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Singalila Ridge Trek

From	To
2010	
Available on request	
Best times to visit – Spring season March to mid May. Autumn season October to early December.	

Grade: Mod to strenuous
Max elevation 3636m



Duration: 13 Days

Land only price per person (join in Delhi). Guaranteed to run for a minimum 2 persons. Individual solo & private group treks available on request.

Group Size	Minimum 2	7 plus group members
Four star hotel in Delhi, A class hotel in Darjeeling, tented camp on trek	£1695	£1595
International Flight Price	From £300	
Flight Price Delhi – Bagdogra- Delhi	From £395 per person economy return subject to change	
Single supplement	£485	

Introduction:

Beginning from Delhi, a scenic 2 hour flight brings you to Bagdogra where (weather permitting) you'll have your first views of the magnificent Himalayan peaks during the flight reaching as far as Nepal. Best views are from the seats on the left. From Bagdogra a scenic drive through local villages and tea plantations brings you to the charming hill station of Darjeeling also known as Dorjey Ling, Land of the Thunderbolt. You'll begin your trek along the famed Singalila Range from here. The ridge itself is an imposing Himalayan divide between Sikkim (including the Darjeeling hills) and Nepal. To the west of the Ridge are great views of the mighty peaks of Nepal including Everest (8848m), Lhotse (8516m), Nuptse (7855m) and Makalu (8156m) and the rest of their overwhelming fraternity. During your trek you'll travel through spectacular forests of silver fir, rhododendron, chestnut, oak, magnolia and hemlock. Enjoy quiet trails with beautiful landscape and peak views.



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Another attraction of this trek is the views of awesome Kangchendzonga (8585m.) massif, the third highest mountain in the world. The Singalila Ridge trek offers spectacular views of this gigantic snow clad miracle. Kangchendzonga holds immense fascination for mountaineers, being as it is, a benchmark in mountaineering challenge. Running to the north east of the massif are the magnificent 7,000 m plus peaks, the Kokthang, Rahtong, Kabru, culminating in the beautiful and sacred peak of Pandim. The Singalila Ridge has the highest concentration in the world of the steepest heights per square kilometre, with unobstructed views as well as being an area rich in flora and fauna, particularly beautiful in Spring when the flowers are in bloom. With over 600 varieties of orchids, the trekking trails pass through variegated tree cover, literally bursting with rhododendrons, magnolias and primulas under the great peaks.

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: Fly Delhi to Bagdogra, drive Bagdogra to Darjeeling (82km, 3 hrs)

After breakfast at the hotel, this morning we transfer to the domestic airport for our flight to Bagdogra, leaving at 1005 arriving at 1200. On arrival we'll be met by our local representative, to begin the scenic drive to the picturesque hill station of Darjeeling. It's a pleasant drive uphill for around 3 hours through local tea gardens and small towns. We'll occasionally meet the famous Darjeeling Toy Train the highest narrow gauge steam train as it huffs and puffs it way slowly up the mountain. On arrival we'll be able to check in to our hotel with the rest of the evening at leisure to rest and relax and perhaps take a stroll around the local area.

Day 03: Darjeeling (2134m)

Enjoy some sightseeing around Darjeeling today. Darjeeling is a beautifully picturesque and charming hill station, surrounded by fragrant tea gardens and lush slopes interspersed with fern, bamboo and coniferous jungle and hamlets, a popular and vibrant Victorian holiday resort and major tea growing centre during colonial times in India and continuing today. Enjoy an early morning visit to Tiger Hill for fabulous sunrise views of Mt Kanchenzonga, the third highest mountain in the world, along with the highest Mount Everest and a host of other Himalayan giants also seen on the horizon. From here we'll drive back to the hotel and after breakfast we'll visit Ghoom, a Tibetan-Buddhist monastery and their botanical gardens to see their collection of rare orchids and other plants. We'll also visit one of the tea gardens around Darjeeling and this afternoon we'll visit the Himalayan Mountaineering Institute. Overnight Darjeeling

Day 04: Darjeeling to Lodhoma Khola (1089m), trek 03 hrs to Rimbik (2331m)

After a buffet breakfast at the hotel we'll pick up our packed picnic lunch before the scenic drive of 3 hours to reach the trailhead and start point for your trek at Lodhoma Khola, at an altitude of 1089m. Here your guide will distribute the baggage to be carried by the porters and/or **Dzo's** (a crossbreed of Yak & cow who can survive at lower altitudes) during the trek. We then begin our trek to reach Rimbick. The trail ascends gradually but almost continuously as we travel through small villages to reach Rimbick a small but important town which can be busy during the main market day (Tuesday). Rimbick means "Ling-gip" – a place where the swing is and is situated at an altitude of 2,331m. Relax this evening at tented camp.



