

# Sacred Peaks & High Passes with Eric Larsen



## trip highlights

Travel in the company of expedition leader and special guest host Eric Larsen, alongside an expert Bhutanese trekking guide and local crew.

Hike to Taktsang Monastery, Bhutan's celebrated Tiger's Nest.

Spend two nights at Jangothang beneath Jomolhari and Jichu Drake, with time to acclimatise and explore.

Cross Nyile La (4,850 m / 15,912 ft) and Yale La (4,950 m / 16,240 ft), the highest point of the trek.

Meet people who live in the Jangothang region and learn about mountain life.

Finish with two unhurried nights in Thimphu and an insightful conversation with a Bhutanese conservation specialist.



|                      |                                                                                                                                                                                             |                       |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <b>Trip Duration</b> | 12 days                                                                                                                                                                                     | <b>Trip Code:</b> ELB |
| <b>Grade</b>         | Moderate                                                                                                                                                                                    |                       |
| <b>Activities</b>    | Trekking                                                                                                                                                                                    |                       |
| <b>Summary</b>       | 11 nights total, Paro: 3 nights in a standard/deluxe hotel (2 at the start, 1 at the end), Thimphu: 2 nights in a standard/deluxe hotel, On trek: 6 nights in fully supported tented camps. |                       |

## welcome to World Expeditions

Since 1975 we have run expedition-style adventures for active travellers, from our first trek in Nepal to remote routes on all seven continents.

Our philosophy is simple: take the paths less travelled. That means small groups, local crew, low impact, and routes most travellers never see.

Everything you need to know about the Sacred Peaks & High Passes with Eric Larsen is in these notes.

## why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. All our treks in Bhutan are accompanied by an experienced local leader, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use comfortable 3 star accommodation in hand picked hotels, and well maintained, good quality camping equipment on trek. The highest standards of hygiene are strictly maintained, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day. World Expeditions are also the only company to provide food for our porters on trek. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

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Join polar explorer Eric Larsen on an intimate trek through Bhutan's Jomolhari region, crossing two passes near 5,000 metres (16,400 feet) and meeting mountain communities and a local conservation specialist.



Single travellers are required to pay for their own room on this departure operated by our local partner

## the trip

Join renowned expedition leader Eric Larsen and an expert Bhutanese guide on a journey through the high mountains of western Bhutan. After exploring Paro and hiking to the iconic Tiger's Nest Monastery, venture into the upper Paro Valley to begin a fully supported trek through pristine forests, river valleys and alpine meadows.

Spend two nights at Jangothang, Jomolhari Base Camp, surrounded by spectacular views of the towering peaks of Jomolhari and Jichu Drake. This time allows for acclimatisation, exploration of the surrounding alpine landscapes and meaningful encounters with local mountain communities, offering insight into their traditional way of life and deep connection to the mountains.

The adventure continues across the high mountain passes of Nyile La and Yale La before descending through the remote valleys of Lingshi and Shodu. Conclude in Thimphu with a slower-paced stay gives you a time to recover, explore Bhutanese culture and enjoy an insightful conversation with a local conservation specialist.

## about your leader/escort

Eric Larsen's legacy is etched in the extreme landscapes of the Earth's poles. With over two decades devoted to exploration, he holds the distinction of completing more North and South Pole expeditions than any other American. His feats include groundbreaking accomplishments, such as the first summer expedition to the North Pole and a remarkable 365-day period where he conquered the South Pole, North Pole, and summited Mt. Everest. Notably, his 53-day unsupported journey from northern Ellesmere Island to the Geographic North Pole, alongside teammate Ryan Waters, marked a historic milestone in polar exploration. Their expedition, captured on Discovery networks, is a testament to the impact of climate change on these remote regions, a story detailed in Eric's acclaimed book, 'On Thin Ice: An Epic Final Quest into the Melting Arctic.'

