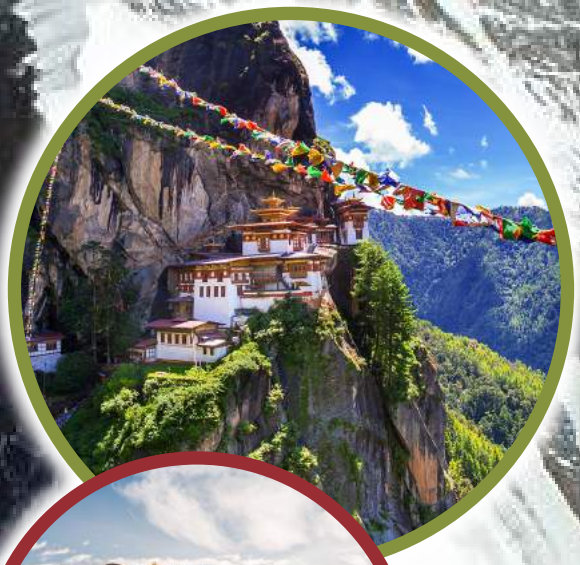
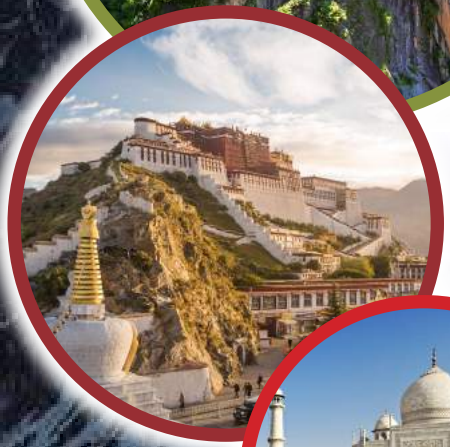
Serving Amazing Adventure...

Since 1999







HIKING
ADVENTURE TREKS PVT. LTD.

Nepal | Bhutan | Tibet | India

www.hikingadventuretreks.com

Table of Contents

Welcome message	3
Why Travel with us?	4
Meet Our Team	5
Giving back to the community	6
Nepal Travel Information – planning your trip	7
EVEREST REGION	8-11
Everest Base Camp Trek	8
Gokyo Valley Everest Base Camp Trek	9
Everest View Trek/ Sherpa Village Trek	10
Everest Base Camp Heli sightseeing Tour	11
ANNAPURNA REGION	
Annapurn Base Camp Trek	12
Annapurna Circuit Trek	13
Poonhill/ Annapurna View Trek	14
MUSTANG REGION	15-17
Upper Mustang Trek	15
Manaslu Larke Pass Trek	16
Dolpo Trek	17
Langtang Valley Trek	18
CULTURE AND WILDLIFE	19-21
Cultural Tour and Wildlife Tour	19
Glance of Nepal	20
Kathmandu Valley Cultural Tour	21
River Adventure Nepal	22
Himalayan Foothill Cycling	23
Bhutan	24
Bhutan Cultural Tour	25
Druk Path Trek	26
Tibet	27
Everest Base Camp Tour Khasa Kathmandu	28
Lhasa Sightseeing Tour	29
Lake and Overland tour Tibet	30
Incrediable Indai	31
Dharmashal Trek	32
Reviews	33-34

Welcome Message:



Mr. Ram Barakoti
(Team Leader/Founder)

Dear Clients & Travel Partners around the World,
Namaste!

Hiking Adventure Trekking Pvt Ltd is a well-known name in the Nepalese Travel and Tourism Industry. Along with its expertise in mountaineering sector in Nepal, India, Bhutan and Tibet. Together, we cater unforgettable mountaineering, trekking, hiking, rafting, and other exhilarating experiences for our valuable clients.

We have been successfully conducting adventure treks, mountain expeditions and tours in Nepal, Bhutan, Tibet and India. We often serve repetitive/happy customers, who come back with their new friends and family members to relive the joys.

We are a young and energetic team working at office and on the ground, our vision aims to create positive experience for the eager travellers. Management is co-led by two passionate individuals, who have earned their expertise throughout years of experience in travel industry. We are clear in our business model to providing best travel service to our customers.

Our founders paved a trail of improvement for communities where we work. We employ and educate people in the communities where we work. And in turn their culture, simple life and hospitality captivate us. Our Social Responsibility focuses on uplifting their living standards through job creation, community uplifting projects, sponsorships and other meaningful involvements.

We adhere by strong business ethos. We provide each client with adequate information, assistance and guidance before, throughout, and even after the completion of their journey. We understand the excitement Himalayas brings to people. We focus to keep each trip relevant and engaging. We follow a humane approach to business. With an energetic, motivated and professional staff, we design sustainable and environment-friendly itineraries. We cut off carbon where unnecessary and invest our share for environment conservation and waste management around the communities. We are passionate about Nepal and its beauty, and want to keep it that way for generations to come and enjoy.

We often travel to learn. We understand each person has a unique personal expectation from the trip. To help with that, we ask a lot of questions to our clients which helps us recommend the best options for them. We spend considerable time to understand your needs and expectations. Our trips are flexible and itineraries are continuously modified to fit the needs, requirements and emerging travel trends. This helps us to serve you with a life-changing experience. Welcome to the land of mountains and captivating culture.
I wish you a memorable and fun-filled travel experience with us!

With Best Regards,
Ram Barakoti
Team Leader/ Founder

Why Travel with us?



Our objective lies in providing our clients with the best travel experience, with proper exposure to the natural landscape, culture and people collaborated in each of our itinerary. We are encompassed with a motivated team coming from adequate travel background, learned knowledge and practicable skills in order to develop our program, which we continuously improvise to provide the best service in the travel arena.

Transparent Communication

It is very easy to remotely please the customers by under quoting prices or marketing them treks in off season, however that would require dishonest communication, a code of ethics we cannot break. At Hiking Adventure we make sure that from the point of contact we work to deliver you honest pricing, honest solutions even at the risk of losing out to competition. We believe in a long and trustful exchange with our clients which can be only delivered with transparent communication.

Customizable Itineraries

Our team knows that simply having standardized itineraries will not fulfil everyone, every customer/group is different and it our job to adapt the treks to your liking. Till date, Hiking Adventure has been successful in crafting a trek in the manner that suited both a 10 year and 72 years old in the same group. The essence of traveling with family is togetherness and we find a way for you to do that despite the age bracket.

Invaluable Workforce

We value our workforce because with their dedication to Hiking Adventure literary moves or lack of a better term climbs mountains. As our goal is to use the employment opportunities of the industry to build strong-willed capable individuals we make sure that they get attracted to the industry by creating a fun-loving working atmosphere, we help them ignite the passion for travel and work towards keeping it burning.

Trained and Experienced Staff

Hiking Adventure expects a standard of excellence in every work conducted, along with having trained guides who know the areas at the back of their hand we also encourage our staff to be facilitators. Running a business you need to attain multi-layered skills, it is not just enough to be trained professionals but identify the customers through the verbal and non-verbal cues they use. At Hiking Adventure we make sure that our staff member is good at picking these cues and go above and beyond to accommodate.

Highly Adaptable

Sometimes travel plans may fall through or turn out different from expectations, during such moments Hiking Adventure steps in. We take the spirit of adventure quite literary and taken any bad experience as an opportunity to be adaptable and present you with better things, our quick decision making has led for us to organize impromptu travel packages for our clients, either treks or meditation retreats, nothing is too of reach.

Aspire to be the best

One of our leading goals for the next 5 years is to be the best tourism company in the country, this comes with action and commitment one that we choose to exercise daily. In order to surpass the massive amount of competition, our company finds ways to tweak our service here and there to polish ourselves and hopefully become industry leaders. Organizing friendly dinners before the trip is just one such thing we do where we are able to form a personal connection with our clients. This has led to Hiking Adventure to experience many satisfied customers.

Building Community-Driven Social Responsibility

Our company organizes many capacity building for our workforce and the communities they come from, this is done with the hope that we are able to share our success with them. These training facilities have led to a previously uneducated community to slowly rise up. Using anecdotes from our workforce to intrigue new youths and attract them to the industry of limitless possibilities.

Credible

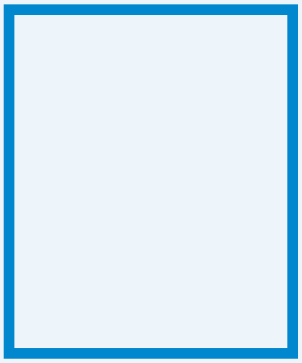
The way we do business helps of gain customer trust this trust later cultivates to friendships that last for a long time, we do a majority of our work through word of mouth and referrals, we have established such a strong base of past clienteles they send on their friends and family members to us. Our travellers have become our biggest source of credibility.

Meet Our Team

Our Team is comprised of people coming from various regions and destinations, and work tirelessly to provide the best travel experience for HAT Clients. They are the foundation of our organization as their knowledge and expertise helps us deliver the best guidance and service to our clients both logistically and in field. We keep our staff motivated and trained in order to effectively handle the new challenges as well as get well-informed and updated on the new travel trends.



Ram Barakoti
CEO



Dhurba Kandel
Managing Director



Sajana Tripathi
Marketing Director



KP Barakoti
Trekking Guide



Nora Bahadur Bohara
Trekking Guide



Devendra Dulal
Trekking Guide



Damodar
Trekking Guide



Achut Pandey
Trekking Guide



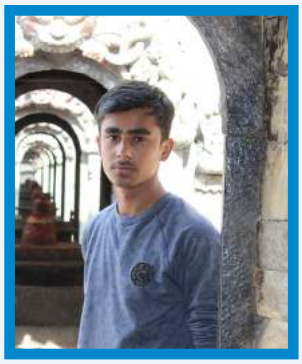
Suman Tamang
Trekking Guide



Kumar Khadka
Mountain Guide



Ranju Tamang
Travel Consultant



Dibash Kandel
Ticketing Officer

Giving Back to the Community (CSR)

We are encouraged to upgrade welfare of indigenous peoples of a particular region. Being a responsible tour operator, we believe in promoting remote area of Nepal, running projects for quality education, development initiatives, health services, etc. We contribute 10% of our profit on those projects.



Nepal Volunteer Medical trek is a two weeks short trek around rural Nepali Chepang villages and health posts where you will volunteer the poor, uneducated of outer world and financially weak Chepang citizens. Volunteering in such villages will help the citizens of those village to get medicine and advise of their health. It also helps the health posts perform their campaign effectively.

Trek to Teach Program

Trek to Teach program takes you to a short trek around rural Nepali Chepang villages and to the village/school where you will volunteer the poor, uneducated of outer world and financially retarded Chepang students. Volunteering in such schools will help the students of those village will elaborate them for their future. It also helps the school to train their students in the best way possible.

This trek takes you to a Chepang village of Chitwan. Chitwan itself is a very natural city with one of the beautiful national park in the Asia. Chepang are originally nomads of Chitwan with their own culture, language, tradition and lifestyle.



