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Annapurna Sanctuary & Annapurna Base Camp (ABC)

From	To
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2010	Dec 2011
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Available on request – minimum 2 persons

Best times to visit – Spring season March to end of April/start May. Autumn season end of September to mid November.

Duration: 16 Days total. On trek 11 days

Grade: Mod to strenuous
Max elevation 4130m



Land only price per person (join in Kathmandu)

Guaranteed to run for minimum 2 clients. Includes use of down jacket and 4 season sleeping bag on trek. Luxury (4 or 5 star) hotel in Kathmandu. Deluxe hotel in Pokhara.

Group Size	2-6	7-16
Teahouse style	£1495	£1295
Camping style	£1895	£1695
Flight Price	From £600	

Single hotel supplement (Kathmandu & Pokhara) £300, Single teahouse supplement (on trek) £95 Single tent supplement (on trek) £135

Introduction:

This is one of the most popular treks and a great introduction to trekking in Nepal. You'll explore the heart of the Annapurna's as you trek into the Annapurna Sanctuary, a natural amphitheater surrounded by 11 towering peaks. You'll follow established trails through deep forest, past traditional villages, snow covered meadows and scattered farms set against the magnificent backdrop of the Himalayas. You'll visit Annapurna Base Camp and be able to enjoy striking views of Dhaulagiri and the Kaligandaki as well as a close encounter with Annapurna I.

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. The remainder of today is at leisure to rest and



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relax until later this evening when we'll all meet up 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 take time to enjoy a day of relaxed sightseeing on a guided tour of some of the highlights of Kathmandu and the surrounding Valley. We'll begin with an easy walking tour of Durbar Square, a central social and religious hub of the city. Here we'll visit ancient palaces and temples including Hanuman Dhoka, Kastamandap temple and the temple of the living goddess Kumari. From here we'll continue on to Swoyambhunath Stupa, also known as the Monkey Temple, with its fine views over Kathmandu and many interesting features as well as the great stupa itself. Join the devotees, pilgrims and wandering siddhus (holy men) at Pashupatinath. Pashupatinath is the most important Hindu temple in Nepal as well as being one of the most important Shiva temples on the subcontinent, situated on the banks of the holy Bagmati River. Take time to walk around Bodhnath (Boudha) stupa, the largest in Nepal and one of the largest in the world. Boudha is also the centre of Tibetan culture in Nepal and a wonderfully vibrant, interesting community. Later this afternoon we'll drive back to the hotel where we'll have a group briefing on what to expect when our trek begins tomorrow, a chance for you to ask any remaining questions and to meet your trek crew. The remainder of this evening is free for you to explore the surrounding area or simply relax at the hotel.

Day 03: Kathmandu to Pokhara (884m)

Today we'll either fly (20 minutes) or drive (4 ½ hours approximately) to the lakeside resort town of Pokhara. Pokhara is the cool place to be and one of the best places to relax in Nepal as well as the starting point for many treks and adventure activities. It's an enchanting town with a laid back atmosphere, nestled in a lush tranquil valley on the shores of Lake Phewa against a stunning backdrop of the Annapurna range and the dominating presence of Machhapuchhre. On arrival we'll check in to our hotel with the remainder of the day at leisure to relax or perhaps visit the lakeside area with its wide variety of things to do and see.

Day 04: Pokhara to Tikhedhunga (1525m)

This morning we'll make the 45km drive from Pokhara via Naudanra, Kanre and Lumle villages to Nayapool where our trek commences. From here the trail descends steeply to Birethanti before following the east bank of the Bhurungdi Khola to reach Tikhedhunga where we'll rest and relax this evening.

Day 05: Tikhedhunga to Ghorepani (2750m)

Today the trail ascends to Ulleri village and it's a pleasant walk through rhododendron forest to reach the top of Ghorepani pass. From here we'll continue to Ghorepani village where we'll rest overnight.

Day 06: Ghorepani to Tadapani

We'll get an early start this morning and trek to Poon Hill, a fantastic viewpoint from where we'll be able to see a truly memorable sunrise. We'll stay here to watch the light rise on over 30 snow capped peaks, comprising the whole Annapurna range. From here we'll continue on to Tadapani from where we'll have good views of the upper Modi valley and where we'll rest overnight.



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Day 07: Tadapani to Chomrong (2210m)

From Tadapani we'll follow the trail to Chomrong, a village at the base of Himalchuli. This section of the route starts with a long ascent high above the west bank of the Modi Khola. We'll relax overnight at Chomrong.

