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lunch, enjoy a group welcome dinner later this evening at a restaurant in the heart of Kathmandu, before turning in for a good night's rest at the hotel.

Day 02: Kathmandu and Valley

After breakfast today take time to enjoy a day of relaxed sightseeing on a guided tour of some of the highlights of Kathmandu and the surrounding Valley. Visit Swoyambhunath Stupa, also known as the Monkey Temple, with its fine views over Kathmandu and many interesting features as well as the great stupa itself. Join the devotees, pilgrims and wandering siddhus (holy men) at Pashupatinath. Pashupatinath is the most important Hindu temple in Nepal as well as being one of the most important Shiva temples on the subcontinent, situated on the banks of the holy Bagmati River. Take time to walk around Bodhnath (Boudha) stupa, the largest in Nepal and one of the largest in the world. Boudha is also the centre of Tibetan culture in Nepal and a wonderfully vibrant, interesting community. Returning to Kathmandu, this evening is free for you to rest, explore and enjoy the hotel and surrounds.

Day 03: Kathmandu to Paro

please note flights to Paro from Kathmandu currently operate only on certain days of the week. Flight schedules are subject to change & a degree of flexibility is required. Please contact us for details and to discuss your dates of travel

After breakfast this morning, it's time to check out of the hotel and transfer to the International airport for the scenic flight to Paro in Bhutan. Arriving in Paro, we'll be met by our local Bhutanese representatives and assisted with the transfer and check in to our hotel in Paro. The remainder of today is free to relax and enjoy your surroundings and views of the beautiful Paro Valley.

Day 04: Paro to Thimpu (2300m)

Paro is a small town situated in a beautiful and peaceful valley. We'll spend today exploring this charming area. We'll visit the ruined fortress of Drugyel Dzong in its strategic position where it once defended the Paro valley from Tibetan invasion from the north in the early 17th century. On a clear day Mount Chomolhari (7320m) can be seen towering over the dzong. From here we'll continue on and take a short hike (2-3 hours) uphill through traditional villages and pine forest to reach the viewpoint at famous Taktsang Monastery, also known as Tiger's Nest. Horses can also be arranged for the journey uphill for a small extra payment. The monastery clings to a huge granite cliff 800m above the Paro valley. We'll continue on through the beautiful valley to visit the watch tower, known locally as Ta-Dzong. The tower was housed into the National Museum in the 1960s by the third King Jigme Dorji Wangchuck. At the northern end of the valley Mt Chomolhari (7320m) reigns in snow capped glory. Later on today we'll drive (around 2 hours) to the capital, Thimpu where we'll relax at a local hotel this evening.

Day 05: Thimpu to Gangtey

Thimpu is the modern capital of Bhutan, a lively place with a strong national character. There's a lot to see in Thimpu and we'll begin this morning with a visit to some of the highlights which include the memorial chorten built in memory of the late third King Jigme Dorji Wangchuck, the commanding 15th century Changangkha Temple, the traditional indigenous hospital, the National Library with its treasure troves of manuscripts and ancient texts and the traditional painting school where education is free for students to learn the ancient skills of traditional painting. This afternoon we'll drive through beautiful countryside to Gangtey, past Wangdiphodrang Dzong and over Dochula Pass. Wangdiphodrang lies to the south of Punaka and is the last town on the highway before entering central Bhutan, mainly known for its 17th century Dzong as well as nearby Gangtey Gompa, a 16th century monastery and the only



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monastery which follows the Nyimgmapa sect. We'll continue to Gangtey where we'll stay at a local lodge or tented camp tonight.

Day 06: Gangtey to Gogona (2700m)

Our trek starts today from Gangtey, a beautiful place surrounded by snowcapped mountains and more distant lush meadows and gently rolling hills. From here we'll have wonderfully close views of the Black Mountains and of Phopjikha Valley as well as Gangtey Gompa (Monastery) atop a small hill rising from the valley floor and surrounded by a large village. This is the only Nyimgmapa monastery to the west of the Black Mountain range and also the largest Nyimgmpa monastery in Bhutan. Each winter this valley becomes the home of the rare Black Necked Cranes who migrate here from the Tibetan Plateau and because of this the valley is a designated conservation area and one of the most important wildlife reserves in Bhutan. Our trek begins with a slow climb through meadows and fields then continuing up to the Tselela Pass (3400m) where we'll stop for lunch and to enjoy the views. From the pass we'll descend through juniper, magnolia, bamboo and rhododendron forests before a final short climb up to Gogona village where we'll camp tonight. It's around 15km to Gogona which should take us about 5-6 hours. The local villagers are nomad descendants and their language is still called Bjokha meaning the language of nomads. We'll have time to relax and meet some of the villagers this evening.

