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Mera Peak Expedition

From	To
2010	
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)

Group Size	2 - 6
Camping & lodges	£2695
Flight Price	From £600

Introduction:

At 6654m, Mera Peak is one of the highest trekking peaks in Nepal, located in one of the remote areas of the Khumbu (Everest region). This is a challenging and memorable adventure on a high and wild route. Starting with a dramatic and scenic short flight to the remote mountain airstrip at Lukla you'll begin your trek and travel through beautiful and at times challenging Himalayan landscapes. The trek from here leads to the adjoining high mountain hills of Naulekh. As we leave the last settlement behind, heading east to a steep climb to the top of the ridge and from here a descent into the Hinku Valley. High Camp is at 5800m at the foot of Mera Peak. The climb to the summit is technically straightforward on a long glacier. Reaching the summit we have time to enjoy the surrounding panorama including five of the world's 8000m peaks and the world's highest - Mt Everest, Lhotse, Makalu, Kanchenjunga and Cho Oyu. Journey from great highs to great lows as we retrace our steps on the trek back and enjoy breathtaking views that make this journey well worth the effort. Combine easy non-technical climbing and strenuous trekking through beautiful untamed landscapes and over high Himalayan passes.



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Day 01: Arrive Kathmandu

Namaste and welcome to Nepal. You'll be met and assisted at the airport by our local representatives who will arrange your transfer and check in to your hotel. The remainder of today is at leisure to rest and relax until later this evening we'll all meet up for a complimentary welcome dinner at a restaurant in the heart of Kathmandu, before turning in for a good night's rest. Overnight Kathmandu.

Day 02: Kathmandu and Valley

Today we spend in preparation for our expedition including expedition briefings, equipment checks as well as final procedures for the permit required to climb Mera 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. We'll begin with an easy walking tour to central Durbar Square, at the heart of Old Kathmandu and site of the ancient palace complex and the Living Goddess (Kumari) temple. From here we'll 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. Later today we'll have a pre trek briefing which is a chance for you to ask any remaining questions, have a chat with your guide and some of the crew and final checks. The rest of your evening is at leisure to rest and relax. Overnight Kathmandu.

Day 03: Kathmandu to Lukla (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 we'll be met by the rest of our Sherpa crew. Whilst the crew sort and divide the load baggage your day is free to explore the local area. Overnight at a local teahouse lodge.

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

Our first day on trek is an easy one as we head eastwards. The trail here is quieter than the other trails from Lukla and our trek takes us through a number of hamlets and wood yards until we reach thick forest of silver fir, birch, pines and rhododendron on the hill side below Nau Lekh also known as Kalo Himal Ridge. Here it's important to closely follow the Sherpa guide and rest of the group as there are many paths leading away from the main trail. Overnight at local teahouse lodge.

Day 05: Rest & acclimatization day at Chutanga

Today we use to acclimatize before we advance to the higher region and cross the Zatrwa-la pass at 4,600m. We can take a short hike today to stretch our legs by walking up to a small peak at around



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4,000m below the Zatrwa Teng Pass, which offers excellent views over the Dudh Koshi valley, and also views of our route towards the Zatrwa-la where we head tomorrow.

Day 06: Trek to Zatrwa –La 4600m 6-7 hrs

After a good rest day at Chutanga, our adventure continues with a steep climb to cross the Kalo Himal Ridge in the Nau Lekh range which separates the Khumbu from the Hinku Valley. A steep uphill climb from our lodge/camp brings us to a cairned notch in the ridge with a collection of buddhist prayer flags at 4,450m. 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 4,600meters. In bad weather to find the path of our route can be quite misleading so care should be taken to follow your Sherpa guide and crew. In fine weather, the views across the Dudh Kosi towards Karyolung and the Lumding Himal and the scenery across the rolling foothills of the Hinku Valley are very impressive. Overnight at teahouse lodge.

Day 07: Trek to Kothey (3430m) 5-6 hrs

Today is a short trek on the downhill slope. The path descends with superb scenery of Peak 43 and Kusum Kanguru before we reach a fine vantage point of the Hinku Valley, with grand views of the South Face of Mera Peak. Entering the forest once again, the trail drops steeply into the Hinku Valley. A pleasant trek leads us through the forest full of tall Himalayan pine and rhododendron trees to reach Kothey where we rest overnight at a local teahouse lodge.

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

From Kothey, our route follows the west bank of the Hinku Drangka northwards, eventually leaving the forest, the valley widens and opens, opening into a pasture and small kharkas (shepherd's shelter) used for grazing goats, sheep and yaks. From here our path leads to a small bridge to reach Gondishung at 4,350m, 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. It's 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 (6,369m) to the west and the truncated far western peak of Mera (6,255m) before we finish our trek today at Thagnag, a settlement made by the yak herders. Nowadays there are several tea houses here to cater the needs of trekkers and expedition teams and their crews heading for Mera and beyond. Rest overnight at a local teahouse lodge.

