



**Himalayan Meditation Trek  
November 9th – 23rd 2013**  
**Trekking with a difference!**  
**Meditation and Village Culture Trek  
Chitwan and Pokhara**

**Moderate 15 days Camping Trek**  
**Maximum altitude 2225m**  
Trek and daily meditation sessions lead

by

**John Christian**



**For Further details and Bookings  
contact:**

**John Christian**

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**TREK PRICE NOT INCLUDING FLIGHTS £ 889.99 .**  
**Euro 1,045. US \$1395. A non refundable deposit of \$300**  
**OR £195 is required by the 15th September 2013.**

**Booking procedures and conditions:**

You understand that this is an adventure holiday, which may incur risks, and you undertake it at your own volition. You accept that in India standards of transport and conditions are not the same as in Europe. Whilst we will endeavour to provide good services throughout, we will only be responsible for goods provided directly by ourselves.

The Tour, as described, will be operated as closely as is reasonable with regard to the safety and well being of the clients and staff and changes in circumstances beyond our control. The leader has the final decision to alter or cancel any part of the tour for all or any member of the group.

You agree to indemnify John Christian Seminars for any costs incurred by them in the event that you require evacuation by helicopter, or other means, due to injury or sickness. It is obligatory that you have travel insurance to cover this eventuality. Any existing medical condition should be declared or the insurance may be invalid.

No refunds can be given for any unused services, or part of the holiday not completed or changed, after commencement of The Tour.

You send a signed booking form with 10% non-refundable deposit and proof of your insurance. The booking will be deemed accepted when our confirmation receipt is issued. We reserve the right to refuse any booking.

The balance of the Tour cost must be received at least 10 weeks before departure. Full payment is required if booking less than 10 weeks ahead.

In accordance with EU bonding regulations, all payments will be held by Trustees in a Building Society Account until your tour is complete.

Notice of cancellation must be given in writing and will apply from the date notice is received. Cancellation charges: - 60 – 30 days ahead 50%, 29 – 15 days 75%, less than 15 days 100% of the invoiced costs.

The prices quoted are for a group of 10 – 20 maximum. They are based on the exchange rate £1 = US\$1.58 (Aug 2013) and may be changed up or down within 10% before the final payment is made if tax or exchange rates vary; taxes, airtfares or permits increase which are outside our control.

Any complaints should be brought to the attention of the leader at the time, who will try to rectify them. Any disputes concerning the booking are subject to English Law and should be notified in writing within 28 days of completion of the tour.

It is your responsibility to see that you have a valid passport, visa, insurance, health certificates and travel documents. Any extra costs due to a lack of any of these must be borne by you.

# BOOKING FORM

Title/Surname .....

Forename .....

Date of Birth .....

Occupation .....

Nationality .....

Passport No. ....

Mailing Address .....

.....

.....

Postcode .....

Phone No .....

Email .....

I accept the booking Procedures and conditions on behalf of those named above and I enclose herewith  
10% deposit per person.

Date .....

Deposit Paid:

£

Signed .....

Single room

Sleeping Bag

Vegetarian

Special Requests .....

Extra week / nights .....

in Nepal with

Dates

How did you hear .....  
of the Tours? .....

**For further Enquiries & Bookings contact:**

**John Christian, 2 St Katherine's Cottages, Greenfield Lane, Ickleford, Herts. SG5 3YH. UK.**

**Tel : (0044) 1462 625157 / Mobile: 07766684647**

**Email: [john@johnchristianseminars.com](mailto:john@johnchristianseminars.com)**

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**This itinerary is a daily guideline.**

***We will begin and end each day with relaxation and meditation sessions (Including basic Yoga stretching and breathing exercises)***

**Day 01: 9th Nov:** Arrive in Kathmandu and transfer to hotel.

**Day 02:** F/D s/s sight-seeing tour Pashupati, Budhha and Swoyambu in the Kathmandu Valley.

**Day 03: Kathmandu - Homany Deurali (2000m)**

Drive to Pharping. Visit Dakshin Kali Hindu Temple and Buddhist gumpa (monastery). Afterwards walk to Homany Deurali for Lunch. Can be seen the Great Himalaya range view, Langtang, Gauri shanker and Dorjee Lakpa including Everest and, Kanchenjunga if weather is Clear. After Lunch one and half hrs walk through the village to the camp.

**Day 04: Explore Phakhel Village:**

After Breakfast, walk to the hill top through the forest bird watching and Mahabharat range view including Hima Layan Range and then walk to camp for lunch. Explore Tamang Village discover their Culture and traditions, village lifestyle, visit local school and overnight camp.

**Day 05: Phakhel – Markhu:**

After Breakfast, Walk through the farmland to road and Follow the road until we arrive at Markhu. Lunch break in a small Hamlets Sukaure Kh (1750m). After lunch walk Via Kalanki Danda to the reservoir At Markhu and over Night camp.

