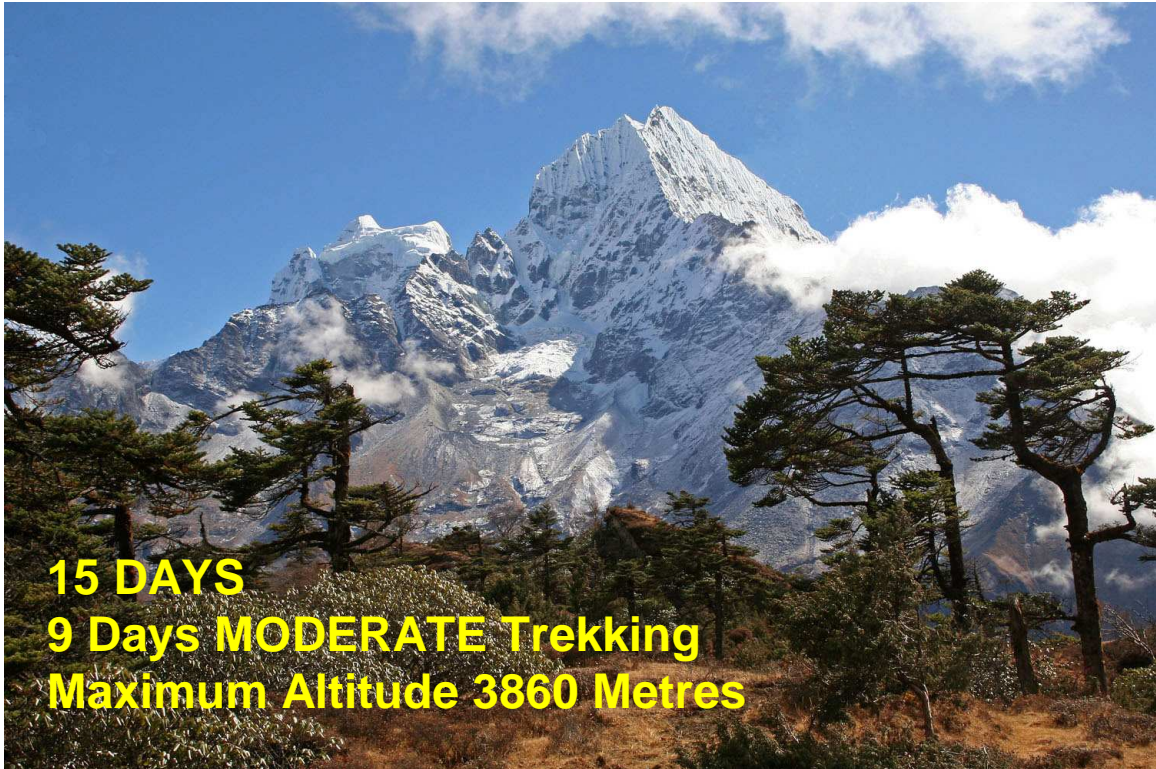


Everest in Style Luxury Lodge Trekking



- ◆ THE PERFECT INTRODUCTION TO TREKKING IN THE EVEREST REGION
- ◆ COMFORTABLE HOTELS AND LUXURY LODGES WITH PRIVATE FACILITIES
- ◆ BUDDHIST MONASTERIES, MAGNIFICENT MOUNTAIN VIEWS & TRADITIONAL SHERPA HOSPITALITY
- ◆ EXPERIENCE THE UNFORGETTABLE LUKLA FLIGHT
- ◆ GUIDED SIGHTSEEING IN THE KATHMANDU VALLEY

For dates & prices check our website

Tailor-made Itinerary

This itinerary can also be operated for individuals, couples and small groups on a private tailor-made basis, starting on a date of your choice. The cost will be advised depending on group size and dates of departure. Please contact the Classic Journeys office to discuss your travel plans.

Introduction

The Everest region is the most famous area in Nepal and perhaps the entire Himalaya, as it is the centre for the major mountaineering expeditions. Here Himalayan giants from Everest to Ama Dablam tower above the Khumbu Valley, making this valley one of the world's most magical and inspiring places. We have been operating treks to the Everest area since 1985 and our itineraries have been carefully planned to provide extra rest and acclimatisation days and as a reserve against bad weather.

