



GRAND ASIAN JOURNEYS



## **A Kangchenjunga Adventure:** *An Odyssey in the Eastern Himalaya*



## A KANGCHENJUNGA ADVENTURE

15 April – 11 May 2011

17 October – 12 November 2011

27 days/26 nights

### COST PER PERSON:

5–8 persons: US\$ 3,295

9–12 persons: US\$ 2,995

Single Supplement: US\$ 200

*For groups smaller than 5 participants, we will run this trip for a small group surcharge of US\$350 per person. We will use scheduled flights for Suketar to Biratnagar (for a chartered flight, additional charges apply).*

### ACCOMMODATIONS:

22 nights in tents on trek

4 nights twin-sharing at Hotel Tibet or similar (3-Star) in Kathmandu

### Trek Rating:

1, 2, 3, 4, **5**

Challenging

## A History of Adventure

In the world of adventure, before there was Everest – there was KANGCHENJUNGA!

Clear and spectacular views of the Kangchenjunga range from the summer retreat town of Darjeeling (in India) raised the curiosity of early British explorers. Moreover, easy access to eastern Nepal from bordering Sikkim also made adventures to the area possible as early as 1848 (while the rest of Nepal was closed to foreign visitors for another 100 years until the 1950s). In fact, for some time, Kangchenjunga was even considered the highest mountain in the world – i.e. until 1856, when Peak XV was announced as the highest point on Earth and named 'Mont Everest'.

The earliest documented exploration of the Kangchenjunga region was in 1848/49 by the British naturalist, Dr J D Hooker, whose explorations are chronicled in two volumes of the Himalayan Journals. In 1899, British explorer Douglas Freshfield, and famed Italian photographer Vittorio Sella, made a historic circumnavigation of the mountain (see Freshfield's Round Kangchenjunga) and were the first mountaineers to view the great Western Face of Kangchenjunga.

Attempts at climbing Kangchenjunga itself were made as early as 1905 by a team headed by Aleister Crowley and Dr Jules Jacot-Guillarmod. (Everest was first reconnoissanced only fifteen years later in 1920, and the first attempt made in



Hooker's Walangchung Gola (ca 1849)

From Himalayan Journals

1922.) Four attempts later, and two years after Kangchenjunga was successfully climbed in 1955 by the British Expedition of Charles Evans: Joe Brown and George Band summing on 25 May, and Norman Hardie and Tony Streater on 26 May. The first successful summit by a woman was made more than 40 years later in 1998 by the British Ginette Harrison. In 2005, during the golden jubilee celebrations of the first summit, Alan Hinkes was the only climber to summit Kangchenjunga. Kangchenjunga is, indeed, one of the more challenging 8,000m-peaks to summit.

*Cover Photos (clockwise from top): The north face of Kangchenjunga: your view from Pangpema; Ghunsa school children; delicate Himalayan gentians; picturesque Lelep village; sacred Mt Kumbhakarna.*



## A Sacred Mountain

Kangchenjunga literally translates to '**Five Great Treasures in the Snow.**' There are five peaks within the Kangchenjunga range, and local people believe that each of the five peaks is a repository of different treasures: gold, silver, gems, grains and sacred texts.

Kangchenjunga is a sacred mountain. In due reverence, the first summiteers stopped a few meters short of the summit in 1955. (This practice is no longer followed by today's climbers!)

Kangchenjunga is situated in the Beyul Demazong [*beyuls* are sacred valleys that were hidden by Padmasambhava, a much revered Indian saint who introduced Buddhism to Tibet in the eighth century]. The purpose of beyuls was to provide sanctuaries for people seeking refuge from social and religious persecution. During our trip, Beyul Demazong will also allow us to experience its purpose as we seek refuge from the daily grind of our hectic social lives.

Within the Kangchenjunga region is another sacred mountain that is revered by the Limbus (an indigenous group of people living in the lower regions of the mountain), Buddhists, as well as Hindus. Mount Jannu (7,710m/25,290ft), known as Foktanglung to Limbus and Kumbhakarna to Hindus and Buddhists, is a pilgrimage destination particularly during the spring and fall.



