

HIMALAYAN HIGH TREKS



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May 28:
Arrive In Paro From
Kathmandu
June 8:
3 Week Bhutan Trek
July 2:
Off to Thailand & Chiang
Mai, Laos Temples &
Explore Ankor Wat
August 12:
Down Time!

TREKS, TOURS & TRAVEL

EXPLORING SMALL, SUSTAINABLE, SINCERE...

Himalayan High Treks began in 1988 – designed to create an alternative to large, impersonal and commercial travel companies who often sub-contract a visitor's experience (*yours*) to places and people unknown to the operator.

Instead, Himalayan High Treks draws on first-hand knowledge of each trail, site, point-of-interest and local staff member you will encounter throughout your journey. Our **Small Group Trips** are led by qualified group leaders and our independent **Custom Trips** can be supported and escorted by capable, English-speaking guides – they come from the areas where you travel.



Our small size is our big strength, affording us the flexibility to develop custom adventure itineraries providing a close contact with the communities you will visit. You travel comfortably and safely while maintaining respect for communities, cultures and environments along the way. *"This means we don't often stay in fancy five-star hotels or eat in western-style restaurants."* says HHT founder Effie Fletcher, *"We really try to offer our travelers an authentic and unique experience, which often requires adjusting to a new way of doing things."*

If you prefer to be a traveler instead of a tourist, we hope you'll join Himalayan High Treks for your own adventure!"

LEADERS, GUIDES, PORTERS & YAKS...

Trekking in the Himalaya offers an opportunity to explore very high mountain altitudes found within several unique and hidden cultures.

Unlike a backpacker, a trekker just carries a small daypack with personal 'day-use' items and snacks. The heavy loads are carried by **porters, yaks and horses** – allowing a trekker the special comforts, food and trail amenities that wouldn't travel with you otherwise.



Safety is a prime concern during our treks and there is always staff experienced in first aid along with you. Before you go, we provide **insightful** information to prepare you for all aspects of your trek: health, safety, culture, religion, food, local customs and more.

Our **Leaders and Guides** oversee their staff and provide you with in-depth insights and personal experience about the specific places you travel. Guides are English-speakers who were born and live in the areas we visit. They can answer your questions as well as provide current information and unique perspectives that you'll never find in any guidebook. Drawing upon years of enlightening visitors in these remote areas, they ensure that our small parties are properly acclimated, safe, well-informed and having fun all along the way!

Similarly, tours (mild, vehicle-based travel) offer the same expertise – with knowledge, safety and a proven itinerary to make the most of your journey. No matter what needs or desires, we have a staff that will greatly add to your appreciation and understanding of the natural world and the cultures found in each place you visit.

Whether you choose a **Small Group Scheduled Trip** (see schedule) or the independence of a unique **Custom Trip** (see page 8), you always travel safely – with skillful leadership drawn from thousands of miles and decades of wilderness adventure. You'll be in good hands!



HHT COMMUNITY...



HHT has been in operation over two decades, but really, it's more than simply a business – *it's our passion!* We don't exist inside a vacuum. Our continued success is due to all those who have traveled with us, those who support our trip services and those who protect the fragile environments and cultures in the places where we wander. Supporting those who support us, we hope to ensure, not only our own success, but preserve what we love for future travelers.

HHT Proudly Supports...

The Better Business Bureau: Since 1996 HHT has been a BBB Accredited **A+** Business Member.

Adventure Travel Trade Association (ATTA): The global trade network supporting sustainable adventure travel worldwide, through news, research, events and networking.

Green America: Green America is a national nonprofit consumer organization, promoting environmental sustainability, social justice, and economic justice through marketplace.

ECPAT International: A global network of organizations working together for the elimination of child prostitution, child pornography and the trafficking of children.

Mitsuko Trust: An Indian NGO that creates child friendly spaces where all children can express themselves through various activities and use computers as tools.

HHT contributes regularly to these local, not-for-profit agencies whose support directly benefits those in the local communities we visit:

- Bhutan Foundation** www.bhutanfound.org
- Central Asia Institute** www.ikat.org
- Dharamasala Animal Rescue** www.dharamasalaanimalrescue.org
- Nepalese Youth Opportunity Foundation** www.nyof.org
- SEED Nepal** www.seednepal.org



WHAT THEY SAY WHEN WE'RE NOT LOOKING...