Day 07: Gogona to Khotokha (2800m)

Leaving Gogona today we'll follow the gently winding trail up through forests of oak, spruce, juniper and rhododendron on the long and gradual ascent to reach Shobjula pass (3400m). After crossing the pass we'll follow the path down into the wide valley of Khotokha, the summer settlement for the people of Sha. It's a 6-7 hour walk today to cover the 16km distance to our campsite at Khotokha.

Day 08: Khotokha to Chazam (3000m) and Wangdiphodrang

This morning we'll make a short ascent up to Mulaila pass. After crossing the pass we'll follow the trail down through the diverse vegetation to reach Chazam from where it's a short walk to the road. From here we'll drive to Wangdiphodrang where we'll check into our local lodge and relax for the night.

Day 09: Paro

This morning we leave Wangdiphodrang and drive back via Thimpu to the beautiful Paro Valley. On arrival we'll check in to our hotel with the remainder of the evening at leisure to relax and enjoy the views on our last night in Bhutan.

Day 10: Paro to Kathmandu

please note flights to Kathmandu from Paro currently operate only on certain days of the week. Flight schedules are subject to change & a degree of flexibility is required. Please contact us for details and to discuss your dates of travel

This morning we'll transfer to the airport in Paro for our return flight to Kathmandu. Upon arrival in Kathmandu we'll be met by our local representatives for the transfer and check in to the hotel. The remainder of today is at leisure to explore the local area, do some last minute shopping or simply relax in the hotel surrounds.



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Day 11: Kathmandu and Valley

After breakfast at the hotel, we'll take a short drive to the City of Devotees (Bhaktapur) this morning. This traditional and traffic free town is the third biggest in the Valley. We'll explore the medieval like squares, courtyards and temples of this vibrant town. After a stop for lunch at a restaurant in Bhaktapur it's time to drive back to Kathmandu. The rest of the afternoon is at leisure to explore the streets of Kathmandu, perhaps catch up on some last minute shopping or simply relax with a coffee or glass of wine and watch life go by, Kathmandu style

Day 12: Departure

Today is free to relax until departure or to commence any additional trips or activities you may have booked. If departing, you'll be transferred to the International Airport in time for your return flight home.

Extending your holiday

There are many choices and options if you'd like to extend your holiday before or after your main booking. Here are just a few suggestions of extensions available for this trip:

- Take a jungle safari by charter elephant to spot rare species including the Royal Bengal Tiger in the Chitwan National Park
- Enjoy the adrenaline rush of white water rafting in Nepal
- Relax by the lakeside in Pokhara, Nepal
- See the wonder of the Taj Mahal and enjoy relaxed sightseeing around Delhi
- Visit the Roof of the World on a short cultural tour of Tibet
- Charter a private helicopter to retrace part of Sir Edmund Hillary's route to Everest

Please contact our UK office if you'd like to extend your stay by booking one of the above options, if you would like ideas or advice on how best to spend your time and budget or if you would like help with arranging any special celebrations during your trip.

Useful Information

The following information is aimed at helping you to decide whether this trip is right for you. Additional information can be found on our website and in our brochure. If you have any questions or would like advice on any aspect of this trip please contact us and we'll be happy to go through everything with you.

Day to Day Itinerary

It must be realized that with adventure travel changes to an itinerary may occur, for example due to unexpected weather conditions. The day to day itinerary is provided as a general guideline and is intended to give you a general sense of what to expect, including places visited and activities during the trip to help with your decision regards which trip is the best one for you. Activities and timings may vary slightly from those outlined Your guide will make any changes necessary and all arrangements during the trip, including explaining reasons for any changes to the itinerary that may occur.