Kumbhakarna: a sacred mountain

## Our Adventure

The highlight of our adventure is, no doubt, Mount Kangchenjunga. From Pangpema, the magnificent view of the north face of the world's third-highest peak is unparalleled. We will marvel at the great mountain rising for more than 3,500 meters before us: from its base at the Kangchenjunga Glacier below 5,000m – to its summit at 8,586m.

But just as interesting will be our journey to and from Kangchenjunga. We will traverse a region that has spectacular bio-geography, as well as fascinatingly diverse culture. Our elevations will range from 'low'-lands at 360 to 800 meters where tropical *sal* trees flourish (this tree species is commonly found in the Terai region around Chitwan) to a high of 5,140m (16,860ft) at Pangpema where the elusive snow leopard roams and herds of blue sheep abound.

We will also encounter various ethnic groups during our journey – Rai, Limbu, Bahun/Chhettri in the mid-hills, and Sherpa/Bhutia in the high mountains. These different communities, who have adapted their lifestyles to their environment, will allow us to experience part of the cultural mosaic that makes trekking in Nepal such a delight. Most notably, we will visit the village of Walangchung Gola, a bustling trade entrepot when Dr J D Hooker visited it more than 150 years ago, but closed to foreign visitors until only a few years ago.

Along the footsteps of Dr Hooker, we will cross the 4,800m (15,745ft) Nango La – our only pass-crossing during this Himalayan odyssey. This route is not a trekking trail but is used mostly by local yak-herders; it traverses some of the most intact silver fir and rhododendron forests in the eastern Himalayas.

*'I must be content to do what I can, to record with all emphasis I am capable of, my conviction that nowhere else on earth's surface can there be found, within so small a radius, a combination of tropical luxuriance, sylvan beauty, and mountain sublimity equal to that which meets the traveler's eyes among the valleys and highlands of ... Eastern Nepal.'*

- Douglas W Freshfield  
Round Kangchenjunga (1903)



Much of our adventure will be in the Kangchenjunga Conservation Area – Nepal's first 'Community Conserved Area' (handed over to the community by the Government of Nepal in September 2006). Here, we will be able to experience the many conservation actions implemented by the community themselves.

In short, with a range of bio-geographical terrain, cultural diversity, conservation experiences, and philanthropic activity, our Kangchenjunga Adventure will be one beyond the ordinary.

### At A Glance

Day	Program	Overnight
1	Arrive Kathmandu	Hotel Tibet or similar
2	Kathmandu: sightseeing	-"
3	Fly to Bhadrapur. Drive to Phidim	Camp
4	Drive to Taplejung.	Camp
5–24	On trek	Camp
25	Fly to Kathmandu via Biratnagar.	Hotel Tibet or similar
26	Kathmandu: spare day	-"
27	Final departure	

#### Day 01 KATHMANDU (1,350m/4,450ft)

Arrive Kathmandu. You will be met at the airport and transferred to your hotel. In the early evening, we will gather for a trip briefing where we will also get to know each other. Welcome dinner is a 15- minute walk away in the tourist hub of Thamel.

Hotel Tibet or similar. D.

#### Day 02 KATHMANDU (1,350m/4,450ft)

Half day exploration of the sights, sounds and pleasant chaos that is Kathmandu. You will be accompanied by our in-house city guide.

Visit Bodhnath – the Stupa of a Million Dewdrops. Bodhnath is a sacred destination for Buddhists from all over the world. You will find devotees circumambulating this sacred monument during any time of the day. Step in with the devotees, spin the prayer wheels along the stupa walls, and immerse in the experience of Bodhnath.

Then drive to Patan, the City of Arts. The medieval architecture of Patan Durbar (Palace) Square is the finest among the various ancient kingdoms in Kathmandu Valley. Within the



View of Taplejung Bazaar

Square, also visit the well-maintained Patan Museum which stores ancient Nepali artifacts.

Lunch at Patan Museum Café. After lunch, we will return to the hotel and finish any packing and preparation for our trek.

