

Namaste!

Welcome to Samrat Tours & Travels Pvt. Ltd. !!!

It is my immense pleasure to introduce our self as a tour, trekking & expedition operator in Nepal, Tibet, kailash, Bhutan, & India. We are very proud that we have excellent reputation in the market for quality services in very competitive prices. The company has won numerous awards from various organizations for its contributions and achievements. We are members of the following travel associations: IATA (International Air Traffic Association) NATTA (Nepal Association of Tours & Travel Agents), PATA, UFTAA (Universal Federation of Travel Agent's Association) TAAN (Trekking Agents Associations of Nepal) and NMA (Nepal Mountaineering Association).



We are one of the very few companies that operate its own fleet of vehicles to maintain its high standards of services and employs licensed guides fluent in most of the major languages required for our tours, i.e. English, German, Spanish, Italian and French. Our staffs have been handpicked for their dedication and expertise in their respective fields. The company started operations in 1994 with being one of the leading tour operators in the country. It handles well over 3,000 In-bound tourists on average per year from some of the largest out-bound operators from various countries in the world. We also operate tours, trekkings & expeditions into Tibet (including Kailash & Manasarovar), Bhutan, Sikkim, Darjeeling and Ladakh.

We have one of the largest infrastructures in Nepal in the tourism industry with excellent public relations. We take pride in our reputation for not compromising with our service quality. Samrat Tours & Travels operates pilgrimage tours, cultural tours, special interest tours, adventure tours and trekking along with meetings, incentives, conferences, hotel bookings, domestic and international ticketing. All tours can be tailor made to meet our client's specific requirements. The company in essence provides complete destination management for our varied clientele.

The office of Samrat Tours & Travels is very centrally located in the business and tourist hub of the city at Thamel. We assure our clients the best possible services that can be provided in Nepal due to our experience, expertise and infrastructure.

Looking forward to welcome you in the land of the Himalayas & birth place of the lord Buddha.....

Yours sincerely,

CN Pandey

CEO

Samrat Tours & Travels Pvt. Ltd.
Samrat Treks & Expeditions Pvt. Ltd.

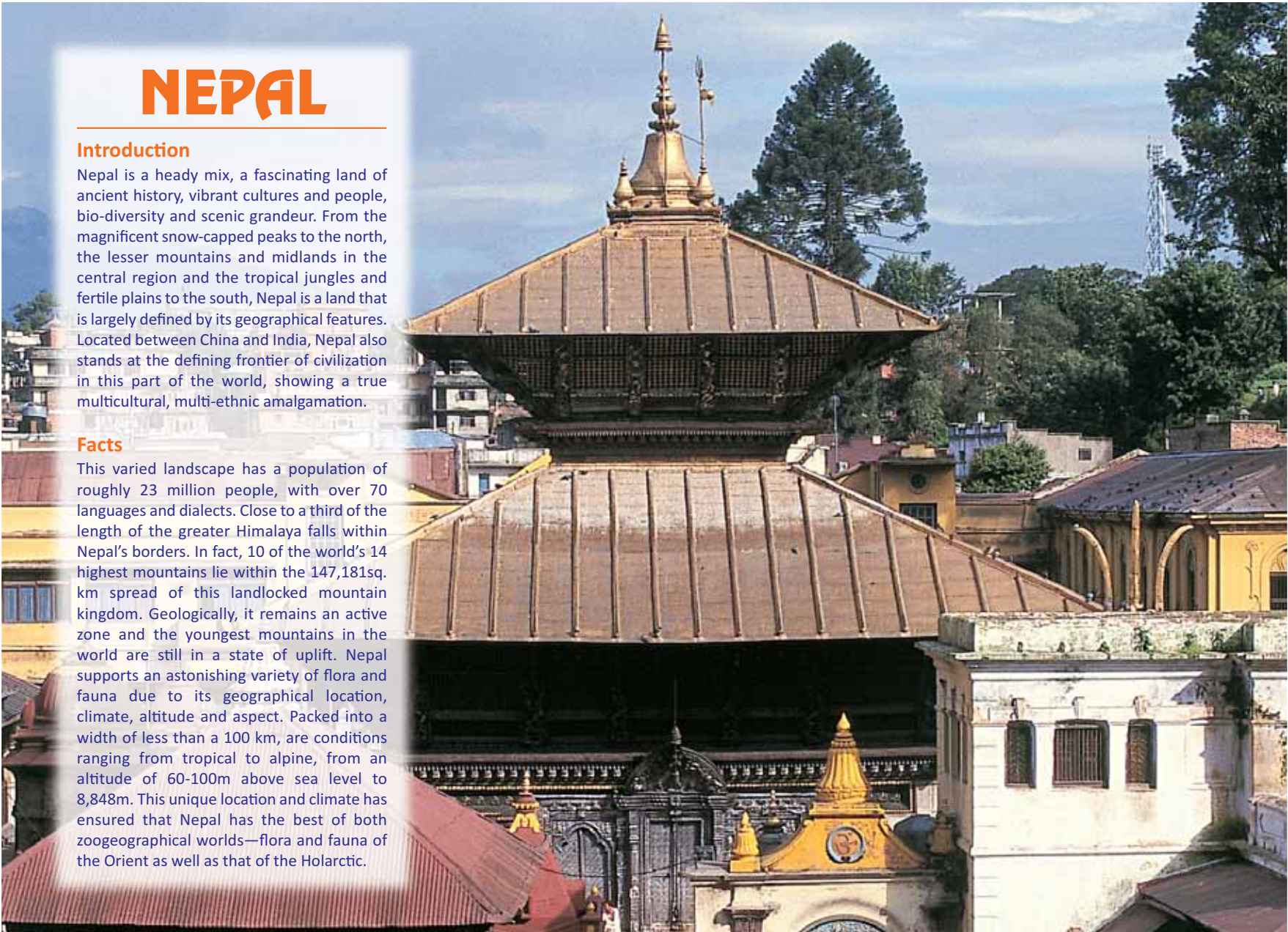
NEPAL

Introduction

Nepal is a heady mix, a fascinating land of ancient history, vibrant cultures and people, bio-diversity and scenic grandeur. From the magnificent snow-capped peaks to the north, the lesser mountains and midlands in the central region and the tropical jungles and fertile plains to the south, Nepal is a land that is largely defined by its geographical features. Located between China and India, Nepal also stands at the defining frontier of civilization in this part of the world, showing a true multicultural, multi-ethnic amalgamation.

Facts

This varied landscape has a population of roughly 23 million people, with over 70 languages and dialects. Close to a third of the length of the greater Himalaya falls within Nepal's borders. In fact, 10 of the world's 14 highest mountains lie within the 147,181sq. km spread of this landlocked mountain kingdom. Geologically, it remains an active zone and the youngest mountains in the world are still in a state of uplift. Nepal supports an astonishing variety of flora and fauna due to its geographical location, climate, altitude and aspect. Packed into a width of less than a 100 km, are conditions ranging from tropical to alpine, from an altitude of 60-100m above sea level to 8,848m. This unique location and climate has ensured that Nepal has the best of both zoogeographical worlds—flora and fauna of the Orient as well as that of the Holarctic.



PLACES TO VISIT



KATHMANDU

The capital city of Kathmandu boasts of temples more than homes and festivals exceeding the number of days in a year. The seven heritage sites of the Kathmandu Valley that entails three Durbar Squares - Kathmandu, Patan and Bhaktapur besides Pashupatinath, Bouddhanath, Swoyambhunath and Changunarayan are enlisted in the World Heritage Sites of the UNESCO.

Kathmandu is not big when one compares it to other cities in South Asia. Kathmandu is a fascinating old city where pagodas, narrow cobbled lanes, old carved windows, and stone shrines are backdrops to the drama of life that continues unhindered. Here the experiences are amazing, views fascinating, and the climate charming.

The city is home to the Living Goddess Kumari, the patron deity of Nepal, whose smile is a benediction. There are reincarnate Lamas who foresee the future with a roll of dice with scriptural reference. There are walks that lead the adventurous to mystical places where prophets once lived. There are hidden gardens behind palaces yet unseen and courtyards where miracles happen.





NAGARKOT

Nagarkot, located 32 kilometers east of Kathmandu, is one of the most scenic spots in Bhaktapur district renowned for spectacular sunrise view. Visitors often travel to Nagarkot from Kathmandu to spend the night so that they can witness the breathtaking sunrise. With an elevation of 2,195 meters, Nagarkot has become famous as one of the best hill stations to view Mount Everest as well as other snow-capped peaks of the Himalayan range of eastern Nepal. It also offers an excellent view of the Indrawati river valley to the east.



DHULIKHEL

Dhulikhel is a scenic and ancient town situated 30 kilometers east of Kathmandu on the Arniko Highway (Kathmandu Kodari Highway). From here one can have a panoramic view of the Himalayan range. From the main town, a short visit to Namobuddha, a Buddhist shrine, is highly recommended. Panauti, an ancient settlement on the bank of the Indravati River, noted for its numerous temples with magnificent woodcarvings, is a short distance from Dhulikhel.

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KAKANI

Kakani is another good location for viewing the mountain range. Only two hours northwest of Kathmandu, one can see the mountain landscape of central Nepal, a vast collection of majestic peaks stretching from the Ganesh Himal to the Annapurna and Dhaulagiri ranges. Rhododendrons growing wild on the mountain slopes begin to bloom in late winter and stay in bloom for several months.



DAMAN

For a view of the breathtaking grandeur of the world's highest peaks from the far west of Dhaulagiri to the east of Mt. Everest, there is no better place than Daman. It lays eighty kilometers south-west of Kathmandu on the mountain highway known as Tribhuvan Rajpath and has a view tower fitted with a long range telescope.



MANAKAMANA

The temple of Manakamana, a very popular pilgrimage in Nepal, is a temple of one of the manifestations of the Hindu goddess Bhagawati, who is believed to have the power to fulfill the wishes of her devotee. It lies 125km to the west of Kathmandu. It is a steep three-hour hike from Abu Khaireni on Prithvi Highway (Kathmandu-Gorkha Highway). There is also a service of cable cars to take pilgrims to the shrine.



GOSAIKUNDA

Gosaikunda, a lake is believed to have been created by Lord Shiva when he thrust his Trishul (trident) into a mountain to extract water is situated at the altitude of 4380m to the north of Kathmandu in the Langtang region. The holy lake is a two daylong trek from Dhunche, which can be reached through an adventurous 118km mountain road from Kathmandu via Trishuli Bazaar. Small hotels and pilgrim shelters are here for travelers.



POKHARA

If Kathmandu is the cultural hub of Nepal, Pokhara is the capital of adventure. This Lake District of Nepal is nestled in a tranquil valley. Pokhara is the starting point for many of country's most popular trekking and rafting destinations.

Pokhara is a place of remarkable natural beauty. The serenity of the Phewa Lake and the magnificence of the fishtailed summit of Machhapuchhre (6,977 m) rising behind it create an ambience of peace and magic. At an elevation lower than Kathmandu, Pokhara has a tropical climate. Indeed, the valley surrounding Pokhara is home to thick forests, gushing rivers, emerald lakes, and of course, the world famous views of the Himalaya.



JANAKPUR

Janakpur in the eastern Terai is one of the oldest and most famous cities of Nepal. Mithila was the capital of the Videha (bodyless) Janakas, the rulers who were the embodiment of spiritual attainment. Janaki or Goddess Sita was born to Sivadhwaaga Janaka and was married to Rama, the King of Ayodhya and the legendary hero of the great epic Ramayana.

Predominantly inhabited by the Maithilis, it has its own language, script and a rich artistic tradition and culture. The quintessential Mithila art of Janakpur is well known in the local and international art world. Janakpur is a city of dozens of holy pools, with a number of ancient sites, some of which are yet to be identified. The centre of attraction in Janakpur is the Janaki Temple, which is some times compared with the Taj Mahal of India.

Covering an area of 4,860 sq. feet in a mixed style of Islamic and Rajput Domes the temple is 50 metres high; a three storeyed structure made entirely of stone and marble. All its 60 rooms are decorated with coloured glass, engravings and paintings, with beautiful lattice windows and turrets.

Thousands of pilgrims throng the temple during Vivah Panchami (marriage solemnized for five consecutive days) that falls in November-December, the town's major annual festival, wherein the marriage of Sita and Rama is celebrated with various enactments.



ILAM

Ilam is the far eastern district of the country, inhabited by people of different ethnicities coexisting in peace and harmony. Neighboring Ilam is famous Indian hill town of Darjeeling, situated on the foothills of Mount Kanchanjunga, the third highest peak in the world. Ilam is adorned with lush-green tea gardens. The rolling hills blanketed by tealeaves are simply majestic. The thick white fogs alternatively descend to veil the gardens and then suddenly vanish. Greenery prevails all over the hills of Ilam, round the year.

Ilam Tea Garden near Ilam Bazaar and Kanyam Tea Garden located halfway between the Terai plains and Ilam Bazaar are the major tea gardens of Nepal.

Major attractions in Ilam:

Antu Danda: Antu Danda, at an altitude of 1677m in Ilam District, is famous for its unique views of Mt. Everest and Kanchanjunga. It is the best vantage point for viewing sunrise and sunset. There is a motorable road from Ilam to Chhipitar from where one can reach Antu Danda on foot. This exhilarating trekking along the lush green hills takes about three hours.

Mai Pokhari: Situated at an altitude of 2438 m, Mai Pokhari is a famous pilgrimage in Ilam district. Lying at about 13 kilometers north of Ilam Bazaar, this beautiful place boasts of altogether nine ponds, some of which large enough for boats.

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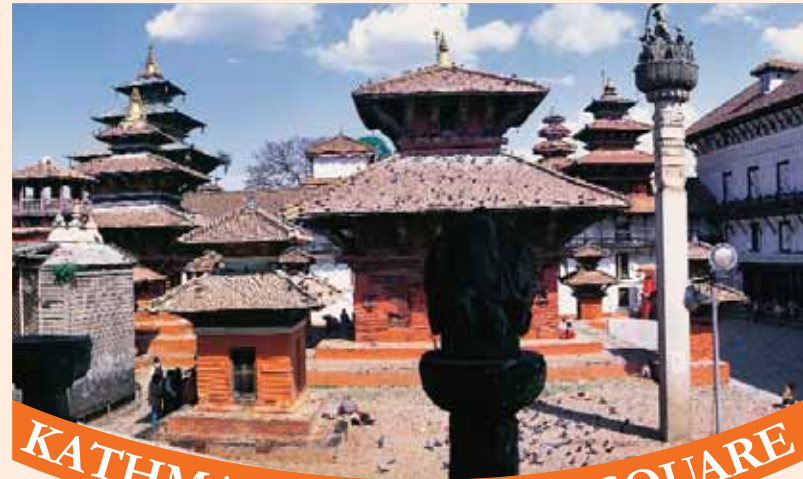
UNESCO WORLD HERITAGE SITES

Seven World heritages sites located in the Kathmandu valley are found within radius of 20 kms. Easy access from one to another makes people visiting a site go for rest others. Swayambhu, Bouddhanath, Bhaktapur Durbar Square, Changunarayan, Pashupatinath, Kathmandu Durbar Square, Patan Durbar Square and Lumbini are placed in Cultural World Heritage Sites. While Chitwan National Park and Sagarmatha National Park are placed in Natural World Heritage Sites.



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CULTURAL SITES



KATHMANDU DURBAR SQUARE

It is situated in the heart of old city of Kathmandu in Basantapur. The complex was residence to Nepal's royal family before the construction of the Narayanhiti Palace (now changed into a museum). The founding of the Palace dates back to Lichchavi times. With considerable renovations by the Malla rulers and later by the Ranas and Shahs, construction was accomplished progressively over many centuries.

There are around 50 temples in the vicinity including the temple of titular deity, Taleju Bhawani. The area is divided into two courtyards, the outer comprising Kasthamandap, Kumari Ghar, and Shiva-Parvati Temple, and the inner consisting of Hanuman Dhoka and the main palace. It also houses two museums.





BHAKTAPUR DURBAR SQUARE

Bhaktapur Durbar Square is located at the center of Bhaktapur. The Square is perhaps the most charming architectural masterpiece of the Kathmandu Valley as it highlights the finest medieval arts of Nepal. The main landmarks in Bhaktapur Durbar Square are the Lion Gate, the Golden Gate and the statues of kings on the stone monoliths. The Golden Gate was erected by King Ranjit Malla as the entrance to the main courtyard of the Fifty-five Windowed Palace.

The Palace of Fifty-five Windows was built during the reign of King Yakshya Malla in A.D. 1427 and was remodelled by King Bhupatindra Malla in the seventeenth century. The art Gallery of Bhaktapur Durbar Square contains ancient paintings belonging to the Hindu and Buddhist traditions of various periods. This gallery is open everyday except Tuesday.



PATAN DURBAR SQUARE

Patan Durbar Square, situated at the center of Patan city, houses the residence of the former royal family of Patan. The Square and its surroundings provide very good example of ancient Newari architecture. The palace has three main courtyards among which the central and the oldest is Mul Chowk. To the west of the complex are a dozen free standing temples of various sizes and styles. Krishna Temple, Bhimsen Temple, the Golden Temple or Hiranya Varna Mahavira and Sundari Chowk mark the architectural excellence of the medieval era.

