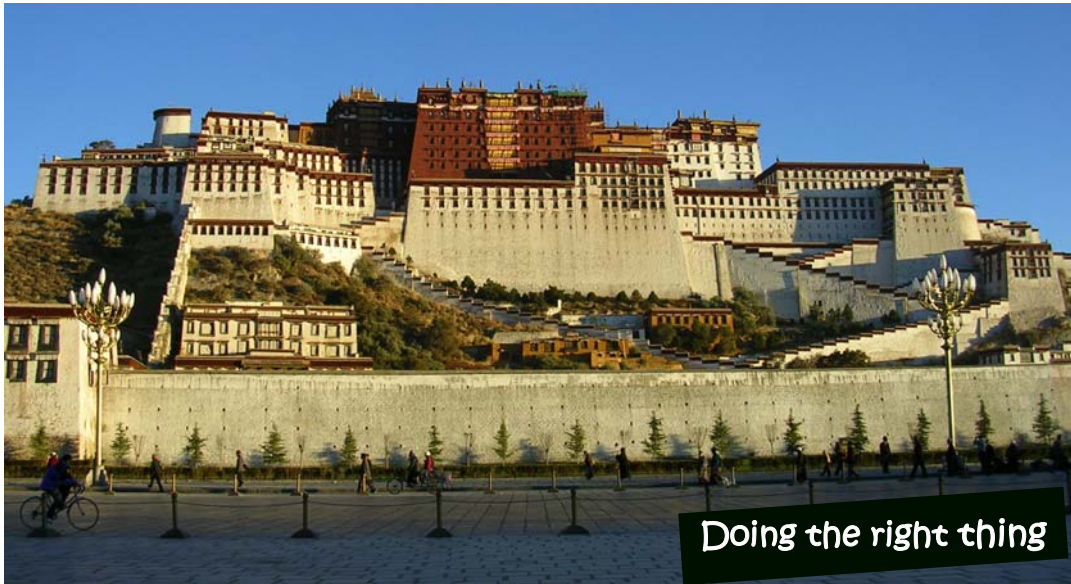


The Responsible Travellers



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.

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Tibet Explorer Trip Notes

Highlights:

Kathmandu

Boudha Stupa

Pashupatinath

Tibetan Culture

Potala Palace

Jokung & Barkar Square

Tashilunpo Monastery

Kumbum Stupa

Pelkor Choede Monastery

Sera Monastery

Environment

Yarlung Valley

Scorpion Lake

Everest Base Camp

Himalayan Vistas

Tibetan Villages

Mountains, Monasteries, and ancient culture.....Tibet is a land of extremes - you stand in a sand valley looking up at snow capped peaks; the landscape is harsh and inhospitable, yet the people are the kindest and friendliest you can hope to meet anywhere in the world; the politics are complicated, yet the life is simple and basic. This trip is designed to explore the essence of Tibet with a journey that takes you through the development of the ancient culture, and visits the most mystical and famous sights of this once forbidden land. We combine the Tibetan Monasteries and Dalai Lama residences with an exciting journey through the Himalaya and an opportunity to get up close to Mt. Everest when visiting the base camp. In Lhasa we visit Potala Palace, the original residence of the Dalai Lamas, the Jokhang built in the 7th century AD, revered as one of the most holy pilgrimage sites for all Tibetan Buddhists, and finally we visit Sera Monastery to observe the debating of resident monks. We then venture off the beaten track to the north through beautiful villages to Turspo Monastery, the seat of the Karmapa, and then on to NamSto, a splendid lake surrounded by snow capped mountains when we camp in the wilds with the Yak Herders. Our overland journey from Lhasa to Kathmandu takes us through the rural areas of Tibet to see the nature and culture of this beautiful land, diverting to also pay homage to the largest mountain in the world – Chomolonga, or Everest as we know it! This is truly is a journey of discovery!

This trip is particularly special as it is traveling in Tibet during the Saga Dawa. This is one of the most important celebrations for Tibetan Buddhists. It translates as “Saga” – Sakya, the Buddha and “Dawa means month, therefore it is celebrated as the month of the Buddha. He was born, enlightened and attained pari nirvana on the full moon day of this month. We should experience the Tibetan’s culture and festivities in it’s fullness during your visit.

