



## itineraries

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### Naar Phu Trek - The Lost Valleys & Snow Leopard Country

#### From To

2010

Available on request

**Grade:** Very strenuous  
Max elevation 4530m



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

**Duration:** 22 Days on trek 18 days

**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	£2695	£2395
Flight Price	From £600	

Single hotel supplement Kathmandu £155, Single tent supplement (on trek) £190

#### Introduction:

Enjoy a wild and remote trek to the lost valleys of Naar and Phu, in a spectacular region of high peaks and mountain passes, glaciers, deep canyons, high alpine valleys, rich forests, the Great Ice Lake, awesome rock formations and ancient remote villages. Close to Tibet, the local culture here is ethnically Tibetan and the area has only been opened to foreigners since late 2002 and still remains rarely visited. This is also the home of the elusive Snow Leopard as well as the Blue Sheep and much other rich local wildlife. Enjoy the challenge and beauty of this wonderful journey as you follow remote trails, encountering unique local cultures and experiencing magnificent views of the Himalayan peaks as you travel through stunning landscapes.

#### Day 01: Arrive Kathmandu

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



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

After breakfast today 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 ancient streets of Patan, the City of Fine Arts. Later this afternoon 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 Besi-Sahar (760m)**

Today we start our journey with a 5 hour drive to Besi Sahar following the mountainous highway through beautiful scenic landscape through Mugling with the Trishuli River flowing below. We'll relax at our tented camp for the evening at Besi-Sahar, a lush area of tiny green rice fields and small streams.

### **Day 04: Besi-Sahar to Ngadi (930m)**

After breakfast today we'll trek through typical Nepalese hill country, walking along the ridge of the Marshyangdi River, through forest and past a number of small villages before reaching Ngadi, a small village and good place to stop. We'll rest here at camp tonight. We'll walk about 5-6 hours in total today.

### **Day 05: Ngadi to Jagat**

After breakfast this morning we'll leave Ngadi and follow the trail through a number of steep ascents and descents through terraced fields, forests and local villages along the river valley then up where the path is cut into the sheer cliff face 200-300m above the riverbed. Continuing our journey we'll descend to the stone village of Jagat where we'll relax at our tented camp.

### **Day 06: Jagat to Dharapani (1890m)**

From Jagat we'll follow the ridge of the Marshyangdi River along the high and winding mountain paths and sometimes steep trails today. Continuing on, the trail meanders above the river and then becomes a switchback path to the top of the hill from where we'll get great views before the valley narrows again. After crossing the river it's a short climb to the stone kani marking the entrance to Dharapani and another local checkpoint. We're still at the beginning of the trek so won't be able to see the peaks from this part of the trail. We'll rest overnight at Dharapani.

### **Day 07: Dharapani to Koto (2600m)**

Today we'll continue to climb this time through oak and pine forests and along the sometimes steep trail on our journey of around 6-7 hours today. We pass through Danagyu before reaching a thundering waterfall and from here we'll head up the high trail to Koto passing through lovely open forest area. After around an hour's walking we'll reach a clearing and small Tibetan teahouse at the top of the trail where it's a good place to take a break. From here we'll also be able to look back at views of Manaslu. Another



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hour's walk brings us to the Gurung village of Timang and from here the trail ascends to Koto village. The villagers here are mostly from Naar and Phu as this is the gateway settlement to their region. We'll make this our rest stop for the evening and enjoy the wonderful views ahead of nearby Annapurna II and Lamjung.

### **Day 08: Koto to Dharamsala (3230m)**

This morning we'll get an early start as it's a long and challenging day. We'll follow the trail across the river leading to the Naar Phu valleys and trek up through beautiful dense forest above the Phu Khola. Our route takes us past several small caves and to a pilgrims resting place or dharamsala. We'll emerge from the narrow canyon and follow the trail as it passes a wide waterfall just before the dharamsala where the woods become less dense and the views open out. We'll camp nearby overnight and relax in the beautiful surroundings.

