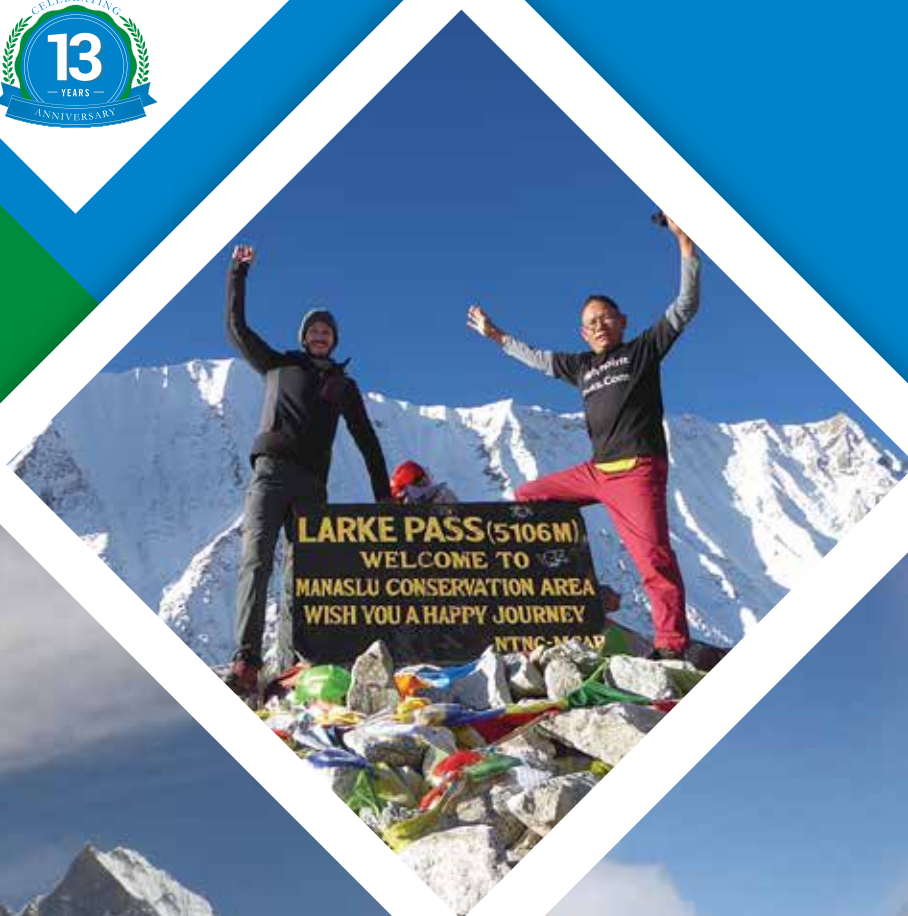




HIGH SPIRIT *for*
HIGH ADVENTURE



Recommended by:



STEFAN LOOSE
TRAVEL HANDBUCHER



DISCOVER WITH US

High Spirit Treks And Expedition Nepal (P.) Ltd. is one of the best tourism agencies running smoothly since the year of its establishment. It is one of the recognized and reputed trekking and Expeditions agency approved by the Department of Tourism as well as authorized by the Nepal government and many more recommended agencies. This is the trekking office with a group of dynamic and enthusiastic entrepreneurs, who have been working in this field for past many years. It is the company considered as one of the leading trekking agency and travel planners working on different activities like trekking, hiking, rafting, hotel reservations, sightseeing, adventures, peak climbing, also providing the services like ticket booking for flights, buses and many more. It has established and earned good reputation both at home and abroad through its high motives of service since launch and has been able to successfully establish its reputation not only in Nepal but also in the abroad countries. It has successfully created the environment of peace and happiness of satisfaction to the clients with the most affordable prices providing excellent services to meet travelers dream in the related activities done in Nepal as well as other neighboring countries like India, Tibet, and Bhutan. Therefore everybody can expect caring services from all of our dedicated and co-operative staff to summit the goal of travelers.





SHIVA RAM BASNET
Managing Director

DIRECTOR'S MESSAGE

Nepal is famous worldwide as a country for adventure and outdoors travel. Especially for the thrilling trekking, climbing over high mountains and peaks, high hill paragliding, white water rafting, bungee jump, jungle safaris, cultural, historical heritage, sightseeing and honeymoon tours. Many travelers want to participate in these activities but cannot find a reliable company or tour agency that understands their individual needs and takes full responsibility for them.

So, we would like to introduce High Spirit Treks & Expedition (P) Ltd as a trustworthy travel and tour company for eco-friendly trekking and outdoor activities. As a specialist in those adventure activities, we operate all kinds of travel packages in Nepal, Tibet, and Bhutan. We offer over 150 packaged tours for these countries or even customize your own trip which we can arrange for your enjoyment. Our goal is to make your dream and expectations come true in the Himalayas. So, leave your worries at Home and Join us to make it the journey of a lifetime. Hurry!!!!!!

OUR COMMITMENT

- Quality Services
- Professional teams
- Reasonable Price
- Safety & Security
- Eco- Friendly and Sustainable Tourism

High Spirit
Treks & Expedition
Nepal (P) Ltd.

CORE VALUES

1



INTEGRITY

We employee the highest ethical standards, demonstrating honesty and fairness in every action that we take.

2



ACCOUNTABILITY

We accept our individual/ team responsibilities and we meet our commitment. We take care of responsibility for all our performance in all our decision and actions. We celebrate success and see failures as opportunities for growth.

3



TEAMWORK

We as part of the global team are committed to working together throughout the world by bringing together the best thinking from our professional teams.

4



INNOVATION

We thrive on creativity and innovation. We anticipate the market (customer's demands) trends and quickly embrace them.

5



EXCELLENCE

We deliver what we promise and add value that goes beyond what is expected.

6



QUALITY

Quality is integral to our practices. Processes, documentation and audit system are in place to ensure quality standards are maintained and practiced.

