

# 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 in Nepal.
- ✓ We will pay the cost to Carbon Balance your flights in order to neutralise the impact on the environment
- ✓ Through a committed Environmental Policy we work to ensure minimal impact of our activities
- ✓ Have a simple and fair Pricing Policy with no extra fees or land 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

## **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](http://www.theresponsibletravellers.com) and click on Our Ethics.

# Langtang & Gosainkund Lakes Trip Notes

## Highlights:

### Mountains

Langtang  
Ganesh Himal  
Gosainkund  
Laurabina Pass

### Culture

Pashupatinath Temple  
Boudha Stupa  
Mountain Villages

**Mountain Vista across the Himalaya, mountain Lakes and rich culture are the highlights of this trek.** ...The Langtang National Park is rich in nature and well known for its populations of Langur Monkey, red panda, musk deer, as well as 250 species of bird and flora to match. This trip takes you from Kathmandu along the Trishuli River and up to the start of the trail. We then trek through Tamang and Sherpa villages along the Langtang Khola in a fabulous valley which is constantly changing as we gain altitude with a variety of habitats. Keep your eyes open for the birds and mammals! The valley widens at Kyanjin Gumpa and here we have the opportunity to climb a viewing peak – Tsergo Ri. We then descend down the Langtang Khola before climbing again to Shing Gumpa, where there is a cheese factory originally set up by a Swiss. Close by here is a Red Panda reserve so we should be alert, watching out for the wildlife. From here we trek to Laurabina and Gosainkund sacred lakes, where we are treated to views from the Langtang across the Ganesh Himal, and Annapurna Ranges. A small viewing point above the sacred lakes provides a sensational Himalayan vista. After crossing the Laurabina Pass we descend through pretty Helambu villages and through Shivapuri National Park back to Kathmandu.

This is definitely an unsung hero of the Nepal National Parks!

## **Day 1: Arrival in Kathmandu**

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

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 to 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 (holymen) roaming the surrounds of the temple. Pashupati, lord of the animals is a manifestation of Shiva and is believed to still roam the forests in the form of deer. The temple dating back to many hundreds of years makes it one of 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 sites 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 in Nepal 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 Shybhru Besi**

Leaving the hotel we drive west to Balaju, a small district on the Kathmandu Ring Road and follow the Trishuli Highway along the base of Nagarjung until we leave the valley. A further 15 minutes drive later we start climbing to the pass at Kakani, a small view point on the outskirts of the Kathmandu valley. On a clear day the view is good from here and we see our first snow capped mountains - the Ganesh Mountain Range and Langtang. The descent is quite amazing down to the Trishuli Valley as we snake our way down past Ranipauwa and other small villages losing about a thousand metres in altitude. We cross the Battar Khola and climb slightly to arrive on the plateau of Battar and past the army barrack just before dropping down to the Trishuli River. The drive now slows a little as we are on the dirt road following the Trishuli River. At Betrawati we cross the bridge and start climbing zigzagging through Tamang and Brahmin villages among terraced fields. Looking down the view is quite pleasing of the Trishuli River snaking away in the distance. We climb a little past Kalikasthan until the road traverses the mountainside high above the valley. Before arriving at the district headquarter in Dhunje, trekkers are required to register at the Langtang National Park Headquarter. The road drops down from here and we cross a bridge before descending further on hairpin bends, to arrive at Shyabru Besi our trailhead. Here we shall meet up with our trekking crew and stay for the night.

Approx. Altitude: 1460m

Driving time: 7hrs

Accommodation: Mountain Lodge

### **Day 4: Shybhru Besi to Lama Hotel**

We leave Shyphru besu to the sound of the mighty Bhote Khosi River and Tamang ladies gossiping in the street. The trail drops down to the river, where we cross a bridge which takes us over the confluence of the Bhote Khosi and Langtang Khola. We turn right and pass through the old village of Shyphru Besi where you glimpse up the narrow valley to the snow capped ridge of Naya Kang above. After leaving the village we again cross a bridge to the left side of the Langtang Khola which we now follow.

This is a narrow gorge like valley with Bamboo jungle along the river trail.

