

# nepal grandparents & grandkids trek with mary moody



## trip highlights

- Wildlife safari
- Sharing an incredible experience together with your grandparents/grandchildren
- Stunning views of the Annapurna mountain range
- Visiting and interacting with the schoolchildren and teachers at one of the local schools whilst on your trek
- Fully supported camping based trek including 3 hearty meals per day prepared by our cooks
- Ample acclimatisation days built in
- Himalayan mountain flight from Kathmandu to Pokhara
- Sightseeing in Kathmandu Durbar Square, Swayambhunath (the Monkey Temple), Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Bodhnath
- Trip escorted by Mary Moody



<b>Trip Duration</b>	12 days
<b>Grade</b>	Introductory level
<b>Activities</b>	Trekking, Wildlife Safari
<b>Accommodation</b>	5 nights camping, 4 nights hotel, 2 nights jungle lodge

## welcome to World Expeditions

Thank you for your interest in our Nepal Grandparents & Grandkids Trek 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?

World Expeditions has been operating treks in Nepal for three decades and are recognized as leaders in the field of camping treks. Our office in Kathmandu provides on going training for our local guides and there is continual refinement of our itineraries to ensure total satisfaction for our travellers. Our fully supported treks encourage interaction with our local guides and crew who will give you an authentic insight into the cultures of Nepal – an integral part of the camping experience that is lost on a lodge or teahouse trek. You will enjoy food that is prepared by our own cooks who are continually praised for their creativity and exemplary hygiene standards. You will appreciate the comfort of the Radisson Hotel in Kathmandu, our total dedication to safety and responsible tourism practices and the excellent value that our trips represent.

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## trip dates

**2011** 10 Apr - 21 Apr

### Cost:

Adult \$2990.00

Child 8-11 years \$2790.00

Single Supplement \$195.00

## the trip

This very special itinerary, escorted by the delightful Mary Moody, combines time in the colourful cities of Kathmandu and Pokhara with a 4 day trek in the Annapurna's together with a wildlife safari in the Chitwan National park. We commence this journey with a visit to the Chitwan National Park where you will explore the jungle spotting wildlife as diverse as tiger, rhino, sloth, deer and birds either on foot or on elephant back. From Chitwan you will drive to Pokhara where you'll enjoy the Pokhara Valley with its panoramic views of Machapuchare and the Annapurna massif, the picturesque Gurung villages through which the trek passes and the rhododendron-forested ridge lines that provide impressive vantage points for vistas of the immediate ranges. The views of the Himalaya from Ghandruk (2050m) - the highest point on our route, are among the regions best. The fantastic ethnic diversity of the Annapurna region opens up many opportunities for cultural interaction as you amble through the hills while staying at low altitudes where the temperatures remain moderate. The trek pace is relaxed to ensure that it is comfortably achievable by trekkers of average fitness. We will also enjoy a visit to one of the local schools and have an opportunity to share stories and experiences with the children of Nepal. Our return to the vibrant capital of Kathmandu completes this exceptional adventure.

## about your leader

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, The Long Hot Summer and Sweet Surrender - as well as numerous gardening books and magazines. Mary has led botanical trips for many years and has a great love and wealth of knowledge of this region.

A Note from Mary - For twelve years I have been leading botanical treks in the Himalayas. Northern India, Sikkim, Bhutan, Nepal and Yunnan in China are just some of the locations I have explored with groups of mainly older, retired people in search of adventure. As we trek we are surrounded by spectacular scenery, passing through primitive villages, over alpine meadows with grazing buffalo and yaks tended by nomadic herdsmen. It's a way of life that most comfortable westerners have never even contemplated. The impact of trekking in these remote places is life-changing. I have eight grandchildren, ranging in age from five to fifteen. Six boys, two girls. For many years, as I clambered up winding goat tracks surrounded by glorious scenery, I have pondered the irresistible urge to steal my grandchildren away from their safe, urban Australian lives and throw them into this exotic, beautiful world. I have longed to share with them the physical, emotional and intellectual challenges of trekking while introducing them to an environment and a way of life that is completely outside their comfort zone. My grandchildren are just like all Australian kids of their age. They are sophisticated, technologically literate, bright, funny and curious. They are young and fit but they are also quite soft and over protected. They play sport, ride skateboards, learn music and dancing but nothing in their young lives has ever really challenged them. My plan is to take my two oldest grandchildren trekking to Nepal to excite them and open their eyes to a world that I love and long to share with them. I believe taking them through Kathmandu and into the mountains will have a profound impact on them, for the rest of their lives.

