



## itineraries

☎ 0845 094 0273

### Sacred Places Trek – The Trail to Manaslu

**From**

**To**

2010

Available on request

**Grade:**

Strenuous

Max elevation 5150m



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

**Duration:** 22 Days. On trek 17 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	£2295
Flight Price	From £600	

Single hotel supplement Kathmandu £210, Single tent supplement (on trek) £180

#### Introduction:

This is a classic trek with a distinctive Tibetan flavour. Manaslu Himal is the mountain region between the two big rivers, Buri Gandaki and the Marshyangdi. It's also called the Gorkha Himal and Manaslu (8163m), Peak 29 (7871m) and Himalchuli (7893m) are well known as the three peaks of Manaslu. During this magical trip you'll circumnavigate Manaslu and enjoy inspiring Himalayan views along the route. You'll follow age old trails through thick forest, over high ridge tops and through deep river gorges, through dramatic wilderness of glacial valleys and over high mountain passes into the heart of the Manaslu group and even into the high plains of Tibet. You'll visit traditional villages and ancient secluded monasteries and encounter the rugged people of Tibetan stock. Larkya La pass marks the divide between Manaslu's less trekked western flanks and the Marshyangdi River valley eventually ending at the relaxing lakeside resort town of Pokhara.



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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. 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.

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

After breakfast today take time to enjoy a day of relaxed sightseeing on a guided tour of some of the highlights of Kathmandu and the surrounding Valley. Visit Swoyambhunath Stupa, also known as the Monkey Temple, with its fine views over Kathmandu and many interesting features as well as the great stupa itself. Join the devotees, pilgrims and wandering siddhus (holy men) at Pashupatinath. Pashupatinath is the most important Hindu temple in Nepal as well as being one of the most important Shiva temples on the subcontinent, situated on the banks of the holy Bagmati River. Take time to walk around Bodhnath (Boudha) stupa, the largest in Nepal and one of the largest in the world. Boudha is also the centre of Tibetan culture in Nepal and a wonderfully vibrant, interesting community. Explore the medieval style streets, temples and courtyards of Patan also known as the City of Fine Arts. This evening we'll drive back to Kathmandu where we'll have a group briefing on what to expect when our trek begins tomorrow, a chance for you to ask any remaining questions and to meet your trek crew. The remainder of this evening is free for you to explore the surrounding area or simply relax at the hotel.

### **Day 03: Kathmandu to Gorkha (1650m)**

Today we'll travel by bus from Kathmandu to Gorkha (around 7 hours). Gorkha is well known as the birth place of the present Shah dynasty and within the village is the old royal palace as well as many temples. We'll take time to visit the Royal Palace in Gorkha and to explore the surrounding area. From here we'll also have excellent panoramic view of the Annapurnas, Manaslu, the Ganesh Himal and Langtang Himal. We'll stay overnight at our local guest house in Gorkha.

### **Day 04: Gorkha to Khanchowk (1000m)**

After breakfast we'll begin our trek, starting with a careful descent along a stone-paved path until we reach Ahale village where we'll stop for lunch. From here we'll continue on to Taple and the path becomes a gentle ascent. After Taple we'll reach a pass and continue for a while along a ridge with good open views. During the trek we'll travel through splendid landscapes and a variety of fruit farming areas including orange orchards. Finally we'll descend a steep slope by a well maintained path with stone steps until we reach Khanchowk where we'll camp tonight.

### **Day 05: Khanchowk to Arughat Bazaar (530m)**

Today the trail makes an abrupt descent into the valley first towards Kuwa Pani. When we reach the river shores further downstream we'll cross to the other bank. From there the trail traverses high across the flank overlooking the Buri Gandaki and its another 2-3 hours before we reach Rata Mata where we'll have lunch before heading on towards Arughat Bazaar. We'll cross the suspension bridge over the tributary to reach Arughat, the largest village in the Burigandaki basin. Most of the villagers here are of Newari descent. We'll camp here tonight.

### **Day 06: Arughat to Khursani Bari (840m)**

This morning we'll follow the trail as it heads out of town through open meadows with the milky blue waters of the Buri Gandaki flowing below. The trail continues through several small villages as it rises



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and falls through the forest crossing a number of streams below waterfalls. When we reach Arkhet we'll have fantastic views of the beautiful massif of Ganesh Himal. From here we'll trek towards Khorketar for lunch. Our trek continues for another 3 hours through scenic mountain landscapes until the trail comes to Khursani Bari where we'll relax for the evening.