Detailed Itinerary

Day 1: Arrival Kathmandu

Arrival in Kathmandu (5hrs 45mins ahead of GMT winter time)

Transfer to the hotel from the airport. The evening will be spent settling in and relaxing in the hotel.

Accommodation: Hotel Bed & Breakfast

Day 2: Kathmandu

This morning after breakfast you will receive a full trip briefing from your leader.

Today then incorporates guided sight seeing tour to two of Kathmandu’s major sights. Our first destination is Nepal’s most important Hindu temple – Pashupatinath. The temple is situated on the banks of the Bagmati River on 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.

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The Lord Pashupati is an incarnation of Shiva of the the Hindu Pantheon , and this temple is one of the most important Shiva locations across the Indian sub-continent, attracting many devoted followers throughout the year. As well as coming here to worship – it is also an important site for cremation.

Our second visit will take us to Boudha – a Buddhist site – one of the largest Stupa's in the world. As you wander round the shops surrounding the huge Stupa, you will find yourself mingling with many Monks in their maroon and saffron robes, and traditionally dressed Tibetan refugees who live here – the religious centre for Himalayan Buddhists. You can join the locals to circumambulate the Stupa, bargain for artefacts in the shops, or sit on a rooftop restaurant to watch the world go by. In the evening the group can meet in Thamel for dinner at one of the comfortable and characterful restaurants to celebrate the start of the trip.
Accommodation: Hotel Bed & Breakfast

Day 3: Fly to Gongar Arport to Tsethang (visit Yumbu Lhakang):

There is an early departure from the Hotel to Kathmandu Airport for the flight to Lhasa. It is about an hour long flight to Gongar airport over the Himalayas. This is an extraordinary flight that takes you right across the Himalaya flying close by to Everest. The views, weather permitting are stunning and this is an experience in itself. As we embark the airport, we will head east along the Yarlung Tsangpo River to Tsethang where we will be staying the night. This afternoon we will visit Yumbhu Lhakang built in the 2nd Century BC by the first Tibetan King., a fort palace built on a spur majestically looks over the valley. Remember to change your watch, here it is Beijing time, 2hrs ahead of Nepal.

Maximum altitude: 3400m

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 4: Tsethang to Lhasa

This morning we will head towards Lhasa visiting Samye Monastery en-route. The Monastery is situated on the northern shores of the river, so, if the water level is high enough we can take a ferry about 20 minutes into the drive to cross the river. After the ferry crossing which takes about an hour, we will take a local bus ride to the monastery.

Built in 8th Century BC by the King Trisung Detchen and Guru Rimpoche (founder of Tibetan Buddhism), the first Tibetan monks were ordained here. The monastery is built in three levels, the ground floor being the main Assembly Hall, which also houses the main altar, the first and the second floors are centres of translation of Buddhist scripts brought from India and China to be studied. Two levels of monk's quarters form the outer layer of the main monastery. The four stupas in different colours stand at the four cardinal directions around the monastery along with a complex of chapels. The entire complex is surrounded by a circular wall, thus completing a Mandala.

There will be time to explore the monastery grounds after the tour before we continue on our way to Lhasa. We will take a monastery bus back to the river, take the ferry across where our transport will be waiting. We will follow the river back to the airport and cross the bridge over Lhasa River, to follow it all the way to Lhasa. Our hotel is situated in the old city, very close to the Barkhor Square, thus most convenient spot for experiencing Tibetan Culture.

Maximum altitude: 3650m

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 5 – 6: Lhasa

We are here for three nights and two full days and there should be time to walk around the Square in the mornings and evenings mingling with the locals and pilgrims, doing the kora (circumambulating), or bargain for artefacts. During these two days we will be visiting the Potala Palace, The Jokhang Temple in the Barkhor Square and Sera Monastery to see the monks debate. The afternoon of the second day is free for individual exploration.

Our first visit is to the Potala Palace, probably one of the most famous sights on any travellers atlas.

