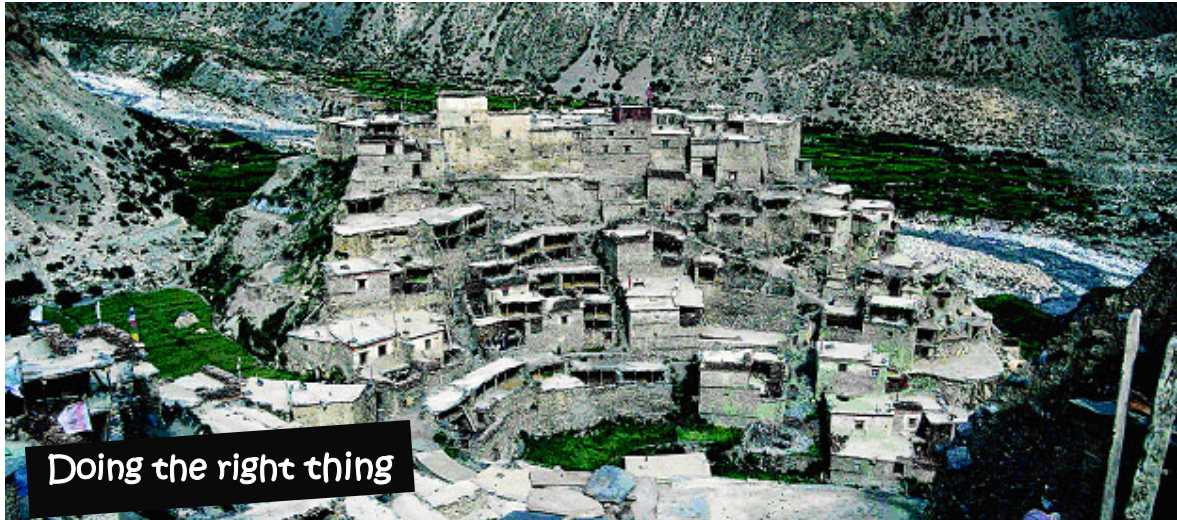


The Responsible Travellers



The Responsible Travellers is a non commercial organisation specialising in travel within the Himalaya. The company's primary objective is to encourage travel to this remote area of the world and thereby generate "aid through trade" and income for charitable projects which support environmental and educational development in Nepal. We can therefore offer our clients a rare and unique opportunity to visit this spectacular Himalayan Kingdom knowing that all profits generated will be invested in local charitable projects. Whether it is trekking amongst the splendid mountain peaks, an elephant safari in the jungle or an enriching cultural experience, Nepal is the ultimate travel destination, and The Responsible Travellers are the very essence of responsible & ethical tourism. As well as the scheduled departures, we specialise in offering tailor made holidays and experiences. These may be independent trips, charity or corporate challenge events, bespoke groups, school field trips or gap year experiences

Our Ethics:

When you travel with The Responsible Travellers you benefit and so does the local community:

- ✓ We are a non commercial organisation donating 100% of profits to Charitable Projects.
- ✓ We will pay the cost to Carbon Balance your international flights
- ✓ Through a committed Environmental Policy we work to ensure minimal impact of our activities
- ✓ Our fair and simple Pricing Policy has no extra fees or land charges – price us up against other companies!
- ✓ We have a fair and ethical Employment Policy which is committed to employing local staff and paying fair wages

Our People:

You can also depend on our experience and professional expertise. Our Directors have a combination of Travel Industry, Charity and Global Corporate backgrounds. We are able to combine these skills to create a highly professional and experienced team. Equally, we take our responsibilities seriously when looking after you in the mountains. The trekking staffs have all been working in the industry for between 7 to 15+ years. Our Group Leaders attend professional trainings for Mountain Leadership and Mountain Safety & first aid training provided by KEEP (Kathmandu Environmental Education Project is a registered non-governmental organization, working to support sustainable tourism in Nepal). We pride ourselves on paying wages higher than commercial organisations and limit the loads that our porter staffs carry. Equally the assistant Sherpa staffs receive training in English language and eco-trekking. You can read more about our employment policies and relationships with KEEP and other charities on the website: at www.theresponsibletravellers.com and click on Our Ethics.

