



The Responsible Travellers

www.theresponsibletravellers.com

Classic Himalaya: Annapurna Circuit Trek Trip Notes



Highlights:

- Sightseeing of UNESCO sites in Kathmandu
- 16 nights teahouse trek
- 4 Nights B&B Hotel
- Average daily walking 5-7 hours
- Throng La High Mountain Pass
- Internal Flight Pok - Ktm

Grade C 21 days

This is graded "C" as it includes:

- You stay at high altitude
- Crossing high mountain pass
- Maximum Altitude 5416m
- You may need to negotiate
 - Scree slope
 - Snowfields

Introduction

Acclaimed as one of the best treks in the world and a classic Himalayan experiencethis is one not to be missed. With ever changing scenery this trip provides both a trekking extravaganza, and a rewarding cultural experience with village life, temples and monasteries along the way. Due to recent changes in the region with the onset of road building, we have carefully adapted our itinerary to maintain the classic elements of this trek. Our changes allow you to stay at less visited stopovers as well as an exclusive stay at Gyaru for sensational views. We still trek into the heart of the mountains at Tilicho as well as around the Annapurna range of the Himalayas over Throng La, with spectacular views of the Manaslu and the Dhaulagiri Range of mountains. The circuit also allows you to explore the many different cultures resident through the climate zones as you pass from sub tropical, through alpine and arid desert landscapes. The high point on this lodge based trek is of course Throng La – an ancient mountain pass at 5416M. After visiting the mustang village of Muktinath and Kagbeni we then take a spectacular mountain flight to exit the mountains. An added bonus and great value with this itinerary, after which you can relax and enjoy the peaceful atmosphere at the lakeside in Pokhara.

In Kathmandu you will have a chance to experience the hustle and bustle of the medieval type markets and cobbled streets and most of all enjoy the hospitality of the wonderful Nepali people.

Detailed Itinerary

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. Today then incorporates a guided sightseeing tour of two of Kathmandu's major sights. Our first destination is the country's most important Hindu temple- Pashupatinath. The temple is situated on the banks of the Bagmati River in the outskirts of the city. The cobbled streets are bustling with ladies selling flowers, incense and other offerings, and colourful Sadhus (holy men) roaming the surrounds of the temple. Pashupati, lord of the animals is a manifestation of Shiva is believed to still roam the forests in the form of a deer. The temple dating back to many hundreds of years makes it one of the most important Shiva locations across the Indian sub continent. As well as a place of worship, it is also the most important cremation site for the Hindus in Nepal. Our second visit takes us to Boudha - a Buddhist monument and the largest of its kind. As you wander round the shops surrounding the stupa, you will find yourself mingling with monks in their maroon and saffron robes, and traditionally dressed Tibetan refugees who live here – the religious center for Himalayan Buddhists. You can join the locals to circumambulate the stupa, bargain for artifacts in the shops or sit on a rooftop restaurant and absorb the atmosphere.

Accommodation: City Hotel Bed & Breakfast



Day 3: Kathmandu to Besi Sahar to Ngadi

We make an early departure from Kathmandu this morning for Besi Sahar. It is a beautiful journey to the trek road head. 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 towards Pokhara for approximately 3 ½ hours. We shall break the journey for lunch at a roadside café. At Dumre we leave the highway and continue following the Marshyangdi River for about 2 ½ hours. This journey takes us through stunning scenery along the river, with the first opportunity to see typical Nepali village life, terraced fields and stunning gorges to the trailhead at Besi Sahar. After a short break here we commence on our trek.

Leaving Besi Sahar we descend 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 Gurka Regiments. 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 will bring us to Ngadi our stop for today. This morning's drive and afternoon's trek, weather permitting provides great views of Himalchuli (7893m) and Ngadichuli (7541m) who belong to the Manaslu Range of mountains.

Drive time: 6 hrs, Walking time: 3 hrs, Altitude: 800M

Accommodation: Mountain Lodge



Day 4: Ngadi to Ghermu Phant

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 climbing over a landslide before crossing a suspension bridge. The trail then undulates for a while high above the Marshyangdi River before climbing 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 along beautifully carved terraces then traverse along the undulating trail to Ghermu Phant to end the day. This is a small farming village and most times you will be able to witness some form of farming activity when staying here. The village also overlooks the beautiful waterfall at Shyange.

