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Everest from Tibet - Classic Overland Tour

From To

2010

Available on request – minimum 2 persons

Please note current pricing valid for travel until December 2010. For travel from Dec 2010 onwards please contact us.

Best times to visit – April to mid October

Grade: Mod to Strenuous
Max elevation 5150m



Duration: 15 Days

Land only price per person (join in Kathmandu). Guaranteed to run for a minimum 2 persons. Includes use of down jacket & sleeping bag in Tibet.

Group Size	2-6	Single hotel supplement
Luxury hotel (good 4 or 5 star) in Kathmandu, good standard hotels & guesthouses/best local hotels in Tibet as specified	£2795	£210
Standard (eg 3 star) hotel in Kathmandu, budget hotels & guesthouses in Tibet	£2195	£155
Flight Price from the UK	From £500 economy return	

Tibet visa and permit fee from US\$60 - \$200 – please see page 7-8 for details on type of visa and processing times. Supplement for US Nationals \$86 (£56)

Introduction:

Tibet is perhaps the most hidden, beautiful and untamed place in the world, one that is starting to emerge from centuries of isolation. This trip aims to introduce you to wonderful and colourful Kathmandu in Nepal before you travel into the exotic ancient mysteries and wild beauty of Tibet and make the journey to the Base Camp of the highest peak in the world, Mount Everest.

In Tibet you'll be introduced to some of the many highlights of this ancient land of Buddhist culture and tradition, of awesome landscapes, age old trade routes, mysterious nomadic peoples, revered



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monasteries, spiritual wonders and timeless splendour and legend. This 15 day overland tour is a great introduction to the many highlights of Tibet and local Tibetan culture visiting key cultural and spiritual sites of Lhasa and the overland route across the high Tibetan Plateau including a visit to historic Everest Base Camp. Visit during August and there's also the chance to enjoy and take part in the celebrations of the wonderful Shoton Festival in Lhasa (10-15 August 2010, dates are subject to change so we cannot guarantee you will be in Lhasa at the time of the festival). During the festival celebration picnics and operas are held in the parks and particularly under the trees at Norbulingka (the Summer Palace) as well as bonfires and gatherings at night.

From the colour of lively Kathmandu it's a short & very panoramic flight to Lhasa Gonggar airport. Continuing on to Lhasa you'll explore the key cultural and spiritual sites here including Potala Palace, the summer palace Norbulingka, revered Jokhang Temple and the surrounding Barkhor Bazaar. We'll also visit Sera and Dreprung Monasteries before heading overland across the stark beauty of the Tibetan Plateau with visits to Namtso Lake, Gyantse, Shigatse, Shegar and on to Rongbuk and Everest Base Camp before the downhill drive into Nepal again at the end of your Tibetan journey. Along the way you'll experience some of the highlights of this age old land and its traditions, its awesome landscapes, ancient trade routes, mysterious nomadic peoples, revered monasteries and seats of power, spiritual wonders and timeless legend and splendour. You'll achieve one of the world's ultimate highs when you arrive at and explore Everest Base Camp (EBC) and you'll have plenty of time to rest, relax and enjoy your journey as you travel through stunning and diverse landscapes, from the lush Nepal valley to the high Tibetan plateau, past sapphire blue sacred lakes and awesome Himalayan peaks.

Day 01: Arrive Kathmandu

Namaste and welcome to Nepal. You'll be met and assisted at the airport by our local partner staff who will arrange your transfer and check in to hotel. There's plenty of time to rest and relax, enjoy the hotel surrounds and generally unwind after your flight. Later this evening we invite you to a complimentary welcome dinner at one of Kathmandu's best restaurants, a nice way to start to get to know the local culture. Overnight Kathmandu, at the five star Yak & Yeti Hotel or similar.

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. We begin with an easy walking tour to Kathmandu's central Durbar Square, site of the ancient palace complex, the living goddess Kumari temple, Hanuman Dhoka and Kastamandap temple. From here we'll carry on to 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 with the main stupa surrounded by small Tibetan shops and monasteries. Later this afternoon we'll drive back to Kathmandu where you'll have an informal trip briefing & chance for ask any last minute questions or preparations before your flight to Lhasa tomorrow. The rest of your evening is at leisure to rest and relax. Overnight Kathmandu at the Yak & Yeti Hotel or similar.



