

"A
Journey into
the
Himalayas
A Journey into
YOURSELF

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Kick start your ride with us

Nepal is an art work, breathtaking and mesmerizing and we are here to let you experience the world inside this art with our amazing knowledge of people and places, allowing you to take every last sip of it, till it satisfies your soul.

We at Swotah have created a unique travel plan to provide you with an experience that pumps your adrenalin and fills your memories with delight and feeling of rejoice. We are here to help you explore and relish the beauty of Nepal with our consistent guide throughout the trip.

The landscape and the cultural experience here in Nepal will provide you with the trip of your lifetime. The spectacular mountain range captivating your eyes, jaw dropping wildlife and the taste of local culture will leave you astonished.

Swotah wants to ensure you with an excellent service alongside the bewildering ride you will be taking through the mountains, forest and local villages. We not only focus on maintaining your Luxury during travel but also follow strict environmental policy to ensure environmental security for the people and the place.

Come make us a part of your journey, allow us to take you on a roller coaster ride experience through the snow covered mountains, tempting forest and tell you the history we behold.



ABOUT US

NEPAL

www.swotahtravel.com

We are a company focusing on sustainable travel, leaving barely visible footprints, with awareness and respect for both clients and the natural environment we pass through. We take pride in our travel packages, which are balanced to respond to the needs of the clients and the environment.

We know it's not every day you get a chance to visit the Himalayas. This is why we're committed to making sure your experience is a once in a lifetime.

Whether you are looking for an extreme mountaineering adventure in the Everest region or a trekking adventure holiday in the foothills of the snow-capped Himalayas, the thrill of white water rafting, rock climbing, paragliding, mountain biking through the Himalayas, or a life changing spiritual journey in the birth place of Buddha, nothing is beyond our desire and ability to satisfy your wishes.

Swotah Travel and Adventure Pvt. Ltd.

PO Box: 612

GPO: 44600, Sundhara, Kathmandu

Gairidhara-2, Kathmandu, Nepal

info@swotahtravel.com

Mob: +977 9801095962 (24x7)

Tel: +977-1-4004750

Mission Statement

"A journey into the **Himalayas**,
a journey into **Oneself**."

It is our strong belief that a journey into the mountains is a journey to the inner self. Mountains help us to find alignment in our lives. At Swotah, we are happy to not only be discovering ourselves, but also to help others do the same on their inner journey. We believe that to understand the grandeur of life, and to value the importance of what nature has to offer, one has to be in the mountains. It is our commitment to keep this belief alive and bring awareness to others. Under project SWOTAH, we have undertaken the responsibility of inspiring people to be in the mountains and fulfilling their needs while they're there. We are a team of travelers, and we believe that nobody understands a traveler better than another traveler. We're committed to delivering reliable, courteous, and customizable services with a keen eye on value.

WHY SWOTAH?

Why make us your travel partner?

Because we take you on an experience that enriches you with the most enchanting panorama of Mountains with the taste of amusing local culture. Swotah is here to give you the vacation of your lifetime. We are here to intensify and uplift your travel experience with us. From the adrenalin junkies to the ones who want lavish and extraordinary cultural experiences, we assure you that we match the definition of perfect travel plan for each one of you.



REASONS TO CHOOSE 'SWOTAH'

Balanced Programs:

Our dedicated team is constantly making tireless efforts to shape the clients' adventures not only fun but also a meaningful experience. How do we do it! By empowering our programs to be sustainable with a focus on responsible tourism.

All of our programs are well crafted and designed to create authentic experiences and balances among nature, wild life animals, locals, guides & porters, and the government. We empower our clients with the feeling of not only a wonderful trip, but also a responsible way of traveling that makes their trip more fun and more meaningful.

Innovative Programs:

Innovation is not the result of mere luck. The only way we know how to achieve this is by doing research and experiencing it in the field. It's not a one-time event. We've been working on this aspect since the beginning. We offer unique programs for clients from all walks of life. Whether they are adventure lovers, spiritual travelers, foodies or animal lovers, we have something for

everyone. Some of our programs are as follows: Asian dolphin watching programs, snow leopard expeditions, yoga and meditation trekking, Buddhist circuit tours, traditional food & wine tours, photography tours and more.

Flexible Travel Style:

We offer our services under three categories. This gives clients the flexibility to choose the same adventure in different styles as per their time and budget. Our programs are categorized as:

Original Travel is for travelers with plenty of time and a shoestring budget.

Comfortable Travel is for travelers who want to create their own itinerary to fit their timeline. Luxurious Travel has all of the features of Comfortable Travel with a touch of extravagance.

Small Groups, Memorable Moments:

Stories are shared and friendships are made during our journeys, which is why we keep our groups intentionally small. We constantly thrive to provide you with personal care, so groups never exceed 7 people. Exceptions are made only in case of friends and families willing to go together.





Social Responsibility:

We believe that society should benefit from our activities. We aim to contribute to social equality by providing scholarships to the children of porters and villagers from the remote areas of Nepal. We earmark a portion (5%-10%) of the revenues from our trips for financing the education of children who would otherwise never be schooled. Please ask us about this project which is very dear to our hearts.

Price-Service Customization:

We strongly believe in transparent services, so we breakdown the cost structures for different programs. This unique feature lets our clients choose the services according to their preferences. We offer this unique flexibility to our clients so that they can adjust their trip style and price according to their needs, suitability and time. Clients can customize their whole adventure by choosing the features they want and foregoing the features that they don't need.

Benefits and Discounts:

We believe loyalty should be rewarded. We offer discounts on every trip booked by repeat clients. We also give rewards for recommending Swotah to friends and acquaintances. We offer a variety of discounts including advance bookings, group bookings, loyalty coupons and more. You can check our website to find different deals throughout the year such as group discounts, special discounts, last minute deals, early bird, loyalty coupons etc. We encourage you to book ear-

ly for a discount on any trip. A discount will be applied for any booking made a year in advance. We offer a free bike tour around the villages in Kathmandu or a free city walking tour. We also offer complementary Ayurvedic massage in our programs. Plus, there are no hidden charges or fees after booking one of our programs.

Experienced and Local Tour Leaders:

You expect conscientious, reliable and courteous service. So do we! All our tour leaders, guides, porters and employees will respond to your wishes respectfully and ensure your safety at all times. Our staff is trained and highly motivated to ensure you get the best without question. Our guides and porters are our core strength and our assets. We always do our best to appoint guides who are local citizens from the designated trekking regions for each and every trip.

Our team has over a century of collective experience in tour planning and adventure tourism.



Team on field:

We employ local guides from all over the country and have a team of experts with crucial knowledge of each trail. Our tour leaders in the city are cultural buffs and experts in customs and traditions. This gives us a strong advantage by having a wide network of local experts all over Nepal where most of our programs are based and where we primarily operate.

Multiple Destinations, Multiple Choices:

Our services are not only restricted to Nepal. We operate in Bhutan, Tibet and also offer tours and treks in India, Myanmar, and Sri Lanka. Due to our wide network of connections with our partner agents in respective countries, we are able to run smooth operation beyond Nepal.

Authentic Travel Experiences:

Magic happens when you get off the beaten path. We meet locals, share meals with them, listen to their stories and life experiences, laugh and cry with them. This kind of experience gives you a glimpse into local life and brings you in contact with the culture.



Flexible Bookings and Cancellation:

We offer flexibility in our bookings and cancellation. Please go through our website again to read about 'Booking and Cancellation Policies' in detail.

We know it's not every day you get a chance to visit the Himalayas. This is why we're committed to making sure your experience is a once in a lifetime.

What distinguishes us from our competitors is our unequivocal passion to design holiday plans for fellow travelers. We are in the business of putting smiles on people's faces. While other companies might organize a trip, we take great pride in showing our clients what's best for their particular wants and needs by giving them everything they deserve, nothing less.

We are a group of passionate trekkers and avid travelers ourselves. Value is what we offer in our programs, and we measure that with the smiles and trust that our clients share with us. The reason our clients smile is the same reason we smile. We know we are doing a great job when our clients continue to show us love, which is evident in our constant flow of repeat customers.



Responsible Tourism

Responsible tourism is the responsibility of every one travelling and everyone involved in this sector to minimize negative social and environmental impacts caused by tourism in order to sustain the tourism industry. Therefore, our tour guides will give you a brief illustration on encouraging the conservation of the environment and ensuring social balance. We make it a point to be frequently involved in these initiations through other activities like cleanliness campaigns and awareness programs.

