

# Why WITH us?

## **Small enough to care experienced enough to get it right!**

If you want a quality, well-supported trip then that's what we do. We run a personalized company, where you are not just one of the multitude but a valued customer. We believe our trips are fairly priced, given our expertise in the outdoors. We don't compete for the cheapest price anybody with that one. We don't spend a lot on marketing and our overhead are low, so our trips are very well resourced in the field and competitively priced.

## **We have a very high percentage of return clients, some return every year.**

Because they can rely on the quality and smooth running of the trip. They also come with us because of our professional guides and our high success rate in completing trips and summits all over the areas we operate. Our high success rate is due to allowing enough time for the objective, good logistics, our professional guides, and staffs.

## **We run a variety of trips.**

Most of these trips focus on Trekking and Sightseeing and Mountaineering, Climbing. On each trip, there is a possibility for people to learn the climbing skills you'll need to run your own trip in the future. We guide, support, instruct and coach, without hiding the details. It is also possible to accompany some to these trips as a trekker if climbing doesn't take your fancy.



## **Something for everyone.**

Some of the trips aimed at people with little or no experience, while other trips require some, or even a lot of, previous experience. This way there is a progression for people to follow and we try to offer a new trip each year to give our return clients something new and interesting. So from first footsteps in the outdoor to the summit of mountains we do it all, we go everywhere!

We are also affiliated with various organizations working on for tourism, environment, and social awareness Such as Trekking Agencies Association of Nepal (TAAN), Nepal Mountaineering Association (NMA), Nepal Tourism Board (NTB).

We helping for social work to give bright future for poor families children from the Himalayan area through the HIMALAYAN CHILD FOUNDATION. [www.himalayanchildfoundation.org](http://www.himalayanchildfoundation.org)

**Ngima Lama Sherpa, Chairman**  
*Adventure Small World Treks and Expedition Team*

# About Us

**A**dventure Small World Trek is one of Nepal's leading government registered tour operators based in Kathmandu. We have been organizing various treks, expeditions, culture tours in Nepal, Tibet and Bhutan for individual and group clients.

We are the team of well-experienced, professional, and friendly Sherpas who have trekked in almost every regions of Nepal.

We are committed to offering the best travel experience, safety, and quality service. All our itineraries are thoroughly developed based on the knowledge and experience of the Himalayan countries. The standard, flexible, full of fun, and hassle-free memories of which any traveler will surely feel a treasure of the lifetime!

## Our Team

Our team has rich experience in the Himalayan region. As growing up in the Himalayan region, we are well known with the Nature activities and collective knowledge of the local's culture, lifestyle, and languages. We know well how to facilitate running smooth and safe trip appreciating the beauty of the Himalayan world.

## Customized offers

Our itineraries are designed to offer meaningful interaction with the surrounding, and difficulty levels - ranging from Easy to Strenuous adaptable to most ages and physical abilities. All our treks, tours, and expedition packages are organized considering the client's interest and budget range without compromising the quality of service.

## Responsible Travel

We are governed by a commitment to a sensitive and responsible travel policy. We strongly believe that all our soft and trips should benefit the local communities: keep intact the environment and respect local traditions. Religion and heritage. We tread lightly- low volume, low impact trekking/touring is the best way of preserving the beautiful and fragile places we visit.

## Best value trips

We are dedicated to offering the highest quality: safest and best value trips that we can. We want our clients to experience the pleasure of finding and pursuing a passion for travel and a deep sense of satisfaction after the trips.

# Terms AND CONDITION

## Booking

Your booking will conform after we receive :

**Trip Deposit** – a certain percentage of trip cost (depending on the trip), and your acceptance of this booking term and contract. The balance has to be paid upon arrival and before embarking on a trip.

## Date change

Transferring condition- we may be able to transfer the deposit, in some cases, if you are participating on trip embarking later on (but this is not a contractual obligation)

## Cancellation

**By us :** The trip will not be canceled unless we are forced to do so because of unusual or unforeseeable circumstances (force majeure) such as a major natural disaster, major political unrest or war. If we cancel the tour, we will immediately refund all payments made to us, i.e. including the deposit. However, we shall not be liable to refund any additional expenses that may have incurred (such as insurance, visas, vaccinations and other incidental costs).

**By you:** If you cancel the trip after you have signed-up the deposit is not refundable. In case, the journey broken off or early return upon client's own wish or causes. Adventure Small World Treks & Expedition shall not be liable to any refund of the days not utilized. Clients have to pay for the hotel or any extra costs incurred after leaving the itinerary.

Clients have to pay the difference in expenses incurred due to changes in the itinerary if that is forced by the conditions beyond our control (such as a disruption in flight may result in staying at a hotel that costs substantially more than the planned arrangement on trek)

It is the client's responsibility to get adequate insurance cover for theft, personal accident, luggage, medical expenses, and cancellation of tickets, helicopter evacuation, and emergency repatriation.

The itineraries, flyers and information sheets give information and conditions relating to the trip and are deemed to be part of the contract and so you should be fully aware of their contents. However, the itinerary is an indication of what the group should accomplish, but not a contractual obligation. Changes may be made because of exceptional weather, flight cancellations, sickness or other unforeseeable circumstances.

## Validity

All information and advice provided (vaccinations, climate, trekking equipment, visas etc) is given in good faith but without responsibility by us. All travelers must carry a valid passport and appropriate visa. Please ensure your passport valid for 6 months beyond the duration of the trip.

**Laws :** You agree to abide by the authority of the leader. If you have a complain that can't be dealt with immediately, or you are not satisfied with the response please notify us in writing within 15 days of the tour

completion. We shall try to agree on a settlement. The terms and condition of all agreements made with Adventure small world treks shall be subject to, and governed by, the law of Nepal Government.

**Acceptance :** When making your booking, it is implied and accepted that you have read and understood all these booking conditions and agree to abide by them.



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# Nepal

## AT A GLANCE



**Area**  
147,181 sq. km.



**Geography**  
Situated between China in the north and India in east, west and south



**Capital**  
Kathmandu



**Country Dialing code**  
+977



**Population**  
28 million



**Language**  
National language Nepali.  
Understand and speak English as well



**Religion**  
Buddhism, Muslim, Hinduism and others.



**Currency**  
Nepalese rupees (NRS)



**People**  
More than 61 ethnic groups and 70 spoken languages

Nepal is one of the richest countries in the world in terms of bio-diversity due to its unique geographical position and altitude variation. The elevation of the country ranges from 60 meters above sea level to the highest point on earth, Mt. Everest at 8848 meters. All within a distance of 150 kilometers resulting in climatic variations from sub-tropical to alpine. Nepal is land of ancient history, colorful cultures and friendly peoples, superb scenery and perhaps one of the best destinations of trekking and mountain expeditions found nowhere else on earth! Also, the country is popular for numerous festivals that are celebrated throughout the year in traditional style highlighting enduring customs and beliefs.

### Travel information

**By Air:** Kathmandu is connected by flight from London, Paris, Frankfurt, Doha, Abu Dhabi, Osaka, Shanghai, Moscow, Bangkok, Hong Kong, Mumbai, Delhi, Calcutta, Paro, Dhaka, Lhasa, Varanasi, Kathmandu.

**By Land:** Kakarbhitta, Birgunj, Sunauli, Nepalgunj, Dhangadi, Mahendranagar on the Nepal India border and Kodari on the Nepal China border.

**Season:** The most popular seasons for traveling to Nepal are spring (March-May) and autumn (September-November) also during the monsoon season (June-August), tours and treks are possible depending on where you are going.

**Hotel accommodations:** In Nepal all categories hotel are available all over major cities and towns from start to budget standard with all facilities as per the client's interest, time frame and economic considerations.

**What to wear:** Lightweight clothing is recommended for May through October. Warm garments are required throughout Oct-March. An umbrella or raincoat is a must for the rainy season.

**Tourist visa:** A visa is necessary to enter Nepal and can be obtained from Nepalese Embassy or consulate from your country or at the entry points in Nepal on arrival.

**Visa formalities:** Free visa for all tourists in Nepal for only 3 days. Free visa for tourists of SAARC countries and Peoples Republic of China.

**Visa fees:** Single entry - USD 30 for 60 days.

Multiple entry - USD 50 + 30  
Visa duration can be extended subsequently for 30 days upon payment of USD 30 for a maximum period of 150 days in visa year (Jan-Dec).

One passport size photo graph is required.

# Trekking IN NEPAL

Nepal is popular as one of the best destinations in the world to explore and experience the natural beauty and culture riches through trekking. The trails into the interior parts of the country follow ancient food trails which meander through scenic river banks, intricately terraced fields and forested ridges connecting picturesque hamlets and mountain villages. Trekking in Nepal is an all-season activity. Easy to strenuous treks can be organized lasting from a few days to several weeks.

## Trekking Grading System

Nepal being a mountainous country, is more appropriate to think in terms of hours spent walking, rather than the miles covered. This is what we use in our grading system. A typical day's walk lasts from five to seven hours and involves a number of ascents and descents.

**Easy:** Usually 3 to 5 hours walking each day with an elevation below 3500m. And

the occasional steep path.

**Moderate:** Relatively low altitude treks, crossing passes or not more than 4500m, 4 to 6 hrs walk each day.

**Strenuous:** Up to 12 to 15 days consecutive walking through wild country, including high passes (some times snow covered) between 4500m. to 5500m. sometimes 7 to 8 hrs walk each day.

**Very strenuous:** Challenging long distance treks for the fit enthusiasts, more than 8 to 9 hrs consecutive walking (but all treks have rest days en-route). Each trek crosses at least one pass of over 5500m. The remote area treks often include very rarely visited areas.

**Acclimatization and Altitude sickness:** Sometimes travelers face health hazards mainly due to the high altitude. Acute mountain sickness (AMS) is a frequent problem in the Himalaya

region. It can be little to do with their age and the level of physical fitness. Acclimatization to altitude above 3000m. takes time to adjust. The body undergoes a number of physiological changes, some of which others appear slowly over a period of weeks like the change in acid base balance and production of extra red blood cells. These changes and the effect of intense sunlight, strenuous walks and dehydration may cause some mild or vague symptoms such as loss of appetite, fatigue, headache, nausea, dizziness, palpitation, sleeplessness, breathlessness.

The best treatment is prevention. Do not exert yourself or want too fast. Drink plenty of liquid, eat well and watch for warning signs. Keep physical activity to the minimum. If you have a history of respiratory and health problems please consult your doctor before embarking on any of our trips.



# TREKKING IN THE *Annapurna* *Region*



	Maximum	Minimum
Summer	26 to 28°C	15 to 20°C
Winter	18 to 20°C	2 to 5°C

The Annapurna region located in center Nepal is the most geographically and culturally diverse region for trekking stretched over 2600 sq. km. The area boasts diverse culture, tribe, and communities like Magars, Gurung, Thakalis, Newars, Chhetris, Brahmins, and Manangis. This area has sub-tropical lowlands, valleys, bamboo, oak & rhododendron forests, alpine meadows, windswept desert plateaus, and the towering Annapurna Range (8,091 m), Mt. Machhapuchhre (6,993 m), Mt. Nilgiri, Mt. Dhaulagiri (8,167 m), Lamjung Himal (6,931 m) and many others.

