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Mera Peak Expedition

From	To
2010	2011
Available on request from	
Mid April	Early May
End Sept	Mid Nov

Duration: 20 Days

Grade: Strenuous, Max elevation 6654m



Classification: NMA Peak (Nepal Mountaineering Association Peak), Alpine PD

Land only price per person (join in Kathmandu) excluding international flights

Group Size	Minimum 2
Good 3 star hotel in Kathmandu, good teahouse lodges & tented camp during trek and climb	£3495
Luxury 5 star hotel in Kathmandu, good teahouse lodges & tented camp during trek and climb	£3695
Flight UK to Kathmandu From £600	

Introduction:

Mera Peak is the highest trekking peak in Nepal with superb views from the summit of four of the world's five highest peaks. This is a memorable trek and non technical but challenging climb on Nepal's highest and most popular walk up trekking peak.

This expedition is a great option for fit trekkers and hill walkers wanting to experience their first Himalayan expedition and summit an impressive 6000m + peak. Mera is located in one of the remote areas of the Khumbu (Everest) region and the trek to Base Camp starts from the village of Lukla, the gate-way to Everest. From here the trails we follow lead away from the busier trails to Everest Base Camp and lead you through beautiful and less visited landscapes to the adjoining high hills of Naulekh. Leaving the last settlement behind, we head east before the steep climb of around three hours to the top of the ridge.



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From here, it's a steep descent to the remote and sparsely inhabited valley of Hinku and a pleasant trek through the valley of peaceful forest of high alpine pines and rhododendron as well as grazing pastures and meadows with Mera Peak towering overhead. We make high camp at around 5800 meter at the base of Mera Peak. The climb to the summit is technically straight forward on a long glacier and snow slopes using ice axe and crampons. At the summit, enjoy the wonderful surrounding views including the top five 8000 meter peaks of Everest, Lhotse, Makalu, Kanchenjunga and Cho-Oyu.

After the exhilarating and challenging summit climb and trek, we retrace our journey through the beautiful landscape of the Everest National Park to Lukla for the short flight back to the hustle and bustle of Kathmandu. Whilst the mountain poses little technical difficulty, at 6476m it is a high altitude strenuous climb including some short, steeper sections of 35° snow. Previous use of ice axe and crampons are recommended but not mandatory and we include a glacier skills training session as part of the itinerary for those with no prior experience. This is a great option as well as rewarding and challenging climb for non mountaineers however to have a good chance of a successful summit you must have a good to high level of fitness and stamina, preferably some ice axe and crampon experience and preferably have ascended Scottish or similar winter routes of grade I/II or equivalent.

Day 01: Arrive Kathmandu

Namaste and welcome to Nepal. You'll be met and assisted at the airport by one of our local team who will arrange your transfer and check in to your hotel. After time to rest and get refreshed enjoy a complimentary welcome dinner 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

Today we spend in checks and preparation for our expedition including expedition briefings, equipment checks as well as final procedures for the permit required to climb Island Peak. There is also time for a good introduction to Kathmandu and the Valley before we depart to begin our trek and the first stage of the expedition. Enjoy some relaxed sightseeing on a guided tour of some of the highlights of Kathmandu including an easy walking tour to Kathmandu's central Durbar Square, site of the ancient palace complex, 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. 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. The remainder of the evening is free for you to explore the surrounding area or simply relax at the hotel.

Day 03: Kathmandu to Lukla and Poyan (2800m)

After an early breakfast today we'll transfer to the domestic airport to catch the short (45 minutes) and dramatic flight to the mountain airstrip at Lukla. Reaching Lukla there's time to explore and relax locally



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whilst the Sherpa crew sort and divide the load baggage. Once everything's arranged we'll head out for the short trek to Poyan where we'll rest overnight at a local teahouse lodge.

Day 04: Poyan to Chutanga (3430m) approx 3-4 hrs trek

Our first full day trek on trek is an easy one as we head east. The trail here is less frequented than the other main trails from Lukla and we'll trek through a number of small hamlets and wooded areas until we reach the thick forest of silver fir, birch, pines and rhododendron trees and bushes on the hill side below Nau Lekh also known as Kalo Himal Ridge. On this section it's important to follow your Sherpa guide closely as there are many paths leading away from the main trail. Reaching Chutanga we'll rest and relax overnight at a local teahouse lodge.

Day 05: Chutanga – full day rest and acclimatisation

Today is important to rest and acclimatize before we advance to higher elevations and make the crossing of the Zatrwa Teng La pass at 4600m. We'll take a short local trek to the small peak at around 4000m just below the pass, from where we'll have excellent views over the Dudh Koshi valley of Dudh Koshi as well as views of our route on towards the Zatrwa-la. Overnight at local teahouse lodge.