The Everest in Style itinerary uses the Everest Summit Lodges "luxury (comfortable) lodges" for accommodation, similar to Ker & Downey properties in the Annapurna region. In Namche Bazaar there is no Everest Summit Lodge and so we stay at the Hotel Sherpaland, a very comfortable lodge. Previously lodges in the Everest region required the use of a sleeping bag, but now ensuite facilities and fully made beds are allowing those who seek a higher level of comfort from their accommodation, to complete an Everest trek. The Everest Summit Lodges operate in a very similar style to the Ker & Downey properties. They employ local staff, are ecologically sympathetic and have a high level of service. Bedrooms have en-suite bathrooms with flush toilets; there are landscaped gardens and a dining room, lounge and library for people to relax in after their day's walk.



Sagarmatha (Everest) National Park covers the area known as Khumbu and is situated in the northeastern region of Nepal. It is spectacular mountainous country of approximately 1200 square kilometres, all above 3000 metres in altitude. Most of the park is steep and rugged, the terrain broken by deep gorges and glacial valleys, while the major valleys have some relatively level areas, which are used for growing crops and grazing. The inhabitants of the Khumbu are Sherpas, originally Tibetan migrants, arriving some four to five hundred years ago. Very little had influenced the region until 1950 when the first mountaineering expeditions arrived to conquer the world's highest mountain, in 1953 Everest was first climbed by Edmund Hillary & Sherpa Tenzing Norgay. Nowadays trekkers as well as expedition climbers delight at the wonderful scenery, their personal pilgrimage and challenge and the ever-friendly Sherpa hospitality.

We visit the main Sherpa villages and monasteries and enjoy excellent views of Mt. Everest and the other Khumbu peaks without going to altitude extremes.

The flight into the mountain airstrip at Lukla is breathtaking and one of the most exciting flights in the world. From here we begin our trek up the Dudh Kosi Valley, the terrain is mostly gently undulating but at 2800 metres we will need to take our time, stopping to catch our breath, take photographs and admire the views. We continue to our first lodge where a warm welcome awaits us. We trek from luxury lodge to luxury lodge, as we gain altitude we pass local Sherpas farming and tending to animals and porters and pack animals carrying an assortment of goods. The main settlement in the area is the vibrant Sherpa market town of Namche Bazaar with its local and Tibetan markets and many souvenir stalls. We will explore on foot, visiting traditional villages and local monasteries and take day walks to aid our acclimatisation. One of our highlights will be our excursions to the famous Buddhist monastery of Thyangboche, "The Great High Place" from where we will be treated to the most incredible views to be found on this trek; Everest rising behind the Lhotse-Nuptse wall and the stunning peak of Ama Dablam nearby. Peaceful villages, fantastic mountain views and traditional Sherpa hospitality are the hallmarks of this trek and will be remembered long after we return home.

Itinerary

Day 1 – Depart UK

Depart UK on flight to Kathmandu.

Day 2 - Kathmandu (1527 metres)

Arrive Kathmandu. Flying into Kathmandu along the northern border of Nepal on a clear day is in itself an unforgettable experience, with the entire Nepalese Himalaya sprawling out below you. After customs, you will pass out of the restricted area and into the passenger pick-up area outside the building. You will see a Classic Journeys signboard and your trek leader will be waiting to welcome you to Nepal. After transferring to your Hotel, you will be given a chance to catch your breath and then be given a briefing. Your air ticket will be collected to reconfirm your onward travel. Overnight hotel.

Day 3 – Kathmandu Sightseeing

A day in Kathmandu. Morning guided sightseeing to the Buddhist and Hindu sights in Kathmandu, probably to Kathmandu's Durbar Square, Swayambunath - the Buddhist monkey temple and Pashupatinath – a sacred Hindu temple complex on the banks of the Bagmati River. Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere. In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. The afternoon is free for you to explore the city further and pack bags ready for the start of the trek the following morning. You can leave a bag at the hotel with items you will not need on the trek. Overnight Hotel. (B)

Day 4 - Fly To Lukla (2880 metres), Trek to Monjo (2652 metres)

Our early morning flight by Twin Otter aircraft takes us to Lukla, the most renowned mountain airstrip in the world. Originally conceived by Sir Edmund Hillary's Himalayan Trust as an emergency evacuation runway for casualties brought to the Trust's hospital at nearby Khunde, Lukla is now one of the busiest runways in Nepal. On the flight we watch the rugged foothills give way to the snowline of the Himalaya; many of the world's highest mountains, including Kangchenjunga, Lhotse and Makalu (the world's 3rd, 4th, and 5th highest respectively) may sometimes be seen from the window of the plane.

