

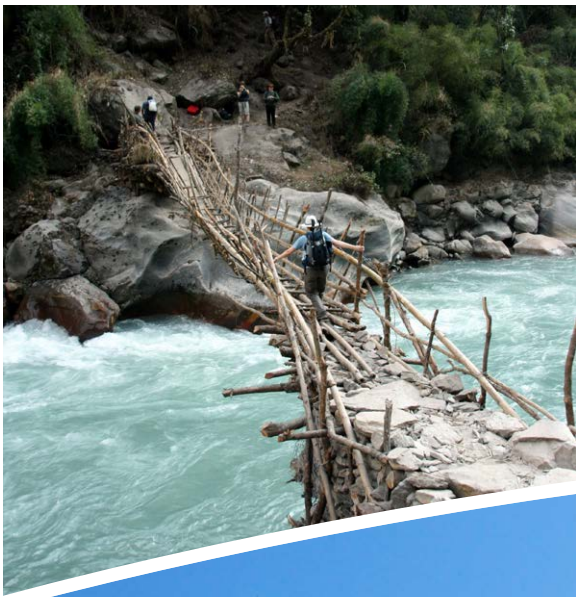


Trekking GUIDE



2016/17

Nepal



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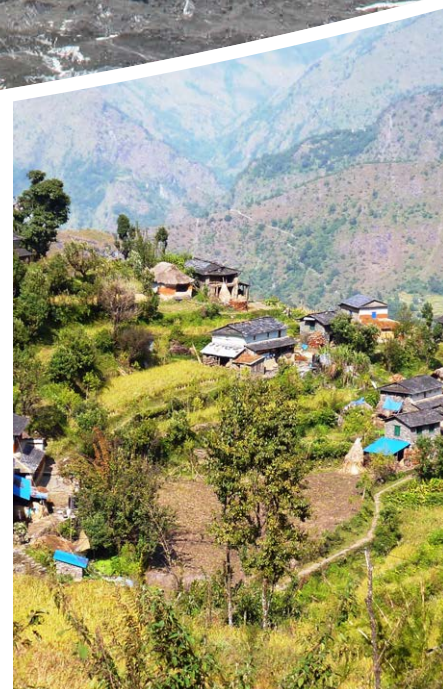




The highest mountain range on Earth is also one of the youngest, born from the violent collision of the Indo-Australian and the Eurasian tectonic plates. The Himalaya, roughly translated as the 'abode of snow', stretches more than 2,400 kilometres and is home to nine out of ten of the world's highest peaks – including Mount Everest.

Many believe that the Himalaya is the fabled Shangri La, and certainly for many trekkers it is as close to paradise as you can get – a jagged white crown of gargantuan peaks decorated with rainbow-bright prayer flags and traced with innumerable miles of stunning trails. For Hindus and Buddhists, many of these peaks are sacred and spiritual places.

Nepal is at the heart of the action, a place of pilgrimage for trekking devotees. It is home to two of the most iconic treks on the planet: Everest Base Camp and Annapurna Sanctuary, plus many more lesser-known paths through the mountain range which has shaped the cultures of southern Asia.



Nepal's Trekking Regions

The two most popular trekking regions of Nepal are the Annapurna and Everest ranges. Each region is undisputedly home to some of the best trekking and most staggering scenery found anywhere on Earth, though plenty of off-the-beaten track routes through lesser-known areas offer equal enjoyment.



Annapurna Region

The Annapurnas are probably the most accessible 8,000m range in the world. The scenery in the foothills is homely, with small, colourful villages ringed with bright green agricultural terraces and forested mountains, but the towering giants are always there: Annapurnas I to IV, Gangapurna, and the instantly recognisable Machapuchare, or Fish Tail Mountain. The massif is, in total, 55 kilometres long.

The Annapurnas offer some of the greatest variety in scenery, from ancient forests of oak and rhododendron to high plateaux, thundering rivers, Alpine scrub and semi-desert akin to Tibet. This precious ecosystem was the first and remains the largest conservation area in the country. It is home to Poon Hill, sometimes called the best sunrise in Nepal, and perhaps the greatest natural amphitheatre in existence, the Annapurna Sanctuary.