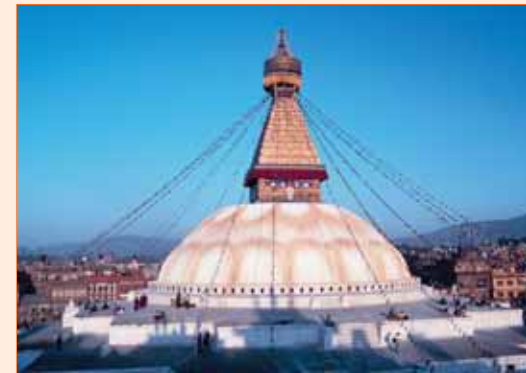


SWOYAMBHUNATH

Swoyambhu literally means 'Self-Existent One' in Sanskrit. Swoyambhunath is believed to have been established more than 2,500 years ago. An inscription dated 460 A.D. states that the

construction was executed by King Manadeva. By the thirteenth century Swoyambhunath had developed into an important Buddhist pilgrimage.

Large numbers of Buddhists and Hindus alike visit Swoyambhunath. Swoyambhu is perhaps the best place to observe the religious harmony in Nepal. The stupa is atop a hill, and requires a daunting walk. There is also a road that leads almost to the base of the statue.



BOUDDHANATH

Bouddhanath is the center of the Tibetan culture in Nepal. The 36-meter-high stupa of Bouddhanath is the largest stupa in South Asia. Bouddhanath Stupa was renovated by Licchavi rulers in the eighth century. The mandala design of Bouddhanath is said to be a copy of the one in Gyantse in Tibet.

The stupa is located in the area of ancient trade route to Tibet where Tibetan merchants rested and offered prayers over many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Bouddhanath. Hence, a complete township has developed around Bouddhanath.

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CHANGU NARAYAN

Changu Narayan is the temple of Lord Vishnu, the Preserver, in the village of Changu in Bhaktapur. The origin of Changu Narayan goes back to the fourth century. A fifth century stone inscription in the temple proclaims it as one of the oldest shrines of the Kathmandu Valley. The temple is believed to be sixteen hundred years old. It is embellished by the best examples of stone, wood, and metal craft.



PASHUPATINATH

Pashupatinath is one of the four most important religious pilgrimages in Asia for Shiva devotees. Pashupatinath, dedicated to Shiva, the Destroyer, is the most revered Hindu pilgrimage in Nepal. Although the Pashupatinath Temple was only built in the fifth century and later renovated by Malla kings, the holy site is said to have existed from the beginning of the millennium.

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LUMBINI

Shakyamuni Buddha was born in Lumbini, in southern Nepal in 623 BC. Nepal has remained a sacred ground for Buddhists as the birthplace of Lord Buddha. Lumbini is a small town in Terai, the southern plains of Nepal, where the ruins of the old settlements can still be seen. Siddhartha Gautam was born as a prince to the family of Shakya dynasty. The restored garden and surroundings of Lumbini boast of remains of many of the ancient stupas and monasteries. A large stone pillar erected by the Indian Emperor Ashoka in 249 BC bears an inscription suggesting the birth of Lord Buddha. The most important attraction of Lumbini is the temple of Maya Devi. It houses a stone image of Maya Devi giving birth to Lord Buddha with her hand clutching a branch of a tree. To the south of the temple is a pool where Maya Devi is said to have bathed and given her son his first purification bath. Lumbini is now being developed under the Master Plan of the Lumbini Development Trust, a non-governmental organization dedicated to develop Lumbini as a pilgrimage site.

Several other places near Lumbini are connected to Buddha and Buddhism. Lumbini is about 300 kilometers southwest of Kathmandu. Bus to Bhairahawa, which is about 22 kilometers from Lumbini, is available from major cities. There is also air connectivity to Bhairahawa from Kathmandu. Food and accommodation facilities are available in Lumbini and Bhairawa.

NATIONAL SITES

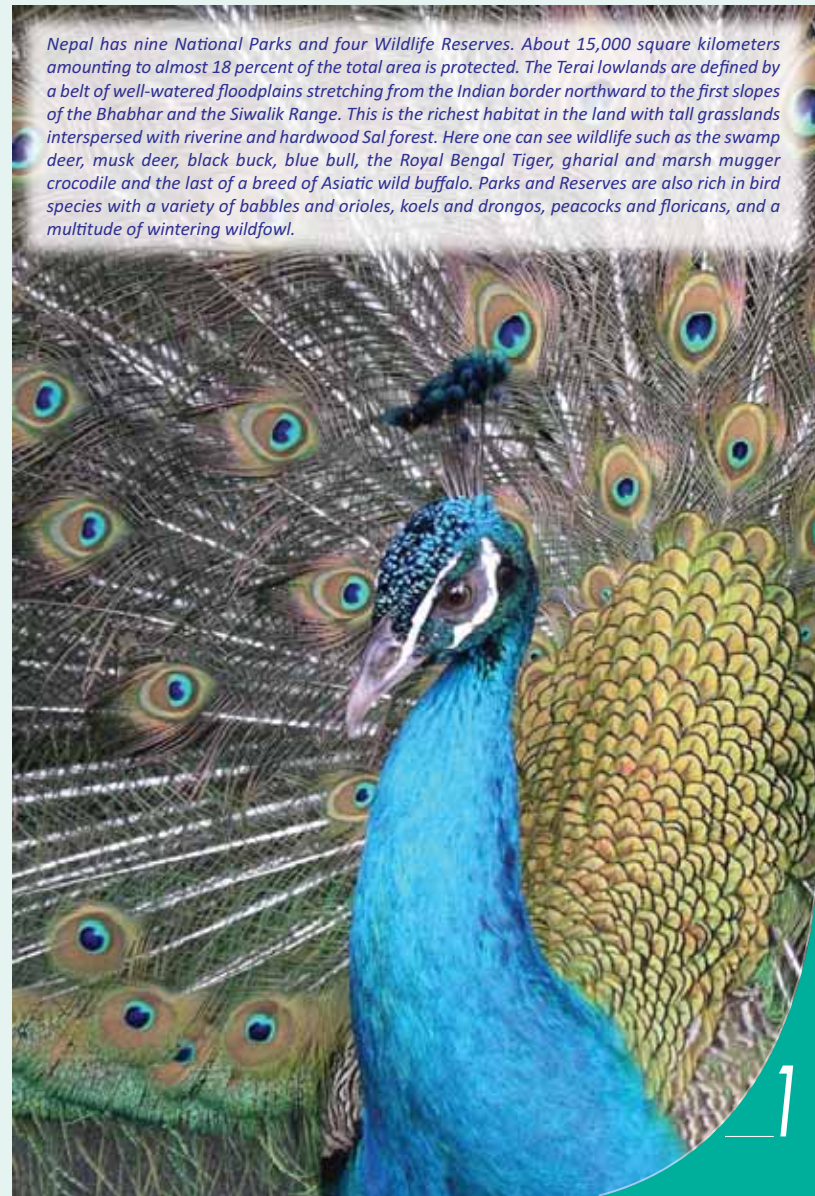


CHITWAN NATIONAL PARK

Chitwan National Park in the southern Nepal is one of the best-planned and most intelligently developed sanctuaries in the country. Not only does it offer a wide variety of resorts and lodges, it is also easy accessible either by road or by air. Chitwan National Park is perhaps the best park in Nepal for seeing animals in the wilderness. In the earlier part of the 20th century, when rapid deforestation was devastating Nepal's southern Terai belt, Government of Nepal intervened and proclaimed the Chitwan area a national park. Covering an area of 932 sq. kilometers, the Government of Nepal declared the Chitwan region a national park, outlawed settlement and deforestation within its boundaries, and a campaign to save the animals began. Though the Terai is certainly not what it once was, the preserved portion within the Chitwan National Park is still a treat for animal lovers. The Royal Bengal Tigers roam in the wilderness whereas one-horned Asiatic rhinos are ubiquitous, feeding and even courting. The Rapti River has been dammed to form a man-made lake called Lamital where water birds and marsh mugger peckers and many other birds are found in abundance. Elephant grass, five to six feet tall, provides excellent camouflage for wild animals. This grass serves as food for the gaur (a local bison), rhino and other herbivores. Once a year, local people are allowed into the park area to cut grass. The dry grass is also used to thatch roofs or stored for food for the domestic animals during the dry season.

NATIONAL PARKS AND RESERVES

Nepal has nine National Parks and four Wildlife Reserves. About 15,000 square kilometers amounting to almost 18 percent of the total area is protected. The Terai lowlands are defined by a belt of well-watered floodplains stretching from the Indian border northward to the first slopes of the Bhabhar and the Siwalik Range. This is the richest habitat in the land with tall grasslands interspersed with riverine and hardwood Sal forest. Here one can see wildlife such as the swamp deer, musk deer, black buck, blue bull, the Royal Bengal Tiger, gharial and marsh mugger crocodile and the last of a breed of Asiatic wild buffalo. Parks and Reserves are also rich in bird species with a variety of babbles and orioles, koels and drongos, peacocks and francans, and a multitude of wintering wildfowl.





SHEY-PHOKSUNDO NATIONAL PARK

Shey Phoksundo is Nepal's largest national park and covers 3,555 sq. km. Sitting astride Dolpa and Mugu districts of western Nepal, the park was established to protect the trans-Himalayan ecosystem found only in few areas in the country. The unique park includes the Kanjiroba Himal, with many peaks over 6,000 meters, as well as the famous Shey Monastery, the Phoksundo Lake and the Langu Gorge.



KANCHENJUNGA CONSERVATION AREA

Kanchanjunga Conservation Area belt lies below Mt. Kanchanjunga. The region with its alpine grasslands, rocky outcrops, low river valleys, temperate and sub-tropical forests is situated in Taplejung district that borders with Tibet to the north. The Kanchanjunga Conservation Area has been selected as one of the 200 Global eco regions recognized by World Wildlife Fund (WWF).

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SHEY-PHOKSUNDO NATIONAL PARK

Unique among natural heritage sites worldwide is the Sagarmatha National Park, which includes Mt. Everest (8,848 m) and other high peaks such as Lhotse Shar, Cho Oyu, Ama Dablam, Pumori, Kangtega, Gyachung Kang, Thamserku and Kwangde. Located North-east of Kathmandu, Sagarmatha National Park covers 1,148 sq km and consists of the upper catchment areas of the Dudh Koshi, Bhote Koshi and the Imja Khola rivers. Much of the park lies above 3,000m. Sagarmatha is rugged, with deep gorges, glaciers and unnegotiable ice and rock faces.



ANNAPURNA CONSERVATION AREA

The Annapurna Conservation Area has been best trekking areas in the world. It is also the most visited trekking area in the country. The area spread around Kaski, Mustang, Manang and Lamjung districts.

The turning point of the Annapurna Circuit is Jomsom. The trek southeast from Jomsom, leads to the scenic Tilicho Lake area at an altitude of 4,919 meters. In the circuit route, is the famous Hindu religious site Muktinath Temple. The vegetation in this region includes various species of orchids and rhododendron.

Wildlife includes around 100 different kinds of mammals including rare snow leopards and blue sheep.



MAKALU BARUN NATIONAL PARK

The park and conservation area is spread over Sankhuwasabha and Solukhumbu districts, bordered by the Arun River to the east, Sagarmatha National Park to the west, the Nepal-Tibet border to the north and Saune Danda (ridge) to the south. The Park covers 2,330 sq. kms.



SHUKLA PHANT WILDLIFE RESERVE

His wildlife reserve is situated in the extreme southwest of Nepal. The name of the park is derived from the largest of these grasslands, which is known as Sukla Phanta. The park area now covers 155 sq kms. and would be 305 sq kms. as its extension comes to an end. This grassland is one of the last remaining habitats for such threatened animals as the hispid hare and the pygmy hog.



DHORPATAN HUNTING RESERVE

Besides national parks and wildlife reserves, Government of Nepal has also set aside a hunting reserve at Dhorpatan where controlled hunting of some species is allowed. Covering an area of 1,325 sq. km., the reserve is situated at the southern flanks of Mt. Dhaulagiri I (8,167 m.) stretching to Rukum, Baglung and Myagdi districts in the western Nepal.



LANGTANG NATIONAL PARK

Langtang is one of the most unspoiled national parks of Nepal. Situated north of Kathmandu, it is the most easily accessible highland sanctuary from the capital. Langtang covers 1,710 sq. km. forming the upper catchment areas of two of Nepal's largest river systems - the Trishuli and Koshi. There is great latitudinal variation, starting from 1,500 m. and ascending to the top of Mt. Langtang Lirung (7,234 m). As a result the park has immense ecological diversity. Some of the most attractive areas of the park include the Langtang Valley, the holy lakes of Gosainkunda, and the lush green hillsides above the village of Helambu.



SHIVAPURI NATIONAL PARK

Popular for trekking, hiking and recreation, the Shivapuri National Park is the nearest natural retreat from the bustling city life. The park was established as a watershed and wildlife reserve in 1976. It was declared as national park in 2003 for the protection of its unique natural adornments.



KOSHI-TAPPU WILDLIFE RESERVE

Koshi Tappu Wildlife Reserve lies on the flood plains of the Sapta-koshi River in Saptari and Sunsari districts of eastern Nepal. The Reserve established in 1976, covers 175 sq. kms.

A total of 280 different species of birds have been recorded in the reserve. These include 20 species of ducks, 2 species of ibises, storks, egrets, herons and the endangered swamp partridges and Bengal floricans. The endangered Gharial crocodile and Gangetic dolphin have been recorded in the Koshi River.



MANASLU CONSERVATION AREA

The Manaslu area in Gorkha district is a unique sanctuary to experience pristine mountain nature and culture. With proposed plans for conserving the heritages of the area, it is also an ideal place for village tourism experience. The conservation area starts at 600 meters and ascends to the eighth highest peak in the world Mt. Manaslu (8,163 m).



KHAPTAD NATIONAL PARK

Khaptad, Nepal's newest park area is in the middle hills of the far-west of the country. The 225 sq kms. area of the park is stretched to the districts of Bajhang, Bajura, Doti and Achham. Khaptad is a plateau of grassland and forest at an elevation of about 3,000 meters.



PARSA WILDLIFE RESERVE

Parsa Wildlife Reserve, established in 1984, occupies parts of Chitwan, Makawanpur, Parsa and Bara districts in central Nepal. The reserve headquarters is situated at Adabar on the Hetauda-Birgunj highway and the Reserve covers 499 sq. kms.

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BARDIA NATIONAL PARK

The Bardia National Park is situated on the eastern banks of the Karnali River, about 400 kms. west of Kathmandu. The park covers 968 sq kms. extending from the Churia hills to the gentle slopes of the Bhabhar. The higher grounds of the Churia have dry deciduous forest of mostly hardwood sal. The porous slopes of the Bhabhar support large open grasslands known locally as 'Phantas'. These are some of the last remaining grasslands that once covered much of the Gangetic plains.

The western end of the Bardia is bounded by numerous waterways of the Karnali, which have created many large and small gravel islands. These islands and much of the lower ground area covered by a mosaic of grassland and riverine forest of acacia, sisam and the large buttressed silk cotton trees. In spring, the silk cotton blooms and the forest seem splashed with scarlet flowers.



RARA NATIONAL PARK

Situated about 370 km. northwest of Kathmandu, Rara is Nepal's smallest but most scenic national park spread over 106 square km. Most parts of the park are at an altitude of about 3,000 meters forested by conifers. The park was established in 1976 is known for the most beautiful alpine and sub-alpine ecosystems of the Himalaya. The centre of attraction is the pristine lake Rara, also known as Mahendra Tal, the biggest lake in Nepal.