After landing we will probably have a cup of tea at one of the lodges in Lukla before commencing the trek. We will pass several villages before making a lunch stop at a beautiful spot alongside the Thada Kosi River below the base of the Kusum Kangru Himal. The second half of the trek to Monjo does not take more than 3 hours, passing the village of Phakding (2652m) on the way. The entire walk from Lukla to Monjo is mostly easy walking over gentle up and down hills.

Memories of the first day will include the sounds of porters, a cacophony of different languages, and strange sounding birds, the sights of porters with loads resting on sticks outside tea houses, tired trekkers on their way back to Lukla, prayer flag poles, the gaudy colours of the tea houses and of course the dramatic scenery. Warm welcome tea served with cookies and cakes await you at the lodge. (5-6 hours walking). Overnight lodge. (BLD)

Day 5 – Monjo to Namche Bazaar (3445m)

Five minutes beyond the lodge, you enter into Everest National Park area, where entry formalities have to be completed. Today will be one of the harder days of the trek but we take it slowly, enjoying the scenery as you climb gradually up to Namche Bazaar (3445m). Along the way there are two suspension bridges to cross as you zigzag up the Dudh Kosi River. To reach Namche there is a long steep climb but with a slow plod and several stops to catch our breath, we make our way steadily upward. The trail to Namche Bazaar is a comfortable broad well-marked trail. Walking in the cool part of the morning it is easier to breathe allowing us to accustom ourselves to the increasing altitude. After about three-hour's of hiking we will arrive at the heart of Khumbu - Namche Bazaar (3450m). (5 hours walking). Overnight lodge. (BLD)

Day 6 - Namche Bazaar (3445m)

A day for acclimatisation. Visit the National Park museum just above Namche or the almost level trail up the Bhote Kosi valley, towards Thame, once a popular trading route into Tibet. Along the way we pass many prayer flags and Mani stones, all indicative of the Tibetan/Buddhist culture of this area. Overnight lodge. (BLD)

Day 7 - Teshinga (3445m)

From Namche the trail to Teshinga follows the classical approach route to Everest. We follow an almost level, winding trail for about 2 ½ hours before we take a short detour (about 15 minutes) from the main trail and arrive at the lodge. (3 hours walking). Overnight lodge. (BLD)

Day 8 - Teshinga - Day Excursion To Thyangboche (3860 metres)

Looking across the valley, you can see the path sloping diagonally up towards the famous monastery of Thyangboche. We begin today's walk by descending down to the small hamlet of Phunki Tenga, which lies beside the Dudh Kosi River. Here we cross a suspension bridge before beginning a climb with a steep ascent for about an hour. This part of the trek is quite heavily forested by rhododendron and pine so it is well shaded and quite cool. Once out of the forest line the trail gradient is quite gentle and gradual for another 1½ hours, all the way up to the monastery. The setting of Thyangboche is nothing short of magical. It is a spectacular building and it is incredible to think that the temple was burnt down only a few years ago and re-built largely through the efforts of the Sir Edmund Hillary Trust. We will explore the surrounding area and visit the monastery. After lunch we will retrace our steps to Teshinga. (5-6 hours walking). Overnight lodge. (BLD)

Day 9 - Trek To Mende (3700 metres)

Leaving Teshinga lodge we retrace the trail to Namche Bazaar for about an hour until we detour off the main trail to Khumjung village (3770m). The path leads gently up the shallow valley and onto Khumjung, the education centre of Khumbu. If time permits we will visit the Khumjung monastery and Kunde hospital. Taking the high trail above Namche Bazaar, bypassing Shyangboche airport we head northwest. The valley ahead is extremely rugged but beautiful and as you wander along the forested track you might chance upon Monal pheasants or small herds of Thar. At the small village of Tesho, we turn off the main trail and make our way slowly up a closed valley. The last half hour climb to Mende will literally take your breath away, but with our gradual acclimatisation over the past few days a steady pace and determination will get us to the top. (6-7 hours walking). Overnight lodge. (BLD)

Day 10 – Mende - Day Excursion To Thame (3801 metres)

Just half an hour walk from the lodge is an old Tibetan trade route. This well-formed, wide path makes for a mostly easy walk all the way to the village of Thame. Thame retains many of its original buildings and culture and is perhaps one of the prettiest villages in Khumbu. It has scattered houses, enclosed fields and a backdrop of massive snow and ice peaks.

