

Nepal



Destination Nepal

Namaste! Welcome to the fascination and diversity of Nepal, where the chill atmosphere of high mountain passes meets the steam of lush lowland jungle in a unique blend of colourful and diverse people, cultures, ancient and modern histories and stunning landscapes.

From the challenge of ascending Mt Everest, the thrill of white water rafting, the excitement of tracking the Royal Bengal Tiger in a jungle, walking through lush pastures and deep forests or just taking in the vibrant culture; Nepal has it all.

Within the borders of this small Himalayan country lie 8 of the world's highest mountains including Mt Everest and some of the best trekking routes in the world. Nepal has a huge diversity of stunning and beautiful landscape, high peaks and glaciers, the deepest valleys, lush pastures, exotic and rare vegetation and wildlife, steamy jungles, arid high altitude plains, remote mountain passes, thundering rivers, shady alpine forests and the breathtaking presence of the Himalayan ranges of Annapurna, Dhaulagiri, Manaslu and of course Everest.

We offer a wide range of small group and tailor made adventure holidays and tours in Nepal. These include trekking, climbing,

jungle safaris, white water rafting, mountain biking, cultural tours, family holidays, educational trips, romantic breaks, short getaways and much more.

Trekking routes in Nepal

Nepal undoubtedly offers some of the most spectacular and beautiful scenery in the world. Hundred of books contain well published photographs of Everest, Machhapuchhare, Ama Dablam and other huge mountains making them instantly recognizable to keen trekkers from every continent. Nepal has a virtual monopoly on the world's highest mountains (eight of the fourteen highest peaks are located in Nepal) and a number of the most popular trekking routes offer wonderful views or visits to the base camps used by mountaineering expeditions.

The lower hill country is also very beautiful with pretty villages, attractive houses and interesting temples as well as subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of the planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in the spring and autumn.





24 days
GRADE
Adventurous/Strenuous
Max Elevation 5550m



Everest Base Camp (EBC) – Sagarmatha Calling **N-EBCS**

Breathtaking mountain scenery and panoramic views of the Himalayan range. Reach the Base Camp of the highest mountain in the world at the foot of the infamous Khumbu Icefalls. Visit the Sagarmatha National Park, a World Heritage Sites, picturesque villages and ancient Tibetan Buddhist monasteries guarding precious Yeti relics. Journey through magnificent magnolia, fir and rhododendron forests, terraced fields and past burbling forest streams. Experience traditional Sherpa culture and follow trails across rolling meadows, verdant valleys and glacial moraines with unsurpassed views of Everest, Lhotse, the Khumbu Valley and Ama Dablam.

Enjoy the temples and streetscenes of ancient and modern Kathmandu. Take time to relax and explore magnificent landscapes.

Please refer to the table at the back of this brochure for details of dates and pricing



Everest Base Camp, Gokyo Lakes & Cho-La Pass- Original Everest **N-EBC Gokyo**



The original Everest route with awesome views of four 8000m peaks of Cho Oyu, Everest, Lhotse and Makalu. Traverse high altitude passes and snow covered slopes, past traditional Sherpa villages and their sacred Gokyo Lakes. Follow the trail through fragrant juniper and rhododendron forests, yak pasture and billowing prayer flags, high above the valley floor. Travel through the area of the first Yeti sightings. Cross Cho La Pass and its glacial traverse. Ascend to the dramatic and historical Base Camp and visit famous Tengboche monastery. Experience stunning peak views on this unforgettable route through the Everest National Park.

Please refer to the table at the back of this brochure for details of dates and pricing