03 nights 04 days Kathmandu

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Free day, **Day 04:** Kathmandu departure

04 nights 05 days Kathmandu & Nagarkot

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Free day, **Day 04:** Kathmandu – Nagarkot drive, **Day 05:** Nagarkot – Kathmandu departure

04 nights 05 days Kathmandu & Dhulikhel

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Free day, **Day 04:** Kathmandu – Dhulikhel drive, **Day 05:** Dhulikhel – Kathmandu departure

08 nights 09 days around Kathmandu valley

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Free day, **Day 04:** Kathmandu – Budhanilkantha (Park Village) drive, **Day 05:** Budhanilkantha – Godavari (Godavari Village Resort) drive, **Day 06:** Godavari – Bhaktapur (Bhaktapur Guest House) drive, **Day 07:** Bhaktapur – Dhulikhel drive, **Day 08:** Dhulikhel – Nagarkot drive, **Day 09:** Nagarkot – Kathmandu departure

05 nights 06 days Kathmandu & Pokhara

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara, **Day 04:** Sightseeing & boating, **Day 05:** Pokhara – Kathmandu, **Day 06:** Kathmandu departure

06 nights 07 days Kathmandu, Bandipur & Pokhara

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Bandipur, **Day 04:** Bandipur – Pokhara, **Day 05:** Sightseeing & boating, **Day 06:** Pokhara – Kathmandu, **Day 07:** Kathmandu departure

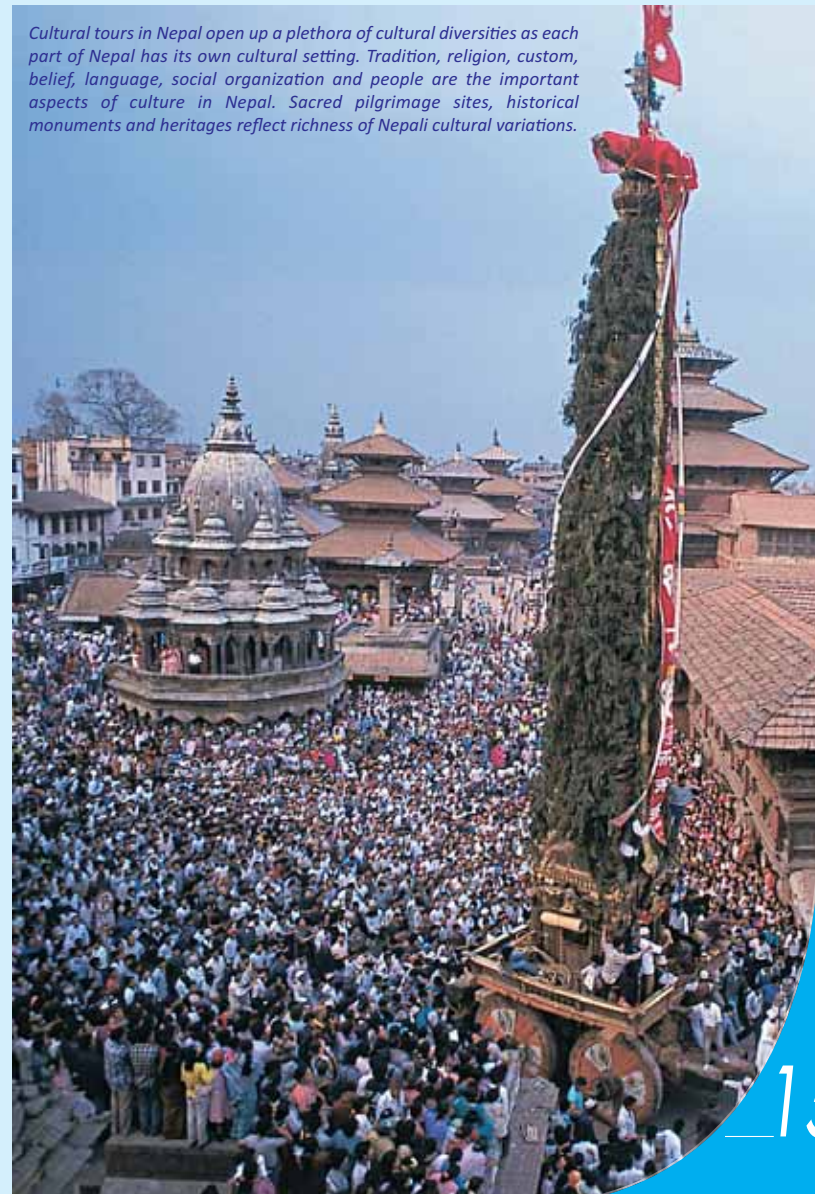
07 nights 08 days Kathmandu, Pokhara & Chitwan

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara, **Day 04:** Sightseeing & boating, **Day 05:** Pokhara – Chitwan, **Day 06:** Full day jungle activities, **Day 07:** Chitwan – Kathmandu, **Day 08:** Kathmandu departure



CULTURAL TOURS

Cultural tours in Nepal open up a plethora of cultural diversities as each part of Nepal has its own cultural setting. Tradition, religion, custom, belief, language, social organization and people are the important aspects of culture in Nepal. Sacred pilgrimage sites, historical monuments and heritages reflect richness of Nepali cultural variations.



08 NIGHTS 09 DAYS KATHMANDU, BANDIPUR, POKHARA & CHITWAN

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Bandipur, **Day 04:** Bandipur – Pokhara, **Day 05:** Sightseeing & boating, **Day 06:** Pokhara – Chitwan, **Day 07:** Full day jungle activities, **Day 08:** Chitwan – Kathmandu, **Day 09:** Kathmandu departure

09 NIGHTS 10 DAYS KATHMANDU, NAGARKOT, BANDIPUR, POKHARA & CHITWAN

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Bandipur, **Day 04:** Bandipur – Pokhara, **Day 05:** Sightseeing & boating, **Day 06:** Pokhara – Chitwan, **Day 07:** Full day jungle activities, **Day 08:** Chitwan – Nagarkot, **Day 09:** Nagarkot – Kathmandu, **Day 10:** Kathmandu departure

PILGRIMAGE TOURS

07 NIGHTS 08 DAYS KATHMANDU, POKHARA, JOMSOM & MUKTINATH

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Manokamana – Pokhara, **Day 04:** Pokhara – Jomsom – Muktinath – Jomsom, **Day 05:** Jomsom – Pokhara, **Day 06:** Pokhara sightseeing, **Day 07:** Pokhara – Kathmandu, **Day 08:** Kathmandu departure

09 nights 10 days Kathmandu, Pokhara, Tatopani & Muktinath

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Manokamana – Pokhara, **Day 04:** Pokhara – Tatopani, **Day 05:** Tatopani – Muktinath, **Day 06:** Muktinath – Tatopani, **Day 07:** Tatopani – Pokhara, **Day 08:** Pokhara sightseeing, **Day 09:** Pokhara – Kathmandu, **Day 10:** Kathmandu departure

16

05 nights 06 days Kathmandu & Lumbini

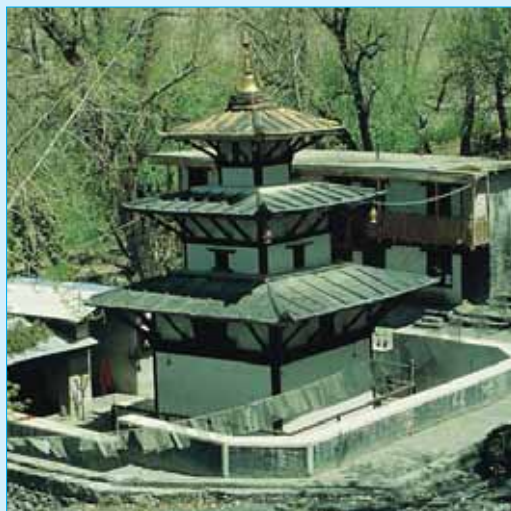
Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lumbini, **Day 04:** Sightseeing, **Day 05:** Lumbini – Kathmandu, **Day 06:** Kathmandu departure

04 NIGHTS 05 DAYS KATHMANDU & JANAKPUR

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Janakpur, **Day 04:** Janakpur – Kathmandu, **Day 05:** Kathmandu departure

08 nights 09 days Kathmandu, Pokhara, Jomsom, Muktinath, Janakpur & Lumbini

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara, **Day 04:** Pokhara – Jomsom – Muktinath – Jomsom, **Day 05:** Jomsom – Pokhara, **Day 06:** Sightseeing & boating, **Day 07:** Pokhara – Lumbini, **Day 08:** Lumbini – Janakpur, **Day 09:** Janakpur – Kathmandu



WILDLIFE TOURS

05 nights 06 days Kathmandu & Chitwan

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Chitwan, **Day 04:** Full day jungle activities, **Day 05:** Chitwan – Kathmandu, **Day 06:** Kathmandu departure

06 nights 07 days Kathmandu & Koshi Tappu Wildlife Reserve

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Koshi Tappu, **Day 04:** Full day jungle activities, **Day 05:** Full day jungle activities, **Day 06:** Koshi Tappu – Kathmandu, **Day 07:** Kathmandu departure

06 nights 07 days Kathmandu & Bardia

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Bardia, **Day 04:** Full day jungle activities, **Day 05:** Full day jungle activities, **Day 06:** Bardia – Kathmandu, **Day 07:** Kathmandu departure

09 nights 10 days Kathmandu, Koshi Tappu & Chitwan

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Koshi Tappu, **Day 04:** Full day jungle activities, **Day 05:** Full day jungle activities, **Day 06:** Koshi Tappu – Chitwan, **Day 07:** Full day jungle activities, **Day 08:** Full day jungle activities, **Day 09:** Chitwan – Kathmandu, **Day 10:** Kathmandu departure



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About Us

Hotel Marshyangdi, providing world-class living quarters to visitors, has been in operation since 1990. It is a family owned and operated business. We are originally from Manang, a remote mountain region nestled in the western districts of Nepal.

Manang is known for its exquisite trekking routes, friendly people, abundance of culture and adventure tourism. Marshyangdi means 'raging river' in the local Manangi dialect, and Marshyangdi River is one of the best white-water rafting runs in the world.

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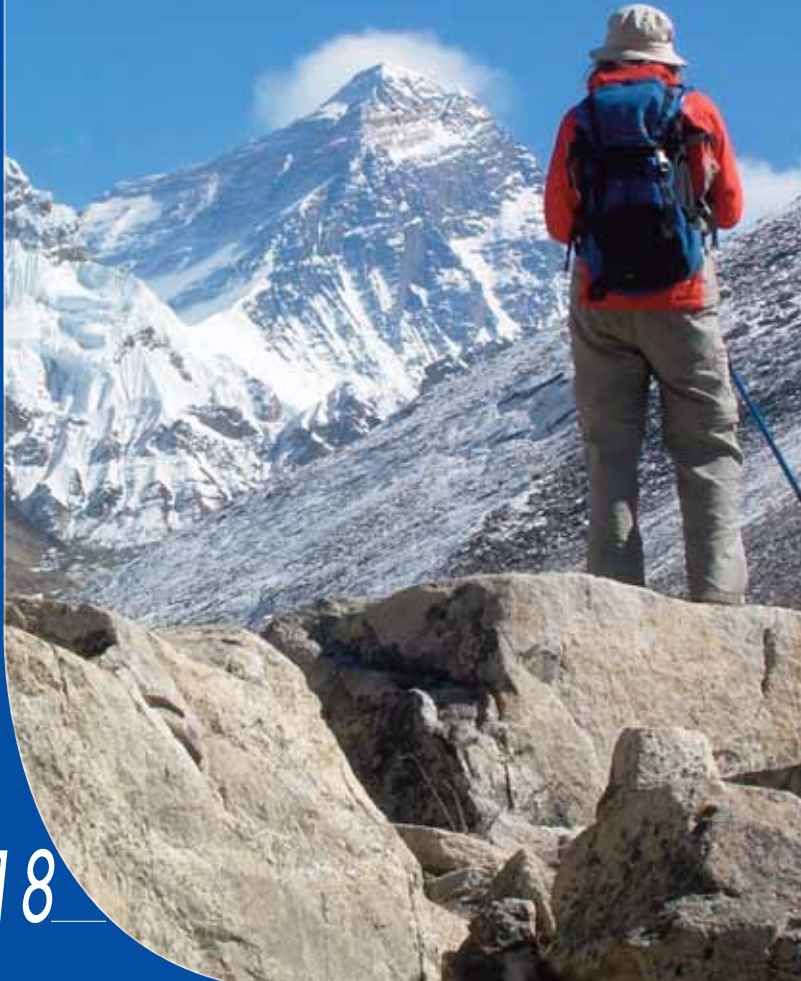
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ADVENTURE

Nepal is the ultimate destination for the trekking enthusiast-offering a myriad of possibilities from the short and easy hikings to the daunting challenges of sacing the lofty peaks. Easy, moderate or rigorous-there is something for every palate. Nepal has aptly been called "A Trekkers Paradise" as the country boasts of some of the most spectacular trekking routes in the world. The contrasts in altitudes and climates here support an equality spectacular mix of lifestyles, vegetation and wildlife. Trekking in Nepal is as much a cultural experience as a Himalayan adventure. In the shadows and foothills of the Himalaya are picturesque villages inhabited by diverse ethnic groups. Treks vary from expeditions; high altitude treks to simply easy pace walks.



18

SUGGESTED TREKKING PROGRAMS



EVEREST REGION

17 NIGHTS 18 DAYS EVEREST BASE CAMP

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lukla (2804 m), 30 mins flight – Phakding (2610 m), **Day 04:** Phakding – Namche Bazaar (3535 m), **Day 05:** Namche Bazaar acclimatization, **Day 06:** Namche Bazaar – Tengboche (3850 m), **Day 07:** Tengboche – Dingboche (4350 m), **Day 08:** Dingboche – Chhukung Valley (5546 m)– Dingboche, **Day 09:** Dingboche – Lobuche (4950 m), **Day 10:** Lobuche – Gorakshep (5160 m), **Day 11:** Gorakshep – Everest Base Camp (5400 m) – Gorakshep, **Day 12:** Gorakshep – Kalapatthar (5545 m) – Pheriche (4280 m), **Day 13:** Pheriche – Khumjung (3753 m), **Day 14:** Khumjung – Phakding (2610 m), **Day 15:** Phakding – Lukla (2804 m), **Day 16:** Lukla – Kathmandu (1350 m), **Day 17:** Leisure day, **Day 18:** Kathmandu departure

12 NIGHTS 13 DAYS TENGOBOCHE MONASTERY

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lukla (2804 m), 30 mins flight – Phakding (2610 m), **Day 04:** Phakding – Namche Bazaar (3535 m), **Day 05:** Namche Bazaar acclimatization, **Day 06:** Namche Bazaar – Tengboche (3850 m), **Day 07:** Tengboche rest day, **Day 08:** Tengboche – Khumjung (3753 m), **Day 09:** Khumjung – Monjo (2950 m), **Day 10:** Monjo – Lukla (2804 m), **Day 11:** Lukla – Kathmandu (1350 m), **Day 12:** Leisure day, **Day 13:** Kathmandu departure

20 NIGHTS 21 DAYS GOKYO & KALAPATTHAR

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lukla (2804 m), 30 mins flight – Phakding (2610 m), **Day 04:** Phakding – Namche Bazaar (3535 m), **Day 05:** Namche Bazaar acclimatization, **Day 06:** Namche Bazaar – Dole (4200 m), **Day 07:** Dole – Machhermo (4470 m), **Day 08:** Machhermo – Gokyo (4790 m), **Day 09:** Gokyo – Gokyo Ri (5357 m) – Thagnag Kharka (5025 m), **Day 10:** Thagnag Kharka – Cross Cho-La pass (5330 m) – Dzongla (4830 m), **Day 11:** Dzongla – Lobuche (4950 m), **Day 12:** Lobuche – Gorakshep (5160 m), **Day 13:** Gorakshep – Kalapatthar (5545 m) – Gorakshep (5160 m), **Day 14:** Gorakshep – Dingboche (4343 m), **Day 15:** Dingboche – Tengboche (3867 m), **Day 16:** Tengboche – Namche Bazaar (3535 m), **Day 17:** Namche Bazaar – Phakding (2610 m), **Day 18:** Phakding – Lukla (2804 m), **Day 19:** Lukla – Kathmandu (1350 m), flight, **Day 20:** Leisure day, **Day 21:** Kathmandu departure

15 NIGHTS 16 DAYS GOKYO LAKE

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lukla (2804 m), 30 mins flight – Phakding (2610 m), **Day 04:** Phakding – Namche Bazaar (3535 m), **Day 05:** Namche Bazaar acclimatization, **Day 06:** Namche Bazaar – Dole (4200 m), **Day 07:** Dole – Machhermo (4470 m), **Day 08:** Machhermo – Gokyo (4790 m), **Day 09:** Excursion around Gokyo Lake & Climb Gokyo Ri (5357 m), **Day 10:** Gokyo – Dole (4200 m), **Day 11:** Dole – Namche Bazaar (3535 m), **Day 12:** Namche Bazaar – Phakding (2610 m), **Day 13:** Phakding – Lukla (2804 m), **Day 14:** Lukla – Kathmandu (1350 m), flight, **Day 15:** Leisure day, **Day 16:** Kathmandu departure



11 NIGHTS 12 DAYS EVEREST PANORAMA TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lukla (2804 m), 30 mins flight – Phakding (2610 m), **Day 04:** Phakding – Namche Bazaar (3535 m), **Day 05:** Namche Bazaar acclimatization, **Day 06:** Namche Bazaar – Tengboche (3850 m), **Day 07:** Tengboche – Khumjung (3753 m), **Day 08:** Khumjung – Monjo (2950 m), **Day 09:** Monjo – Lukla (2804 m), **Day 10:** Lukla – Kathmandu (1350 m), **Day 11:** Leisure day, **Day 12:** Kathmandu departure

18 NIGHTS 19 DAYS MANI RIMDU FESTIVAL

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lukla (2804 m), 30 mins flight – Phakding (2610 m), **Day 04:** Phakding – Namche Bazaar (3535 m), **Day 05:** Namche Bazaar acclimatization, **Day 06:** Namche Bazaar – Tengboche (3850 m), **Day 07:** Tengboche (Mani Rimdu Festival), **Day 08:** Tengboche (Mani Rimdu Festival), **Day 09:** Tengboche – Dingboche (4350 m), **Day 10:** Dingboche rest day, **Day 11:** Dingboche – Lobuche (4950 m), **Day 12:** Lobuche – Kalapatthar (5545 m) – Lobuche, **Day 13:** Lobuche – Pangboche (3867 m), **Day 14:** Pangboche – Khumjung (3753 m), **Day 15:** Khumjung – Phakding (2610 m), **Day 16:** Phakding – Lukla (2804 m), **Day 17:** Lukla – Kathmandu (1350 m), flight, **Day 18:** Leisure day, **Day 19:** Kathmandu departure

19 NIGHTS 20 DAYS ARUN VALLEY TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Biratnagar (375 m), flight – Hile (1850 m), drive, **Day 04:** Hile – Mongmaya Khola (200 m), **Day 05:** Mongmaya Khola – Surtibari (300 m), **Day 06:** Surtibari – Tumlingtar (390 m), **Day 07:** Tumlingtar – Kartike (490 m), **Day 08:** Kartike – Gothey (800), **Day 09:** Gothey – Phedi (1680 m), **Day 10:** Phedi – Gurase (2900 m), **Day 11:** Gurase – Sanam, **Day 12:** Sanam – Bung (1900 m), **Day 13:** Bung – Gaikharka, **Day 14:** Gaikharka – Vasme, **Day 15:** Vasme – Pangum (2850 m), **Day 16:** Pangum – Painya (2730 m), **Day 17:** Painya – Lukla (2804 m), **Day 18:** Lukla – Kathmandu (1350 m), **Day 19:** Leisure day, **Day 20:** Kathmandu departure