Here are actual comments from a few of our trip participants in recent years. They express our simple goal (our version of a Mission Statement): *We want everyone to have the same memorable and life-changing personal experiences that we have enjoyed in these beautiful mountains.* It's always a special pleasure to hear we reach that goal and to make a real difference!



"Seeing three snow leopards just after beginning to descend the Chogo La (pass) was an unbelievable thrill! I've dreamed about seeing one since I began trekking in the Himalayas in the 1980's, but never thought I'd actually see one in the wild."

Maggie M. – San Anselmo, CA
Upper Mustang Trek 2014



"...Each and every employee went far beyond what could be reasonably expected. I can honestly say that the preparation and execution of our trip, from the time we were met at the New Delhi Airport until the time we left, a period of 17 days, every thing was handled flawlessly. It was truly remarkable..."

Charles S. – Oakland, CA



Custom Kuari Pass, India 2015

"I liked the fact that I was able to communicate with a live person that was responsible for the trip. The staff was excellent... Bhim stayed with me the whole time. All of the staff get an A+."

Lisa E. – Eureka, CA
Lower Everest Trek 2014

HHT EXPERIENCED GUIDANCE...

After many years and hundreds of Himalayan treks, we're bound to do it right! We've attracted the best guides and leaders you'll find. Group leaders can come from the United States or most often from the country you visit. Local crew members are also a favorite part of our trekking experience. Each guide, cook, animal keeper and porter is native to the places we travel and they were born, educated and steeped in the rich local traditions and cultures of these small mountain villages. With a love of nature and heritage, all are friendly and inquisitive – they offer everyone a welcoming and local perspective to your discoveries on the trail.

Effie Fletcher is the founder and director of HHT. Effie founded Himalayan High Treks combining her lengthy trekking experience with her close relationships to many Himalayan communities. A student of Tibetan Buddhism, she is a graduate of Goddard College in Vermont, attended with her husband Marc. Their daughter, Asha, was born in 2000.



Marin Johannsson started with Himalayan High Treks in 1990. In addition to leading many HHT treks in Tibet, Sikkim, Bhutan and Nepal, Marin has traveled to far-flung destinations such as Bali and Iceland. Marin is the best kind of high-trekking companion and leader. Her reliable sense of humor endears her to trekkers, staff and local friends wherever she travels.



Amber Tamang became a porter in 1992, working hard to put himself through high school and college. For his undergraduate degree in Law, Amber's thesis was on legal protection for tourism industry workers. He later achieved his Masters Degree in Nepali Culture, Religion and Philosophy. Amber is a very popular HHT group leader and our Nepal Regional Manager.



Sheila Kolenc with a Masters in Communications mostly works behind the scenes in HHT's office to make sure your trip runs smoothly. A long time backpacker and traveler, she went on our 2017 Lower Everest Trek where she saw fantastic views of the Himalaya from Pikey Peak at 14,000 ft.



Kalsang Bodh or "K. G." is our Regional Manager for Northern India and began his career as a horseman and packer in 1974 – later joining HHT in 1989. He has ascended peaks beyond 20,000 feet and still owns over a dozen horses. K.G. guides and organizes our North India treks from Dharamsala and Manali or those bound for Lahaul, Spiti, Ladakh and Zaskar.



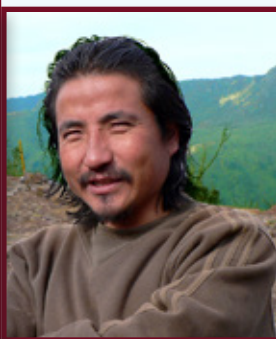
Lok Tamang trained as a guide in 2012 and since then has led treks to many areas including Annapurna, Dolpo, Manaslu, Mustang, Langtang, and the Everest region of Nepal. He was one of the main volunteers in HHT's effort to distribute emergency aid in Nepal after the 2015 earthquakes.



Shine is one of our most popular local Myanmar (Burma) guides. He resides with his small family in the former capital city of Yangon. As a former monk, he has an extensive knowledge of Buddhism as well as a general knowledge of the history and culture of the country. He provides kind and exceptional support for our Dharma Journeys Pilgrimage programs.



