

ROLWALING TREK WITH OPTIONAL ASCENT OF PARCHAMO 6273m

A unique opportunity for you to take part in a trek through the Rolwaling area of Nepal one of the most spectacular regions in the Himalaya. The views obtained during the trek are amongst the finest in the world, spectacular, rugged and unforgettable. We travel as a self contained group in order to minimise our impact on the local environment. Our cooks use only kerosene for cooking and all rubbish is disposed on the waste disposal sites set up by the local government.



We additionally offer the optional guided ascent of Parchamo Peak. Set in spectacular surroundings, this peak is one of the more accessible 6000 metre peaks currently available to groups such as ours. Set close to the Tibetan border the view from the summit of Parchamo has to be seen to be believed. The mountain is graded as moderate to climb i.e. requires the use of ropes, crampons and ice axe, but is within the capabilities of most fit hillwalkers. The group will be accompanied by one of our experienced English speaking Nepalese Mountaineering Association Guides.

This expedition takes participants through one of the most continuously interesting areas of the Himalaya. It is an ideal trip for a first taste of Himalayan Trekking and Climbing. It is also a good choice for people on a tight schedule as the duration is 22 days.

Adventure Extreme has a great deal of experience in catering for the ambition of trekkers and mountaineers so feel free to call us to discuss your special needs on this adventure.

TRIP OVERVIEW

Dates	25 February 2005 01 October 2005
Cost	£1225.00 Kathmandu to Kathmandu
The Trek	We trek largely with the grain of the country crossing ridges, each viewpoint higher than the previous one with an ever opening panorama. Seldom is the daily walk more than 8 or 9 miles, utilising traditional stopping points. The trek culminates in a crossing of the Tashi Labtsa pass which will bring the group to the Khumbu valley for its flight to Kathmandu.
The Climb	Our base camp will be situated below a pass beneath our peaks at an altitude of about 5000m. We will establish our high camp from here whilst acclimatising. We will leave base camp midmorning to climb to our pre-prepared high camp at about 5400 metres. Departing high camp for the summit at about 2.00 a.m. the next morning. The going is initially fairly steep easing off once the summit ridge is reached.
Return	The group will then return to the STOL (Short Take Off and Landing) Airfield at Lukla and fly to Kathmandu and then back to the UK. We save many days of walking by flying out from Lukla at 3000 meters. Lukla is a small STOL (Short Take Off & Landing) airfield close to our mountains. The flight from Lukla to Kathmandu is "interesting" to say the least and probably one of the most spectacular flights in the world.

COST INCLUDES

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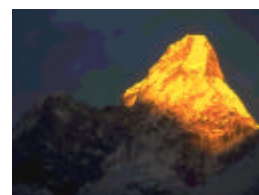
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Transfers	Between Tribhuvan Airport (Kathmandu) and Hotel. Return.
Hotel	Four nights duration in Kathmandu. Tibet Guest House Hotel.
Sightseeing Tour	We will provide a guided sightseeing tour of Kathmandu, Patan & Baktapur in the Kathmandu Valley.
Internal Flight	Internal flight from Lukla to Kathmandu is provided.
Trail Accommodation	A mixture of camping and Sherpa lodge accommodation for duration of trek.
Porters	For duration of expedition (see notes on weight & equipment).
Peak Fee	Climbing permits for mountain as required.
Tents	Tents and cooking equipment.
Food	All food for the trek and the ascent of the mountain will be provided.
Instruction	Any instruction required will be provided, although participants should already be familiar with basic mountaineering techniques and skills.
Equipment	We will provide all communal equipment including high altitude tents, ropes, ice stakes etc. (see notes).
NOT INCLUDED	
International Flights	The availability of low cost flights on the Internet and from high volume discounters makes it very difficult for trekking specialists to come up with competitive fares. Most of our clients prefer to make their own arrangements in order to achieve the most cost effective travel solution. If you require assistance however, we would be delighted to put you in touch with our contacts at PIA and Wildwings either of whom can provide fares to Kathmandu starting from around £400.00.
Insurance	Suitable holiday travel insurance is obligatory (see notes insurance).
Trekking Permit	\$5 Per week. Also 1000 rupees (about £10) and Park Entry Fee where applicable.
Meals in Kathmandu	We do not provide food in Kathmandu as there are large numbers of excellent restaurants which you will doubtless wish to try. All other food is provided.
Personal Equipment	(See notes).
Visa	British Passport holders can obtain a visa on arrival at Tribhuvan Airport (\$30 for 30 days), otherwise they can be obtained through the Nepalese Embassy in London or in country of residence.
Entrance Fees	Visits to temples, palaces etc.



