

Welcome to the Himalaya

For many the name Himalaya conjures up images of imposing snow capped mountain peaks, high passes and hardy adventurers. But for those who visit and know and love this stunning region the Himalaya is so much more. As well as being home to some of the world's highest peaks including fabled Everest, this region is also a place of myth and legend, of colourful and vibrant cultures both modern and ancient, of rich and diverse landscapes that range from fertile lowlands and lush jungles to gentle rising foothills, soaring passes and high meadows, bustling cities and towns, quiet traditional villages and yes of course not forgetting the soaring and ever impressive legendary peaks towering above.

From one of the world's newest democracies and beautiful land of Nepal to the diversity of India, the rugged and harsh beauty of Tibet and the mystery of Bhutan, there is something for everyone. Whether you seek the peace and solitude of some of the world's high secret places, or the challenge of climbing one of the world's highest peaks, the pleasure of enjoying stunning landscapes and welcoming locals as you trek along age old trading routes or the chance to get up close and personal to some of the world's most protected and rare animal species on safari, perhaps the thrill of white water rafting or the bustle and buzz of the capital, maybe the indulgence of luxury train travel from an earlier age or simply the chance to unwind - the Himalaya has it all.

There are many great options for friends and families, for couples and solo travellers, for students and even for businesses looking for something different. A visit to the Himalaya is a real chance to experience the simplicity, sophistication and fascination of centuries old landscapes, civilisations and traditions like nowhere else on earth. For many the first visit is just the beginning.

Welcome to The Himalayan Adventure Company

Welcome to our latest brochure where you'll find a wide range of treks, tours and other adventures. As well as our classic trips we've introduced some new adventures and a wider range of extension trips from short cultural tours in Bhutan, India and Tibet to parashooting, mountain biking, high Himalayan skiing and luxury spa breaks in Nepal. We also have some new and exciting climbing expeditions, treks and a great family adventure, as well as weekend and other adventures in the

UK & much more. Look out for more news, updates and more adventures on our website throughout the year or register for our free e-newsletter to get the latest on special offers, news and views from the Himalaya.

The aim of our brochure is to give you a taste of the great Himalaya and of the services we offer. The Himalayan Adventure Company is an independent specialist travel operator, providing travel and ancillary services to the Himalaya. We are all experienced travellers and use our local knowledge, contacts and over 15 years of experience to design and plan the highest quality individual and small group private and tailor made adventures from both our UK office and our sister office in Kathmandu, helping other travellers achieve their ambitions.

We specialise in the Himalayan regions of Nepal, Tibet, Bhutan, India and Sikkim where we offer a wide range of trips including trekking, climbing expeditions, jungle safaris, white water rafting, mountain biking, cultural and wildlife tours, romantic breaks, family adventures, student expeditions and much more. We also offer a complete tailor made service to design a very personal adventure holiday for individuals, couples and small groups. If you don't see your dream adventure listed just contact us and we'll design it for you.

With our in-depth local knowledge and highly experienced and professional staff in the UK, Nepal and beyond, we aim to provide the best quality of service at competitive pricing with a focus on cultural and environmentally friendly adventure travel as we continue to build a reputation for quality, innovation and great travel experiences. We passionately believe that travel and tourism should benefit local communities and we actively and financially support local organisations, communities and charities as part of this belief.

Our prices are based on paying fair local prices, providing the highest levels of service and using the best available local accommodation ranging from 5 star deluxe hotels to simple guesthouses and fully provisioned tented camps.

Join one of our classic adventure itineraries and let us know when you'd like to travel or ask us to design a tailor made adventure for you. If you'd like to talk through your plans we're always happy to chat and offer friendly advice and suggestions or if you'd

prefer us to call you at a time convenient to you, just let us know and we'll be happy to do that too! Welcome to the majestic Himalaya.