## at a glance

DAY 1	JOIN KATHMANDU
DAY 2	FULL DAY SIGHTSEEING IN KATHMANDU
DAY 3	DRIVE KATHMANDU TO CHITWAN APPROXIMATELY 4HRS DRIVE
DAY 4	IN CHITWAN NATIONAL PARK
DAY 5	DRIVE TO POKHARA APPROXIMATELY 5 HRS DRIVE
DAY 6	TO DRIVE TO KHARE AND TREK TO DHAMPUS (1900MTS)



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## fast facts

Countries Visited:

**Nepal**

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:

**Active Adventures**

\*Ask our staff for more information.

DAY 7	TO LANDRUK (1900MTS)
DAY 8	TO GHANDRUK (2050M)
DAY 9	TO BIREHANTI AND RETURN TO POKHARA
DAY 10	FLY TO KATHMANDU
DAY 11	AT LEISURE IN KATHMANDU
DAY 12	TRIP CONCLUDES IN KATHMANDU

## what's included

- 11 breakfasts, 9 lunches and 9 dinners
- flight Pokhara/Kathmandu US\$95 approx
- airport transfers
- expert bilingual guide and group medical kit
- private transportation
- good quality accommodation in Kathmandu and Chitwan NP
- trek pack including sleeping bag, down or fibre filled jacket and insulated mat
- souvenir World Expeditions kit bag
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment along with porter's insurance
- sightseeing and site entry fees in Kathmandu
- Trip escorted by the delightful Mary Moody who will also be travelling with 2 of her own grandchildren

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 Join Kathmandu

On arrival in Kathmandu you will be met and transferred to the Radisson Hotel. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket.

**Meals: NIL**

### DAY 2 Full day sightseeing in Kathmandu

Today a sightseeing tour has been arranged taking in the key attractions in and around Kathmandu. The full day sightseeing is optional, and you may choose to explore alone if you prefer. Kathmandu has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

**Meals: B**

### DAY 3 Drive Kathmandu to Chitwan approximately 4hrs drive

We depart this morning for our four to five hour drive to Chitwan Jungle Lodge in the Chitwan National Park. We make the final leg of the journey to the lodge by 4 wheel drive or on elephant back. On arrival we are briefed on the planned activities during our stay and about the park itself. Late afternoon and early mornings are the best times to sight wildlife, so other times tend to

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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](http://www.worldexpeditions.com)

## trip grading

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of pass crossings and the length of the trek. The Annapurna Trek is graded introductory. This is primarily due to the low altitude gains and the condition of the trail which is well defined and not unduly demanding. During the trek you will be walking for up to five to six hours a day at a slow but steady pace. You will need a reasonable level of fitness (remember there is no such thing as an easy trek) and we suggest 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trek. Hill walking with a daypack in variable weather conditions is also recommended.

be for formal lectures and low key activity. We will have lunch at the lodge and commence our activity program. Our accommodation is in 2-bed huts with private bathroom. Solar heated water is available on the afternoons.

**Meals: B, L, D**

### DAY 4 In Chitwan National Park

A full day's activities are available including jungle walks, elephant rides, canoe rides, bird-watching and four-wheel-drive excursions, as well as lectures on elephants and other fauna. Our concession area is the territory of many species of wildlife including 3 tigers, 5 leopards, 7 rhino, and many deer, boar, bear, peacocks, an extraordinary number of bird species and on occasion wild elephants.

