



VIETNAM: JOURNEY OF THE  
BODY, MIND & SPIRIT

In Partnership with Yogasphere

30 March - 8 April, 2015

BROWN & HUDSON

Vietnam offers a host of unforgettable moments for travellers: the bustling alleys of the French Quarter in Hanoi, the stunning limestone landscapes of Halong Bay, and the charming UNESCO World Heritage town of Hoi An. During your journey, you can enjoy daily yoga sessions, led by Mandy Jhamat and transform areas of your life with our resident life coach, Leo Lourdes. And, of course, be pampered by our on site complimentary therapists in Danang. Throughout your journey, you will also meet with locals and other inspiring individuals to hear their stories and learn from them. Each chance encounter offers an insight into how the Vietnamese live, work and celebrate the delicate balance of life and time.

## VIETNAM: JOURNEY OF THE MIND, BODY, & SPIRIT



The founders of Yogasphere, Mandy Jhamat and Leo Lourdes, have worked together with Brown + Hudson to create a bespoke, yoga-inspired journey through Vietnam. This one-of-a-kind, adventurous retreat has been designed to give you time to explore mind, body and spirit whilst discovering this beautiful and contrasting country.

The graceful flow of your journey has been structured to give you a careful balance of relaxation and exploration, combining luxury accommodation with 'real world' experiences - from indulgent spa sessions to outdoor adventure as well as the spectacular sites.

Travelling along trails, paths, roads, and rivers, you will have time to let your heart, mind and imagination drift. This is a journey that will allow you to arrive at the other end, perhaps, with a new perspective on life.

Imagine yourself in an invigorating Vinyasa flow on the deck of a traditional Vietnamese boat in the middle of Halong Bay. With Mandy and Leo, meditate in the morning mists of Hanoi's Westlake and practice Tai Chi with Hanoians.

For spouses or partners who have differing interests, we offer unrivalled

flexibility during this fantastic journey. Instead of joining in the daily classes with Mandy and Leo, take advantage of our helpful guides - all founts of an amazing amount of local knowledge. Whether there is a particular art or craft that you wish to learn more about, memento you would like to buy, or type of person you wish to meet, our guides will be sure to arrange it.

Your journey begins in the traditional city of Hanoi immersing yourself in the lively spirit of the Vietnamese people. Stroll through bustling street life, taking in the new sights and sounds of the Old Quarter. It is said that the spirit of the

locals can be found in the stomach and during your journey, you will sample the country's traditional delicacies, with their unique mélange of Chinese and French flavours.

Often considered the healthiest cuisine in the world, Vietnamese cooking is becoming a firm favourite in the west. Whether it's the simple looking but complex to make pho with its beautifully balanced stock, or the vibrant bun cha bowls overflowing with fresh vegetables, mint, basil and only a small amount of meat, the food here is bound to please.

In order to focus on the mindful movement of your body, you will journey to the stunning limestone landscapes of Halong Bay. Here you will enjoy tranquil days on a traditional Vietnamese junk, exploring the turquoise waters and karst mountains - the backdrop to your days of kayaking, yoga, Tai Chi, biking and exploration.

For spiritual focus and contemplation, you will then journey south to the picturesque colonial town of Hoi An, where you'll be able to focus on your yoga practice and meditation in this UNESCO World Heritage site. And did we mention indulging in spas and enjoying healthy food with great company? Here, you will immerse yourself in Vietnam's kaleidoscope of culture, history, traditions, curiosities and quirks.



## TEACHERS

### LEO LOURDES - YOGASPHERE DIRECTOR/YOGA TEACHER & THERAPIST



Leo Lourdes has been practising yoga and helping his clients transform their lives for more than 12 years on Harley Street, London. He specialises in Hatha Yoga and Vinyasa Flow classes.

As a Harley Street therapist and coach, Leo creates a naturally relaxed, fun and inspiring environment in his yoga classes and retreats. During which he explores and creates awareness within the body to overcome challenges through yoga and meditation. Leo is particularly interested in the psycho-physical benefits of yoga. He believes that yoga practice and philosophy provide a great framework for an individual to connect and explore themselves and their world.

He started his first journey on the mat to cope with having the responsibility and stresses of becoming a director of his first company at the tender age of 22. But his relationship to the spiritual aspect of yoga began long before ever getting on the mat after dealing with trauma that nearly destroyed him as a young boy. Yoga was a way that he personally overcame challenges and was able to build vitality as an entrepreneur.

He was trained by Europe's leading yoga training school Triyoga and is fully accredited by the British Wheel of Yoga and Yoga Alliance. He finds that flexibility is key to having a more fulfilling life and that we all should bend more, so we do not break.