Nepal's most popular trek begins at Pokhara and leads northwest around Annapurna massif, through dramatic changes in the landscape, climate, and culture to the high village of Jomsom near the isolated land of Mustang. Trekkers often continue on to the sacred shrine of Muktinath, situated at 5,416 meters, Thorong La Pass, and down in the lovely valley of Manang.

# Annapurna Circuit TREK

-  18 Days
-  Mar-Nov
-  5,416 m
-  Camp. & TH.
-  Moderate
-  Min. 2 People



## TRIP HIGHLIGHTS

- ▶ Scenic drive to Besisahar and Chame
- ▶ Trek through picturesque valleys, lush forests
- ▶ Panoramic views of the world's highest mountains
- ▶ Ancient monasteries
- ▶ Beautiful high altitude lakes
- ▶ Crossing world's largest and thrilling pass, Thorong La Pass (5,416 m/17,764 ft)
- ▶ Visit the most sacred temple of Hindus, Muktinath

Nestled in nature's lap, in the center of Nepal, Annapurna Circuit Trek is one of the most popular trekking trails in the Himalayas of Nepal. The trail passes through a variety of different landscapes, from the lush subtropical rainforest, deep valleys, and beautiful cultivated fields, to wooded alpine and high desert.

We will visit many different ethnic villages, meeting the local people

and enjoying spectacular views of massive Himalayan Peaks including the Annapurna Range (8,091 m), Mt. Manaslu (8,156 m), Mt. Dhaulagiri (8,167 m), Mt. Machhapuchhre (6,993 m). The breath-taking view of the Himalayas from Thorong La Pass will amaze your mind and eyes.

We will cross the challenging and thrilling Thorong-La Pass (5,116 m), which will allow us to acclimatize to the

high altitude along the Marshyangdi Valley. After crossing the Thorong La Pass, we descend to Muktinath, a sacred Hindu temple. Further, descending down the Kali Gandaki River, we will end the trek at Jomsom or continue to Kaligandaki to Poon Hill Trek.



-  17 Days
-  Mar-Nov
-  5,250 m
-  Teahouse
-  Moderate
-  Min. 2 People

# Annapurna Sanctuary TREK

## TRIP HIGHLIGHTS

- ▶ Panoramic views of Annapurna Range, Dhaulagiri Range, Machhapuchhre, Hiunchuli, Nilgiri
- ▶ Captivating views from Annapurna Base Camp and Machhapuchhre Base Camp
- ▶ Gorgeous sunrise from Poon Hill with the backdrop of the Himalayan mountains
- ▶ Enchanting trail filled with rhododendron & pine forests, waterfalls, and small villages
- ▶ Picturesque valleys
- ▶ Ancient monasteries

Annapurna Sanctuary Trek is a spectacular journey on foot to the South Face of Annapurna I - a pleasant hike through the diverse Nepalese landscape and its culture. The trek begins with lowland bamboo forests and rhododendrons before making it up through the Modi Khola Gorge into the mountain amphitheater that is the Annapurna Sanctuary.

We find a good mix of high mountains and Himalayan culture on this trek. The Annapurna Himal lies between Kali Gandaki and Marsyangdi river

valley forming a solid mountain bastion. Within its span of 40 miles, it encompasses some twelve peaks that are higher than 700 m and numerous others peaks higher than 6,000 m.

The rhododendron forests give way to bamboo groves, which turn vanish into the high desert landscapes, peoples of Aryan origin give way to those of Mongoloid origin, and the dominant religion changes from Hinduism in the lower reaches to Buddhism high up.

# Gorepani Poon hill TREK

📅 11 Days  
📏 3,210 m  
🏞️ Easy

☀️ Mar-Nov  
☕ Teahouse  
👤 Min. 1 People



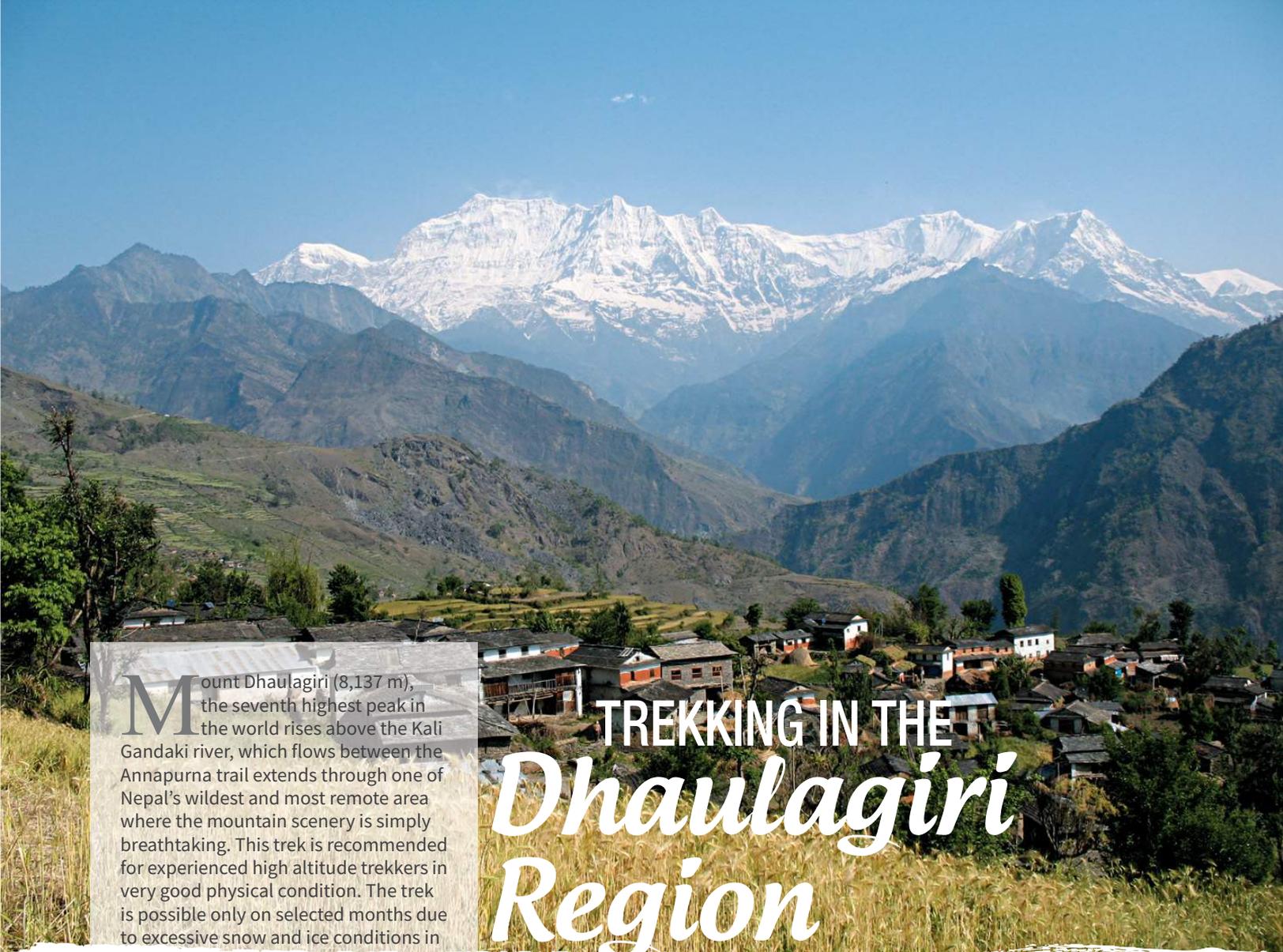
## TRIP HIGHLIGHTS

- ▶ Panoramic views of Annapurna Range, Dhaulagiri Range, Machhapuchhre, Hiunchuli, Nilgiri, Lamjung Himal
- ▶ Gorgeous sunrise from Poon Hill with the backdrop of the Himalayan mountains
- ▶ Beautiful trail filled with rhododendron & pine forests, waterfalls, and small villages
- ▶ Lovely Ghandruk village

Ghorepani Poon Hill Trek is one of the most exciting and breathtaking treks of Nepal. The trek takes you to a hilltop that offers striking mountain vistas. Poon hill is located near Ghorepani, and one can see the magnificent view of the Himalayan mountains such as Mt. Annapurna, Mt. Dhaulagiri, Mt. Nilgiri, Mt. Machhapuchhre, Lamjung Himal, Mt. Himchuli. We will hike up early in the morning to Poon Hill to witness one of the gorgeous sunrise in the world. This trek additionally offers picturesque mountain villages and forests of glorious rhododendrons.

Poon Hill trek is a short and relatively easy trek into the Annapurna region. This trek is suitable for those who do not have much time to spend with a burning desire to observe the beauty of the snow-capped mountains.





Mount Dhaulagiri (8,137 m), the seventh highest peak in the world rises above the Kali Gandaki river, which flows between the Annapurna trail extends through one of Nepal's wildest and most remote area where the mountain scenery is simply breathtaking. This trek is recommended for experienced high altitude trekkers in very good physical condition. The trek is possible only on selected months due to excessive snow and ice conditions in the winter and spring. The region is the practically virgin territory of trekkers providing some extremely dramatic contrasts.

# TREKKING IN THE Dhaulagiri Region

## Dhaulagiri Circuit TREK

-  22 Days
-  Mar-Nov
-  5,360 m
-  Camping
-  Strenuous
-  Min. 2 People



An extremely exciting journey through one of the best off the beaten tracks to applaud the grandeur of Dhaulagiri massif! Dhaulagiri Circuit Trek is an adventurous and challenging trek that takes you through some stunning glaciers and high snow-clad passes to the Dhaulagiri Base Camp, which might possibly be a dream of any travel enthusiast.

However, its difficult terrain, secluded and off beaten trail, and lack of proper accommodation facility make this trek suitable only for those fit travelers with high endurance capacity.

This is a long difficult trek around Dhaulagiri (8,167 m), which starts from Beni. The route follows the Myagdi Khola westwards to Darbang, then turns north through lowland forests into the high country. Much of the route is covered with snow and glaciers as it crosses French Col Pass (5,340 m).

Further, we traverse from the head of the hidden valley and cross Dhampus Pass (5,155 m). The trek ends with a steep descent to Marpha and a return to Pokhara via Kali Gandaki river or flight back from Jomsom to Pokhara.

### TRIP HIGHLIGHTS

- ▶ Traverses the head of the hidden valley, crossing French Pass and Dhampus Pass
- ▶ Close-up views of Dhaulagiri (8,167 m) and several other 7000 m-plus peaks
- ▶ Varied landscapes, from green farming villages to snowy glaciers to barren, rocky mountain vistas
- ▶ Experience Thakali culture in Kali Gandaki valley
- ▶ Scenic flight from Jomsom

# TREKKING IN THE *Mustang* *Region*

## *Mustang* TREK



18 Days



Mar-Nov



4,080 m



Camp. & TH.