We being the part of the industry are continuously and tirelessly putting an effort at ensuring safe and secure



tourism for us all.

We are the proud innovators of 'Trash Man', where we send a trash man with our group of adventure lovers. He's responsible not only for managing the garbage disposal of our groups, but also for creating awareness programs throughout trekking days. We've been working hard to find homestays for different trekking trails in Nepal. Homestays are a great way for visitors to experience local life while providing local families with an extra source of income. Eventually, we want to promote and direct most of our programs to homestay areas. Currently, we are working on exploring new trekking routes with the help of locals. The joint aims of our programs are to ensure minimum negative impact on the lives of local people and their environment, whilst thriving to enhance conditions in any way conceivable. We believe in environment-friendly tourism. We discourage polluting the trekking routes with plastic bags, plastic water bottles and litter. Swotah subscribes to various local and global programs to raise awareness. We help you to leave the lightest footprint on our land for future generations to enjoy.

Publishing e-brochure is one of the step, we have taken to reduce paper output.



Flexible travel style

Travel is for all and we are here to make it possible for you all.

Original Travel

Original Travel is for the shoestring backpackers, the budget travelers. You will enjoy the fullest out of the treks in wild and experience the nature from up-close and will be provided with neat and clean accommodation under your price.

Comfortable Travel

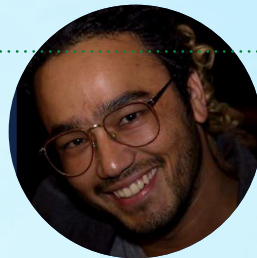
Don't worry if your limited time does not fit under our itineraries. You can plan your own trip. 'Comfortable travel' is an idea where we let you choose and plan your trip and we become your partners to make it possible.

Luxurious Travel

Relax and experience the best available in the most extravagant ways possible. Our idea is to not only let you explore Nepal but to return back relaxed. Travel with a touch of extravagance.



MEET TEAM SWOTAH



Ajay Kumar Shrestha,
Managing Director

SWOTAH REPRESENTATIVES & GUIDES



Luis, Bajocero
Representative, Spain



Maya & Lorenzo
Representative, Italy



Bijen
Representative, Sweden



Bikash Shrestha
Senior Tour Leader, Nepal



Raju Shakya
**Italian Tour Leader &
Team Counselor, Nepal**



Onchu Sherpa
Senior Climber, Nepal

PLANNING YOUR TRIP



Meals

We prepare food keeping your taste in mind and allowing you to experience local taste alongside. Our foods are prepared with fresh and local ingredients by talented and amazing cooks, who are determined not to disappoint you. Since your health is a high priority to us, please contact in need of special dietary requirements due to allergies. Food is served in buffet for larger groups.



Transport

During your travel plan modes of travel will be changing a lot. Starting from landing on the airport you will be experiencing travelling in car, van, local bus, rickshaws to yaks and donkeys in the higher altitude. The modes of travel here are sure to give you a different experience.



Accommodation

After a tiring Day, a good place to come and rest to is very important. We promise you to facilitate with good and qualified hotels which are clean, hygienic and affordable. All hotels, mostly have private bathrooms attached and will provide

you with breakfast. During the trek the standard of hotels might not be as lavish as in the city, but we promise to provide you with decent services. In case you want to change your hotels, you can discuss it with your and local guides



Remote Camping Treks

Our camping services are sure not to disappoint you and we assure you that the equipment like tent, mattress, kitchen, dining, shower and toilet tents we provide will be of the best quality available here.



Equipment

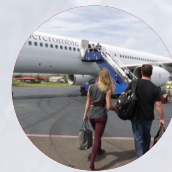
You can bring your own bike to experience the trail but if you don't we supply you with everything you need. You can buy them or rent it from us during the trip. We supply you with high quality trekking bags, jackets, sleeping bags. We provide you with the best branded bikes available here in Nepal for mountain biking. You can contact us personally to obtain the detailed list of items we supply for you.



Travel Insurance

Insurance is mandatory for everyone visiting and traveling Nepal.

Make sure that your travel insurance covers death, medical expenses, helicopter rescue, air ambulance and cover for any extent of personal injury. It should cover your time of stay here in Nepal completely. In case you need any kind of guidance or ideas on travel insurance, make sure to contact us. We at Swotah are here to help you insure your health alongside travel.



Private journey

You can always contact us for planning a trip of your own. We will surely help you plan the perfect itineraries whether you are travelling with friends, family or solo. We are sure we will provide you with the kind of trip you want at your time.



Partner with us

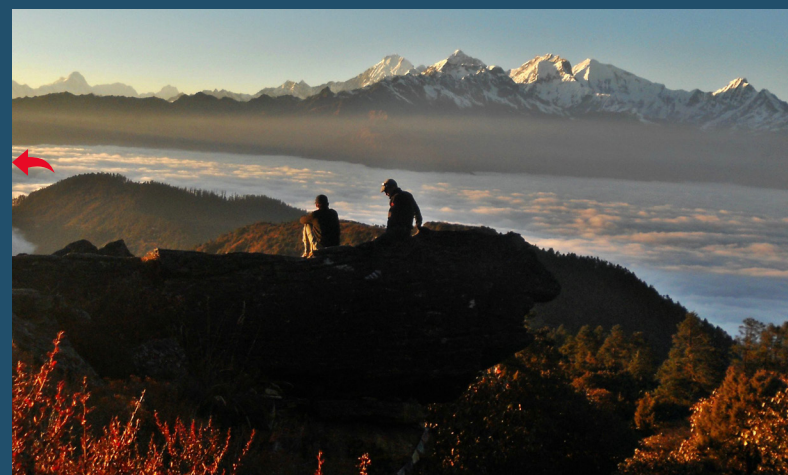
Collaborate with Swotah to plan the best of your trips. We are here to give you the opportunity to benefit from the travel industry. Partner with us to promote tourism industry with growing adventurous activities range. We are sure that we have something to appeal to your eyes. Given our experience, Swotah is here to satisfy your hunger for travel and give you the best of everything.

TRIP GRADES



Grade (Easy)

The main focus of these trips are in and around cultural and historical places. In this level, the walking duration may be anywhere in between 2 hours to 5 hours in a Day. This level is flexible and easy, so anyone can be part of these trips. These trips can include lots of breaks and resting time as per your Luxury and need. You will surely have lot of fun in these trips and it will not be as tiring. You will get to understand the local communities of Nepal here.



In between easy and demanding, this is just about the right trip for the one willing to take it to another level. Since in this level we climb towards the altitude between 900m to 3,000m, good health and fitness condition is a must.

Trips in this grade: Annapurna Base Camp, Langtang, Lower Mustang



Grade (Moderate)

Paths are going to be difficult. Rough roads, tiring up and downs are a given in this grade. You need to make sure that you are in good health condition for these trips as we will be scaling up to 4,000 meters here.

Trips in this grade: Tilicho Base Camp, Everest Base Camp

Grade (Hard)

The strenuous level takes you to an altitude of 3,500 to 5,000m. These treks are going to be of longer duration and some trekking experience before is suggested and is beneficial. Your fitness game has to be very strong. Trips in this grade: Dhaulagiri, Three High Passes





Grade (Severe)

These treks are there to take the edge of your adrenalin. You will have to be fully equipped and should be ready to carry bag packs and other essential items if needed. These treks could last longer than your fixed duration. We hope you will be doing some physical fitness exercise alongside your trekking experience from before.

Trip in this grade: Ama Dablam Peak

Grade (Very Severe)

These treks are only recommended and limited to the ones with high trekking experience and fitness. Since it's includes crossing an altitude of 6,000m, you need to be exceptionally fit and willing to take the challenges across the way. This grade includes all the mountain climbing and peak expedition treks.

Trip in this grade: Manaslu Expedition



MOUNTAIN BIKING

Grade (Extremely Severe)

An opportunity to take a biking trip along challenging, picturesque trails against a backdrop of jagged snowy peaks doesn't come along every day. Swotah specialises in planning and operating professional mountain biking tours through some of the best biking trails you're likely to encounter.

