

Himalaya  
Indian  
Sub-continent

# tamang heritage trail



## trip highlights

Trek in a region seldom visited by westerners, near Langtang and Ganesh Himal

Take in stunning views of the Langtang Himal

Feel the warmth of the local Tamang people and Tibetan tradition

Experience a fully supported camping based trek with three meals per day prepared by our cooks

Trek in a region seldom visited by westerners, near Langtang and Ganesh Himal

Immerse yourself in the hustle and bustle of Kathmandu



Trip Duration	12 days	Trip Code: THT
Grade	Introductory to Moderate	
Activities	Trekking	
Summary	12 day trip, 7 day trek, 3 nights hotel, 8 nights camping	

## welcome to World Expeditions

Thank you for your interest in our Tamang Heritage Trail trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

## why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

## trip dates

## important notes

## fast facts

### Countries Visited:

Nepal

### Visas:

Yes\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

## the trip

The 'Tamang Heritage Trail' is an exciting trekking route located between Langtang and the Ganesh Himal. A culturally rich region steeped in Tibetan tradition, the local Tamang people are some of the warmest and most welcoming people in Nepal. Within easy access of Kathmandu we ascend the road north towards the Tibetan borderlands and enjoy a circuit trek through picturesque villages, terraced fields, and peaceful valleys where few trekkers venture. Continuing north towards Tibet we soak up the heritage and appreciate a local fort, monastery and exquisite local architecture of the Tamang homes. We take a rest day in Briddim to observe the construction of the new monastery and discover more about the local traditions of this wonderful region. Away from the main tourist trail, Tamang is a rewarding Himalayan region to visit.

Please note that the condition of the trails in this region have changed since the earthquake of 2015. Trekkers should be prepared for a few sections of less defined trails, with some steeper and longer climbs and some longer trekking days. Some of the villages, including Briddim and Thuman, were damaged by the earthquake. We use the same trails as those used by the locals who live here, and you will observe first-hand the rebuilding and regeneration that is taking place here following the 2015 earthquake.

## at a glance

DAY 1	JOIN KATHMANDU
DAY 2	FREE DAY IN KATHMANDU
DAY 3	KATHMANDU TO SYABRUBESI, DRIVE APPROX. 7-8 HRS (DEPENDING UPON ROAD CONDITIONS)
DAY 4	TREK TO GATLANG (2238M). WALK APPROX. 7-8 HRS
DAY 5	TO TATOPANI (2607M). WALK APPROX. 5-6 HRS
DAYS 6-7	TREK TO NAGTHALI (3165M). WALK APPROX. 4HRS & REST DAY
DAY 8	TREK TO THUMAN (2338M). WALK APPROX. 3-4 HRS
DAY 9	TREK TO BRIDDIM (2239M) WALK APPROX. 5-6 HRS
DAY 10	RETURN TREK TO SYABRUBESI. WALK APPROX. 4HRS
DAY 11	RETURN DRIVE TO KATHMANDU (APPROX 7 HOURS)
DAY 12	TRIP CONCLUDES IN KATHMANDU.

## what's included

- 11 breakfasts, 9 lunches, 8 dinners including all meals on trek valued at US\$350
- airport transfers if arriving on day 1 and 12 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- expert bilingual guide and group medical kit
- good quality accommodation in Kathmandu
- use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- souvenir World Expeditions kit bag
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment and porters insurance
- accommodation in our fully serviced wilderness campsites

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

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## thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## trip grading Introductory to Moderate

These trips involve trekking, walking, cycling, rafting or sea kayaking for up to five or six hours a day at a slow but steady pace and should never be misinterpreted to mean they are easy trips. These trips do not spend time at altitudes above 4000m and are usually a week in duration. You will need a reasonable level of fitness and good health.

Suggested preparation: 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for three months leading up to your trip. For trekking, hill walking with a daypack in variable weather conditions is also recommended.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

## detailed itinerary

### DAY 1 Join Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel  
meals: NIL

### DAY 2 Free day in Kathmandu

Today you have a full day to explore Kathmandu's bustling streets and significant landmarks. You may wish to start by exploring the city's two most important World Heritage Listed spiritual sites: Pashupatinath, Nepal's most sacred Hindu temple and an important cremation site; and Boudhanath, the largest Buddhist stupa in Nepal and the most sacred Tibetan Buddhist shrine outside of Tibet. Alternatively you could wander through the markets and shops of the busy Thamel precinct or explore some more of the city's significant sites such as Swayambhunath (Monkey Temple) or the World Heritage Listed plazas of Patan, Bhaktapur or Durbar Square.

meals: B

### DAY 3 Kathmandu to Syabrubesi, drive approx. 7-8 hrs (depending upon road conditions)

After an early breakfast we drive north from Kathmandu to Syabu Besi. Parts of the road are unsealed and the condition of the road often depends upon the monsoon season. We will travel via Trisuli Bazaar where the dam and hydroelectric project was completed by the Indian Technical Mission. Finally we drive on to Syabrubesi where we will make our first camp and final preparations for our trek.