EVEREST BASE CAMP TREK

MAJOR HIGHLIGHTS:-

Destination	: Everest Region
Trek Duration	: 14 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Lukla
Exit Point	: Lukla
Max. Elevation	: 5,550M/18204ft
Culture	: Tibetan, Tamang, Gurung, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep/Car



14 DAYS

OUTLINE ITINERARY

- DAY 01:** Fly from Kathmandu to Lukla (2,840 M/9,315ft), 30 minutes and trek to Phakding (2610 M/8560ft), 5-6 hrs,
- DAY 02:** Trek from Phakding to Namche (3,440 M/11,283ft), 6-7 hrs,
- DAY 03:** Acclimatize, rest and exploring day around Namche (3,440 M/ 11,283ft),
- DAY 04:** Trek from Namche to Tengboche (3,860 M/12,660ft), 5-6 hrs,
- DAY 05:** Trek from Tengboche to Dingboche (4,410 M/ 14,464ft), 5-6 hrs,
- DAY 06:** Trek from Dingboche to Lobuche (4,910 M/ 16,111ft), 4-5 hrs and drive to Pokhara, 1-2 hrs, (B-L),
- DAY 07:** Trek from Lobuche to Gorakshep (5,140 M/ 16,859ft) via Everest Base Camp,
- DAY 08:** Trek from Gorakshep to Lobuche (4,910 M/ 16,111ft), via Kalapatthar (5550 M/18204ft), 5-6 hrs,
- DAY 09:** Trek from Lobuche to Pheriche (4,240 M/ 13,907ft), 5-6 hrs,
- DAY 10:** Trek from Pheriche to Tengboche (3,860 M/12,660ft), 5-6 hrs,
- DAY 11:** Trek from Tengboche to Namche (3,440 M/11,283ft), 5-6 hrs,
- DAY 12:** Trek from Namche to Phakding (2,840 M/9,315ft), 5-6 hrs,
- DAY 13:** Trek from Phakding to Lukla (2,840 M/9,315ft), 4-5 hrs,
- DAY 14:** Fly from Lukla to Kathmandu.

** For all Day: Teahouse Accommodation + B-L-D*

EVEREST THREE PASS TREK

MAJOR HIGHLIGHTS:-

Destination	: Everest Region
Trek Duration	: 18 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Lukla
Exit Point	: Lukla
Max. Elevation	: 5,550 M / 18208ft
Culture	: Tibetan, Tamang, Gurung, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep/Car



18 DAYS

OUTLINE ITINERARY

- DAY 01:** Fly from Kathmandu (1,350 M/4,429ft) to Lukla (2,840m /9,330ft), 30 minutes and trek to Phakding (2610 M), 4-5 hrs,
- DAY 02:** Trek from Phakding to Namche (3,440 M/11,286ft), 5-6 hrs,
- DAY 03:** Acclimatize rest and exploring day around Namche (3,440 M/11,286ft),
- DAY 04:** Trek from Namche to Tengboche (3,860 M/12,664ft), 5-6 hrs,
- DAY 05:** Trek from Tengboche to Dingboche (4,460 M/14,632ft), 5-6 hrs,
- DAY 06:** Trek from Dingboche to Chhukung (4,460 M/14,632ft), 5-6 hrs,
- DAY 07:** Acclimatization, rest and exploring day around Chhukung-Ri (5,550 M/18,208ft),
- DAY 08:** Trek from Chhukung to Lobuche (4,910 M/16,108ft) via crossing Kongma-La Pass (5,535 M/18,195ft), 7-8 hrs,
- DAY 09:** Trek from Lobuche to Gorakshep (5,140 M/16,863ft) via Everest Base Camp (5,364 M/17,798ft), 5-6 hrs,
- DAY 10:** Early morning hike up to Kalapather (5,550 M/18,208ft) and trek down to Lobuche (4,910 M/16,108ft), 6-7 hrs,
- DAY 11:** Trek from Lobuche to Dzongla (4,830 M/15,846ft), 5-6 hrs,
- DAY 12:** Trek from Dzongla to Thangnak (5,025 M/16,486ft) via crossing Cho-La Pass (5,368 M/17,611ft), 7-8 hrs,
- DAY 13:** Trek from Thangnak to Gokyo Lake (4,750 M/15,583ft), 5-6 hrs,
- DAY 14:** Hike to Gokyo-Ri (5357 M/17,575ft), explore five lakes and back to Gokyo (5,357 M/17,575ft), 5-6 hrs,
- DAY 15:** Trek from Gokyo to Lungdhen (4,380 M/15,846ft) via crossing Renjo-La (5,360 M/17,585ft), 5-6 hrs,
- DAY 16:** Trek from Lumden to Namche (3,440 M/11,286ft), 5-6 hrs,
- DAY 17:** Trek from Namche to Lukla (2,840 M/9,320ft), 5-6 hrs,
- DAY 18:** Fly from Lukla to Kathmandu

** For all Day: Teahouse Accommodation + B-L-D*



EVEREST VIEW PANORAMA TREK

MAJOR HIGHLIGHTS:-

Destination	: Everest Region
Trek Duration	: 07 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Lukla
Exit Point	: Lukla
Max. Elevation	: 3,860 M/12660ft
Culture	: Tibetan, Tamang, Gurung, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep/Car

07 DAYS

OUTLINE ITINERARY

- DAY 01:** Fly from Kathmandu to Lukla (2840 M/ 9,330ft), 30 minutes and trek to Phakding (2610 M), 5-6 hrs,
- DAY 02:** Trek from Phakding to Namche (3,440 M/11,286ft), 6-7 hrs,
- DAY 03:** Acclimatize, rest and exploring day around Namche (3,440 M/ 11,286ft),
- DAY 04:** Trek from Namche to Tengboche (3,860 m/ 12,64ft), 5-6 hrs,
- DAY 05:** Trek from Tengboche to Monju (2,835 M/9299ft), 5-6 hrs,
- DAY 06:** Trek from Monju to Lukla(2,840 M/ 9,320ft), 5-6 hrs,
- DAY 07:** Take a flight from Lukla to Kathmandu, 30 minutes,

** For all Day: Teahouse Accommodation + B-L-D*

ANNAPURNA DHAULAGIRI KHOPRA TREK

MAJOR HIGHLIGHTS:-

Destination	: Annapurna Region
Trek Duration	: 12 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Naya Pool
Exit Point	: Sarangkot
Max. Elevation	: 4,580M/15,022ft
Culture	: Tibetan, Tamang, Gurung, Thakali, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep/Car

12 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu (1,350 M/4,429ft) to Pokhara (850 M/2,788ft), 7-8 hrs or 25 minutes flight in option,
- DAY 02:** Drive from Pokhara to Nayapool (1,130 M/3,707ft), 2 hrs and trek to Thikhedhunga (1825 M/5,950ft), 3:30 hrs,
- DAY 03:** Trek from Thikhedhunga to Ghorepani (2,860 M/11,564ft), 5-6 hrs,
- DAY 04:** Early morning hike up to Poon Hill (3,210 M/10,531ft) and trek to Dobato (3,492 M/11,453ft),
- DAY 05:** Trek from Dobato to Chhistibung (2,985 M/9,793ft), 5-6 hrs,
- DAY 06:** Trek from Chhistibung to Khopra Danda (3,660 M/12,004ft), 2-3 hrs,
- DAY 07:** Wake up early morning and explore the sunrise view from the Khopra Danda (4,580m/15,022ft) and Trek back to Dobato 5-6 hrs
- DAY 08:** Trek from Dobato to Ghandruk (1,945 M/6,379ft) 5-6 hrs,
- DAY 09:** Trek from Ghandruk to Landruk (1,565 M/5,133ft), 4-5 hrs,
- DAY 10:** Trek from Landruk to Australian Camp (2,060 M/6,756ft) 5-6 hrs,
- DAY 11:** Trek from Australian Camp to Sarangkot (1,592 M/5,221ft), 3-4 hrs and drive back to Pokhara 1hrs,
- DAY 12:** Drive from Pokhara (850 m/2,788ft) to Kathmandu (1,350 M/4,429ft), 7-8 hrs and farewell dinner in the evening.

