

# SIKKIM VILLAGE WALK



view of Kangchenjunga third highest mountain in the world



# HIGHLIGHTS

- This is a rare opportunity to discover the compellingly beautiful and remote region of Sikkim in the Indian Himalaya, you will stay in Village Houses that combine an honest and sustainable approach with sophisticated simplicity and style.
- After flying from Delhi you start your holiday by going on a four day Village Walk to facilitate an authentic 'underfoot' experience and provide a 'snapshot' of rural life in the Himalayan state of Sikkim in North India.
- The Village Walk traverses the terraced foothills with overnight 'home stays' in three remote villages. As an honoured guest, the villagers will be keen to share their way of life with you enabling a true encounter of rural life as it is.
- Three Village Houses have been renovated to make them cosy and comfortable yet maintain their simple charm and experience. They are clean and comfortable although designed not to detract from the authenticity of the experience.
- After the Village Walk you stay in the Himalayan Retreat at 360° Leti with a 360 degree view of the mountainous landscapes and snow capped peaks.



# SIKKIM VILLAGE WALK

Total number of days	7 days
Grade	Gentle
Accommodation	2 nights hotel & 4 nights in Shakti Village Houses
2011 price ex Delhi	Two to three people: £1,595 per person Four to six people: £1,495 per person Reduced rates of £1,199 for children aged between 12 to 16 years (applicable for groups of three or more people)
Minimum group size	2
Dates	Private departures from October 1 <sup>st</sup> to May 31 <sup>st</sup>

*This itinerary is flexible and can be tailored to your requirements.*



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

- All internal transport and transfers.
- Twin share rooms in all accommodation.
- Village Houses will always be private i.e just for your party
- Bed and breakfast in Delhi, all meals elsewhere including soft and alcoholic drinks
- All trekking arrangements including permits and fees, TMC guide, porters and cook.
- Return flight Delhi to Bagdogra.

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- Bed and breakfast in Delhi, all meals elsewhere including soft and alcoholic drinks
- All trekking arrangements including permits and fees, TMC guide, porters and cook.
- Return flight Delhi to Leh.



# YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with 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.

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers. A certificate detailing this cover will be given to each passenger as evidence of cover.



## 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 Village Walk in the Indian Himalayan state of Sikkim near Mt. Kanchenjunga staying at Shakti village home stays.

The concept of the Village Walks is to facilitate an authentic 'underfoot' experience and provide a 'snapshot' of rural life in the Himalayan Mountains of Sikkim. The walks traverse the terraced foothills with overnight 'home stays' in various villages. As an honoured guest, the locals are keen to share their way of life with you so you can encounter life as it is. Accommodation is basic, although clean and comfortable, but does not detract from the authenticity of the experience. Any shortcomings are more than compensated for by the genuine warmth of your hosts.

Located in the North East of India, the Buddhist Kingdom of Sikkim shares borders with Bhutan, Tibet and Nepal and is nestled in the heart of India's Eastern Himalayan range. Sikkim has a uniquely diverse landscapes and a cultural mosaic under the looming presence of the world's third highest mountain, Kanchenjunga (8,598m).

## 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. Fly to Bagdogra (2 hours) & drive to Rinchenpong area.**

After your flight to Bagdogra you will be collected and driven to Yangsum Village near Rinchenpong in South Sikkim. At an altitude of 6400ft, Rinchenpong, whose name means 'meeting place' in the local dialect is a pretty and un-spoilt Himalayan town.

Yangsum Farm is a small locally run 'home stay' that has stunning views of the Himalaya. Shakti has taken an old wooden Sikkimese house (one of the main buildings of Yangsum) and taken it back to its original glory. Though simple, the property is charming and comfortable with two bedrooms (one upstairs and one down), each with its own en-suite bathroom and a private dining area. Both the dining area and the upstairs room have stunning views of the Kanchenjunga massif.

Shakti provide its own linen, furniture, food and service in both of these rooms. If your party needs more than two rooms, Shakti has access to Yangsum Farm's other rooms and though these are not exclusively ours, we will again provide our own linen, food and service.

In the early evening, you will be given an introductory briefing of your tour by your English speaking accompanying guide. This will be followed by drinks and snacks around the fire and under the stars and then a delicious dinner.