We will visit the Thame monastery, one of the oldest in the region. Sherpa Tenzing Norgay's house is situated near the top of the village where he lived with his first wife, in fact Thame is also the home of Nepal's most famous mountaineers: Ang Rita Sherpa (10 times Everest summiteer) and Apa Sherpa (19 times Everest summiteer). We will then retrace our steps back to Mende. (5-6 hours walking).
Overnight lodge. (BLD)

Day 11 – Trek to Monjo

Before beginning our descent back down to Monjo, we will first visit the Laudo Monastery, a 15-minute walk above Mende. The main temple is only 40 years old, it has a remarkable meditation room built beneath a huge rock, where people go on retreat for 3 years /3 months/3days. Until recently it was used as a meditation school for western Buddhist students. The friendly caretaker will be more than happy to serve butter tea and explain a little about the monastery. After our visit we will retrace our route and continue to Phurte, from here we will take the lower trail to Namche. After three hours of easy walking we will arrive at Namche Bazaar for lunch. The rest of the descent to Monjo will be along the same route as on the way up. (5-6 hours walking). Overnight lodge. (BLD)

Day 12 - Trek To Lukla (2880m metres)

Today we return trek to Lukla via a slightly different route so as to avoid walking through Phakding again. We take a trail high above and on the other side of the Dudh Kosi. Along the route we will stop for a visit at the old Gumila Monastery before we descend down to the main trail. After a short lunch break at Thada Kosi, at the base of the Kusum Kangru Himal, we continue for a further two hours or so before reaching Lukla. (5-6 hours walking). Overnight lodge. (BLD)

Day 13 - Fly to Kathmandu

Today weather permitting, we pack up early and fly to Kathmandu (35-minute flight). We will be met on arrival and transfer to our Kathmandu hotel. Rest of the day to rest or explore Kathmandu.
Overnight hotel. (B)

Day 14 - Kathmandu

Free day for relaxing, shopping and sightseeing. Popular sights include the medieval Durbar Square and Swayambunath - the Buddhist monkey temple. Sights and ancient cities further afield are Bodhnath - an ancient Buddhist Stupa and one of the largest in the world and also Pashupatinath – a sacred Hindu temple complex on the banks of the Bagmati River, Patan and Bhaktapur. Overnight hotel. (B)

Day 15 – Depart Kathmandu

Transfer to the airport for your departure flight. (B)

B = breakfast, L = lunch, D = dinner

The day-to-day schedule should be taken only as a general guide. A variety of factors, including adverse weather conditions, difficulty with transportation and politics can lead to enforced changes. Because of this it is not possible to guarantee that any of our holidays will run exactly according to the planned itinerary. The trip leader will make any changes, which are necessary.

NEPAL EXTENSIONS

There are many interesting destinations, which offer an enjoyable variation to your holiday. The programmes can be tailored to suit individual requirements and we will be happy to suggest destinations and itineraries to compliment your own ideas. It is also possible to extend this holiday and have extra time Kathmandu. Here are a few suggestions.

Chitwan National Park: We offer options for a safari in Chitwan National Park, one of the finest wildlife reserves in Asia. For accommodation we can book any of the properties offering a wide choice of prices and options.

Bardia National Park in West Nepal or **Koshi Tappu National Park** in East Nepal

White water Rafting: on the Trisuli or Bhote Kosi rivers.

Everest Mountain Flight: The 1 hour flight departs Kathmandu early morning and provides spectacular views of Mt. Everest and the surrounding mountains.

Bhutan: A five-day cultural visit to include Paro, Thimphu and Punakha.

Tibet: A four or five day visit to explore the capital of Tibet

Please contact the Classic Journeys office if you plan to extend your stay in Nepal.

