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Markha Valley Trek

From To

2010

Available on request – minimum 2 persons

Best times to visit – summer months start of June to first week of September inclusive

Grade: Strenuous
Max elevation 5100m



Duration: 14 Days

Land only price per person (join in Delhi). Includes deluxe hotel in Delhi, local A category hotels, guesthouses and tented camp on trek

Group Size	2-6	7-12
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Deluxe eco resort hotel in Delhi, local A category hotel in Leh, tented camp on trek	£1095	£995
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Flight Price Delhi – Leh- Delhi	From £395 per person economy return subject to change	
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Flight price UK to Delhi	From £300 economy return	
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Single hotel/camp supplement £450

Introduction:

This is one of the most varied and beautiful treks in the world and the best short trek in the magical timeless land of Ladakh, also often known as 'Little Tibet'. You'll trek into the Hemis National Park where the trail ventures high into the Himalaya, crossing two high mountain passes and circling the edge of the Indus Valley before descending into Zaskar. You'll travel through dramatic and varied terrain ranging from beautiful narrow valleys to vast wide open expanses and moonscapes, past picturesque traditional villages and hilltops dotted with ancient monasteries in an area where Tibetan Buddhism still flourishes. This is the land of the elusive Snow Leopard, Blue Sheep, Lammergier and Golden Eagle. As you trek to the upper end of the Markha Valley you'll be rewarded with spectacular views of jagged snow capped



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peaks before crossing the high Gongmarlu pass and descending to famous Hemis Monastery and the end point for this memorable trek.

Day 01: Arrive Delhi

Welcome to Delhi, a fascinating city amid the wonder of India. You'll be met and assisted at the airport by our local representatives who will arrange the transfer and check in to your hotel for a good night's rest.

Day 02: Delhi to Leh

After breakfast today we'll transfer to the domestic airport to connect to the flight for Leh. On arrival we'll be met and helped on our transfer and checkin at our local hotel. The remainder of today is free to rest, perhaps explore the local area and acclimatise.

Day 03: Likir and Alchi Monasteries

This morning we'll set out on a full day excursion to visit Likir and Alchi monasteries. Likir Monastery is just a few kilometres before Alchi. A scenic road passing through a landscape of rocky mountain and riverside brings us to the Gompa (monastery) which contains a number of enormous clay statues of the Buddha in different forms. Founded in the 12th century, Likir was the first royal monastery to be established in Ladakh under direct Tibetan influence. After time to explore Likir and to enjoy our packed lunch we'll continue on to visit Alchi Monastery, 66 km west of Leh. This monastery consists of six temples which contain a chorten, seated Buddhas and exquisite paintings. Over ten centuries old, profusely painted walls depict the events of the Buddha's life, lamas and musicians. The murals, dating from the 11th and 12th centuries pre date the Tibetan style of painting present in all the other gompas and some are reminiscent of the paintings of the far distant Ajanta caves and presumed to be almost the sole survivors (along with some in Phuktal Gompa in Zaskar and Tabo in Spiti) of the Buddhist style current in Kashmir during the first millennium AD. Later this evening we'll return to Leh to relax over dinner and the rest of the evening.

Day 04: Stok and the base of Stok La

This morning we'll drive to Stok and from here begin our trek to reach the foot of Stok La, around 3 hours in total. We'll cross through the village of Stok then follow the trail on the left bank of the river, as it comes in from the massif of Stok Kangri. After a couple of hours the trail leads away from the river on a gentle climb, through a small pass and up into a small valley where we'll relax at camp tonight, near a sheepfold.

Day 05: Stok La to Yurutse

After breakfast at camp we'll continue our trek to Yurutse, around 6 hours in total, stopping en route for lunch. From the valley sheepfold it's a long and steep ascent to the Stok La (4900m, around 3 hours). From the pass the descent is again steep before it levels out to reach Rumbak village. We'll pass through the village and cross the bridge over the river and up an escarpment which takes us up the right bank then along the left bank of the river where it's easy going until Yurutse. We'll camp here overnight.



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Day 06: Yurutse to Skiu

Today's trek is around 6-7 hours. From Yurutse the path is good as it follows the mountainside before crossing a small valley and then zigzagging steeply up to a flat. From here we'll follow the trail along the mountainside again to reach the Ganda La (4900m) after around 3 hours trek. From the pass it's a long easy descent towards Shingo and then into the splendid gorges where we'll have a few easy river fords. After a 2 hour descent we'll enter the valley of Markha. From here, we'll take the trail left (east) for just a few hundred meters more to reach Skiu. We'll rest at camp here overnight.