** For all Day: Teahouse Accommodation + B-L-D*





ANNAPURNA BASE CAMP/SANTUARY TREK

MAJOR HIGHLIGHTS:-

Destination	: Annapurna Region
Trek Duration	: 13 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Naya Pool
Exit Point	: Phedi
Max. Elevation	: 4,130 M/ 13,549ft
Culture	: Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep/Car

13 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu (1,350 M/4,429ft) to Pokhara (850m/2,788ft), 7-8 hrs or 25 minutes flight in option,
- DAY 02:** Drive from Pokhara to Naya Pool (1,070M/3,510ft), 1-2 hrs drive and trek to Tikhedhunga (1080 m), 3-4 hrs,
- DAY 03:** Trek from Tikhedhunga to Ghorepani (2,860 M/9,383ft), 6-7 hrs,
- DAY 04:** Early Morning hike up to Poon Hill (3,210M/10,531ft) and trek to Tadapani (2,630 M/8,628FT), 6-7 hrs,
- DAY 05:** Trek from Tadapani to Chhomrong (2,170 M/7,119ft), 6-7 hrs,
- DAY 06:** Trek from Chhomrong to Himalaya Hotel (2,929 M/9,609ft), 5-6 hrs,
- DAY 07:** Trek from Himalayan Hotel to Macchepucchre Base Camp (3,700 M/12,139ft), 5-6 hrs,
- DAY 08:** Trek from Macchepucchre Base Camp to Annapurna Base Camp (4,130 M/ 13,549ft), 6-7 hrs,
- DAY 09:** Trek back from Annapurna Base Camp to Bamboo (2310M/7,578ft), 6-7 hrs,
- DAY 10:** Trek from Bamboo to Jhinu Dada (Hot Spring) (1,780M/5,839ft), 5-6 hrs,
- DAY 11:** Trek from Jhinu Dada to Pothana (1,890 M/6,200ft), 6-7 hrs,
- DAY 12:** Trek from Pothana to Phedi (1,130 M/3,707ft), 3-4 hrs and drive back to Pokhara (820M/2,788ft), 1hrs, (B-L),
- DAY 13:** Drive from Pokhara to Kathmandu (1,350 M/4,429ft), 7-8 hrs, farewell dinner in the evening.

** For all Day: Teahouse Accommodation + B-L-D*



ANNAPURNA CIRCUIT TREK - JOMSOM OUT

MAJOR HIGHLIGHTS:-

Destination	: Annapurna Region
Trek Duration	: 14 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Khudi
Exit Point	: Jomsom
Max. Elevation	: 5,416 M/ 17764 ft
Culture	: Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep

14 DAYS

OUTLINE ITINERARY

DAY 01: Drive from Kathmandu to Besisahar/ Khudi
(800M/ 2,627ft), 7-8 hrs,

DAY 02: Trek from Khudi to Sirung (2,200 M/ 7,216ft), 6-7 hrs,

DAY 03: Trek from Sirung to Jagat (1,300 M/4,264ft), 6-7 hrs,

DAY 04: Trek from Jagat to Dharapani (1,960 M/6,429ft), 7-8 hrs,

DAY 05: Trek from Dharapani to Chame (2,710 M/ 8,889ft), 5-6 hrs,

DAY 06: Trek from Chame to Pisang (3,300 M/1,0923ft), 5-6 hrs,

DAY 07: Trek from Pisang to Manang (3,520 M/11,546ft), 6-7 hrs,

DAY 08: Acclimatization day at Manang (3,520 M/11,546ft),

DAY 09: Trek from Manang to Yak Kharka (4,110 M/13,480ft), 3-4 hrs,

DAY 10: Trek from Yak Kharka to Thorong Phedi (4,600 M/15,088ft),
3-4 hrs,

DAY 11: Early morning start the trek from Throng Phedi all way to
Muktinath (3800 M) via Thorong-La Pass (5,416M/16,879ft),
7-8 hrs,

DAY 12: Trek from Muktinath to Jomsom (2,720 M/ 6,428ft), 5-6 hrs,

DAY 13: Fly/Drive from Jomsom to Pokhara (850 M/ 27,88ft),

DAY 14: Drive from Pokhara to Kathmandu.

** For all Day: Teahouse Accommodation + B-L-D*



ANNAPURNA GHOREPANI POON HILL TREK

MAJOR HIGHLIGHTS:-

Destination	: Annapurna Region
Trek Duration	: 07 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Naya Pool
Exit Point	: Naya Pool
Max. Elevation	: 3210 M/10528ft
Culture	: Tibetan, Tamang, Gurung, Thakali, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc
Transportations	: Flight & Bus/Jeep.

07 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu to Pokhara (2689 ft),
7-8 hrs, (Hotel Accommodation + B),
- DAY 02:** Drive from Pokhara to Naya Pool (1070 M/3509ft), 1-2 hrs
drive and trek to Tikhedhunga (1575M/5166ft), 3-4 hrs,
- DAY 03:** Trek from Tikhedhunga to Ghorepani (2860M/9380ft),
6-7 hrs,
- DAY 04:** Early Morning hike up to Poon Hill (3210M/10528ft)
and trek to Tadapani (2630M/8626ft), 6-7 hrs,
- DAY 05:** Trek from Tadapani to Ghandruk (1940M/6363ft), 5-6 hrs,
- DAY 06:** Trek from Ghandruk to Naya Pool (1070M/3509ft),
4-5 hrs and drive to Pokhara, 1-2 hrs,
- DAY 07:** Drive from Pokhara to Kathmandu (1350M/4428ft),
5-6 hrs, farewell dinner in the evening.