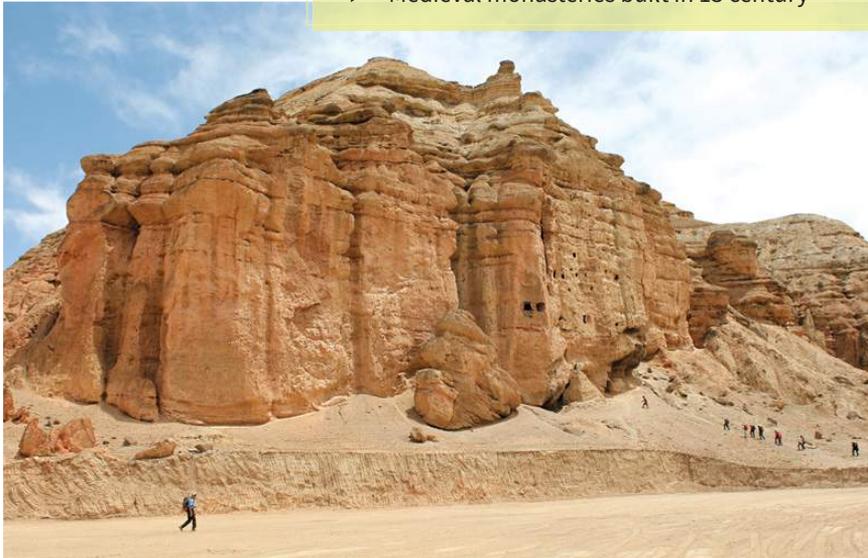
Moderate



Min. 2 People

### TRIP HIGHLIGHTS

- ▶ Rich Tibetan-influenced culture and tradition
- ▶ Semi-arid desert with deep ravines and rock shelves, enhanced with snowy peaks
- ▶ Close view of Mt. Annapurna (8,091 m), Mt. Nilgiri (7,061 m), and Mt. Dhaulagiri (8,167 m)
- ▶ Tread on the 14th century the Buddhist Kingdom which is almost as intact as it was centuries ago
- ▶ Medieval monasteries built in 13 century



Upper Mustang is a hidden paradise of Nepal. This mystique valley and the last forbidden kingdom of Nepal was opened for foreigners since 1992. However, there is strict control over obtaining special permits from the department in order to protect local tradition from outside influence as well as to protect their environment.

Trekking in this region offers gorgeous Trans-Himalaya landscape, ancient Tibetan Buddhist shrines, stupas, chortens, kaanis, prayers walls, and centuries-old monasteries. This trek will also allow you to experience the lifestyle, culture, and tradition of locals residing in this extreme region.

No wonder the trail will take you to one of the most isolated regions of Nepal where you can experience incredible hospitality of the locals. The trail includes an almost tree-less barren landscape, a steep rocky trail ascends and descends, the mind-blowing panorama of Mt. Nilgiri, Mt. Annapurna (8,091 m), Mt. Dhaulagiri (8,167 m), and several others peaks.



# TREKKING IN THE *Nar & Phu Valley*

## *Nar and Phu Valley* TREK



19 Days



4,516 m



Moderate



Mar-Nov



Camping



Min. 2 People

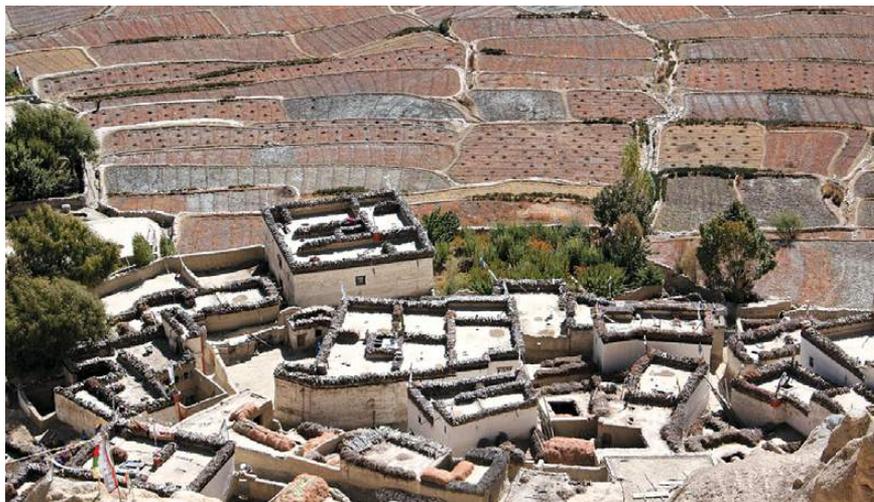


The Nar and Phu Valley Trek is a newly opened trekking trail in the Manang Region. Tucked between the more visited Annapurna and Manaslu regions, Nar Phu is a true hidden gem that offers trekkers a rare opportunity to explore unspoiled valleys that offers a combination of stunning high peaks, remote villages, narrow canyons, lovely forests, amazing rock formation, yaks grazing lands, gompas, and unique Himalayan cultures.

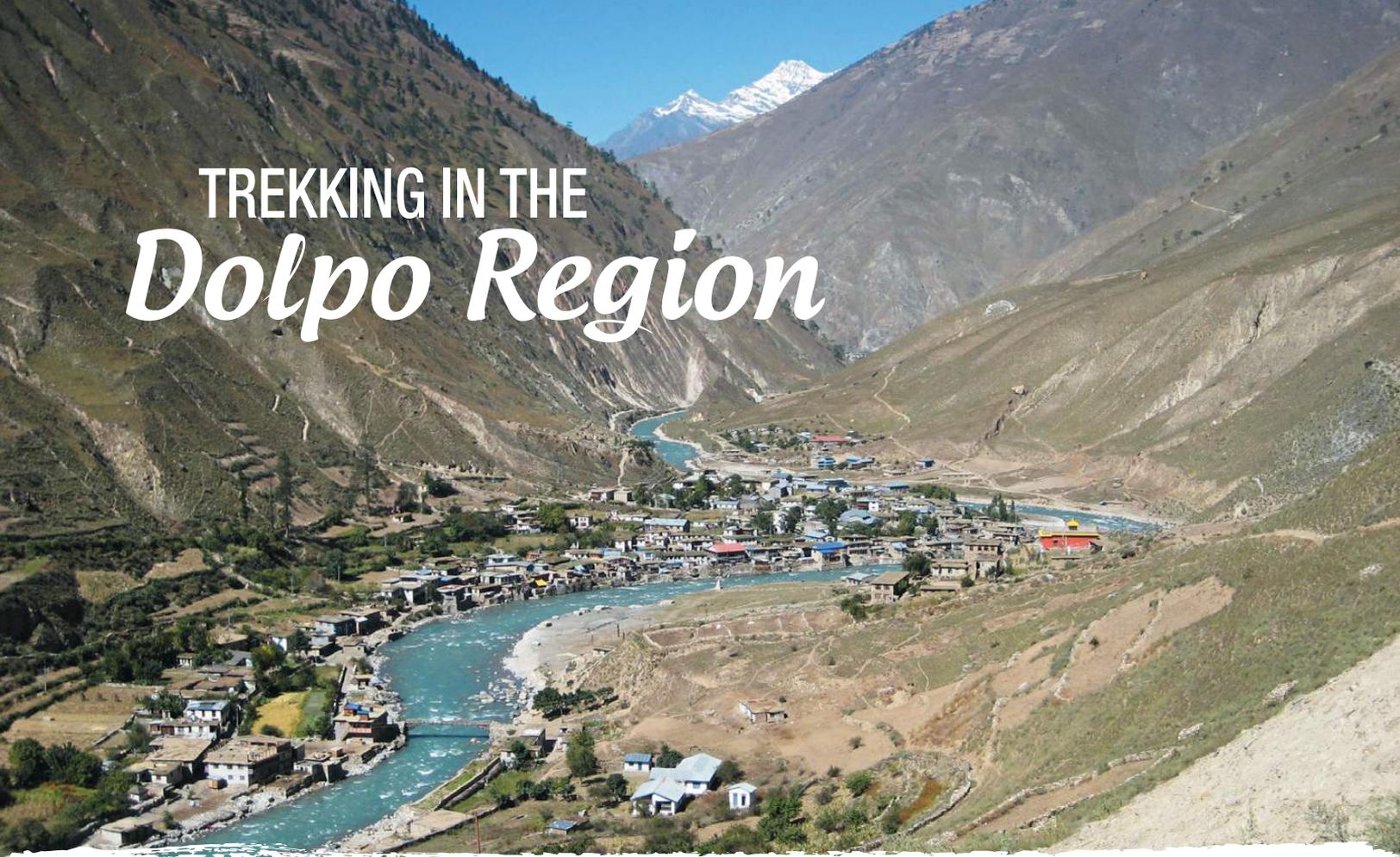
Closed to trekkers until late 2002, very few westerners have explored this practically untouched region. Being restricted for a long time Nar Phu Valley region remained untouched and uninfluenced by the modern world, contrasting with the popular, neighboring Annapurna Circuit.

### TRIP HIGHLIGHTS

- ▶ Venture into a remote part of Nepal that few travelers get to see
- ▶ Stay in ancient villages that have seen little change over the centuries
- ▶ Stunning views of Annapurna II, Himlung Himal, Gangapurna, and Tilicho Peak
- ▶ Experience a part of the Tibetan plateau that extends down into Nepal
- ▶ Have the chance to glimpse the ever-elusive Snow Leopard
- ▶ Witness a Tibetan-derived culture, with unique and colorful prayer stones and monasteries



# TREKKING IN THE *Dolpo Region*



## *Dolpo Region* TREK



23 Days



Aug - Oct



5,233 m



Camping



Moderate



Min. 2 Pax



Trekking in the Dolpo region has only been permitted since mid- 1989. The region lies to the west of the Kali Gandaki valley. Dolpo is located inside the Shey-Phoksundo National Park in mid-western Nepal, behind the Dhaulagiri massif, towards the Tibetan plateau.

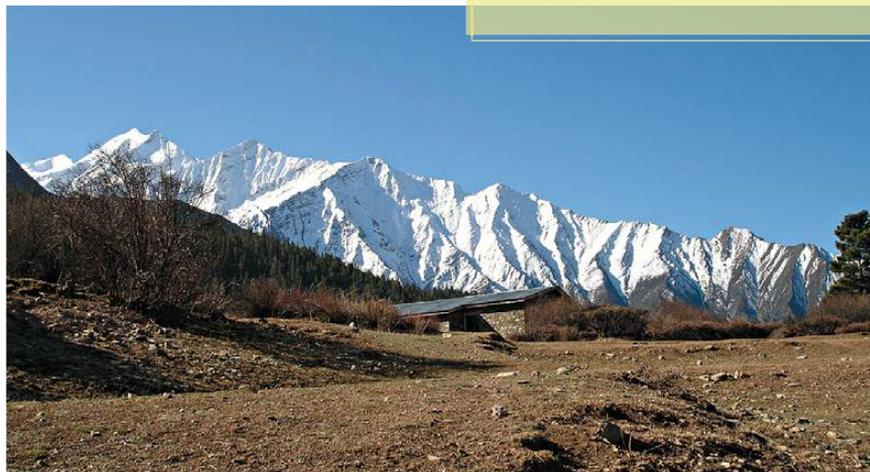
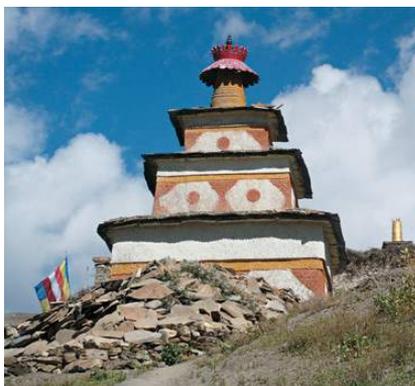
The region offers opportunities to visit ancient villages, high passes, beautiful lakes, isolated Buddhist monasteries, and also experience the vast array of wildlife inhabiting the region is including blue sheep, mountain goat,

jackal, wolf, and the legendary snow leopard. Most treks into Dolpo takes from 14 to 30 days.