Day 07: Skiu to Markha

After breakfast in camp we'll begin today's trek to reach Markha, around 7 hours with our usual stop en route for lunch. From Skiu it's a good path that follows the right bank of the Markha River through rich vegetation. We'll follow the bridge crossing onto the left bank and cross over a barren plain before heading back this time onto the right bank with another bridge crossing which brings us to Chaluk, with it's few houses. From Chaluk we'll head again towards the river, crossing over onto the left bank. After another crossing it's a short climb up to Markha and our beautiful campsite beyond the houses and near the river.

Day 08: Markha to Tchatchutse

After a good breakfast at camp we'll head to Tchatchutse today. The trek is around 6 hours, starting as we head up the main valley on the right bank of the river. The path is sometimes difficult in the riverbed. We'll continue on and pass the monastery at Humlung as we carry on along the right bank which brings us to Hankar. From here the path improves and just a short distance beyond Hankar we leave the broad valley on to the right hand side where the valley narrows and reaches higher. We'll take the bridge crossing onto the left bank of the river to reach the pastures of Tchatchutse where we'll camp tonight.

Day 09: Tchatchutse to Nimaling

Today our trek is around 3 hours to reach Nimaling. The path can be seen easily ahead of us, with several small inclines and the river stretching far to the left. The trail takes us past a small lake then across the pastures to Nimaling. This is one of the most beautiful high valleys in Ladakh at 4700m, dominated by the Kang Yaze (6400m). Several fairly difficult routes lead to the summit. Climbing the antecime (west) is not too difficult. We'll rest overnight at our camp.

Day 10: Nimaling to Shang

Today we'll cross the Markha, on our trek to reach Shang, around 8 hours in total today. It's a long climb along the mountainside before the path zigzags for a while up to the Kongmaru La (5100m, around 1 ½ hours). From the pass it's a steep descent. We'll pass a campsite then a stream before our long descent into the gorges. There are several easy ford crossings before we leave the gorges and continue our trek along the left bank of the river to Chukirmo. We'll continue on, as the path meanders along, sometimes on the riverbed and sometimes on the right and left banks before reaching Shang. Our campsite tonight is in a beautiful area of groves. There's also a small gumpa around one hour from the village for anyone wanting to explore locally.



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Day 11: Shang to Hemis

This morning we'll head toward Hemis, around 3-4 hours. We'll start out by following the riverbed before joining a good footpath and up onto the left bank. From here we'll reach a dusty trail and past a small house and a series of chortens. We'll continue past Marsellang and follow the trail as it rises gently to reach Hemis where the Gompa and village are beautifully situated. We'll visit Hemis Monastery today before relaxing at our overnight camp. Hemis Monastery is the largest in Ladakh, established in 1672 by the then King. There are a number of shrines and temples of considerable interest here and the gompa itself stands out from the mountainside in traditional Tibetan style. This is also the home of Sakyamuni, a statue of Lord Buddha made of precious metals. The library houses a rare collection of valuable manuscripts and thangkas (paintings on cloth) including the world's largest created in 1630. In July a colourful festival is held here when the monks perform colourful traditional masked dances in honour of Guru Padmasambhava and lamas travel from afar, dressed in their traditional national costumes to join the celebrations.

Day 12: Hemis to Thiksey, Shey, Shankar and Leh

This morning we'll have breakfast at camp before the drive back to Leh. En route we'll stop to visit Thiksey, Shey and Shankar Gompas (monasteries). Around 17km from Leh and en route from Hemis Monastery, Thiksey Monastery provides a great panoramic view of the Indus Valley from its vantage point atop a hill. There are several important temples and wall paintings of Lord Buddha in this 800 year old monastery as well as many precious silver and gold statues. Close by is the summer palace of the old Raja of Leh. We'll also have a chance to visit Shey Monastery on our drive back to Leh. Here, is the largest copper statue of Lord Buddha, plated with gold and standing 7.5 m high and well worth seeing. Leaving Shey, we'll continue on to visit the small monastery at Shankar, which harbours a variety of very accomplished modern tantric murals and a thousand headed Avalokitesevara deity. The gompa is well lit so can also be visited in the evening. We'll head back to Leh where we can relax over dinner at our hotel with the rest of the evening free.