Trip Duration and Grading

This trip is 12 days with Day 1 beginning in Kathmandu and ending on Day 12 with departure from Kathmandu. The trip has been graded moderate due to the moderately high elevations and level of walking involved on good trails up to 7 hours per day. There will also be some day walks as part of your guided sightseeing, for example when sightseeing in Thimpu and when visiting the home of the Black



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Necked Cranes in Gangtey Valley, usually a maximum of a few hours walking each day with no continuous walking and only moderate elevations.

Group Size

The maximum number of persons on this trip will be 12 and the minimum number 02 persons. We guarantee to run this trip with a minimum of 2 persons and based on your preferred dates of travel within the best times to visit this region in Spring and Autumn. By keeping group sizes small it means we can provide a more personal service to you.

Local Representatives and Guides

You will be met at the airport on arrival by our local representatives who will always be available to help with your arrival, departure and any queries or requirements during your trip. The group will be accompanied by a local English speaking guide throughout the trip. Once you have confirmed your booking we will send you details of how you will be met on arrival and you will meet your guide just after you arrive.

Accommodation

During this trip you will spend 4 nights at a luxury (four or five star) hotel in Kathmandu (2 nights at the start of your trip and 2 nights before departure). In Bhutan you'll spend 4 nights at good quality A category hotels or lodges. You'll spend 1 night at a local A category lodge or at a tented camp in Gangtey and 2 nights at a tented camp during the trek.

All accommodation is based on double/twin share. If you are traveling on your own and are happy to share with someone, we will arrange for you to share a room with someone of the same sex, at no extra charge. If you request a single room the single room supplement charge for this trip will apply. It is usually possible to arrange single room accommodation but please contact our office to confirm this.

Meals

All meals on full board basis during the part of the trip in Bhutan are included in the price, as per the government regulations for all travel to Bhutan. During the days spent in Kathmandu half board basis is included. This is to allow you the opportunity and freedom to try out some of the many wonderful eating places, particularly in Kathmandu. Snacks, bottled drinks including mineral water and alcohol are not included in the price.

Flight Inclusive Price and International Flights

The flight inclusive price is based on best available price (at the time of producing our current brochure) of economy return flights from the UK added to the 'land only' price. Flight prices are subject to change and do vary throughout the year. We use a variety of airlines and scheduled flights on our trips including British Airways, Air India, Gulf Air, Qatar Air etc. Our ATOL licence is T7199 and we work with other ATOL holders to issue flight tickets. For exact air fares and flight classes available at the time you wish to travel please contact us.

Land Only Option

Our trips are based on 'land only' as well as flight inclusive options to allow you the flexibility to choose to make your own arrangements for flights or perhaps to arrive a few days earlier or leave a few days later than the trip or to join the trip from anywhere in the world. If you choose the land only option we will



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provide full details of how and when to meet the rest of your group, details of your hotel and local contacts upon confirmation of your booking. All accommodation during your trip is included in the price although additional days before or after the start and end dates of your trip are not included. We are happy to book additional accommodation or optional activities, based on your requirements and budget, on request.

Please note that whilst at all times we aim to run our trip even with just a few persons, on some of the longer treks or trips, should the group size be less than our minimum operating level we may cancel the trip up to 6 weeks before departure. In the rare event that this happens, we will offer alternative dates or trips or refunds as appropriate and agreed with you. If you are arranging your own flights and accommodation prior to the start date of a group trip we recommend that you book fully flexible and refundable accommodation and transport if booking more than 6 weeks in advance, as should we need to cancel the trip compensation will not be paid for any arrangements that have been made independently.

Climate and Weather

Nepal has a monsoonal two season year with the dry season from October to May and the wet season (monsoon) from June to September. From end September/start October to end November is one of the best times to visit. The vegetation is lush after the rains of the monsoon and the air is clean and fresh. The next best time to visit is February to April at the end of the dry season. It can be a little dusty at this time but the weather is warm and pleasant and its' a great time to see many wildflowers in bloom. December and January are still good in terms of climate and visibility but can be chilly particularly at higher altitudes as well as in the evening in Kathmandu. May and early June can be very hot and uncomfortable and mid June to September can be cloudy with poor visibility and muddy trails although some treks (rainshadow treks) can still be undertaken even during the monsoon.

