

CURZON TRAIL AND KUARI PASS, INDIA



View from Kuari Pass



HIGHLIGHTS

- A beautiful trek on the western edge of the Nanda Devi sanctuary passing through alpine meadows and crossing several major streams: the view from Kuari pass is often described as one of the best in the Himalayas.
- Views of Trisul (7,120m), the trident Nanda Ghunti (6,309m), the tooth like Changabang (6,864m), Kamet (7,756m) and of course Nanda Devi (7,817m) which is the second highest mountain in India.
- Climb to Gorson top from Kuari pass, the view from the summit reveals all the surrounding mountains!
- An opportunity to see the sights in Delhi, the holy ghats, the Kunjapuri Temple and ashrams in Rishikesh.
- A day river rafting on the Ganges near Rishikesh after the trek.
- Roland, owner and founder of The Mountain Company, has been on this trek and has modified the itinerary based on this experience. He will be able to answer any questions you might have.



CURZON TRAIL AND KUARI PASS

Total number of days	23 days
Grade & days trekking	Moderate, 15 trekking days
Accommodation	9 nights hotel, 13 nights camping
2011 price ex Delhi	£1,495 (US\$2,495)
Minimum group size	2
Dates	April 30 th to May 22 nd 2011 October 1 st to 23 rd 2011 April 28 th to May 20 th 2012 October 6 th to 28 th 2012



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Train to/from Delhi and Rishikesh.
- All transfers including airport collections.
- Twin share room at Hotel White House in Delhi.
- Breakfast only at hotels in Delhi and Rishikesh, all meals included while on trek.
- Twin share tents while on trek.
- All trekking arrangements including permits and fees, tents, TMC guide, ponies and cook.
- Financial protection insurance with International Passenger Protection.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£POA
Single tent supplement	£751(US\$120)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Delhi (from £400).
- Travel & trekking insurance.
- India visa up to 6 month (£30).
- Lunch and evening meals in Delhi and Rishikesh.



- Personal clothing & equipment please see Appendix II for suggested kit list.
- Tips.
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd (“The Mountain Company”) are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.

PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.



The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

INTRODUCTION

A classic trek in the Indian Himalaya crossing Kuari pass with superb views of Changabang, Kamet and Nanda Devi.

Curzon Trail was named after the British Viceroy who walked parts of this trek. It is renowned for the stunning mountain views along the way you will get excellent views of Trisul (7,120m), the trident Nanda Ghunti (6,309m) and the tooth like Changabang (6,864m), the unmistakable pyramid of Kamet (7,756m) and Nanda Devi (7,817m).

The trail traverses the high ranges, without entering the permanent snowline, crosses over Kuari pass and several major streams while skirting the western edge of the Nanda Devi sanctuary. After the trek we have included a day rafting on the River Ganges near Rishikesh, or alternatively you can spend another day exploring the ashrams and temples nearby. The itinerary has been designed to ensure that you have time to see the cities you pass through including two sightseeing days in Delhi and Rishikesh.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.



Day 1. Arrive Delhi and join the tour at the hotel.

A driver will be sent to collect you on your arrival at Delhi airport and to bring you back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer.

Day 2. Sightseeing in Delhi.

Today we explore Delhi with a good local guide, the day is flexible depending on what you would like to see but the most popular places generally are the Red Fort, Jama Masjid, Qutub Minar and the Mughal gardens. Overnight hotel.

Day 3. Drive/train to Rishikesh- 6 hours driving.

Drive or get the train to Rishikesh depending on group size and availability. Overnight in the Great Ganga hotel.

Day 4. Sightseeing in Rishikesh.

A day to explore Rishikesh- an English speaking guide will show you the Kunjapuri Temple and a couple of ashrams near Rishikesh.

In the evening, you will be taken down to the ghats on the banks of the Ganges to see the Aarti ceremony where the locals pray and float lighted candles down the river. Overnight in the Hotel Great Ganga.

Day 5. Drive to Rudraprayag (618m)- 3 to 4 hours drive.

An interesting drive as the road follows the Ganges to Rudraprayag, the confluence of the Mandakini and Alaknanda rivers. Overnight we stay at the new Monal Resort hotel.

Day 6. Drive to Mandoli and to Lohjung pass (2,634m) - 5 hours driving.

Today we drive past Karnaprayag and take the Pindar river valley up to Mandoli. The road is in good condition until Karnaprayag and from there are a few rough sections as it runs up to Mandoli and then Lohjung pass.

The campsite is near Lohjung pass with fabulous views south down the valley and north in the direction you will be going tomorrow.

Day 7. Trek to the village of Wan (2,437m), 4 to 5 hours walking.

Today is an interesting walk through forest and fields with some ascent and descent before arriving at a village called Wan, where the men and women



continue to wear the Garhwali brown and homespun wool blankets. Just above Wan is the sacred grove of Latu inhabited by a famous local spirit whose temple lies under one of the biggest Deodar trees in India.

We camp above the village by a Tourist Bungalow on a wide tree-fringed terrace.