Hotel Tibet or similar. B,L.

#### Day 03 PHIDIM (1,120m/3,675ft)

Transfer to the domestic terminal at the Kathmandu airport for the hour-long flight to Bhadrapur. Then board a chartered bus, which will also be shared by our trek staff, for a six-hour drive to the bustling town of Phidim. Our road journey today is on a black-topped road that starts in the lowlands (Terai region) of Nepal, then ascends and descends while winding around scenic hills and river valleys.

Camp. B,L,D.

#### Days 04 TAPLEJUNG BAZAR (1,780m/5,840ft)

Another full day of driving to Taplejung Bazaar today. Beyond Phidim, we will be traveling on a dirt road – be prepared for a very bumpy ride all the way to Taplejung.

Camp. B,L,D.

#### Day 05 SINHUA (1,100m/3,600ft)

This morning, descend from Taplejung via Hangdewa village to the small hamlet of Mitlung (860m/2,820ft) beside the Tamur Khola (river). For the next couple of days, we will be following the Tamur and hiking at relatively lower elevations, so it will be hot and humid, particularly in the afternoon.

Beyond Mitlung, the trail traverses through lowland paddy fields and Sal forests to the fairly large settlement of Sinhua. Sinhua is a multi-ethnic village that has grown tremendously





Stone-paved trail to Lelep through Limbu villages.

within the past few years. It has a high school, a health post, a police check post, numerous shops, as well as a weekly market.

During this portion of the trek, it will be common for us to leave the actual trail and walk along 'post-monsoon' trails on river banks that villagers prefer to use. These trails are shorter and avoid long wind-about above the trail.

Camp. B,L,D.

#### Day 06 **LELEP** (1,700m/5,575ft)

Today's trek is in an area dominated by the Limbu ethnic community: Limbu women are easy to recognize with their fish-shaped nose rings, while the men generally carry a *khukuri* (curved 'Gurkha' knife sheathed in a leather case) on their waist.

Continue trekking along the Tamur Khola towards Chhiruwa. Today, we will enter the Kangchenjunga Conservation Area when we cross a long, sturdy steel suspension bridge over the Thewa Khola before Chhiruwa. Chhiruwa is a small crowded village situated precariously below a huge rock-face on one side, and above the mighty Tamur Khola on the other. Beyond Chhiruwa is a large landslide that

occurred during the monsoons of 2010. After carefully traversing this landslide, it is a short trek to Tapethok (1,220m/4,000ft). We will visit the KCAP (Kangchenjunga Conservation Area Project) check post at Tapethok to register our trek permits.

At Tapethok, cross the Tamur Khola on a long steel suspension bridge and walk beside the Tamur on a level stone-paved trail through cardamom and paddy fields. The trail then gently climbs up to Lelep village through hill-side terraces and farms. Lelep is a picturesque Sherpa village situated on a fairly level terrace high above the Tamur Khola. The headquarters of the Kangchenjunga Conservation Area Project is located in Lelep.

Camp. B,L,D.

#### Day 07 **ILA DANDA** (2,260m/7,415ft)

Today is a short trek day. First, trek to the fairly large and spread-out settlement of Lungthung (2,090m/6,855ft). Then continue to Ila Phedi. Cross the Ila Bridge and then make a short climb to the very small settlement of Ila Jung. Camp around the houses at Ila Jung.

Camp. B,L,D.





Downtown Walangchung Gola



Capet weaving in Walangchung

### Day 08 WALANGCHUNG GOLA (3,190m/10,465ft)

Start out early for a long day of walking today. The trail follows the Tamur Khola through sub-tropical forests and sparse villages located on steep hillsides. Although the trail is the ancient salt-trade route from Tibet to Taplejung, it is narrow and precarious at various points. Beyond Jongim, the vegetation changes significantly: conifer trees dominate the forests, and the air is thinner.