## at a glance

|        |                                                                                                   |
|--------|---------------------------------------------------------------------------------------------------|
| DAY 1  | JOIN PARO (2200M/7218FT)                                                                          |
| DAY 2  | PARO VALLEY – TAKTSANG MONASTERY (TIGER'S NEST) (3,100 M / 10,171 FT, WALK 4-5 HRS)               |
| DAY 3  | DRIVE TO SHANA AND TREK TO THONGO ZAMPA (3,250 M / 10,663 FT, DRIVE 1-1.5 HRS, WALK 4 HRS, 11 KM) |
| DAY 4  | TREK TO SOI THANGTHANGKHA (3,700 M / 12,139 FT, WALK 4 HRS)                                       |
| DAY 5  | TREK TO JOMOLHARI BASE CAMP, JANGOTHANG (4,100 M / 13,451 FT, WALK 5 HRS, 12 KM)                  |
| DAY 6  | JOMOLHARI BASE CAMP   ACCLIMATISATION, MOUNTAIN CULTURE & EXPLORATION                             |
| DAY 7  | CROSS NYILE LA AND TREK TO LINGSHI VALLEY (4,850 M / 15,912 FT, WALK 8 HRS, 18 KM)                |
| DAY 8  | CROSS YALE LA AND TREK TO SHODU (4,950 M / 16,240 FT, WALK 8 HRS)                                 |
| DAY 9  | TREK BARSHONG AND TRANSFER TO THIMPHU (WALK 5-6HRS , 1.5-2HRS DRIVE)                              |
| DAY 10 | RELAXED DAY IN THIMPHU                                                                            |
| DAY 11 | THIMPHU TO PARO                                                                                   |
| DAY 12 | TRIP CONCLUDES IN PARO (2,200 M / 7,218 FT)                                                       |

## what's included

- Eric Larsen as Special Guest Host throughout the journey
- Expert English-speaking Bhutanese trekking guide and experienced local support crew
- Eleven nights' accommodation, based on twin shared rooms and tents

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## trip dates

**2027** 16 Oct - 27 Oct

## important notes

**BP** - Base Price

**\$** - Surcharge

## fast facts

**Countries Visited:**

Bhutan

**Visas:**

Required\*

**Vaccinations:**

Please consult a travel vaccination specialist for up to date information

**Private Groups:**

Available for this trip\*

**Advice for people with limited mobility**

Not suitable

- 6 nights of fully supported tented wilderness camping
- Meals throughout the itinerary: 11 breakfasts, 11 lunches and 11 dinners.
- Bhutan Government Sustainable Development Fee and visa fee
- Private transport for the scheduled itinerary
- Scheduled sightseeing, applicable entrance fees, park fees and trekking permits.
- Airport transfers on Day 1 and Day 12
- All group camping equipment
- Luggage transport during the trek
- Trekking safety and group medical equipment
- Private conversation with a Bhutanese conservation/environmental specialist in Thimphu
- Farewell dinner in Paro
- The use of a World Expeditions trek pack including a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- Souvenir World Expeditions kit bag

Many adventure operators ask travellers to hand over cash on the ground. It avoids local taxes and shifts the cost and the risk of carrying cash onto you.

We do not ask for local cash payments on this trip.

## what's not included

- International flights to and from Bhutan
- Travel insurance
- Any meals not specified in the final itinerary
- Additional accommodation or transfers required outside the scheduled trip dates
- Bottled water, soft drinks and alcoholic beverages
- Personal expenses including laundry, telephone charges and souvenirs
- Tips and gratuities
- Excess baggage charges
- Optional activities or excursions not included in the itinerary
- Any items not listed as included

## detailed itinerary

### DAY 1 Join Paro (2200m/7218ft)

Arrive at Paro International Airport, where you will be welcomed by your Bhutanese guide and transferred to your hotel. Depending on your flight arrival time and trek preparations, there may be an opportunity to explore the scenic Paro Valley and visit some of its cultural landmarks, including Rinpung Dzong and the National Museum. At the end of the day, you will meet with Eric Larsen, your local leader and the local team for a group briefing and introduction to the journey ahead.

Accommodation: Hotel in Paro

meals: L,D

### DAY 2 Paro Valley – Taktsang Monastery (Tiger's Nest) (3,100 m / 10,171 ft, walk 4–5 hrs)

Today provides a memorable introduction to Bhutan's landscapes and spiritual heritage. The Paro Valley is one of the most picturesque regions in the country, known for its colourful patchwork of cultivated fields producing crops such as

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## thoughtful travel

Every trip runs with local guides and crew, in small groups, using low-impact camping and trekking practices.