Dolpo is a paradise unexplored. Nature rewards this isolated western part of Nepal with exceedingly amazing landscapes and serene beauty that resemble the ones of Roof of the world- Tibet. At places, the beauty of Dolpo by far surpasses the striking views people get to behold in Tibet.

### TRIP HIGHLIGHTS

- ▶ Tibetan Buddhism and Bon culture
- ▶ Time frozen landmarks trod by handful trekkers
- ▶ Vast biodiversity of flora and fauna
- ▶ Adventurous high passes
- ▶ Caravan of yaks, mules, horses, and tzopas
- ▶ Dho-Tarap Valley, one of the highest human settlement in the world



# Dolpo Foksundo TREK



13 Days



3,600 m



Moderate



Mar-Nov



Camping



Min. 2 Pax



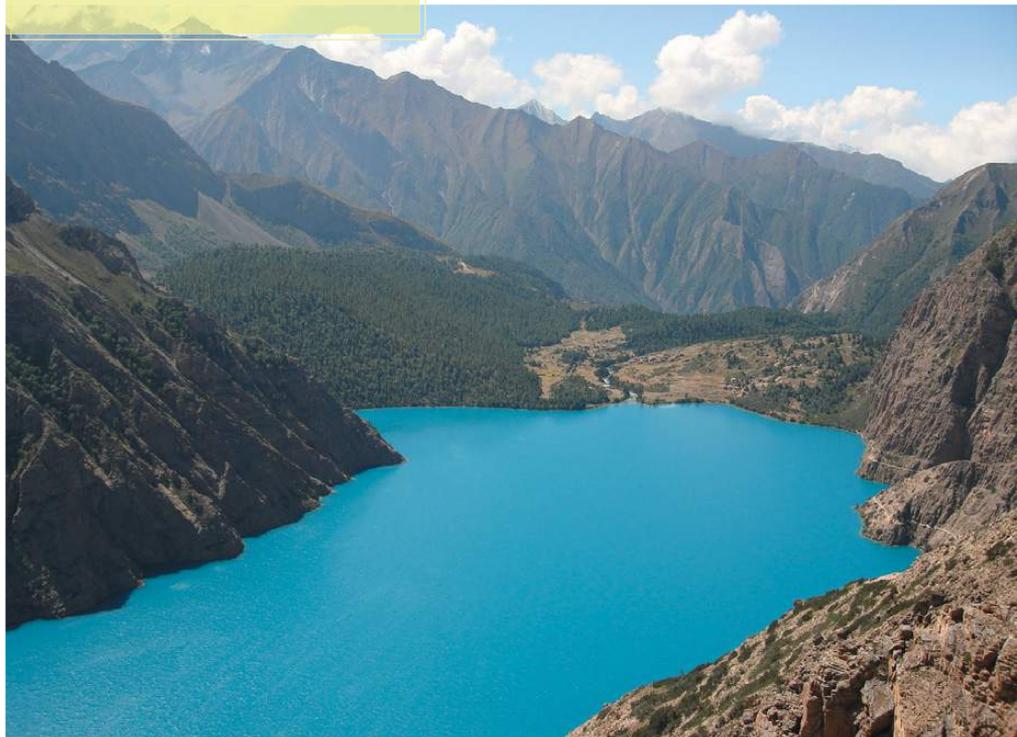
Among many beautiful places in Nepal, Phoksundo Lake is considered one of the most beautiful and exotic tourist destinations located in Dolpo, the largest territorial district. Phoksundo Lake Trek is a short and easy journey to one of the most beautiful and deepest lakes of Nepal.

The exotic sites and natural sceneries lure people from all over the world, thus making it a must-visit destination. Dolpo has been captured beautifully on film by the renowned director Eric Valli in his movie "Caravan".

Mirroring the snowy Kanjiroba massif, the turquoise lake waters look heavenly. No wonder this lake is regarded sacred by Buddhists and followers of Bon-Po religion.

## TRIP HIGHLIGHTS

- ▶ Tibetan Buddhism and Bon culture
- ▶ Stunning Phoksundo Lake
- ▶ Time frozen landmarks trod by handful trekkers
- ▶ Vast biodiversity of flora and fauna
- ▶ Gorgeous landscape





# TREKKING IN THE *Manaslu Region*

**M**anaslu region is newly opened trekking destination of Nepal yet untouched trekking trail in Nepal. The Manaslu circuit trek takes into real virgin territory where only a few dares to venture into its vast Himalayan terrain. The Manaslu Trek is now a great tea-house trek. Some call it the best all-round trek in Nepal, and it's on the Great Himalaya Trail. It's certainly a great alternative to the Annapurna Circuit.

To conserve and protect the natural beauty, wildlife, and cultural heritage, Manaslu Conservation Area has been established. Popularly known among trekkers, Manaslu Himal provides spectacular views of the various snow-capped mountains and glaciers of the Himalayas and allows close interaction with the different ethnic groups of people who live in the remote villages scattered along the trek route.

## *Manaslu Circuit* TREK

 21 Days	 Apr-Oct	
 5,516 m	 Camp. & TH.	
 Strenuous	 Min. 2 Pax	

Manaslu Circuit Trek is one of the challenging treks in Nepal. The round Manaslu Trek will reward the adventurers with a tremendous alpine enjoy. Trekking in this region presents an aggregate rich way of life, history, unsurpassed splendor, and natural variety. Trekking around Manaslu offers a unique opportunity to experience a reasonably “untouched” region of Nepal and super beauty along the border of Nepal and China.

The trail up Budhi Gandaki is one of the most difficult routes in Nepal, and there is a huge amount of climbing as you trek up and down over ridges and onto shelves to bypass cliffs. The trail is

rough and steep, and it literally hangs on the bluff high above the river.

This trek is geographically spectacular and culturally fascinating. The circumnavigation of the 8,163 m high Manaslu offers a spectacular 21-day trek with crossing the 5,160 m high Larkya-La. The constant change of climate zones makes this hike expressly appealing.

We start in the tropical Arughat, where rice, bananas, and sugarcane are grown. The pine forests are already starting higher and soon wheat, barley and potato fields dominate the landscape

### TRIP HIGHLIGHTS

- ▶ Less crowded and adventurous trail
- ▶ Gorgeous sceneries
- ▶ Challenging Larkya La Pass (5,100 m)
- ▶ Breathtaking views of Mt. Himalchuli, Mt. Ganesh Himal, Mt. Manaslu
- ▶ Picturesque valleys and lovely villages

# TREKKING IN THE *Everest Region*

	Maximum	Minimum
Summer	14 to 15°C	- 1 to 5°C
Winter	8 to -2°C	2 to -6°C



The Everest Khumbu region is the most famous region of all trekking regions in Nepal. The region is home to world's highest mountains including Mt. Everest (8,848 m), Mt. Cho Oyu (8,153 m), Mt. Lhotse (8,522 m), Mt. Nuptse (7,879 m), Mt. Makalu (8,470 m), Mt. Ama Dablam (6,856 m), and many other countless peaks. This is the most concentrated mountain region where more than 200 peaks are higher than 6000m. First climbed in 1953, Everest, as ever is a fascination for everyone. We begin by flying to Lukla or, it takes a week more when we take a traditional route from Jiri. This region is also well known for legendary Sherpa community and ancient monasteries. Trekking in this region gives the authentic view of different mountains.



# Everest Base Camp TREK



Everest Base Camp Trek is one of the bucket-list destinations of the travel lovers. No wonder, this base camp is one of the exotic destinations in the Earth. The trail is loaded with gorgeous rhododendron, orchid & pine forests, cascading waterfalls, lovely small villages, and centuries-old monasteries along with captivating views of Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Island Peak, Lobuche West, Taboche Peak, Mt. Thamserku, Mt. Gorakshep, and many other mountains.

Together with the beauty of the Himalayas, the trek is culturally enticing, which makes it the trek of a lifetime for the trekkers. Experience the Khumbu's many majestic features, go through amazing mountain valleys and revel in the region's awe-inspiring hallmarks. Similarly, observe the legendary Sherpa Culture of the Khumbu region.

Embarking a journey that was first done by Sir Edmund Hillary and Tenzing Norgay Sherpa in 1953 is a matter of immense pride and glory. Brace yourself for the most exotic and beautiful journey of your lifetime!



## TRIP HIGHLIGHTS

- ▶ Panoramic views of the Himalayas like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Island Peak, and many more
- ▶ Everest Base Camp
- ▶ Captivating scenarios
- ▶ Centuries-old monasteries
- ▶ Rich tradition and culture

# Gokyo Chola Pass TREK



Gokyo Chola Pass Trek offers a good alternative to the traditional trek to Everest Base Camp. From Gokyo, we can see stunning views of Mt. Cho Oyu, Mt. Everest, Mt. Lhotse, and Mt. Makalu. There are several options for the additional side trips and high altitude walking, including the crossing of Chola Pass (5,420 m).

Gokyo Chola Pass Trek begins with

a rather "scary" flight to mountain airstrip of Lukla at 2,800 meters, and further, passes through the picturesque Sherpa village of Namche Bazaar to Gorak Shep culminating in the "ascent" of Kala Pattar (5,500 m) from where classic views of Mount Everest and its surrounding peaks are available.

Most of the trek is spent above altitudes of 3000 meters in the Khumbu and Imja

## TRIP HIGHLIGHTS

- ▶ Panoramic views of the Himalayas like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Island Peak, and many more
- ▶ Striking Gokyo Lake
- ▶ Breath-taking views from Gokyo Ri
- ▶ Everest Base Camp
- ▶ Captivating scenarios
- ▶ Centuries-old monasteries
- ▶ Rich tradition and culture

valleys, whose skylines are dominated by the massive peaks of the Eastern Himalayas.

# Jiri to Everest Base Camp TREK



23 Days



5,380 m



Moderate



Mar-Dec



Camp. & TH.



Min. 2 Pax



This traditional route to the Everest Base Camp follows the footprints of Hillary and Tenzing Norgay, who first climbed the Mt. Everest (8,848 m). The trail is loaded with gorgeous rhododendron, orchid & pine forests, cascading waterfalls, lovely small villages, and centuries-old monasteries along with captivating views of Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Island Peak, Lobuche West, Taboche Peak, Mt. Thamserku, Mt. Gorakshep, and many other mountains.

