



itineraries

☎ 0845 094 0273

## Dhaulagiri Circuit Trek

**From**

**To**

2010

Dec 2011

Available on request

Best times to visit – Spring season  
March to end of May. Autumn season  
end of September to early October

**Duration:** 22 Days. On trek 17 days

Grade:  
Very strenuous  
Max elevation 5360m



**Land only price per person (join in Kathmandu). Guaranteed to run for a minimum 2 persons. Includes use of down jacket & sleeping bag on trek. Luxury hotel in Kathmandu and Pokhara**

Group Size	Minimum 2 persons	7 plus group members
Camping style	£2895	£2295
Flight Price	From £600	

Single hotel supplement Kathmandu and Pokhara £240, Single tent supplement (on trek) £210

### Introduction:

Take the less traveled route around Dhaulagiri, the 'White Mountain' and the ninth highest in the world. You'll travel through wild mountain landscapes and over challenging trails with stunning mountain scenery and awesome Himalayan views. You'll reach Dhaulagiri Base Camp, used by expedition teams for their ascents. And you'll cross high mountain passes to travel deep into the Hidden Valley. Take a well earned and relaxing soak in the hot springs at Tatopani before returning from quiet and stunning wilderness into the vibrant and colourful heart of Kathmandu.

### Day 01: Arrive Kathmandu

Namaste and welcome to Nepal. You'll be met and assisted at the airport by our local representatives who will arrange your transfer and check in to your hotel. After time to rest and get refreshed enjoy a welcome dinner at a restaurant in the heart of Kathmandu, before turning in for a good night's rest at the hotel.



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### **Day 02: Kathmandu and Valley**

After breakfast today it's time for a relaxed and easy walking tour to Kathmandu's central Durbar Square including visits to an ancient palace, the living goddess Kumari temple, Hanuman Dhoka and Kastamandap temple. 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 saddhus (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. This evening we'll drive back to Kathmandu 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 and Beni (671m)**

After an early breakfast today we'll transfer to the domestic airport to catch the short (20 minute) scenic flight to the lakeside resort town of Pokhara. From Pokhara it's a 4-5 hour drive through the countryside to reach Beni, the central administration site of the district. We'll camp here overnight.

### **Day 04: Beni to Babi Chaur (853m)**

This morning we'll trek towards Babi Chaur, around a 5-6 hour walk following the trail as it ascends steeply at times and follows the bank of the Myagdi River. Babi Chaur is a small village where we'll relax at our camp tonight.

### **Day 05: Babi Chaur to Dharapani**

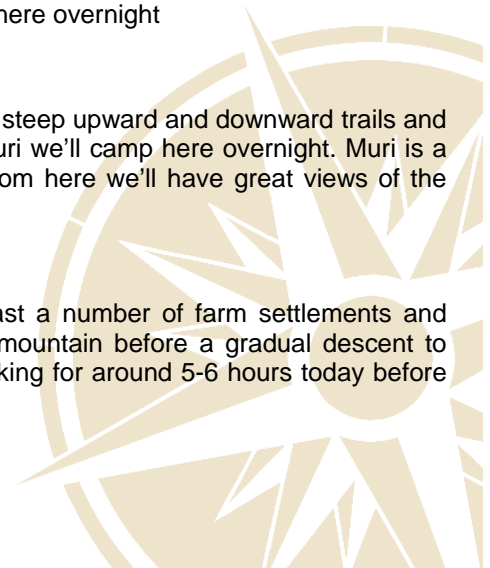
After breakfast today we'll walk for around 2-3 hours along the steep upward trail as it winds along the mountainside to reach Darbang where we'll stop for lunch. After lunch we'll cross the Myagdi River over the suspension bridge and along the trail for 3-4 hours to Dharapani village from where we'll have stunning views of the peaks of the Dhaulagiri Massif. We'll camp here overnight

### **Day 06: Dharapani to Muri**

Our journey continues today with around a 5-6 hour walk through steep upward and downward trails and alongside farmland and a number of small villages. Reaching Muri we'll camp here overnight. Muri is a nice village and most of the villagers are of the Magar tribe. From here we'll have great views of the mountains

### **Day 07: Muri to Bagar**

Today we'll walk through cultivated plains and paddy fields, past a number of farm settlements and through the forest as it winds steeply up and down along the mountain before a gradual descent to reach the village of Bagar, the last one on this trail. We'll be walking for around 5-6 hours today before we rest and relax overnight at our camp at Bagar.