Please Note: If you plan to extend you stay in Nepal it is essential we are informed as soon as possible so that alternative international flight dates can be booked. There is always a high demand for flights to and from Kathmandu.

TREKKING IN NEPAL WITH CLASSIC JOURNEYS

- With over 25 years experience we believe the quality of our Nepal treks is second to none.
- We operate fully supported, environmentally sustainable group treks and aim to keep our impact on the environment to a minimum.
- Our itineraries are carefully planned to provide extra rest and acclimatisation days and as a reserve against bad weather.
- Our Nepalese leaders are professionally trained and are among the most experienced in Nepal. Who better to look after you than your professional local leader, who speaks the language and knows the culture, intimately.
- Our friendly trekking crews are dedicated to ensuring your holiday is the best it can be. They will accompany you along the trail, set up camp when camping and prepare your meals.
- Porters or pack animals carry your main baggage for you.
- Sleeping bags (when required), cotton or fleece liners, padded duvet jackets, mattresses, kit bags and basic first aid kits are provided on all of our Nepal treks.
- We provide insurance, equipment and gear for our crew and porters.

The International Porter Protection Group (IPPG) works to improve the conditions of the mountain porters in the tourism industry worldwide. Classic Journeys supports the International Porter Protection Group and are the first UK trekking company to make a commitment of donating on an annual basis. All porters on a Classic Journeys Nepal trek are provided with insurance and adequate clothing (waterproofs, warm clothing, boots, goggles). For more information about the IPPG check out their website: www.ipg.net

INTERNATIONAL FLIGHTS

If you would like Classic Journeys to book your international flights, please tick the flight inclusive package box on the booking form. Please advise if you have a preferred airline you would like to travel with or if you have a preferred airport you would like to travel from. Classic Journeys will then book your international flights and advise you of the actual cost.

To discuss your international flight options, please give the Classic Journeys office a call and we will advise on up to date flight prices and timings for your chosen trip.

Baggage Allowance: For hold luggage this is normally around 20kg and you should aim to keep to this weight. For internal flights the weight limit may be 15kg. Classic Journeys is not responsible for any excess baggage charges incurred.

Land Only Clients: Land only clients who are making their own flight arrangements should meet up with the group at the hotel in Kathmandu. We can arrange airport transfers if needed and will provide hotel contact details.

If you have booked on a land only basis and are making your own flight arrangements, you must check with the Classic Journeys office that your chosen holiday has reached the minimum numbers required and is **guaranteed to operate** before paying for your air tickets. We cannot be held liable, in cases where we cancel your trip, for losses incurred relating to any flight booking you have made.

PRICING

If you choose the Land Only plus international flights package Classic Journeys will book your international flight and advise you of the cost. The price of the tour will be the Land Price plus the cost of international flights on your chosen airline. Depending on the airline flights are booked with, you will pay for these flights with your final balance, 8 weeks before the trip departure. With some airlines, flights have to be paid for on making the flight booking and we will require full payment for the air tickets in order to purchase the tickets. In this situation we advise paying for your air tickets as soon as possible to secure the lowest fare. Airfares and taxes are subject to change and if the fare has increased before the final balance has been paid, the additional cost will be passed on and detailed on the invoice.

INCLUDED IN THE COST

- Hotel accommodation on a twin share basis (unless single has been requested) for the nights listed in the itinerary.
- All meals as specified
- Airport - Hotel – Airport Transfers
- All internal transport as the itinerary
- Sightseeing tours where specified.
- All trekking arrangements including, trekking permits, National Park entrance fees, luxury lodge accommodation and porters (twin sharing unless single has been requested),
- Guide
- Cordura kit bag
- Basic first aid kit carried by your guide

NOT INCLUDED IN THE COST

- International flights from the UK
- Airport Taxes
- Visa fees
- Medical examination (if required) & vaccination costs
- Personal expenditure, bar bills, laundry, telephone calls, etc.
- Porters, guides & other tips
- Meals not specified
- Personal clothing & equipment
- Travel insurance
- Optional trips
- Charges incurred as a result of delays beyond Classic Journeys control
- Anything not specified in the Cost Includes section

GROUP SIZE

Minimum 2, Maximum 12

This holiday will operate once the minimum group size has been reached.