Trips in this grade mostly includes Annapurna circuit biking, Upper Mustang biking





TRAVEL STYLE

Travelling is both for the adventure seeking bag packers and the ones seeking to soak deep in lavish culture and lifestyle. We present you with packages for everyone, to suit their price ranges. You could immerse yourself in the local communities with dance and music or get lost in the forest. Our tour packages have everything covered for you in your price.

All our trips are planned in a style, some to fit the adrenalin junkies and some for laid back travelling. You can take your pick with a pinch of both too.

ORIGINAL

For travelers on a budget and for travelers who believe in exploration with local experience

we will provide you with an astonishing experience even when you keep it basic and in the price range you can afford. You surely won't be disappointed with these packages. These packages are well suited for your interest and you can pretty much plan all your activities to suit your budget. The accommodation we provide will be clean and hygienic and cover your basic Luxury value.

'Original style' travel is for the ones who want to

explore the place they visit at their own free time under their budget. For this style of travel, we create a plan that makes travelling feasible for you according to your interest. The itineraries planned here will consist more of your idea of spending time. Original style travel is our initiation to make travel affordable for each and every one. You don't need to pay for a lavish travel plan and we are here to make it possible.

Simple, clean accommodation

our focus is on clean and hygienic places run by locals making it very affordable. We also provide accommodation on a sharing basis so that you spend more of your money on amazing travel experience instead of accommodation.





COMFORTABLE

‘Comfortable travel’ is our idea to let you plan your own trip and we here will make it possible. We give you a trip with some adventurous activities and a lot of free time to explore and create your own memories through experiences. Our accommodation facilities mostly include of clean and hygienic tourist hotels but it could also change into home stays and local or heritage hotels to give it a touch of history. For an extra feel of originality, we provide you with services of camping, too.



LUXURIOUS

‘Luxury travel’ is a lavish idea allowing you to be relaxed in a comfortable way. Your Luxury is our priority and we make sure you feel the same. So let’s travel through the historical lands and unexplored forests with a touch of extravagance we offer you. When you pay for this, you will receive a relaxed accommodation, Luxury travel in private vehicles and airplanes when possible. Let’s experience the great out of your money in a short time period.

We have created the best balance of relaxed and adventurous travelling. Luxury travel is a style of life you will want to experience again and again. We welcome you to experience the laid back kind of travel, with luxurious accommodations.

Experience the exquisite cuisine of local taste and relax soaking the community vibes. Our local leaders will be there to guide you and make you feel good during this trip.



HOME STAYS

Home stays are here to provide us with home like warmth and an experience of a life time to observe local community at its best. This idea of sharing a home and food with local family will surely prove beneficial for the bag packers.

A night under the stars would be a great experience for you too. We are here to help you with setting up a camp and spending the night with nature. Wouldn't it be the best?

You are not going to find such an amazing experience oriented packages at this price with anyone but us. The adventure and experience of a choice, basic accommodation and transportation to suit your Luxury without making it extravagant with lifetime of memories. We are here to give you all this, at the reach of your pocket.

**Clean and hygienic accommodation
Shared facilities to match your budget
Staying at a home stay or camping below stars.**





NEPAL – YOUR AMUSEMENT

The land of Buddha and spectacular mountains, Nepal is offering you a breathtaking variety of landscapes and culture. From the golden Terai to the Mount Everest and the ride of your life through the hilly region, Nepal will provide you with an experience that you would not want to forget.

Kathmandu is a canvas painted with architectural efficiency. Amidst the humming and chanting of the slogans from temples crossing through the hustling, bustling traffic you will find your stop in the historical durbar square's and their art work reflecting Nepal's beauty through history. When you take a break from the city's culture and lifestyle the hills around the city will be a pleasure to your eye, which on a lucky Day will let you have a breathtaking views of the mountains.

Take a step out of the city and few miles away there is a city of lakes to welcome you, of course with the panorama of mountains view to gaze at. You could trek through the hills, terrains and forests and watch the herd of yaks. If you want to experience a more spiritual connection, you could trek to the hill top gumbas that will give you an astonishing view of the place and let you leave with a satisfied soul.

We at Swotah are here to help you make the voyage of your dream real. You are not going to be disappointed with what we have to offer in reasonable prices and wide range of travel packages.

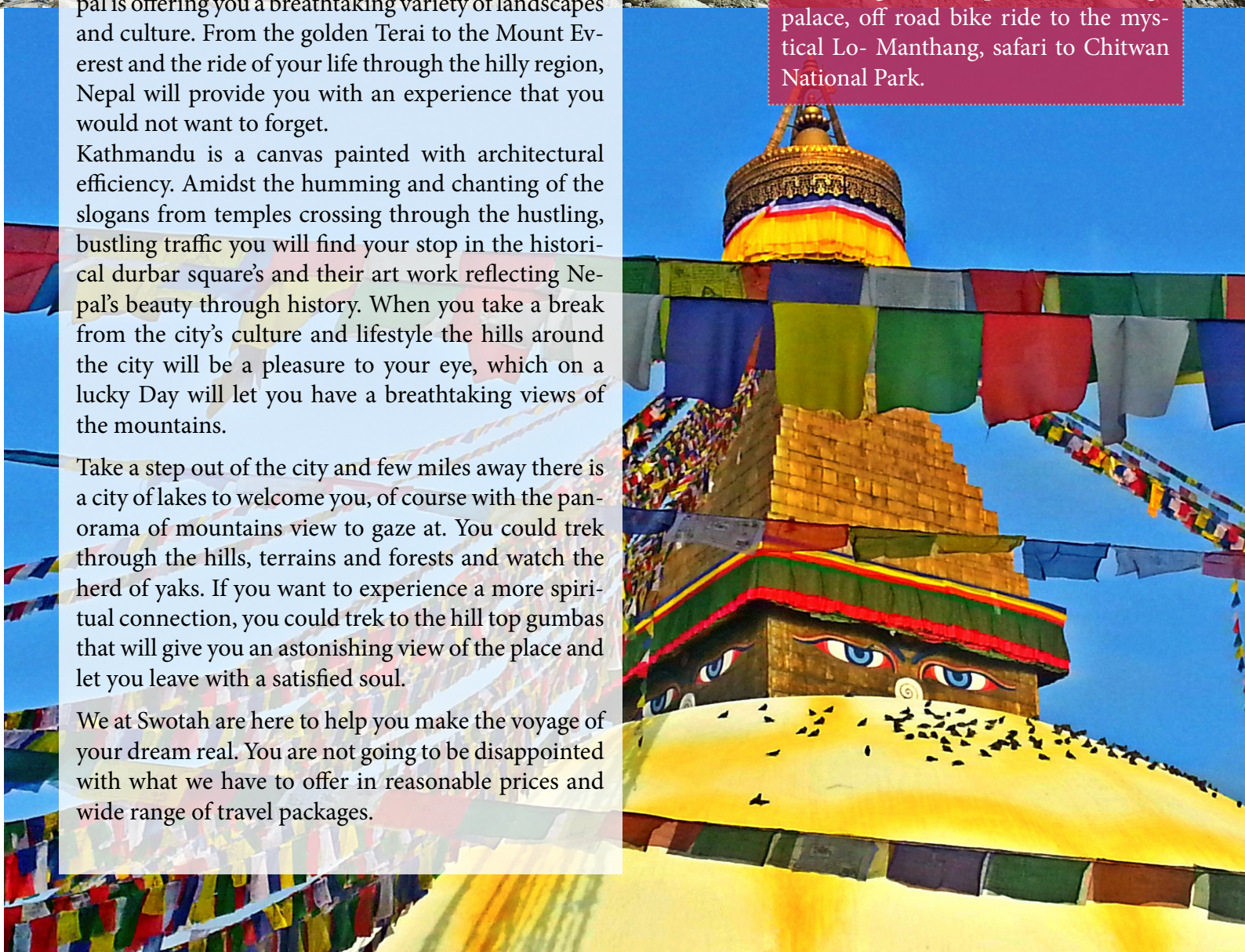
OVERLAND TOURS

Transportation is bound to be an experience in itself with the wide range of options here, cars, vans bus, rickshaw, tempo, yaks and donkeys too.

Our famous small group packages allow us to focus on individual and give you a lavish experience. These trips will be relaxing and bewildering.

Our clients love them because these packages run at its own pace, let you relax and are not confusing or hurried like big groups. Individual satisfaction for the clients has always been our motto.