Nepal Travel Information

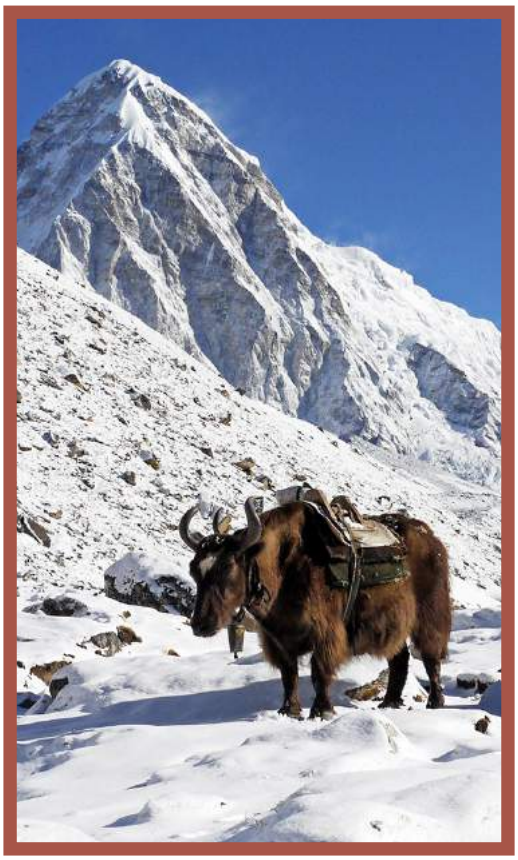
Nepal is one of the most sought destination in South Asia, famous for its delicious blend of Hinduism and Buddhism, which has shaped the culture and decorated its mesmerizing landscape since early civilization. The country is a small nation surrounded by India and China, and boasts 8 of the 10 top mountain peaks in the world. The terrain of this brick-shaped nation stretches with northern Mountains, hills and southern plain lands across the country, providing a great range of natural experience and adventure.

The capital city, Kathmandu, enchants with its rich cultural diversity and cultural heritages that are spread across the valley. The hustling and bustling of the population of over a million residents from various parts of the country, and immigrants from across the borders populate the capital as a dreamland of opportunities. Seven cultural and historical heritages are listed as UNESCO World Heritage Site, spread in different parts to decorate the valley as an important part of human civilization. The country is known as birth place of Gautama Buddha, and is home to several protected forest area and wildlife, including endangered species vigorously protected by government, community and NGOs.

Adventures and holidays fill up the soul with cultural and community tours, trekking, mountaineering, adventure sports (Bungee, Zip line, River Rafting, Kayaking, Rock climbing, etc.), wildlife tours and so many to name from. Tourism is regarded as a sustainable source of economy and safety is ensured through provision of a separate ‘tourist police’ department set up in the heart of the capital with its service spread all over the country.











PLANNING YOUR TRIP

ACCOMMODATION AND MEALS:

We provide best rated hotels while in the capital and town areas of the country for our clients, the price of which is inclusive in the itinerary of each package. Through our experience in the travel regions, we select the best accommodation options among the available to provide our client with best stay experience. Accommodations are simple and basic in remote trekking areas which are built by the locals living in the region. This also helps us to support the livelihood of the communities while running our business.

Similarly, meals also comprise of a balance of western and local food. Some of the Nepali food are still prepared traditionally in villages and remote areas. And that's where we take our clients to taste the native dishes en route to the destinations. In cities and towns, western, Indian and Chinese dishes are available in various restaurants and hotels as per to the demand.

NEPAL VISA INFORMATION

Outside Nepal, visa can be obtain from Nepal Embassy or Nepalese Diplomatic Mission and inside Nepal you can obtain visa on arrival at TIA (Tribhuvan International Airport) Kathmandu and border entry points Kakarbhitta, Birgunj, Bhairahawa, Nepalgunj, Dhangadi, Gaddachauki on the Nepal-India border and Kodari on the Nepal-China border. For the renewal of visa you can go to Department of Immigration.

Visa requirements

- Valid passport.
- Few sets of passport size photo with light background.
- Visa can be obtained after the payment of cash. Payment should be made through following currency only: Euro, Swiss, Franc, Pound Sterling, US/Canadian/Australian/ Hong Kong/Singapore Dollar and Japanese Yen.
- Credit card, Indian currency and Nepalese currency are not accepted at the time of payment for visa.

On Arrival Visa Fee

- 15 Days – 25 USD or equivalent currency
- 30 Days – 40 USD or equivalent currency
- 90 Days – 100 USD or equivalent currency

Gratis Visa (Visa For Free)

- Children below 10 Years
- For 30 days SAARC citizen visiting Nepal for the first time in one visa year (January to December) is given gratis visa.
- Indian nationals do not require visa to enter Nepal but as per Nepal Immigration Indian nationals travelling through air must possess passport or election commission card.

Other Visa Information

Nationals from Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine and Afghanistan are not eligible for visa 'on arrival' at immigration entry points of Nepal.

Visa Extension

Tourist can stay for maximum period of 150 days in a visa year (1st January to 31st December)

TREKKING EQUIPMENT'S

Hiking

- Backpack (depend upon availability of porter)
- Hiking boots
- Camp shoes
- Woollen socks (pair of varying thickness)
- Lightweight trekking pants
- Trekking shorts
- T- shirt

Cold Weather (Oct-Feb)

- Sweater
- Fleece
- Water and wind proof jackets/ pants
- Heavy down jacket
- Heavy weight pants for high evacuation
- Winter hats and gloves

Sleeping

- Tent
- Sleeping bag and pad
- Silk liner sleeping bags and gloves

Accessories

- Water purification
- Water bottles at least 3 litres
- Baseball cap for protecting sun light
- Hiking poles
- Sunglasses
- Head lamp with extra batteries
- Notepad and pens
- Camera with extra batteries
- Day-pack for personal accessories, rain jackets, snacks and camera
- Heavy duffel bag

Personal Accessory

- Toiletries (toothbrush, tooth paste, antiperspirant, floss etc)
- Hand sanitizer
- Body lotion and sunscreen
- Biodegradable bar soap and washing liquid
- Face and body wipes
- Throat lozenges and lip balm
- Medications (Ibuprofen, others if necessary)

Extras

- Duct tape for fast and temporary treatment.
- First Aid Kit with moleskin for blisters.
- Extra photo copies of your passport, passport size photos and extra pages of passport

TRAVEL INSURANCE

Travel insurance is compulsory for all travellers before making any trip. We strongly recommend travel insurance for those who are willing to travel Nepal. Your travel insurance must cover accidents, injury, illness and death medical expenses, including any related to pre-existing medical conditions, emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability as per travel insurance policy. It is necessary to ensure your travel insurance while travelling to Nepal because extra charter flight and extra services might be costly in case of unforeseen circumstances.



Everest Base Camp Trek

16 Days

DEPARTURES:
Daily from September to June

The Everest Base Camp Trek is the ultimate Himalayan experience with the magnificent highest mountain of the world, Mount Everest (8,848m). Everest Base Camp Trek route lies in Solukhumbu district of Nepal. Being on the trail amidst elevated peaks and local Sherpa villages, this is the ultimate trekking thrill to your adventurous side. Being in this region alone provides the close look into the history and influence of Tibet in the daily life of Sherpa. Their understanding and adaption of the landscape leaves one surprised and impressed.

Surrounded by 4 out of 6 highest peaks of the world including Lhotse (8,501m), Mt. Makalu (8,470m) and Cho Oyu (8,201m), Everest Base Camp Trek is an excellent choice for those looking to enjoy the serenity of nature at its fullest, along with the unique and amazing local Sherpa culture. March, April, May, late September, October, and November are the best trekking months for this region.

This 15 days journey can be a life-changing experience and memory. Walking those peaceful rocky trails enclosed by the supergiant rocky peaks is dreamlike. Whole expedition starting from Kathmandu (1,350m) to all the way till Kala Patthar (5,545m) spending overnight in villages like Tengboche (3,870m) and Dingboche (4,360m) is unforgettable.

ITINERARY

Day 1 Arrival at Kathmandu Airport (alt. 1,400 m)
Day 2 Sightseeing in Kathmandu
Day 3 Flight: Kathmandu to Lukla (2,800m)
Trek: Phakding (2,640m)
Day 4 Trek: Phakding to Namche Bazaar (3,445m)
Day 5 Acclimatization: Everest View Hotel (3,962m)
Day 6 Trek: Namche Bazaar to Tengboche (3,860m)
Day 7 Trek: Tengboche to Dingboche (4,250m)
Day 8 Acclimatization: Dingboche
Day 9 Trek: Dingboche to Lobuche (4,900m)
Day 10 Trek: Lobuche to Everest Base Camp (5,364m) via Gorakshep (5,150m)
Day 11 Trek: Gorakshep to Kalapatthar (5,445m) to Pheriche (4,240m)
Day 12 Trek: Pherche to Tengboche
Day 13 Trek: Tengboche to Namche Bazaar
Day 14 Trek: Namche Bazaar to Lukla Airport
Day 15 Flight: Lukla Airport to Kathmandu
Day 16 Departure

TRIP HIGHLIGHT
Everest Base Camp
Khumbu Glacier
Sherpa Culture and tradition
Thrilling Kathmandu to Lukla Flight
Mountain Views

TRIP DETAILS
Trip Grade: Challenging
Trip Start/End: Kathmandu
Group Size: Max 15

INCLUSIONS:
Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
ACCOMMODATION: 3-star hotel (4 nights) and Trek tea-house (11 nights)
FOOD: 15 Breakfast, 11 lunch and 11 dinners including welcome and farewell Dinner.
EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

INTERESTING FACTS!
Maximum Elevation: 5,450 m
Everest is 8,848 m high above the sea level. It is almost 60 million years old.
Sir Edmund Hillary and Tenzing Norgay Sherpa were the first people to summit the Everest in 1953.
World's Highest Peak was named Everest, or Mount Everest after Sir George Everest. It is called "Sagarmatha" in Nepali and "Chomolungma" by Tibetans.
Nepal is re-measuring the height of Mount Everest considering the after effects of a major Earthquake in 2015.

19 Days

Gokyo Valley To Everest Base Camp Trek

Gokyo valley and Everest base camp trekking is a fantastic trek visits all of the high valleys surrounding Everest culminating with the ascent of Kala Patthar and the walk to Everest Base Camp. Gokyo provides the most extensive view of Everest in the whole of the Khumbu. With time to explore villages and monasteries and to sample the incredible hospitality of the Sherpa people, this trek is unbeatable.

This trek begins with an unforgettable mountain flight from Kathmandu to Lukla. Walking through delightful Sherpa villages towards the Sherpa capital of Namche Bazaar, essential acclimatization is necessary before making the ascent. Continuing higher to Gokyo lakes we explore the upper valley beneath the huge bulk of Cho Oyu. From here and from the top of Gokyo Ri (5,480m), Everest and the surrounding peaks/glaciers bless incredible views!

We head towards Phortse village and follow the trail towards Everest base camp and Kala Pattar, both the highlights of this trip. Journey continues through the Khumbu valley to the top of Kala Pattar (5,555m) for even more spectacular views. We have a day to visit Everest Base Camp across the Khumbu Glacier at the foot of the immensely impressive Khumbu icefall. Our return journey takes us to Tengboche monastery, the most important centre of Buddhism in the area, before ending our trek at Lukla and another opportunity to experience the exciting mountain flight to Kathmandu.





DEPARTURES:
Daily from February to June and September to December

ITINERARY

Day 1	Arrival at Kathmandu Airport (alt. 1,400 m)
Day 2	Sightseeing in Kathmandu
Day 3	Flight: Kathmandu to Lukla (2,800m) Trek: Phakding (2,640m)
Day 4	Trek: Phakding to Namche Bazaar (3,445m)
Day 5	Acclimatization: Everest View Hotel (3,962m)
Day 6	Trek: Namche Bazaar to Dole (3,600m)
Day 7	Trek: Dole to Machherma (4,450m)
Day 8	Trek: Machherma to Gokyo Ri(5,480m)
Day 9	Trek: Dole to Phortse Village (3,870m)
Day 10	Trek: Phortse village to Pheriche (4,240m)
Day 11	Trek: Cho La pass (5,300m) to Dzongla (4,710m)
Day 12	Trek: Lobuche to Gorakshep and visit Everest Base Camp (5,310m)
Day 13	Trek: to Pheriche (4,200m)
Day 14	Trek: Gorakshep to Kala Patthar (5,545m) to Dingboche (4,410m)
Day 15	Trek: Dingboche to Tengboche (4,410m)
Day 16	Trek: Tengboche to Namche Bazaar (3,440m)
Day 17	Trek: Namche Bazaar to Lukla Airport
Day 18	Flight: Lukla Airport to Kathmandu
Day 19	Departure

INTERESTING FACTS!