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### MANDY JHAMAT - YOGASPHERE DIRECTOR/YOGA TEACHER



British born but with Indian heritage, Mandy Jhamat's first yoga lesson with a friend was a strange experience. The teacher assumed the yoga tradition was something she had grown up with, and that she had an expert yogi in the room. But they were just curious to see what it was all about, having finished a hip-hop dance class next door! Despite the misplaced adoration, this first practice did ignite some flicker of interest which Mandy turned to flame a few years later.

Mandy's yoga teaching reflects her interest in Yin and Yang practices in her classes and retreats. Marie Claire Magazine described Mandy as a 'Top Yoga Teacher'. She is a Triyoga trained Hatha Yoga teacher, with accreditation from the British Wheel of Yoga. Her experiential style allows her students to benefit from a dynamic practice rooted in the richness of mindful movement.

This love of yoga and regular visits to ashrams in India have fuelled her love of meditation and breath inspired movement. She came to yoga without any experience in dance or gymnastics (in fact she avoided gym classes at school) but discovered a newfound grace in the dance of the movement on her yoga mat that merged into her daily life.

Off the yoga mat, she is also a Fashion Makeup Artist having worked with designers like Tom Ford to performers such as Beyoncé and teaches yoga at Google amongst other spirited companies. Mandy makes people feel good from the outside with her make up magic and through yoga makes them shine from the inside out.

# HIGHLIGHTS

AN EXQUISITE ITINERARY CRAFTED BY BROWN + HUDSON

LEADERSHIP OF MANDY JHAMAT & LEO LOURDES,  
YOGASPHERE DIRECTORS/YOGA TEACHERS

WELLNESS SESSIONS INCLUDING: TWO YOGA SESSIONS EACH DAY +  
DAILY PRANAYAMA SESSION + DISCOURSES EXPLORING PHILOSOPHICAL THEMES

PRACTICE TAI CHI ON THE DECKS OF YOUR TRADITIONAL VIETNAMESE JUNK

CYCLE ALONG COASTAL ROADS, STOPPING TO VISIT LOCAL VILLAGES

KAYAK IN VIETNAM'S LEGENDARY HALONG BAY

ALL SPA TREATMENTS INCLUDED AT THE LUXURIOUS FUSION MAIA RESORT, DANANG  
- VIETNAM'S PREMIER WELLNESS PROPERTY

## DAY BY DAY

### DAY 1: 30<sup>th</sup> March 2015

Arrive in Hanoi + overnight at Intercontinental Hotel, Westlake

### DAY 2: 31<sup>st</sup> March 2015

Explore Hanoi

### DAY 3: 1<sup>st</sup> April 2015

Drive from Hanoi to Halong Bay + overnight on Paradise junk

### DAY 4: 2<sup>nd</sup> April 2015

Discovery of Halong Bay + overnight on Paradise junk

### DAY 5: 3<sup>rd</sup> April 2015

Drive from Halong Bay to Hanoi + fly to Danang + overnight at Fusion Maia

### DAY 6 - 9: 4<sup>th</sup> - 7<sup>th</sup> April 2015

Days to explore Hoi An Town + relax and rejuvenate at Fusion Maia + optional excursions

### DAY 10: 8<sup>th</sup> April 2015

Transfer to Danang International Airport for your homebound flight

## DAY ONE

Monday 30<sup>th</sup> March 2015

## ARRIVE IN HANOI



- Upon arrival at Hanoi International Airport, your Brown + Hudson guide will welcome you and escort you to the Intercontinental Hotel, Westlake, your home for the next two nights. Discover absolute tranquility at this luxurious urban resort, uniquely placed over the serene waters of West Lake while only minutes from Hanoi's historic Old Quarter.
- The remainder of the evening is put aside for you to explore or acclimatise to Vietnam, ready for your journey ahead.
- In Hanoi, the wide, tree-lined boulevards and French colonial architecture are reminiscent of Paris and are the perfect setting for urban walking and exploration. The simplest of meals, exchanges, walks, scooter rides or chance encounters at a market will each give you a refreshing understanding of how the Vietnamese live, work and celebrate the critical passages of life and time. The present day chaos and bustle you will find in Hanoi is basically a long-standing tradition, evolving from the days when specialised traders were responsible for each street.

Included Meals: None

Accommodation: Intercontinental Hotel, Westlake (Classic Room)



## DAY TWO

Tuesday 31<sup>st</sup> March 2015

## EXPLORE HANOI



- Practice yoga at your hotel, where the morning mists appear from Hanoi's tranquil Westlake. After, enjoy a healthy breakfast at the hotel.
- With ochre-colored colonial buildings, tree-lined boulevards and scenic lakes, Hanoi is full of charm. Start your exploration at the Ho Chi Minh Mausoleum and his cottage house. A short walk from there is the lotus-like One Pillar Pagoda – resting on a single stone pillar emerging from the water. Inside is a statue of the Goddess of Mercy with her legendary “thousand arms and thousand eyes”.
- Wind your way afterwards to the Temple of Literature, the first University for the sons of mandarins, for an overview of Hanoi culture and ancient Vietnamese architecture. Then visit the infamous Hanoi Hilton Prison, sarcastically named by American prisoners of war during the 1960s.
- In the afternoon, travel by rickshaw through the bustling alleys of Hanoi's Old Quarter - the heart of the original city - now famous for small artisan shops, craftsmanship and eclectic architecture. We end at the Lake of the Restored Sword with a visit the Ngoc Son temple.
- Return to the hotel for your late afternoon yoga session. We will then enjoy dinner together to toast the beginning of our journey.