In the words of Dr JD Hooker, upon approaching Walangchung Gola *'the scenery is as grand as any pictured by Salvator Rosa; a river roaring sheets of foam, sombre woods, crags of gneiss, and tier upon tier of lofty mountains flanked and crested with groves of black firs, terminating in snow-sprinkled rocky peaks.'* (Himalayan Journals 1950). Finally, there is a large old landslide that we will have to cross before reaching the village of Walangchung Gola.

Camp. B,L,D.

### Day 09 WALANGCHUNG GOLA (3,190m/10,465ft)

Rest/exploration day.

Walangchung Gola was once a thriving entrepot for trade between Tibet and eastern Nepal – comparable to Namche Bazaar in Khumbu today. The local inhabitants, known as Walungs, were traders traveling routes from as far as Lhasa in Tibet to Bombay in India. Today, large-scale trade has virtually ended here, but there remains some border trade with Tibet: one can still find Chinese biscuits, beer and cigarettes in Walangchung.

The Dikichhoeling Gompa is over 400 years old and is situated about 200m above the village. Like most of the ancient monasteries in

Kangchenjunga, Dikichhoeling Gompa is falling apart and many artifacts are missing, but there are enough antiques there to make the gompa interesting, including priceless thangkas and a butter lamp that has been continuously burning since the gompa's construction.

The rest of the day can be spent relaxing, or visiting with local women who will probably be busy weaving carpets. Walungs claim that their carpets are of superior quality to those of Ghunsa or Pholay – you can be the judge of that!

Camp. B,L,D.

### Day 10 KHARKA CAMP (ca 4,200m/13,775ft)

Retrace our steps to Jongim, then divert north leaving the Tamur Khola and follow the Yangma Khola upstream. At Chene, there are a number of uninhabited houses in a small clearing. Residents of Yangma, another day's walk north of here, descend to Chene in late winter with their potatoes and exchange these with millet and corn that are brought by Limbus residing at lower elevations in Taplejung. Beyond Chene, cross the Yangma River and start climbing up until we reach our pass the following day. There are no settlements along this trail, but we will cross through a number of yak herder's camps en route.

Today is a fairly long day of walking, and we will camp in a herder's campsite.

Camp. B,L,D.

### Day 11 GHUNSA (3,410m/11,185ft)

Today, we will climb until we reach the top of the Nango La Pass at 4,800m (15,745ft). Here, the path immediately starts descending. As we lose elevation, we will hike through extensive stands of *Rhododendron barbatum* that bloom profusely in late April. As we continue descending, we will





Khangbachen village (4,150m/13,612ft)

trek through an extensive conifer forest until we finally join the trail to Ghunsa. Here, we will meet the Ghunsa Khola and follow it upstream to Ghunsa village.

Ghunsa is a scenic village situated in a long flat meadow at the base of steep wooded slopes and imposing cliffs. 'Ghunsa' translates to 'winter pasture' (as opposed to *yersa* – summer pasture).

*Note: There is electricity in Ghunsa where you will be able to charge your camera batteries!*

Camp. B,L,D.

#### Day 12 **GHUNSA** (3,410m/11,185ft)

Rest/exploration day.

We can explore the village of Ghunsa today. Of interest is the Tashichoeling (translating to 'Lucky Place of Worship') Gompa (Monastery) across the Ghunsa Khola. The Gompa is around 400 years old and belongs to the Nyingmapa (red hat) sect of Buddhism. In the 1880s, the Gompa was staffed by around 80 monks and a dozen nuns, but today there are only three Lamas and four young novices.

At the southern end of Ghunsa village is the sector office of the Kangchenjunga Conservation

Area Project, the local school, and a sub-health post. Walking further south and climbing up the trail to Selele will bring us to the Ghunsa micro-hydro station that produces the electricity for Ghunsa and Pholay villages. Hiking a little above this point is a photographic vantage point – perhaps, the same point used by Vittoria Sella to photograph Ghunsa village in 1899.

Camp. B,L,D.