Maximum Elevation: 5,450 m

More than 4000 people have attempted to climb Mount Everest till present.

Mount Everest's height grows each year due to continenta l shifts.

Nobody submitted Everest in the year 1974. It's called the Maiden Year.

A Nepalese couple got wed on the summit of Mount Everest in 2005 to set the world record on world's first couple to get married on the top of the world.

TRIP HIGHLIGHT
Everest Base Camp
Khumbu Glacier
Sherpa Culture and tradition
Thrilling Kathmandu to Lukla Flight
Mountain Views – Gokyo Lake and Valley

TRIP DETAILS
Trip Grade: Challenging
Trip Start/End: Kathmandu
Group Size: Max 15

INCLUSIONS:
Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (4 nights) and Trek tea-house (11 nights)
Food: 18 Breakfasts, 14 lunches /dinners including welcome and farewell Dinner

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.



Everest Panorama Trek/Sherpa Village Trek

8 Days

DEPARTURES:
Daily from September to November and March to May

Let's be honest – not everyone looking to travel in the Everest region is looking forward to a rigorous trek and climbing. Moreover, there are clients who simply want to visit the area, indulge in the culture and enjoy the magnificent view that Everest region provides. In this sense, a 9 day Everest Panoramic View Trek wins the heart of many such travellers. You will trace the trail that meanders through the amazing Dudh Koshi River valley. The trek will also take you across several suspension bridges over the river. It's a great walking indulgence in the nature and beautiful surroundings of the river valley and mountain ridges.

Although it is a short trekking adventure, it will take you up to the elevation of 3,860 meters above sea level. You will not only explore the lower Everest region magnificence but also enjoy the view of high soaring mountains. The view of gigantic snow-capped mountains in addition to the view of Mt. Everest makes the trek amazing. Sherpa cultural wonder of the Everest is another attraction that you will explore on this trek. The trekking adventure will take you almost half way through the trail to the Everest Base Camp. You will also explore the magnificence of Buddhist spirituality on the monasteries that you will come across during the trek.

ITINERARY

Day 1 Arrival at Kathmandu Airport (alt. 1,400 m)
Day 2 Flight: Kathmandu to Lukla (2,800m)
Day 3 Trek: Phakding to Namche Bazaar (3,445m)
Day 4 Trek: Namche Bazaar to Syangboche (3,440m) via Everest View Hotel
Day 5 Trek: Monjo
Day 6 Trek: Monjo to Lukla
Day 7 Flight: Lukla to Kathmandu
Day 8 Departure



TRIP HIGHLIGHT
Everest Base Camp
Khumbu Glacier
Sherpa Culture and tradition
Thrilling Kathmandu to Lukla Flight
Mountain Views – Gokyo Lake and Valley

TRIP DETAILS
Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 15

INCLUSIONS:
Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (4 nights) and Trek tea-house (11 nights)
Food: 18 Breakfasts, 14 lunches /dinners including welcome and farewell Dinner.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

INTERESTING FACTS!
Maximum Elevation: 5,310 m
The Gokyo Lake is situated at the altitude of 4700-5000meters above sea level.
Gokyo Ri is 78th Highest Mountain in Nepal.
Everest is 8,848 m high above the sea level. It is almost 60 million years old.
Sherpa is one of the major ethnic groups native to the most mountainous regions of Nepal.
The Ngozumpa glacier is the largest glacier in Nepal and the whole Himalayas.
Lukla Airport is listed as the most challenging airport in the world.

12 Days Heli Sightseeing Tour / Everest Base Camp



DEPARTURES:

Daily from September to December and February to May

Everest Base camp Helicopter tour offers you chance to explore Everest in a very short time. It offers you all the magnificent views of the regio. Our helicopter tour to Mt. Everest Base camp starts from Tribhuvan international airport where Helicopter will take off with you towards Lukla and further to Everest base camp and Kalapatthar. The tour takes around 3 hours for its completion.

Early morning you will fly from Kathmandu airport by helicopter which will take you towards north flying over the mountains and Sherpa villages. The flight will take you to see Everest base camp and Kalapatthar that offers you the stunning views of Ganesh Himal, Langtang Himal, Mt. Manaslu, Mt Cho-yu, Mt. Lhotse, Jugal Himal etc. The helicopter will stop at Lukla for refuelling and again proceed towards the Everest base camp flying over the Khumbu ice-fall and glaciers. Then, you will fly to Syangboche where you can have tea and breakfast with the stunning view of the Himalayas right in front of you.

INTERESTING FACTS!

It takes around 3 hours to complete a heli Base Camp tour.
Hotel Everest View is located inside the Sagarmatha National Park, at an elevation of 13,000 ft above the sea level.
In 2004, Hotel Everest View recorded its name in Guiness Book of World Records as the highest placed hotels in the world.
Hotel Everest View is operating as a junction for Everest travellers since 1971, being rightly located to acclimatize before making the climb.

ITINERARY

Day 1 Arrival in KTM Airport (1,400 meters):
Day 2: Kathmandu Sightseeing/Trek Preparation:
Day 3: Kathmandu to Luka walk Phakding
Day 4: Phakding to Namche Bazaar (3,445 meters),
Day 5: Acclimatization + Everest View Hotel
Day 6: Namche Bazaar to Tengboche (3,860m)
Day 7: Tengboche to Dingboche (4,250m)
Day 8: Acclimatization / Rest Day at Dingboche
Day 9: Dingboche to Lobuche (4,900m)
Day 10: Lobuche to Everest Base Camp (5,364m) via Gorakshep (5,150m)
Day 11: Gorakshep to Kala Patthar (5,445m) and fly back to Kathmandu
Day 12: Departure

TRIP HIGHLIGHT

Everest Base Camp luxury trip
Gourishanker, Cho-Oyu, Shishapangma, Lhakpa Dorje view
Khumbu Glacier
Bird Eye View of hills and Mountains
Three hours of aerial satisfaction

TRIP DETAILS

Trip Grade: Easy
Trip Start/End: Kathmandu
Group Size: Max 4

INCLUSIONS:

Tour/Trek Guides, Domestic Flights/Transfers, Trekking Maps
Accommodation: none
Food: Breakfast

Annapurna Base Camp Trek

11 Days



DEPARTURES:
All Seasons

Looking for a truly exciting trekking adventure in the Himalaya? Annapurna Base Camp Trek can be the right trip for you. This awesome Himalayan walking adventure takes you to the marvellous mountain sanctuary in the Annapurna.

Annapurna Base Camp Trek is a Wonderful Trekking Adventure to Explore the Mountain Madness. This adventure trekking in Nepal takes you to the amazing Annapurna region and offers an overwhelming mountain trekking experience. As a Himalayan trekking adventure, it surely involves the views of magnificent mountains. While you aim the Annapurna Base Camp as your ultimate destination of the trek, you will also enjoy equally the surroundings of the trail that you walk through.

The meandering trail through the Modi River valley has beautiful natural surroundings that make your walking moments amazing. In addition to the natural surroundings along the trail, you will have astounding views of the snow-capped mountains. When you eventually enter the Annapurna sanctuary and to the Annapurna Base Camp, you will find yourself standing amidst the Himalayan peaks. The view of the base camp surroundings is just surreal and you will be amazed.

INTERESTING FACTS!

Maximum Elevation: 4,100 m

The lake side of Pokhara provides magnificent view of Machhapuchhre Mountain with its clear reflection on Phewa Lake.

Pokhara is one of the most praised town in Nepal by locals and tourists alike for its beauty.

Mount Annapurna is the 10th highest peak in the world.

The world's deepest gorge, Kali Gandaki lies between Annapurna Range and Mt. Dhaulagiri.

Mount Annapurna is one of the most challenging mountain to summit.

ITINERARY

Day 1 Arrival at Kathmandu Airport (alt. 1,400 m)
Day 2 Drive: Kathmandu to Pokhara (825m) or fly
Day 3 Drive: Pokhara to Nayapul
Trek: Nayapul to Ghandrunk (2,000m)
Day 4 Trek: Ghandrunk to Chhomrong (2,100m)
Day 5 Trek: Chhomrong to Himalayan Hotel Lodge (2,850m)
Day 6 Trek: Himalaya Hotel to Machhapuchhre Base Camp (3,700m)
Day 7 Trek: MBC to Annapurna Base Camp (4,100m) to Sinuwa
Day 8 Trek: Sinuwa to Jinudanda (1,200m)
Day 9 Trek: Jinudanda to Nayapul
Drive: Nayapul to Pokhara
Day 10 Drive: Pokhara to Kathmandu or fly
Day 11 Departure

TRIP HIGHLIGHT

Pokhara Lake Side, The countless steps down from Chhomrong, Rainforest Mountain and Glacier views from ABC, Natural Hot-Spring bath at Jhinu

TRIP DETAILS

Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 15

INCLUSIONS:

Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)

Accommodation: 3-star hotel (3 nights) and Trek tea-house (8 nights)

Food: 11 Breakfasts, 10 lunches /dinners including welcome and farewell Dinner.

EXCLUSIONS:

Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.



18 Days Annapurna Circuit Trek

DEPARTURES:
Sept-Nov and Mar-May

Annapurna Circuit Trekking adventure takes you through the region where you will enjoy the view of dramatic mountain folds, explore the river valley surroundings and natural wonders along the journey. As the trek goes through beautiful local settlements, this trip also allows you to explore the cultural wonders of the mountains.

The remoteness of mountains along the trail will offer you wonderful landscapes and peaceful nature. The ruggedness of the trail with surrounding jagged mountains will give you a sense of trekking through the remote wilderness. As you trek to a higher elevation, you will experience more remoteness of the mountains. You can also enjoy the best experience of the trekking around the Annapurna mountain range.

Trekking over a mountain pass over 5,000 meters is another highlight of this trip. Thorong La Himalayan pass stands impressively at the elevation of 5,416 meters above sea level. It is a truly an adventure trekking journey from a low river valley up towards the mountainous landscape. Eventually, you will cross the pass just to descend to another side of the mountain and enter another river valley. Marshyangdi River Valley and Kali Gandaki River valleys will offer their distinct charms to the trekkers.

ITINERARY

Day 1 Arrival at Kathmandu Airport (alt. 1,400 m)
Day 2 Drive: Kathmandu to Besi Sahar (825m), further drive to Syange (1,100m)
Day 3 Trek: Syange to Dharapani (1,860m)
Day 4 Trek: Dharapani to Chame (2,670m)
Day 5 Trek: Chame to Pisang (3,100m)
Day 6 Trek: Pisang to Manang (3,100m)
Day 7 Acclimatization: Manang
Day 8 Trek: Manang to Letdar (4,200m)
Day 9 Trek: Letdar to Thorung Phedi (4,550m)
Day 10 Trek: Thorung Phedi to Muktinath (3,760m) via Thorung La Pass (5,416)
Day 11 Trek: Muktinath to Jomsom (2,720m)
Day 12 Drive: Jomsom to Tatopani (1,190m)
Day 13 Trek: Tatopani to Ghorepani (2,880m)
Day 14 Trek: Ghorepani to Poonhill (3,210) to Tadapani (2,630m)
Day 15 Trek: Tadapani to Ghandrunk (1,940m)
Day 16 Trek: Ghandrunk to Nayapul. Drive to Pokhara
Day 17 Drive: Pokhara to Kathmandu
Day 18 Departure

INTERESTING FACTS!
Maximum Elevation: 5,416 m
Manang and Mustang are locally known as the countries beyond the mountains due to their geographical location.
Thorong La Pass is the climax point of the Annapurna Circuit at 5,416 metres and also one of the most challenging treks on the circuit.
Muktinath is a sacred temple of both Hindu and Buddhist followers. Muktinath translates to the lord of Salvation.
Maurice Herzog's book Annapurna became the best seller on climbing, selling more than 11 million copies.

