



# COMMUNITY ACTION TREKS LTD

Stewart Hill Cottage, Hesket Newmarket, Wigton, CA7 8HX

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## PRICE LIST & BOOKING CONDITIONS 2018 - 2019



### Trekking with a conscience

**Community Action Treks is a not-for-profit organization which supports the work of our sister charity, Community Action Nepal.**

**Groups and individuals:** CAT now specialises in providing standard and bespoke treks for groups, typically couples, parties of families and friends, and school, college and Scout parties. We are also happy to provide trips for clients travelling alone.

**Dates to suit you:** Select the dates that suit you within the trekking time windows indicated below.

**Land-only prices:** Please note that the prices and dates in this list are all LAND-ONLY, i.e. they do not include international flights. We recommend you search for flights yourself to get the best value and will be pleased to sell you the trek at the land-only price. Alternatively, we are happy to quote you separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. Please read this important information carefully. If you have any queries, please contact us.

**Minimum Numbers:** The trips offered at the prices shown below assume a minimum of 4 clients per trek. Trips can be run for smaller parties or single persons; price on application.

**Single supplements:** The single supplements shown below apply if you **request** a single tent or single hotel room for the trip. If you are applying for a place on these trips on your own, but you are happy to share room / tent, we will try to place you in a shared tent or room (usually a twin room, occasionally a triple) with another CAT client on the same trek of the same gender.

**Can't see what you are looking for?** Other routes and dates are available on request.

Updated 27 July 2018

Trek Title and Visa Costs for UK citizens. All prices correct at date of printing -check visa prices prior to applying for visa. All other nationals please refer to embassy for visa prices.	2018/2019 dates	Land-only days	Land-only price	Compulsory extra trek payments e.g. park permits, internal transport	Optional extras - Requested single room supplement	Optional extras - Requested single tent supplement
<b>NEPAL</b> Approx. Nepal visa cost for UK citizens only: 15 days: £20 30 days: £35 90 days: £75	<b>Flights UK-Nepal:</b> Depart UK 1 day before trip date shown below. <b>Flights Nepal-UK:</b> Some arrive UK same day, most arrive next day.			# (please see individual trip itinerary for full list of inclusions / exclusions)	Prices shown per person per trek	Prices shown per person per trek
<b>NEPAL: Everest / Solo Khumbu</b>						
<b>Everest Base Camp &amp; Kala Pattar</b> Lodge trek	Oct '18 - Jan '19 Mar - Apr 2019 Oct '19 - Jan 2020	19 days	£1440		£140	£70
<b>Everest Base Camp via Gokyo</b> Lodge trek	Oct - Nov 2018 Mar - May 2019	22 days	£1620		£140	£105
<b>Peaks and Passes of Everest</b> Lodge trek	Sep - Oct 2018 Apr - May 2019 Sep - Oct 2019	25 days	£1885		£140	£70