At a teahouse stop called Dhoman we cross a bridge over a small tributary flowing into the Langtang Khola. Leaving Doman we continue climbing slowly and steadily through forest until steeply dropping a short way before we climb again to some more tea shops. The river tumbles down amongst huge boulders and then we have a short but very calm stretch of water where there is a hot spring. The trail continues through the forest with the river on the left hand side climbing all the time until we climb out of the forest. There are a few lodges amongst boulders which is a good place for lunch. (Bamboo Lodge).

The afternoon is spent steadily climbing for 3 hours to Lama Hotel. The trail climbs over a landslide area where new trees have been planted. About an hour into the afternoon, we cross a bridge and climb steeply up to Langtang view teashop, and on to Rimche. We then drop for about 20 minutes to arrive at Lama Hotel which is a cluster of lodges by the side of the river.

Final Altitude: 2840m

Walking Time: 7 hrs

Accommodation: Mountain Lodge

### **Day 5: Lama Hotel to Langtang**

We carry on climbing through the forest keeping the river on our right hand side. It is refreshing to walk so close to the water gushing down from the mountains. After about 2 hours of walking through mossy forest, we pass a small teashop in the woods before leaving the forest behind. The valley widens up at this point and amidst the Rhododendron trees are a couple of teashops at Ghoretabella. This is a good place for a tea stop.

It is also a good bird sighting area: Barbets, Tits, warblers, sunbirds, laughing thrushes etc (late April – may). The walk becomes gentler now, until after 45 minutes we climb steeply to Thangshyap Village where we break for lunch. From here you can see the first field system, as the valley widens to allow for cultivation. We ascend a short hill before traversing to Chyanki. The vegetation has now changed to seabuck thorn, Himalayan bush Azelia, Schezuan pepper trees, berberis and dog roses.

After some time we climb again to the Ghompa Village where you can make a short detour up the hill to the foot of the cliff where there is a small monastery and stupa, before entering Langtang village.

Walking time:

Final altitude: 3420m

Walking time: 6 hrs

Accommodation: Mountain Lodge

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### **Day 6: Langtang to Kyanjin Gompa**

We leave Langtang walking amongst small scrubs such as dwarf willow and Rhododendron bush. This scrubland is also quite rocky and there are obvious signs from the change in vegetation that we are getting higher in altitude. Along the trail this morning Langshisa Ri dominates the skyline directly in front of us, with Langtang Lirung to the left and Naya Kang across the valley.

In the afternoon is an optional walk up the valley towards Morimoto Base Camp and Langshisa Kharka. Depending on the group's preferences the walk can be longer or shorter.

Final altitude: 3900m

Walking time: 3 ½ hrs

Accommodation: Mountain Lodge

### **Day 7: Kyanjin Gompa to Langtang**

Leave Kyanjin Ghompa past the meadow and follow the contours until you cross the river. The trail up to Tsergo Ri is seen from here climbing steeply up the hill after the river. Cross the river and then climb steeply until you stride the ridge with some exposure as the ridge drops to the river on the left hand side. Passing a couple of rundown sheds we continue climbing steeply until the trail contours around a steep side to a meadow with more yak shelters. We follow the rocky path gently climbing to begin with then over boulders as we ascend more steeply until we arrive on the meadow summit marked by a row of flagpoles that the villagers renew every Tibetan New Year. However, the view from here is staggering, Langtang up close and personal, Morimoto Peak, Langshisa Ri, Naya Kang, totally surrounded by these beautiful peaks.

Retrace our way back to Kyangjim Gomba for lunch, then trek down to Langtang in the afternoon.

Other options today will be trekking up to the Langtang Glacier which also provides magnificent views of Langtang and the surrounding mountains, but with relatively lesser effort.

Final altitude: 3420m

Walking time: variable (up to 9 hrs)

Accommodation: Mountain Lodge

### **Day 8: Langtang to Bamboo Lodge**

From Langtang drop a little to cross the suspension bridge and steadily descend past the Gomba village, Chyamki, and Thangshyap to Ghoretabella. We have a gentle descent entering the forest to begin with. Vegetation is back to thick woodland which is vibrant with warblers and tits. Depending on different times of the year the other birds to be seen here are sibilas, thrushes, sun birds, bulul, and scarlet minivets.