21 days
GRADE
Adventurous/Strenuous
Max Elevation 5550m



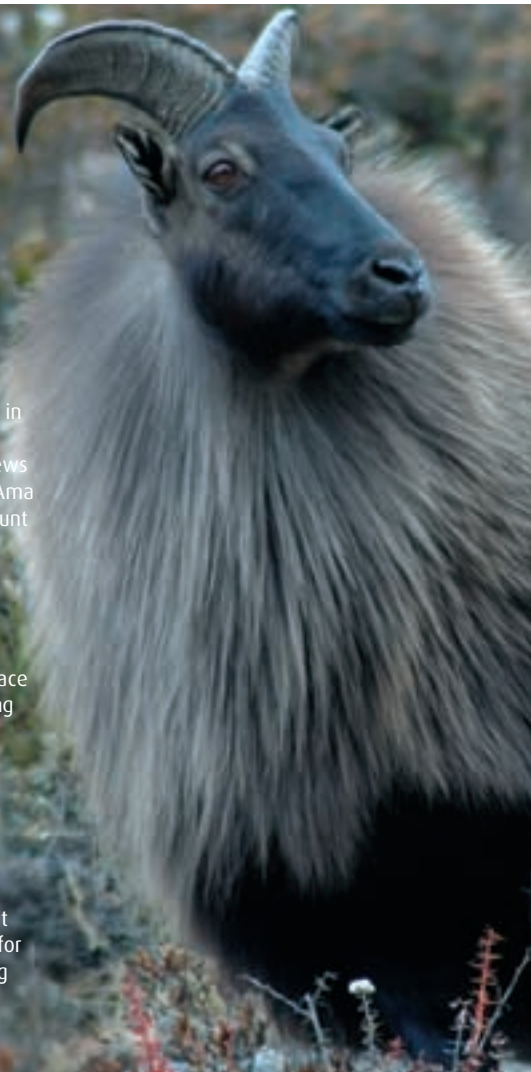
Everest Panorama N-EPAN

Relaxed and easy trekking in the Himalayan foothills. Magnificent panoramic views of the Khumbu including Ama Dablam and infamous Mount Everest. An excellent introduction to Himalayan trekking. Visit traditional Sherpa villages and travel through beautiful countryside. See Everest face to face on an early morning mountain flight for truly amazing close up views. Immerse yourself in the sights and sounds of Kathmandu where your journey starts and ends.

Please refer to the table at the back of this brochure for details of dates and pricing

11 days

GRADE
Leisure/easy
Max Elevation 3820m



“ The whole trip was absolutely amazing. What a fantastic company you have because your people in Nepal could not of done more to help me. I have to say they really looked after me, they were just a phone call away if I needed anything. I found the sightseeing excellent and I have to say hotel was really good. My guide was fantastic along with my porter they really could not have done more. I felt your company's tea houses were excellent and the Sherpa people were truly lovely. What started off a nightmare [with the airline losing my bags] quickly turned into a trip I'll never forget, mainly because of your fantastic company and your great people in Nepal. I was certainly sad to leave but I will definitely go back and soon. Finally I just wanted once again to say thank you for all your hard work and for making my trip one I'll never forget. You're pure class and all going well I'll be in touch with another trip again soon. Yours sincerely ”

PHILIP O' HARA, Everest Base Camp via Gokyo trek, March 2008

29 days

GRADE
Adventurous/Strenuous
Max Elevation 5550m



Journey to Chomolongma- South to North Everest Base Camps N-JCSN

29 days – Visit Everest Base Camp from the south side Nepal before travelling into Tibet to explore the Tibetan north side Base Camp. Beginning with an excellent trek to reach Kala Patar and Everest Base Camp in Nepal through rich forests, pastures and the glacial traverse to reach historic Base Camp. After a return flight to Kathmandu, your journey continues from Nepal into Tibet, across the Tibetan Plateau and up to the Rongbuk Glacier below Everest's north face After exploring the area, it's time to travel across the Tibetan Plateau overland to reach Lhasa where you'll visit the key sites before flying back to Kathmandu at the end of this very memorable journey.

Please refer to the table at the back of this brochure for details of dates and pricing

14 days

GRADE

Moderate

Max Elevation 3120m



Annapurna Explorer N-ANEX

One of the shortest but most interesting Adventures in the Himalayan Treks, passing through Kaligandaki, one of the deepest gorges in the world. Starting from the lakeside town of Pokhara, follow forest trails past pretty villages and through tranquil scenery in the Annapurna Sanctuary. From the summit of Poon Hill, enjoy panoramic views of the Mustang and Pokhara Valleys and some of the highest mountains of western Nepal. Relax or take a dip in the hot springs at Tatopani. Throughout the trek enjoy close up views of Dhaulagiri, Annapurna, Machhapuchhare and Kaligandaki valley.