### **Day 09: Dharamsala to Kayang (3740m)**

After breakfast today it's a steep climb up the valley and along a small picturesque river before we reach some high pastures on the plateau above 3000m. We'll pass a temporary winter settlement of Naar and continue on the trail which is a wonderful and scenic walk through landscapes of rock, low shrubs, ancient gnarled trees, juniper and rich colourful vegetation along sandy trails which we'll probably be sharing with a few local yaks and perhaps some yak caravans as they follow the local trade routes. The surrounding mountains are spectacular and the Phu River far below shadows our route. Around an hour or so after passing the first winter settlement we'll come to another semi permanent settlement called Junam, a place where the khampas of Tibet sometimes shelter. Above here is a massive glacier extending right to the high yak pastures above the trail. Across the river the cliffs are moulded and contorted into ancient swirls and waves. Continuing on the trail again ascends and descends before we reach Kayang, a winter settlement of Phu that sits on a plateau high above the river and our evening campsite.

### **Day 10: Kayang to Phu (4050m)**

Today the path drops steeply to the river and we'll follow the trail along the river banks for a while before we start to see the colourful chortens typical of Naar and Phu. We'll cross a glacial stream and cross a bridge before another hour and a half traveling through scenic canyons and gorges and past a leaning rock monolith that guards the steep trail up to Phu gate. From this ancient gate we'll get our first views of the three villages of Phu as well as the remains of two forts and an ancient dzong. As we approach the bridge to Phu a row of colourful chortens leads the way to the main village high on the hill. We'll camp tonight on the lower reaches of the village where we'll have good views of the surrounding peaks including Himlung and Bhrikuti Himal. Depending on time we might head into the village this evening to meet some local people.

### **Day 11: Phu**

Today we'll take time to rest as well as to explore Phu village and the local Gompa and surrounding area. We'll be able to walk up the valley to the summer grazing settlements just past the gompa to enjoy the views and maybe spot some Blue Sheep grazing nearby and, if we're really lucky, glimpse the elusive Snow Leopard. Phu village itself is an interesting place and great to relax and spend time watching daily life and sitting with the villagers. Another option to explore the local area is to walk west



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past the village towards the chortens leading up the hillside, to enjoy the incredible views over Phu and the surrounding valleys, forts and peaks.

### **Day 12: Phu to Naar Phedi**

We'll leave Phu today and pass back through the ancient gate and past the chortens, following the steep trail to reach Naar Phedi around 6-7 hours walking. There's no village here but there is a monastery where some Buddhist monks live. We'll camp here tonight.

### **Day 13: Naar Phedi to Naar (4150m)**

The landscape is wonderful today, around 4-5 hours of ascents and descents over a deep contoured and narrow gorge before the trail climbs steeply again. After the climb we'll reach the Naar gates at the top of the hill with another wonderfully colourful line of welcoming chortens lining the route to the village. As we round a corner of the trail we'll get wonderful views of Naar and the surrounding farmland, ancient gompas and snow capped peaks. It's a short walk today so there's time to explore the area this afternoon. We'll camp here for the next few days.

### **Day 14: Naar**

Today we'll be able to explore Naar and the surrounding area as well as meet some of the local villagers. Naar is rarely visited by outsiders and is an interesting and lively place with its village square where the locals sit and chat and work with the sound of cymbals and drums, chanting of mantras, the clatter of spinning prayer wheels and the flapping of prayer flags a constant in the background. It's a fascinating and unique place to explore, sit back and absorb the atmosphere and meet the local people.

### **Day 15: Naar to Kangla Phedi (4530m)**

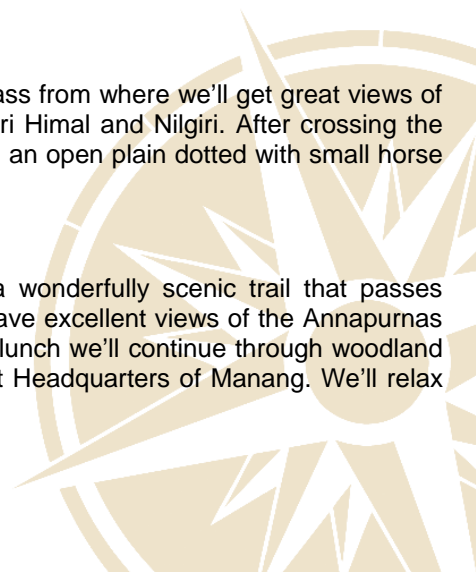
Today we'll walk for around 4-5 hours through mostly plain terrain with only a few ups and downs and with great views of Ngawal and Pisang peaks. We're also likely to see many grazing yaks along the route. We'll camp overnight at Kangla Phedi.