Walking time – 6 hrs, Final altitude – 1140m

Accommodation: Mountain Lodge

Day 5: Ghermu Phant to Tal

We descend from here and cross the bridge at Shyange then the wide trail is fairly level to Shree Chaur from where we climb for about thirty minutes. A traverse high above the river and a short descent brings us to Jagat. We descend gently from here to the level of the Marshangdi River then again climb steeply up to Chamje. One will notice a dramatic change in the landscape today as the valley narrows to a very deep gorge, and cascading waterfalls as the one here across the valley 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 long. We cross the river shortly after here to climb steeply up to Sattare then the trail undulates high above the river for a while then we descend a little 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 create this very flat area. Tal village is in sight and only a short distance from here. There is a beautiful waterfall here and also an ACAP tourist information centre you can visit in the afternoon.

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.

Walking time – 6 to 6½ hrs, Final altitude – 1850m
Accommodation: Mountain Lodge



Day 6: Tal to Koto

We continue to follow the calm flow of the river until we cross the bridge where the valley closes in and the river once again becomes a thundering mass of water. We climb a little from here then the trail undulates staying above the river through the settlement of Khotro, and at Kharte we cross a bridge over to the other side only to re-cross again about forty five minutes later to arrive at Dharapani. It is a very gentle climb from here to Bagarchap, here you will be rewarded by view of Annapurna II (7937m) looking up the valley. As we continue through Danakyue and climb up to Temang one cannot help but stop and look back to enjoy the view of the Manaslu Range. You will notice a general change in the vegetation today to pine and fir. The trail is fairly level from here for about an hour until after emerging out into a clearing which has a couple of tea houses and fields. We then descend to cross a bridge and climbing out we pass through Thanchok Village with its apple orchards. Koto is another thirty minutes from here.

Walking time – 6 ½ hrs, Final altitude – 2700m
Accommodation: Mountain Lodge

Day 7: Koto to Pisang

After passing through Chame the district headquarter we spent the rest of the morning trekking through rich forest of blue pine and fir keeping alongside the river to Brathang. The old Brathang village used to be a Tibetan resistant camp fighting Chinese occupation of Tibet by making raids over the border. Today you see only an apple orchard with a couple of tea houses. We carry on walking through the forest, the trail clings on a cliff side for a while and as we cross the bridge, looking back the view of the huge rock face of Mui Tscho (Paunde Danda) is breathtaking rising about 1500m from the valley floor. After climbing steeply through the forest, there is a sudden change in the landscape as we enter the Upper Manang District. The valley becomes very broad and vegetation mainly pine, Juniper and Berberis shrubs is very sparse. A beautiful and easy hour of walking in the shadows of Annapurna II brings us to Lower Pisang. By this point you would have trekked around to the north side of the Annapurnas and the views from here on are of Annpurna II and IV to the south and Pisang Peak and the Chulu East to the north. Walking time – 6 hrs, Final Altitude – 3200m

Accommodation: Mountain Lodge



Day 8: Pisang to Gyaru

Crossing the bridge at Lower Pisang we turn left along the river to a small turquoise green lake, then continuing through the forest we come to cross another bridge. From here we climb steeply for an hour to Gyaru. Gyaru is one of the smaller Upper Manang Villages situated at approximately 3700m and has one of the finest views of the Annapurna ranges. The rest of the day can be spent walking around the village and visiting the monastery and enjoying the view from the lodge terrace and acclimatizing.

Walking time option 2 ½ hrs, Final altitude – 3700m, Accommodation: Mountain Lodge

Day 9: Gyaru to Braga

Today is a fantastic walking day, the trail then undulates high above the valley past the ruins of a fort to Ngawal with the view simply stunning all along. Looking back looming over Pisang is the fantastic rock wall of Mui Tcho, and the Annapurnas stretch across the whole of the south. The panorama clockwise – Pisang Peak (6091m), Mui Tcho, Annapurna II (7937m), Annapurna IV (7525m), Annapurna III (7555m), Gangapurna (7454m), Tarke Kang (7202m), Khangsar Kang (Rock Noir – 7485m), Tilitso Peak (7134m) and Chulu East (6584m) on the north side of the valley. You may also see Lammergeiers, Himalayan Griffin and Golden Eagles soaring the thermal whilst on the slopes grazing yaks are in big herds from late autumn to early spring. We pass through Ngawal and its old mani gates and chortens before descending down into the valley. Now the trail is fairly level through stunted and sparse forest of juniper and blue pine to meet the main route just before Braga at Mungji. A further 20 minutes walk will bring us to Braga.