Between October and November are some of the best times to visit Bhutan, particularly from late September to the end of November which are ideal for trekking and travel in general with warm days and clear skies. In spring the rhododendrons are wonderful as they colour the mountain sides throughout the Kingdom and the days are warm but nights are still cold.

Clothing and Equipment

Generally lightweight to medium weight clothing in natural fabrics is best with warm clothing a must for the evenings and in spring and winter. It's also useful to wear several layers of clothing as temperatures can change suddenly. We also suggest you take comfortable walking shoes and a small day pack or shoulder bag. In the mountains and at high altitude the weather can change rapidly so it is important to have appropriate clothing and equipment. On fully provisioned camping style treks we provide twin share dome or A frame sleeping tents, kitchen tent, mess tent, toilet tent, tables, chairs, stools, lanterns/candles, thin sleeping mattresses, all crockery and cutlery and a fully equipped kitchen set up. Upon booking with us we will send you a suggested clothing and equipment list appropriate to your trip including details of any must have items or items that can be hired (if required).

Baggage Allowance

We request that you aim for a maximum weight of 15 to 20 kg for your main baggage including clothing and personal equipment. Many of our trips involve porters and/or local flights and 15kg is the maximum safe weight allowance for porters and permitted on local flights. International flights will usually permit up to 20kg maximum weight. If trekking, some additional baggage can usually be stored until you return



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from your trek. Remember you may also want to leave some weight allowance for any items you have bought during your trip! The Himalayan Adventure Company and our local partners are not responsible for excess baggage charges.

Complimentary Himalayan Adventure Company Travel Gift

On confirmation of booking we will provide a complimentary Himalayan Adventure Company travel gift. In the past, gifts have included items such as trek bags and t-shirts and vary each season, and we aim to provide useful gifts which can be used and enjoyed during your trip with us and afterwards. For clients living outside the UK will provide a complimentary gift on payment of post and packaging delivery only.

Passport and Visa Requirements

A full valid passport and a current visa is required for all trips and treks. Passports must have at least 6 months validity after the completion date of your trip. To secure your booking and avoid any additional charges, information (eg spelling of name) provided to us on your booking form must match exactly the details as shown in your passport.

To enter Nepal you will require a visa which can be obtained in advance from the Nepalese Embassy in London (UK applications) or on arrival at the airport in Kathmandu for a fee of US\$25 per person for a visa valid for up to 15 days stay in Nepal or US\$40 for a visa valid for up to 30 days. The visa process has changed in 2008 and all visas are now multiple entry which you will also need as you will leave then re-enter Nepal after your time in Bhutan. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request.

To enter Bhutan you will need a separate visa valid for Bhutan. No foreign mission grants visas to enter Bhutan. Through our local representatives in Nepal we will make arrangements for your Bhutanese visa and entry requirements and may ask you to provide information relating to this up to 3 weeks or more in advance of travel. Your visa will be stamped on arrival in Bhutan and cleared in advance. The (current) visa fee of US\$20 is payable on arrival at Paro airport. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request.

You are responsible for ensuring you have a valid passport and visa prior to departure. Where appropriate, we will arrange any special permits or visas required to visit specific restricted areas included as part of the itinerary whilst you are in the country and may request information from you to allow us to do this.

Permits

To enter certain areas e.g. National Parks or other trekking or protected areas, you may require a permit. All our trip prices include the cost of relevant permits and entrance fees. Where this is not the case, for example you have booked a tailor made private trip, we will inform you of any required permit fees before you make a booking with us.

Health and Medical Information

It is your responsibility to ensure you are well and fit enough to join the trip. If you are unsure of this please contact our office to talk it through with one of our experienced staff members. We also recommend you speak to your GP if you are in any way unsure of your fitness level required to join the trip. We also suggest you have a thorough medical and dental check up before you travel. You may need specific vaccinations appropriate to the country or area you will visit. You must tell us if you have



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an existing medical condition or disability that might affect your holiday before you make a booking with us. If, in our reasonable opinion, your chosen holiday is not suitable for your medical condition, disability or level of fitness, we reserve the right to cancel the contract or to suggest more appropriate alternative options for you. A group medical kit will be carried on each trip or trek but we also recommend that individuals carry their own basic first aid kit and we will send a suggested list of items for this when you make a booking.

