An iconic Indian Himalaya trekking holiday in the Garhwal following Curzon’s Trail over the Kuari Pass

- Trek in the footsteps of early adventurers on the famous Curzon's Trail
- Cross the Kuari Pass (3650m) and experience breathtaking views of Nanda Devi
- Enjoy spectacular camping places and incredible ridge walking
- Explore Rishikesh and see the arti 'ceremony of lights' on the sacred River Ganges
- Extensions available to the Taj Mahal and Agra

HOLIDAY CODE KUA

India, Trek & Walk, 16 Days

1 night hotel with swimming pool, 9 nights camping, 5 nights hotel, 15 breakfasts, 15 lunches, 15 dinners, max group size: 16, 9 days trekking, 5 days cultural experience and sightseeing, max altitude - 3650 metres

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

www.keadventure.com
UK: +44(0) 17687 73966
US (toll-free): 1-888-630-4415
Introduction

Following a route trekked by Lord Curzon in 1905 and by Shipton and Tilman 30 years later, this excellent adventure trekking holiday traverses the western edge of the Nanda Devi Sanctuary. After our first day of trekking, we reach the spectacular meadow of Bedni Bugyal, a famously scenic location with a skyline dominated to the north-west by the peaks of Trisul (7120m) and Nanda Ghunti. A further week of superb foothills trekking takes us through forest and farmland and by way of a series of ridges, the last of which we cross at the Kuari Pass (3650m). Changabang, Kamet and Nanda Devi are just 3 of the India Himalayan giants visible from this sublime viewpoint. En route back to Delhi, we have time to experience the magic of Rishikesh and Haridwar and to attend the 'arti' (floating lamp) ceremony on the Ganges. This is a great trek and an unforgettable journey into the mystical Hindu territory of Garhwal.

Is this holiday for you?

This is a very scenic 9-day trekking holiday, in an area of the India Himalaya seldom visited by other trekkers. Generally the trek route follows ancient trade routes and pilgrimage trails that offer very good walking conditions. The usual day's walk will be around 5 to 6 hours. Whilst there are several ridges and passes to cross during the trek, and some steep ascent and descent this not a tough trekking trip and should be within the capabilities of any regular hill walker or back-country hiker. Note that the highest campsite is actually close to the start of the trip. The altitude attained on the holiday is relatively modest and should cause few problems. Overall this is an excellent walking holiday, both for experienced trekkers seeking a relatively untouched corner of the Himalaya and for novices looking for an introduction to Himalayan trekking.

Holiday Itinerary

Day 1: Meet at the group hotel in Delhi. Transfers from Delhi Airport provided. Afternoon train to Haridwar.

Meet at the group hotel in Delhi. Airport transfers are provided for all clients arriving on Day 1. KE Land Only package services begin with lunch at a hotel close to the airport, where we also have access to day room facilities. In the early afternoon we drive to the railway station and board the train for the 4 hour journey to Haridwar. It is said that the journey is half the experience and certainly this is true here. Any journey on Indian Railways is a fascinating affair from the crowds and chaos of Delhi station platforms to the rustic scenes of life in the countryside as we pass through. Arriving in Haridwar, we transfer to our comfortable hotel.

Day 2: Drive to Rudraprayag. Afternoon walk to the meeting of the sacred Alakananda and Mandakini rivers.

Today we have a reasonably long drive, but a spectacular one as we head up through the foothills of the Himalaya towards Nanda Devi. The roads are winding and we will stop off for lunch en route, possibly at Srinagar. It will take us 6 or 7 hours to cover the 163 kilometres to our destination at Rudrapayag, a small pilgrimage town at the confluence of the holy rivers Alakananda and Mandakini which is venerated as one of the five sacred confluences or the 'Panch Prayag'. The town is named for a particular incarnation of Shiva appeared here as 'Rudra'. We will have time to look around the town and to walk down to the confluence of the two rivers.
Day 3: Drive through Himalayan foothills to Wan (2510m) where we meet our trek crew.

Another exciting day of driving today, as we head northwards through the foothills of the Indian Himalaya. Once again, the drive (approx. 6 hours) is compensated by the stunning scenery. En route, we have some great views of Nanda Devi and surrounding peaks. The final stretch of our journey is on a rough jeep track which leads to our camping place close to Wan (2510m). Here, we meet our trek crew who will already have the camp set up.