Depicting the essence of this once forbidden land, the Potala is a huge building complex that is quite awe inspiring. Of course, known well as the residence of the Dalai Lamas it is now a symbol of the Tibetan Buddhist Leader in exile. It is built on "Red Hill" on the site previously housing King Songtsen Gampo's palace in the 7th century. The fifth Dalai Lama then choose the location as the seat of his government. Work

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on the white palace commenced in 1645 and took three years to be completed. The Red Palace was not finished until after the death of the fifth Dalai Lama in 1694. From this date on the Palace was residence to the head of the Tibetan Buddhist faith until the exile in 1959.

The Jokhang is a hustle of activity with pilgrims and is revered as the most religious structure in Tibet. The temple and the surrounding Barkhor square are the heart of the old Tibetan part of the town. The building was originally built in the 7th century, of which there are some remains. The temple has a complex of chapels and rooms, and a tour will also take you to the rooftop, for a close up view of the golden roofs and ornate carvings. From here you can also have a splendid sight of the Potala Palace.

Finally Sera Monastery is famous for teaching the skill of debating to the monks. A courtyard in the monastic grounds will have you memorised for hours watching the monks perfecting their skills. Once, this monastery had 5000 monks attending the five colleges of instruction, and is still one of Lhasa's two great Gelugpa monasteries.

Maximum altitude: 3650m

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 7: Damshung

This morning we leave Lhasa and drive west. Arriving at a big junction we take the north bound road following the new railway line. We cross a bridge and leave the Highway after a while, and take the dirt road into the Tsurphu Valley. The drive follows the river through this wild Tibetan countryside passing some old and untouched villages. It can be a feast to the eyes for flower enthusiasts in the summer time as many varieties of exotic Himalayan species can be seen scattered all over the valley among herds of grazing yaks as we arrive at the Monastery.

Tsurphu Monastery is the seat of the Kagyur (Black Hat) sect of Tibetan Buddhism. The young Karmapa who fled to exile in India in 1998 is the head of this old and popular sect. He now lives along side the Dalai Lama in India. After visiting the Monastery and the Karmapa residences, we will drive back the same way visiting the Meylen Monastery en route. Here we may be able to get an audience with the 12th incarnation of Bawa Rimpoche, a young boy of about 13 yrs, and a very important figure of the Kagyur sect.

Back on the Highway we continue north and after Yangpachen the main road heads north east. In the shadows of the Nianchen Thangla Peaks the valley opens to a very wide expanse of pasture land. We drive a little out of the newly developed town at Damshung and camp at the base of the Large La (pass). These two days will be an adventure camping out in the countryside and literally a taste of Tibet with local provisions.

Maximum altitude: 4430m

Accommodation: Fully Catered Tented Camp

Day 8: Nam Tso

A steady climb up the large La Pass (5150m) first thing this morning. The view is great from here of the lake and the mountains to the east. We descend down to the wide expanse of grassland surrounded by snow capped mountains and drive amidst nomad camps and grazing yaks to Nam Tso. We camp a little away from the tented camps at the base of the Holy Hill.

Nam Tso is very scenic with the backdrop of the Nianchen Thangla peaks and some amazing rock formation. We will follow the pilgrim path and circumambulate the Holy Hill along the shore of the lake. In the afternoon you may climb the steps up hill to the prayer flags for fantastic views. There are also a couple of small caves with pre historic paintings on the walls at the base of the adjacent hill not too far from camp.

Maximum altitude: 4718m

Accommodation: Fully Catered Tented Camp

Day 9: Lhasa

After breakfast and maybe some "kodak moments" we will drive over the Large La, the same way through Damshung and stop at Yangpachen the geo thermal plant. There is also a pool for bathing for those who wish to indulge. In 2005 they were charging Yuan 40 for the experience.

We will drive back to Lhasa staying on the main Highway, and enjoy one of the restaurants for dinner after our camping experience.

