



itineraries

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Day 01: Arrive Kathmandu

Namaste and welcome to Nepal. You'll be met and assisted at the airport by our local representatives who will arrange your transfer and check in to your hotel. After time to get refreshed, rest and have 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* Air excess baggage fees for transport of bikes are payable directly, max weight between 15 -20kg per bike.**

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. Enjoy great views of Mt Everest, Kanchenjunga, Chomolhari, Tsrin Gang and Jichu Drake during your flight. 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 peaceful surroundings and the cool fresh air of Bhutan.

Day 04: Paro & Tiger's Nest

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. We'll also have time to have a stroll around the vibrant local market today before returning to our hotel to relax for the remainder of the evening.

Day 05: Dochula Pass (3050m) to Khuruthang

Today we'll commence our cycling tour as we ride east from Paro, crossing the high Dochula pass and continuing on towards Khuruthang where we'll relax at our camp tonight.



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Day 06: Punakha Dzong and Gangtey Gompa

This morning we'll visit nearby Punakha Dzong. It was built in the 17th century and served as the capital of Bhutan until the mid 1950s. Now it remains the winter residence of the monks and a number of sacred religious artifacts are kept here. From here we'll bike to Wangdiphodrang where we'll stop for lunch. This is the last town on the central highway before we enter central Bhutan and it's a typical small Bhutanese town with another interesting 17th dzong. After lunch we'll continue on to Gangtey Gompa, the only Nyingmapa monastery in western Bhutan. The beautiful glacial valley here is also home to the rare and protected Black Necked Cranes who migrate from the Tibetan plateau to escape the harsh winter. We'll camp here overnight.

Day 07: Norbuling and Trongsa (2200m)

This morning we'll visit the 16th century Gangtey Gompa. After this we'll ride down towards Norbuling and on towards Trongsa, crossing the high Pelela pass (3300m) en route. From the pass we'll have fine views of the surrounding area. Reaching Trongsa we'll camp here overnight. The Royal family has strong links with Trongsa and both King Ugyen Wangchuck and King Jigme Wangchuck ruled Bhutan from Trongsa Dzong, a massive fortress built on numerous levels of courtyards, temples and passageways into the hillside.

Day 08: Bumthang (2600m)

Today we'll leave Trongsa and start cycling towards Bumthang. We'll cross the high Yotala pass (3600m) before the ride down back Dumkhar, Chumi and on to Bumthang where we'll rest overnight.

Day 09: Bumthang Valley

Today we'll explore Bumthang on a guided sightseeing tour. Bumthang is a charming and beautiful valley and the name for the area where four smaller valleys meet. It's also the spiritual heartland of Bhutan and shrouded in religious legends and mysticism. We'll explore some of the medieval temples, monasteries and other highlights of Bumthang today. This evening is at leisure to relax.

Day 10: Ura and Sengor

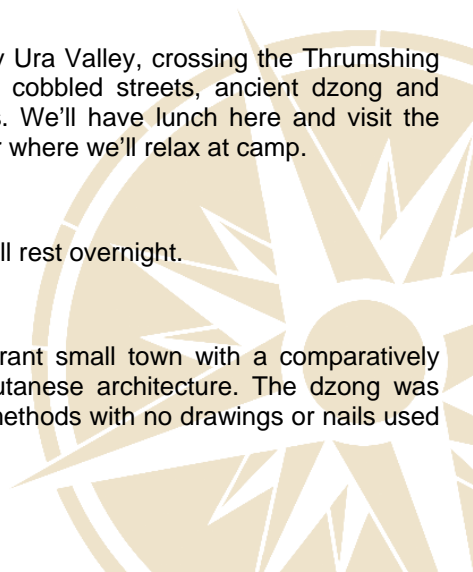
This morning we'll cycle to the east of Bumthang and into nearby Ura Valley, crossing the Thrumshing La (4050m) en route. Ura village has a medieval feel with its cobbled streets, ancient dzong and traditional farmhouses with yaks grazing in the nearby pastures. We'll have lunch here and visit the dzong before continuing our journey as we ride downhill to Sengor where we'll relax at camp.

Day 11: Kuru Zam, Mongar

Today we'll ride from Sengor to Kuru Zam near Mongar where we'll rest overnight.

Day 12: Mongar

This morning we begin with a short climb up to Mongar, a vibrant small town with a comparatively modern dzong which is a wonderful example of traditional Bhutanese architecture. The dzong was reconstructed by order of the Third King, with ancient traditional methods with no drawings or nails used in the construction. We'll rest here overnight.





