

wild china: in the footsteps of the plant hunters with mary moody



trip highlights

Explore Lijiang ancient town and surrounding minority villages

Walk along Tiger Leaping Gorge and Yangtze Gorge

Discover Shangri-la (Zhongdian) with its imposing Ganden Sumtsanling Monastery

Experience Meili Snow Mountain and the sacred Ming Yong glacier

Journey along the Tibetan border and pilgrimage routes

Enjoy the colour, activity and festivity of the annual Horse Festival in Zhongdian

Travel in the company of Mary Moody, botanical enthusiast, author and traveller



Trip Duration	16 days
Grade	Adventure touring level
Activities	Adventure Touring, Day Walking
Accommodation	11 nights hotel, 2 nights lodge/guesthouse

welcome to World Expeditions

Thank you for your interest in our Wild China: In the Footsteps of the Plant Hunters with Mary Moody trip. At World Expeditions we are passionate about off the beaten track experiences as it provides our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable and tailored for the enjoyment of our small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!

why travel with World Expeditions?

Our vehicles and guides are the best available and to ensure the smooth operation of all trips, our partners in China continually work with us to improve our itineraries to ensure we are taking the 'paths less travelled'. The rapidly developing and ever changing face of China makes this an ongoing challenge. We have never sought to be the biggest travel company and we proudly guard our independence, which leaves us in a position to really focus on being creative with our small group itineraries, reducing risk and ensuring that our adventures have a minimal impact on the environments and cultures that we come in contact with.

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Journey deep into Yunnan Province to the spectacular Meili mountains

trip dates

2010 03 Jun - 18 Jun

Cost per person - \$6490.00AUD

(costs based on a minimum of 10 people travelling in twin share accommodation)

Single Supplement -\$675.00

Airfare costs included in this quote are based on TG 'Q/V' Class fare & subject to availability at the time of booking. If we cannot book your fares in this class, a higher class may be booked and a surcharge may be applied

the trip

Wedge between the upper tributaries of the Mekong and Yangtze Rivers, and the vast Tibetan Plateau, Northern Yunnan is one of the most spectacular regions of China and contains approximately one third of all its minority groups. It is one of the top 5 regions in the world for botanical biodiversity. We commence our journey in Kunming before heading to Dali and then on to the ancient city of Lijiang set beneath Snow Dragon Mountain. After the dramatic Tiger Leaping Gorge we visit lush Tibetan villages and travel on to the high plateau that defines the borderlands of Tibet. It is here that we view the sacred peak of Kawakarpo in the spectacular Meili Snow Mountains - an important place for pilgrims from Tibet. After our pilgrimage trek to the Meyung Glacier, we return to Zhongdian and take in the colour and activity of the annual Horse Festival. In the company of the delightful Mary Moody, and staying in character filled hotels this journey takes you a world away from the guidebook itineraries.

our partners

FAIRFAX TRAVEL

Our partners at Fairfax Travel are committed to providing exclusive and cutting edge itineraries to their readership. We look forward to having you join us on this specially devised itinerary.

about your leader

MARY MOODY

The tour will be escorted by Mary Moody, a former presenter on the ABC's Gardening Australia and the author of three best selling travel memoirs - Au Revoir, Last Tango in Toulouse and The Long Hot Summer as well as numerous gardening books and magazines. Mary has led botanical trips for many years in exotic places such as India, Sikkim, Bhutan and Nepal. This is Mary's second visit to Yunnan and she will add tremendous experience, knowledge and humour to the journey.

"Yunnan is one of the most exciting regions of the world I have ever visited and last year we photographed and identified 120 species of plants in the wild. I can't wait to return."

