Destination NEPAL

Top 25 Trekking in Nepal

Annapurna Region Treks
Everest Region Treks
Langtang Region Treks
Nepal Remote/Restricted Area Trek

Popular Expedition & Climbings

8000 Meters Peaks
7000 Meters Peaks
6000 Meter Peaks
Normal Trekking Peaks

Tour Highlights

Nepal Tours
Tibet Tours
Sikkim and Bhutan Tours

NEPAL , TIBET, BHUTAN & INDIA
Dear Travelers’
“Namaste and greetings from the Himalayan country Nepal. “

Since its establishment in 1993, Ramdung Trek & Expedition have captivated the Himalayas dreams of outnumbered guests. Pursuing its objective of maximizing the pleasurable experience of visitor by an international standard arrangement in Expedition, Trekking, Peak Climbing, Adventure travel and tours across Nepal, Tibet, Bhutan and India aspire us to be a leader in delivering superior service. Our dedicated professionals and two decades of long service is acknowledged by thousands and still increasing number of satisfied guests worldwide. Climbers enjoy our high successful rate and expert arrangements in expedition whereas trekker and holidays makers are impressed by spectacular itineraries leading to the most remote corner of the Himalayas exploring astonishing mountain scenery, acid windy valleys, terraced farmlands, flora, fauna and diversified religion and culture. Its flexibilities in itineraries and client’s focused services designed by the team of expert’s offers maximum exposure deeper insight Himalayas for all manners of visitors.

Ramdung Trek & Expedition success is accredited to our dynamic field members equipped with every technique to please clients even on worst circumstances ensuring full safety with a smile. Throughout its glorious history we have equally participated in promoting the tourism sector in Nepal and actively practicing “Responsible and Eco tourism”. It is our privilege designing your hassle free days in Nepal.

“We heartily welcomes our precious guests for a memorable experience”
Yours Sincerely’

Saila Tamang
Managing Director

Destination Nepal
TIBET, BHUTAN & SIKKIM

OUR FEATURED SERVICES

Trekking

Enter another world with Ramdung Expedition. Specializing trekking to Nepal, Bhutan and Tibet, travel with us and discover a whole region of awe inspiring natural wonders and cultural delights.

We offer trekking in Nepal to most renowned Everest, Annapurna & Langtang region. We also take you to the remote part of Nepal. Choose any of our trekking from this booklet or visit our website: www.nepalexpeditions.biz or let us know your requirements and we tailor itineraries to meet your needs. Nepal is paradise to those who seek teahouse & camping treks !!!
The most prominent destinations on earth suitable for all manners of travellers“. Recommended by Words’ popular travel magazines and websites as must go destination on earth.

Expedition & Peak Climbing

There are 200+ mountains to climb in Nepal. 33 of the selected peak permit is issued by Nepal Mountaineering Association which was established in 1978. And other peak permits including 8thousanders are issue by Ministry of Tourism. Ramdung Expedition has already arranged expeditions successfully to all the major peaks below and above 8000m. Our more than two decades of experience, management knowledge, and trained staffs are asset of our success.

We offers a fully inclusive KTM to KTM packages for all our peak climbing & expeditions including all accommodation & meals, carefully designed trekking and acclimatization itinerary, excellent Base Camp services, all logistics and supplies, also oxygen & climbing Sherpa on need above base camp till summit.

Culture and tradition evolves through the centuries. The multidimensional cultural heritage of various ethnic, tribal and social groups inhabits different attitudes. It manifests in various forms-music & dance, art & craft, folklore & folktales, languages and literature, philosophy & religion, festival & celebration, food & drink etc. Our exclusive tour program offers chances to mingle with the locals and visit beautiful heritages in major cities.

We offer additional services like Jungle safari, hotel booking, vehicle & ticket reservation, bungy jumping, rafting, mountain flight, paragliding etc. These services are to assist our clients making the travel more convenient and memorable.
ABOUT NEPAL
Covering an area of 147,181 sq km, Nepal is small, landlocked strip of land, 800km long and 200km wide though it fits a lot of terrain into it. Heading north from the Indian border, the landscape rises from just 150m above sea level to 8848m at the top of Mt Everest. Around 64% of the country is covered by mountains, yet almost half the population live on the flat plains of the Terai, which accounts for just 17% of the landmass of Nepal.
This dramatic landscape provides a habitat for and incredible range of plants, animals and people. Nepal is home to 59 recognized tribes, who make up 37% of the total population.

ENTERING NEPAL
a. By Air : Tribhuvan International Airport (TIA) in Kathmandu is connected by flight from India, China, Tibet, Japan, Bhutan, Bangladesh, Thailand, Saudi Arabia, Dubai, Qatar, France, Hongkong, Turkey and major countries in the world.
Nepal is not directly accessible by sea, as it is a landlocked country.

PASSPORT AND VISA FOR IMMIGRATION FORMALITIES
Valid passport with at least 6 months validity from return date. Nepal entry visa can be obtained upon arrival at the Tribhuvan International Airport in Kathmandu or at the nearest Nepalese Diplomatic Agency in your home country by paying US$ 25 for 15 days and US$ 40 for 30 days, US$ 100 for 90 days multiple entry visa fee.

FACT SHEET OF NEPAL

<table>
<thead>
<tr>
<th>Official Name</th>
<th>Federal Democratic Republic of Nepal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbreviation</td>
<td>NP</td>
</tr>
<tr>
<td>Geography</td>
<td>Lies between China in North and India in South, East and West.</td>
</tr>
<tr>
<td>Capital</td>
<td>Kathmandu</td>
</tr>
<tr>
<td>Population</td>
<td>26,620,000 (2011 census)</td>
</tr>
<tr>
<td>Area</td>
<td>147,181 sq. km. (54,633 sq. mi.)</td>
</tr>
<tr>
<td>Time Zone</td>
<td>5 hours 45 minutes ahead of GMT</td>
</tr>
<tr>
<td>Language</td>
<td>Nepali (official)</td>
</tr>
<tr>
<td>Religion</td>
<td>Hinduism (major) and Buddhism, Islam and Catholic.</td>
</tr>
<tr>
<td>Unit of Currency</td>
<td>Rupee</td>
</tr>
<tr>
<td>National Calender</td>
<td>The Nepali year begins in mid-April and is divided into 12 months: Baisakh, Jestha, Ashad, Shrawan, Bhadra, Ashwin, Kartik, Marga, Push, Phalgun, Chaitra. Saturday is the official weekly holiday.</td>
</tr>
</tbody>
</table>

FOOD
You can eat like a king in major cities including Kathmandu, Pokhara. Over the years international travelers have brought dishes from home to Nepal. As a result, restaurants in tourist areas are a world map of cuisines, with dishes from Tibet, China, India, Japan, Thailand, Mexico, Italy, France and Middle East. The staple meal of Nepal is daal Bhaat curried vegetables and pickles. It is safer to drink bottled, boiled and filtered water. A reasonable variety of both hard and soft drinks are available in hotels, restaurants and shops in most towns. You can purify your own water if you carry a canteen or water bottle and iodine drops or tablets. Many Nepali enjoys drinking traditional home made alcoholic brews made from wheat, millet or rice.

LANGUAGE
Nepali is the widely spoken and official national language of Nepal. Nepali is commonly written in the Devanagari script. There are over a hundred languages in Nepal, most belonging to the Indo-Aryan and Sino-Tibetan language families. Three quarters of the 120-some languages native to Nepal belong to the Tibeto-Burman language family; this includes Nepal Bhasa (Newari), the Tamang, Magar and various Rai and Limbu languages. However, the official and numerically most important language, Nepali (Gorkhali), belongs to the Indo-Aryan (Indic) branch of the Indo-European family.

CURRENCY
The national currency of Nepal is rupee (Rs) and is divided into 100 paisa (p). There are coins for denominations of one, two, five and 10 rupees, and bank notes in denominations of one, two, five, 10, 20, 25, 50, 100, 500 and 1000 rupees. As of today April, 2013, the exchange value is Rs $0.06 to the 1 US Dollar.

ACCOMMODATION
While hotel in Nepal cannot equal international standards, but all hotels are comfortable, clean, and reasonably well run. The hotel is divided into different category from one star to 5 star, budget hotel, guesthouses and lodges. You can find all type of hotels in the major cities.