Our treks here also visit Pokhara, a lakeside town known for its paragliders and adventure seekers looking for a more relaxed feel than bustling Kathmandu.



Everest Region

The Everest region is deservedly famous for its sublime beauty. It is home to Mount Everest, the highest mountain in the world at 8,848m, and has a prestigious trekking and climbing pedigree as a result. Trek here, amidst the Sherpa heartland, and you'll be following the footsteps of Tensing, Mallory and countless other explorers and climbers of the past.

All our Everest treks start with a short dramatic flight through the mountains to Lukla, inaccessible by road, and the gateway to perhaps the most famous trek of all, Everest Base Camp.

Compared to the Annapurnas, the Everest region is starker – higher altitudes mean lower temperatures, and the rarefied air is pure and crisp. Most routes quickly ascend past the tree line to uninterrupted views of the gigantic, snow-clad Himalayan peaks and huge glaciers all around. Highlights include the rainbow-hued monastery at Thyangboche and the Gokyo Valley, renowned for its chain of stunning turquoise glacial lakes.





Exodus has been operating treks in Nepal for almost 40 years, since our beginnings driving overland trucks across the hippie trail to Kathmandu. Many of our staff members in the UK office, including our Managing Director himself, have trekked in Nepal and we put that knowledge and experience into each of our itineraries. We are also proud to lay claim to Valerie Parkinson as our Base Manager out in Nepal, who has over 30 years' mountaineering experience in the Himalaya and was the first British woman to summit Manaslu (8,163m) without supplementary oxygen.

- ▶ **Great customer feedback** – we have over 200 online reviews for our Nepal treks, with an average satisfaction rating of 4.7 out of 5 stars.
- ▶ **Excellent trekking guides** – we use only experienced leaders, some with over 25 years' experience of leading Exodus groups in Nepal. Their cultural knowledge and understanding of the often changeable mountain conditions is second to none.
- ▶ **Incredible support team** – we have one of the highest guide to client ratios on the mountains (at least 1 member of staff to 4 clients).
- ▶ **Safety Equipment** – on high altitude treks we carry 'Portable Altitude Chambers' (PAC bags) and / or oxygen with the group, which the leaders are trained in using to treat altitude sickness, should this be needed.
- ▶ **Independent domestic airline audits** – flying within Nepal is a known risk as the Civil Aviation Authority in Nepal doesn't operate to the same standards as those of Western nations. As such, Exodus has asked independent air safety experts to visit Nepal to assess the suitability of the available airline carriers. We only use carriers approved during the most recent audit process.
- ▶ **Responsible Trekking** – in addition to supporting various Himalayan Community Projects (ranging from installing solar cookers to smokeless stoves), we encourage environmentally sound practices such as dressing conservatively, using re-fillable water bottles (not plastic bottles), and taking all non-burnable rubbish back to Kathmandu. See page 17 for more about how we travel responsibly.



Everest, Thyangboche & Sherpas (TNO)

7 days trekking

For a gentler introduction to the Himalayas, look no further. Leading up into the heart of the peaks, this trek allows you to surround yourself with the summits of gargantuan peaks – Ama Dablam, Nuptse, Lhotse and of course Everest itself – without any arduous days on foot. Get a sense of Nepali life at Namche Bazaar's market stalls, visit the Edmund Hilary hospital and the beautiful, colourful monasteries where it is sometimes possible to join a prayer service.



Everest Base Camp Trek (TNT)

12 days trekking

One of the world's classic treks takes you to the foot of the greatest mountain on Earth, Mount Everest (8,848m). This linear route passes Namche Bazaar and Thyangboche Monastery on the way up the Khumbu Valley through Sherpa country, following in the footsteps of the famous Everest expeditions. Himalayan panoramas give way to the distinctive pyramidal peak of Ama Dablam, creaking Khumbu Glacier, and in the spring time we may be lucky enough to come across an Everest expedition party preparing for their climb. There is also the chance to climb Kala Pattar (5,545m) opposite, a worthy challenge for a once in a lifetime view!