Included Meals: Breakfast, Dinner

Accommodation: Intercontinental Hotel, Westlake

## DAY THREE

Wednesday 1<sup>st</sup> April 2015

## DRIVE FROM HANOI TO HALONG BAY



- Practice yoga at your hotel, before a healthy breakfast.
- Next, travel overland to the UNESCO World Heritage site of Halong Bay. The drive from Hanoi to Halong is 3h30, you will have a chance to see the changing landscape of the Vietnamese countryside with towns, villages and an endless carpet of rice paddies.
- Your heavenly journey across Halong Bay starts around noon on Tuan Chau Island. Of Halong Bay, Vietnam's late President Ho Chi Minh said: "It is a wonder that one cannot impart to others." Home to more than three-thousand islands, this archipelago is a natural gem where thousands of sculpted limestone and islands rise from the water like gigantic dragon's teeth.
- While on board, you can take advantage of spa services and learn the art of traditional Vietnamese cooking.
- Late this afternoon, enjoy a yoga session on the sundeck of the Paradise.
- The boat cruises slowly with the evening sun to its fantastic overnight mooring spot. Enjoy the glittering lights from the other boats and a calm sea, perfect for your first dream in the bay where once Dragons played amid sparkling jewels.

Included Meals: Breakfast, Lunch, Dinner

Accommodation: Paradise Luxury Cruise (Deluxe Balcony Cabin)

## DAY FOUR

Thursday 2<sup>nd</sup> April 2015

## DISCOVER HALONG BAY



- In the early morning, enjoy a yoga session with Mandy and Leo in the open ocean air on the top deck, surrounded by limestone rocks majestically rising from silent waters.
- Enjoy breakfast and then transfer to the day-boat, Paradise Explorer, which will take you to Bai Tu Long Bay, with beautiful islands and white-sandy beaches.
- Head to Cat Ba Island and enjoy a gentle bike ride along a stunning coastal road before turning inland to snake through the verdant fields surrounded by dense jungle. Stop at Viet Hai Village where your guide will explain about life on the island. Perhaps visit the local school and chat to the friendly villagers. Guests who do not want to cycle, may walk along the waterfront, fish at the dock, or simply relax on the Paradise Explorer.
- Return to the Explorer for a well-deserved lunch, which will be served as the boat starts sailing again. On the way, stop at the Dark and Light Caves area. Here you may kayak, swim, or just enjoy the splendid setting.
- Back on the Paradise, enjoy your evening yoga session.

Meals: Breakfast, Lunch and Dinner

Accommodation: Paradise Luxury Cruise (Deluxe Balcony Cabin)

## DAY FIVE

Friday 3<sup>rd</sup> April 2015

## HALONG BAY TO HANOI + FLY TO DANANG



- In the early morning, join a Tai Chi session on the sundeck at the break of dawn, before a healthy breakfast.
- Continue exploring Halong Bay, sailing across its 2,000 islets and visiting some of its major highlights. You will arrive at the pier around 11h00, when it will be time to say goodbye to the crew.
- Head to Hanoi Airport where your guide will assist you onto your flight. En route, stop to explore the countryside. Perhaps walk along the village road, stopping along the way to admire traditional gardens and houses. You may even be invited in for a cup of tea by a friendly villager. Lunch will be a simple meal at a restaurant en route.
- Upon arrival at Hanoi Airport, board your flight to Danang. You will be met at the airport by your local guide and transferred to the nearby Fusion Maia resort, your home for the next five nights.
- Settle into your room and then join a yoga session in the dedicated yoga studio.