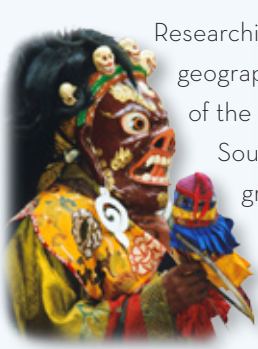
Dorji Tsering is from a small village found near Paro, Bhutan. He completed the Royal Government of Bhutan, Department of Tourism's rigorous and acclaimed Guide Training Program in 1996. Joining HHT in 1999, Dorji is our Senior Guide in Bhutan. His expertise and local knowledge reveals mysterious Bhutan to the inquisitive eyes and minds of our trekking explorers.



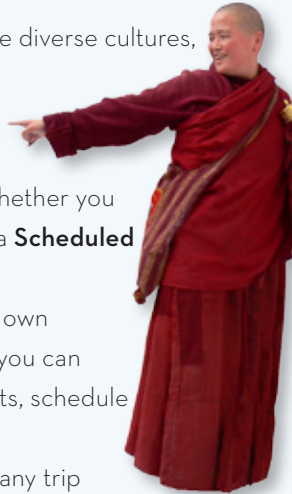
Prem is our lead cook in India and has fed hungry, hearty HHT trekkers since 2003. He is one of several cooks working their trailside magic on our treks. Group leaders and participants constantly return amazed at the high quality and variety of the daily cuisine – produced in the most-rustic of mountain conditions. You'll praise Prem's savory abilities "in the tent kitchen" too!



INSPIRATION, REGISTRATION, PREPARATION...



Researching and learning about the diverse cultures, geography and natural history of the high Himalaya or deep Southeast Asia helps to add greatly to your journey. Whether you are interested in joining a **Scheduled Small Group Trip** or wish to develop your own exclusive **Custom Trip**, you can



easily contact us to discuss your specific interests, schedule and options.

A detailed daily itinerary can be sent to you for any trip mentioned in this catalog. Your detailed custom itinerary is personally created for each unique **Custom Trip**. We want you to have good background information before you arrive!



Joining a trip is a straightforward process of completing and submitting your trip application and deposit. We'll work with you to organize an easy payment schedule best-suited for your needs and to provide you with important materials, uniquely designed for your trek. Each trip, custom or group, is comprised of a land cost and an in-trip air cost. The land cost includes all

daily ground services for your journey, as we describe in your detailed daily itinerary – accommodations, camping, staff, meals, porters, pack animals, tours, and so forth. The in-trip air cost is literally that ticket cost –

our staff secures all regional air tickets required for your trip at the best local price – you save! These combined expenses (land and in-trip air) represent the total cost of your trip from the starting date to the ending date – just as your itinerary has described it.

Each member participates in an informal conference to discuss logistical or physical trip demands, as well as your abilities and preparations – ensuring you will be ready for your adventure! You also receive useful pre-trip resources and local information (maps, medical preparations, references and specific pre-trip notes) to help you prepare mind and body for your trekking or touring adventure. Our staff is available to consult for your questions, suggestions on air tickets, insurance, medical needs, logistics and any additional services or preparations you'd like for your trip. Behind the scenes, we are ensuring that your arrangements and accommodations are confirmed and ready, based on your itinerary plan.



We partner with a 'dedicated-area' travel agent who can provide professional air bookings from your home to the trip meeting point – or you are welcome to make your own air arrangements if you wish. Each participant completes a physician's review and obtains emergency medical and evacuation insurance – we can recommend low-cost providers for this important 'peace of mind' during your journey to these remote regions. Optionally, you can insure all trip expenses, to cover your large investment, in case of an unforeseen cancellation or personal emergency.



As departure date approaches, we contact each trip participant to answer any last-minute questions and offer recent news or advice about your journey.

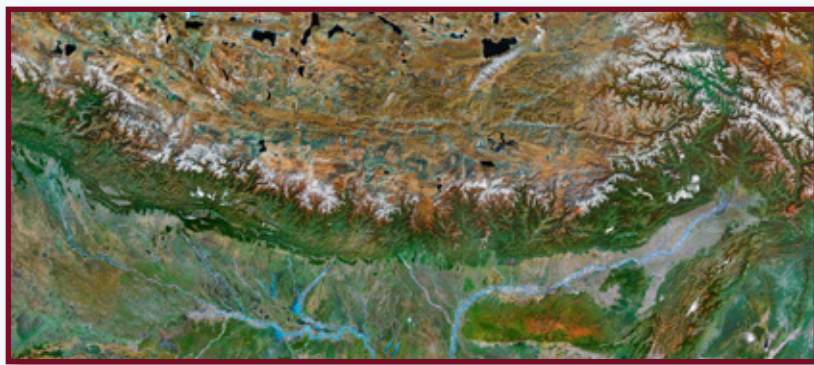
Before you know it, departure day arrives. While you travel from home to the meeting point, we've planned each detail and await your airport arrival – where we'll whisk you to your room for a well-deserved rest. It's time to begin your dream trip – welcome to a trip of a lifetime!