Naar & Phu Trip Notes

Highlights:

Mountains

Annapurnas
Dhaulagiri
Machhapuchhre
Mesakanta Pass
Tilicho Lake

Culture

Swayumbhu
Durbar Square
Braka Monastery
Phu Village
Naar Village

The hidden valleys of Naar and Phu, Tilicho Lake & Mesokanto Pass are the highlights of this alternative route on the Annapurna..... This trek takes you to previously forbidden areas that have recently been opened up for restricted access. You are therefore going to destinations where few foreigners have set foot. In the villages of Naar and Phu you can experience pastoral lifestyle that has remained unchanged since these settlements began. Ancient Gompas, ruins of Khampa settlements and the rugged Himalayan landscape make this a fabulous destination. This region is well known for the endangered Blue Sheep and its predator, the Snow Leopard. Other species such as Griffin Vultures and Lammergeier are also abundant. We shall keep a close eye open for the wildlife whilst trekking in this area. Once we have trekked through these valleys, we cross the Kang La into the Manang Valley and continue up the Kangsar Khola to Tilicho Lake. This is one of the highest Lakes in the world at just below 5000m. This area provides a superb view of the glacial waters surrounded by high snow capped peaks of Tilicho, Kangsar and Gangapurna. After exploring the Lake, we progress to cross the Mesokanto Pass. This is a very scenic route from where we can also see Dhaulagiri and Annapurnas.

This trip, like the regular Annapurna circuit provides ever changing scenery and great cultural experience as well as a challenging and rewarding trek.

We take a spectacular mountain flight from Jomsom to Pokhara and get our connecting flight back to Kathmandu. During these flights you can enjoy seeing the mountains without so much exertion!

Day 1: Arrival in Kathmandu

Arrive in Kathmandu (5hrs 45mins ahead of GMT winter time, 4 hrs 45 mins ahead of GMT in the summer).

Transfer to the hotel from the airport. Evening will be spent settling in and relaxing in the hotel, group dinner will be arranged in a restaurant in the evening.

Accommodation: City Hotel Bed & Breakfast

Day 2: Kathmandu Sightseeing

This morning there will be a full trip briefing by the leader.

After this we have a guided sightseeing tour to two of Kathmandu's major sights. Our first destination is one of the country's most important temples – Swayambhunath popularly known as the monkey temple due to the large population of monkey resident here. Believed to be self created thousands of years ago, the temple is a very large whitewashed dome with a gilded spire top by a parasol and is surrounded by a complex of smaller temples. It sits atop a hill and thus can be seen from many miles away. The balcony here provides a good view overlooking the valley and the mountains in the north. A good part of the morning will be spent here enjoying the view and mingling amongst the pilgrims who come here to worship in the various temples.

Our second visit will take us to Kathmandu Durbar Square. The old palace stands here amidst a complex of temples dating back to the 17th Century. However, the Kasthamandap, a building which supposedly had been built from a single Sal tree and given Kathmandu its name, is thought to date back to the 12th

century. Some of the major highlights in the Square are the Taleju Temple standing tallest to the north of the palace, Kumari Bahal – home to the Living Goddess “Kumari”, Kala Bhairav is the most fearsome aspect of Lord Shiva depicted on a huge slab of stone. From the window of the Shiva and Parvati temple the image of the divine couple benignly looks down upon their subjects.

After the tour you can walk amongst the back streets of Thamel enjoying the shops and bazaar atmosphere.