Please refer to the table at the back of this brochure for details of dates and pricing



Annapurna Circuit N-ANC

One of the classic treks of the world. Circumnavigate the Annapurna Massif starting from the lakeside resort of Pokhara. Follow the Marshyangdi River with stunning views of Manaslu and Himal Chuli. Cross the Thorong La pass and enter barren Tibetan-like valleys and the world's deepest gorge. Pass between the giants of Annapurna and Dhaulagiri, two of the world's highest peaks, enjoying unspoiled landscapes and magnificent panoramic views.

Please refer to the table at the back of this brochure for details of dates and pricing

24 days

GRADE

Adventurous/Strenuous

Max Elevation 5416m

Upper Mustang – the Kingdom of Lo **N-UM**

Journey through the region of the Kaligandaki, reaching from the Tibetan border south to Kagbeni, to the walled city of Lo Manthang. Visit this highly restricted area where traditions and environment are protected from outside influence. Follow old trade routes and rocky trails through tree-less barren landscapes, past coloured cliffs and picture pretty villages. Explore and enjoy this protected area set amidst snow capped peaks with panoramic views of Nilgiri, Annapurna and Dhaulagiri.

Please refer to the table at the back of this brochure for details of dates and pricing



17 days

GRADE
Moderate to
Adventurous/Strenuous
Max Elevation 3730m



Annapurna Sanctuary and Annapurna Base Camp **N-ABC**

One of the most popular treks and a great introduction to trekking in Nepal. Explore the heart of the Annapurnas as you trek deep into the Annapurna Sanctuary, a natural amphitheatre surrounded by 11 towering peaks. Follow established trails through deep forest, past pretty villages, snow covered meadows and scattered farms set against the magnificent backdrop of the Himalaya. Visit Annapurna Base Camp and enjoy striking views of Dhaulagiri and the Kali Gandaki as well as a close encounter with Annapurna I.

Please refer to the table at the back of this brochure for details of dates and pricing



16 days

GRADE
Moderate to
Adventurous/Strenuous
Max Elevation 4130m

“ Glenn and I are now getting back to reality after a fantastic time in Nepal. I just wanted to say thanks to you for all your help in the lead up to the holiday and thanks to the whole team in Nepal that ensured we had a fantastic time. Our guide Pradip and porters Ramesh and Dil couldn't have been better. All of them worked really well together to ensure our trek was very enjoyable. Not only did they ensure we got the most from the days on trek but they were excellent company in the evenings as well. My first trip with you to Everest [Oct 06] was so good that I wasn't sure this could live up to it but it did and so I just wanted to give my thanks to everyone that made sure we had such a good time. ”

BEST WISHES PAUL AND GLENN QUARTERMAINE

Annapurna Sanctuary & Base Camp trek, September 2008

30 days

GRADE

Adventurous/Strenuous
to challenging
Max Elevation 5143m



Journey to Kanchenjunga N-JKAN

Come face to face with the world's third highest peak in this remote area of north eastern Nepal. Forbidden to trekkers before 1988, still requires special permits, Kanchenjunga sits on the border of Nepal and Sikkim in the state of India. Travel through rich rhododendron, hazel and chestnut forests; enjoy magnificent views to Makalu and Jannu, known locally as 'The Mystery Peak' and 'The Terror'. Cross glacial moraines and high snowy passes, through high yak pastures and meadows and past icy lakes. Meet local Sherpa, Limbu, Rai and Gurung communities. Memorable views of the Tent Peak, Cross Peak and Mt. Kanchenjunga, following quiet trails through beautiful remote landscapes.

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I have been on every continent and sailed every ocean of the world.

While searching for a travel company I was fortunate to find The Himalayan Adventure Company. I received care and courtesy in a friendly warm and welcoming manner from all the Himalayan Adventure Company people. After many trips to far flung places around the world I would like to express my appreciation to everyone in the offices of The Himalayan Adventure Company in the UK, India, and Nepal in making this journey such a resounding success.