GUIDE / TOUR LEADERS

On arrival you will be met and transferred to your hotel by our transport staff. For any included sightseeing you will be accompanied by a professional sightseeing guide. For the trek, an English speaking guide (Sirdar) will accompany you along with the required number of porters. Depending on the group size there may also be one or more assistant guides. With four or more clients an additional local tour leader will accompany you.

Your leader will be with you throughout the trek to guide you along the route, help organise and interpret in the villages and assist the group in any other way possible. Our leaders are fluent in English and Nepalese as well as often another language, and have walked in the area many times. They will try and give you a real insight into the local way of life and, for those interested, will happily give some basic Nepalese lessons while walking or over evening drinks.

Although not specialists, they are interested in the area's mountains, flora and fauna. Please ask your guide/leader if you have any queries during your holiday e.g. rest breaks, type and quantity of food or any other specific requests, as they will do their best to adjust the trip accordingly and cater for your needs and tastes.

TREK GRADE

MODERATE TREKKING: A trek that is well within the capabilities of most people although a reasonable level of fitness is required as there will be much ascent and descent with the occasional difficult day. The days average 5 to 6 hours walking on good trails, with a maximum altitude of 3867 metres, although there is a day of up to 7 hours. The route has been planned to allow steady acclimatisation and taken slowly, the fit should have few problems. A regular hill walking background is desirable (Lake District, Peak District, North Wales or similar) but train well and you'll be ready for these trips.

A TYPICAL DAY

The day normally starts early with breakfast in the lodge dining room. Please pack before breakfast, as the porters will normally set off while we eat. We start walking after breakfast, between 8.00 and 8.30 am. Everyone is free to walk at the pace, which is comfortable for them, stopping along the way to explore villages and take photographs. Generally, you will trek about 5 to 6 hours per day with lunch taken en route at a local lodge. Afternoon tea and biscuits or snacks are served on arrival at each lodge and at around 6.30 to 7.00 pm the evening meal is ready.

HEALTH & FITNESS REQUIREMENTS

The fitter you are before embarking on a trekking holiday the more enjoyment you are going to get out of it. You should be in good condition for the activity you are going to do - lots of walking. Once you decide you are going on a trek, it is wise to begin a fitness programme. The best way for you to prepare is to take a lot of walks, particularly up and down hills. Jogging, aerobics, cycling and fast swimming will also help but should be in addition to walking outdoors.

We carry a basic first aid kit but recommend that each person also carry a personal first aid kit including any prescription medication they require; a suggested contents list will be provided on booking in the country information dossier. We also provide details of the recommended vaccinations needed however you will need to talk to your doctor, practice nurse or a travel clinic for the latest advice on health recommendations.

ACCOMMODATION

In Kathmandu we typically stay at the Shanker Hotel, a 100-year-old palace, situated in the heart of Kathmandu, facing the North side of the Royal Palace and just 10 minutes walk from busy Thamel, a quiet retreat with swimming pool and gardens. The grandfather of Her Majesty of Nepal once owned this heritage hotel, and the present owners have kept its historical character and the visible grandeur of the exterior and merged the old with modern comforts and authentic decorative objects, to create our comfortable base in Kathmandu. Alternatively we may stay at the Hotel de l' Annapurna, Hotel Shangri La or Yak & Yeti hotels. These hotels provide a high standard of accommodation, are centrally located, situated close to the Royal Palace amidst landscaped gardens complete with swimming pool.

On trek we use the Everest Summit Lodges (<http://www.nepalluxurytreks.com>) for most destinations. In Namche Bazaar we use the comfortable Yeti Mountain Home (<http://www.yetimountainhome.com>) or Hotel Sherpaland (<http://www.hotelsherpaland.com>) as Everest Summit Lodges do not have a lodge here. These lodges' feature solar powered electricity and gas heating (limited hours), rooms are comfortable with fully made beds, ensuite bathrooms, solar heated hot showers and western style flush toilets.

Most of the lodges have solar electricity in order to provide power. Power is sufficient to recharge video and camera batteries (power is 220 volts). Sockets require a plug with 2 round pins. There is a laundry service in each lodge. However, the length of your stay and the weather will determine whether your clothes will dry! It is recommended leaving 100 rupees per person, per night in the lodge tip box in addition to tipping trek staff. Please note that sometimes the mentioned accommodation is fully booked in which case we will use similar standard accommodation.