Day 4: Trek through oak and rhododendron forest and farmland to Geruli Patal camp (3209m).

Starting from our camp at Wan, we contour the hillside briefly and start climbing gradually through farmland and scattered houses. After climbing for about an hour, we arrive at a ridge top (Ran Ka Dhar, 2752m) marked by the last cluster of houses. From here, we first descend gently and then zigzag down to the Neel Ganga (a small river, 2607m), which we cross via a bridge. We start climbing and continue through the forested area all the way to camp at Geruli Patal (3209m), in a small secluded clearing.

Day 5: Trek back towards Wan, then divert into another valley and cross a ridge to the village of Kanol.

From Geruli Patal, we continue our climb towards Bedni Bugyal. Crossing the tree line, we first reach a small top, Daulia Dhar, at 3448m. From here, the trail levels out to Bedni Bugyal (3509m). Reaching the scenic Bedni Bugyal, we climb a little further to join the ridge trail that follows the Ghoralathunia Dhar and descend through the forest towards Wan.

We descend to the temple near our previous campsite at Wan and then climb through the Upper Wan Village to a low pass (Kukina Dhar, 3124m). Over the pass, we walk down to camp above the Kanol Village at Gwaltoli.

Day 6: Follow forest trails down to the Nandakini River and follow this to the village of Sitiel (1750m).

Setting out from the stone and slate buildings of Kanol we pass through terraced fields of wheat and amaranthus (whose flour is used for flat breads such as chapattis) and then follow a lovely path through dense forest of oak and rhododendron, with lots of wild flower species; orchids, primulas and poinsettias. After a long descent to the Nandakini River, we follow a cliff-side path to a bridge which takes us across to our camp on the outskirts of the village of Sitiel where we camp on the riverbank (1750m).

Day 7: Trek through farmland to Ghunni (2470m), then steep ascent to a grazing area below the Ramni Pass.

Today, we ascend the hillside on the north of the Nandakini River, traversing the forested slopes and farmland to reach the small village of Jokhna. The steep trail begins to ease and we follow a balcony style path with views of...
distant settlements and the foothills. We pass through several villages and climb gradually to the larger settlement of Ghunni (2350m), followed by a steep ascent on a rocky path to camp in grazing areas on the hilltop below the Ramni Pass, with great views to the south.

**Day 8:** Cross the Ramni Pass (3080m) into the valley of the Birehi Ganga. Overnight above Jhenjipani.

We begin today with a gentle climb to a crossing point at the Ramni Pass (3080m), from where we look north to the Kuari Pass, our objective in 2 days time. We may see shepherds and their flocks of sheep and goats, and Langur monkeys in the forest lower down. Making a long descent into the headwaters of the Birehi Ganga River, we pass through more dense forest, with occasional clearings, in one of which above the village of Jhenjipani (2075m) we make our camp and have the afternoon to rest.

**Day 9:** Descend to cross the river. Ascend and then contour around above the village of Pana (2700m).

It is a steep descent from our camp to the picturesque village of Jhenjipani and then down to the suspension bridge across the Birehi Ganga. A steep, zig-zagging ascent takes us up and out of this narrow valley to a ridge at around (2300m). Here, the path levels out and we break for lunch. In the afternoon we contour around to our camp above the village of Pana. Today’s walk leaves us with the afternoon free at camp to enjoy the views of the valley below. Altitude at camp above the village is 2700 metres.

**Day 10:** Trek through forest to a high grazing area at Siyartoli. Overnight above the tree-line at Dhakwani.

Climbing further on a gradual trail we follow the ridge through the forests for about an hour and half we then get down into another valley from where we can once again get a glimpse of the Kuari pass. The trail opens to the Siyartoli meadow where we descend to a stream before climbing steeply up through the forest on a good zig zag path and set up camp before the pass at Dhakwani just above the treeline.

