



# 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  
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## QUOTATION

**Quotation Date:** 14 December 2010

**Land-only price per person:** £1850

**Quotation based upon the following:**

**Expedition Name:** Climbing Club Trek - Trekking Group – Peaks & Passes

**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
  - During trek: normal breakfast, lunch and dinner, lodge accommodation, service of a guide and a porter, airport hotel transfers etc.
  - Services of a local leader (sirdar), sherpa guides & porters (15kg per trekker). Services of cook for camping nights
  - Mixture of predominantly lodge accommodation and camping where lodges not available after the Renzo La

- 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 C = camping)
1	Arrive KTM	H
2	Rest Day	H
3	Fly to Lukla trek to Phakding	L
4	Phakding to Namche Bazaar	L
5	Namche Bazaar Acc Day	L
6	Namche Bazaar Acc Day	L
7	Namche - Tengboche	L
8	Tengboche - Pheriche	L
9	Pheriche acclim day	L
10	Pheriche - Lobuche	L
11	Lobuche - Gorak Shep (Kala Pattar)	L
12	Gorak Shep - Everest Base Camp - Gorak Shep	L



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13	(Kala Pattar) Gorak Shep - Dzongla	L
14	Dzongla - Cho La - Dragnag	L
15	Dragnag - Gokyo	L
16	Gokyo Ri	L
17	Gokyo - Lungsampa Ri - Gokyo	L
18	Gokyo - Renzo La - Lungdeng	C
19	Lungdeng - Thame	L/C
20	Thame - Monjo	L
21	Monjo - Lukla	L
22	Fly Lukla - KTM	H
23	KTM	H
24	KTM	H
25	KTM	H
26	Depart KTM	

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