Visit village of Bandipur, Gorkha King's palace, off road bike ride to the mystical Lo- Manthang, safari to Chitwan National Park.



TREKKING IN NEPAL

(Exquisite Everest Region)

Everest Base Camp

Everest Base Camp Trek is the ultimate destination for those travelers to have absolute answer for its remarkable beauty of "Roof of The world", "Chomolungma" Goddess Mother of the World " in Sherpa Language as well as The Nepali name is Sagarmatha " Head of the Sky " Mount Everest was named after Sir George Everest. It was Sir Edmund Hillary and Tenzing Norgay Sherpa who made history in 1953 by conquering the mountain. You will feel just as adventurous as them upon reaching the base camp. This trek is once in a life time venture that allows you to have various experiences of magnificent views on the way to Everest Base camp Trail.

16 Days trek is designed for the beginners and little experienced trekkers who kick off with a sweeping scenic flight to Lukla from where the trek starts. The lengthy walk follows many farm villages and monasteries on route with awesome views of the high snowcapped peaks of the world. It also elevates to the highest spot at Kalapatthar for the outstanding breathtaking panoramic views of peaks and its glacier including Mt. Everest at close distance. This trek will change the way you think about yourself and the Mother Nature.





Trekking Facts

Trek Name: Everest Base Camp

Trek Duration: 16 Days

Trip Grade: Challenging/ Strenuous

Trek Season: Sep- Dec/Mar-May

Trek Altitude: 5215 m

Mode of Transfer: Bus/Jeep

Start/End of Trek: Sotikhola/Dharapani

Major Highlights: Kalapatthar

Outline Itinerary

DAY 01: Arrival in Kathmandu: Greeting and Meeting with Swotah Travel

DAY 02: Sightseeing tour of Kathmandu Valley

DAY 03: Flight to Lukla & Trek to Phakding [2656m]

DAY 04: Trek to Namche [3450m]

DAY 06: Namche Bazaar to Tengboche (3,870m/12,694ft): 10km, 5- 6 hours

DAY 07: Trek to Dingboche

DAY 08: Dingboche: Acclimatization

DAY 09: Dingboche to Lobuche (4940 m/16,207 ft)

DAY 10: Lobuche to Gorak Shep (5170 m/16,961ft), visit Everest Base Camp (5364 m/17,594 ft): 13km, 6-7 hours

DAY 11: Gorak Shep to Kala Patthar (5,545m/18,192ft) to Pherice (4,288m/14,070ft): 16km, 7-8 hours

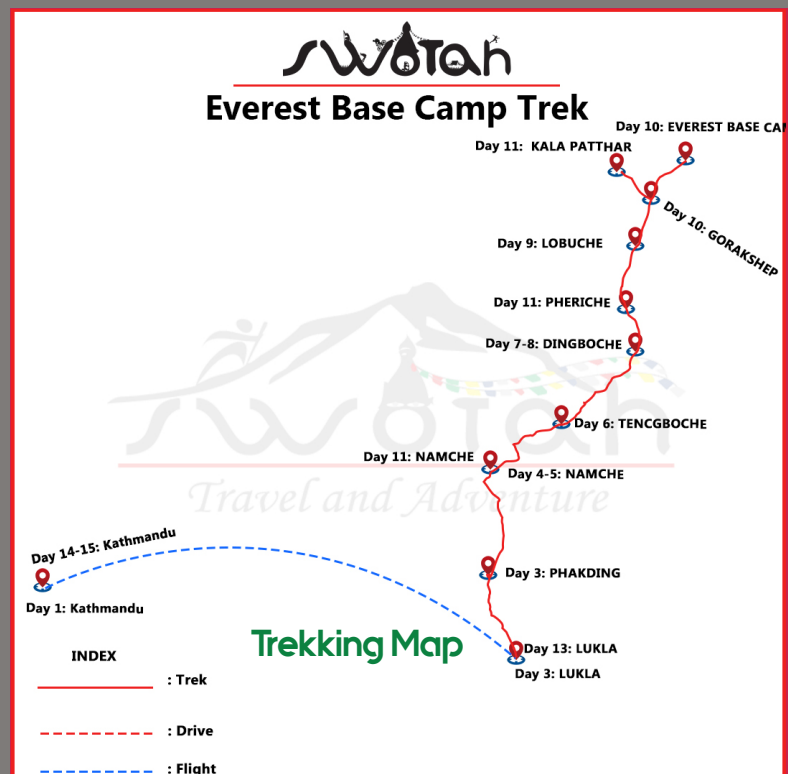
DAY 12: Pheriche to Namche

DAY 13: Namche to Phakding and Lukla

DAY 14: Lukla to Kathmandu

DAY 15: Kathmandu: free Day

DAY 16: Kathmandu: Departure Day



THREE HIGH PASSES

(Exquisite Everest Region)



Trip Introduction

3 High passes treks in Everest Region Nepal is a trek with unparalleled alpine beauty and without doubt the grandest mountain scenery on the world. The highlights of the trek include the Sherpa village of Khumjung, the pristine Gokyo lake, the breathtaking scen-

ery from the all these passes and the visit to Everest base camp. Unlike other treks in Everest region, this trek makes a loop, hence no tracing back of the route. The good thing about this Everest Three high passes trek is despite having to cross three passes, you do not require any technical climbing and any person with good fitness and previous trekking experience can complete the trek successfully.



Trekking Facts

Trek Name: Three High Passes

Trek Duration: 22 Days

Trip Grade: Very Strenuous

Trek Season: Sep-Dec/Mar-May

Trek Altitude: 5545 m

Mode of Transfer: Bus/Jeep/Flight

Start/End of Peak: Kathmandu /Lukla

Mode of Transfer: Bus/Jeep/Flight

Major Highlights: Everest 3 High passes: Renjo Lapass, Cho La pass and the Kongma La pass

Outline Itinerary

DAY 01: Arrival at Kathmandu

DAY 02: Sightseeing of Kathmandu

DAY 03: Fly to Lukla and trek to Phadking

DAY 04: Trek to Namche Bazar (3,440M, 5HRS)

DAY 05: Acclimatization

DAY 06: Trek from Namche Bazar to Tengboche (3,870M/12,694FT): 10KM, 5-6 HOURS

Trekking Facts

DAY 07: Trek to Dingboche

DAY 08: Dingboche: Acclimatization

DAY 09: Dingboche to Chukung (4750 M/15,580 FT) Climb Chukung Ri (5,546M)

DAY 10: Cross to Kongma La pass (5535m/18,159ft), trek to Lobuche (4940m/16,210ft)

DAY 11: Lobuche to Gorak Shep (5170 M/16,961FT), Visit Everest Base Camp (5364 M/17,594 FT): 13KM, 6-7 hours

DAY 12: Trek to Dzongla (4,830M)

DAY 13: Trek to Thagnak (4,700M, 5HRS).

DAY 14: Trek to Gokyo (4,790M, 2HRS)

DAY 15: Gokyo Exploration day

DAY 16: Trek to Lungden (4,560M, 6HRS)

DAY 17: Trek to Thame (3,820M, 5HRS)

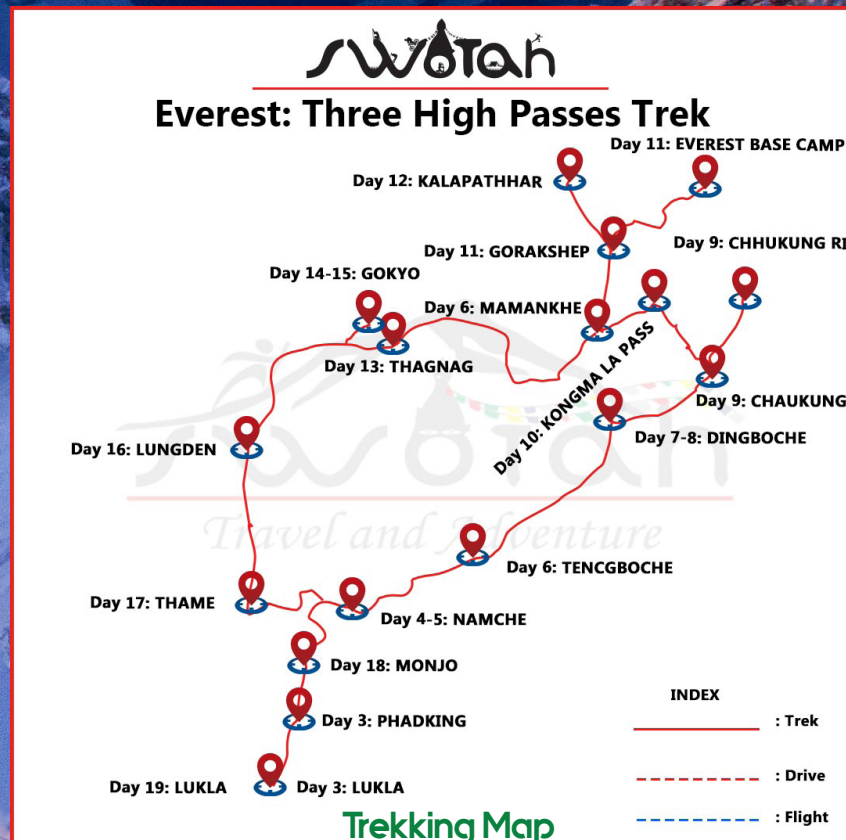
DAY 18: Trek to Monjo (2,840M, 6HRS)

