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TRIP DETAILS

14 days ~ Tibet

*7 days strenuous hiking on steep,
rocky terrain at high elevation
(maximum 17,000')*

*5 nights hotels,
8 nights camping*

2008 DATES

*Jun 1–Jun 14
Aug 31–Sep 13*

2008 LAND COST

*\$4,745 per person
(10-15 members)*

*\$5,245 per person
(7-9 members)*

*\$430 internal airfare
(Chengdu/Lhasa/Chengdu)*

\$520 single supplement



©Cathy Ann Taylor (MTS guide)

TREK TO HEAVENLY LAKE

Trekking North of Lhasa

TRIP LEVEL
ULTIMATE CHALLENGE!

HIGHLIGHTS

- *6-day trek along an ancient caravan track to spectacular Namtso Lake on the Tibetan Plateau (we're the only company to offer this itinerary!)*
- *Encounter a vanishing culture of nomadic yak herders and Tibetan Buddhist pilgrims*
- *Visit Tibet's famed Ganden and Samye Monasteries*

Revised July 16, 2007



TREK TO HEAVENLY LAKE

Trekking North of Lhasa

In Tibetan, Namtso means “sky” or “heavenly lake,” and at an elevation of more than 15,000 feet, this vast sapphire-blue inland sea on the Tibetan plateau seems perfectly named. Surrounded by spectacular snow-covered mountains, it is a place of desolate beauty and the site of a holy hermitage that draws pilgrims from all over Tibet. It’s also a sanctuary for migrating birds that journey to Tibet from as far away as Siberia during the summer months.

On this extraordinary trek, you’ll follow an ancient salt trade caravan route across glaciated valleys and vast grasslands, with views of the Nyenchen Thanglha mountains in the distance, to the pebbled shores of the lake, visiting sacred spots, holy shrines, and passing nomadic herdsman along the way. Once at the lake, you’ll join other pilgrims on a short *kora* (sacred circuit) near the Tashi Do hermitage, and enjoy superb views of the mountains across the lake. The trip also includes a visit to Samye Monastery, the oldest in Tibet, and Ganden Monastery, an awe-inspiring site with gorgeous sweeping views of the Kyichu Valley and a sacred circuit you’ll undertake with local pilgrims.

There are fewer and fewer indigenous lands left to discover. The winds of change have left their mark on age old cultures and traditions. Tibet remains on the cusp, where spiritualism and materialism co-exist in an uneasy truce, the former barely clinging to remnants of its past. Travel to Tibet now and catch a glimpse of its land and people as it moves inexorably into the 21st century.



ITINERARY

DAY 1 ~ Arrive in Chengdu

Arrive in Chengdu, China. A Mountain Travel Sobek representative will meet you outside the customs and immigration area at the airport. He or she will answer questions, brief you on the immediate arrangements, and escort you to your hotel. Please arrange your flight schedule so you arrive in Chengdu by the evening of Day 1. Most flights from the U.S. require two days of travel (you arrive in Chengdu on the late evening of the second day). More specific details will be sent to you in your pre-trip packet of information.

Kempinski Hotel

Note—The flight from Chengdu to Lhasa is usually scheduled to depart early in the morning. Therefore, we recommend you arrive in Chengdu a day earlier to allow for additional rest time and any flight delays. We’d be happy to make additional hotel reservations if requested. Additional costs will be reflected on your invoice. There are many sites you can explore on your own, including the nearby Panda Breeding and Research Center.

DAY 2 ~ Samye Monastery

Transfer to the airport and fly to the Gongkar airport, located about 68 miles from Samye Monastery. We'll meet our Tibetan guide and drivers and drive two to three hours to our beautiful oasis camp (11,600') set in a grassy area in a thicket of willow trees near Samye Monastery. Here we'll meet our Nepali trekking staff.

This area is situated on the Yarlung Tsangpo River (called the Brahmaputra in India) and the sand dunes are magnificent. We'll have the afternoon to explore the site and begin our acclimatization to the higher altitude. Samye was the first monastery to be built in Tibet (A.D. 775). It was founded as a school to train monks during the reign of King Thrisong Detsen and has the unusual affiliation with all three sects of Tibetan Buddhism: Nyingmapa, Sakyapa, and Gelugpa. The monastery is patterned as a mandalic representation of the Buddhist universe, with a central temple representing Mount Meru and other temples around it representing the oceans and continents surrounding the mountain. Samye was most recently damaged during the Cultural Revolution but restoration work is ongoing; there are some 135 monks in residence.