**Day 11:** Trek to cross the Kuari Pass (3650m) for views of Nanda Devi. Overnight on the meadows at Chitrakanta.
An early start today to take advantage of the clear morning weather for our ascent to the Kuari Pass (3650m). Following a steep zigzag path it takes one to one and a half hours to reach the first col (3520m) where the mountain panorama north of the pass opens up dramatically to show views from the Nanda Devi Sanctuary in the east to the Badrinath and Kedarnath peaks in the west. The view from the col is stunning, but it’s another 30 to 40 minute traverse to the top of the Kuari Pass proper from where you will see, in the words of Eric Shipton, one of “the grandest mountain views in the world”. The line up of peaks on view includes Dunagiri, Hathi Parbat, Ghori Parbat, Chaukamba, Nilkanth, Kedarnath, Berthatoli, Kamet and Trisul. Nanda Devi stays hidden for a little longer, but the outer peaks on the west of the sanctuary are all in view. After spending some time soaking up the views, we descend a few hundred metres from the pass and gain our first views of Nanda Devi. We descend just below the treeline to camp in the meadows at Chitrakanta at 3200 metres.

**Day 12: Trek out to the roadhead at Auli and from there drive via Joshimath to Kaleshwar.**

The breathtaking views are still with us, as we descend. After we leave the forest, we follow a narrow balcony path that traverses the hillside, and affords us with super views of Nanda Devi. The path soon opens up to wide meadows carpeted with flowers as we reach the Gorson ski slopes. We descend through forests to finally arrive at Auli (2755m). Here, we meet our transport and begin the journey out of the mountains. This starts with a steep, switchback descent to the bustling town of Joshimath, a resting place for pilgrims heading to and from nearby Badrinath, one of the most sacred places in India. Beyond Joshimath, we continue our drive for around four hours to Kalpeshwar, where we overnight at a basic, but comfortable hotel.

**Day 13: Long and spectacular drive to Rishikesh on the sacred River Ganges.**

Following the main road, through deep river valleys and across high passes, we make the long drive to Rishikesh. Allowing for lunch and other rest stops the journey will take around 7-8 hours. We stay overnight in a hotel in Rishikesh. If we arrive in time, we can watch the evening aarti lamp ceremony by the River Ganges.

**Day 14: Morning in Rishikesh, then drive to Haridwar with the afternoon free to explore the bazaar.**

We have the morning to enjoy the atmosphere at this very special place. The most holy of Indian rivers, the Ganges flows through the town and it is at Rishikesh where its nature changes from tumbling waters to a more sedate and mighty flow as it leaves the Himalaya and heads across the Indian Plain. The town has many temples, shrines and ashrams and is a major place of pilgrimage and starting point for pilgrimages to Badrinath and Gangotri. Rishikesh became a well-known name outside of India when the Beatles came here in 1968 to visit their guru’s ashram. After lunch we will make the short drive to Haridwar where we check in at the group hotel. The rest of the afternoon is free for relaxing or souvenir hunting in the bazaar. At around 6.30 we will not want to miss the Ganga Aarti, a ‘puja’ or religious ceremony which has been practiced here for centuries. In fact the Ganga Aarti in Hardwar’s Har-ki-Pauri is one of the most famous rituals in India. Shortly after sunset, the puja is performed in all of the temples.
lining the river at the same time with a cacophony of musical instruments and voices. Afterwards, offerings of lamps and flowers are made to the Ganges and it is a moving sight to watch hundreds of miniature lamps float along the river.

Day 15: Train to Delhi and transfer to hotel. City sightseeing tour after lunch, or take it easy at the hotel.

We have an early start to catch the morning train back to Delhi. Arriving in the city, we drive to our airport accessible hotel in time for lunch. In the afternoon we have the option of a sightseeing tour by coach of Old Delhi and New Delhi, which are completely different in character to one another. We visit the busy bazaars of Chandni Chowk, and the Moghul Red Fort. We will also see New Delhi's imposing avenues and the Lutyen's designed Government Houses. We can also visit one of Delhi's old bazaars, where we can witness the teeming life of the Indian capital city at first hand.

Day 16: Departure day. Transfers to Delhi Airport are provided.

KE Land Only package services end after breakfast at the hotel. Airport transfers are provided for all client departing on this day. There are a number of exciting options that can easily be added to your holiday in India. Why not pre-book from a range of extensions featuring the fabulous Taj Mahal, or Dharamsala; home of the exiled Dalai Lama?

**Extend Your Holiday**

**Extensions**

When booking your holiday, you will be able to 'add an extension option'.

Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

**Agra & The Taj Mahal Two Day Tour**

Our two-day extension is for those who wish to explore Agra and the surrounding area at a relaxed pace. We start by exploring the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts, before waking before the next day to see the sunrise break over the Taj Mahal. Needing little introduction, the Taj Mahal was built by the Moghul emperor Shah
Jahan as a mausoleum for his beloved wife Mumtaz. It is widely considered to be the most beautiful building in the world. This tour also gives us an opportunity to explore the fascinating abandoned ghost city of Fatehpur Sikri.