Day 08: Chomrong to Himalayan Hotel (2840m)

After breakfast we'll follow the trail as it continues to Khuldi Ghar after around 3 hours. From here it descends very steeply to a rocky bankside before levelling out and running through thickets of bamboo at the bottom of the gorge. Keeping to the west side of the river we'll pass through Tomoe pasture. As we come of the neck of the gorge at Panchen Barah we'll see a small trail and shrine and from here we'll follow the trail as it climbs to the Himalaya Hotel where we'll relax overnight.

Day 09: Himalayan Hotel to Machhapuchre Base Camp (MBC) (3840m)

From the Himalaya Hotel it's about an hour's walk, initially on a rocky trail through the forest and then up a steep ravine to reach Hinko at 2960m. From here we'll cross the ravine and follow the trail across a major avalanche track just below Hinko, after which the path climbs through large boulders. About 30 minutes beyond Hinko is Deurali at around 3000m. Here, as the trail continues into the sanctuary, it crosses two wide avalanche tracks via a narrow trail that huddles close against the cliffs. The trail then descends to meet the Modi Khola and follows the river to Bagar. From Bagar we'll climb across a few more avalanche paths, crossing a moraine and a stream before climbing towards an area known as Machhapuchre Base Camp (MBC) where we'll rest overnight. From MBC we'll have great panoramic views of Himalchuli, Annapurna I, Annapurna II, Gangapurna and Machhapuchhare (6997m).

Day 10: MBC to Annapurna Base Camp (ABC) (4130m)

This morning it's about a two hour climb to reach Annapurna Base Camp. En route we'll pass a few roofless shepherd's huts along the side of a moraine and this area is cold and windy and often snowbound. After lunch at Base Camp it's time to head back to MBC for a more sheltered and comfortable overnight stay.

Day 11: MBC to Bamboo to Sinwa (2310m)

Today we'll follow the trail back towards bamboo and then on to Sinwa for our overnight stay.

Day 12: Sinwa to Ghandruk (1940m)

From Sinwa we'll follow the trail to Taglung at the junction of the trail from Landrung and New Bridge. We'll stay on the wide main trail, walking west above the potato and wheat fields of Taglung before descending gently through the forest. The trail then drops steeply on a series of switchbacks to Kimrong village, located just above the Khumnu Khola at 1720m. We'll cross the suspension bridge at Khumnu Khola or Kimrong village and follow the trail as it makes a steep climb to the teahouses at Uri situated on a pass at 2200m. From Uri the trail descends gently to Ghandruk village where we'll rest overnight.

Day 13: Ghandruk to Tolka (1710m)

Today we'll descend through the paved courtyards of Ghandruk village past various local teahouses. After crossing a stream via the suspension bridge the trail emerges into the main Modi Khola valley to reach Tolka, a small settlement where we'll stay overnight.



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Day 14: Tolkha to Dhampus and Pokhara

From Tolkha the trail descends along a forested path paved with stones before continuing the descent past several teahouses at Bheri Kharka to the head of the canyon and ridge at Dhampus at around 1510m. From here we'll drive back to Pokhara where the remainder of the day is free to relax at the hotel or to explore the surrounding area.

Day 15: Pokhara to Kathmandu

Following breakfast we'll either catch the short (20 minutes) flight or take a scenic drive (4 ½ hrs) through the countryside and back to Kathmandu. Arriving in Kathmandu we'll check in to our hotel with the remainder of the day at leisure.

Day 16: Departure

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

Extending your holiday

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

- Take a jungle safari by charter elephant to spot rare species including the Royal Bengal Tiger in the Chitwan National Park
- Enjoy the adrenaline rush of white water rafting in Nepal
- Relax by the lakeside in Pokhara, Nepal
- See the wonder of the Taj Mahal and enjoy relaxed sightseeing around Delhi
- Play a round of golf on an international standard course in the Himalayan foothills
- Visit the mysterious and ancient land of Tibet and travel across the 'roof of the world'

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.



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Trip Duration and Grading

This trip is 16 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 16. The trip has been graded moderate to strenuous due to some high altitudes and the amount of walking involved up to 7 or 8 hours a day including some steep climbs. There will also 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.

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 3 nights at a luxury (four or five star) hotel in Kathmandu (2 nights at the start of your trip and 1 before departure). In Pokhara you'll spend 2 nights in a deluxe hotel. During your trek you'll spend 10 nights at a fully provisioned tented camp (camping style treks) or at best available local teahouses (teahouse style treks).

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 in Kathmandu or Pokhara or single room/tent during your trek there will be a small supplement charge. It is usually possible to arrange single room accommodation but please contact our office to confirm this.