DRINKS
It is safer to drink bottled, boiled and filtered water. A reasonable variety of both hard and soft drinks are available in hotels, restaurants and shops in most towns. You can purify your own water if you carry a canteen or water bottle and iodine drops or tablets. Many Nepali enjoys drinking traditional home made alcoholic brews made from wheat, millet or rice.

ALTITUDE
One-third of the total length of the Himalaya lies inside Nepal’s borders and the country claims 10 of the world’s 14 tallest mountains. The Himalayan range is broken up into groups of massifs divided by glaciers and rivers draining down from the Tibetan Plateau.

If you are doing trekking or going over 3000m acclimatization is very important. You may be likely to experience some of the minor symptoms and discomfort of altitude sickness (headaches, mild nausea, loss of appetite) until your body adjusts to the elevation. This can take from a few hours to a couple of days depending on the individual. Do not exert yourself and drink plenty of non-alcoholic liquids. It is very important to drink at least 4-5 liters of liquids daily to avoid any altitude sickness; this is probably the best remedy for AMS (Acute Mountain Sickness).

FESTIVALS
Any visit to Nepal is almost certain to coincide with at least one of the country’s spectacular festivals. Celebrations range from masked dances to epic bouts of tug of war, but the most impressive are the chariot processions, during which hundreds of enthusiastic devotees drag the 20, tall chariots through the crowded city streets. Exact festival dates change annually due to Nepal’s lunar calendar, asks your guide for any local festivals.
CULTURE AND CUSTOMS (DO’S & DON’T)

Nepal is rich in culture. Its culture consists of the social customs and traditions. Nepal has a unique culture. The rich cultural heritage of Nepal, has evolved over the centuries. This multi-dimensional cultural heritage encompasses within itself the cultural diversities of various ethnic, tribal, and social groups inhabiting different altitudes, and it manifests in various forms: music and dance; art and craft; folklore and folktales; languages and literature; philosophy and religion; festivals and celebration; foods and drinks.

Some tips on the common etiquette practiced by Nepali people should be useful to visitors.

- The form of greeting in Nepal is “Namaste” performing by joining both palms together. It literally means “the divine in me salutes the divine in you”.
- As a mark of respect Nepalese usually take their shoes off before entering someone’s house or place of worship.
- Food or material that has been touched by another person’s mouth is considered impure or “jutho” and, therefore, is not accepted unless among close friends or family.
- Touching something with feet or using the left hand to give or take may not be considered auspicious.
- Women wearing skimpy outfits are frowned upon especially in the rural parts of the country.
- As a part of the tradition some Hindu temples do not allow non Hindus to enter.
- Leather articles are prohibited inside some temple areas.
- Walking around temples or stupas is traditionally done clockwise.
- To avoid conflict photography is carried out after receiving permission from the object or person.
- Public displays of affection are considered scandalous.
- Nodding of head means “Yes” while shaking of head means a “No”. A slight dangling of head from left to right means “OK”.

PHOTOGRAPHY

Some of the monastery/fortress/temple/museum do not allow to take photo inside. Also, some Hindu temples do not allow other religion people to enter in. We advise you to consult with Guide before taking picture of temple and any sensitive monument.

TIME

Nepal is 5:45 Hrs ahead of GMT and 10:45 hrs ahead of New York (summer time) Tibet/China is 2:15 hrs ahead of Nepal time and there is only one time zone throughout the country.

ELECTRICITY

Nepal’s Electricity is 220 Volt and 50 MHZ (50 Cycles per Second). Electric Plug is two or three round prongs, but not flat prongs as found in use in the United States or in other countries. If you do bring electrical appliances, take along an international converter kit complete with a set of adapter plugs. The sockets are round

COMMUNICATIONS

All major towns have basic communication facilities, including post, telephone, fax and telegraph. Television, internet and can be accessed from most towns and cities. In trekking areas, it may be hard to find such facilities also sometimes very expensive.

CLIMATE AND WEATHER

Nepal’s climate varies with its topography. It ranges from tropical to arctic depending upon the altitude. The Terai region, which lies in the tropical southern part of the country, for instance, has a hot, humid climate. The mid-land regions are pleasant almost all year around, although winter morning and nights are cool. The northern mountain region, around an altitude above 3,353 meters has an alpine climate with a considerably lower temperature and thin air in winter as can be expected.

<table>
<thead>
<tr>
<th></th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
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<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
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<tbody>
<tr>
<td>Chitwan</td>
<td>24-7</td>
<td>26-8</td>
<td>33-12</td>
<td>35-18</td>
<td>35-20</td>
<td>35-23</td>
<td>33-24</td>
<td>33-24</td>
<td>32-22</td>
<td>31-18</td>
<td>29-12</td>
<td>24-8</td>
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</tbody>
</table>

Fig: chart showing Average Maximum – Minimum Temperatures (in degrees Celsius)

FACES OF NEPAL
TREKKING IN NEPAL

"Explore the Himalayas on Foot"

Log on for more details and Online Bookings
http://nepalexpeditions.biz/trekkinginnepal/trekking-in-nepal/

“The extraordinary Himalayan Country of Nepal, also renowned as the perfect location in the world for adventurous travellers and trekkers. Ranging from luxuriant sub – tropical forests to magnificent valleys, terraced farmland and rice paddies, flora and fauna, high altitude plains exposed to strong wind, fascinating high passes to the summits of the Highest peaks on the earth and the unique and sophisticated landscapes guarantees a life time trekking experience. In additions, the diversified ancient religion, cultures, languages and the warm hospitality from Nepalese adorns your on-foot experience. Trekking in Nepal offers the best way to explore the mystery of natural beauty enhancing your learning, adventure and wilderness experience.”

Ramdung Expedition offers three ways of trekking in Nepal.

A. Camping Trek

Overnight in tents and qualified Guide, Cook, Sherpa, porters will there for your assistance. Even if you have never camped before, there is no need to worry that you won’t enjoy the experience. The tents we provide are cozy, with foamy mattress, sleeping pads. Foods are cooked freshly using local vegetables and food supply from Kathmandu. Sleeping tent, Dining tent, Kitchen and Toilet tent are provided to create a home and comfortable atmosphere.

B. Tea House Lodge Trek

On the popular trekking tails in Nepal, local communities’ people have built sophisticated lodges to cater and accommodate tourist offering exotic menus, private rooms, and hot showers making your itinerary more flexible. The local community is also benefited and at the same time you can interact with local people and lifestyle.

C. Guide-Porter Hire

For limited budget trek or back packing, we arrange a guide and enough porters to make your trek more feasible and rewarding. Backpacking adventures is more ideal for wilderness seekers accompanied by local porters and guides helps in path findings, buying any provisions, arranging places to sleep or any other essential tasks

Why Us ?

We assure comfort, safety, security and most important our clients satisfaction as we arrange the trekking according to our client’s demand and requirements. We are dedicated and hardworking team of staffs offering and assisting to explore beautiful Nepal on foot via our experienced staffs for trail finding and briefing on the local people, places, religion, culture, lifestyles and natural wonderers everywhere you go. We arrange variety of treks to suit both beginners and experienced trekkers. We can organize tailor/custom to group joining packages to spend some quality time in Himalayas.

Physical Trek Grades

The level of difficulty of treks are Graded from A to E. Factor that are considered while grading are duration of trek, duration of stay at high altitude (+3000m), difference in altitude per day, condition of the terrain and temperature. Moreover, the level of difficulty also depends on weather condition, physical condition of trekkers and other factors too.

<table>
<thead>
<tr>
<th>Grade A</th>
<th>Grade B</th>
<th>Grade C</th>
<th>Grade D</th>
<th>Grade E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Designed for any age. No difficult climbing or ascents to high altitudes above 3000m. Need to walk 4-5 hours covering 8-12 km per day. Suitable for family &amp; student groups, beginner trekkers.</td>
<td>More challenging to first time trekkers. Walking up to 5000m height. Sometimes need to walk 6-7 hours per day. Route can be rough, steep and have many ‘ups’ and ‘down’.</td>
<td>Walking up to 6-8 hours a day and involves 5000m of few meters high trails with side trips to higher altitude. Need to be fit and in good health condition. Not recommend for those who suffer from high blood pressure, asthma, heart disease or any complicated medical condition.</td>
<td>Strenuous walking in hazardous terrain. Suitable for regular hill trekkers who are used to with high altitude, glaciatied terrain as well as lengthy periods at high altitude</td>
<td>Toughest trekking, involving many long days, often in isolated areas at extreme altitude. Also may include crossing passes, require basic mountaineering skills &amp; equipment. High level of fitness &amp; previous wilderness experiences is essential.</td>
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</tbody>
</table>
Top 25 Best Trekkings in Nepal

25 best overall classic trails in Nepal based on popularity, best selling, scenery, wildlife, culture and price suitable for all manner of trekkers.