Trekking in the Himalaya

The Himalayan mountain regions provide some of the finest and most spectacular trekking routes in the world. Nepal's mountainous, hilly and lowland Terai regions offer some of the most spectacular trekking available anywhere. The trails in Bhutan and Sikkim lead through landscapes rich in animal and plant life whilst trails in Tibet offer challenging high altitude adventure through remote landscapes. Treks vary from challenging high altitude routes to moderate and easy trails at lower elevations. Whatever route you choose, you will be sure to meet and mix with local people for a unique insight into their livelihoods, cultures and lifestyles, some of which have remained unchanged for centuries.

Trekking with The Himalayan Adventure Company means an adventurous walking holiday, with a small group of other trekkers and led by experienced and professional English speaking local guides. You walk at your own pace through well established village trails, meeting local people and enjoying stunning landscapes. Some of the popular trekking trails are used by mountaineering expeditions on their approach marches but most are simply used by local people for everyday travel and trade.

We work closely with our sister company in Kathmandu, one of the foremost adventure travel companies in Nepal, to design safe, interesting and innovative travel options for you to enjoy. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks and tours and are totally confident in their ability and experience in leading these routes. Local guides are integral to providing you with the best travel experience and using local guides means that not only do you benefit from their local knowledge during your trek, gaining a real insight into local culture, your travel is also directly supporting local people, creating employment and giving something back to local communities at the same time as you enjoy travelling.

Trekking options

Trekking in the Himalaya generally involves following existing walking trails, most of which have been used for communication and trade for many hundreds of years. There are two different choice of trekking: teahouse style trekking and fully provisioned camping style trekking.



Teahouse trekking - On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges. These are similar to European style alpine lodges and offer simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best lodges available run to a high level of service. We also supply a four season sleeping bag and cotton liner and a down jacket free of charge on our treks (excluding India). Hire of any other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions, including varied choices for vegetarians. Soft drinks, sweets, mineral water and alcohol are not included.

Camping style trekking - This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants.

Porters, while yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the camp work, from setting up camp to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, provide hot water for washing and tea and coffee at night and for your wake up call, and safe boiled drinking water for your drinking bottle. They are a key part of a safe and enjoyable trek, as well as offering lots of good humour and entertainment during the journey. Food is a mixture of Asian and Western dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

Teahouse and camping combined

On some of our teahouse treks the crossing of high passes necessitates camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags, liners and down jackets.

Our grading system

In the Himalaya, with its ups and downs and zigzag trails, it is more appropriate to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.

We use four grades for our treks. These are intended to give you a general sense of what to expect to help you choose your adventure. We've also used the grading system for all our trips and tours, to make it easier for you to decide which will suit you best. Full details are given in the detailed itineraries which are provided for all of our trips and are available on our website and we strongly recommend you check the appropriate itinerary before making a booking. Many factors including the weather, altitude, your own level of fitness, interests and even how you feel on a particular day, all contribute to how easy or strenuous you find a trip. If you're not sure which is the right trip for you please contact us and we'll be happy to help with any queries and friendly advice.

Grading System



Leisure/easy

Up to 5 days walking in total. Usually 3 to 4 hours walking a day with the occasional steep path. You can experience plenty of cultural interest and interaction with local people. This grade also applies to our short breaks and tours which include some short guided walks or sightseeing.



Moderate

More remote country and 5 or 6 hours walking daily. Relatively low altitude treks, crossing passes of maximum altitude around 4300m. Not more than 5 days consecutive walking. This grade also applies to our short breaks and tours which include some short guided walks or sightseeing.



Adventurous/Strenuous

Up to 12 or 15 days consecutive walking through wild country, including high passes (sometimes snow covered) between 3660m and 4900m. Sometimes a 7 or 8 hour day with rest days and acclimatisation periods.



Challenging

Challenging, long distance treks for the fit mountain lover and trekking enthusiast. Occasionally more than 8 hours consecutive walking but all treks have rest and acclimatisation days interspersed. Each trek crosses at least one high pass of over 4900m and often includes very rarely visited areas.



