



COMMUNITY ACTION TREKS LTD

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

Tel: 01768484842

Email: info@catreks.com Web: www.catreks.com



PRICE LIST & BOOKING CONDITIONS 2016 / 2017 / 2018



Trekking with a conscience

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

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 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. If you prefer to search for alternative flights yourself, we would be pleased to sell you the trek at the land-only price. Please read this important information carefully. If you have any queries, please contact us.

Minimum Numbers: Our trips can be offered at the prices shown below assuming a minimum of 4 clients per trek (2 clients for extra payment basis). Trips in Nepal marked with an asterisk * can be run for a minimum of 2 participants as a tea house trek on extra payment basis.

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.

Dates to suit you: Select the dates that suit you for 4 or more participants at the price as shown below. Prices for under 4 participants will be given upon request. Alternatively it will be possible for us to place an 'advertisement' on your behalf in the Notices & Updates section of the CAT website, asking for more participants for any particular trip.

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

Groups: If there is a group of you, please contact our groups department for a bespoke trip.

Foreign & Commonwealth Office restrictions on non-essential travel in areas damaged in the Nepal Earthquake have been lifted but CAT is not running trips around Manaslu (North Gorkha) or the Langtang until further notice.

Updated 26 April 2016

Page	Trek Title and Visa Costs for UK citizens	2016/2017/2018 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
	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.						
	NEPAL Approx. Nepal visa cost for UK citizens only: 15 days: £20 30 days: £35 90 days: £75	Flights UK-Nepal: Depart UK 1 day before trip date shown below. Flights Nepal-UK: 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
	NEPAL: Everest / Solo Khumbu						
10	* Everest Base Camp & Kala Pattar	Oct 2016 - Jan 2017 Mar - Apr 2017 Oct 2017 - Jan 2018	19 days 19 days 19 days	£1295 £1315 £1320		£140	£70
11	* Everest Base Camp via Gokyo	Oct - Nov 2016 Mar - May 2017	22 days 22 days	£1475 £1480		£140	£105
11	* Peaks and Passes of Everest	Sep - Oct 2016 Apr - May 2017	25 days 25 days	£1700 £1710		£140	£70