Accommodation: City Hotel Bed & Breakfast

Day 3: Kathmandu to Besi Sahar

We make an early departure from Kathmandu this morning for Besi Sahar. It is a beautiful journey to the trek roadhead. First following the Trishuli gorge and then the Marshyangdi, you will be taking in the amazing landscape with fantastic mountain views. Leaving Kathmandu we drive west on the Tribhuvan Highway over the pass at Thankot, and then descending a series of bends down to Naubise. We then follow the Trisuli gorge before arriving at Mugling. We cross a bridge here and follow the Marshangdi River to Dumre. Here we leave the Kathmandu – Pokhara highway and travel north to Besi Sahar with the first opportunity to see typical Nepali village life, terraced fields and stunning gorges to the trailhead at Besi Sahar. Weather permitting, during this journey, as well as experiencing the fascinating river valleys and gorges, you should be able to see the Manasalu and Ganesh ranges. We shall break the journey for lunch at a roadside café.

Drive time: 6 hrs

Altitude: 800M

Accommodation: Fully catered tented camp

Day 4: Besi Sahar to Ngadi

Leaving Besi Sahar we walk the “high Street” of this village before descending some steps to the Marshangdi and follow the river to Khudi where we cross a suspension bridge for the first time over a tributary to the main river. The lower Marshyangdi Valley is inhabited by the Gurung people who are very well known for their services in the British Gurkha Regiments. The trail climbs gradually to begin through paddy terraces, and then more steeply through the villages of Khasur, Baragaon, and Simalchaur. We continue up the river then cross a bridge at Bulbule and a further 1 ½ hours from here past a waterfall along the river on a fairly level trail will bring us to Ngadi our stop for today. Today’s trek, weather permitting provides great views of Himalchuli (7893m) and Ngadichuli (7541m) who belong to the Manaslu Range of mountains.

Walking time: 3 hrs

Altitude: 800M

Accommodation: Fully catered tented camp

Day 5: Ngadi to Jagat

Ngadi is a small village along the trail amongst terraces of rice. The inhabitants are a mix of Gurungs, and Manange people from the upper Manang Valley. Leaving the village we cross a small stream then following the Ngadi Khola climb over a landslide before crossing a long suspension bridge. The trail then undulates for a while high above the Marshyangdi River before starting to climb steeply past Thulo Besi up to Bahun Danda, the village perched on the ridge. Bahun Danda is the northern most Brahmin (Hindu) village in the Marshyangdi valley. The slopes up to the village are extensively terraced and richly cultivated with rice, wheat and maize and in September the country is lush and beautifully green after the monsoon rains. We descend steeply from the ridge and traverse along the hillside to once again approach the Marshyangdi River at Shyange where we can spend a while enjoying the view of the striking waterfall during a lunch break. From here, after crossing the river, the trail undulates steeply at times for about 2 hours until we arrive at Jagat.

One will notice a dramatic change in the landscape today as the valley narrows to a very deep gorge and cascading waterfalls are a common sight in the feature for the next few days. Trekking along the trail over the coming days gives one the understanding as to why the Manang Valley remained isolated for so many years.

Walking time – 6 ½ hrs

Final altitude – 1340m

Accommodation: Fully catered tented camp

Day 6: Jagat to Dharapani

The trail follows high above the river for about an hour to Chamche, a small Tibetan settlement. We cross the river here to climb steeply up to Sattare. The trail contours high above the river for a while until we drop down only to climb up a landslip area to the ridge where a gate awaits to welcome us into the Manang District. The valley opens out to a wide floodplain here with the village located in the centre. A landslide blocked the outflow of the river creating a lake here which silted up to produce this very flat area. I cannot imagine anywhere throughout the length of the Marshyangdi's course the waters being as calm as here. We will walk to the very end of the village and break for lunch.

Manang District is exclusively Buddhist which is very much evident from this point onwards. There are Mani walls (walls with prayers carved and painted into the stones) along the trail and prayer flags on the houses. The villages are entered through a gate comprising of three small chortens or through a single larger chorten, a reminder to the traveller to enter in good faith. The local custom is to walk through the gate and around the left hand side of the Mani walls.

We cross the bridge where the valley closes in and the river once again becomes a thundering mass of water. The trail climbs high above the river then undulates down again through the settlement Khotro, then at Kharte we cross a bridge over to the other side only to re-cross again about 45 minutes later to arrive at Dharapani, our destination for the night.