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Day 05: Trek Rimbick to Ramam (7-8 hrs including breaks)

Today is a longer day and we'll get an early start as we head to Ramam. The trail up to a place called Siri Khola dips gradually and then ascends gradually through small villages and cultivated potato fields, the prime crop for this mountainous region. The views of Darjeeling are superb from Ramam, especially at night when the whole town is illuminated. This area primarily consists of Sherpas, legendary mountainous people who many years ago migrated from Nepal. But a great legend attracts many curious visitors and Lepcha pilgrims to a near by quiet village of Samanden. Here it is said that many years back the Legendary Himalayan Ape "Yeti" fought with a Lepcha hunter for supremacy of the hunting grounds and due to equal strength they both came upon a solution of making a treaty. So in the quiet woods still today there is an erected stone as a symbol of friendship between the Lepcha hunter and the Yeti. Overnight at tented camp.

Day 06: Trek Ramam to Molle (3535m) 7-8 hrs with breaks

The trail from Molle ascends gradually through dense rhododendrons and pine forests. Molle is situated at an altitude of 3,535 meters and the vegetation here changes as we gradually descend. The vegetation here is of the alpine class-an undulating ripple of dwarf rhododendron bushes and shrubs of poisonous aconite. From Molle we'll be able to view the impressive Mt. Kangchendzonga Massif. Overnight at tented camps

Day 07: Trek Molle to Phalut (3560m) 3-4 hrs

From Molle we take a gradual uphill ascend of around 3-4 hours to reach Phalut, which forms the junction of Nepal, Sikkim and West Bengal and is one of the most beautiful areas to visit. Phalut is a Lepcha word, which means Summit. The terrain here is bare and treeless and from here it is only 48 km as the crow flies to reach Kangchendzonga. Relax this afternoon enjoying the views and exploring locally with the rest of your evening at leisure. Overnight at tented camp.

Day 08: Trek Phalut to Sandakphu (3636m) 8-9 hrs approx with breaks

This is another longer day so we'll start fairly early. We start by slightly retracing our steps to reach Molle where the trail to Sandakphu bifurcates. Today we'll be doing some exciting ridge walking with the Nepalese high peaks and mountains on our right side and the Sikkim /Darjeeling hills on our left. Sandakphu is a window to one of the finest views of the snowy mountains from the mighty Everest in Nepal, to the revered Kangchendzonga in Sikkim and the legendary Mt Chomolhari in Bhutan. From here Everest is only 144 km as the crow flies. Once we settle down, evenings can be spent walking around the wonderful vantage points to observe the famous, splendid sunset over stunning peak views. Overnight at tented camp.

Day 09: Trek Sandakphu to Gairibans (2621m) 4-5 hrs trek

It's worth an early wake up today to see the magnificent sunrise views. From Sandakphu, at sunrise we'll see the snow-laden peaks in crimson and mauve, orange and gold, as Kangchendzonga and Everest are seen in all their glory. The whole snowy range of Bhutan, Sikkim and Nepal, about 320 km in length, is visible, but the gigantic height and breadth of towering Kangchendzonga massif, with its attendant peaks, Kabru, Joponu, and Pandim dominates the scene.

After breakfast we follow the trail as it winds gradually downhill through beautiful Rhododendron forest. The size of the rhododendrons starts increasing as the altitude decreases and we'll see various varieties. This area is also home to a small habitation of the rare and shy Red Pandas and if we're lucky



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we may catch a glimpse of these beautiful animals. Reaching Gairibans we'll rest overnight at tented camp.

Day 10: Trek Gairibans to Tonglu (3087m) 4-5 hrs trek

This morning we begin with a gradual ascent passing through the forest consisting of dwarf rhododendron trees. From Tonglu the views of Mt Everest and the Kanchendzonga massif are commanding. We'll rest and enjoy the views from our tented camp.

Day 11: Trek Tonglu to Maneybhanjang (2134m) 4-5hrs trek, drive to Darjeeling – approx 2 hrs 26km

This morning we begin with a fairly steep downhill trek to Maneybhanjang passing through a couple of villages, namely Megma and Chitrey. We'll stop to visit the Buddhist monastery at Chitrey. The monastery is of the Druk Kargupa sect and is a meditation centre. We end our trek here and say good-bye to our porters, Dzo men and the rest of our trek crew (cook and kitchen staff). From here we'll be picked up for the drive back to Darjeeling, a pleasant couple of hours. On arrival you'll be able to check in to your hotel with the rest of your evening at leisure. Overnight at our hotel in Darjeeling.