Maximum altitude: 3650m

Accommodation: Tibetan Guesthouse Bed & Breakfast

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Day 10: Lhasa to Gyantse

It is a very scenic drive today. Leaving Lhasa, we follow the Lhasa (Kyichu) River back the way we came past 11th Century carving of Buddha on a rock face, all the way to the very confluence of the river with The Yarlung Tsangpo at Chushul Bridge. After crossing the bridge we follow the river for a short while before heading south past a village and climb up to Kamba la (pass) at 3795m. Looking down south from the pass the view of the turquoise blue lake, Yamdruk Yam Tso and the snow capped mountains is breathtakingly beautiful. The road descends down to the lake and for the next couple of hours we follow the shores with a picnic lunch at a scenic spot. We leave the tarmac after the town of Nangartse and climb up to Karo La (pass) at 5100m on the dirt road which passes under a most amazing Hanging Glacier. It is definitely worth a short break here. We continue on the dirt road now as we descend and follow the river through some amazing Tibetan Villages up to a small pass at 4500m, Simi La overlooking the reservoir. Descend from here and enter the wide valley for about forty five minutes to Gyantse. This town is dominated by the Dzong (fort) with the old village and the monastery on the north side. We can do a small walk around the old part of the village later in the day.

Final altitude: 4000m

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 11: Gyanste to Shigatse

Even though the drive is short today, we start early as we have much to see. We begin the day by visiting the Pelgor Choede Monastery and the Khumbum Stupa first in the morning. The Monastery has remained remarkably intact through the Cultural Revolution and the clay statues are amazingly beautiful. The Khumbum Stupa is the largest and the only one of its kind remaining. Small chapels are built all over the stupa containing a hundred thousand images of different Buddhas, aptly named, as Khumbum translates hundred thousand Buddhas. We will then visit the Dzong (fort) which is situated on a mount overlooking the surrounding valley and mountain vistas and providing good view of the monastery and the village before going for lunch. In the afternoon we will drive through the countryside of farmland and villages to Shigatse. This is a relatively short drive, we then visit the Tashilumpo Monastery the seat of the Panchen Lamas. The afternoon will be spent visiting the many immaculately maintained chapels here including the Maitriya, the largest bronze image of Buddha.

Maximum altitude: 3900m

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 12: Shigatse to Shegar

Leaving Shigatse we drive west, after passing the 5000 km mark on the Friendship Highway from mainland China at a small village in a river valley, we ascend the Tso La pass at 4500m before descending to Lhatse, a dusty little town. We arrive at an intersection after a short drive out from here with the Friendship Highway heading south as the road begins to gradually climb up to Gyatso La (pass) at 5220m. You will have reached the highest point of the trip. The pass is marked by prayer flags. It is a long descend from here to Shegar and maybe your first view of Everest if weather condition are good. Shegar is a frontier village at the gateway into the Chomolungmo National Park.

Final altitude: 4400m

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 13: Shegar to Rongbuk Monastery

Shortly after Shegar past the police post the dirt road to Base Camp splits out to the left. As we pass the village the entry point to the National park, the road start ascending on hairpin bends to Gyau La (pass) at 5100m. The view from here is spectacular, the panorama consists of Makalu, Everest and Cho Oyu, three of the six biggest mountains in the world. As we descend on this winding road, we maybe able spot to some Tibetan antelope if on the lookout, then a beautiful village off the road before following the valley to Tashidzong. The drive continues now up the very wide valley through numerous villages until start ascending up a narrow and rocky landscape following the river to Rongbuk. Fantastic view of Everest from here, sunset on the mountain is a much anticipated affair at the close of the day. The Monastery is open to all visitors, and is resident to both monks and nuns.

Final Altitude: 5000m

Accommodation: Monastery Guest House

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Day 14: Everest Base Camp to Old Tingri

There are two options available depending on how you feel this morning, the choice of walking to Base Camp and taking horse cart back or taking the horse cart up and then walk back. Vehicles are not allowed beyond this point. It takes two hrs approximately to walk to and a little less back. It is fairly level walk the first hour, then climb up on the moraine to Base Camp. The area of Base Camp is now a row of tented camps with lodging facilities. There is also a post office although not open a lot of the time. Behind the tents is a moraine with prayer flags aloft. This is worth climbing to visit Mallory's memorial marked by a plaque on a rock. We come back to Rongbuk and continue with the trip back in our land cruisers taking one of the scenic routes to Old Tingri depending on the conditions. Tingri is a picturesque situation, with the village at the base of a small hill and looking south the view is breathtakingly beautiful of the mountains, Cho Oyu dominating the landscape along with Everest and Gyachung Kang.