ANNAPURNA REGION

16 NIGHTS 17 DAYS ANNAPURNA BASE CAMP

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara (820 m), drive, **Day 04:** Pokhara – Nayapul (1070 m), drive – Ulleri (2080 m), **Day 05:** Ulleri – Ghorepani (2750 m), **Day 06:** Ghorepani – Poonhill (sunrise) – Tadapani (2520 m), **Day 07:** Tadapani – Chhomrong (2340 m), **Day 08:** Chhomrong – Dovan (2505 m), **Day 09:** Dovan – Deurali (3100 m), **Day 10:** Deurali – Annapurna Base Camp (4130 m), **Day 11:** Annapurna Base Camp – Dovan (2505 m), **Day 12:** Dovan – Chhomrong (2340 m), **Day 13:** Chhomrong – Ghandrung (1940 m), **Day 14:** Ghandrung – Pothana (1900 m), **Day 15:** Pothana – Phedi (950 m) – Pokhara (820 m), drive, **Day 16:** Pokhara – Kathmandu (1350 m), drive, **Day 17:** Kathmandu departure

21 NIGHTS 22 DAYS DAMODAR KUNDA

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara (820 m), drive, **Day 04:** Pokhara – Jomsom (2710 m), flight – Kagbeni (2810 m), **Day 05:** Kagbeni – Chele (3100 m), **Day 06:** Chele – Giling (3510 m), **Day 07:** Giling – Ghami (3700 m), **Day 08:** Ghami – Tsarang (3520 m), **Day 09:** Tsarang – Lo Manthang (3730 m), **Day 10:** Acclimatization and explore around Lo Manthang, **Day 11:** Lo Manthang – Yara (4000 m), **Day 12:** Yara – Bas Khola (4500 m), **Day 13:** Acclimatization at Bas Khola, **Day 14:** Bas Khola – Damodar Kunda (m), **Day 15:** Damodar Kunda – Ghechung Khola (4000 m), **Day 16:** Ghechung Khola – Tange (3240 m), **Day 17:** Tange – Tetang (2900 m), **Day 18:** Tetang – Muktinath (3760 m), **Day 19:** Muktinath – Jomsom (2710 m), **Day 20:** Jomsom – Pokhara (820 m), **Day 21:** Pokhara – Kathmandu (1350 m), drive, **Day 22:** Kathmandu departure

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09 NIGHTS 10 DAYS GHOREPANI POON HILL

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara (820 m), drive, **Day 04:** Pokhara – Nayapul (1100 m), drive – Ulleri (1960 m), **Day 05:** Ulleri – Ghorepani (2750 m), **Day 06:** Ghorepani – Tadapani (2590 m), **Day 07:** Tadapani – Ghandrung (1940 m), **Day 08:** Ghandrung – Pothana (1900 m), **Day 09:** Pokhara – Kathmandu (1350 m), drive, **Day 10:** Kathmandu departure

07 NIGHTS 08 DAYS GHANDRUNG

Day 01: Kathmandu arrival, **Day 02:** Kathmandu City – Swoyambhunath – Patan, **Day 03:** Kathmandu – Pokhara (820 m), drive, **Day 04:** Pokhara – Nayapul (1100 m), 01 hr drive – Ghandrung (1940 m), **Day 05:** Ghandrung – Pothana (1900 m), **Day 06:** Pothana – Phedi (950 m) – Pokhara (820 m), drive, **Day 07:** Pokhara – Kathmandu (1350 m), drive, **Day 08:** Kathmandu departure

23 NIGHTS 24 DAYS ANNAPURNA CIRCUIT

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Beshi Sahar (820 m), drive, **Day 04:** Beshi Sahar – Bahun Danda (1398 m), **Day 05:** Bahun Danda – Chyamje (1430 m), **Day 06:** Chyamje – Dharapani (1860 m), **Day 07:** Dharapani – Chame (2670 m), **Day 08:** Chame – Pisang (3200 m), **Day 09:** Pisang – Manang (3540 m), **Day 10:** Rest day at Manang, **Day 11:** Manang – Yak Kharka (4018 m), **Day 12:** Yak Kharka – Thorang phedi (4450 m), **Day 13:** Thorang phedi – Thorang pass (5416 m) – Muktinath (3800 m), **Day 14:** Muktinath – Kagbeni (2800 m), **Day 15:** Kagbeni – Marpha (2670 m), **Day 16:** Marpha – Kalopani (2530 m), **Day 17:** Kalopani – Tatopani (1190 m), **Day 18:** Tatopani – Shikha (1935 m), **Day 19:** Shikha – Ghorepani (2750 m), **Day 20:** Ghorepani – Tadapani (2590 m), **Day 21:** Tadapani – Ghandruk (1940 m), **Day 22:** Ghandruk – Nayapul (1100 m) – Pokhara (820 m), drive, **Day 23:** Pokhara – Kathmandu (1350 m), drive, **Day 24:** Kathmandu departure

18 NIGHTS 19 DAYS MUSTANG LOMANTHANG TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara (820 m), drive, **Day 04:** Pokhara – Jomsom (2710 m), flight – Kagbeni (2810 m), **Day 05:** Kagbeni – Chhomnang (2920 m), **Day 06:** Chhomnang – Giling (3600 m), **Day 07:** Giling – Tsarang (3500 m), **Day 08:** Tsarang – Lo Manthang (3700 m), **Day 09:** Lo Manthang - Explore Forbidden Kingdom of Mustang!, **Day 10:** Lo Mangtang / Dhile (3360 m), **Day 11:** Dhile – Yara (3760 m), **Day 12:** Yara – Tange (3320 m), **Day 13:** Tange – Tentang (2900 m), **Day 14:** Tentang – Muktinath (3760 m), **Day 15:** Muktinath – Jomsom (2710 m), **Day 16:** Jomsom – Pokhara (820 m), fly, **Day 17:** Pokhara – Kathmandu (1350 m), drive or fly, **Day 18:** Free day, **Day 19:** Kathmandu departure

08 NIGHTS 09 DAYS ROYAL TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara (820 m) drive or fly, **Day 04:** Pokhara – Bijaypur, drive – Kalikasthan (1370 m), **Day 05:** Kalikasthan – Libin, **Day 06:** Libin – Chisapani, **Day 07:** Chisapani – Pokhara (820 m), **Day 08:** Pokhara – Kathmandu (1350 m), drive or fly, **Day 09:** Kathmandu departure

11 NIGHTS 12 DAYS SIKLIS TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara (820 m) drive or fly, **Day 04:** Pokhara – Ghachok (1470 m), **Day 05:** Ghachok – Ghalegaun (2510 m), **Day 06:** Ghalegaun – Siklis (2010 m), **Day 07:** Rest day at Siklis, **Day 08:** Siklis – Riverside Camp, **Day 09:** Riverside Camp – Kalikasthan (1370 m), **Day 10:** Kalikasthan – Pokhara (820 m), **Day 11:** Pokhara – Kathmandu (1350 m), drive or fly, **Day 12:** Kathmandu departure

08 NIGHTS 09 DAYS PANCHASE TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Pokhara (820 m) drive or fly, **Day 04:** Pokhara – Bumdi (1520 m), **Day 05:** Bumdi – Panchase (2430 m), **Day 06:** Panchase – Ridge Camp, **Day 07:** Ridge Camp – Pokhara (820 m), **Day 08:** Pokhara – Kathmandu (1350 m), drive or fly, **Day 09:** Kathmandu departure



LANGTANG REGION

16 NIGHTS 17 DAYS LANGTANG GOSAIKUNDA PASS TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Syabrubesi (1420 m), drive, **Day 04:** Syabrubesi – Lama hotel (2480 m), **Day 05:** Lama Hotel – Langtang village (3541 m), **Day 06:** Langtang village – Kyangjin Gompa (3900 m), **Day 07:** Explore around Kyangjin Gompa, **Day 08:** Kyangjin Gompa – Ghora Tabela (2950 m), **Day 09:** Ghora Tabela – Bamboo (2100 m), **Day 10:** Bamboo – Thulo Syabru (2200 m), **Day 11:** Thulo Syabru – Sing Gompa (3580 m), **Day 12:** Sing Gompa – Gosaikunda (4381 m), **Day 13:** Gosaikunda – Lauribina pass (4600 m) – Thare Pati (3600 m), **Day 14:** Thare Pati – Kutumsang (2446 m), **Day 15:** Kutumsang – Chisopani (2194 m), **Day 16:** Chisopani – Kathmandu (1350 m), drive, **Day 17:** Kathmandu departure

09 NIGHTS 10 DAYS HELAMBU CULTURAL TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Sundari Jal (1300 m) – Chisopani (2194 m), **Day 04:** Chisopani – Kutumsang (2446 m), **Day 05:** Kutumsang – Tharepati (3600 m), **Day 06:** Tharepati – Tarke Ghyang (2550 m), **Day 07:** Tarke Ghyang – Kiulntar (2664 m), **Day 08:** Kiulntar – Talmarang (960 m), **Day 09:** Talmarang – Melamchi Bazaar (2775 m) – Kathmandu (1350 m), drive, **Day 10:** Kathmandu departure

11 NIGHTS 12 DAYS PANCH POKHARI TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Deukhari (1750 m), **Day 04:** Deukhari – Maidan (1850 m), **Day 05:** Maidan – Bhocho Danda (2510 m), **Day 06:** Bhocho Danda – Yak Kharka (3250 m), **Day 07:** Yak Kharka – Nersing Pati (3820 m), **Day 08:** Nersing Pati – Panchpokhari (4350 m), **Day 09:** Explore Panchpokhari, **Day 10:** Panchpokhari – Mula Bari (2500 m), **Day 11:** Mula Bari – Gunsa village (1900 m), **Day 12:** Gunsa village – Riverside Camp (1750 m), **Day 13:** Riverside Camp – Kathmandu (1350 m), drive, **Day 14:** Kathmandu departure

19 NIGHTS 20 DAYS GANESH HIMAL TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Betrawati (1950 m), drive – Ale Danda (2050 m), **Day 04:** Ale danda – Bhalche (1300 m), **Day 05:** Bhalche – Gaikharka (2123 m), **Day 06:** Gaikharka – Rupche Kharka (3437 m), **Day 07:** Rupche Kaharka – Singla Bhanjyang (4600 m), **Day 08:** Singla Bhanjyang – Alubari (2130 m), **Day 09:** Alubari – Sherthung (1900 m), **Day 10:** Sherthung – Urekharka (2900 m), **Day 11:** Urekharka – Ghotlang (2355 m), **Day 12:** Ghotlang – Syabrubensi (1462 m), **Day 13:** Syabrubensi – Lama Hotel (2380 m), **Day 14:** Lama Hotel – Langtang (3307 m), **Day 15:** Langtang – Kyanjin Gompa (3749 m), **Day 16:** Kyanjin Gompa – Lama Hotel (2380 m), **Day 17:** Lama Hotel – Syabru Village (3901 m), **Day 18:** Syabru Village – Dhunche (1866 m), **Day 19:** Dhunche – Kathmandu (1350 m), drive, **Day 20:** Kathmandu departure



DOLPO REGION

25 NIGHTS 26 DAYS UPPER DOLPO TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Nepalgunj (150 m), fly, **Day 04:** Nepalgunj – Juphal (2440 m), fly – Hanke (2660 m), **Day 05:** Hanke – Samduwa (3730 m), **Day 06:** Samduwa – Phoksundo Lake (3600 m), **Day 07:** Rest at Phoksundo Lake, **Day 08:** Phoksundo Lake – Baga La (5090 m), **Day 09:** Baga La – Numla base camp (5190 m), **Day 10:** Numla base camp – Chutung Dang (3967 m), **Day 11:** Chutung Dang – Chibu Kharka (3915 m), **Day 12:** Chibu Kharka – Saldang (4100 m), **Day 13:** Saldang – Yang Tsser village (4300 m), **Day 14:** Yang Tsser village – Karang (4100 m), **Day 15:** Karang – Ramanan (4600 m), **Day 16:** Ramanan – Samling Gompa (3800 m), **Day 17:** Samling Gompa – Shey Gompa (4500 m), **Day 18:** Rest day at Shey Gompa, visit Chakang Gompa, **Day 19:** Shey Gompa – Yak Kharka (4500 m), **Day 20:** Yak Kharka – Ringmu (3600 m), **Day 21:** Ringmu – Rachi (2950 m), **Day 22:** Rachi – Roha village (2740 m), **Day 23:** Roha village – Juphal (2440 m), **Day 24:** Juphal – Nepalgunj (150 m), fly – Kathmandu (1350 m), fly, **Day 25:** Free day, **Day 26:** Kathmandu departure

21 NIGHTS 22 DAYS LOWER DOLPO TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Nepalgunj (150 m), fly, **Day 04:** Nepalgunj – Juphal (2440 m), fly – Dunai (2200 m), **Day 05:** Dunai – Ankhe (2660 m), **Day 06:** Ankhe – Palam, **Day 07:** Palam – Phoksundo Lake (3600 m), **Day 08:** Explore Phoksundo, **Day 09:** Phoksundo – Pugmo (2918 m), **Day 10:** Pugmo – High Camp, **Day 11:** Acclimatization at High Camp, **Day 12:** High Camp – Kagmara-La Base Camp (4000 m), **Day 13:** Base Camp – Hurikot (3760 m), **Day 14:** Hurikot – Chaurikot (3070 m), **Day 15:** Chaurikot – Sing-La, **Day 16:** Sing-La – Muni Kinara, **Day 17:** Muni Kinara – Nepal goan, **Day 18:** Nepal goan – Jumla (2370 m), **Day 19:** Jumla – Nepalgunj (150 m), fly – Kathmandu (1350 m), fly, **Day 21:** Free day, **Day 22:** Kathmandu departure

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15 NIGHTS 16 DAYS RARA LAKE TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Nepalgunj (150 m), fly, **Day 04:** Nepalgunj – Jumla (2370 m), fly, **Day 05:** Jumla – Danphe Langa (3000 m), **Day 06:** Danphe Langa – Chautha (3150 m), **Day 07:** Chautha – Dhotu (3250 m), **Day 08:** Dhotu – Rara lake (3040 m), **Day 09:** Rest and explore the surroundings of Rara Lake, **Day 10:** Rara – Goringlingha (3000 m), **Day 11:** Goringlingha – Sinja (2440 m), **Day 12:** Sinja – Jhaljhale Chaur (2900 m), **Day 13:** Jhaljhale Chaur – Jumla (2370 m), **Day 14:** Jumla – Nepalgunj (150 m), fly – Kathmandu (1350 m), fly, **Day 15:** Free day, **Day 16:** Kathmandu departure



DHAULAGIRI / MANASLU REGION

16 NIGHTS 17 DAYS DHAULAGIRI HIGH TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Baglung (740 m), drive, **Day 04:** Baglung – Beni (850 m), **Day 05:** Beni – Darbang (1030 m), **Day 06:** Darbang – Muri (2200 m), **Day 07:** Muri – Bagar (2900 m), **Day 08:** Bagar – Dovan (3800 m), **Day 09:** Dovan – Italy B. C. (4325 m), **Day 10:** Italy B. C. – Dhaulagiri B. C. (4750 m), **Day 11:** Dhaulagiri B. C. – French Col. Pass (5360m.) – Dampus pass (5250 m), **Day 12:** Explore and climbing Peak, **Day 13:** Explore and climbing Peak, **Day 14:** Dampus pass – Yak Kharka (3600 m), **Day 15:** Yak Kharka – Marpha (2640 m), **Day 16:** Marpha – Jomsom (2720 m), **Day 17:** Jomsom – Pokhara (820 m), fly – Kathmandu (1350 m), fly

23 NIGHTS 24 DAYS MANASLU TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Gorkha (1640 m), drive, **Day 04:** Gorkha – Khanchok (1214 m), **Day 05:** Khanchok – Arughat (525 m), **Day 06:** Arughat – Soti Khola (710 m), **Day 07:** Sati Khola – Labu Besi (880 m), **Day 08:** Labu Besi – Dovan (900 m), **Day 09:** Doban – Jagat (1410 m), **Day 10:** Jagat – Serson (1530 m), **Day 11:** Serson – Ghap (2100 m), **Day 12:** Ghap – Cho (3520 m), **Day 13:** Cho – Sama Gompa (3530 m), **Day 14:** Explore Manaslu Base Camp (4740 m), **Day 15:** Explore Sama Village (3450 m), **Day 16:** Manaslu Base Camp – Yak Kharka (4000 m), **Day 17:** Yak Kharka – Bimdakothi (3890 m), **Day 18:** Bimdakothi – Tilje (3010 m), **Day 19:** Tilje – Chamje (1190 m), **Day 20:** Chamje – Naya Gaon (830 m), **Day 21:** Naya Gaon – Besisahar (825 m), **Day 22:** Besisahar – Kathmandu (1350 m), drive, **Day 23:** Leisure day in Kathmandu, **Day 24:** Kathmandu departure



MAKALU / KANCHANJUNG REGION

23 NIGHTS 24 DAYS MAKALU / BARUN VALLEY TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Tumlingtar (860 m), fly – Khandbari (1040 m), **Day 04:** Khandbari – Fururu (1900 m), **Day 05:** Fururu – Num (1490 m), **Day 06:** Num – Sinduwa (1460 m), **Day 07:** Sinduwa – Tashigaon (2070 m), **Day 08:** Tashigaon – Kauma (3470 m), **Day 09:** Kauma – Mumbuk (3570 m), **Day 10:** Mumbuk – Neh Kharka (3000 m), **Day 11:** Neh Kharka – Serson (4615 m), **Day 12:** Serson – Makalu Base Camp (5000 m), **Day 13:** Rest day. Explore the surroundings of Makalu B. C., **Day 14:** Makalu Base Camp – Neh Kharka (3000 m), **Day 15:** Neh Kharka – Mum buk (3570 m), **Day 16:** Mumbuk – Kauma (3470 m), **Day 17:** Kauma – Tashigaon (2070 m), **Day 18:** Tashigaon – Balung (760 m), **Day 19:** Balung – Phukuwa (550 m), **Day 20:** Phukuwa – Bumling (370 m), **Day 21:** Trek Bumling – Tumlingtar (860 m), **Day 22:** Tumlingtar – Kathmandu (1350 m), fly, **Day 23:** Free day, **Day 24:** Kathmandu departure

