

X TREME EVEREST



The 20 July saw the launch of a new book *Tales from the Smoke Room* which looks at the history of the famous [Pen-Y-Gwryd](#) hotel in North Wales.

This small hotel in 1953 became the training headquarters and base for the first ever successful Everest climbing expedition in 1953.

The famous Pen-Y-Gwryd hotel in Wales

[More Details](#)

IMPORTANT NOTICE REGARDING 2017 TREKS!

Xtreme Everest are currently planning their return to Nepal to celebrate our 10th Anniversary. The planned dates will take us over the Easter period of 2017 (24 March - 23 April).

We will be releasing details on how you can join us in the next few weeks. Please note that places are limited and will be allocated on a First Come, First Served basis.

If you are interesting in being one of the first people to know when trek details are released, please [get in touch with us](#).

DATES FOR THE DIARY

Knowledge IX: Space

ISEH, London

17 November 2016

10th Anniversary of Xtreme

Everest summit

23 May 2017

Xtreme Everest

Royal Geographical Society
Lecture

Evening 23 May 2017

Knowledge X: Oxygen

RSM, London

23 & 24 May 2017



Sundeep tells TedXLondon what we learned on Everest

What medics learn from climbing mountains

Xtreme Everest's Dr Sundeep Dhillon recently took part in the TedxLondon event to speak about what Xtreme Everest has learned about the human body by studying the effects of high altitude.

Sundeep was an investigator on our expeditions in 2007, 2009 and 2013. Sundeep also successfully summited Everest for the second time in 2007 as part of the Caudwell Xtreme Everest expedition. His talk is now available to view online, along with others from the event.

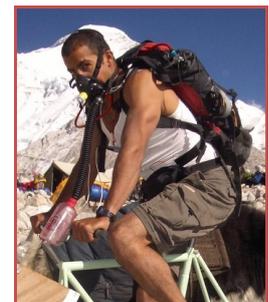
[More details](#)

Ultramarathon to honour Vijay Ahuja

Vijay Ahuja, one of our Caudwell Xtreme Everest investigators, sadly passed away in December 2014. Vijay was a Surgeon Lieutenant Commander in the Royal Navy. Vijay had been a key member of the Cho Oyu 2005 research expedition, and a member of the Summit support climbing team for Caudwell Xtreme Everest in 2007.

On June 20th-22nd 2016, 15 of Vijay's military colleagues participated in a 150 mile ultramarathon in memory of him. The team raised money for three causes close to Vijay's heart. The funds raised will go to three main charities (Shine, Combat Stress and Centrepoint).

[More Details](#)



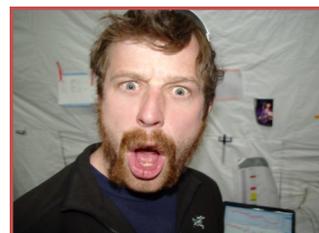
Vijay undergoing exercise testing at advanced base camp

Xtreme Archive: Mountaineering Moustache Madness

It's April 2013 and on Everest one month in, some of the team were embracing big beards whilst others were reaching for trimmers and creating some glorious tributes to 80s fashion.

It seemed some of the male members of the team fancied themselves as a bit of a Nicky Clarke as the CPET lab was transformed into a salon.

[More Details](#)



We need you! Help us conduct research

We are currently running one study at the ISEH and urgently need volunteers.

These ongoing studies help us to continue our research projects we started in Nepal, as well as developing on ideas or results already gained.

- [Could thirst-triggered self-administration of intravenous fluid lead to more rapid rehydration than clinician-directed infusion?](#)



More news you may have missed!

- [New From Fire to Ice trailer launches](#)
- [Off to a flying start](#)

Want to stay in touch? Update your details

Xtreme Everest are currently updating their mailing list. If you think we may not have the latest contact details for you, [please get in touch](#).



DON'T FORGET!

News items are added to the website as they come in, so we recommend that you check www.xtreme-everest.co.uk regularly and www.case-medicine.co.uk

You can also find the latest news from the team by following us on **Twitter** [@XtremeEverest](#) and [@Case Medicine](#)

We are also on **Facebook**, find our [Xtreme Everest page here](#) and the [Case Medicine one here](#)

Xtreme Everest Gallery



By Aleks Kotwica



By Belinda Schepers



By Dan Martin