MR TERENCE DAVEY DAVIES, Private tour of India, Everest Base Camp & Annapurna Circuit trek, Nepal

Call of the Wild – Langtang Helambu crossing the Gosainkunda Pass N-LHG

A great wilderness trek into the Langtang region, described as one of the world's most beautiful valleys by Bill Tilman, a climbing partner of Eric Shipton. Take the less travelled road to the Langtang-Gosainkunda region of Sherpa valleys close to the Tibetan border. Pass the holy Gosainkunda Lake of Hindu legend; cross the Laurebina La for excellent views into Tibet. You will meet Hindu pilgrims and holy men. Journey through bamboo forests. Glimpse Langur monkeys and Red Pandas. Visit 400 year old Buddhist Gompas. Passing through pretty villages and terraced fields, snow capped peaks and glaciers, following quiet wilderness trails. Stunning panoramas of Ganesh Himal, the Annapurnas, Machhapuchare (Fishtail peak) and Annapurnas II.

Please refer to the table at the back of this brochure for details of dates and pricing



18 days

GRADE

Adventurous/Strenuous
Max Elevation 3730m



Route to Rara N-RARA

Visit stunning Lake Rara in the remote Karnali region with its landscapes of rich wildlife and aquatic birds. Follow long ridges and pass through temperate forests of fir, birch, walnut and bamboo and alpine pastures enclosing high valleys; crossing high mountain passes and travel through Tibetan style and traditional Thakuri villages. Enjoy scenic views and, in autumn, a profusion of alpine flowers in this less visited region as well as experiencing vibrant and intriguing Kathmandu where your journey starts and ends.

Please refer to the table at the back of this brochure for details of dates and pricing



17 days

GRADE

Adventurous/Strenuous
Max Elevation 3190m



Upper Dolpo (entry and exit Jupal) N-UDOL

Visit this region of West Nepal acclaimed as one of Nepal's best and less visited trekking regions. A restricted area only recently opened to travellers in 1988. Travel through beautiful National Park areas and isolated trails to reach remote Shey Gumpa Monastery. Pass mythical Crystal Mountain. Enjoy high and wild mountain scenery and splendid Himalayan views.

Please refer to the table at the back of this brochure for details of dates and pricing



26 days

GRADE

Adventurous/Strenuous
Max Elevation 4530m



22 days

GRADE

Adventurous/Strenuous
Max Elevation 5150m



Sacred Places – The Trail to Manaslu N-MANA

A classic trek with a distinctive Tibetan flavour. Circumnavigate the holy mountain Manaslu, considered sacred to the Nepalese. Described as nothing short of magical this journey begins in Gorkha. Follow trails through thick fir forests, dramatic landscapes, wild and glacial valleys and over high mountain passes into the heart of the Manaslu group. The undulating route heads north, between ridge tops and river gorges, into the wooded central Himalayas. Round the eastern shoulder of Manaslu (8,163m / 26,781 ft) to enter the high plains of Tibet. You will meet rugged people of Tibetan stock. Visit traditional villages with their flat-rooted timber houses and workshops in secluded Buddhist monasteries. Enjoy inspiring views of Manaslu. Larkya La Pass marks the divide between Manaslu's less trekked western flanks and the Marshyangdi River valley eventually ending at the relaxing lakeside resort town of Pokhara.

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Dhaulagiri Circuit N-DHAU

Take the less travelled route around the "White Mountain", Dhaulagiri, the ninth highest mountain in the world. Experience wild mountain countryside and challenging trails with stunning mountain scenery. Reach the Italian Base Camp as well as Dhaulagiri Base Camp, used by expedition teams. Cross high mountain passes to enter the Hidden Valley and take a welcome soak in the hot springs at Tatopani before heading from quiet wilderness back to the attractions of Kathmandu.

Please refer to the table at the back of this brochure for details of dates and pricing



22 days

GRADE

Adventurous/Strenuous
Max Elevation 4530m



24 days

GRADE
Challenging
Max Elevation 5663 m



Makalu Base Camp N-MAKAS

Travel to the Base Camp and Upper Base Camp of Makalu, the world's fifth highest summit and a mountain of exceptional beauty. Enjoy dramatic views on your flight to remote Tumlingtar airstrip, then follow quiet alpine trails through the river valley, past picturesque mountain villages and farmland to reach the towering south face. From Base Camp travel on to Upper Base Camp before descending via Amphu Lapta Pass and Namche to Lukla and onwards to Kathmandu. Awesome views of Makalu, Chamlang and distant Kangshung and Kangchenjunga.