**Day 06: Markhu – Daman:** After breakfast cross the suspension Bridge and climb through the village to Daman 2225 m, Visit View tower which offers a great Himalaya Range view. Explore the unique small village of And visit Orchid garden and Overnight camp.

**Day 07: Daman – Gadideural:**

After Breakfast, Visit Chumi Gyachu Gumpa walk through The Rhododendron forest and may see looming Orchid on The way to Sim Bhanjyang 2485m. then descending through the forest to Gadideurali for our over night camp.

**Day 08: Gadideurali – Hetauda:**

Descend steep and rocky trail to the river bed Bhim Phedi And drive to Hetauda for lunch, Afternoon Explore Rapati River bank good for Birding and visit Shahit smark Garden And overnight camp.

**2 Nights 3 Days Chitwan National Park.**

**Day 09: Hetauda – Chitwan:** Drive to Chitwan by coach.

Check in Safari Lodge for lunch. Welcome drink will serve and briefed about your stay in the Park. Visit Elephant breeding center/ tharu village and overnight stay.

**Day 10 Chitwan:** Full days of wildlife activities including elephant-back safari, dug-out canoeing, jungle Walk, Jeep drive (seasonal), bird watching, nature trek, visit Thauru village, to elephant breeding centre and native Thauru folk dancing.

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**2 Nights 3 Days Pokhara Tour**

**Day 11: Chitwan – Pokhara.**

5/6 hours scenic drive to Pokhara by Coach, check in hotel and overnight stay.

**Day 12: in Pokhara S/S Tour.**

Explore Pokhara, Sightseeing tours in an around Pokhara, Gopte swory cave, devi's waterfall Varahi temple, world peace stupa and International Museum Overnight stay in Pokhara.

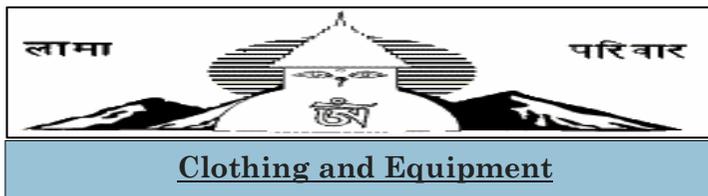
**Day 13: Pokhara – Kathmandu**

After Breakfast, fly to Kathmandu transfer to Hotel. visit Kathmandu Durbar squire in the evening and overnight hotel.

Day 14: Kathmandu Valley tour- Bouddha- swoyambhu- Kathmandu. Full day tour around world Heritage site, BouddhaNath is one of the biggest stupa in South Asia, Swoyambhu 2500 year old Buddhist and Hundu shrine, Kathmandu Darbur Square numerous pagoda style temples, Living goddess kumari temple, Kal bhairab and Shiva Parbati Temple and overnight hotel.

**Day 15: 23rd Nov:** Transfer to International Departure to home.

AVERAGE WALKING 5-6 HOURS A DAY



**Nepal Trek Packing Lists:** Certain basic trekking equipment is essential but DOT NOT BRING TOO MUCH. Depending on the area and season, we will provide you with a comprehensive list of necessities.

The day will be warm especially on the trek and at chitwan/pokhara. The sun is strong and UV factor high so it is best to keep covered. Night will be cool on the trek.

**Foot wear:** Lightweight walking boots are advisable-comfortable footwear is most important. Like Sandals/trainers/shoes with spare laces for towns and to wear in the camp at night and socks or when the boot is wet.

**Clothing:** Men 2-3 lightweight trousers and quick dry t-shirt/ full shirts. Ladies, skirts/dress/lungi or trousers. Track suit legs- for evening / night and camp. Warm lightweight jacket/jumper pile or fleece and Wind/waterproof jacket, Umbrella, sun hat, sun glass, scarf and personal necessary underwear to bring.

**Camping Equipment:** Equipment we provide tent, mattress & Kit bag with plastic liner. Dining tent, table, chairs, Toilet tent and kitchen equipment. Please bring day bag/small rucksack, water bottle for the trek. Sleeping Bag and Down Jacket can be hired in Kathmandu. Sleeping Bag Rs 65 and Down Jacket Rs 35 will cost per day

**First Aid Kit:** to bring triangular bandage Crepe Bandage/ knee support. Tape, insect repellent. Aspirin /paracetamol. Iodine with a dropper – for cuts or water purifying. Sun protection cream, torch with spare battery & bulb and pocket knife, toilet-ries. Please take advice with your doctor for your personal medications

**Visa Fees and Requirements**

- The fee for a Single Entry Tourist Visa to Nepal for 60 days is US \$60 or equivalent foreign currency
- Additional \$50 grants Multiple Entry Visas
- Tourist visa can be extended for a maximum of 150 days. Visa extension free for 30 days is US \$ 30
- To apply for visa, you will also need a valid passport, and two passport size photos Business Visa fee is US\$ 100 for one year with multiple re-entry and US\$ 250 for five years with multiple re-entry.