Everest & Gokyo Lakes Circuit (TNE)

15 days trekking

Slightly longer and tougher than the standard Base Camp route, this circular trek diverges westwards after Namche Bazaar into the quieter neighbouring valley of Gokyo. Lining the valley is a string of turquoise glacial lakes, which against the sheer mountain backdrop makes for some of the most striking scenery found anywhere in the world. Climbing the steep boulder field to cross the Cho La Pass (5,330m) presents the biggest challenge of this trek. From the glaciated top of the pass, we descend and re-join the main trail toward Everest Base Camp. After Base Camp and Kala Pattar we follow the Khumbu Valley all the way back to Lukla.



High Passes to Everest Base Camp (TNG)

18 days trekking

A serious undertaking, the high passes route to Everest Base Camp is not for the faint hearted. But anyone with experience of trekking at altitude and who relishes a challenge should not be deterred. The route takes in some big names: Cho La Pass, Gokyo Ri, and Chukkung Ri are all on the way, as well as the more popular Kala Pattar and Namche Bazaar. Compared to the popularity of the main route to Base Camp, these trails feel deserted; if you want a little solitude to enjoy the pure, chilled air and glaciated passes, this is the trek for you.



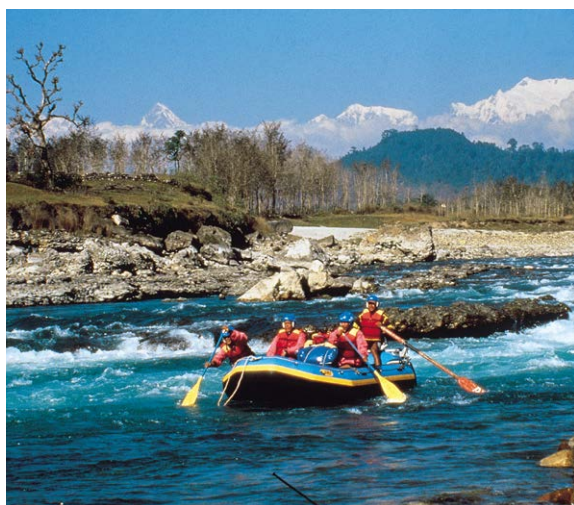
Route Comparisons – Everest Region



	Everest, Thyangboche & Sherpas	Everest Base Camp Trek	Everest & Gokyo Lakes Circuit	High Passes to Everest Base Camp
	The gentler way	The classic linear route	The scenic circuit	The ultimate trekking circuit
Trip Code	TNO	TNT	TNE	TNG
Duration (inc. flight)	12 days	17 days	20 days	24 days
Activity Level	3 (Moderate)	5 (Challenging)	6 (Challenging/Tough)	7 (Tough)
Main trekking season	Spring and Autumn	Spring and Autumn	Spring and Autumn	Spring and Autumn
Days Trekking	7 days	12 days	15 days	18 days
Av. daily hours walking	4-6hrs	6-7hrs	6-9 hrs	7-8hrs
Max. daily hours walking	7-8hrs	10-12hrs	10-12hrs	10-12hrs
Max. trekking altitude	3867m	5545m	5545m	5546m
High Mountain Passes	0	0	1 (Cho La)	3 (Kongma La, Cho La, Renzo La)
Fitness and experience required	Good level of fitness, a regular hill walker.	Must be physically fit.	Must be physically fit. Some previous experience of trekking at altitude.	Must be physically fit. Reasonable amount of previous experience of trekking at altitude.
Accommodation on Trek	Teahouse (lodge)	Teahouse (lodge)	Teahouse (lodge)	Teahouse (lodge)
Meals included	10 breakfasts	15 breakfasts	18 breakfasts	22 breakfasts

Please note that all distances, hours and altitudes given within the above table are approximate and are intended as a rough guideline only.

Our Treks – Annapurna Region



Annapurna in Luxury (TNX)

5 days trekking

PREMIUM



Trekking here doesn't have to be strenuous to be magnificent. In the foothills of the Annapurnas, emerald green agricultural terraces are home to small communities who live surrounded by snow-capped peaks. We trek through this landscape, staying in higher quality teahouses with the hot showers which elude some more remote lodges, before gentle rafting along the magnificent Seti River, fed by crystal clear glacial meltwater and the snowfields of the high peaks. We finish with Chitwan National Park, famed for its wildlife, and stay in a jungle lodge.