DAY 19: Trek to Lukla (2,840M, 6HRS)

DAY 20: Fly from Lukla to Kathmandu

DAY 21: Sightseeing of Kathmandu Valley

DAY 22: Fly back home



AMAZING ANNAPURNA TREKKING

Annapurna Circuit

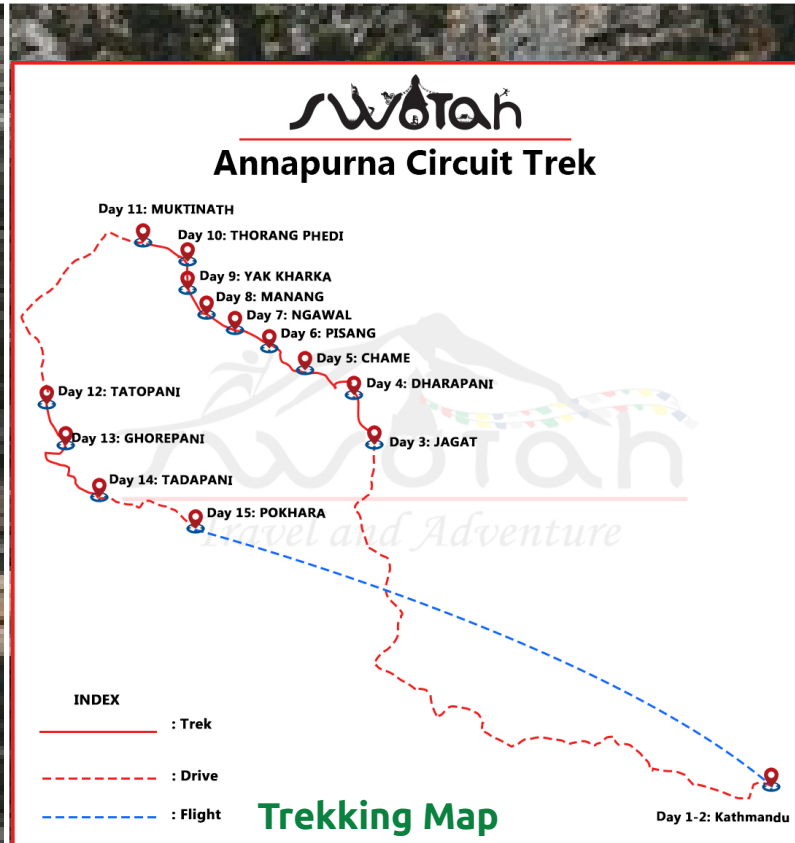
Annapurna Circuit better known as Round Annapurna Trekking is one of the most rewarding trek Nepal has to offer. This circuit package allows you to encircle the Annapurna. The trek commences with drive from Kathmandu and followed by trekking towards Manang. Annapurna Circuit comprises of picturesque Himalayas, raging rivers, deepest gorges, natural hot springs, pilgrimage sites, and cultural villages which makes it one of the most diverse trekking in Nepal.

Annapurna trekking is undoubtedly one of the most popular trekking destinations in the world. This trek never ceases to disappoint the trekkers, everyday a new surprise awaits for them. Circling the Annapurna will enthrall you with the joy and sense of achievement. It is also well-liked Trekking route in Nepal that follows great Himalayan view, unique geography, and climate. The best mountain attractions are Mt. Annapurna I 8091m, Mt. Annapurna II 7937m, Annapurna III 7937m, Annapurna IV 755m, Mt Dhaulagiri 8167m, Mt. Manaslu 8163m, Tukucho peak, Tilicho peak 7,134m. Other than mountains this trail meanders from deepest gorge and highest passes in the world. Brace yourself and embark on the one of the most prestigious trekking destination that is sure to give you the adventure of life time.



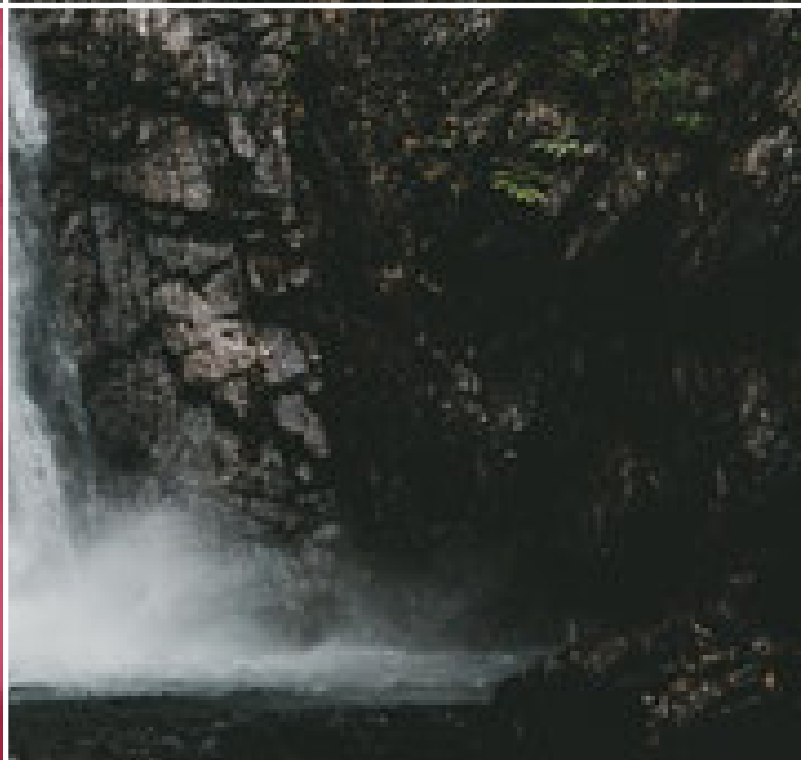
Trekking Facts

Trek Name: Annapurna Circuit
Trek Duration: 17 Days
Trek Difficulty: Strenuous
Trek Season: Sep-Dec/Mar-May
Trek Altitude: 5,4100m
Mode of Transfer: Bus/Jeep
Start/End of Trek: Jagat/Jomsom
Highlights: Thorang la pass, Ice Lake



Outline Itinerary

DAY 01: Arrival at Kathmandu: Itinerary Briefing
DAY 02: Sightseeing in Kathmandu
DAY 03: Drive from Kathmandu to Jagat
DAY 04: Trek from Jagat to Dharapani
DAY 05: Trek from Dharapani to Chame
DAY 06: Trek from Chame to Pisang
DAY 07: Trek from Pisang to Bragha
DAY 08: Trek from Bragha to Manang
DAY 09: Trek from Manang to Yak Kharka
DAY 10: Trek from Yak Kharka to Thorang Phedi
DAY 11: Trek from Thorang Phedi to Muktinath
DAY 12: Trek from Muktinath to Tatopani
DAY 13: Trek from Tatopani to Ghorepani
DAY 14: Trek from Ghorepani to Tadapani
DAY 15: Trek from Tadapani to Pokhara
DAY 16: Drive from Pokhara to Kathmandu
DAY 17: Departure to homeland: Farewell Dinner



Annapurna Base Camp

Mt. Annapurna (8091m) is the 10th highest mountain in the world and the trekking to its base camp is one of the most popular treks on earth. Annapurna Base Camp trekking which is also known as Annapurna Sanctuary trekking is the greatest prominent trekking in Nepal.

