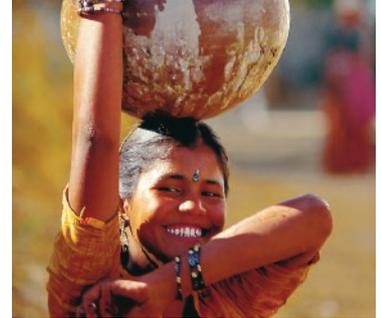


# ahf chairman's himalayan traverse



## trip highlights

An incredible opportunity to traverse to the entire Himalaya from Ladakh, Nepal, Darjeeling to Bhutan without the commitment to trek

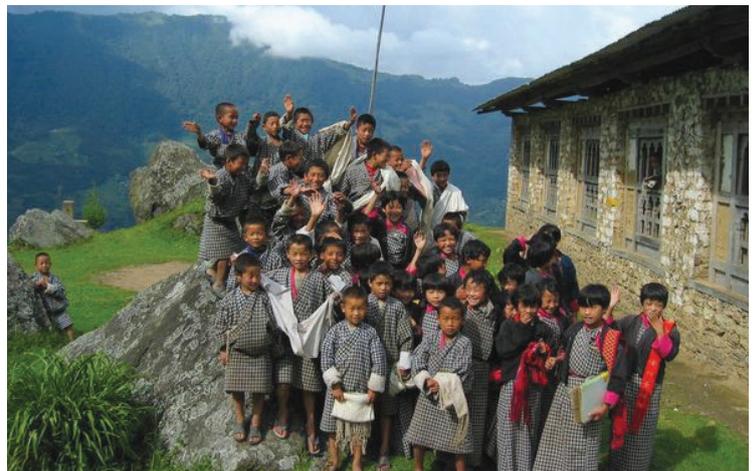
Share a lifetime of experiences that Peter Hillary and Simon Balderstone have forged with the local people and their many long-term friends and associates

Appreciate the rich cultural history as we explore the markets and the back lanes of Leh, Kathmandu, Darjeeling and Thimphu

Combine exhilarating walks with impromptu celebrations keeping the accent on the active

Gain invaluable insights into AHF's remarkable range of programs

Savour the rich and varied landscapes from the stark, arid mountains of Ladakh to glimpsing the High Himalaya from the rim of the Kathmandu Valley to taking in the awesome backdrop of Kanchenjunga out of Darjeeling to savouring the snowclad peaks that form the borderlands of Bhutan and Tibet.



<b>Trip Duration</b>	17 days	<b>Trip Code:</b> HT3
<b>Grade</b>	Adventure touring	
<b>Activities</b>	Charity Challenge	
<b>Summary</b>	16 nights in unique hotels scattered amongst the Himalayas	

## your charity challenge

Supporting the Australian Himalayan Foundation

Thank you for your interest in joining Peter and Simon on this remarkable journey appreciating AHF's outstanding programs across the Himalaya. The journey will leave you in little doubt why the Australian Himalayan Foundation (AHF) is one of the leading aid organisations in the Himalaya. The AHF is working to help the communities of the Himalaya achieve their goals through improvements in education, health and the environment in Nepal, Ladakh, and Bhutan. Peter and Simon will offer an insider's guide to the AHF programs and offer insights on how the Foundation is addressing the myriad of development challenges in the Himalaya

## why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips to the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 3 to 4 star accommodation in hotels hand-picked for their local character and charm. In most cases, all internal transport, entrance fees, national park fees and transfers are included in the cost of your trip.

Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

# ahf chairman's himalayan traverse



## trip dates

**2018** 01 Dec - 17 Dec

## challenge cost

Joining Delhi Travel Cost Twin Share: \$11240

All prices are per person

## options & supplements

Optional Single Supplement: \$850

Donation/fundraising for AHF: \$7000

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

## the challenge

An innovative and remarkable journey that leads through Ladakh, Nepal, Darjeeling and the 'Dragon Kingdom' of Bhutan that will appeal to the Himalayan enthusiast keen to explore beyond the cultural highlights. Peter Hillary and Simon Balderstone will introduce you to complete spectrum of AHF programs including the Snow Leopard Conservancy in Leh, Ladakh and our Teacher Training, Quality Education program in Kathmandu. In Darjeeling we meet the family of Tensing Norgay before travelling to Bhutan for a meeting with RENEW, the first NGO in Bhutan dedicated to the development of women and girls and founded by Her Majesty Gyalyum Sangay Choden Wangchuck, Queen Mother of Bhutan and Patron of AHF's work.