### **Day 07: Khursani Bari to Machhi Khola (920m)**

Today we'll follow the trail through beautiful countryside to reach Lapu Bensi where we'll stop for a break. We'll continue on as the trail passes some local houses and rises around the hillside before reaching Machhi Khola village. This area is mostly inhabited by the Garuva ethnic group whose main livelihood is fishing rather than farming. We'll camp here tonight.

### **Day 08: Machhi Khola to Jagat (1350m)**

After breakfast today the trail climbs on a rugged path for 1-2 hours up to Khorlashi. From here we'll continue our trek towards Tatopani (hot water springs) where we'll sit and relax and enjoy the views during lunch. From here our route climbs over a ridge and we'll trek along the riverside before reaching Jagat, a small village with a police checkpost and a number of local lodges. We'll camp here overnight.

### **Day 09: Jagat to Philim (1415m)**

Leaving the village today we'll follow the trail as it passes through the west bank of the Buri Gandaki and heads towards Surtibas where we'll have lunch today. After lunch we'll continue to follow the trail towards Philim where we'll rest and relax for the night.

### **Day 10: Philim to Ghap**

Leaving Philim we'll follow the path as it rises and descends then rises again among pine forest with wonderful views into a small gorge carved by the river far below, both up and down the valley. We'll stop for lunch at Dyang. Continuing on we're likely to meet many people of Tibetan origin in this area. We'll also see a variety of monasteries, mani (prayer) stones and even water powered prayer wheels as we follow the trail to Ghap following the path alongside cultivated farmland. We'll camp overnight at Ghap.

### **Day 11: Ghap to Lo Gaon (3100m)**

As we progress further up the valley today, other peaks will start to appear, including Manaslu North and Naike Peak. The trail today passes more groups of houses, several of them draped in prayer flags. After crossing a stream we'll climb uphill to Lo Gaon, a large village with stunning views of Manaslu and Mt Ganesh clearly visible. The trails today are steep and we'll be walking at high elevation so need to be aware of the symptoms of mountain sickness. There are several more chortens, mani (prayer) walls and a gumpa here as well as a campsite where we'll rest overnight.

### **Day 12: Lo Gaon to Sama Gaon (3500m)**

Today we'll follow the trail as it descends then climbs again before emerging onto a ridge overlooking the pastures and fields of Sama Gaon. We'll stop for lunch at Syala before continuing our journey. The valley ahead of us soon opens up and we'll descend to a wide, flat meadow where yaks are left to graze. As well as the grazing meadows we'll pass through other farmland and crop fields of potatoes before reaching Sama and our rest point for tonight.



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### **Day 13: Sama Gaon (rest day)**

Today we rest and acclimatize at Sama. We'll have the opportunity to visit Sama Gumpa about 20 minutes walk from the village. The gumpa, located on top of the hill, is well worth the short walk and just after it there is a wide grassy area of land from where we'll be able to see a clear view of the northern face of Mt Manaslu (best in the evenings and mornings). The surrounding area is very beautiful and well worth taking the time to just sit and enjoy.

### **Day 14: Sama Gaon to Samdo**

Today we'll leave Sama and descend to the Buri Gandaki, which has now turned north again, and follow it to a bridge over one of the tributaries. We'll take the trail to the left which leads to Manaslu base camp. When we enter the meadow from the path on the river shores we'll reach Kermo Kharka, looking up at Manaslu right in front of us. After passing the Kharka we'll follow a long medan and the valley narrows gradually with the path traversing up the flank. We'll follow the path downward on the gentle flank before ascending again. The border of Tibet is only a day's walk to the north and Samdo, where we'll camp tonight, is the last village before crossing the Larkya Pass (5200m).

### **Day 15: Samdo to Guest House/Dharmasala (4450m)**

This morning we slowly follow the valley then climb upwards again towards high camp, also known as Guest House. This is not, as the name suggests, a lodge but a form of shelter called 'Dharmasala' used for crossing over the pass. Reaching Guest House we'll rest for today and camp overnight.

### **Day 16: Dharmasala to Larkya La/Bimtang (3720m)**

Today our route begins up the ridge in front of the guest house which eventually becomes a long gentle climb beside a moraine. We'll cross a small bridge then descend slightly to a lake before climbing the ridge until we reach the top of the moraine at 4700m. The trail here becomes rougher and indistinct as it crosses the moraine to the south of a steep grassy slope. It takes about 3-4 hours from the guest house to the pass and is extremely cold and windy climbing on the Larkya La, often in snowstorms. The descending trail follows along the top of a moraine to the west, then drops steeply and traverses scree slopes. It makes a long set of steep, rough switchbacks, crosses the moraine and then descends more gently. The trail improves before we reach a large meadow with a mani wall and small rest house. The place here is called Bimtang, which is a Tibetan name meaning 'plain of sand'. We'll rest at Bimtang tonight.

