

MOUNTAIN SOJOURNS BOOKING FORM

(Logo)

Name.....

Address.....

..... D.O.B.....

Email address..... tel. nos. Mob.....

Trip/Activity booking on..... Start Date..... Finish.....

Previous Experience

Briefly describe your level of fitness (type of exercise taken, duration, times per week)

Please declare any previous or current medication, serious allergies or long standing injuries that are relevant to activities to be under taken.

If Appropriate to your Trip/Activity

Emergency Contact Tel. Name.....

Avalanche Transceiver, shovel, probe I own **yes/no** I need to hire **yes/no**

Dietary Requirements

Room Share with..... Type of room.....

Airport /place of Arrival.....Time.....Fl.Nos.....

Pick-up required **Yes/No**

I have read and accept Mountain Sojourns “terms and conditions” of booking and I am sending 25% of the cost of trip, 6 weeks before start or 100% of cost if less than 6 weeks . Mountain holidays are by nature active and not without dangers. Whilst your leader will take the upmost care to minimize these, accidents can happen. By signing this booking form you are indicating that you fully understand what is involved in your chosen activity/trip and accept the associated risks. You must be adequately insured to take part in this trip. Your insurance should cover you for cancellation, sickness, injury and rescue. We recommend that you do not pay for trip insurance or flights until Mountain Sojourns has confirmed to you in writing that minimum numbers have been reached and that the trip will go ahead.

Please fill in one form per person and return to above address.

Signed **Date**.....

Mountain Sojourns Terms and Conditions

1. Each person must complete and sign a booking form. By making your booking it implies that you accept the booking conditions and agree to abide by them.
2. The booking is subject to these conditions. The booking form must be forwarded by post (not email), together with a deposit, 25% of the full cost unless booking 6 weeks or less before departure, in which case full payment should be made at the time of booking. **This deposit is non-refundable if you choose to cancel.**
3. When booking form and appropriate payment has been received we will confirm your booking by letter of confirmation and an invoice. A binding contract between Mountain Sojourns and yourself will come into existence when we send confirmation letter and invoice to you.
4. Balance of payment is due 6 weeks (42 days) before start of trip. If full payment is not received by this date we reserve the right to cancel your booking without refund of deposit.
5. We reserve the right to cancel the trip, if **minimum numbers** of clients for trip have not been reached. We strongly advise that you do not incur any non-refundable incidental expenses, e.g. flights before we confirm that the minimum number for each trip has been reached. **If your trip is cancelled, by Mountain Sojourns you will receive a full refund.**
6. **Cancellation:** notification in writing, from date of receipt, following charges will be applied more than 6 weeks (42 days) before start date, loss of deposit. Between 4-6 weeks (28-42 days) before start date, 50% of trip fee or loss of deposit, whichever is greater amount. Less than 4 weeks (28 days) before start date 100% of trip fee. **Clients have the right to transfer their booking to another person**, who satisfies all the booking conditions for the trip (including health and fitness). **Cancellation by Mountain Sojourns all monies shall be refunded.**
7. **Insurance:** It is a booking condition that you are insured against medical expenses, injury, illness, death, cost of repatriation and personal accident. There must be adequate cover for the activities to be undertaken during trip, trip cancellation and baggage loss or damage.
For **trips taking place outside UK you must ensure that your insurance covers rescue from the mountains, including helicopter rescue.** It is the right of the leader to make the decision to call for helicopter rescue. In the event of an emergency medical evacuation from a trip (by foot, helicopter or otherwise) you, the client will be responsible for subsequent costs incurred (hotels, food, transport etc.) It is the client's responsibility to ensure that the insurance cover is adequate for the particular trip. We have the right to cancel your booking at any time if we are not satisfied that you have adequate insurance in place. You must bring all insurance documentation with you on your trip.
8. **Personal Risk:** Whilst maintaining high professional standards for client safety and care, you, the client must realize and accept that mountain walking and snowshoeing, in remote and potentially hazardous mountain terrain, carries a danger of personal injury or even death. All clients must accept and be aware of these risks and be responsible for their own actions and involvement in these activities.
9. If you decide to **voluntarily leave a trip** you must accept that we have no responsibility for your safety, well being or any other expenses incurred.
10. We do not accept liability for the consequences of strikes, riots, acts of war or terrorism, disease outbreaks, government intervention, natural disasters or adverse weather conditions. If such an occurrence happens and the trip has to be cancelled by us, then you will be offered another trip or another date but accept no liability for return of fees paid prior to cancellation or curtailment.

Be assured that Mountain Sojourns will always endeavor to be fair and flexible.

Grades of trips

Mountain Sojourns grading of trips/courses is an endeavor to help you choose a trip suitable to your fitness level and experience. It goes without say, that there are many factors that contribute to the difficulty of any trip e.g. altitude, weather, terrain etc. all of which change and therefore the grade of trip changes. With all this in mind it stands to reason, the more aerobic training you do prior to the trip the more you will enjoy it. These grades are subjective and we will be more than happy to advise on the standards of fitness required for each trip/course.

Walking

Grade 1 These trips/ courses are suitable for most people in good health with little or no mountain walking experience. Expect to walk 4 to 6 hours each day.

Grade 2 Suitable for most regular hillwalkers. These trips involve long days. A reasonable level of fitness is required, as they can involve considerable amounts of ascent and descent. Expect to walk 5 to 7 hours each day. If your trip is abroad expect to be walking at moderate altitude 2000-3000m.

Grade3 A high level of fitness and previous experience is required for these trips, you should be used to long days in the mountains. These trips may involve scrambling and or walking at altitudes up to 3,500m, depending on trip booked. Expect to walk 5 to 7 hours each day.

Snowshoeing

Grade 1 These trips are ideal for walkers who want to explore the mountains in winter. Full instruction is given on snowshoe technique and equipment. Suitable for those who take regular exercise and have a reasonable level of fitness. Expect to walk up to 4-5 hours a day on flat to undulating in a variety of terrain including off the beaten track.

Grade2 Regular summer hill walkers wanting a winter walking experience, who are used to longer days and have a good level of fitness, will enjoy this grade of trip. These trips involve considerable amounts of ascent and decent, on a variety of terrain but mainly off the beaten track. Expect to walk 5-6 hours a day. May be at altitude depending on trip booked.

Nordic Walking

Grade 1 Designed for most people who enjoy walking, have little or no hill walking experience and are in good health. Walking is on good established paths. Walking abroad will involve low altitudes below 2000m and mechanical uplift may be used. Expect to walk 4 to 5 hours each day.

Grade 2 Regular walkers with little or no hill walking experience but with a reasonable amount of fitness will find this grade of trip suitable. There may be considerable amounts of ascent and descent on rough paths. Expect to walk 5-6 hours each day. If trip is abroad you can expect to walk at moderate altitudes up to 3,000m, mechanical uplift may be used on some occasion.