You've arrived & we're ready!



ORIENTATION: HIMALAYA 101...



The world's largest mountain range is a seemingly impenetrable boundary 62 - 249 miles (100 - 400 km) wide – separating ancient and mysterious Tibet, (the 'roof of the world' Tibetan Plateau) to the north, from the countries of Afghanistan, Pakistan, India, Nepal and Bhutan to the south. Stretching 1,491 miles (2400 km) in length from Assam to Kashmir, there are several major peaks rising above 26,000 feet (8,000 meters) – with Mount Everest piercing the sky at a dizzying 29,028 feet (8,850 meters). The brilliant snows and massive glaciers of the high Himalayan mountains are the source of the famous Yangtze, Indus and Ganga–Bramaptura river basins.

We specialize in remote trekking in the very best scenic, natural and cultural areas of the Himalaya— where conditions and support are ensured: Nepal, Bhutan, Tibet (China) and northern India.



Our trips often begin in a convenient Asian gateway city such as New Delhi, Bangkok, Paro or Kathmandu. After the rigors of an international flight, you will enjoy time to rest, have a local area orientation and acclimatize before you continue to where your trek or main tour activities begin. Often, this is where your In-Trip air connects you from the arrival gateway to your specific trip locale.

By focusing on these particular areas, we know the trails, guest houses, staff members, leaders, guides and communities where you travel. We don't sub-contract your trip to unknown places and parties. That's why so many people count on our long experience to confidently guide them to the best-kept secrets that these majestic mountains hold for an adventurer. We've been doing it for years!

INDIA...

Most of our India treks are in the north – in remote and unspoiled Garhwal, Himachal Pradesh, Sikkim and Ladakh. Here, the high mountains are dazzling with moderate conditions during our trekking season. The highest area, Kanchenjunga (28,208 feet, 8,598 meters), is also the focus of one of our most popular HHT treks!



NEPAL...

Landlocked between China and India, the home of fabled Mount Everest stretches from the highest spot on the Earth to near sea level. Most Nepalese reside in the lush Kathmandu Valley – the normal meeting point for our HHT Nepal treks.



BHUTAN...

These high Himalayas are mostly uninhabited, except for Buddhist monks in scattered monasteries. Cholmolhari (23,996 feet or 7,314 meters) is Bhutan's most beautiful peak. Bhutan's people who call themselves Drukpas (or 'dragon people') are ethnically related to the neighboring Tibetans. Entry is limited and carefully controlled by the government – moderating foreign intrusions to safeguard Bhutan's cultural identity. We are fortunate to offer special trips each year to this mysterious cultural and natural preserve.



TIBET...

Only sometimes open to outsiders, Tibet is a high plateau region and the indigenous home to the Tibetan people. With an average elevation of 4,900 meters (16,000 feet), it is the highest region on Earth – commonly referred to as the "Roof of the World." Existing as a separate nation for centuries, today Tibet is controlled and administered by the People's Republic of China.