<b>Gompas &amp; Sherpas of Everest</b> Lodge trek	Oct - Nov 2018 Mar 2019 Oct - Nov 2019	15 days	£1335		£140	£70
<b>Everest Luxury Lodge Trek</b> Hotel trek	Sep - Oct 2018 Mar - Apr 2019 Oct - Nov 2019	13 days	£1790		£575	N/A
<b>Trek Title and Visa Costs</b> (prices correct at date of printing)	<b>2018/2019 dates</b>	<b>Land-only days</b>	<b>Land-only price</b>	<b>Compulsory extra trek payments #</b>	<b>Optional extras - single room supplement</b>	<b>Optional extras - single tent supplement</b>
<b>Dudh Kund</b> Camping trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	17 days	£1615		£140	£105
<b>Ghansa and Thubten Choling Gompa</b> Camping trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	9 days	£1250		£105	£35
<b>NEPAL: Annapurna, Mustang &amp; Manasalu</b>						
<b>Annapurna Sanctuary</b> Lodge trek	Oct '18 - Jan 2019 Mar - Apr 2019 Oct '19 - Jan 2020	16 days	£1265		£125	£70
<b>Naar Phu</b> > 8 pax Lodge trek; < 8 Camping trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	26 days	£2240		£115	£105
<b>Annapurna Circuit</b> Lodge trek	Oct 2018 Apr - May 2019 Oct 2019	23 days	£1505		£155	£105
<b>Poon Hill</b> Lodge trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	13 days	£2205		£170	£35
<b>Nepal Explorer</b> Lodge trek	Oct '18 - Jan 2019 Mar - Apr 2019 Dec '19 - Jan 2020	14 days	£1605		£275	£35
<b>Bhara Pokhari</b> Camping trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	13 days	£1210		£175	£35
<b>Korchen/Siklis combined</b> Camping trek	Oct - Dec 2018 Mar - Apr 2019 Oct - Dec 2019	16 days	£2205		£140	£70
<b>Korchen</b> Camping	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	12 days	£1265		£175	£35
<b>Siklis</b> Camping	Dec '18 - Jan 2019 Mar - Apr 2019 Nov - Dec 2019	12 days	£1300		£155	£35
<b>Annapurna / Manaslu Panorama</b> Camping trek	Oct - Nov 2018 Apr - May 2019 Oct - Nov 2019	23 days	£1825		£140	£105
<b>Around Manaslu</b> Lodge trek (or Camping trek - cost upon application)	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	20 days	£1390		£140	£105
<b>Tsum Valley Projects</b> Lodge trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	22 days	£1475		£140	£105
<b>Tsum Valley Projects &amp; North Gorkha Projects</b> Lodge trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	32 days	£2050		£140	£105
<b>Kingdom of Mustang</b> Lodge trek	Nov 2018 Feb - Mar 2019 Sep 2019	20 days	£2170		£140	£70
<b>NEPAL: Makalu / Arun / Kangchenjunga</b>						
<b>Kangchenjunga North &amp; South Base Camps</b> Camping trek	Oct - Nov 2018 Apr - May 2019 Oct - Nov 2019	29 days	£2620		£125	£140
<b>Makalu and Shipton La</b> Camping trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	27 days	£2245		£140	£105
<b>Arun Valley</b> Camping trek	Nov 2018 Mar 2019 Nov 2019	18 days	£1700		£140	£70
<b>NEPAL: Langtang</b>						
<b>Tamang Trail</b>	Nov 2018 Mar 2019	11 days	£1005		£140	£35

Lodge trek	Oct 2019					
<b>Helambu Skyline Trail</b> Camping trek	Nov 2018 Mar 2019 Nov 2019	12 days	£1130		£140	£35
<b>Bhairav Kund</b> Camping trek	Oct - Nov 2018 Apr 2019 Oct - Nov 2019	11 days	£1010		£100	£35
<b>Langtang Valley</b> Lodge trek	Sep - Nov 2018 Mar - Apr 2019 Sep '19 - Jan 2020	16 days	£1135		£140	£70
<b>Langtang &amp; Gosainkund</b> Lodge trek	Oct - Nov 2018 Apr - Apr 2019 Oct - Nov 2019	18 days	£1275		£100	£105
<b>NEPAL: Trekking Peaks</b>						
<b>Langtang, Yala Peak &amp; Ganja La</b> Lodge & Camping trek	Oct - Nov 2018 Apr - May 2019 Oct - Nov 2019	21 days	£1830		£140	£105
<b>Everest Base Camp &amp; Pokalde</b> Lodge & Camping trek	Oct - Nov 2018 Apr 2019 Oct - Nov 2019	21 days	£1865		£140	£105
<b>Mera Peak</b> Lodge trek (or Camping trek - cost upon application)	Oct - Nov 2018 Apr 2019 Oct - Nov 2019	25 days	£2430		£140	£140*
<b>Kangchenjunga &amp; Teng Kongma Peak</b> Camping trek	Oct - Nov 2018 Apr - May 2019 Oct - Nov 2019	29 days	£2985		£100	£140*
<b>Island Peak</b> Lodge trek (or Camping trek - cost upon application)	Oct - Nov 2018 Apr 2019 Oct - Nov 2019	20 days	£1735		£140	£105*
<b>Island Peak, Everest Base Camp &amp; Gokyo Ri</b> Lodge & Camping trek	Oct - Nov 2018 Apr 2019 Oct - Nov 2019	28 days	£2288		£140	£140*
<b>Khumbu Explorer: Lobuje East, Island Peak &amp; Everest Base Camp</b> Lodge & Camping trek	Oct - Nov 2018 Mar - Apr 2019 Oct - Nov 2019	29 days	£2455		£140	£140*
<b>Himalayan Extensions</b>						
<b>Kathmandu - Hotel</b>	Extensions can be added to any trip to Kathmandu		From £30 / night		From £35	N/A
<b>Everest View Flight Extension</b>		1 morning	From £213		N/A	N/A
<b>Mountains &amp; Temples - an Introduction to the Kathmandu Valley Extension</b>		3 days	From £280		£35	N/A

