



itineraries

☎ 0845 094 0273

Makalu Basecamp and Sherpani Col Trek

From

To

2010

Available on request

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

Duration: 24 Days. On trek 20 days

Grade: Very strenuous
Max elevation 5663m



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

Group Size	Minimum 2 persons	7 plus group members
Camping style	£2995	£2795
Flight Price	From £600	

Single hotel supplement Kathmandu £155, Single tent supplement (on trek) £215

Introduction:

Travel to the base camp and upper base camp of Makalu, the fifth highest peak in the world at an elevation of 8463m and a mountain of exceptional beauty. This is one of the most difficult but stunning trekking trails with a very good level of fitness required. After a dramatic flight to a remote mountain airstrip, you'll follow quiet alpine trails through the river valley and past picturesque mountain villages and farmland, through pristine forests and alpine meadows and over high snow capped mountain passes to reach the towering south face of Makalu. From Base Camp you'll travel on to Upper Base Camp before descending via Amphu Lapcha and Namche Sherpa village to reach Lukla for the return flight to Kathmandu. Your efforts will be rewarded with awesome views of Makalu, Chamlang and Gauri Shankar as well as the more distant Kanchenjunga and Kanchenjunga on this exciting and challenging adventure into the heart of the Himalaya.

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.



itineraries

☎ 0845 094 0273

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. Visit 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. Explore the medieval style streets, temples and courtyards of Patan, also known as the City of Fine Arts. 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 Tumlingtar and Khandbari (1040m)

After an early breakfast this morning we'll transfer to the domestic airport to catch the short but spectacular flight to the remote mountain airstrip of Tumlingtar. Tumlingtar sits on an extensive plateau above the Arun River with a variety of small settlements scattered around the airstrip. From Tumlingtar, we'll begin our trek eastwards and upwards following the trail as it climbs towards Khandbari (1040m), on a comfortable trail through cultivated fields of rice, wheat and potatoes. Khandbari is a small town with a few lodges, shops, administrative buildings and checkpost. Here, our trekking permits will be checked and we'll rest and relax at our overnight camp.

Day 04: Khandbari to Chichile

Today we'll trek towards the tiny ridge top village of Chichile, as the trail begins to get more difficult climbing due north. It's around a 6-7 hour journey to reach Chichile, passing through lush tropical forest and on past the Tamang village of Bhotebas en route as well as a number of villages whose inhabitants are Sherpa people of Tibetan origin. From Chichile we'll have a good view of the Arun Valley and we'll camp here overnight.

Day 05: Chichile to Num

This morning we'll wake to wonderful views of the surrounding countryside as well as the peaks of Makalu and Chamlang. We begin our trek with a comfortable day's walk through a number of small villages as the trails ascends and descends through rich forests with abundant bird and animal life as well as more open cultivated terraces. After 7-8 hours trek we'll reach the small village of Num from where we'll be able to enjoy more spectacular views as we relax at our camp.

Day 06: Num to Seduwa (1493m)

After breakfast we'll continue on a fairly short but demanding day as we follow the very steeply descending and slippery trail. After around 3-4 hours we'll reach the banks of the mighty Arun River. We'll cross to the other side by suspension bridge and from here it's another 4 hours and a steep climb to reach Seduwa where we'll camp tonight.



itineraries

☎ 0845 094 0273

Day 07: Seduwa to Tashi Gaon (2050m)

Today the trail continues with an initial steep ascent before the trail becomes more level. We'll walk for around 4-5 hours today to reach the beautiful village of Tashi Gaon. This is the last village on the trail until Chhukum. We'll relax at our overnight camp here.

Day 08: Tashi Gaon to Khongmala

Today we'll walk for around 7-8 hours. The trail is scenic with great views of the mountain ranges. We'll take a packed lunch and plenty of water as this area is well known for its lack of drinking water. Reaching Khongmala we'll rest overnight at camp.