Meals: Breakfast and Lunch

Accommodation: Fusion Maia resort Danang (Pool Villa)

## DAY SIX TO DAY NINE

Saturday 4<sup>th</sup> April 2015 - Tuesday 7<sup>th</sup> April 2015

## DANANG



- Each morning, for the next four days, attend a yoga session at the resort.
- After breakfast, feel free to relax and enjoy the facilities at Fusion Maia. All spa treatments are included as part of the stay and are part of a larger, holistic approach to wellness. The spa's Natural Living Program is a recommended regime of healthy eating and meditative practice. Assess your current lifestyle with a complimentary consultation with one of the hotel's experts. Facilities include 16 treatment rooms, beauty salons, jacuzzis, steam rooms, saunas, yoga studio, spa workshop area and spa library.
- Alternatively, you can choose optional excursions (surcharge to be applied). Please ask for more details. Excursions include:
  - Walking tour in Hoi An - Stroll through the narrow winding streets of the Ancient Quarter visiting Chua Ong Pagoda, Chinese Assembly Halls, the 200- year old Tan Ky ancestral house and the Japanese Bridge.
  - Tailors in Hoi An: You may want to visit one of the city's renowned tailors. The tailors here tend not to specialise in original creations, instead they are masters of replicating your chosen styles, so be sure to bring along some inspiration.

## DAY SIX TO DAY NINE

Sunday 5<sup>th</sup> April 2015 - Tuesday 7<sup>th</sup> April 2015



### DANANG



- My Son - This complex is comprised of many Champa temples, in a valley roughly two kilometres wide, surrounded by two mountain ranges. It was the site of religious ceremonies of the Champa dynasty kings, and was also a burial place of Champa royals and national heroes. My Son is one of the foremost sites of Hinduism in South East Asia and is the most significant heritage site of its kind in Vietnam.

- Cycling - Experience an afternoon in the rural outskirts of Hoi An ancient town. Take a leisurely ride in the countryside, passing through Tra Que. Stroll around vegetable gardens, join the farmers as they prepare the land and learn the local gardening secrets to cultivating crops. Then take a boat to Cua Dai where you will get the chance to work with fishermen with their traditional methods. Learn to differentiate traditional fishing tools, how to cast a net - and even catch some fish.

- Cooking Class - Visit the market and then join a class to learn how to balance fragrant herbs such as coriander and lemongrass, as well as Asian spices like curcuma and star anise, that are essential to Vietnamese cuisine. The food of Vietnam is a key to understanding the culture with a delicate balance of fresh vegetables, rice or noodles, select spices and salty fish sauce in perfect harmony.

Meals each day: Breakfast, Lunch with some excursions, Final Dinner  
Accommodation: Fusion Maia resort Danang (Pool Villa)

## DAY TEN

Wednesday 8<sup>th</sup> April 2015



## DANANG

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- In the early morning, attend your final yoga class with Mandy and Leo.
- Following breakfast it will be time say your goodbyes and prepare to leave.
- You may want to extend your journey in Vietnam or travel to visit the ancient temple ruins of Siem Reap, Cambodia. Please contact us for more details.

## YOUR HOTELS



Intercontinental, Westlake - Hanoi

30<sup>th</sup> & 31<sup>st</sup> March 2015

Discover absolute tranquility at this luxurious urban resort uniquely placed over the serene waters of West Lake only minutes from Hanoi's famous Old Quarter. Relax in contemporary Vietnamese designed Classic rooms with spectacular views from your own private balcony. The hotel also has a fully-equipped fitness centre.



Paradise Cruise - Halong Bay

1<sup>st</sup> & 2<sup>nd</sup> April 2015

The Paradise's interiors, like the exterior, are covered in polished wood, lending the stately air of an Indochina-era cruising boat with understated elegance. There are a total of 17 air-conditioned cabins. During your journey, you might meet up in the dining room for chats, enjoy casual barbecues on the terrace and marvel at the bay's moonlit beauty. You will practice morning sun salutations in the open ocean air on the wide sundeck, kayak through the azure waters, and travel to visit nearby villages. A healthy and varied cuisine will be presented for lunch and dinner in the elegant dining-room.



## YOUR HOTELS



Fusion Maia - Danang

3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> April 2015

Consisting of 87 beautiful villas, the Fusion Maia is set in tropical gardens with a swimming pool and waterfall. The real heart of the property is the Maia Spa - a peaceful haven set just away from the beach. All treatments are included as part of the stay and are part of a larger, holistic approach to wellness. The spa's Natural Living Program is a recommended regime of healthy eating and meditative practice, and you can assess your current lifestyle with a complimentary consultation with one of the hotel's experts. Facilities include 16 treatment rooms, beauty salons, jacuzzis, steam rooms, saunas, yoga studio, spa workshop area and spa library.

Pool Villas offer an exquisite private pool and an intimate green garden. Each Pool Villa comes with luxuries of 50-60m<sup>2</sup> indoor space with terrazzo bath tub and private pool.