Trek Title and Visa Costs (prices correct at date of publication)	2018 / 2019 dates	Land-only days	Land-only price	Compulsory extra trek payments #	Optional extras - single room supplement	Optional extras - single tent supplement
<b>Himalayan Extensions (continued)</b>						
<b>Kathmandu Valley in Depth Extension</b>	Extensions can be added to any trip to Kathmandu	3 days	From £213		£55	N/A
<b>Pokhara- Guest House</b>			from £20 / night		N/A	N/A
<b>Pokhara- Hotel</b>			From £35 / night		From £20	N/A
<b>Chitwan National Park Extension (Luxury)</b>		3/4/5 days	From £319		From £30	N/A
<b>White Water Rafting Extension</b>		2/3/4/5 days	From £150		From £25	N/A
<b>A Taste of Bhutan Extension</b>		4 days	On request		From £125	N/A
<b>A Taste of Tibet Extension</b>		5 days	On request		From £105	N/A
<b>INDIA</b>						
.India - Internal Flights: Internal flights in India vary in price depending on how early we can book them. These figures are payable with the trek deposit, and we will book the flights as soon as your trip is guaranteed to run. Your final balance				Internal Flights:		

due will be amended if there is any adjustment in the cost of your flights							
<b>Sikkim/West Bengal - Singalila Ridge</b> Camping trek	Oct 2018 Apr 2019 Oct 2019	12 days	On request	On request	£300	£30	
<b>Sikkim/West Bengal - Kangchenjunga &amp; Singalila Ridge</b> Camping trek	Oct - Nov 2018 Apr - May 2019 Oct - Nov 2019	22 days	On request	On request	£320	£55	
<b>Ladakh - Markha Valley</b> Camping trek	Aug - Sep 2018 Aug - Sep 2019	18 days	On request	On request	£280	£45	
<b>Ladakh - Lamayuru to Alchi</b> Camping trek	July 2019	16 days	On request	On request	£210	£35	
<b>Kumaon - Nanda Devi - Milam Valley</b> Camping trek	Oct 2018 Oct 2019	22 days	On request	On request	£295	£55	
<b>BHUTAN</b>							
<b>Druk Path</b> Hotel trek	Oct 2018 Apr 2019 Oct 2019	13 days	On request		From £165	£25	
<b>Chomolhari</b> Hotel trek	Oct 2018 Mar - Apr 2019 Oct 2019	13 days	On request		From £165	£25	
<b>Laya Trek</b> Hotel trek	Oct 2018 Oct 2019	20 days	On request		From £200	£55	
<b>TIBET</b>							
<b>Lhasa to Kathmandu via Rongbuk</b> Camping trek	Apr - May 2019	19 days	On request		£165	TBC	
<b>Mt Kailash - Sacred Peak</b> Lodge or Camping trek	Jun 2019	22 days	On request		£295	TBC	
Note: Extra single room/tent supplement +	Compulsory payment	Needs to be	rechecked	For trips India,	Bhutan	& Tibet	



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## BOOKING FORM

Please use **BLOCK CAPITALS**. Attach an extra page for any extra details you wish to tell us.

**\* IMPORTANT: DETAILS ENTERED HERE MUST EXACTLY MATCH YOUR PASSPORT. \***

<b>Title:</b>		<b>Date of Birth:</b>	
<b>First Names:</b>		<b>Age at start of trek:</b>	
<b>Surname:</b>		<b>Occupation:</b>	
<b>Passport number:</b>		<b>I heard about CAT from:</b>	
<b>Passport date of issue:</b>		<b>Dietary requirements:</b>	
<b>Passport date of expiry:</b>		<b>Brief summary of outdoor / trekking experience or current exercise.</b> (add extra page if necessary)	
Passport must have at least 6 months validity at start of your trip			
<b>Nationality on passport:</b>			

<b>Your contact details:</b>
Address:
Email:
Tel Mob:
Tel Day:
Tel Eve:

<b>Contact details for the person you would like us to contact in an emergency:</b>
Name:
Their relationship to you:
Include their contact numbers relevant to your trek dates
Their Email:
Their Tel Mob:
Their Tel Day:
Their Tel Eve:

<b>Trip Title:</b>	
<b>Land-only dates to/from:</b>	
<b>Extensions requested:</b>	
<b>Extra hotel nights required:</b>	Please delete: <b>yes / no</b>
<b>Location:</b>	<b>Dates:</b>
<b>Single Supplements</b> - If you do not request single hotel/tent, you will be partnered up with another trekker of the same gender. See our dates and prices list for single supplements for your trek.	
<b>Single room required?</b>	Please delete: <b>yes / no</b>
<b>Single tent required?</b>	Please delete: <b>yes / no</b>
<b>or (if known) I would like to share a room / tent with:</b>	