Like any other trip in the Annapurna region, our Annapurna Base Camp Trek also begins in Pokhara, widely known as the 'Lake City' and passes through cascading waterfalls, beautiful villages, terraced farmlands, lush rhododendron forests, and amazing mountain vistas before reaching the base of the mighty Annapurna.

The 11-day Annapurna Base Camp Trek itinerary is designed for trekkers who would like to trek to the base camp of Annapurna but are restricted time-wise. For travelers who wish to reach the Annapurna base camp in a more relaxed manner, Annapurna Sanctuary Trek - 14 Days would be more appropriate.

Outline Itinerary

DAY 01: Arrive to Kathmandu: Meeting and greeting with Swotah Team.

DAY 02: sightseeing in Kathmandu: 7 UNESCO world heritage sites

DAY 03: Drive from Kathmandu to Birethanthi (200km)

DAY 04: Commencement of trekking from Birethanthi to Ulleri

DAY 05: Trekking from Ulleri to Ghorepani (6 hrs / 2,800 m)

DAY 06: Hike to Poon Hill (50 mins / 3,200 m) | Trek to Tadapani

DAY 07: Trek to Chhomroong (5 hrs / 2,100 m)

DAY 08: Trek to Dovan (2,400 m / 6 hrs)

DAY 09: Ascent to Deurali (5 hrs / 3,300 m)

DAY 10: Trek to Annapurna Base Camp (5 hrs / 4,200m)

DAY 11: Trek down to Bamboo (6 hrs)

DAY 12: Trek back to Jhinu Danda (5 hrs / 1,600 m)

DAY 13: Jhinu to Pokhara and exploring the Lake city

DAY 14: Pokhara to Kathmandu

DAY 15: Success Celebration and fly to your homeland

Trip Details

Trek Name: Annapurna Base Camp

Trek Duration: 15 Days

Trek Difficulty: Demanding/
Moderate

Trek Season: Sep-Dec/Mar-
May

Trek Altitude: 4200 m

Mode of Transfer: Bus/Jeep

Start/End of Trek: Pokhara/
Pokhara



MAGNIFICENT MUSTANG

Upper Mustang

The word 'Mustang' simply conjures up ideas of forsaken, remoteness and isolation, a place lost amongst the mountains. This was an independent country until it was closely consolidated into Nepal just a few decades ago.

The kingdom of Mustang lies in the rain shadow formed by the Annapurna & Nilgiri Himalayas and thus gets very little rain which fortunately, makes the area ideal for trekking even in the mid monsoon

while the other areas of Nepal remain unsuitable for trekking due to heavy monsoon rain.

Trekking to the upper mustang is magnificent by any means, it's a sheer pleasure to walk through the majestic hill and see superb view of the barren mountains. This barren desert is so beautiful that it can put green lands in shame. The scenic landscape of this region is quite familiar to Tibetan landscapes as geographically it is a part of the Tibetan plateau. Even the culture of this place is highly influenced by

Tibetan people.

Upper Mustang Trek is a thrilling experience where you can explore ancient monasteries from the 14th century, Buddhist shrines, culture that will leave an impression on your heart. You'll have to March through an almost treeless barren landscape, a steep rocky trail up and down hill during Upper Mustang Trek while enjoying panoramic views of Nilgiri, Annapurna, Dhaulagiri and several other peaks.

Trekking Facts

Trek Name: Mustang Trek

Trek Duration: 15 Days

Trek Difficulty: Strenuous

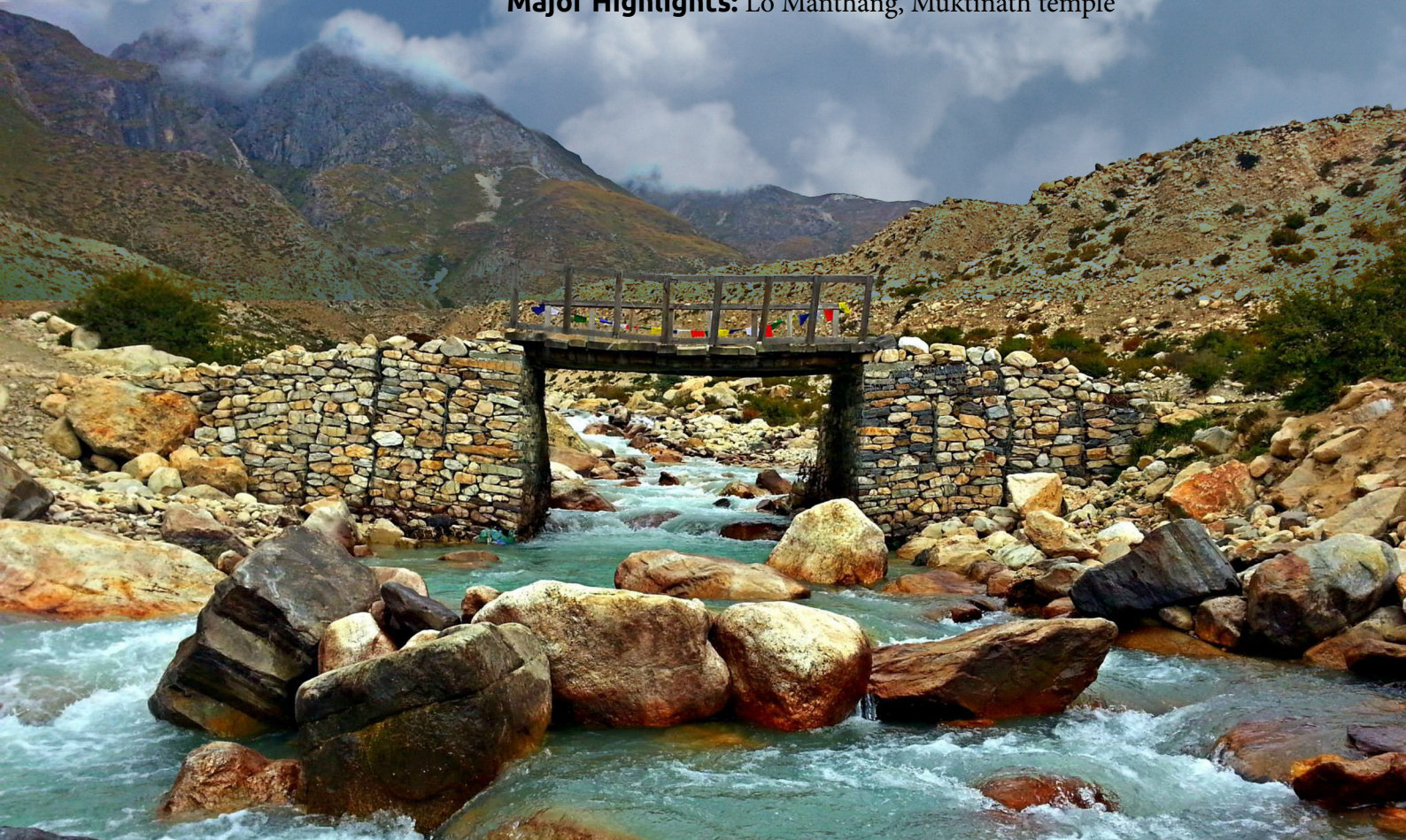
Trek Season: Sep-Dec/Mar-May

Trek Altitude: 4,200m

Mode of Transfer: Bus/Jeep

Start/End of Trek: Pokhara/ Pokhara

Major Highlights: Lo Manthang, Muktinath temple





Outline Itinerary

- DAY 01: Arrival in Kathmandu: Meeting with Swotah team and discussing the itinerary.
- DAY 02: Free day in Kathmandu for trek permit preparations and sightseeing.
- DAY 03: Fly or drive to Pokhara.
- DAY 04: Fly to Jomsom and trek to Kagbeni (2800 meters).
- DAY 05: Trek to Tsele via Chuksang (3050 meter)
- DAY 06: Trek to Geling (3500 meters).
- DAY 07: Trek to Charang (5-6 Hours)
- DAY 08: Trek to Lo Manthang
- DAY 09: Exploration day at Lo Manthang
- DAY 10: Trek to Dhakmar.
- DAY 11: Trek to Syanboche
- DAY 11: Trek to Tsele
- DAY 13: Trek to Kagbeni and Jeep ride to Jomsom.
- DAY 14: Flight to Pokhara
- DAY 15: Drive or Flight to Kathmandu

Manaslu Circuit & Tsum Valley

The Manaslu Valley Trek is more remote and spectacular than many, with rough steep tracks and limited accommodation. It is culturally fascinating with strong continuing links to Tibet in the upper Buri Gandaki (called Nupri 'the western mountains') and the Tsum Valley, and even has the Larkya La (5100m) as a challenge. The views of Mt Manaslu, eighth highest mountain in the world, are marvelous and close.