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Accommodation Any additional hotel accommodation over the four nights covered whilst with Adventure Extreme.

GENERAL

Transfers Tribhuvan Airport is some distance from your hotel in the Thamel area of Kathmandu so we will provide transportation to and from the airport as required.

Your Hotel Thamel is where it all happens in Kathmandu, and we stay right in the heart of Thamel at the Tibet Guest House Hotel. The hotel has twin-bedded rooms with en suite facilities. Restaurant, Roof Top Garden, Satellite TV and IDD service. This is a very friendly family run business and we have used the hotel for many years and we are sure you too will certainly feel at home here.

Meals We do not provide meals in Kathmandu as there are hundreds of cheap restaurants providing excellent and varied food. Particularly recommended are KC's, Rum Doodle's, Narayans, Utse's Tibetan Restaurant and the Yak & Yeti. Also the Casinos which some large hotels run provide good food; cheap. Food for the trek and climb is provided and is excellent - vegetarians well catered for!

Kathmandu Most people find Kathmandu to be one of the most interesting and varied places in the world. The normal means of transportation is to rent a bicycle for the day at a cost of about 40 pence. You will find that the bicycle rickshaw is cheap too. (Haggle before agreeing a price!).

Gifts and trinkets abound - you will have no difficulty finding unusual presents for family and friends back home. Of particular interest are Tibetan Rugs and precious and semiprecious stones sold loose in many of the jewellery shops. Traditional silver jewellery is to be found everywhere and is not expensive, so be prepared to be tempted.

Porters It is important that each person travels as lightly as possible, but we will provide porters to carry additional baggage. (People should restrict their equipment weight to what they carry during the walk in, plus 20 KGs MAXIMUM). We ensure that our porters are suitably clothed for working on this trip and that they have adequate footwear. You may find our Nepalese staff to be particularly helpful during the trek, often acting as guides to local points of interest, should this be the case a monetary tip at the end of the trek will be welcome. About £20 is fair, but strictly optional.



Fitness Although it is not necessary to be an athlete to take part in our trips, a good general degree of fitness is desirable. Some of our climbing expeditions are fairly strenuous, other treks much less so. If you have doubts about suitability of any of our trips for you, please feel free to contact us for individual advice.

Mountaineering Options Some of our trips have a mountaineering peak included as an objective. This is not obligatory and you may wish to take part in the trek, without the climbing element. If you wish to climb you should have basic

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mountaineering experience, again, we are able to offer specific advice as required.

Weather	During the trekking season conditions can usually be relied upon to be cold, clear and stable. However, we all know that the weather can sometimes be unpredictable. Generally, we can expect to wear light clothing for much of the walk-in. Above 4000 metres, and even lower at night, it gets very cold indeed, so warm clothes are essential.
Equipment	If there is some equipment/clothing you do not have, it is possible to rent in Kathmandu at the many stores specialising in such items. Alternatively you can purchase through us at competitive rates.
Clothing	Lightweight Trousers (Trollsters or similar) Tee-shirts Socks (several pairs) Hat & Gloves Long Johns, Pants & Vests Warm Climbing type Trousers or Salopettes Fleece Jacket or Sweater Windproof Overtrousers and Jacket (Goretex is ideal) Shirts (ski type ideal) Duvet Jacket (as warm as you can get)
Footwear	Good comfortable walking boots for day wear Sandals/trainers for evenings
Equipment	Kit Bag/Rucksack Down Sleeping Bag (5-Season) Good Alpine Sunglasses (Glacial type) Sun Block Cream & Lip Salve Toiletries Head Torch & Batteries Water Bottle Camera & Films - almost essential! Telescopic Ski Pole Sleeping Mat/Thermorest
Other Equipment	Ice Axe and Crampons - for those climbing Plastic or Leather Mountaineering Boots (rigid to take crampons) - for those climbing