**ANAPURNA BASE CAMP TREK**

Trek to Annapurna Base camp begins from steep terraced farmlands, 1.5 hour drive from the beautiful city Pokhara and ends leading to most astonishing and dramatic icy landscapes on the Earth at an elevation of 4,140m. Trail passes through colorful bamboo, reddish rhododendron forests, sightseeing amazing waterfalls from suspension bridges, cute tea houses (local lodges), friendly villages inhabited by diversified ethnic group; offering ample opportunity to learn about ancient Himalayan lifestyle, religion and culture. Natural hot water springs and stunning sunrise & sunset view from the popular tower Poonhill acts as refreshment relieving tiredness and fatigue. This trekking is unquestionably the finest and quickest way to enjoy beauty of Himalayas, an ideal way to escape from cities and hectic schedules.

More info: nepalexpeditions.biz/nepaltrekking/annapurna-base-camp-trek/

- Max. Days: 14
- Max. Altitude: 4140 meters
- Best Season: Feb-May and Oct-Dec

**ANAPURNA CIRCUIT TREK**

Annapurna circuit trek is dramatic trekking around mighty Annapurna mountain. This trek is regarded as one of the top ten walks in the world. The 222 km trekking through Annapurna offers a unique insight into the physical and cultural diversity of Nepal. Our trek starts from Besishahar of Lamjung. And follows Marsyangdi River through rice paddies, terraced fields & Hindu villages under the shadow of the Annapurna and Manaslu ranges. Annapurna region is populated by people of Tibetan origin, whose prayer flags, mani walls and monasteries are constant reminders of their Buddhist culture. From Manang we undertake the challenging crossing of Thorong La (5416m) this is the heart of the trek and links the Marsyangdi and Kali Gandaki Valleys.


- Max. Days: 22
- Max. Altitude: 5416 meters
- Best Season: Feb-May and Oct-Dec

- Physical: 🟩🟩🟩🟩🟩
- Cultural: 🟩🟩🟩🟩
- Theme: Tea House Lodge Trek
Ghorepani Poon Hill trek allows you to enjoy best sun rise and sun set view over Dhaulagiri & Annapurna Range. This place is rich of hidden treasure of Nepalese culture and tradition. It starts from Pokhara through beautiful rhododendron (Nepal’s national flower) forest. Trekkers can have lovely view of green hills, Dhaulagiri (8,167m), Himchuli (7,892m), Gangapurna (7,455m), Machhapuchhre (6,997m), Annapurna South (7,219m), Annapurna I, II, III, IV (8,091m, 7,937m, 7,555 m, 7,525 m), Mardi Himal (5,555 m) and Lamjung Himal (6,983 m). This trek offers you a chance to have a close look at the culture and day-to-day life of the Gurung and Magar people, who contributed to the famous Gurkha army.

More info:
http://nepalexpeditions.biz/nepaltrekking/ghorepani-poon-hill-trekking/

Max. Days: 10 Days, Max Altitude: 3190 Meters
Best Season: Feb-May and Sep-Nov
Physical : ⚫⚫⚫⚫
Cultural : ⚫⚫⚫⚫
Theme : Tea House Lodge Trek

Our Jomsom Muktinath trek allows you to visit one of the most popular visiting area Jomsom and Muktinath of Mustang region. Jomsom region is inhabited by the Thakalis, residing in nearby villages of Marpha and Tukuche, who are renowned for their traditional trading skills. Jomsom area is also access to Upper Mustang and Muktinath shrine, the important pilgrimage place for both Buddhists and Hindus. Another destination in this trek is Muktinath, at 3800m. This is one of the most important pilgrimage centers for both Hindus and Buddhists where 108 sprouts pour forth water considered to be holy from uniquely fashioned shape of cow heads. You can see mountains like Hiunchuli, Gangapurna, Dampus, Dhaulagiri; Nilgiri; Tukuche peak; Annapurna I; Annapurna South etc while upon this trek.

More info:
http://nepalexpeditions.biz/nepaltrekking/jomsom-muktinath-trekking/

Max. Days: 15 Days, Max Altitude: 3800 Meters
Best Season: Feb-May and Sep-Nov
Physical : ⚫⚫⚫⚫
Cultural : ⚫⚫⚫⚫
Theme : Tea House Lodge Trek

Everest Base Camp Trek is one of mostly followed route by the trekkers. Beneath the southern slopes of world highest Sagarmatha (Mt. Everest 8848m) lies the rugged and remote land of the Sherpas. Incredibly shaped mountains, whose ice-capped summits rise sharply above sheer rock walls, tower above stone their close association with mountaineering history and exploration. Our camp at Gorkashep provides opportunity to ascend kalapatter 5,545m for spectacular views of surrounding mountains (Cho-Oyo 8153m, Makalu 8475m, Lhotse 8511m), including black rocky ramparts of Mt. Everest’s southwest face. We also have a day to visit Everest base camp at foot of the immensely impressive Khumbu icefall. Our return journey takes us to Tengboche monastery, the most important center of Buddhism in the area.

More info:
http://nepalexpeditions.biz/nepaltrekking/everest-base-camp-trek/

Max. Days: 19 Days, Max Altitude: 5545 Meters
Best Season: Feb-May and Oct-Dec
Physical : ⚫⚫⚫⚫
Cultural : ⚫⚫⚫⚫
Theme : Tea House Lodge Trek
This superb classic Everest trek takes you around Everest Khumbu region from more frequented trails. For any trekking lovers, the Everest region is ‘the’ must-visit destination in the world. However, physically getting there has always been an adventure. The mountain airstrip at Lukla is gateway to Everest region. We can walk among the world’s highest mountains & highest settlement on Earth. The traditionally-built lodges are beautifully situated amongst pretty Sherpa villages and offer magnificent views. We visit the famous monastery at Thyangboche and the Sherpa capital, Namche Bazaar, as well as exploring temples, palaces and bazaars in Kathmandu Valley. Our descent, surprisingly fast, brings us back to Lukla and to our flight to Kathmandu.

More info:
http://nepalexpeditions.biz/nepaltrekking/everest-classic-trek/

Max. Days: 15 Days, Max Altitude: 5545 Meters
Best Season: Feb-May and Oct-Dec

Physical:
Cultural:
Theme: Tea House / Lodge Trek

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Everest three passes trek crosses three highest Himalayan passes over 5,000 metre which are Renjo La Pass (5360m), Cho La Pass (5,420m) & Kongma La Pass (5535m). The varied and spectacular landscapes, off the beaten track of Renjo La Pass region, stunning views of over 8000 meters mountains Cho Oyu, Everest, Makalu & Lhotse and dozens of other snow topped Himalayan range make your adventure memorable for the lifetime. This trek starts when you land in Lukla, we will be trekking to Phakding viewing Dudhkoshi river. The trail the follows most remote Nagpa La valley, recently opened for trekkers. The cross Renjo La Pass entering Gokyo and Cho La Pass to Khumbu valley. You’ll also visit Kalapattar and Everest base camp.

More info:
http://nepalexpeditions.biz/nepaltrekking/everest-three-highest-passes-trek/

Max. Days: 21 Days, Max Altitude: 5545 Meters
Best Season: Feb-May and Sep-Dec

Physical:
Cultural:
Theme: Tea House Lodge Trek/Camping Trek

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This superb trek takes away from the more frequented trails leading to Everest Base Camp, to over a pass to the east. Entering this very sparsely inhabited Hunku Valley, walk northwards through a beautiful high alpine environment, from which Mera Peak (6476m) highest trekking peak in Nepal towers over the valley. The view of four of the five highest mountains on Earth standing next to your journey. The trail will follow crossing Mingbo La or Tashi Lapcha down to Everest classic route to Chukung or Pangboche, via Tyangboche Monastery. Next day we trek to Namche and down to Lukla. From here we fly back to Kathmandu.