Day 8. Trek to Bedni Bugyal (3,354m)- 6 hours walking.

The day starts with a steep climb through the forest, and after three hours you will emerge above the tree line to get wonderful views of Chaukhamba and Nilkanth. From there we continue along a high grassed ridge before reaching the high meadows of Bedni Bughyal.

Bedni Bughyal is the main camp used by travellers on the great pilgrimage to Roop Kund that takes place every 12 years, it is a beautiful place dotted with shrines and temples.

Day 9. Trek to Bhogubasa cave (4,100m), 5 to 6 hours walking.

This is a day where you begin to gain altitude, the trail crosses a ridge to reach Bistola and then climbs up to Bhogubasa.

The camp at Bhogubasa is next to an improvised stone shelter that is often used by local pilgrims.

Day 10. Trek to Roopkund (4,600m), and return to Bhogubasa cave (4,100m) - 6 to 7 hours walking.

In the morning, if the weather is clear, you will get superb views of Trisul and the other mountains around. The trek to Roop Kund is quite tough and you will probably arrive at the lake in about 3 hours.

Every twelve years thousands of devout pilgrims undertake a difficult trek to the lake from Nauti village near Karnaprayag. The pilgrims are said to be led by a mysterious four-horned ram which takes them through Roop Kund to the shrine of Nanda Devi, where it then disappears. The pilgrims carry a golden idol of the goddess, Nanda Devi, on a silver palanquin.

At Roop Kund, if the snow is not too deep, the skeletons and remains of human beings and horses can be seen. Another 30 minutes walk up to the ridge above the



lake will reward you with views of Trisul and the surrounding mountains, after spending some time exploring the area we return to the camp at Bhogubasa.

Day 11. Trek to Wan (2,437m)- 7 to 8 hours walking.

The day starts with a 3 hour return trek to Bedni Bugyal, the trail then makes a steep descent through a forest of firs and rhododendrons and after another drop in height we reach a river. After a short climb we reach the main valley and return to the village of Wan.

Day 12. Trek to Sutol via Kunol (2,300m)- 6 to 7 hours.

From Wan the trail starts climbing gently through magnificent cypress trees to Kukin Khal pass at 3,069m. Once over the pass you descend through broad meadows until you reach Kunol, from here it drops again through a forest to a confluence of two rivers. We camp just below the village of Sutol.

Day 13. Trek to Ghunni (2,500m)- a long day of about 9 hours walking.

The village of Sutol is only a short walk from camp and then the trail carries on along the valley through fir forests before dropping down to the river.

Once over the river there is a steep climb to a temple on col at 2,499m and then another descent to a small river. There is a steep track to a bridge and a gradual climb through the forest to emerge near the fields to the village of Dekhandgar at 2,120m. Another four hours takes you to the village of Ghunni where we camp for the night.

It should be possible to visit the village of Ramani which is a typical Garhwali village with friendly people and attractive houses surrounded by fertile fields.

Day 14. Trek to Semkerk Meadow (2,400m)- 5 to 6 hours walking.

From the campsite you climb steeply for about 300m on a switch back trail to emerge on open meadows. The path continues up through forests of rhododendron, pines and oak and more summer grazing pastures.

The high point for the day is Ramni pass at 3,064m where it is possible to see Kuari pass in the distance. You then trek gently down across more pastures and open glades and into forests of horse chestnuts and walnut trees. We camp overnight in the meadows at Semkherk.



Day 15. Trek to Kaliaghat (2,300m)- 6 hours walking.

Today we start with a descent to the village of Jhinjhi and to the impressive suspension bridge which crosses the Birehi gorge. From here there is a steep climb and which passes many waterfalls as the trail contours along the valley. Overnight camp at a spot called Kaliaghat near the village of Pana.

Day 16. Trek to Dhakauni via Sartoli (3,353m)- 7 hours walking.

The trail starts with a climb through rhododendron forest to a col at 3,000m, and then descends gently to open meadows with views across to Kuari Pass.

The track then traverses down around the side of the valley, across several streams, before going down a steep and loose descent to the bottom of the gorge. It is a steep climb to the campsite on the pastures below the Kauri Pass.

Day 17. Trek across Kuari Pass (3,658m) to Tali- 4 hours trekking.

We aim to cross Kuari pass early so that you will have the benefit of the clear morning views. The climb to the pass is on a track with switchbacks, on getting to the top we make a traverse along the high ridge past a shrine to Shiva for better views.

The trail descends to the camp at Tali where there are beautiful views of Nanda Devi and many other mountains.

Day 18. Rest day or day trek to Gorson top.

You can either take a rest day or trek to the Gorson top which has views of Kamet, Nilkanth, Dunagiri and Changabang with even Nanda Devi herself visible if you walk along the ridge- not surprising that this is often known as one of the best views in the Himalayas!

Day 19. Trek to Auli (2,000m), drive to Joshimath (1,875m)- 3 to 4 hours walking.

There is a gentle descent to Auli where there will be a car waiting to drive us to Joshimath.