*Overnight: Village House at Yangsum Farm – Double/twin Room (Fully Inclusive) Altitude: 1500m (4920ft)*

## **Day 3. Walk to Sandyang Lee- 5 to 6 hours walking.**

If the weather is clear, your guide will wake you at dawn with a hot drink of your choice and some homemade biscuits. You will not regret getting out of bed for a view of the Kanchenjunga massif. This will be followed by breakfast and a tour of the property with Thendup, the owner.

Today's walk begins with a gentle climb along a lush jungle trail passing a few isolated houses and hamlets (mostly belonging to Nepali immigrants) along the way. Passing the Rangeet river in the valley below you will continue onto the Magi Darra, a stunning viewpoint of the entire valley and the newly constructed Gurung monastery.



After this you will follow the trail up to Poison Lake passing neatly cultivated fields and village houses along the way. This trail affords stunning Himalayan views and will give you an insight into the lives of the local villagers. You will then arrive at Sangdyang Lee House, which also offers fantastic views of the Kanchenjunga massif.

Sandyang Lee is a modern structure belonging to a local politician. We chose this particular house because there are only a few old structures around (in a region that bears the full brunt of the monsoon between June and September), but also because it has a stunning location, is very comfortable (with three en-suite bedrooms) and first and foremost has a wonderfully

welcoming and interactive family.

*Overnight: Sangdyang Lee Village House – Double/twin Room (Fully Inclusive)*  
*Altitude: 1800m (5904ft) Distance: 9 km Time: 6 hours*

#### **Day 4. Walk to Radhu Kandu- 6 to 7 hours walking.**

Again if the weather is clear this morning, your guide will wake you at dawn for a short (five minute climb) up to the viewpoint above Sandyang Lee House. The sight of the sun rising through the fluttering prayer flags with Kanchenjunga in the background is truly unforgettable. You will then be taken to Rinchenpong Monastery where you may be able to participate in the early morning prayers before driving back to Sandyang Lee for breakfast.

After this morning's breakfast, you will follow the trail down via Rinchenpong monastery and along a ridge with stunning mountain views continuing through the charming village of Bhasmay. You will then arrive at Kaluk village where our vehicles will be waiting to take you onto the approach road to the 'stairway to heaven', a one kilometer uphill climb! You will be rewarded for your efforts with mind blowing views over Pemayangste hill and on to the Great Himalayan range.

After lunch on the ridge of Durpin Darra you will hike along the newly laid trail that leads to Chyaan Darra and then continue uphill to the charming village of Hee where you will have afternoon tea enjoying an almost 180 degree view of the Himalaya (if the weather is clear). Continue walking gently downhill for around thirty minutes until you reach a stunning waterfall. From the waterfall, the trail continues gently upwards for around forty minutes until you reach Radhu Khandu village.



The house at Radhu Kandu is the most special of the three, a charming traditional Sikkimese house with two bedrooms and outside toilets and showers (built by Shakti), the family are fantastic (the owner being a particular character), the location is sublime and after a long walk, there is nothing better than having tea in the living room which has 270° views of the area.

*Overnight: Radhu Kandu Village House – Double/twin Room (Fully Inclusive)*

*Altitude: 2200m (7216ft) Distance: 11.5 km Time: 7 hours*

**Day 5. Walk to enchanted lakes and back to Radhu Kandu- 4 to 5 hours walking.**

After breakfast, you will go on a walk around the village with the charismatic owner of the village house, Krishna Lal. After this you will continue uphill through a wildlife sanctuary to the enchanted lakes, a series of three beautiful lakes one after the other up the mountain side. After a picnic lunch, you will then walk along a flat path to visit the local cave which the locals consider to be a home for holy spirits. Continue back to Radhu Kandu village where you will arrive back mid afternoon.

*Overnight: Radhu Kandu Village House – Double/twin Room (Fully Inclusive)*

*Altitude: 2200m (7216ft) Distance: 8 km Time: 4-5 hours*

**Day 6. Walk to roadhead (20 minutes), drive to Bagdogra airport fly to Delhi.**

After breakfast, you will walk back down to the road head and from here driven to Bagdogra airport for your flight back to Delhi.