Together with the beauty of the Himalayas, the trek is culturally enticing, which makes it the trek of a lifetime for the trekkers. Experience the Khumbu's many majestic features, go through amazing mountain valleys and revel in the region's awe-inspiring hallmarks. Similarly, observe the legendary Sherpa Culture of the Khumbu region.

## TRIP HIGHLIGHTS

- ▶ Panoramic views of the Himalayas like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Island Peak, and many more
- ▶ Everest Base Camp
- ▶ 360-degree view of Mt. Everest and other surrounding mountains from Kala Patthar
- ▶ Captivating scenarios
- ▶ Centuries-old monasteries
- ▶ Rich tradition and culture



## TRIP HIGHLIGHTS

- ▶ Great view of MT. Gauri Shankar, Mt. Everest, Mt. Makalu, Mt. Nuptse Mt. Ama Dablam, Mt. Thamserku, Island Peak (6189m), and other high mountains
- ▶ Adventurous high pass Tashi Lapcha (5,755 m)
- ▶ Walking through the steep terraces and dense forest
- ▶ Beautiful Sherpa villages with unique lifestyle and culture
- ▶ Many stunning glaciers and ice falls
- ▶ Diverse Himalayan flora and fauna

# Rolwaling Region TREK



20 Days



5,734 m



Strenuous



Mar-Nov



Camping



Min. 2 Pax



Rolwaling region is one of the most remote, mysterious, and fascination regions, west of Everest and near the Tibetan border. This is the region where some mountaineers arranged expeditions to hunt mysterious yetis in the past. Beding is the last permanent settlement, whereas, Na Gaun is only the summer settlement, is also the highest altitude reached in this trek.

West of the Khumbu, directly on the Tibetan frontier there is a wild, lonely high valley the "Rolwaling" which is called simply "the grave" by the indigenous Sherpa's on account of its

location – buried down between steep ice-giants. Many mysterious stories have been passed on about this valley. Through which the forefathers of the present-day Sherpa's once came.

It is here that the notorious and celebrated Yeti is supposed to make his home. Entire research expeditions have, so far unsuccessfully, attempted to find him. Very few tourist success to do trekking in this area, because it covers the mountain terrain of the Nepal-China (Tibet) border. The trail to this pass goes between huge mountains along glaciers, situated in eastern parts.

# Langtang Region TREK

 13 Days  
 3,584 m  
 Moderate

 Mar-Nov  
 Camp. & TH.  
 Min. 1 Pax



The Langtang region is aptly known by the valley of glaciers, which runs parallel with the Tibetan border north of Kathmandu. It is located between the main Himalayan range to the north, and a slightly lower range of snowy peaks to the south of Langtang Lirung (7,246 m) that dominates the valley to the north, Gang Chenpo (6,388 m) & Naya Kanga

Ri (5,846 m) lies to the south, and Dorje Lakpa (6,966 m) protects the East end of the Valley.

This isolated region is inhabited by Tamang who religious practices, language, and dress are much more similar to those of Tibetans. This area was hugely affected by big earthquake

## TRIP HIGHLIGHTS

- ▶ Pass through stunning forests, high alpine meadows, and yak pastures
- ▶ Langtang Gompa and Kyanjin Gompa, old Buddhist shrines
- ▶ Enjoy panoramic views across vast open valleys at the end of the trek
- ▶ Tibetan Buddhist Culture
- ▶ Support people rebuilding their lives and livelihoods after the earthquake
- ▶ Incredible mountain views of the Langtang Himalayas, valley and across to Tibet from Kyanjin Ri

April 2015 and the trek to this region will be very helpful for local. However, the local life has again become normal as is used to be before the earthquake.

## TRIP HIGHLIGHTS

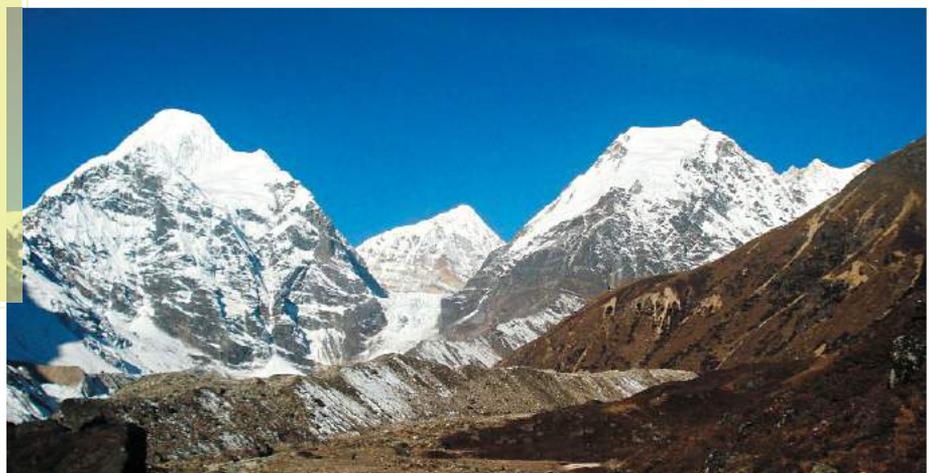
- ▶ See Everest from a unique angle, it's eastern Kangshung face
- ▶ Gain views of eastern Nepal, as far away as Kangchenjunga
- ▶ Pass from green terraced farmland to glaciers and waterfalls
- ▶ Witness the rural life of Nepal's distinct Rai and Sherpa culture
- ▶ Spot some of the rarest wildlife in Nepal, including the Red Panda

Makalu Base Camp trek takes you on a solitary trek to Makalu base camp (5250 m) where you will go see the high-altitude terrains, snow-clad landscapes, and ethnic Himalayan lifestyle. Nowadays, Makalu base camp is designated as Makalu Barun National Park and Conservation Area. Mt. Makalu (8463 m) is the fifth highest peak in the world. The Makalu Base camp trek is a true adventure with scenery so beautiful that it will never tire you.

# Makalu Region TREK

 21 Days  
 4,870 m  
 Strenuous

 Mar-Nov  
 Camping  
 Min. 2 Pax



Our journey begins with an hour-long flight to Tumlingtar whereas the real trek starts from Chichila. The lower reaches of the trail are renowned for their lushness with verdant rhododendron forests whereas the upper reaches of the trail comprise of polished granite cliffs capped by

hanging glaciers, overflowing with waterfalls.

The 21-day Makalu Base Camp Trek is an ideal choice for avid trekkers and nature enthusiasts who seek solace and tranquility in pristine natural habitat and those who wish to avoid crowds.

# Peak Climbing IN NEPAL

**A**DVENTURE SMALL WORLD TREKKING AND EXPEDITION Company is a team of experienced mountain leaders. Our experienced and professional climbing guides are leading Peak climbers for decades of time. We are aware of high altitude sickness and needs of acclimatization. Please, contact us for your plan of peak climbing, and we make sure to recommend you the suitable itineraries according to your requirements.



# Pachhermo Peak CLIMBING

 23 Days
  Mar-Nov  
 6,091 m
  Camp. & TH.  
 Strenuous
  Min. 2 Pax



Pachhermo Peak situated in the Rolwaling region. Climbing Pachhermo is popular for its wonderful views, technical passes, including the Tashi Lapcha Pass to enter the Khumbu region.

The Pachhermo Peak (6,091 m) is eye-catching and adventure motivating peak. It was climbed in 1955 for the first time from the northwest ridge, having difficult crevasses and glaciers on the ascending trail.

Through the Rolwaling valley, the journey moves forward to summit

the Pachhermo peak, which is closely located near the pass. The high camp is set around 5,500 meters in a good location due to the prevailing of the rocky and icy trail to reach the top.

The trail is technical and climbers need to be in strong physical condition, and also good knowledge of climbing is required to deal with the icy slopes and rock formation. The views of the Himalayas, including Gaurishanker and Melungtse, are awesome.

After the climbing part, the trek goes through the Tashi Lapcha Pass and

## TRIP HIGHLIGHTS

- ▶ Picturesque villages
- ▶ Turbulent river gorges along the routes
- ▶ Visit old Buddhist monasteries and typical Sherpa villages
- ▶ Panoramic views of mountains like Mt. Everest, Mt. Lhotse, Mt. Cho-Oyu, Gyachung Kang, Mt. Nuptse, Mt. Amadablam, Mt. Pumori
- ▶ Most beautiful but challenging Tashi Lapcha Pass (5,755 m) offers the Saipal Himalayan range within 180-degree angle
- ▶ The largest glacier lake of Tsho-Rolpa
- ▶ Experience the lifestyle, culture, and tradition of the locals



head through Thame of Khumbu region. It descends gradually to Namche Bazaar and to Lukla, and the trip ends with a short Himalayan flight to Kathmandu.

## TRIP HIGHLIGHTS

- ▶ Six hours scenic drive through the tropical Himalayan valley
- ▶ Trip starting at subtropical climatic zone
- ▶ Annapurna Circuit Trekking
- ▶ Exploring the beauty of Manang
- ▶ A crossing of challenging high alpine pass – Thorong La Pass (5,416 m)
- ▶ Manangi people and their culture exploring
- ▶ Observing some of the world tallest mountains like Gangapurna, Manaslu, Lamjung Himal, Nilgiri
- ▶ 500-year-old Bagra monastery visit
- ▶ Variety of flora & fauna ranging from tropical to arctic

# Chulu West Peak CLIMBING

 23 Days
  Mar-Nov  
 6,419 m
  Camp. & TH.  
 Strenuous
  Min. 2 Pax



Chulu peak is one of the most splendid and beautiful peaks in the whole Himalayas. It is part of the bigger Damodar Himal range of Manang in western Nepal, which runs south from Chako Peak (6,687m) in the north-south direction along the Nar, Phu and Hunlung Khola.

Chulu peak is also considered the best peak in the Annapurna region. The trekking trail for Chulu west peak

climbing is a memorable route which provides the most beautiful views of surrounding peaks as well as lush green forests of Nepal.

The trip begins with the wonderful trekking from Syange or Chamje which is the route of Annapurna Circuit Trekking. Chulu Peak is situated in the Annapurna Himalayan chain which is a stunning peak. It is an excellent offering to access the Chulu West summit.



19 Days



6,160 m



Moderate



Mar-Nov



Camp. & TH.



Min. 2 Pax

# Island Peak CLIMBING

Island Peak climbing is one of the most popular trekking destinations of Nepal. Summiting the Island Peak is also relatively easier than other expeditions. This peak is also called Imja Tse, and it was initially climbed by an expedition team that was preparing to climb the Mount Everest in 1956.

In the valleys of Khumbu Imja, Everest and other massive peaks of the Eastern Himalayas dominate the skyline. Island Peak is an excellent way to venture into altitudes above 6000m without great technical difficulty. Thanks to its location, the acclimatization to the

altitude can be easily accomplished through a trek to Everest Base Camp or any other trek in the region. It is a great add-on activity for the adventure seeker.