Day 06: Chutanga to Zatrwa La (4600m) approx 6-7 hrs trek

After yesterday's rest at Chutanga, we continue today as the trail begins with a steep climb to cross the Kalo Himal Ridge in the Nau Lekh range which separates the Khumbu (Everest region) from the Hinku Valley. A steep uphill climb from our lodge brings us to a cairned notch in the ridge with a collection of buddhist prayer flags at around 4450m. This small pass is called the Zatrwa Og. From here the path traverses across a boulder slope, round a corner and climbs once again to the Zatrwa-La pass at 4600m. This is a tricky place in bad weather conditions as the path here can be misleading so we'll go carefully. In fine weather the view across the Dudh Kosi towards Karyolung and the Lumding Himal are very impressive, as is the scenery across the rolling foothills of the Hinku Valley. Rest overnight at a local teahouse lodge.

Day 07: Zatrwa La to Kothey (3430m) approx 5-6 hrs trek

After our overnight at Zatrwa-La, today will be a short trek on a downhill slope. The path descends with superb views of Peak 43 and Kusum Kanguru before we reach a fine vantage point for views of the Hinku Valley, along with grand views of the south face of Mera Peak before we enter the forest as the trail descends steeply into the Hinku Valley. A pleasant trek leads through the forest full of tall Himalayan pine and rhododendron trees to reach Kothey where we'll rest overnight at a local teahouse lodge.

Day 08: Kothey to Thagnag (4360m) approx 5 hrs trek

From Kothey, our route follows the west bank of the Hinku Drangka northwards, eventually leaving the forest as the valley widens and opens, coming to a pasture and small kharkas (barns or shelters used by local shepherds) used for grazing goats, sheep and yaks. Our path continues on towards a small bridge

crossing to reach Gondishung (4350m), a summer settlement of Thagnag with its huts and stone walled enclosures. Gondishung itself has an interesting 200 year old Gompa (monastery). Beneath a great rock overhang, is a small Gompa with a buddha and several buddstava, prayer flags and number of crude mani (prayer) walls. Our trek continues for another hour or so passing beyond Lungsamba as the valley narrows between the flanks of Kusum Kangguru (6369m) to the west and the truncated far western peak of Mera (6255m) before we stop for the evening at Thagnag, a settlement made by the local yak herders. Now days there are several tea houses here to cater the needs of the local Sherpa teams and porters who accompany trekkers on summit expeditions to Mera and beyond. We stay overnight at a local teahouse lodge.

Day 09: Thagnag – full day rest and acclimatisation

Today is another day for rest and acclimatization before we head higher towards Base Camp and the summit. This is a beautiful spot to rest and spend the day, take a local trek or just relax in this wonderful setting, surrounded by stunning peaks, especially Peak 43 which rises to 6769m altitude. Just north from the camp there is a huge moraine behind which is dammed a beautiful glacial lake known as the Sabai Tsho, into which plummets the hanging Sabai Glacier and it's well worth exploring here which will also help to acclimatise well. Overnight at teahouse lodge.

Day 10: Thagnag to Khare (5000m) approx 4 hrs trek

Today is a short trek of around 4 hours but we will take it slowly acclimatizing and enjoying the surrounding scenery. Our route follows a relatively good trail leading up across the moraine which dams the Charpatti Tal, and then reaching a high point lined with cairns overlooking the glacial lake after just over a half hour ascent. From here the path descends slightly before turning the ridge and crossing a sandy bowl to the steep stream that descends from Dig Kharka. As we proceed along the right bank for around 45 minutes we'll reach the large pasture of Dig Kharka where we cross the stream with the help of stepping stones towards the walls of an old shelter. We'll have a break here perhaps stop for lunch at this spot before carrying on. From Dig Kharka, our route leads to a steep but short ascent passing a large bivouac stone and then contouring around the hillside reaching the stream once again. We re-cross the stream at a convenient point before following the trail for around an hour or so across the boulder strewn hillside to reach Kharka for our overnight stop at a local teahouse lodge or tented camp.

Day 11: Kharka Mera Base Camp – (up to 5550m) acclimatization day

This is another rest day for acclimatisation and local trekking before we head higher towards our summit attempt. There are some interesting local treks from Kharka and above the camp it is possible to climb to 5550m on a high moraine ridge for more good views of the Mera La and the route up the mountain. Overnight at tented camp.