(Mary Moody, 2009)

at a glance

DAY 1	DEPART SYDNEY
DAY 2	ARRIVE KUNMING ON TG612 AT AROUND 1405PM
DAY 3	IN KUNMING - CITY TOUR
DAY 4	TO DALI (1900M)
DAY 5	IN DALI AND TO CANGSHAN MOUNTAINS
DAY 6	TO LIJIANG
DAY 7	IN LIJIANG
DAY 8	DRIVE TO ZHONGDIAN (3300M) VIA TIGER LEAPING GORGE
DAY 9	IN ZHONGDIAN
DAY 10	IN ZHONGDIAN
DAY 11	ZHONGDIAN, TRANSFER TO UPPER YANGTZE AND ONTO DECHEN
DAY 12	HIKE TO SACRED GLACIER
DAY 13	TRANSFER TO ZHONGDIAN
DAY 14	IN ZHONGDIAN - AT HORSE FESTIVAL
DAY 15	FLY TO KUNMING, CONNECT WITH FLIGHT TO AUSTRALIA
DAY 16	ARRIVE SYDNEY/MELBOURNE

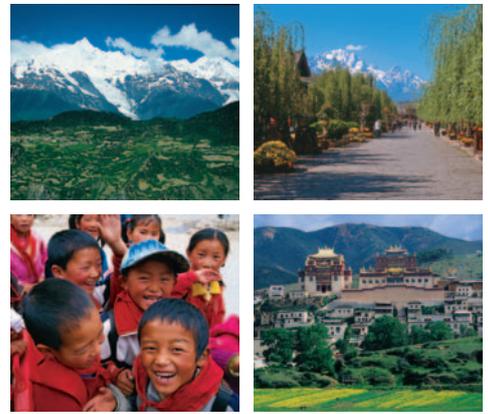
The Sydney Morning Herald

TRAVEL SERVICE



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Journey deep into Yunnan Province to the spectacular Meili mountains



fast facts

Countries Visited: China
Visas: Yes*
Vaccinations: Please consult a travel vaccination specialist for up to date information
Private Groups: Private group options are not available for this trip
Singles: Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.
Leader: Expert local leader
Brochure Reference: Journeys of Discovery

what's included

- Return economy flights with Thai Airways from Sydney/Melbourne to Kunming, including taxes (valued at \$410.00)*subject to change
- 13 breakfasts, 10 lunches and 9 dinners
- Internal flights Kunming/Dali and Zhongdian/Kunming
- Airport transfers on Day 1 and Day 15 if arriving and departing on group flights
- Expert bilingual guide
- Medical kit
- Comfortable hotels
- Private air conditioned transport
- Sightseeing as listed in itinerary
- Site & national park entry fees
- Trip escorted by Mary Moody

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

detailed itinerary

DAY 1 Depart Sydney

We depart Sydney this evening on Thai International Airways TG452 at 2110pm and fly via Bangkok to Kunming
Meals: NIL

DAY 2 Arrive Kunming on TG612 at around 1405pm

On arrival in Kunming we will be met and transferred to the Kunming Hotel. You will have the evening to rest and we will meet in the early evening to head out to dinner (at our leisure) at one of Kunming's local restaurants

Meals: NIL

DAY 3 In Kunming - City Tour

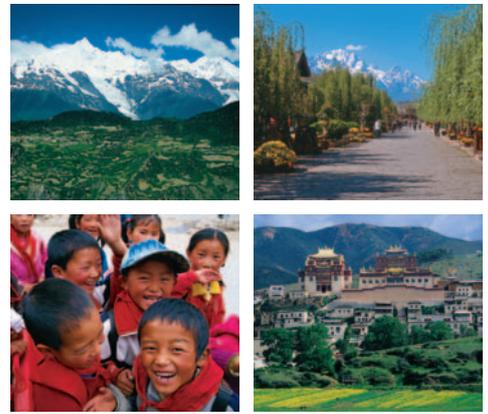
Kunming is the capital of Yunnan province, one of the most diverse and beautiful regions of China. Yunnan is a lush, fertile and diverse region of China. Twenty-six minority races live in Yunnan today, including Tibetans, Yi, Naxi, Mongols, Lahu, and Lisu – indeed the region has the greatest concentration of minority nationalities of any province in China.