TRIP HIGHLIGHT
Pokhara Lake Side
The countless steps down from Chhomrong Rainforest
Mountain and Glacier views from ABC
Natural Hot-Spring bath at Jhinu

TRIP DETAILS
Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 15

INCLUSIONS:
Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (3 nights) and Trek tea-house (8 nights)
Food: 11 Breakfasts, 10 lunches /dinners including welcome and farewell Dinner.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.



Poonhill/Annapurna View Trek

10 Days

DEPARTURES:
Sept-Nov and Mar-May

Ghorepani Poon Hill Trek is one of the most beautiful short treks in Nepal. It is a wonderful walking adventure in the Himalayan foothills in the Annapurna region. Although the trek involves walking up and down the hill through the region, this trek is one of the easy ones in Nepal. Unlike Annapurna Circuit Trek or Annapurna Base Camp Trek, this adventure stays low in the elevation that makes it easy to go through.

As the adventure goes in the lower mountains, mostly walking through the middle hills, you will enjoy nature and views. Cultural wonders of the region come in addition to the nature and mountain views. Lush forest, mostly consisting of rhododendron trees, gives a wonderful experience of nature walk. You will also enjoy one of the best sunrises over the mountains on the trip. Another beautiful fact about the trip is its elevation. It just reaches 3,210 meters above sea level and yet brings splendid views of the mountains. The panoramic view of the mountain peaks in the Annapurna and Dhaulagiri range is simply stunning.

ITINERARY

Day 1 Arrival at Kathmandu Airport (alt. 1,400 m)

Day 2 Drive: Kathmandu to Pokhara (825m) or fly

Day 3 Drive: Pokhara to Nayapul (1,050m) and Trek to Ulleri (2,100m)

Day 4 Trek: Ulleri to Ghorepani (2,800m)

Day 5 Trek: Ghorepani to Poon Hill (3,210m) to Tadapani (2,650m)

Day 6 Trek: Tadapani to Ghandrunk (2,000m)

Day 7 Trek: Ghandrunk to Pothana (1,990m)

Day 8 Trek: Pothana to Dhampus Phedi. Then Drive to Pokhara

Day 9 Drive: Pokhara to Kathmandu or fly

Day 10 Departure

INTERESTING FACTS!

Maximum Elevation: 3,210 m

Pokhara City is known as the gateway to Annapurna.

Ghorepani Poonhill Trek is one of the shortest trek providing magnificent view of mountain ranges and sunrise.

Pokhara is also called the city of Lakes. World's tallest zipline adventures, bungee jumping and paragliding activities are famous in the area.

Ghorepani/Annapurna View Trek is also one of the most popular trekking zone due to its easy accessibility from Pokhara city.



TRIP HIGHLIGHT

Pokhara Lake Side, Views of Mt. Fishtail, Annapurna & Dhaulagiri, Ethnic traditional Ghandrunk village
Orchid and Rhododendron Forests

TRIP DETAILS

Trip Grade: Easy
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:

Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)

Accommodation: 3-star hotel (3 nights) and Trek tea-house (8 nights)

Food: 9 Breakfasts, 6 lunches /dinners including welcome and farewell Dinner.

EXCLUSIONS:

Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

14 Days Upper Mustang Trek



DEPARTURES:
Sept-Nov and Mar-May

ITINERARY

Day 1 Arrival at Kathmandu Airport (alt. 1,400 m)
Day 2 Trek Preparation & Sightseeing in Kathmandu
Day 3 Drive: Kathmandu to Pokhara Valley (910m) or fly
Day 4 Fly: Pokhara to Jomsom and walk to Kagbeni (2,858m)
Day 5 Trek: Kagbeni to Chele (3,050m)
Day 6 Trek: Chele to Syangboche (3,800m)
Day 7 Trek: Syangboche to Charang(3,490m)
Day 8 Trek: Charang to Lo-Manthang (3,730m)
Day 9 Excursion: Lo-Manthang
Day 10 Trek: lo-Manthang to Ghami (3,440m)
Day 11 Trek: Ghami to Samar (3,860m)
Day 12 Trek: Samar to Chhukasng (2,980m)
Day 13 Trek: Chhukasng to Muktinath (3,760m)
Day 14 Trek: Muktinath to Jomsom
Day 15 Fly: Jomsom to Pokhara
Day 16 Drive: Pokhara to Kathmandu
Day 17 Departure



Upper Mustang is one of the top famous places to trek off the beaten path. Situated on the remote Himalaya behind beautiful Dhaulagiri and Annapurna mountains, this Trans-Himalayan journey takes you to a completely different society with Tibetan influence culture and real Himalayan society. Mustang is also known as the last forbidden kingdom as it was restricted to outsiders until October 1991. The main attraction of Mustang region is especially Tibetan spectacular villages, rare medieval Buddhist arts, interesting culture and traditions and the breath-taking views of the Himalayan desert. The whitewashed houses with firewood tucked on the roof and then a very different lifestyle of peoples will take your sight away. Trekking to upper mustang makes most of adventure trekking in your life.

INTERESTING FACTS!
Maximum Elevation: 4,135 m
Grade: Moderate
Trip Start/End: Kathmandu
Geographically, Upper Mustang is the part of Tibetan Pleateu.
Mustang was only open to visitors after 1992.
Mustang follows Tibetan Calendar, culture and rituals.
There are about 13 main monasteries and 5 major caves in Mustang Region.

TRIP DETAILS
Trip Grade: Difficult
Trip Start/End: Kathmandu
Group Size: Max 12
INCLUSIONS:
Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (3 nights) and Trek tea-house (8 nights)
Food: 14 Breakfasts, 11 lunches /dinners including welcome and farewell Dinner.
EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

Manaslu Circuit Trek

18 Days



DEPARTURES:
Sept-Nov and Mar-May

Manaslu Circuit Trek is a beautiful Himalayan trekking adventure perfect for soul travelers. This region is an alternative to Annapurna Circuit Trek as well. Exploring the region of the 8th highest mountain in the world is worthwhile with remoteness, serenity and less crowd. It's a peaceful adventure. Journey through the river and high mountain valleys towards the remote Himalayan setting and walk over a high mountain pass quench the travel thirst like no other destinations can. While you are on this adventure, you will experience one of the best remote mountain trekking experiences in the world. The trek that starts with a river valley walk takes you higher to the mountain wilderness and eventually on top of the Larke Pass at the elevation of 5,106 meters above sea level. Although the adventure goes in the region of Mt. Manaslu (8,156m), the trek doesn't follow base camp on the regular trail. However, you can hike to the Manaslu base camp on the acclimatization day along the trail.



INTERESTING FACTS!

Maximum Elevation: 5,160 m

Larke La Pass is situated at the altitude of 5,135 meter.

Manaslu Circuit was officially opened for trekkers in 1991.

The term "Manaslu" means "Mountain of the spirits", named by local people.

The natives of Budhi Gandaki, called Nupri, are direct descendants of the Tibetan immigrants.

Mt. Manasly was first climbed on May 9, 1956 by members of Japnese expedition.

ITINERARY

Day 1	Arrival at Kathmandu Airport (alt. 1,400 m)
Day 2	Trek Preparation & Sightseeing in Kathmandu
Day 3	Drive: Sotikhola by bus or private Jeep (710 m)
Day 4	Trek: SotiKhola to MachhaKhola (900 m)
Day 5	Trek: MachaKhola to Jagat (1410 m)
Day 6	Trek: Jagat to Deng (1810 m)
Day 7	Trek: Deng to Namrung (2630 m)
Day 8	Trek: Namrung to Lho (3520 m)
Day 9	Trek: Lho to Samagaun (3500 m)
Day 10	Explore: Samagaun
Day 11	Trek: Samagaun to Samdo (3860 m)
Day 12	Trek: Samdo to Dharmasala (4460 m)
Day 13	Trek: Larke La pass (5160 m) and Bhimthang (3720 m)
Day 14	Trek: Bhimthang to Tilije
Day 15	Trek: Tilije to Dharapani
Day 16	Drive: Dharapani to Besisahar by jeep
Day 17	Drive: Kathmandu by Bus or private Jeep
Day 18	Final Departure

TRIP HIGHLIGHT

Scenic Drive, Cultural blend of Tibet and Nepal
Views of Mt. Manaslu, Himchuli and Ganesh
Unspoiled ecosystem

TRIP DETAILS

Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:

Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (3 nights) and Trek tea-house (17nights)
Food: 18 Breakfasts, 16 lunches /dinners including welcome and farewell Dinner.

EXCLUSIONS:

Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.



18 Days Upper Dolpo Trek

DEPARTURES:
Sept-Nov and Mar-May

ITINERARY

Day 1	Trek Preparation & Sightseeing in Kathmandu
Day 2	Trek Preparation & Sightseeing in Kathmandu
Day 3	Fly Kathmandu to Nepalgunj (152m/500 ft) 1 hrs
Day 4	Fly Nepalgunj to Juphal (2,320m/7,610 ft) 45 mins and Trek to Dunai (2,850m/9,348ft)
Day 5	Trek DunaiToAnkhe 2660 m
Day 6	Trek Ankhe to Renje 3102 m
Day 7	Trek Renje to Phoksundo Lake 3600 m
Day 8	Trek Phoksundo Lake to PhoksundoKhola 3504 m
Day 9	Trek PhoksundoKhola to PhoksundoBhanyang 4405 m
Day 10	TerkPhoksundoBhanyang to SheyGompa 4130 m via Kang-la Pass 5151 m
Day 11	Rest and Exploration Day at SheyGompa
Day 12	rek SheyGompa to NamdunaGaun 4800 m via Saldang La Pass 5200 m
Day 13	Trek NamdudaGaun to Saldang 3925 m
Day 14	Trek Saldang to Sibu 3950 m
Day 15	Trek Sibu to Jeng La Phedi 4370 m
Day 16	Trek Jeng La Phedi to TokyuGaun 4240 m via Jeng La Pass 4845 m
Day 17	Trek Tokyu to DhoTarap 4090 m
Day 18	Trek DhoTarap to TarapKhola 3801 m
Day 19	Trek TarapKhola to KhaniGaun 3160 m
Day 20	Trek KhaniGaun to Tarakot 2285 m
Day 21	Trek Tarakot to Dunai 2115 m
Day 22	Trek Dunai to Jhupal 2404 m
Day 23	Fly back Juphal to Nepalgunj 35 mins to Kathmandu
Day 24	Final Departure

Upper Dolpo Trek is one of the most beautiful remote-area trekking adventures in Nepal. This adventure is also one of the longest trekking trips in the mountains. Given its remote location, Upper Dolpo Trek offers an amazing wilderness of walking in the mountains.

As the matter of fact, the Upper Dolpo region lies in the remote mountains of western Nepal with a very difficult accessibility. This makes the trek even more adventurous. After obtaining a special permit from the government of Nepal, you will be able to go on trekking adventure to the region. If you love to explore the remote mountains, this trip is surely your trip. A long walking adventure, Upper Dolpo brings you to the region of wonderful surroundings of mountains, lakes and cultures. The Buddhist and Bon cultures of the region will be really a unique experience. You will also enjoy and explore the beauty of Lake Phoksundo – the deepest lake in the country.

INTERESTING FACTS!
Maximum Elevation: 5,200 m
Dolpo is divided into Upper, Middle and Lower region.
The region is inhabited by Buddhist and Bon cults.
Kaike, a language spoken in the region, is not spoken anywhere else in the country.
Northern part of the region is dominated by Buddhist culture whereas southern part by Hindu culture, and the centre a mix of both.
The Shey Phoksundo National Park and Phokshudo Lake lies in this region. The lake is cited as one of the world's natural hidden wonders.

TRIP HIGHLIGHT
Sunrise and Panoramic Mountain Views
Phokshundo Lake, Highland Monasteries and Bon Culture of Ringmo, Nomads of the ancient trading town, Dho

TRIP DETAILS
Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:
Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (4 nights) and Trek tea-house (19 nights)
Food: 23 Breakfasts, 18 lunches /dinners including welcome and farewell Dinner.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.