# THE NITTY GRITTY

## Start & Finish, Inclusions, Exclusions, Costs

### START & FINISH

Start of the trip: Hanoi, 30<sup>th</sup> March 2015

End of the trip: Danang, 8<sup>th</sup> April 2015

Duration: 10 Days / 9 Nights

### WHAT IS INCLUDED

- All accommodation as outlined in itinerary, including breakfast
- Two daily yoga sessions
- Daily pranayama session
- Daily discourse exploring philosophical themes
- All activities as outlined in itinerary, except optional activities in Danang/Hoi An
- Local English-speaking guides throughout
- All entrance fees on guided visits described in itinerary
- Fusion Maia all-inclusive treatments
- All meals on the Paradise Cruise
- Welcome and farewell dinner

### TRANSPORT & TRANSFERS

- 3<sup>rd</sup> April 2015: Economy flight from Hanoi to Danang
- Transfers to and from all airports
- All transfers with driver as outlined in itinerary

### WHAT IS NOT INCLUDED?

- International flights. Get the best flight rates from our travel partner FlightCentre and contact Merry Clark [yogasphere@flightcentre.co.uk](mailto:yogasphere@flightcentre.co.uk) +44 (0) 207 258 7595
- All meals, unless listed under inclusions
- Beverages during included meals
- All expenses of a personal nature (including telephone)
- Luggage in excess of airline restrictions
- All spa treatments, unless listed under inclusions
- Any entrance fees on unguided visits or those stated as not included
- Gratuities and tips for guides, drivers, etc.
- Travel Insurance
- All events described as “extra”, “extras”, “options” or “optional” in this itinerary
- Visa fees - Participants on all journeys are responsible for obtaining their own visas

### A NOTE ON OPTIONAL ACTIVITIES

Optional excursions in Danang/Hoi An may be booked in advance to ensure availability (surcharge applies). Please ask for more details.

### TRIP PRICE

GBP £3,395 per person, double occupancy (excluding international flights)

GBP £1,120 additional per person for single occupancy in accommodation

Trip price dated: 1<sup>st</sup> October 2014, based on group size of 14 participants.

### PAYMENT TERMS

- Deposit of GBP £500 per person will reserve your place on the yoga-inspired journey. Full payment confirms your place.
- Full payment required by 30<sup>th</sup> December 2014.
- Deposit amount paid at booking is non refundable and goes towards part payment of the overall booking cost.
- The Client is responsible for arranging their own flights and insurance for all journeys bookings. If clients book flights with our preferred partner Flight Centre Business travel on [yogasphere@flightcentre.co.uk](mailto:yogasphere@flightcentre.co.uk), their flights will be ATOL protected.

### PAYMENTS, REFUNDS, & CANCELLATIONS

- Payments are accepted via, bank transfer, credit or debit card for bookings.
- Deposits for the yoga-inspired Vietnam journey are nonrefundable and nontransferable once paid.
- Cancellation of a place on the yoga-inspired journey is 100% nonrefundable if cancelled 3 months or less before the journey date.
- Cancellation of a place on the yoga-inspired journey is 100% refundable if cancelled 6 months or longer before the journey start date (less the deposit).
- Cancellation of a place on the yoga-inspired journey is 50% refundable if cancelled between 3-6 months before the journey start date (less the deposit).

# TERMS

## STANDARD TERMS AND CONDITIONS OF BUSINESS

All bookings are made with Brown + Hudson Ltd, A registered company in England and Wales with company number 9052229 and registered office at 27 Mortimer Street, London W1T 3BL, England, United Kingdom (UK) (referred to in these terms and conditions as 'Brown + Hudson'). Your contract will be either with Brown + Hudson or with another supplier of travel services and this will depend on the type of arrangements you book. Your contract will be with Brown + Hudson if it arranges a package comprising at least two or more of the following services where the services are sold at an inclusive price and are taken together and where they either cover a period of more than 24 hours or include overnight accommodation: (a) transportation; (b) accommodation; and (c) other tourist services not ancillary to transportation or accommodation which account for a significant part of the arrangements. For all other arrangements, Brown + Hudson is the Booking Agent for the supplier. In this event, your contract will be with the supplier (or suppliers) and Brown + Hudson accepts no responsibility for the suppliers' actions or omissions. Copies of the conditions of your contract with your supplier are available on request from us, and Brown + Hudson recommends that you ask for them and read them before you book so that you are aware of how they may affect your booking.