** For all Day: Teahouse Accommodation + B-L-D*

MANASLU CIRCUIT TREK WITH T-SUM VALLEY

MAJOR HIGHLIGHTS:-

Destination	: Manaslu & Ganesh Himal Region
Trek Duration	: 19 Days
Mode of Trek	: Teahouse & Home Stay
Grade of Trek	: Moderate
Entry Point	: Sotikhola
Exit Point	: Dharapani
Max. Elevation	: 5,135m/ 16,842ft
Approx per Day Walk	: 5-6 hrs
Culture	: Tibetan, Tamang, Gurung, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Bus/Jeep



19 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu to Arughat (600 M/1,970ft) - Soti Khola (700 M/2,300ft): 135km, 8 - 9 hrs drives,
- DAY 02:** Trek from Soti Kholato Machha Khola (870m/2,854ft): 13km, 5-6 hrs,
- DAY 03:** Trek from Machha Khola to Dobhan (1,070m/3,510ft): 5-6hrs
- DAY 04:** Trek from Dobhan to Philim (1,570 M/5,150ft), 7-8 hrs,
- DAY 05:** Trek from Philim to Lokpa (2,240m/7,350ft) – Chumling (2,886m/9,470ft):14km, 7-8hrs,
- DAY 06:** Trek from Chumling to Chhekamparo (3,030 M/9,940ft): 10km, 5-6 hrs,
- DAY 07:** Trek from Chhekamparo (to Nile (3,360 M/11,020ft): 9km, 5-6 hrs,
- DAY 08:** Trek from Chhekamparto Gumba Lungdang (3,200m/10,500ft): 11km, 6-7 hrs,
- DAY 09:** Trek from Gumba Lungdangto Ripchet (2,470m/8,100ft) – Lokpa (2,240m/7,350ft): 13km, 7-8 hrs,
- DAY 10:** Trek from Lokpato 'New Bridge' (1,675m/5,500ft) – Bihi Phedi (1,990m/6,530ft): 12km, 7-8 hrs,
- DAY 11:** Trek from Bihi Phedito Namrung (2,630m/8,630ft): 12km, 6-7 hrs,
- DAY 12:** Trek from Namrungto Lho (3,180m/10,430ft): 7km, 4-5 hrs,
- DAY 13:** Trek from Lhoto Samagaun (3,520m/11,550ft): 9km, 5-6 hrs,
- DAY 14:** Samagaun: Rest and exploration day: Birendra tal / Pungyen Gompa / Manaslu Base Camp,
- DAY 15:** Trek from Samagaun to Samdo (3,860 M/12,660 ft): 4-5 hrs,
- DAY 16:** Trek from Samdo to Dharmasala (4,450 M/14,596ft): 5 hrs,
- DAY 17:** Trek from Dharmasala to Bimthang (3,590 M/11811ft) Via Larkey pass, 7-8 hrs walking (5135 M/ 16842ft),
- DAY 18:** Trek from Bimthang to Dharapani(1,860 M/6,100ft) 6-7 hrs,
- DAY 19:** Drive from Dharapani to Beshishar to Kathmandu.

** For all Day: Teahouse Accommodation + B-L-D*

MANASLU CIRCUIT TREK

MAJOR HIGHLIGHTS:-

Destination	: Manaslu Region
Trek Duration	: 15 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Arughat/Sotikhola
Exit Point	: Besisahar
Max. Elevation	: 5,130M/ 16,924ft
Culture	: Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Bus/Car/Jeep



15 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu to Arughat/Sotikhola (700 M/2296ft), 7-8 hrs,
- DAY 02:** Trek from Arughat/Sotikhola to Labubensi (880 M/ 2,886ft), 5-6 hrs,
- DAY 03:** Trek from Labubensi to Doovan (1,070 M/3,510ft), 6-7 hrs,
- DAY 04:** Trek from Doovan to Jagat (1,370 M/ 4,494ft), 6-7 hrs,
- DAY 05:** Trek from Jagat to Nyak Phedi (2,340 M/ 7,675ft), 6-7 hrs,
- DAY 06:** Trek from Nyak Phedi to Goup (2,400 M/ 7,872ft), 5-6 hrs,
- DAY 07:** Trek from Goup to Lho-Gau (3,020 M/ 9,907ft), 5-6 hrs,
- DAY 08:** Trek from Lo-Gau to Samo Gaun (3,390 M/11,119ft), 5-6 hrs,
- DAY 09:** Acclimatize, rest and exploring day around Samo Gaun (3,390 M/11,119ft),
- DAY 10:** Trek from Samo Gau to Samdo (3,690 M/ 12,103ft), 6-7 hrs,
- DAY 11:** Trek from Samdo to Dharmashala (Base Camp) (4,460 M/14,628ft), 6-7 hrs,
- DAY 12:** Trek from Dharmashala (Base Camp) to Bimthang (3,590 M/ 11,775ft) via Larkya-La Pass (5,160 M/16,924ft), 6-7 hrs,
- DAY 13:** Trek from Bhimthang to Gho-Tilje (2,300 M/ 7,544ft), 5-6 hrs,
- DAY 14:** Trek from Gho-Tilje to Jagat (1,300 M/4,264ft), 6-7 hrs,
- DAY 15:** Drive from Jagat to Kathmandu (1,350 M/4,428ft), 7-8 hrs, farewell dinner in the evening.

** For all Day: Teahouse Accommodation + B-L-D*



UPPER MUSTANG OVERLAND TOUR

MAJOR HIGHLIGHTS:-

Destination	: Upper Mustang
Trek Duration	: 08 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Kathamndu
Exit Point	: Kathamndu
Max. Elevation	: 3840m/ 12600ft
Culture	: Newari, Brahmin, Chhetri, Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Bus/Jeep

08

DAYS

OUTLINE ITINERARY

DAY 01: Drive to Pokhara (850M/ 2788ft), 6-7hrs,

DAY 02: Drive from Pokhara to Tatopani Hotspring (1190M/ 3903ft)
6-7 hrs,

DAY 03: Drive from Tatopani to Kagbeni (2800 M/ 9184ft) 6-7hrs,

DAY 04: Drive from Kagbeni to Lomanthang (3840 M/ 12600ft)
6-7hrs,

DAY 05: Explore Lomanthang,

DAY 06: Drive from Lomanthang to Jomsom – (2743 M/8997ft)
6-7hrs,

DAY 07: Drive from Jomsom to Pokhara (850 M/ 2788ft), 9-10hrs,

DAY 08: Drive from Pokhara to Kathmandu (1400 M/ 4600ft) 6-7hrs.