Kunming has a wonderful temperate climate all year round and has been called the city of 'Eternal Spring'. It boasts a tremendous variety of flowers all over the city, which is surrounded by mountains at an altitude of more than 1,500 m. In the evening there will be a welcome dinner at an ancient General's home - now a lovely restaurant - where we will sample a variety of Yunnan traditional cuisine. After dinner, if we are not too tired, we may visit the flower gardens at Green Lake and watch the T'ai Chi devotees practicing their art in the evening. Overnight, Kunming Hotel.

Meals: B, D

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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

trip grading

This exclusive itinerary in Yunnan is graded as Adventure Touring -Level 2 and although there is no commitment to extended walking on this journey we nonetheless want to keep the 'accent on the active'. We therefore advise that any physical training you complete before undertaking the trip will be to good effect. Part of the trip is also at altitude so the fitter you are the more this will enhance your experience.

DAY 4 To Dali (1900m)

Later this morning we will take a flight to Dali.

Dali town resides in a long valley on the plains between the Cangshan Mountains and Erhai Lake. The historic home of the Bai people, this ancient town is the capital of the region. The old town stands at 1,900m above sea level. The valley is dominated by the nineteen peaks of the Cangshan Mountains averaging 4,000m. Dali was the capital of the Nanzhao kingdom during the 8th and 9th centuries and at its height conquered much of Burma, parts of Vietnam and Thailand and parts of Sichuan province. Later Kublai Khan conquered the stone city of Pagodas. Dali is famous for its colourful people, its embroidery, rich agriculture and ancient architecture.

On arrival in Dali we will check in at the Asia Star hotel. After a rest and lunch we will drive out to the cable car for a journey up to the Cangshan mountains for our first taste of botanical exploration. Later there will be time for exploring the old walled town, followed by an early dinner and a good nights rest. Accommodation at the Asia Star Hotel.

Meals: B, L, D

DAY 5 In Dali and to Cangshan Mountains

Today we will drive out to the Cangshan Mountains and take a cable car ride up to the shoulder of the Cangshan Mountain in another direction and take a lovely walk to enjoy the flora and vegetation of the temperate region and enjoy good views of the whole Dali valley and Erhai Lake. We will have a full day to explore the flora on the Cangshan and our local guides will arrange packed lunches so that we have more time to explore the flora of the mountain.

In the evening, we will take a pleasant walk in the walled city soaking up the ancient history and the unique architecture of Dali. Dinner at your leisure this evening.

Meals: B, L

DAY 6 To Lijiang

After breakfast we will commence our drive to Lijiang (about 4 and half hours with lunch and photo stops). This is very scenic drive through Bai and Naxi farmlands and orchards. We will stop to wander through Xizhou village where we will also have an opportunity to taste the Xizhou Baba pancake bread. On arrival into Lijiang we will transfer to our hotel, the Grand Lijiang, which is at the entrance to the old town.

In the afternoon we will take time to wander the cobbled stone streets and explore the bustling markets. This city is home to the colourful Naxi people, easily spotted in their traditional blue dress. We'll also visit the spectacular Black Dragon Pool and see traditional gardens, pavilions and bridges reminiscent of ancient China. Afterwards we will visit the Naxi Museum to gain an understanding of the culture of the local people; the museum is set beneath the amazing view of the snow capped Jade Dragon Mountain and we will then walk back to the ancient town and visit the trading square where caravans used to stop, seeing the special system of water wells and other interesting sites in the old town at our leisure. The Naxi are the last people in China to play Song Dynasty tunes derived from Taoist scriptures, and on one evening we will enjoy performance by Naxi musicians after dinner.

Meals: B, L, D

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home.

Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 7 In Lijiang

We will drive on to Yuhu village, the ancient home of famed botanist Dr. Joseph Rock who prepared the first dictionary of Naxi language during the decades he lived in Lijiang. Rock was a bit of an eccentric and he became the world's expert on Naxi culture and the flora of this region. We will continue on to the Yufeng temple to see the oldest camellia tree of the region.

In the afternoon we can drive out to the mountain vistas at the base of the Jade Dragon mountain (5,596m) and take a cable car up to the higher reaches of the mountain. The entire Province has 1,3000 genus of flowering plants and a large variety are found on the slopes of this mountain - camellia, azalea, rhododendrons, gentian, primula, rose, flowering crab apple among a few.