You will get to see panoramic views of snow-capped mountains like Mt. Everest (8,848 m), Mt. Cho Oyu (8,201 m), Mt. Gyachung Kang (7,952 m), Mt. Makalu (8,481 m), Mt. Lhotse (8,516 m), and Mt. Tawache (6,542 m). The trek to Island Peak also walks through the countryside, where you will see centuries-old Nepalese and Tibetan cultures.

You will visit different monasteries and also get to interact with the locals and experience their lifestyle, culture, and tradition. If you are willing to experience both nature and culture together then this is the perfect trek for you.

## TRIP HIGHLIGHTS

- ▶ Panoramic views of the Himalayas like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Island Peak, and many more
- ▶ Captivating sceneries
- ▶ Adventurous trail
- ▶ Centuries-old monasteries
- ▶ Rich tradition and culture



# Mera Peak

## CLIMBING

Mera Peak is a great option if you are looking to summit one of Nepal's many trekking peaks. The summit offers one of the finest views in the Himalayas and one can see 5 of the 6 tallest mountains in the world from the summit (Everest, Lhotse, Cho Oyu, Makalu, and Kanchenjunga). It's a challenging trekking peak due to the elevation but technically only requires basic mountaineering skills to tackle the high altitude glacier crossings.

Mera Peak is located at the head of the quiet and remote Hinku valley, an area of the Mount Everest region rarely frequented by trekkers or visitors. There are many approaches to Mera; some are easy and some require the crossing of high and difficult passes.

South ridge is considered not climbable whereas, east and north faces is almost impossible. Northeast ridge is a difficult mixed 1,600 meters climb. West face is possible, so is a north-west ridge, but, access to Mera West glacier (Khare glacier) is difficult; either a 500 climb up an icefall or a 1,000-meter climb over west side ramparts to the glacial basin at 5,600 meters.



### TRIP HIGHLIGHTS

- ▶ Trek and climb Nepal's highest Himalayan Mera peak of over 6,461 meters
- ▶ Trekking through the pristine, tranquil forest of rich rhododendron
- ▶ Captivating scenery of world's highest peaks of Everest, Lhotse & Mt. Makalu
- ▶ Scenic flight to and from Lukla the gateway to Everest region into remote Hinku valley away from human settlements in eastern Khumbu area

	18 Days		Mar-Nov
	6,654 m		Camp. & TH.
	Strenuous		Min. 2 Pax



	20 Days		Mar-Nov
	6,091 m		Camp. & TH.
	Strenuous		Min. 2 Pax

# Pisang Peak

## CLIMBING

Pisang Peak is situated in the Annapurna region of western Nepal. It ascends above from the Pisang village and yak grazing meadows in an icy sloppy landscape to the summit. It is regarded as one of the easiest trekking peaks in Nepal, which is appropriate for the trainee climbers as well.

The climbers get a huge experience of climbing the Pisang peak and joining the world popular Annapurna round trekking, which includes the highest Himalayan pass in the world- Thorong La (5,416 m).

Pisang Peak Climbing offers beautiful Himalayan views of Mt. Dhaulagiri (8,167 m), Mt. Manaslu (8,163 m), Mt. Annapurna (8,091 m), and more



than two dozens of the snow-capped mountains of Annapurna region trekking trails.

The Pisang Peak expedition covers both sub-tropical altitude and the highest elevation is at the 5416 meters. The varied biological diversities and cultural reward are exciting. ADVENTURE SMALL WORLD TREKS AND EXPEDITION Company welcomes you to climb the Pisang Peak with us.



*Mountaineering Expedition*  
**IN NEPAL**

## Mt. Everest Expedition (8,848 m)

Duration: 60-65 days

Best time to climb: **April - May - Sept**  
We offer an ultimate lifetime chance to ascend the world's highest peak, Mt. Everest (8,848 m) to serious mountain climbers.

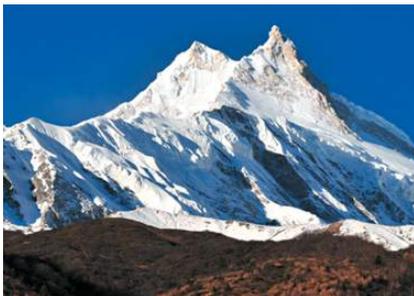
Standing at 8,848 meters above sea level (with the actual peak described as just the size of a small dining table), Mount Everest or Sagarmatha (as we call it in Nepal) was first confirmed as conquered by Sir Edmund Hillary and Tenzing Norgay in 1953 through the Southeast Ridge route. This route is generally more accessible and reliable way to successfully reach the summit and has been traversed by more than 3,000 people as of 2013. The way to Mt. Everest is one's the most amazing adventures one can undertake.

As the phrase says, world's highest mountain, so there are hundreds of challenges and risks that one have to overcome to reach the summit, and with "Adventure small world" you can be assured that we take every precaution and detailed preparation to make sure that you and your group

reach your goal as easily and safely as possible.

On the way to the mountain and on Everest itself, we provide the most highly experienced Sherpa guides available, the best equipment, oxygen systems, comfort, food according to your requirements and support. The full expedition is a 55-days, and we can add many interesting options such as cultural tours of Nepal either before or after the expedition.

If you would like to become a partner company on Everest also can contact us. Please make sure you have the requisite attitude, experience, and fitness to face up to a challenging expedition. If you are not sure then consult with us. We will fully train all expedition members on how to use fixed ropes and various climbing techniques, and safety procedures including a briefing on altitude medication. The best in emergency services will be on hand should anything untoward happen.



## Mt. Manaslu (8,163 m)

Duration: 55-60 days

Best time to climb: **April - May-Sept**  
The 8<sup>th</sup> highest mount of the world. Meaning of the Manaslu is soul. First summited in 1956, fully camping trek.



## Mt. Lhotse (8,516 m)

Duration: 60-65 days

Best time to climb: **April - May-Sept**  
The 4<sup>th</sup> highest peak in the world. The route is same as same as Everest Base Camp, first ascent in 1956.



## Mt. Annapurna (8,091 m)

Duration: 60-65 days

Best time to climb: **April - May-Sept**  
The 10<sup>th</sup> highest peak in the world, which is situated in the Annapurna region.



## Mt. Makalu (8,463 m)

Duration: 60-65 days

Best time to climb: **April - May-Sept**  
The 5<sup>th</sup> highest peak in the world first summited in 1955, situated in Eastern Nepal.



## Mt. Daulagiri (8,167 m)

Duration: 55-60 days

Best time to climb: **April - May-Sept**  
The 7<sup>th</sup> highest peak in the world first summited in 1960. Fully camping trek.

## Mt. Ama Dablam (6,856 m)

Duration: 24-30 days

Best time: **April - November**  
One of the famous and technical expeditions in the world.





# White Water Rafting IN NEPAL

Nepal has earned a reputation for being one of the best destinations in the world for white water rafting. Nepal's thundering river, originating from the glaciers of the mighty Himalayas, provide an unexpected thrill for immersing oneself in the landscapes. Our guides are experts in gliding the boats along the rivers while you can enjoy all the wild and wacky rapids. Rivers in Nepal are graded on a scale of 1-6.

**THE TRISULI RIVER (Grade 3+)** is one of the most popular of Nepal's rafting rivers. Due to its proximity to Kathmandu & easy road access, trips on this river are easy-organized. For the first time rafters, Trisuli offers plenty of excitement.

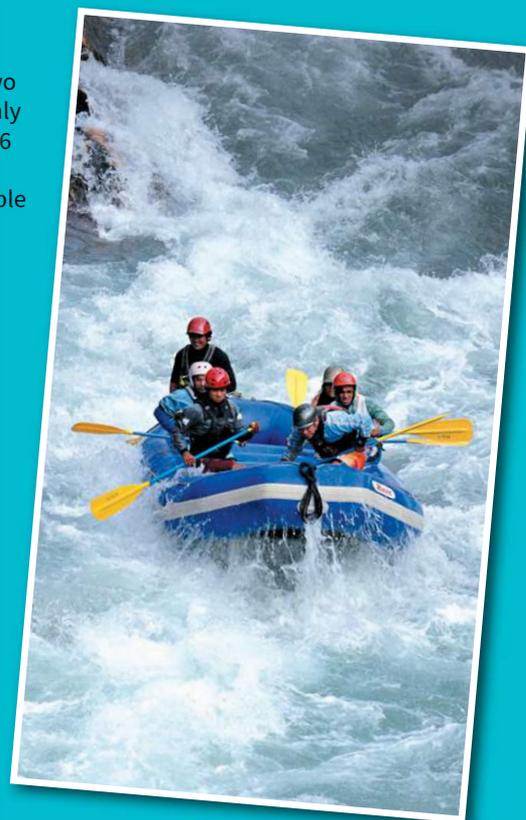
**THE KALIGANDAKI RIVER (Grade 4+)** winds through remote canons & deep gorges for three days of intense rapids and there is extreme wilderness & mountain view too.

**THE BHOTE KOSHI (Grade 5+)** is a two day run of pure adrenaline located only three hours away from Kathmandu. 26 km of continuous white water soaks rafters as they shoot through a veritable maze of canons and boulders.

**THE MARSHYANGDI RIVER (Grade 5+)** flowing through the gorges of the Annapurnas, it runs sandwiched between 52km of boiling foam & towering peaks.

**THE KARNALI RIVER (Grade 5+)** in the far west is the longest & largest river of Nepal presents spectacular landscapes, narrow gorges, the most challenging rapids & wildlife are the main attractions.

**THE SUNKOSI RIVER (Grade 5+)** is Nepal's second offering for expedition rafting. It offers an incredible stretch of exhilarating white water. The run is 270 km & requires 8-10 days to complete with road access only at the beginning & end.





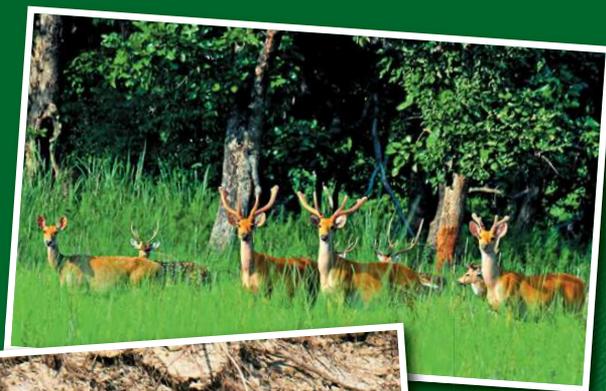
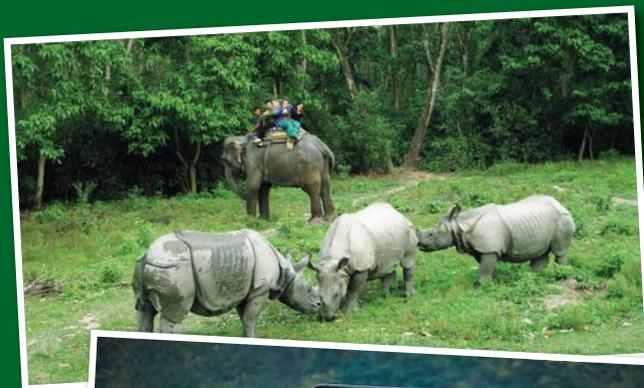
# Jungle Safari IN NEPAL

**W**hile the high Himalayan makes up Nepal's northern region. The southern lowland is known as Terai, which is covered with dense tropical jungles teeming with diverse wildlife & exotic birds. Here you will find some of the most exciting safari destinations in the world. Out of the 14 national parks & Koshi Tappu Wildlife Reserves are most popular.

