

NEPAL: MOUNTAINS and MONASTERIES



15 days UK to UK, 14 ex Kathmandu

UK to UK dates	Land only price	Flight price from
Sun 18 Dec 11 – Sun 1 Jan 12	£1140	£800
Sat 31 Mar 12 – Sat 14 Apr 12	£1180	£700

We prefer to run this trip with a full day in Kathmandu at the start and end of the trip to allow time to adjust and to give us some leeway in case of flight delays. If you are short of time you could deduct one day from the start and/or end of the trip, see comments below under 'Your own flights'.

High Places flights

Our preferred group flights to Kathmandu are with Qatar Airways, via Doha. They leave the UK in the evening and arrive in Kathmandu mid afternoon the next day. The return flight leaves Kathmandu in the morning and arrives in UK the evening of the same day.

Please note we may require an additional deposit or in some cases full payment for flights in order to secure availability or obtain the best price. If so we will contact you after we receive your booking form.

Your own flights

Your trip will start and end at our Kathmandu hotel on days 1 and 14 of our itinerary. If you make your own flight arrangements and arrive outside our group flight times airport transfers are not included. If you decide to leave on day 13 you should arrange your flight departing Kathmandu in the afternoon or evening to allow for a delayed flight from Lukla.

When arranging your own flights be aware that occasionally trips are cancelled or ground arrangements/dates are changed. You **must** check the trip status with us before paying for your flights or other travel arrangements.

Regular client discount

As a thank you to regular clients we offer a discount if you have travelled with us before. The reduction for this trip is **£30** and will be deducted from your final invoice.

Passport and visas

Your passport should be valid for at least six months after you are due to leave Nepal. British citizens will require a visa.

Insurance

You must have insurance for our holidays. Details of our recommended scheme through Campbell Irvine Insurance brokers are available on our website.

If you arrange your own insurance you need to make sure that the cover is appropriate for the activities on your trip. Some policies will not cover you when ropes or ice axe and crampons are used for example, or for helicopter rescue. If you are unsure your best bet is to send a copy of the itinerary to your insurance company.

How to book

Please call us if you need further information or advice. We will be happy to hold you a provisional place for seven days. Having decided to book, simply complete a booking form, either on-line from our website or a paper version, and send it to us with a **£200** deposit. It is very important to complete the booking form with your full name as it appears in your passport.

If you would like any special arrangements, extensions, extra hotel nights etc, please indicate on the booking form.

Meals

If you have any special meal requirements i.e. vegetarian, gluten free etc, state this on your booking form. Please be specific, i.e. 'no meat or fish', 'fish eating vegetarian', 'allergic to cheese, milk OK' etc. If you are visiting a country where it is hard to buy suitable foods, we may ask you to bring some favourite items. We will assume all vegetarians eat dairy produce unless informed otherwise.

Balance payment

Approx 12 weeks before departure, you will receive your invoice together with trip information. This will include the names of the others on your trip, flight arrangements, health information including contact numbers for immunisation advice, visa information if relevant, Diamox advice for altitude trips, and general advice relating to your trip.

Tickets and update

Approx 10 days before departure you will receive your final trip update, travel documents, local contacts and hotel details.

PA/ML10/10

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