More info:
http://nepalexpeditions.biz/nepaltrekking/mera-amphu-laptsa-trek/

Max. Days: 21 Days, Max Altitude: 6624 Meters
Best Season: Feb-May and Sep-Nov

Physical:
Cultural:
Theme: Camping Trek
This trek gives you a real taste of natural beauty. Our adventure begins with a flight to the small airstrip on fixed wings or Helicopter at Tumlingtar. From here; we descend to deep gorge of Arun Valley, Eastern region of Nepal. Then trail follows to Panch Pokhara (5 lakes), Thangnag, Khare, Mera La, Zatrawa La, which are the beautiful passes stops of the trek. Providing close view to the 8 thousanders, small peaks, off the beaten path completely isolated from civilization.

More info: 
http://nepalexpeditions.biz/nepaltrekking/arun-hunku-valley-mera-trekking/

Rolwaling Khumbu Trek provides experience of remote places near to the Tibetan border, west of Khumbu region and south of the magnificent Gaurishankar Himal. In this region, one finds romantic mountain views, diverse flora, fauna, rich local culture of Sherpa and Tamang people. Sherpas calls Rolwaling as ‘the grave’ because the valley is deeply buried between vertical mountains. Starting point of our trek is Barabise. Our upward climb leads to scattered white houses of Dolongsa, with its small gomba. Then we pass through an enchanting forest with many rhododendrons and followed by a steep climb to Tinsing La and convent called Bigu Gomba.

More info: 
http://nepalexpeditions.biz/nepaltrekking/arun-hunku-valley-mera-trekking/

Gosainkunda Lake and Helambu valley lies just South of the Tibetan border. This combine trek offers great diversity in both nature and culture. It’s main attraction is Buddhist cultural experience, beautiful Helambu village which is inhabited by Tamang, Sherpas, beautiful mountain views, lots of photographic opportunities, ecologically well managed bio-diversity. We also visit one of a holy site of Hindu and Buddhist, the sacred Gosainkunda Lake. Hindu comes here to worship numerous shrines of Lord Shiva. The area is protected as the Langtang National Park. The most striking feature is contrasting climate, terrain and flora to be found within a close proximity. Great views of peaks Langtang Lirung (7245m), Ganesh Himal (7146m) and Dorje Lhakpa (6990m) rewards the trekkers.

More info: 
http://nepalexpeditions.biz/nepaltrekking/gosainkunda-helambu-trek/
The trek goes through Langtang National Park, which was designated the first Himalayan National Park in 1970. The area extends from north of Kathmandu to the Tibetan border, with the highest peak in this area being Langtang Lirung at 7246m. The trek starts with 6/7 hours ride from Kathmandu. Then we walk through magnificent forests and villages inhabited by people of Tibetan origin. This trek also good for seeing wild life, area is home for endangered Red Panda, Himalayan Black Bear and Musk Deer. Trek opens out eventually to an alpine plateau with fine views of Langtang and Ganesh Himal. From last village of Kyangin Gompa, you can explore impressive glaciated upper valley. This trek can be extended to include a trip to the holy lakes at Gosainkund and Helambu Valley.

More info:
http://nepalexpeditions.biz/nepaltrekking/langtang-excursion-trek/

The Langtang valley is popular and neighboring trekking destination from Kathmandu. Previously a restricted area as near to Tibetan border, the unexplored regions of the Langtang National park has recently been developed into the Tamang heritage Trail. The people in this place are mostly of Tamang, Tibetan origin. Tamang heritage trek offers a life unfolding unique experience. The area is equally rich in culture and natural bio-diversity. The climate up to 2000m higher valleys north and northeast of Syabrubesi are in the rain shadow and comparatively dry. Above 3000m alpine humid climates; temperatures fall to sub-zero in winter months.

More info:
http://nepalexpeditions.biz/nepaltrekking/tamang-heritage-trail-trek/

Panch Pokhari is named after 5 holy ponds and Hindus religiously respect the place at the height of 4100m. The trek is just northeast of Kathmandu. The beautiful Himalayan view and pristine nature with district culture is the most attraction of this trek. We take a bus ride out of valley and up through the hills. During the trip, we observe the different ways of life, culture and been exposed to the people in the small village, passing through the dense forestations and meadows. The top of Panch Pokhari (5 lakes) offers an excellent view of Jugal Himal range, Rolwaling range, etc.

More info:
http://nepalexpeditions.biz/nepaltrekking/panch-pokhari-trekking/
Upper Mustang trek takes you to hidden world of old Buddhist kingdom of Mustang (also called Lo), near to Tibet border. Until 1992, the area was forbidden to visit for foreigners. Not only culture, also landscape is very much related to Tibet. Mustang lies in rain shadow of Dhaulagiri and you walk in a complete desolate landscape, surrounded by rocks in all kind of colors and bizarre formations. Trek follows salt caravan trade route between Mustang and Tibet of old age. We reach Lo Manthang (capital of Upper Mustang), is a medieval town, surrounded by a huge town wall. You can find palace of king, a huge 4 story high building. When king is at home, you can even pay him a visit sometimes. From LoLa pass (3950 m) we see town shimmering in distance in the barren landscape.

More info: nepalexpeditions.biz/nepaltrekking/annapurna-base-camp-trek/

Max. Days: 17 Days, Max Altitude: 4,135 Meters
Best Season: Feb-May and Sep-Nov
Physical: ★★★★★
Cultural: ★★★★★
Theme: Tea House Lodge Trek/ Camping Trek

Upper Dolpo is situated in western part of Nepal and is one of the most remote region. The trek route follows many passes to mountain ranges – Annapurna, Dhaulagiri and Kanjiroba. The trekkers in the regions are enthused greatly by wild remoteness, stunning mountain scenery and local people who had innocent friendliness living in excessively remote mountainous regions. The villages here are 4,300m and above.

Peter Matthiessen’s “The Snow Leopard” and David Snellgrove’s “Himalayan Pilgrimage” have contributed to mystique and attraction of Dolpo. Both writers visited the Shey Gompa, to north of Phoksumdo Lake, inner Dolpo.

More info: nepalexpeditions.biz/nepaltrekking/upper-dolpo-shey-gompa-trek/

Max. Days: 25 Days, Max Altitude: 5400 Meters
Best Season: Feb-May and Aug-Oct
Physical: ★★★★★
Cultural: ★★★★★
Theme: Camping Trek
The natural beauty of Dolpo is incomparable to any other places. There are several places in Dolpo to feel different tastes of nature and culture in its best unique states. As we step in Dolpo, we can distinctly see the natural and cultural diversity within very close strides. When we walk through the trails we feel the natural existence of the earthly beings and experience the eternal happiness with the virginity of the places and its habitants. The trek leads you through several unique villages. These villages have their own significance with their unique tastes. The living styles, tradition and culture of every village along the trail somehow differ with one another.

More info:
http://nepalexpeditions.biz/nepaltrekking/lower-dolpo-trek/

Max. Days: 21 Days, Max Altitude: 5115 Meters
Best Season: Feb-May and Aug-Oct
Physical:
Cultural:
Theme: Camping Trek

Manaslu Circuit Trek takes you round of Mt. Manaslu (8163m), 8th highest in the world. The views are stunning; Annapurna, Manaslu, Himalchuli, peak 29 & Ganesh Himal can be seen which dominates skyline. The trail passes through Budhi Gandaki river valley winding and rice paddies of the Gurung and Magar villages. As you enter rain shadow zone of Manaslu close to Tibetan border, the scenery changes dramatically, sparse forests decorated with colorful prayer flags, and many shrines proclaim region’s as Tibetan Buddhist heritage. While approach to Larkya La is demanding, your reward is incomparable views of Manaslu and Himlung Himal from pass. A steep descent into rhododendron forests brings to Marshyangdi River Valley and the more traveled Annapurna trails, which lead back to the road let the world go by.

More info:
http://nepalexpeditions.biz/nepaltrekking/manaslu-round-circuit-trek/

Max. Days: 21 Days, Max Altitude: 5215 Meters
Best Season: Feb-May and Aug-Oct
Physical:
Cultural:
Theme: Tea House Lodge Trek/Camping Trek

Nar Phu valley is recently opened to foreigners, and sees fewer trekkers than many of Nepal’s trekking regions. The inhabitants are ethnically Tibetan traders, and have lived an isolated existence for centuries. Phu is an intriguing fortified village perched on a hill at the intersection of many glacial valleys and backed by high Himalayan peaks, and Nar is a fascinating and busy village of slightly more modern ‘Bhotias’; or Nepali Tibetans. Both are stunningly beautiful. This trek will visit the hidden world of the old Buddhist kingdom of Upper mustang.