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### **Day 08: Bagar to Dobang (2500m)**

Today we'll start with a steep but short climb uphill then a gradual descent. Above us we'll be able to see huge bees' nests hanging from the cliffs where local honey collectors climb down on ropes to collect the honey. We won't be able to see any peaks from the trail today but the landscape is beautiful throughout the 5-6 hour trek as we travel through the forest and more open grassland along the winding trail with many ascents and descents, some of them quite steep. After ascending through the forest we'll reach Dobang where we'll camp tonight.

### **Day 09: Dobang to Italian Base Camp (3200m)**

This morning the trail takes us through dense jungle and along the riverbank for around 5-6 hours until we reach Italian Base Camp. We've a good chance of seeing monkeys along the trail as well as other local wildlife. The camp is named after a group of Italians heading towards base camp had to shelter from the bad weather in this spot. They were the first trekkers to pitch camp in that place and ever since it's been known as Italian Base Camp. We'll rest here overnight

### **Day 10: Italian Base Camp (rest day)**

Today is a full day to rest and acclimatise. We'll be able to relax and enjoy camp life and the surrounding views or perhaps explore the local area.

### **Day 11: Italian Base Camp to Dhaulagiri Base Camp (4700m)**

Most of our trek today will be through snowy trails before reaching Dhaulagiri Base Camp. On entering base camp we'll keep Dhaulagiri I on our right and Dhaulagiri 2 to our left. To our west are the peaks of Dhaulagiri II (7749m), III (7713m) and V (7616m). In front of us is the icefall descending from the north east col and above us is the north face of Dhaulagiri I. It'll take us around 6-7 hours to reach base camp and although the trail is difficult the scenic beauty of the surrounding Himalaya and Dhaulagiri Massif is breathtaking. We'll camp overnight at base camp.

### **Day 12: Italian Base Camp to French Col (5360m)**

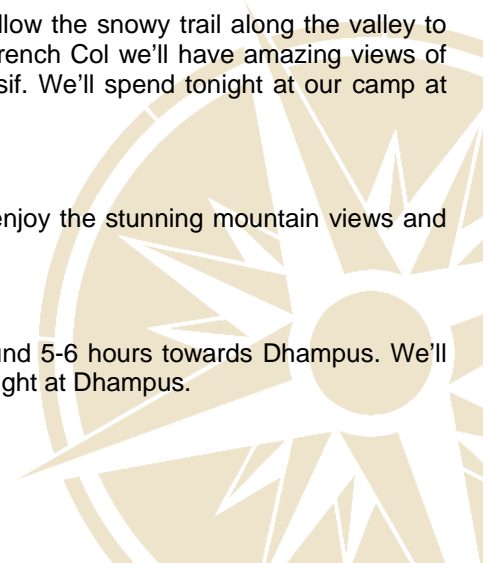
This morning we'll leave the glacier and cross the moraine to follow the snowy trail along the valley to reach the French Col. It's around a 5-6 hour trek today. From French Col we'll have amazing views of the Dhaulagiri Himal including the range of the Annapurna Massif. We'll spend tonight at our camp at French Col.

### **Day 13: French Col (rest day)**

Today is a full day of rest and relaxation with plenty of time to enjoy the stunning mountain views and explore the surrounding area

### **Day 14: French Col to Dhampus**

Today we'll leave French Col and follow the snowy trail for around 5-6 hours towards Dhampus. We'll cross Dhampus pass before descending again. We'll camp overnight at Dhampus.





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### **Day 15: Dhampus to Tukuche**

This morning it's a short 2 hour trek along a fairly level trail before the trail descends steeply for around 3-4 hours towards Tukuche village where we'll camp for the night. Tukuche is famous for its home made apple brandy and there may be a chance to try some as we relax tonight.

### **Day 16: Tukuche to Ghasa (2120m)**

Today the landscape and vegetation changes dramatically as we follow the trail from dry arid desert areas through to pine and conifer forestlands as we travel from the Dhaulagiri region and into the Annapurna area, a journey of around 5-6 hours. Passing into the Annapurna region we'll be able to see magnificent views of the Annapurna range. We'll camp at Ghasa tonight.

### **Day 17: Ghasa to Tatopani (1158m)**

The trail today gradually descends and meanders its way down and we'll enter a more lush area of valleys and fields. En route we'll pass by beautiful Rupse Chhahara waterfall as we approach Dana village with its surrounding orange groves. We'll stop here for lunch before continuing on to Tatopani where we'll relax at our camp. It'll be around a 5-6 hour trek again today.

### **Day 18: Tatopani to Ghorepani (2926m)**

Today we'll take the steep and long trail up towards Ghorepani. We'll cross a number of bridges and ascend and descend the steep stone path before relaxing at our camp at Ghorepani where we'll be able to enjoy panoramic views of the Dhaulagiri Massif.