Walking time – 6 to 6½ hrs

Final altitude – 1943m

Accommodation: Fully catered tented camp

Day 7: Dharapani to Koto

We trek through the forest as we leave Dharapani and climb until we reach the village of Bagachap. As we continue along the river we have good views looking back towards Manasalu. For about 1 ½ hours we climb further through the forest until we emerge at a small group of lodges at Lattermarang where Annapurna II is right ahead of us! After a further 1 ½ hours we arrive at Koto village where we have camp set up.

In the afternoon there is an optional walk to Chame village – the district headquarters if you are in need of any facilities such as phone, money exchange or mars bars!

Walking time – 3 ½ hrs

Final altitude – 2600m

Accommodation: Fully catered tented camp

Day 8: Koto to Dharamsala

After passing a police check post the trail descends off the main path to cross a bridge. Keeping the Naar Khola on our right we enter the Naar Phu Valley climbing steadily and steeply at times all the way. About 3 ½ hours into the walk we cross a bridge to Changche Cave from we continue to climb a little before descending to cross the river twice, passing further caves before we climb behind a waterfall, after which a final push brings us to our campsite at Dharamsala.

Walking time – 7 ½ hrs

Final Altitude – 3200m

Accommodation: Fully catered tented camp

Day 9: Dharamsala to Kyang

This morning the path climbs steeply away from the river with the vegetation now gradually changing to alpine & juniper. We trek to Metha, the first of the old Khampa settlements on the way, and our efforts are rewarded with good views of Pisang Peak. During the years following the Chinese invasion of Tibet, the Tibet guerrillas had camps in Manang & Mustang. These operations are now known to have been secretly funded by the CIA, until eventually the Dalai Lama opposed the action. These resistance fighters were then relocated into Tibetan refugee camps in Manang, Mustang, Pokhara and Kathmandu. These lower villages are also used as a summer retreat by the inhabitants of Naar and Phu finding lower pastures. The trail splits as we leave Metha, we take the higher path which steadily climbs up the valley on a gently gradient as the valley begins to widen with views of Gyaji Kang ahead and Pisang Peak looking back. We pass a further couple of Khampa settlements at Shunun, and Chyaku. From the small

ridge above Chyaku the path traverses a steep slope and then descends to cross the bridge before climbing back up again. Our final effort today is downhill to the camp at Kyang.

Walking time: 7hrs

Final altitude: 3840m

Accommodation: Fully catered tented camp

Day 10: Kyang to Phu

We descend from the village to meet and follow the river to an amazing gorge. The trail climbs steeply at times hugging the Cliffside with scree slopes below. We descend to the river where a huge rock wall is blocking the valley. A steep climb brings us to Phubi Yulgoe" – (gate to Phu Village). The valley opens soon after here as we pass a couple of chortens before crossing the river. A final climb brings us to Phu village. The village is perched on a small hill at the confluences of the Phu Khola and a small tributary.

The houses look like they are stacked on top of each other nestling into the hillside. Phuten, or the people of Phu are of Tibetan origin and speak a Tibetan dialect. The occupation here is mainly subsistence farming of buckwheat and potatoes, along with Yak husbandry. Yak meat, butter and cheese are bartered for wheat flour and other grains with people from Gyaru, Ngawal and Braka.

We shall have enough time to explore the village and the monastery in the afternoon.

Walking time: 5 hours

Final altitude: 4200m

Accommodation: Fully catered tented camp

Day 11: Phu - Kyang

Today we have a relaxing day with the morning free to further enjoy Phu village, before then retracing our steps back to Kyang camp.

Walking time: 3 hrs

Final altitude – 3840m

Accommodation: Fully catered tented camp

Day 12: Kyang to Naar

This morning we follow the same trail down with fantastic views of Annapurna II, Lamjung and Pisang Peak until just before Metha we take the lower right hand trail. Along here we descend to a superb bridge crossing over a canyon on the Cliffside. The initial climb after this crossing winds steeply up to Naar Phedi, and then again from here until the gradient begins to ease after the gate to the village. We will pass the red and white painted chortens as we approach Naar village. This is another beautiful settlement which is larger than Phu.

Here is the Tashi Lhakang which was built around 600 years ago to celebrate the completion of 108 monasteries in the region. The last of these was the monastery at Braka which we will visit over the next few days.

Walking time – 7 hrs

Final altitude – 4110m

Accommodation: Fully catered tented camp

Day 13: Naar to Kangla Phedi

This morning we have plenty of time in the afternoon to enjoy the village and visit the monastery.

After an early lunch we will head up the valley to Kangla base camp. There are great views ahead and looking back with Pisang Peak looming over to our left.

Walking time: 3 ½ hrs

Final altitude: 4500m

Accommodation: Fully catered tented camp

Day 14: Kangla Phedi – Ngawal (Kangla 5280m)

Today we shall cross the Kangla and so it will be a long day trekking over the pass and descending to Ngawal. We climb steeply over moraine to begin today, and then the gradient eases a little as the trail winds steadily gaining altitude to the pass. This is marked by Chortens and prayer flags and the view is stunning from here as the Annapurna range – II, IV, III, Gangapurna, Tarke Kang, Kangsar Kang, Annapurna I and Tilicho Peak are in full view (following the vista clockwise). Of course we should not forget to look back to see Kang Guru! The path down from the pass is steep and can be icy to begin with. We wind down a series of bends meeting Ngawal after over 1000m descent.

We shall stop en-route to have our lunch enjoying this spectacular view of the Annapurnas.

Walking time: 8-9 hrs

Final altitude: 3600m

Accommodation: Fully catered tented camp

Day 15: Ngawal - Braka

A short and easy day today takes us down to Braka, where we can visit the 108th monastery.

Braka is a very picturesque village clinging on to a cliff side where the houses appear to be stacked on top of each other. The village is dominated by the oldest monastery of the region – the most auspicious as it was the 108th completed in the region which is a very auspicious or lucky number for Tibetans.

There will be a chance to visit here today. The Upper Manang District locally known as Ngeshyang consists of seven villages and is inhabited by the Ngishyangtens widely known as Managees. Originally traders by profession, many have now turned to becoming tourist entrepreneurs. This is very much evident in the higher quality of service available to the trekkers in the villages.

Walking time – 2 ½ hrs

Final altitude – 3500m

Accommodation: Fully catered tented camp

Day 16: Braka - Siri

We follow the trail up to Manang and walk through the village along the Mani wall. Instead of taking the more obvious trail up to Tenki, we follow the smaller path leading down towards the river. The trail follows the Marshyangdi keeping to the right hand side until the bridge over the Jarsang Khola. We climb up a little here, and then the trail follows a gradual ascent to Khangsar Village. We continue through the village and steadily climb past the monastery to cross a stream and arrive at the lodge at Siri. If the caretaker is available we should be able to visit Thare Monastery known to be over five hundred years old. The valley is narrower here and looking down along the trail we have walked, the Annapurnas are still just as amazing but here the skyline is more dominated by Tarke Kang and Khangsar Peak (Rock Noir). If you are on the lookout there is a chance of spotting Bharal or blue sheep, now an endangered species in the Himalaya. The slopes up here are good pasture so you may also see grazing yaks.

Walking time – 4 hrs

Final altitude – 3800m

Accommodation: Fully catered tented camp

Day 17: Siri – Tilicho Base Camp

Today is another short day and will be keeping within the guidelines of altitude gain to help the body acclimatize better. It is a highly interesting walk. We climb from camp and after crossing a stream there is a small section of steep and narrow path that can also be icy. The trail now contours for a while and ahead you can see two trails, one which cuts across the scree slopes and the other climbing up to the ridge. You may see herds of blue sheep as we approach this junction. We shall take the lower path across the scree. It is an interesting trail as we pass by some peculiar shaped rock formations in between the scree crossings. Base camp is a small clearing with a single lodge building between two streams.

Tarke Kang and Kangsar Peak tower over us as we rest for the night.

Walking time – 4 hrs

Final altitude – 4200m

Accommodation: Fully catered tented camp

Day 18: Tilicho Base Camp – Tilicho Lake

This morning we commence crossing a small stream just past the lodge building and start climbing. Initially the trail is along grassy slopes and often herds of blue sheep are seen grazing here. We then climb more steeply up to the scree line. After turning a corner we then reach a gentler gradient. The views are yet again fantastic with Khangsar Kang and Tilicho Peak towering over, and looking down the valley a great panorama includes: the Chulu Peaks, Pisang Peak, Kang Guru, the Manasalu peaks, and the Annapurnas. The trail now meanders gently to the cairn and prayer flags in front of Tilicho – the beautiful and breath taking turquoise lake. Tilicho peak is rising very close behind the lake and from here we get a great close up of the features of the mountain. The trail continues to the right of the cairn where we set up camp.

The afternoon can be spent exploring the lake area.

Walking time – 4 hrs

Final altitude – 5000m

Accommodation: Fully catered tented camp

Day 19: Tilicho Lake - Kharka Camp

After resting at the lake, today is a long day. The trail winds up steadily to begin with, and then follows a steep climb. The path becomes rocky and indistinct towards the unmarked eastern col at 5180m. We descend from here, and after passing a glacier the trail climbs back up again to finally approach the Mesakanta pass. Fantastic views from here include Dhaulagiri and Tukuhe. We descend the steep path for approx. 1400m down to camp.

Walking time – 7 1/2 -8hrs

Final altitude – 3720m

Accommodation: Mountain Lodge

Day 20: Kharka Camp - Jomsom

You may be pleased that it is all downhill today! We descend to the valley floor and at Tin gawn we cross the bridge over the great Kali Gandaki to arrive in Jomsom. Tonight we shall stay in a lodge, as the winds in the valley can be extraordinarily strong and so camping can be quite unpleasant. Jomsom is the district headquarters of Mustang, and is quite a well developed town. An old strategic point between Tibet and Nepal, there is now a road being built through to the Tibetan border. In the afternoon we can visit the Mustang Museum.

Tonight will be our last with the trekking crew and so we will indulge a little and say our farewells to the team.

Walking time – 5 hrs

Final altitude – 2715m

Accommodation: Mountain Lodge

Day 21: Mountain Flight – Jomsom – Pokhara - Ktm

Today we exit the mountains with the spectacular mountain flight from Jomsom to Pokhara, and then connect to a flight back to Kathmandu.

Here we can enjoy the luxury of the hotel, hot shower and a fresh change of clothes. The rest of the day is free to relax by the pool or for those with the energy shopping and sightseeing around town!

Accommodation: City Hotel Bed & Breakfast

Day 22: Free Day Ktm

Today we have a free day in Kathmandu. This also gives us an extra chance to fly out of the mountains should the weather be bad. You can indulge around the hotel swimming pool or venture to some of Kathmandu's great locations – please ask the staff to help you plan your day.

Day 23: Return to UK.

Returning home, this will be undeniably a journey like no other. Your sense of achievement after trekking in the remote and restricted areas of Annapurna and the culture you will have experienced will touch you deeply. However, the best memory will surely be that as a result of your holiday the Nepali community will benefit from development projects through our affiliated charities.

Should you wish to extend your stay in Nepal please review the optional extra excursions online at www.theresponsibletravellers.com and go to our destinations and click on extensions.

Additional Information

- ✓ Carbon Balancing for international flights to Kathmandu
- ✓ 4 nights city hotel bed & breakfast accommodation
- ✓ 17 nights fully catered tented camp
- ✓ 1 night Teahouse accommodation on trek
- ✓ All transportation included in the itinerary whilst in Nepal
- ✓ Mountain flight Jomsom - Pokhara
- ✓ Internal flight from Pokhara to Kathmandu
- ✓ Trek crew, camp staff & portage and guides fees
- ✓ National Park Entrance fees
- ✓ Naar & Phu restricted trekking permit
- ✓ Charity donation

Not included:

- International flights & airport taxes to Kathmandu (international airport tax leaving Kathmandu - approx £15)
- All meals (other than breakfast whilst in Kathmandu & Pokhara)
- Incidental extra personal expenses
- Staff tips
- Nepal Tourist Entry Visa (\$30)
- Single persons supplement
- Additional sightseeing not specified in the itinerary
- Travel Insurance

Single Person Supplement: the costs are based on two people sharing a twin room. Should you require a single room/tent a supplement of £150 will be levied.