About half an hour later we arrive at a small clearing with a tea shop. The descent becomes steeper from here to a small lodge by the river and then to Lama Hotel. From here we climb up a little and then descend for an hour to Bamboo.

Final altitude: 1975m

Walking time: 6 hrs

Accommodation: Mountain Lodge

### **Day 9: Bamboo Lodge to Thulo Shyabru**

Continue descending from here through the forest on a less steep gradient for about an hour and a half to Pahirol. The trail starts ascending from here, about 20 minutes later to arrive at a fork. It is a steep climb taking the higher trail from here for about an hour and a half to arrive at a small house. The trail then contours around with a gentle ascent until it drops down to cross the bridge. This spot has a high rocky cliff side that is home to many swallows and martins. After the bridge descend slightly along the river and then climb up through barley fields up Thulo Shyabru. This is a beautiful village perched on a ridge above the terraced fields. The windows on the houses are very intricately and beautifully carved. It is worth a walk around the village and its very old monastery in the afternoon and enjoy the mountain vista.

Final altitude: 2200m

Walking time: 6hrs

Accommodation: Mountain Lodge

### **Day 10: Thulo Shyphru to Shing Gomba**

Today is another steady climb up to Shing Gomba. Climbing past the Gomba and the police post we continue through a small wooded section up to a choutara (resting place) and a row of prayer flags. There is a scatter of village houses amongst terraced fields on the left hand side as we carry on climbing a further 45 minutes to Dursagang for a refreshing tea break. Leaving the small tea house we enter a thick oak forest and pass a moss ridden stupa in the woods. We emerge from the woods at the clearings of Phoprang or Danda Tea Shop about 2 hours later, just the place to stop for lunch. The trail from here is gentle through very thick forest to Shing Gomba. There is a (Yak) cheese factory here, and an old Gomba (monastery), you can visit if the caretaker is available.

Walking time: 4 ½ hrs

Approx. altitude: 3200m

Accommodation: Mountain Lodge

### **Day 11: Shing Gomba to Gosainkund**

Leaving Shing Gomba you pass a slope with stumps of burnt trees caused by forest fire many years ago. The trees have not managed to regenerate very well but the slope make good pasture for the grazing animals. This morning is a comfortable walk climbing gently as we delve in and out of the forest to Cholangpati on a saddle. This section of woodland has been classified as Red Panda Reserve so, as a result of bigger population, occasional sightings on the trail is not unknown. The vista looking north from here is fantastic of the Langtang.

There is a sudden change in the vegetation as we climb from here, from sparse rhododendron bush to rhododendron scrub. The climb is steady as we gain 400m more to Laurebina for lunch. Laurebina is a great view point looking across to the Ganesh Himal and on a clear and non hazy day one can even see as far as the Annapurnas. We start the afternoon zigzagging up the ridge to a temple. The climb gets less steep from here as we carry on with the climb and continue to gain altitude until after a flight of steps we come on a ledge where on either side in small niches are housed a couple of images of gods.

Bhairabkund, first of the two lakes, and the lodges of Gosainkund are in view from here. We descend the steps and gradually climb up to Gosainkund. There is a small Shiva Temple and Hindus come here on pilgrimage to bathe in the holy waters of the lake that is said to wash away the sins and cleanse the soul. There is a trail around the lake for an afternoon walk. Look out for white capped redstarts, robin and alpine accentors, dippers and grandalas.

Final altitude: 4300m

Walking time: 6 hrs

Accommodation: Mountain Lodge

### **Day 12: Gosainkund to Ghopte**

After a quick drink we can climb up to the view point behind the lodges for the stunning view that it is well known for. The mountain views from here include – Langtang and the Lendi peaks in Tibet, The Ganesh Himal, and on very clear days even Manaslu and the Annapurnas. It is a great vantage point looking over the lakes and the peaks surrounding.

After breakfast, we set out along the trail following the shores of the lake and start climbing up uneven stone steps past the prayer flags at the spring, the source of the lake. The ascent is gradual this morning as we pass two more lakes, until we arrive on the Laurebina Pass (4610m) at the third lake Suryakund. We are surrounded by tremendous views throughout this morning. The descent is gentle at first, then gets steeper as we pass a lone tea shop to Phedi. Drop steeply further to cross a stream and from this point the trail undulates with some steep ascents and descents for the rest of the day's walk. There is fantastic view looking over the valley as you walk through a very lush vegetation of mainly juniper, rhododendron and bamboo. After about two and a half hours later we climb steeply onto a ledge, and then descend to Ghopte.