Meals

All meals on full board basis will be provided during the days spent on trek. On teahouse style treks meals will be provided from the teahouse menus. On camping style treks meals will be freshly prepared and provided by the camp chef and assistants who are part of the Sherpa crew. During the days spent in Kathmandu and Pokhara meals on half board basis only are included in the price. This is to allow you the opportunity and freedom to try out some of the many wonderful eating places, both in Kathmandu and in Pokhara. 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 t-shirt. 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. The gifts vary each year and past gifts have included trek bags and t-shirts, gift subject to availability. We aim to make the gifts useful during this and other travel adventures. 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 is required for all trips and treks. Passports must have at least 6 months validity after the completion date of your trip. To secure your booking and avoid any additional charges, information (eg spelling of name) provided to us on your booking form must match exactly the details as shown in your passport.

To enter Nepal you will require a visa which can be obtained in advance from the Royal Nepalese Embassy in London (UK applications) or on arrival at the airport in Kathmandu for a fee of US\$40. The visa process has changed in 2008 and all visas are now multiple entry. 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



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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 welcome, pickup and transfer, complimentary group welcome dinner on arrival, professional English speaking local guide services, pre trek briefing on arrival, all accommodation during the trip on double/twin share basis, meals on half board basis in Kathmandu and Pokhara (breakfast and lunch or dinner included) and full board basis (breakfast, lunch, dinner tea, coffee and fruit snacks) during the days on trek, selected either from the teahouse menus (on teahouse style treks) or prepared by the kitchen crew (on camping style treks), all sightseeing and activities as per the trip itinerary, all entrance fees to sites visited as per itinerary, trekking (TIMS) and National Park (ACAP) permits, all local transportation during the trip (by car, local flight etc), a group first aid kit, safe treated boiled drinking water during days on trek, a complimentary Himalayan Adventure Company travel gift, complimentary Safe Seat Plan issued to all our clients confirming 100% financial protection of your booking with us at all times.

What's Not Included in the Price?

Visa fees, international flights (available on request), personal travel insurance (available on request – UK residents only), vaccinations, airport departure taxes (approx £1.30 on local flights and £13 on international flights payable directly at the airport), additional private bus, car or jeep rental to any destination on the trek other than transport provided during the trip, personal expenses e.g. for souvenirs, personal clothes, food or snacks during transfer journeys, bar/alcoholic beverages, bottled water or other soft drinks, excess luggage charges, laundry, phone calls, hot showers during days on trek – please note most teahouses are now charging for provision of hot showers and for electricity charging due to high demand – charges are approximately £1.50-£3.50 per shower and for charging items approx £1.50 - £2.50 per hour, tips for guides, porters, driver etc, alternative transportation, accommodation or other service required as a result of flight delays, weather conditions, road blockage/conditions, strikes, illness or other unexpected event outside of our control (payable locally and directly if required), additional or optional activities (eg mountain flights, rafting, safaris), accommodation, transport or other service not included in the main itinerary (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 can 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



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breaks to personal challenges to school study programmes to extreme adventure expeditions, from low budget to no expense spared and we have lots of ideas, suggestions and experience to share with you. We are also delighted to say that many of our clients return again and again to travel with us and many of our new clients are through recommendations and word of mouth from happy and satisfied clients who have previously traveled with us.

Fair Pricing

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



Your Financial Protection

We understand how important it is that the money you spend on your holiday is securely protected. You may also have concerns about booking with an independent operator. To give you peace of mind and confidence in our service to you we have a number of ways in which we protect the money you pay for your holiday. The company is a full member of the Travel Trust Association (<http://www.traveltrust.co.uk>) membership number U3237, in compliance with the EC Directive on Package Travel, Package Holidays and Package Tours. 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. 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 link on our website from the Useful Links, Make a Booking or Latest News pages where you can check quotes and cover details as well as issue travel insurance online. If you'd like to contact Snowcard directly at this time 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 only work with local guides and communities in each region where we operate and we work with local partners, guides, office and support staff and ensure they have good facilities and fair wages and we work as a team to ensure you a wonderful adventure holiday.

Suggested Reading

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

Lonely Planet Nepal (Travel Guide), Tony Wheeler, Richard Everist, Lindsay Brown (Editor), Bradley Mayhew (Editor), Wanda Vivequin (Editor), Lonely Planet Nepali Phrasebook (Phrasebooks) Mary-Jo O'Rourke, Bimal Shrestha, Trekking the Peaks of Nepal Bill O'Connor, The Ghosts of Everest: The Authorised Story of the Search for Mallory and Irvine, Jochen Hemmleb, Larry A. Johnson, Eric R. Simonson.

How to Book

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

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

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

We wish you a wonderful Himalayan adventure!