Our porter welfare standards are set out in these notes. Our community partnerships and the work of the World Expeditions Foundation are on our website.

## trip grading Moderate

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

To prepare for a moderate trek you should begin training at least four to five months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking / hiking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk / hike, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

## adventure travel

Adventure travel involves the unexpected. In remote regions conditions change, and itineraries may be altered at short notice.

Flexibility gets you far more out of the trip than a fixed plan will.

If you are unsure whether this trip suits you, talk to us before you book.

asparagus, strawberries, grains and vegetables. Traditional Bhutanese farmhouses, ornately decorated and beautifully maintained, are scattered across the valley floor while forested hills rise toward distant Himalayan peaks.

This morning we make a short drive to the trailhead for Taktsang Monastery, famously known as the Tiger's Nest. Perched dramatically on a granite cliff high above the Paro Valley, this sacred site is one of Bhutan's most important pilgrimage destinations. The trail climbs steadily through fragrant chir pine forest, taking around 1.5 hours to reach a teahouse that offers spectacular views of the monastery across the gorge. From here, a further short climb of around 30 minutes brings us to the monastery complex.

According to legend, Guru Rinpoche (Padmasambhava) flew to this location on the back of a tigress in the 8th century to subdue local spirits and establish Buddhism in the region. The monastery was later built around the cave where he meditated.

After exploring the monastery and enjoying the breathtaking setting, we return to the valley.

This evening you will repack your duffel bag, leaving behind any items not required on the trek for safe storage with our local partners.

Accommodation: Hotel in Paro  
meals: B,L,D

### DAY 3 Drive to Shana and trek to Thongo Zampa (3,250 m / 10,663 ft, drive 1–1.5 hrs, walk 4 hrs, 11 km)

It is a short drive of around 20 minutes up the Paro Valley to Drukgyel Dzong, originally built in 1647 as a fortress to guard against Tibetan invasions into the Paro Valley. From here we continue driving to Shana (1–1.5 hrs), the starting point of our trek. Along the way we pass through fertile farming country, with fields of rice, wheat, barley, mustard, potatoes and radish, as well as grazing herds of cattle. Traditional Bhutanese two-storey houses built from timber and stone are scattered throughout the valley. On clear days we may also catch our first views of the summit of Jomolhari (7,314 m / 23,996 ft) rising at the head of the valley. At Shana we begin our trek, stopping for a packed lunch along the trail. The route is initially wide and relatively flat, following the valley floor and meandering through lightly forested countryside. In recent years this area has been the focus of a Bhutan Government project bringing electricity to remote villages further up the valley. By mid afternoon we reach our riverside campsite at Thongo Zampa, surrounded by forest and mountain scenery. Accommodation: Wilderness camping  
meals: B,L,D

### DAY 4 Trek to Soi Thangthangkha (3,700 m / 12,139 ft, walk 4 hrs)

Today we continue trekking into Jigme Dorji National Park, the largest protected area in Bhutan, covering more than 4,350 square kilometres. The park extends from the high Himalayan regions of Lunana in the north to the lower valleys in the south and supports a remarkable diversity of plant and animal life. While it remains an important wilderness area, park authorities must also balance the needs of local communities, including lowland farmers and semi-nomadic yak herders who depend on the land.

The trail passes through dense forests of oak, maple, birch, larch, pine and alder. As we gradually gain altitude, these forests begin to give way to increasing numbers

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## important note

These notes are current at the date shown on each page and replace any earlier version.

The itinerary is a guide. It may change due to weather, conditions on the ground or other circumstances beyond our control.

of rhododendrons and conifers. In spring and early summer, many species of rhododendron bloom across the hillsides, including rhododendron arboreum, as well as griffithianum and cinnabarinum at higher elevations.

Many of the camps along this route are not permanent settlements, despite their place names. Instead, they are open clearings near water sources used as seasonal camps by yak herders and by workers involved in Bhutan's ongoing rural electrification project, which aims to bring power to remote communities in the valley.

By the afternoon we arrive at our campsite at Soi Thangthangkha, set in a wide alpine clearing surrounded by forested slopes.

