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Living Arts & Architecture of Nepal

From	To
2008	
Thu 20 Mar	Sat 29 Mar
Thu 17 April	Sat 26 Apr
Thu 09 Oct	Sat 18 Oct
Thu 06 Nov	Sat 15 Nov

Duration: 10 Days

Grade: Easy
Max elevation 1367m



Land only price per person (join in Kathmandu) Guaranteed to run for a minimum 2 persons. Luxury hotel in Kathmandu & deluxe local lodges and guesthouses.

Group Size	2-6	7-16
Deluxe hotels & lodges	£1295	£1195
Flight Price	From £600	

Single hotel supplement Kathmandu £235, Chitwan £100

Introduction:

This 10 day trip offers a relaxed and informal introduction to the palaces, temples, treasures, arts and architecture of both ancient and modern day Nepal. You'll be able to see and experience for yourself Nepal's wonderful vibrant connection between art and architecture within its fascinating melting pot of religious and secular art that incorporates Hindu, Buddhist and Tantric influences. You'll join a guided exploration of this Kingdom and see how modern day and ancient arts sit side by side and are widely accessible and very much alive, from the intricate temple carvings to simple indigenous tribal arts of the lowlands. Accompanied by expert local heritage guides you'll visit UNESCO World Heritage Sites to see and learn about Nepal's impressive heritage of arts, architecture and craftsmanship as well as the histories behind the art. You'll also see and hear about current efforts to protect and preserve this rich inheritance and continue the skills that today remain very much part of the modern economy. On this special arts and architecture trip you'll also have plenty of time to relax, to enjoy the amazing Himalayan views and to explore the vibrant streets of Kathmandu where the artistry of Nepal truly comes alive.



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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. There's plenty of time to rest and get refreshed before we all meet up this evening for a group welcome dinner and chance to get to know your fellow travellers 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 we'll start with an informal introduction to the art and architecture of Nepal from a local heritage expert. After this we'll set off on a relaxed walking tour of some of the artistic highlights and heritage of Kathmandu city. We'll explore Kathmandu's central Durbar Square. This is a vibrant place and still very much the heart of the old town, dating from the 17th and 18th century and the place where kings were once crowned. The architecture of the temples, palace and surrounding buildings is impressive in terms of craftsmanship and variety even down to the detail of the roof struts of the buildings and with both religious, secular and erotic carvings. We'll take time to explore this area and to visit the living goddess Kumari temple as well as Hanuman Dhoka and Kastamandap temple. From the Durbar Square area we'll drive to Patan, also known as the City of Fine Arts. Some of the finest examples of the architecture and art of Nepal, both ancient and modern, are found in the temples, monasteries, workshops and homes of Patan, as well as in Bhaktapur and Kathmandu city. We'll begin with a visit to Patan Museum, home to some of the finest art treasures on the subcontinent and the structure itself a fine example of the synthesis between ancient and modern arts. The museum houses a fine collection of bronze and copper work in particular and offers an excellent introduction to both Hindu and Buddhist iconography, religion and art. After this we'll visit Patan's central Durbar Square, packed with temples and monasteries and bursting with rich architectural features. After our look around Patan we'll drive back to Kathmandu where the remainder of the evening is at leisure.

Day 03: Kathmandu and Valley

Today we'll visit some of the UNESCO World Heritage Sites in and around Kathmandu as well as some important preservation projects for arts and architecture in Nepal. We'll begin with a visit to Bungamati and have a look around this area that is a centre for wood carving including restoration work and where we'll be able to visit some of the local artisan's workshops to watch them at work. We'll continue on a short 20 minute walk to Khokana village to see more fine examples of local craftwork and artistic skills that are being preserved and promoted. This afternoon we'll explore Swoyambhunath Stupa, also known as the Monkey Temple, with its fine views over Kathmandu and many interesting features including the great stupa itself and of course the resident troupes of monkeys. Again, the carvings and architectural features illustrate the interweaving of Hindu and Buddhist belief and symbolism. We'll also make time for a short visit to the nearby National Museum and the art gallery which has a good if somewhat eclectic collection of religious art as well as bronze, terracotta, stone and wood carvings, some dating back to the first century BC. Later this afternoon we'll drive back to the hotel where the remainder of this evening is at leisure to explore the surrounding area or simply relax.

Day 04: Kathmandu

This morning we'll travel to Pashupatinath and mingle with the devotees, pilgrims and wandering siddhus (holy men) that are drawn here. 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. It is also an area with many fine examples of temples, sculpture, tantric figures and



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symbolic erotic carvings including many stupas housing carved lingams some dating back to the 5th or 6th century.