Final altitude: 4400m (BC – 5100m)

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 15: Old Tingri to Kodari

It is a very scenic drive today. As we leave Tingri we pass through several villages past a small lake with continuous view of Everest looking back. Then as we pass ruins of villages said to be the battleground of the Nepal Tibet Battle in the 19th century, the road follows the river past numerous villages before climbing up to our final passes as we cross the Himalaya. We descend a little after the first pass then climb up to the second, Nyalam Thong La from where the view is tremendous. The Himalayan peaks spread out in front of you. Shisapangma the only mountain over 8000m situated entirely in Tibet stands tallest ahead. We descend from here for the rest of the day and experience a dramatic change in landscape, as the valleys gets ever narrower and deeper and the vegetation gradually growing to lush forests of bamboo, conifer and rhododendron. This part of the drive is indeed a spectacular one, and often a highlight for many.

Final altitude: 3800m

Accommodation: Tibetan Guesthouse Bed & Breakfast

Day 16: Kodari to Kathmandu

After completing the border and immigration formalities in Zangmu, we drive for 7 km down a winding road to the actual border at the Friendship Bridge over the Bhote Kosi. We go through formalities at the Nepali immigration before meeting our transport to drive us back to Kathmandu. One passport size passport and US\$ 30 (the only accepted currency) is required for your visa if you haven't got one. It is a beautiful drive as we follow the Bhote Khosi river through rural Nepal, with mountain sides dotted with villages amongst terraces of paddy, wheat, maize, millet etc. After the confluence of the Sun Khosi and Indrawati, the Friendship Highway follows a smaller river for a while then climb steadily up to Dhulikhel and on to Kathmandu.

Accommodation: Hotel Bed & Breakfast

Day 17: Free Day in Kathmandu

Today is kept free for you to pursue an activity of your choice. There are a variety of pursuits including: an optional extra leisure flight to Everest Base Camp, further sightseeing in Kathmandu such as visiting Patan Durbar Square and museum, Swayumbhu (or the monkey temple), the ancient capital city of Bhaktapur or simply relaxing in the hotel, an old palace and enjoy the gardens and swimming pool. Of course the shops in Thamel – offering a variety of goods and handicrafts, will be open until late in the evening for those wanting to dabble in a little trading!

Accommodation: Hotel Bed & Breakfast

Day 18: Depart Kathmandu

This will be undeniably a journey like no other into the Himalaya and Tibet. The culture and nature you will have experienced along the way, we hope will have been a fabulous experience. However, the best memory will surely be that as a result of your holiday the Himalayan 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

Please Note Costs include:

- Carbon Balancing for international flight to Kathmandu
- 4 nights Kathmandu Bed & Breakfast accommodation in city hotel
- 10 nights Tibetan Guesthouse Bed & Breakfast accommodation
- 1 night monastery dormitory
- 2 nights fully catered tented camp
- Guided sightseeing, transport and entrance fees in Kathmandu & Tibet as specified on the itinerary
- Flight Kathmandu to Lhasa
- Airport Transfers and all transport included in the itinerary
- Trip Leader & Guides fees
- National Park Entrance fees
- Charity Donation

Not included:

- International flights & airport taxes to and from Kathmandu (approx. £15)
- All meals except breakfast
- Incidental extra personal expenses
- Staff tips
- Nepal Tourist Entry Visa (\$30)
- Chinese Visa (\$45)
- 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 a supplement of £200 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 advise 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).

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The Chinese visa is issued only in the Embassy at Kathmandu, which will be applied for on your behalf approximately 2 months before your departure. The visa fee of \$US45 is payable to your Trip Leader on arrival.

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

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.

The currency in Tibet is Chinese Yuan, which you can either purchase in the UK, or locally on arrival in Tibet. Either sterling, US Dollars or Euro can be exchanged at the Bank of China in Lhasa, and there are also ATM machines now that issue advances from Visa, Mastercard or Cirrus. The exchange rate is approximately 8 Yuan to \$US1. We suggest an allowance of £10 per day for meals and then an appropriate budget for additional incidental and personal expenses.

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/ethics.html

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 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 to help 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

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