SINGLE SUPPLEMENTS

If you are a single person booking this holiday you do not have to pay single supplements, if you are happy to share. If you are travelling by yourself you will be paired with another single client of the same gender. However your booking is accepted only on the understanding that if no roommate is available then you accept a single supplement will be levied. Single supplements are payable if you specifically request to have a room to yourself. If you have requested single accommodation we will do our best to secure this although this may not always be possible.

FOOD

Breakfast in Kathmandu and all meals elsewhere included.

Most hotels and restaurants usually provide vegetarian and non-vegetarian, continental, Nepalese and traditional cuisine. Please ask the staff if you have any specific request, especially regarding flavours and spices, as they will do their best to adjust menus accordingly and cater for your tastes.

Lodge cooks provide varied and delicious local and western food while on trek. Boiled & filtered water, tea and coffee are included while on trek. There is a set menu of continental as well as local cuisine such as dhal bhat (lentils and rice) tasty chapattis, vegetables, lentils and variety of rice dishes and other nourishing meals. As much as possible, locally bought fresh vegetables are used although in some remote areas they are not available. Fresh fruit should always be peeled and avoid salads or raw vegetables, unless supplied by our staff. Lodge staff ensure good levels of hygiene for all food preparations. It is strongly recommended that no alcohol be consumed during the ascent, as this could seriously impair a participant's ability to deal with altitude.

WEATHER

Nepal has two seasons the dry season from October to May and the rainy, monsoon season from June to September. The best time to visit the Everest region is from October to December and March to mid May when the weather is good for trekking and relatively warmer! Daytime temperatures at lower altitudes (Kathmandu) will range between highs of 20°C (December to February) and up to 30°C (May to October). Early spring (March to April) will be ideal to see the rhododendrons in flower, with temperatures between 14°C to -10°C. Late autumn and winter (October to December) the weather is usually stable offering mild to warm days, cold nights and the clearest mountain views; temperatures between (12°C to -15°C). The mornings and evenings at high altitudes in any season can be quite cold, but once walking the day soon warms up and normally the afternoons are warm and sunny. In the Everest region and at high altitudes there is always the possibility of snowfall at anytime.

EQUIPMENT & CLOTHING

You will need to provide personal equipment and clothing. You do not need any specialist equipment or clothing for this trek. Basically you need similar clothing to what you would take on an autumn / winter walk in the British hills. We provide a warm duvet jacket which you can borrow free of charge. This will be given to you in Kathmandu. A detailed equipment list is provided on booking. We also provide a spacious Cordura kit bag, which will be given to you before your trek and is yours to keep. We provide a comprehensive equipment list in the information dossier, which we send you on confirmation of booking.

PASSPORT & VISA REQUIREMENTS

You will require a passport valid for at least 6 months from the date of entry into Nepal; British Nationals also require a visa, which should be obtained prior to departure. We will send you a visa application form and details of how to apply for this when you book. You can apply for your visa from the embassy in London. Alternatively you can obtain your visa on arrival at Kathmandu, although this may mean joining a queue. Other nationalities should check with the Nepalese embassy to see if a visa is required.

INSURANCE

It is a condition of booking with Classic Journeys that you have adequate travel insurance cover. It is very important that you obtain insurance cover against the usual risks associated with adventure travel, from the date of booking until the date you return home. Please ensure that your insurer is aware of your Classic Journeys itinerary and agrees to cover the activities being undertaken. Please ensure that your insurance provides adequate protection against the two major concerns: medical / repatriation expenses while abroad and cancellation / curtailment charges in the event that you, a travelling companion or a close relative fall ill either before or during the trip. For trekking holidays your travel insurance must contain evidence of satisfactory cover for repatriation and helicopter rescue.

Classic Journeys do not provide any advice on travel insurance. Classic Journeys is an Introducer Appointed Representative of Campbell Irvine Ltd. who are Authorised and Regulated by the Financial Services Authority. Campbell Irvine is a specialist travel insurance broker. The comprehensive policy they issue provides 24-hour medical emergency assistance and covers altitude and all adventurous activities undertaken on our holidays. For single-trip policies, the insurance provides cover for both UK and worldwide residents at very competitive rates. In addition an annual policy is available to United Kingdom residents.