24 NIGHTS 25 DAYS KANCHANJUNGA TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Suketar (2300 m), fly – Phurumba (1950 m), **Day 04:** Phurumba – Chirwa (1190 m), **Day 05:** Chirwa – Sakyathum (1648 m), **Day 06:** Sakyathum – Amjilasha (2490 m), **Day 07:** Amjilasha – Gyabla (2730 m), **Day 08:** Gyabla – Ghunsa (3430 m), **Day 09:** Rest day at Ghunsa, **Day 10:** Ghunsa – Lonak (4700 m), **Day 11:** Lonak – Pangpema (4800 m) – North Base Camp (5100 m), **Day 12:** North Base Camp – Ghunsa (3430 m), **Day 13:** Ghunsa – Sele-le (3950 m), **Day 14:** Sele-le – Tcheram (3870 m), **Day 15:** Tcheram – Ramche (4620 m), **Day 16:** Ramche – Andaphedi (3000 m), **Day 17:** Andaphedi – Amjikhola (2340 m), **Day 18:** Amjikhola – Amphudin (1690 m), **Day 19:** Amphudin – Phumphe (1850 m), **Day 20:** Phumphe – Karebhanjaga (2250 m), **Day 21:** Karebhanjaga – Lalikharka (2220 m), **Day 22:** Lalikharka – Suketar (2340 m), **Day 23:** Suketar – Kathmandu (1350 m), fly, **Day 24:** Free day, **Day 25:** Kathmandu departure



ROLWALING REGION

26 NIGHTS 29 DAYS ROLWALING VALLEY TREK

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Dolakha (2300 m), drive, **Day 04:** Dolakha – Piguthi, **Day 05:** Piguthi – Surya Dovan, **Day 06:** Surya Dovan – Bhurny Khola, **Day 07:** Bhurny Khola – Simi Gaun, **Day 08:** Simi Gaun – Dong, **Day 09:** Dong – Bheding, **Day 10:** Bheding – Na, **Day 11:** Rest day in Na, **Day 12:** Na – Tashiphu, **Day 13:** Tashiphu – Thame (3800 m), **Day 14:** Thame – Namche (3440 m), **Day 15:** Rest day in Namche, **Day 16:** Namche – Phortse Tanga (3790 m), **Day 17:** PhortseTanga – Dole (4084 m), **Day 18:** Dole – Marchhema (4465 m), **Day 19:** Rest day in Marchhema, **Day 20:** Marchhema – Gokyo (4791 m), **Day 21:** Gokyo – Gokyo peak (5483 m), **Day 22:** Gokyo peak – Dole (4084 m), **Day 23:** Dole – Khumjung (3790 m), **Day 24:** Khumjung – Jorsale (2830 m), **Day 25:** Jorsale – Lukla (2804 m), **Day 26:** Lukla – Kathmandu (1350 m), **Day 27:** Kathmandu departure

EXPEDITIONS

The 800-km stretch of the Nepal Himalaya is the greatest in the world with eight peaks that rise above 8000 m including Mt. Everest. Ever since the country opened its peaks to climbers in 1949, the Nepal Himalaya has become a great stage of mountaineering activity and the drama of success and failure have provided impetus to thousands of adventurers to the ultimate challenges. The Himalaya has been an attraction to many people, be they saints, philosophers, researchers or adventures.



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EVEREST EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Lukla (2804 m), fly – Phakding (2640 m), **Day 05:** Phakding – Namche Bazaar (3446 m), **Day 06:** Acclimatization at Namche Bazaar, **Day 07:** Namche – Thyanboche Monastery (3867 m), **Day 08:** Thyanboche – Pheriche (4243 m), **Day 09:** Pheriche – Lobuche (4930 m), **Day 10:** Lobuche – Everest Base Camp (5400 m), **Day 11-51:** Climbing Period for Mount Everest (8848 m), **Day 52:** Everest Base Camp – Pheriche (4243 m), **Day 53:** Pheriche – Khumjung (3790 m), **Day 54:** Khumjung – Phakding (2640 m), **Day 55:** Phakding – Lukla (2804 m), **Day 56:** Lukla – Kathmandu (1350 m), fly, **Day 57-59:** Free days in Kathmandu, **Day 60:** Kathmandu departure

AMADABLAM & PUMORI EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Lukla (2804 m), fly – Phakding (2640 m), **Day 05:** Phakding – Namche Bazaar (3446 m), **Day 06:** Acclimatization at Namche Bazaar, **Day 07:** Namche – Thyanboche Monastery (3867 m), **Day 08:** Thyanboche – Amadablam Base Camp (4500 m), **Day 09-23:** Climbing Period of Amadablam (6812 m), **Day 24:** Amadablam Base Camp – Pheriche (4243 m), **Day 25:** Pheriche – Lobuche (4930 m), **Day 26:** Lobuche – Pumori Base Camp (5700 m), **Day 27- 41:** Climbing Period of Mount Pumori (7161 m), **Day 42:** Pumori Base Camp – Lobuche (4930 m), **Day 43:** Lobuche – Thyanboche (3867 m), **Day 45:** Namche – Phakding (2640 m), **Day 46:** Phakding – Lukla (2804 m), **Day 47:** Lukla – Kathmandu (1350 m), **Day 48-49:** Free days in Kathmandu, **Day 50:** Kathmandu departure

BARUNTSE EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Lukla (2804 m), fly – Chutanga (3100 m), **Day 05:** Chutanga – Nau Lekha, **Day 06:** Nau Lekha – Kothey (3520 m), **Day 07:** Kothey – Thagnak (4355 m), **Day 08:** Thagnak – Khare (4745 m), **Day 09:** Kare – Mera Base Camp (5260 m), **Day 10:** Mera Base Camp – Seto Pokhari, **Day 11:** Seto Pokhari – Baruntse Base Camp (5250 m), **Day 11-29** Climbing period of Mount Baruntse (7129 m), **Day 30:** Baruntse Base Camp – Setopokhari, **Day 31:** Setopokhari – Mera Base Camp (5260 m), **Day 32:** Mera Base Camp – Khare (4745 m), **Day 33:** Khare – Thagnak (4355 m), **Day 34:** Thagnag – Kothey (3520 m), **Day 35:** Kothey – Chutanga (3100 m), **Day 36:** Chutanga – Lukla (2804 m), **Day 37:** Lukla – Kathmandu (1350 m), fly, **Day 38-39:** Free days in Kathmandu, **Day 40:** Kathmandu departure

MANASLU EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Gorkha, **Day 05:** Gorkha – Khanchock (570 m), **Day 06:** Khanchock – Arughat (730 m), **Day 07:** Arughat – Sotikhola, **Day 08:** Sotikhola – Machhakhola (930 m), **Day 09:** Machhakhola – Jagat (1370 m), **Day 10:** Jagat – Ukawa (2130 m), **Day 11:** Ukawa – Ngyak (2840 m), **Day 12:** Nyak – Namrung (3250 m), **Day 13:** Namrung – Syalla village (3590 m), **Day 14:** Syalla – Sama village (3690 m), **Day 15:** Sama Village rest day, **Day 16:** Sama Village – Manaslu Base camp (4850 m), **Day 17-43:** Climbing Period for Manaslu (8163 m), **Day 44:** Manaslu Base camp – Sama village (3690 m), **Day 45:** Sama – Namrung (3250 m), **Day 46:** Namrung – Philim village (2880 m), **Day 47:** Philim – Machhakhola (930 m), **Day 48:** Machhakhola – Soti, **Day 49:** Soti – Arughat (730 m), **Day 50:** Arughat – Dhading – Kathmandu (1350 m), drive, **Day 51-52:** Free days in Kathmandu, **Day 53:** Kathmandu departure

ANNAPURNA SOUTH EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Suikhet, drive – Pathana, **Day 05:** Pathana – Nayapul (1070 m), **Day 06:** Nayapul – Deurali (3200 m), **Day 07:** Deurali – Himalaya Hotel (2900 m), **Day 08:** Himalaya Hotel – Machhapuchhre Base camp (3700 m), **Day 09:** Machhapuchhre Base Camp – Annapurna South Base camp (4130 m), **Day 10-22:** Climbing Period for Annapurna South (7819 m), **Day 23:** Annapurna South – Himalaya Hotel (2900 m), **Day 24:** Himalayan Hotel – Deurali (3200 m), **Day 25:** Deurali – Ghandrung village (1940 m), **Day 26:** Ghandrung – Nayapul (1100 m) – Pokhara (820 m), drive, **Day 27:** Pokhara – Kathmandu (1350 m), fly, **Day 28:** Free day in Kathmandu, **Day 29:** Kathmandu departure



LHOTSE EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Lukla (2804 m), fly – Phakding (2640 m), **Day 05:** Phakding – Namche Bazaar (3446 m), **Day 06:** Acclimatization at Namche Bazaar, **Day 07:** Namche – Thyanboche Monastery (3867 m), **Day 08:** Thyanboche – Pheriche (4243 m), **Day 09:** Pheriche – Lobuche (4930 m), **Day 10:** Lobuche – Lhotse Base Camp (5400 m), **Day 11-37:** Climbing Period of Mount Lhotse (8516 m), **Day 38:** Lhotse Base camp – Pheriche (4243 m), **Day 39:** Pheriche – Khumjung (3790 m), **Day 40:** Khumjung – Phakding (2640 m), **Day 42:** Phakding – Lukla (2804 m), **Day 43:** Lukla – Kathmandu (1350 m), **Day 44-45:** Free days in Kathmandu, **Day 46:** Kathmandu departure

MAKALU EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Tumlingtar (860 m), fly, **Day 05:** Tumlingtar – Kuwapani (1870 m), **Day 06:** Kuwapani – Chichila (1830 m), **Day 07:** Chichila – Num (1500 m), **Day 08:** Num – Seduwa (1460 m), **Day 09:** Seduwa – Tashigaun (2070 m), **Day 10:** Tashigaun – Khongmadanda (3470 m), **Day 11:** Khongmadanda – Mumbuck (3570 m), **Day 12:** Mumfuk – Yangle Khark (3000 m), **Day 13:** Yangle Khark – Merak (3640 m), **Day 14:** Merak – Sersung (4615 m), **Day 15:** Sersung – Makalu Base Camp (5000 m), **Day 16-41:** Climbing Period of Makalu (8463 m), **Day 42:** Makalu Base Camp – Mumbuck (3570 m), **Day 43:** Mumbuck – Khongma La, **Day 44:** Khongma La – Seduwa (1460 m), **Day 45:** Seduwa – Chichila (1830 m), **Day 46:** Chichila – Tumlingtar (860 m), **Day 47:** Tumlingtar – Kathmandu (1350 m), **Day 48-49:** Free days in Kathmandu, **Day 50:** final Departure

DHAULAGIRI EXPEDITION

Day 01: Kathmandu arrival, **Day 02-03:** Preparation & briefing for Expedition, **Day 04:** Kathmandu – Beni, drive – Galeshor, **Day 05:** Galeshor – Tato Pani (1189 m), **Day 06:** Nau Lekha – Kothey, **Day 07:** Kothey – Larjung (2560 m), **Day 08:** Larjung – Marpha (2680 m), **Day 09:** Marpha – Yak Khark (3180 m), **Day 10:** Yak Khark – Dhaulagiri Base Camp (4750 m), **Day 11-38:** Climbing Period of Dhaulagiri (8167 m), **Day 39:** Dhaulagiri Base camp – Yak Khark (3180 m), **Day 40:** Yak Khark – Jomsom (2710 m), **Day 41:** Jomsom – Pokhara (820 m), fly, **Day 42:** Pokhara – Kathmandu (1350 m), fly, **Day 43-44:** Free days in Kathmandu, **Day 45:** Kathmandu departure

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WHITE WATER RAFTING

White water rafting is the most sought after aquatic adventure sport in Nepal. All major rivers emanated from the Himalayas and running downstream the mountains offer tremendous exciting experience of white water rafting. A river journey is one of the most effective ways to experience the life of rural areas while enjoying spectacular scenery of nature's beauty.



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SHORT RAFTING

Short trips take between one and four days and do not involve any trekking. Some of these trips involve less challenging white water and are ideally suited to first time rafters and families. Others attract experienced thrill-seekers with their world-class rapids.



Seti River

Duration: 2 days

Grade: 3 to 5

River Seti can be reached from Damouli roughly 160 kilometers west of Kathmandu. Rafters encounter several rapids before reaching Trishuli River. Hindu religious site Devghat marks the confluence of Kali Gandaki and Trishuli and becomes River Narayani. Rafters have a choice of either coming back to Kathmandu or continuing the journey to visit the Chitwan National Park.

Trishuli River

Duration: 1 to 3 days

Grade: 3+

River Trisuli is one of the most popular Nepali rivers for rafting. For first-time rafters it offers plenty of excitement. Due to its proximity to Kathmandu and the easy road access most rafting companies offer trips on the Trisuli. At \$20 or so per day it is the cheapest river trip available in Nepal. A river trip on Trishuli can be combined with trips to Chitwan or Pokhara.

Bhote-Koshi River

Duration: 2 days

Grade: 4 to 5

River Bhote Koshi is a two-day run of pure adventure. The rafting site is located only three hours from Kathmandu. Twenty-six kilometers of continuous white water soaks rafters as they shoot through a veritable maze of canyons and boulders. It is the steepest river rafted in Nepal and required a lot of concentration. Starting above Barabise, you raft down to the dam at Lamosangu.

Kali-Gandaki River

Duration: 3 days

Grade: 5 to 5+

River Kali Gandaki winds through remote canyons and deep gorges of intense rapids among. Starting at Baglung, you could raft down to Ramdighat in five or six days. Trips on the Kali Gandaki begin and end in Pokhara and offer an exciting alternative to the Trisuli. The run flows 120 km and its challenges are continuous.

LONG RAFTING

Longer trips take you into some of Nepal's most remote areas. Often they begin with short treks to the river. On these treks we employ local porters to carry our gear and supplies, so all you need to carry are your own personal belongings. Many of our long trips finish close to some of our less easily accessible National Parks and Wildlife Reserves (the Karnali trip actually finishes in the Bardia National Park). So you may wish to combine your rafting trip with a safari adventure and go in search of our native tigers, bears and rhinos!



Marshyangdi River

Duration: 5 days

Grade: 4 to 5

River Marshyangdi provides four days of uninterrupted white-water rafting. It begins from the village of Ngadi from Besishahar in Pokhara. The rapids on the river are unrelenting, and rafters are advised to consult companies with lots of experience. It runs sandwiched between 52 kilometers of boiling foam and towering peaks of Annapurna.

Arun River

Duration: 6 days

Grade: 5

River Arun begins at Tumlingtar and ends at Chatara, Kartikeghat. The starting point can be approached either by flight or by road. A mini-trek is required from both the airstrip or from the bus stop. Some parts of the river are smooth while some are rough and challenging. On the sixth day Arun River meets Sun Koshi. Rafters either drive back Chatara via Biratnagar or fly from Biratnagar to Kathmandu.

Sun-Koshi River

Duration: 8-10 days

Grade: 4 to 5

River Sun Koshi is Nepal's longest rafting trip. The rafting site, three hours drive from Kathmandu is more accessible than the Karnali. The run is 270 km and requires 9 to 10 days from Dolalghat to end Chatara down to the Indo-Gangetic plains. The first couple of days are relatively easy while surprises sneak up on you during the last days. The white water stays white until the very end.

Karnali River

Days: 11 days

Grade: 4 to 5

River Karnali in the far west is the longest and largest river in Nepal. It flows through steep, jagged canyons where the rapids are tightly packed, offering continuous challenging water at all flows. A bus ride to far-western Nepal or a flight to Nepalgunj can take one to rafting site. It takes about 7 days to navigate the 90 kilometers of canyons and waterfalls. During most of this trip, the wilderness is uninterrupted by human habitations.

MOUNTAIN BIKING

Mountain biking in Nepal has been gaining much popularity among the adventure enthusiasts from around the world over the past few years. Fascinating mountain villages, nomadic lands, high passes, rugged and tough terrain, winding rivers, rice fields, temples and monasteries at the backdrop of majestic snowy peaks make mountain biking in Nepal a lifetime experience.



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Scenic biking day tours

This is an introductory ride which takes you to explore the ancient villages, breathtaking temples and monasteries with the superb view of the Himalayas. The biking within the Kathmandu Valley allows you to enjoy its hidden pockets rarely frequented by foreigners thus enabling you to see the other side of Kathmandu. Other biking trips include city tour through the popular historical places of Kathmandu; the ancient city of Bhaktapur and Patan; the idyllic hills of Nagarkot and Kakani; and the quiet sleepy town of Sankhu and Budhanilkantha. All these places seem like out of this world and yet so close to Kathmandu.

Kathmandu Valley Rim

This pleasant and fabulous ride takes you to the medieval civilisation in and around the ancient city of Bhaktapur, with ample time to visit and make friends with local farmers and villagers enroute. Your journey continues to the famed scenic Nagarkot hills. This highest spot of our trip offers you spectacular view of the sun rise and sunset at the back drop of magnificent Himalaya.