** For all Day: Teahouse Accommodation + B-L-D*



UPPER MUSTANG TREK

MAJOR HIGHLIGHTS:-

Destination	: Mustang Region
Trek Duration	: 14 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Jomsom
Exit Point	: Jomsom
Max. Elevation	: 3850 M/ 12628ft
Culture	: Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/ Car

14 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu (1350 M/4428ft) to Pokhara (820 M/2689FT), 7-8 hrs, (Hotel Accommodation + B),
- DAY 02:** Take a flight from Pokhara to Jomsom and trek to Kagbeni (2858 M/ 9374ft), 3-4 hrs,
- DAY 03:** Trek from Kagbeni to Chele (3050 M/10004ft), 5-6 hrs,
- DAY 04:** Trek from Chele to Syanbochen (3475 M/ 11398ft) via Taklam-La Pass (3624 M), 6-7 hrs,
- DAY 05:** Trek from Syanbochen to Ghami (3520 M/ 11545ft) via Yamda-La (3850 M/ 12628ft) and Nyi Pass (4010 M), 5-6 hrs,
- DAY 06:** Trek from Ghami to Charang (3500 M/ 11480ft), 4-5 hrs,
- DAY 07:** Trek from Charang to Lo-Mangthang (3700 M/ 12136ft), 5-6 hrs,
- DAY 08:** Explore day around Lo-Mangthang (3700 M/12136ft),
- DAY 09:** Trek from Lo-Mangthang to Drakmar (3810 M/12496ft), 6-7 hrs,
- DAY 10:** Trek from Dhakmar to Ghiling (3806 M/12489), 5-6 hrs,
- DAY 11:** Trek from Ghiling to Chhuksang (3050 M/10004ft), 5-6 hrs,
- DAY 12:** Trek from Chhuksang to Jomsom (2700 M/8856ft), 6-7 hrs,
- DAY 13:** Take a flight from Jomsom to Pokhara (850 M/ 2788ft), 25 minutes, (Hotel Accommodation + B),
- DAY 14:** Drive from Pokhara (850 m/2788ft) to Kathmandu (1350 M/ 4428fy), 7-8 hrs. Farewell dinner in the evening.

** For all Day: Teahouse Accommodation + B-L-D*



LANGTANG GANJA-LA HELAMBU TREK

MAJOR HIGHLIGHTS:-

Destination	: Langtang Region
Trek Duration	: 12 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Syabrubensi
Exit Point	: Melamchi Bazzar (Helambu)
Max. Elevation	: 5,130M/ 16,830ft
Culture	: Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Bus/Jeep/Car

12 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu (1,350 M/4,429ft) to Syabrubensi (2720M/8923ft), 6-7 hrs,
- DAY 02:** Trek from Syabrubensi to Lama Hotel (2,416 M/7,926ft), 5-6 hrs,
- DAY 03:** Trek from Lama Hotel to Langtang Village (3,330 M/10,925ft), 5-6 hrs,
- DAY 04:** Langtang to Kyanjing Gompa (3,730 M/12,237ft), 5-6 hrs,
- DAY 05:** Rest, Acclimatize and exploring day around Kyanjing Gompa (3,730M/12,237), Kyanjing-Ri, Tserko-Ri (5,033 M/16,512ft) etc.
- DAY 06:** Trek from Kyanjing Gompa to Ngegang (4,430 M/15,534ft), 5-6 hrs,
- DAY 07:** Trek from Ngegang to Ganja-La Pass (5,130 M/16,830ft) to Keldang (4270M/14009ft), 7-8 hrs,
- DAY 08:** Trek from Keldang to Dukpu (4,040 M/13,254ft), 5-6 hrs,
- DAY 09:** Trek from Dukpu to Tarkeghyang (2,740 M/8,989ft), 5-6 hrs,
- DAY 10:** Trek from Tarkeghyang to Sermathang (2,590 M/8,497ft), 6-7 hrs,
- DAY 11:** Trek from Sermathang To Melamchi Bazzar(1,350 M/3,078ft), 6-7 hrs,
- DAY 12:** Drive Melamchi Bazzar to Kathmandu (1,350 M/4,429ft), 5-6 hrs.

** For all Day: Teahouse Accommodation + B-L-D*



GOSHAIKUNDA HELAMBU TREK

MAJOR HIGHLIGHTS:-

Destination	: Goshaikunda Helambu Region
Trek Duration	: 08 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Dhunche
Exit Point	: Sundarijal
Max. Elevation	: 4,610M/ 15,120ft
Culture	: Tibetan, Tamang, Gurung, Thakali, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Bus/Jeep/Car

08 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu to Dhunche (1,960 M/6,430ft), 6-7 hrs,
- DAY 02:** Trek from Dhunche to Sing Gompa (3,330 M/10,925ft), 5-6 hrs,
- DAY 03:** Trek from Sing Gompa to Gosainkunda (4,380 M/14,370ft), 6-7 hrs,
- DAY 04:** Trek from Gosainkunda to Ghopte (3,430 M/11,253ft), via crossing Laurebinayek Pass (4,610 m/15,124ft), 6-7 hrs,
- DAY 05:** Trek from Ghopte to Thadepati (3,690 M/12,106ft), 5-6 hrs,
- DAY 06:** Trek from Thadepati to Gul Bhanjyang (2,130 M/6,988ft), 6-7 hrs,
- DAY 07:** Trek from Gal Bhanjyang to Chisopani (2,160 M/7,086ft), 5-6 hrs,
- DAY 08:** Trek from Chisapani to Sundarijal (1,460 M/4,790ft), 4-6 hrs and drive to Kathmandu (1,350 M/4,429ft), 1 hrs.

** For all Day: Teahouse Accommodation + B-L-D*



LANGTANG VALLEY TREK

MAJOR HIGHLIGHTS:-

Destination	: Langtang Region
Trek Duration	: 09 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Syabrubensi
Exit Point	: Dhunche
Max. Elevation	: 3,870m/12,696ft
Culture	: Tibetan, Tamang, Gurung, Thakali, Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Bus/Jeep/Car

09 DAYS

OUTLINE ITINERARY

DAY 01: Drive from Kathmandu to Syabrubensi (1,460 M/4,790ft), 7-8 hrs,

DAY 02: Trek from Syabrubensi to Lama Hotel (2,470 M/8,103ft), 5-6 hrs,

DAY 03: Trek from Lama Hotel to Langtang Village (3,430 M/11,253ft), 5-6 hrs,

DAY 04: Trek from Langtang Village to Kyanjin Gompa (3,870 M/12,696ft), 4-5 hrs,

DAY 05: Acclimatize, rest and exploration day around Kyanjin Gompa (3870 M/12696ft),

DAY 06: Trek back to Lama Hotel (2,470m/8,103ft), from Kyanjin Gompa, 5-6 hrs,

DAY 07: Trek from Lama Hotel to Thulo Sybru (1,460 M/4,790ft), 5-6 hrs,

DAY 08: Trek from Thulo Sybru to Dhunche (2,030 M/6,658ft),

DAY 09: Drive from Dhunche to Kathmandu (1,350 M/4,429), 7-8 hrs.