B,L,D...Camp

DAY 3 ~ Samye Monastery

Hike to Hepo Ri, a hill east of Samye that's the spot where Guru Rimpoche (Padmasambhava) founded Tibetan Buddhism. From here we'll have fantastic views of Samye. We'll also hike to the Chimpuk Caves, which were once a retreat for Guru Rimpoche. Return to camp for overnight. (1½ hours driving; 4-4½ hours hiking.)

B,L,D...Camp

DAYS 4-6 ~ Lhasa

Drive four hours to Lhasa (11,800'), the "Forbidden City." Transfer to hotel. We will have three full days to explore the major sites, including excursions to the following places. We will also wander the age-worn streets of the Barkhor bazaar, mingling with pilgrims, monks, traders and nomads.

The Jokhang—The Jokhang is the principal and holiest Buddhist temple in Lhasa, as well as all of Tibet. It is the focus of devotion of hundreds of Tibetans from near and far who circle it to gain spiritual merit. The Jokhang was first constructed in the 7th century and has a large gold image of Sakyamuni Buddha.

Sera and Drepung—Sera, founded in 1419, is a monastery of the Gelugpa order. Its many white buildings sit at the base of a rocky hill. Gilded, bell-shaped *gyamtschens* grace the roofs of many of the larger buildings. Drepung used to have 8,000 monks who were taught in the traditions of Vajrayana, Mahayana, and Sutrayana, the three vehicles of Tibetan Buddhism. While at Drepung, we will hike the *kora* (sacred circuit) for acclimatization (1½ hours hiking).

Potala Palace—The 13-story Potala Palace is reputed to contain 1,000 rooms and hundreds upon hundreds of brilliant *thangkas*, frescoes, and images built in an era when religious art was created anonymously as a means of gaining merit for future lives. It's one of the world's most extraordinary buildings and completely covers the mountain it stands upon. When remarkable late 19th- and early 20th-century explorer Alexandra David-Neel saw the Potala, she remarked, "...even the best photograph will fail to convey a true idea of its imposing appearance, as it stands, a red palace capped with gold roofs, uplifted high in the blue sky, on a shining pedestal of dazzling white buildings."

Ganden Monastery—We will visit Ganden Monastery, about 25 miles outside of Lhasa. Ganden was almost completely destroyed during the Cultural Revolution but is now being painstakingly restored. It was founded in

1409 by Tsongkhapa, the founder of the yellow hat sect (Gelugpa); it was the first Gelugpa monastery and is still considered the main seat of this major Buddhist order (Dalai Lama's sect). The views here are spectacular; we will hike the two-hour *kora* and have stunning views of the whole Kyichu Valley. Along the way we'll light juniper and hang prayer flags and then enjoy a picnic lunch overlooking the monastery. Return to Lhasa in the afternoon, with time to rest, shop, or explore on your own.

B,L,D each day...Kyichu Hotel

DAY 7 ~ Begin trek

After spending the morning in Lhasa, we will drive 50 miles north along the Tibet-Qinghai highway to Yangpachen, a geothermal area with hot springs, steam, and a thermal pool. From here we drive another 40 miles along a magnificent valley with spectacular mountain scenery to the windblown, roadside town of Damxung (13,550'). At Damxung we turn west along a jeep track past the abandoned runways of Central Tibet's first airfield for about four miles to a valley from where we'll begin our trek toward Namtso Lake (15,060'). (Total driving time is about 3-3½ hours.) Hike to camp by the river at about 14,000' (one hour). After settling in, we'll take a hike to Kyangra Gompa, situated just above our camp (one hour).

B,L,D...Camp

DAY 8 ~

We'll hike 1,000 feet above camp for magnificent views of the grasslands—another great acclimatization hike. (3 hours hiking.)

B,L,D...Camp

DAY 9 ~

Climb gently up a glaciated valley to a beautiful campsite along the river. We begin hiking through a narrow gorge, and as we trek ever higher the vegetation becomes sparse and gives way to scrub and dry, rocky terrain. We'll hike past hummock fields and piles of rock to isolated high meadows populated by blue poppies, daisies, delphiniums, sweet peas, and clover, and reach a herder's camp at about 15,500'. There will be five river crossings on foot; the water can be quite high and swift, but the crossings are short. There is an option to go on horseback, but the leader will make that decision based on safety issues. (7-8 hours hiking.)

