

# NAAR TO UPPER MUSTANG, NEPAL



Buddhist chorten on the Upper Mustang trek



# REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR NAAR TO UPPER MUSTANG.

- Alan Ward will lead our Naar to Upper Mustang trek in October 2011, he is a regular Mountain Company leader for more information on his background and experience please take a look at: <http://www.themountaincompany.co.uk/about-the-mountain-company/our-leaders/alan-ward/>
- Mountain Hardwear Trango 3.1 tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
- We bring a satellite phone for logistical, safety and personal use.
- There will be a range of tasty meals for breakfast, lunch and supper. We also bring along a supply of chocolate bars, Pringles, biscuit and nuts.
- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.

## NAAR TO UPPER MUSTANG

Total number of days	25 days
Grade & days trekking	Strenuous, 19 trekking days
Accommodation	5 nights hotel, 19 nights camping
2012 price from Kathmandu	£2,495 (US\$3,995)
Minimum group size	6
Dates	October 20 <sup>th</sup> to November 13 <sup>th</sup> 2011 October 18 <sup>th</sup> to November 11 <sup>th</sup> 2012



## **THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP**

- Upper Mustang Restricted Area Permit (US\$500).
- Internal flight from Jomsom to Pokhara and onto Kathmandu.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Tibet in Kathmandu.
- Breakfast only in Kathmandu, all meals included while on trek.
- Twin share tents while on trek using our three person Mountain Hardwear Trango 3.1s.
- All trekking arrangements including permits and fees, tents, western leader, Sherpa guide, ponies and cook.
- Trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tags posted to you before departure.
- Financial protection insurance with International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive “Nepal Trek Information” notes.

## **THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:**

Single room supplement	£140 (US\$230)
Single tent supplement	£250 (US\$400)

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 Kathmandu (London from £550).
- Travel & trekking insurance (eg. Snowcard from £64).
- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in our “Nepal Trek Information” notes).
- 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**

This is an adventurous trek from Naar village through a very remote region to the semi-independent Kingdom of Upper Mustang near the Tibet border. After leaving the Annapurna Circuit at Chame we walk to the isolated village of Naar then from there crossing the rarely travelled Teri La pass (5,595m) to enter Upper Mustang.

The valleys of Naar and Upper Mustang are arid and dry with colourful rock formations containing many cave dwellings high up in the cliffs. The first trekking parties were allowed into Upper Mustang in 1992 and there are still few people (about 700 trekkers each year) visiting Upper Mustang as a result it is one of the few places left where one can see undisturbed Tibetan culture.

Alan Ward will lead our Naar to Upper Mustang trek in October 2011, when he led The Mountain Company's Upper Mustang group in 2008 they were granted an audience with the King of Mustang at his palace in Lo Manthang.



## 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 Kathmandu and join the tour at the hotel.**

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer. A full briefing will be given in the afternoon.

### **Day 2. Sightseeing in Kathmandu (1,300m).**

Today we explore Kathmandu with a good local guide, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.

### **Day 3. Drive to Besi Sahar (760m).**

We leave Kathmandu early in the morning by private bus/car. It is a scenic drive with several picturesque gorges and occasional glimpses of mountain peaks.

### **Day 4. Trek to Chamje (1,430m).**

From Besi Sahar the trail descends then climbs steeply through the deep gorge. It moves up and down through fields, tropical forest and small hamlets to the Gurung village of Khudi at 825m. The trail heads northwards up the Marsyangdi valley and crosses over a suspension bridge in Bhulebule.



There are many rice terraces along the route and after another suspension bridge crossing we begin the climb to the village of Lampatta followed shortly by Bahundanda perched on a ridge. After walking through several villages the trail descends to the valley floor and crosses a steel suspension bridge across the Marshyangdi to the village of Syange. There is a steep climb from here to Chamje.

**Day 5. Trek to Dharapani (1,940m).**

The trail passes through an oak forest and over a ridge to arrive in a wide valley with the village of Tal. Soon after leaving this village the climbs the narrowing valley and descends to cross the river at Dharapani.

**Day 6. Trek to Chame (2,700m).**

We climb to the village of Bagarchap, walk through a forest and then follow the river to Chame. Today, there are great views of Annapurna II (7,937m) and Lamjung Himal (6,932m) up the valley and if you look back you will be able to see the Manaslu (8,154m) and Peak 29 (7,833m).

**Day 7. Trek to Dharmasala Camp (3,250m).**

Today we leave the Annapurna Circuit at the checkpoint near Koto, from here we trek up the steep valley following Naar Phu Khola.

**Day 8. Trek to Naar (4,100m).**

We continue up the narrow valley descending to a bridge across Naar Phedi then ascend to the village of Naar. Today there are good views of Kang Guru (6,981m).