Walking time – 4 hrs, Final altitude – 3450m
Accommodation: Mountain Lodge

Day 10 : Acclimatizing Day

Braga 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 which is more than 500 years old. 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. Today can be a rest day spent walking round the village and visiting the monastery or preferably it is worthwhile engaging oneself in an acclimatizing walk. There is a very nice hour and a half walk up to Milerepa's cave on the lap of Annapurna III that gives you superb view of Pisang Peak and the Julu Mountains with Braga Village nestled below or for the energetic there is even a better walk up to the Ice Lake that takes about four hours to get to and two to get back making it a worthwhile day out. Twenty minutes walk up the valley, Manang village is home to the Himalayan Rescue Association. Volunteer western doctors work here during the trekking seasons helping educate trekkers and researching on Acute Mountain Sickness (AMS). An altitude talk is held here every afternoon, which is definitely worthwhile attending. You can take a variety of routes from here as well for further walks. You may take the opportunity to get up close to the glacier and lake of Gangapurna on the western side of the village although we will be passing through here the next day, or to climb to a monk's cave retreat behind the village to the north and receive a Buddhist blessing. From this location the views of Gangapurna and Annapurna III are superb.

Walking time – variable, Final altitude – 3450m
Accommodation: Mountain Lodge

Day 11: Braga to Siri Kharka (Khangsar).

After Braga we will take the lower trail at the big Mani Gate and wall and cross the small stream bypassing Manang Village. After the big school building we cross the bridge to get to the other side of the Marshyangdi River. A short walk from here will bring us to The Gangapurna Glacial Lake.



We cross another bridge a little further from the lake and get back on the main trail to Khangsar. We climb a little from here then follow the Marshyangdi keeping it on the right hand side until the bridge over the Jarsang Khola. We then gradually ascent to Ngaje (Khangsar) Village, the furthestmost village up the Marshyangdi valley where we will have a pit stop before carrying on. After the village the trail climbs steadily up to Thare Monastery and after visiting there we have a final steep climb to cross a stream then to lodge at Siri. 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 lots of grazing yaks.

Walking time – 4 hrs, Final altitude – 3800m
Accommodation: Mountain Lodge



Day 12: Siri Kharka to Tilicho Base Camp.

Today is another short day keeping within the guidelines of altitude gain to help the body acclimatize. We climb from the lodge then traverse the grassy slopes for about an hour. At the intersection of the trails we ignore the old upper trail and take the lower towards the scree slopes. It is very interesting from here as we traverse the scree slopes we pass fantastic sandstone pillars and rock formations. There are some small steep descents as we negotiate the rocky sections. There are quite a few of these slopes even after we turn the corner, all the way to Base Camp Lodge. However, care should be taken as the path is quite narrow and a little exposed. This is supposedly where Maurice Hertzog fell into the Marshyangdi trying to get to Khangsar. Walking time – 3 ½ hrs, Final altitude – 4200m
Accommodation: Mountain Lodge

Day 13: Daytrip - Tilicho Lake – Siri Kharka

The trail starts climbing from behind the lodge after breakfast. Initially the ascent is a gentle traverse up grassy slopes and you may see herds of blue sheep grazing, then as we get higher it becomes steeper and so we climb on a zigzagging trail followed by a short traverse. The gradient gets a lot gentler as the trail undulates over small mounts passing a few small lakes. When we arrive at the cairn with prayer flags, the view is breathtaking, the turquoise blue lake spreads out in front of you with Tilicho Peak rising to the left of it. Looking back you will be seeing the fluted peak of Khangsar (Rock Noir), Glacier Dome and The Great Barrier, then Gangapurna and the Annapurnas trail away in the far distance. We retrace our steps back to Base Camp lodge and after lunch continue on back to Siri Kharka.

Walking time: 7 ½ - 8 hrs, Final altitude: 4200m
(walking up to over 5000m)

Accommodation: Mountain lodge

Day 14: Siri Kharka to Yak Kharka

This is a little used route, so the path is smaller and there is a good chance of spotting Blue Sheep on the slopes.



We descend as we head northward up the Jarsang Valley to cross the river then climb up to Yak Kharka.

Walking time: 6 ½ hrs, Final altitude: 4000m

Accommodation: Mountain lodge

Day 15: Yak Kharka to Thorong Phedi

Today is a gentle climb enjoying the mountain views as we ascend to Throng Phedi. After about one hour into the walk we arrive to cross a bridge at Ledar, and a great view of the Chulu mountains. The trail climbs steadily through Ledar and then drops down to cross the Jarsang Khola. After a steep climb and traverse of a scree slope we arrive at Thorong Phedi. There will be an acclimatizing walk in the afternoon up the trail to the high camp; adhering to one of the golden rules of altitude – “climb high and sleep low”.