Annapurna Sanctuary Trek (TNS)

11 days trekking



The 'Sanctuary of the Gods' is a naturally occurring amphitheatre encircled by an army of Himalayan giants: Annapurna I, Gangapurna and Machapuchare to name just three. The glacial basin is a plateau over 4,000m above sea level and a very spiritual place for many religions. Our route follows the stone steps to picturesque villages, through ancient forests of rhododendron and on to the high alpine wilderness of Annapurna Sanctuary, where we spend a whole day and stay at Annapurna Base Camp. Early risers will be rewarded at Poon Hill, which (though optional) offers inarguably one of the finest sunrises on the planet, as the sun emerges over the entire Annapurna range.



Annapurna Circuit (TNQ) and Mini Annapurna Circuit (TNH)

18 days trekking (Circuit)



The Annapurna Circuit is an ever-changing parade of the finest scenery Nepal has to offer. The list is entrancing: one day winding alongside the Marsyandi River, another rising through almost impossibly tall evergreen forest, then beneath dramatic rock faces and scrub, over the Thorong La Pass at 5,416m and descending through a phenomenal panorama of mountains to the dusty, fossil-covered Kali Gandaki Valley, then on to Poon Hill for one of the finest sunrises in Nepal. Pass through the Marpha brandy region, visit Muktinath, a holy place shared in perfect harmony by Buddhists and Hindus, and relax in the Tatopani hot springs. All this, in just 18 days trekking, is phenomenal.

Short on time?

We also offer a Mini Annapurna Circuit (TNH) which includes 11 days trekking, with a short internal flight from Jomson just after the Thorong La crossing.

Route Comparisons – Annapurna Region



	Annapurna in Luxury	Annapurna Sanctuary Trek	Annapurna Circuit	Mini Annapurna Circuit
	Gentle trekking in comfort	The essential Annapurna trek	The complete trek around the Annapurnas	A section of the Annapurna Circuit
Trip Code	TNX	TNS	TNQ	TNH
Duration (FI)	14 days	16 days	23 days	16 days
Activity Level	2 (Leisurely/Moderate)	4 (Moderate/Challenging)	5 (Challenging)	5 (Challenging)
Main trekking season	Spring and Autumn	Spring and Autumn	Spring and Autumn	Spring and Autumn
Days Trekking	5 days	11 days	18 days	11 days
Av. daily hours walking	4-5hrs	5-6hrs	6-7hrs	6-7hrs
Max. daily hours walking	6h	8h	9-12hrs	9-12hrs
Max. trekking altitude	1951m	4130m	5416m	5416m
High Mountain Passes	0	0	1 (Thorong La)	1 (Thorong La)
Fitness and Experience Required	Average fitness level required.	Must be physically fit.	Must be physically fit.	Must be physically fit.
Accommodation on Trek	Premium standard lodges	Teahouse (lodge)	Teahouse (lodge)	Teahouse (lodge)
Meals included	12 breakfasts 8 lunches 8 dinners	14 breakfasts	21 breakfasts	14 breakfasts

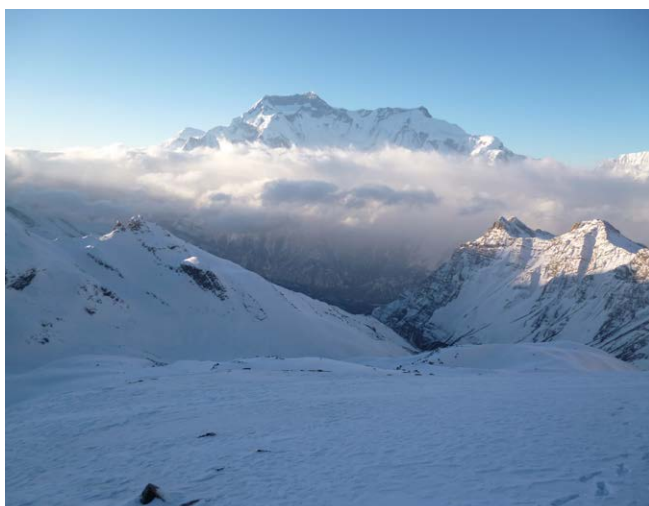
Please note that all distances, hours and altitudes given within the above table are approximate and are intended as a rough guideline only.