Day 09: Khongmala to Mumbuk

Continuing on the trail today and with another packed lunch for the journey, we'll reach the high mountain passes, the Shipton La (4127m) and the Tutu La (4075m). After crossing these two passes the trail descends from the Tutu La to the Barun River valley with dramatic changes in the landscape as we enter pristine forests of conifer, rhododendron and bamboo with waterfalls cascading above the trail and snow capped peaks and massive cliffs on the horizon. After walking for around 3-4 more hours we'll reach Mumbuk, a forested area where we'll camp overnight.

Day 10: Mumbuk to Yanjila Kharka (3500m)

Today the trail takes us upwards and over the hillside. After about another hour we'll stop at a picturesque spot for lunch. The scenery becomes increasingly beautiful with stunning mountain views. From here it's another 2-3 hours to reach Yanjila Kharka village where we'll camp overnight.

Day 11: Yanjila Kharka to Yangle Kharak

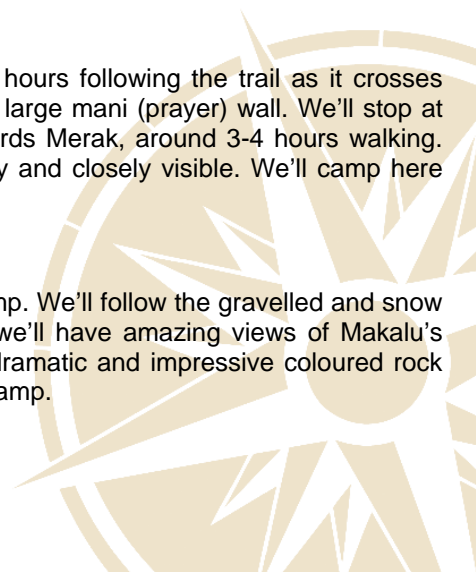
From Yanjila Kharka the trail ascends and descends steeply through picturesque forest along a sometimes steep and rocky trail. After 7-8 hours walking today we'll reach Yangle Kharak where we'll camp overnight.

Day 12: Yangle Kharak to Merak

Today we'll follow the banks of the Barun River for around 2-3 hours following the trail as it crosses steeply up and down to Ramara. Entering the village we'll see a large mani (prayer) wall. We'll stop at Ramara for a welcome lunch break. After lunch we'll head towards Merak, around 3-4 hours walking. From Merak the massif of the south face of Mt Makalu is clearly and closely visible. We'll camp here tonight and enjoy the impressive views.

Day 13: Merak to Makalu Base Camp (4500m)

Today it's a comfortable 4-5 hour walk to reach Makalu Base Camp. We'll follow the gravelled and snow covered path to reach the lower Base Camp area. From here we'll have amazing views of Makalu's south face rising up imperiously from the glacier in a series of dramatic and impressive coloured rock buttresses to the summit. We'll camp overnight at Makalu Base Camp.





itineraries

☎ 0845 094 0273

Day 14: Makalu Base Camp (rest day)

This is a full day of rest and acclimatisation at Base Camp. We'll be able to simply relax at camp and enjoy the spectacular views or to explore the surrounding area including a visit to Barun Pond where the water in the pond is dual coloured. Returning to camp we'll relax for the evening.

Day 15: Makalu Base Camp to Kuna Camp

Today we'll continue along the trail through along a gravelled path and the banks of the small snow river to reach Kuna Camp (also known as Puja Camp) under the sober west pillar of Makalu. From here we'll have fantastic views of Makalu I and II. We'll camp here overnight.

Day 16: Kuna Camp to Advance High Camp

It's a 4-5 hour steep upward trail to reach Advance High Camp today. We'll follow the faint trail marked by cairns over the rough moraines and rocky slopes of the Barun Glacier to reach Advance High Camp where we'll rest and relax overnight.

Day 17: Advance High Camp to Baruntse Base Camp

Today we'll trek towards Baruntse Base Camp. We'll climb upwards to Sherpani Col with the help of guide ropes on the steep snow capped trail. From the Col we'll descend to Baruntse Base Camp reaching camp in around 3-4 hours. We'll rest here for the night after a strenuous day.