## our partners

Australian Himalayan Foundation

The AHF is a registered Australian NGO which works in partnership with the people of the Himalaya to help the most disadvantaged meet their priority needs through integrated improvements in education, health and the environment.

The AHF projects include education and vocational training programs in Nepal and Bhutan; maternal and infant health care in Nepal and Indian Himalaya, and a Snow Leopard Conservancy support program in Indian Himalaya, along with a host of smaller projects in the areas of health, education and conservation.

Full details of AHF are found on the website [www.australianhimalayanfoundation.org.au](http://www.australianhimalayanfoundation.org.au)

## at a glance

DAY 1	JOIN DELHI - LALIT HOTEL
DAY 2	FLY TO LEH - LOTUS HOTEL
DAY 3	IN LEH - LOTUS HOTEL
DAY 4	IN LEH - LOTUS HOTEL
DAY 5	FLY TO KATHMANDU - RADISSON HOTEL
DAY 6	DRIVE DULIKHEL - DULIKHEL MOUNTAIN RESORT (2 HOURS)
DAY 7	DULIKHEL - DULIKHEL MOUNTAIN RESORT
DAY 8	FLY BHADRAPUR, DRIVE TO DARJEELING - WINDAMERE HOTEL
DAY 9	IN DARJEELING - WINDAMERE HOTEL
DAY 10	IN DARJEELING - WINDAMERE HOTEL
DAY 11	DRIVE TO PHUENTSHOLING (7 HOURS)
DAY 12	DRIVE TO THIMPHU - TARA PHENDEYLING HOTEL (6 HOURS)
DAY 13	IN THIMPHU - TARA PHENDEYLING HOTEL
DAY 14	DRIVE TO PARO - KICHU RESORT
DAY 15	IN PARO, TAKTSANG MONASTERY - KICHU RESORT
DAY 16	FLY TO KATHMANDU - RADISSON HOTEL
DAY 17	DEPART KATHMANDU

## additional deposits required

Group flight details will be advised on booking your trip, and payment will be due 6 weeks after booking. Approx \$1500 per person including taxes. Will need passport details at time of booking.

## what's included

- Travel with Peter Hilary and Simon Balderstone across the Himalaya
- Local group leaders with extensive local knowledge



# ahf chairman's himalayan traverse



- Good quality accommodation throughout on a twin share basis
- All meals were mentioned
- Group airport transfers
- Private internal transport throughout
- All sightseeing and entry fees
- Internal flight Kathmandu to Badrapur - approx \$300
- Internal flight Delhi to Leh - approx \$300
- Internal flight Leh - Delhi - Kathmandu - approx \$500
- Internal flight Paro - Kathmandu - approx \$500

## what's not included

- Bottled water, aerated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Airport & departure taxes
- Travel insurance
- International flights
- Visas

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices.

## detailed itinerary

### DAY 1 Join Delhi - Lalit Hotel

On arrival in Delhi you will be met by a World Expeditions representative and transferred to the group hotel.

Note: If you are arriving into Delhi a day earlier we are happy to assist with any accommodation, airport transfer and optional sightseeing.

**meals: NIL**

### DAY 2 Fly to Leh - Lotus Hotel

We take the early flight from Delhi to Leh in the Indus Valley. If the conditions are clear you will be rewarded with grand views across the Great Himalaya and Zaskar ranges before landing at the capital of Ladakh. On our first day in Ladakh we spend time wandering the bazaar and imposing Leh Palace. We have the opportunity to climb to the Victory Fort (above the Palace) built in the 17th century to commemorate Ladakh's independence from the invading armies from Baltistan and Kashmir. From the Palace we can also appreciate the alleyways that comprise the old town of Leh, located to the east of the main bazaar.

Group flight details will be advised on booking your trip, and payment will be due 6 weeks after booking.

**meals: B,L,D**

### DAY 3 In Leh - Lotus Hotel

Among other options is a visit to the Shanti Stupa at Chanspa, just up the road from our hotel that affords fine views up the Indus Valley. It is also recommended to visit the Ladakh Ecological Centre to appreciate how the Ladakhi people have been able to incorporate new technology into their traditional lifestyles. On the second day we include a trip to Shey Palace and Tikse monastery. Shey

# ahf chairman's himalayan traverse



## fast facts

**Countries Visited:**  
India, Bhutan & Nepal

**Visas:**  
Yes\*

**Vaccinations:**  
Please consult a travel vaccination specialist for up to date information

**Group Size Min:**  
8

**Group Size Max:**  
16

**Singles:**  
A single supplement is available for this trip\*

**Leader:**  
Expert Local Leader & Escort

## responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [www.worldexpeditions.com](http://www.worldexpeditions.com)

## trip grading

Palace originally housed the Ladakh royal family before they moved to Leh in the 17th century. A few km up the Indus valley is the spectacular setting of Tikse monastery perched on the summit of a sugarloaf mountain. Our guides will show you around this ancient monastery and provide you with insights as to how the monks conduct their life and their day to day monastic routine.