Mera Peak Climb (TNB)

Everest Region – 17 days trekking

Nepal's highest trekking peak at 6,461m, Mera is a show-stopper. The journey begins at Lukla, the gateway to all treks in the Everest region, and heads out through the spectacular Hinku Valley, dominated by Mera Peak towering above. Our route is designed to aid acclimatisation and improve your chances of summiting, with several high passes on the way. As we reach the peak itself, we rope-up and don crampons and ice-axes for the final summit attempt, a demanding but non-technical ascent to a frozen pinnacle surrounded by 8,000m peaks. The views from the summit and during the descent are phenomenal, with five of the six highest mountains on Earth in sight; Kanchenjunga, Makalu, Lhotse, Everest and Cho Oyu.



Chulu Far East Ascent (TNY)

Annapurna Region – 16 days trekking

Chulu may be less famous than other peaks, but it certainly isn't lacking in gravitas – over 6,000 metres of dramatic, rocky edifices, culminating in a jaw-dropping ridgeline up to the summit itself, a sheer drop to each side and snow all around. The route begins along the classic Annapurna Circuit route (see page 8) as far as Chame, where we leave the main path and head north for the dramatic ascent. Fixed ropes aid our steep climb to 6,059m where the reward is staggering views of the Annapurnas and across into neighbouring Tibet. This is an extreme environment and good fitness and previous experience of high altitude trekking is essential.