Dinner is of your own choice this evening, at your pace so you can rest up before the next day's journey to higher altitude.

Meals: B, L

DAY 8 Drive to Zhongdian (3300m) via Tiger Leaping Gorge

After breakfast we depart for our five-hour drive to Zhongdian, also known as Shangri-la or Gyalthang in Tibetan. En route we stop at the pleasant Stone Drum Village to view the first bend in the Yangtze River. The Yangtze flows south from Tibet into Yunnan and then turns north here for approximately 60 miles. We then head to the breathtaking Tiger Leaping Gorge, set between two huge mountains and descending over 3,000m into the river below and we stop at several points to enjoy the views.

We will pass through Naxi countryside, with its fields of red millet, sorghum, tobacco, rice and wheat with the snowy peaks of Yulong Shueshan towering above us. There will be many plants to observe on the way after crossing Yangtze and as we drive along the turbulent Shudu river, passing through the temperate forests of the Yi country. The Yi were a hunting and gathering tribe who collected medicinal plants. As we drive north we will have a sense of coming closer to the Roof of the World as we see the high snow capped mountains beyond the foothills of the Hengduan Shan.

We will be soon in the high plains and meadows of Gyalthang and see conifers and rhododendrons and the early grassland flowers. During the drive we will enjoy spectacular views of the snow-covered Yulong Shueshan and Haba mountains. Zhongdian is the County capital of Dechin Tibetan Autonomous Prefecture. Here the land levels off into large expanses of grassland dotted with Tibetan chalet-like villages and we will see the high plains and meadows of Zhongdian.

The rest of the afternoon is spent acclimatizing, before enjoying a dinner of Tibetan specialties. We will stay at Gyalthang Dzong or Songsan or similar hotel.

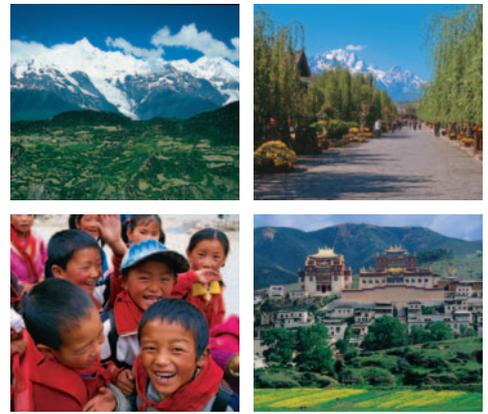
Meals: B, L, D

DAY 9 In Zhongdian

In 2002 the Chinese government changed Zhongdian's name to Shangri La as it is rumored that James Hilton's novel 'Last Horizon' was written in the area. Zhongdian is also known as Gyalthang in Tibetan and translates to Royal Ground referring to the rich and fertile pastures surrounding the city. This area is rated in the top 5 places in the world for high plant biodiversity and is famous as a favourite research area for botanist, Joseph Rock. Perched on a hill overlooking the town of Zhongdian is the imposing Ganden Sumtsanling Monastery. The Monastery is 5 stories high and houses over 700 practicing Buddhist monks. It is like stepping back to a peaceful age with its huge red pillars rising from the main assembly hall. Built in the 17th century by the 5th Dalai Lama, the monastery with its numerous chapels, woodcarving and paintings is like a living museum of Tibetan

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culture and many believe to be the most significant Tibetan Monastery outside of Lhasa. Parts of the monastery are being reconstructed and within its walls there is a great regeneration of the religious spirit.

In the afternoon we will head to Ringha and the sacred monastery where we can enjoy lovely views back over Zhongdian. Here we will walk up to the temple of the 5 Wisdom Buddhas a most sacred pilgrimage site for all Gyalthang people. It is where people go to pray for good health and seek solutions and leave their problems behind. Dinner in the old town. Overnight Zhongdian.

