



HIMALAYAN HIGH TREKS

Adventure Travel To The Himalayan Regions Of Nepal, India, Bhutan & Tibet **Plus** Southeast Asia

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Himalayan High Treks began back in 1988 as a vision and alternative to the large, impersonal and commercial travel companies that often sub-contract your visitor's experience to unknown people and places. Instead, Himalayan High Treks draws on first-hand and personal knowledge of every trail, site, point-of-interest and local staff member you may encounter along your journey. Our scheduled group treks and tours are designed with an experienced group leader and our custom trips are coordinated by local, English-speaking guides who were born and live in the areas you travel.

Our small size is our strength, affording us the flexibility to develop custom adventure itineraries with a close contact to people and places you will visit. Local staff offers visitors real insight into their customs and people. You travel comfortably and safely while maintaining respect for unique 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."

Trekking in the Himalaya offers a special opportunity to safely explore very high mountains, rustic secluded villages and traditional cultures. Unlike a backpacker, a trekker just carries a daypack with essential items. **Porters, yaks or horses** carry the loads— allowing trekkers special comforts, food and amenities along the rustic trail that you wouldn't have otherwise. **Safety is our prime concern during every trip** – there are always staff with you who are experienced in safety and first aid. **Touring in Southeast Asia** is restful too – with easy day hikes, great food and cultural explorations.

Trek & Tour Guides not only lead staff, they help provide each participant with in-depth knowledge about specific places you travel. Guides are experienced English-speaking locals – 'born and bred' in the areas you visit. Leaders have a lengthy experience and love of these communities. Before you go, we provide insightful information to help prepare you for each aspect of your trip – health, safety, culture, religion, food, local customs and more. No matter if you are road touring or alpine trekking, we'll provide the resources, background, organization and people for a trip of a lifetime!

"It was the world's best trek!
Even a trip to the moon couldn't beat it.
We were so glad for our guide Amber's
hard work, patience, expertise,
understanding and experience."
*Dr. Joel A. and Lisa N. – Berkeley, CA
Custom Trek, Ladakh*

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

"I just want to say that almost every time we
passed another group I was struck by how
lucky we were to be with our group. Specific
advantages: small group; knowledgeable and
involved guides and staff; horses seemed
better cared for; generally respectful of the
environment."
*Sid M. and Todd P. – Enfield, NH
Zanskar Ladakh*

CUSTOM TREKS & TOURS

"A wonderful trek. Terrain was pristine, the
forests clean and quiet. Each and every
employee went far beyond what could be
reasonably expected. I can honestly say that the
preparation and execution of our trip ... until the
time we left, a period of 17 days, every thing was
handled flawlessly.
It was truly remarkable."
*Charles S. – Oakland, CA
Kuari Pass, India 2015 Custom Trek*

SCHEDULED SMALL GROUP TRIPS

Schedule &
Trip Information
On The Back!

www.hightreks.com

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 www.facebook.com/hightreks

2018 CUSTOM TREKS, TRIPS & TOURS:

Maybe you have a special interest, a unique schedule, your own company or group, or perhaps you simply prefer to travel on your own? No matter what your motive, HHT designs **Custom Trips** for individuals and groups to fit with your exact needs. We'll supply our intimate knowledge, lengthy experience and local network to create the trip of your dreams! We've produced **hundreds of Custom Trips** since 1988, so we can present options and suggestions **you'll like to** make your exclusive trip the experience of a lifetime!

Decide the logistics and scope of your trip: how much, how long, when, where and the highlights you want to experience. Then, just give us a call or send an email (*did we mention we are small and friendly?*). We'll discuss your idea and formulate a trip plan.

Complete a **Development Application** for your trip proposal and submit it with a \$200 development fee. That fee helps offset the costs of researching and creating your own unique itinerary. Soon we present you with your custom itinerary – including all of the trip costs and specifics for the trip you requested.

Once you approve your custom itinerary and submit a trip application and deposit, we **rebate** the \$200 development fee back to you (so, *once you finalize the itinerary and book your trip, your custom trip development is actually free*). Sweet!

We provide you with helpful pre-trip support and materials—preparing you for your own unique, organized travel adventure.

The price of a **Custom Trip** can vary substantially depending on the 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... camping, guest houses, five-star hotels, an elephant jungle safari or a trip to the Taj Mahal when you return to the city? The list of choices and options you have is almost endless!

Take advantage of our lengthy and practical experience guiding travelers through many special, hidden places in the rugged **Himalayas**. Custom trips to **Southeast Asian** destinations too – Myanmar, Vietnam, Thailand, Sri Lanka, Cambodia and Laos. Our expertise is your passport to the experience of a lifetime!

Since 1988

2018 SMALL GROUP SCHEDULED TRIPS:

Thailand, Laos & Cambodia: Inside «Mild Tour»

March 18-31 from Chiang Mai, Thailand.