#### Day 13 **KHANGBACHEN** (4,150m/13,612ft)

Trek north of Ghunsa village through juniper and Himalayan larch forests to Laphuk – a yak pasture. It is fairly level upto Laphuk. At Laphuk, cross the Ghunsa Khola on a locally-built wooden bridge and then begin climbing to Khangbachen. Very soon, we will notice leaving the tree-line, and then traverse through a long stretch of very precarious and precipitous landslides to the summer pasture (*yersa*) settlement of Khangbachen. It is likely that we will see blue sheep from this point. Blue sheep are not really 'blue', but they are hardy mountain sheep that travel in large herds and generally led by an alpha male who is recognizable with its prominent curved horn.

Camp. B,L,D.





At Lhonak



Wedge Peak at Pangpema

**Day 14 KHANGBACHEN (4,150m/13,612ft)**

Acclimatization/exploration day.

For those who feel up to it, we will explore the Jannu Base Camp area today.

Cross the Ghunsa Khola and traverse the western moraine of the Jannu Glacier. Our destination is the sacred Limbu site - Foktanglung, a huge boulder facing the sacred peak Kumbhakarna (Jannu). At 7,710m, Mount Jannu is one of the more impressive peaks in the Himalayas. Having seen it once, you are unlikely to mistake it for any other peak in the world.

Camp. B,L,D.

**Day 15 LHONAK (4,785m/15,695ft)**

We are now in high alpine country. The trail to Lhonak traverses through Ramdung Kharka, an extensive yak pasture, providing an impressive view of Yalung Khang – one of the four 8,000m peaks in the Kangchenjunga massif. Lhonak is situated on a sandy plain near a dry lake bed, with the Kangchenjunga Glacier to the south.

Camp. B,L,D.

**Day 16 PANGPEMA (5,140m/16,860ft)**

Today's trail continues along the moraine of the Kangchenjunga Glacier. We will trek by numerous peaks; however, Kangchenjunga itself remains obscured until we reach Pangpema, from where you will experience one of the grandest views of a Himalayan range.

Camp. B,L,D.

**Day 17 KHANGBACHEN (4,150m/13,612ft)**

The morning can be spent enjoying our final view of Kangchenjunga before we descend.

Then retrace our steps to Lhonak, Ramdung, and Khangbachen.

Camp. B,L,D.

**Day 18 GHUNSA (3,410m/11,185ft)**

Descend and return to Ghunsa.

Camp. B,L,D.

**Day 19 GYABLA (2,730m/8,955ft)**

It is an hour's hike south of Ghunsa to the village of Pholay (3,140m). Pholay is distinctly divided into two sections: the lower portion of around 31 houses and potato fields is the winter residence of Ghunsa villagers, while the upper portion – known as Sampholing – is home to around 18 Tibetan refugee households. Women of most households in Pholay are adept at weaving carpets.

Below Pholay, the trail traverses through moist subtropical forests beside the Ghunsa Khola. The forests are dominated by oak-rhododendrons and bamboo thickets. There is a slight climb before reaching Gyabla. Our campsite is below the village. Time and energy-permitting, we can explore the village after settling at camp.

Camp. B,L,D.

**Day 20 AMJILESSA (2,490m/8,167ft)**

Descend from Gyabla and continue hiking along the Ghunsa Khola to Thangyam, a settlement of two houses. Beyond Thangyam, the trail climbs through bamboo thickets, then descends and traverses on the side of a steep hill. The trail rounds around this hill from which point you can see Amjilessa below. Amjilessa is made up of five scattered Sherpa houses, most of whose original occupants have migrated to Kathmandu.

Camp. B,L,D.





Suketar airport



Namaste

**Day 21 SEKATHUM (1,640m/5,380ft)**

It is a sharp descent to the Ghunsa Khola. Cross the river and make a series of ascents and descents to Jau Bari. Re-cross the Ghunsa Khola and climb to Jomgim. Make another descent, cross the Ghunsa Khola again on a rickety suspension bridge, hike through fields and forests and re-cross the river to Sekathum. This campsite is below the actual village of Sekathum and is better known locally as Japan Tar.

Camp. B,L,D.