Kathmandu Valley Explorer

This is a great scenic ride with a visit to the best pilgrimage and mountain view points. This fascinating ride takes you to rarely visited area of the rural pockets in and out of the Kathmandu Valley rim, biking on the off trail to tarmac road and through the paddy terraces with superb views of an array of snow peaks from Annapurna to Everest range. Your wonderful five days ride concludes with a down hill delight from the panoramic mountain resorts of Nagarkot to Kathmandu.

Pokhara to Kathmandu Biking

This is an ultimate biking adventure off the main motorable highway. A remarkable adventure puts you on the off road trail linking two major cities in Nepal, Pokhara and Kathmandu. Your biking trip begins from Pokhara with a short biking tour in Kathmandu before the great journey. Pokhara is an amazing place famous for its placid lakes. The initial 30 miles of this ride is on the main highway, rest of the journey is tracing an assortment of broad foot paths, old jeep trails and some technical single tracks. We make your way across remote territory that's seldom visited by foreigners. Crossing the old Gorkha, we follow the traditional route that links Kathmandu to other part of mid-western Nepal. Challenging ascents as well as some incredible descents make this off-road biking a biker's dream come true.

Besides aforementioned trips, other places popular for mountain biking are Nagarjuna, Nage Gompa, Tokha, Ichangu Narayan, Gomcha, Bungamati, Kakani, Dhulikhel and Nagarkot.

Other relatively longer mountain bike trips are those extending from Dhulikhel to Kodari (82 km), near the Tibetan border; Naubise to Chitwan Park along the Tribhuvan Rajpath passing through such scenic places as the Palung Valley, Daman, and the industrial town of Hetauda in the plains; Lakeside Pokhara up and along the ridge to Sarangkot View Point, and continuing on to Naudanda from where you could have breathtaking close-up view of the Himalayas and the Pokhara Valley; Naudanda to Pokhara through Lumle, Beni and Birethanti, or Naudanda to Pokhara (32 km) either via Sarangkot trail or on the highway track, which starts with a twisting 6 km descent into the Modi Khola Valley.

HONEY HUNTING

Honey Hunting is the real and frequent activity of indigenous Gurung and Magar communities in Bhujung and Pasgaon. This traditional way of harvesting honey is still in practice in many remote villages of Nepal such as whole of Annapurna region, Dhading and Jharlang across Ganesh Himal and Arun Valley. A tailor-made package for tourist is developed for Bhujung area of Annapurna region. Nevertheless, few lucky tourists get chance to observe honey harvesting while traveling along the trekking routes.



Honey Hunting, the harvesting of honey from the nests of wild bees built on steep cliffs is an age-old tradition. Local honey hunters show their exceptional skills by hanging themselves from cliffs as high as 300 meters using indigenous bamboo ladders and hemp ropes, while extracting honey from the honeycombs. Everyone gets their fingers crossed while watching the honey hunters at work.

BUNGY JUMPING

Ultimate Bungy at The Last Resort in Nepal is perhaps the most spectacular Bungy Jump on the Planet. This remarkable 500ft (160m) bridge over the Bhoite Koshi River gorge is one of the longest free-fall in the world.



Located at three hours drive from Kathmandu and within 12km of the Nepal-Tibet border, it has a 166m wide steel suspension bridge over the Bhoite Koshi River gorge. This Swiss designed bridge, especially for bungee jumping with a 4x safety factor, upholds a loading factor of 41,500kg or 4.5 tones.

PARAGLIDING

Paragliding in Nepal can be a truly wonderful and fulfilling experience for an adventure seeker. This trip will take you over some of the best scenery on earth, as you share airspace with the Himalayan griffin vultures, eagles, kites and float over villages, monasteries, temples, lakes and jungle, with a fantastic view of the Himalaya.



Gliding is a weather dependent sports and the flying season commences from November through February. It takes off at Sarankot (1592m.), and the landing takes place by the Fewa Lake. No previous experience is required as qualified pilots provide a short briefing before the take off.

SKIING

Nepal offers heli skiing in the world's biggest, highest and most outrageous mountain ranges. We have finally got permission to operate Heli Ski in Khumbu, Langtang, Manang and in and around Jomsom area.

MEDITATION, YOGA AND AYURVEDA


Meditating rejuvenates energy level and zeal and makes you feel enlightened. A meditation course in Lumbini, the birthplace of Lord Buddha or in Boudha, Kathmandu will help you explore your own self. There are specialized centers in Nepal offering meditation courses.

Yoga classes contribute in the development of a healthy body and mind. Yoga is a pathway to true, happy, and healthy living. Yogic endeavours eventually prepare one for spiritual awakening, the supreme state of human mind.





Ayurveda dates back to the Vedic period. Vedas are the oldest recorded scriptures of human civilization. Ayurveda, meaning the science of life in Sanskrit, is the oldest authentically recorded healthy way of living in harmony with nature.



In Ayurveda, the dimensions of health are defined as bodily, sensorial, mental, and spiritual. Traditional and indigenous knowledge has been used over centuries by indigenous and local communities under local laws, customs and traditions. As described in Ayurveda, the Himalayan herbs and medicinal plants are used for healthy body and happy mind.



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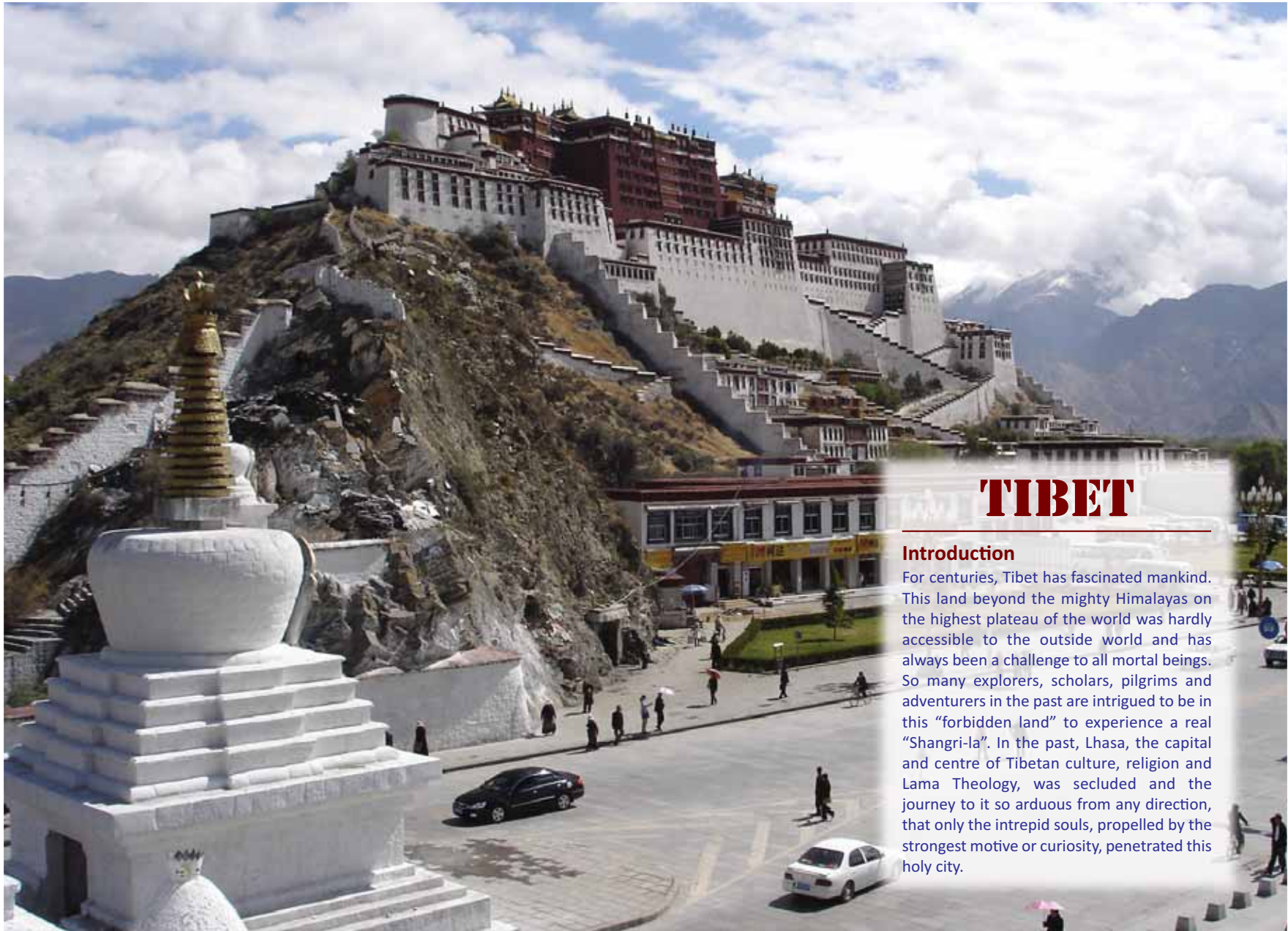


Location:

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TIBET

Introduction

For centuries, Tibet has fascinated mankind. This land beyond the mighty Himalayas on the highest plateau of the world was hardly accessible to the outside world and has always been a challenge to all mortal beings. So many explorers, scholars, pilgrims and adventurers in the past are intrigued to be in this "forbidden land" to experience a real "Shangri-la". In the past, Lhasa, the capital and centre of Tibetan culture, religion and Lama Theology, was secluded and the journey to it so arduous from any direction, that only the intrepid souls, propelled by the strongest motive or curiosity, penetrated this holy city.

CULTURAL TOURS

04 NIGHTS 05 DAYS TIBET FLY IN FLY OUT

Day 01: Lhasa arrival, **Day 02:** Lhasa Sightseeing, **Day 03:** Lhasa Sightseeing, **Day 04:** Lhasa Sightseeing, **Day 05:** Lhasa departure

07 NIGHTS 08 DAYS TIBET FLY IN DRIVE OUT OR VV

Day 01: Kathmandu – Zhangmu – Nyalam (2300 m), **Day 02:** Nyalam – Lhaste (4350 m), **Day 03:** Lhatse – Shigatse (3900 m), **Day 04:** Shigatse – Gyantse (3950 m), **Day 05:** Gyantse – Lhasa (3650 m), **Day 06 & 07:** Lhasa sightseeing, **Day 08:** Lhasa departure

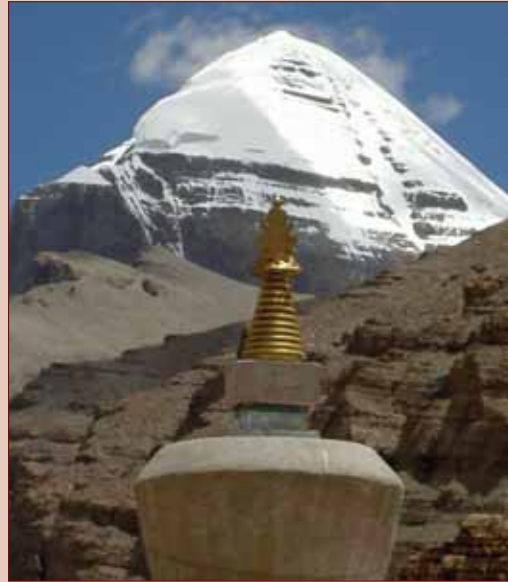
09 NIGHTS 10 DAYS TIBET WITH EVEREST BASE CAMP FLY IN DRIVE OUT

Day 01: Lhasa arrival, **Day 02/03/04:** Lhasa sightseeing, **Day 05:** Lhasa - Gyantse, **Day 06:** Gyantse – Shigatse, **Day 07:** Shigatse – Lhatse, **Day 08:** Lhatse - Rongbuk, **Day 09:** Rongbuk – Everest Base Camp (5200 m) – Lao Tingri (4200 m), **Day 10:** Lao Tingri – Zhangmu – Kathmandu



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PILGRIMAGE TOURS



15 NIGHTS 16 DAYS KAILASH & MANASAROVAR TOUR OVERLAND (ENTRY/EXIT TIBET VIA ZHANGMU)

Day 01: Kathmandu (1350 m) arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Nyalam (3750 m), **Day 04:** Rest day at Nyalam for acclimatization, **Day 05:** Nyalam – Saga (4000 m), **Day 06:** Saga – Paryang (4550 m), **Day 07:** Paryang – Lake Manasarovar (4580 m), **Day 08:** Lake Manasarovar – Tarchen (4600 m), **Day 09:** Rest in Tarchen, **Day 10:** Trek to Dirapuk (4800 m), **Day 11:** Trek Dirapuk to Zutulpuk Gompa (4790 m), **Day 12:** Trek to end of Kailash parikrama (10Km) and drive to Paryang, **Day 13:** Paryang – Saga, **Day 14:** Saga – Nyalam, **Day 15:** Nyalam – Kathmandu, **Day 16:** Kathmandu departure

18 NIGHTS 19 DAYS KATHMANDU, LHASA, KAILASH & MANASAROVAR (ENTRY VIA LHASA / EXIT VIA ZHANGMU)

Day 01: Arrive / Assemble in Kathmandu, **Day 02:** Half day sightseeing in Kathmandu, **Day 03:** Fly to Lhasa, **Day 04:** Sightseeing of Lhasa, **Day 05:** Sightseeing of Lhasa, **Day 06:** Drive to Gyantse, **Day 07:** Drive to Shigatse, **Day 08:** Drive to Saga, **Day 09:** Drive to Paryang, **Day 10:** Drive to Mansarovar, **Day 11:** Drive to darchen, **Day 12:** Darchen rest, **Day 13:** Drive to Tarbochen to start the Kora, **Day 14:** Parikrama of Kailash over Dolmala, **Day 15:** Parikrama ends near Darchen to drive out to paryang, **Day 16:** Drive to Saga, **Day 17:** Drive to Nyalam, **Day 18:** Drive to Kathmandu, **Day 19:** Depart Kathmandu for your flight home.

10 NIGHTS 11 DAYS KAILASH & MANASAROVAR VIA HELICOPTER + OVERLAND (ENTRY/EXIT VIA SIMIKOT)

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Simikot by flight and Helicopter to Hilsa – Taklakot, trek, **Day 04:** Free day at Taklakot for acclimatization, **Day 05:** Taklakot – Manasarovar (4580 m), **Day 06:** Manasarovar – Darchen, **Day 07:** Drive to sershong, trek to dirapuk, **Day 08:** Trek to Zutulpuk, **Day 09:** After completing Kora and Trek to Taklakot, **Day 10:** Drive to Sher walk downhill to Hilsa helicopter to Simikot Fly to Nepalgunj/Kathmandu, **Day 11:** Departure Transfer



ADVENTURES

EXPEDITION

MOUNT EVEREST EXPEDITION NORTH SIDE (54 NIGHTS 55 DAYS)

Day 01: Kathmandu arrival, **Day 02 & 03:** Preparations for Expedition, **Day 04:** Kathmandu – Zhangmu, **Day 05:** Zhangmu – Nyalam, **Day 06:** Nyalam – Tingri, **Day 07:** Rest day at Tingri for acclimatization, **Day 08:** Tingri – Everest Base Camp, **Day 09 -12:** Transfer by Yak to Advance Base Camp, **Day 13-49:** Climbing Period of Mount Everest (8848 m), **Day 50:** Everest Base Camp – Tingri, **Day 51:** Tingri – Zhanmu, **Day 52:** Zhangmu – Kathmandu, **Day 53:** Free day in Kathmandu, **Day 54:** Free day in Kathmandu, **Day 55:** Kathmandu departure



MOUNT SHISAPANGMA EXPEDITION NORTH SIDE (39 NIGHTS 40 DAYS)

Day 01: Kathmandu (1350 m) arrival, **Day 02-03:** Preparations for Expedition, **Day 04:** Kathmandu – Kodari – Zhangmu (2300 m), **Day 05:** Zhangmu – Nylam (3750 m), **Day 06:** Rest day at Nylam for acclimatization, **Day 07:** Nyalam – Chinese Base camp, **Day 08:** Rest & prepare load for Advance Base Camp, **Day 09:** Chinese Base Camp – ABC, **Day 10-34:** Climbing Period for Shishapangma, **Day 35:** Shishapangma – Nylam, **Day 36:** Nyalam – Zhangmu, **Day 37:** Zhangmu – Kathmandu, **Day 38-39:** Free day in Kathmandu, **Day 40:** Kathmandu departure



CHO OYU EXPEDITION FROM TIBET SIDE (44 NIGHTS 45 DAYS)