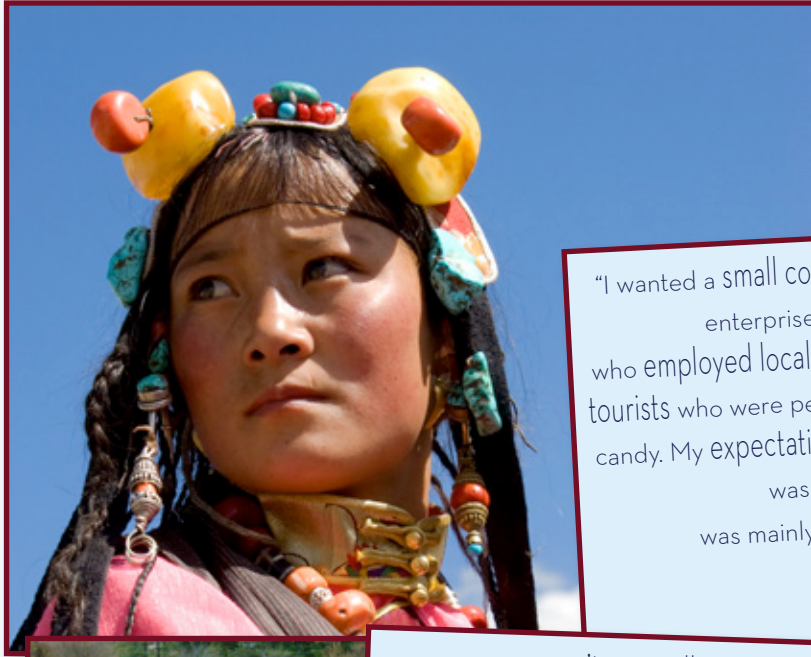


HHT CUSTOM TRIPS...

Do you have a special interest, a unique schedule, your own group or company, or perhaps you prefer to simply travel on your own? For every unique interest, HHT designs **Custom Trips** for groups, families and individuals, that fit your exact needs. Tell us about your interests and ambitions and we'll supply our personal knowledge, experience and network to create the trip of your dreams! Since the entire trip is up to you, the costs and logistics will vary from trip to trip. We have produced dozens and dozens of **Custom Trips** in our twenty-eight year history, so we can present lots of options and suggestions to make your exclusive trip the experience of a lifetime!

HOW IT WORKS...

Your own interests and needs determine the scope of any **Custom Trip**: how much, how long, when, where and the highlights you want to experience. Give us a call or send an email (*did we mention we are small and friendly?*)! We'll discuss your proposal for its feasibility. If we can help, complete a **Development Request** form for your trip proposal and submit that with a \$200 trip development fee (to help offset the time for research and pricing your own unique itinerary). Within weeks, we'll present your final detailed custom itinerary— including all of the costs and specifics for the trip you requested. Once you approve your unique itinerary, submit your **Application** and trip deposit and we'll **rebate** the \$200 development fee back to you (so, *when you approve the itinerary and book your Custom Trip, the development cost is actually... free!*). We provide helpful information and great pre-trip support – the same as we do for our **Scheduled Small Group Trips** – designed to help you prepare well and get the most out of your unique, special travel adventure.



"I wanted a small company, didn't want a commercial enterprise, and wanted someone who employed local people so we would feel less like tourists who were perceived as a source of income and candy. My expectations were fully met. The landscape was beautiful, and that was mainly what I had come to see."
 Suzanne Y. – San Francisco, CA
Lower Everest Trek 2014



"...I just can't stop talking to friends and patients about the trip. It was very humbling and as I said, a great trip. You will make our next itinerary, but it will be a little further north and closer to the mountains..."
 Dr. Bernard C. – Honolulu, HI
Custom India Tour 2014



OPTIONS & TRIP COSTS...

The final cost of a **Custom Trip** can vary widely depending on the various options you specify: Where and when you travel, how long you go, how many people in your party and how much support (guides, porters, pack animals, cooks) you would like to have. Are you a camper or prefer guest houses? Do you want five-star hotels or simple home stays? Should you add an Elephant jungle safari or a trip to the Taj Mahal when you return from the rugged trail? The possibilities are almost endless! We can offer many suggestions for you to enhance your 'core-trip' in the best way to fit your interests, time and budget. Give us your priorities and let's get started today!



I WANT TO KNOW MORE ...

Our catalog is only an introduction to Himalayan High Treks and what we do.



Current schedules and information are always available fresh from our website and you can call us or send us an email – we'll answer all questions or send information right away!

We are small (*we think that's good*), effective (*we don't waste time, money or resources– yours or ours*), personal (*not too much, but enough to ensure you'll have a great adventure*) and experienced (*with decades of practical Asia adventure travel under our belts*). We want your questions and comments before you go (*we like what we do*) as well as after you return (*we want to know we did OK*) and we especially enjoy the inquisitive travelers (*learners*) who appreciate and respect the powers (*'stop, look, listen'*) of the natural world and its inspired cultures.



When you're ready for your own Asia journey, we hope you'll be in-touch for more information.

How about now?

Grab your boots and let's go!



WWW.HIGHTREKS.COM

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