**Agra & the Taj Mahal two day tour**
- 2 days
- From **US$510** per person

**Agra And Jaipur Four Day Extension**

The Golden Triangle needs little introduction and is rightly considered a classic trip in its own right. Easily accessible from Delhi, this excursion takes in the wonders of the majestic Agra Fort, the incomparable Taj Mahal, the abandoned ghost-city of Fatehpur Sikri and the architectural jewels of Jaipur and Amber. This four day trip ensures you get the most out of these stunning attractions at a relaxed and unhurried pace.

**Agra and Jaipur four day extension**
- 4 days
- From **US$710** per person

**One Day Tour Of Agra And The Taj Mahal**

The Taj Mahal needs little introduction. Built by the Moghul emperor Shah Jahan as a mausoleum for his beloved wife Mumtaz, it is widely considered to be the most beautiful building in the world. Nearby is the oft overlooked Agra Fort, itself an awe-inspiring and magnificent complex of palaces and ancient forts. Traveling from Delhi on the express train and returning by private vehicle, our one-day extension to Agra is perfect for those with limited time who wish to complete their India experience with exploring one of the most admired and loved buildings on the planet.

**One day tour of Agra and the Taj Mahal**
- 1 day
- From **US$275** per person
Dharamsala And The Dalai Lama

Dharamsala is a former British Raj hill-station in the Dhauladhar mountain range and currently home to the Dalai Lama and the Tibetan government in exile. On this four day extension, you will be able to sample a flavour of life in Tibet and enjoy visits to the Dalai Lama’s temple complex; the Norbulingka Institute; Tibetan children’s village and visit a local Gaddi Tribal village to experience the life of the people who traditionally inhabit the lower reaches of the Dhauladhar.

**Holiday Information**

**What’s Included**

- A professional English-speaking local leader
- Delhi Airport transfers on group arrival and departure days
- All land transport involved in the itinerary
- All accommodation as described
- All meals throughout the trip
- Full trekking service including food and all equipment (excluding personal equipment)

**What’s Not Included**

- Travel insurance
- Indian Visa
- Tips for trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

**Joining Arrangements & Transfers**

We will rendezvous at the group hotel in Delhi on the morning of Day 1 of the Land Only itinerary. All clients arriving in Delhi on the morning of Day 1 of the Land Only itinerary will be met at the airport by a KE representative, who will arrange the transfer to the group hotel. Clients should let us know if Delhi Airport transfers are not required. Independent Delhi Airport transfers can be arranged to meet clients arriving prior to Day 1 at an additional cost. Note that you must arrive at the group hotel no later than mid-day for this trip. Full joining instructions including hotel contact details and an emergency number will be provided with your booking confirmation.

**Meal Plan**

All meals are included in the holiday price from dinner on Day 1 to breakfast on Day 19 of the Land Only itinerary.
Food & Water

The food served during the trek is a mixture of local and Western, mostly purchased locally and cooked for us by highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Delhi, we take our meals in the group hotel or in nearby restaurants. All meals while on trek and while staying in hotels are included in the holiday price.

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

The group will have the use of communal 'day-rooms' in the group hotel in Delhi at the beginning of the trip and an overnight stay in a Delhi hotel at the end of the trip. We will have a total of 4 nights in good standard hotels in Haridwar, Rudraprayag and Rishikesh and 1 night's basic lodge accommodation in Pipalkoti. On trek there will be a total of 9 nights camping. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself, you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Depending upon availability it may be possible to arrange single rooms for the hotel nights. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

The group will be accompanied throughout the holiday by an experienced English-speaking tour leader. during the trek the tour leader will be assisted by a crew of local guides, cooks and camp staff, plus baggage animals and their handlers.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £150 (or equivalent in Euros, US dollars etc.) changed into local currency, should be allowed for miscellaneous expenses, including porter and trek crew tips and soft drinks, etc. There are several opportunities to
buy souvenirs on this trip. It is not necessary to purchase local currency (Indian Rupees) before you travel. Sterling, US dollars and Euros are readily exchanged in Delhi. Since you will be changing the majority of your spending money into local currency on the day of arrival, we recommend taking this in cash. Credit and debit cards can be used to purchase many goods in Delhi and are particularly useful for more expensive souvenirs. It is possible to withdraw cash (rupees only) from cash machines in Delhi using credit and debit cards.