**CHITWAN NATIONAL PARK (932 sq km)** is listed as World Heritage site and is the most popular safari destination in Nepal. It covers a unique ecosystem, containing hills, ox-bow lakes, and floodplains. Dominated by salt forests, the park has 50 species of grasses. The 43 species of animals include the endangered one-horned rhino, Royal Bengal Tiger, Gharial, Crocodile, Gaur, Wild Elephant, Four Horned Antelope, Striped Hyena, Pangolin, Gangetic Dolphin, Monitor Lizard, Cobra, Krait and Rat Snake.

**BARDIYA NATIONAL PARK ( 968 sq km)** is the largest and most undisturbed wilderness area in the Terai. It is thickly forested by sal trees and is carpeted with grass, bushes, and river line forest. It is regenerated habitat for endangered species like the Rhinoceros, Wild Elephant, Tiger Swamp Deer, Black Buck, Gharial, Crocodile, and Gangetic Dolphin endangered birds include the Bengal Florican, Lesser Florican Silver-eared Mesia and Sarus Crane.

**KOSHI TAPPU WILDLIFE RESERVE (175 sq km)** the vegetarian here in mainly of wetland grassland, scrub, and deciduous forests. The reserve is unique for its Wild Buffaloes (Arna). Other mammals are the Hog Deer, Wild Boar, Spotted Deer, and Blue Bull. The species of birds total 350 here, including 20 of ducks many Storks, Egrets, Herons, and the endangered Swamp Partridges and Bengal floricans. The Koshi Tappu Wildlife reserve is a resting place for migrating birds not seen anywhere in Nepal. The endangered Gharial, Marsh Crocodile, and Gangetic Dolphin are also recorded in the Koshi.





# Culture & Heritage SITES

Nepal offers astonishing culture and religious sightseeing attractions found nowhere else. The three main historic cities of Kathmandu, Patan Bhaktapur are known for numerous historic monuments, old palaces, and palace square. Shrines and temples, ageless traditions and legends make Nepal a veritable living museum. The Kathmandu valley boasts of seven world culture Heritage sites all within a radius 20 km.

## Kathmandu

Kathmandu is both the capital of Nepal and largest city in the country. Some of the interesting sightseeing places in the city include Durbar square, Kal Bhairav, Kumari Devi, Budhanilkantha,

Dakshinkali, Chobar Gorge, Sundarijal. You will explore historical places like:

## Boudhanath Stupa

It lies about 6 km to the east of downtown Kathmandu. This stupa is the largest sputa of Nepal. It looms 36m high and presents one of the most fascinating specimens of sputa design. There are more than 45 Buddhist monasteries in the area.

## Pashupatinath

It is one of the most sacred Hindu temples in the World, lies 5 km east of the city center. The richly ornamented pagoda houses the sacred linga, or phallic symbol, of Lord Shiva. Chronicles the temples' existence prior to 400 AD.



## Swyambhunath / Monkey Temple

The Swayambhu Stupa crowns a hillock to the west of Kathmandu. A massive white dome surrounded by a 13 stage spire, the stupa is one of the most sacred Buddhist sites in Nepal. It is said to be 2000 years old.

## Patan | Bhaktapur | Changunarayan



# Culture Tour & Sightseeing

## KATHMANDU, POKHARA & CHITWAN TOUR

Kathmandu – Pokhara – Chitwan tour is a complete tour package that takes you to the historical Kathmandu cities and the most fascinating and remarkable natural beauty of the Pokhara valley and the pristine wilderness zones of Chitwan. This tour is also called the Explore Nepal tour as it takes you to the three major cities of Nepal recognized with their own highlights.

The Kathmandu city also the capital city of Nepal is the cultural and commercial hub filled with the most fascinating UNESCO World Heritage Sites festooned with the architectural masterpieces. Kathmandu is famous for its age-old culture and traditions, palaces, historical sites, temples, and monasteries.

Pokhara is yet another largest tourist destination in Nepal. The breathtaking views of the Himalayas like Annapurna massifs, Machhapuchhre or Fishtail mountain and Dhaulagiri, alpine and wonderful lakes to go for a boat ride, caves to explore and adventurous activities to do have made Pokhara an ideal destination for any kind of the tour visit.



Each part of Nepal, from East to West, or North to South, has its own cultural values. Tradition, religion, belief, language, social organization, and people are important aspects of culture in Nepal. Sacred pilgrimage sites, historical monuments, and memorials reflect the richness of Nepalese culture.

As our professional multilingual guides take you on cultural tours in Nepal, you will gain invaluable insight into Nepali lifestyles. Interacting directly with ethnic communities will add excitement to your holiday and rejuvenate you spiritually.



# Tibet

**T**ibet, the very name evokes feelings of awe and mystery. A land of ancient Buddhist culture, awesome landscapes, artistic monasteries, exotic cities, hidden valleys, and centuries-old caravan trails. Tibet offers a totally different experience destination for the ultimate adventure seeker for experiencing enchantment & tantalizing mystery of a lifetime!

Tibet the autonomous Region, the mystic Shangri-la, the forbidden Kingdom on the Roof of the World, is a source of inspiration for sages and ordinary at all time and has captured man's imagination for centuries. Great explorers and adventurers of the century have ventured into this holy land rendered inaccessible by the hostile nature conditions and bandits that waylaid them across through the Himalayas. Popularly known as the "Roof of the World" Tibet, the very name evokes feelings of awe and mystery, and a land of ancient Buddhist Culture. Awesome landscape, artistic monasteries, exotic cities, hidden valleys, and centuries-old caravan trails.



**Area**  
471,700 sq. Miles,  
Border 2.5 million sq.  
km

## Tibet AT A GLANCE



**Population**  
2.62 million



**Terrain**  
Approx. the size of  
Western Europe 70%  
Grassland, from high  
plateau too tropical  
forest



**Climate**  
Average  
temperature



**Language**  
Tibetan, Chines



**Religion**  
Tibetan Buddhist, and  
Animism



**Time Zone**  
UTC+ 8hrs



# Potala Palace

Your journey to Lhasa starts with a breathtaking flight over the Eastern Himalayas aboard China Southwest Airlines aircraft. Mt. Everest (8,848 m), Mt. Makalu (8,478 m), Kanchenjunga (8,585 m), and a host of other high Himalayan peaks should be visible on a clear day as the aircraft wings first east and then north to Lhasa. The flight time is short-only 55 minutes. Three days in Lhasa allow you to explore the wonders of soaring and gilded palaces, temples, and monasteries that are treasures of both religion and art. You will visit:

## Potala Palace

The massive Potala Palace is an architectural wonder – a magnificent structure with gold roof soaring more than 300 meters above the valley floor. The palace is visible for all the direction from miles around.

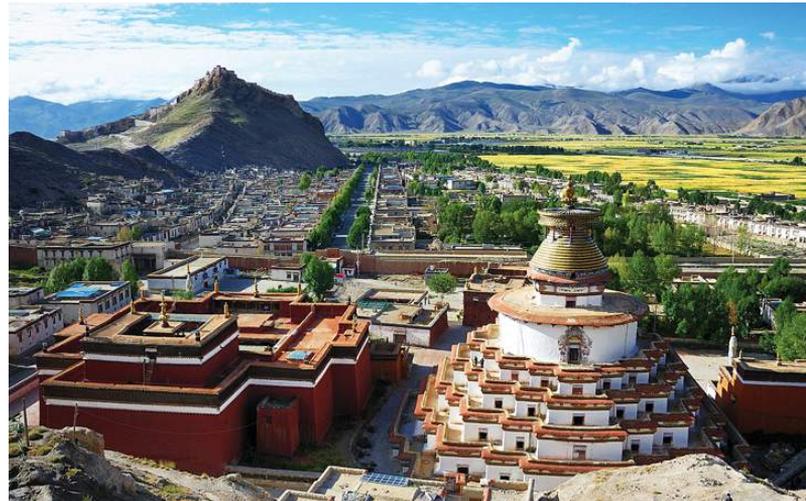
The Palace was built in 1645 – 1693 by Dalai Lama and then after, it has become the political and religious hub of Lhasa. The Palace has more than 1,000 rooms including a living quarter of the Dalai Lamas where they lived and golden tombs when they died.

## Jokhang Temple

Located in the center of ancient Lhasa city, Jokhang temple is the holy seat of the Gelugpa (Yellow) Branch of Tibetan Buddhism. Originally built in 647 AD, it is the spiritual center of Tibet and holiest of all the Tibetan Buddhist pilgrims.

## Barkhor Street

Barkhor Street (an ancient street) is the lively blend of



bustling market, pilgrimage kora, and ethnic melting pot. The street runs clockwise about the sacred Jokhang Temple and remains busy, especially at dawn and dusk. Join the pilgrimage trip in Barkhor Street – it gives different vibes.

## Drepung Monastery

A visit to Drepung Monastery is one of the most significant parts of Tibet Lhasa city trip. Drepung Monastery is one of the “great three” Gelukpa monasteries, along with Sera Monastery and Ganden Monastery. Built in 1416, the monastery used to be home to more than 10,000 monks and it played important role in Tibetan Buddhism.



# Lhasa Panorama TOUR

This short trip to Lhasa and Ganden Monastery is only one day longer than the previous trip and starts similarly; with a Trans - Himalayan flight which, presents breathtaking views of some of the world's mightiest mountains on clear days. This again is one of those trips that is designed to give you a quick but, thorough introduction to Tibet.

## HIGHLIGHTS

Panorama of beautiful Himalayan ranges including Mt. Cho Oyu, Mt. Xisha Pragma, Mt. Everest but dwarfed by the vastness of the Tibetan plateau

- ▶ Visit Ganden Monastery
- ▶ Explore Potala Palace, Jokhang temple, Barkhor bazaar, Drepung monastery, and Sera monastery

# The Overland

## EXPRESS

This tour offers you the opportunity to visit the most exotic places in Tibet including the palace of Dalai Lama also known as Potala Palace along with the finest monasteries. Crossing high desert and driving through over three 5000+meter passes and at the same time visiting Milarepa's cave. Clear view of Mt. Everest is visible from a distance.

4 nights 5 days staying at the guest houses en-route, another three nights in the mystical Tibetan capital of Lhasa. A breathtaking mountain flight over the eastern Himalayan range will take you past, Mt. Everest (8,848 m), Mt. Makalu (8,478 m), Mt. Kanchenjunga (8,585 m) and a host of other mighty Himalayan peaks finally reaching Kathmandu.

You will begin your overland journey from Kathmandu via Zhangmu, Nyalam, Tingri, Xeger, Xigatse, Gyantse and to Lhasa. The distance covered is roughly 1000 km on four-wheel drive vehicles or a coach. The last three days are spent sightseeing in and around Lhasa.