Accommodation: Wilderness camping

meals: B,L,D

### DAY 5 Trek to Jomolhari Base Camp, Jangothang (4,100 m / 13,451 ft, walk 5 hrs, 12 km)

Today we continue our gradual ascent through the upper Paro Valley, following the river upstream toward the dramatic alpine landscapes beneath Mount Jomolhari. As the valley widens and we gain elevation, the forest begins to thin before giving way to open high-altitude terrain.

Our destination is Jangothang (4,100 m / 13,451 ft), the base camp of Jomolhari, set within one of the most spectacular alpine environments in Bhutan. Towering above the valley is the magnificent Jomolhari (7,314 m / 23,996 ft), while the striking peak of Jichu Drake (6,794 m / 22,290 ft) rises prominently to the east, its elegant ridgeline stretching toward the high passes we will cross in the coming days.

During the summer months this area is used by yak herders from the Paro Valley, who live in traditional woven yak-wool tents while grazing their herds across the surrounding alpine meadows. By this stage we are well above the treeline, and the landscape is characterised by hardy alpine vegetation including juniper and rhododendron setosum. Wildlife is also occasionally spotted in the area, including bharal (blue sheep) grazing on the rocky slopes above the valley.

We establish our camp at Jangothang, where the expansive views of snow-covered peaks and sweeping alpine pastures create one of the most memorable campsites of the trek.

Accommodation: Wilderness camping

meals: B,L,D

### DAY 6 Jomolhari Base Camp | Acclimatisation, Mountain Culture & Exploration

We spend a second day at Jangothang, allowing time to acclimatise before tackling the high mountain passes ahead. Depending on conditions, there may be an opportunity to explore the surrounding alpine landscape, perhaps hiking towards the glacier below Jomolhari or into a nearby high valley.

This special departure also offers the opportunity to meet local residents or yak herders and gain insight into their traditional way of life, seasonal activities and close connection with the mountain environment. There will also be time to share stories and reflections on expedition life with Eric Larsen.

Overnight: Wilderness camping

meals: B,L,D

### DAY 7 Cross Nyile La and trek to Lingshi Valley (4,850 m / 15,912 ft, walk 8 hrs, 18 km)

Today we cross our first high Himalayan pass, Nyile La (4,850 m / 15,912 ft). Leaving Jangothang, the trail climbs gradually across rolling alpine slopes dotted

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with grassland and low shrubs. The ascent is steady and sustained, so it is important to maintain a comfortable pace, particularly during the final section where the grassy terrain gives way to scree and sandy slopes near the pass.

Along the way we enjoy magnificent views back toward the striking peaks of Jomolhari (7,314 m / 23,996 ft) and Jichu Drake (6,794 m / 22,290 ft). From the top of the pass, we leave these impressive mountains behind as we begin our descent into the remote Lingshi Valley.

The trail drops steeply through slopes of dwarf rhododendron before opening into a broad valley where the impressive Lingshi Dzong becomes visible in the distance. This historic fortress was built to protect the surrounding settlements from occasional raids from Tibet in centuries past.

Before reaching the village itself, we leave the main trail, crossing a small stream before a short climb and final descent into a peaceful side valley where we establish camp beside the river.

Accommodation: Wilderness camping

meals: B,L,D

## **DAY 8 Cross Yale La and trek to Shodu (4,950 m / 16,240 ft, walk 8 hrs)**

Today is the most demanding day of the trek, so we begin early. The trail follows the valley before gradually climbing toward the high Yale La Pass (4,950 m / 16,240 ft), the highest point of the journey. The ascent becomes steeper in the final section and requires steady effort, but the rewards at the top are exceptional.

From the pass we enjoy breathtaking panoramic views of some of Bhutan's most impressive peaks, including Jomolhari (7,314 m / 23,996 ft), Jichu Drake (6,794 m / 22,290 ft) and Tshrim Gang rising across the surrounding Himalayan skyline.

After taking time to appreciate the views, we begin a long descent into the remote Shodu Valley. The trail gradually drops through alpine terrain toward the river, eventually reaching our campsite at Shodu (3,950 m / 12,959 ft), set in a peaceful valley surrounded by dramatic mountain scenery.