**Day 9. Acclimatisation day at Naar village.**

This is an essential day for acclimatisation where we can also explore Naar village.

**Day 10. Trek to Yak Kharka (4,400m).**

From Naar village we follow Lapse Khola then continue down this valley to our camp at Yak Kharka (yak pasture) camp.

**Day 11. Trek to Lapse Khola Camp (4,500m).**

Today we continue up Lapse Khola passing a number of side valleys, we place our camp near the river.



### **Day 12. Trek to High Camp (4,900m).**

This is another day following Lapse Khola valley, we place our High Camp at 4,900m before the pass.

### **Day 13. Cross Teri La (5,595m) and descend to Pasphe Khola camp (4,750m).**

From camp we ascend to the summit of Teri La at 5,595m where the views are superb over to Annapurnas and Chulus. From the pass we make a long descent to our camp next to the Pasphe Khola.

### **Day 14. Trek to Yakpa (4,300m).**

Today we have a long descent to our camp at Yakpa in the Kali Gandaki valley.

### **Day 15. Trek to Tangga (3,300m).**

Another day of descent to our camp near the village of Tangga.

### **Day 16. Trek to Yara Gaon (3,600m).**

We follow the Puyung Khola through a narrow gorge to our camp near the village of Yara Gaon.

### **Day 17. Trek to Lo Manthang (3,770m).**

A tough crossing of the Charang Khola by rubble strewn paths is the toughest part of the morning and soon after we reach the impressive Sungda Chorten where we will rest. A small lodge beyond the chorten sells drinks and other items. After crossing a plain our last climb up to the Lo La (3,950m) sees us overlooking our destination of Lo Manthang. After lunch in Lo Manthang we have the rest of the day free to explore this fascinating medieval walled city.

### **Day 18. Explore Lo Manthang (3,770m).**

We have all day to continue our exploration of Lo Manthang and it is possible to visit outlying sites of interest. When Alan led The Mountain Company's Upper Mustang group in 2008, they were granted an audience with the King of Mustang at his palace in Lo Manthang.

### **Day 19. Trek to Ghemi (3,500m).**

We leave Lo Manthang and start the trek down Kali Gandaki valley, tonight we camp near the village of Ghemi.



**Day 20. Trek to Samar (3,600m).**

Today the trail crosses two passes around 4,000m to the village of Samar where we camp for the night.

**Day 21. Trek to Kagbeni (2,800m).**

Today we cross Chele La at 3,600m then pass through villages of Chukksang and Tangbe before reaching Kagbeni where we rejoin the Annapurna Circuit.

**Day 22. Trek to Jomsom (2,670m).**

Today we walk down to Jomsom and stay in the Snowland Hotel probably the best place in Jomsom located opposite the airport. After hot showers you can explore Jomsom, check emails then in the evening we will have a party with our amazing crew. We will also hand out tips to our crew as a thank you for all their hard work throughout the trek. Overnight teahouse lodge.

**Day 23. Fly to Pokhara & Kathmandu.**

We take an early morning flight to Pokhara then onto Kathmandu. Overnight Hotel Tibet.

**Day 24. Spare day in Kathmandu. Overnight Hotel Tibet.**

**Day 25. Fly back home.**



# 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](http://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](http://www.climatecare.org)), Tourism Concern ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)), Friends of Conservation ([www.foc-uk.com](http://www.foc-uk.com)) and Kathmandu Environmental Education Project ([www.keepnepal.org](http://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; please refer to Appendix III in this Trip Dossier.

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](http://www.fco.gov.uk/travel).