Langtang Valley Trek

12 Days

DEPARTURES:
Sept-Nov and Mar-May

Langtang Valley Trek offers you the nearest Himalayan trekking exploration from Kathmandu valley. This adventure takes you to the Langtang region where you will explore local ethnic culture in addition to the pristine nature. Although this is a Himalayan adventure, it is a moderately difficult trekking that involves walking through amazing landscapes. You will also enjoy local villages and culture that come along the trail. As a matter of fact, this region of the mountain was the worst victim of the devastating earthquake in 2015. A dry landslide swept away the whole Langtang village after the earthquake hit the country. But the region has already come back into its feet and the trekking activity has also resumed. You will surely enjoy the views of the mountains and on top of that, you will get to see the aftereffect of the disaster on glaciers, civilization and topography.

ITINERARY

Day 1 Trek Preparation & Sightseeing in Kathmandu
Day 2 Drive: Kathmandu Syarbu Besi (1,500m)
Day 3 Trek: Syarbu Besi to Lama Hotel (2,300m)
Day 4 Trek: Lama Hotel to Mundu (3,500m)
Day 5 Trek: Mundu to Kyanjin Gompa (3,870m)
Day 6 Trek: Kyanjin to Tserko Ri (4,850m) to Kyanjin
Day 7 Kyanjin Gompa to Lama Hotel
Day 8 Trek: Lama Hotel to Syarbu Besi
Day 9 Drive: Syarbu Besi to Kathmandu



INTERESTING FACTS!

Maximum Elevation: 3,870 m
Langtang National Park covers 1,710 sq km.
Gosainkunda Lake in Langtang Region is very religious to the Hindus and Buddhists living in Nepal and India.
Helambu is famous as a place of study of Tibetan Buddhist.
The local people around Kyanjin Gompa use helicopters for importing goods and also as transportation. Mules are also used as a mean of transportation for goods.

TRIP HIGHLIGHT

Sunrise and Panoramic Mountain Views
Valley of Glacier, Flora and Fauna, Langtang National Park, Langtang Gompa, Kyanjin Gompa & Old Buddhist Shrines

TRIP DETAILS

Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:

Tour/Trek Guides, Porters, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (4 nights) and Trek tea-house (19 nights)
Food: 9 Breakfasts, 7 lunches /dinners including welcome and farewell Dinner.

EXCLUSIONS:

Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

8 Days

Cultural And Wildlife Tour



DEPARTURES:
Every Day

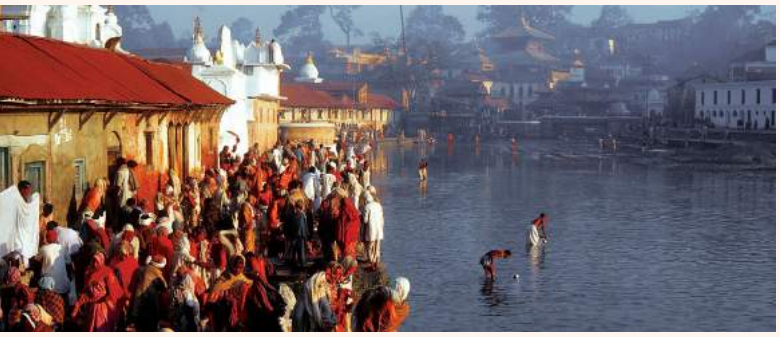


Nepal is known for its natural beauty and richness in culture. This Kathmandu-Pokhara-Chitwan Tour aims to show you both sides of Nepal in the cities of Kathmandu, Pokhara, and Chitwan. Kathmandu is a valley surrounded by vibrant hills and Pokhara is the beautiful lake city with snowcapped mountains view whereas Chitwan is plain with dense forests and rivers. Both Kathmandu and Pokhara are at an altitude of 1400 meters whereas Chitwan goes down to 415 meters. The social life of all these three astonishing cities varies as per the ethnic people living there. Kathmandu is inhabited mostly by Newar, Pokhara by Mongoloids and Chitwan by Tharu. This week-long trip can be your new favorite cherished memory.

Day one of your trip begins as our company's representative escorts you to your reserved hotel. We spend the second day familiarizing ourselves with the Kathmandu valley. We visit Pashupatinath, Boudhanath, and Swayambhunath. On our third day, we hit the road to reach Pokhara by the evening and take relaxing walks alongside the Phewa Lake. The fourth day has some adventure. Paragliding being the most attraction of Sarangkot, you get to challenge yourself in this adventure sport. After taking in the gorgeous view, we return back to Pokhara for the night. We head to Chitwan, which is our next destination. We experience the full wildlife of Chitwan and enjoy Tharu culture. Finally, we head back to Kathmandu and explore local streets famous among tourists.

ITINERARY

Day 1 Trek Preparation & Sightseeing in Kathmandu
Day 2 Tour: Kathmandu Valley (Pashupatinath, Boudhanath and Swayambhunath)
Day 3 Drive: Kathmandu to Pokhara
Day 4 Tour: Pokhara-Sarangkot-Pokhara
Day 5 Drive: Pokhara to Chitwan
Day 6 Safari: Chitwan National Park
Day 7 Drive: Chitwan to Kathmandu
Day 8 Departure



INTERESTING FACTS!

Maximum Elevation: 3,870 m

Kathmandu is known as the city of temples, with Hindu and Buddhist shrines spread across the valley.

Chitwan National Park is house to rare mammals, reptiles and birds protected by the government and local community.

Chitwan is the land of the Bengal Tigers and One Horned Rhinoceros – both of which are listed as endangered species.

Pokhara is highly praised by the local as well as global travelers for its natural beauty, vibrant culture and majestic views.

TRIP HIGHLIGHT

World Heritage Sites in Kathmandu, Luxury accommodation , Lake side luxury – Pokhara
Options for sky and water adventures, Jungle Safari

TRIP DETAILS

Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:

Tour Guides, Domestic Flights/Transfers, Trekking Maps and Equipment (Duffel Bag, Sleeping Bags, Pillows)
Accommodation: 3-star hotel (6 nights)
Food: 2 Breakfasts, 2 dinners including welcome and farewell Dinner.

EXCLUSIONS:

Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.



Glance Of Nepal

5 Days

DEPARTURES:
Every Day

Glance of Nepal provides golden opportunity to explore important sites of Nepal which includes UNESCO world heritage sites inside Kathmandu valley, historical palaces, ancient monuments, museums, Nepali art and culture and many more. This trip offers you sightseeing activities, wonderful mountain flight over the world's highest mountain range, information about historical palaces, museums, Nepalese hospitality and culture.

We begin our trip by exploring world heritage sites, historical palaces, museum, monuments, art and culture inside the valley. The next day, after exciting morning mountain flight, we will visit Bhaktapur durbar square where we will see Nepalese historical architecture, monuments, Newar culture and tradition. After spending sometimes in Bhaktapur, we will drive to Nagarkot, one of the most scenic spot near Kathmandu valley famous for incredible sunrise view over beautiful mountain range. We can also have chance to view Mount Everest with other beautiful mountain ranges.





ITINERARY

Day 1 Arrival at Kathmandu Airport (1,400 m)
Day 2 Full day Kathmandu valley sightseeing.
Day 3 Mountain Flight, Bhaktapur sightseeing and Nagarkot (2,175m) visit
Day 4 Sunrise View and drive to Drive to Kathmandu
Day 5 Departure

INTERESTING FACTS!

Maximum Elevation: 3,870 m

Nepal was originally a very small kingdom consisting of 3 kingdoms – Kantipur, Bhaktapur and Patan. After annexation of greater lands, the whole kingdom was named Nepal.

Nepal was world's only Hindu Kingdom until it was announced republic in 2007.

Nepal is famous in the world as the country of Lord Buddha and Mount Everest. It was also popular during the hippie's movement for legal and easy accessibility of psychedelic herbs.

Nepalese people are considered one of the most hospitable people in the world, with visitors regarded as incarnation of God on their religion.

TRIP HIGHLIGHT
World Heritage Sites in Kathmandu
Luxury accommodation
Mountain Flight
Nagarkot Sunrise View

TRIP DETAILS
Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:
Tour Guides, Domestic Flights/Transfers, Trekking Maps and Equipment
Accommodation: 3-star hotel (6 nights)
Food: 3 Breakfasts, 2 dinners including welcome and farewell Dinner.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

5 Days

Kathmandu Valley Cultural Tour



DEPARTURES:
Every Day

Kathmandu city is the capital of Nepal. It is a valley surrounded by hills like Shivapuri, Phulchowki, Nagarjun, and Chandragiri. Even though the busy life Kathmandu may seem unexpectedly on the go at all times, it has its own glory when it comes to history, culture, and religion. Newar is the local people of the valley originally but now it is home to almost every other casts too including Brahmin, Chhetri, Gurung, Magar, etc. This short five days trip aims to show you the culture here by exploring few of the UNESCO World Heritage sites within Kathmandu. Elevating at 1400 meters, you can reach this beautiful city by flight. However, mode of transportation available and convenient within the city is the public bus, taxi and walking. For rest of the trip, we walk around and explore some sites in the bustling city, passing through crowded streets and beautiful art everywhere. Our trip includes sightseeing within the city. Places we will visit are Pashupatinath Temple, Boudhanath and Swayambhunath Stupa on the first day. For our second day, we will go to Patan Durbar Square and Kathmandu Durbar Square. On our third day, we explore Bhaktapur Durbar Square. Around the Durbar Squares, buildings, pillars, and statues dating back to Malla dynasty rule with delicately carved details are seen, each telling a different story. All these heritages have a peaceful aura and unique religious values which makes them special. Best time to visit Kathmandu is from October to November. Hiking Adventure has experienced local guides to accompany you around the city from day one. We promise our guides are reliable and determined to make sure you get the best experience of the Kathmandu Valley within your short trip. Our company's other services include the trip to adventurous trekking spots and packages to enjoy the extensive range of adventure sports like rafting, paragliding, and bungee jumping. We are ready to provide you service, anytime you are in Nepal.

ITINERARY

Day 1 Arrival at Kathmandu Airport (1,400 m)
Day 2 Tour: Pashupatinath, Swayambhunath & Boudhanath
Day 3 Tour: Patan and Kathmandu Durbar Squares
Day 4 Tour: Bhaktapur Durbar Square
Day 5 Departure

INTERESTING FACTS!

Maximum Elevation: 3,870 m
Historically, the three district capitals of Kathmandu Valley were ruled by separate Kings.
Seven Kathmandu Valley Monuments are listed as UNESCO World Heritage Sites.
Kathmandu is known as "land of the largest congregations of magnificent historical monuments and shrines ever built"
Some of the monuments and palaces date back to as far as 9th Century

TRIP HIGHLIGHT

Cultural glace of Newari people
World Heritage site tours
Knowledge of history, culture and lifestyle

TRIP DETAILS

Trip Grade: Easy
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:

Tour Guides, Domestic Flights/Transfers, Maps and Equipment
Accommodation: 3-star hotel (6 nights)
Food: 3 Breakfasts, 2 dinners including welcome and farewell Dinner.

EXCLUSIONS:

Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

River Adventure Nepal

1 Days



DEPARTURES:
Every Day

Trishuli River is one of the most popular river for rafting. The easy access is provided by Prithvi Highway and link to Chitwan National Park and Pokhara. It provides 5-7 rapids and the river promises a more challenging ride, with powerful rapids during monsoon. It can easily bring joy a rafting seeker seeks in rafting. The trip can easily be combined with a visit to Chitwan National park or Pokhara.