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Day 03: Fly Kathmandu to Lhasa (3650m)

This morning you'll be picked up for the transfer to the airport to catch the short flight to Lhasa with wonderful panoramic Himalayan views en route. The flight is very scenic as you travel east along the Himalaya past Everest (we recommend a seat on the left for best views, still good from the right) and then across the great peaks north east to reach Lhasa. Upon arrival at Gongkar airport we'll be met by our local Tibetan representatives before we start the drive to Lhasa. Arriving in Lhasa it's time to check in at the hotel and the remainder of today is at leisure to relax and acclimatize. Overnight Lhasa at Shambala Hotel or similar.

The 3 star- hotel Shambala is located in downtown Lhasa, near Barkhor Bazaar, with the resplendent Jokhang Temple to the east and the world-renowned Potala Palace to the west so a great place to stay for local exploring with easy access to all local attractions and activities. Tibet is not known for luxury accommodation so we choose good comfortable hotels from the best available in each area of Tibet as well as always try to work with Tibetan owned properties wherever possible.

Please note it is important today and the next couple of days to take things easy and not rush around, to get plenty of rest and drink plenty of water to allow your body to acclimatise. If you feel well and want to explore and take a gentle walk locally that's fine but we don't plan anything on this first day in order to allow you to rest and acclimatise first.

Day 04-05: Lhasa

Today we'll take time to explore the heart of Tibet, the holy and forbidden city of Lhasa. During today and tomorrow we'll take time to explore the heart of Tibet, the holy and forbidden city of Lhasa. Explore the vast halls and chapels of impressive Potala Palace, former home of the Dalai Lamas and an awe inspiring landmark that dominates the skyline over Lhasa. Join the medieval bustle of pilgrims, worshippers, performers and traders in and around Jokhang Temple, the most revered religious structure in Tibet. Follow the pilgrimage circuit along the ancient streets of the old town around Barkhor Bazaar. Enjoy the solemnity of holy Dreprung Monastery, once the largest monastery in the world and now the largest and richest monastery in Tibet, founded in 1416 and a place of study for many of the most learned lamas. Explore Norbulinka Palace, in Tibetan 'beautiful gardens' and the summer palace home for the 7th to the 14th Dalai Lama. At serene Sera Monastery, enjoy watching the monks animatedly debating the Buddhist scriptures and see the wonderful collection of ancient murals and statues as well as scriptures written in gold powder, wonderful scroll paintings, tapestries and thangka that can be seen throughout. Relax overnight at the hotel and surrounds in Lhasa, Shambala Hotel or similar.

Day 06: Lhasa to Namtso Lake (4700m) 250km, 3- 4 hrs drive

This morning you'll be picked up for the scenic drive to Namtso Lake. After your visit and exploring the lake area we'll drive to Yambajing where you can rest overnight at the Hot Spring Hotel or similar. The rest of your day and evening is at leisure to rest and relax. Overnight at the Hot Spring Hotel, Yambajing or similar.

Day 07: Yambajing to Gyantse (3950m) 511km approx 7- 8hrs drive

After early morning breakfast at the hotel we'll begin the long drive to Gyantse, a small town close to the Friendship Highway and known for its giant stupa and fortress. We pass near to Lhasa but don't go back into Lhasa itself. En route we'll cross high Himalayan passes of the Karola (5010m) and the Kambala (4794m) and also pass Lake Yamdrok -Tso, a wonderful turquoise blue lake, the third largest on the Tibetan Plateau. The lake is sacred to Tibetan Buddhists and lies like a beautiful giant sapphire set



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amidst the surrounding mountains, at an elevation of 4400 m above sea level. Reaching Gyantse you'll be able to visit Gyantse Fort today and the rest of your evening/night is at leisure to rest and relax. Overnight Gyantse Hotel or similar.

Day 08 Gyantse to Shigatse (Xigatse) (3900m) 90km approx 1 hr drive

Following breakfast we'll spend the morning sightseeing in Gyantse including a visit to the Kumbum Stupa and Phalkhor Monastery. After lunch we'll leave for the short drive to Shigatse where we'll visit the Panchen Lama's Tashilumpo Monastery. Tashilumpo lies at the foot of Drolmari, or Tara's Mountain, on the western side of Shigatse. It is one of Tibet's most influential monasteries, founded in 1477 by Gendun Drubpa, the first Dalai Lama. Inside the monastery, the Maitreya Chapel is the tallest building and houses the world's largest brass statue of Buddha at 26.2 meters (86 feet) high, seated on a 3.8 meter (12 foot) high lotus throne made of gold, brass and precious gems. From here we'll travel on to Shigatse where we'll check in and relax overnight at Hotel Manasarovar or similar.