**Meals: B, L, D**

### DAY 5 Drive to Pokhara approximately 5 hrs drive

We complete our last activity, and we make the journey out of the jungle and on to Pokhara by vehicle, arriving around mid afternoon. Pokhara is the main gateway for trekkers into the Annapurna region and is Nepal's second largest town. We camp near the shores of the Phewa Lake.

**Meals: B**

### DAY 6 To Drive to Khare and trek to Dhampus (1900mts)

We drive for an hour to a pass between two river valleys at the village of Khare, and commence our trek. The trail ascends for the first hour, following a ridge through fields of bamboo clusters to magnificent rhododendron forest. Villagers greet us with "Namaste", the traditional Nepalese greeting, as we pass their homes and continue to the ridge top where at the crest the scale of the mountains astounds us, with Machapuchare (6993m), Hiunchuli (6441m) and Annapurna South (7219m) in our immediate viewpoint.

Walk approximately 5 hours

**Meals: B, L, D**

### DAY 7 To Landruk (1900mts)

This is an interesting day as the trail gently glides through forest, and in and out of small gullies, all the time bringing us closer to the mountains. In the rhododendron forests the lush canopy affords protection for the smaller delicate flora, such as primula and daphne. It also provides a haven for birdlife and we can hear their varied calls as we move through. The trail soon opens onto fields as we approach the village of Landruk with its excellent views of Annapurna South at the head of the valley.

Walk approximately 4 hours

**Meals: B, L, D**

### DAY 8 To Ghandruk (2050m)

Our destination today is easily seen across the valley; the attractive Gurung village of Ghandruk. Unfortunately we must descend to the valley floor to reach it! Slowly descending through rice terraces, we cross the steel cable suspension bridge that spans the glacial river of the Modi Khola and commence our ascent. As we trek up the many staircases, we enjoy the beauty of the Himalaya at a relatively close range and observe the glaciers flowing from them and feeding the rivers below. It is a magnificent location and a photographer's delight. Our leisurely approach along these ridges with their fine mountain views ensures proper acclimatisation and the un-hurried opportunity to fully savour this magnificent scenery. Ghandruk is the centre for the Annapurna Conservation Area and after lunch we will visit the headquarters.

Walk approximately 4 hours

**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 9 To Birethanti and return to Pokhara

The morning views of Annapurna South and Machapuchare are stunning, and will remain with us as we walk for around 4 hours on a broad trail that traverses and descends to our lunch stop at Shaule Bazaar, on the banks of the Modi Khola. After lunch we walk gradually downhill through neat villages and along well-worn trails busy with local people. We pass through Birethanti, an interesting village with traditional architecture, before continuing to the roadhead at the busy market of Naya Phul. We transfer by coach to Pokhara and our final camp beside Phewa Tal. This evening we will have a celebratory dinner with our porters and trek staff.

Walk approximately 5-6 hours

**Meals: B, L, D**

### DAY 10 Fly to Kathmandu

After breakfast we take our flight back to Kathmandu and on our return flight we trace the backbone of the monstrous Ganesh, Manaslu and Annapurna ranges. The flight path heads east along the Trisuli River and up and over the rim of the Kathmandu Valley into Kathmandu.

**Meals: B, L, D**

### DAY 11 At leisure in Kathmandu

There are a million things to see in Kathmandu and we recommend you spend this day wandering the town and exploring the valley on bicycle or by taxi. Our staff can arrange a guide and/or transport should you wish, or you can head off armed with a map and let the day unfold.

**Meals: B**

### DAY 12 Trip concludes in Kathmandu

After breakfast the trip will conclude unless further arrangements have been made. Transfer to the airport for your homeward journey.