Meals: B, L, D

DAY 10 In Zhongdian

In the morning we will drive out to the Napha region and visit the Alpine botanical center and after that take a lovely drive and walk around the Napha Lake and wetland region. The scree slopes and the lush meadows of the region have a wealth of flowers such as *incarvillea zhongdianensis*, *lillium zhongdianensis*, *primula*, *pedicularis*, and the most famous of all, the Blue poppy.

If you like you may want to take a hike to the two lovely temples perched in the center of the old town Ta Guishan and Beiji si temples and get a lovely view of the old town and then on the way back drop in at a lovely Tara Gallery cafe/teahouse to have a cup of tea (perhaps the health giving high mountain Oolong tea) as you enjoy the apple blossoms and the tinkling bells of the temple.

In the evening there are often street dances in the new town as well as the old town and old and young alike show off their dancing skills in the community. Dinner in the old town.

Meals: B, L, D

DAY 11 Zhongdian, transfer to upper Yangtze and onto Dechen

After breakfast we drive north along the valley of gorges towards the Tibetan border. This drive is spectacular as we descend down towards the Yangtze River, past the villages of Nishi to Punzera (Benzilan) situated at 2100m. This is a lush warm oasis valley where oranges, pomegranates and olives grow. We then follow the Yangtze River leaving behind the lush forests and drive into the rocky limestone spires of the Yangtze Mekong divide. We visit the remote and intricately decorated Dhondupling Monastery and see the change in architecture to the flat roof houses of Central Tibet. We see the spectacular Baima Mountains as we cross the Baima pass, covered in spectacular Rhododendrons. This afternoon we reach the wonderful town of Dechen nestled in a lush valley. Dechen is the last outpost before reaching the border of Tibet. We will drive on to Namkhatashe, located only a short drive from Dechen, we get our first stunning view of the spectacular Meili Snow Mountains or the sacred Mt. Kawakarpo. Stay at Caihong in Dechen or at a smaller hotel near the mountains, overlooking the sacred mountain. (6740m).

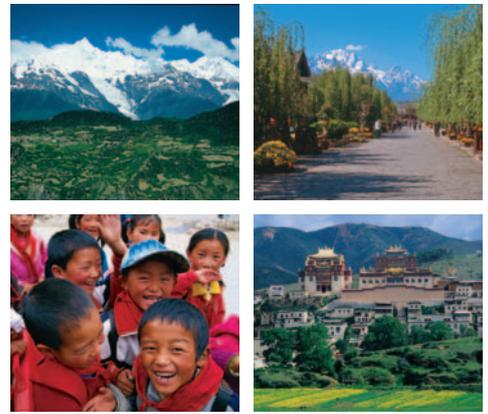
Meals: B, L, D

DAY 12 Hike to Sacred Glacier

After a breakfast of local specialties, we will drive to the Mekong River and enjoy the panoramic sight of the sacred Kawakarpo Mountain (6740m). We will see the Ming Yong glacier descending from the waist of Kawakarpo. Prayers are offered and incense and juniper is burned before the beginning of all pilgrimages. We continue driving along the Mekong and to Melungtse village and start our day trek to the sacred glacier which follows part of the pilgrimage route into the Meili Snow Mountains. The walk is through rocky terrain of the upper Mekong and in the month of June many alpine flowers will be in evidence. We will get close to the base of MingYong glacier and the temple overlooking the glacier. We then walk to the specially built platforms to gain impressive views of

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Kawakarpo towering above. MingYong glacier is the lowest glacier in Asia and surely one of the most spectacular. This area is in the top five for bio- diversity in the world and is in the center of the Meili Reserve.

We stay at a simple but clean and comfortable family lodge at the base of the glacier where a hot meal will be prepared by our staff. We'll enjoy starry nights here and enjoy the traditional hospitality of the Tibetan people.

Meals: B, L, D

DAY 13 Transfer to Zhongdian

After breakfast we jump into our comfortable vehicles to start the return drive to Zhongdian (Gyalthang). We try to return early so that we can have some free time in the old town. En route we visit an ancient nunnery perched on top of a small mountain. This evening we enjoy a farewell dinner feast of traditional Gyalthang hot pot and try the local barley arak.