Please refer to the table at the back of this brochure for details of dates and pricing



22 days

GRADE
Challenging
Max Elevation 5280m

Naar Phu Trek – Lost Valleys and Snow Leopard Country N-NPLOST

Enjoy a wild and remote trek to the lost valleys of Naar and Phu, close to Tibet and closed to outside visitors until late 2002. Follow quiet trails through stunning mountain scenery to visit some of the colourful and most interesting villages in Nepal. Gain an insight into the rich ethnically- Tibetan local culture. Visit 'The Great Ice Lake', Tilicho Lake, lying below huge glaciers and mountains. This beautiful remote area is also home to the Snow Leopard and the Blue Sheep. Enjoy magnificent views of the Annapurnas on this trek combining the challenge of high peaks and passes, glaciers, narrow canyons, high alpine valleys, rich forests, awesome rock formations, remote trails, ancient villages and unique local culture.

Please refer to the table at the back of this brochure for details of dates and pricing



Short breaks, guided tours & special interest holidays

As well as treks and expeditions, we offer a range of short breaks, tours and special interest holidays with easy day walks and guided sightseeing. From exclusive luxury trips by charter helicopter to relaxing round trip tours of the Kingdom, thrilling high adrenaline adventures to inspiring art and photographic tours and rejuvenating spa and golf breaks.

White water rafting

Nepal has earned a reputation as one of the best destinations in the world for white water rafting. Nepal's thundering rivers, coming from glaciers high in the Himalaya, provide unmatched thrills and unrivalled scenic landscapes for rafting. With various river grades from grade 3 of the Trisuli River, suitable for beginners, to the exhilarating white water grade 5 + of the Bhoté Koshi, Marshyangdi, Karnali and Sunkosi. Nepal offers a diverse range of rafting options lasting from a few hours to a week or more, in remote wilderness areas as well as close to Kathmandu. Many rafters choose to combine a river ride with other activities such as a jungle safari, mountain trekking or lakeside relaxing.



Jungle Safaris

Whilst Nepal is perhaps better known as a trekking and mountaineering destination, it is also the home of many National Parks and Wildlife Reserves, both in the south and east. The southern lowland of the Kingdom, known as the Terai, is covered with dense tropical jungles teeming with

diverse wildlife and exotic birds and is a fantastic destination for a memorable safari adventure.

With 14 National Parks and Wildlife Reserves in Nepal, it can be hard to choose which to visit. The Chitwan National Park (932 sq. km) located in the Terai, is the most popular safari destination. More than 43 species of animal are found in Chitwan, including the endangered One-Horned Rhino, the elusive Royal Bengal Tiger, Ghariyal Crocodile, Four-Horned Antelope and Striped Hyena as well as over 450 species of bird. Chitwan is close to Kathmandu and easily accessible - only 165km overland, and just 25 minutes flight to Bharatpur airport adjoining the Park. Even getting to the Park can be an adventure with a choice of flight, drive or raft to get you there.

Travel deep into the jungle on elephant back with all the sights and sounds of the local wildlife, including many rare and protected species. Ease along the winding jungle rivers by dugout canoe. Join a guided nature walk or birdwatching excursion, take a village tour or attend a cultural program. Rangers and nature guides will be at hand to point out all the sights and sounds you won't want to miss.

We've included just a few rafting, safari, mountain biking and other adventure options but can offer many more. Simply contact us for details and to discuss your interests.



Mountain Biking

Cycling through the Himalaya can be both a relaxing and challenging but always a memorable way to travel. We offer cycling tours in Nepal, Bhutan and Tibet offering a variety of challenging and relaxing routes to cater for different abilities. All our cycling trips have vehicle support to transport luggage and provide backup service as well as local crew and guides. Sometimes the support vehicle will follow behind, other times it will drive on to meet at an agreed stop. You only need to carry your day pack. We provide bikes and safety helmets as well as maintenance services. A reasonable to good level of fitness is required but if in doubt contact our office to discuss which trip is suitable for you.