Walking time – 4 ½ - 5 hrs, Final altitude – 4400m

Accommodation: Mountain Lodge

Day 16: Thorong Phedi to Muktinath

Today is the big day, climbing over a thousand metres over Throng La Pass. We start very early allowing us to arrive at the pass in time to avoid the windy conditions. Walking by moonlight the trail is steep to start with but eases slightly after High Camp as we get nearer to the pass. We pause to look behind us and watch the sunrise before trekking on over several false summits prior to arriving on the pass at the highest point of the trek at 5416m. The view that awaits us is a fantastic 360 degree panorama. As we turn back to appreciate the effort of the morning, looming straight ahead is Chulu West, following to the right are several of the Annapurnas that have been with us these last few days. The pass is nestled in between Yakgawa Kang (6481m) to the north and Khatung Gang (6484m) to the south. The Kali Gandaki Valley spreads out in front of us and rising from the valley floor some 2500m below are a whole new range of mountains. It is a gentle descent to start with but gets steeper as we get nearer the base of the pass. There are fantastic views of Dhaulagiri (8167m), Tukuhe (6920m) and Nilgiri North (7069m) as we approach Muktinath.

Walking time – 8 – 10 hrs, Final altitude – 3800m

Accommodation: Mountain Lodge

Day 17: Mukinath to Kagbeni.

Today can be a spare day in case there is delay in crossing the pass due to snow. It works out very nicely as a rest day after the effort in crossing the Pass. This allows us the time in the morning to visit the temple at Muktinath, a Hindu site which pilgrims walk from India to visit; and spend the afternoon in one of the most beautiful medieval villages of the lower Mustang valley. Moving on from Muktinath we drop down through Jarkot, a very picturesque village in a grove of poplar trees. Here the trail forks and we go down in the direction of Kagbeni. It is a very different landscape on this side of the pass, very barren and bare windswept mountain sides reminiscent of Tibet. Today we experience two of the many attractions of the Annapurna Circuit – the ever changing scenery and culture. The afternoon can be spent exploring the medieval village (which many say to be their favourite of the whole circuit) and visiting the monastery.

Walking time – 2 ½ hrs, Final altitude – 2800m. Accommodation: Mountain Lodge



Day 18: Kagbeni to Jomsom

Today is another short and easy walk on this final day of our trek. We follow the wide floodplains of the Kali Gandaki with fantastic views of the Nilgiri Mountains and Dhaulagiri to Jomsom. We can visit the museum here in the afternoon and take further walks. Tonight will be our last with the staff crew, so we can celebrate and say farewell.

Walking time – 3 ½ hrs, Final altitude – 2700m

Accommodation: Mountain Lodge

Day 19: Fly to Pokhara.

It will be an early and short flight out to Pokhara with great views of the mountains with Annapurnas on the left and Dhaulagiri on the left hand side – so you are guaranteed a great close up! There is a good part of the day free to explore the lakeside and shop around or even go for a boat ride in this, the second city of Nepal.

Accommodation: City Hotel Bed & Breakfast

Day 20: Morning flight to Ktm.

In the morning we take an internal flight to Kathmandu. Weather permitting; this should be a spectacular journey with a bird's eye view of the Himalaya from Dhaulagiri in the west, across the Annapurnas, Manaslu, Ganesh Himal and finally Langtang. The rest of the day is free to either relax at the hotel, do extra sightseeing or shop for souvenirs and Nepal handicrafts.

Accommodation: City Hotel Bed & Breakfast

Day 21: Departure;

Today the trip concludes in Kathmandu. You will be given complimentary airport transfers for your departure flight. Your sense of achievement after trekking around the Annapurna Circuit, and the culture you will have witnessed along the way will be a fabulous experience. 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.

Recommended Extensions

We suggest the following extensions which can be added to the end of this itinerary:

- i) 2 days chitwan Safari
- ii) 2 day Spa Resort

Independent & Bespoke Group Trips

This trip can be tailor made for either an independent trek or for your own group.

You can select any departure date and adjust the itinerary if necessary to suit your needs.

please contact us at:

info@theresponsibletravellers.com



To book e-mail: info@theresponsibletravellers.com

Additional Information

What's included in your holiday?