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Day 13: Trashigang

Today we head towards Trashigang. En route we'll ride over the Korila pass (2600m) before reaching Trashigang where we'll relax overnight. Trashigang is the largest district in Bhutan and a vibrant commercial centre, busier than other Bhutanese towns. It's used as a major market place by the Merak and Sakteng hill peoples, with their distinctive and unusual features and traditional dress, unlike customary Bhutanese clothing we'll see elsewhere. On the clifftop above we'll also see the local 17th dzong now used as a picturesque administrative centre.

Day 14: Trashigang

This morning we'll make a day excursion to visit Kanglung College. This is the only university in Bhutan. Returning to Trashigang we'll relax here overnight.

Day 15: Mongar

Today we'll start to make our return journey as we drive towards Mongar. We'll stay here overnight.

Day 16: Bumthang

We'll drive to the wonderful Bumthang area today. Bumthang is a charming and beautiful valley and the name for the area where four smaller valleys meet. It's also the spiritual heartland of Bhutan and shrouded in religious legends and mysticism. We'll explore some of the medieval temples, monasteries and other highlights of Bumthang today with plenty of time to explore and enjoy the views before relaxing this evening.

Day 17: Wangdiphodrang (1300m)

Our return journey continues today as we drive back to the small town of Wangdiphodrang where we'll rest and relax overnight. This is the last town on the highway before entering central Bhutan and it's a typical small Bhutanese town.

Day 18: Thimpu (2300m)

After breakfast today, we'll set out on the morning drive through the beautiful Bhutanese landscape to Thimpu, perhaps the least visited of all Himalayan capitals. This morning we'll take the scenic route and drive to the capital of Bhutan. Thimpu is a small and charming city situated in a river valley in the heart of the Himalayas with traditional low level Bhutanese buildings. On arrival we'll check in to our local guesthouse and relax.

Day 19: Thimpu

There's a lot to see in Thimpu so we'll spend today seeing the highlights. This morning we'll have the chance to visit an indigenous hospital where traditional methods are still practiced. We'll also visit a traditional painting school, the national library which is a treasure trove of priceless Buddhist manuscripts and the Royal Goldsmith's workshop. Before lunch we'll also take time to visit a local weaving centre and a centre for Bhutanese paper making. In the afternoon we'll visit the memorial chorten dedicated to the late King, 15th Century Changangkha Lhakhang as well as Drukthop Nunnery and Tashichhodzong, centre of government and religion in Bhutan. After our sightseeing enjoy the short scenic drive to Paro (around 2 hours). Arriving in Paro we'll check in to our hotel and relax for the night.



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Day 20: 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

After breakfast today it's time to 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.

Day 21: 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. Your guided tour takes you to 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 free for you 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 22: 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



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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 22 days with Day 1 beginning in Kathmandu and ending on Day 22 with departure from Kathmandu. The trip has been graded moderate to strenuous due to the high elevations and amount of cycling during the trip, sometimes on steep climbs and over high mountain passes. There will also be some easy day walks as part of your guided sightseeing, for example when visiting dzongs, temples or palaces, usually a maximum of a few hours walking at moderate to high elevations. A reasonable to good level of fitness is required for this trip.

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 local hotels and lodges. When biking you'll spend 13 nights at fully provisioned tented camps with the occasional stay in a local guesthouse.

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.



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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 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. It can be extremely wet with the monsoon season in June to August.



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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 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 tshirts 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.



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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 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, 13 nights twin share tented camp during days biking including all meals on full board basis, all shared/common camp equipment required, fully supported camp with crew including porters, cook and other crew members during days biking, support vehicle, hire of bikes and helmets from Kathmandu, 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..



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What's Not Included in the Price?

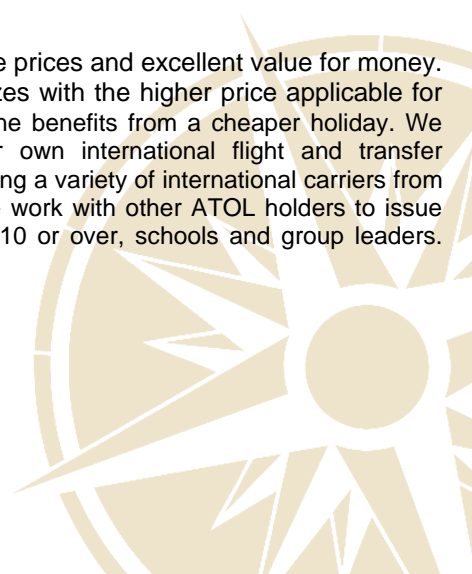
Visa fees, international flights (available on request), personal travel insurance, vaccinations, airport departure and reentry fees unless stated (approx £1.30 on local flights and £13 on international flights payable directly at the airport), excess baggage fees for transport of bikes – max weight 15-20kg per bike 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 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.





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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 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



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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.