Treasures of Nepal N-TREAS

A relaxing and luxury round trip tour of the treasures of Nepal. Visit UNESCO World Heritage Sites in the Kathmandu Valley. Explore Chitwan National Park on an elephant back safari with a chance to spot rare animal and bird species including the Royal Bengal Tiger, Gangetic Dolphin and One Horned Rhino. Enjoy nature walks and cultural programs. Visit Lumbini, the birthplace of the Lord Buddha. Explore Ranighat palace complex - the Taj Mahal of Nepal. Relax by the lake side at Pokhara. Watch the sun rise and set over the Himalayan Range from the rim of the valley at Nagorkot. Easy walking and stunning scenery and architecture. Stay in luxury hotels and lodges. Enjoy stunning views and magnificent landscapes. See the best of Nepal on this first class tour of the Kingdom.

Please refer to the table at the back of this brochure for details of dates and pricing

14 days

GRADE

Leisure/easy

Max Elevation 1985m

21 days

GRADE

Moderate

Max Elevation 2800m

River deep, mountain high N-RDMH

Visit historic World Heritage Sites in Kathmandu and the surrounding Valley before embarking on the first part of your journey. Raft the Trishuli River before a scenic drive towards the lakeside resort of Pokhara. Enjoy relaxed sightseeing in Pokhara before your short flight to Jomsom to commence your trek. Follow established trails amid stunning Himalayan scenery. End with a relaxing soak in the hot springs at Tatopani before your picturesque drive south to the Chitwan National Park for a jungle safari special. Travel on elephant back deep into the jungle on a silent safari to spot rare species including the Royal Bengal Tiger. Enjoy guided walks along jungle trails. Canoe along jungle waterways and visit traditional Tharu villages before a scenic drive back to Kathmandu.

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“ Back from Nepal full of wonderful experiences and impressions. Trip was excellent and itinerary was just right giving us a perfect taste of Nepal - thank you! ALL Guides, Porters and the support staff were excellent! We really enjoyed the right balance and behaviours of getting the programme executed yet giving us personal space. I could go day after day and rave about various aspects, but let's just say - we really enjoyed it and it was organized impeccably! I will definitely be back in 1-2 years for the Dhaulagiri or Manaslu Base Camp trek during which I will personally request Amrit to be my Man. Yours ”

ARTUR STANKIEWICZ & FAMILY & FRIENDS,

Annapurna Explorer trek & Chitwan safari extension, December 2008

Luxury Lodges in the heart of the Khumbu **N-LUXL**



11 days

GRADE
Moderate

Max Elevation 3700m

Enjoy easy trekking and the comfort of luxury traditional mountain lodges in the heart of the Everest region of Khumbu. The idea of this trip is to enable non mountaineers to get as close as possible to the majestic Himalaya and to enjoy the atmosphere and views in Everest country as well as to introduce them to the unique melange of culture, history and geography of Nepal. Explore ancient medieval cities with their stunning architecture before taking a short flight to the edge of Sagarmatha National Park. Enjoy spectacular views of Ama Dablam, Thamserku, the Khumbi La Pass, Kongde Ri, Karelung and the Numbur Himal. As you trek into the National Park experience traditional Sherpa villages and towns, including the home village of ten time Everest Summitter Mr Ang Rita Sherpa (Snow Leopard) and the pretty Khumjung village where Sir Edmund Hillary has initiated many social projects. See yak trains following trade routes between Nepal and Tibet. Pass colourful prayer flags and carved mani (prayer) stones. Visit the most famous Tengboche Monastery as well as small but impressive Karag Monastery. Relax in luxury lodges selected for their scenic locations, tranquillity and comfortable surroundings.