**meals: B,L,D**

### DAY 4 In Leh - Lotus Hotel

Meet AHF partner organisation Snow Leopard Conservancy India in Leh and hear first hand about how they are protecting the lives of the endangered snow leopard across Ladakh. Over a traditional Ladakhi lunch, watch rare footage of snow leopards movements in the surrounding mountains captured by SLC's hidden camera traps. Hear tales of the team's face to face encounters in the wild with these amazing animals and also hear how AHF's support for stone wall livestock corrals is saving the lives of snow leopards in the remote region of Zaskar.

**meals: B,L,D**

### DAY 5 Fly to Kathmandu - Radisson Hotel

This morning we will be transferred to Leh airport for your flight to Delhi. We will have a few hours transit time in Delhi airport before boarding our flight to Kathmandu.

You will be met by a World Expeditions representative on arrival and transferred to the Radisson hotel.

Group flight details will be advised on booking your trip, and payment will be due 6 weeks after booking.

**meals: B**

### DAY 6 Drive Dulikhel - Dulikhel Mountain Resort (2 hours)

Early morning walk in the bazaar of Kathmandu, before we take a few hours drive to Dhulikhel, leaving behind hussle and bussle of the Kathmandu Valley. Dhulikhel is a naturally and culturally rich destination straddling on a ridge with breathtaking views of the eastern Himalaya.

Historically, Dhulikhel is a Newar settlement. The Newars are an ethnic group of Nepal who originally inhabited the Kathmandu Valley. They are renowned for their outstanding craftsmanship and woodcarving skills which is evident in all the traditional homes. We will wander around the old town where you can loose yourself to time in the tangle of cobbled laneways, discover ancient houses with sagging wooden frame works, intricate carvings, hidden temples and thriving market squares.

**meals: B,D**

### DAY 7 Dulikhel - Dulikhel Mountain Resort

Today we walk around 4-5 hours to visit villages and appreciate the surrounding landscapes. There will be further opportunities to view the Himalaya, and interact with the local people. Afternoon at leisure.

**meals: B,D**

### DAY 8 Fly Bhadrapur, drive to Darjeeling - Windamere Hotel

Early transfer to the airport for our flight to Bhadrapur. On arrival we will meet our Indian guide and then transfer to our chartered bus for the drive to Darjeeling. As the road climbs up to Darjeeling we gain impressive views back down to the Indian plains. On arrival in Darjeeling we savour the cool mountain air and our first glimpse of the snow capped Himalaya. his evening a pre-trip briefing will be given.

**meals: B,L,D**

# ahf chairman's himalayan traverse



## Adventure touring

These adventure tours sometimes involve travel at high altitude (rarely exceeding 4000m, except on certain trips in Tibet, Peru and India) and may visit remote areas of the world where facilities are often basic. Many of these trips sometimes involve some camping or basic lodging. These adventure tours will often involve long journeys and rough roads. Sightseeing and optional day walks are often included and these days may involve up to 5 hours of physical activity. To enjoy these adventures we suggest you are reasonably fit, healthy, have a moderately active lifestyle and have a positive attitude.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 9 In Darjeeling - Windamere Hotel

Darjeeling is set on the top of a wooded ridge commanding views both to the plains and to the high mountains including Kangchenjunga. During the day we will organise sightseeing to the Tibetan Refugee Centre and also to the Himalayan Mountaineering Institute. We also visit one of the famous tea plantations that were established in the middle of last century. Later we explore the local bazaars and appreciate the rich variety of peoples including Sherpas, Tibetans and Bengalis who have made Darjeeling their home. A visit to the Tea Planters Club is also recommended, for it was here that the British inter-war expeditions stayed before assembling their Sherpa crews that would accompany them on the long march through Sikkim and across Tibet to the base of Everest.

**meals: B,L,D**

### DAY 10 In Darjeeling - Windamere Hotel

Today we walk around 4-5 hours to visit villages and appreciate the surrounding landscapes, the backdrop of Mt. Kanchenjunga and views to the world's highest peaks. Afternoon at leisure.

