

## Cost and Arrangements

### Trek and Health & Wellness Discovery

- **\$ 2250 promotional cost (value \$ 3500) per trekker on double occupancy**
- Requested single supplement, \$ 800 (limited depending on number of participants). **NO** single supplements available at local lodges – all lodges (est. 6 nights) in the Sanctuary are shared dormitory style accommodations with shared bathrooms. Single supplements covers single rooms in Kathmandu and Pokhara.
- **Enjoy a \$ 200 credit for trek-accepted referrals.** Referral credits apply to the referring party.

### Payments

- \$ 750 non-refundable deposit due upon acceptance reserves your participation by June 15, 2019
- Final payment, including balance due, and any optional services is due by August 5, 2019
- Credit cards are accepted for deposit. Checks are encouraged for your final payment. Please make checks payable to Anthea Health LLC and mail to Anthea Health, 541 Strawberry LN, Ashland, OR 97520

### Cancelation and Refunds, Transfer

- Deposit payment commits participant to trek fees and conditions, so please **insure the full value of your program and travel**, as you may need to cancel or interrupt your program.
- Deposits and payments are non-refundable, but fully transferrable to another approved trek participant taking your place, up to 30 days in advance of the travel date, less \$250 processing fee.

### A Few Notes

- Trekkers must provide personal information forms with their deposits. Prices are in US Dollars and valid in 2019.
- A **valid passport** is required for your travels to Nepal (expiration date at least six months after your return date). Your Nepal visa may be purchased at the arrival airport (15-day visa \$25, 30-day visa \$40 as of October 2017. You need 2 passport photos)
- **Weather** in the region during all months of the year is extremely variable and you should pack for a variety of conditions. Our trek passes multiple bio-zones ranging from high-altitude alpine conditions to high jungle. Anything is possible, even lots of dry sunny days! Packing list to follow.
- You need to be in good **health and physical condition**, an experienced hiker, with adequate cardiovascular endurance, muscular strength, and balance in order to enjoy this experience at all its levels. While **porters** carry most of the gear and camp supplies leaving you free to carry only a light daypack, physical activity at high altitude adds to physiologic stress. You may experience discomfort and symptoms that you do not have while exercising at lower elevations. Shortness of breath, sleeplessness, and headaches may occur. Starting a moderate **training program** several months before departure will help considerably. Regular aerobic exercise for one hour, 4-5x a week, hiking up your local hills or treadmill, and a flexibility practice, like yoga or stretching will be beneficial. **Consult** your primary care provider to confirm required vaccines and medications as soon as possible. The highest point of altitude at Annapurna Base Camp is 13,400 ft.
- **Remember** your international air fare to/from Kathmandu. Please, check with Barbara before purchasing or obtaining your tickets to verify your arrival and departure schedule.
- **The Health and Wellness Discovery** is based on functional medicine approach and meditation practice. It's not a must but everyone is welcome to participate. This may include personal sharing. Confidentially and kind consideration of each other's stories, personal boundaries, and visions are expected to support a safe discovery for each of us.

*This program is designed for energetic, flexible people who like being active, have a spirit of adventure and a positive attitude, and desire meaningful experiences!*

*Come and join us!*