DOCUMENTATION

Passport	Valid for a minimum of six months after end of trip - visa requirement
Visa	Contact Nepalese Embassy in London or your country of residence or on arrival in Kathmandu for British Citizens
Passport Photos	6 Passport photos (for permits)
Travel Insurance	It is obligatory that participants hold valid travel insurance with cover for trekking/climbing. It should cover missed departure, medical repatriation, cancellation etc. Several companies offer suitable insurance, but we recommend the cover provided by Harrison Beaumont Ltd who are very experienced in the adventure sport field and you can download the application form and policy document directly from our website.

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Medical

You should bring any medicines you require on a regular basis, together with Lomotil, Aspirin, Plasters etc. Important: Parts of Nepal are Malaria Endemic Areas so you must obtain an effective anti malarial program and use it under your own doctors advice. We will have a comprehensive medical kit including Gammow Bag and oxygen, as there is a limited amount of medical facilities outside Kathmandu. If you have specific medical problems please feel free to discuss it with us in confidence.

Money

You will find it easy to change Travellers Cheques in Kathmandu, and in villages where there are Banks. We would recommend American Express as there is an office in Kathmandu. Cash will be needed for gift purchases etc. US\$ and Pounds Sterling cash notes can usually be changed along the trail but not always. You'll need a little money if you want to buy beer at around £2.00 per bottle! Plus some extra for presents, emergencies and any other unforeseen problems. Credit Cards are NOT widely accepted outside Kathmandu.

Confirmation

On receipt of your booking we will send you a written confirmation.

Cancellation

See Booking Conditions.

Booking

Simply fill in the enclosed Application Form and send it with 10% deposit, or the full cost of the trip if you book within 10 weeks of departure, payable to Adventure Extreme, please mark envelope exactly as follows:

**FAO: Mrs G McAllister
Adventure Extreme
PRIORITY BOOKING
Victoria Cottage
Tomintoul
Banffshire AB37 9ET - UK**

reservations: +44 (0)7092-283020

email: trips@adventure-x.com

web: www.adventure-x.com

Booking Conditions

Your contract is with Adventure Extreme. Adventure Extreme is a wholly owned subsidiary of Adventure Travel International Ltd (ATI Ltd) who are registered in Belize No. 22391. Registered Office 60 Market Square, Belize City, Belize. Below are the details of the terms and conditions of the agreement. Please read them carefully. When you make a booking and we accept it a legally binding contract is made.

1) A non refundable deposit of 10% for each person must be sent with the booking form. The balance of the expedition price is due for payment 10 weeks before the departure date. If you book less than 12 weeks before the departure date, full payment must be received before the booking can be accepted. If the balance is not paid in time we reserve the right to cancel your expedition and apply the cancellation charges outlined below.

2) Our expedition has been costed on a minimum group size of 6.

3) If you wish to make any changes to your booking once confirmation has been issued, notification must be received at least 10 weeks before the departure date and be accompanied by a payment of £30 to cover administration costs. This extra cost will still apply if we are unable to make the changes you have requested. Changes made within 10 weeks of departure will be treated as a cancellation of the original booking and the cancellation charges outlined below will apply re the details of the terms and conditions of the agreement. Please read them carefully. When you make a booking and we accept it a legally binding contract is made.