Day 12: Trek to Mera High Camp (5800m) approx 6 hrs

From Kharka our route advances towards the south, climbing the moraine and following the crest to the foot of the black, steep scree slope. The path zig zags its way up to the top, as we look across a boulder strewn bowl to the lower tongue of the Mera Glacier after less than two hours hard trek from Khare. The

route crosses the bowl and then climbs the ground to the right of the tongue to a large rock platform beside the glacier after another hour or so of careful trekking. From here we must be on crampons for safety to climb the 30-35 degree ice for around a quarter of an hour to reach the plateau leading to Mera la (pass). The trail is well marked, (unless there has been recent snowfall) and the path weaves its way around and between the crevasses toward the Mera-la. From here it is another hour to reach the pass which we should reach after around 3-4 hours trek time this morning. We continue for around another 3 hours to reach our overnight high camp beneath Mera Peak. The first hour of this part of our climb offers grand views of the northern peaks of Makalu, then Everest with cloud plume peeking over the massive black wall of Nuptse. Later as we come nearer to our High Camp, views of Cho Oyu can also be seen. Arriving at High Camp if the weather is favorable, we'll have wonderful panoramic views of Kanchenjunga, the world's third highest peak, coming into view far to the east. Rest overnight at tented camp.

Day 13: Summit Day – Mera Peak (6471) & return to Base Camp (5000m)

We'll get an early start for our big day. Before dawn after an early morning tea and simple breakfast, we head out for the summit of Mera, climbing first to the foot of the dome of the southern summit. To reach the main summit, we descend the opposite side of the south summit and continue along the southern rim, which is sometimes corniced until it is possible to climb up and through the slope of the main summit. After around 3-4 hours of vigorous climb we reach the summit. Enjoy the wonderful views of the surrounding high snow capped peaks and your achievement having reached the highest point of this adventure. After time to enjoy the views we retrace our steps, taking around 2-3 hours to descend to our camp on the Hongu side of the pass, which has already been set up by our trekking crew ready with hot tea and coffee to welcome you down. Overnight at tented camp.

Day 14: Trek to Thagnag

We retrace our steps back to Thagnag today. Overnight at teahouse lodge.

Day 15: Trek to Kothey

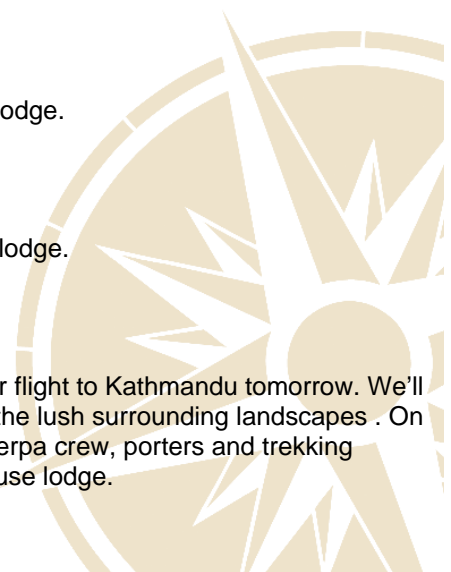
We retrace our steps back to Kothey today. Overnight at teahouse lodge.

Day 16: Trek to Zatrwla

We retrace our steps back to Zatrwla today. Overnight at teahouse lodge.

Day 17: Zatrwla to Lukla

Today we head back to Lukla and the small mountain airstrip for our flight to Kathmandu tomorrow. We'll take it easy today and it's a scenic and very pleasant trek enjoying the lush surrounding landscapes. On reaching Lukla, we'll have a celebratory evening dinner with our Sherpa crew, porters and trekking members to mark the last day of the expedition. Overnight at teahouse lodge.





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Day 18: Lukla to Kathmandu

Today we'll fly back to Kathmandu. The flight time to Kathmandu is scheduled for the morning as the wind rises in the afternoons. Sometimes if the weather conditions are poor the flights can be delayed so it's important to be flexible and patient in case this happens. It's a short and scenic 45 minute flight back to Kathmandu with panoramic views of the snow capped peaks en route. On arrival to Kathmandu domestic airport you'll be met and helped with the transfer and check in to your hotel. The rest of your day and evening are at leisure to rest and relax. Overnight Kathmandu.

Day 19: Kathmandu

Today is a rest day and free for you 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. Overnight Kathmandu.

Day 20: 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
- Relax at a luxury spa set in hundreds of acres of ancient forestland of 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.



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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 20 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 20. The trip has been graded strenuous, due to the high elevations and the amount of walking involved, on often steep trails and crossing high mountain passes which may be snow covered as well as the climb itself to the summit. It's a strenuous but non technical climb with a few short steeper sections. Ice axe and crampons are required and it's useful to have previous experience of these but not mandatory as you'll receive support and a glacier skills training session during the expedition. A good to very good level of fitness is required, used to long days. 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 12 and the minimum number 2 persons. By keeping group sizes small it means we can provide a more personal service to you.