On arrival at Delhi airport you will be met by our representative and driven back to your hotel. We will organise a day's sightseeing for you either today or Day 1 at the beginning of the trip depending on your flight arrival/departure details.

**Day 7. Transfer to airport for flight 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.

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

## ACCOMMODATION

### Village Houses

The three Village Houses have been renovated to make them cosy and comfortable yet to keep their simple charm and maintain the experience of living in a Himalayan village house.

At Yangsum Farm, which is a local families homestay with six rooms, we have taken a traditional wooden Sikkimese building with two rooms exclusively for Shakti and have renovated it sympathetically. Each room has an en-suite bathroom, wooden floors and can be configured to be either a double or a twin. For larger groups, we can use one of the other four en-suite rooms available at Yangsum and though they will not be furnished and renovated by Shakti, we will use our own linen, food and service.

There is also a dining room/living room which we share with the rest of the homestay. Sandyang Lee is exclusive to Shakti and is a more modern construction. We have three en-suite rooms available, all of which are twins and have a further two rooms with shared indoor bathroom for larger groups. There is also a dining room/living room.

At Radhu Kandu, we have another traditional wooden Sikkimese house that has two bedrooms (each of which can be doubles or twins) with outdoor toilets and showers. There is also a living/dining room with wrap around windows and 270° views of the stunning location.

These houses should be seen as nothing more than a local and authentic alternative to camping. It is also important to remember that the local people are



hosting you as their guest and to therefore respect this in one's behaviour and comments.

## **CLIMATE**

Sikkim is very wet and though we are closed when the majority of the rain falls (June to September), your chances of seeing the Kanchenjunga range (the world's third highest mountain) are around 70% - we liken it to seeing a tiger!

Seeing Kanchenjunga and the Great Himalaya range should be viewed as a bonus to the stunning and dramatic scenery of the Himalayan foothills that is always visible. Sikkim is best visited just after the monsoon between early October and early December when the vegetation is lush, the days are crisp and clear and one has the best chance of seeing the mountains.

January is cold, damp and prone to cloudy days and as such we close Shakti Sikkim for this month. Early February to late April are warmer and dryer months with the weather and visibility being almost as good as October to early December.

## **GUIDING**

All of our guides come from one of our three regions, Kumaon, Sikkim or Ladakh and have an intimate knowledge and passion for the Himalaya. They all speak English extremely well (generally as a first language). They will accompany you for your entire experience with Shakti from start to finish.

## **FOOD SERVICE**

On the village walks, the food is prepared by the Shakti chef accompanying you. Breakfasts are western orientated with fresh juice, fruit, muesli, yoghurt and porridge with a choice of both Western and Indian egg dishes and breads. Lunches tend to be cold and are western orientated whilst dinners are very much an Indian affair.



Each walk will be accompanied by a guide, an assistant guide who will serve you and a cook. At Shakti we only use purified bottled water for drinking, ice etc and all food is prepared according to strict western standards of hygiene. Please communicate any allergies or specific food requirements at the time of booking.

## **DRINKS**

On the village walks we serve purified bottled water, freshly squeezed orange juice at breakfast, tea (herbal, English style, Darjeeling and Masala Chai), coffee (freshly ground coffee in a French press), Nimbupani (a freshly made Indian soft drink consisting of lemon, sugar, water and mint) and rhododendron juice.

On the village walks we also provide Indian spirits (whisky and rum) and local beer included in the nightly rate. If you would like us to provide imported wine or spirits, this can be arranged at the time of booking at additional cost. We also encourage you to partake in an evening of our selection of local brewed wines, known as 'Shin-Lee', 'Ghaar/Raksi' and 'Tongba'

## **COMMUNICATIONS**

On the village walks, there is no internet access other than through a personal blackberry or smartphone. Most networks work in most places on the walks, though if your phone does not work, you are welcome to use our guide's phones in emergencies.

## **RESPONSIBLE TOURISM**

Minimising our negative impact on the culturally and ecologically sensitive areas where we work is a central tenet of Shakti's philosophy and, as well as making a direct contribution ourselves, we encourage our guests to adhere to our written Code of Conduct. We believe that, in this way, we can all support each other in securing the future of these sublime regions and their inhabitants.