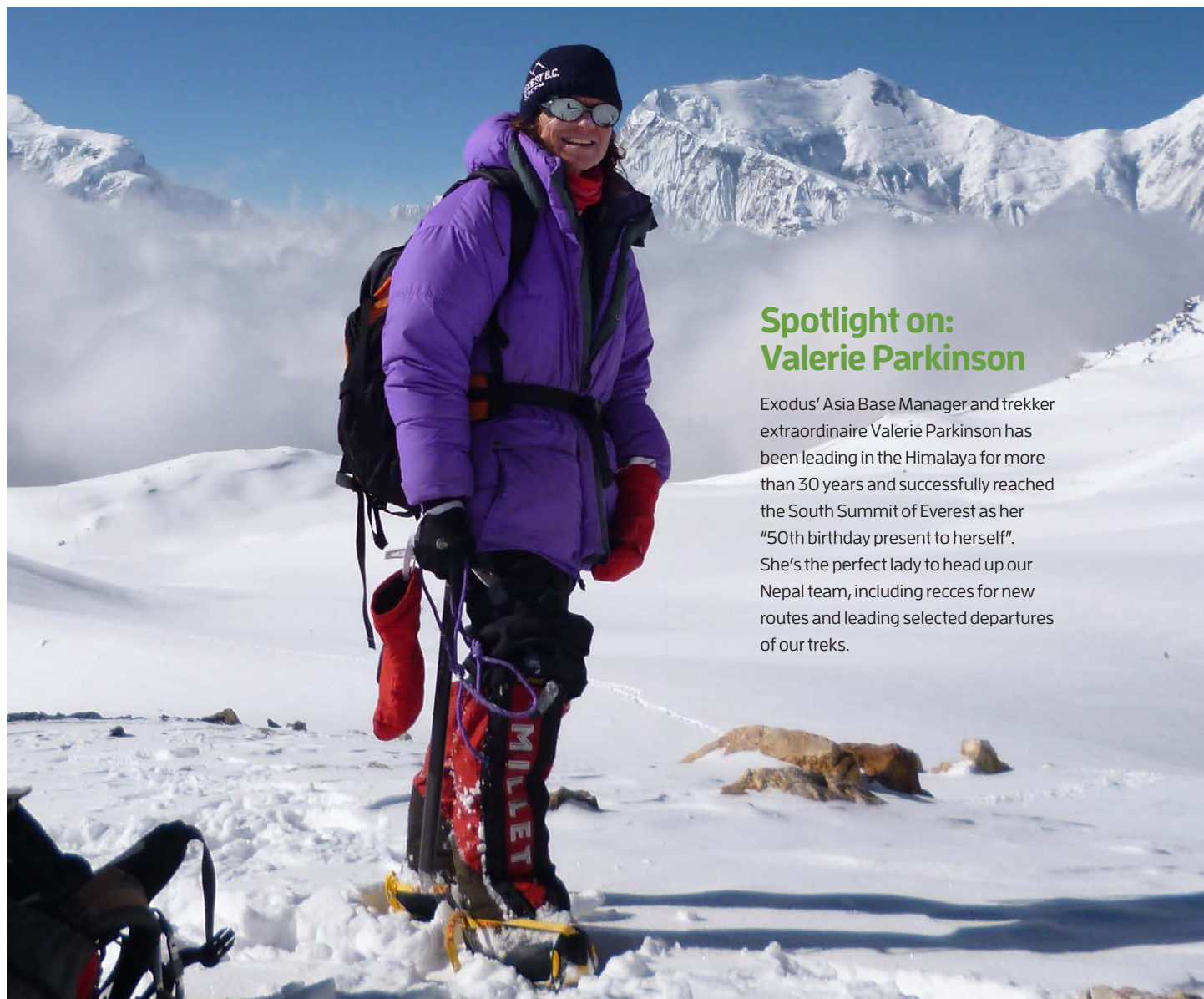


Route Comparisons – Summit Climbs



	Mera Peak Climb	Chulu Far East Ascent
	A 6,000m summit in the Everest region	A 6,000m summit in the Annapurna Region
Trip Code	TNB	TNY
Duration (FI)	23 days	21 days
Activity Level	9 (Tough +)	9 (Tough +)
Main trekking season	Spring and Autumn	Spring and Autumn
Days Trekking	17 days	16 days
Av. daily hours walking	5-6hrs	6-7hrs
Max. daily hours walking	13h	14h
Max. trekking altitude	6461m	6059m
Fitness and experience required	Good fitness essential. Previous experience of trekking at altitude required and experience of using climbing equipment highly recommended; walking roped-up, using a jumar, abseiling, walking in crampons, and using ice axe.	Good fitness essential. Previous experience of trekking at altitude required and experience of using climbing equipment highly recommended; walking roped-up, using a jumar, abseiling, walking in crampons, and using ice axe.
Max. Group Size	8 persons	14 persons
Accommodation on Trek	15 nights teahouses 2 nights full-service camping	11 nights teahouses, 5 nights full-service camping
Meals included	21 breakfasts 2 lunches 2 dinners	7 breakfasts 6 lunches 5 dinners

Please note that all distances, hours and altitudes given within the above table are approximate and are intended as a rough guideline only.



Spotlight on: Valerie Parkinson

Exodus' Asia Base Manager and trekker extraordinaire Valerie Parkinson has been leading in the Himalaya for more than 30 years and successfully reached the South Summit of Everest as her "50th birthday present to herself". She's the perfect lady to head up our Nepal team, including recces for new routes and leading selected departures of our treks.



Pasang Bomjan Trekking Leader of the Year 2012

"Pasang was actually brilliant. He has many years' experience and seemed to know everyone along the trail. Nothing was too much trouble and he achieved the impossible on a regular basis. He added so, so much to our trip. A BIG thumbs up from me!"

Ken Plumb Everest Base Camp Nov 2015

What to expect on trek

Accommodation

Teahouse (lodge) treks

Teahouse trekking began when Nepali families invited trekkers into their homes as a respite from camping. From there it has developed into the classic way to trek here, with basic facilities but warm welcomes. Teahouses are usually wooden, occasionally painted buildings with simple (usually twin) rooms with wooden beds and thin mattresses. Some will have showers, others will provide buckets of warm water to wash in. All have communal dining rooms, usually the only heated room, and most have electricity in this room as well. Some even have WiFi. Standards are generally a little higher in the Annapurna region than the Everest region.

Luxury Lodge Treks

In the Annapurna we offer one trek with a slightly higher standard of accommodation. Whilst the lodges aren't luxurious by Western standards, they offer more comfort with en suite rooms, hot showers and duvets and bed sheets. These are stone buildings with more furnishings and beautiful views.



Camping Treks

Whilst we don't run any treks in Nepal that are exclusively camping, some itineraries include a few nights camping where lodges are unavailable. For these nights, our team of camp staff will erect and dismantle the tents for you each day, cook, and do all of the camp chores for you - you need only carry your day pack. Tents are on a twin share basis and a single supplement is usually unavailable whilst on trek. There will also be a dining tent, toilet tent(s), tables and stools. Our staff will wake you up with a cup of tea and a bowl of warm water for washing.