Page	Trek Title and Visa Costs (prices correct at date of printing)	2016/2017/2018 dates	Land-only days	Land-only price	Compulsory extra trek payments #	Optional extras - single room supplement	Optional extras - single tent supplement
12	* Gompas & Sherpas of Everest	Sep - Oct 2017 Oct - Nov 2016 Mar 2017 Oct - Nov 2017	25 days 15 days 15 days 15 days	£1715 £1210 £1220 £1225		£140	£70
12	* Everest Luxury Lodge Trek	Sep - Oct 2016 Mar - Apr 2017 Oct - Nov 2017	13 days 13 days 13 days	£1620 £1625 £1630		£575	N/A
13	Dudh Kund	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	17 days 17 days 17 days	£1470 £1475 £1475		£140	£105
13	Ghunsa and Thubten Choling Gompa	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	9 days 9 days 9 days	£1145 £1145 £1150		£105	£35
NEPAL: Annapurna and Mustang							
14	* Annapurna Sanctuary	Oct 2016 - Jan 2017 Mar 2017 - Apr 2017 Oct 2017 - Jan 2018	16 days 16 days 16 days	£1150 £1155 £1160		£125	£70
15	Naar Phu	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	26 days 26 days 26 Days	£2020 £2025 £2030		£115	£105
15	* Annapurna Circuit	Oct 2016 Apr - May 2017 Oct 2017	23 days 23 days 23 days	£1360 £1370 £1375		£155	£105
16	* Poon Hill	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	13 days 13 days 13 days	£1090 £1095 £2000		£170	£35
16	* Nepal Explorer	Oct 2016 - Jan 2017 Mar - Apr 2017 Dec 2017 - Jan 2018	14 days 14 days 14 days	£1440 £1450 £1465		£275	£35
16	Bhara Pokhari	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	13 days 13 days 13 days	£1100 £1105 £1110		£175	£35
17	Korchen/Siklis combined	Oct - Dec 2016 Mar - Apr 2017 Oct - Dec 2017	16 days 16 days 16 days	£1290 £1295 £2000		£140	£70
17	Korchen	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	12 days 12 days 12 days	£1150 £1155 £1160		£175	£35
17	Siklis	Dec 2016 - Jan 2017 Mar - Apr 2017 Nov - Dec 2017	12 days 12 days 12 days	£1185 £1190 £1195		£155	£35
17	Annapurna / Manaslu Panorama	Oct 2016 Apr - May 2017 Oct - 4 Nov 2017	23 days 23 days 23 days	£1650 £1655 £1660		£140	£105
18	*Around Manaslu Trips are not running by CAT in his area at 26 April 2016.	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	24 days 24 days 24 days	£1440 £1445 £1450		£140	£105
18	* Kingdom of Mustang	Nov 2016 Feb - Mar 2017 Sep 2017	20 days 20 days 20 days	£1960 £1965 £1970		£140	£70
NEPAL: Makalu / Arun / Kangchenjunga							
19	Kangchenjunga North & South Base Camps	Oct - Nov 2016 Apr - May 2017 Oct - Nov 2017	29 days 29 days 29 days	£2360 £2365 £2370		£125	£140
20	Makalu and Shipton La	Oct - Nov 2016 Mar - Apr 2017 Oct - Nov 2017	27 days 27 days 27 days	£2025 £2030 £2035		£140	£105
20	Arun Valley	Nov 2016 Mar 2017 Nov 2017	18 days 18 days 18 days	£1540 £1545 £1550		£140	£70
NEPAL: Langtang							
21	Tamang Trail	Nov 2016 Mar 2017 Oct 2017	11 days 11 days 11 days	£920 £925 £930		£140	£35
21	Helambu Skyline Trail	Nov 2016 Mar 2017 Nov 2017	12 days 12 days 12 days	£1030 £1035 £1040		£140	£35
22	Bhairav Kund	Oct - Nov 2016 Apr 2017 Oct - Nov 2017	11 days 11 days 11 days	£925 £930 £935		£100	£35
22	* Langtang Valley Trips are not running by CAT in his area at 26 April 2016.	Sep - Nov 2016 Mar - Apr 2017 Sep 2017 - 5 Jan 2018	16 days 16 days 16 days	£1030 £1040 £1045		£140	£70
22	* Langtang & Gosainkund Trips are not running by CAT in his area at 26 April 2016.	Oct - Nov 2016 Apr - Apr 2017 Oct - Nov 2017	18 days 18 days 18 days	£1160 £1165 £1170		£100	£105
NEPAL: Trekking Peaks							
23	Langtang, Yala Peak & Ganja La Trips are not running by CAT in his area at 26 April 2016.	Oct - Nov 2016 Apr - May 2017 Oct - Nov 2017	21 days 21 days 21 days	£1650 £1660 £1665		£140	£105
23	*Everest Base Camp & Pokalde	Oct - Nov 2016 Apr 2017	21 days 21 days	£1685 £1690		£140	£105

24	Mera Peak	Oct - Nov 2017	21 days	£1695			
		Oct - Nov 2016	25 days	£2180		£140	£140*
		Apr 2017	25 days	£2190			
		Oct - Nov 2017	25 days	£2200			
24	Kangchenjunga & Teng Kongma Peak	Oct - Nov 2016	29 days	£2685		£100	£140*
		Apr - May 2017	29 days	£2690			
		Oct - Nov 2017	29 days	£2695			
25	*Island Peak	Oct - Nov 2016	20 days	£1570		£140	£105*
		Apr 2017	20 days	£1575			
		Oct - Nov 2017	20 days	£1580			
25	*Island Peak, Everest Base Camp & Gokyo Ri	Oct - Nov 2016	28 days	£2065		£140	£140*
		Apr 2017	28 days	£2070			
		Oct - Nov 2017	28 days	£2075			
25	*Khumbu Explorer: Lobuje East, Island Peak & Everest Base Camp	Oct - Nov 2016	29 days	£2210		£140	£140*
		Mar - Apr 2017	29 days	£2215			
		Oct - Nov 2017	29 days	£2225			
Himalayan Extensions							
26	Kathmandu - Hotel			From £30 / night		From £35	N/A
26	Everest View Flight Extension	Extensions can be added to any trip to Kathmandu	1 morning	From £190		N/A	N/A
26	Mountains & Temples - an Introduction to the Kathmandu Valley Extension		3 days	From £255		£35	N/A