### 1. RESERVATION

**1.1** On your enquiry, Brown + Hudson establishes where and when you wish to travel, and if we are satisfied that this is feasible, we will send you a Trip Planning Agreement (TPA) to sign, and you will pay us a minimum non-refundable Trip Planning Fee (TPF) of £1,000. Under certain circumstances this fee will be higher. This TPF covers the cost of researching your bespoke trip and this contract with the terms and conditions contained herein will apply. **1.1.2** We will then create a Trip Planning Interview (TPI), which you are required to complete and return to us within 30 days in order that we can create your bespoke trip. Alternatively, the TPI may be completed with one of our consultants on the telephone or in person. In such event, the details of the conversation will be confirmed to you in writing by Brown + Hudson shortly after the discussion. If you fail to return the completed TPI or have the discussion to complete the TPI by phone or in person within 30 days, we will assume you do not wish to use our services; and we will close our file on your bespoke trip. **1.1.3** Upon return of the TPI, we will prepare an itinerary for your consideration and present it to you within seven to 21 days depending on the complexity of your trip. The thought and creativity that goes into making a Brown + Hudson trip is priceless. However, a management fee is applied to the total cost, and this fee is dependent upon various factors including the logistical complexity of the trip. Should you not be satisfied with the final price, Brown + Hudson will endeavour to adjust the trip to meet your budgetary requirements. The experiences we create are priced as complete packages, that include components with confidential contract rates with partners, as such Brown + Hudson is unable to itemise costs. If necessary, a final balance invoice will be issued to take into account additional costs incurred by Brown + Hudson for extras and options not covered in this arrangement. Brown + Hudson does not under any circumstance provide a breakdown of costs. Once the itinerary has been agreed, you will be invoiced for a portion of the full cost, usually 30% but this will vary at our discretion and depending on the nature of the trip, particularly when aircraft or yacht charters are involved. You are required to pay the remaining 70% of the trip's cost at least three months prior to its commencement. **1.2** Brown + Hudson reserves the right to refuse to accept a reservation at any stage of the process until the invoice has been paid in full. Our experiences entail risks – and rewards – beyond those encountered at home. We always stress that our trips are a partnership with travellers. Our primary objective is to take the hassle out of a great travel experience. In return, we count on people to ensure they are healthy and fit, to prepare themselves by reading about clothing, training, medical requirements and culture-specific etiquette; to appreciate that in some countries, local living standards, practices, services and accommodations may differ from those in North America or Europe (often in delightful ways); and to understand – indeed relish – the fact that a road less travelled means a more unpredictable and more rewarding adventure.

### 2. PAYMENTS

**2.1** All payments to Brown + Hudson are to be made by telegraphic transfer directly into the bank account of Brown + Hudson, as follows: Sterling Payments Beneficiary Bank: Arbutnot Latham & Co., Ltd. Beneficiary Bank Sort Code: 3013-95 Swift Code: ARBUGB2L Beneficiary Name: Brown + Hudson Ltd. Beneficiary Account Number: 51865501 IBAN: GB11ARBU3013951865501. Euro Payments Correspondent Bank: Dresdner Bank, Frankfurt | Swift Code: DRESDEFF | Beneficiary Bank Name: Arbutnot Latham & Co., Ltd. | Beneficiary Bank Swift Code: ARBUGB2L | Beneficiary Bank Account No: 805084311 | Beneficiary Name: Brown + Hudson Ltd. | Beneficiary IBAN: GB51ARBU30030811660903 US Dollar Payments Correspondent Bank: Deutsche Bankers Trust Co. Americas, New York | Swift Code: BKTR US 33 ABA/FW No: 021001033 | Beneficiary Bank Name: Arbutnot Latham & Co., Ltd. Beneficiary Bank | Swift Code: ARBUGB2L | Beneficiary Bank Account No: 04164563 | Beneficiary Name: Brown + Hudson Expeditions Ltd. | Beneficiary Account No: 11660902 | Bank: Arbutnot Latham | Arbutnot House, 20 Ropemaker Street, London EC2Y 9AR, United Kingdom | Personal Banker Contact Details: Shane Powell, Tel. +44 207 0122 624 | In the name of Brown + Hudson Ltd. **2.2** An initial payment of usually 30% of the full price is payable at the time of booking (see 1.1.3 above). **2.3** The remainder of the price payable to Brown + Hudson is to be paid three months prior to the commencement of the bespoke trip and/or service. **2.4** Notwithstanding anything to the contrary contained herein, if the bespoke trip is to commence in less than three months, the full price shall be payable immediately. **2.5** If any payment remains unpaid after seven days past the due date of the payment, Brown + Hudson reserves the right to cancel your booking without notice. You will be liable for any costs incurred.

### 3. PRICES

**3.1** Unless stipulated by Brown + Hudson, all prices will be in the currency of the country where the service will be rendered for the traveller (in euros within the Eurozone, in sterling within the UK and generally in US dollars elsewhere). **3.2** Brown + Hudson reserves the right to impose surcharges in respect of cost increases incurred during the creation of your bespoke trip. These may include but are not limited to increases related to fuel, airport costs/taxes, currency fluctuations, increases levied by suppliers used for your bespoke trip or any part thereof or government action (both UK and foreign). If the increase is in excess of 10% of the total cost, you can withdraw from the bespoke trip and Brown + Hudson will give you a full refund of all money paid to the company less an administrative charge of £500 excluding the cost of the TPF paid. Brown + Hudson will not increase the price of your holiday less than 30 days before departure and nor will it be increased if the fluctuations are less than 2%. However, you must advise Brown + Hudson in writing within 10 days of receiving the increased invoice in order to cancel your bespoke trip. **3.3** No refunds will be given if currency rates improve. **3.4** Value Added Tax will be included in the price wherever applicable.