Local Representatives and Guides

You will be met at the airport on arrival by our local representatives who will always be available to help with your arrival, departure and any queries or requirements during your trip. The group will be accompanied by a local English speaking guide throughout the trip with an experienced high altitude Sherpa climbing guide and support team during the trek and climb. All our guides and support crews are highly experienced and include Everest summiters such as the World Record Holder for the fastest Everest summit, Pemba Dorjee Sherpa. 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 expedition you will spend 4 nights at a good 3 star or a luxury 5 star (depending on pricing option selected) hotel in Kathmandu on bed and breakfast basis. During your trek and climb you'll spend 15 nights at either a fully provisioned camp or local teahouse lodge as per the itinerary. 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



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you request a single room the single room supplement charge will be applicable. It is usually possible to arrange single room/tent 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 and during the climb, prepared by the camp chef and assistants who are part of the Sherpa crew or selected from the local teahouse menus. During the days spent in Kathmandu meals on bed and breakfast basis 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.

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 its' a great time to see many wildflowers in bloom. December



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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).**

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, gifts vary each year and previous gifts include trek bags and t-shirts, gifts subject to availability. For clients living outside the UK we will provide a free bag 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



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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 Nepalese Embassy in London (UK applications). The visa fee is £35 for a multiple entry visa valid for up to 30 days or if obtaining your visa on arrival at the airport in Kathmandu the fee is US\$40 for a multiple entry visa valid for 30 days. The visa process 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. To climb Island Peak a permit is also required. 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 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 on arrival and departure, complimentary welcome dinner, 04 nights accommodation on bed and breakfast twin share basis at good 3 star or 5 star (based on option selected) hotel in Kathmandu, 01 full day guided sightseeing in Kathmandu and the Valley with professional English



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speaking local guide, private car and driver and including entrance fees to sites visited as per itinerary, pre trek/climb briefing on arrival, flight Kathmandu to Lukla to Kathmandu including airport transfers and airport tax, professional and experienced English speaking trekking guide and high altitude climbing Sherpa and Sherpa crew including cook during the trek/climb, climbing permit & Sagarmatha (Everest) National Park entry fee, 15 nights twin share teahouse/tented camp accommodation on full board basis (all meals, tea and coffee included) during days on trek/climb, all required and common camping equipment including sleeping, dining, kitchen and toilet tents, mattresses, stove, kitchen utensils etc, boiled and safe drinking water during days on trek/climb, use of down jackets and sleeping bags during days on trek, a group first aid kit, 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, personal travel insurance, vaccinations, airport departure fees (payable locally and directly to the airport), personal climbing equipment and clothing (available to hire locally at additional cost), mandatory Garbage Deposit fee to be paid on arrival (US\$250 for the group, refundable after the expedition and subject to meeting government garbage disposal requirements), additional private bus, car or jeep rental to any destination other than transport provided as per itinerary, bar/alcoholic beverages, bottled water, personal expenses eg for souvenirs, personal clothing and equipment, camera fees, food or snacks during transfer journeys, tips for guides, porters, driver etc, including summit bonus (payable to the climbing Sherpa on successful summit), laundry, optional trips, holiday extensions and activities (available on request), excess luggage charges, additional accommodation before or after the start and end dates specified (available on request), alternative transport (eg car/air), accommodation or other service required as a result of missed, delayed or cancelled flights, illness, weather or road conditions, strikes or road blockage or other unexpected event outside of our control (payable locally and directly if required).

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.

Responsible Tourism

We believe that tourism should benefit local communities and that responsible travel does not mean a compromise in standards. We aim to promote responsible travel that respects and benefits local cultures, communities and environments and we support Tourism Concern, are a sponsor of the International Porter Protection Group and a friend of The Sahara Group. We donate 5% of profits to local charities and are involved in local development and voluntary work in the Himalayas, particularly in Nepal. For every booking made we also donate £10 to The Sahara Group (<http://www.saharagroup.org.np>) to help continue their wonderful work with street children with HIV/AIDS, women and children affected by human trafficking and poor rural communities. We employ local guides, office and support staff and ensure they have good facilities and fair wages and we work as a team to ensure you a wonderful adventure holiday.



itineraries

☎ 0845 094 0273

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, Trekking and Climbing in Nepal, Steve Razzetti, The Right Mountain: Lessons from Everest on the Real Meaning of Success, Jim Hayhurst.

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 online brochure or downloaded from our website) along with the appropriate deposit of £250 per person. If you prefer 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 your trip dossier which will include confirmation of your booking, a day by day itinerary, visa information, 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 3 months (12 weeks) before departure. Your invoice will show the balance and date due at the time of invoicing. **NO REMINDERS WILL BE SENT.**

We wish you a wonderful Himalayan adventure and look forward to welcoming you!