<b>International Flights:</b> Do you want CAT to quote you for international flights?	Please delete: <b>yes / no *</b>	<b>Preferred UK departure airport:</b>	Please delete: <b>London / Manchester</b>
If you are able to arrive a day or so early and/or depart a day or two after your trip it can make a difference in the cost of flights. Please indicate how flexible you can be with your travel dates:			
<b>Preferred date to depart UK:</b> (NB for flights to Kathmandu allow at least 1 day before land-only start date).		<b>Preferred date to arrive back in UK:</b>	
<b>* IMPORTANT- If you choose to arrange your own international flights you MUST check with the CAT office before booking flights or making any travel arrangements to ensure the trip has reached minimum numbers to run.</b>			

<b>Payments by cheque:</b> please make payable to Community Action Treks	Please delete: <b>I have paid the amount below by:</b> <b>cheque / bank transfer</b>
<b>Payments by bank transfer: IMPORTANT- REFERENCE WITH SURNAME &amp; TRIP TITLE</b> Account name: <b>Community Action Treks Ltd</b> , Account number: <b>78052025</b> , Sort code: <b>60 04 30</b> Bank address: <b>Nat West</b> , Carlisle Branch, 92 English St, Carlisle CA3 8NF United Kingdom	
<b>Land-only trek price:</b> Deposit of <b>£350</b> due with booking form, or full amount if less than 8 weeks prior to departure. The balance payment and any extras are due 8 weeks prior to departure.	£
<b>Flight payment:</b> (include with booking form if known at the time of booking). Please note that flight prices are subject to change by the airline until the time of ticketing	£
Signature of this booking form shows your agreement to our Booking Conditions, and that you have understood the implications of signing to a holiday to remote areas, where the infrastructure and standards are not the same as at home. You also are signing to say that you will declare your pre-existing medical conditions to your insurance company and to Community Action Treks, and that you are confident in your physical ability to participate in all activities included in the holiday.	<b>Signature</b>
	<b>Date:</b>

## BOOKING CONDITIONS

**Community Action Treks Limited, hereinafter called the Company, accepts bookings on the following conditions.** Your contract is with Community Action Treks Limited (ATOL No: 5830). When you make a booking and we accept it, a legally binding contract is made. When you sign the booking form you (and any other person on whose behalf you book) agree to accept all these conditions, you acknowledge that you have read the General Notes section in this document and you warrant that the information given by you on the booking form is complete and true. When we accept your booking, we agree to carry out our obligations to you as defined in this document. The bookings can only be waived by a director of the company and in writing.

**1. Consumer Protection:** Many of the flights and flight-inclusive holidays on this website are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services listed on this website. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information, or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLCertificate](http://www.atol.org.uk/ATOLCertificate)

**Your Financial Protection:** When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong. We, or the suppliers identified on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we nor the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable).

If we, or the suppliers identified on your ATOL certificate, are unable to provide the services listed (or a suitable alternative, through an alternative ATOL holder or otherwise) for reasons of insolvency, the Trustees of the Air Travel Trust may make a payment to (or confer a benefit on) you under the ATOL scheme. You agree that in return for such a payment or benefit you assign absolutely to those Trustees any claims which you have or may have arising out of or relating to the non-provision of the services, including any claim against us, the travel agent (or your credit card issuer where applicable). You also agree that any such claims may be re-assigned to another body, if that other body has paid sums you have claimed under the ATOL scheme.

**2. To Secure a Booking** a £350 deposit must accompany the booking form. Due to new demands by airline companies, we will quote you for a flight and, dependent on the airline, we may need full payment of the flight from you prior to us securing it. The balance is due 8 weeks prior to departure, but bookings made within this period are due for immediate full payment. If, for any reason, the balance is not received by the due date, the Company reserves the right to cancel the booking and apply a cancellation charge in accordance with the scales shown below.

**3. Cancellation of Bookings** must be notified in writing. Cancellation charges are set out below, based on the date of receipt of written cancellation:

<b>Date written cancellation received by the CAT office</b>	<b>Cancellation charge: Land-only</b>	<b>Cancellation charge: Land-only and flights package</b>
More than 56 days before date of departure:	Loss of deposit, plus non-recoverable park / tourist permit charges	As land-only, plus any cancellation charges on air tickets
56-30 days prior to departure:	50% of land-only cost, plus non-recoverable park / tourist permit charges	As land-only, plus any cancellation charges on air tickets
30 days or less prior to departure, And on or after departure:	100% of the land-only cost including all park / tourist permit charges	As land-only, plus 100% of air tickets costs

**4. Alterations:** Requests for alterations to your expedition arrangements are subject to accommodation and transport being available. We will happily try to amend your booking requirements up to 6 months prior to departure without passing on administration charges. After that date, any changes will incur an administration charge of £50.