**Meals: B**

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

## suggested extensions

- Kathmandu to Delhi
- Ancient Varanasi & the Ganges
- India
- Ancient City of Lhasa
- Bhutan Retreat

## chitwan national park

Royal Chitwan National Park introduces you to an unexpected aspect of Nepal. The Park covers 1431 square kilometres and is located 175km south-west of Kathmandu on the Terai at the fringe of the Indian plains. It comprises forest and grasslands, with several rivers flowing through the park offering a variety of habitats for wildlife. It is one of the best areas in Asia for viewing wildlife, and days are spent venturing into the park on foot, by elephant back or dug-out canoe to see the abundant wildlife bird life and with minimum disturbance. Alternatively, you may wish to relax around the lodge or take a swim at the nearby swimming hole. Accommodation is at Chitwan Jungle Lodge, which is well located in the park and is of comfortable, simple design. There are twin-bedded bungalows with private facilities but no electricity (fuel lamps are used for lighting). There is a central lounge area and an attractive dining area. The food is excellent - a combination of Western and the traditional Nepali cuisine. It is well located, deep in the jungle, with the night noises of the wildlife and waking to the early morning foraging of birds, monkeys and smaller animals. Although there are many

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animals to be seen at Chitwan, it is not a zoo nor like the plains of Africa. The jungle cover and grasslands effectively hide many animals and we must search for them quietly on foot or elephant-back. On some occasions we may not find many animals, on other occasions you will be rewarded for your patience with multiple sightings. Threshing usually occurs in Chitwan National Park in mid-January for a period of two weeks. As this process involves cutting grass, the opportunities for viewing wildlife, in particular the one horned black rhino, are significantly diminished. Visits during this time and for two weeks after should be taken for the relaxation the park offers and the jungle atmosphere which is retained.

The one-horned black rhinoceros, once nearly extinct, is the most conspicuous of the large species, but the park is populated by at least four types of deer as well as other mammals such as sloth bear, leopard, fishing and jungle cats, several species of civet cats, jackal, wild boar, otter, langur and rhesus macaque monkeys, and mongoose. In addition, there are over 450 species of exotic birds, including the giant hornbill, lesser florican and paradise flycatcher. The rarest animal in the park is the Royal Bengal tiger and our accommodation is chosen to give us the best chance of viewing this magnificent animal. Early this century, the Terai was a rarely visited jungle expanse with few inhabitants, the only visitors being members of the Nepalese elite on hunting trips. During the 1950's, malaria was eradicated and the population increased rapidly, resulting in the jungle slowly cleared for logging and farming. Conservationists soon realised that if action was not taken, it wouldn't be long before all the animals of the Terai would be extinct. Thus in 1962, King Mahendra designated Chitwan a rhinoceros preserve and in 1973, it was finally gazetted in parliament as the first National Park in Nepal. Today, there are only about 1000 one-horned rhinos left in the world and over 300 of these are in the Chitwan National Park; of the less than 2000 tigers remaining in the sub-continent, over 40 live in Chitwan. There are many other animals as previously mentioned and for a more in-depth study, we recommend reading "The Heart of the Jungle" by K.K. Gurung.

## country information

Nepal is known for its beautiful and dramatic scenery. Avid walkers and non-walkers alike are drawn to its mountains and foothills to view the Himalaya and the world's highest peaks. Many also discover the beauty of the forests and the enjoyment of time spent as a self-contained expedition, far from the rush of the modern world and in the delightful company of the trek crew as they tend to our needs and ensure that we are comfortable and able to enjoy the trek to the fullest. They are physically strong, sharp-witted and have an incredibly positive attitude towards a life that we would consider extremely tough. There is something about a trek in the Himalaya that draws you back time and time again. For keen walkers it is a paradise and even avowed non-walkers find that one foot just seems to follow the other, drawn by the appeal of what lies beyond. Nepal's population of around 20 million people is a blend of Hindu, Buddhism and animist religion. Nepal is a mosaic of cultures, ethnic groups and languages. It is remarkable that in a country of this size there are over 30 different ethnic groups, with at least as many languages. One million people live in the Kathmandu Valley, but at least ninety percent of the population live in the rural areas of the lower and middle hills of the Himalayan Range. Nepal is predominantly a simple rural society and a trek in the foothills of the Himalaya is a strong cultural experience as we spend time with our crew and meet local village people.

