

## **A TREK OF A LIFETIME TO THE LAND OF HIGH PASSES WITH THE FIRST BRITISH WOMAN TO HAVE EVER CLIMBED EVEREST**

Join the first British woman to have ever climbed Everest on a trek of a lifetime in Indian Himalaya, to a spectacular region that only a handful of trekkers are privileged to visit.

Adventure holiday specialist World Expeditions celebrates this year the 30th anniversary since it first operated this exhilarating classic trek to Markha Valley (meaning “land of high passes”), which this year will be led by Rebecca Stephens MBE. Rebecca Stephens is the first British woman to have climbed Everest and then went on to become the first English-speaking woman in the world to climb the Seven Summits (the highest mountain on each of the seven continents).

Taking place in June, this special 14-day itinerary will look to raise funds for the Himalayan Trust UK and is timed to coincide with the colourful Hemis Festival, which commemorates the birth of the founder of the Tantric Buddhism in Tibet, Guru Padmasambhava.

Designed with the assistance of Garry Weare, author of the Lonely Planet guidebook *Trekking in the Indian Himalaya*, the trek follows ancient trails linking the villages of the secluded Markha Valley with the yak grazing pastures of the vast Nimaling plains, crossing high passes, where views stretch across fold upon fold of the Zaskar Range and where the flutter of the prayer flags provide a constant reminder of the deep seated Buddhist heritage of the region.

The trek also allows for time to explore the monasteries and forts of the Indus Valley, while the Hemis Festival, which is set to keep any amateur photographer busy capturing the spectacle, will be experienced prior to the trek.

**Markha Valley & Hemis Festival with Rebecca Stephens EXCLUSIVE WITH WORLD EXPEDITIONS:** 19 June to 2 July 2010. £2,150 per person including all accommodation, internal transport, meals and fees. Joining in Delhi. Places are limited.

World Expeditions' all-inclusive policy ensures that there are no local payments. Price quoted above does not include international flights, however these can be arranged on request.

For bookings please call 0800 0744 135 or visit [www.worldexpeditions.co.uk](http://www.worldexpeditions.co.uk)

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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.