Accommodation: Wilderness camping

meals: B,L,D

## **DAY 9 Trek Barshong and transfer to Thimphu (walk 5-6hrs, 1.5-2hrs drive)**

We follow the Thimchu River, descending through forests of rhododendron, juniper and pine. The landscape is defined by steep cliff faces rising above the valley and waterfalls cascading down rocky slopes. After several hours alongside the river, the trail gradually climbs towards the historic ruins of Barshong Dzong, once an important defensive outpost in this remote region. We complete the trek at Barshong and transfer by road to Thimphu (2334m / 7656ft).

Accommodation: Hotel in Thimphu

meals: B,L,D

## **DAY 10 Relaxed day in Thimphu**

Enjoy a later start after the trek. Spend the day exploring selected cultural sites in the capital at a comfortable pace, with time to rest. A private discussion with a Bhutanese conservation or environmental specialist is planned to explore the country's approach to protecting its mountain landscapes. The speaker and precise sightseeing programme remain to be confirmed.

meals: B,L,D

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## DAY 11 Thimphu to Paro

Continue the relaxed post-trek programme, with time for further sightseeing in Thimphu before driving back to Paro. Enjoy a final evening with Eric and the group.

Accommodation: Hotel in Paro

meals: B,L,D

## DAY 12 Trip concludes in Paro (2,200 m / 7,218 ft)

After breakfast, we transfer through the scenic Paro Valley to Paro International Airport for our onward flight.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## country information

Bhutan is a small, independent Buddhist kingdom situated on the eastern side of the Himalaya about 300km long by 150kms wide. It is bordered with India, (Sikkim, Assam, West Bengal, Arunachal Pradesh) and China (Tibet). Virtually the entire country is mountainous, ranging in elevation from 100m in the south to the 7544m Kulha Gangri peak on the northern border. It receives more rainfall than any other Himalayan region, and on average half to two metres of precipitation falls annually in the foothills and mountains. This ensures a lush and diverse flora from small orchids to enormous conifers and rhododendrons, and the country's small population (approx 800,000), their religious beliefs as practising Buddhists, and a protective government has allowed the wilderness to be well preserved. There are hundreds of unique species of plants and animals to be found here. Most of the people of Bhutan originate from the north (Tibet) and practise a Buddhism similar to that region yet it has its own unique beliefs and practises. It is officially called Drukpa Kagyu, and includes practising their faith and traditions of art, dance, drama and various crafts including weaving, carpentry, metalwork and painting. It is obvious that the culture and history is rich in Bhutan, and the foresight of the late King Jigme Dorji Wangchuck who is succeeded by his son, King Jigme Singye Wangchuck to develop and maintain a program that is for the betterment of the people and the land rather than a quick financial return, is an encouraging sign to a sound future.

## climate

Bhutan, like Eastern Nepal, comes under the influence of the Indian monsoon which precludes trekking throughout the summer months from the end of May till the middle of September. The ideal time to trek in Bhutan is therefore either pre-monsoon from mid March when the snow begins to melt off the high passes until the end of May. Post-monsoon October through to mid November are ideal. Temperatures on the treks can vary considerably. On any one trek the temperature may vary from 20C during the day to -10C when the occasional storm breaks over the high passes. You will be pleased that you have been provided with good down jackets, sleeping bags and two-person tents that we send to Bhutan from our operational base in Kathmandu.

## a typical day

Life on the trail follows a simple rhythm. Around 6:30am, tea is brought to your tent, followed by a bowl of warm water for washing. You'll pack your belongings into your kit bag before breakfast, and the trekking crew will transport it to the next campsite.

After a hearty breakfast, we usually set out between 7:30 and 8:00am. The exact timing depends on the day's distance and terrain. We generally walk for three to four hours before stopping for lunch along the route.

The afternoon is often shorter, with camp typically reached around 3:30–4:30pm. Afternoon tea is served, leaving time to rest, explore nearby or take in the mountain views.

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Dinner is usually served in the dining tent between 6:00 and 7:00pm. Bring your headlamp and water bottles so the crew can fill them with boiled water for the evening. Afterwards, there is time to share stories with Eric and your fellow trekkers, play cards or talk with the local crew.

The pace is part of the experience: days spent walking together, followed by quiet evenings in the mountains.