More info:
http://nepalexpeditions.biz/nepaltrekking/nar-phu-teri-la-pass-mustang-trek/

Max. Days: 31 Days
Best Season: Feb-May and Aug-Oct
Physical:
Cultural:
Theme: Camping Trek
Kanchenjunga area was opened for foreigners in 1988. This trek is for those who have enough time and desire to venture into the remote areas. Its route is long but rewarding, which follows deeply into remote mountain ranges on Nepal’s border and Sikkim (India). The trek explores area around Mt. Kanchenjunga (8598m, 3rd highest mountain in the world). Trail follows with wide range of bio-diversity, scenery lush, tropical jungle through Rhododendron, forests to alpine zone. You also see culture and life-style of the Rai and Limbu communities and Tibetan villages at higher elevations. One can view Mt. Kanchenjunga (Jannu) 8586m; Mt. Makalu; Kangchenjunga West 8505m; Kangchenjunga Central 8482m; Kangchenjunga South 8494m; Kangbachen 7903.

More info: http://nepalexpeditions.biz/nepaltrekking/kanchenjungha-base-camp-trekking/

This trek is an adventure that walks the fine line between trekking and mountaineering and is ideal for those that thrive on rugged and remote trails that see only a handful of trekkers each season. Our trek takes us across the kali Gandaki River and then north into the heart of the massif; from the base camp we come to the high point of our trek, the traverse of French Pass (5,360 m), the hidden Valley and Dhampus Pass (5182 m), a high level; route which brings us back to the upper Kali Gandaki Valley in Jomsom. From here we, either, fly back to Kathmandu via Pokhara or we can continue from Jomsom until Birethanti or to Pokhara

More info: http://nepalexpeditions.biz/nepaltrekking/round-dhaulagiri-trekking/

Makalu Barun Valley is a Himalayan glacier valley situated at base of Mt. Makalu (8,481m) fifth highest mountain in world. The valley lies entirely inside the Makalu Barun National Park, a haven for alpine terrain and Orchids. Starting from Tumlingtar in Arun valley, the challenging trek of Makalu follows trekking-hiking route to Everest. Trek offers majestic views of Mt. Makalu & Kanchenjunga, later with stunning views of Khumbakarna mountain range as you enter Barun valley of Makalu basin. View the Kanchenjunga massif, Everest, Lhotse, Baruntse and Chamlang as well as the rarely seen Kangshung face of Everest.

This trek is popular trail in Manaslu region and considered one of the non-touristy and off the beaten trekking trails. Trek offers you panoramic views of majestic Himalayas including Ganesh Himal, Baudhha Himal, Langtang, and Himchuli among several other peaks. During this trek, we cross Singala Pass (4200m) and Pasang La Pass. The other highlights of Ganesh Himal Trek includes the fantastic views of Jaisal Kunda, Sangala Pass, Pasang Bhanjyang, Jyamrung, and many other destinations. Trek also explores the diverse culture and rural Nepalese life in the remote villages of Manaslu region. The Route follows fantastic rhododendron pine forests and passes. Besides, we explore awesome panorama of Ganesh Himal, Gosainkunda, Langtang, Annapurna Range, and Manaslu. experience the incredible wilderness.

More info:
http://nepalexpeditions.biz/nepaltrekking/ganesh-himal-trek/

Max. Days: 19 Days, Max Altitude: 4000 Meters
Best Season: Feb-May and Aug-Oct
Physical: ★★★★★
Cultural: ★★★★★
Theme: Camping Trek

Nestled deep between sweltering Indian subcontinent and frozen plains of Tibetan Plateau, Humla lies hidden in far northwest corner of Nepal. Limi was recently opened for trekkers since 2002 AD. The top of Gyuckarka at 5000m offers wonderful panoramic scenery of Nepalese Himalayas, Saipal 7031m, Byas, Rishi, Api, Kanjirawa, Kanti and Gorakh Himalayan range. This region is famous for rare flora and fauna. In the trek you’ll find the indigenous Tibetan people who speak their own version of Tibetan language and have unique tradition and culture. Large beautiful villages like Haljee and Gombyak are located in the wild patches of Limi Khol.

More info:
nepalexpeditions.biz/nepaltrekking/annapurna-base-camp-trek/

Max. Days: 21 Days, Max Altitude: 4949 Meters
Best Season: Feb-May and Aug-Oct
Physical: ★★★★★
Cultural: ★★★★★
Theme: Camping Trek

The Great Buddhist Master’s trail and Mahabharat trek is one of the nearest treks from Kathmandu. It is a rare combination of Mahabharat range, culture of mainly Tamang and other ethnic groups and Newari architecture. The trek is easy to moderate. Trekking trails are occasionally met by under construction link road but the area is full of unique features such as Shamans, historical Buddhist monasteries, Godhechuli hill, eighth century Buddhist master Guru Rempoche’s meditation caves, and of course one of the longest panoramic view points that stands stop the hills of both Timal region and Mahabharat range which all make it a unique Himalayan treat.

More info:
nepalexpeditions.biz/nepaltrekking/timal-buddhist-trek/

Max. Days: 21 Days, Max Altitude: 4949 Meters
Best Season: Feb-May and Aug-Oct
Physical: ★★★★★
Cultural: ★★★★★
Theme: Tea House Lodge Trek /Camping Trek
Best Season for Peak Climbing in Nepal: Spring (April and May) and Autumn (Sep and Oct)

Physical Grades for Peak Climbing and Expedition
The level of difficulty are Graded from A to E. Factor that are considered while grading are duration, duration of stay at high altitude, difference in altitude per day, condition of the terrain and temperature. Moreover, the level of difficulty also depends on weather condition, physical condition and other factors too.

<table>
<thead>
<tr>
<th>BASIC</th>
<th>INTERMEDIATE</th>
<th>DIFFICULT</th>
<th>EXTREME</th>
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</thead>
<tbody>
<tr>
<td>The conditions are relatively straightforward and not technically difficult. Includes climbing generally in low angled slopes with no prolonged steep or exposed sections &amp; glacier travel where participants are roped together. Abseiling may sometime required.</td>
<td>The condition are variable with generally low angled slopes with some moderately steep snow or easy rock section. Requires basic rock climbing and abseiling.</td>
<td>The conditions are challenging. Involves steep &amp; exposed snow and ice slopes and rock climbing involves abseiling &amp; belaying.</td>
<td>Toughest part of mountaineering. Need to undertake series of technical and long, exposed climbing on snow, rock and ice. Requires technical rope skills, efficiency, and good technics.</td>
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POPULAR CLIMBINGS

**MERA PEAK CLIMBING**
6654 Meter

Mera Peak is the most popular peak climbing in remote Khumbu region. It is also the highest trekking peak of Nepal. On scaling summit of Mera Peak, we can have most spectacular view of entire Himalayan ranges. The Peak itself rises to the south of Everest. The ascent of the peak is technically straightforward however, heavy snow and the maze of crevasses can make the way longer to the summit. Besides the charming of climbing Mera Peak, the trek to its base camp from Lukla is rewarding for experiencing little-visited and yet un-spoilt region with densely forested hill sides. The Hinku and Hongu valleys are spectacular Himalayan wilderness. The standard route from north involves little more than high altitude glacier walking. The west and south faces of the peak offer difficult technical routes.

More info:
http://asianexpedition.com/nepalpeakclimbing/mera-peak/

Max. Days: 26 Days,
Grade : ★★★★★

**RAMDUNG PEAK CLIMBING**
6654 Meter

Ramdung “Go” is lovely peak situated in Dolkha district on the highway to Tibet. The trail follows through fabulous high alpine valley, forest of pines and rhododendron with beautiful alpine passes with traditionally unspoiled rural villages. The climb is not technically hard, but is challenging because of altitude & remoteness of the area. The normal-route is climbing via North Glacier and North Ridge. Peak summit offers an excellent view of Everest, Melungtse, Gaurishankar and numerous other peaks. After the climb, one more adventure awaits you to cross 5,755m. Tashi Laptsa pass crossing to enter Thame, Khumbu region. The trek comes to main trail to Namche Bazaar, the Sherpas Capital. From Namche, a scenic day walk to Lukla for the last camp and for panoramic mountainous flight back to Kathmandu.

