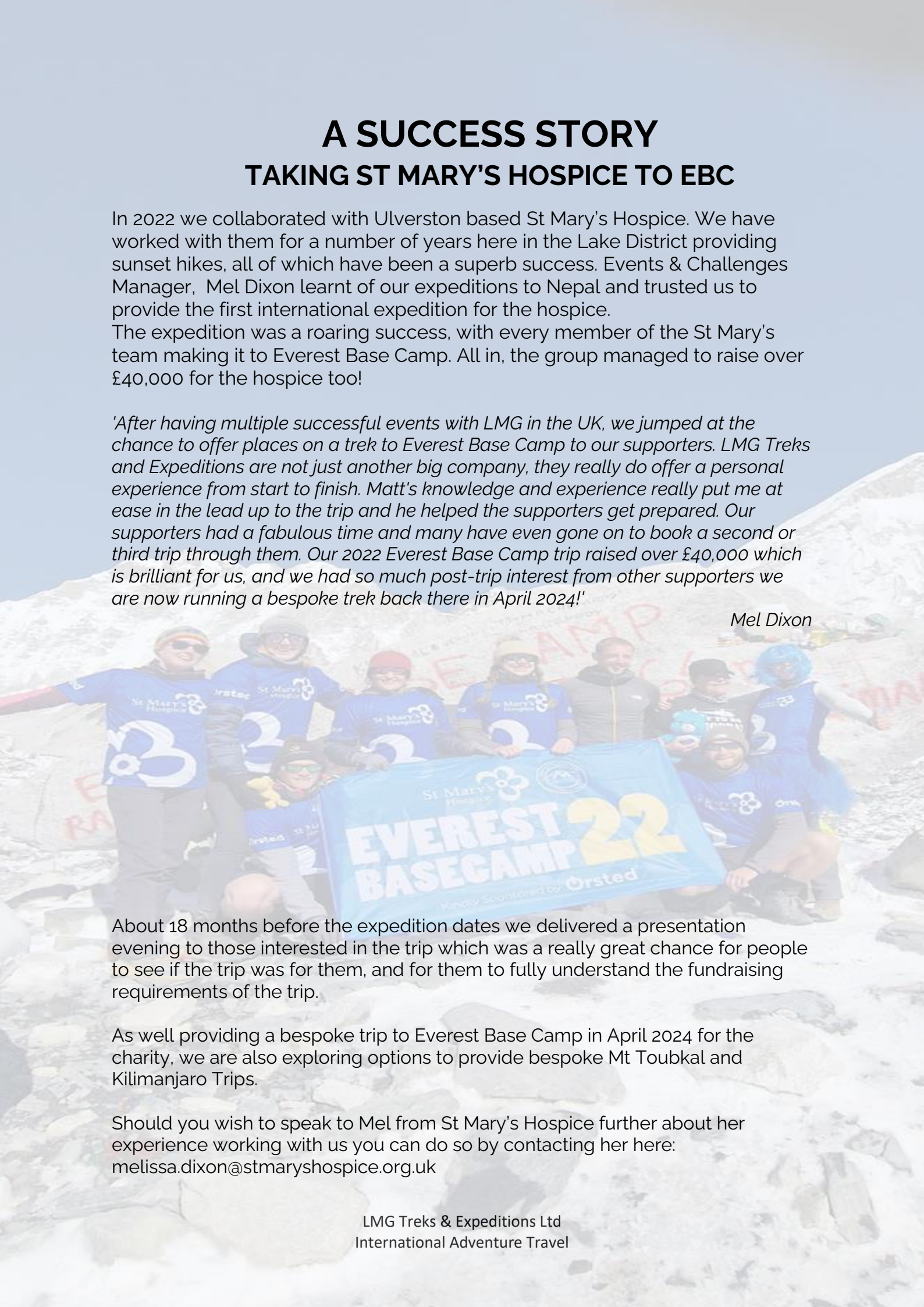
TAKING ST MARY'S HOSPICE TO EBC

In 2022 we collaborated with Ulverston based St Mary's Hospice. We have worked with them for a number of years here in the Lake District providing sunset hikes, all of which have been a superb success. Events & Challenges Manager, Mel Dixon learnt of our expeditions to Nepal and trusted us to provide the first international expedition for the hospice.