Day 09: Rest and acclimatization day

Today is a full day to rest and acclimatize and take local hikes in this beautiful setting surrounded by stunning peaks. Just to the north is a huge moraine behind which is the dam of a beautiful glacial lake known as the Sabai Tsho, into which plummets the hanging Sabai Glacier. This is a place well worth exploring and also useful for acclimatizing. Overnight at local lodge.



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Day 10: Trek to Khare (5000m) 4-5 hrs

From Thagnag we'll take our time to slowly acclimatize and enjoy 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 under an hour's climb. 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 on the right bank. After another 45 minutes or so we reach the large pasture of Dig Kharka and here we cross the stream with the help of stepping stones towards the walls of an old shelter. We'll take a break here perhaps for lunch. From here there's a few short steep climb as we pass a large bivouac stone and then contour around the hillside reaching the stream once again. We re-cross the stream and follow the trail for another hour or so across the boulder strewn hillside to reach Kharka for our overnight stop at camp.

Day 11: Kharka Mera Base Camp

Today is another day for acclimatization and local hikes, for example 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 camp.

Day 12: Trek to Mera High Camp (5800m) 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 walk 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 of careful walk. 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. The trails are 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's another hour to reach the pass. On reaching Mera-la after 3-4 hours of morning trek, we continue our journey for another 3 hours to our overnight high camp beneath Mera Peak. The first hour of the climb offers grand views of the northern peaks of Makalu, then Everest with cloud plumes peeking over the massive black wall of Nuptse. Later as we come near to our High Camp we'll have views of Cho Oyu. Arriving at High Camp if the weather is favorable, a panorama of Kanchenjunga comes into view far to the east. Overnight rest at camp.

Day 13: Summit climb (6471m) and return to lower Base Camp (5000m)

Today is a big day! We start early before dawn after an early morning tea and simple breakfast, 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 3-4 hours of vigorous climb we reach the summit. Enjoy your achievement and the the breath taking scenery of the surrounding high snow capped peaks – a great physical, spiritual and emotional high reaching the highest spot of this extreme adventure. After time to take in the views from the top, we retrace our steps



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back on the 2-3 hours downhill path to our camp-site on the Hongu side of the pass, which has already been set up by our trekking crew. Overnight rest and celebrate at camp.

Day 14: Trek to Thagnag

We retrace our steps and rest overnight at a local lodge.

Day 15: Trek to Kothey

We continue back to Kothey and again rest overnight at a local lodge.

Day 16: Trek to Zatrwia

Again we continue our trek back and rest overnight at a local lodge.

Day 17: Trek to Lukla

The last day of our trek is a comfortable trek as we take it slowly and enjoy the scenery. Tonight we'll have a farewell dinner at Lukla with all our Sherpa crew, porters and climbing members to celebrate and share. Overnight at local teahouse lodge.

Day 18: Lukla to Kathmandu

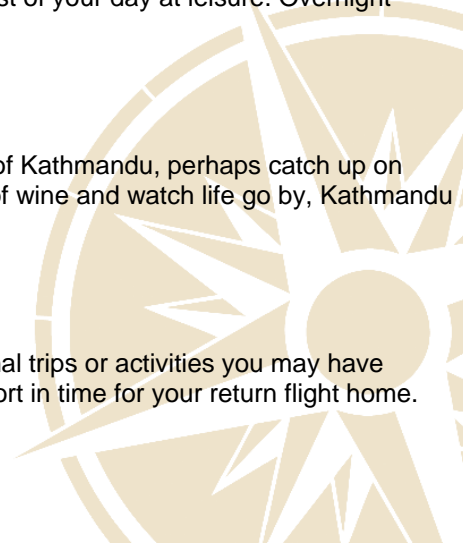
Today we'll fly back to Kathmandu. Flights to Kathmandu are usually in the morning as the winds get up in the afternoon and sometimes flights can be delayed due to weather or winds. The flight back is around 45 minutes with panoramic view of the snow capped peaks from the windows of the plane. On arrival you'll be met and helped with the transfer to your hotel with the rest of your day at leisure. Overnight Kathmandu

Day 19: Full day 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.





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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.

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 climb with a few short steeper sections. Ice axe and



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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. The climb is not technical but is fairly strenuous. 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 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 deluxe (four or five star) hotel in Kathmandu. During your trek and climb you'll spend 15 nights at either a fully provisioned camp or local teahouse lodge. 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 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 half board 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



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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 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



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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 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.