B,L,D...Camp

DAY 10 ~

Continue to follow the river as we wind out way up the immense valley. The scenery changes to a broad basin of red hills and green meadows intersected by large, rolling moraines. Climb up to the Kong La (17,000'), the highest pass on our trek. As we descend we'll start to have spectacular views of Namtso Lake, Tibet's second largest saltwater lake with a surface area of 798 square miles. Descend to camp at an elevation of about 16,200'. (6-7 hours hiking.)

B,L,D...Camp

DAY 11 ~ To Tashi Do and Namtso Lake

Leaving the meadows and the nearby river behind we continue down, soon crossing a gravel wash spilling from the hillsides. Continue to descend over the grassy alluvial plain, passing a few herders' camps. After visiting several nomads' camps, we'll have a picnic lunch overlooking the lake. After, we'll follow the shore of the lake to Tashi Do (Auspicious Rock) at the head of the peninsula jutting out into Namtso Lake and the Tashi Do hermitage with its unusual twin pillars of rock and cave temples. Camp at the foot of the cliffs or by the wind-protected *mani* walls (boulders with carved inscriptions) between the Tashi Do hills. (7-8 hours hiking.)

B,L,D...Camp (15,100')

DAY 12 ~ Rest and exploration day at Tashi Do

A day to explore the Tashi Do hermitage on the shores of the lake and explore its remarkable monastery, grottos, cave temples, and twin limestone watchtowers. While here we'll make a short *kora* (circuit) around Tashi Do Chung (Little Auspicious Rock) or Tashi Do Chen (Big Auspicious Rock). The Do Chung is popular with pilgrims and takes around an hour and a half, while the Do Chen is a longer circuit taking two to three hours. We'll also enjoy superb views of the snowy Nyenchen Thanglha peaks that can be seen across the blue waters of Namtso Lake (Nyenchen Thanglha peak reaches to 23,249 feet). During their two-year arduous journey after a daring escape from a British POW camp in India, Heinrich Harrer and Peter Aufschnaiter crossed these mountains in 1945 to reach Lhasa. (1½-4 hours optional hiking.)

B,L,D...Camp (15,100')

DAY 13 ~ Lhasa

Scenic drive to Lhasa, enjoying views of the mountains and landscapes dotted with nomadic tents. If the weather is clear, we may see the Nyenchen Thangla range. (4-4½ hours driving.)

B,L,D...Kyichu Hotel

DAY 14 ~ Fly home

Early morning departure for the airport and fly to Chengdu, China. Connect with homeward-bound flight (your departing flight from Chengdu should be scheduled for after 3:00 p.m.). Note—Most homeward-bound flights will require an overnight either in Beijing, Bangkok, or Hong Kong.

B...

LAND COST

\$4,745 per person (10-15 members)

\$5,245 per person (7-9 members)

\$430 internal airfare (Chengdu/Lhasa/Chengdu—subject to change. Mountain Travel Sobek will book and issue these tickets for you.)

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$520 for “requested” singles; \$260 for “forced” singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you're traveling alone and wish to share accommodations, we'll try our best to find you a roommate. If that's not possible, we will only charge you half of the single supplement.

Tier Pricing

Adventure travel works best with a small group of people. In order to operate these small groups, our trips are priced according to the number of full-price passengers on the trip. (Mountain Travel Sobek staff, trip doctors, and other discounted travelers are excluded from the count for this purpose.) We initially invoice you at the highest tier level price (the smallest group size we can operate). If the price drops due to an increase in group size, you will be refunded the difference.

What's Included

- ◆ expert leadership
- ◆ accommodations in hotels or inns in cities and villages
- ◆ tent accommodations and all trek arrangements, including cook staff, community camping equipment
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ airport transfers for those using the group flights
- ◆ sightseeing as noted in the itinerary
- ◆ ground transportation
- ◆ basic medical and evacuation insurance

What's Not

International airfare; Chengdu/Lhasa/Chengdu flights (see separate cost above); meals not noted in itinerary; insurance other than basic medical and evacuation insurance as noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their "frequent flyer" miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

WHAT YOU CAN EXPECT

Expert Leadership

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you'd never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You'll be in good hands with them every step of the way.

Although leader assignments can change, **Cathy Ann Taylor** is scheduled to lead this trip. Cathy Ann has been a high altitude trekking guide for Mountain Travel Sobek for the last 17 years. She's trekked all over Nepal, Tibet, and Bhutan, with over 100 trips in the Himalayas (she still considers the Himalayas her "second home")! A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Cathy Ann is active in the Breast Cancer Fund and has participated in nine expeditions, including Mount McKinley, Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer (she alone has raised over \$200,000 for the cause!). She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, January 2006.

Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

Activity Level

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. This is a challenging trek. ***We expect participants to be strong, experienced hikers in good physical condition.*** You will be hiking six to seven hours a day, up and down mountain trails that are steep and rocky, and mostly at elevations above 14,500 feet. Exercise at high altitude compounds the physiologic stress. You need to be in excellent health and top physical condition to enjoy such an experience, with adequate cardiovascular endurance, muscular strength, and excellent balance. In addition, high altitude may create discomfort and symptoms of illness that you do not experience while exercising at low elevations, such as shortness of breath, restlessness or sleeplessness at night, and headaches. (For more information on high altitude trekking, see page 9.)

The level of fitness needed for this trip requires regular aerobic exercise for at least one hour 4-5 times a week. This may include aerobic fitness classes, power walking, jogging, cycling on hills, swimming, and cross-country skiing. Additionally, you must be able to sustain exercise for prolonged periods. Finally, you must have some experience with exercise at altitude.

We recommend that you start a moderate training program *several months* before departure, then slowly build up to a more strenuous level. Since training is highly sport-specific, include some hiking or running in your program. Consult your physician if you have questions concerning your underlying health. We can help answer questions for you or your physician concerning required levels of fitness and health conditions at altitude. If you have concerns about your ability to do this trip, we can suggest appropriate alternatives.

There are a few long drives, so a tolerance for traveling long distances on rugged roads is essential.

THE NEXT STEP

Ready to go? Signing up is easy!

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website (www.mtsobek.com). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

Then Leave the Rest to Us

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details.

Why Mountain Travel Sobek is Your First Choice for Adventure

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

References

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

Questions?

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our website at www.mtsobek.com.

Note on Itinerary

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at www.mtsobek.com/faq and the form itself at www.mtsobek.com/pdf/participant_info.pdf.

Terms & Conditions

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at www.mtsobek.com/faq/#liability or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form (www.mtsobek.com/pdf/participant_info.pdf). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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Registration as a seller of travel does not constitute approval by the State of California.

TREKKING AT HIGH ALTITUDE

Trekking in high mountain areas provides unmatched beauty with an experience of ultimate wilderness and personal achievement. However, these attributes are counterbalanced by the hardship of exertion at high altitude. Not everyone should go to very high altitude. Anyone planning difficult mountain treks must be aware of the demands and risks imposed by very high altitude, be assured of excellent underlying health, and be prepared by rigorous training.

What Happens to the Body at High Altitude?

The body cannot fully acclimatize to altitudes above 17,000 feet, and as a result, the more time one spends at such altitudes, generally the worse one feels. At 18,000 feet, there is only one-half the amount of oxygen in the air, which imposes considerable physiological stress on the body. As a result, most trekkers feel physical discomfort of shortness of breath, nausea, insomnia, headaches, and exhaustion.

Medical Limitations and Medical Evaluation for High Altitude

Absolute age limits are impossible to define. The older person may do better than a younger travel companion because he/she knows how to pace himself and is familiar with feelings of extreme fatigue, weakness, and minor illness, which everyone has at high altitude. More often than not, attempts to predict performance at altitude are no better than guesswork. However, age is a process of deterioration; as one gets older, lung and heart capacity decreases, blood vessels narrow and lose elasticity. Over the age of 50, only very fit people who exercise regularly and have some experience with high altitude should try to go over 17,000 feet. People over sixty often get a little forgetful and even slightly confused above 16,000 feet. This is because their ability to deliver oxygen to brain cells has been compromised by the normal aging processes. The same applies to persons with diabetes, cardiac disease, poorly controlled high blood pressure, decreased lung capacity, or those on medications such as cortisone that affect the body's response to stress.

There are several ***absolute medical contraindications*** for commercial group trips to very high altitude, but most people with these conditions will screen themselves from these trips. These conditions include:

congestive heart failure, angina with exertion, troublesome cardiac dysrhythmias, emphysema or chronic obstructive lung disease, insulin-dependent diabetes, sleep apnea, thromboembolic problems, sickle cell disease, pulmonary hypertension, and serious psychiatric problems.

Other medical problems present a ***relative contraindication*** to high altitude trekking, meaning that they should be discussed seriously with your doctor and the risk to your health and life clearly understood. Many of these would not prevent travel at moderate altitudes. These include:

cardiac bypass surgery, cold and exercise-induced asthma, anemia or polycythemia, pregnancy, obesity, nasal polyps, migraines, recurrent pneumothorax, and adult onset diabetes.