After lunch we'll make an afternoon visit to walk around Bodhnath (Boudha) stupa, the largest in Nepal and one of the largest in the world. Boudha is the centre of Tibetan culture in Nepal and a wonderfully vibrant, interesting community where fine examples of Tibetan artefacts are easily accessible. As well as the stupa itself and the surrounding structures the gompas (Tibetan monasteries) around the stupa have some fine collections of paintings, frescos and embroideries and we'll be able to visit a few of the gompas to view the rich interiors. We'll also learn more about traditional painting forms in Nepal, including the Tamang Thangka and Newari or Chitraker Paubha, both art forms based around Hindu and Buddhist religious themes and cultural rituals. We'll visit a couple of traditional painting schools where we can watch the artists at work and learn more about the methods and histories of their art as well as about current efforts to develop and protect traditional skills. Later we'll return to the hotel with the remainder of the evening free to relax or perhaps to explore the surrounding streets and browse the local artwork and handicraft items on display.

Day 05: Royal Chitwan National Park

After a leisurely breakfast today we'll take a wonderfully scenic drive to the Royal Chitwan National Park, the most popular and easily accessible safari destination in Nepal. More than 43 species of animal are found in Chitwan including the endangered One-Horned Rhino, Royal Bengal Tiger, Ghariyal Crocodile, Four-Horned Antelope, Striped Hyena and many more. After checking in and having lunch at our resort lodge we'll proceed for an elephant back ride into the jungle to spot some of the rare species resident here. Returning to the lodge later this afternoon the remainder of the evening is at leisure to rest and relax.

Day 06: Chitwan National Park

After breakfast this morning it's time for our jungle safari. We'll travel into the jungle by charter elephant, what's known as a 'silent safari' as it allows us to get close to the wild animals and birds living here without disturbing them. Some of the species we can expect to see include the rhino, antelope, hyena and if we're lucky the more elusive Royal Bengal Tiger. We'll also take a guided jungle walk and short canoe trip to learn more about the local wildlife in the park and a relaxing way to float down the river. This is the ideal way to see the many butterflies, birds and plant species and the smaller animals along the riverside. After our cultural program and safari it's time to return to the lodge for an evening relaxing and chatting.

Day 07: Chitwan – Tharu Village

This morning we'll visit a village that belongs to the indigenous tribes of Chitwan, known as the Tharu. Here we'll be able to see a very different type of art to that we've experienced elsewhere during the trip. We'll see the simple wall art on the homes of the Tharu tribe, depicting their culture, lifestyle and daily activities. Later today we'll return to the lodge to relax for our final evening in Chitwan.

Day 08: Chitwan to Kathmandu

Today we'll make the scenic drive back through the Nepalese countryside to Kathmandu. On arrival we'll check in to our hotel with the rest of today and this evening at leisure.



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Day 09: Kathmandu and Valley

This morning there's the opportunity to take an optional early morning mountain flight for great close up views of Everest without having to climb it. Each flight lasts a full hour and everyone will be able to enjoy fantastic close up views of the Himalayas including Everest. The crew provide local information throughout and there is also an opportunity to visit the cockpit for even closer views and great photo opportunities. After a late breakfast we'll all drive to Bhaktapur, the City of Devotees. This traditional and traffic free town is the third major in the Valley. We'll explore the medieval like squares, courtyards and temples of this vibrant conservation area town with its wonderful examples of stone sculpture and wood carvings in particular including many beautiful examples of intricate wood carving on the windows, doors and roof struts of local temples and houses. After a visit to Bhimsen Temple, Pujari Math and the superb peacock window, we'll head to Potter's Square before stopping for lunch at a restaurant in Bhaktapur and then it's time to drive back to Kathmandu. Arriving back in Kathmandu at the hotel the rest of the afternoon is free to relax in the capital, do some local exploring or catch up on some last minute shopping. This evening we'll meet up for a group farewell dinner with the remainder of the evening after dinner at leisure.

Day 10: Kathmandu and 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:

- 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 mysterious and ancient land of Tibet and travel across the 'roof of the world'
- Explore the vibrant culture and nature of the wonderful Kingdom of Bhutan

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



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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 10 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 10. The trip has been easy as it's a low altitude guided tour. There will be some short day walks as part of your sightseeing, usually for a few hours, for example when visiting World Heritage sites in Kathmandu and the surrounding valley and other destinations during the trip.

Group Size

The maximum number of persons on this trip will be 16 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 6 nights at a luxury (four or five star) hotel in Kathmandu. On safari you will spend 3 nights at a deluxe jungle lodge resort.