### **Day 17: Bimtang to Tilje**

The trail drops steeply today with a journey of about 6-7 hours to reach Tilje. From the Bimtang meadow the trail crosses a glacial stream, the headwaters of the Dudh Khola, by a wooden bridge. We'll climb over the side of the moraine and descend into a pine and rhododendron forest to reach Hompuk (3430m). The walking improves as the trail descends and switches back down to a fork of the Dudh Khola before following the river through forests to a goth (3030m). We'll continue through fields, over a clear stream and past local houses and farmland interspersed with rhododendron and oak forests, staying on the north bank until we reach Tilje, in the Manang District. We'll camp here overnight.

### **Day 18: Tilje to Sange**

This morning we'll cross the wooden bridge to the left bank of the Dudh Khola where the path begins a gentle descent. After about one hour we'll cross the suspension bridge over the Marshyangdi River



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before we reach Dharampati (1860m) where we'll have lunch before continuing our journey for another 4-5 hours on a steep descent towards Sange where we'll camp and relax for the evening.

### Day 19: Sange to Bhulbhule (1300m)

Today we'll continue on our trail as it zigzags up and down before reaching Bahundanda where we'll rest for lunch. Our route takes us across the river, past villages and rice paddies. The Bahun, Tamang and Gurung people live in Bahundana village. From here we'll continue towards Bhulbhule as the trail crosses steeply upwards and downwards. Reaching Bhulbhule we'll camp for tonight.

### Day 20: Bhulbhule to Beshi Sahar to Kathmandu

Today our trek comes to an end as we trek down the narrow valley past Ngadi until we reach Beshisahar. It'll take us around 2-3 hours to get there and from here we'll drive back to Kathmandu. After checking in to our hotel the remainder of the day is at leisure.

### Day 21: Kathmandu

Today is a rest day and free for you to relax 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. In the morning there's the chance to take an optional mountain flight to see Everest close up or enjoy a late lie in at the hotel.

### 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.

### 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 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 elevations and the amount of walking involved, sometimes on very steep trails. There will also be some short day walks as part of your sightseeing, usually for a few hours, for example when visiting World Heritage sites in Kathmandu and the surrounding Valley.

### 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 4 nights at a good quality deluxe hotel in Kathmandu (2 nights at the start of your trip and 2 before departure). . During your trek you'll spend 1 night at a local guest house in Gorkha and 16 nights in a fully provisioned tented camp.

All accommodation is based on twin share. If you are traveling on your own and are happy to share with someone, we will arrange for you to share a room with someone of the same sex, at no extra charge. If you request a single room in Kathmandu or single tent during your trek there will be a small supplement charge. It is usually possible to arrange single room accommodation but please contact our office to confirm this.

### Meals

All meals on full board basis will be provided during the days spent on trek. As this is a camping style trek meals will be freshly prepared and provided by the camp chef and assistants who are part of the Sherpa crew. During the days spent in Kathmandu meals on half board basis 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.



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### **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 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.



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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.

### **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) or on arrival at the airport in Kathmandu for a fee of US\$40 for a visa valid up to 30 days. The visa process has changed in 2008 and all visas are now multiple entry. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request.

You are responsible for ensuring you have a valid passport and visa prior to departure. Where appropriate, we will arrange any special permits or visas required to visit specific restricted areas included as part of the itinerary whilst you are in the country and may request information from you to allow us to do this.

### **Permits**

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



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### 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 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



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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 ATOL licence holders to issue flight tickets. For flight bookings the money you pay is protected under the ATOL holder's licence. For all other arrangements, your payment to us is held in a separate Trust Fund and only released to us on your return. In addition, we provide free to you, a 'Safe Seat Plan' insurance cover which means that in the unlikely case of your money not being held in the Trust Account or of our insolvency, you will be fully reimbursed for the loss of any monies paid to us, up to a limit of £11 000 per person. Therefore, for your peace of mind and confidence, all money you have paid to us is always 100% protected and available to pay for the services you have booked

### Insurance

Before confirming your booking we will need to see evidence of adequate travel insurance. For our higher elevation treks and tours we work with Snowcard who provide excellent and very competitive insurance services for adventure and activity based travel. For no obligation quotes please follow the link on our website from the Useful Links, Make a Booking or Latest News pages where you can check quotes and cover details as well as issue travel insurance online. If you'd like to contact Snowcard directly they can be called on 01327 262805 or visit their website at [www.snowcard.co.uk](http://www.snowcard.co.uk). If calling or



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

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

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

We wish you a wonderful Himalayan adventure!