**Day 22 CHHIRUWA (1,190m/3,905ft)**

Trek to the Sekathum bridge that links Sekathum to Lelep. Below is the confluence of the Ghunsa and Tamur Kholas. After crossing the bridge, trek through alder forests and climb to the Lelep trail. Then retrace our steps to Tapethok and Chhiruwa.

Camp. B,L,D.

**Day 23 PHURUMBU (1,415m/4,640ft)**

Climb out of Chhiruwa village and cross over the Thewa Bridge again. Detour from the main trail and immediately start climbing a steep slope. Pass several villages until you reach Phurumbu. Long day of trekking.

Camp. B,L,D.

**Day 24 SUKETAR (2,415m/7,920ft)**

It is a series of climbs and descents until the Sherpa village of Bungkulung (2,100m/6,890ft). Then shortly arrive at the airport settlement of Suketar. The village is growing every year and has more than seven lodges around the airport. The airport itself is a grassy strip providing a bumpy take-off and landing for airplanes.

Camp. B,L,D.

**Day 25 KATHMANDU (1,350m/4,450ft)**

End trek.

In the morning, we will fly from Suketar to Biratnagar on a Twin Otter, and then fly onwards to Kathmandu.

Transfer to hotel.

Rest of day free.

Hotel Tibet or similar. B.

**Day 26 KATHMANDU (1,350m/4,450ft)**

Spare day.

This is a contingency day in case of flight delays. Flights to and from Suketar Airport are much less reliable than other popular mountain destinations in Nepal, particularly because of the fickle weather at this airport. Thus, it is highly recommended that you purchase flexible homeward-bound air tickets for this trip.

Otherwise, an optional exploration of Kathmandu.

Hotel Tibet or similar. B,L,D.

**Day 27 FINAL DEPARTURE**

Transfer to airport for final departure.

B.

**Trip Cost Includes**

- Expert pre-trip advice and detailed information
- Motivated, well-cared-for staff
- All airport transfers
- 4 nights twin-sharing accommodations in Kathmandu at Hotel Tibet (3-Star) or similar on bed-and-breakfast basis
- Sightseeing in Kathmandu as indicated on itinerary with guide, vehicle and entrance fees to monuments



- Airfare: Kathmandu–Bhadrapur and Biratnagar–Kathmandu
- Chartered plane: Suketar to Biratnagar
- Meals as indicated in the itinerary
- Camping trek as indicated in the itinerary:
  - Three meals a day
  - Boiled water for your bottles three times a day
  - Guide and staff wages, equipment and meals
  - Guide and staff insurance
- Kangchenjunga Conservation Area fee and trekking permit
- Gamow Bag (high altitude pressurized chamber)

### Cost Does NOT Include

- Your international airfare
- Nepal visa
- Tips and gratuities
- Personal equipment (a suggested list will be e-mailed to you)
- Meals not indicated in the itinerary
- Your travel insurance (required)
- Other expenses of personal nature (soft drinks, alcoholic beverages, mineral water, laundry, phone calls, internet, battery charging, comfort food, lodge rooms while on trek, etc).

## What You Can Expect

### In Kathmandu

While in Kathmandu, we will accommodate you at Hotel Tibet (or similar). The hotel is a clean comfortable hotel located in Lazimpat, about 15 minutes walking distance from the bustling tourist hub of Thamel. Our meals will be at some of the choicest restaurants that offer a range of clean, healthy and delicious food. The Kathmandu sightseeing will be led by our in-house cultural tour guide with a wide range and depth of local knowledge.

### On the Trail

On this camping trek, our camp staff will ensure your comfort throughout the trip. The day typically starts at 6.30am with a wake-up call that includes a mug of steaming hot tea. This is followed by a bowl of hot washing water. After you pack your duffel bag, it is time for a hearty breakfast. Then, you are off on the trail by 8.00am. We will hike for about three to four hours before stopping for lunch. After about an

hour of eating and relaxing, we will head off on the trail again. We will generally arrive at camp by 4.00pm where our tents will be awaiting us. There is time to wash up and get settled in our tents before enjoying tea and biscuits in the dining tent. For dinner, our camp staff will surprise you with their culinary talents, especially considering the rudimentary means at their disposal. After dinner, you can spend time relaxing, reminiscing the day in your journal, or just star-gazing before retreating for the night.