An early ride from Kathmandu will take us to Malekhu, a town famous for fish and its proximity to the religiously important Manakamana Temple. From Malekhu, a 4-5 hour rafting adventure will begin with some rapids even overturning the boat. Each adventurer will be provided with life jacket and safety protocol by water experts. Team work will be essentially the most important part of the adventure as the boat moves forward with effort from each rafter. In case of help, kayak riders will be available throughout the journey to enhance safety and guide the adventure. It is also possible to extend the adventure to more than a day if requested by the visitors.

ITINERARY

Day 1 Drive Kathmandu to Malekhu (3hrs), Rafting starts from Malekhu
Water Activity: Rafting, Fishing and Lunch
Drive back to Kathmandu

TRIP HIGHLIGHT
Rafting at Whitewater
Waterfalls Nature
Unlimited water fun

TRIP DETAILS
Trip Grade: Easy
Trip Start/End: Kathmandu
Group Size: Max 12

INCLUSIONS:
Tour Guides, Domestic Flights/Transfers, Maps and Equipment

Accommodation: 3-star hotel (6 nights)
Food: 1 Breakfast, 1 lunch and 1 dinner.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.



INTERESTING FACTS!
White water Rafting is one of the most famous water adventure in Nepal.
Rivers originated from the Himalayas and running through stony beds make up for a challenging rafting experience.
White water rafting is a great team building activity for a group.
Rapids in Trishuli River are powered by the water rush from 2,000 m high Mahabharata Range

7 Days

Himalayan Foothills Cycling



DEPARTURES:
Every Day

Cycling around the Kathmandu valley offers you the world's most scenic and exciting mountain biking experience. Away from the hustle and bustle of Kathmandu, you're cycling tour can one of the spiritual adventure tour of your life time.

Biking through the trail you pass numbers of temples and monasteries which have very authentic historical, cultural and traditional importance. The trail offers you the scenery of wide range of Himalaya from Mt. Dhaulagiri in the west to Mt. Everest in the west. The villages we pass, the traditional people, cultivated lands, zig zag roads, smiling children, Buddha prayer flags will light up your soul of biking within you.

ITINERARY

Day 1 Arrival at Kathmandu Airport (1,400 m) & Hotel Transfer
Day 2 Cycling: Kathmandu to Kakani
Day 3 Cycling: Kakani to Nagi Gumba
Day 4 Cycling: Nagi Gumba to Nagarkot
Day 5 Cycling: Nagarkot to Dhulikhel via Nala
Day 6 Cycling: Dhulikhel to Kathmandu via Lubhu Sisneri
Day 7 Final Departure





TRIP HIGHLIGHT
Cycling
Traditional Villages and Hillstations
Temples, shrines and monasteries

TRIP DETAILS
Trip Grade: Easy
Trip Start/End: Kathmandu
Group Size: Max 16

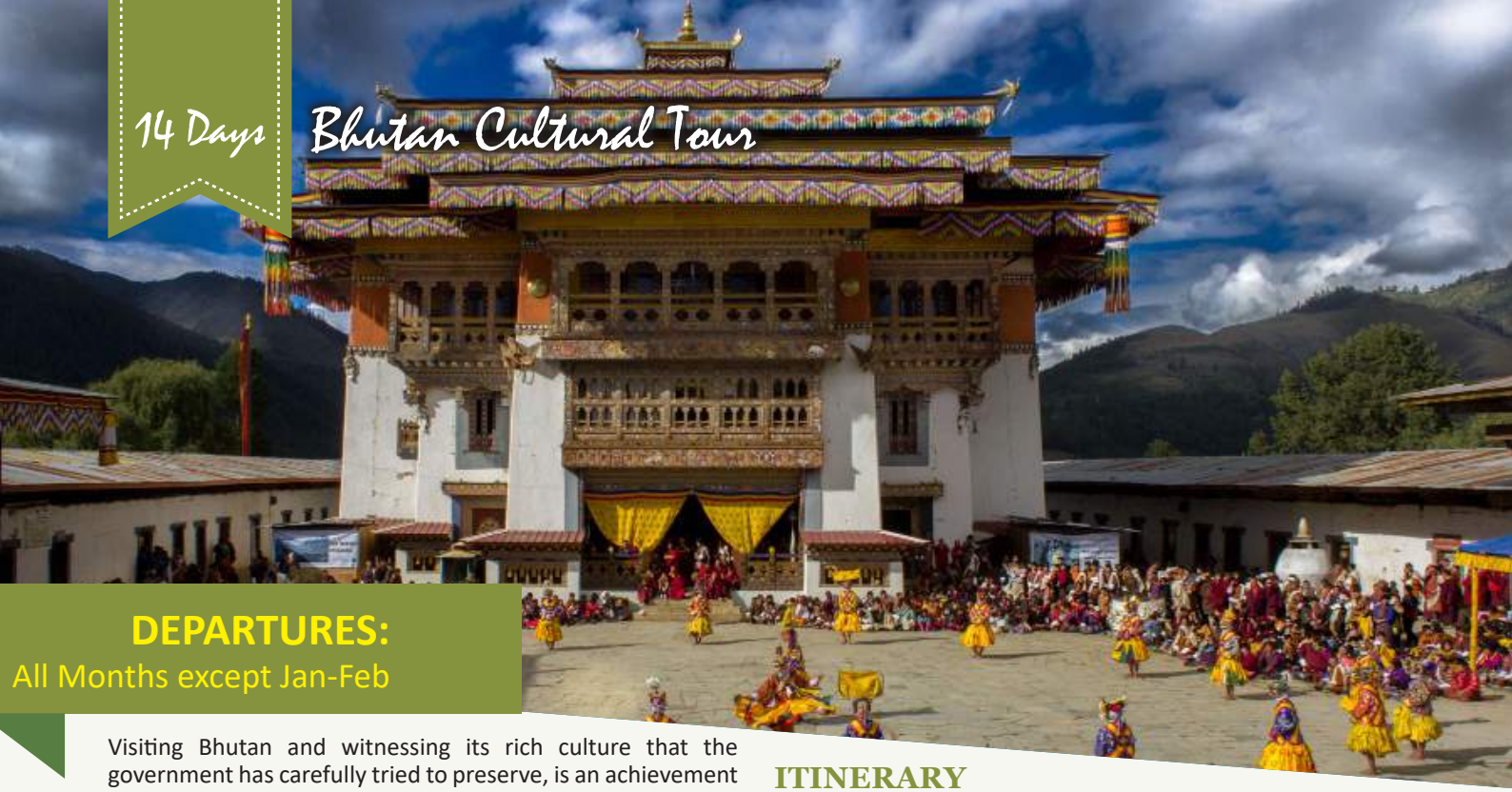
INCLUSIONS:
All airport/hotel transfers, Hotel accommodation in Kathmandu with Breakfast, Cycling Tours and Guide, medical kit, all government and local taxes.
Accommodation: 3-star hotel in Kathmandu (2 nights)
Food: 6 Breakfasts, 2 dinners including welcome and farewell Dinner.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

BHUTAN



The Kingdom of Bhutan has adopted a cautious approach to tourism to avoid any negative impact on the country's culture and environment. All tourists, group or individual, must travel on a pre-planned all-inclusive guided tour through a registered tour operator in Bhutan or their counterparts abroad. The basic rate is fixed by the government. There are still plenty of takers wanting to explore the breath-taking mountains and valleys of this astonishing country. The tourism industry in Bhutan is founded on the principle of sustainability, meaning it must be environmentally friendly, socially and culturally acceptable and economically viable. The number of tourists is also kept to a manageable level by the limited infrastructure. The Bhutanese name for Bhutan, Druk Yul, means 'Land of the Thunder Dragon'. Much of Bhutanese history is lost in legends but the first major event was the arrival of Guru Rinpoche, believed to have brought Mahayana Buddhism from Tibet in the eighth century. Bhutan, the world's last Mahayana Buddhist Himalayan Kingdom, became a coherent political entity around the 17th century and has never been conquered or ruled by another foreign power. Bhutan is a peaceful country with strong traditional values based on religion, respect for the royal family and care for the environment. Trip to Bhutan is considered an experience once in a lifetime. A few years old, Thimphu was built by the late king Jigme Dorje Wangchuk, to replace the ancient capital of Punakha a mountain range away. At altitude of 7,710 ft in the fertile valley of the Wang Chu River, the capital Thimphu is an engaging blend of the old and the new. A unique law, which retains the forms and motifs of Bhutan's traditional architecture even in new buildings give Thimphu a delightful structural harmony. The capital's most striking visual landmark is the magnificent Tashichhodzong, which is the seat of the Royal Government and Central Monastic Body.



14 Days Bhutan Cultural Tour

DEPARTURES:
All Months except Jan-Feb

Visiting Bhutan and witnessing its rich culture that the government has carefully tried to preserve, is an achievement in itself. Bhutan was totally disconnected to rest of the world till 1960's. A blissful 4-days in Bhutan gives you best opportunity to explore the cultural and natural beauties of Bhutan that uniquely set it apart from other countries.

Capture Paro's incredible landscapes from Ta-Dzong and visit indigenous hospital art & craft school, national library, royal goldsmith workshop and handicraft centers. Thimphu remains synonymous to its colorful festivals, legendary monasteries and coveted cultural sites. You can stroll around the local markets and see for yourself the everyday lives of Bhutanese people and their craftsmanship.

TRIP HIGHLIGHT
Culturally exploding city of Paro
Thimphu, the capital of Bhutan
Monasteries: Tiger's Nest, Punakha and Kyichu Lhakang
Traditional Bhutanese culture and lifestyle

TRIP DETAILS
Trip Grade: Easy
Trip Start/End: Paro
Group Size: Max 16

INCLUSIONS:
Bhutanese Visa Fee, Tour Guides, Govt. Approved Hotels on twin-sharing, Domestic Flights/Transfers, Maps and Equipment, all meals, tea and snacks.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Personal Trekking Equipment.