Although the road from Kathmandu to Lhasa was opened in 1984, it has not yet been metaled. Since the road is mostly over mountainous and remote area repairs are difficult and costly and landslides and floods frequently damage major portions, which are usually repaired as soon as possible.

### HIGHLIGHTS

- ▶ Fly with the views of Mt. Everest and the Himalaya Range between Nepal and Tibet
- ▶ Exploring around the Roof of the World
- ▶ Amazing landscape
- ▶ Experience Tibetan Culture, tradition, and lifestyle
- ▶ Explore the Tibet heartland, Lhasa and visit Potala Palace, Jokhang Temple, Barkhor Bazaar, Drepung monastery, and Sera monastery



# Tibet Everest

## BASE CAMP TREK

### HIGHLIGHTS

- ▶ Explore Potala Palace, Jokhang Temple, Barkhor Bazaar, Drepung monastery, and Sera monastery
- ▶ Visit the unique Kumba in the mysterious Palcho Monastery and explore the seat of Panchen Lama in Shigatse - Tashilhunpo Monastery.
- ▶ Everest Base Camp
- ▶ Panoramic views of mountains like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt, Ama Dablam, Mt. Pumori, and many other

We call this the highest tour in the world, 11 days culture and wilderness on the Tibetan Plateau.

With an average altitude in excess of 3,500 m. Tibet can truly be described as the roof of the world. Lying to the north of the great Himalayan range, which separates it from its neighbors India, Nepal, and Bhutan, much of the country is a high-altitude desert. With its spectacular mountain scenery and rich Buddhist culture, Tibet is a remarkable place to visit.

On this trip, we will follow the Friendship Highway through some of the most amazing landscape on Earth. We'll pass small Tibetan settlements, nomadic herdsmen wandering across the wide arid plains and awe-inspiring mountain peaks. Equally as fascinating is the wealth of cultural interest, and we will have plenty of opportunities to explore this side of Tibet, both in Lhasa and the other towns we pass through on our journey to Kathmandu.

We spend 3 nights in Lhasa, staying right in the center of the old city. This will allow both plentys of time for acclimatization and easy access to the city's main attractions - the Potala Palace and the Jokhang Temple.



Leaving Lhasa in our Toyota Land Cruiser 4 wheel drive, we'll travel through this amazing country, staying in the best traditional hotels Tibet has to offer. In the towns of Gyantse and Shigatse, we explore further monasteries and fully immerse ourselves in the Buddhist culture.

Without a doubt, a highlight of this trip is the visit to Everest Base Camp. This adventure tour, the highest tour in the world, is an incredible journey to Everest Base Camp and the base of the Everest North Face via the Rongbuk Valley. Nowhere else on this planet can you tour to such a high elevation without any problem.

- |  |         |
|--|---------|
| ▲ Tibet City Tour                        | 4 days  |
| ▲ Explore the Kingdom of Dalai Lama      | 5 days  |
| ▲ Overland Tibet Tour                    | 8 days  |
| ▲ Everest Base Camp Trek via Tibet       | 10 days |
| ▲ Ganden - Samye Trek                    | 11 days |
| ▲ Holy Mount Kailash & Monasrovar Tour   | 14 days |
| ▲ Kharta Valley & Everest Base Camp Trek | 23 days |

# Bhutan

**B**hutan is a small and land-locked Buddhist Himalayan Kingdom, covering a total area of about 4,700 sq km. Bhutan is bordered with Tibet to the north and Indian territories of Assam and West Bengal to the south and east and Sikkim to the west. This mysterious kingdom is popularly known as the Land of Thunder Dragon, whereas, the Bhutanese citizen call it the country of Druk Yul. Bhutan remained in isolation until the 1970s.

Bhutan is regarded to be the most expensive country for having trekking or tour in Bhutan but, it is worth spending of your money because you can only find such natural wonders, arts, and artifacts, flora and fauna in Bhutan. You will feel wonders immediately after you step into Bhutan, as you will begin to the mighty peaks, cascading waterfalls, beautiful monasteries, sparkling streams, ancient Buddhists monasteries, arts and architecture, museums, old buildings, thickly forested mountains slopes full of various species of animals and birds, all these traits have made Bhutan a unique land to visit at least once in lifetime.

As Bhutan remained in isolation for many years, it preserved the old tradition, lifestyles, customs, arts, and artifacts as it is, therefore, Bhutan is

also referred to be the Shangri-la of the earth. The Ancient Buddhist culture and breathtaking sceneries of Bhutan attract thousands of tourists every year.

If you wish to visit Bhutan, feel free to contact us, since Adventure small world Treks & Expedition has its own local agent who will make all the necessary arrangements required for making your trip a success.

## Travel related information

**Cost relating to travel:** The minimum daily tariff is set by the government of Bhutan, therefore, the cost cannot be negotiated. The rates can be higher or lower depending on the nature of the services. Our local travel agent will take care of all the required arrangement relating to your travel in Bhutan such as hotel booking, obtaining of permits to name a few.

**Mandatory cost :** A person has to pay \$200 US per night in the high season, whereas, the cost goes down to \$165 US dollar in the low season. Similarly, an individual has to bear \$40 US dollar an extra charge per night, a group of two-persons has to bear at least \$30 US dollar per night and no extra charges to a group to over 3-persons. July and August are considered to be the low season.

## HIGHLIGHTS

- ▶ Explore the fascinating dzong fortresses of Bhutan
- ▶ Enjoy panoramic views of the Himalayas from Dochula Pass
- ▶ Hike up a mountain to the Tiger's Nest Monastery
- ▶ Visit ancient temples and learn about Buddhist traditions

**This minimum cost includes the following facilities:** All the internal taxes and charges (including the royalty) - Accommodation - All meals - All travel with a licensed Bhutanese tour guide - All internal Transport - Camping equipment and shipping for trekking tours

**Visa fee :** A visa is issued at the Paro Airport (the entry point, Bhutan's only Airport) during the immigration process. The cost for the visa is only \$20 US dollar, which is issued and approved prior the entry with the pre-payment of travel itineraries. Except for the Indian national, each visitor needs the valid passport and visa in order to enter into Bhutan. The Ministry of Foreign Affairs in Thimphu issues a visa to all foreign travelers, which needs to be approved prior to arriving in Bhutan.



## The requirement to enter and exit Bhutan

You will need a passport and visa to enter and exit Bhutan. All visas are approved from Thimphu, and are only issued to tourists booked with a local licensed tour operator, directly or through a foreign travel agent. Applications for tourist visas are submitted by Bhutan based tour operators. All the visitors must obtain visa clearance from Thimphu before coming to Bhutan. Visa clearance takes at least 10 days to process, and air tickets to Bhutan cannot be purchased without visa clearance. At your point of entry into Bhutan, immigration authorities will stamp a visa into your passport upon payment. You will also need to provide two passport photos. Visas are issued for a 15 day period with extensions available in Thimphu. The Bhutanese Department of Tourism sets a non-negotiable minimum daily tariff for all visitors to Bhutan. The rate includes all accommodations, all meals, transportation, services of licensed guides and porters, and cultural programs where and when available. The rate is the same for both cultural tours and treks. Travelers should contact the Tourism Council for the latest daily tariff.

## Bhutan Travel Permit

Except to the Indian, Bangladeshi citizens and Maldivian nationals, all the visitors require a visa to enter into Bhutan. The visas are issued from Thimphu. The visa is issued to those tourists who book their travel through a local licensed tour operator, directly or through a foreign travel agent like Adventure Club. The application needs to be submitted, and there needs to

be a clearance of visa process prior to entering into Bhutan. It will take at least 10-days a total for the visa process. The air tickets to Bhutan cannot be purchased without visa clearance. The entry visa is issued on your arrival at the Paro airport on the payment of 20 US Dollar and two passports size photo. The visa is issued for a 15-day period and extensions can be obtained in Thimphu.

## Getting in to Bhutan

### Travel by Air

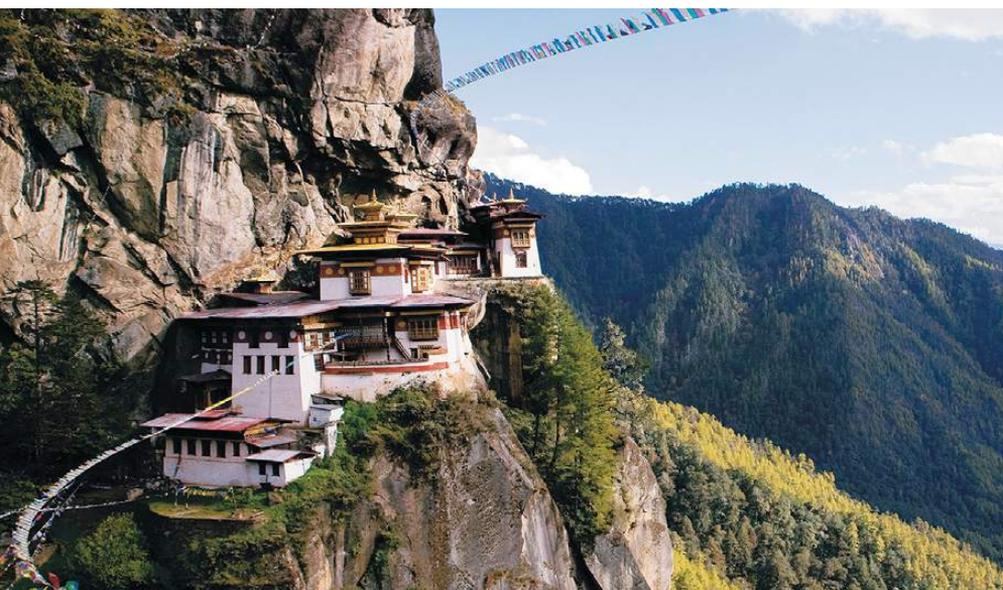
Bhutan has only an international airport at Paro, which is connected from Bangkok, Delhi, Kolkata, Bodh Gaya, Dacca, Kathmandu and Guwahati in Assam. The building of another international at Gelephu is also underway near future tourists will have an option land at Gelephu airport as well. The Druk Air is only the national airline, which is operating the services to these points, whereas, the

## Places to visit in Bhutan

Thimpu | Paro Funakha | Bumthang | Wandue Phodrang

## Festival package of Bhutan tours

9 Days	Domkhar Festival
9 Days	Samtengang Trek
10 Days	Druk path trekking
10 Days	Thimphu festival
11 Days	Jomolhari Trekking
12 Days	Jambay Lhakhang Drup trekking
13 Days	Mongar Tshechu trekking



Buddha airlines of Nepal has a permit to operate the airline services from Kathmandu.

### Travel by land

Phuntsholing, Gelephu and Samdrup Jongkhar in eastern Bhutan are only the land border areas opened for international travelers. Phuntsholing is located to the eastern part of India. Whereas, Gelephu is situated central Bhutan, nearly 250 km from Thimphu. Similarly, Samdrup Jongkhar is one another entry point in eastern Bhutan which is bordered by Indian district of Darranga, Assam and some 150 km away from Guwahati, the capital city of Assam.