### **Day 16: Kangla Phedi to Humde**

After around a 3 hour walk this morning we'll reach the Kangla pass from where we'll get great views of Chulu Himal, Annapurna I to IV, Machhapuchre Himal, Dhaulagiri Himal and Nilgiri. After crossing the pass we'll follow the trail steeply downhill as we descend towards an open plain dotted with small horse corrals on the way to Humde where we'll camp and rest tonight.

### **Day 17: Humde to Chame (1430m)**

This morning we'll trek south along the Upper Pisang route, a wonderfully scenic trail that passes through the isolated village of Ghyaru and Upper Pisang. We'll have excellent views of the Annapurnas as we descend to the main Annapurna trail at Pisang. Following lunch we'll continue through woodland and past a few small settlements to arrive at Chame, the District Headquarters of Manang. We'll relax here overnight.





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### Day 18: Chame to Tal (1700m)

After breakfast we'll continue our journey on a steep descent past the mani (prayer) walls at Chame and out of town. We'll pass Koto, the entrance to Naar Phu and continue back past Bagarchhap, Dharapani and Tal. Reaching Tal, we'll camp here tonight at a pretty campsite with views of the waterfalls. Tal means lake and although the area here was once a lake it now sits on the river flats.

### Day 19: Tal to Ngadi (930m)

Today we'll drop down to a lower altitude as we follow the trail down the steep hillside and over the river, first to Chamje, past Jagat and Bahundanda and then on to Ngadi and into the lush vegetation and hills again. We'll camp at a picturesque spot at Ngadi tonight.

### Day 20: Ngadi to Besi Sahar (760m)

This morning it's a nice comfortable walk back to Besi Sahar past Bhulbhule and Khudi to reach our overnight camp site and a final night to relax at camp and enjoy the views before the drive back to Kathmandu tomorrow.

### Day 21: Besi Sahar to Kathmandu

This morning we'll drive back to Kathmandu. On arrival we'll check in to our hotel and the remainder of the day is at leisure to relax, rest, and perhaps do a bit of last minute shopping or exploring in the capital.

### Day 22: Departure

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

### Extending your holiday

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

- Take a jungle safari by charter elephant to spot rare species including the Royal Bengal Tiger in the Chitwan National Park
- Enjoy the adrenaline rush of white water rafting in Nepal
- Relax by the lakeside in Pokhara, Nepal
- See the wonder of the Taj Mahal and enjoy relaxed sightseeing around Delhi
- 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.



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### Useful Information

The following information is aimed at helping you to decide whether this trip is right for you. Additional information can be found on our website and in our brochure. If you have any questions or would like advice on any aspect of this trip please contact us and we'll be happy to go through everything with you.

### Day to Day Itinerary

It must be realized that with adventure travel changes to an itinerary may occur, for example due to unexpected weather conditions. The day to day itinerary is provided as a general guideline and is intended to give you a general sense of what to expect, including places visited and activities during the trip to help with your decision regards which trip is the best one for you. Activities and timings may vary slightly from those outlined Your guide will make any changes necessary and all arrangements during the trip, including explaining reasons for any changes to the itinerary that may occur.

### Trip Duration and Grading

This trip is 22 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 22. The trip has been graded strenuous to very strenuous due to the high altitudes and the amount of walking involved up to 7 or 8 hours a day including crossing some high mountain passes and with some steep climbs. There will also be some short day walks as part of your sightseeing, usually for a few hours, for example when visiting World Heritage sites in Kathmandu and the surrounding Valley.

### Group Size

The maximum number of persons on this trip will be 16 and the minimum number 2 persons. By keeping group sizes small it means we can provide a more personal service to you.