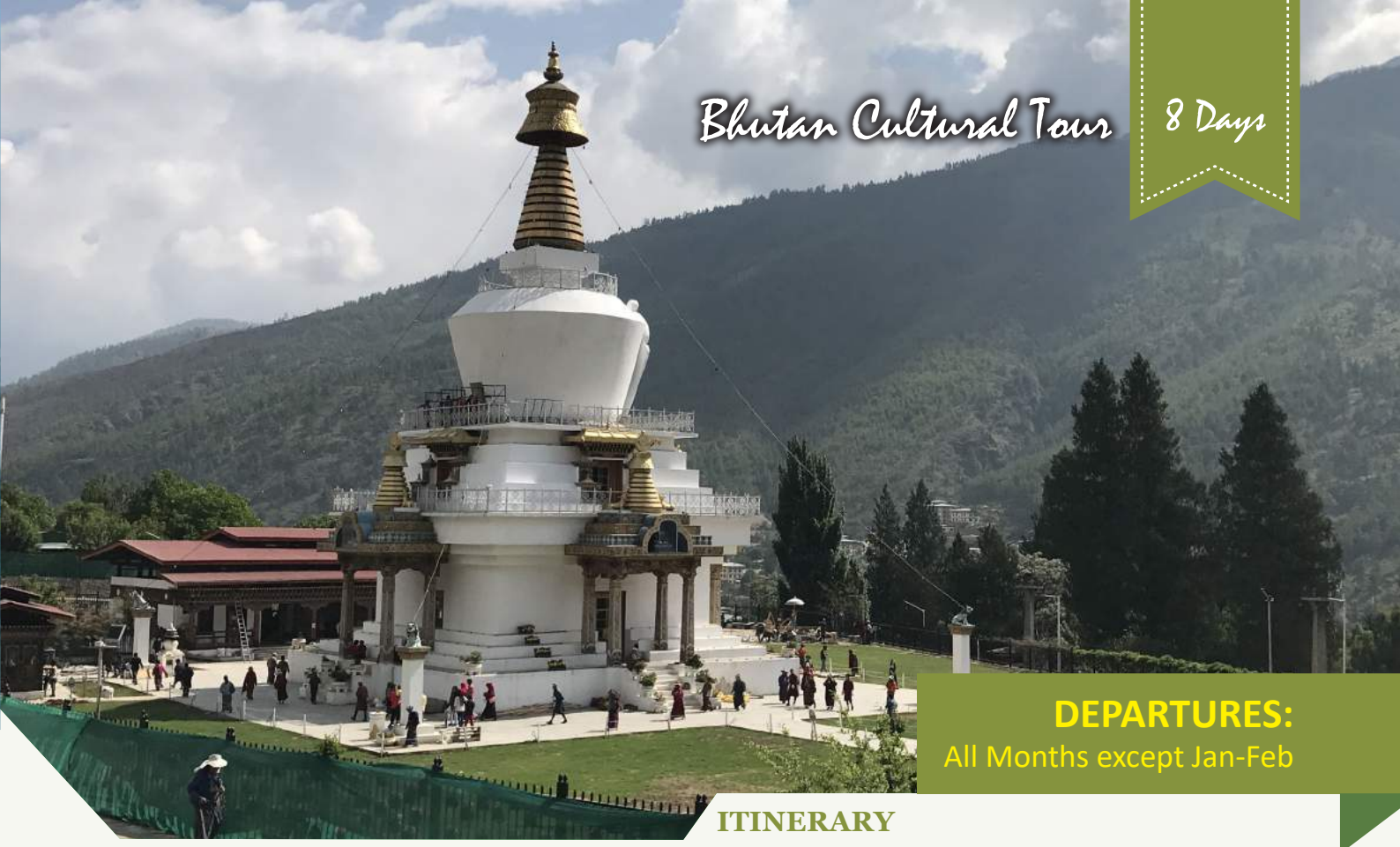


ITINERARY

Day 1 Arrival: Paro
Day 2 Tour: Paro
Day 3 Excursion: Taktsang Monastery
Day 4 Tour: Thimphu
Day 5 Thimphu to Trongsa
Day 6 Trongsa to Bhumthang
Day 7 Tour: Bhumthang
Day 8 Bhumthang to Ngang Lhakhang
Day 9 Trek: Ngang Lhakhang to Ugyen Choling
Day 10 Trek: Ugyen Choling to Bumthang
Day 11 Bumthang to Punakha
Day 12 Punakha to Thimphu to Paro
Day 13 Paro to Airport
Day 14 Departure

INTERESTING FACTS!
Max altitude: 3,950 m
Bhutan is the last surviving Buddhist Kingdom in the Himalayas.
Bhutan is one of the few countries in South Asia with free healthcare and education.
Bhutanese government renounces the materialistic views of human progress and uses Gross National Happiness index to calculate their progress.
Bhutan is the only negative carbon emission country in the world.





Bhutan Cultural Tour

8 Days

DEPARTURES:
All Months except Jan-Feb

Druk Path trekking journey to the 'Dragon Kingdom' of Bhutan combines the main cultural highlights of this secluded land with delightful trekking from Paro to Thimphu. During this trekking, you will get real taste of local culture, including the Paro Festival, located in the village where our guides and staff were born. Druk path trekking tour offers countryside, superb Himalayans scenery, alpine meadows, glacial lakes and monasteries. You will climb above the tree-line and cross several passes, including the Phume La (4210m/13,808ft). En route, we camp beside clear mountain lakes, visit yak herders encampments and enjoy splendid panoramas of the peaks on the border with Tibet, including Jitchu Drake and Gangkar Puensum. Since trekking trail and different adventure tours in Bhutan has been opened, we have arranged all type of trekking/adventure package trips. We arrange all type of holiday adventure trip in Bhutan according to client's desire and holiday schedule.

TRIP HIGHLIGHT
Culturally exploding city of Paro
Thimphu, the capital of Bhutan
Monasteries: Tiger's Nest, Punakha and Kyichu Lhakang
Traditional Bhutanese culture and lifestyle

TRIP DETAILS
Trip Grade: Easy
Trip Start/End: Paro
Group Size: Max 16

INCLUSIONS:
Bhutanese Visa Fee, Tour Guides, Govt. Approved Hotels on twin-sharing, Domestic Flights/Transfers, Maps and Equipment, all meals, tea and snacks.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Personal Trekking Equipment.

ITINERARY

Day 1 Arrival in Paro and Transfer to Hotel.
Day 2 Trek: Paro to Jili Dzong
Day 3 Trek: Jili Dzong to Jangchulakha
Day 4 Trek: Jangchulakha to Jimgelang Tsho
Day 5 Trek: Jimgelang Tsho to Simkotra Tsho
Day 6 Trek: Simkotra Tsho to Phajoding
Day 7 Trek: Phajoding to Mothitang via Thimphu
Day 8 Departure



INTERESTING FACTS!
Max altitude: 3,950 m
Bhutan is half the size of state of Indiana.
Bhutan translates to the "Land of Thunder Dragons"
At least 60% of the nation must remain under forest cover by the law of the land.
Thimphu, the capital of Bhutan, has no traffic lights.
Sale of tobacco is banned in Bhutan.
You must refuse food when offered, for two-three times before accepting as per to Bhutanese tradition.

TIBET



One of the most fascinating destinations of the world - this ancient land has remained secluded in its mysteries for centuries. Only since early 1980s did this 'forbidden land' open its fantastic vistas of diverse topography, culture and people to the outside world. Known as the roof of the world, this mystical kingdom of fantasy in the heart of Asia has captured man's imagination as no other land has.

Our trips to Tibet take you to extraordinary places of cultural and religious interest. We introduce you to the highest monasteries on the earth and to the pious monks and the nomadic herdsmen of the Tibetan plateau. With us, you can circumnavigate the axis of the world, Mt. Kailash and take in the sight of Mt. Everest and other highest mountains in the world.

'Shangri La', 'the Rooftop of the World' was locked away in its Himalayan fortress for a long time. Tibet has long exercised a siren's hold on the imagination of the West. Tibetans are used to hardship. They have managed to keep their culture and humour alive. Travel in Tibet comes with some ludicrous permit requirements. The present Chinese policy on individual tourism in Tibet seems to be one of extorting as much cash as possible from foreigners, but not so much as to scare them off completely.

Full country name	:	Tibet (Xizang)
Area	:	1.2 million sq. km
Population	:	2.7 million
Language	:	Cantonese, Tibetan, Mandarin

Facts for the Traveller

Visa:

All individuals entering Tibet must hold a passport valid for at least six months. Entering Tibet from Nepal or by air from another country requires a separate visa valid for Tibet from a Chinese embassy. You have to get a group visa (minimum of two people in a group and you must leave China with this person unless you can change the visa inside China), arranged by an agent and enter on a tour. Be aware that permit and visa regulations for Tibet may change every year, sometimes every month, and are notoriously hard to keep track of.

Time Zone: GMT/UTC +8, Dialling Code: 86, Electricity: 220V, 50Hz, Weights & measures: Metric

How to Go:

Air

Kathmandu to Lhasa from April to October there are 2 flights a week available between the Kathmandu and Lhasa. Schedule air services fly from Kathmandu to Lhasa, and back every Tuesday and Saturdays. This flight last a little over one hour and gives you a panoramic view of the Himalayas.

Land

Kathmandu to Lhasa, as with the Qinghai-Tibet Highway, the China-Nepal Friendship Highway is a popular route for travellers. This route brings you close to a number of famous sights, such as Shigatse, Gyantse, and the Everest Base Camp (Tingri).



Lhasa Everest Base Camp Kathmandu Tour

10 Days

DEPARTURES:
All Seasons



The Lhasa-Kathmandu via Everest base camp tour is the best tour to explore majestic Tibet. This tour will give you perfect opportunity to enhance the historical Lhasa and the north face of Everest along with beautiful and cultural villages/ towns. We will explore the Lhasa's impressive monasteries like Dalai Lama's Potala, Norbulingka palace, Tibetan museum and Barkhor Bazaar. The Ganden monastery and Drak Yerpa cave is another Lhasa's sight. Here onward we will take a land cruise to drive through Everest base camp and further to Kathmandu.

Driving through the Nepal-China friendship is another sight of the tour. You can enjoy the landscapes, mountains and chill weather. Driving in a friendship highway is really a true overland experience.



TRIP HIGHLIGHT
Everest Base Camp (North)
Namtso Lake
Monasteries
Bustling Barkhor circuit around Jokhang Temple

TRIP DETAILS
Trip Grade: Moderate
Trip Start/End: Kathmandu
Group Size: Max 15

INCLUSIONS:
Tibet Visa Fee, Airport transfer, Hotel Accomodation on twin sharing, daily breakfast, Travel Permits, Tax, Pickup from Kerung Border to Kathmandu

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

ITINERARY

Day 1 Arrival at Lhasa (3,650m) via Kathmandu or China
Day 2 Sightseeing: Potata Palace and Sera Monastery
Day 3 Sightseeing: Norbulingka, Jokhang Temple, Barkhor Bazar, Drepung Monastery
Day 4 Sightseeing: Tibet Museum
Day 5 Drive: Lhasa to Gyantse (3,950m)
Day 6 Drive: Gyantse to Shigatse (3,900m)
Day 7 Drive: Shigatse to Sakya, Visit: Natang Monastery
Day 8 Drive: Sakya to Rongbuk (5,050m) Explore: Everest Base Camp
Day 9 Drive Rongbuk to Zhangmu (2,300m)
Day 10 Drive: to Kathmandu (1,350m)

INTERESTING FACTS!
Maximum Elevation: 5,300 m
Tibet shares the mighty Mount Everest with the national border of Nepal.
Tibet is home to ancient Buddhist culture, temples and monasteries.
The most popular attraction in Tibet includes palaces, temples and peaks.
Tibetan people are accustomed to rice and fish based diets.
Dairy products are based on yaks. Yak butter, cheese, yogurt and meat are common.

4 Days Lhasa Sightseeing Tour



DEPARTURES:
All Seasons

Lhasa literally means “Land of Gods”. And it is land of numerous Tibetan monasteries which has its own historical and religious importance. Lhasa is the traditional and political capital of Tibet. It holds some majestic Tibetan monasteries like Dalai Lama’s Potala, Norbulingka palace, Tibetan museum and Barkhor Bazaar. The land of Lhasa is so spiritual that its fresh air, clear water, landscapes; blue sky will enlighten your soul spiritually.

ITINERARY

Day 1 Arrival at Lhasa (3,650m) via Gonggar Airport or train station
Day 2 Sightseeing: Jokhang Temple and Barkhor Streets
Day 3 Sightseeing: Potata Palace / Ramoche Temple
Day 4 Transfer: Lhasa Airport or train station



TRIP HIGHLIGHT
Jokhang Temple, most sacred statue in Tibet
Potata Palace, winter palace for the Dalai Lamas
Drepung and Sera Monasteries

TRIP DETAILS
Trip Grade: Moderate
Trip Start/End: Lhasa
Group Size: Max 15

INCLUSIONS:
Tibet Visa Fee, Airport transfer, Hotel Accomodation on twin sharing, daily breakfast, Travel Permits, Tax, Pickup from Kerung Border to Kathmandu

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

INTERESTING FACTS!
Maximum Elevation: 5,300 m
Potata Palace has been the winter home of the Dalai Lamas since the 7th Century.
Tibet is called the roof of the world due to the highly positioned Tibetan Plateau at 4,500 m.
Several vistors will be provided small oxygen tanks to facilitate easy transition process.
Tibetan culture and religion is strongly Buddhist and unique from rest of China.

Lake And Overland Tour Tibet

8 Days



DEPARTURES:
All Seasons

Tibet Overland Tour starts from Kathmandu taking by surface to Lhasa ,Tibet crossing through the trans Himalaya. Tibet, the most remote places in the World is home to the amazing wilderness, a great diversity of Geographical structure and Unique Culture. Taking an Overland journey from Kathmandu to Kyrung Village and Lhasa gives very authentic experiences.