Day 18: Baruntse Base Camp to Panch Pokhari

It's about 5-6 hours steep descent to reach Panch Pokhari where we'll rest at our camp overnight. En route we'll pass a series of small ponds. Reaching Panch Pokhari we'll rest and relax for the night.

Day 19: Panch Pokhari to Chhukum

It's another steep climb today, turning north to reach the Ama Lapcha before descending to the Imja Drangka valley. It takes about an hour to descend with the help of ropes to the other side of Ama Lapcha. From here it's around 3-4 hours steep walk as the trail ascends and descends to finally reach Chhukum. From the trail we'll be able to see the peak of Mt Everest, Peak 39 (Imjtse Peak) and Island Peak. We'll camp overnight at Chhukum.

Day 20: Chhukum to Tengboche (3860m)

This morning we'll start walking towards Tengboche, crossing through Dingboche and Pheriche. Staying high above the valley floor, we pass high yak pastures and chortens at the head of the Imja valley. From Dingboche the trail descends the Imja Khola valley then crosses the Khumbu River. Following the trail downhill we'll continue to Tengboche for the night and rest at camp after around 7-8 hours walking today.

Day 21: Tengboche to Namche (3400m)

After breakfast today our route descends to Phunki Thangka then ascends the ridge towards the vibrant Sherpa town of Namche Bazaar where we'll stay and rest for the evening. It'll take us around 6-7 hours walk to reach Namche, enjoying the views of the Khumbu valley from the trail.



itineraries

☎ 0845 094 0273

Day 22: Namche to Lukla

Today we'll head towards Lukla, a journey of about 7-8 hours through beautiful scenic landscape and, more distant today, the beautiful Khumbu Valley. We'll rest overnight at Lukla at our camp or at a local lodge.

Day 23: Lukla to Kathmandu

Today we'll fly back to Kathmandu. On arrival it's time to check in to our hotel with the remainder of the day at leisure.

Day 24: 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.



itineraries

☎ 0845 094 0273

Trip Duration and Grading

This trip is 24 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 24. The trip has been graded very strenuous, due to the high elevations and the amount of walking involved, often on very steep trails and crossing high mountain passes. A good to very good level of fitness is required. 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 deluxe hotel in Kathmandu (2 nights at the start of your trip and 1 before departure). During your trek you'll spend 20 nights in a fully provisioned tented camp. 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 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. 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.



itineraries

☎ 0845 094 0273

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).



itineraries

☎ 0845 094 0273

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 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 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



itineraries

☎ 0845 094 0273

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 in Kathmandu and full board basis 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 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 protection of your booking with us at all times.

What's Not 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 (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, 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).



itineraries

☎ 0845 094 0273

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. If calling or emailing please mention you are a Himalayan Adventure Company client to obtain lower rates and quotes based on our trips which are very competitive and offer great levels of cover. Contact us for more information, to request a quote, to see policy wording or to purchase your insurance.

Responsible Tourism

We believe that tourism should benefit local communities and that responsible travel does not mean a compromise in standards. We aim to promote responsible travel that respects and benefits local cultures, communities and environments and we support Tourism Concern, are a sponsor of the International Porter Protection Group and a friend of The Sahara Group. We donate 5% of profits to local charities and are involved in local development and voluntary work in the Himalayas, particularly in Nepal. For every booking made we also donate £10 to The Sahara Group.



itineraries

☎ 0845 094 0273

(<http://www.saharagroup.org.np>) to help continue their wonderful work with street children with HIV/AIDS, women and children affected by human trafficking and poor rural communities. We employ local guides, office and support staff and ensure they have good facilities and fair wages and we work as a team to ensure you a wonderful adventure holiday.

Suggested Reading

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

Lonely Planet 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 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 to our UK office address. If you choose to phone us with your debit or credit card details, a signed and completed booking form will still be required for confirmation of booking. Bookings will only be confirmed once we receive a completed and signed booking form along with appropriate payment.

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

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

We wish you a wonderful Himalayan adventure!