** For all Day: Teahouse Accommodation + B-L-D*

UPPER DOLPO TREK

MAJOR HIGHLIGHTS:-

Destination	: Dolpa Region
Trek Duration	: 19 Days
Mode of Trek	: Teahouse
Grade of Trek	: Moderate
Entry Point	: Jomsom
Exit Point	: Juphal
Max. Elevation	: 5,378/ 17,644ft
Culture	: Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep



19 DAYS

OUTLINE ITINERARY

- DAY 01:** Drive from Kathmandu (1,350M/4,429ft) to Pokhara (850M/2,788ft), 7-8 hrs or 25 minutes flight in option,
- DAY 02:** Fly from Pokhara to Jomsom, 25 minutes, and trek to Kagbeni (2,810M/9,219ft), 4-5 hrs,
- DAY 03:** Trek from Kagbeni to Yak Karkha (3,478M/11,410ft), 5-6 hrs,
- DAY 04:** Trek from Yak Karkha to Santa (3,777M/12,391ft) via crossing the Bhima Lojun-La (4,460M/14,632ft), 8-9 hrs,
- DAY 05:** Trek from Santa to Ghalden Ghuldun Khola Camp (4,247M/13,933ft), 6-7 hrs,
- DAY 06:** Acclimatize rest and exploring day around Ghalden Ghuldun Khola Camp (4,247M/13,933ft),
- DAY 07:** Trek from Ghalden Ghuldun Khola Camp to Nulungsumda Kharka (4,987m/16,361ft) via crossing the Jungben-La (5550 M) & Niwas-La (5,120M/16,797ft), 8-9 hrs,
- DAY 08:** Acclimatize rest and exploring day around Nulungsumda Kharka (4,987M/16,361ft),
- DAY 09:** Trek from Nulungsumda Kharka to Chharka Bhot (4,302M/14,114ft), 8-9 hrs,
- DAY 10:** Acclimatize rest and exploring day around Chharka Bhot (4,302M/14,114ft),
- DAY 11:** Trek from Chharka Bhot to Chap Chu (4,320M/14,173ft), 4-5 hrs,
- DAY 12:** Trek from Chap Chu to Dho Tarap (3,944M/12,939ft) via crossing the Chan La (5,378 M/17,644ft), 8-9 hrs,
- DAY 13:** Trek from Dho Tarap to Numa-La Base Camp (4,440M/14,566ft), 2-3 hrs,
- DAY 14:** Trek from Numa-La Base Camp to Danigar (4,512M/14,803ft) via crossing the Numa La (5,309 M/17,417ft), 7-8 hrs,
- DAY 15:** Trek from Danigar (4512m/4,512ft) to Ringmo/Phoksundo Lake (3,641M/11,945ft) via crossing the Baga-La (5,169M/16,958ft), 9-10 hrs,
- DAY 16:** Acclimatize rest and exploring day around Ringmo/Phoksundo Lake (3,641M/11,945ft),
- DAY 17:** Trek from Ringmo/Phoksundo Lake to Sangta (2,470M/8,103ft), 5-6 hrs,
- DAY 18:** Trek from Sangta to Juphal (2,475m/8,120ft), 5-6 hrs,
- DAY 19:** Fly from Juphal to Kathmandu (1,350M/4,429ft) via Nepalgunj (150M/4,92ft).

** For all Day: Teahouse Accommodation + B-L-D*

KANCHENJUNGA CIRCUIT TREK

MAJOR HIGHLIGHTS:-

Destination	: Kanchenjunga Region
Trek Duration	: 22 Days
Mode of Trek	: Teahouse/ Lodge
Grade of Trek	: Moderate
Entry Point	: Taplejung
Exit Point	: Taplejung
Max. Elevation	: 5,143m/16,873ft
Culture	: Tibetan, Tamang, Gurung, Thakali Nepali etc.
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight/Jeep/Bus

22 DAYS

OUTLINE ITINERARY

- DAY 01:** Fly from Kathmandu to Bhadrapur (2,420 M/7,938ft), Drive to Taplejung; 45 min flight & 9 hours drive,
- DAY 02:** Trek from Taplejung to Lalikharka (2,265 M/7,431 ft): 4-5 hours
- DAY 03:** Trek from Lalikharka to Khesewa (2,120 M/6,955ft): 5-6 hours,
- DAY 04:** Trek from Khesewa to Mamankhe (1,785 M/5,856ft): 5-6 hours,
- DAY 05:** Trek from Mamankhe to Yamphudin (2,080 M/6,824ft): 4-5 hours,
- DAY 06:** Yamphudin to Tortong (2,995 M/9,826ft): 7-8 hours,
- DAY 07:** Tortong to Cheram (3,870 M/12,696ft): 2-3 hours,
- DAY 08:** Cheram: Acclimatization and Rest,
- DAY 09:** Trek from Cheram to Ramchaur (Ramche) (4,580 M/15,026ft): 3-4 hours,
- DAY 10:** Trek from Ramchaur (Ramche) to Yalung Base Camp (4,500 M/14,768ft), back to Cheram: 3-4 hours,
- DAY 11:** Trek from Cheram to Sele La (4,290 M/ 14,074ft): 6-7 hours,
- DAY 12:** Trek from Sele La to Ghunsa (3,595 M/11,794FT): 2-3 hours,
- DAY 13:** Trek from Ghunsa to Kambachen (4,050 M/13,287ft): 5-6 hours,
- DAY 14:** Trek from Kambachen to Lhonak (4,780 M/15,682ft): 5-6 hours, Overnight at Teahouse (Breakfast- Lunch-Dinner),
- DAY 15:** Kanchenjunga base camp, overnight at Pangpema (5,143 M/16,873ft): 6-7 hrs,
- DAY 16:** Trek from Pangpema to Lhonak : 3-4 hours,
- DAY 17:** Lhonak to Ghunsa (3475 M/11,400ft): 6-7 hours,
- DAY 18:** Trek from Ghunsa to Amjilosa (2,308 M/7,572ft): 5- 6 hours,
- DAY 19:** Trek from Amjilosa to Chirwa (1,270 M /4,166ft) : 6-7 hours,
- DAY 20:** Trek from Chirwa to Suketaar via Mitlung (921 M/3,020 m): 7-8 hours,
- DAY 21:** Drive from Taplejung to Bhadrapur, 9 hours,
- DAY 22:** Fly to Kathmandu from Bhadrapur, 45 minutes.
Farewell dinner in the evening.

