

## **BULLETIN December 2012**

Can you believe another year is coming to the end and a new year is about to begin. So here is a little news from us here at The Walking and Climbing Company.

You will find a sample of forthcoming trips and as always please call or email us

[Sbaer@walkingandclimbing.co.uk](mailto:Sbaer@walkingandclimbing.co.uk) (01964 551029) to discuss your trip ideas and ambitions, we always enjoy hearing from you.

### **2012 Tibet News**

Tibet has been a challenge this year, it is a great reminder of the freedom we have in the UK when we look at what the Tibetan people are dealing with. The autonomous region of Tibet has been closed on and off a few times since the summer with no visitors except the Chinese being allowed to visit. Some of our trip plans had to change as our policy is not to cancel our trips and so we offered alternative trips instead. As a result the Kailash group trekked in Nepal and did the Langtang Gosain Kunda Trek. With the Lhakpa Ri, Tibet group in October, we went to the expedition mountain Labchikang (7200 metres) still in Tibet and we were one of the few companies to get into Tibet at that time.

Next year the situation is looking much brighter and we are planning to go to Kailash and Everest Advanced Base Camp in the summer. There are some pictures from the Labchikang trip on our new blog which you can find on the home page of the website. <http://www.walkingandclimbing.co.uk/index.html>

Here are some details and pictures of the great treks to go out next year:

### **2013**

#### **NEPAL - LANGTANG AND GOSAIN KUNDA HORSE TREK – March 26<sup>th</sup> – April 12<sup>th</sup> 2013**



This wonderful walk in the Langtang region of Nepal is in a very beautiful area. This is a walking holiday and is suitable for all fitness levels. There is the option to complete this trek on horseback for those who would like to see the Himalayas and don't want to walk or are limited in their ability to walk. The trek reaches the stunning Gosain Kunda holy lakes at 4300 metres which are a beautiful sight. As with all our walks you will have time to experience Kathmandu and the culture of Nepal as part of the trip. The group will have a mix of riders and walkers.

For full details: [http://walkingandclimbing.co.uk/treks/langtang\\_gosain\\_horse\\_trek.html](http://walkingandclimbing.co.uk/treks/langtang_gosain_horse_trek.html)

## TIBET – KAILASH TREK – June 23<sup>rd</sup> – July 11<sup>th</sup> 2013



copyright photo courtesy of Alex Ivanjuk

This holiday will enable you to experience the awesome scenery of Tibet, the ancient Buddhist culture and complete a challenging trek.

You first travel through Nepal to Tibet, and spend some time in Lhasa, Tibet's capital city. Then you will travel across the vast and beautiful plains of Tibet, visiting Lake Manasarowar on the way to the sacred Mount Kailash. Many people visit this holy lake in their quest for enlightenment. Once at Mount Kailash you will complete a Kora (circuit) around the mountain. Many believe this mountain is the centre of the universe and the fact that it is close to the sources of four main rivers of the Indian sub continent only adds to its mystique. The Kora around the mountain for Buddhists and Hindus is part of their journey to enlightenment and they regard a visit to this sacred mountain as an essential pilgrimage. For full details: [http://walkingandclimbing.co.uk/treks/lhasa\\_and\\_mount\\_kailash\\_trek.html](http://walkingandclimbing.co.uk/treks/lhasa_and_mount_kailash_trek.html)



We would love you to join The Walking and Climbing Company on Facebook. Just click this link for great photos and news.

<http://www.facebook.com/pages/The-Walking-and-Climbing-Company-Ltd/115192275237219>

## NEPAL - PHOTOGRAPHIC TREKS

We are now offering you the opportunity to trek in Nepal and improve your photography along the way! What better place could there be to learn and just imagine the pictures you will come back with as a lasting reminder of a trip of a life time. For these treks we have teamed up with 'Andrew Chandler Photography' who will be accompanying the treks and providing the tuition. There are 2 different regions to choose from:

- Everest region – Shar Khumbu Photo Trek  
[http://walkingandclimbing.co.uk/treks/shar\\_khumbu\\_everest\\_photo\\_trek.html](http://walkingandclimbing.co.uk/treks/shar_khumbu_everest_photo_trek.html)
- Annapurna Region – Ghorepani Annapurna Photo Trek  
[http://walkingandclimbing.co.uk/treks/ghorepani\\_annapurna\\_photo\\_trek.html](http://walkingandclimbing.co.uk/treks/ghorepani_annapurna_photo_trek.html)

You can see these details in the Other Adventure Holidays section of our website.