**meals: B,L,D**

### DAY 11 Drive to Phuentsholing (7 hours)

We drive back down to the Indian Plains and the Indian-Bhutan border. After clearing Indian immigration and customs we drive to an impressive archway that marks the formal entry to the Kingdom of Bhutan. Here you will be met by our Bhutan guides who will accompany you to the nearby hotel in Phuentsholing for your briefing and overnight stay.

**meals: B,L,D**

### DAY 12 Drive to Thimphu - Tara Phendeyling Hotel (6 hours)

The drive to Thimphu winds up from the Indian plains to the Thimphu Valley. Thimphu has been the capital since 1960 (the previous being Punakha). This afternoon we will pay a visit to the main Secretariat building - the Tashichho Dzong is the most prominent building consisting of the main Secretariat, the National Assembly Hall, the Office of the King and the Throne Room. Its remarkable construction is in traditional Bhutanese style without the use of nails or metal of any kind. We also visit the large Stupa dedicated to the late King HM. Jimge Dorji Wangchuk, regarded as the founder of modern day Bhutan.

**meals: B,L,D**

### DAY 13 In Thimphu - Tara Phendeyling Hotel

This morning we visit AHF supported work - RENEW. A grass roots not for profit organisation established by Her Majesty Gyalum Sangay Choden Wangchuck, Queen Mother of Bhutan. RENEW is dedicated to the development of women and children in Bhutan and supports girls education in the remotest communities in Bhutan. We have the opportunity to meet the Director of RENEW for morning tea.

This afternoon an optional chance to enjoy a 2 hour walk in the valley outside of Thimphu. We drive approx 1 hour to the small village of Doedena, where we walk through the wilderness Cheri mountain area to the Tango Monastery. If you would prefer to stay in town and explore Thimphu on your own you could visit the Textile Museum and or the traditional medicine hospital.

**meals: B,L,D**

### DAY 14 Drive to Paro - Kichu Resort

We spend the morning enjoying the charm of Thimphu. The town is by no means large and easily explored on foot. There are some interesting markets and bazaars, and the Handicraft Emporium with famous weaving, woodcarvings and paintings and the Post Office sells Bhutan's world renowned stamps.

After lunch we head to Paro and visit some local sights which includes visits to the Paro Dzong and the even older Ta Dzong that now houses the National Museum of Bhutan. While we are not

# ahf chairman's himalayan traverse



permitted inside the monastery at the Dzong we can take a look around inside this impressive building which is the monastic and administrative centre for South-West Bhutan. Ta Dzong is the original fort and has been carefully transformed into a museum with excellent displays of all facets of Bhutan's rich cultural history. Old costumes and battle dress, together with priceless jewellery and specimens of the kingdoms unique flora and fauna are included within the museum.

**meals: B,L,D**

## **DAY 15 In Paro, Taktsang Monastery - Kichu Resort**

We drive to the foot of the Taktsang Monastery - the famous Tigers Nest Monastery said to have been one of the divine resting places of the Guru Ringpoche. However, although much of the building was once destroyed by fire it is now restored and it is still worthwhile to ascend the walking trail to appreciate the monasteries breathtaking location on a cliff edge about 800 metres above the valley floor. The rest of the day is free to complete sightseeing and purchases before our early morning departure the following day.

**meals: B,L,D**

## **DAY 16 Fly to Kathmandu - Radisson Hotel**

This morning we transfer from the hotel to Paro Airport for the flight to Kathmandu. This flight can be spectacular with the greatest peaks on earth from Kanchenjunga to Everest to the northern side of the aircraft as we fly along the Himalaya to Kathmandu. (NB. Peter Hillary will be bubbling with excitement if it is clear and keen to point out all the mighty mountains of the eastern Himalaya!). On arrival transfer to the Radisson Hotel. In the afternoon there is a half day sightseeing tour of Kathmandu (including Pashupatinath and Bouddhanath).

**meals: B**

## **DAY 17 Depart Kathmandu**

This morning we transfer from hotel to Kathmandu airport for flights home.