More info:
http://asianexpedition.com/nepalpeakclimbing/ramdung-go-peak/

Max. Days: 22 Days
Grade : ★★★★★
Island peak or Imjatse peak of 6160m height lies in Everest region of Nepal. The mountain was first climbed in 1953 by a team in preparation for the ascent of Everest. Today it is still used by many to prepare for Everest or other high peaks in region. On close inspection, the summit of this peak is interesting and attractive as an Island. Eric Shipton’s climbing team in 1952 named the mountain Island Peak. The route to the summit includes a steep slope and narrow ridge. The climb provides some of most striking scenery in the Khumbu. Climbing island peak is easy so climbers from different parts of world are interested to visit there. Mt. Everest, Mt Makalu, Mt. Lhotse and many other mountains are visible.

**More Info:**
http://asianexpedition.com/nepal-peakclimbing/island-peak/

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The Pisang Peak (6091m) also called Jong Ri is trekking peak in Annapurna region located North of town of Pisang and Annapurna II. The peak rises from yak pastures above village in a uniform slope to final summit pyramid. This peak is climbed around 5 day excursion from Annapurna circuit main trail from Manang. High Camp is located at 5200m, just shy of the actual west ridge. It is easy to miss, however if you follow the route which leads you up to the west ridge and reach the west ridge itself you’ve past high camp by only 60ft. After climbing Pisang peak we descend to Manang village. From where we can continue journey to Annapurna Circuit and end in Pokhara or be back to Kathmandu via Besisahar.

**More Info:**
http://asianexpedition.com/nepal-peakclimbing/pisang-peak/

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Saribung Peak 6328m lies in isolated Damodar Himal is very closed to border of Tibet and Nepal. This peak is ideal for those who wish to get off the beaten track which is recently introduced in 2006AD. Till date, only a few of climbers have reached summit of this Peak. This peak is considered to be a challenging expedition due to altitude variation and remoteness of area, stretched dry rugged terrain & glacier travel mode for the most part with couple of sections of fixed line requiring use of a jumar and other climbing gears. Our route follows to Upper Mustang Lo-Manthang, Lury Gompa before heading into wilderness of Namtakhola Valley. After ascending peak, we trek to Phu Valley in Manang and end at Besisahar of Annapurna region.

**More Info:**
http://asianexpedition.com/nepal-peakclimbing/pisang-peak/

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Chulu peaks are open beyond the Annapurna Himalaya. Highest is Chulu East 6584m, Chulu far east 6059m Chulu West 6419m. The superb summit panorama of these peak includes all Annapurnas, Gangapurna, Tilicho and Thorung peak. Our approach to peak follows trek of the classic Annapurna Circuit for 3 days before climbing to a base camp above the villages of Gyaru and Ngawa. We establish a high camp and we make our ascent via straightforward snow-slopes. Descending to Manang in deep cleft of Marsyangdi Valley. Chulu peak climbing manages nevertheless, to take you well off the beaten track and to provide an unforgettable trekking and climbing holiday.

**More Info:**
http://asianexpedition.com/nepal-peakclimbing/chulu-east/
NEPAL-TIBET EXPEDITION

Top Picks

EVEREST SOUTH FACE EXPEDITION (NEPAL SIDE)
The Tibetan name for Everest is “Chomolungma” which means “Saint Mother. In 1865, official English name “Everest” was given by Andrew wough. In the early 1960s, Nepalese government gave official name “Sagarmatha” to Everest. It was first climbed by Tenzing Norgay Sherpa and New Zealander Edmund Hillary in 1953. This is the Nepal side route of ascent and was the first recognized route to the top. Today also hundreds of climbers uses the same route to try to stand on top of the world. However, there are 15 recognized route for climbing Mt. Everest. Climbers need to from Kathamandu to Luka then walk for 9-10 days to reach Base Camp at 5,334 m, the trekking itself offers amazing scenic & cultural beauty of Kumbu region. Our expedition program allows plenty of time for acclimatization before reaching base camp.
Base Camp : 5334m, Camp 1 : 5943m, Camp 2 : 6400m, Camp 3 : 7900m
More info:
http://asianexpedition.com/nepal-expedition/nepalexpedition-spring/mt-everest/

EVEREST NORTH FACE EXPEDITION (TIBET SIDE)
Climbing North face of Everest is from Tibet side. The Tibetan name for Everest is “Chomolangma” which means “Saint Mother. Our itinerary will take you to Tibet side via Zhangmu (Nepal-Tibet border) and to base camp by 6-7 days drive and acclimatization plan. After some days resting in base camp, we then walk to an interim camp for one night and then to Advanced Base Camp. Several days are spent at ABC then we climb to North Col. It is a large area where we make Camp 1 from where we see fantastic views of whole north face of Everest, west rongbuk glacier, Lho la, Pumori and Cho-oyu. Camp 2,3,4 are made before summiting Everest north ridge. The north ridge is more accessible because permit price is considerably less in Tibet, and all equipment can be delivered to Base camp by vehicle. Climbers can also join this expedition from Lhasa either flying from Kathmandu or reaching there via Chinese cities. Base camp : 5666m, Camp 1 : 7000m, Camp 2 : 7500m, Camp 3 : 7900m, Camp 4 : 8300m)
More info:
http://asianexpedition.com/tibet-expedition/spring-tibet-expedition/everest-northface-through-kodari/

Max. Days: 60 Days for South Face & 62 Days for North Face
Grade: 🌟🌟🌟🌟🌟

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http://asianexpedition.com
Ramdung Expedition offers a fully inclusive KTM to KTM packages for all our expeditions including all accommodation, all meals, carefully designed trekking and acclimatization itinerary, individual Base Camp tents, excellent Base Camp services, all logistics and supplies, also oxygen & climbing Sherpa on need above base camp till summit.

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CHO OYU EXPEDITION
8201 Meter

Cho Oyu is the sixth highest peak of the world. Cho Oyu in Tibetan is “Turquoise God’ which means the turquoise color of the peak in the afternoon sun from the Tibet side of the mountain. The mountain lies in the Himalayas and is 20 km west of Mount Everest, at the border between China and Nepal. Though the expedition attempt was made by Eric Shipton in 1952, an Austrian Herbert Tichy made the first successful ascent of Cho Oyu in 1954 with fellow Austrians Sepp Jochler and Helmut Heuberger. Also known as Tichy route, it is the Tibet side normal climbing route used for commercial expedition.

The team gathers in Kathmandu then overland travel to Tibet via Friendship highway. The journey takes you across Tibetan Plateau, where you stop en route to acclimatize before reaching Chinese base camp. You trek to Cho Oyu Base Camp, below the North West Face. The route above base camp consists mainly of low-angled snow slopes up to 30° with one short but very steep section to bypass a sérac barrier at 6,400m. You use two or three camps on the mountain. Camp 1 is located at 6,400m, Camp 2 at 7,000 and the highest camp at 7,400m. This normally used as the launch pad for the summit, though in recent years it has become common to summit from Camp 2. The summit is normally reached in 7 – 10 hours from Camp 2.

Base camp : 5666m, Camp 1 : 6400m, Camp 2 : 7000m, Camp 3 : 7400m

More info:
asianexpedition.com/tibet-expedition/spring-tibet-expedition/mt-cho-oyu-via-zhangmu/

Max. Days: 42 Days
Grade : ★★★★★
Shishapangma officially known as Xixiabangma is the 14th highest mountain in the world and the lowest of the eight-thousanders mountains. It was the last 8,000 meter peak to be climbed, due to its location entirely within Tibet and restrictions on outside visitation to the region imposed by the Chinese during the 1950s and later. The mountain has two summits, the commonly climbed Central summit that the Chinese say is 8013m (7999m on old maps) which we have reached four times till 2014. Naturally, we will be aiming to climb to the higher true summit, 8027m (26,335ft), let’s see if we can get there!

The only 8,000m peak to lie entirely in Tibet, it lies tantalizingly close to Nepalese border, shrouded behind the great, but less high, border peaks of Langtang. Enterprising individuals sought mere glimpses of it during the period that other 8,000m peaks were receiving their first ascents! It is perhaps not surprising that it was the last of the 8,000m peaks to be climbed. Not that its ascent by the North-West Ridge presents any great difficulty. On the contrary, it is now regarded as one of the most straightforward 8,000m climbs and its summit is frequently achieved.

Manaslu also known as "Kutang" is the 8th highest mountain in the world. It is located in the Mansiri Himal, part of the Nepalese Himalayas west-central part of Nepal. Word Manaslu means “Mountain of the Spirit”. The Manaslu's long ridges and valley glaciers provide feasible approaches from all directions culminating in a peak that towers steeply above its surrounding landscape. At least there are six different routes to climb Manaslu, of which the south face is the toughest in climbing history. Manaslu was first climbed on May 9, 1956 by Toshio Imanishi and Gyalzen Norbu, members of a Japanese expedition. It is said that just as the British consider Everest as their mountain, Manaslu has always been a Japanese mountain.

The standard commercial route is along the original route of the 1956 Japanese expedition up the Northeast face. The climb is straightforward and only slightly more technical than Cho Oyu or Shishapangma, however with low Base Camp it is a long climb and with relatively high objective avalanche risk.

More info: asianexpedition.com/tibet-expedition/autumn-tibet-expedition/mt-shishapangma/

Max. Days: 45 Days
Grade: ★★★★★

More info: asianexpedition.com/nepal-expedition/nepalexpedition-autumn/mt-manaslu/

Max. Days: 50 Days
Grade: ★★★★★
The 7th highest mountain in the world “Mt. Dhaulagiri”, in Sanskrit Dhaula means white, beautiful and giri meaning mountain. It was discovered by the westerns in 1808. Unknowingly, it was counted as the highest mountain before the discovery of Mt. Kanchenjunga. It was first climbed on May 13, 1960 by a Swiss/Austrian/Nepali expedition.

The Dhaulagiri massif extends 120 km (70 mi) from the Kaligandaki River west to Bheri. There are more than six different routes to climb Dhaulagiri. The normal climbing route is considered a reasonable climb with only short technical climbing sections and moderate avalanche danger. Our expedition begins from Beni marching towards Marpha then we enter to the nomadic zone.

Base camp : 5300m, Camp 1 : 5900m, Camp 2 : 6400m, Camp 3 : 7200m, camp 4 : 7500m

More info: asianexpedition.com/nepal-expedition/nepalexpedition-autumn/mt-dhaulagiri-i/

Ama Dablam Expedition
6856 Meter

Ama Dablam is one of the most stunning peaks in the Khumbu region and one of the most beautiful mountains in the world. Popularly known as the ‘Matterhorn of the Himalaya’, the overwhelming ice-coated granite pyramid of Ama Dablam dominates sky above the trekker’s trail to the Everest Base Camp. The mountain derives its name from the glacier lying on its Southwest face. The glacier looks like a jewel box hanging on the neck of the mountain, hence the name Ama Dablam, literally meaning ‘The Mother’s Jewel Box’. Interestingly, when a team led by Edmund Hillary scaled the mountain for the first time, Nepal’s King nearly imprisoned Hillary for climbing the sacred Ama Dablam without permission.

The standard ascent to Ama Dablam is made via the South-Western Ridge, the same route followed by Ward (UK), Bishop (USA) and Gill (NZ) in the first ascent of the mountain in 1961 AD.

Base camp : 4500m, Camp 1 : 5600m, Camp 2 : 5900m, and Camp 3 : 6200m

More info: asianexpedition.com/nepal-expedition/nepalexpedition-autumn/ama-dablam/
HIMLUNG EXPEDITION
7126 Meter

Located in the Manaslu region northeast of the Annapurna range, Himlung Himal lies close to the Tibetan border in a remote corner of Nepal. It was first climbed in 1992 by a Japanese team and has had few further ascents. Himlung is technically easy and is popular to ascent as an preparation climbing to +8000 mountains. The route to Phu Gaon from Manang is newly opened and fewer tourists have visited, so far. Climbing himlung peak offers extremely beautiful mountain landscape full of exotic people, rapid rivers and pristine forest. The Base Camp is situated at an altitude +4.850m. These routes are combined with high peaks and passes, glaciers, remote villages, narrow gullies, lovely forests, amazing rock and spring formations, Gompas and unique varied cultures of Nepal and Tibet.

Base camp 4850m, Camp 1 : 5620m, Camp 2 : 5990m, camp 3 : 6320m, Camp 4 : 6400m

More info: asianexpedition.com/nepal-expedition/nepalexpedition-autumn/mt-himlung-himal/

Max. Days: 37 Days
Grade : 

ANNAPURNA EXPEDITION
8091 Meter

Annapurna is the 13th highest mountain in the world. Annapurna is a Sanskrit name which literally means “full of food” but is normally translated as Goddess of the Harvests. This mountain section is a 55 km-long massif bounded by the Kali Gandaki Gorge on the west, the Marshyangdi River on the north and east, and Pokhara Valley on the south. The four summits with the entire massif of Annapurna form the northern barrier of Pokhara Valley. The main summit stands to the west of the Annapurna Sanctuary. The other major peaks on the Annapurna range are Annapurna II (7937 m), Annapurna III (7555 m), Annapurna IV (7525 m), Gangapurna (7455 m) and Annapurna South (7219 m).

The Annapurna peaks are among the world's most dangerous mountains to climb. Annapurna 8091meter was first climbed by a French expedition 1950 lead by Maurice Harzog. The entire massif and surrounding area are protected within the 7,629 km2 Annapurna Conserva

ABC : 4600m, Camp 1 : 5200, Camp 2 : 5900; Camp 3 : 6500m, Camp 4: 7300m


Max. Days: 50 Days
Grade : 

BARUNTSE EXPEDITION

Mt. Baruntse is situated in Nepal between Everest and Makalu. It is a substantial and symmetrical snow peak, has four ridges and four summits. It is bounded on the east by the Barun Glacier flowing north-south from Cho, to the north-west by the Imja glacier and the Hunku glacier forms the south-east boundary. The three main ridges of Baruntse are situated between these glaciers and form an upturned ‘Y’ running from Cho Polu (6695m) in the north past the Humni La, on to the north summit where it divides. Other well-known mountains in this area are Makalu, Lhotse, Chamlang, Everest and the trekking-peak Mera Peak. Baruntse was first climbed in 30 May 1954 by Colin Todd, Geoff Harrow of the Hilary New Zealand Expedition. They have climbed the mountain by the South-East Ridge. Since than many climbers have used this route and got succeeded. This mountain has also been becoming coveted day by day like the other Pumori, Ama Dablam as well as Everest too.

Base Camp: 5400m, Camp 1: 6150m, Camp 2: 6650m,
More info:
asianexpedition.com/nepal-expedition/nepalexpedition-autumn/mt-dhaulagiri-i/

MAXALU EXPEDITION

Makalu, the world’s fifth highest peak in the world rising to 27,765 feet (8,463 meters). This beautiful and impressive massive is situated just 14 miles east of Everest in the Khumbu region. Its size alone is impressive, but its perfect pyramid structure with four sharp ridges makes this mountain all the more spectacular. Makalu is actually a double peak. It is interesting to note that the summit ridge is the demarcation point indicating the border between Nepal on the Southern side and Tibet to the North.
The name of the mountain was taken from the Sanskrit word Maha-Kala, which means Big Black and is a by-name of Shiva - one of the most important gods of Hinduism. Shiva is sometimes an evil, cruel destroyer but at other times he tends to be gentle and kind-hearted.
The mountain has another name in the local dialect - Kumba karna, which means The Giant.

Base Camp: 5400m, Camp 1: 6100m, Camp 2: 6660m, Camp 3: 7400m, Camp 4: 7900m
More info:
asianexpedition.com/nepal-expedition/nepalexpedition-autumn/mt-makalu/
TOURS HIGHLIGHTS

TIBET TOURS

We specialize in organizing customize tours to Tibet providing unforgettable memory of life time. The tour begins in Kathmandu and normally ends in Lhasa OR in major cities of mainland China. (Chengdu, Beijing, Xian, Xining Shanghai etc). Each trip can be tailored to fulfill need of individuals, family or group: as per requirement. Our team of experienced professionals can organize tour on private basis for solo traveler, couple, family & small groups. We offer a wide variety of tours that takes clients to most beautiful and culturally significant places in Tibet, Lao Tingri, Everest Base Camp, Lhatse, Shigatse, Gyantse, Lake Yamdruk-Tso. Each tour is followed with a guided cultural excursion in Lhasa, where clients can visit Potala, Drepung Monastery etc thus providing a truly comprehensive Tibet experience. Due to strict traveling rules by Chinese government, travelers are not allowed to make any independent activity/tour inside Tibet other than activity/tour consist of in the package. So, once you complete tour, you are not allowed to remain in Lhasa or in Tibet independently. You must fly back to Kathmandu OR travel further to mainland China.