### 4. AMENDMENT

**4.1** If Brown + Hudson is your Booking Agent, your contract with your suppliers may allow the supplier to change the booking details. Where this occurs, Brown + Hudson will ensure that you are promptly notified of any significant changes (for example, to airline flight times and routes) but will accept no liability for the changes or costs which may result. **4.2** Brown + Hudson aims to run the bespoke trip as created. However, occasionally it may be necessary to make minor changes to the bespoke trip. No refund will be made. **4.3** If Brown + Hudson is unable to offer a significant proportion of the bespoke trip, you will be offered a refund or an alternative trip of equal or greater value which Brown + Hudson, at its sole discretion, deems suitable.

### 5. CANCELLATION BY BROWN + HUDSON OR ITS SUPPLIERS

**5.1** Brown + Hudson reserves the right to cancel a bespoke trip or any part thereof. In this unlikely event, you will receive a refund of all invoices paid to Brown + Hudson less any losses incurred by Brown + Hudson. **5.2** No refund will be issued if Brown + Hudson is forced to cancel, or make significant changes to, the bespoke trip due to circumstances beyond its control or that of its suppliers. These circumstances include but are not limited to man-made or natural disasters, acts of god, fire, explosion, adverse weather conditions, flood, earthquake, terrorism, riot, civil commotion, war, hostilities, strikes, riots or civil disturbances or acts of government and any acts which lead the British Foreign and Commonwealth Office to advise travellers against non-essential travel to your destination.

### 6. CHANGES BY YOU

**6.1** If after our invoice has been issued, you wish to change your bespoke trip in any way (for example, your chosen departure date), Brown + Hudson will do its utmost to make your changes but this may not always be possible. Any request for changes must be made in writing. **6.2** You will be asked to pay an administration charge of £100 for each person whose travel arrangements are changed, along with any further costs we incur in making this alteration.

### 7. CANCELLATION BY YOU

**7.1** If you wish to cancel a bespoke trip or leave/return early, Brown + Hudson will endeavour to do what it can to help you make any necessary arrangements. However, all payments are non-refundable, and any additional costs incurred by Brown + Hudson occasioned hereby shall be your liability. **7.2** Please note that if the reason for your cancellation is covered under the terms of your insurance policy, you may be able to reclaim these charges.

### 8. INSURANCE

**8.1** Comprehensive insurance is compulsory for all persons booking on a Brown + Hudson bespoke trip. You must ensure that your insurance is valid for the duration of your bespoke trip. **8.2** Your insurance policy must be comprehensive and include sufficient cover, especially regarding cancellation, curtailment, theft, accident, repatriation, medical, third party, liability for injury to others and death, and loss or damage to equipment. **8.3** You must produce proof of insurance if required by Brown + Hudson. **8.4** You should secure your insurance cover at the earliest opportunity to ensure you are covered and in any event prior to departure or within 14 days of payment of the full invoice, whichever date is earlier. **8.5** If you live in North America, ask us whether we have travel insurance facilities that may be suitable for you.

### 9. YOUR BEHAVIOUR AND RESPONSIBILITIES

**9.1** You are expected to behave decently and with consideration to Brown + Hudson, any suppliers and fellow travellers. **9.2** You must comply with rules and regulations set by accommodation providers and all other suppliers from time to time. **9.3** Brown + Hudson does not accept responsibility should you suffer any injury as a result of or in connection with you skiing or snowboarding off-piste, hiking other than on level walking paths or bicycle riding. **9.4** You are responsible for looking after the accommodation where you stay during your bespoke trip. You may have to pay Brown + Hudson a damage deposit on rental property; this deposit will be returned to you after completion of the bespoke trip, provided no damage has occurred in the accommodation. If damage has been inflicted on the rented accommodation, all clients who occupied that property are responsible for costs incurred to rectify the damage caused. **9.5** Brown + Hudson reserves the right to remove any traveller or travellers from all or part of the bespoke trip if Brown + Hudson feels they are behaving in an unacceptable manner. Brown + Hudson will not be responsible for repatriation or any costs incurred, and no refund will be given as the result of being removed from the trip or part thereof. **9.6** All of your property is your own responsibility. You may be able to make a claim if the loss suffered is covered under the terms of your insurance policy.

### 10. MEDICAL

**10.1** You are responsible for telling Brown + Hudson of any medical condition that could have an effect on your performance on the trip and of any pre-existing medical problems/conditions. If your medical condition should change during the course of the trip, you must keep Brown + Hudson informed. **10.2** Any medical information you submit to Brown + Hudson will be held in the strictest confidence and Brown + Hudson will abide by all of its obligations under the Data Protection Act and associated legislation.