**meals: B**

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This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## **country information**

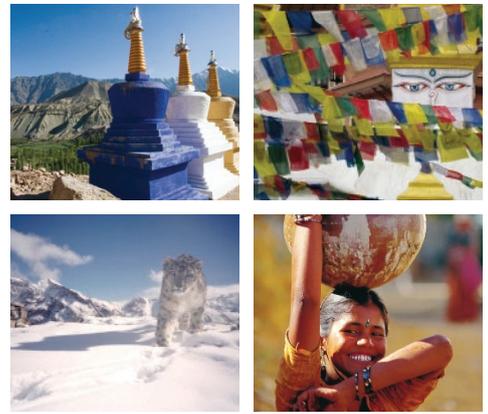
### **INDIA**

India has fascinated travelers for thousands of years. It's exotic, romantic and diverse – from the Himalayan mountains in the north, to the barren deserts in the west, to lush rain forests and sandy beaches in the south. India's population of around 1.3 billion people are predominantly Hindu, however many cultures and traditions have greatly influenced modern Indian life, including Islam. While many regional languages are spoken in India, Hindi is the national language. English is the second language and is widely taught and spoken throughout India. Ladakh is often referred to as 'Little Tibet' on account of its close cultural and geographic ties with Tibet. It is a spectacular landscape of high mountain passes, remote villages, ancient Buddhist monasteries and lush valleys fed by glacial streams contrasted against the otherwise rugged and barren high Himalayan landscape.

### **NEPAL**

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea. Nepal's population of around 38 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World

# ahf chairman's himalayan traverse



Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

## BHUTAN

Bhutan is a small, independent Buddhist kingdom situated on the eastern side of the Himalaya about 300km long by 150kms wide. It is bordered with India, (Sikkim, Assam, West Bengal, Arunachal Pradesh), and China (Tibet). Virtually the entire country is mountainous, ranging in elevation from 100m in the south to the 7544m Kulha Gangri peak on the northern border. It receives more rainfall than any other Himalayan region, and on average half to two metres of precipitation falls annually in the foothills and mountains. This ensures a lush and diverse flora from small orchids to enormous conifers and rhododendrons, and the country's small population (approx 600,000), their religious beliefs as practising Buddhists, and a protective government has allowed the wilderness to be well preserved. There are hundreds of unique species of plants and animals to be found here. Most of the people of Bhutan originate from the north (Tibet) and practise a Buddhism similar to that region yet it has its own unique beliefs and practises. It is officially called Drukpa Kagyu, and includes practising their faith and traditions of art, dance, drama and various crafts including weaving, carpentry, metalwork and painting. It is obvious that the culture and history is rich in Bhutan, and the foresight of the late King Jigme Dorji Wangchuck who is succeeded by his son, King Jigme Singye Wangchuck to develop and maintain a program that is for the betterment of the people and the land rather than a quick financial return, is an encouraging sign to a sound future.

## climate

The Himalaya during winter months, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. It can be considered the best time to view the mountains and to avoid the busier tourist trekking months.. We will have down jackets on loan and send you a gear list for winter conditions.

## a typical day

Each morning, you will meet for breakfast and a briefing on the day's events. After a wholesome breakfast, we are usually on the road by around 8.30 – 9.00 am. Because this is a touring trip, distances covered are less important than what is seen along the way. When there is free time, you can wander at leisure before meeting the group (or not) for dinner. Much of the enjoyment of an expedition is in the journey itself.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

# ahf chairman's himalayan traverse



## accommodation on the trip



We have chosen some of the best accommodation along the way, for its local charm and character.

## pre and post tour accommodation

Pre and post tour accommodation is available. Please contact your reservations consultant for assistance.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

## equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

## special visa requirements

You will require a visa for Nepal, India and Bhutan. Please follow the relevant information sent to you with the visa application form.

The visa process for Bhutan requires you to provide us with a scanned colour copy of your passport as we require your full passport details (full name as it appears in your passport, nationality, date of birth, passport number, date of issue and expiry date, and occupation) at least 30 days before your arrival in Bhutan. Following the processing of your visa we will provide you with a clearance number that is required to show when entering Bhutan by road at Phuentsholing and when checking in for your DRUK Air flight from Paro to Kathmandu.

NOTE:- Please be aware that we generally do not receive visa clearance numbers from the Bhutanese government until the week of travel, sometimes 2 or 3 days before departure date. If you have already left on your travels prior to receiving the visa clearance number, then the visa number will be emailed to you shortly before departure date. Please ensure that we have your correct and up-to-date email and contact details.

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example, public bus transfers or specialised transport such as 'tuk-tuk's' could be another. Where seat belts are not provided we strongly recommend that you hold tight to a fixed part of the vehicle at all times.

## how to book

To book the Australian Himalayan Foundation 'Himalayan Traverse' expedition you will need to complete a World Expeditions booking form and pay a non refundable deposit which you can do by using our online booking function. Or if you prefer, download a booking form from

# ahf chairman's himalayan traverse



the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.