

EXCLUSIVE: ONCE-IN-A-LIFETIME EXPERIENCES WITH THE ADVENTURE EXPERTS IN 2010

Join mountaineer Simon Yates as he revisits the dramatic location of *Touching The Void* ... cross Siberia with the first person in living memory to recreate Genghis Khan's historic 10,000km horseback journey to Hungary ... or discover Antarctica with one of very few people to have climbed all the world's highest mountains...

Trekking and adventure specialist World Expeditions offers an exclusive selection of once-in-a-lifetime trips in 2010, led by some of the biggest names in adventure-based travel.

ANTARCTICA: Antarctic Explorer with Andrew Lock

24 February 2010

There are only a handful of mountaineers who have climbed all *eight-thousanders* (the 14 mountains on Earth that rise more than 8,000 metres high) – and this trip is led by Andrew Lock, the latest man to accomplish this just last month. Witness prolific wildlife, dramatic landscapes and huge icebergs on a tour that is committed to maximising enjoyment without compromising the unspoiled natural world. Venturing onshore in small numbers, guests have optimum time to enjoy unforgettable walks surrounded by snow-capped peaks, giant tabular icebergs and crystal-blue seas. There will be spontaneous opportunities for wildlife encounters, such as whale watching and walking among penguin rookeries and seals.

Duration: 11 days

Cost: US\$6,490 (£3,924) per person

INDIAN HIMALAYA: Markha Valley & Hemis Festival with Rebecca Stephens

19 June 2010

Join Rebecca Stephens MBE, the first British woman to have ever climbed Everest, on a trek of a lifetime in the Indian Himalaya, to a spectacular region that only a handful of trekkers are privileged to visit. In 2010 World Expeditions celebrates the 30th anniversary of its exhilarating classic trek to Markha Valley (known as Little Tibet). The itinerary, timed to coincide with the colourful Hemis Festival, follows ancient trails and crosses high passes and will look to raise funds for the Himalayan Trust UK.

Duration: 14 days

Cost: £2,150 per person

SIBERIA: High Altay Traverse with Tim Cope

29 August 2010

Known as the 'Golden Mountains', the Altay mountain range (with peaks of more than 4,500m) covers a vast area stretching across the borders of China, Mongolia, Kazakhstan and into Siberian Russia. The start point of the trek is accessed by raft, a superb introduction to this untouched mountain wilderness. In the company of World Expeditions' local crew, you will ascend through forests of spruce and pine, spot wildlife and gain spectacular views of the Yarlú Valley's multi-coloured rocks. This epic trip is led by Tim Cope, the first person in living memory to complete the historical 10,000km Genghis Khan journey from Mongolia to Hungary on horseback.

Duration: 13 days

Cost: £2,090 per person

PERU: Huayhuash Circuit Trek with Simon Yates

4 September 2010

Relive the dramatic scenes from 'Touching the Void' on this specially designed Huayhuash Circuit Trek in the Peruvian Andes with Simon Yates, the man who cut the rope: in 1985 Simon and Joe Simpson became the first people to ascend to the summit of Siula Grande via the almost vertical west face – however it was their descent which was to pass into mountaineering legend... In 2010, 25 years later, Simon will lead the group to a small peak above the Siula Grande base camp, to outline the path where Joe crawled to safety, as well as pass on other experiences from this dramatic tale. The Peruvian Andes are home to some of the most spectacular mountains in the world, with steep granite peaks rising above icy ridges and twisted glaciers.

Duration: 19 days

Cost: £1,790 per person

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World Expeditions now offer FREE information nights, where you can meet the experts and learn more about the world's most exciting places.

For more information and bookings please call 0800 0744 135 or visit www.worldexpeditions.co.uk. World Expeditions' all-inclusive policy ensures that there

are no local payments. Prices quoted above do not include international flights, however these can be arranged on request.

- Ends -

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Notes for editors:

- Since its inception in 1975, World Expeditions has earned itself an outstanding reputation as a world leader in small group trekking and adventure holidays.
- Two factors distinguish World Expeditions from its competitors: the **all-inclusive value** of its trips, with most meals, internal transport, accommodation, equipment and site entrance fees covered; and its **expert leaders**, often world-renowned figures whose experience and passion for destinations and local communities ensure superbly-designed, fulfilling travel itineraries every time.
- World Expeditions trips are for those travellers who want to discover destinations from the inside - taking the 'paths less travelled' to interact with and learn about local cultures, rather than simply ticking off tourism spots. More than 500 stand-alone itineraries are offered, from small group active adventures and expeditions to cycling and walking tours to cultural journeys.