Family

This trek is also available as a family trek with modified itineraries.

All prices are per person, based on twin share accommodation and group size. Flight inclusive price is based on best prices available for economy return flights to the UK at the time of producing this brochure. Contact us for flight price and flight classes available at the time of booking.

PLEASE SEE OUR FURTHER INFORMATION IN THE ALL ABOUT TREKKING SECTION.



What's included?

Teahouse style treks includes

- Pick up from airport and transfer to hotel
- 1 welcome group dinner*
- Accommodation in Kathmandu or other start point on bed and breakfast or half board basis (as indicated in the detailed itineraries)
- 1 full day sightseeing in Kathmandu including English speaking guide, private car, all entrance fees*
- National Park entrance fees
- Royalty fees (eg Upper Mustang region)
- Transportation to and from the start and finish of the trek
- Accommodation in best available lodges during trek
- 3 meals per day provided from the menu during trek
- An English speaking guide and the required porter(s)
- Essential equipment, sleeping bag, liner and down jacket*
- Safe drinking water, prepared by catering staff
- Group first aid kit
- A complimentary travel gift

Camping style treks include

- Pick up from airport and transfer to hotel
 - 1 welcome group dinner*
 - Accommodation in Kathmandu or other start point on bed and breakfast or half board basis (as indicated in the detailed itineraries)*
 - 1 full day sightseeing in Kathmandu including English speaking guide, private car, all entrance fees
 - National Park entrance fees
 - Royalty fees (eg Upper Mustang region)
 - Transportation to and from trek
 - 3 meals per day prepared fresh from the camp kitchen during trek
 - An English speaking guide and the required Sherpa crew of guide/Sirdar, porters, cook, kitchen assistant, camping sherpas
 - Essential equipment, tents, liners, sleeping bag, down jacket*
 - Safe drinking water
 - Group first aid kit
 - A Complimentary travel gift
- * (except India & some Sikkim treks, includes Nepal treks, Bhutan & Tibet)

Tours to Bhutan, Sikkim and Darjeeling include full board basis at best available lodges, guesthouses or resorts and occasional tented camps as specified. Full board basis is provided during treks and safaris. Tours to India and Tibet are based on bed and breakfast basis. Stays in Kathmandu and Pokhara are on half board basis to allow you to enjoy your own choice of a wide variety of restaurants; we are happy to make recommendations.

What's not included?

International flights (available on request), airport departure and re-entry taxes, visa fees, personal travel insurance (available on request), vaccinations, additional optional trips and activities, private bus, car or jeep rental to any destination on the trek other than specified, alternative transportation (eg car/air) in case of heavy rainfall, landslide, strike or road blockage, personal expenses such as alcohol, bottled water, personal clothes, food or snacks during transfer journeys, laundry, excess luggage charges, additional accommodation before or after the start and end dates specified, tips for guides, porters or drivers.

The visa fee for Tibet (currently US\$43 for UK citizens fast track 2-3 day processing from arrival in Kathmandu) is payable on arrival in Kathmandu. The visa fee for Bhutan (currently US\$20) is payable on arrival in Bhutan at Paro Airport and visas must be granted before flights to Paro can be confirmed. Visas must be arranged in advance of travel. For travel to Bhutan and Tibet we provide full visa arrangement service at no additional cost.

You are responsible for ensuring you have the appropriate visa for travel to India, Sikkim and Nepal. Visas for India and Sikkim must be applied for in advance of travel and are not granted on arrival. Visas for Nepal can be applied for in advance or on arrival. Please be aware that visa fees are subject to change by the authorities. Contact us for current details, or access the website for visa information for Nepal.

If you intend to get your visa on arrival in Kathmandu we recommend you have the correct amount and currency available to avoid additional delays and potential problems. Remember you will require additional passport size photographs.