Joshimath is a scattered administrative town clinging to the side of a deep valley and is about 250km northeast of Rishikesh. It is also the starting point for a cable car that takes skiers up to the meadows near Auli. Overnight in the Snow Crest Hotel or Mount View Hotel depending on availability.



Day 20. Drive to Rishikesh- 8 to 9 hours driving.

Drive back to Rishikesh. Overnight in the Hotel Great Ganga.

Day 21. Day rafting in Rishikesh.

Today you can either go rafting on the River Ganges near Rishikesh or spend another day exploring the ashrams and temples. Overnight in the Hotel Great Ganga.

Day 22. Drive/train to Delhi- 5 hours driving.

After breakfast you will be driven back to Delhi in an air conditioned car or take the train (Shatababdi intercity). Rest of the day at leisure in Delhi. Overnight hotel.

Day 23. Fly back home.

Transfer to Delhi airport for the flight back home. End of trip.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.





PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Curzon Trail itinerary has been designed for gradual acclimatisation to take place. There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.

For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

ACCOMMODATION IN DELHI

In Delhi we normally use the White House hotel which is located centrally in the Karol Bagh district of New Delhi. It is a short walk from the hotel to the Metro station and five minutes into Connaught Place. For more information take a look at their website www.hotel-whitehouse.com

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Skype ID: Rolandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



We will book hotels of a similar quality if we are unable to get reservations at these ones.

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the pony men have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

FOOD

In **Delhi** there is a wide range of excellent restaurants close to the hotel in Connaught Circus from upmarket, local dhabas to western style. Some of the more popular ones are: Spice Route (in the Imperial hotel), Banana Leaf, Nirulas, Baristas, Parikrama, United Coffee House and Standard. Breakfast is provided each morning by the hotel.

While on the trek you will get breakfast with porridge and cereal, toast or chapattis, omelettes and a range of hot drinks. Normally a hot lunch is prepared by the trek crew or on the longer days a pack lunch is provided after breakfast. On arrival at the camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.



CLIMATE

The traditional trekking seasons in Uttarchanal are late September to November and April to June.

The Curzon Trail trek will have a range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Curzon Trail has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a pony or yak. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.



VISA REQUIREMENTS

Citizens from the UK, US, Canada, Australia and New Zealand require an entry visa, it is your responsibility to obtain the entry visa. The Indian High Commission in London has updated the procedure for obtaining tourist visas. The decision on whether to grant a visa has been retained by the High Commission; however the application and collection process has been outsourced to VFS Global.

All applications have to be made online at <http://in.vfsglobal.co.uk/> You still have to apply online if you are submitting your application by post or using a visa agency. Walk-in applicants also need to fill out the online form before visiting VFS's office.

It should take 2 to 3 days to process your visa from submission although many people have experienced delays so please allow longer than this. Postal applications might take up to 15 days plus postage time. We suggest you carefully read the VFS website taking particular care in calculating the fee payable and also the rules for acceptable passport photos in order to avoid further delays.

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in India. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:



Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at
http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC



Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.



CULTURAL CONSIDERATIONS

For those of you who are visiting India for the first time we have provided some cultural information to help ensure your behaviour is acceptable to your hosts in India:

- Both men and women should dress conservatively wearing full length trousers and a shirt.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but should not go nude. Women should try and be as modest as possible in these situations.
- Indians consider the left hand to be unclean, therefore do not eat food with your left hand and make sure you give or receive food only with your right hand
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything and on entering a temple you should remove your shoes.
- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- When visiting a monastery or gompa it is customary to give a donation for its upkeep.

SUGGESTED READING

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

- Six mountain travel books (Nanda Devi, Blank on the map, Upon that mountain, Mountains of Tartary, Mt Everest reconnaissance expedition 1951, Land of Tempest) by Eric Shipton
- Nanda Devi: exploration and ascent by Shipton and Tilman
- Nanda Devi: The Tragic Expedition by John Roskelley



- Nanda Devi by Hugh Thomson
- Nanda Devi Affair by Bill Aitken
- The Ascent of Rum Doodle by WE Bowman

MAPS

- Kumaon Garhwal Indian Himalaya Maps Sheet 8 Pindari Glacier, Badrinath and Nanda Devi area scale 1:200,000 Leomann maps
- Kumaon Garhwal Indian Himalaya Maps Sheet 7 Gangotri, Har Ki Doon and Mussoories area scale 1:200,000 Leomann maps
- Garhwal-Himalaya Ost Schweizerischen Stiftung fur alpine Forschungen scale 1:150,000
- Garhwal-Himalaya West Schweizerischen Stiftung fur alpine Forschungen scale 1:150,000



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in camp/lodge in the evenings.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket.

Handwear:

- Fleece gloves.
- Warm mittens and/or gloves.

**Headwear:**

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Sleeping bag.
- Backpack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

**Travelling:**

- Duffle bag or large backpack for your personal gear on the trek (carried by a pony or yak). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment- Compeed patches are the best.
- Rehydration powder eg Dioralyte.
- Analgesic (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (optional), helps with acclimatisation.



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.