### Motivated Leadership

This Kangchenjunga Adventure will be led by Jenny Gurung. Jenny managed Crystal Mountain Treks until 2008 and is now involved in development and environmental programs in Nepal. She was also involved with the initial phase of the Kangchenjunga Conservation Area Project when she worked at WWF Nepal, and has thus traveled widely in the area and interacted with most local communities. She is an ardent fan of the eastern Himalaya and is highly motivated to share her knowledge and experiences of the region with you.

Moreover, you will be in extremely good hands with Jenny and her crew while on this trip.

### Insurance

Insurance is required for participation on this trek. We can purchase insurance for you from Travelex Insurance. Please contact us for details.

### Activity Level

This adventure is designed for energetic people with a spirit of adventure, positive attitude, patience and humor. You will need to keep an open mind that is receptive to the richness and paradoxes of Himalayan cultures.

This is a **challenging** trek: we will spend a long time on the trail, with a considerable bit of ups and downs (there is very little level walking in Nepal) – sometimes in excess of 1,000m. The highest altitude we will reach is at Pangpema, (5,140m), and we will be crossing one pass, Nango La (4,800m) where there may be some snow. We will be hiking five to eight hours a day, generally on rocky, unserved, rudimentary trails. We expect participants to be strong and experienced hikers in top physical condition.

Walking and hiking at high altitude is never easy. At high elevations your heart and lungs work harder. So if you really want to see the area and enjoy the trip, you must get into shape.



And to get into shape, you need a regular program not only to increase your cardiovascular endurance, but to increase your leg muscle and joint strength/endurance for the daily walking you can expect in the Himalayas. A good way to get in shape for this trip -- apart from leading an active life year-round -- is to go on daily hikes of at least one hour duration for at least two months prior to the trip. This, in addition to endurance-building cardiovascular conditioning (running, swimming, etc.) will prepare you adequately. Keep in mind that the better shape you are in, the better time you will have in the Himalayas.

Porters will carry your trekking equipment and camp supplies, thus leaving you free to carry only a light day-pack. No technical climbing or other special abilities are required for this trip. You should be equipped with a spirit of adventure and a willingness to undergo the potential hardships of outdoor living and long days on the trail.

### Note on Itinerary

Although we will do our best to adhere to the itinerary schedule as listed, ground realities can mean that the program will change. You are kindly requested to remain flexible.

## To Book This Trip

### 1. How to Book

Contact us by email or phone to ensure that spots are available. At this point, we will email you the Reservation Form. You will need to return the form via mail along with a check for US\$ 500 per person deposit.

### 2. Payment

Payment must be in US dollars by wire transfer, personal checks drawn on US banks, or money order. Balance payment must be made 60 days

prior to departure. Full payment is required if booking is within 60 days of departure.

### 3. Cancellation

If you wish to cancel, you must notify Grand Asian Journeys in writing. Cancellations and refunds are subject to the following restrictions:

- More than 60 days prior to departure; deposit is forfeited, the remainder is refunded.
- 60 to 30 days prior to departure, 50% of tour cost subject to refund.
- No refunds will be provided for any unused services or for cancellations made within 30 days prior to departure.

### References

We will be happy to provide you with references who will be able to tell you about their experiences with us.

### Care for Staff and Porters

We respect our trekking staff immensely. On camping treks, we provide a mess tent, kerosene, food and stoves for our porters. We also provide staff with high quality clothing and boots ensuring their comfort, warmth and health. Also, we provide medical treatment and rescue (including helicopter evacuation) for our staff. This care for our staff sets us apart from other trekking agencies, and our clients recognize this difference.

### Questions?

Please feel free to contact us with your questions or concerns. We are here to help you.

Email: [info@grandasianjourneys.com](mailto:info@grandasianjourneys.com)

Phone: Toll free 1-888-586-7750