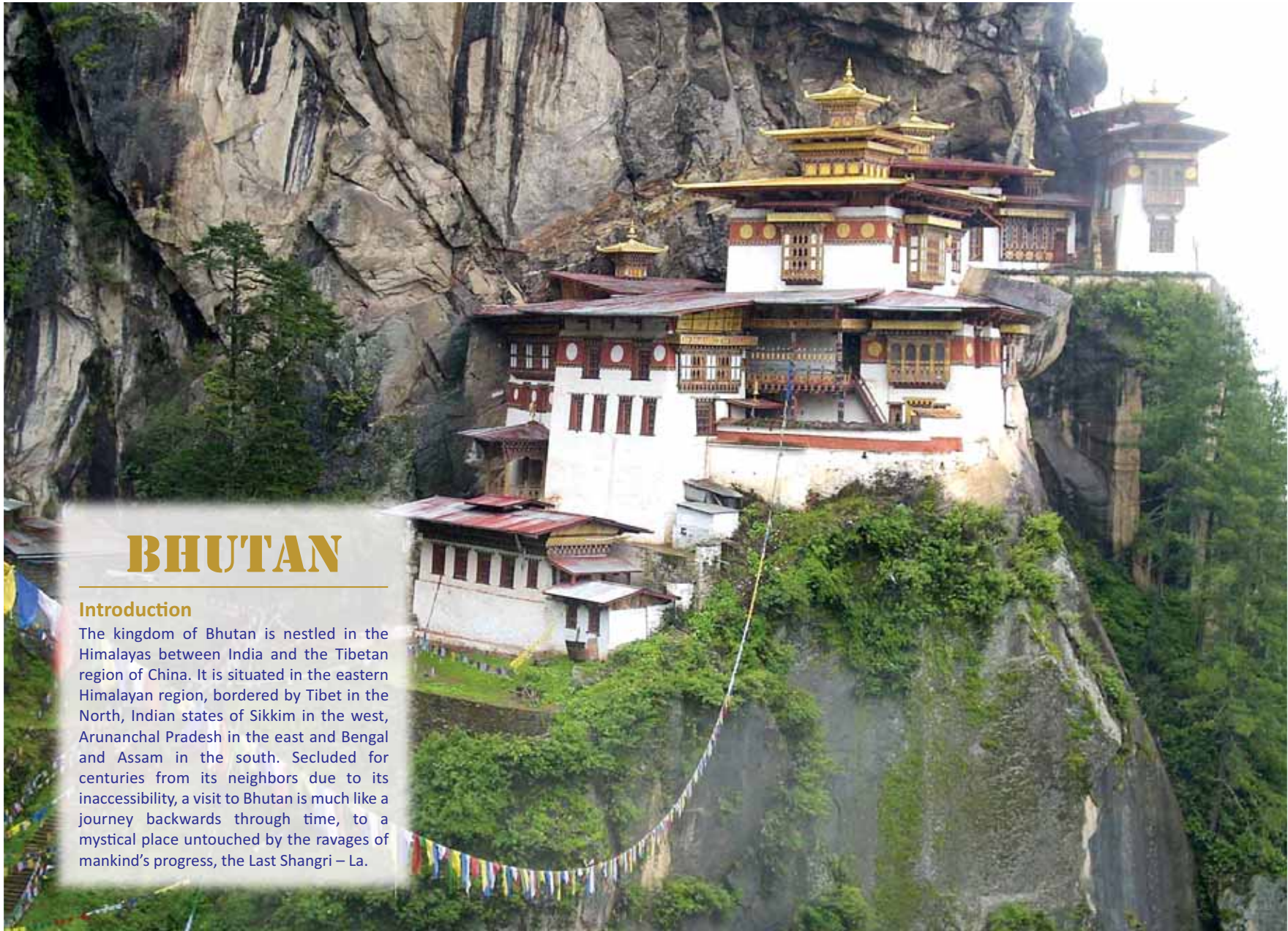
Day 01: Kathmandu (1350 m) arrival, **Day 02 & 03:** Preparations for Expedition, **Day 04:** Kathmandu – Kodari – Zhangmu (2300 m), **Day 05:** Zhangmu – Nyalam (2750 m), **Day 06:** Rest day at Nyalam for acclimatization, **Day 07:** Nyalam – Tingri (4340 m), **Day 08:** Rest day at Tingri for acclimatization, **Day 09:** Tingri – Chinese Base Camp (5000 m), **Day 10:** Chinese Base Camp, **Day 11:** Preparation of load for Advance Base Camp, **Day 12:** Base Camp – Middle camp with Yaks, **Day 13:** Middle Camp – Cho Oyu Advance Base Camp (5700 m), **Day 14-39:** Climbing Period for Cho Oyu (8201 m), **Day 40:** Advance Base camp – Chinese Base camp, **Day 41:** Base Camp – Zhangmu, **Day 42:** Zhangmu – Kathmandu, **Day 43:** Free day in Kathmandu, **Day 44:** Free day in Kathmandu, **Day 45:** Kathmandu departure

BICYCLING

23 NIGHTS 24 DAYS TIBET WITH EVEREST BASE CAMP VIA BICYCLE. (ENTRY TO LHASA / EXIT VIA ZHANGMU)

Day 01: Kathmandu arrival, **Day 02:** Kathmandu sightseeing, **Day 03:** Kathmandu – Lhasa, fly, **Day 04:** Lhasa sightseeing, **Day 05:** Lhasa sightseeing, **Day 06:** Start Bicycle ride from Lhasa, **Day 07:** Cross Kamba La (4794 m), **Day 08:** Explore lake Yamdrok Tso, **Day 09:** Cross Karo La (5010 m), **Day 10:** Explore esp Kumbum, **Day 11:** Follow valley, **Day 12:** Climb towards Tso La, **Day 13:** Cross Tso La (Yulung La) (4500 m), **Day 14:** Explore Sakya, retrace to main road, **Day 15:** Cross Gyatso La (Jia Tsuo La) (5220 m), **Day 16:** Cross Pang La (5150 m) towards base camp 1, **Day 17:** Ride / trek to Everest base camp (5200 m), **Day 18:** Return to main road via Pang La (5200 m), **Day 19:** Gradual climb, **Day 20:** Cross La Lung La (5030 m), Tong La (Shung La) (5120 m), **Day 21:** Descend, cross border into Nepal, descend, **Day 22:** Descend to Dolalghat (560 m) then climb, **Day 23:** Explore Kathmandu, **Day 24:** Kathmandu departure





BHUTAN

Introduction

The kingdom of Bhutan is nestled in the Himalayas between India and the Tibetan region of China. It is situated in the eastern Himalayan region, bordered by Tibet in the North, Indian states of Sikkim in the west, Arunachal Pradesh in the east and Bengal and Assam in the south. Secluded for centuries from its neighbors due to its inaccessibility, a visit to Bhutan is much like a journey backwards through time, to a mystical place untouched by the ravages of mankind's progress, the Last Shangri – La.

CULTURAL TOURS

Bhutan is locally referred as Drukyul - the Land of Thunder Dragon. Trips in Bhutan includes visits to old forts, palaces, monasteries, farm house, National Museum, sightseeing of Satsam Chorten, Taksang Monastery, Memorial Chorten, National Library, Handicrafts emporium and Tashichho Dzong to name a few. One can have wonderful experience of visiting Punakha, across the Dochula Pass and also paying a visit to Punaka Dzong. A visit to a typical farmhouse is recommended where one can savor traditional buttered tea with "Zaw" (puffed rice).



03 NIGHTS 04 DAYS "ENTER THE DRAGON"

Day 01: Paro arrival, **Day 02:** Paro sightseeing – Thimphu, **Day 03:** Thimphu sightseeing – Paro, **Day 04:** Paro departure

04 NIGHTS 05 DAYS "JOURNEY TO DRUK YUL"

Day 01: Paro arrival, **Day 02:** Paro Sightseeing – Thimphu, **Day 03:** Thimphu sightseeing – Wangduephodrang, **Day 04:** Wangduephodrang – Punakha – Paro, **Day 05:** Paro departure

05 NIGHTS 06 DAYS "JOURNEY TO DRUK YUL"

Day 01: Paro arrival, **Day 02:** Paro Sightseeing, **Day 03:** Paro – Thimphu, **Day 04:** Thimphu sightseeing – Wangduephodrang, **Day 05:** Wangduephodrang sightseeing – Punakha – Paro, **Day 06:** Paro departure

06 NIGHTS 07 DAYS "JOURNEY TO DRUK YUL"

Day 01: Paro arrival, **Day 02:** Paro Sightseeing, **Day 03:** Paro – Thimphu, **Day 04:** Thimphu sightseeing – Wangduephodrang, **Day 05:** Wangduephodrang sightseeing, **Day 06:** Wangduephodrang – Punakha – Paro, **Day 07:** Paro departure



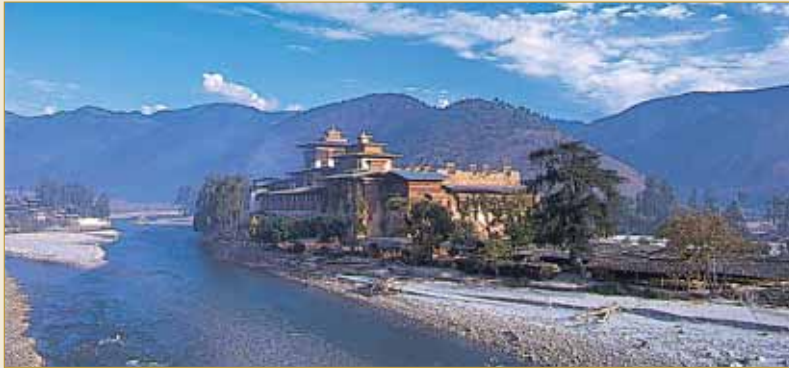
07 NIGHTS 08 DAYS "GANGTEY VALLEY TOUR"

Day 01: Paro arrival, **Day 02:** Paro Sightseeing, **Day 03:** Paro – Thimphu, **Day 04:** Thimphu sightseeing – Wangduephodrang, **Day 05:** Wangduephodrang sightseeing, **Day 06:** Wangduephodrang – Punakha – Paro, **Day 07:** Paro sightseeing, **Day 08:** Paro departure

11 NIGHTS 12 DAYS "DRAGON HEART EXPERIENCE"

Day 01: Paro arrival, **Day 02:** Paro Sightseeing – Thimphu, **Day 03:** Thimphu sightseeing, **Day 04:** Thimphu – Punakha – Wangduephodrang, **Day 05:** Wangduephodrang sightseeing, **Day 06:** Wangduephodrang – Bumthang, **Day 07:** Bumthang sightseeing, **Day 08:** Bumthang – Uram Monastery – Bumthang, **Day 09:** Bumthang – Wangduephodrang, **Day 10:** Wangduephodrang – Lobesa – Paro, **Day 11:** Paro – Taksang Monastery – Paro, **Day 12:** Paro departure

TREKKING



18 NIGHTS 19 DAYS "CLASSIC LAYA TREK"

Highlights: This is one of the treks that will always rank as one of Bhutan's finest treks. The route offers fantastic mountain views at close range including Mt. Gangchey Ta (tiger mountain), mother of the female river flowing through Punakha valley. Renowned for its diversity in Himalayan flora and Fauna. Numerous isolated dzongs and scattered settlements including the outlandish village of Laya, a unique culture of its own provide a great deal of cultural interest. Though remote, the Laya region is known for its hospitality and your time here will be delightful. The trek will end with a dip at the Gasa Tshachu (hot spring) relaxing every bone in your body, and the memories of the special trek will stay with you for a lifetime.

Day 01: Paro arrival, **Day 02:** Paro – Taktsang monastery – Paro, **Day 03:** Paro – Drugyel Dzong, drive – Shana camp (2800 m), **Day 04:** Shana camp – Soi Thangthangkha (3800 m), **Day 05:** Soi Thangthangkha – Jangothang (4050 m), **Day 06:** Rest day at Jangothang. Explore the surroundings., **Day 07:** Jangothang – Nyle la pass (4700 m) – Lingshi (4100 m), **Day 08:** Lingshi – Chebisa (3900 m), **Day 09:** Chebisa – Gobu la pass (4600 m) – Shomuthang (4250 m), **Day 10:** Shomuthang – Jari la pass (4650 m) – Robluthang (4300 m), **Day 11:** Robluthang – Shinie la pass (4950 m) – Limithang (4100 m), **Day 12:** Limithang – Laya (3850 m), **Day 13:** Rest day at Laya. Explore the surroundings., **Day 14:** Laya – Koina (3400 m), **Day 15:** Koina – Bamela pass (3750 m) – Gasa Hot spring (2200 m), **Day 16:** Gasa Hot Spring – Goen Damji (1850 m), **Day 17:** Goen Damji – Tashithang (1550 m) – Punakha – Wangduephodrang, drive, **Day 18:** Wangduephodrang – Thimphu – Paro, **Day 19:** Paro departure

11 NIGHTS 12 DAYS STUNNING CHOMOLHARI TREK

Highlights: This trek gifts you with great variety of Bhutanese landscapes and is without doubt one of the most beautiful and unspoiled trekking areas in the entire Himalayas. The trek begins at Drugyal dzong passing through beautiful villages, scattered hamlets and farmland. Different vegetation from richly forested valley to high alpine pastureland where Yak herders graze their animals. Trout fishing in the sky blue lake with magnificent view of three majestic peaks are some activities, which can be done on a rest day. You will also encounter rare species like the blue sheep & snow leopard.

Day 01: Paro arrival, **Day 02:** Paro – Taktsang Monastery – Paro, **Day 03:** Paro – Drugyel Dzong, drive – Shana camp (2800 m), **Day 04:** Shana camp – Soi Thangthangkha (3800 m), **Day 05:** Soi Thangthangkha – Jangothang (4050 m), **Day 06:** Rest day at Jangothang. Explore the surroundings., **Day 07:** Jangothang – Nyle la pass (4700 m) – Lingshi (4100 m), **Day 08:** Lingshi – Shodu (4950 m), **Day 09:** Shodu – Barshong (3500 m), **Day 10:** Barshong – Dodina – Thimphu, drive, **Day 11:** Thimphu – Paro, **Day 12:** Paro departure



10 NIGHTS 11 DAYS "DRUK PATH TREK"

Highlights: This is an excellent choice for those with a tight schedule. A short 4 days trek crossing the chain of mountains which separates two district, Paro & Thimphu or vice versa. This is a classic walk along high, windy ridges, past ruined forts, which long ago guarded against Tibetan invasion. Although the route is sparsely inhabited there are wonderful lakes teeming with fish and the area is famous for its spectacular rhododendron forests, which bloom in spring. The views of the Himalayas can be seen in late autumn and winter.

Day 01: Paro arrival, **Day 02:** Paro sightseeing, **Day 03:** Paro – Taktsang monastery – Paro, **Day 04:** Paro – Jele Dzong, trek (3100 m), **Day 05:** Jele dzong – Jangchulakha (3650 m), **Day 06:** Jangchulakha – Jigmelangtsho (3600 m), **Day 07:** Jigmelangtsho – Phajoding (3500 m), **Day 08:** Phajoding – Thimphu, **Day 09:** Thimphu – Wangduephodrang, drive, **Day 10:** Wangduephodrang – Punakha – Paro, **Day 11:** Paro departure

INDIA

Introduction

The subcontinent of India lies in South Asia, surrounded by Pakistan, China, Myanmar, Bangladesh, Bhutan and Nepal. It is bordered by the world's highest mountain chain to the north.

Side by side with the country's staggering topographical variations is its cultural diversity. For instance, the towering temples of South India are easily identifiable by their ornately sculptured surface, associated with a great many crafts and performing arts.

In the desert of Kutch, Gujarat, on the other hand, are sparsely built houses. In the extreme north is the high

altitude desert of Ladakh. Yet another facet of Indian culture is observed in the colorful tribal lifestyles of the northeastern states of Nagaland, Mizoram, Tripura and Manipur.

In the central Indian states of Orissa and Madhya Pradesh tribal village life has resulted in a variety of artistically executed handicrafts.



DARJEELING & SIKKIM TOURS



Sikkim

The natural beauty of tiny Sikkim attracts tourists in large numbers. The snow clad Himalayan ranges and virgin forests give the landscape a mesmerizing look. Cut off from the hustle and bustle of the modern world, Sikkim is the perfect destination for tourists to rejuvenate in the laps of the Himalayas.

Picturesque Sikkim boasts of a myriad of tourist attractions. Capital Gangtok is one of eastern India's most picturesque hill stations. The prime attractions of this hill station are snow clad mountains, rich flora and magnificent Buddhist monasteries. A visit to the orchid garden of Gangtok is equally worth. It has 454 different varieties of orchids. In northern part, a visit to Chungthang is a rewarding experience. Chungthang is the origin of the Teesta River with great scenic beauty. Other attractions in northern Sikkim are Yumthang, Singba Rhododendron Sanctuary and Kanchenjunga National Park.

Darjeeling

The most important and organized hill resort in Eastern India is Darjeeling which lies 686 kms from Kolkata perched at a height of 2134 meters with a backdrop of the lofty Himalayan peaks.

A clear view of Mt. Kanchenjunga can be seen on a sunny day. Moreover, world's highest peak Mt. Everest can also be seen from the town.

During the colonial era, the British rapidly developed Darjeeling into a thriving resort. In the 1840's tea plantation was introduced in the area. Darjeeling "orthodox" tea is now ranked among the most expensive tee products in the world.

Darjeeling is an abrupt change from the plains and Kolkata. The population is Nepali, Lepcha, Tibetan and Bhutia.

04 NIGHTS 05 DAYS SIKKIM & DARJEELING

Day 01: Gangtok arrival, **Day 02:** Gangtok – Yumthang Valley (3564 m) – Gangtok, **Day 03:** Gangtok – Darjeeling, **Day 04:** Darjeeling sightseeing, **Day 05:** Darjeeling departure

08 NIGHTS 09 DAYS SIKKIM, KALIMPONG & DARJEELING

Day 01: Darjeeling arrival, **Day 02:** Darjeeling sightseeing, **Day 03:** Darjeeling sightseeing, **Day 04:** Darjeeling – Gangtok, **Day 05:** Gangtok – Tshangu Lake – Gangtok, **Day 06:** Gangtok sightseeing, **Day 07:** Gangtok – Kalimpong, **Day 08:** Kalimpong sightseeing, **Day 09:** Kalimpong departure



Ladakh

Ladakh, the largest of the ten provinces of Jammu and Kashmir is bordered by the Karakorm chain of mountains in the north and Himalayas in the south.