Meals: B, D

DAY 14 In Zhongdian - At Horse Festival

In the morning you will drive out to the Yufung shan the site of the annual Horse festival in Zhongdian. We visit the Horse Festival grounds and enjoy this annual festival where skilled horsemen and women race and do acrobatics and one can enjoy seeing the town and village folk gather for the event in their best finery. The races are in a traditional style stadium and surrounding the site, the grounds are strewn with colourful Tibetan tents, food stalls, family kitchen tents and tents where some families receive guests. People have picnics and and if the weather is fine then sing and dance in the evenings as well, to traditionally celebrate the summer and a time of plenty after the hard and long winter.

On some years spectators are treated to acrobatics on horses and some years there may be yak races or a parade of the Tibetan mastiffs. The races continue in the afternoon and there are different types of races for both men and women. You may walk around the grounds and enjoy the some of the games, too. Time for personal shopping in town and lunch on your own at leisure.

In the evening we will join for a farewell meal in the old town.

Meals: B, D

DAY 15 Fly to Kunming, connect with flight to Australia

This morning we will be transferred to the airport for our flight back to Kunming. On arrival you will connect with your Thai International Airways TG613 flight to Sydney or Melbourne, departing Kunming at around 1520pm

Meals: B

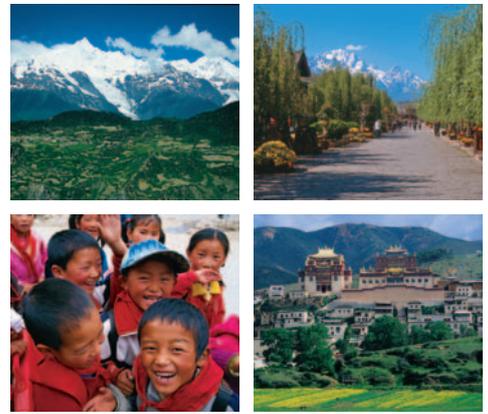
DAY 16 Arrive Sydney/Melbourne

Meals: NIL

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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suggested extensions

- Great Wall Extension
- Terracotta Warrior and Xian
- Pandas, Yangtze and Shanghai

country information

China never fails to conjure up a myriad of feelings, images and a sense of mystery. Its history cannot be summed up here in a few paragraphs and to fully appreciate the currents that have shaped the country and its people you must take the time to read at least one of the many excellent books available.

Within the almost four million square miles of China's vast territory live more than 1.2 billion people, which makes it the most populated nation on earth. For centuries, outsiders have yearned to visit China and it's only since 1976 that tourism really started. Initially, foreign visitors were only allowed to see a fraction of what the country had to offer, however, today it is possible to visit as many as 60 different areas. An increasing number of historical sites are also being restored and opened up to viewing for foreign tourists.

As much as China is keen to display its stunning scenery, historical sites and impressive cities, it is also dedicated to conveying something about how its society works. Although its political system has set it apart from the west, China is now moving forward in leaps and bounds, especially in the areas of trade and commerce. The major cities are indicative of the burgeoning economy of modern China.

As in the days of Marco Polo, travellers are still regarded as honoured guests and the locals delight in watching you watching them. Within the relatively short time that China's doors have been open to the West, few tourists have visited the rural parts of the country, including the remote region of Yunnan.

Yunnan Province is located in South Western China and is considered by many to be one of the most varied and interesting in China. The terrain varies from tropical rain forests of Xixiabanna in the south to the high snow peaked mountains and alpine forests of the north. Kunming the capital of Yunnan has earned itself the title 'Eternal Spring City' because of its mild, temperate climate year round and its wide variety of flowers and plants.