** For all Day: Teahouse Accommodation + B-L-D*



TIBET EVEREST BASE CAMP OVERLAND TOUR

MAJOR HIGHLIGHTS:-

Destination	: EBC Overland (Tibet)
Trek Duration	: 10 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Langkor
Exit Point	: Kerung
Max. Elevation	: 5,950m/19,520ft
Culture	: Tibetan & Chinese
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight/Bus/Jeep/Car



10 DAYS

OUTLINE ITINERARY

DAY 01: Take a flight from Kathmandu to Lhasa (3,650 M/11,975ft),

DAY 02: Sightseeing around Potala and Norbulinka Palace, Drepung and Sera Monastery, Jokhang Temple & Barkhor Bazaar,

DAY 03: Sightseeing to Ganden monastery, traditional Tibetan villages, small Tibetan Thangka factory,

DAY 04: Drive from Lhasa to Gyantse (3,650 M/11,975ft) via Kamba-La (4,794 M/15,728ft), and Karo-La (5,010 M/16,437ft) & Yamdrok, 259 KM,

DAY 05: Drive from Gyantse to Shigatse (3,900 M/12,795ft) visiting Khumbum Stupa, Phalkor Monastery, Tashilunpo Monastery & the free Tibetan Market,

DAY 06: Drive from Shigatse to Rongphu (4,920 M/16,141ft), 304 KM,

DAY 07: Day at Rongphu Valley to explore around,

DAY 08: Everest Base Camp excursing and drive to Tingri, 96 KM,

DAY 09: Drive from Tingri to Kerung (2,800 M/9,184ft) via Lalung-La (5,082 M/16,673ft) & Nyalamu Pass (3,800 M/12,467ft), 214 KM,

DAY 10: Drive from Kerung to Kathmandu (1,350 M/4,428ft) via Zhangmu, 123 KM,

** For all Day: Teahouse Accommodation + B-L-D*



LHASA KAILASH TOUR FLY IN DRIVE OUT

MAJOR HIGHLIGHTS:-

Destination	: Mt. Kailash Tibet
Trek Duration	: 13 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Lhasa
Exit Point	: Kerung
Max. Elevation	: 5630M/18466ft
Culture	: Tibetan, Chinese.
Major Attractions	: Natural Environment, Monasteries, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep/Car

13 DAYS

OUTLINE ITINERARY

- DAY 01:** Flight from Kathmandu to Lhasa (3,650M/ 11,972ft),
- DAY 02-03:** Full day Sightseeing in Lhasa (3,650M/ 11,972ft),
- DAY 04:** Drive from Lhasa to Gyantse (3,950M/ 9,676ft) 5 hrs,
- DAY 05:** Drive from Gyantse to Sigatse (3,900M/ 12,792ft) 5 hrs,
- DAY 06:** Drive from Sigatse to Saga - (3,700M/12,136ft) 7 hrs,
- DAY 07:** Drive from Saga to Mansarovar (5,200M/ 17,056ft) 7 hrs,
- DAY 08:** Drive from Mansarovar to Darchen (4,560M/14,956ft) 2 hrs,
- DAY 09:** Trek from Darchen to Dirapuk (5,210M/ 17,088ft) 4 hrs,
- DAY 10:** Trek from Dirapuk to Zutulpuk - (4,790M/15,711ft) Via Dolma- La Pass (5630M/18466ft),
- DAY 11:** Trek from Zutulpuk to Darchen (4,560M/ 14,956ft) Drive to Saga (590 km),
- DAY 12:** Drive from Saga - Kerung (2,800M/ 9,186ft) 6 hrs,
- DAY 13:** Drive from Kerung to Kathmandu (1,350M/44,28ft).

** For all Day: Teahouse Accommodation + B-L-D*



TIBET KAILASH TOUR IN FLY OUT

MAJOR HIGHLIGHTS:-

Destination	: Kailash / Tibet
Trek Duration	: 08 Days
Mode of Trek	: Teahouse / Lodge
Grade of Trek	: Moderate
Entry Point	: Langkor
Exit Point	: Kerung
Max. Elevation	: 5,200 M/17,056ft
Culture	: Tibetan & Chinese
Major Attractions	: Natural Environment, Wildlife, Mountains, Peaks, Hills, Flowers, Flora-Fauna etc.
Transportations	: Flight & Bus/Jeep/Car

08 DAYS

OUTLINE ITINERARY

DAY 01: Kathmandu to Kerung (2,800 M/9184ft),

DAY 02: Kerung to Tingri(4,300 M/ 14,104ft),

DAY 03: Tingri(4,300 M/14,104ft) via Ronbukto Everest Base
Camp(5,200 M/17,056ft) back to Ronbuk(4,980m/ 16,334ft),

DAY 04: Ronbuk to Shigatse (3,900m/12,972ft),

DAY 05: Shigatse via Gyantse to Lhasa (3,650 M/11,972ft),

DAY 06: Lhasa Full Day Sight Seeing,

DAY 07: Lhasa Full Day Sight Seeing,

DAY 08: Lhasa fly back to Kathmandu.

** For all Day: Teahouse Accommodation + B-L-D*



BHUTAN SPLENDOR TOUR

MAJOR HIGHLIGHTS:-

Destination	: Bhutan
Trip Style	: Tour
Accommodation	: Hotel
Transportation	: Flight, Van, Jeep & Car
Trip Grade	: Moderate
Meals	: Breakfast + Lunch + Dinner
Entry Point	: Paro
Exit Point	: Paro
Max. Elevation	: 3810 M/ 12500 ft
Approx Tour	: 5-6 HRS Per Day

05 DAYS

OUTLINE ITINERARY

DAY 01: Arrive Paro, drive to Thimphu, (2,339m/7,672ft),

DAY 02: Thimphu - Punakha & Wangdiphodrang, (1,242m/4,073ft),

DAY 03: Punakha/Wangdiphodrang - Paro, (1,242M/4,073ft),

DAY 04: A Day Hike to Paro Taktsang Gumpa (Tiger's Nest Monastery), (3,810m/12,500ft),

DAY 05: Departure from Paro.