### 11. DOCUMENTATION

**11.1** You are responsible for obtaining all required travel documentation. You must obtain any required visas and have a passport that is valid for at least six months from the date that you enter all foreign countries. It is also your responsibility to ensure that these documents are in good order and that you have them with you when necessary. **11.2** Brown + Hudson is not responsible for any costs incurred due to your not having the correct documentation when required.

### 12. TRAVEL ARRANGEMENTS

**12.1** You are responsible for checking in for all flights and other travel arrangements in good time and with the correct documentation. Brown + Hudson will not be responsible for any costs incurred by your failure to be there on time or with the required documents.

### 13. SUPPLIERS

**13.1** Some aspects of Brown + Hudson's bespoke trips may be run by third-party suppliers. These include but are not limited to accommodation, biking, walking, horseback riding, rafting, kayaking, canoeing, paragliding, ski and snowboard tuition, transfers, avalanche awareness courses, first aid courses, off-piste skiing and snowboarding, gliding, and helicopter and other aircraft flights or charters. These aspects may be dependent on factors outside Brown + Hudson's control, such as weather, and if they do not run for any reason, no refund will be given. **13.2** You must acknowledge that many of the activities offered are inherently risky. Brown + Hudson does not accept responsibility and is not liable for any negligent acts or defaults of any supplier or any other person, company or corporation not directly under its control. **13.3** Some suppliers may request that you sign a waiver or acknowledgement of risk. If you refuse to sign, you may be excluded from that activity and no refund will be issued.

### 14. BROWN + HUDSON'S RESPONSIBILITIES & LIMITATIONS OF LIABILITY

**14.1** Brown + Hudson accepts no responsibility for the actions or omissions of suppliers when it acts as your Booking Agent, and in such cases the rest of this clause 14 does not apply. **14.2** Although Brown + Hudson takes all reasonable precautions to prevent accidents or injury, you acknowledge and agree that some of the activities on the trip in which you participate do have a risk of accident and serious injury. Therefore, you will not take any unreasonable risks, and if you do, then you are responsible for your own actions. **14.3** Brown + Hudson will make all reasonable checks that guides and instructors have the appropriate qualifications. **14.4** Brown + Hudson will be under no liability at all if you suffer loss, death or personal injury where there has been no fault on the part of Brown + Hudson or its own employees. **14.5** Subject to these terms and conditions Brown + Hudson may accept responsibility for death, injury or illness which you must prove was caused solely by the negligent acts and/or omissions of its employees or agents and its suppliers whilst acting within the scope of, or in the course of, their employment in the provision of your contractual travel arrangements. **14.6** The amount of any compensation to which you may be entitled will be limited in accordance with and/or in an identical manner to: **14.6.1** the contractual terms of the companies that provide the transportation for your travel arrangements. These terms are incorporated into this contract; and **14.6.2** any relevant international convention, for example, the Montreal Convention in respect of travel by air, the Athens Convention in respect of travel by sea, the Berne Convention in respect of travel by rail and the Paris Convention in respect of the provision of accommodation, which limit the amount of compensation that you can claim for death, injury, delay to passengers and loss, damage and delay to luggage. Brown + Hudson is to be regarded as having all benefit of any limitation of compensation contained in these or any other conventions. **14.7** Brown + Hudson does not accept responsibility for unusual and unforeseen circumstances beyond our control where the consequences could not have been avoided even if all due care had been exercised or could not have been foreseen or forestalled.

### 15. CURRENCY REFUNDS

**15.1** All refunds made by Brown + Hudson may be made in the currency originally used to make the relevant payment.

### 16. COMFORT & RISKS

**16.1** As already highlighted in these terms and conditions, whilst we believe our trips provide benefits and rewards, they also entail risks. Therefore, while we try to see that you have a great trouble-free experience, you will be aware that local living standards, practices, travel conditions, facilities, safety standards, services and accommodation differ and may be of a lower standard and less comfortable than you are used to. We hope this makes for a more authentic and rewarding adventure.

### 17. COMPLAINTS

**17.1** Any complaints or suggestions about your trip should be made to Brown + Hudson at Suite 11 The Shaftesbury Centre, 85 Barlby Road, London, England, United Kingdom, and every effort will be made to reach an amicable solution. **17.2** If an amicable solution cannot be agreed, you may send your complaint or suggestion in writing, within 28 days of the end of your bespoke trip, to Brown + Hudson.

### 18. LAW & JURISDICTION

**18.1** These terms and conditions and all disputes arising out of or in relation to the contract entered into between Brown + Hudson and you will be interpreted in accordance with and governed by the laws of England and Wales. **18.2** In entering into a contract with Brown + Hudson you accept that any dispute arising from such contract will be subject to the exclusive jurisdiction of the English courts.

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