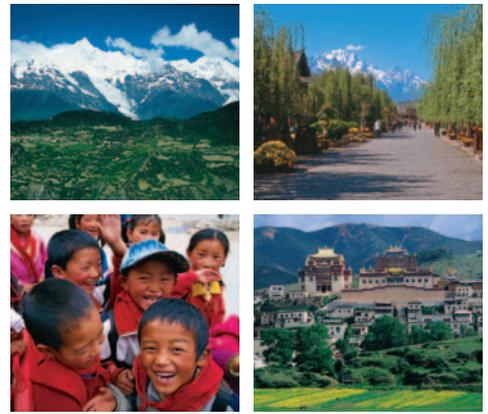
In Yunnan there is a huge variety of good cuisine. Meat, vegetables and fruits are always fresh. The air is probably one of the cleanest in China including in Kunming city. As one travels north into the lands of the Bai and Naxi, one is in alpine forested regions with clear water streams, pristine Lakes and lush villages and further north in the Tibetan region prayer flags flutter from the roof tops and yaks graze in the meadows.

It is the sixth largest Province of China and home to 50% of its minority people. With a population of over 40 million there are 26 different ethnic groups and tribes living in Yunnan including the Dai, Miao, Aini of the north, the Bai and Naxi living in the southern areas, the Yi and Lisu people of the north east and the Tibetans of the northwest. Yunnan has a great abundance of plants and animals and Northern Yunnan is considered one of greatest areas of biodiversity in the Northern hemisphere. Northern Yunnan has more than 200 varieties of rhododendron, over half the species in China. Over half of China's fauna is found in Yunnan. 60% of medicinal plants used in Chinese medicine come from Northern Yunnan. Joseph Rock, the American botanist made Lijiang his base for more than 30 years.

Culturally the Yunnan region is equally important, being the home of Bai, Naxi and Tibetan people and also that of Yi, Moso and Lisu. Each of these nationalities has their own festivals, practice their own secular as well as religious events and have wealth of songs and dances. Architecture and arts are varied from the traditional quadrangular Bai and Naxi homes with their fruit orchards to the simple log homes of the Lisu and Yi and the elaborately carved homes of the Tibetans. Wood craft, marble paintings and embroidery of the Bai are famous as are Naxi copperware and Tibetan paintings, carvings and yak wool woven cloth and silver and brass work that can be seen in all their splendour in the Tibetan Monasteries.

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climate

The southern Chinese provinces of Yunnan and Sichuan cover a broad range of microclimates from subtropical areas to high snow-capped mountains. In Kunming, the capital the temperatures generally vary from 10C(50F) to 19C(66F) throughout the entire year. Lijiang has mostly a temperate climate with temperatures between 8C(46F) and 20C(68F). In the mountainous regions day time temperatures are generally in the range of 12C(53F) to 19C(66F) and can dip below 0C(32F) in the evenings.

a typical day

These are leisurely small group adventures that are fully supported by an experienced guide and crew who do nothing in half measures and who are wholeheartedly focused on making the experience a special one for all involved.

After a day of discovery, you'll return to the comfort of one of our carefully selected hotels, inns or lodges for relaxation and time to reflect with your fellow travelling companions.

what you carry

In your day pack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc.

equipment required

Specialist gear required include walking boots/shoes and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust World Expeditions has structured its treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All World Expeditions group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

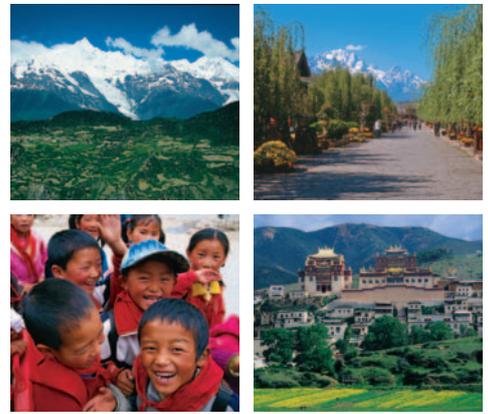
Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

high altitude travel by vehicle

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude

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gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetazolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

what's not included

- Items of a personal nature such as laundry and postage
- Alcoholic beverages
- Tips and gratuities
- Visa costs
- Travel Insurance (compulsory)

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

subscribe to our newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.worldexpeditions.com or contact our office.

how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website www.worldexpeditions.com. On completion, fax or post the form to your nearest World Expeditions office along with your non-refundable deposit. World Expeditions has access to competitive airfares. Call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation.