NEPAL



Nepal is a country of amazing extremes. Gigantic mountains give way to towering hills above lush valleys that gently roll down to the forested plains in which the stately tiger and the unique rhinoceros' roam freely. All this in a country that is, on an average, 120 miles wide.

Bound by Tibet in the north and India on the other three sides, Nepal lies in the temperate zone, but the weather and terrain are greatly influenced by the altitude, which in Nepal, ranges from almost sea level in the south to the highest point on earth.

Nepal's population of about 26 million consists of 36 different races and tribes, each wearing their own traditional costumes and speaking a different language or dialect. All these races and tribes coexist peacefully by embracing Hinduism or Buddhism, the country's two major religions. The harmony and in which these various races and tribes exist is one of the remarkable features of Nepal.

EXPLORE NEPAL(12DAYS) LAND COST: US$



The very word “Nepal” invokes visions of high mountains, remote valleys and hardy explorers foregoing all creature comforts to test themselves against nature and her forces. However, long before the first mountaineers ventured north to the jagged horizons of rock and ice; long before the first rafter or kayaker descended among the rivers; long before the first trekkers appeared on the ridges; the Nepalese were building palaces, temples, monasteries, and complex townships to rival those anywhere else in the world. Arts and crafts flourished – so much so, that artisans and builders traveled as far as Beijing, China to build temples and Pagodas. The lost way method of metal casting was perfected, woodworking and carving attained new heights, stone carving and painting as devotional excises became art forms. Perhaps these are among the many reasons why, just in the vicinity of the Kathmandu valley alone, there are seven UNESCO designated World Heritage Sites, within a 13-mile radius. This trip is designed to introduce to you the essence of Nepal. The heritage sites and museums, stunning mountain scenery and model conservation and preservation efforts; all of which go to make Nepal one of the most exciting destinations in the world.

WHAT IS INCLUDED IN THIS TOUR?

1. All airport transfers.
2. Accommodation with breakfast in Kathmandu, Pokhara, Bhaktapur
3. Accommodation with all meals in Chitwan and hiking
4. Accommodation with breakfast and dinner in Nagarkot.
5. Guided tours with entrance fees to monument
6. Private Transportation as per the itinerary
7. All government taxes and service charge.

HOTEL MENTIONED OR SIMILAR

- Kathmandu	Hotel Dalai la
- Chitwan	Chitwan Tigerland Safari
- Pokhara	Hotel Barahi
- Nagarkot	Nagarkot Farm House
- Bhaktapur	Hotel Yechu

WHAT IS NOT INCLUDED?

1. International Airfare
2. Visa Fee & Travel Insurance
3. Lunch & Dinner which are not listed
4. Excess Baggage, Laundry, Soda, Tips
5. Any other expenses that are not specified.

EVEREST BASE CAMP TREK(18DAYS) LAND COST: US$



This 14 days trek begins with an "eye opening" flight to Lukla at 9,200 feet. The trek passes through the picturesque Sherpa village of Namche Bazaar, Thengobche, Dingboche and to Gorak Shep culminating in the "ascent" of Kala Pattar (18,000 ft.) from where classic views of Everest and its surrounding peaks are available. Most of the trek is spent above altitudes of 9,800 ft. in the Khumbu region whose skylines is dominated by the massive peaks of the Eastern Himalaya. During the trek, you will have plenty of time to enjoy the culture of the Sherpas, visit ancient monasteries and learn how Lamaistic Buddhism influences Sherpa life. Stop at any of the numerous tea houses sip a glass of sweetened tea or *Chang* (millet beer) and get a taste of hospitality unique to the Sherpas Beautiful, multi-hued prayer flags, prayer wheels and intricately-carved Mani stones line every hilltop, rock wall and trail side singing prayers to the gods with every breeze and every passing traveler. Besides the trek, you also ahe 4 days in Kathmandu, (2 days before and 2 days after the trek), so you can prepare for trekking before the trek, as well as cushion day at the end in case of if the flight delays from Lukla to Kathmandu.

WHAT IS INCLUDED IN THIS TOUR?

1. Airport transfers with assistance.
2. Accommodation with breakfast in Kathmandu
3. Full Service Lodge Trek with guide and porters,
4. All meals and lodge accommodation on trek
5. Trek Permit and National Park Fee.
6. Private Transportation as per the itinerary
7. All applicable taxes.

HOTEL MENTIONED OR SIMILAR

- Kathmandu	Tibet Guest House
- Trekking	Local Lodge

WHAT IS NOT INCLUDED?

1. International Airfare
2. Visa Fee & Travel Insurance
3. Lunch & Dinner in Kathmandu.
4. Excess Baggage, Laundry, Soda, Tips
5. Expenses that are not specified.

ANNAPURNA BASE CAMP TREK(14DAYS) LAND COST: US$



"Annapurna Sanctuary" or Annapurna Base Camp as the place is known to the Nepalese is considered sacred, though there is no documentation to show how long this state of affair has prevailed. It is, however, certain that it was so, long before the first trekkers appeared. The Annapurna Sanctuary forms a natural amphitheater, ringed by Annapurna South and I, Varahashikhar, Gangapurna and Machhapuchhare or "Fish Tail" as it is commonly known. The Sanctuary falls within the area managed by the Annapurna Conservation Area Project and is an exercise in environmental and cultural protection accommodating the needs of both the visitors and the local inhabitants. There is a good mix of high mountains and Himalayan culture on this trek. The Annapurna Himal lies between the Kali Gandaki and Marsyangdi river valley, forming a solid, mountain bastion. In its span of 40 miles, it encompasses some twelve peaks higher than 22,960 ft. and numerous others over 19,680 ft. And, as rhododendron forests give way to bamboo groves which in turn vanish into the high, desert landscapes, people of Aryan stock give way to those of Mongoloid stock and the dominant religion changes from Hinduism in the lower reaches to Buddhism higher up.

WHAT IS INCLUDED IN THIS TOUR?

1. All airport transfers.
2. Accommodation with breakfast in Kathmandu
3. Full Service Lodge Trek with guide & porters
4. Accommodation & all meals during trekking
5. Trek Permit and National Park Fee.
6. Private Transportation as per the itinerary
7. All applicable current government taxes,

HOTEL MENTIONED OR SIMILAR

- Kathmandu	Tibet Guest House
- On Trek	Lodge
- Pokhara	Hotel Barahi

WHAT IS NOT INCLUDED?

1. International Airfare
2. Visa Fee & Travel Insurance
3. Lunch & Dinner in Kathmandu.
4. Excess Baggage, Laundry, Soda, Tips
5. Any other expenses that are not specified.