



TREKKING IN THE HIMALAYAS 2010



We offer a different experience of trekking, for while every year we offer one or two “ready prepared” treks we are also prepared to organise a trek in any open part of the Indian or Nepali Himalaya especially for you and your group. Prices obviously differ dependent on location, duration and date, however if you have long had a desire to explore some of the more obscure parts of the Himalaya this could be the way to do it.

We have had over twenty years experience in leading treks and expeditions (everything from a wander round the Kathmandu Valley to expeditions on to 8000m peaks) and you are assured of a wonderful experience.

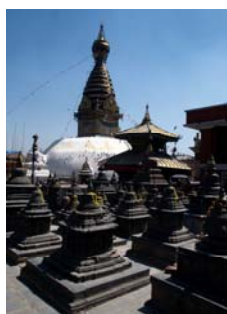
In 2010 we offer two classic treks. To explore the upper Khumbu valley and the lakes of Gokyo or to wander up the extraordinary and cultural diverse Langtang Valley which lies just north of Kathmandu.

The itineraries given below are as you will see just basic outlines. Please get in touch for a full trek description and to see photographs of previous trips. Our guides know the areas extremely well and will be happy to help.

Langtang

This is an ideal trip for anyone visiting Nepal for the first time in that it gives a little bit of everything. The trek is easy with wonderful views and there is plenty of time to explore the startling cities that make up Kathmandu

01 Kathmandu	1340m Arrival and transfer to hotel. Evening group dinner.
02 Kathmandu	1340m AM sightseeing. PM preparation for trek and trek briefing.
03 Syabrubensi	1462m 7-8 hours by private jeep.
04 Lama Hotel	2540m 5-6 hours, mostly up
05 Langtang	3307m 5-6 hours, up and down
06 Kyanjin Gomba	3409m 4-5 hours, mostly up
07 Kyanjin Gomba	3409m side trip to Glacier
08 Ghoratabela	3048m 5-6 hours, mostly down
09 Sybru Gown	2581m 5-6 hours, up and down
10 Shyabrubensi	1462m 4-5 hours, mostly down
11 Kathmandu	1340m 7-8 hours drive, transfer to hotel
12 Kathmandu	1340m rest day
13 Kathmandu	Swayambhu Temple and monastries
14 Kathmandu	Bodhanath Stupa and surrounding area
15 Kathmandu	Pushputinath Temple complex
16 Kathmandu	a visit to the 2cnd city of Kathmandu Patan
17 Kathmandu	a visit to Bhaktapur, Kathmandu's third city
18 Kathmandu	a chance to see the rarely visited town of Kantipur
19 Kathmandu	free for shopping or a visit to one of the Room 13 studios
20 Kathmandu	free for shopping or a visit to one of the Room 13 studios
21 Kathmandu	transfer to airport



Gokyo

This trek is not arduous but is more of a challenge than the Langtang trek. It does however offer classic views of Ama Dablam, Lhotse, Nuptse and Everest.

- Day 1. Arrive and transport to Hotel
Day 2. Kathmandu to Lukla
By twin engine Otters, exciting to say the least.
Trek from Lukla to Phakding.
Day 3. Trek to Namche Bazaar.
Taster of what's to come with long pull up on cold legs, tiring but well worth the climb.
Views of Everest on the way up.
Day 4. Trek to Thame.
Easy day with most walking pretty much on the level. Good way to acclimatise and still see the views. Not many trips go across to Thame.
Day 5. Trek back towards Namche but rising at the last stage to overnight in Kumjung.
Excellent bakery and one of the first Hillary schools.
Day 6. Kumjung to Dole
Lovely trek through old forests and chance to see the Musk Deer for those that are quiet!
Day 7. Dole to Machermo
Another easy day with lots to see.
Day 8. Acclimatisation day with an easy walk to explore the remote west side of the valley.
Day 9. Up to Gokyo Views of the lakes and chance to rest the legs
Day 10. Day to explore the lakes and walk to Scoudrels View. Excellent spot to look at Everest with no climbing. Chance to Climb Gokyo Ri in the evening to see the sunset on Everest and watch it go red/orange. Fresh batteries and film essential!
Day 11. This is such a special place that we have scheduled in an extra day so that should the cloud have obscured Everest the previous night (unlikely!) then you will still get to see the extraordinary views.
Day 12. Back to Machermo
Day 13. Depending on fitness and tiredness either back to Namche or stop at Phortse.
Day 14. Rest day in Namche Bazaar..
Day 15. A day to explore the surrounding area, not many visitors bother with this as they are too busy hurrying up or sprinting for the plane at Lukla. However it is a fascinating place with much to see and do.
Day 16. Back to Lukla.
Day 17. Back to Kathmandu
Days 18-20 Explore the Kathmandu Valley, temples etc etc etc
Day 21 Transport to airport



Rob Fairley has been a professional artist ever since leaving Edinburgh College of Art and has exhibited all over the world.. Since 1987 he has been leading expeditions to India and Nepal, which have varied, from mountaineering trips on 8000m peaks to expeditions in Delhi, Mumbai and Kathmandu for primary school children.

Dean Carpenter has travelled extensively through the Khumbu region developing a deep love for the area and its people. His career outside mountaineering and travelling started with the Royal Air Force and is at present manager for one of the countries leading outdoor clothing retailers, he is also an outstanding photographer.