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11 days

GRADE
Moderate to

Adventurous/Strenuous
Max Elevation 2800m



Kathmandu to Gorkha mountain biking **N-KGBIKE**

This is an excellent short bike trip starting from the charming lakeside town of Pokhara. Explore Pokhara Valley, combining off road trails, jeep tracks and single trails through spectacular countryside. Enjoy stunning mountain views of Annapurna, Fishtail Mountain, Dhaulagiri, Nilgiri and Ganesh Himal as you travel through picturesque traditional villages, beautiful rice fields, past ancient temples, through forested valleys and past tumbling mountain steams and lakes. It's a short but steep approach to reach historic Gorkha Durbar, an ancient fortress palace, home to former Kings of Nepal that now looks out over the town and offers stunning views of soaring Himalayan peaks and plunging valleys below. A great introduction to biking in Nepal.

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“ Just wanted to say thank you again, after my first trip with yourselves was such a great success, my expectations were high to say the least for this second trip. You certainly did not disappoint!! I have had another memorable experience, and have made some great friends in Nepal thanks to my time spent there, organised by you. I think a third trip is definitely on the cards sometime soon! The service and organisation was excellent again by the team in Nepal, and obviously by yourself and the staff here in the UK. Gaida [Chitwan National Park] was fantastic! An amazing place! Thoroughly enjoyed the stay there and would go back anytime. Saw Rhino, deer, monkeys, crocodiles etc etc.... but alas no Tiger. Did come close though, we found the prints of a Tiger from that same night... then we found the marks where it had killed a deer... I enjoyed being in Kathmandu again. So altogether another great trip, provided by all of you again. Many many thanks, and I hope to be in touch again soon for that third trip. Best regards ”

SIMON AND LESLIE BALDWIN, private tour of Kathmandu & the Valley & safari in Chitwan National Park, November 2008



10 days

GRADE

Leisure/easy to moderate
Max Elevation 3860m

Exclusive Nepal **N-EXC**

An exclusive luxury tour where you'll stay in five star hotels and travel in style by private car and charter helicopter. Visit World Heritage Sites with your own private expert guide. Experience the enchanting mélange of palace buildings, courtyards and pagoda temples, vibrant street scenes, and sacred sites at the heart of Nepalese society and culture. Enjoy a private charter helicopter flight to retrace part of Sir Edmund Hillary's Everest expedition. Visit centuries old Tengboche Monastery in the lap of Everest. Paraglide through breathtaking mountain ranges and over Kathmandu Valley, sharing your airspace with Himalayan Griffins. Spot rare wildlife while on a private jungle safari by charter elephant. Experience unique shopping in colourful Kathmandu. Relax in luxury surroundings in the heart of the Himalayan Kingdoms.

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12 days

GRADE

Family Max Elevation 2500m
Suitable for children over 6 years

A Family Adventure N-FAMILY

This is a wonderful adventure for all the family. Starting with an introduction to the sites and sounds of Kathmandu including a fun rickshaw ride through the streets of the capital. From Kathmandu travel to the relaxing lakeside town of Pokhara for a spot of sightseeing and boating on Lake Phewa. Enjoy a spectacular short trek through pretty lowland villages and rice terraces, forests of rhododendron, rich valleys and gorges, hot springs, clear lakes with a warm friendly welcomes against a backdrop of the snow capped Annapurnas. Sample stunning mountain views on a riverside cablecar ride before travelling south to the Chitwan National Park for an exciting jungle safari. Enjoy elephant back jungle rides, gentle river rafting, guided nature and village walks and a visit to the Elephant Breeding centre before returning to Kathmandu. With a great variety of interesting and fun activities as well as time to rest and relax this is a great trip for mum, dad and the kids as well as a fantastic introduction to the beautiful Kingdom of Nepal.

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“ I thoroughly enjoyed our trek to Nepal organised by yourselves. Everything went very well from my prospective. I would like to compliment in particular our guide Prakas and all the porters who could not do enough for us. I feel from my experience that the organisation of our trek in total was without fault. Could you please pass on my thanks to the staff in your Kathmandu office and also your personal assistance with the planning of our trip. In conclusion I would have no hesitation in recommending the Himalayan Adventure Company in the future. Many thanks again and best wishes for a very Happy Christmas and a successful New Year.”