## dietary requirements

Tell us at least one month before departure and we can cater for vegetarian diets and most medically recommended diets, including allergies and intolerances. Options are limited in remote locations. Some alternatives cost more or are not available, and on some trips you may need to bring your own food. We cannot guarantee a peanut-free or allergen-free trip. Travellers with severe allergies must carry their own medication and be able to self-administer it.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. All group gear and your luggage is moved by our team.

## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## acute mountain sickness

Above 2,500 m / 8,202 ft your body has to adjust to less oxygen. Our itineraries are built to ascend slowly so that adjustment can happen.

While you acclimatise you may get a headache, tiredness, disturbed sleep, loss of appetite or nausea, shortness of breath, a cough, palpitations, or swelling of the hands and face. These are common and do not always mean you should stop.

People acclimatise at different rates. Take your time and drink plenty of water.

Tell your leader about any symptom, every time. All our leaders hold extensive first aid training and monitor the group daily.

The only cure for acute mountain sickness is to descend. Your leader has the final say and may ask you to descend.

## vehicles & safety

We use a range of vehicles, each chosen for the route and the conditions.

Transport safety laws differ from those at home. We use vehicles with seatbelts wherever they are available, but some vehicles will not have them fitted.

## visas

The cost of your Bhutanese visa is included in your trip cost and we will arrange this for you prior to your arrival. The visa process for Bhutan requires a scanned colour copy of your passport to be sent to us. In addition, a recent digital passport photo (ideally in JPEG format) is required, this cannot be older than six months, must be in colour, portrait style with eyes open and forehead & ears clearly visible, with a white background and without a border. Passport photographs taken from passports will not be accepted. Note a different image is required, it cannot be the same as the one in your passport. Please provide your passport copy and digital passport photograph on booking so your visa can be arranged, the sooner the better given the time required for visa approvals. All documents are uploaded to the Bhutanese governments online visa platform by our

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team in Bhutan and the visa will not be issued until all are provided. Following the processing of your visa we will provide you with a clearance letter/e visa to enable you to board the plane from your respective airport; you will then receive a stamped visa upon arrival at Paro airport. You must carry the visa approval letter with you as you will be required to show this when checking in for your flight into Paro.

NOTE:- Please be aware that it is very usual that we do not receive visa clearance numbers from the Bhutanese government until the week of travel, sometimes 1 or 2 days before departure date. If you have already left on your travels prior to receiving the visa clearance number, then the visa will be emailed to you shortly before departure date. Please ensure that we have your correct and up-to-date email and contact details.

You may also need visas for countries you transit on the way. Check the requirements for every country on your route.

Visa costs and rules change often, so confirm with your Reservations Consultant or travel agent. Obtaining your visas is your responsibility.

## carbon neutral

We measure the estimated carbon emissions of our trips to better understand their environmental impact and identify opportunities to reduce emissions, rather than relying on carbon offsets.

Our Carbon Labels, calculated with independent carbon consultancy ecollective, estimate emissions from accommodation, meals, ground transport, activities and guiding. International flights are not included and can represent a significant proportion of your overall travel footprint.

You can help reduce your travel emissions by choosing direct flights where practical, flying economy and taking fewer, longer trips.

Learn more under Climate Action in the Responsible Travel section of our website.

## webinars & events

Join a live webinar to hear about a trip from the people who run it, and ask your questions directly. Can't make it live? Watch it on demand.

Upcoming sessions are on our website and in our enewsletter.

## private groups

The adventures you see on our website are just the starting point. We can tailor an itinerary around your interests, preferred dates and group.

Whether you're travelling with friends, family, colleagues, a club or community, talk to our team about creating an adventure that's uniquely yours.

## subscribe to our e-newsletter

New trips, new departure dates and offers, straight to your inbox. Subscribe free on our website.

## social networking

Follow @worldexpeditions on Facebook, Instagram and YouTube.

Tag #WorldExpeditions on your trip photos and videos to be featured.

## trip availability

We run small groups, so places go early. Check availability online, or call our team, who can often find options the website does not show.

Some trips depend on services we cannot confirm until you book, such as internal flights or permits. Booking early is the surest way to get the departure you want.

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## how to book

Book online, or call or visit one of our offices. You will complete a Booking Form and pay a non-refundable deposit.

Please do not book flights or make any other arrangements until your Reservations Consultant has confirmed every service on your trip.