4) If you wish to cancel your expedition, this must be done in writing by the person whose name the expedition is invoiced to. If we receive notice of the cancellation up to 69 days before the departure date you will merely forfeit your deposit. After that date you will be additionally liable for the following cancellation charges: (a) Less than 90 days but more than 60 days before the departure date: 50% of

the expedition price. (b) 60 days or less before the departure date: 100% of the expedition price. Please note that if the reason for cancellation falls within the terms of your insurance policy, then any such charges will normally be refunded to you by the insurance company. The insurance premium is forfeited on cancellation.

5) We reserve the right, in any circumstance to cancel your expedition. However, in no case will we cancel your expedition less than 10 weeks before the scheduled departure date. If we do cancel your expedition any moneys paid will be refunded. We do not accept liability for damages incurred in respect of any cancellation on any account whatsoever.

6) All baggage and personal effects are at all times at the clients risk. We will not be responsible for any loss, damage or accident to any luggage and property even when carried by porters.

7) It is in the nature of an expedition of this kind to be flexible. The day to day agenda and ultimate goal of the expedition is taken as an aim and not as a contractual obligation. We shall not be responsible for delays or alterations in the programme or expenses incurred due to international or internal flight cancellations, strikes, sickness, weather, war, quarantine, force majeure, political closures and disputes.

8) On an expedition of this nature, it is necessary for you to abide by the authority of the leader, who represents Adventure Extreme (ATI Ltd). Signing our booking form signifies your agreement to this. If in the opinion of the leader your behaviour is detrimental to the safety and welfare of the group as a whole or if, in consultation with the appointed expedition doctor where there is one, the leader considers your general well being will be put at risk by continuing with the expedition, you may be asked to leave the trip without the right to any refund.

9) Your booking is accepted on the understanding that you realise the

potential risks and hazards that can be involved in expeditions of this kind. Adventure Extreme (ATI Ltd), along with our guides/leaders and anyone else working in association with us cannot be held responsible for any accident or mishap that may occur in connection with any part of, or services connected with, the expedition.

10) Medical vaccinations and other preliminary arrangements including all visa/permit procurements are entirely your responsibility and we accept no responsibility in the event that these are not completed in time for departure.

11) To take part in one of our expeditions you need to be covered by insurance, which must include trekking, climbing, missed departure and the cost of repatriation if you become too ill to continue.

12) No refund or compensation will be made or given for any unused feature of the expedition.

13) Neither Adventure Extreme (ATI Ltd) nor the owners of the services provided will entertain any complaint unless written notice is given to Adventure Extreme (ATI Ltd) within 28 days of the end of the expedition.

14) The booking conditions may only be waived by a manager of the company and in writing.

15) When you sign this booking form you agree to accept all these conditions and when we accept your booking we agree to carry out our obligations to you as defined in this information pack. This agreement is made subject to, and must be interpreted and enforced according to Belize Law.

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Please make sure you complete all the sections - print clearly - and sign
ROLWALING EXPEDITION BOOKING FORM

Full Name: _____

Address: _____

Postcode: _____ e-mail address: _____

Home phone: _____ Work phone: _____

Nationality: _____ Date of Birth: _____

Passport No: _____ Place & Date of Issue: _____

Expiry Date: _____ Insurance Policy & Emergency Tel No: _____

Contact Name & Tel No in case of emergency: _____

Expedition Selected: _____

Flight Arrival Number _____

Date & Time: _____ Departure Date: _____

Please write a brief résumé of outdoor experience: _____

Deposit/Full Payment enclosed _____

Cheques made payable to Adventure Extreme.

I accept the conditions as specified in the Booking Conditions

SIGNED: _____ DATE: _____

MARK ENVELOPE:

Mrs G McAllister, Adventure Extreme, PRIORITY BOOKING, Victoria Cottage, Tomintoul, Banffshire AB37 9ET, UK

Deposit Received:	£	Date:	
Balance Due:	£	Date Due:	
Confirmation Sent:		Balance Received:	£
Equipment Ordered:		Equipment Paid:	£
Equipment Sent to Client:		Received by Client:	