GRAHAM ALDORTH,

Annapurna Circuit trek September-October 2008

“ The trek was absolutely fantastic and beyond my expectations in no small measure to the exceptional efforts on behalf of your company. The service that we had was first class in every way. We met numerous other parties en route and they were all envious of the fun and great service which we had. We all recognised on the trek what an excellent choice we had made in choosing you. We recommended your company to those we met on the trek and on my return now I lose no opportunity of recommending your company to my friends and colleagues who wish to come to Nepal having heard what a wonderful time we had. I for my part hope to return possibly with my children and grandchildren. With very kindest regards and thanks again for all your help in making the trek the holiday of my lifetime. I cannot stress enough how brilliant you and the whole company were. It was the icing on the cake as far as the trek was concerned. You can always invite potential trekkers to speak to me if they want me to expound on the great service that your company provides.”

TONY BELL, Annapurna Circuit Trek, October 2008

10 days

GRADE

Leisure/easy to moderate
Max Elevation 2730m



Wildflowers of Nepal N-WF

Stay at an eco-friendly resort in the foothills of Shivapuri National Park, where grounds cover over 6 acres of jungle and is the home to many species of flowering plants, birds and butterflies. A great combination of exploring the World Heritage Sites of Kathmandu Valley as well as exploring the natural habitat and vegetation of Shivapuri National Park. Enjoy a unique opportunity to observe sub tropical to temperate forest types. Follow pretty forest trails through beautiful gorges and rich plant and animal habitats with eminent local naturalists as your guides.

Please refer to the table at the back of this brochure for details of dates and pricing



16 days

GRADE

Leisure/easy to moderate
Max Elevation 2500m

Birdlife of Nepal N-BIRDING



With hundreds of resident and migratory bird species, Nepal is a delight for birdwatchers. Visit the best birdwatching sites on this circuit of Nepal, with expert guidance from local naturalists. Beginning close to Shivapuri National Park you'll have the opportunity to see Forktails, Redstarts and Kingfishers. Enjoy easy

walking and magnificent views of the three queen cities of Kathmandu Valley as well as spotting local Kalij Pheasant, Common Hill Partridge, Booted Eagle, Black Eagle, Steppe Eagle, Crested Serpent Eagle, Laughing Thrushes, Sunbirds and more. Visit Pokhara and Fewa Lakeside to spot Ibisbills, Wallcreepers, Brown Dippers, Green Magpies & Lesser Raquet Tailed Drongos along subtropical forest trails and during relaxing boating trips. Visit the eagle migration route at Naudanda ridges to see amazing birds of prey including the Lammergeier and Himalayan Griffin. At the World Heritage Site of Lumbini, birthplace of Lord Buddha, you'll be able to watch Parakeets, Spotted Owls and Brahminy Mynas that congregate in the sacred gardens as well as see Sarus Cranes, the tallest flying bird standing 5.5 feet tall. Other species here include the Gray Hornbill, Eurasian Eagle Owl, the globally endangered White Rumped, Slender Billed Vulture and Lesser Adjutant Stork. Travel south through the Terai plains and Siwalik Hills to the Chitwan National Park, home to over 400 bird species. Enjoy a jungle safari on elephant back. Animal species include rhino, deer, wildboar, leopard and, if lucky, the Royal Bengal Tiger. Birds include Parakeets, Shama, Brown Fish Owl, Stork-Billed Kingfisher, Himalayan Flameback, Gray Capped Woodpecker, Pied Hornbill, Emerald Dove and Brown Hawk Owl. Following the trail along the Rapti River where you can see many different species of birds including Orange-Breasted Green Pigeon, Giant Hornbill, Peafowl and Bengal Florican. Visit forest wetlands to see Gray Headed Fishing Eagles, Oriental Darters and Black Ibis as well as rhinos, deer and marsh crocodile, sloth bear and gaur bison. Enjoy bird watching and boating along the Sapta Koshi, Nepal's largest river with a chance to spot Swamp Francolins, White Ibis, Storks, Lesser Coucal, Striated Marsh Warbler, Black Bellied Tern, Imperial Eagle, Pied and Marsh Harrier, Common Quail and more. A fantastic introduction to the best of birding in Nepal.

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