When you are taking an overland Journey from Kathmandu to Lhasa, you will traverse through the Himalayas from the valley of Kathmandu. After crossing the Tingri region, You will see the Mount Everest Base Camp, Rongbuk Village and you will continue driving along the Great Himalayas until you arrive into the valley of Lhasa , Tibet. The wilderness along the route will make it truly a lifetime experience.

TRIP HIGHLIGHT
Jokhang Temple, most sacred statue in Tibet
Potata Palace, winter palace for the Dalai Lamas
Drepung and Sera Monasteries

TRIP DETAILS
Trip Grade: Moderate
Trip Start/End: Lhasa
Group Size: Max 15

INCLUSIONS:
Tibet Visa Fee, Airport transfer, Hotel Accommodation on twin sharing, daily breakfast, Travel Permits, Tax, Pickup from Kerung Border to Kathmandu

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

INTERESTING FACTS!
Maximum Elevation: 5,300 m
Tibet shares the mighty Mount Everest with the national border of Nepal.
Tibet is home to ancient Buddhist culture, temples and monasteries.
The most popular attraction in Tibet includes palaces, temples and peaks.
Tibetan people are accustomed to rice and fish based diets.
Dairy products are based on yaks. Yak butter, cheese, yogurt and meat are common.





ITINERARY

Day 1 Drive: Kathmandu to Syabrubesi
Day 2 Drive: Syabrubesi to Kyirong
Day 3 Kyirong to Everest Base Camp to Tingri
Day 4 Tingri to Shigatse
Day 5 Shigatse to Lhasa via Gyantse
Day 6 Sightseeing at Lhasa: Potata Palace, Johkang Temple and Barkhor Street
Day 7 Sightseeing: Drepung and Sera Monastery
Day 8 Departure: Kathmandu or other destination by flight or train,300m)

Incredible India



India is home to several major rivers, including the Ganga, Brahmaputra, Yamuna, Godavari, Kaveri, Narmada, and Krishna. India has three archipelagos – Lakshadweep off the southwest coast, the Andaman & Nicobar island volcanic island chain to the southeast, and the Sundarbans in the Gangetic delta in West Bengal. Climate in India varies from tropical in the south to more temperate in the Himalayan north, with elevated regions in the north receiving sustained snowfall in winters. India 's climate is strongly influenced by the Himalayas and the Thar Desert. The Himalayas, along with the Hindu Kush mountains in Pakistan, provide a barrier to the cold winds from Central Asia. This keeps most of the Indian subcontinent warmer than most locations in similar latitudes. The Thar Desert is responsible for attracting the moisture laden Southwest monsoon winds in that provide most of India's rainfall between June to September.

Background

India is home to 16% of the total world population, or one thousand million people. It covers area of 2.9 million square kilometers and shares its borders with Bangladesh, Bhutan, Burma, China, Nepal and Pakistan. The country got its independence from the British Colony in 1947 and later won a different battle with the Portuguese in the south. Hence the British and Portuguese influence can be observed in infrastructures, food, and the lifestyle of people that follow religion of Hinduism, Islam, Christianity, Sikhism and other religions.

Some Famous trips

Himachal Delight, Himachal Delight & Taj Mahal, Golden Temple with Scenic Himachal, Romantic Uttaranchal,

Kashmir

Enchanting Kashmir, Top of the World, Leh With Nubra Valley

Delhi, Agra, Rajasthan

Taj Mahal Tour, Golden Triangle Tour, Glimpses of Rajasthan, North India Tour

Eastern India

The Mystique Mountain, Golden Triangle Tour, The Eastern Triangle,

South India

Enchanting Kerala





Dharmashala Trek

11 Days

DEPARTURES:
Contact us for trip dates

Your trekking begins in Dharamshala, home to the Dalai Lama and the centre of the Tibetan Community. We have time to spend in this fascinating town in the mountains before we set off on foot, to explore this stunning region. Our 5-day trek takes us through the spectacular views of the Daula Dhar Mountain Range and The Kingdom of Gaddi – a semi nomadic race who spend months wandering the high passes with their cattle.
The incredible Taj Mahal is one of the trip highlights. This historical monument was built by the order of Mugal Emperor Shah Jahan between 1631 and 1648 in the memory of his late wife. The monument captivates with its beauty and grandeur as one of the wonders of the world.

TRIP HIGHLIGHT
Incredible India
The Taj Mahal
Dalai Lama's community

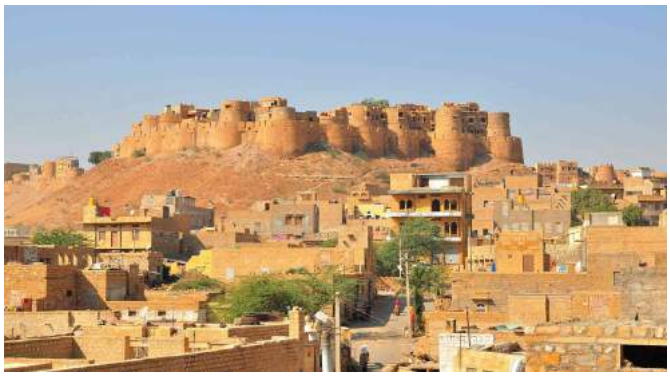
TRIP DETAILS
Trip Grade: Easy
Trip Start/End: Delhi
Group Size: Max 16

INCLUSIONS:
All airport/hotel transfers, Hotel accommodation in Kathmandu with Breakfast, Cycling Tours and Guide, medical kit, all government and local taxes.
Accommodation: All accommodation in good quality hotels and food.

EXCLUSIONS:
Travel and health insurance, Arrival/Departure Flight, Visa Entry Fees and Personal Trekking Equipment.

ITINERARY

Day 1 Arrival at Delhi Airport & Hotel Transfer
Day 2 Chandigarh
Day 3 Chandigarh to Dharamshala
Day 4 Dharmashala to Kareri
Day 5 Kareri to Bal Village
Day 6 Bal Village to Triund
Day 7 Triund to Lake Got
Day 8 Triund to Bhagsu Nag (transfer to Dharmashala)
Day 9 Dharmashala to Pathankot
Day 10 Delhi to Agra
Day 11 Departure







emmaUsee
San Francisco, California
1 2

Reviewed July 2, 2018

a true golden week in Nepal!

Nepal was more than we could have imagined! After speaking with a good friend of ours from Nepal we were sold on making our way out there. Thankfully, his family includes Ram and KB, who we were lucky enough to spend quality time with. Ram's tour set us up with everything from transportation, hotels, activities, food, and more! My boyfriend and I feel extremely fortunate that we had an opportunity to travel the country in such a remarkable way.



Alexandru B
1

Reviewed June 5, 2018

Amazing experience!!!

I had very good experience with Hiking Adventure Treks on my journey in Nepal.
I made two treks one in Langtang and one in the region of Annapurna (Mardi Himal Trek) and it was amazing!!!
They were really professional and can help you with what you need. Thank you guys for your hospitality and for the delicious dinner!
Hope to see you again.



Nomadicjony
New Delhi, India
38 11

Reviewed June 5, 2018 via mobile

Best Company for Kathmandu Sightseeing

I did Kathmandu Sightseeing with Hiking Adventure Treks Pvt. Ltd. They provided me very good services and the staff members are also so friendly. I will definitely choose this company for my upcoming trip to Nepal. I enjoyed alot, Visited many places in Kathmandu like Syambhunath Stupa, Pashupati nath Temple, Boudha Stupa and many more. Their Package makes my Kathmandu Tour Amazing.



Gabriel B
2 1

Reviewed June 5, 2018 via mobile

Great hospitality! Custom made services. 100 % flexible!

From the begining I was amazed by their hospitality and since then I keep working with them. Sajana and Ram are very kind, ready to help you all the time and to explain everthing in detail. In spring we organised together the Everest Base Camp and all my clients were very happy with the service provided. I was very happy too. We had one of the best guides, Achut, easy going with people confortable tea houses, good food, everything we needed.

I totally reccommend Hiking adventrure treks. With them you will have only good suprises. See you soon my friends!!



ellen12017
Muenster-Sarmsheim, Germany
2 1

Reviewed June 8, 2018 via mobile

Magnificent trip to Rara Lake

First of all we would like to express our gratitude to Sajana, Ram and the whole team. We received the most professional support from the very beginning at our arrival until our back home. Our guide KB was absolutely fantastic and took all the necessary steps to make our trip delight. He answered all our questions and concerns, which made us feel we were in good hands and safe right at home.



Sudhanshu S

1

Reviewed June 3, 2018 via mobile

Unforgettable Annapurna circuit with Hiking Adventure Treks

Annapurna curcuit in Nepal Himalayas was definitely one of the most unforgettable experiences of my Nepal journey. I would like to thank the Hiking Adventure treks for arranging this trek and providing all the essential facilities which made me to focus fully on the Himalayan beauty. I am so thankful for my guide Mr. RAM who is not just a perfect guide but also a very good human being. Iwould definitely recommend the name of HIKING ADVENTURE TREKS for the better experience of Himalayan nation Nepal.



Sarah S

9 5

Reviewed August 24, 2018

Highly recommended. Young, professional outfit, with a friendly personal touch.

Sajana was brilliant, highly recommended. Professional, knowledgable, efficient and easy to get along with. She and I met over momo's, to talk about options and what I had in mind, and she was able to organise without fuss, and also make many suggestions of places to visit and see on my own, in the days in between my tours. I booked 3 tours through Hiking Adventure Treks, a Bhutan Tour, a Tibet Tour and a few days walking in the hills around Kathmandu. All paperwork and visas etc. without a hitch. For my walking in the hills, I had a guide Damu, who was a perfect walking partner, knowledgable, easy going, a positive personality, and happy to sometimes talk and chat, sometimes enjoy the silence of the hills. Whatever you want, Sajana can give you all the options (and more).



TormentaEBC

Community of Madrid, Spain

5

Reviewed 3 weeks ago

Everest Base Camp

Nothing is better than hearing Sajana saying "no worries, we will take care of everything" and they do. Me and two friends went to Nepal a few days ago to reach the dream of seeing mount Everest with our own eyes after doing the trek to EBC. Hiking Adventure Treks showed us first the beauties of Kathmandu, and the next day, when Lukla flights were cancelled due to the weather, they found us a way to get there. Without Sajana and Ram's help that would have been impossible. We went on our trek with a great and experienced guide called Suman and we had the time of our lives in the Himalaya. We reached EBC and Khalapatar and our dream came true. After that, we went to Chitwan and rest for some days in a beautiful resort where again, Sajana took care of everything. All I can say to Hiking Adventure Treks is thanks, thanks and thanks and that I'm pretty sure I will be back to Nepal with you.



MagKelly

Birmingham, United Kingdom

11 2

Reviewed September 30, 2018 via mobile

First time Nepal

I was travelling with my niece and our first visit to Nepal which certainly won't be the last. Hiking adventure treks organised everything for us. The hotels were perfect for us in Kathmandu and Pokhara. Our driver Rajesh looked after us very well and our guides, Rajat in Kathmandu and Prem in Pokhara were informative and made the sightseeing for us. Sajanah was in contact every day to make sure we were ok. I highly recommend this company.



hermannannikaa

Santiago, Chile

2 1

Reviewed June 14, 2018 via mobile

Visa help

Thanks Ram for your help getting all my Tibet visa and permits in record time, and the delicious masala tea! ;)

1 Thank hermannannikaa



Affiliated with

Recommended By

tripadvisor®
get the truth. then go.™

Corporate Office

Lekthnath Marg, Thamel, Kathmandu, Nepal
Cell: +977 9801020350, 9802099198
Office: +977-1-4413182
Email: info@hikingadventuretreks.com
Web: www.hikingadventuretreks.com

Australia Contact

Suite 146, 416-418 Pitt Street
Sydney, NSW 2000
Phone: +61412537248