Developed by the Tourism for Rural Poverty Alleviation Program, the "Tamang Heritage Trail" is newly developed and an off the beaten track experience. This area is connected to Tibet and the trails in this region were used by traders from Tibet bartering in salt and mountain goats for meat (changra) with foodstuffs from the south. The people of this region are mostly Tibetans who came from Kerung in Tibet across the border and settled in Nepal. In earlier days, the citizenship of Nepal would not be offered to real Tibetans, so they changed their ethnicity to Tamang, which is what they still write till date. The culture and traditions of these people are similar to Tibet just across the border. This region offers a wilderness experience with beautiful landscapes of alpine terrain, flat meadows and rhododendron forests. There are still

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## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

bears, leopards, red panda and musk deer. During the months of March and April the Rhododendron forests are in full bloom and have many different species of trees, birds and butterflies.

meals: B,L,D

### DAY 4 Trek to Gatlang (2238m). Walk approx. 7-8 hrs

Syabrubesi is a commercial area and it is the starting point for treks in the region. It is the main junction towards Kerung Border and Langtang, Tamang Heritage and Gosainkund Lakes trek. Today we will walk uphill where we get to a view point where we gain fantastic views of the Ganesh Himal, Gosainkund range and Langtang Range. We then walk through a pine forest with gravel road from where we get good views of Goljang which is a major village. We will then walk further for an hour to our lunch stop. Today we walk through small villages and along the trails there are numerous Buddhist chortens and mani walls. Gatlang is a beautiful Tamang village that is set high on a hillside among terraced fields.

meals: B,L,D

### DAY 5 To Tatopani (2607m). Walk approx. 5-6 hrs

Our walk today begins by descending to Thangbuchet (near Chilime village) by the Bhotekoshi River. Chilime Hydropower dam is situated here. After Chilime, we start to ascend first by crossing a small hanging bridge and continue until we reach our campsite. Enroute, we have excellent views of the Langtang Range and Ganesh Himal. Tatopani means 'hot water' in Nepali, and this was previously the site of hot springs prior to the earthquake of April 2015.

meals: B,L,D

### DAYS 6-7 Trek to Nagthali (3165m). Walk approx. 4hrs & Rest Day

This morning we ascend to Nagthali, which was once used as a popular meditation center for the local monks and priests. Nagthali Danda (3300m), the highest pass of the area, lies in a high open grassland and offers outstanding panoramic views of snow covered Langtang Lirung, Kerung, Ganesh Himal and Sanjen Ranges. Today is our highest campsite of this trip. From this campsite an excellent day hike can be made north towards the Tibet/Nepal border.

meals: B,L,D

### DAY 8 Trek to Thuman (2338m). Walk approx. 3-4 hrs

We begin with an easy flat trails which descends to Thuman en route to the old trade route to Tibet. If we are lucky, we might come across large troops of Nepal Gray Langur Monkeys. The ancient monasteries and houses adorned with rich wood engravings here are an unforgettable experience

meals: B,L,D

### DAY 9 Trek to Briddim (2239m) Walk approx. 5-6 hrs

Passing through rhododendron forests and meadows we head towards Briddim, another Tibetan influenced Tamang village located in the heart of the Langtang Himal. We can visit a meditation cave of Guru Rinpoche today, revered as the founder of Tibetan Buddhism.

Please note this village was extensively damaged during the earthquake of 2015. Work is getting underway by the locals to rebuild this village where they have been living for many generations.

meals: B,L,D

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## DAY 10 Return trek to Syabrubesi. Walk Approx. 4hrs

We follow the Bhote Kosi River on the left side of the valley to the north and then return on the opposite side. Passing through paddy and corn fields we finally descend to our campsite at Syabrubesi.

meals: B,L

## DAY 11 Return drive to Kathmandu (approx 7 hours)

The drive back to Kathmandu should take approximately 7 hours, depending on road conditions. On arrival the rest of the day at leisure.

meals: B,L

## DAY 12 Trip concludes in Kathmandu.

Arrangements cease after breakfast unless further arrangements have been made. Those travelling by aircraft to further destinations will be transferred to the airport.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## suggested extensions

- Kathmandu to Delhi
- Ancient City of Lhasa

## country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

## climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes

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and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

## a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 - 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

# tamang heritage trail

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## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack.

## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- \*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- \*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- \*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- \*Porters also receive life insurance and income protection insurance.
- \*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

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\*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

\*Porters are not to carry more than 30kgs.

\*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> [www.ippg.net](http://www.ippg.net)

International Mountain Explorers Connection >> [www.mountainexplorers.org](http://www.mountainexplorers.org)

Kilimanjaro Guide Scholarship Foundation Inc. >> [www.kiliguides.org](http://www.kiliguides.org)

## protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources.

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

## private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

## subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

## social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at [facebook.com/worldexpeditions](https://www.facebook.com/worldexpeditions)

INSTAGRAM: [@worldexpeditions](https://www.instagram.com/worldexpeditions)



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YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.