Ladakh is the land of towering mountains and Buddhist heritage. It's beautiful terrains and a mountain beckons the adventurous souls for trekking and mountaineering. The land of jagged peaks and barren landscapes, it is at once alluring and awe-inspiring. Hidden behind this harsh and forbidding facade is an ancient civilization with captivating people. The great Indus River flows right through Ladakh. The province is divided into Leh, the capital, Nubra, Zaskar, Lower Ladakh and Rupshu.

07 NIGHTS 08 DAYS LADAKH TOUR (LEH & TSO MORIRI LAKE)

Day 01: Leh arrival, **Day 02:** Leh sightseeing, **Day 03:** Leh sightseeing, **Day 04:** Leh – Chumathang – Tso Moriri Lake, **Day 05:** Tso Moriri Lake sightseeing, **Day 06:** Tso Moriri – Leh, **Day 07:** Leh sightseeing, **Day 08:** Leh departure

IMPORTANT INFORMATIONS

VISA

NEPAL

A visa is required to enter Nepal except SAARC* and Chinese nationals. One can get a visa at the Royal Nepalese Embassy or consulate or at the airport upon arrival. Two copies passport sized photograph are required to get visa.

VISA FEE:

Entries	Fee
Single Entry	US\$ 30 for 60 days.
Multiple Entry	US\$ 80 for 50 days.
Visa extension fee	US\$ 30 for 30 days.
Re entry visa fee**	US\$ 30 for 30 days.

- Children under 10 years need not pay visa fee.
- If a visitor already visited Nepal and intend to visit again within same year (within Jan-Dec) can obtain entry visa paying US\$ 30 for 30 days.

1. SAARC: South Asian Association of Regional Cooperation (represents Bangladesh, Bhutan, India, Maldives, Pakistan and Sri Lanka)
2. If a person stays in Nepal more than 15 days and wish to reenter same year (Jan-Dec) will get free visa.
3. Transit passenger will get free transit visa for 72 hours.

TIBET

A visa is required to enter Tibet, Autonomous Region of China. One can get a visa at the Chinese Embassy in Kathmandu and need two copies of passport-sized photographs

VISA FEE:

Entries	Fee
Single Entry	US\$ 28.

- A visa for China does not entitle you to travel in Tibet.
- Rush fee US\$ 17 shall be charged if a person needs visa same day.
- For American Nationals, extra charge of US\$ 20 will apply.

BHUTAN

Visa application procedure is required to done in advance through tour operator and receive advance approval before you travel to Bhutan but actual visa are issued only when you arrive in the country. A three copies passport sized photograph is required on arrival.

VISA FEE:

Entries	Fee
Single Entry	US\$ 20 for 14 days.

- US \$10 as tourism development fee must be paid on arrival.

FLIGHTS

INTERNATIONAL:

There are several flights connecting Nepal to various countries. The following are current online airlines to Nepal operating from Major hubs like Delhi, Kolkata, Varanasi, Dhaka, Doha, Abu Dhabi, Bangkok, Singapore, Kuala Lumpur, Hong Kong, Shanghai, Guangzhou, Lhasa, Seoul, etc with suitable timings to connect flight worldwide:

Frequency of the flights:

Nepal Airlines: 07 flights a week from Delhi, 02 flights a week from Dubai, 02 flights a week from Bangkok, 02 flights a week from Hong Kong & 02 flights a week from Kuala Lumpur

Jet Airways: 14 flights a week from Delhi

Jet Lite: 07 flights a week from Delhi

Cosmic Air: 14 flights a week from Delhi & 03 flights a week from Varanasi

Indian Airlines: 07 flights a week from Delhi, 05 flights a week from Kolkata and 04 flights a week from Varanasi

Thai Airways: 07 flights a week from Bangkok

Orient Thai Airlines: 02 flights a week from Bangkok

Silk Air: 03 flights a week from Singapore

Biman Bangladesh Airlines: 07 flights a week from Dhaka

GMG Airlines: 04 flights a week from Dhaka

Pakistan International Airlines: 02 flights a week from Karachi

Korean Air: 01 flight a week from Seoul

Qatar Airways: 14 flights a week from Doha

Gulf Air: 11 flights a week from Baharain

Air Arabia: 07 flights a week from Sharjah

Etihad Airways: 02 flights a week from Abu Dhabi

Air China: 03 flights a week from Lhasa

China Southern: 03 flights a week from Guangzhou

Dragon Air: 04 flights a week from Hong Kong

Hong Kong Express: 03 flights a week from Hong Kong

Druk Air: 03 flights a week from Paro & 03 flights a week from Delhi

Flyyeti.com: 07 flights a week from Kuala Lumpur, 05 flights a week from Abu Dhabi, 02 flights a week from Sharjah & 05 flights a week from Doha

DOMESTIC:

There are several domestic flights operating between the major cities and remote areas of Nepal. The major airlines operating the domestic flights are as mentioned under:

Nepal Airlines
Buddha Air
Yeti Airlines
Cosmic Air
Gorkha Airlines
Sita Air
Agni Air

AIRPORT TAX

While departing from any destinations originating from airports in Nepal, the airport taxes are payable directly at the airport. The current airport tax are as mentioned below (as of 25 June 2008):

International departure:

SAARC countries:	NRs 1356 per person
Other destinations:	NRs 1695
Domestic departure:	NRs 170 per person

OUR RESPONSIBILITIES:

Welcome to the world's biggest industry. By the year 2010 it is forecast that more than one Billion people will take an overseas holiday – and you may be one of them. The impact of tourism has already been immense and it will certainly increase. The travel industry can bring many benefits to local communities, including an injection of cash and employment for local people, preservation of native habitats and indigenous wildlife, and cultural exchange. However, without care, tourism can also have a negative impact: destruction of natural habitats; diversion of scarce resources; disturbance of wildlife; and the violation of tribal peoples' rights.

We aim to set responsible tourism standards within the travel industry and to minimize the impact of our challenges on the environment within which we operate.

We ensure that every challenge we run benefits both the charity being supported, and also the local communities with whom we interact.

The social, economic and environmental impact of our

challenges is considered at all stages of planning a challenge. Our responsible tourism policy covers our operations in Nepal & surrounding countries, whilst on the challenge and also advises travelers how they can minimize their impact on the environment and benefit the host communities as much as possible.

Aim of this policy

This responsible tourism policy is at the heart of all of the company's actions. It is used to educate our staffs, tour leaders, guides, local agents and suppliers, partner charities and participants on the importance of responsible tourism.

Internally

We recently appointed a Responsible Tourism Manager to ensure that these guidelines are adhered to throughout our business operations in Nepal and surrounding countries. Comments from client feedback forms are passed back to the relevant ground agents we use in country and where appropriate, positive changes are implemented. In addition, we have recently implemented a series of environmental audits, which are carried out in country by our tour leaders and help us to keep a focus on what is really happening on the ground.

What do SAMRAT do?

SAMRAT aim to:

- Use locally owned transport, accommodation, guiding services and restaurants in the host communities, ensuring financial gain benefits the local community.
- Minimize our environmental and social impact by limiting group size to an average of 15-20 participants.
- Educate our guides and tour leaders on cultural norms and sustainable tourism practices.
- Follow local and international guidelines about environmental protection.
- Ensure every staff member on tours gets a fair wage, and is tipped appropriately.
- Follow the guidelines set out by the labour law
- Encourage participants to learn about and integrate with the host communities, and have respect for local customs and cultures.
- Ensure that all staff at home and abroad operate within our guidelines for responsible tourism, and are fully informed about our responsible tourism policy, and share this knowledge with tour participants.

Support for local projects

As part of our commitment to the local communities we interact with during our trips, we donate approx 5% group to a local community project.

We acknowledge that it is our duty as a responsible tour operator to ensure that we do all we can to make the

experience for you as our client, and for the countries we visit, as positive as possible.

Local community support

We employ local guides, porters and other essential support staff and we try, wherever possible, to use locally owned accommodation. This way, local trip costs can truly benefit the local community. We train our support teams thoroughly in all aspects of our responsible tourism policy.

Air travel and climate change

Tourism is the single biggest service industry in the world. It accounts for 10.4% percent of the world GDP and 8.2% of total employment worldwide, which is equal to 231.2 million jobs. For many developing countries, tourism is one of the main sources of foreign exchange. Therefore, reducing travel to these countries is not a long-term solution to climate change. Any potential solution to global warming comes at a cost; investment in renewable energy, cleaner technologies, waste reduction processes, and so on. We believe that the solution lies in both raising awareness of the impact travel can have on the world climate, and addressing the ways in which we operate our trips. We have recently fully automated our office operations, reducing the amount of paper, toners, envelopes, etc., that we use. We are also raising awareness of carbon footprint issues with our suppliers and partners. Through the offsetting, we are funding projects in renewable energy and energy efficiency, which fight climate change and benefit communities.

What you can do pre-tours

You have a very important role to play in ensuring our guidelines for responsible tourism are carried out during the trips. Participants are encouraged to enter into the spirit of adventure, but to do so with respect for the places and people you visit. For the truly responsible traveler this starts at home.

Remove all unnecessary packaging

Many countries do not have the same refuse disposal systems, as you are used to. An expedition can cause a surprising amount of waste. We ask that you all do as much as possible to minimize this, and to see that rubbish is disposed of responsibly. Be particularly aware of the problems of disposing of batteries; if in doubt bring them home with you.

Read about the destination you are going to in advance Knowledge of the local culture and environmental issues will help you become a more sensitive traveler.

Learn a few words of the local language

A few well-chosen words will go a long way. If you are able to communicate even at a very modest level you will feel more comfortable in the environment you are in and put your hosts at ease.

What you can do whilst on the trips

During the tours is when you will have the biggest influence on the environment, so this is your chance minimize the negative impact and to make it as positive as possible for all involved.

Don't leave rubbish behind

Please take it with you. Your rubbish is not often biodegradable, is always unsightly, and may take years to biodegrade especially in desert or mountain environments. In some instances rubbish can cause great harm to wildlife. It may seem that local communities have little regard for their environment and contribute heavily to the problem of rubbish, but waste disposal is often very limited. Please don't let our presence add to these problems.

Please carry your rubbish with you and dispose of it at the next camp or town you come to. Try and leave the area as you would want to find it, this may include picking up other people's rubbish at your campsite. Try to use the same water bottle without buying new ones each time yours has run out.

Smoking

If you must smoke, you should collect the matches and cigarette butts when finished and put them in your pocket and dispose of them properly when you get to camp. Not only does it present a fire risk, cigarette butts take many years to decompose and may harm local wildlife.

Noise

Noise should be kept to a minimum so as not to disturb the animals, or any other game watchers. Animals should not be touched, goaded, fed or disturbed in any way. Don't try to approach animals as this may cause them to panic and injure themselves as they run away. On tours where animals are used for transportation we aim to ensure that animals are well looked after, are fed well and given realistic loads to carry

Damage

Try not to damage any plant life, which you come across. This includes not picking flowers, which might be rare. When trekking, follow your guides and keep to the path. Going off the beaten track could result in damaging sensitive soil and vegetation. Removing coral damages the marine ecosystem and is nearly always unsustainable. If you are near coral, please bear in mind it is made up of tiny animals and takes centuries to grow. Treading on coral can cause severe long-term damage.

Gifts

If you wish to take gifts of books or pens for use in schools, please ask your tour leader how this can be done in a fair and responsible way. It may be possible to visit a school at some point in the tours / trekking that SAMRAT supports through client donations. Buying products made

from endangered species threatens their existence. Remember, in most cases it is illegal to export products from elephant ivory, rhino horn, furs, endangered tree species, butterflies, orchids, cacti, coral, sea turtle products, snakeskin and wild game meat. Similarly, when on the beach, don't buy shells because that encourages the seashell trade. Do not be tempted to buy ancient artifacts such as pottery, which possibly were stolen from graves or unexplored tombs etc. Be aware that some goods may be manufactured through child labor.

Accommodation

Most of the tours / trekking begin and end in a hotel. When you stay in at your hotel please turn off air conditioning and lights when you are not in the room. Also ask the tour / trek leader to talk to hoteliers about towel washing option and please use the towels more than once rather than asking for (or allowing) them to be washed every day.

Toilets

As many of our trekking / expeditions will take you off-the-beaten track, there are often lacks of toilet facilities. On treks it is unlikely you will have a flushing toilet. Instead a toilet tent will be erected and a pit dug. The pit should be dug at least 30m away from any water sources, and any paper rubbish should be collected and burnt, not buried. If you are out for the day and no toilet is available please ask your tour leader what the appropriate action is and ensure you don't leave any paper waste behind. Where a toilet is provided, please use it, as opposed to finding your own rock to crouch behind. Only if there is no risk of fire use toilet paper and burn it but ask the trek / expedition leader first. Toilet paper is unsightly and takes a long time to break down.

Social impact

As well as impacting upon the physical environment, tourism can have a huge and lasting impact on the people and culture of the country you are visiting. By following local guidelines and by being respectful of culture and traditions, you will gain as much out of the trips as possible and hopefully leave behind a positive impression.

You may be confronted by extremes of wealth and poverty

Unfortunately, beggars are a fact of life – some are genuine, others are trying to cash in on the tourist trail. Whether you give money or gifts is a personal matter. If you give anything to any local people, try not to be 'condescending', e.g. don't throw pens out of the vehicle to children as you pass a village. Don't give sweets to children. Although it may seem as though you are giving them a treat, many places we visit have little or no dental care, and by giving sweets you are contributing to their tooth decay. It will also encourage children to beg and see tourists as little more than a source of sweets and treats. Don't show off your relative wealth, with displays of money and material goods such as camera equipment or jewellery. It's not only making you a potential target to be robbed but is also highlighting the poverty gap that may exist between yourselves and those in the host places.

Tipping

Tipping is perfectly acceptable and can form the base of the local economy, with some relying mainly on tips. Your tour / trekking / expedition leader will advise you on tour when and how much is appropriate. Please feel free to take with you pens, books, pencils etc but please give them to your tour / trekking / expedition leader to distribute and not directly to children or communities you meet as this may build expectations and can create problems for future travelers.

Bargaining

Prices are generally low due to low wages and poor working conditions. Only start to bargain if you intend to buy, as it's not fair to knowingly mislead a hardworking vendor. When bargaining for goods, please bear in mind that 10 cents is nothing to you, but might be a lot to the vendor. Always have a figure in mind that you think is fair to pay and don't feel aggrieved if you find the same product for less. Don't get angry or aggressive when bargaining remember the vendor is just trying to make a living, even though it may be at your expense.

Locally made goods

Do not buy endangered plants, animal skins, or anything made from cacti, coral, shells, starfish, ivory, fur or feathers. We encourage you however to buy locally made goods and crafts and seek out shops or markets that work as co-operatives. This means that a fair amount is paid to the producers and discourages mass-production. You may also be able to buy more unique goods and souvenirs. When in markets or busy areas, avoid public displays of wealth such as watches, rings, jewelry and ipods. The golden rule of traveling is if you don't need it; don't take which is especially true for jewellery.

Respect

Respect local customs and follow high standards of courtesy. Treat images of the heads of state with respect. Be aware of the differences in social behavior and behave appropriately. Standards of acceptable behavior vary greatly from place to place, and people of developing countries can often be easily shocked by 'western' behavior. Displays of intimacy are often considered not suitable in public. Don't make promises you can't keep. So if you say you are going to write, do. Learn some words in the local language to help make contact and conversation.

Photography

Ask permission before taking someone's photo. Many people don't like having their photo's taken and there may be religious reasons for this. Don't pay children for photos' as it will encourage them to beg. If they have the opportunity to go to school they may not to be so willing to do so if they can make money from tourists by looking cute. Be cautious when taking photos of bridges, official buildings, persons in uniform, planes and airports, or religious buildings and ceremonies. Ask your tour / trekking / expedition leader for advice if unsure.

Physical contact

Acceptable physical contact and body language varies in different destinations. Knowing the social norms in the destinations you are traveling through will help you to avoid embarrassing situations and enhance your chances of meeting the locals.

Local dress code

Observe the local dress code in the areas in which you are traveling, e.g. cover up in holy places. Local people can feel deeply offended when visitors do not observe the dress code and this can also cause unwanted attention. Respect property and their surroundings. Leave places you visit as you found them, or even better. Ensure you know the appropriate behavior for the situation you are in, for example, ask your tour leader if it is essential to remove your shoes before entering a building.

Treat local staff with respect and humility

No matter what their role is on your tour. We aim to ensure every person involved in the tour has a fair wage and has the right to work in safe conditions.

Don't have any involvement with drugs or prostitution

Not only are both illegal in most countries we visit, but the trade presents real dangers for the people involved, many of whom are forced to do so against their will.

What you can do post-tours

If you promise to send photos back to someone please ensure you do so. This is an excellent way of sharing a positive interaction and many locals love to see themselves in print.

Room for improvement

We are supporters of Tourism Concern and members of their Ethical Tour Operators Group who meet to discuss ways of setting best practice in ethical tourism. We are constantly looking for ways to improve our operations to further benefit the local communities in which we operate. As such, we welcome your thoughts on any ways you feel we can improve our responsible tourism practices.

FORM FOR TOURS / TREKS / EXPEDITION

Title of Tour, Treks or Expedition:

Date:

Full Name (As in Passport):

Nationality:

Date of Birth:

Occupation:

Passport Number:

Date of Issue:

Date of Expiry:

Place of Issue:

Mailing Address:

Telephone:

Fax:

Cell:

Email:

Flight details Date:

Airlines:

Flight No:

Flight Time:

In case of an emergency, Please notify (Mt./Mrs./Miss./Ms.):

Please let us know how you heard about us:

Signature:

Date:

Agency Stamp:

Date: