



**trek**

NEPAL INT'L  
[www.treknepal.com](http://www.treknepal.com)



**NEPAL-TIBET**

TREKKING | HIKING

MOUNTAINEERING

TRAVEL INFO

FIXED GROUP DEPARTURES





# namaste and welcome to the himalayas

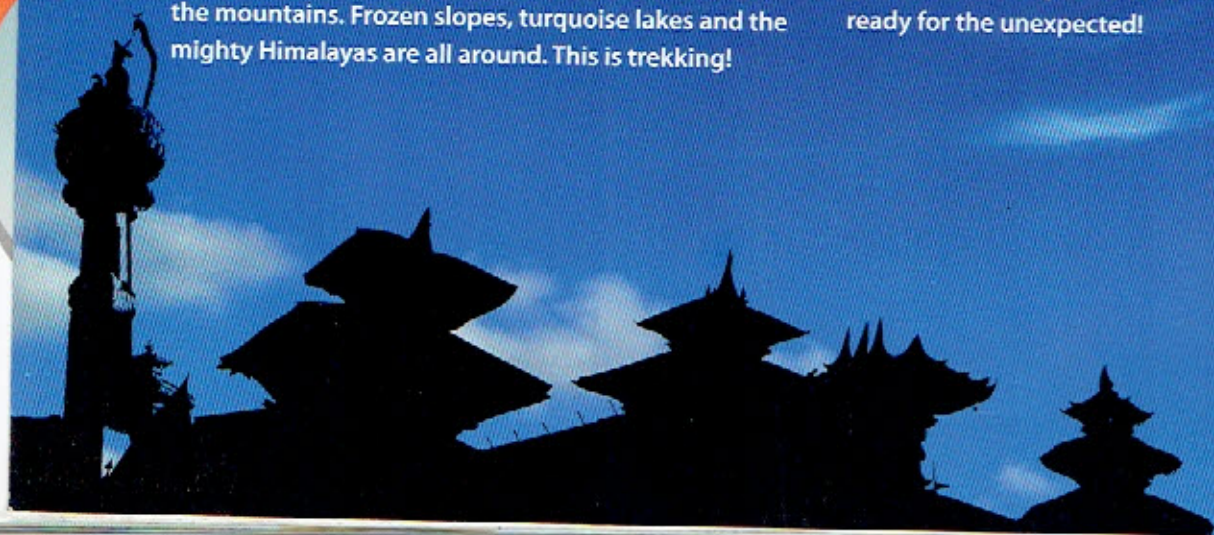
Abode of the Gods, home of the mighty Himalayas and to some of the world's best treks. Nepal as a trekking destination needs no introduction. Your adventure begins from the moment you arrive in mystical Kathmandu. The people of Nepal come from over 40 different cultural groups and Kathmandu is where they come for pilgrimage and trade. These people come to Kathmandu mostly on foot, travelling hundreds of miles along the trekking trails that are their mountain 'highways'.

If you have a thirst for adventure and enjoy getting off the beaten track let us show you our Nepal. From the tropical jungles to the snow capped peaks Nepal has many facets. Wind your way through rhododendron forests, rice paddies and thatched mountain villages eventually rising above the tree line into the heart of the mountains. Frozen slopes, turquoise lakes and the mighty Himalayas are all around. This is trekking!

At Trek Nepal Int'l, we take various sized groups on Himalayan adventures, run eco-friendly trekking and wilderness expeditions and organize scenic and cultural tours through Nepal and Tibet. A group may be an individual or many and we are able to bring people together to form a group. Your adventure can be one of our scheduled tours or tailor-made to your requirements.

Don't want to go as a tourist! Want to visit special places and meet local people, well then Trek Nepal Int'l is for you. With us you will get a rare chance to immerse yourself in local culture, the landscape and the people.

To travel with us, pack a sense of humour and get ready for the unexpected!





## our team

Trek Nepal Int'l is an independent owner-operated company of qualified and experienced outdoor professionals. Established in 2001 our organisation has grown organically over the years. Our staff are trained to show the best that this region has to offer, as well as ensuring your safety. Presently, we are a team of 28 young and energetic people working full-time who aspire to fulfill all your travel needs and dreams.



Our team members were born and grew up in the Himalayan mountain region of Nepal and have intimate knowledge of the terrain, the people, and the cultures. Thus, enabling us to provide you with the opportunity to venture off beaten paths through unspoiled natural areas. With our life long knowledge of the region, mountain skills and international reputation for leading adventure travel, we offer an informative, unforgettable and safe experience.

We follow a social philosophy that seeks to be responsible to the society and the environment in which we work. We provide equal opportunities for all, irrespective of gender.

Trek Nepal Int'l is licensed under the Ministry of Tourism, Government of Nepal.

*Leave only footprints behind.... after many years working with one of Nepal's largest outfitters and seeing the effect that tourism can have, we have developed ways to protect the ecosystem. We carry out all of our rubbish. Our cooking is done over adapted gas or kerosene stoves, never firewood. We urge our clients to bring warm clothes for evenings, as we do not believe in campfires. Nepal is rugged and beautiful but also ecologically and culturally fragile. Trek Nepal Int'l is committed to responsible travel. Our guides hold a great respect and passion for the natural environment, **our home.***





## annapurna circuit

This is probably one of the world's most beautiful treks. It takes you through a wonderful variety of landscapes and cultures, from the subtropical lower Marsyangdi valley where Gurung and Thakali settlements dominate to the northern arid Buddhist areas. Along the Marsyangdi River, on easy trails and suspension bridges, through rice terraces and forests, you will slowly gain altitude and acclimatize. After leaving Pisang one can get stunning and extremely up-close views of snowy and glaciated high peaks including Annapurnas II, III and IV. This remote area lies in a rain shadow formed by the Annapurnas and the landscape supports little in the way of forests apart from pine, juniper and scrub rhododendron. Huge glacial moraines abound, etched deeply by wind erosion into fantastic pillars. The Thorong La Pass (5416m) is one of the highlights of this trek. Moreover, the religious sanctity of Muktinath, the mules and peculiar customs of Jomsom will leave you spell bound.

**Starting point:** Kathmandu  
**Finishing point:** Pokhara  
**Duration:** 16 days  
**Trekking days:** 12 days  
**Max. Alt:** 5,416m/17,764ft.  
**Type of trek:** Lodge/Teahouse Trek  
**Trek grade:** Moderate/Adventurous  
**Departure dates:** visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Evening pre-trip briefing.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek
- Day 3:** Drive to Besisahar (6hrs) and trek to Bulbule (2hrs) Alt. 840m / 2,755ft.
- Day 4:** Trek to Ghermu Alt. 1,170m / 3,837ft. (5 ½ hrs)
- Day 5:** Trek to Tal Alt. 1,700m / 5,576ft. (5 ½ hrs)
- Day 6:** Trek to Danakyu Alt. 2,300m / 7,544ft. (4 ½ hrs)
- Day 7:** Trek to Chame Alt. 2,670m / 8,758ft. (4 ½ hrs)
- Day 8:** Trek to Pisang Alt. 3,200m / 10,496ft. (5hrs)
- Day 9:** Trek to Manang Alt. 3,540m / 11,611ft. (6hrs)
- Day 10:** Acclimatization day
- Day 11:** Trek to Yak Kharka Alt. 4,018m / 13,179ft. (4hrs)
- Day 12:** Trek to Thorung Phedi Alt. 4,500m / 14,760ft. (4hrs)
- Day 13:** Trek over the Thorung La Pass (5,416m) then on to Muktinath Alt. 3,760m / 12,332ft. (8hrs)
- Day 14:** Trek to Jomsom Alt. 2,720m / 8,921ft. (5hrs) - Optional flight to Pokhara
- Day 15:** Drive to Tatopani (Hot springs) Alt. 1,190m / 3,903ft. (5hrs)
- Day 16:** Drive to Pokhara (7-8hrs)

**Optional programs from Pokhara (on request)**

▶ White water rafting ▶ Jungle safari (Chitwan National Park or Bardia National Park) ▶ Paragliding ▶ Mountain biking





## annapurna basecamp

Easily accessible from Pokhara, the hidden stronghold of the Annapurna Sanctuary is one of the most popular trekking destinations in Nepal. It's a deep glacier, giving the effect of an amphitheatre surrounded by a ring of impressive high peaks including Homunculi, Annapurna South, Fang, Annapurna, Ganagapurna, Annapurna III and Machhapuchhre. From the terraced farmland above Pokhara, we trek on good trails through scattered Gurung settlements and abundant forests, climbing gradually into a world of ice and snow. This trek offers truly amazing scenery, with a combination of picturesque rice-fields, villages and a panorama of high peaks.

Starting point: Kathmandu  
Finishing point: Pokhara  
Duration: 13 days  
Trekking days: 10 days  
Max. Alt: 4,200m/13,776ft.  
Type of trek: Lodge/Teahouse Trek  
Trek grade: Moderate  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Evening pre-trip briefing.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Drive to Pokhara (6-7hrs). Alt. 820m / 2,690ft.
- Day 4:** Drive to Nayapul, 1,070m (1hr) then Trek to Hile Alt. 1,430m / 4,690ft. (3hrs)
- Day 5:** Trek to Ghorepani Alt. 2,860m / 9,380ft. (6hrs)
- Day 6:** Sunrise viewed on Poonhill, then trek to Tadapani Alt. 2,630m/8,626ft (4hrs)
- Day 7:** Trek to Chhomrung Alt. 2,170m / 7,117ft. (5hrs)
- Day 8:** Trek to Dobhan Alt. 2,600m / 8,528ft. (5 ½ hrs)
- Day 9:** Trek to Machhapuchhre Base Camp Alt. 3,700m / 12,136ft. (5hrs)
- Day 10:** Trek to Annapurna Base Camp (4,200m) then return to Dobhan Alt. 2,600m / 8,528ft. (6 ½ hrs)
- Day 11:** Trek to Jhinu (hot springs) Alt. 1,780m / 5,838ft. (5 ½ hrs)
- Day 12:** Trek to Landruk Alt. 1,565m / 5,133ft. (4hrs)
- Day 13:** Trek to Kande (1,720m) (5hrs) Drive back to Pokhara (40 mins)

### *Optional programs from Pokhara*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Paragliding
- ▶ Mountain biking







# annapurna and dhaulagiri

This route offers staggering views of Annapurna South and other surrounding peaks. Trekking in this region is appealing for those who wish to experience the diversity of Nepal. You will witness a variety of picturesque villages inhabited by mixed ethnic groups, lush forests and magnificent mountain scenery. The views from Kobra ridge are spectacular, bringing you up close to the Annapurna and Dhaulagiri Peaks. Trekking past lakes formed by the glaciers and ice falls of Annapurna south, perception and time subtly shift and one feels like a pioneer on a completely different planet.

Starting point: Kathmandu  
Finishing point: Pokhara  
Duration: 14 days  
Trekking days: 10 days  
Max. Alt: +/- 4,240m/13,907ft.  
Type of trek: Home stay  
Trek grade: Moderate  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Drive to Pokhara (6-7hrs) Alt. 820m / 2,690ft.
- Day 4:** Drive to Nayapul and then trek to Ghandrung Alt. 1,940m / 6,363ft. (4hrs)
- Day 5:** Trek to Tadapani Alt. 2,630m / 8,626ft. (4hrs)
- Day 6:** Trek to Dobato Alt. 3,460m / 11,348ft. (5hrs)
- Day 7:** Trek to Chistibang Alt. 3,100m / 10,168ft. (5hrs)
- Day 8:** Trek to Kobra Ridge Alt. 3,650m / 11,972ft. (5 ½ hrs)
- Day 9:** Trek to Khayer Lake (4,780m) then return to Kobra Ridge Alt. 3,650m / 11,972ft. (9hrs)
- Day 10:** Trek to Swata Alt. 1,900m / 6,232ft. (5hrs)
- Day 11:** Trek to Ghorepani Alt. 2,860m / 9,380ft. (4hrs)
- Day 12:** Sunrise viewed on Poonhill, then trek to Tikhedhunga Alt. 1,540m/5,051ft. (5hrs)
- Day 13:** Trek to Nayapul, then drive to Pokhara Alt. 820m / 2,689ft. (3hrs)
- Day 14:** Drive or fly back to Kathmandu.

### **Optional programs from Pokhara**

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Paragliding
- ▶ Mountain biking





## mardi himal

Mardi Himal is the name of the long rising ridge and its summit (5,588m), that forms the southwesterly slope of Mt. Machhapuchhre, immediately below its sheer south face. Machhapuchhre, which towers majestically over the Pokhara Valley, is best known as Fishtail Mountain because of its twin peaks that mirror the image of a fish tail. It is superbly beautiful and considered sacred, permission to climb it has, so far, always been denied. The ridge, mostly grassy and sometimes under snow, takes us up to 'High Camp', 3,620m where time is spent acclimatizing while being awestruck by the views. Annapurna South seems near enough to throw a rock at and Machhapuchhre close enough to touch. Finally, upon reaching 5,000 meters or more, the great ice fields and blue glaciers of the Sanctuary Wall are below. Around us, in an arc from horizon to horizon, (from Dhaulagiri to the Ganesh Himal), are a dozen or more glistening snow-bound giants, with Annapurna I, highest of all, beyond. You are standing on a spot that has been a constant aim for days now, a place, a time, a view that is almost impossible to equal- and you've earned it!



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Drive to Pokhara (6-7hrs). Alt. 820m / 2,690 ft.
- Day 4:** Drive to Phedi and then trek to Pothana 1,890m / 6,199ft. (3 ½ hrs)
- Day 5:** Trek to Forest Camp Alt. 2,500m / 8,200ft. (5 ½ hrs)
- Day 6:** Trek to Low Camp Alt. 3,170m / 10,397ft. (5hrs)
- Day 7:** Trek to High Camp Alt. 3,620 / 11,873 ft. (4 ½ hrs)
- Day 8:** Exploration day at High Camp (optional - trek up to 5,000m for breathtaking views)
- Day 9:** Trek to Siding Village Alt. 1,280m / 4,198ft. (6 ½ hrs)
- Day 10:** Trek to Nayapul (2 ½ hrs) and then drive back to Pokhara (1hr & 15mins)

### Optional programs from Pokhara

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Paragliding
- ▶ Mountain biking

**Starting point:** Kathmandu

**Finishing point:** Pokhara

**Duration:** 10 days

**Trekking days:** 7 days

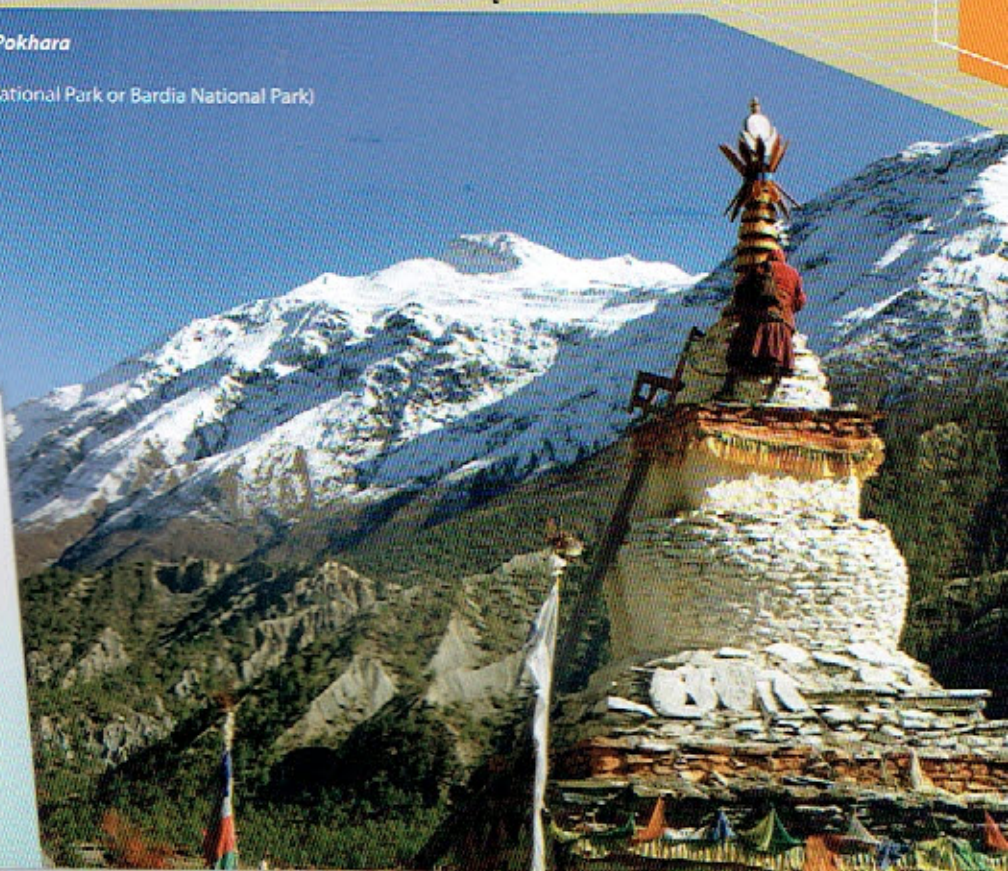
**Max. Alt:** +/- 5,000m/16,400ft.

**Type of trek:** Home stay

**Trek grade:** Moderate

**Departure dates:** visit our website

<http://treknepal.com>







## annapurna panoramapoonhill

This low-altitude trek enables you to enjoy breathtaking scenery of some of the highest Himalayan peaks. From the terraced rice-fields above Pokhara, we walk along good trails through picturesque Gurung villages and the world's biggest rhododendron forest which, in spring, bursts with many different hues. The dawn view of Dhaulagiri, Machhapuchhre and Annapurna South, from Poon Hill, a vantage spot for viewing, is the highlight of this trek. Short and fairly easy, this trek is a perfect starter for those not sure of their walking ability, or those who wish to make the most of only a few days. The trek finishes at the magnificent lake in Pokhara, where you can add one or two days

Starting point: Kathmandu  
Finishing point: Pokhara  
Duration: 8 days  
Trekking days: 5 days  
Max. Alt: 3,200m/10,496ft.  
Type of trek: Lodge/Teahouse Trek  
Trek grade: Easy  
Departure dates: visit our website  
<http://treknepal.com>





## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Drive to Pokhara (6-7hrs). Stay overnight in Pokhara Alt. 820m / 2,690 ft.
- Day 4:** Drive to Nayapul (1hr) then trek to Hile Alt. 1,430m / 4,690 ft. (3hrs)
- Day 5:** Trek to Ghorepani Alt. 2,860m / 9,380 ft. (6hrs)
- Day 6:** Sunrise view on Poonhill. 3,200m (45mins up & 30 mins down) then trek to Tadapani Alt. 2,630m / 8,626 (4hrs)
- Day 7:** Trek to Jhinu (Hot spring) Alt. 1,780m / 5,838 ft. (5 ½ hrs)
- Day 8:** Trek to Birethanti, 1,050m / 3,444ft. (4hrs) then drive back to Pokhara (1hr)

### *Optional programs from Pokhara*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Paragliding
- ▶ Mountain biking





## sikles and taratop

This fabulous trek takes you off the beaten path and through the Gurung Villages of Ghalegoung and Parje, giving an extraordinary cultural treat. Tara Hill Top at 3,056m provides breathtaking, up-close views of the entire Annapurna Range. The ridge above the village of Sikles offers amazing scenery of the eastern Annapurnas. En route you will pass through friendly villages, terraced fields, alpine pastures and rhododendron forests.

Starting point: Kathmandu  
Finishing point: Pokhara  
Duration: 8 days  
Trekking days: 5 days  
Max. Alt: 3,056m/10,023ft.  
Type of trek: Home stay  
Trek grade: Easy  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1: Arrive in Kathmandu. Transfer to hotel. Evening pre-trip briefing.
- Day 2: Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3: Drive to Pokhara (6-7hrs) Alt. 820m / 2,690ft. (6hrs)
- Day 4: Drive to Bhurjungkhola and then trek to Ghalelgaun 1,940m / 6,363ft. (5hrs)
- Day 5: Trek to Tara Hill Top Alt. 3,056m / 10,023ft. (6hrs)
- Day 6: Trek to Parje Village Alt. 1,940m / 6,363ft. (5hrs)
- Day 7: Trek to Lamakhet Alt. 980m / 3,214ft. (5½ hrs)
- Day 8: Trek 3hrs and then drive back to Pokhara Alt. 820 / 2,689ft. (45mins)

### *Optional programs from Pokhara*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Paragliding
- ▶ Mountain biking



# everest basecamp

This is one of the world's best treks, set amongst breathtaking high mountain sceneries. Magnificent landscapes, imposing and prestigious peaks, tapering ridges and colourful villages contribute to turning this trek into an unforgettable experience. The itinerary leads through the high Khumbu Mountains before finally arriving at the foot of Everest. The Kala Pattar (5,554m) ascent is one of the highlights of this trek from here one can have a lifetime panorama of Ama Dablam, Makalu, Nuptse, Lhotse and the majestic Everest.



Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 15 days  
Trekking days: 12 days  
Max. Alt: 5,554m/18,217ft.  
Type of trek: Lodge/Teahouse trek  
Trek grade: Moderate  
Departure dates: visit our web  
<http://treknepal.com>



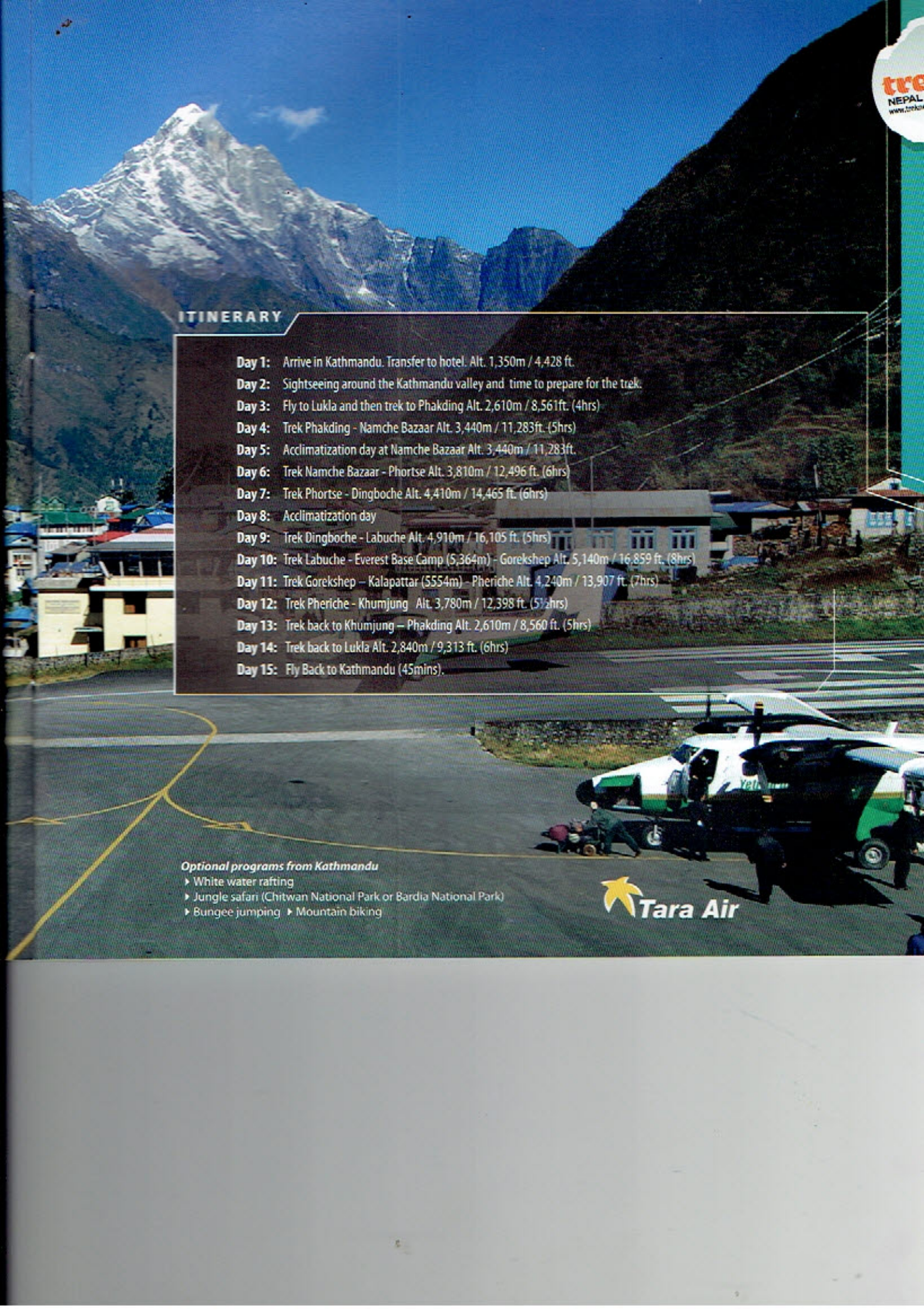
## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly to Lukla and then trek to Phakding Alt. 2,610m / 8,561ft. (4hrs)
- Day 4:** Trek Phakding - Namche Bazaar Alt. 3,440m / 11,283ft. (5hrs)
- Day 5:** Acclimatization day at Namche Bazaar Alt. 3,440m / 11,283ft.
- Day 6:** Trek Namche Bazaar - Phortse Alt. 3,810m / 12,496 ft. (6hrs)
- Day 7:** Trek Phortse - Dingboche Alt. 4,410m / 14,465 ft. (6hrs)
- Day 8:** Acclimatization day
- Day 9:** Trek Dingboche - Labuche Alt. 4,910m / 16,105 ft. (5hrs)
- Day 10:** Trek Labuche - Everest Base Camp (5,364m) - Gorekshep Alt. 5,140m / 16,859 ft. (8hrs)
- Day 11:** Trek Gorekshep - Kalapattar (5554m) - Pheriche Alt. 4,240m / 13,907 ft. (7hrs)
- Day 12:** Trek Pheriche - Khumjung Alt. 3,780m / 12,398 ft. (5½hrs)
- Day 13:** Trek back to Khumjung - Phakding Alt. 2,610m / 8,560 ft. (5hrs)
- Day 14:** Trek back to Lukla Alt. 2,840m / 9,313 ft. (6hrs)
- Day 15:** Fly Back to Kathmandu (45mins).

### Optional programs from Kathmandu

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Bungee jumping ▶ Mountain biking

 **Tara Air**







## everest base camp and gokyo lakes

This is another trek on the Everest route that takes you to the heart of Everest. After a magnificent mountain flight to Lukla you will follow the Dudh Kosi valley to Namche Bazaar. The itinerary leads through the high Khumbu Mountains before finally arriving at the foot of Everest. The Kala Patta (5,554m) ascent is one of the highlights of this trek from here one can have a lifetime panorama of Ama Dablam, Makalu, Nuptse, Lhotse and the majestic Everest. After witnessing the spectacular views from Kala Pattar the trail will then lead you over the Cho La Pass towards the magnificent Gokyo Lakes. From Gokyo Lakes you will climb to Gokyo Peak (5,360m) and enjoy even more stunning summit mountain scenery. This amazing hike through the Himalayas will conclude by walking through a valley passing through patches of birch and rhododendron forests where the elusive musk deer lurch large. The Gokyo Lakes trek is truly amazing; it will undoubtedly leave you with memories to treasure for the rest of your life.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 18 days  
Trekking days: 15 days  
Max. Alt: 5,554m/18,217ft.  
Type of trek: Lodge/Teahouse tre  
Trek grade: Moderate/Adventure  
Departure dates: visit our webs  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly to Lukla and then trek to Monjo Alt. 2,840m / 9,315ft. (4hrs)
- Day 4:** Trek to Namche Bazaar Alt. 3,440m / 11,283ft. (5hrs)
- Day 5:** Acclimatization day at Namche Bazaar Alt. 3,440m / 11,283ft.
- Day 6:** Trek to Tyangboche (2 hrs exploring) then continue to Deebuche Alt. 3,820m / 12,533ft. (4½ hrs)
- Day 7:** Trek to Dingboche Alt. 4,410m / 14,465ft. (6hrs)
- Day 8:** Acclimatization day Dingboche
- Day 9:** Trek to Labuche Alt. 4,910m / 16,105ft. (5hrs)
- Day 10:** Trek to Everest Base camp (5,364m) and then continue to Gorekshep Alt. 5,140m / 16,859ft. (7hrs)
- Day 11:** Trek to Kalapathar (5,554m) and then on to Zongla Alt. 4,830m / 15,842ft. (8hrs)
- Day 12:** Trek over the Cho-la Pass (5,330m) and then continue to Thagnag Alt. 4,700m / 15,580ft. (5hrs)
- Day 13:** Trek to Gokyo Alt. 4,790m / 15,711ft. (1hr & 45mins)
- Day 14:** Trek to Gokyo-Ri Peak (5,360m) and then on to Dole Alt. 4,200m / 13,776ft. (5hrs)
- Day 15:** Trek to Khumjung Alt. 3,780m / 12,398ft. (4hrs)
- Day 16:** Trek to Phakding Alt. 2,610m / 8,560ft. (6hrs)
- Day 17:** Trek to Lukla Alt. 2,840m / 9,315ft. (3hrs)
- Day 18:** Fly back to Kathmandu (45mins)

### Optional programs from Kathmandu

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain biking ▶ Bungee jumping





## three high pass

### kongma la, cho la and renjo la

This is one of Nepal's most famous treks, set amongst breathtaking high mountain scenery. Crossing 3 spectacular high passes, makes this trek both challenging and rewarding. The Everest region is certainly the world's finest high mountain zone. Magnificent landscapes, imposing and prestigious peaks, tapering ridges and colourful villages contribute to turning this trek into an unforgettable experience. The itinerary leads through the high Khumbu Mountains - Sherpa country - before arriving at the foot of Everest. The Kala Pattar (5,554m) ascent is one of the highlights of this trek and boasts an absolutely stunning summit panorama: Ama Dablam, Nuptse, Lhotse and the dark Everest pyramid, the world's highest mountain (8,848m). The views from Gokyo Lakes and Gokyo Ri (peak) also offer extraordinary views, from this different angle we see an 'even larger' Everest. This trek offers so many stunning views and great experiences undoubtedly you will be left with memories to cherish for the rest of your life.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 20 days  
Trekking days: 17 days  
Max. Alt: 5,554m/18,217ft.  
Type of trek: Lodge/Teahouse trek  
Trek grade: Moderate/adventurous  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly to Lukla and then trek to Monjo Alt. 2,840m / 9,315ft. (4hrs)
- Day 4:** Trek to Namche Bazaar Alt. 3,440m / 11,283ft. (5hrs)
- Day 5:** Acclimatization day at Namche Bazaar Alt. 3,440m / 11,283ft.
- Day 6:** Trek to Tyangboche (2hrs) then continue to Deebuche Alt. 3,820m / 12,529ft. (4½ hrs)
- Day 7:** Trek to Dingboche Alt. 4,410m / 14,465ft. (6hrs)
- Day 8:** Acclimatization day Dingboche Alt. 4,410m / 14,465ft.
- Day 9:** Trek to Chhukhung Alt. 4,730m / 15,514ft. (2hrs & 45mins)
- Day 10:** Trek to Kongma-La Pass (5,535m) then continue to Lobuche Alt. 4,910m / 16,104ft. (6hrs)
- Day 11:** Trek to Everest Base Camp (5,364m) then continue to Gorekshep Alt. 5,140m / 16,859ft. (8½ hrs)
- Day 12:** Sunrise at Kalapathar for the best view of Mt Everest (5,554m) then continue trek to Zongla Alt. 4,830m / 15,842ft. (7hrs)
- Day 13:** Trek to Cho-La Pass (5,330m) then continue to Thangnak Alt. 4,700m / 15,416ft. (6½ hrs)
- Day 14:** Trek to Gokyo Alt. 4,790m / 15,711ft. (2hrs & 15mins)
- Day 15:** Acclimatization day
- Day 16:** Trek to Renjo-La Pass (5,340m) then continue to Lengden Alt. 4,560m / 14,956ft. (6hrs)
- Day 17:** Trek to Thame (visit a monastery) Alt. 3,820m / 12,529ft. (5hrs)
- Day 18:** Trek to Monjo Alt. 2,840m / 9,315ft. (6hrs)
- Day 19:** Trek to Lukla Alt. 2,840m / 9,315ft. (4hrs)
- Day 20:** Fly back to Kathmandu (45mins)

### Optional programs from Kathmandu

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain biking
- ▶ Bungee jumping





## mountains and monasteries

This short trek is perfect for those short of time or those with not so much trekking experience. It offers fine views of Mount Lhotse, Mount Lhotse Shar, Peak 38, Mount Amadablam and the famous Mount Everest. You travel through the highest National Park in the world; rich in Himalayan biodiversity. Visiting Tynangboche, the highest monastery in the Khumbu Region, is one of the highlights of this beautiful trek.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 10 days  
Trekking days: 7 days  
Max. Alt: 3,860m/12,660ft.  
Type of trek: Lodge/Teahouse trek  
Trek grade: Easy  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly to Lukla and then trek to Phakding Alt. 2,610m / 8,561ft. (4hrs)
- Day 4:** Trek to Namche Bazaar Alt. 3,440m / 11,283ft. (5hrs)
- Day 5:** Acclimatization day at Namche Bazaar Alt. 3,440m / 11,283ft.
- Day 6:** Trek to Tyangboche Alt. 3,860m / 12,660ft. (5hrs)
- Day 7:** Exploration day at Tyangboche Alt. 3,860m / 12,660ft.
- Day 8:** Trek to Namche Bazaar Alt. 3,440m / 11,283ft. (5hrs)
- Day 9:** Trek back to Lukla Alt. 2,840m / 9,315 ft. (8hrs)
- Day 10:** Fly Back to Kathmandu (45mins).

### *Optional programs from Kathmandu*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain biking
- ▶ Bungee jumping







## langtangregion

The Langtang region is situated north of the Kathmandu Valley, a highland inhabited by Sherpas and Tamangs. The valley is aptly called 'the valley of glaciers' as it lies between the icy glaciers of the Himalaya and Tibet's border. Like the Everest region it is predominately a Buddhist territory often marked with peaceful prayer flags and memorial chortens (Buddhist temples). Arrive in Langtang's region by road, or trek via Helambu where the hospitality of friendly and beautiful Sherpas awaits you.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 14 days  
Trekking days: 10 days  
Max. Alt: 4,120m/13,513ft.  
Type of trek: Fully supported c  
Trek grade: Moderate/Advent  
Departure dates: visit our w  
<http://treknepal.com>



## GANESH HIMAL TREK ITINERARY

The high valleys north of the Ganesh Himal Range on the Tibetan border are still a complete wilderness. This area has not been trekked by many people, just to get permission to enter this beautiful area is still difficult. The terraced hillsides seem to climb to the sky. On this trek you will witness panoramic views of many majestic mountains; meet many interesting ethnic groups who reside in this area - allowing you the opportunity to observe the rich Nepalese culture from the closest quarter. Intermingling with the locals here is sure to give any visitor a sense of satisfaction.

- Day 1: Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.
- Day 2: Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3: Drive to Pairebeshi Alt. 900m / 2,952ft. (9-10hrs)
- Day 4: Trek to Kispang Alt. 1,945m / 6,379ft. (5-6hrs)
- Day 5: Trek to Balche Alt. 2,030m / 6,658ft. (4hrs)
- Day 6: Trek to Gongga Alt. 2,800m / 9,184ft. (4hrs)
- Day 7: Trek to Rupchet Alt. 3,630m / 11,906ft. (4hrs)
- Day 8: Acclimatization day.
- Day 9: Trek up to Singla (4,190) then down to Khara Alt. 2,500m / 8,200ft. (8hrs)
- Day 10: Trek to Pang sang La Pass Alt. 3,850m / 12,628ft. (6hrs)
- Day 11: Trek to Somdang Alt. 3,200m / 10,496ft. (5hrs)
- Day 12: Trek to Gatlang Alt. 2,225m / 7,298ft. (6-7hrs)
- Day 13: Trek to Syabru Besi Alt. 1,620m / 5,313ft. (8-9hrs)
- Day 14: Drive back to Kathmandu (6hrs)

### Optional programs from Kathmandu

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight ▶ Mountain biking ▶ Bungee jumping





## langtang and ganja-la pass

The Ganja La pass situated at 5,130m is one of the most challenging passes in Nepal. The Langtang trek takes you over this pass as you make your way south from the Langtang village, which lies at 3,300m and is the headquarters for the Langtang National Park. The pass is often blocked by snow, so inquiries about local conditions together with our mountain expertise, and quality equipment ensures a safe crossing. The Helambu villages exude a Tibetan feel and you will see fields enclosed by stone walls as well as herds of yaks, the most important animal for the people here. From Tarke Ghyang you will trek for another two days before reaching the charming Sherpa village Malamchi Pull Bazaar, from where you will drive back to Kathmandu.

**Starting point:** Kathmandu  
**Finishing point:** Kathmandu  
**Duration:** 13 days  
**Trekking days:** 10 days  
**Max. Alt:** 5,130m/16,849ft.  
**Type of trek:** Camp support/Local  
**Hotel accommodation:** 2 nights  
**Trek grade:** Adventurous  
**Departure dates:** visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1: Arrive in Kathmandu, transfer to hotel Alt. 1,350m / 4,428ft.
- Day 2: Early morning drive to Syabru Besi Alt. 1,460m / 4,788ft. (8-9hrs)
- Day 3: Trek to Lama Hotel Alt. 2,450m / 8,134ft. (5hrs)
- Day 4: Trek to Langtang Valley Alt. 3,330m / 10,922ft. (4hrs)
- Day 5: Trek to Kyanjin Gumpa Alt. 3,730m / 12,234ft. (3hrs)
- Day 6: Rest and explore day.
- Day 7: Trek to Nyengang Alt. 4,430m / 14,530ft. (4hrs)
- Day 8: Trek over the Ganja-La Pass (5,130m) then continue to Keldang Alt. 4,270m / 14,005ft. (7hrs)
- Day 9: Trek to Dukpu Alt. 4,040m / 13,251ft. (4hrs)
- Day 10: Trek to Tarke Ghyang Alt. 2,740m / 8,987ft. (5hrs)
- Day 11: Trek to Shyamathang Alt. 2,590m / 8,495ft. (4hrs)
- Day 12: Trek to Malamchi Pull Bazaar Alt. 870m / 2,853ft. (4hrs)
- Day 13: Drive back to Kathmandu (5hrs)

### *Optional programs from Kathmandu*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight
- ▶ Mountain biking
- ▶ Bungee jumping





## tamangheritagetrek

Langtang is one of the closest trekking destinations to Kathmandu. Trekking in this region offers an unparalleled combination of natural beauty and cultural riches. Previously a restricted area near the Tibetan border, the unexplored regions of the Langtang National park has recently been developed into the Tamang Heritage Trail. The people in this area are mostly of Tamang and Tibetan origin, whose culture goes back hundreds of years. The craftsmanship, dress, traditionally built stone households and the beautifully carved wooden porches reflect the solitude and the serenity of the Himalayan scenery.

Starting point: Kathmandu

Finishing point: Kathmandu

Duration: 9 days

Trekking days: 5 days

Max. Alt: 2,607m/8,550ft.

Type of trek: Camp support/Home s

Trek grade: Moderate

Departure dates: visit our website

<http://treknepal.com>





## ITINERARY

- Days 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.
- Days 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Days 3:** Drive to Syabru Besi (8-9hrs) Alt. 1,460m / 4,788ft.
- Days 4:** Trek to Tatopani Alt. 2,607m / 8,550ft. (5hrs)
- Days 5:** Trek to Thuman Alt. 2,338m / 7,668ft. (4hrs)
- Days 6:** Trek to Timure (optional short hike to Rasuwagadhi then back to the campsite) Alt. 1,762m / 5,779ft. (5hrs)
- Days 7:** Trek to Briddim Alt. 2,229m / 7,311ft. (4hrs)
- Days 8:** Trek to Syabru Besi Alt. 1,460m / 4,788ft. (4hrs)
- Days 9:** Drive back to Kathmandu (6hrs)

### *Optional programs from Kathmandu*

- ▶ White water rafting ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight ▶ Mountain biking ▶ Bungee jumping





## Langtang and Helambu

Langtang and Helambu is situated northeast of the Kathmandu valley, bordering Tibet. The area is inhabited by Tibetans and Tamangs who share a similar religion, language and clothing style. The landscapes crossed are extremely varied: rice-terraces, gigantic rhododendron and fir forests, and in the highest parts you will find a rock and shrub wilderness with a fascinating backdrop of snowy peaks. The route passes by the sacred lakes of Gosaikund (4,380m), a pilgrimage spot where, during the full moon festival in August, flow hundreds of pilgrims. After Gosaikund we continue across the Laurebina pass towards the Helambu valley passing through numerous and picturesque Sherpa villages.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 17 days  
Trekking days: 13 days  
Max. Alt: 4,380m/14,366ft.  
Type of trek: Lodge/Teahouse trek  
Trek grade: Moderate  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Drive to Syabru Besi Alt. 1,460m / 4,789ft. (8-9hrs)
- Day 4:** Trek to Lama Hotel Alt. 2,410m / 7,904ft. (5hrs)
- Day 5:** Trek to Langtang village Alt. 3,330m / 10,922ft. (5hrs)
- Day 6:** Trek to Kyanjyang Gompa Alt. 3,730m / 12,234ft. (4hrs)
- Day 7:** Exploration day at Kyanjyang Gompa Alt. 3,730m / 12,234ft.
- Day 8:** Trek back to Lama Hotel Alt. 2,410m / 7,904ft. (5hrs)
- Day 9:** Trek to Thulo Syabru Besi Alt. 2,210m / 7,248ft. (5hrs)
- Day 10:** Trek to Sing Gompa Alt. 3,250m / 10,660ft. (4hrs)
- Day 11:** Trek to Gosainkunda Alt. 4,380m / 14,366ft. (6hrs)
- Day 12:** Trek over Laurebina Pass (4,610m) to Ghopte Alt. 3,430m / 11,250ft. (6hrs)
- Day 13:** Trek to Melamchi Gaon Alt. 2,530m / 8,298ft. (4hrs)
- Day 14:** Trek to Tarkeghyang Alt. 2,740m / 8,987ft. (4hrs)
- Day 15:** Trek to Shermathang Alt. 2,590m / 8,495ft. (4hrs)
- Day 16:** Trek to Melamchi Pul Bazaar Alt. 870m / 2,853ft. (5hrs)
- Day 17:** Drive back to Kathmandu (5hrs)

### *Optional programs from Kathmandu*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight
- ▶ Mountain biking
- ▶ Bungee jumping



A scenic view of a mountain basecamp. In the foreground, a wooden building with a blue balcony and colorful prayer flags is visible. The background features a large, snow-capped mountain peak (Mount Kanchanjunga) under a blue sky with some clouds. The terrain is rugged and mountainous.

## Kanchanjunga basecamp

This route was opened to trekkers in 1988, though people have trekked in the area in connection with mountaineering expeditions since the turn of the century. Mount Kanchanjunga is the third highest mountain in the world at 8,596m, it sits across the Nepal/Sikkim border and is only a few miles from Tibet. The trek offers magnificent views of Everest, Makalu and Kanchanjunga.

The trail climbs from the intensively cultivated hillsides of the Nepal Midlands, populated by the Rai and Limbu tribes. This trek will take you through beautiful Rhododendron forests and picturesque villages. You will witness a collection of wildlife and trek over high mountain passes offering mind blowing views. On completion of this outstanding trek, undoubtedly you will be left with a bundle of wonderful memories.

**Starting point:** Kathmandu

**Finishing point:** Kathmandu

**Duration:** 25 days

**Trekking days:** 21 days

**Max. Alt:** 4,785m/15,694ft.

**Type of trek:** Camp support/Home st

**Trek grade:** moderate/adventurous

**Departure dates:** visit our website

<http://treknepal.com>



## ITINERARY

- Day 1: Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2: Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3: Fly to Biratnagar (45 Mins)
- Day 4: Fly to Suketar (30 mins) and then trek to Phurumbu Alt. 1,800m / 5,904ft. (5 ½ hrs)
- Day 5: Trek to Chinwa Alt. 1,185m / 3,886ft. (6 hrs)
- Day 6: Trek to Tapethok (Kanchanjunga Conservation Area Project tourist check point) Alt. 1,322m / 4,336ft. (3hrs)
- Day 7: Trek to Sakathum Alt. 1,660m / 5,445ft. (4 hrs)
- Day 8: Trek to Anjiosa Alt. 2,510m / 8,232ft. (5 ½ hrs)
- Day 9: Trek to Gopla Alt. 2,750m / 9,020ft. (4 ½ hrs)
- Day 10: Trek to Ghunsa Alt. 3,415m / 11,201ft. (5hrs), a refugee camp can be seen along the trail.
- Day 11: Rest day at Ghunsa.
- Day 12: Trek to Khambachen Alt. 4,099m / 13,445ft. (6hrs)
- Day 13: Trek to Lhonak Alt. 4,785m / 15,695ft. (5hrs)
- Day 14: Trek to Pangpema North Base Camp (5,200m) and then return to Lhonak Alt. 4,785m / 15,695ft. (6hrs)
- Day 15: Trek to Ghunsa Alt. 3,415m / 11,201ft. (5hrs)
- Day 16: Trek over Sele La Pass (4,290m) camp then on to Selele Alt. 4,090m / 13,415ft. (6hrs)
- Day 17: Trek over Mirgin-La Pass (4,750m) and Sinelapache-La Pass (4,785m) to Cheram Alt. 3,870m / 12,694ft. (8hrs)
- Day 18: Trek to Tortong Alt. 2,995m / 9,824ft. (6hrs)
- Day 19: Trek over Lasia-La Pass (3,550m) to Yamphudin Alt. 1,692m / 5,549ft. (8hrs)
- Day 20: Rest day.
- Day 21: Trek to Mamangkhe Alt. 1,786m / 5,858ft. (5hrs)
- Day 22: Trek to Khesewa Alt. 2,150m / 7,052ft. (6hrs)
- Day 23: Trek to Lalikharka Alt. 2,276m / 7,465ft. (6 hrs)
- Day 24: Trek to Suketar Alt. 2,500m / 8,200ft. (4 hrs)
- Day 25: Fly Back to Biratnagar (30 mins) and then on to Kathmandu (45 mins)

### Optional programs from Kathmandu

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight
- ▶ Mountain biking
- ▶ Bungee jumping





## makalu basecamp

This is a challenging but stunning trek in eastern Nepal to the base camp of the world's fifth highest peak. Our destination Makalu Base Camp (5,000m) brings us to one of the most remote and unfrequented areas in Nepal. The length of this trek and the unspoiled terrain it explores make it a classic. One has to be physically fit as this trek is graded adventurous.

**Starting point:** Kathmandu  
**Finishing point:** Kathmandu  
**Duration:** 23 days  
**Trekking days:** 19 days  
**Max. Alt:** 5,000m/16,400ft.  
**Type of trek:** Camp support/Honorary  
**Trek grade:** Moderate/adventurous  
**Departure dates:** visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly to Tumling Tar Alt. 937m / 3,073ft. (1hr)
- Day 4:** Trek to Manebhanjyng Alt. 1,080m / 3,542ft. (5hrs)
- Day 5:** Trek to Chichila Alt. 2,000m / 6,560ft. (6hrs)
- Day 6:** Trek to Numi Alt. 1,600m / 5,248ft. (6hrs)
- Day 7:** Trek to Seduwa Alt. 1,650m / 5,412ft. (5hrs)
- Day 8:** Trek to Tashi Gaon Alt. 2,200m / 7,216ft. (4 ½ hrs)
- Day 9:** Trek to Kauma Dada Alt. 3,500m / 11,480ft. (6 ½ hrs)
- Day 10:** Trek over Keke La Pass (4,200m) and Tutu La Pass (4,200m) then descend to Mumbuk Alt. 3,610m / 11,840ft. (7hrs)
- Day 11:** Trek to Yangre Kharka Alt. 3,520m / 11,545 ft. (6 ½ hrs)
- Day 12:** Trek to Jark Kharka Alt. 4,360m / 14,300ft. (5hrs)
- Day 13:** Trek to Makalu Base Camp 5,000m / 16,400ft. (4hrs)
- Day 14:** Free day to visit Barun Pokhari (holy lake) and Barun Glacier's viewpoint.
- Day 15:** Trek to Yangre Kharka Alt. 3,520m / 11,545ft. (6hrs).
- Day 16:** Trek to Mumbuk Alt. 3,610m / 11,840ft. (6hrs)
- Day 17:** Trek back over Keke La Pass and Tutu La Pass to Kauma Dada Alt. 3,500 / 11,480ft. (7hrs)
- Day 18:** Trek to Seduwa Alt. 1,650m / 5,412ft. (6hrs)
- Day 19:** Trek to Yaphu Alt. 1000m / 3,280ft. (5 ½ hrs)
- Day 20:** Trek to Bumlingphant Alt. 980m / 3,214ft. (5hrs)
- Day 21:** Trek to Balawa Alt. 970m / 3,181ft. (5hrs)
- Day 22:** Trek to Tumling Tar Alt. 937m / 3,073ft. (4hrs)
- Day 23:** Fly back to Kathmandu (Thr)

### *Optional programs from Kathmandu*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight
- ▶ Mountain biking
- ▶ Bungee jumping





## manaslu trek

Manaslu (8,156m) is the world's eighth highest peak. This area, situated close to the Annapurna massif, was only opened to trekkers in 1992 and is now acknowledged as one of the finest trekking routes. Heading north from Gorkha, along the Buri Gandaki River, the trail turns westwards into a high alpine valley with typical Tibetan villages and a number of fine monasteries. A steep ascent to Larkya La pass (5,212m) is rewarded by stunning views of the Manaslu and Annapurna peaks. At Dharapani, we join the Annapurna circuit and follow the Marsyangdi River south. As beautiful as the famous "Annapurna circuit", this trek leads us through unspoiled regions where it is unlikely you will meet many other trekkers.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 19 days  
Trekking days: 15 days  
Max. Alt: 5,212m/17,095ft.  
Type of trek: Camp support  
Trek grade: Moderate/advanced  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Drive to Arughat Alt. 535m / 1,754ft. (5-6hrs)
- Day 4:** Trek to Labu Besi Alt. 880m / 2,886ft. (4-5 hrs)
- Day 5:** Trek to Khola Besi Alt. 970m / 3,181ft. (5hrs)
- Day 6:** Trek to Jagat Alt. 1,440m / 4,723ft. (6hrs)
- Day 7:** Trek to Nyak Alt. 2,300m / 7,544ft. (6hrs)
- Day 8:** Trek to Ghap Alt. 2,110m / 6,920ft. (5hrs)
- Day 9:** Trek to Lho Alt. 3,180m / 10,430ft. (6hrs)
- Day 10:** Trek to Samagaun Alt. 3,530m / 11,578ft. (3-4hrs)
- Day 11:** Trek to Samdo Alt. 3,900m / 12,792ft. (3hrs)
- Day 12:** Rest day in Samdo
- Day 13:** Trek to Larkya refuge Alt. 4,200m / 13,776ft. (4hrs)
- Day 14:** Trek over the Larkya La (5,212m) then on to Bimtang Alt. 3,720m / 12,201ft. (10-12hrs)
- Day 15:** Trek to Tilche Alt. 2,240m / 7,347ft. (6hrs)
- Day 16:** Trek to Chamje Alt. 1,430m / 4,690ft. (5hrs)
- Day 17:** Trek to Bhulbule Alt. 840m / 2,755ft. (5hrs)
- Day 18:** Trek to Besi Saper Alt. 840m / 2,755ft. (4hrs)
- Day 19:** Drive to Kathmandu (6hrs).

### *Optional programs from Kathmandu*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight
- ▶ Mountain biking







## mustang trek

The Kingdom of Mustang had been a forbidden land until just recently. Famous for being an important salt trading post on the Trans Himalayan belt, even now only a limited amount of trekkers are allowed to visit the Upper Mustang region. Manthang (Mustang), located north of the main Himalayan chain bordering Tibet, is a stretch of dry and arid land with villages between the altitudes of 3,300m and 4,000m. This is the route where you are likely to come across some very important historical sites. Just recently an 800 year old cave and religious carvings were discovered here!

Starting point: Kathmandu  
Finishing point: Pokhara  
Duration: 16 days  
Trekking days: 12 days  
Max. Alt: 4,077m/13,372ft  
Type of trek: Camp supp  
Trek grade: Moderate/a  
Departure dates: visit  
<http://treknepal.com>





## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Drive to Pokhara (6-7hrs) Alt. 820m / 2690ft.
- Day 4:** Fly to Jomsom 2,720m (25mins) and then trek to Kagbeni Alt. 2,810m / 9,217ft. (4½ hrs)
- Day 5:** Trek to Chele Alt. 3,050m / 10,004ft. (6hrs)
- Day 6:** Trek to Ghiling Alt. 3,570m / 11,709ft. (6hrs)
- Day 7:** Trek to Tsarang Alt. 3,560m / 11,676ft. (5½ hrs)
- Day 8:** Trek to Lo Manthang Alt. 3,809m / 12,493ft. (5hrs)
- Day 9:** Exploration day in Lo Manthang.
- Day 10:** Exploration day in Lo Manthang.
- Day 11:** Trek to Ghami Alt. 3,520m / 11,545ft. (6½ hrs)
- Day 12:** Trek to Samar Alt. 3,660m / 12,004ft. (6hrs)
- Day 13:** Trek to Chuksang Alt. 2,980m / 9,774ft. (4½ hrs)
- Day 14:** Trek over Gyu La Pass (4,077m) Trek to Muktinath Alt. 3,760m / 12,332ft. (7½ hrs)
- Day 15:** Trek to Jomsom Alt. 2,720m / 8,921ft. (5½ hrs)
- Day 16:** Fly back to Pokhara and on to Kathmandu.

### *Optional programs from Pokhara*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Paragliding
- ▶ Mountain biking





## annapurna trek

The Nar Phu Valley located in the Annapurna region has only been open to trekkers since 2003. This trek is perfect for travellers who want to discover the Annapurna circuit as well as explore an untouched valley. Nar Phu valley remains untouched by modernity and inhabits roughly 350 Nepalese Tibetans, who have retained their age old practices. Most of them are engaged in yak herding and farming. The trek consists of high peaks and passes, glaciers, remote villages, narrow canyons, lovely forests, amazing rock formations, yaks, gompas and unique Himalayan cultures. Phu is a beautiful medieval village where you can witness the real lifestyles of the Bhote communities and enjoy the fabulous and typical landscape of the valley. This trekking trail is best for those who wish to trek in a less touristy part of the Annapurna region.

Starting point: Kathmandu  
Finishing point: Pokhara  
Duration: 22 days  
Trekking days: 18 days  
Max. Alt: 5,416m/17,764ft.  
Type of trek: Camp support/homestay  
Trek grade: Moderate/adventurous  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley.
- Day 3:** Drive to Besisahar (6hrs) Alt. 760m / 2,492ft.
- Day 4:** Trek to Ngadi Alt. 930m / 3,050ft. (5 ½ hrs)
- Day 5:** Trek to Jagat Alt. 1,300m / 4,264ft. (5hrs)
- Day 6:** Trek to Dharapani Alt. 1,860m / 6,100ft. (6hrs)
- Day 7:** Trek to Koto Alt. 2,600m / 8,528ft. (5hrs)
- Day 8:** Trek to Dharamsala Alt. 3,230m / 10,594ft. (5hrs)
- Day 9:** Trek to Kyang Alt. 3,740m / 12,267ft. (5hrs)
- Day 10:** Trek to Phu Alt. 4,050m / 13,284ft. (4hrs)
- Day 11:** Exploration day
- Day 12:** Trek to Junam Alt. 3,550m / 11,644ft. (3hrs)
- Day 13:** Trek to Nar Village Alt. 4,110m / 13,480ft. (4hrs)
- Day 14:** Explore Nar Village
- Day 15:** Trek over Khangla Bhanjyang Pass (5,306m) trek to Nawal Alt. 3,657m / 11,994ft. (6hrs)
- Day 16:** Trek to Manang Alt. 3,540m / 11,611ft. (3hrs)
- Day 17:** Acclimatization/exploration day in Manang. (Choose to rest or explore Khangsar village or Kecho Lake)
- Day 18:** Trek to Letdar Alt. 4,200m / 13,776ft. (4hrs)
- Day 19:** Trek to Throng Phedi Alt. 4,450m / 14,596ft. (3hrs)
- Day 20:** Trek over the Throng La Pass (5,416m) trek to Muktinath Alt. 3,760m / 12,332ft. (8hrs)
- Day 21:** Trek to Jomsom Alt. 2,720m / 8,921ft. (5hrs)
- Day 22:** Fly to Pokhara Alt. 820m / 2,689ft. (25mins)

### *Optional programs from Pokhara*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Paragliding
- ▶ Mountain biking





## **milke danda trek** the rhododendron trail

Milke Danda Trek is situated in the eastern part of Nepal. The route offers great views of Mount Makalu & Mount Kangchanjunga. This trek is also often referred to as the Rhododendron Trek, because in the spring the forests and trails are filled with Rhododendrons and other beautiful flowers. As well as witnessing some of the finest mountain and flora scenery in the world, this trail also explores different regions inhabited by all different ethnic groups including Sherpas, Rai, Limbus, Newars, Chhetris and Brahmins. Without doubt trekkers will be mesmerized by this unforgettable trek.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 11 days  
Trekking days: 6 days  
Max. Alt: 2,870m/9,413ft.  
Type of trek: Fully supported  
Trek grade: Moderate  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley.
- Day 3:** Fly to Tumling Tar Alt. 937m/3,073ft. (1hr)
- Day 4:** Trek to Chainpur Alt. 1,350m / 4,428ft. (4 ½ hrs)
- Day 5:** Trek to Chitlang Alt. 1,570m / 5,149ft. (4hrs)
- Day 6:** Trek to Milke Danda Alt. 1,800m / 5,904ft. (5 ½ hrs)
- Day 7:** Trek to Gupha Pokhari Alt. 2,870m / 9,413ft. (5 ½ hrs)
- Day 8:** Trek to Chauki Alt. 2,660m / 8,724ft. (5 ½ hrs)
- Day 9:** Trek to Basantapur Alt. 2,310m / 7,576ft. (6hrs)
- Day 10:** Drive to Biratnagar Alt. 200m / 656ft. (3 ½ hrs)
- Day 11:** Fly back to Kathmandu (45mins)

### *Optional programs from Kathmandu*

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain flight
- ▶ Mountain biking
- ▶ Bungee jumping





## dolpo

Dolpo is an ancient Tibetan kingdom located in the northwest part of Nepal. It was only opened to trekkers in 1990. From this region the Himalayan range can be seen in its entire splendor. The Phoksondo Lake, the deepest lake in Nepal and the Ringmo village provide some of the most exceptional scenery. The trail follows the ancient Tibetan salt caravan route, across two high passes and through the wilderness in one of Nepal's most remote and least developed areas. In the Dolpo region the monsoon, created by the sea winds blowing from the Gulf of Bengal, is tempered by the Dhaulagiri range and trekking is therefore also possible during the summer, a period during which flora explodes in all its splendor: orchids, edelweiss, campanules and forget-me-nots. Witnessing wild and pristine landscapes, ancient villages and impressive waterfalls are only a few things that will turn this trek into an unforgettable experience.

**Starting point:** Kathmandu  
**Finishing point:** Kathmandu  
**Duration:** 18 days  
**Trekking days:** 14 days  
**Max. Alt:** 5,500m/18,045ft  
**Type of trek:** camp sup  
home stay  
**Trek grade:** Moderate  
**Departure dates:** visit  
<http://treknepal.com>





## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel Alt. 1,350m / 4,428ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly from Kathmandu to Nepalgunj Alt. 150m / 4,92ft. (1hr)
- Day 4:** Fly from Nepalgunj to Juphal (30mins) (2,400m) then trek to Dunai Alt. 2,150m / 7,052ft. (2hrs)
- Day 5:** Trek to Tarakot Alt. 2,600m / 8,528ft. (5hrs)
- Day 6:** Trek to Lahini Alt. 2,950m / 9,676ft. (5hrs)
- Day 7:** Trek to Serkam Alt. 3,740m / 12,267ft. (4 ½ hrs)
- Day 8:** Trek to Do Alt. 4,040m / 13,251ft. (5hrs)
- Day 9:** Trek to High camp Alt. 4,500m / 14,760ft. (3hrs)
- Day 10:** Trek over the Numa La Pass (5,190m) to Phedi Alt. 4,465m / 14,645ft. (6hrs)
- Day 11:** Trek over Busia La Pass (5,263m) to Yak Karka Alt. 3,900m / 12,792ft. (6hrs)
- Day 12:** Trek to Shey Phoksumdo Alt. 3,728m / 12,227ft. (4hrs)
- Day 13:** Exploration day
- Day 14:** Trek to Sepka Alt. 2,670m / 8,757ft. (5hrs)
- Day 15:** Trek to Dunai Alt. 2,150m / 7,052ft. (5hrs)
- Day 16:** Trek to Juphal (2hrs)
- Day 17:** Flight to Nepalgunj and to Kathmandu
- Day 18:** Transfer to airport

### **Optional programs from Kathmandu**

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Bungee jumping ▶ Mountain biking ▶ Mountain flight





## Dhaulagiri circuit trek

Dhaulagiri (8,167m) is the seventh highest mountain in the world. This extraordinary route was first discovered by the 1950 French expedition that climbed Annapurna I, and provides stunning views of the whole Dhaulagiri range. It is particularly attractive to people drawn to high mountains and wilderness, and requires an excellent physical condition and basic mountaineering skills. This rarely frequented itinerary starts in Pokhara and leads, through rice-terraces, up to Beni and farther up through picturesque villages. You will cross two high passes, the French Pass (5,360m) and the Thapa Pass (5,244m) providing spectacular views of Dhaulagiri, Throng Peak, Annapurna and the Kali Gandaki River. You may encounter semi wild yak herds, mountain sheep or the elusive snow leopard in the remote valleys of this region.

Starting point: Kathmandu  
Finishing point: Pokhara  
Duration: 19 days  
Trekking days: 15 days  
Max. Alt: 5,360m/17,580ft.  
Type of trek: Fully supported  
Trek grade: Moderate/Adventure  
Departure dates: visit our website  
<http://treknepal.com>



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.
- Day 2:** Sightseeing around the Kathmandu and time to prepare for the trek.
- Day 3:** Drive to Pokhara (6-7hrs) Alt. 820m / 2,690ft.
- Day 4:** Drive to Beni Alt. 850m / 2,788ft. (6hrs)
- Day 5:** Trek to Babiyachaur Alt. 910m / 2,984ft. (7hrs)
- Day 6:** Trek to Dharapani Alt. 1,565m / 5,133ft. (6hrs)
- Day 7:** Trek to Muri Alt. 1,850 / 6,068ft. (5hrs)
- Day 8:** Trek to Baghar Alt. 2,080m / 6,822ft. (7hrs)
- Day 9:** Trek to Dobang Alt. 2,520m / 8,265ft. (7hrs)
- Day 10:** Trek to Sallaghari Alt. 3,110m / 10,200ft. (5hrs)
- Day 11:** Trek to the Italian Base Camp Alt. 3,660m / 12,004ft. (4hrs)
- Day 12:** Acclimatization day.
- Day 13:** Trek to the Japanese/Advance Base Camp Alt. 4,440m / 14,563ft. (5hrs)
- Day 14:** Trek to the Dhaulagiri Base Camp Alt. 4,750m / 15,580ft. (4hrs)
- Day 15:** Trek over the French Pass (5,360m) then to the Hidden valley Alt. 5,010m / 16,432ft. (7hrs)
- Day 16:** Trek over the Thapa Pass (5,244) and the on to Yak Kharka Alt. 3,680m / 12,070ft. (6hrs)
- Day 17:** Trek to Marpha (explore the apple kingdom) Alt. 2,667m / 8,747ft. (4hrs)
- Day 18:** Drive back to Tatopani Alt. 1,190m / 3,903ft. (4hrs)
- Day 19:** Drive back to Pokhara (7hrs)

### Optional programs from Pokhara

- ▶ White water rafting ▶ Jungle safari (Chitwan National Park or Bardia National Park) ▶ Paragliding ▶ Mountain biking





## Rara Humla and Limi Valley

In the western part of the country Humla and Rara lie in the remote Karnali region. Humla is the highest, most remote and northerly region in Nepal lying on the Tibetan border. The region's main town Simikot can only be reached by walking or flying because of the absence of paved roads. Life for the Humli people can be challenging, the agricultural seasons in these high mountain valleys are short and the winters long and severe. Farming in this extraordinarily beautiful & dramatic terrain is difficult and exhausting.

The Rara region is made up of long ridges covered by temperate forests and alpine pastures. The trail to the Rara Lake National Park is very much "off the beaten track" and affords glimpses of culture and scenery very different to those in the rest of the country. The centerpiece of the park is the biggest lake in Nepal. In order to reach the magnificent banks of Rara Lake the trail takes you along mountain paths and a series of picturesque villages.

Limi Valley is wide and wonderful and embraces big, beautiful and untouched villages. You will sleep in authentic, small Buddhist villages and camp in amazing spots surrounded by snow capped mountains. Along the trail you will be enchanted by Hindu and Buddhist temples, shrines and religious sacred places.

This landscape of high peaks, cutting through green valleys, turbulent rivers and rhododendrons forests teeming with wildlife, make trekking in this region an extremely rewarding and rejuvenating experience.

Starting point: Kathmandu  
Finishing point: Kathmandu  
Duration: 31 days  
Trekking days: 26 days  
Max. Alt: 5,000m/16,400ft.  
Type of trek: Fully supported  
Trek grade: Moderate/Adventure  
Departure dates: (on request)



## ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer to hotel Alt. 1,350m / 4,428 ft.
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly from Kathmandu to Nepalgunj Alt. 150m / 4,92ft. (1hr)
- Day 4:** Fly from Nepalgunj to Jumla Alt. 2,370m / 7,773ft. (35mins)
- Day 5:** Trek to Charya Chaur Alt. 2,700m / 8,856ft. (5hrs)
- Day 6:** Trek over the Khari-Lagna Pass (3,600m) trek to Riyan Alt. 2,800m / 9,184ft. (6 ½ hrs)
- Day 7:** Trek to Chautha Alt. 2,770m / 9,085ft. (6hrs)
- Day 8:** Trek over Ghurchi-Lagna La Pass (3,500m) trek to Pina Alt. 2,600m / 8,528ft. (5 ½ hrs)
- Day 9:** Trek to Rara lake Alt. 2,980m / 9,774ft. (4 ½ hrs)
- Day 10:** Explore around Rara Lake.
- Day 11:** Trek to Gamgadhi (District Headquarters) Alt. 2,042 / 6,697ft. (3hrs)
- Day 12:** Trek to Magri Alt. 1,900m / 6,232ft. (6 ½ hrs)
- Day 13:** Trek to Gilan Khola Alt. 2,010m / 6,592ft. (6hrs)
- Day 14:** Trek to Mugugaun Alt. 2,700m / 8,856ft. (6hrs & 45mins)
- Day 15:** Trek to Takya Khola Alt. 3,600m / 11,808ft. (7hrs)
- Day 16:** Trek over the Ninga - La Pass (5000m) trek to Bholbihan Chaur (see lots of yaks and sheep) Alt. 4,200m / 13,776ft. (9hrs)
- Day 17:** Trek to Gilan Chaur Alt. 3,200m / 10,496ft. (5 ½ hrs)
- Day 18:** Trek to Darma Alt. 2,000m / 6,560ft. (6hrs)
- Day 19:** Trek to Rip Alt. 1,950m / 6,396ft (6hrs)
- Day 20:** Trek to Raya Alt. 1,920m / 6,297ft. (4hrs)
- Day 21:** Trek to Simikot Alt. 2,500m / 8,200ft (5 ½ hrs)
- Day 22:** Exploration day (District Headquarters of Humla)
- Day 23:** rek to Kermi Alt. 2,200m / 7,216ft. (5hrs & 45 mins)
- Day 24:** Trek to Muchhu Alt. 2,800m / 9,184ft. (6hrs)
- Day 25:** Trek over a pass (4,500m) trek to Hllsa Alt. 3,500m / 11,480ft. (7 ½ hrs)
- Day 26:** Trek to Til Alt. 3,400m / 11,152ft (6 ½ hrs)
- Day 27:** Trek to Halji (visit one of the biggest and most beautiful monasteries)  
Alt. 3,400m / 11,152ft. (5hrs)
- Day 28:** Trek to Chhumgo Khola Alt. 3,700m / 12,136ft (4 hrs 45mins)
- Day 29:** Trek over a High Pass (4,990m) trek to Takchi Khola Alt. 3,800m / 12,464ft (7 ½ hrs)
- Day 30:** rek over a High Pass (4,350m) trek to Simikot Alt. 2,500m / 8,200ft (7hrs)
- Day 31:** Fly to Nepalgunj (35mins) fly to Kathmandu (1hr)

### Optional programs from Kathmandu

- ▶ White water rafting ▶ Jungle safari (Chitwan National Park or Bardia National Park) ▶ Mountain flight ▶ Mountain biking ▶ Bungee jumping



# nepaladventure

We have designed this itinerary carefully aiming to make it one of the finest recommended schedules on offer. By putting together various adventures including the charming Sikles & Tara Top trek, rafting on the Seti River and a jungle safari in the Chitwan National Park, it has now become one of our most desired and enjoyable itineraries. First we take you down hairpin bends following the Trisuli River from Kathmandu to Pokhara. Pokhara is a refreshing and beautiful hideaway on the shores of Phewa Lake. It is the stepping off point for our trek into the unknown ranges of the Annapurnas. Sikles & Tara Top takes you off the usual paths and into remote wilderness areas. We trek through lush rainforests and rice paddies up to the ridge of Tara Top and to its summit which stands at 3,056m (10,023ft.). This view is almost impossible to equal and is what makes the Sikles & Tara Top trek. From here we trek back to Pokhara via Parje village.

After two nights in Pokhara we take you rafting on the Seti River, one of the most scenic and sparkling white water rafting trips in Nepal. Camp under the stars at night, pass through remote villages during the day as you wind your way down to Chitwan National Park. Your jungle safari in Chitwan gives you an opportunity to see the famous Bengal Tiger and the great One Horned Rhino. Sway through the forest on Elephant back surrounded by over 300 species of birds, cheetal deer, wild elephants and many more exotic & fascinating creatures. Experiencing this unique wildlife adventure before heading back to Kathmandu is a great way to complete your journey.

## Itinerary:

- Day 1:** Arrive at Kathmandu International Airport. Welcomed by a Trek Nepal Representative and transferred to Hotel.
- Day 2:** Full day sightseeing around the Kathmandu valley (Kathmandu & Patan Durbar sq)
- Day 3:** Drive from Kathmandu to Pokhara (6-7hrs)
- Day 4:** Start the Sikles & Tara Top trek. Spend night camping in Ghale Gaun.
- Day 5:** Trek to Tara Top (one of the best view points to observe the entire Annapurna & M mountain ranges)
- Day 6:** Trek to Parje village (one of the best ways to experience the culture of the Annap Guring People)
- Day 7:** Trek down to Madi River bank & camp by the Madi River
- Day 8:** Drive back to Pokhara.
- Day 9:** Full day to explore or relax in Pokhara.
- Day 10:** Drive to Damauli to start Rafting on the Seti River. Spend night camping by the r
- Day 11:** Raft until 2pm & take out at Galghat then drive to Chitwan national Park. Spend the Safari Resort.
- Day 12:** Full day excursion around the Chitwan National park. Activities such as an eleph canoe ride, guided jungle walk, local village tour etc.
- Day 13:** Afternoon flight back to Kathmandu from Bharatpur. Remaining part of the day free time in Kathmandu.
- Day 14:** Travel to your next destination.

**Starting point:** Kathmandu  
**Finishing point:** Kathmandu  
**Duration:** 14 days  
**Type of trip:** Cultural/Scenic tour  
**Hotel Accommodation:** In Kathmandu, Pokhara and Chitwan  
**Departure dates:** Private trip only





### Family Adventure Tour

This itinerary lets the family enjoy and experience Nepal with us. The trip offers you a colourful life in Kathmandu valley, taste the culture and friendliness of the people in Bandipur Village and experience one of the best wildlife safaris of Southeast Asia at Chitwan National Park, a world heritage site.

#### Itinerary:

- Day 1:** Arrive at Kathmandu International Airport. Welcomed by a Trek Nepal Representative and transferred to Hotel. In the evening, pre-trip briefing at Trek Nepal's sales office. If time allows visit the renowned Monkey Temple. Overnight in Kathmandu Hotel.
- Day 2:** Full day sightseeing around Kathmandu (Kathmandu, Patan and Bhaktapur Durbarsquares)
- Day 3:** After breakfast in Kathmandu we drive to Bandipur (6hrs). Overnight in Bandipur hotel/resort.
- Day 4:** View a magnificent sunrise over the Manaslu, Annapurna & Dhaulagiri Himalayan Ranges. We have breakfast and then drive to Pokhara (3hrs). Rest of the day is free to explore Pokhara.
- Day 5:** Drive to Naudanda and then hike to the Australian Camp Alt. 1,980m (2hrs trek)
- Day 6:** Hike down to Dhampus Phedi and then drive back to Pokhara for a late lunch (4hrs)
- Day 7:** After breakfast drive to Palpa - Tansen (3-4hrs), free day to explore the city. Overnight in Tansen Hotel.
- Day 8:** Morning visit to temples of the old town and then drive to Lumbini (3 hrs), exploration day around Lumbini. Overnight in Lumbini Hotel.
- Day 9 & 10:** After breakfast, drive to Chitwan (4hrs). Jungle safari 3 days & 2 Nights.
- Day 11:** Morning Bird watching, breakfast in the hotel and then we drive to Bharatpur to fly back to Kathmandu (15mins flight)
- Day 12:** Travel to your next destination.

**Starting point:** Kathmandu  
**Finishing point:** Kathmandu  
**Duration:** 12 days  
**Type of trip:** Cultural/Scenic tour  
**Hotel accomodation:** In Kathmandu, Pokhara, Bandipur-Chitwan and Palpa  
**Departure dates:** Private only





# EXPEDITIONS

Trek Nepal Int'l has organized successful ascents on some of the highest peaks, providing services for independent climbers, private groups, and commercial expeditions. Our climbing guides are of international standards and some of the most experienced mountaineers in the world. We offer something for every level of climber.

- Island Peak (Imja Tse) 6,189m 6 - 18 days
- Mera Peak 6,645m 16 - 21 days
- Nayakang Peak 5,844m 15 - 20 days
- Chulu East & West 6,585m & 6,719m 15 - 20 days
- Pisang peak 6,092m 10 - 16 days
- Langsisha Ri 6,427m 11 - 20 days

There are many more trekking peaks that can be climbed in Nepal, including some newly opened ones. For detailed information, day-by-day itinerary and cost details, please contact us.



# LOWER KHUMBU & GOKYO TREK (SPECIAL PHOTOGRAPHY TREK)

Join Ariel Estulin, an award winning travel and landscape photographer, on a Photography Workshop in Nepal's Everest region. Ariel studied with renowned Canadian landscape photographer and writer, Freeman Patterson. The workshop will focus on improving your composition and technique, to create memorable landscape and cultural photographs all while trekking in the southeastern Everest region.

<http://www.arilestulin.com/nepal-photo-workshop>

The Lower Khumbu and Gokyo trek explores forests with rare and colourful flowers, and traverses lands inhabited by numerous ethnic groups such as Sherpas, Newaris, Tibetan refugees, and many others. It is an enchanting area of Nepal, both rich in culture and spectacular vistas. In the Lower Khumbu, the trek passes through agricultural lands with a backdrop of snowy peaks. As you make your way higher into the mountainous terrain of Gokyo, you will be immersed in the culture of the high Himalaya.

This unforgettable experience is perfect for those who predominantly wish to go trekking but, at the same time, improve their photography skills. This workshop is for beginner and intermediate photographers, who are looking for a trek of easy to moderate difficulty

**Starting point:** Kathmandu  
**Finishing point:** Kathmandu  
**Duration:** 22 days  
**Trekking days:** 20 days  
**Max. Alt:** 5,363m/17,590ft.  
**Type of trek:** Camping/Home stay  
**Trek grade:** Moderate/adventurous  
**Departure dates:** on request

## ITINERARY

- Day 1:** Arrival in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428ft
- Day 2:** Sightseeing around the Kathmandu valley and time to prepare for the trek.
- Day 3:** Fly to Phaplu Alt. 2,710m / 8,888ft. (35mins)
- Day 4:** Trek to Chyalsa Alt. 2,870m / 9,413ft. (5hrs)
- Day 5:** Trek to Najing Alt. 2,330m / 7,642ft. (5hrs)
- Day 6:** Trek to Nele Alt. 2,300m / 7,544ft. (4hrs)
- Day 7:** Exploration day
- Day 8:** Trek to Budidada Alt. 1,770m / 5,805ft. (6hrs)
- Day 9:** Trek to Bhasa Alt. 1,680m / 5,510ft. (6hrs)
- Day 10:** Trek to Kharikhola Alt. 2,040m / 6,691ft. (6hrs)
- Day 11:** Trek Surke Alt. 2,290m / 7,511ft. (5hrs)
- Day 12:** Trek to Phakding Alt. 2,610m / 8,560 (4 ½ hrs)
- Day 13:** Trek to Namche Alt. 3,440m / 11,283 (6hrs)
- Day 14:** Exploration day (visit the highest airport in the world and national park museum)
- Day 15:** Trek to Dole Alt. 4,200m / 13,776ft. (5hrs)
- Day 16:** Trek to Machhermo Alt. 4,470m / 14,661ft. (4hrs)
- Day 17:** Trek to Gokyo Alt. 4,790m / 15,711ft. (4hrs)
- Day 18:** Exploration day
- Day 19:** Trek to Dole Alt. 4,200m / 13,776ft. (5hrs)
- Day 20:** Trek to Namche Alt. 3,440m / 11,283ft. (4hrs)
- Day 21:** Trek to Lukla Alt. 2,840m / 9,313ft. (6hrs)
- Day 22:** Fly to Kathmandu (45mins)

### Optional programs from Kathmandu

- ▶ White water rafting
- ▶ Jungle safari (Chitwan National Park or Bardia National Park)
- ▶ Mountain biking
- ▶ Bungee jumping





# nepalsafari

**Royal Chitwan National Park:** Located beneath the Himalayan foothills in the flat Terai region of Nepal, the dense jungles of Chitwan, abounding with wildlife, was the fabled hunting ground of British kings and Rana Maharajas. Today it is a National Park and the only thing you shoot from is a camera while on elephant back safari. You will pass through jungles filled with various species of animals and birds - the finest wildlife experience in Asia! There are about fifty different species of mammals and at least sixty-seven different types of butterflies have been spotted.

**Royal Bardia National Park:** Journey into the remote past when you visit the ancient jungles of the Royal Bardia National Park. In the lush jungles and open savannas of the park, you have a better chance of seeing a Royal Bengal Tiger than at any other place in Nepal. Also look out for leopards, sloth bears, rhesus monkeys, barking deer, wild boars, and the Asian one-horned rhinoceros. There are about 250 different species of birds, including some endangered ones. In the rushing Geruwa River can be found the amazing Gangetic dolphin!

**Other services includes**

Tharu Village tour | Elephant breeding center | Canoe ride | Guided Jungle walk | Elephant back safari | Evening with cultural dance | Slide presentation featuring flora and fauna of the park | Bird watching | Elephant bathing | Jungle drive



# Viaggia con CARLO

OUR PARTNER AGENCY IN ITALY  
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## tour facilities



We have our own vehicles for tour facilities. Currently we have Toyota Hiace, Toyota Landcruiser Jeep and a Toyota car. These are available for rental.



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www.treknepal.com





# tibet

Tibet is the highest region on earth and is one of the world's most extraordinary and breathtaking destinations. This remote and mainly Buddhist territory is known as the "Roof of the World", and the "Land of Snows" and these are no idle statements. Adventure, magic and mystery is hidden around each and every corner.

Lhasa, the capital lies high in the arid wilderness of the Tibetan Mountains at 3590m, and is Tibet's religious, cultural and economic center. The Potala Palace dominates the city's skyline whilst the area around the Jokhang Temple holds the spiritual heart. Tibetan life is woven inherently with the active practice of religion and much of its time is spent in prayer even while working.

Tibet offers incredible views of the world's highest mountains, breathtaking high altitude treks and remarkable culture.

Traversing high passes, crossing the harsh but spectacular Tibetan plateau our tours over this beautiful land offer amazing views of the north face of Everest, over to the lush green valleys of Nepal, and this is only part of the journey, ancient Buddhist culture, artistic monasteries, exotic cities, hidden valleys, centuries old caravan trails combined with the friendlessness of the people make this a truly remarkable and unforgettable experience.

In addition to our scheduled tours we can help you to customise your own itinerary while still complying with Tibet's strict visa rules. Kathmandu is your gateway to Tibet.



## TIBET MOTORBIKE TOUR

"Trans-Himalayan Ride" - Kathmandu to Lhasa, takes you from one mystical world to another. An ultimate adventure on a 500cc Royal Enfield motorbike undertaken on the most exhilarating and challenging roads in the world. Riders will enjoy the freedom and independence of solo adventure, without being totally alone, on a route designed to experience the Himalayan's landscape, people and culture, and not just simply pass through it. Approximately 4-6 hours are spent on the road each day, accompanied with a team leader, support vehicles and mechanics. Climbing out of Nepal's capital Kathmandu to the border crossing at Kodari, and then up onto the Tibetan Plateau where the average elevation is 4,900m, will challenge the best of riders. The ride takes you via Everest Base Camp, Rongbuk, over the Gyatso La (5220m) and Karo La (5050m) passes, Shigatse - Tibet's second largest city, the stunning turquoise waters of Yamdrok Tso before arriving into Lhasa, on mostly paved but part gravel and sand roads. En-route you will ride through vast stunning desert landscape where roads disappear into the horizon, encounter nomadic life, pass magnificent monasteries and experience Tibetan culture and history. In Lhasa visits to the Potala Palace, Jokhang Temple, Sera, Drepung and more are made before leaving the "Roof of the World".

The amazing scenic views are experienced again on the flight back to Kathmandu, which offers one of the most stunning aerial views in the world.

If your passion is motorbikes and mountains (and you are qualified to drive a motorbike or 500cc or greater) this is the ride for you. Experience the best on two wheels!

### ITINERARY

**Day 1:** Arrival in Kathmandu and pre-trip briefing.

**Day 2:** Kathmandu - Zhangmu - Nyalam (180 km); 3500m.

**Day 3:** Ride to Tingri (approx 160 km) 4000m. We will be visiting Milarepa's cave en-route. Great views of the Himalayas to the South include Mt. Everest.

**Day 4:** Tingri - Rongbuk - Everest Base camp - Rongbuk (approx. 110 Km)

Here starts the taste of the "Top of the World"; the remoteness shows the real beauty of the area. Riding through the remoteness you will be ascending to Rongbuk and then up to Everest base camp - 5200m and then back to Rongbuk.

**Day 5:** Rongbuk - Lhatze (approx 150 km); 3900m.

The riding is pleasant; you will be passing a 5220m Pass called "Gyatso La" today and continuing the ride down into the colourful valley of Lhatze where you will spend the night.

**Day 6:** Rongbuk - Sigatse (approx 334 km); 4000m.

A typical day of riding between villages to Xigaze or Sigatse, the second largest city of Tibet. The ride today is across Yulung La (4950m), over fairly unpaved roads in the plateau area. If interested, you can visit the "Tashilhumpo Monastery", a vast monastery with its own streets, housing sectors, plazas, back alleys and complex temples and halls.

**Day 7:** Sigatse - Gyantse (90 Km); 4000m.

Your drive on to Gyantse takes you through intensely agricultural and cultivated areas. This excursion will also take you to an old castle, Kumbum and Palcho Chode monastery. The hotel in Gyantse has good facilities, like the one in Sigatse.

**Day 8:** Gyantse - Lhasa (280 km) via the Yamdrok Tso, though there is an off-road route from Gyantse to the turquoise Lake "Yamdrok Tso". You will be crossing the high pass of "Karo La" at 5050m then continue your drive to Lhasa. For two full days to acclimatize and take in the awe-inspiring Potala and other parts of this World heritage site. Elevation of Lhasa - 3650 meters.

**Day 9:** Sightseeing tours in and around Lhasa. Riding around Lhasa visiting the various interesting sites (Potala Palace, Sera monastery, Drepung Monastery, Norbulingka palace etc)

**Day 10:** Lhasa - Kathmandu by flight: One of the most scenic flights in the world.

For more itineraries : please visit our website <http://treknepal.com>





# nepal tibet

This journey begins from the Himalayan Kingdom of Nepal. Time is initially spent exploring the ancient city of Kathmandu before following the Bhotekosi River through lush green valleys to Kodari, our crossing point to Tibet.

The immediate climb to Nylam and Tingri leaves you in no doubt you are in a different land - one of wild remoteness, spectacular views, nomadic life and monasteries. The road journey exposes some of the most amazing scenery in the world; breathtaking views of some of the highest Himalayan peaks, stunning turquoise waters of Yamdok Tso and the impressive skyline of Lhasa.

All this is enjoyed again, but this time from the skies. The flight back to Nepal offers stunning aerial views of the Himalayas. This truly unforgettable journey ends with an overnight retreat in Kathmandu.

Note: It is possible to commence this tour with the flight to Lhasa and return to Kathmandu by road.



## ITINERARY

- Day 1:** Arrival in Kathmandu, met by Trek Nepal's representative and transfer to hotel in Kathmandu. Evening pre-trip briefing & overnight in Kathmandu.
- Day 2:** Sightseeing of Kathmandu Durbar Square & Swayambhunath stupa - optional visit to the National Museum
- Day 3:** Kathmandu - sightseeing tour of Pashpatinath Temple, and on foot to Bodhanath. Lunch in Bhaktapur. After lunch we visit Bhaktapur Durbar Square. Overnight in Kathmandu Tibet.
- DAY 3:** Kathmandu to Nyalam - 3,750m (12,300ft) - 162Kms: Early morning drive (Approx. 5 hours) from Kathmandu to Kodari (1,873m/6,140ft).
- DAY 4:** Nyalam to Lotingri/old Tingri (4050m) - 147 Kms: Drive (Approx. 5-6 hours) to Tingri crossing two spectacular passes - Nyalam pass (3800m) & Lalung La pass (5082m). En route fabulous view of the Mt. Mount Everest (8848m) Jugal Himal, Mt. Makalu (8464m) and many more.
- DAY 5:** Lotingri/old Tingri to Ronbuk (5050m/16564ft) - 105 Kms - visit Everest Base Camp (5,250m/17,220ft). Afternoon drive to Base Camp by local transport (16 kms round trip) around base camp. Overnight in Ronbuk.
- DAY 6:** Ronbuk to Xegar to Lhatse (4050 M) - 245 Kms: Morning enjoy the sunrise of Mt Everest and visit Ronbuk monastery. After breakfast we drive to Lhatse for overnight.
- DAY 7:** Lhatse - Sakya & Natang Monastery to Shigatse (3900m) - 185 Kms: Morning drive to Sakya (30 Kms), visit famous Sakya Monastery. After lunch in Shakya, we drive to Natang Monastery. Late afternoon we drive to Shigatse, the second biggest city in Tibet.
- DAY 8:** Shigatse to Gyantse via Shalu Monastery (3950m) - 90kms - visit of Khumbum stupa. Overnight in Gyantse.
- DAY 9:** Gyantse to Lhasa (3650m) - 259kms: The drive to Lhasa takes 5 hrs, crossing 2 passes the Karo-La (5010m) & Kamba-La (4794m). First glimpse of the Potala Palace, overnight in Lhasa.
- DAY 10:** Lhasa Sightseeing Tour: Sightseeing tour of Sera Monastery, Norbulingka Palace the summer palace of the Dalai Lama, Jokhang Temple.
- DAY 11:** Lhasa Sightseeing Tour: We start our tour with visit to the Potala Palace and Drepung Monastery. This 17th century Potala Palace offers an awesome view of entire city and also has private quarters of the Dalai Lama, numerous grand state rooms and chapels.
- DAY 12:** Fly from Lhasa to Kathmandu
- Day 13:** Final Departure



# tibet - mt. kailash

Mount Kailash is a peak in the Gangdise Mountains which are located in the far west of Tibet. At 6,714m it lies in one of the highest and most rugged parts of the Himalayas. The Tibetan name is Gangs Rinpoche which means "Precious Jewels of Snow". This mountain is a sacred site for Hindus, Buddhists, Jains and Bons. Every year, many pilgrims from around the world visit to pray in the shadow of the most holiest of mountains. It is believed by pilgrims of several religions circumambulating Mount Kailash (52km) on foot will remove sins and bring good fortune.

Despite its remote and stark location it is also a popular destination for all adventure lovers. Mount Kailash is flanked by two neighbouring lakes Mansarovar and Rakkshas Tal. The lakes are the highest bodies of fresh water in the world, with Lake Mansarovar (330 sq. km), at (4,558 meters), about fifteen metres higher than Rakshas Tal. It is believed by Buddhists that Queen Maya (Buddha's Mother) was carried to Lake Mansarovar by the gods. A Kailash pilgrimage is completed when one has bathed in the sacred Lake Mansarovar.





## ITINERARY

**(Lhasa - Kailash)**

- Day 1:** Arrival in Kathmandu. Transfer to hotel. Alt. 1,350m / 4,428 ft.  
**Day 2:** Tour briefing followed by a sightseeing excursion of Pashupatinath and Bouddhanath. Time will be available to prepare for the tour.  
**Day 3:** Fly to Lhasa (3,675m)  
**Day 4&5:** Sightseeing around Lhasa visiting the major attractions, including Potala Palace, the Jokhang Temple, Bharkhor Market, Drepung and Sera Monasteries, and becoming acquainted with Tibet's culture.  
**Day 6:** Drive to Gyantse Alt. 3,650m (260km)  
**Day 7:** Drive to Shigatse Alt. 3,900m (90km)  
**Day 8:** Drive to Lhatse Alt. 4,275m (290km)  
**Day 9:** Drive to Saga Alt. 4,640m (280km)  
**Day 10:** Drive to Paryang Alt. 4,540m (255km)  
**Day 11:** Drive to Manasarovar Alt. 4,700m (265km)  
**Day 12:** Drive to Parikrama Lake Manasarovar (4,560m) then continue to Darchen Alt. 4,560m (km)  
**Day 13:** Drive to Asthaphath (4,750m) then trek to Dira Puk Alt. 4,909m (km)  
**Day 14:** Trek over Droma La Pass (5,680m) to Zuthul Puk Alt. 4,700m (22 km over 9hrs)  
**Day 15:** Trek to Kailash Parikarma near Darchen (4,700m) then drive to Manasarovar Alt. 4,700m  
**Day 16:** Rest day at Lake Manasarovar Alt. 4,740m  
**Day 17:** Drive to Paryang Alt. 4,540m  
**Day 18:** Drive to Saga Alt. 4,640m  
**Day 19:** Drive to Nyalam Alt. 3,800m  
**Day 20:** Drive to Kathmandu Alt. 1,350m (125km over 7 hrs)

**ITINERARY II (Kathmandu - Kailash)**

- Day 1:** Arrival in Kathmandu. Transfer to hotel. Alt. 1,350m. / 4,428 ft.  
**Day 2:** Preparation for the trip  
**Day 3:** Drive Kathmandu to Nyalam Alt. 3,800m (165kms over 8hrs). o/nt at Mt Snowlion  
**Day 4:** Acclimatization day in Nyalam.  
**Day 5:** Drive to Saga Alt. 4,640m - 7-9 hrs. Camp or local guest house  
**Day 6:** Drive to Paryang Alt. 4,540m - 7-8 hrs. Camp or local guest house  
**Day 7:** Drive to Manasarovar Alt. 4,700m - 6-7hrs. Camp or local guest house  
**Day 8:** Rest day at Lake Manasarovar. Camp or local guest house  
**Day 9:** Drive to starting point of Kailash Parikarma. Trek to Dira Puk Alt. 4,909m - hrs  
**Day 10:** Continue Parikarma over Dolma La pass (5,650m) to Zuthul Puk Alt. 4,700m (22 kms. 7-8 hrs). camp  
**Day 11:** End Kailash Parikarma near Darchen Alt. 4,700m - 14kms. 3-4hrs.o/nt Guesthouses.  
**Day 12:** Drive Paryang Alt. 4,540m - 7-8hrs. Camp or local guest house  
**Day 13:** Drive to Saga Alt. 4,640m - 8hrs. Camp or local guest house  
**Day 14:** Drive to Nyalam Alt. 3,800m - 6-7 hrs. Camp or local guest house  
**Day 15:** Drive back to Kathmandu  
**Day 16:** Final departure



# access to nepal



Besides international flights to Kathmandu's Tribhuvan International Airport, you can travel to Nepal by road from India or China. Tauliwha at Bhairawa, Birjung and Kakadvitta are the main India-Nepal border points and Kodari, Tibet is the only transit point between China and Nepal. On arrival a tourist visa is available from these points.

#### TRAVEL TICKET/CONFIRMATION:

Check your airline ticket carefully. Many routes to Nepal require the change of aircraft or even a change of airline. In our experience, risk of losing baggage usually occurs if you are travelling on two airlines. In this case, we recommend you seek confirmation at the initial check-in if your luggage is tagged all the way to Kathmandu, if not please remember to claim your luggage at each transferring airport.

#### ENTRY VISA PROCEDURES:

Most Nationalities can obtain an entry visa at the airport or point of entry border. Nepal's immigration website details all those who must apply through the Nepalese Embassy or Consulate or other Mission offices abroad. Two passport size photographs are required.

#### VISA FEES:

The visa fee for tourists of SAARC countries (India, Bhutan, Bangladesh, Pakistan, Maldives, Sri Lanka) and People's Republic of China is free.

For all other Nationalities the fees are:

Single entry - US\$25 days for 15 days\*

Multiple entry - US\$ 40 for 30 days.\*

Visa will be extended subsequently for 30 days each upon payment of US\$ 30 for a maximum period of 150 days in a visa year (Jan-Dec).

For latest changes on these policies and fees please visit Nepal's immigration website <http://www.immi.gov.np/> \* Fee at the time of print.

DEPARTURE FROM KATHMANDU BY AIR: check-in is required 2 hours prior to the flight time.

Some airlines require reconfirmation of departure, this requirement will be detailed in your flight documentation. Trek Nepal Int'l will reconfirm your booking for you, if requested.

#### INSURANCE:

We strongly recommend that you covered by personal travel insurance whilst in Nepal, or any other country you are visiting. Some policies exclude certain activities such as trekking, rafting, peak climbing but may be added to your policy for an additional small premium. Ensure your insurance covers medical expenses, emergency evacuation, lost or theft items etc. N.B. Almost all travel policies refuse to extend the duration of the policy once you are overseas.

#### GENERAL HEALTH:

Please check with your family doctor or specialist travel clinic for the current advice on vaccination requirements and preventative health care.

Nepal's climate includes long months of mountain monsoon (mid-June - mid-September), this combined with Kathmandu's pollution and the valley's inversion layer, may cause occasional illness. Medicine is widely available for such ailments. Warm dry wear is recommended but better still get into the fresh air that's awaiting you outside the valley!

#### AMS (Acute Mountain Sickness):

AMS can affect mountain climbers or trekkers at high altitude (typically above 2,400m). Symptoms range from mild to life-threatening. It is difficult to determine who may be affected since there are no specific factors such as age, gender or physical condition that are associated with susceptibility. Trek Nepal Int'l's itineraries, where appropriate, include time for altitude acclimatization and all our trips are resourced to deal with the range of symptoms from preventative medicine to rescue helicopter evacuation. (It is for the later solution we believe it is mandatory that each traveller is covered by personal travel insurance.)



**LOCAL CLINIC:** The medical infrastructure in Nepal is limited. However, Kathmandu does have one 'western clinic' which is very proficient in travel medicine. It is to this medical center we would direct or escort you to should the need arise.

**DRINKING WATER:** Although most Kathmandu hotels and restaurants treat water for drinking, many people still consider it best to purchase bottled water. On our treks we boil and sterilize drinking water. We DO NOT supply plastic bottled water nor recommend you take bottles of water with you. At Trek Nepal Int'l we adhere to the environmental code of discouraging disposable non biodegradable containers in the mountain & wilderness.

**TRAVELLING SEASON:** It is possible to travel to Nepal at any time of the year. It is also possible to trek at anytime of the year. The most popular seasons are Autumn (September-December) and Spring (February-May). However, during winter a number of areas are unobtainable owing to mountain passes being snowbound and extreme low temperatures; whilst in summer certain parts of Nepal are not recommended owing to their monsoonal conditions. Winter is excellent for trekking at lower altitudes; whilst in the monsoon season (June-August), you can trek in the rain-shadow areas north of the Himalaya such as Mustang, upper Manang and Dolpo. These places are not affected by the rain clouds because of the high mountains. Travel to Tibet is recommended from May to September via Nepal.

**CURRENCY EXCHANGE:** Payment in hotels, travel agencies, and airlines is made in foreign exchange. Credit cards such as American Express, Mastercard and Visa are widely accepted at major hotels, shops, and restaurants. ATMs are widely available in Kathmandu. Please retain receipts for all financial transactions as these may be needed to exchange surplus Nepalese Rupees into foreign currency before leaving the country. Please note, only 10 percent of the total amount withdrawn may be converted.

Nepalese Rupees are found in denominations of 1000, 500, 100, 50, 20, 10, 5, 2 and 1.

One rupee equals 100 paisa. The current exchange rate  
US\$ 1 = (Nepalese Rupees) NPR 78 (25 October 2011)

#### CUSTOMS

- ▶ Use local greeting "Namaste", press palms together at chest level (same for response)
- ▶ Before entering anyone's house or temple, take off your shoes.
- ▶ Some of the temples may be prohibited for non-Hindus.
- ▶ Leather articles are prohibited to be taken inside the temple precinct.
- ▶ Do not touch offerings or persons when they are on their way to shrines.
- ▶ Beef is strictly prohibited among both Hindus and Buddhists. No female animal is killed for food.
- ▶ Walk around temples or stupas in a clockwise direction.
- ▶ Usually it is permitted to take photos of temples and monuments but it is better to ask an authorized person before doing so.
- ▶ Dress appropriately when visiting any place. Sun and beachwear is deemed improper when roaming around. Briefs, shorts, bare shoulders and backs may be seen as unsuitable. One need not be stiff and overdressed but comfortable and decently covered.
- ▶ Do not be offended if a Nepalese lady hesitates to shake hands. In Nepal, people especially women, do not normally shake hands when greeting.
- ▶ Public displays of affection between men and woman is frowned upon. Do not do something that is totally alien to local culture.

**CULTURE AND LANGUAGE:** Nepali or Nepalese is the official language of Nepal. The country is potpourri of different ethnic groups and sub-groups who speak over 70 different languages and dialects. Over 80% of the population is Hindu, over 10% Buddhist and the rest is made up of Muslim, Kiratis, Christian, Sikhs etc.

The Nepalese people are friendly and hospitable by nature, which they extended to all visitors. Nepal, like any other country, has its own customs and we call upon our visitors to observe and see the ways of Nepalese people and share them. It is in this spirit that we offer some practical guidelines that could help to make your stay more pleasurable and rewarding.

#### SUGGESTED TREKKING EQUIPMENT LIST

1 Pair of hiking boots	3 pairs heavy wool socks
1 Medium size backpack	1 sweatshirts / light sweater
1 Day pack	1 Torch and spare batteries
1 Sleeping bag (-5 - 10 C)	1 Swimming costume / bathing suits
1 Down Jacket/Gore tex Jacket	1 light medium size towel and sunscreen
1 Light wind & water proof jacket	1 Washing kit including washing powder, small clothesline and pegs, insect repellents etc. & personal toiletries
1 Inner sleeping sheet	Moleskin for blister
2 long sleeve T-shirts	Swiss type of army knife
1 water bottle	Toilet paper, biodegradable soap/shampoo
1 pair gaiters/over trousers	Personal medication.
1 pair sport shoes or sandal	Underwear (including thermals)
2 pairs light weight trousers	Warm hat/ gloves
1 pair shorts	Sunglasses and sun hat
1 fleece / warm sweater	Spare plastic bags for wrapping clothes
2 T-shirts	
2 pair light socks	

*You should be sure that your cold weather clothing will keep you comfortable to -10 degree Celsius. Most of the items mentioned about can easily and cheaply be bought or hired in Kathmandu, Pokhara and Namche Bazaar.*

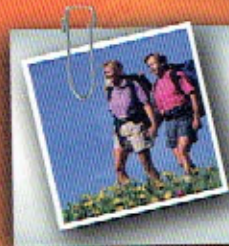




*Fantastic trip !!  
Guide was excellent, I would have no  
hesitation in recommending this trip  
to people. Keep up the good work.  
Mark Cramer, USA*



*Put together an excellent trek with  
helpful and friendly staff. I would  
certainly recommend Trek Nepal Int'l.  
John & Pamela, UK*



*Many compliments to the kitchen  
staff for their skills in making  
splendid meals!  
Anita and Stephan, France*



*Thanks a million to Trek Nepal  
people- excellent food, excellent trip  
and beautiful scenery.  
Cathrina Woodhead, Australia  
for more reviews pls. visit our page in [trip advisor](#)*



## NEPAL-TIBET

TREKKING | HIKING

MOUNTAINEERING

TRAVEL INFO

FIXED GROUP DEPARTURES

GPO Box 9947, Thamel, Kathmandu, Nepal. | Tel: (977) 1 4701001 Sales | Tel/Fax: (977) 1 4700012  
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