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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, local English speaking guide services including a professional high altitude Sherpa climbing guide cum trekking guide and Sherpa team including cook during the trek/climb, pre trek/climb briefings on arrival, 04 nights accommodation in Kathmandu at luxury four or five star hotel, 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), 01 full day guided sightseeing as per itinerary with professional English speaking local guide, car and driver and entrance fees to sites visited, 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), return airfare Kathmandu to Lukla along with the climbing crew, cargo service Kathmandu Lukla Kathmandu, Royalty and permit required for Mera Peak, Sagarmatha National Park fees and trekking permit fees, 15 nights accommodation during days on trek/climb on full board meal plan with meals prepared by our cooking crew, full shared camping gear, shared climbing equipment including fixed and main rope, snow bars, ice screws, ice snow bar, etc, insurance for crew members, a group first aid kit, boiled safe drinking water during days on trek/climb, use of down jackets and sleeping bags, air cargo for food stuffs, shared utensils and shared camping gear, 01 gamow bag (altitude chamber), 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.



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What's Not Included in the Price?

Visa fees, international flights (available on request), personal travel insurance, vaccinations, airport departure and reentry fees, lunch or dinner (01 meal) in Kathmandu, additional private bus, car or jeep rental to any destination on the trek other than transport provided during the trip, bar/alcoholic beverages, bottled water, personal expenses eg for souvenirs, personal clothing and equipment, camera fees, food or snacks during transfer journeys, tips for guides, porters, driver etc, 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), personal climbing equipment (available on request to hire in Kathmandu at extra cost); mandatory garbage deposit fee to be paid on arrival (US\$ 250.00 refundable after trip); summit Bonus (payable directly to the climbing guide/Sherpa on successful summit), personal trekking and climbing clothing and equipment, any additional accommodation, activities or transport not included in the itinerary or before/after the dates specified (available on request); expenses of a personal nature such as alcohol, bottled drinks including bottled water, snacks, laundry, excess baggage fees, phone calls, tips for guides, crew members and drivers, additional services or expenses incurred as a result of flight delays, strikes, illness, road or weather conditions, acts of nature or other events beyond 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.

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.



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Your Financial Protection

We understand how important it is that the money you spend on your holiday is securely protected. You may also have concerns about booking with an independent operator. To give you peace of mind and confidence in our service to you we have a number of ways in which we protect the money you pay for your holiday. The company is a full member of the Travel Trust Association (<http://www.traveltrust.co.uk>) membership number U3237, in compliance with the EC Directive on Package Travel, Package Holidays and Package Tours. Our ATOL number is T7199 and we work with ATOL licence holders to issue flight tickets. For flight bookings the money you pay is protected under the ATOL holder's licence. For all other arrangements, your payment to us is held in a separate Trust Fund and only released to us on your return. In addition, we provide free to you, a 'Safe Seat Plan' insurance cover which means that in the unlikely case of your money not being held in the Trust Account or of our insolvency, you will be fully reimbursed for the loss of any monies paid to us, up to a limit of £11 000 per person. Therefore, for your peace of mind and confidence, all money you have paid to us is always 100% protected and available to pay for the services you have booked.

Insurance

Before confirming your booking we will need to see evidence of adequate travel insurance. Whilst you are able to choose your insurance from any provider, as members of the Travel Trust Association (TTA) we are able to offer some of the best and most competitive travel insurance on the market to our clients.

For cover on all our higher elevation treks and tours we recommend Snowcard who specialize in insurance for activity based and adventure travel holidays and provide excellent and very competitive insurance services for adventure and activity based travel. For no obligation quotes follow the link on our website (www.greathimal.com or www.thehimalayanadventurecompany.com) from the Useful Links, Make a Booking or Latest News pages where you can check quotes and cover details as well as issue your own travel insurance online. If you prefer 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/>](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.

For all other activities eg white water rafting or low elevation tours we recommend Holiday Extras who offer very competitive insurance. For more information and quotes call 0871 360 2742, or visit the website at www.insurancereferrals.co.uk. Remember to quote our reference U3237 for our negotiated rates. .

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



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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.

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, Island Peak, Nepal: Climbing Map (Gecko Maps).

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 2 months before departure. Your invoice will show the balance and date due at the time of invoicing. **NO REMINDERS WILL BE SENT.** We will also send your confirmed flight details (if appropriate), instructions of how to meet up with others in your group and details of how you will be met on arrival. Also included will be a statement of any additional services or activities you have requested. Your complimentary Himalayan Adventure Company Travel gift will be mailed to you separately or provided to you on arrival to Nepal. For clients outside the UK, the gift will be sent on payment of delivery costs only.

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