Food & Drink

In the teahouses, most menus are fairly similar in the food they offer. A set breakfast is included on most of our Nepal lodge-based treks, usually consisting of porridge or muesli, toast or Tibetan bread or chapattis, and often an egg, plus tea, coffee or hot chocolate. For lunches and dinners there will be various soups on offer and for the main course there will be rice, potato, and pasta dishes. There will always be dal bhat, the typical Nepali meal of as much rice, lentils and vegetable (sometimes meat) curry as you can eat. There will often be western style dishes such as pizza and chips on the menu, and for dessert there may be apple pie, custard pudding, rice pudding.

On lodge-based treks you can buy boiled water, which you may also like to treat with water purification tablets/liquid. In the Annapurna region there are safe drinking water stations in many villages. We advise against buying bottled water as the empty plastic bottles cause a major ecological problem. On any camping treks you will be provided with boiled drinking water (from streams, or melted snow) which we advise you treat.





When is the best time to go?

The Nepal trekking season runs from late September to May, but there are some seasonal characteristics. Snow can be expected on any departure, usually at the higher altitudes.

Autumn

September to November is most popular, at the end of the monsoon season, characterised by sunshine, clear skies and milder temperatures. Night time temperatures can drop as low as minus 10°C at higher altitudes.

Winter

December to February offers lower temperatures and significantly quieter trails. The sky is exceptionally clear, cold and bright. Mountain views are at their best, however nights are cold with temperatures dropping to as low as minus 20°C.

Spring

March to May sees temperatures creeping back up to as high as 35 °C in Kathmandu, which can create a slight haze mid-afternoon. This is when flowers and plant life, especially in the Annapurna region, begin to bloom and is often the main lure of trekking at this time.

Daytime temperatures will vary from 15°C to 35°C in the Kathmandu Valley to around 10°C at 3,600m, however mountain environments can be unpredictable and it is always best to pack for all eventualities.

Walking Terrain

The main trekking routes in the Annapurna and Everest regions are well established and clearly marked. Often the trails are the only links connecting the mountain villages so are frequently used by locals and their yaks and mules to carry supplies in and out – always keep into the hillside when allowing yaks and animals to pass. Many routes follow stone pathways and there are also sections of stone steps in the Everest and Annapurna regions. Any of the trekking routes can be snow covered and some of the tougher treks (those involving high passes) cross uneven terrain, glaciers and boulder fields.

How fit do I need to be?

How much preparation and how high your personal level of fitness needs to be will vary depending on the trek you have chosen. Some routes are suitable for anyone with a reasonable level of fitness, whereas others require previous experience of trekking at high altitude. However, no matter how physically demanding your chosen trek is, we recommend that the best preparation is to get out walking, wearing as much of the kit you'll be taking as possible.

A full description of our trekking grading system is available on our website:

www.exodus.co.uk/walking-holidays/walking-grades



Walking & Trekking fitness plan

To help you prepare for your trip, we have worked closely with a fitness expert to create a detailed training plan. With specific exercises and nutritional advice to suit each holiday grade, it is a great way to ensure you are in the best condition for hitting the trails. Visit our website to download your copy today:

www.exodus.co.uk/walking-holidays/walking-and-trekking-guides

Trekking at Altitude

Most of our Nepal treks go to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected. Although rare, a number of medical conditions can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, we recommend that you seek medical advice prior to booking.

Advice varies, but the consensus on how to combat altitude sickness seems to be to drink plenty of non-alcoholic fluid (at least 4 litres per day) and rest for the first few hours when you reach altitude. When hiking, do not hurry - take your time, enjoy the scenery and give your body a chance to catch up. If you are breathing hard, you are probably ascending too quickly. If you are considering taking Diamox or similar medication, you should speak to your GP or a travel clinic before travel.

All our leaders in the Himalayas are trained to identify the symptoms of AMS and if a client requires extra care, arrangements such as rapid descent will be made immediately. We carry emergency oxygen on all of our high altitude treks that sleep over 3000m. Portable Altitude Chambers are stored at the higher lodges that we use in the Everest region and are carried on the Annapurna Circuit and the Mini Annapurna treks. A First Aid kit is carried with the group and all our leaders are First Aid trained.