Flight Information: Our trips are land only and operate Kathmandu to Kathmandu (please see trip notes for specific details). Given our clients come from a variety of locations around the world we are able to help you source flights but we do not purchase on your behalf. We also prefer to give you the option to add extensions or create a tailor made trip and therefore have the flexibility of flights at your own convenience. Please contact us if you want advice about flight options and how to purchase.

Insurance: It is compulsory to take full holiday insurance which covers trekking to the maximum altitude of your trek/trip, and also covers full rescue and repatriation costs. You will need to provide a copy of your insurance details, including an emergency 24 hour telephone number to the trek leader before departing Kathmandu. This should include any correspondence stating clarification of the required cover. If your policy documents are not available or prove to provide insufficient cover you may not be able to continue your trip. Please ensure that your policy also covers any extra activity outside of the stated itinerary you wish to do if you are extending your trip.

Passport: Passports need to be valid for a minimum period of 6 months from the date of visa application if you are applying in the UK and from the date of entry into Nepal.

Visa Details: Visas are available in advance from the Nepal Embassy for approx. £20. A link to the website is below:

http://www.nepembassy.org.uk/visa_information.html

You can also have the visa processed at Kathmandu airport. If you intend to wait until your arrival at the airport please remember to bring two passport photos and US\$30 dollars in cash (N.B US dollars - is the only accepted payment).

Vaccinations: We strongly recommend you to take advice from your local GP travel clinic regarding required vaccinations.

Operated by The Responsible Travellers Ltd
Registered Company no. 5912731

Money: The local currency is Nepali Rupees (approx exchange rate 120 NRS - £1 – subject to daily fluctuation) Please note this can not be purchased in the UK. It is advised to take either sterling or US Dollars. Traveller's cheques and cash can be exchanged for local currency in Kathmandu. Credit cards are not generally accepted. In Kathmandu there are ATMs available to access cash via Cirrus / MasterCard / Visa cards.

Baggage, Equipment Hire & Purchase: If trekking you should use a Rucksack or Kit bag that is strong enough to withstand the rigors of transportation in the mountains. Suitcases or rigid bags can not be used as these are a difficult and awkward load for porters and pack animals. If you are taking an internal flight 15kgs is the limitation for luggage on this flight including day sack. As a responsible employer we have a strict policy to limit the porter loads. Please help us to maintain standards by restricting your kit bag to 12.5kg.

Many items are available in Kathmandu for purchase at lower cost than in the UK e.g. sleeping bag liners, trekking trousers, down jackets & sleeping bags. Please contact us at least 1 month before departure with any queries regarding kit hires or purchases you may wish to make.

Itinerary: All that is possible will be done to ensure the trip follows the outlined itinerary. However, due to factors beyond our control such as local weather, politics and airlines it may be necessary to vary one or more of the days. If this does occur we shall do our utmost to ensure minimal impact to you.

Staff: All staff are specially selected and hired locally, the trek Leader will be an experienced professional leader working full time in the Himalayas & Central Asia. As a responsible employer we pride ourselves on paying wages higher than commercial organisations. We also have high standards limiting the loads our porters carry.

Group Size: Due to the remote locations that are visited, we remain sympathetic to the local culture and environment by limiting our trips to a maximum of 12 places. This may be slightly smaller than other operators, and we believe it ensures the maximum enjoyment and fulfilment of our trip members by giving the opportunity to absorb the local culture more easily. This also avoids the feeling of "herding" from being part of a large group. There is a minimum of 6 to operate the trek.

Preparation and Training: In order to get the best from your holiday you may need to do some training, or other preparation. Remember you will be travelling to the Himalayas; this is a remote destination where the way of life is very different. You should be prepared for facilities and services appropriate for the local conditions and not equivalent to Western standards.