Final altitude: 3400m

Walking time: 6 hrs

Accommodation: Mountain Lodge

### **Day 13: Ghopte to Magengoth**

The trail drops a little to begin with and then undulates all morning until emerging out of the forest we climb up to Tharepati. There is a great view from here mainly of the Jugal Himal Range east of Langtang including, Dhorje Lhakpa, Phurbi Chyachu, Gauri Shanker, and even Shisapangma, Cho Oyu and as far as Numbur. Past the lodges we descend down the steps and follow the ridge taking in the view, and steadily descend through the forest occasionally emerging at small clearings with derelict houses. This area is resident to the Satyr Tragopan, a rare specie of pheasant that are occasionally seen on the trail. It is a very nice and comfortable walk to Magengoth today. There is a view point we can walk to late in the day. Final altitude: 3200m

Walking time: 4 ½ hrs

Accommodation: Mountain Lodge

### **Day 14: Magengoth to Thodong Danda**

After the small pass at the deurali (small pass) we descend gently to begin with arriving at a small lodge, the descent then becomes steeper as the trail courses through the forest on deeply rutted water eroded path. Emerging out of the forest after about two hours later we arrive at a grassy knoll with a stupa, and then reenter the forest and drop down to Kutumsang. We continue walking through the village and gently climb past the healthcare centre for about an hour up to a tea house then descend past another tea house and further down on a rocky path to the Tamang Village in Gol Bhanjyang. We continue through the village past the stupa and on a much wider path to Thodong Danda to our lodge.

Final altitude: 2250m

Walking time: 5 hrs

Accommodation: Mountain Lodge

### **Day 15: Thodong Danda to Chisapani**

We climb a little this morning to Chipling Danda from where we should be able to see Chisapani, our destination, and then descend steeply down a rocky and rough path to Chipling Village. This is a very authentic Tamang village, with thatch roofed houses as we pass through before descending further down to Tinkune Bhanjyang. It is a fairly level walk from here to Pati Bhanjyang, then a steady climb up to Chisapani.

Final altitude: 2370m

Walking time: 5 hrs

Accommodation: Mountain Lodge

### **Day 16: Chisapani to Kathmandu**

Leaving Chisapani we enter the Shivapuri National Park. We follow the wide trail forking out to the right for a short while before taking a smaller path off the main as we start climbing through the National park. Shivapuri National Park is resident to a very big population of wild boar, deer, leopard and many species of bird. It is a gentle climb for about two hours and then descends down to Sundarijal as we pass the reservoir. Our transport should be waiting to drive us to our hotel in Kathmandu.

Walking time: 4hrs

Accommodation: City hotel / bed & breakfast

### **Day 17: Depart KTM**

This will be undeniably a journey like no other into the Himalayan Kingdom of Nepal.

There will be a sense of achievement trekking in the Himalayas and joy of the culture you will have experienced along the way, will no doubt touch you deeply. However, the best memory will surely be, knowing that as a result of your holiday the Nepali community will benefit from development projects supported by The Responsible Travellers.

**Should you wish to extend your stay in Nepal please review the optional extra excursions online at [www.theresponsibletravellers.com](http://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
- 3 nights city hotel bed & breakfast accommodation
- 13 nights Mountain lodge
- 1 day guided sightseeing, transport and entrance fees in Kathmandu as specified on the itinerary
- All transportation included in the itinerary whilst in Nepal
- Porterage and guide fees
- National Park Entrance fees
- Charity donation

Not included:

- International flights & airport taxes to Kathmandu (international airport tax leaving Kathmandu - approx £15)
- All meals other than those specified on the itinerary
- 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 a supplement of £45 will be levied. Please note a single room can not be guaranteed in the mountains and will be dependant on availability. We will however, do our utmost to respond to your requirements.

**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](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.

**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 operators. 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 fulfillment 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 traveling to the Himalaya; 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](mailto: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](http://www.theresponsibletravellers.com) or write to us at [info@theresponsibletravellers.com](mailto: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](http://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**

**...Doing the right thing**

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