Mount Manaslu is the eighth tallest mountain in the world coupled with a chance to observe cultural, natural and biological diversity of the region. Despite of being a popular destination, Manaslu Trekking is restricted and requires special permit. Trekking in Manaslu allows you to explore the majestic height and splendid sight

of Mount Manaslu accompanied with rich diversity in flora and fauna and a wide cultural spectrum which includes strong influences from Tibet mixing with typical and diverse Nepalese culture and ethnicity.





Trekking Facts

Trek Name: Manaslu Circuit & Tsum Valley

Trek Duration: 23 Days

Trek Difficulty: Hard

Trek Season: Sep-Dec/Mar-May

Trek Altitude: 3700 m

Mode of Transfer: Bus/Jeep

Start/End of Trek: Sotikhola/Dharapani

Major Highlights: Mu Gumba, Aani Gumba, Larke La Pass, Manaslu Base camp (Optional)

DAY 12: Trek from Chokkanparo to Lhokpa

DAY 13: Trek from Lhokpa to Deng

DAY 14: Trk from Deng to Namrung

DAY 15: Trek from Namrung to Syala

DAY 16: Trek from Syala to Sama gaon

DAY 17: Trek from Sama Gaon to Samdo

DAY 18: Trek from Samdo to Dharamsala

DAY 19: Trek from Dharamsala to Bhimtang

DAY 20: Bhimtang to Tilje

DAY 21: Drive from Tilje to Besisahar (jeep)

DAY 22: Drive from Besisahar to Kathmandu (Jeep)

DAY 23: Back home: Departure Day and celebrations with Swotah team

Outline Itinerary

DAY 01: Kathmandu Arrival: Meeting and greeting with Swotah Team

DAY 02: Kathmandu valley sightseeing: Preparation Day

DAY 03: Drive from Kathmandu to Soti Khola (BY Jeep)

DAY 04: Trek from Soti Khola to Machakhola

DAY 05: Trek from Machhakhola to jagat

DAY 06: Trek from Jagat to Philim

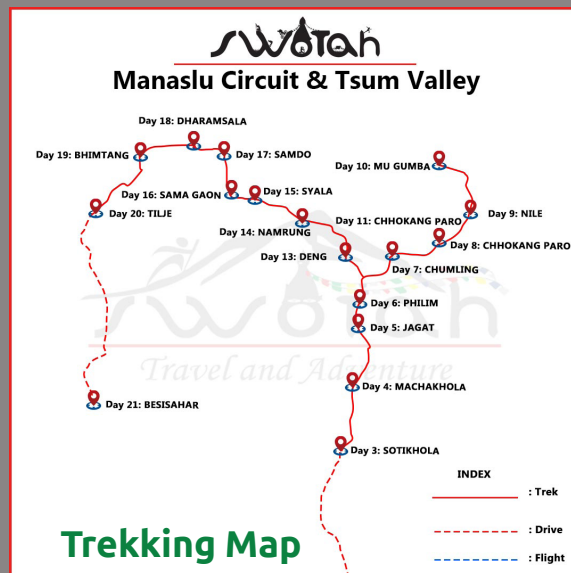
DAY 07: Trek from Philim to Chumling (6-7hrs)

DAY 08: Trek from Chumling to Chhokang-Paro (3-4hrs)

DAY 09: Trek from Chokkanparo-Nile

DAY 10: Trek from Nile to Mu Gumba

DAY 11: Trek from Mu Gumba to Chokkanparo



Expedition and Peak Climbing Adventures

Island Peak

If you're beginner in the world of mountaineering, then this is the mountain for your debut. Island peak also known as Imja TSe, is a mountain that lies in Sagarmatha National Park which provides excellent opportunity to the novice or people with little experience in the field of mountaineering. It is believed that this peak appears as an island in a sea of ice when viewed afar from Dingboche hence earning the name Island peak. The

second highlight of this expedition is that can be completed in only 3 days and 2 nights, making it one of the least expensive expedition package compared to other expedition.

Our first destination is Lukla, which is also known as gate way to Everest region. We fly from Kathmandu to the Lukla from where we approach the mountain following the steep and strenuous trails of the Khumbu Valley, which has beautiful views and villages and

lovely people. Besides toilsome expedition adventure, it will also be a cultural adventure to observe the Sherpa inhabitants and the Buddhist monasteries. This Expedition goes through some of the nearby passes, such as Renjo La Pass (5338m), Chola Pass (5420m), and Kala Pattar (5545m); which is surely going to the highlight of this trek. This climb to Island peak is full of excitement, thrill, adventure and memories that will occupy your mind forever.

Climbing Facts

Peak Name: Island Peak Climbing

Peak Duration: 18 Days

Peak Difficulty: Moderate

Peak Season: Sep-Dec/Mar-May

Peak Altitude: 6,189 m

Peak Package: Budget/Standard/Deluxe

Mode of Transfer: Bus/Jeep/Flight

Start/End of Peak: Kathmandu /Lukla

Outline Itinerary

DAY 01: Arrival at Kathmandu: Itinerary briefing

DAY 02: Kathmandu Sightseeing: Visiting World heritage sites.

DAY 03: Brief flight from Kathmandu to Lukla and trek to Phakding (2610m).

DAY 04: Trek to Namche (3450m)

DAY 05: Acclimatization at Namche: visiting nearby attractions.

DAY 06: Namche Bazaar to Tengboche (3,870m)

DAY 07: Trekking from Tengboche to Dingboche (4350 m)

DAY 08: Trekking from Dingboche to Lobuche

DAY 09: Lobuche to Gorak Shep and Everest Base camp

DAY 10: Everest Base Camp to Kalapathhar and then Dingboche

DAY 11: Trek from Dingboche to Chukung

DAY 12: Island Peak: Summit, return to Chukung

DAY 13: Trek to Tenchboche from Chukung

DAY 14: Trek to Namche from Chukung

DAY 15: Trek from Namche to Phakding and Lukla

Mera Peak

Mera Peak standing tall at 6654m is one of the most sought after mountaineering peaks in Nepal. Climbing Mera Peak bless us with breathtaking views of Himalayas and adventure of a life time. From the summit, views of the surrounding mountains is just unreal and only few brave hearts are bestowed with that kind of luck. The commencement of the expedition begins with Kathmandu followed by brief flight to Lukla. From Lukla we head upwards through beautiful hills and valleys to reach the cold mountain region. Lying arduously on the edge of the Khumbu region, Mera Peak Climbing is also an excellent opportunity to experience trekking in the Himalayan region of Nepal.

Mera Peak is considered one of the most alluring trekking peaks in Nepal for it involve a culturally stimulating venture through remote picturesque villages and lush forests - followed by summiting the majestic Mera Peak. This peak is renowned for being Nepal's highest trekking peak. The climb of Mera comes at the end of a week-long trekking and this expedition is not necessarily technically difficult, but there is the altitude to contend with which makes this an exciting and challenging trip.

Climbing facts

Peak Name: Mera Peak Climbing

Peak Duration: 19 Days

Peak Difficulty: Moderate

Peak Season: Sep-Dec/Mar-May

Peak Altitude: 2800m-6476m

Group Size: 02-12 people

Peak Package: Budget/Standard/Deluxe

Mode of Transfer: Bus/Jeep/Flight

Start/End of Peak: Kathmandu /Lukla

Outline Itinerary

DAY 01: Arrive at Kathmandu: Itinerary Briefing

DAY 02: Fly to Lukla and Trek to Chutanga

DAY 03: Trek to Thuli Kharka

DAY 04: Trek to Kothe crossing Hinku River

DAY 05: Trek to Thangna while visiting busshist Shrine

DAY 06: Acclimatization day: Explore Thangna

DAY 07: Trek to Khare: Mera Base Camp

DAY 08: Acclimatization: Rest day in Khare

DAY 09: Trek to Mera La.