Sponsorship: You may choose to take this opportunity to raise sponsorship for one of our affiliated charities, if you wish to do so please contact us at: info@theresponsibletravellers.com and we will forward details to you.

Further Information: If you have any queries regarding this trip, whether it is about preparation, the itinerary or general travel information please do not hesitate to contact us. If this trip is not for you perhaps you would like to contact us for details of alternative trips.

All our trips and additional extensions can be viewed online at: www.theresponsibletravellers.com or write to us at info@theresponsibletravellers.com, or by post at PO Box 20878, Kathmandu, Nepal.

More about our charity work.....

Here at **The Responsible Travellers** we take great pride in the fact that we are **doing the right thing** by you our customers, by our staff, and by the people, country and environment in which we operate. We believe actions speak louder than words, over the next page you can read how our ethics are put into practice.

Before you go.... We start to take responsibility for your trip by carbon balancing your flights.

The impact on climate change from the way in which we live today is a topic we have all heard about, and is under much debate from the world's scientific community. This is something that we can not and should not ignore. We work to calculate the carbon emissions generated from your flights, and invest in both reforestation and renewable energy resources in order to offset the carbon emissions of your trip. For example in the Terai region of Nepal, WWF have identified critical areas suffering from forest degradation. Projects such as biogas plants (converting human & animal solid waste to gas) provide alternative renewable fuel resources. Travel with peace of mind with **The Responsible Travellers**

Whilst you are there.... Our Employment and environmental policies demonstrate our continued sense of responsibility. Firstly, our belief in aid through trade and therefore the generation of local employment and how this is managed is at the very heart of our operation. This is why we have a 100% commitment to employing only local staff. Our customers benefit from this by being able to get closer to the culture and learn more from the experience in the Himalayas, travelling with those who are born and bred in the area. By employing this policy we are also ensuring that the local economy benefits as much as possible rather than commercial organisations. We take great pride in ensuring fair wages to all our local staff and protecting our porters from exploitation. Secondly, our environmental policy addresses waste management, water usage, and encourages and supports the use of renewable resources. In addition, we work closely with the Nepal Sustainable Tourism Development Unit and WWF to ensure the strongest commitment to the local environment. Read more at: www.theresponsibletravellers.com and click on our ethics.

After you've gone..... The Responsible Travellers donates all profits from its travel operations to charitable projects in Nepal. We believe the most effective way to invest is with the help of specialist organisations. Our partner charities and areas of investment include:

Education: We believe all development starts with educating the people. We support community education programmes, child sponsorship, and interest free loans for adult education through our beneficiary charities: CHANCE & Save the Children.

Community Development: In association with local charity KEEP (Kathmandu Environmental Education Project) we help communities to provide themselves with improved facilities and encourage this to be done in an environmentally friendly way. Our volunteer programs allow visitors to experience this first hand when they opt for a family home stay and participate in the community project holidays.

Re-Forestation & Renewable Resources: The WWF estimate that only 29% of the original forest covers in Nepal still remains. Between 1990 and 2005, Nepal lost 1.2 million hectares of forest. We support the work of WWF which helps the communities re-instate the forest environment and woodland habitats and provide alternative energy sources.

Our commitment to **Doing the Right Thing** extends from investing in local charitable projects, to making sure that our customers also get a good deal.

To help you have a hassle free holiday, we provide a fair and simple **pricing policy**:

- ✓ We charge a fair price: to make sure the holiday is as satisfying as possible; we charge what we believe is a fair price, not what we can get away with – compare us to other companies!
- ✓ No extra land charges or hidden fees: To keep life simple we make a single charge
- ✓ No profiteering from single supplements: we charge a fair price based on cost & do not charge excessive premiums for single supplements
- ✓ No nagging for donations: We do not request charitable donations from you in order to justify our responsible tourism policy. We work hard on your behalf so you can just concentrate on having a great time!

The choice is easy when you are...

.....Doing the right thing