**5. Outline Itinerary:** This is provided as a guide only. Your tour dates, duration or hotel accommodation may change. We will make every effort to inform you as soon as we know of any change before departure. Your final itinerary may differ in the order in which you visit various areas and places where you stay overnight. In particular it may be necessary to alter your itinerary at short notice due to adverse weather conditions, or to operating conditions imposed by owners and operators of accommodation, facilities, aircraft, vessels and other forms of transport. Your itinerary will, however, be the same in content, unless circumstances beyond our control deem this impossible. Should weather conditions or ill health involve clients in extra costs such as accommodation, transportation and meals, such costs will be borne by the client.

**6. Acceptance** of tickets and vouchers implies acceptance of all their conditions. No responsibility or liability can be accepted by Community Action Treks Ltd. for any accident, loss or injury, unless caused by their proven negligence. No liability can be accepted for consequence of possible delay to aircraft, trains or buses due to circumstances beyond our control.

**7. The right is reserved to cancel** the expedition for reasons beyond our control, up to the date when payment of the balance is due. This may be because of, for example, hostilities, political unrest or other circumstances amounting to force majeure. Should the Company be forced to cancel arrangements under these circumstances, the choice of an alternative arrangement or full refund will be offered.

**8. Prices** quoted are based on exchange rates and operating costs at the time of booking. The Company reserves the right to levy flight, fuel and/or currency surcharges following significant fluctuations. No other surcharges relating to operating costs will be introduced, unless it becomes necessary for reasons beyond our control. Surcharges, if any, will be demanded in writing and clients must pay the increased costs. Failure to pay the surcharges will be treated as a cancellation of the booking by the client and cancellation charges will apply. No surcharge of less than 2% will be levied; if however, the surcharge exceeds 10% of the price quoted at the time of booking, the client is entitled to change to another trip if this can be arranged, or cancel the expedition and obtain a full refund after deduction of administrative costs.

**9. Complaints:** Our desire is to resolve complaints locally and immediately. If this is not possible, complaints must be made in writing to the Company within 15 days of the client's return to the UK.

**10. Warning:** Our holidays operate in remote and exciting parts of the world where the risk of injury, accident, loss of property, discomfort and delay is higher than at home. Your booking is accepted on the condition that you realise this and accept all these elements of adventure travel. By signing our booking form you agree to accept the decisions of the trek leader or Sirdar who represents the Company. If in their opinion your behaviour, performance or presence is detrimental to the safety and welfare of the group, they may ask you to leave at any stage, without any right to refunds.

**11. Insurance:** It is a condition of booking that you are adequately covered by insurance, which must cover the altitude and activities in your itinerary, and the cost of repatriation and evacuation by helicopter if you become too ill to continue. You must declare any pre-existing medical conditions to the insurance company. We advise you to take out appropriate insurance at the time of making the booking, as this will safeguard your payments should you subsequently have to cancel for an insured reason. As a result of changes to travel insurance rules from January 2009 we can no longer arrange your insurance for you. However, we would be happy to refer you to **BMC Insurance**, an insurance company we have worked with in the past, but the relationship is then strictly conducted between yourself and the insurance company. BMC Insurance can be contacted by phoning 0161 445 6111 / 0161 438 3319, or online [www.thebmc.co.uk](http://www.thebmc.co.uk). All that we will require is your waiver to confirm that adequate insurance cover is in place. In all cases, extra costs incurred by a client as a result of premature departure from the expedition, e.g., rescue, food and accommodation costs of themselves and support staff etc., are the responsibility of the client. It is important that clients carry with them the financial means to meet these costs at the time of them being incurred.

**12. Flexibility:** There is a natural need to be flexible in a tour of this kind. The day-to-day programme and ultimate aim of this trip is to be taken as an aim and not a contractual obligation. It is conditional to joining our tour that you accept this flexibility, and acknowledge that delays and alterations and their subsequent results, such as inconvenience, discomfort or disappointment, alterations to the programme and additional expenses are possible. Such expenses will be the client's responsibility.

**13. Information:** Any information given by the Company in regard to visas, vaccinations, climate, clothing, special equipment, topography etc. is done in good faith and without responsibility on our part.

**14. No Refund** or compensation will be made or given for any unused air tickets, hotel accommodation, services or feature of the tour.

**Community Action Treks (Registered in England No. 4402182) Directors: Doug Scott CBE**