



Expedition Wise Newsletter



IN THIS ISSUE

[FEATURED ARTICLE](#)

[Welsh 3000'ers Challenge](#)

[Pre-expedition Training weekends](#)

QUICK LINKS

[Expedition Wise Website](#)

[Cold and Flu Advice](#)

[More Flu Advice](#)

JOIN OUR LIST

[Join Our Mailing List!](#)

FEATURED ARTICLE

The **Expedition Wise** website will soon have an exciting new **gallery section** of all the expeditions it has been involved in.



Dharamsala Trek - India

Watch this space for more updates.

Issue: EW004

March/2008



Dear Brian,

Welcome to the first 2008 edition of our Newsletter.

In this Newsletter we have a round up of all that is going on in 2008.

UK Challenges

Looking for a Challenge for 2008?

Join us on the exciting
Welsh 3000'ers Challenge

June 14th - 15th 2008

To find out more click below

[Go To UK Challenges](#)

Pre-Expedition Training weekends



In 2007, Expedition Wise trained over 100 people travelling on charity challenges all over the world.

As a result of this, for 2008, we have provided more training weekends and already have bookings of over 50 people.

Click on the link below to read 2 reports from past participants' expedition diaries on Kilimanjaro summit day and Everest Base Camp trek. The link also provides details of training programmes to prepare you for your overseas challenge.

[Expedition Reports](#)