

DHARMA JOURNEYS RETREAT

Please complete and return this signed application form and enclose or forward a \$500 deposit by Check, Money Order or Credit Card in U.S. funds to secure your place on the retreat.

Himalayan High Treks
CST 2085690-40
241 Dolores Street
San Francisco, CA 94103-2211 U.S.A
☎ Fax: 1-415-861-2391



Name _____
As On Passport

Name _____
As You Like To Be Called

Address _____

City/State/Zip _____

Country _____

Phone (Day) (____) _____
(Eve.) (____) _____

E-mail _____

Occupation _____

Closest major airport to you: _____

Dietary Preference: Vegetarian Non-Vegetarian
Do you smoke? Yes No Quit

Communications Preference: Postal Mail Email
 Both Other: _____

IMPORTANT: In Case of Emergency Please Notify:

Phone (Day) (____) _____
(Eve.) (____) _____
E-mail: _____
Relationship to participant _____
Accommodations: Check one of the following:
 Rooming with: _____
 Traveling alone, but willing to share
 Prefer single accommodations at extra cost
How did you hear about the retreat?

What is your previous travel experience?

What is your previous experience or interest in
Buddhism? *All levels are welcome!* _____

Release and Assumption of Risk

I am aware that travel, whether in civilized or remote areas and whether by plane, train, auto, or other conveyance, or on foot, horseback, or the like, contains some inherent risks of illness, injury or death, which may be caused by negligence of others, forces of nature, or other agencies known or unknown. I recognize that such risks may be present at any time before, during and after the trip that I am participating in under the arrangements of Himalayan High Treks and its agents or associates. I also am aware that medical services or facilities may not be readily available or accessible during some or all of the time in which I am participating in the trip.

In consideration of and as part payment for the right to participate in the trip, and activities, services and food arranged for me by Effie Fletcher and her agents or associates in connection with the trip, I have and do hereby fully assume all risk of illness, injury or death, and hereby release and discharge Effie Fletcher and her agents and associates from all actions, claims or demands for damages resulting from my participation in the trip. I agree that the foregoing obligation shall be binding upon me personally, as well as upon my heirs, executors and administrators, and all members of my family or other domestic arrangements, including any minors accompanying me.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between me and Effie Fletcher and/or her affiliated organizations and sign it of my own free will. I also acknowledge that I have carefully read Himalayan High Treks' booking information including its policy on canceled trips and refunds, and agree to all stated conditions set forth in the booking information. Facsimile or email shall be treated as original.

Applicant Signature _____ *Date* _____

Check enclosed, already on file, or copy faxed with my application in U.S. funds payable to **Himalayan High Treks** or:
 Visa MasterCard American Express Discover
Card # _____
Exp. Date: _____ Card Security Code: _____ (Mandatory)
For Explanation: http://usa.visa.com/personal/security/visa_security_program/3_digit_code.html

DHARMA JOURNEYS RETREAT INFORMATION

Booking Information

We will set up a payment plan which will be detailed in your acceptance letter. The balance of the land cost must be paid in full no later than 90 days before departure or you will be charged a service fee.

After we receive this **application and your valid passport copy** we will send you a trip package containing a **Packing List, and Reading List**. We can help you with your airline reservations. You can extend your stay before or after the retreat — ask us for details!

The land cost for the retreat does include:

- All transportation costs other than airfares.
- All accommodation, which consist of a comfortable double occupancy hotel room with attached bathroom. Single occupancy accommodations may be available but there will be an extra charge.
- All meals except where noted in itinerary.
- All costs for staff including a retreat leader, local guides, drivers, etc.
- Entry fees to museums, monuments etc. visited as part of the retreat.

The land cost of the retreat does not include:

- Overseas airfares.
- Visas, airport tax.
- Tips to staff or anyone else or donations to local institutions such as monasteries.
- Pre-trip immunizations, medications and physical exam.
- Medical and emergency costs other than first aid.
- Travel and Medical Insurance (required).
- Laundry, phone calls and expenses of a personal nature.
- Additional expenses arising from the delay or extension of a trip due to weather, political disputes, illness, failure of transportation, or other causes beyond our control.
- Anything not on the "included" list above.

The descriptions, dates, and prices in our publications were compiled with reasonable care and accurate at the time of publication. Due to currency fluctuations, political conditions, and the rising cost of services, Himalayan High Treks reserves the right to change any of the above. In addition, HHT reserves the right to change the itinerary of a trip at any time; for example, if it is advisable for the safety of the group or in order to comply with governmental restrictions.

We require you to carry travel insurance to cover emergency evacuation and medical costs. We strongly suggest that you carry insurance that also covers trip cancellation or interruption, baggage and other personal possession losses.

Photographs for the purpose of publicity may be taken while you are traveling with us. These photographs may be used for marketing purposes. Note, you may be contacted after your trip by prospective clients for references unless you let us know that this is not okay.

A valid passport and visas for the countries to be visited are required. Details on applying for a passport and visas will be supplied, however obtaining them is your responsibility.

If you decide to cancel and notify us in writing before departure, we will refund your money after subtracting the following fee:

Days Before Departure.....	Fee
More than 90 days	\$500
Between 61 and 90 days	35% of the land cost
Between 31 and 60 days	55% of the land cost
Less than 30 days.....	No Refund

General Information

Weather: Generally daytime temperatures range between 70 and 90 degrees and evening temperatures are between 70 and 80 degrees. After you sign up for a trip you will receive a detailed Trip Package which will include information on weather conditions.

Packing: We will be sending you a detailed packing list, but generally you will need to bring an umbrella, day pack, comfortable walking shoes, lightweight clothing and toiletries.

Health Precautions: Make sure you are as healthy as possible before you leave home. Check that your teeth are in good shape and get all your immunizations at the right times. The most common health problem is diarrhea. It is very hard to avoid, but we minimize the risks. We will attempt to secure, but do not guarantee, the services of emergency medical personnel. Medical facilities in most areas are limited.

Food: We would like you to try the local cuisine. We will be eating all of our meals in quality restaurants and hotel dining rooms. The food is nutritious and delicious. A vegetarian diet can easily be accommodated.

Personal Hygiene: You will have an attached bathroom with hot and cold running water. Laundry service is available at hotels.

Difficulty: Traveling by vehicle can be fatiguing. Some walking will be required. If you have any questions regarding your ability please contact us.

An important final note: Himalayan High Treks has a policy of inclusion. We invite everyone regardless of race, religion or sexual preference to participate in our trips. Let's celebrate our diversity.

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