To obtain insurance cover visit the insurance section of the Classic Journeys website and follow the links to the Campbell Irvine Ltd. website. Alternatively contact the Classic Journeys office and we will send you details and an application form.

We require confirmation of your insurance, the policy number and 24-hour emergency telephone number who ever you take insurance with.

SUGGESTED READING FOR NEPAL

Nepal: An Insight Guide: APA Publications.

Rough Guide to Nepal: Reed, Rough Guide Publications.

Nepal Phrasebook: Margit Meinhold & Prakash A. Raj, Lonely Planet Publications.

Annapurna: Maurice Herzog. Describes the first conquest of an 8000 metre peak.

The Gurkhas: Byron Farwell, Penguin.

Window on to Annapurna: Joy Stephens.

Annapurna A Woman's Place: Arlene Blum

Kathmandu to Everest: Uchida. An excellent photographic essay of the entire route.

The Ascent of Everest: John Hunt, London 1953.

Everest: Walt Unsworth. The story of climbs on Everest from 1921, Oxford Illustrated Press.

The Story of Mt. Everest National Park: Cobb Horwood Publications, New Zealand. An excellent book, applicable to all areas.

Birds of Nepal: Grimmett, Inskipp & Inskipp. (Field guide available)

BOOKS & MAPS AVAILABLE FROM:

Stanfords, 12 Long Acre, London, WC2E 9LP. Tel: 020 7836 1321

Cordee, 3A De Montfort Street, Leicester. Tel: 0116 2543579

Cicerone at Booksource, 50 Cambuslang Road, Cambuslang, Glasgow, G32 8NB

Maps are readily available in Kathmandu.

Web Links: <http://www.amazon.co.uk>

If you have any questions or would like to know more about any aspect of this trek, please do not hesitate to contact the Classic Journeys office.

Classic Journeys **ADVENTURE TRAVEL**

Our Experience is Your Guarantee

Classic Journeys have a proven record of operating top quality, adventure holidays with over 25 years experience. Our ground agents and friends are the best in the business. They have an unsurpassed knowledge and ability for organising treks, expeditions, wildlife and adventure travel and all have excellent contacts, extremely important when dealing with local bureaucracy.

An important aspect of our success is our team of reliable and professional leaders, both western and local who ensure everything runs smoothly and efficiently. All our leaders are experienced, enthusiastic and have travelled widely. Working with our experienced and friendly staff, you can be sure of a high quality, personal service that many of our clients have come to expect.

Your Complete Financial Protection

Classic Journeys is a fully licensed and bonded tour operator with an Air Travel Organisers Licence (ATOL) issued by the Civil Aviation Authority (ATOL 3022). The purpose of the ATOL scheme is to provide financial protection for your holiday arrangements. An ATOL is a legal requirement for anyone selling air holidays to the public. In order to obtain this licence we have to continually satisfy the very rigorous standards and provide a bond, you can book your holiday with Classic Journeys in complete confidence that your payment is fully protected.

How To Book

Before making your booking please make sure that you have read the relevant tour itinerary. This can be downloaded from the tour page on our website, or you can request a copy to be posted to you from the Classic Journeys office. You should also read our General Information and Booking Conditions on our website. It is important that you choose a trip that is well suited to your experience and abilities. If you have any doubt or need to chat through any of our tours, please call the Classic Journeys office. Our advice is based on first hand experience and we are always happy to talk about our journeys.

Provisional Booking: It is sensible to check if places are still available on any Classic Journeys tour you are interested in before sending your booking form to us. We will be happy to hold open space for you for up to 7 days (up to 14 days if you live outside Europe) in order to give you sufficient time to send in your booking form and deposit.

Definite Bookings: To make a definite booking you must either complete and sign our standard booking form which can be printed off from our website at www.classicjourneys.co.uk and post or fax it to us, or complete the on-line booking form and transmit it to us electronically. You also need to pay us the required deposit as detailed on the booking form. If you are submitting an on-line booking form and decide you wish to pay the deposit by credit or debit card, you can, if you are concerned about security, telephone your card details to us.

Please note: We cannot confirm a booking until we receive your completed and signed booking form. Any delay in submitting your booking form may put at risk your place on your chosen trip, or flights.

If you would like further information, help with planning your holiday or details of extending your holiday, please don't hesitate to contact the Classic Journeys office.