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 for this trip will apply. It is usually possible to arrange single room accommodation but please contact our office to confirm this.

Meals

Meals on half board basis will be provided during the days spent in Kathmandu except for the days spent on safari when all meals on full board basis will be provided. Half board basis is to allow you the opportunity and freedom to try out some of the many wonderful eating places in the places visited and particularly in Kathmandu. Snacks, bottled drinks including mineral water and alcohol are not included in the price.

Flight Inclusive Price and International Flights

The flight inclusive price is based on best available price (at the time of producing our current brochure) of economy return flights from the UK added to the 'land only' price. Flight prices are subject to change and do vary throughout the year. We use a variety of airlines and scheduled flights on our trips including British Airways, Air India, Gulf Air, Qatar Air etc. Our ATOL number 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.



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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 it's 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.

Clothing and Equipment

Generally lightweight to medium weight clothing in natural fabrics is best with warm clothing a must for chilly evenings and at high altitude. For visits to more remote areas including Everest Base Camp, a warm down jacket, hat and gloves are suitable. It's also useful to wear several layers of clothing as temperatures can change suddenly. To a large extent it depends where you plan to go and what you plan to do. For example during winter if you are on safari in the southern Terai region you'll need a tshirt. At the same time if you're in Kathmandu you'll probably need a jacket as well. And if you're at Everest Base Camp you'll need to be very well wrapped up. During the monsoon you'll need a light rain jacket. We also suggest you take comfortable walking shoes and a small day pack or shoulder bag as well as sunscreen, a hat and good sunglasses. In the mountains and at high altitude the weather can change rapidly so it is important to have appropriate clothing and equipment. Clothing is easily and cheaply available in Kathmandu so it's rarely a problem if you forget to pack something. 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).



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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 (subject to availability). The gifts vary each year and past gifts have included trek bags and t-shirts. We aim to make the gifts useful during this and other travel adventures.

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 (e.g. 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 Royal Nepalese Embassy in London (UK applications) or on arrival at the airport in Kathmandu for a fee of US\$30. Single-entry tourist visas are valid for up to 60 days and can be extended to a maximum of three months for an additional charge. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request.

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

Permits

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

Health and Medical Information

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



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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, local English speaking guide services, pre trip briefing on arrival, all accommodation during the trip on twin share basis, meals on half board basis during the days spent in Kathmandu and on full board basis for the time spent on safari at Chitwan, all sightseeing and activities as per the trip itinerary, all entrance fees and permits required, all transportation during the trip (by car, boat, local flight etc), a group first aid kit, a free Himalayan Adventure Company travel gift, complimentary Safe Seat Plan issued to all our clients confirming 100% financial security for your booking with us at all times.

What's Not Included in the Price?

Visa fees, international flights (available on request), personal travel insurance (available on request – UK residents only), vaccinations, airport departure and re-entry fees, 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 e.g. for souvenirs, personal clothes, food or snacks during transfer journeys, tips for guides, porters, driver etc, alternative transportation (e.g. 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 (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.



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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. Our ATOL number is T7199 and we work with ATOL licence holders to issue flight tickets. 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, as members of the Travel Trust Association (TTA) we are able to offer 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. 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 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.



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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 Nepali Phrasebook (Phrasebooks) Mary-Jo O'Rourke, Bimal Shrestha, Lonely Planet Nepal (Travel Guide), Tony Wheeler, Richard Everist, Lindsay Brown (Editor), Bradley Mayhew (Editor), Wanda Vivequin (Editor), Lonely Planet Nepali Phrasebook (Phrasebooks) Mary-Jo O'Rourke, Bimal Shrestha, Himalayan Art, Madanjeet Singh, The Art of Nepal, Lydia Aran, Erotic Art of the Kathmandu Valley, Bob Gibbons and Sian Pritchard-Jones, Nepal: Valley of Gods, Suzanne Held and Gilles Beguin, Kathmandu Durbar Square: A living museum of great Nepalese art and architecture and centre of important festivals and religious ceremonies, Trilok Chandra Majupuria.

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 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. Your invoice will show the price based on the group size at the time of invoicing, as per prices indicated in this brochure. We will also send your confirmed flight details (if appropriate), instructions of how to meet up with others in your group and details of how you will be met on arrival. Also included will be a statement of any additional services or activities you have requested and a final pre departure reminder check list for last minute arrangements before you travel. Your free Himalayan Adventure Company travel gift will be mailed to you separately or provided to you at one of our pre-trek meets or on arrival at the start of your trip. For clients outside the UK, a gift will be sent on payment of delivery costs only.

We wish you a wonderful Himalayan adventure!

The Himalayan Adventure Company Ltd