** For all Day: Teahouse Accommodation + B-L-D*



DUER HOT SPRING TREK

MAJOR HIGHLIGHTS:-

Destination	: Bhutan
Trip Style	: Trekking
Accommodation	: Hotel
Transportation	: Flight, Van, Jeep & Car
Trip Grade	: Moderate
Meals	: Lodge+Breakfast + Lunch + Dinner
Entry Point	: Paro
Exit Point	: Paro
Max. Elevation	: 3590 M / 11775 ft
Approx Tour	: 5-6 HRS Per Day

16 DAYS

OUTLINE ITINERARY

DAY 01: Arrive Paro airport (2,200m/7,216ft),

DAY 02: Sightseeing around Paro,

DAY 03: Trek from Paro to Thimphu(2,339m/7,672ft),

DAY 04: Trek from Thimphu to Trongsa (2,200m/7,216ft),

DAY 05: Trek from Trongsa to Bumthang (2,800m/ 9,185ft),

DAY 06: Trek from Bumthang to Gorsum (3,120m/ 10,233ft),

DAY 07: Trek from Gorsum to Lungsum (3,160m/ 10,364ft),

DAY 08: Trek from Lungsum to Tshochenchhen (3,500m/ 11,480ft),

DAY 09: Trek from Tshenchhen to Duer Tsachu (3,590m/ 11,775ft),

DAY 10: Acclimatize and exploring day and relax in the hot spring,

DAY 11: Trek from Duer Tsachu to Tshochenchhen (3,850M/ 12,628ft),

DAY 12: Trek from Tashochenchhen to Gorsum (3,120M/ 10,233),

DAY 13: Acclimatize and exploring day Gorsum to Bumthang
(2,800M/ 9,185ft),

DAY 14: Acclimatize and exploring day Bumthang to Punakha
(1,242m/ 4,074ft) (205 km, 6 hours),

DAY 15: Exploring day Punakha - Paro (125 km, 4 hrs 30min),

DAY 16: Depart from Paro.

** For all Day: Teahouse Accommodation + B-L-D*



BHUTAN SPIRITUAL TOUR

MAJOR HIGHLIGHTS:-

Destination	: Bhutan
Trip Style	: Tour
Accommodation	: Hotel
Transportation	: Flight, Van, Jeep & Car
Trip Grade	: Moderate
Meals	: Breakfast + Lunch + Dinner
Entry Point	: Paro
Exit Point	: Paro
Max. Elevation	: 3370 M/ 11055 ft
Approx Tour	: 5-6 HRS Per Day

11 DAYS

OUTLINE ITINERARY

- DAY 01:** Take a flight from Kathmandu to Paro (2,280M/ 7,478ft),
(Hotel + D),
- DAY 02:** Sightseeing around Paro,
- DAY 03:** Drive from Paro to Thimphu, (2,334M/7,655ft),
- DAY 04:** Drive from Thimphu to Gangtey, ((3,000m/9,840ft),
- DAY 05:** Drive from Gangte to Trongsa, (3,370M/11,055ft),
- DAY 06:** Drive from Trongsa to Bumthang, (2,800M/9,185ft),
- DAY 07:** Sightseeing around Bumthang holy pilgrimage,
- DAY 08:** Drive from Bumthang to Punakha(1,242m/4,073ft),
- DAY 09:** Drive from Punakha to Thimphu,
- DAY 10:** Drive from Thimphu to Paro,
- DAY 11:** Take a flight from Paro to Nepal or other destinations, (B).

** For all Day: Teahouse Accommodation + B-L-D*



EXPEDITION

S.N	Expedition	Height	Approx. Days
1.	Everest Expedition South	8,848M / 29,029ft.	67
2.	Himlung Expedition	7,126M / 23,379ft.	36
3.	Manaslu Expedition	8,163M / 26,763ft.	51
4.	Cho-Oyu Expedition	8,201M / 26,906ft.	46
5.	Ama-Dablam Expedition	6,812M / 22,334ft.	30
6.	Everest Expedition North	8,848M / 29029ft.	61

S.N	Expedition	Height	Approx. Days
7.	Shishapangma Expedition	8013M / 26,289ft.	45
8.	Makalu Expedition	8,485M / 27,838ft.	54
9.	Kanchenjunga Expedition	8,586M / 28,169ft.	60
10.	Dhaulagiri Expedition	8,167M / 26,795ft.	46
11.	Annapurna Expedition	8,091M / 26,545ft.	46
12.	Lhotse Expedition	8,516M / 27,940ft.	60



PEAK CLIMBING'S

S.N	Peaks	Height	Approx. Time
1	Island Peak	6,189m/20,305ft	18 Days
2	Mera Peak	6,476m/21,247ft	17 Days
3	Lobuche East	6,119m/20,070ft	18 Days
4	Yala Peak	5,700m/18,700ft	15 Days
5	Pisang	6,091m/ 19,978ft	17 Days
6	Chulu West	6,419m/ 21,055ft	20 Days
7	Dhampus Peak	6,012m/ 19,719ft	16 Days
8	Pokalde Peak	5,806m/ 19,049ft	24 Days
9	Pharchamo Peak	6,187m/ 20,298ft	18 Days
10	Tent Peak	5,663m/ 18,575ft	17 Days

TOURS

S.N	Tours	Approx. Time
1	Kathmandu Sightseeing	2N3D,3N4D
2	Chitwan Tour	2N3D, 3N4D
3	Pokhara Sightseeing Tour	2N3D, 3N4D
4	Lumbini Tour	2N3D, 3N4D
5	Pokhara - Chitwan - Lumbini Tour	N67D, 7N8D
6	Bandipur - Pokhara Tour	3N4D, 4N5D
7	Explore All Nepal Tour	8N9D,10N11D, 14N15D
8	Nagarkot Tour	1N2D
9	Pokhara - Lumbini Tour	3N4D, 4N5D,5N6D
10	Pokhara - Chitwan Tour	3N4D, 4N5D,5N6D

ADVENTURE ACTIVITIES

BUNGEE JUMP

The Last Resort



1

PARAGLIDING

Pokhara
Kathmandu



2

HOT AIR BALLOON

Pokhara



3

MOUNTAIN FLIGHT

Kathmandu



4

RAFTING

Bhote Koshi
Trishuli
Karnali
Dudhkoshi Kayak Expedition
Kaligandaki



5

CANOEING

The last Resort
Chitwan



6

ZIP FLYER

Pokhara



7

SKYDIVING

Pokhara



8

MOUNTAIN BIKE

Annapurna Region
Everest Region
Mustang Region
Langtang



9

MOTOR BIKE

Mustang
Tibet
Ladakh (India)
All Accessible parts of Nepal & India



10

JUNGLE SAFARI

Bardia National Park
Shuklaphat National Park
Chitwan National Park



11



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