Thailand's Golden Triangle, Laos' Mekong River cruise to Luang Prabang and then, Cambodia's ancient UNESCO site Angkor Wat!

Leader: **Effie Fletcher** Land Cost: \$4550 In-Trip Air: \$260*

India: Kauri Pass «Moderate Trek»

April 1-15 from New Delhi, India.

Trek to 12,467 feet with mighty views and fascinating regional cultures. Views are outstanding in the Indian Himalayas.

Leader: **Marin Johannsson** Land Cost: \$2790 In-Trip Air: None*

Nepal: Everest Spring «Moderate Trek»

April 25 - May 14 from Kathmandu, Nepal.

An adventure amidst magnificent high-mountain Everest scenery, visiting the famous trekking peaks of Gokyo Ri and Kala Patter.

Leader: **Marin Johannsson** Land Cost: \$2470 In-Trip Air: \$240*

Nepal: Dolpo to Mustang Trek «Strenuous Trek»

May 13 - June 9 from Kathmandu, Nepal.

Trek Dolpo to Mustang reaching 18,000 feet, hiking through some of Nepal's most remote Himalaya, bordering the Tibetan Plateau.

Leader: **Marin Johannsson** Land Cost: \$4570 In-Trip Air: \$500*

Ladakh: Markha Valley Trek «Strenuous Trek»

July 2 - 20 from New Delhi, India.

Trek though "Little Tibet" with remote high-alpine trail hiking to 16,730 feet near the Himalayan border of India and Tibet.

Leader: **Marin Johannsson** Land Cost: \$2880 In-Trip Air: \$400*

Tibet: Mount Kailas Trek «Strenuous Trek»

September 2 - 23 from Chengdu, China.

Visit Lhasa, Shigatse and Gyantse. Hike to over 18,000 feet amidst pilgrims encircling Mount Kailas. Optional Xian and train extension.

Leader: **Marin Johannsson** Land Cost: \$8800 In-Trip Air: \$600*

Nepal: Upper Mustang Trek «Moderate Trek»

September 26 - October 12 from Kathmandu, Nepal.

Trek past historic Buddhist villages, monuments and monasteries with unique Tibetan culture in the ancient kingdom of Lo.

Leader: **Ang Furi Sherpa** Land Cost: \$2750 In-Trip Air: \$380*

Nepal: Lawudo trek and retreat «Moderate Trek»

October 5-22 from Kathmandu, Nepal.

Trek through the beautiful Khumbu region of Nepal to Lawudo Gumpa for a traditional Buddhist retreat. *****NEW*****

Leader: **Ven. Amy Miller** Land Cost: \$2299 In-Trip Air: \$360*

Nepal: Lower Everest «Moderate Trek»

October 8 - 21 from Kathmandu, Nepal.

An exciting trek to 14,000 feet with Everest views! Visit our staff's home village in the verdant foothills of the Solu Khumbu region.

Leader: **Marin Johannsson** Land Cost: \$1575 In-Trip Air: \$140*

Nepal: Manaslu Larkey La Pass «Strenuous Trek»

October 22 - November 8 from Kathmandu, Nepal.

Rugged trek along the old Tibet Salt Trade Route. Reach 16,850 feet with fine views of Mount Manaslu at 26,759 feet. It's a stunner!

Leader: **Lok Tamang** Land Cost: \$2780 In-Trip Air: None*

Bhutan: Druk Path Trek «Moderate Trek»

October 22 - 31 from Paro, Bhutan.

Trek with stunning mountain views, lakes and forests along an ancient trade route, over high mountain passes reaching 11,500 feet.

Leader: **Marin Johannsson** Land Cost: \$3390 In-Trip Air: None*

India & Nepal: Dharma Journeys Pilgrimage «Mild»

October 25 - November 11 from Kathmandu, Nepal.

A traditional, religious, Buddhist pilgrimage to sites in India and Nepal. This popular trip is led by an inspiring Buddhist teacher.

Leader: **Ven. Robina Courtin** Land Cost: \$4600 In-Trip Air: \$380*

Vietnam: North to South «Mild Tour»

November 1 - 18 from Hanoi, Vietnam.

Uncover natural beauty, cultural diversity and exciting adventure from picturesque bays in the north to the green deltas of the south.

Leader: **Effie Fletcher** Land Cost: \$4699 In-Trip Air: \$260*

Indonesia: Dharma Journeys Retreat «Mild»

2019 TBA from Yogyakarta, Indonesia.

Retreat, teachings and meditation on the 'Eight Verses of Thought Transformation,' at Lama Atisha sacred site at Borobudur.

Leader: **TBA** Land Cost: \$1200 In-Trip Air: None*

*In-Trip Air is estimated. We obtain these regional tickets locally and at the best available price – the final cost to you is corrected at purchase time. The total trip cost is the sum of the Land and In-Trip Air as shown above. Our prices are quoted in U. S. Dollars. Ask for a day-by-day itinerary!