Day 09 Shigatse to Shegar (Xegar) (4150m) 305 km approx 7 hrs drive including visit to Sakya Monastery or 4-5 hrs without visiting the monastery

This morning we begin the drive to Shegar crossing the high pass Gytso La (5220m the highest en route). We'll stop en route for an optional visit to Sakya Monastery or if you prefer we'll just continue on towards Shegar. The road to Sakya Monastery is not good and is rough. Reaching Shegar take an optional visit and drive up to the old village (subject to time available today) before resting overnight at the Everest Hotel (aka Chomolongma Hotel).

Day 10 Shegar to Rongbuk (4800m) 125km approx 4 hrs drive

This morning it's a scenic drive from Shegar to reach Rongbuk. Part of the route is along the rough road off the Nepal-China Friendship Highway. It's around 190km to Everest Base Camp (EBC) and the road condition is not so good. The rest of your day is at leisure. Overnight Rongbuk at the Rongbuk Monastery Guesthouse or similar – please note this is not related to the Monastery.

Day 11 Rongbuk to Everest Base Camp (5150m)

Today you'll be exploring the base camp of the highest peak in the world, a truly amazing and memorable experience. This morning we'll walk (4 km and a couple of hours walk along a level dirt track) to Base Camp and take plenty of time to explore the area. If you prefer not to walk it's possible to rent a horse/pony trap locally for a few dollars (paid locally and directly). This is a wonderful place as you reach the base of the highest peak in the world. After time here we'll return (walk or optional pony trap) back to Rongbuk. This afternoon we'll visit Rongbuk Monastery, the highest monastery in the world. The rest of your afternoon and evening is at leisure to rest and relax. Overnight Rongbuk at the Rongbuk Monastery Guesthouse or similar.

Day 12 Rongbuk to Tingri to Zhangmu (2300m) 275km 6-7hrs drive

Enjoy morning views of Mt Everest from Rongbuk today before we begin the long but scenic drive first back to Tingri and then continuing through beautiful landscape. En route we'll be crossing over the Lalung La pass where we'll have magnificent views (weather permitting) of Mt Cho Oyu (8201m) and Mt Xishapagma (8212m), magnificent peaks that seem dwarfed by the height of Tibet itself. The descent to Zhangmu is a wonderful journey down from the Tibetan Plateau following the winding road down the valley of the Bhote Kosi with numerous waterfalls and lush greenery marking the route. We'll



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relax for the evening at our hotel in Zhangmu. Also known as Kasa, Zangmu sits on a mountainside 10km inland from the Friendship Bridge over the Sun Koshi River. It's a small town built along a winding road, that has become a major trading post between Tibet and Nepal that also enjoys a subtropical climate of warm, humid weather and beautiful scenery throughout the year. Overnight at Caihuang Hotel or similar.

Day 13: Zhangmu to Kodari to Kathmandu (1300m) 123km 4-5hrs drive

This morning we'll complete the necessary border formalities at Zhangmu (Chinese immigration) and then Kodari (Nepali immigration) before continuing the scenic drive through the Nepalese countryside to reach Kathmandu. On arrival you'll be able to check in to your hotel with the rest of your afternoon and evening to rest and relax. Overnight Kathmandu.

Day 14: Kathmandu

This is a full rest day, free for you to rest, do any last minute shopping or exploring or any other activities. Overnight Kathmandu.

Day 15: 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:

- Hit the trail on one of the world's classic treks through stunning Nepalese landscapes
- Enjoy the adrenaline rush of white water rafting in Nepal
- Visit the subtropical jungles of south Nepal for a wildlife safari
- Treat yourself and unwind with a luxury spa break
- Play a round of golf on an international standard course in the Himalayan foothills
- Visit the neighbours on a few days tour of Delhi and the Taj Mahal at Agra

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



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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 15 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 15. The trip has been graded moderate to strenuous, mainly due to the high elevations on this trip and which are part of any visit to Tibet. There will be some short hikes and day walks as part of your sightseeing, usually for a few hours, for example when visiting Jokhang Temple and Sera Monastery in Tibet, when exploring Everest Base Camp and surrounding area and when visiting World Heritage sites in Kathmandu and the surrounding Valley.