Some of the ways in which Shakti contributes to the local people and the environment are:



## **Employment**

We have hired most of our staff locally and trained them in various fields of hospitality. Also, we have tried to bring the local cultures to visitors as they exist, thereby generating direct income to the villagers without compromising on their lifestyle and way of life. This means they don't need to resort to high volume, high impact tourism that degrades their environment and way of life.

**Buildings & Infrastructure:** According to the location, we either commission new buildings that leave only the lightest footprint on their setting or we breathe new life into existing, traditional village houses.

## **Electricity Generation**

On the village walks, we use the mains supply of electricity but our usage is very small as we use solar lanterns, candles and hurricane lamps for most of our light and wood for cooking.

At 360° Leti, we use sustainable sources (principally solar) to provide 100 percent of our electricity supply, excepting a small generator run battery that we use to charge up laptops and mobile phones.

## **Rainwater harvesting**

We have set up a rain water harvesting project in Almora next to our office – this is being replicated with various villagers in the areas we operate. Since we work with the villagers on these projects, they are then able to learn and have taken the initiative to develop more projects.

## **Village Development Fund**

In order to respect local customs, we ask any guests who may wish to offer gifts or money, to do so through this fund. 100% of guest contributions received in this way will go to the intended recipients, channelled through this more socially acceptable channel. The implementation of these projects is supported by our tie-up with The Leap – a voluntary organisation based in the UK, which sends volunteers for 6 or 10 week placements, to work with us on our community and environmental missions.

## **Support of local cultures and skills**

We have helped support a local dance group of traditional Kumaoni dancers. We include a performance in all our trips which has helped to sustain this skill, as well

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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



as train younger members. We incorporated local building techniques and styles for our mountain camp, 360° Leti. The “dry-stack stone wall” is the traditional method of construction in the area - we have revived these skilled techniques practiced by a few specialist families in the area, by incorporating them into the construction of our camp.

### **Controlled social impact**

Each of our operations is on a very small scale – and while that limits the number of guests we can receive, we prefer it that way, so we don't impose ourselves too much on our surroundings.

## **CODES OF CONDUCT IN THE HIMALAYAS**

Shakti practices the ethics of responsible, eco-friendly and sustainable tourism to ensure minimum human interference with the natural surroundings and maximum community participation. We believe this ethos is a fitting tribute to this immeasurable gesture of nature called the Himalayas.

Therefore, we encourage you to carefully read and adhere to these guidelines, so we can all contribute in maintaining the pristine condition of this area, securing the future of this wilderness and its inhabitants.

### **Litter: Simple – Just don't!**

Every effort is taken to stress the importance of picking up litter. Shakti staff are committed to ensuring all campsites are left spotless of waste. All litter is carried with us along the walks, and deposited in safe methods at the end of the trip. By enforcing these rules, we set an example to other visitors and also to the locals of the area. You will be of great help just by showing diligence to such a request, and bringing the Shakti staff's attention to any litter.

### **Deforestation**

The eradication of tress and forests has a monumental effect on the ecosystem and local populations. We will only ever use dead/broken wood for any fires that we may have.



## **Fire Risk**

We insist that our clients are extremely cautious and vigilant about any kinds of unprotected or potentially dangerous fires, since these areas are especially susceptible to forest fires. A few such examples would be lighting of candles in the village houses, careless dispersal of lit/unlit matches, cigarettes etc.

## **Natural Environment**

We take every effort to educate our clients about their natural surroundings, encouraging them to value the un-spoilt nature. This helps to install a respect for such lands. We also take every opportunity to encourage the local people to also adhere to these guidelines.

## **Local Cultures**

The culture of these regions has been fostered and protected for generations. We take steps to inform and educate our clients about their cultural surroundings, encouraging them to be more of an unobtrusive observer and a participant in its course. These efforts are aimed to ensure a level of respect and appreciation for the local people.

Extending the point further, we strongly recommend that our clients do not indulge the local inhabitants by being generous in the monetary fashion, or by donating any goods of any kind. This practice will contribute to an increase in crime in the local region and ultimately play a major role in the deterioration of the social system. We may also take this opportunity to stress the point that Shakti contributes to the local economy by providing employment opportunities and encouraging clients to donate items like clothing and educational material for local children. We have set up a village development fund, which will in turn be used for specific projects in the local areas.