Page	Trek Title and Visa Costs (prices correct at date of printing)	2016/2017 dates	Land-only days	Land-only price	Compulsory extra trek payments #	Optional extras - single room supplement	Optional extras - single tent supplement	
Himalayan Extensions (continued)								
26	Kathmandu Valley in Depth Extension	Extensions can be added to any trip to Kathmandu	3 days	From £190		£55	N/A	
26	Pokhara- Guest House				from £20 / night		N/A	N/A
26	Pokhara- Hotel				From £35 / night		From £20	N/A
27	Chitwan National Park Extension		3/4/5 days		From £285		From £30	N/A
26	White Water Rafting Extension		2/3/4/5 days		From £150		From £25	N/A
27	A Taste of Bhutan Extension		4 days		On request		From £125	N/A
27	A Taste of Tibet Extension		5 days		On request		From £105	N/A
INDIA								
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 due will be amended if there is any adjustment in the cost of your flights					Internal Flights:			
28	Sikkim/West Bengal - Singalila Ridge	Oct 2016 Apr 2017 Oct 2017	12 days 12 days 12 days	On request	from £175	£300	£30	
28	Sikkim/West Bengal - Kangchenjunga & Singalila Ridge	Oct - Nov 2016 Apr - May 2017 Oct - Nov 2017	22 days 22 days 22 days	On request	from £165	£320	£55	
29	Ladakh - Markha Valley	Aug - Sept 2016 Aug - Sep 2017	18 days 18 days	On request	from £165	£280	£45	
29	Ladakh - Lamayuru to Alchi	July 2016 July 2017	16 days 16 days	On request	from £165	£210	£35	
29	Kumaon - Nanda Devi - Milam Valley	Oct 2016 Oct 2017	22 days 22 days	On request	N/A	£295	£55	
BHUTAN								
30	Druk Path	Oct 2016 Apr 2017 Oct 2017	13 days 13 days 13 days	On request On request On request		From £165	£25	
31	Chomolhari	Oct 2016 Mar - Apr 2017 Oct 2017	13 days 13 days 13 days	On request On request On request		From £165	£25	
31	Laya Trek	Oct 2016 Oct 2017	20 days 20 days	On request On request		From £200	£55	
TIBET								
32	Lhasa to Kathmandu via Rongbuk	Apr - May 2017	19 days	On request		£165	TBC	
32	Mt Kailash - Sacred Peak	Jun 2017	22 days	On request		£295	TBC	
33	Note: Extra single room/tent supplement +	Compulsory payment	Needs to be	rechecked	For trips India,	Bhutan	& Tibet	



COMMUNITY ACTION TREKS LTD

Stewart Hill Cottage, Near Heskett Newmarket, Wigton
Cumbria, CA7 8HX

Tel: 01768484842 Fax: 01768484841

Email: info@catreks.com Web: www.catreks.com



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. ***

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

Your contact details:
Address:
Email:
Tel Mob:
Tel Day:
Tel Eve:

Contact details for the person you would like us to contact in an emergency:
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:

Trip Title:			
Land-only dates to/from:			
Extensions requested:			
Extra hotel nights required:	Please delete: yes / no	Location:	Dates:
Single Supplements - 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.			
Single room required?	Please delete: yes / no	or (if known) I would like to share a room / tent with:	
Single tent required?	Please delete: yes / no		

International Flights: Do you want CAT to quote you for international flights?	Please delete: yes / no *	Preferred UK departure airport:	Please delete: London / Manchester
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:			
Preferred date to depart UK: (NB for flights to Kathmandu allow at least 1 day before land-only start date).		Preferred date to arrive back in UK:	
* 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.			

Payments by cheque: please make payable to Community Action Treks	Please delete: I have paid the amount below by: cheque / bank transfer
Payments by bank transfer: IMPORTANT- REFERENCE WITH SURNAME & TRIP TITLE Account name: Community Action Treks Ltd , Account number: 78052025 , Sort code: 60 04 30 Bank address: Nat West , Carlisle Branch, 92 English St, Carlisle CA3 8NF United Kingdom	
Land-only trek price: Deposit of £350 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.	£
Flight payment: (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.	Signature
	Date:

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

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:

Date written cancellation received by the CAT office	Cancellation charge: Land-only	Cancellation charge: Land-only and flights package
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. 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