



## **TREKKING NEW GROUND WITH WORLD EXPEDITIONS**

Active vacation specialist World Expeditions has included a range of new exciting trips for adventurous travellers looking for the wildest and most authentic trekking experiences in its new 2009-2011 Active Adventures.

On the following trips, adventurers can explore and uncover the secrets of some relatively untrekked locations, as well as totally immerse themselves in the local culture and lifestyle.

- Spend 21 days trekking through one of the Nepal Himalaya's rarely visited region on the 'Makalu Base Camp and Shipton La' trip (from £1,695 per person). This is a challenging and diverse trek, which includes hiking 1800m through Sherpa villages between Tumlingar and the Chamlang Range, and camping at 5000m to get views of the Everest, neighbouring glaciers and the imposing four-sided pyramid Makalu. Departures on 9 and 23 October 2009.
- Take your own shots of the breathtaking Dolpo landscapes that inspired Eric Valli's award winning film 'Himalaya' (from £2,950 per person). One of the few forbidden border regions in Nepal, Dolpa has remained almost untouched since its opening to the outside world in 1992, and the last vestiges of traditional Tibetan culture can still be found, as well as the famous villagers and their yaks. The month-long 'Inner Dolpo & Shey Gompa' adventure runs on 6 and 20 September 2009.
- Escape to barely inhabited southern Patagonia to get close up and personal to the dramatic granite spires of Fitz Roy and Cerro Torre (from £1,890 per person). Trek from the Marconi iceberg filled Glacier to Laguna de los Tres to get the closest possible views of peaks without climbing and hiking. This relaxed circumnavigation also passes by the Continental Ice-Field, one of the world's biggest fresh water reservoirs. The 11-day 'Fitz Roy Circuit' departs on 5 December 2009.
- Trek the lesser-known volcanic region of Djebel Sarho in Morocco, squeezed in the wilderness between the Sahara desert and the High Atlas. Highlights of this exploration include travelling with a mule-caravan in centuries-old North African style, camping with the Ait Atta nomads and strolling through flat top mesas and almond groves. The new 8-day 'Trekking the Djebel Sarho' starts from £595 per person.

- Journey through western Mongolia, following in the footsteps of the Khotont nomads' migration paths (from £2,160). From Harhiraa to the Khovd River, the trek passes across open slopes dotted with nomad tents, deep river gorges, alpine lakes and the scenic mountain of Tsaast Uul, where the Kazakh nomads train and hunt eagles. 'Mongolia in the Footsteps of the Nomad' tour departs on 2 August.
- Get intimate with Nepal's Helambu region, which boasts the sacred lakes of Gosainkund and is mainly inhabited by the Tamangs and Helambu Sherpas, on the new 16-day 'Langtang & Gosainkund Lakes Trek' (from £1,140 per person). Experience traditional village life in stunning alpine wilderness and get great views of the mighty Himalayan peaks of Langtang and Ganesh. Departures available in October and November 2009.
- Hike between two active volcanoes in Japan's largest National Park, Daisetsuzan, on the new 16-day 'Hike Northern Japan' itinerary (from £2,630 per person). Focusing on little-known regions of north Honshu and Hokkaido, and including ancient Buddhist pilgrimage trails, this in-depth itinerary gets as far off the beaten track as you can go in Japan. Departs 5 September.
- Explore the vast mountains of southern Siberia's Altay range on the new and unique 13-day 'High Altay Traverse' (from £2,090). Led by Australian writer and adventurer Tim Cope, this trek through the forests, meadows and peaks of Siberia's unspoilt landscape offers a rich insight into Russia's culture and vast natural environment. Departs 29 August 2010.

Trip prices include all accommodation, most meals, equipment, site and National Park entrance fees. Flights are not included but can be arranged on request.

For bookings please call World Expeditions on 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 in the adventure travel arena: 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; experiencing true wilderness settings in the world's most remote and pristine locations. More than 500 stand-alone itineraries are offered, from small group active adventures and expeditions to cycling and walking tours to cultural journeys.