More info: nepalexpeditions.biz/nepaltour/lhasa-tour-potala/

KAILASH MANASAROVAR KORA TOUR

Located at 6,714 meters, Kailash is a glittering snow dome towering mountain above Tibetan Plateau of Himalayas like a beckoning jewel providing an extraordinary view visible from miles away. Four of greatest rivers of South Asia, Indus, Sutlej, Karnali and Brahmaputra (known as the Yarlung Zangpo in Tibet), originate from Mount Kailash. Our Kailash Mansarovar Kora/circuit is once in lifetime opportunity to be experienced. Being a place of pilgrimage, it attracts Hindus and non Hindus from all around the world. Mt. Kailash is a sacred mountain of spiritual significance to four great religions of Asia, Buddhists, Hindus, Jains, and Bönpo. Mt Kailash is also known to give peace of mind and has beautiful scenery with many extraordinary views. The mountain lies near Lake Mansarovar and Lake Rakshastal in Tibet. Ramdung Expedition has been organizing this tour, more than fifteen years, with a special focus on Mt. Kailash of the Ultimate destination of souls and spiritual centre of the world. We provide two options for this trip one is starting from Nepal-Tibet friendship border and ending in the same, another one is starting from Nepal-Tibet friendship border and ending at Simikot via beautiful Limi valley, far western region of Nepal.

More info: nepalexpeditions.biz/nepaltour/kailash-manasarovar-kora-tour-and-treks/

MT. KAILASH-GUGE KINGDOM TOUR

The Kingdom of Guge was founded in 868 AD and became a focal point for preservation of Buddhism in Tibet until the 17th century. Guge Kingdom can be visited combining with Mt. Kailash and Lake Mansarovar via either northern route (Shiquanhe) or from southern route via Saga – Paryang and Mansarovar. The tour itinerary can be varied according to time frame and places like to cover within the itinerary. We have designed an itinerary starting from Lhasa spending few days for sightseeing then continuing our journey to Western Tibet via major highlighted places of central Tibet. The tour eventually takes us to Guge Kingdom and towards to Nepla via ZhangMu.

More info: nepalexpeditions.biz/nepaltour/lhasa-mt-kailash-guge-kingdom-tour/
NEPAL ADVENTURE TRIPS

For decades, Nepal has allured the interest of holiday makers who enjoys thrill of adventure. Many travelers travel here to discover the scenic Himalaya and beautiful culture and more adventure enthusiasts have been travelling to this enchanting country to fulfill their desire. And who can blame them, with so many sports on offer with stunning scenery, where better to go that Nepal.

Nepal offers numbers of adventurous activities within it, mountain biking, white water rafting, rock climbing, cannoning, bungee jumping, jungle safari, of course the famous bungee jumping and many more. More info: nepalexpeditions.biz/tourinnepal/nepal-adventure-trips/

WILDLIFE JUNGLE SAFARI

While the high Himalayas makes up Nepal's northern region, the southern flatland known as the Terai is covered with dense tropical jungle. The jungle safari here serves exciting opportunities to view wild animals and birds of unique exposure on elephant-back, by jeep, or on boot or foot. The best season to make our trip remarkable is October-March, since April- June is hot (above 30 degrees Celsius) and July- September is the rainy. The national park (Jungle Safari) listed below offers convenient package tours, which include transport, jungle activities, cultural show, comfortable accommodation and delicious meals. More info: nepalexpeditions.biz/junglesafarinnepal/wildlife-jungle-safari/

NEPAL TOUR (8NIGHT/9DAYS)

This tour takes you through Kathmandu Pokhara and Chitwan cities and is easy tour option for Nepal visitors. This package visit historically and culturally rich city Kathmandu, most beautiful city of world Pokhara, and wildlife place chitwan. You'll visit historical places, temples and respectful area of Kathmandu and drive/fly to Pokhara. Pokhara is considered as paradise on earth. Beautiful mountains, clean and wide lakes, green forest, friendly and warm locals make your holidays more meaningful. Chitwan is attractive tourist hub where you'll enjoy wild life activities and meet ethnic group Tharu. You can see one horn rhino, 4 different kinds of deer, sloth Bear, Leopards, crocodiles, monkeys and many different species of butterflies, insects & over 450 sorts of colorful & endangered birds. More info: http://nepalexpeditions.biz/nepaltour/nepal-tour-8-nights-9-days/

DAY TO DAY ITINERARY

Day 01 Arrive Kathmandu. Transfer to Hotel. Optional Half day Tour. Dinner & Overnight at Hotel.

Day 02 Sightseeing Kathmandu AM: Half day tour of Kathmandu City & Swayambhunath PM: Half day tour of Pashupatinath, Bodhnath & Bhaktapur. Breakfast, dinner & overnight at Hotel.

Day 03 Kathmandu – Pokhara After breakfast, drive / Fly to Pokhara Dinner & overnight Hotel in Pokhara

Day 04 Pokhara Sightseeing AM: Half-day tour of Pokhara City+ boat ride at Lake Phewa. PM: Free. Breakfast, Dinner & overnight at Hotel.

Day 05 Pokhara – Chitwan After Breakfast, drive to Chitwan Lunch, Dinner & overnight at hotel in Chitwan

Day 06 Full day Chitwan jungle activities Breakfast, Lunch, Dinner & overnight at resort.

Day 07 Chitwan- Kathmandu After breakfast, drive back to Kathmandu. Free day. Dinner & Overnight at hotel.

Day 08 Rest & shopping day. Evening typical cultural farewell dinner. Breakfast, and overnight at hotel.

Day 09 Final departure to your destination. Breakfast at hotel.
Travelling into the mystical land of Bhutan is a rare pleasure. People come to visit the remote monasteries and spiritual temples, to trek the wondrous Himalaya and admire the mountainous pastures. With customs and traditions still going strong after centuries, and cultural festivals celebrated from corner to corner, there is nowhere quite like blessed Bhutan. Most popular activities in Bhutan includes, viewing ancient Buddhist Texts in Thimphu, explore the picturesque Punakha Valley, visit one of Bhutan's oldest private monasteries-Gangte Gomba, Journey to the sacred Jambay Temple and hike to the Tiger's Nest Monastery.

To minimize consequences of rapid modernization, Bhutan has decided to move cautiously without losing its soul. Sustainable socio-economic development, preservation & promotion of culture & tradition, preservation & protection of natural environment.

Bhutan is also called “The Last Shangrila.”

More info:
http://nepalexpeditions.biz/tourin nepal/sikkim-tours/

CENTRAL BHUTAN CULTURAL TOUR

This tour program assist you to explore places of interest in Paro, Thimphu and Punakha and fascinating sacred valley of Bumthang. The picturesque drive to Bumthang takes you through regions plentiful in floral and fauna, several magnificent mountain passes and places of great historical importance. The Tangsa Dzong is a prime example. It is the largest Dzong in Bhutan and was in olden times the seat of the dominant power in feudal Bhutan. And 3 hours drive from Tongsa takes you to a height of 12000ft (Yotolg pass) and then down to 9000 feet to valley of Bumthang. Considered as most sacred valley, Bumthang has a rich variety of religious historical sites and ancient palaces of the ruling family of the valley.

More info:
http://nepalexpeditions.biz/nepaltour/central-bhutan-cultural-tour-bhumthang/

SIKKIM TOURS

Sikkim is a state of India in the Himalayas across Nepal’s eastern frontier and Tibet, China in North, Bhutan in west and Darjeeling in south. Sikkim is a land of beauty of towering mountains, plunging rivers and lush tropical forests with a abundance of vivid flowers, birds and butterflies and is decorated with verdant terraced hillsides, simple stilted villages and colorful temples and monasteries. Sikkim an untouched timeless land whose smiling people offer’s unforgettable friendliness for travelers.

For adventurer and traveler, Sikkim posses the quality to satisfy the passion through short and long walks in diverse landscape, white water rafting, mountaineering, photographing nature & bio-diversity, meeting people of different culture and enjoying festivals. Sikkim, thus is fairly a paradise on Earth.

More info:
http://nepalexpeditions.biz/tourin nepal/sikkim-tours/