Group Size

The maximum number of persons on this trip will be 12 and the minimum number 2 persons. By keeping group sizes small it means we can provide a more personal service to you.

Local Representatives and Guides

You will be met at the airport on arrival by our local representatives who will always be available to help with your arrival, departure and any queries or requirements during your trip. The group will be accompanied by a local English speaking guide throughout the trip. 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 04 nights at a luxury five star hotel in Kathmandu or based on good 3 star budget hotels as per the pricing options. In Tibet you'll spend 10 nights at good quality/best available local hotels and guesthouses as per the itinerary or good local budget hotels and guesthouses as per the pricing options. Please be aware that at Rongbuk we cannot guarantee a private attached bathroom with your room and it may be a shared bathroom as facilities at Rongbuk are generally quite basic.

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 for this trip will apply. It is usually possible to arrange single room accommodation but please contact our office to confirm this.

Meals

Meals on bed and breakfast basis during the part of the trip in Tibet are included in the price. In Kathmandu half board basis only is included whilst staying at the five star luxury hotel or bed and breakfast basis on when staying at 3 star hotels. 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



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British Airways, Air India, Gulf Air, Qatar Air etc. Our ATOL licence 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.

Between May and early November are some of the best times to visit Tibet. Before and after these times the temperatures can get very low, particularly at night and in Western Tibet. May and June are pleasant but you may encounter small short lived dust storms and a wind factor. Lhasa and Shigatse in particular have very mild weather between May and November although the months of July and August can be quite rainy.

Clothing and Equipment

Generally lightweight to medium weight clothing in natural fabrics is best with warm clothing a must for the evenings and winter. For travel around Lhasa and Shigatse a warm jacket or windbreaker should be fine. 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. We also suggest you take comfortable walking shoes and a small day pack or shoulder bag. In the mountains and at high altitude the weather can change rapidly so it is important to have appropriate



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clothing and equipment. 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.

Complimentary Himalayan Adventure Company Travel Gift

On confirmation of booking we will provide a complimentary Himalayan Adventure Company travel gift. In the past, gifts have included items such as trek bags and tshirts and vary each season, and we aim to provide useful gifts which can be used and enjoyed during your trip with us and afterwards. For clients living outside the UK will provide a complimentary gift 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 Royal Nepalese Embassy in London (UK applications) or on arrival at the airport in Kathmandu for a fee of US\$25. 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.

To enter Tibet all foreign travellers are required to have a separate visa valid for Tibet as well as a Tibetan Tourist Visa. Permit and visa regulations for Tibet are subject to change on a yearly and sometimes monthly basis. Through our local representatives in Nepal we will make arrangements for your Tibetan visa and entry requirements, as issued by the Tibetan Tourism Authority under the Chinese authorities who control all visas and permits and travel to and within Tibet. The Chinese Authorities have recently changed the visa fees and processing time for travel to Tibet for 2010 which are now as follows.

VISA TYPE	Normal	Urgent	Top Urgent
US PASSPORT HOLDER	US\$144 (approx GBP£89)	US\$166 (approx GBP£103)	US\$200(approx GBP£124)
OTHER	US\$60 (approx	US\$82 (approx	US\$114(approx



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NATIONALITY e.g. British passport holders	GBP£37)	GBP£51)	GBP£71)
Please note visa fee is charged in GBP at the equivalent rate to the US dollar fee valid at the time of booking			

For all of the Tibet visa fees above we require a clear copy of each traveller's passport at least 10 days in advance to begin the application process. The hard copy of your passport must then be handed over after arrival in Kathmandu for the final stage of processing and visa stamp. If the passport hard is handed over to us on or before 7 working days ahead of departure time for Tibet the Normal Visa Fee will apply. If we receive your passport 5 days ahead of departure time the Urgent Visa Fees will apply and if it's 2 days ahead the Top Urgent Visa Fees will apply. These visa/permit fees are set by the Chinese authorities and are subject to change. As part of our service we arrange at no extra cost your Tibet visa/permit and collect the applicable visa fees on behalf of the Chinese authorities as required. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request..