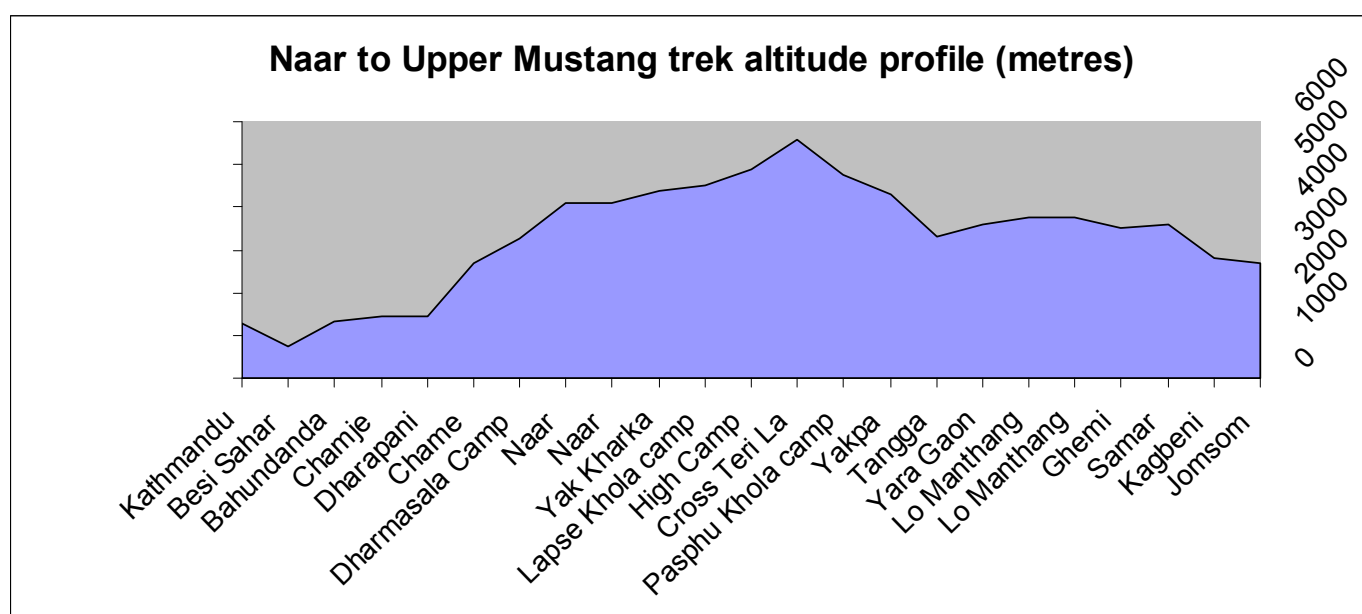




# PRACTICAL INFORMATION

## ALTITUDE AND ACCLIMATISATION

Our Naar to Upper Mustang itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



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>

## COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 per minute and £2 to send and receive SMS text.

## ACCOMMODATION IN KATHMANDU

For our treks we use several hotels in Kathmandu depending on availability. They are as follows:

**Hotel Tibet** is located in Lazimpat next to the Radisson. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/> .

**Hotel Manaslu** is located in Lazimpat close to Hotel Tibet and the Radisson. For more information on Hotel Manaslu please take a look at their website <http://www.hotelmanaslu.com/>

**Hotel Vajra** is located on the road to Swayambunath Temple (commonly know as Monkey Temple). For more information on Hotel Vajra please take a look at their website <http://www.hotelvajra.com/>

**Hotel Ambassador** is located in Lazimpat near the diplomatic enclave. For more information on Hotel Ambassador please take a look at their website <http://www.acehotelsnepal.com/ambassador/>

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: RoIandh1 / Email: [info@themountaincompany.co.uk](mailto:info@themountaincompany.co.uk) / [www.themountaincompany.co.uk](http://www.themountaincompany.co.uk)

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



There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

## 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 porters 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 western 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 Kathmandu there is a wide range of excellent restaurants to try out, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita, Mike's Breakfast and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. For our camping treks in Nepal we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: RoIandh1 / Email: [info@themountaincompany.co.uk](mailto:info@themountaincompany.co.uk) / [www.themountaincompany.co.uk](http://www.themountaincompany.co.uk)

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## CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide 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. At higher altitudes temperatures range from about 15°C to -20°C.

## CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Naar to Upper Mustang trek 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. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification



## VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport.

You will need one passport photo and the following fees dependent:

*15 days USD\$25 or equivalent convertible currency*

*30 days USD\$40 or equivalent convertible currency*

*90 days USD\$100 or equivalent convertible currency*

## 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 Nepal. 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](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 Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- 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 they should not go nude. Women should try and be as modest as possible in these situations.



- Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- 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 gumpa 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>

East of Lo Manthang: In the land of Mustang by Peter Matthiessen and Thomas Laird.

Mustang, a Lost Tibetan Kingdom by Michel Peissel.

### **Altitude and acclimatisation information and advice**

Going higher Oxygen, man and mountains by Charles Houston, MD

The High Altitude Medicine Handbook by Pollard and Murdoch

Medicine for mountaineering by James Wilkerson, MD



## MAPS

Upper Mustang The Last Forbidden Kingdom High Route by Nepa Maps

Scale: 1:80,000 **This map will be included in your welcome pack when you arrive in Nepal.**



# APPENDIX 1

## SUGGESTED CLOTHING AND EQUIPMENT LIST

### Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- 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 baselayer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (eg. The North Face Nuptse jacket 700 fill)

### Handwear:

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

### Headwear:

- Wool or fleece hat.
- Sun hat.



- Bandana or scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

### **Personal Equipment:**

- Sleeping bag.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort.
- 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 (Black Diamond with “Flick Lock” are best).
- Mountaineering ice axe (recommended)
- 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 porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- 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.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (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](http://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](http://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.