Day 13: Leh to Delhi

This morning we'll transfer to the local airport in time to connect to our flight back to Delhi. On arrival we'll transfer to our hotel and check in with the remainder of our day at leisure to relax at the hotel or perhaps do some last minute shopping nearby.

Day 14: Delhi & Departure

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

Please note that from 01 March 2009 for the next 3 years a mandatory Airport Development Fee (ADF) will be levied on all domestic and international flights by the Delhi International Airport Limited (DIAL). The charge will be INR200 (approx £2.74) for each domestic passenger departing from Delhi and INR1300 (approx £17.80) for each international passenger (including Kathmandu and Paro departures). All visitors to India from 01 March 2009 will be required to pay these new mandatory charges to the airport authorities directly at the time of departure



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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:

- See the wonder of the Taj Mahal at Agra & enjoy relaxed sightseeing around Delhi
- Visit the neighbours – take a trip to nearby Nepal, Bhutan or even Tibet
- Enjoy the adrenaline rush of white water rafting
- Relax and cruise the waterways of Kerala on a traditional houseboat

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 14 days with Day 1 beginning in Delhi and ending on Day 14 back in Delhi. The trip has been graded strenuous due to the higher elevations and amount of walking involved, with a number of steep ascents and descents. There will be some easy day walks as part of your guided sightseeing, for example when visiting temples and monasteries, usually a maximum of a few hours walking each day. A reasonable to good level of fitness is required for this trek.

Group Size

The maximum number of persons on this trip will be 12 and the minimum number 2 persons. 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



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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 2 nights at a 3 ½ star deluxe eco hotel in Delhi. You'll spend 3 nights at a local A category hotel in Leh and 08 nights in a fully provisioned tented camp during your trek.

All accommodation is based on twin share. If you are travelling 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

In Delhi meals on bed and breakfast basis are included. During your trek and days in Leh all meals on full board basis are provided including packed lunches provided during the day. Snacks, bottled drinks including mineral water and alcohol are not included.

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.



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Climate and Weather

Depending on where you want to go and what you want to do, it is possible to visit India throughout the year. The coolest weather is from November to mid March when there are cool fresh mornings and evenings with dry sunny days. Between April and June the weather can be very hot and dry.

Generally October to March are the best months to travel in most areas of India and Sikkim. In the far south January to September is a good time to visit. During the monsoon rainy season (June to September) is a good time to visit the deserts of Rajasthan and the northwestern Indian Himalayan regions. For Sikkim and northeastern areas March to August are good times to visit. For trekking, April to November is generally the best time although this depends on region and altitude. In this region the best time to trek is during the summertime, particularly from July to September.

Clothing and Equipment

Generally lightweight to medium weight clothing in natural fabrics from March to October with something warmer for the evenings and warm clothing for winter. 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 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.

Passport and Visa Requirements

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

All foreigners (adults and children) who plan to visit India are required to obtain a valid Visa in their home country before arrival to India. Tourists wishing to visit India are usually granted short-term tourist



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visas, effective from the date of issue and valid for 6 months or up to 1 year depending on the type of visa issued. These tourist visas are non-extendible and non-convertible.

If you are planning to visit restricted or protected areas you will need an additional special permit and should contact the VF Services Ltd or the High Commission of India, London to check whether the places you intend to travel to are categorised as restricted/protected areas. For example if you plan to visit Sikkim or Ladakh you will need to mention this when applying for your Visa to ensure you are issued with the appropriate permits for your travel.

No Visas are issued upon arrival in India – you must have a valid visa prior to arrival in India. If you are simply transiting in India and will not be going through immigration but immediately taking an onward flight you may not require a visa. Please check with us for information & guidance.

The procedure for applying for a visa has now changed with effect from June 2008 aimed at improving Visa services. The visa application process has now been outsourced to VF Services (UK) Limited to whom all visa applications must now be made. The main way to apply for your India visa is online where you will also be able to track the progress of your visa application. In addition to the online application form a number of Indian Visa Application Centres (IVACs) in London and Birmingham will provide visa processing services.

To apply for your India visa you will need to submit your visa application to either of the VF Services (UK) Ltd. offices in person or by post or use the main online process where you can apply and find more information at <http://in.vfsglobal.co.uk>. This link is also available from the Useful Links page of our website at www.thehimalayanadventurecompany.com or www.greathimal.com

The new system is very much based around an online application process and you are advised to complete the Indian visa application form and pay the fees online. After doing this you will then be able to make an appointment to drop your application and passport at the Visa Application Centre or send it by post and to plan your trip to the India Visa Application Centre and avoid unnecessary queues and delays. You will also still be able to walk into an India Visa Application Centre (IVAC) and wait in the queue to submit your application if you prefer.