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

Permits

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

Health and Medical Information

It is your responsibility to ensure you are well and fit enough to join the trip. If you are unsure of this please contact our office to talk it through with one of our experienced staff members. We also recommend you speak to your GP if you are in any way unsure of your fitness level required to join the trip. We also suggest you have a thorough medical and dental check up before you travel. You may need specific vaccinations appropriate to the country or area you will visit. You must tell us if you have an existing medical condition or disability that might affect your holiday before you make a booking with us. If, in our reasonable opinion, your chosen holiday is not suitable for your medical condition, disability 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.

Please note that Tibet remains one of the most captivating but least developed part of the world and facilities for tourists can be quite basic and limited although are being continually improved. Travel in Tibet is an adventure involving high altitude, at times rough roads and can be strenuous. We will put every effort into making your journey as comfortable and enjoyable as possible but emphasize that travel in Tibet requires a willingness to accept flexibility and a spirit of adventure. If you are unsure that



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this type of travel is suitable for you please consider this carefully or speak to one of our office team before making a booking.

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

What's Included in the Price?

Airport pickup and transfer on arrival and departure from Kathmandu, complimentary welcome dinner on arrival to Kathmandu, pre trip briefing on arrival, 04 nights accommodation at either a five star luxury hotel on half board basis (breakfast and either lunch or dinner included) or good three star budget hotel on bed and breakfast basis as per the pricing options, all accommodation during the trip on twin share basis, 10 nights accommodation at good quality/best available 3 star or good budget hotels in Tibet as per the pricing options, meals on bed and breakfast basis only during days in Tibet, professional English speaking local Nepali guide during sightseeing in Kathmandu with private vehicle, driver and entrance fees to sites visited as per itinerary, professional English speaking local Tibetan guide in Tibet with private vehicle and drive and including all sightseeing and entrance fees as per itinerary, flight one way Kathmandu to Lhasa including airport transfers in Kathmandu and Lhasa, Chinese visa (group paper visa) and Tibet Travel Permit arrangement service (excluding fees- please see page 7-8 Visa Information for details), all local transportation during the trip as per the itinerary, use of down jacket during days in Tibet, a group first aid kit, a free Himalayan Adventure Company travel gift, complimentary Safe Seat Plan issued to all our clients confirming 100% financial security of your booking with us at all times, international flights (flight inclusive priced package only).

What's Not Included in the Price?

Visa fees for Nepal and Tibet, personal travel insurance (available on request), international flights (available on request), vaccinations, airport departure and reentry fees, 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 clothes, food or snacks during transfer journeys, tips for guides, porters, driver etc, alternative transportation, accommodation or other service required as a result of missed, cancelled or delayed flights, illness, road or weather condition, landslide, strike or road blockage or other unexpected event outside of our control (payable locally and directly at the time if required), photography fees at monuments eg monasteries in Tibet (payable locally), 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).

Please note: all Tibet tours are run strictly under the Tibet Tourism Authority. We or our agents shall not be responsible for any change or cancellation of programmes due to any unavoidable circumstances such as snow or flood or changes imposed by the Tibet Tourism Authority.

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



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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. For flight bookings and issuing of tickets our ATOL number is T7199 and we work only with ATOL licence holders. 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. Contact us for more information

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



itineraries

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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 Tibet, Michael Buckley, Bradley Mayhew (Editor), Monique Choy (Editor), John Vincent Bellezza (Editor), Lonely Planet Nepal (Travel Guide), Tony Wheeler, Richard Everist, Lindsay Brown (Editor), Bradley Mayhew (Editor), Wanda Vivequin (Editor), Heartlands: Travels in the Tibetan World, Michael Buckley, The Hotel on the Roof of the World: Five Years in Tibet (Summersdale Travel), Alec Le Sueur, The Dance of 17 Lives: The Incredible True Story of Tibet's 17th Karmapa , Mick Brown.

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 permit information, vaccination and health information, 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 12 weeks before departure. **NO REMINDER WILL BE SENT.** Your free Himalayan Adventure Company travel gift will be mailed to you separately or provided to you at one of our pre-trek meets or on arrival at the start of your trip. For clients outside the UK, a gift will be sent on payment of delivery costs only.

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