### Local Representatives and Guides

You will be met at the airport on arrival by our local representatives who will always be available to help with your arrival, departure and any queries or requirements during your trip. The group will be accompanied by a local English speaking guide throughout the trip. Once you have confirmed your booking we will send you details of how you will be met on arrival and you will meet your guide just after you arrive.

### Accommodation

During this trip you will spend 3 nights at a deluxe hotel in Kathmandu (2 nights at the start of your trip and 1 before departure). During your trek you'll spend 18 nights at 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. On teahouse style treks meals will be provided from the teahouse menus. On camping style treks meals will be freshly prepared and provided by the camp chef and assistants who are part of the Sherpa crew. During the days spent



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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. 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 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



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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 (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.



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### Permits

To enter certain areas e.g. National Parks or other trekking or protected areas, you may require a permit. All our trip prices include the cost of relevant permits and entrance fees. Where this is not the case, for example you have booked a tailor made private trip, we will inform you of any required permit fees before you make a booking with us.

### Health and Medical Information

It is your responsibility to ensure you are well and fit enough to join the trip. If you are unsure of this please contact our office to talk it through with one of our experienced staff members. We also recommend you speak to your GP if you are in any way unsure of your fitness level required to join the trip. We also suggest you have a thorough medical and dental check up before you travel. You may need specific vaccinations appropriate to the country or area you will visit. You must tell us if you have an existing medical condition or disability that might affect your holiday before you make a booking with us. If, in our reasonable opinion, your chosen holiday is not suitable for your medical condition, disability or level of fitness, we reserve the right to cancel the contract or to suggest more appropriate alternative options for you. A group medical kit will be carried on each trip or trek but we also recommend that individuals carry their own basic first aid kit and we will send a suggested list of items for this when you make a booking.

For useful health and general travel advice and information we suggest you visit the Foreign and Commonwealth Office website at <http://www.fco.gov.uk/knowbeforeyougo> and also obtain a copy of the UK Department of Health leaflet *Advice on Health for Travellers* or speak to your local GP or practice nurse for their recommendations.

### What's Included in the Price?

Airport welcome, pickup and transfer, complimentary group welcome dinner on arrival, professional English speaking local guide services, pre trek briefing on arrival, all accommodation during the trip on twin share basis, meals on half board basis in Kathmandu (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



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of our control (payable locally and directly if required), additional or optional activities (eg mountain flights, rafting, safaris), accommodation, transport or other service not included in the main itinerary (available on request)

### Our Experience

We have a love of and respect for the Himalaya. Our founders and office staff are all experienced travelers who share many years of helping other travelers achieve their ambitions. The fact that we specialise in travel to the Himalaya and that we have extensive local knowledge and experience of the area means that we can offer you a wide range of travel options and provide the best standards of service to you. Being an independent specialist travel operator means we can offer a friendly personal service and are able to be flexible and use our experience and contacts to build new and tailor made programs as well as to continue to develop new and improved services. We have a wealth of experience in helping many individuals and groups in designing and planning adventures, ranging from romantic breaks to personal challenges to school study programmes to extreme adventure expeditions, from low budget to no expense spared and we have lots of ideas, suggestions and experience to share with you. We are also delighted to say that many of our clients return again and again to travel with us and many of our new clients are through recommendations and word of mouth from happy and satisfied clients who have previously traveled with us.

### 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 other ATOL 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.



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### Insurance

Before confirming your booking we will need to see evidence of adequate travel insurance. For our higher elevation treks and tours we work with Snowcard who provide excellent and very competitive insurance services for adventure and activity based travel. For no obligation quotes please follow the link on our website from the Useful Links, Make a Booking or Latest News pages where you can check quotes and cover details as well as issue travel insurance online. If you'd like to contact Snowcard directly they can be called on 01327 262805 or visit their website at [www.snowcard.co.uk](http://www.snowcard.co.uk). If calling or emailing please mention you are a Himalayan Adventure Company client to obtain lower rates and quotes based on our trips which are very competitive and offer great levels of cover. Contact us for more information, to request a quote, to see policy wording or to purchase your insurance.

### Responsible Tourism

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

### 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 and (if applicable) any insurance premiums 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



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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!