Day 12: Darjeeling to Bagdogra, drive 80km 3-4 hrs, fly Bagdogra to Delhi

Today begins with the scenic drive back down to Bagdogra in time to board the flight back to Delhi. On arrival you'll be met and transferred to your hotel with the rest of your day and evening at leisure to rest and relax. Overnight at your hotel.

Day 13: Depart Delhi

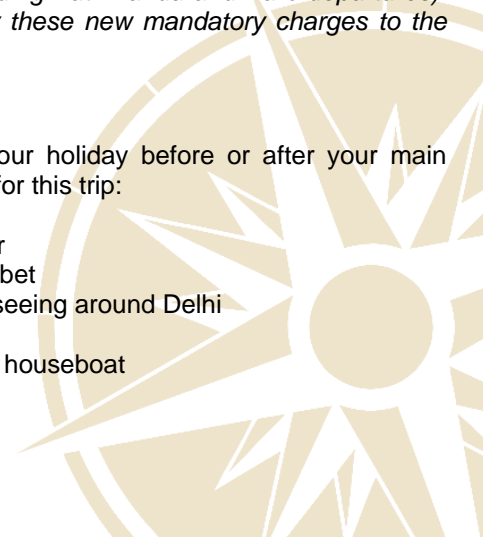
This morning you'll be transferred to the International Airport in time for check in and your departure flight home/onwards.

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

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:

- Enjoy the sights and sounds of Delhi on a guided day tour
- Visit the neighbours – in nearby Nepal, Bhutan or even Tibet
- See the wonder of the Taj Mahal and enjoy relaxed sightseeing around Delhi
- Relax at a luxury spa
- Relax and cruise the waterways of Kerala on a traditional houseboat
- Stay overnight in a luxurious palace





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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 13 days with Day 1 beginning in Delhi and ending with departure from Delhi on Day 13. The trip has been graded moderate to strenuous, mainly due to the higher elevations and amount of walking involved. There will be also be some short day walks, for example when visiting World Heritage Sites or local areas of interest, usually a maximum of a few hours walking.

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 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 02 nights at the four star heritage Oberoi Maidens hotel in Delhi. You'll spend 03 nights at the deluxe Himalayan Resort hotel in Darjeeling and 07 nights at a tented camp and/or trekkers huts during your days on trek.

All accommodation is based on 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.



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Meals

All meals on full board basis during the days spent in Darjeeling and on trek are included. In Delhi meals on bed and breakfast basis are included in the price. This is to allow you the freedom and opportunity to sample some of the many wonderful eating places available in Delhi. 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.

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

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 teahouse style treks



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we provide free of charge a four season sleeping bag and cotton liner. 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.

FREE Himalayan Adventure Company Travel Gift

On confirmation of booking we will provide a complimentary travel gift, gift may vary each year and previous gifts included Trek bag and t- shirt, gifts subject to availability. For clients living outside the UK will provide a free gift on payment of post and packaging delivery only

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 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.



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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

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



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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, local English speaking guide services, 02 nights accommodation at the four star Oberoi Maidens heritage hotel on bed and breakfast basis in Delhi, 03 nights accommodation at the deluxe Himalayan Resort in Darjeeling on full board basis (breakfast, lunch and dinner included), 07 nights accommodation at fully provisioned tented camp/trekkers huts during days on trek on full board basis, pre trek briefing on arrival, all accommodation during the trip on twin share basis, air conditioned transport in Delhi and non air conditioned transport in Sikkim and Darjeeling, National Park and trekking permits, all sightseeing and activities as per the trip itinerary including entrance fees to sites visited, economy return flight Delhi to Bagdogra including private airport transfers, a group first aid kit, complimentary Himalayan Adventure Company travel gift, complimentary Safe Seat Plan issued to all our clients confirming that as members of the Travel Trust Association all bookings made with us are 100% financially protected at all times.

What's Not Included in the Price?

Visa fees, personal travel insurance, vaccinations, airport departure and reentry fees, mandatory Airport Development Fee (ADF) payable directly at the airport*, 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 including sleeping bags and down jackets, food or snacks during transfer journeys, tips for guides, porters, driver etc, alternative transportation (eg car/air) in case of heavy rainfall, landslide, strike or road blockage, international flights (unless requested), laundry, optional trips, holiday extensions and activities, excess luggage charges, additional accommodation before or after the start and end dates specified.

**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.*

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



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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

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.



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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 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), Sikkim Himalaya: Travels in the Cloud Kingdom, David Lang.

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!