## **HEALTH, FITNESS AND SAFETY**

This is a village walk, not a village trek and has been designed for those who do not necessarily have high fitness levels. The walks generally involve around five to six hours of walking a day, though these can be lengthened or shortened according to your needs. As every walk is private and will be just your party, you can very much



decide on this as you go along. The walks are graded in trekking terms as an 'easy' trek and no mountaineering or climbing experience is necessary.

There is a local health in Rinchenpong which is within an hour of all the houses. For more serious conditions, Siliguri has an excellent private hospital that is a five hour drive away. Please note however that we have no facility for a helicopter evacuation due to the terrain and the weather.

All our guides and many of our staff are certified in Wilderness First Aid by the National Outdoors Leadership School and carry first aid kits at all time.

## **CLOTHING AND EQUIPMENT**

A list of suggested clothing and equipment for the Sikkim Village Walk has been included in the Appendix below.

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.

## **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 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.

## 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>

- The Nanda Devi Affair – Bill Aitken
- Footloose in the Himalaya – Bill Aitken
- The Great Game – Peter Hopkirk
- Tiger for Breakfast – Michael Peissel
- Young Husband: The last great Imperial Adventure – Patrick French
- Nanda Devi: Exploration & Ascent – Eric Shipton and H Tilman



- The Six Mountain Travel Books: - Eric Shipton
- Nanda Devi
- Blank on the Map
- Upon that Mountain
- Mountains of Tartary
- Mt. Everest Reconnaissance Expedition 195
- Land of Tempest
- Kim – Rudyard Kipling
- Jim Corbett of Kumaon – Jim Corbett
- Man-Eaters of Kumaon – Jim Corbett
- Jim Corbett of India: Life and Legend of a Messiah - Anand S. Khat
- Himalaya – Michael Palin
- Footprint Indian Himalaya Handbook - Robert Bradnock
- Lonely Planet's Trekking in the Indian Himalaya (out of print and hard to find)
- Eco tourism and Environment handbook - a practical guide for the Tourism Industry.



# APPENDIX 1

## SUGGESTED CLOTHING AND EQUIPMENT LIST

We recommend you to travel with a soft material bag and a small day-pack. Please bear in mind the porters will be carrying your luggage so please ensure they are of good quality, have strong straps and secure zips.

In terms of clothes, it is all about layers as you could experience temperatures (in celsius) that range from almost zero to thirty degrees. Though the weather will usually be less extreme than this, you will find yourself adding and removing layers a fair amount during a day, especially if you are walking. As such lots of layers are essential and we would recommend packing a range of clothes from t-shirts, long sleeve t-shirts, jumpers, shorts and trousers.

- 1x head torch (plus spare batteries)
- 1 x normal hand held torch (plus spare batteries)
- Penknife – either Swiss Army or Leatherman, though the guide will have one.
- Spare plastic bags (for packing your clothes, to help protect from dampness/rain in both your rucksack and daypack)
- One pair ankle length boots/or walking shoes with a good grip profile. We recommend 'goretex' as it is light and breathable, though leather is better in wet and snowy weather, this is very rarely a factor on a Shakti experience.
- Please ensure you have 'broken' the boots in, new ones could cause aggravation. You may like to bring a pair of rubber slippers/flip flops to pad around in and Ugg boots or a similar type of shoe are particularly recommended.
- Good quality socks with cushions and climate control (several pairs)
- A good rain/windproof jacket with a hood
- Good quality fleece pullovers-100% polyester



- Vests/T-shirts for the day.
- Swimming suit/shorts (you may like to cool off in the streams on the walks and there is a waterfall on one of the walks from the camp)
- Lightweight trousers (the combat style are the most practical, especially the ones that unzip to make shorts) for walking
- Shorts
- Trousers for the evening.
- Light gloves
- Fleece hat with ear flaps and sun hat.
- Sun glasses with UV protection
- Suncream with high SPF
- Shower gel/shampoo
- Insect Repellent
- Oral rehydration salts
- Blister plasters

Bearing in mind that you will not be able to access your main bag whilst you are out walking, we recommend the following items be carried in your day pack:

- 1 x 25/30litre day pack with air-comfort system/back support.
- Water proof jacket
- Extra fleece/warm layer
- Sun hat
- Sun glasses
- Suncream with high SPF



# 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.