For useful health and general travel advice and information we suggest you visit the Foreign and Commonwealth Office website at <http://www.fco.gov.uk/knowbeforeyougo> and also obtain a copy of the UK Department of Health leaflet *Advice on Health for Travellers* or speak to your local GP or practice nurse for their recommendations.

What's Included in the Price?

Airport pickup and transfer, complimentary welcome dinner on first arrival to Kathmandu, professional English speaking local Nepali guide during sightseeing as per itinerary in Nepal, 01 full day guided sightseeing as per itinerary in Kathmandu and the Valley with professional English speaking local guide, private car and driver and including entrance fees to sites visited as per itinerary, 04 nights accommodation at a good luxury (four or five star) hotel in Kathmandu on half board basis (breakfast and either lunch or dinner included) on double/twin share basis, flight Kathmandu to Paro to Kathmandu including airport transfers in Nepal and Bhutan, professional English speaking local Bhutanese guide during days in Bhutan, 04 nights accommodation at good quality A class hotels in Bhutan as per itinerary on full board basis (breakfast, lunch and dinner included), double/twin share rooms, 01 night at either a good quality lodge OR tented camp at Gangtey, 02 nights twin share tented camp during days on trek including all meals on full board basis, all shared/common camp equipment required, fully supported camp with crew including porters, cook, assistants and other crew members during days on trek, all sightseeing and activities as per the trip itinerary, all entrance fees and permits required, all transportation during the trip (by car, local flight etc), a group first aid kit, complimentary travel gift, complimentary Safe Seat Plan issued to all our clients confirming 100% financial protection of your booking with us at all times.

What's Not Included in the Price?

Visa fees, international flights (available on request), personal travel insurance, vaccinations, airport departure and reentry fees unless stated (approx £1.30 on local flights and £13 on international flights payable directly at the airport), additional private bus, car or jeep rental to any destination on the trip other than transport provided as per the itinerary, bar/alcoholic beverages, bottled water & table drinks, personal expenses e.g. for souvenirs, personal clothes, food or snacks during transfer journeys, tips for guides, porters, driver etc, alternative transportation, accommodation or other service required as a result of flight delays, weather conditions, road blockage/conditions, strikes, illness or other unexpected event outside of our control (payable locally and directly if required), international flights (available on request), optional trips, holiday extensions and activities (available on request), laundry, excess luggage charges, additional accommodation before or after the start and end dates specified (available on request).

Our Experience

We have a love of and respect for the Himalaya. Our founders and office staff are all experienced travelers who share many years of helping other travelers achieve their ambitions. The fact that we specialise in travel to the Himalaya and that we have extensive local knowledge and experience of the



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area means that we can offer you a wide range of travel options and provide the best standards of service to you. Being an independent specialist travel operator means we can offer a friendly personal service and are able to be flexible and use our experience and contacts to build new and tailor made programs as well as to continue to develop new and improved services. We have a wealth of experience in helping many individuals and groups in designing and planning adventures, ranging from romantic breaks to personal challenges to school study programmes to extreme adventure expeditions, from low budget to no expense spared and we have lots of ideas, suggestions and experience to share with you. We are also delighted to say that many of our clients return again and again to travel with us and many of our new clients are through recommendations and word of mouth from happy and satisfied clients who have previously traveled with us.

Fair Pricing

We aim to provide you with the best service at fair and competitive prices and excellent value for money. As part of this, most of our trips are priced for different group sizes with the higher price applicable for smaller groups. With larger groups the price drops so that everyone benefits from a cheaper holiday. We offer 'land only' prices, for travellers who prefer to make their own international flight and transfer arrangements but are happy to arrange flights for you on request, using a variety of international carriers from regional and national airports. Our ATOL number is T7199 and we work with other ATOL holders to issue flight tickets. Additionally, we offer special discounts for groups of 10 or over, schools and group leaders. Contact us for more information.