- ✓ Carbon Balancing of international flights
- ✓ Mountain Flight Jomsom - Pokhara
- ✓ Internal flight return Pokhara - Ktm
- ✓ 4 nights hotel B&B accommodation
- ✓ 16 nights teahouse trek
- ✓ 1 day guided sightseeing, transport and entrance fees in and around Ktm as specified in the itinerary
- ✓ All transportation included in the itinerary
- ✓ Porterage and guides fees
- ✓ National Park Entrance fees & permits
- ✓ 100% profits donated to charity

What's not included:

- ❖ International flights & airport taxes
- ❖ All Meals not included in the itinerary
- ❖ Incidental extra personal expenses
- ❖ Nepal Tourist Entry Visa
- ❖ Single persons supplement
- ❖ Additional sightseeing not specified in the itinerary
- ❖ Travel Insurance
- ❖ Staff tips

Travelling alone.....and don't want to pay a single supplement? No problem, you will be paired up with someone of the same gender to share a room / tent. If you would prefer the privacy of a single occupancy the Single Supplement for this trip is £100. Please note that single rooms in the mountain lodges will be dependant on availability and **can not** be guaranteed. We will do our utmost to meet your needs.

Thought of Funding raising for charity?

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.

First class staff & service levels

We are a highly credible tour operating organisation specialising in the Himalayan countries. All our staff are specially selected based on their experience, expertise and qualifications. We pride ourselves on a highly personalised airport to airport service with quality of care. The trip Leader will be an experienced professional leader working full time in the Himalayas & Central Asia with many years of experience. He/she will have full mountain wilderness & first aid qualifications and will have received training from either Himalayan Mountaineering Institute, Nepal Mountaineering Association or one of the European Alpine Clubs. As a responsible employer we pride ourselves on hiring local staff and paying wages higher than most organisations. If you want to read more about our employment policy please go to: www.theresponsibletravellers.com/our-ethics/employment-policy.html

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.

Administration & Practicalities

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 Leh. 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 online at:

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\$40 dollars in cash (N.B US dollars - is the only accepted payment).

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.

Flight Information: This trip is land only and operates Ktm to Ktm. Please contact us if you want advice about international flight options and how to purchase.

Health: It is important you are prepared & fit and healthy for your trek. We strongly recommend you visit your local GP and ask advice regarding any vaccinations required.

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.

What to expect

Weather

October to April is the dry season. During this time you should have warm days with temperatures between 15 - 25 degrees Celsius depending on altitude with relatively clear skies and little precipitation. During the winter months temperatures may reduce to -15 degrees Celsius during night-time at higher altitudes.

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 and minimize the pressures on the environment. This also avoids the feeling of "herding" from being part of a large group. There is a minimum of 6 to operate the trek.

Wildlife

The annapurna has high pastures with Yaks grazing. You should see Blue sheep in the highlands a favourite prey of the elusive snow leopard. You are likely to get sightings of the Himalayan birds of prey such as Griffon vultures and lammergeiers. If you travel in the autumn to landscape is a myriad of colours.

Baggage:

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. The weight limit for your trek bag is 12.5kg. The limitation for luggage on the internal flight is 15kg for the hold and 10kg for hand luggage. Please see your airline for details of your international flight luggage allowances.

More about us & Our Ethics.....

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 few pages you can read how our ethics are put into practice.



Our Guarantee:

100% of profits are donated to Charitable Projects

- ✓ We pay the cost to Carbon Balance your international flight to the Himalayas
- ✓ Through a committed Environmental Policy we work to ensure minimal impact of our activities
- ✓ We have a simple and fair Pricing Policy with no extra fees charges – price us up against other companies!
- ✓ Have a fair and ethical Employment Policy which is committed to employing local staff and paying fair wages

Are you ready for a change in the way you approach your holiday?

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. This is why when you go on holiday with "The Responsible Travellers", we commit as part of our Responsible Tourism policy to ensure your trip contributes towards renewable energy technologies in the Himalayas. Given the great "green debate", we have chosen to implement this policy in a way that ensures we know we are making a difference. For every traveller to the Himalayas we donate twice the amount it costs to purchase commercial carbon credits** to either Nepal's Renewable Energy support programme BSP. Or Ladakh's Ecological Development Society depending on your destination. 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/ethics.html



The choice is easy when you are...

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. We work with our partners to find suitable projects and locations to invest and then all the funds go directly to the local project. Our partner charities and areas of investment include:



Education

We believe all development starts with educating the people. We support community education programmes, child support programmes, and interest free loans for adult education through our beneficiary charity CHANCE Registered UK charity. 1107201..



Community Development

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

Our third area of work involves working with BSP – the national biogas organisation in Nepal. 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 work with BSP Nepal in order to help the communities develop Biogas – a renewable energy resource which provides clean fuel, stops deforestation, and offers far reaching health and sanitation benefits.



*To see more details of our charitable giving please go online to:
<http://www.theresponsibletravellers.com/ethics/projects.html>*

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!

....Doing the right thing