Guidance On Tipping

Tipping is an accepted and expected part of Indian culture, although you should only tip for services which are well done. The total amount that you can expect to pay in tips for your local guide, trek crew and drivers is approximately £60 (in rupee equivalent). It is usually best to do this as a group rather than individually with the group deciding collectively on the level of tipping. At the end of a trek many people also like to donate various items of their equipment to the ponymen and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the local guides and camp crews. If you wish to pass on any of your equipment or clothing at the end of the trek, your local leader will organise a fair distribution among the crew.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag and a daypack. Your baggage on trek will be carried by pack animals. The packed weight of your trek bag whilst trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.
General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

**Visa information is changing all the time. Please ensure that you check for the latest advice before travel.**

Visa India

All nationalities require a visa. For UK and US citizens, we recommend you apply for an e-Visa. You need to apply for this online at least four days prior to departure at [https://indianvisaonline.gov.in/visa/tvoa.html](https://indianvisaonline.gov.in/visa/tvoa.html). Please download the detailed information document: [Visa PDF India](#).

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](https://travelhealthpro.org.uk).

Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika Virus

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at [https://travelhealthpro.org.uk](https://travelhealthpro.org.uk)
Currency

The currency of India is the Indian Rupee.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:
http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be comfortable with walking for up to 6 hours each day and for several days continuously. We would suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but any regular exercise is good for developing cardiovascular fitness and stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The best time to visit this part of the Indian Himalaya is either before or after the monsoon (which occurs from mid-June to late September). The weather conditions should be broadly similar in the pre and post monsoon seasons, with daytime maximum temperatures around 25°C to 30°C at the start of the trek, becoming progressively cooler as we gain height. Night-time temperatures will generally be above freezing throughout the trip except possibly for the high camps at Bedni Bugial and just below the Kuari Pass where night-time temperatures can dip as low as minus 5°C. There is the possibility of encountering winter snow on the Kuari Pass. In this part of the world, most of the rainfall occurs during the monsoon months but this is a mountainous area and short-lived storms cannot be ruled out at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices' 'Travel Aware' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.
Books

- Garhwal & Kumaon – A Trekker’s and Visitor’s Guide K P Sharma (Cicerone)
- Trekking in the Indian Himalaya. Lonely Planet
- India. A Travel Survival Kit. Lonely Planet

Maps

**Leomann Indian Himalaya Maps. Scale. 1:200,000**

Kumaon and Garhwal - Sheet 8.

**Flight Information**

**Flight Inclusive Or Land Only?**

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

**Flight Inclusive Notes**

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Delhi. Outbound flights will usually depart the UK in the evening, arriving in the morning of the following day (Day 1 of the Land Only itinerary). Return flights will depart from Delhi Airport in the afternoon of the last day of the itinerary, arriving in the UK later the same day. Regional departures are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

**Land Only Notes**

The LAND ONLY dates and prices are for the itinerary joining in Delhi. For clients making their own flight arrangements, Delhi Airport is the most convenient for transfers to the group hotel. Please refer to Joining Arrangements and Transfers for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is shown on our website as either Guaranteed or Limited Spaces.

**Why Choose KE Adventure Travel?**

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.
KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition
'Campbell Irvine Direct' cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

The packed weight of your trek bag whilst trekking should be no more than 15 kgs.

You Must Bring The Following Items:

- Hiking boots
- Trainers or sandals for river crossings and camp use
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Thermal baselayer - leggings
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves or mittens
- Sleeping bag (comfort rated -10°C)
- Daypack 30 to 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Antibacterial handwash
- Basic First Aid Kit including:- antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).
• Washbag and toiletries

The Following Items Are Optional

• Thermarest (note that foam mattresses are provided)
• Trekking poles (recommended)
• Insect repellent
• Scarf or buff
• Small towel
• Sleeping bag liner
• Travel clothes
• Pen-knife (note: always pack sharp objects in hold baggage)
• Repair kit – (eg, needle, thread, duct tape)
• Small padlock (to lock your KE trek bag)
• Camera
• Reusable cloth bag for shopping (to avoid plastic bags)

Please note: This document was downloaded on 2 Oct 2020, and the trip is subject to change.