



## Frequently asked questions

'Trekking 4 Women' is owned and operated by New Zealander Ann Young who has a passion for adventure travel and has been involved in the outdoors and travel for 20 years. My desired objectives are to give a unique experience, enrich people's lives and encourage personal growth which is fun and affordable. In doing this I aim to provide sustainable active travel adventures that are beneficial to the culture of local communities, environment and the mountains of the countries we visit.

### How many people will be in the group?

Trip numbers for both the trekking groups and tours will be kept to a maximum of 12 people to ensure not only the safety of the group but to strive to give each client the comfort and attention they deserve.

### Who are the guides?

All tours are personally lead by 'Trekking 4 Women' director Ann Young or a representative of 'Trekking 4 Women'. We believe that responsible travel has to be a 'two way street' and that giving back something tangible is essential. Ann is assisted by a team of experienced locally recruited guides, porters and drivers, which have been chosen with care. These local guides and porters are only too happy to share their wealth of local knowledge and local customs.

### Do all trips involve trekking?

'Trekking 4 Women' provide the opportunity to choose between trekking and non trekking trips to enable all to experience the culture whether you are on Safari in Africa or Nepal, trekking in the Himalayan mountains or travelling to far off places e.g. Tibet, Bhutan, India Vietnam, Morocco, Ethiopia, Switzerland and New Zealand.

### How fit do I have to be for trekking?

Any one who is reasonably active whether you are an absolute beginner or seasoned traveller, should cope with any one of 'Trekking 4 Women' trips. Most trekking days are short and we walk slowly, which gives us every opportunity to acclimatise to altitude and reach our desired goals.

### Do I need any mountaineering skills?

No mountaineering skills are required as all 'Trekking 4 Women' trips are non technical and on formed tracks.

### Are there any easy trips?

'Trekking 4 Women' offers both the less strenuous lowland trips and the more challenging trekking options of crossing 5,445 metre passes to cater for women of all levels of fitness and aspirations. In fact one trekking trip offers the opportunity to enjoy the cultural experience while being amongst spectacular mountains and scenery with a gradual down hill most of the way.

### What age group are participants?

All 'Trekking 4 Women' trips are scheduled for women in the 40+ age group.

### What if I want to bring my husband, partner, or I am younger than 40 years old?

We offer tailor made private trips for both genders and all age groups. These are not part of our scheduled trips, however we are more than happy to combine you with other interested people to form a group or organise your own personal trip.

### Do I have to carry my own luggage while trekking?

All trekking trips will be supported (while trekking) with local porters or mules who will be carrying your main pack. You will be expected to carry your own day pack big enough to carry a camera, jacket, water etc to support yourself during your trekking day.

### What is the accommodation like?

To give maximum comfort, 'Trekking 4 Women' and their clients stay in a mixture of hotels, friendly local teahouses, huts, resorts and lodges and cruising by boat on the New Zealand trips. All trips will be on a shared basis, and while some of the accommodation may be more basic than what you are used to, it is certainly comfortable and many rooms have an ensuite, even in some teahouses. This enables you to inter react with the local culture and gain some treasured life time memories and new found friends. Please note that the Bhutan trips involve some camping.

#### **Are international airfares included?**

'Trekking 4 Women' will meet you at your point of entry into the country of your chosen trip. International airfares will be on top of the advertised price. On some trekking trips the domestic airfares are included. Please consult the itinerary of your choice to see the inclusions.

#### **What about meals?**

Some meals are all inclusive on some trips while on others you are responsible for your own meals, allowing you the freedom of choice (why pay for a three course meal when you only want something light). You are welcome to join your tour guide, who will introduce you to the local specialties, or you may wish to dine independently. You are free to be on your own, only if you want to be. All meals are included while on the African and Nepalese Safari's, also while trekking up Mt Kilimanjaro and in Bhutan. Please consult your chosen itinerary to see what is included. Most trips included one group dinners.

#### **What does walking in a group involve?**

All 'Trekking 4 Women' trips are group based and therefore we trek and move as a group. It is possible in most cases to have a short distance from the person in front or behind you, however due to the safety aspect of walking at altitude and in the mountains it is very important to be within sight of your trekking companions at all times. There will be ample time for photo opportunities during your trek/ tour, and to also check out local sights and markets independently after arriving at your overnight stop.

**This information is correct to the best of our knowledge and intended as a guideline only and can be subject to variation. Details and arrangements may change for a number of reasons and forms no part of any contract between 'Trekking 4 Women' and its clients.**

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Trekking 4 Women, P O Box 5543, Palmerston North 4441, New Zealand.  
Phone: +64 6 356 7043, Fax: +64 6 35 67 044, Mobile: + 64 (027) 356 7043  
Email: [ann@trekking4women.co.nz](mailto:ann@trekking4women.co.nz), web: [www.trekking4women.co.nz](http://www.trekking4women.co.nz)