## democratic republic of nepal

On the 28th May 2008, the constituent assembly voted in overwhelming favour of abolishing the Monarchy in Nepal. Nepal has been proclaimed a "Federal Republic State" to be known as the "Democratic Republic of Nepal". This historic development followed the first elections held since 1999 after a ceasefire agreement between the government and the Maoists was signed in November 2006, putting an end to 10 years of instability in the Kingdom. The Maoist party won the largest share of votes in the elections at approx. 35%, and now form the largest part of the constituent assembly. The announcement of the abolishment of the Monarchy also

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brought an end to 240 years of Royal rule in the country. Today the general feeling amongst Nepalis is a positive one, and many believe that Nepal is now finally moving forward with a new identity as a democratic nation and a fresh outlook.

## climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

## mountain flights

The flights to and from Pokhara are a spectacular journey and a highlight of any trip to Nepal. Unlike the small mountain airstrips that use small aircraft and are often unreliable due to weather delays, this flight is from the major airport of Pokhara to the capital of Kathmandu. The many flights between these two cities use larger aircraft and have frequent schedules. The views of the Annapurna, Manaslu, Ganesh and Langtang ranges are breathtaking.

## a typical day

You will be woken with a cup of tea brought to your tent between 6 am and 7 am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the porters and will not usually be available to you until camp that afternoon. We are usually on the trail between 7.30 am and 8.30 am. Following a good morning's walk, we stop for lunch at around 11 am. Lunch is usually a 2 hour break to allow for the trekker's meal followed by the crew meal. This break also enables you to do your washing in the warmest part of the day, catch up on your diary, read or rest. The afternoon walk is generally a little shorter and camp is usually reached by around 3 pm to 4 pm. Once we have reached camp and the kitchen is set up afternoon tea is served. Washing water is again provided to enable you to wash at the end of the trek day. Until dinner there is time to rest, explore the surrounding area and villages or sit and chat with the crew and local people. Dinner is usually served around 6 pm to 7 pm. Remember to bring your torch and water bottle to the mess tent so it can be filled with boiling water. It then makes a great hot water bottle. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people, it is always a special time. All camp chores are done for you, leaving you free to use your time to the fullest. You carry only a light day pack as your gear is carried by our porters.

## meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced



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menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

## what you carry

In your daypack 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. Porters carry all group gear and your trek pack.

## equipment required

Specialist gear required include walking boots 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.

## porter initiatives

World Expeditions are the only company in Nepal with a policy of providing mess tents, cooking equipment, clothing, food and kerosene to our porters. Naturally these initiatives come at a cost that you could avoid by travelling with another trekking company. We hope you will share our vision of protecting Nepal's fragile environment for future generations. World Expeditions was also the first trekking company to support the International Porter Protection Group (IPPG). IPPG sets guidelines for trekking companies and trekkers, aimed at fostering the well-being of mountain porters, including providing them with adequate clothing,



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medical care and sufficient funds to cover the cost of rescue and treatment. Our close association with the IPPG is part of our ongoing commitment to improving conditions for our porters and lessening the impact of trekking on the fragile environment of Nepal.

## protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources. By joining a trek with World Expeditions you are supporting a sustainable trekking service, rather than depleting natural resources. Camping, rather than staying in tea houses, ensures we can fulfill this.

## what's not included

- Lunch & dinner in Kathmandu
- International flights and taxes
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Visa costs
- Travel Insurance

## 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](http://www.worldexpeditions.com) or contact our office.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## 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](http://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.