The expedition was a roaring success, with every member of the St Mary's team making it to Everest Base Camp. All in, the group managed to raise over £40,000 for the hospice too!

'After having multiple successful events with LMG in the UK, we jumped at the chance to offer places on a trek to Everest Base Camp to our supporters. LMG Treks and Expeditions are not just another big company, they really do offer a personal experience from start to finish. Matt's knowledge and experience really put me at ease in the lead up to the trip and he helped the supporters get prepared. Our supporters had a fabulous time and many have even gone on to book a second or third trip through them. Our 2022 Everest Base Camp trip raised over £40,000 which is brilliant for us, and we had so much post-trip interest from other supporters we are now running a bespoke trek back there in April 2024!'

Mel Dixon



About 18 months before the expedition dates we delivered a presentation evening to those interested in the trip which was a really great chance for people to see if the trip was for them, and for them to fully understand the fundraising requirements of the trip.

As well providing a bespoke trip to Everest Base Camp in April 2024 for the charity, we are also exploring options to provide bespoke Mt Toubkal and Kilimanjaro Trips.

Should you wish to speak to Mel from St Mary's Hospice further about her experience working with us you can do so by contacting her here:
melissa.dixon@stmaryshospice.org.uk

CHARITY COLLABORATIONS

There is no set way for a collaboration to work, we can find out what will work best for you and your fundraisers. One example would be:

- Offer the trip to your fundraisers at a reduced cost (Example - £1000 off)
- Set a minimum fundraising target per person (Example - £2000)
- Fundraiser pays the balance remaining (After their securing deposit)
- We Invoice you for the figure that was reduced off the trip.

On the above model, the charity would gain £1000 for every person trekking on their behalf. As you can see from the St Mary's example, their 10 fundraisers raised over £40,000 instead of £25,000.

Should you wish to adopt this model, the figure that we can reduce the cost by is totally variable and is set by you – as is the fundraising figure.

Another method is to offer the trip at the same price as we advertise, but then just encourage fundraising from the individual. There is then no risk to the charity if the individual doesn't hit their target, however as there is no saving to the fundraiser off the trip, I don't believe the fundraising figure can be a set minimum. The charity will be able to generate exposure from their fundraisers completing the trek.

We are more than happy to provide a presentation evening via Zoom for those further afield, or in person if the location is more convenient for travel (i.e North West England).

We pride ourselves on getting all our trekkers as prepared as we can do on the lead up to our trips. This can include trek days here in the Lake District, right through to information forums and even trip specific podcasts.

We can either explore a fully bespoke trip, or you can just look to sell places on our scheduled trips. All trips are subject to a minimum required number of trekkers (usually 5-7 people) and have a maximum of 14 -16 places.



Peace of Mind

It is UK Law for anyone selling packages (two or more items bundled together for longer than 24 hours) to provide consumer protection for their customers. We are fully package travel compliant through the use of a trust account with Protected Trust Services. We of course also hold Public

Liability Insurance. Our trek managers are highly experienced and our itineraries are designed with care, always with experience and safety prioritised over trip length and cost effectiveness. The in-country agents we work with are also carefully selected, and on all expeditions that go over 4,500m we carry our 'Portable Altitude Chamber' which can be deployed in the event of someone developing severe AMS symptoms.

GETTING FIT FOR THE TRIPS



As previously mentioned, we aim to get our clients as prepared as we can for the treks they sign onto, and this includes their physical fitness. During the COVID pandemic, company Director Matt Le Voi qualified as a Personal Trainer with the sole intention of being able to provide professional and accurate fitness training advice to those that want to know how to get fit efficiently for trekking.

Anyone who signs up for a trek with us is welcome to message for fitness advice at any time and we will provide a general 16-week training plan for them to look at. If they want to purchase a fully bespoke and dynamic training plan they can also do so. Further information about the training side of things can be found here: www.summitpushfitness.com

Thanks for taking the time to look through this document. If you have any questions or would like to explore a trip further, it'd be great to hear from you.

Contact Matt at:

info@lmgtreksandexpeditions.com

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