Andrew Chandler Photography <http://www.andrewchandler.co.uk/news/nepal-photographic-treks-2013-join-me>

## **TIBET – EVEREST ADVANCED BASE CAMP TREK – June 23<sup>rd</sup> – July 9<sup>th</sup> 2013**

This exciting trek will give you a great experience of Tibet, its landscape, culture and people. It combines travel by Land Cruiser across the Tibetan plateau with a challenging trek to reach the Advanced Base Camp of Everest. This cannot be done as a trek from the Nepal side. For the keen walker this is a great adventure that will stay with you all your life. To experience the stunning scenery of Tibet, reaching an altitude of 6200 metres and experience the most famous mountain in the world is an opportunity not to miss.



*Yamdrok Lake*



*Everest View from Base Camp*

For full details: [http://www.walkingandclimbing.co.uk/treks/Advanced\\_Everest\\_Base\\_Camp.html](http://www.walkingandclimbing.co.uk/treks/Advanced_Everest_Base_Camp.html)

## **NEPAL CHARITY TREK**



**Save the Children**

## **EVEREST BASE CAMP TREK – OCTOBER 6<sup>TH</sup> – 23<sup>RD</sup> 2013**

This famous trek is a must if you haven't been before. It is a great achievement for the keen walker and there is plenty of time built into the itinerary to allow for acclimatisation.

For this trek we have teamed up with the charity 'Save the Children' who are keen to offer this challenge to their fundraisers. So why not come and complete this wonderful trek and take on a challenge as well as supporting a charity who are making a difference to children across the globe.

After landing in Kathmandu there is time to site see and relax before the trek begins. At this time of the year it will be warm and sunny and you will be trekking through the mountain villages along well worn mountain trails. The scenery is incredible with snow topped mountains as far as the eye can see; you are after all seeing the highest mountain range in the world.

There is no pressure on you to walk particularly fast as the slow pace allows you to take it all in and most importantly assists your acclimatisation. So if you want to come email us today for the pack at:

[Sbaer@walkingandclimbing.co.uk](mailto:Sbaer@walkingandclimbing.co.uk) Further details are available at:

<http://www.walkingandclimbing.co.uk/treks/savethechildren.html>



*Everest views*

## PEAKS 2013 - Nepal

Island Peak – February 16<sup>th</sup> – March 9<sup>th</sup> and September 14<sup>th</sup> – October 5<sup>th</sup>  
[http://walkingandclimbing.co.uk/treks/island\\_peak.html](http://walkingandclimbing.co.uk/treks/island_peak.html)

Mera Peak – February 21<sup>st</sup> – March 9<sup>th</sup> and September 30<sup>th</sup> - October 16<sup>th</sup>  
[http://walkingandclimbing.co.uk/treks/mera\\_peak.html](http://walkingandclimbing.co.uk/treks/mera_peak.html)

Tent Peak – October 17<sup>th</sup> – November 5<sup>th</sup>  
[http://walkingandclimbing.co.uk/treks/Tent%20Peak\\_Tharpu%20Chuli.html](http://walkingandclimbing.co.uk/treks/Tent%20Peak_Tharpu%20Chuli.html)

For all planned climbing trips please see the dates at <http://walkingandclimbing.co.uk/prices.html>  
Or email us with your enquiry, we can usually arrange bespoke, tailor made trips and dates, just ask [Sbaer@walkingandclimbing.co.uk](mailto:Sbaer@walkingandclimbing.co.uk)

## DATES AND PRICES

You will find the full list of planned dates for trips and the prices by following this link.

<http://www.walkingandclimbing.co.uk/prices.html>

We are totally up front about what is and is not included so you won't get caught by hidden costs and we make the process of booking as straight forward as we can.

## CONTACT US

For further details please contact us:

**Phone** 01964 551029

**E mail** [Sbaer@walkingandclimbing.co.uk](mailto:Sbaer@walkingandclimbing.co.uk)

**Website** request facility [http://www.walkingandclimbing.co.uk/contact\\_us\\_form.php](http://www.walkingandclimbing.co.uk/contact_us_form.php)

## BOOKING

If you are ready to book then you will find the booking form and conditions on the website at [http://www.walkingandclimbing.co.uk/how\\_to\\_book.html](http://www.walkingandclimbing.co.uk/how_to_book.html) or we can post the necessary papers out to you.

It is always a pleasure to receive your calls and e mails so please contact us with any questions and ideas.

Wishing you and your family a wonderful Christmas and a Happy New Year.

*Kalsang and Susie Sherpa-Baer*

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