All ***medications*** should be reviewed since many can increase the risk of other medical problems at altitude, for example:

diuretics (dehydration and low potassium)
birth control pills or estrogen (thromboembolism)

beta-blockers (decrease exercise capacity)

Everyone who contemplates a trip above 16,000 feet must have a thorough physical exam and evaluation to uncover any general medical problem that might flare up on a trip to a remote area where medical care is many days away. The major problems at high altitude result from impaired oxygen absorption and transportation. A high altitude trekker needs an optimal red blood cell count to carry oxygen, good lungs, a strong heart, normal kidneys and normal or well-controlled blood pressure. A resting cardiogram is necessary, but often not adequate to evaluate cardio-pulmonary function. An exercise “stress” cardiogram is suggested anyone with cardiac risk factors or a history of heart disease. Many authorities suggest a cardiac stress test for anyone over 50 years of age who does not do regular sustained aerobic activity. Pulmonary function tests may be indicated.

Unfortunately, even these tests will not predict those who will suffer severe altitude illness. The best indicator of success at altitude is recent strenuous activities at altitude. Few would argue about doing these tests in anyone with some underlying illness. The people whose performance and health are hardest to predict are the healthy-deconditioned, those who used to be athletic, but have done little for 10-20 years and now assume that they can still do it. Some physicians will advise that all this is unnecessary. But unless this physician is familiar with high altitude physiology and has been to altitudes above 16,000 recently, he/she simply cannot appreciate the degree of stress and anoxia to be encountered.

The Importance of Being in Good Physical Condition

What can one do before a trip to improve his/her prospects, assuming he/she has good results on a medical exam and physiological testing? The short answer is to *get in shape!* Quit smoking—this improves both heart and lung function. Trim off extra fat. Exercise to improve muscle strength and cardiac and respiratory function. Effective conditioning programs must contain aerobic activity that increases the heart rate for a minimum of 45-60 minutes four times per week. Strengthen leg muscles used for trekking by running, ski touring, bicycling, hiking with a pack, stair-climbing, or equivalent machines in the gym. Being “in shape” does not necessarily guarantee good performance at altitudes, but it helps. Being “out of shape” definitely increases the chances of doing poorly. Everyone, especially athletes who train compulsively, must understand that maximum exercise capacity decreases steadily with increasing altitude (3%/1,000 ft.).

How Can I Prevent Illness at High Altitude?

Begin your trip in good health and excellent physical condition, obtain all the recommended immunizations for your trip, and follow food and water precautions on the way so that preventable illnesses do not ruin your trip. It is important to understand the concept of altitude acclimatization and to recognize the symptoms of altitude illness. The discussion of altitude illness in your health information supplements this material and provides more details on acclimatization and symptoms of altitude illness.

Mountain Travel Sobek treks are designed to allow time for acclimatization while trying to follow a schedule that accommodates peoples’ time constraints. Certain aspects of the trek organization and schedule that may seem illogical are designed to maximize acclimatization. For instance, once at altitude, elevation gains between camps are limited: you may climb higher during the day but descend to sleep (climb high, sleep low). Extra nights are spent at the same elevation after each 2,000-3,000-foot gain over 12,000 feet.

Drink a lot of water. Although pulmonary edema and cerebral edema are problems of fluid retention, increased water intake facilitates adaptation to altitude. Increased fluids help the kidney to excrete excess salts that bind extra water in tissues. Drink more than you feel you need. Water losses at altitude are very large and dehydration is

commonplace. Most of this water is lost as vapor due to increased respiration in a cold, dry atmosphere with very low vapor pressure. Eating is also important. Diet should be high in carbohydrates, with adequate amounts of protein to rebuild muscle that is being broken down by strenuous exercise.

Acetazolamide (Diamox) can facilitate acclimatization, prevent acute mountain sickness and treat mild cases of mountain sickness. It is also very helpful for altitude insomnia and should be used in preference to sleeping pills or Valium, which are dangerous at altitude. Diamox produces faster, more regular breathing with higher oxygen levels during sleep. Diamox can be very helpful, but it must not be used as a substitute to push through symptoms of altitude sickness. There have been cases of high altitude cerebral and pulmonary edema in people taking Diamox. ***Most persons do not need to use this medication routinely at altitude if their trip allows adequate time for ascent.***

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