



COMMUNITY ACTION TREKS LTD

Unit 7, Sunset Hill, Keswick, Cumbria, CA12 4RN

Tel: 017687 71890 Fax: 017687 71325

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



Fiona Silberbach
Climbing Club
changingperspective@xln.co.uk

QUOTATION

Quotation Date: 14 December 2010

Land-only price per person: £1765

Quotation based upon the following:

Expedition Name: Climbing Club Trek - Trekking Group - Gokyo and Cho La

Land-only Dates: Autumn 2011

Itinerary: As outlined below

Minimum group size: 4

Inclusions:

- All transfers between Kathmandu airport & hotel accommodation
- Internal return flights between Kathmandu and Lukla
- 6 nights hotel accommodation on a B&B basis in Kathmandu
- National Park permit and TIM
- All meals and lodge accommodation during trek
- Services of a local leader (sirdar), sherpa guides & porters (15kg per trekker)

Exclusions:

- International flights
- Lunches and dinners in Kathmandu
- Nepalese visa (currently £35 for 30 days)
- Travel insurance
- Items of a personal nature eg drinks, laundry, phone, souvenirs
- Tips
- During trek: drinking water, extra drinks, bar/telephone bills, extra baggage for porter (more than 15kg), sleeping bag etc.

Quotation valid for 30 days from the date on this document.

Bookings are considered to be accepted upon receipt of a signed booking form and deposit as per booking conditions.

Itinerary:

Day	Itinerary	Accommodation (H = hotel L = lodge)
1	Arrive Kathmandu:	H
2	Free day in Kathmandu	H
3	Fly to Lukla, trek to Phakding 2600m	L
4	Phakding - Namche Bazaar 3440m	L
5	Namche Bazaar acclimatisation day	L
6	Namche Bazaar acclimatisation day	L
7	Namche Bazaar - Kangjuma 3620m via Khumjung & Khunde	L
8	Kangjuma - Dole 4040m	L
9	Dole - Machermo 4410m	L
10	Machermo acclimatisation day	L
11	Machermo - Gokyo 4790m	L
12	Gokyo - Scoundrels View (5th Lake) - Gokyo 4790m	L
13	Gokyo Ri 5340m - Dragnag 4700m	L
14	Dragnag - Dzongla 4850m via Cho La 5420m	L
15	Dzongla - Lobuche	L



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16	Lobuche – Gorak Shep 5100m (Kala Pattar)	L
17	Gorak Shep - Everest Base Camp – Gorak Shep	L
18	Gorak Shep - (Kala Pattar) – Dingboche	L
19	Dingboche - Kangjuma	L
20	Kangjuma – Monjo	L
21	Monjo to Lukla	L
22	Fly Lukla to Kathmandu	H
23	KTM – optional extensions available	H
24	KTM – optional extensions available	H
25	KTM – optional extensions available	H
26	Depart Nepal	

Please don't hesitate to contact me if you have any questions about this quotation.

Many thanks for your enquiry

Ann Foulkes
Operations Manager - Groups