Processing times vary from application to application at the sole discretion of the High Commission of India and its Consulates in the UK, and some applications may take longer than others to get processed. However general guidelines are that applications submitted in London and Birmingham will take a minimum 2 to 3 working days to be processed. Postal applications need approximately 15 working days to be processed. This does not include the period they are in transit to and from the High Commission or the Consulate General.

For more information or guidance please contact VF Services Ltd can be contacted via their website at <http://in.vfsglobal.co.uk/index.aspx> , by post at 142-148 Goswell Road, London EC1V 7DU, email info.inuk@vfshelpline.com, by telephone (answered between 0830hrs to 1600hrs) +44 207 8287369 or by fax on +44 207 8284979



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If you'd like guidance and more information we will also be happy to help and you can contact us at info@greathimal.com, by phoning 0845 094 0273 or by visiting our website at www.greathimal.com

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 by air conditioned private car, local English speaking guide service in Delhi, local English speaking Buddhist guide in Leh for sightseeing, English speaking local trekking guide during the days on trek, pre trek briefing on arrival, all accommodation during the trip on twin share basis, 02 nights at the 3 ½ star eco friendly Ashok Country Resort in Delhi on bed and breakfast basis, 03 nights at an A category local hotel in Leh on full board basis (breakfast, lunch and dinner included), 08 nights accommodation in tented camps during days on trek with all main meals (full board basis) during the days on trek, all sightseeing and activities as per the trip itinerary including monument and monastery entrance fees, local transfers and sightseeing in Delhi by air conditioned private car, non air conditioned jeep for transfers and sightseeing in Leh, all permits required, monastery fees in Ladakh, all transportation during the trip (by car, boat, local flight etc), all shared/common camping equipment and utensils, camp trek crew including cook and porters, group first aid kit, complimentary travel gift,



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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, personal travel insurance (available on request), vaccinations, airport departure and reentry fees, mandatory airport development fee (ADF) payable directly to the airport authorities on departure*, additional private bus, car or jeep rental to any destination on the trek other than transport provided during the trip, bar/alcoholic beverages, bottled water, personal expenses eg 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 missed, delayed or cancelled flights, weather conditions such as heavy rainfall, landslide, strike, road blockage or other unexpected event outside our control (payable locally and directly if required), international flights (available on request), laundry, optional trips, holiday extensions and activities, excess luggage charges, additional accommodation before or after the start and end dates specified (available on request).

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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



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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

Before confirming your booking we will need to see evidence of adequate travel insurance. Whilst you are able to choose your insurance from any provider, we recommend the Travel Trust Association (TTA) as providing some of the best and most competitive travel insurance on the market to our clients. Policies can be printed and given or mailed out or emailed to you. For our higher elevation treks and tours we work with Snowcard who provide excellent and very competitive insurance services for adventure and activity based travel. For no obligation quotes please follow the links 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 purchase your 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. Contact us for more information, to request a quote, to see policy wording or to purchase your insurance.

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 donate 5% of profits to local charities and are involved in local development and voluntary work in the Himalayas, particularly in Nepal. For every booking made we also donate £10 to The Sahara Group (<http://www.saharagroup.org.np>) to help continue their wonderful work with street children with HIV/AIDS, women and children affected by human trafficking and poor rural communities. We employ



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local 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 India (Travel Guide), Hugh Finlay, Sarina Singh (Editor), Seasons of Splendour: Tales, Myths and Legends of India, Madhur Jaffrey, Michael Foreman (Illustrator), A Journey in Ladakh, Andrew Harvey, Ancient Futures: Learning from Ladakh, Helena Norberg-Hodge, Peter Matthiessen, HH The Dalai Lama (preface); Ladakh, Manali Zanskar.

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 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 insurance premiums to our UK office address. 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 send you a trip dossier which will include confirmation of your booking, 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.

The final balance for your booking will be due 2 months before departure. **NO REMINDER WILL BE SENT.** Your Himalayan Adventure Company travel gift will be mailed to you separately. For clients outside the UK, a gift will be sent on payment of delivery costs only.

We wish you a wonderful Himalayan adventure!