Your Financial Protection

We understand how important it is that the money you spend on your holiday is securely protected. You may also have concerns about booking with an independent operator. To give you peace of mind and confidence in our service to you we have a number of ways in which we protect the money you pay for your holiday. The company is a full member of the Travel Trust Association (<http://www.traveltrust.co.uk>) membership number U3237, in compliance with the EC Directive on Package Travel, Package Holidays and Package Tours. For flight bookings and issuing of tickets our ATOL number is T7199 and we work only with ATOL licence holders. For flight bookings the money you pay is protected under the ATOL holder's licence. For all other arrangements, your payment to us is held in a separate Trust Fund and only released to us on your return. In addition, we provide free to you, a 'Safe Seat Plan' insurance cover which means that in the unlikely case of your money not being held in the Trust Account or of our insolvency, you will be fully reimbursed for the loss of any monies paid to us, up to a limit of £11 000 per person. Therefore, for your peace of mind and confidence, all money you have paid to us is always 100% protected and available to pay for the services you have booked.



Insurance

All our clients are required to have appropriate travel insurance as a condition of booking. This year we are working with Snowcard for our higher elevation treks and tours. Snowcard provide excellent and very competitive insurance services for adventure and activity based travel. For no obligation quotes from Snowcard please follow the link on our website from the Useful Links, Make a Booking or Latest News pages where you can check quotes and cover details as well as issue travel insurance online. If you'd like to contact Snowcard directly they can be called on 01327 262805 or visit their website at www.snowcard.co.uk. If calling or emailing please mention you are a Himalayan Adventure Company client to obtain lower rates and quotes based on our trips which are very competitive and offer great



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levels of cover. If you already have travel insurance please send us confirmation of that prior to your departure

Responsible Tourism

We believe that tourism should benefit local communities and that responsible travel does not mean a compromise in standards. We aim to promote responsible travel that respects and benefits local cultures, communities and environments and we support Tourism Concern, are a sponsor of the International Porter Protection Group and a friend of The Sahara Group. We only work with local guides and communities in each region where we operate and we work with local partners, guides, office and support staff and ensure they have good facilities and fair wages and we work as a team to ensure you a wonderful adventure holiday.

Suggested Reading

We recommend you learn about the places and cultures you will visit before you travel so that you can enjoy your travel even more. Below are just a few varied suggestions to get you started:

Lonely Planet Nepal (Travel Guide), Tony Wheeler, Richard Everist, Lindsay Brown (Editor), Bradley Mayhew (Editor), Wanda Vivequin (Editor); Lonely Planet Bhutan, stand Armington; Bhutan, Robert Dompnier; Beyond the Sky and the Earth: A Journey into Bhutan, Jamie Zeppa; Dreams of the Peaceful Dragon: A Journey Through Bhutan, Katie Hickman; Birds of India, Pakistan, Nepal, Bangladesh, Bhutan, Sri Lanka and the Maldives, Richard Grimmett, Carol Inskipp, Tim Inskipp.

How to Book

Once you have chosen your trek or trip, contact our office to check availability and ask any questions you may have. We'll hold a provisional booking for 7 days. Please read our Terms and Conditions prior to making your booking. Then email, post or fax us your completed booking form (available in our brochure or downloaded from our website) along with the appropriate non refundable deposit of £250 per person and (if applicable) any payments for flight bookings. All flight fares are subject to change and availability until final confirmation and as they vary so much throughout the year, all flights must be paid in full at the time of confirmation. If you choose to phone us with your debit or credit card details, a signed and completed booking form will still be required for confirmation of booking. Bookings will only be confirmed once we receive a completed and signed booking form along with appropriate payment.

We will confirm your booking and email you a trip dossier which will include confirmation of your booking, receipt of payment/invoice, a day by day itinerary, visa and trekking permit instructions, vaccination and health information, a suggested first aid pack list, a suggested equipment and clothing list, a suggested reading list appropriate to your destination, a responsible travel briefing and other useful information relevant to your booking.

The final balance for your booking will be due 12 weeks (3 months) before departure. **NO REMINDER WILL BE SENT.** Your Himalayan Adventure Company travel gift will be mailed to you separately, usually a few weeks before your departure date. For clients outside the UK, a gift will be sent on payment of delivery costs only.

We wish you a wonderful Himalayan adventure.