### **Day 19: Ghorepani to Pokhara via Birethanti**

This morning we'll descend to Pokhara passing the pretty village of Birethanti en route. We'll probably be sharing the trail with mules loaded with goods in transit. After about 5 hours trek through farm villages and rice paddies past rivers and cascading waterfalls we'll reach Nayapool from where it's only a 2 hour drive to Pokhara. Tonight we'll rest at our deluxe hotel in Pokhara.

### **Day 20: Pokhara**

Pokhara is the place to be and one of the best places to relax in Nepal as well as the start and end 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. Today we'll take time to see some of the highlights of Pokhara on a relaxed half day sightseeing including visits to the nearby attractions of King Mahendra Cave and Davis Waterfalls. The remainder of day and evening is free to rest and relax and enjoy the area particularly around the lakeside.

### **Day 21: Pokhara to Kathmandu**

Today we'll catch the morning flight back to Kathmandu, a scenic 20 minute journey. On arrival we'll check in to our hotel. We'll see a few more of the highlights of Kathmandu on a half day guided sightseeing tour. 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



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also the centre of Tibetan culture in Nepal and a wonderfully vibrant, interesting community. The remainder of today and this evening is free to rest or explore the streets of Kathmandu, perhaps catch up on some last minute shopping or simply relax with a coffee or glass of wine and watch life go by, Kathmandu style.

### Day 22: Departure

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

### Extending your holiday

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

Take a jungle safari by charter elephant to spot rare species including the Royal Bengal Tiger in the Chitwan National Park

Enjoy the adrenaline rush of white water rafting in Nepal

Relax by the lakeside in Pokhara, Nepal

See the wonder of the Taj Mahal and enjoy relaxed sightseeing around Delhi

Explore the Land of the Thunder Dragon – in the Kingdom of Bhutan

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.

### Trip Duration and Grading

This trip is 22 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 22. The trip has been graded very strenuous, due to the high elevations and the amount of walking involved, on often very steep trails. 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.



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### 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). During your trek you'll spend 16 nights in a fully provisioned tented camp. You'll also spend 2 nights at a deluxe hotel in Pokhara.

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 single 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. As this is a camping style trek 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 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.

### 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



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happy to book additional accommodation or optional activities, based on your requirements and budget, on request.

Please note that whilst at all times we aim to run our trip even with just a few persons, on some of the longer treks or trips, should the group size be less than our minimum operating level we may cancel the trip up to 6 weeks before departure. In the rare event that this happens, we will offer alternative dates or trips or refunds as appropriate and agreed with you. If you are arranging your own flights and accommodation prior to the start date of a group trip we recommend that you book fully flexible and refundable accommodation and transport if booking more than 6 weeks in advance, as should we need to cancel the trip compensation will not be paid for any arrangements that have been made independently.

### Climate and Weather

Nepal has a monsoonal two season year with the dry season from October to May and the wet season (monsoon) from June to September. From end September/start October to end November is one of the best times to visit. The vegetation is lush after the rains of the monsoon and the air is clean and fresh. The next best time to visit is February to April at the end of the dry season. It can be a little dusty at this time but the weather is warm and pleasant and its' a great time to see many wildflowers in bloom. December and January are still good in terms of climate and visibility but can be chilly particularly at higher altitudes as well as in the evening in Kathmandu. May and early June can be very hot and uncomfortable and mid June to September can be cloudy with poor visibility and muddy trails although some treks (rainshadow treks) can still be undertaken even during the monsoon.

### 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).

### 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



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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 FREE 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 Nepalese Embassy in London (UK applications) or on arrival at the airport in Kathmandu for a fee of US\$40 for a visa valid for up to 30 days. The visa process has changed in 2008 and all visas are now multiple entry. 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 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



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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 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, 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 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, 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 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. 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 they can be called on 01327 262805 or visit their website at [www.snowcard.co.uk](http://www.snowcard.co.uk). If calling or emailing please mention you are a Himalayan Adventure Company client to obtain lower rates and quotes based on our trips which are very competitive and offer great levels of cover. Contact us for more information, to request a quote, to see policy wording or to purchase your insurance.

### Responsible Tourism

We believe that tourism should benefit local communities and that responsible travel does not mean a compromise in standards. We aim to promote responsible travel that respects and benefits local cultures, communities and environments and we support Tourism Concern, are a sponsor of the International Porter Protection Group and a friend of The Sahara Group. We only work with local guides and communities in each region where we operate and we work with local partners, guides, office and



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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!