Chloe Knott

Walking & Trekking Senior Product Manager

Chloe has always been drawn to the mountains, from ski seasons in the Alps to walking in Morocco's Atlas Mountains. She fulfilled the ambition of a lifetime trekking to Everest Base Camp in 2012. Her highlight: the summit of Kala Pattar.



Alistair Grice

European Agency Sales Manager

There are few places on this planet where Alistair has not trekked, yet the Himalaya keeps luring him back in time and again. With Mera Peak and numerous other high altitude summits under his belt, Alistair is our go-to guy for peak bagging and serious trekking.



Emma Garrick

Senior Product Manager

Keen trekker Emma relishes a challenge, and has trekked all around Nepal at various points in her travel career, including the Annapurna Circuit.



Jenny Cox

Product Manager

Jenny's thirst for adventure keeps drawing her back to the mountains. She has trekked in both the Indian and Nepalese Himalaya – summiting Stok Kangri in Ladakh, completing the Everest & Gokyo Lakes Circuit and soon to take on the Annapurna Sanctuary Trek.



Tim Snazell

Sales Expert

Tim is all about the outdoors: trekking and cycling are his calling. He has trekked in the Annapurna region, including completing the full Annapurna Circuit.



David Richardson

Sales Expert

One of Exodus' most experienced and long serving sales experts, David has travelled all over the globe, from cycling to skiing to trekking, and still rates the Annapurna Sanctuary as one of the best he's ever done.

Talk to an Expert

Exodus is, and always has been, a company of travellers, and the personal experience and specialist knowledge that comes from this is the key to giving our clients the best service and the best holiday.

Contact our experts here:

experts.exodus.co.uk/walking-trekking

Email: sales@exodus.co.uk

Call our trekking experts: 0845 863 9616

Tourism is one of the largest industries on the planet. It employs more people worldwide than any other, and we have always taken our responsibilities to the places we visit seriously. We owe so much to the communities who have shared their homes with us, so it seemed the most natural thing to start giving back. All of our projects are started by our leaders or travellers.

2015 Earthquake Appeal

Thanks to over 3,500 individual donations from our clients, Exodus raised over £260,000 to help Nepal following the earthquakes which struck in the spring of 2015. This has translated into 1,920 tarpaulins and 79 tin shelters for the immediate aftermath, and help rebuilding 87 homes for Exodus staff and their families, whose houses were destroyed or damaged beyond repair. The next step is organising and funding a medical camp in the mountains to provide medical care for those who can't normally access it.

Want to find out more? Visit our website:

www.exodus.co.uk/nepal-earthquake-news

"So glad Exodus is doing an appeal, know it will get to the right places and people."

Emma via Virgin Money Giving

40+ Years of Working Together

By investing in the communities we visit, we are able to improve the lives of our staff and the experience of our travellers. Here's a snapshot of some of our ongoing projects:

Leader Training

Regularly investing in training for our leaders and staff in Nepal to improve their skills, from health and safety to environmental best practice.

Braga Tree Nursery

Counteracting deforestation, this plantation in the Annapurnas is run by a local café owner and protects the beautiful forested hillsides we hike through.

Smokeless Stoves

Installing over 50 smokeless stoves prevents eye problems for Nepalese women and further prevents deforestation.

Building Schools

Exodus has supported various schools in rural communities for many years.

High Altitude Workers Welfare Association

Working with the Association we sponsor the children of porters to go through education.

"Exodus also has a tree nursery project in Braga and is running and helping a school in one of the rural villages. By doing this it says how responsible Exodus is to our country. I really feel very proud to work for Exodus as a leader."

Pasang Sherpa, Trekking Leader

www.experts.exodus.co.uk/our-local-leader-in-nepal





Private Adventures available

The vast majority of our trips can be tailored to private departures, on dates that suit you and with smaller or larger group sizes than those listed in the brochure. We'll meet to discuss your requirements, offer suggestions on customising our itineraries and help present slideshows to build numbers if required. You can choose when to travel, select your own travelling companions and your itinerary. Detailed Trip Notes will then be prepared for your team of trekkers.

Want to find out more?

Our specialist sales team will be on hand to answer your queries.

www.exodus.co.uk/privateadventures

0845 330 6009

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