DAY 10: Trek to High Camp from Mera La

DAY 11: Climbing Mera Peak: Summit Day

DAY 12: Trek Down to Thangna

DAY 13: Trek back to Kothe

DAY 14: Trek to Thuli Kharka below Zatwra La

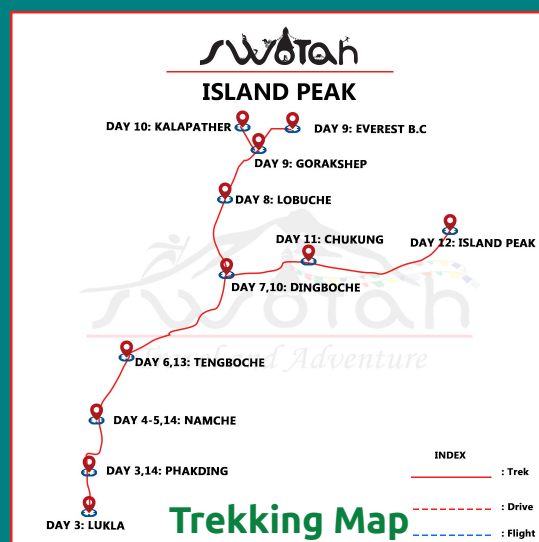
DAY 15:: Trek to Lukla (2800m)

DAY 16: Fly to Kathmandu

DAY 17: In Kathmandu: Sightseeing

DAY 18: Kathmandu Airport: Departure Day

DAY 19: Kathmandu Airport



Ama Dablam Peak

Climbing Ama Dablam is one of the most sought after expeditions in Nepal for this has the entire trait that makes venture exhilarating. Technically it has ice, rock, fixed rope ways, killer views, fascinating highlands, and great base camp in a meadow with a stream which makes this venture worthwhile. The stunning pyramid of Amadablam; Situated in the heart of Everest's Khumbu region along with the Matterhorn and Khan Tengri, is regarded as one of the world's most beautiful peaks. High on her Southwest face hangs a glacier resembling a 'Dablam' - the sacred ornament box worn by ladies in the Sherpa community. It was this spectacular feature that got her the name "Ama Dablam".

Climbing facts

Peak Name: Ama Dablam Climbing

Peak Duration: 30 Days

Peak Difficulty: Medium/ Hard

Peak Season: Sep-Dec/Mar-May

Peak Altitude: 6,812m

Peak Package: Budget/Standard/Deluxe

Mode of Transfer: Bus/Jeep/Flight

Start/End of Peak: Ama Dablam Base Camp

Outline Itinerary

DAY 01: Arrival at Kathmandu: Itinerary briefing

DAY 02: Kathmandu Sightseeing: Visiting World heritage sites.

DAY 03: Brief flight from Kathmandu to Lukla and trek to Phakding (2610m).

DAY 04: Trek to Namche (3450m)

DAY 05: Acclimatization at Namche: visiting nearby attractions.

DAY 06: Namche Bazaar to Tengboche (3,870m)

DAY 07: Trekking from Tengboche to Dingboche (4350 m)

DAY 08: Acclimatization day at Dingboche: Exploring the village

DAY 09: Trek to Ama Dablam base camp (4600 m)

DAY 10: Acclimatization day: Training Day

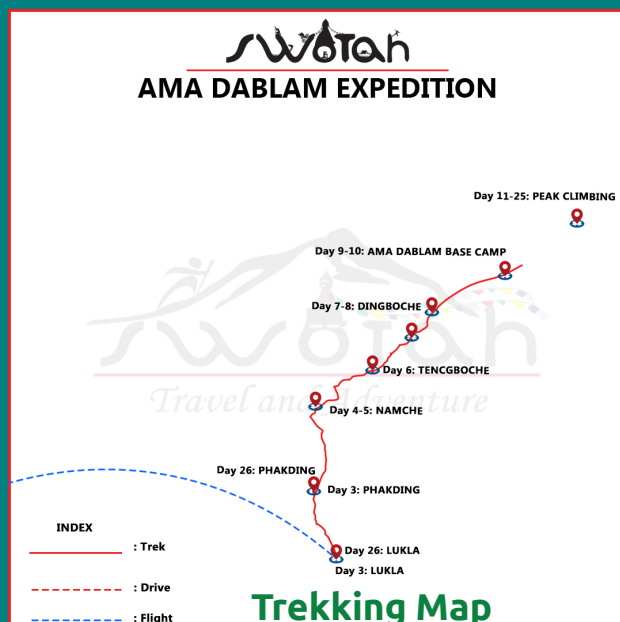
DAY 11-25: Peak Climbing Period

DAY 26-27: Return to Lukla from the Base Camp

DAY 28: Flight back to Kathmandu.

DAY 29: Buffer Day

DAY 30: Fly back home: Farewell Dinner



Mount Cho Oyu



Cho Oyu also known as the “Turquoise God” is the sixth tallest mountain in the world. It stands tall at 8201 meters and is part of the Greater Himalaya, where the central Asia plateau meets the Indian sub-continent. Because of its ease of access, Cho Oyu is often crowded with a large number of expeditions. Just west of Cho Oyu is the Nangpa La, the old trade route between the Khumbu Sherpas and Tibet. There’s quite a fascinating story behind the Cho Oyu facing opposite to Everest. Legend say, The Turquoise God fell in love with Chomolungma (Everest) but she instead married her near neighbor to the southeast, Makalu. The dejected Cho Oyu never wed and now he faces opposite to avoids looking at Chomolungma. Cho Oyu, being relatively easier to climb than its 8,000 meter family is ideal for those mountaineers with no experience of climbing 8,000ers. The climbing route features devoid of undue hazard with only a few short technical sections. Hence, it is the best option for the debutantes who wants to experience summiting one the highest mountains in the world.

Climbing facts

Peak Name: Peak Name: Cho Oyu Climbing

Peak Duration: 45 Days

Peak Difficulty: Medium/ Hard

Peak Season: Sep-Dec/Mar-May

Peak Altitude: 8201 m

Mode of Transfer: Bus/Jeep/Flight

Start/End of Peak: Cho Oyu Base Camp

Outline Itinerary

DAY 1: Arrival in Kathmandu: Itinerary briefing

DAY 2: Kathmandu Sightseeing: UNESCO world heritage sites

DAY 3: Free Day and preparation day

DAY 4: Drive to Tibet, Cross the border at Kadari

DAYS 5-6: Exploring Lasha

DAY 7: Drive to Shigatse

DAY 8: Drive to Xegar.

DAY 9: Exploration day at Xegar.

DAY 10: Drive to Chinese Base Camp.

DAY 11: Organization at Chinese base camp.

DAYS 12-15: Trek to Cho Oyu base camp.

DAYS 16-39: Climbing the north-west face of Cho Oyu

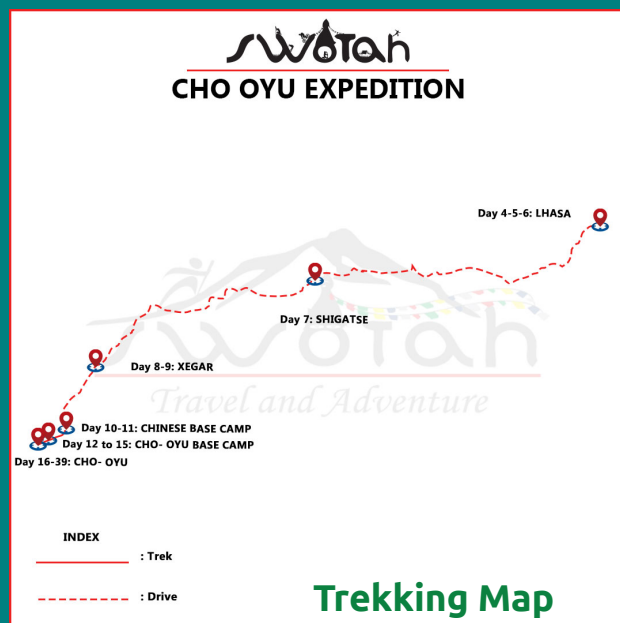
DAY 40: Return trek to road-head

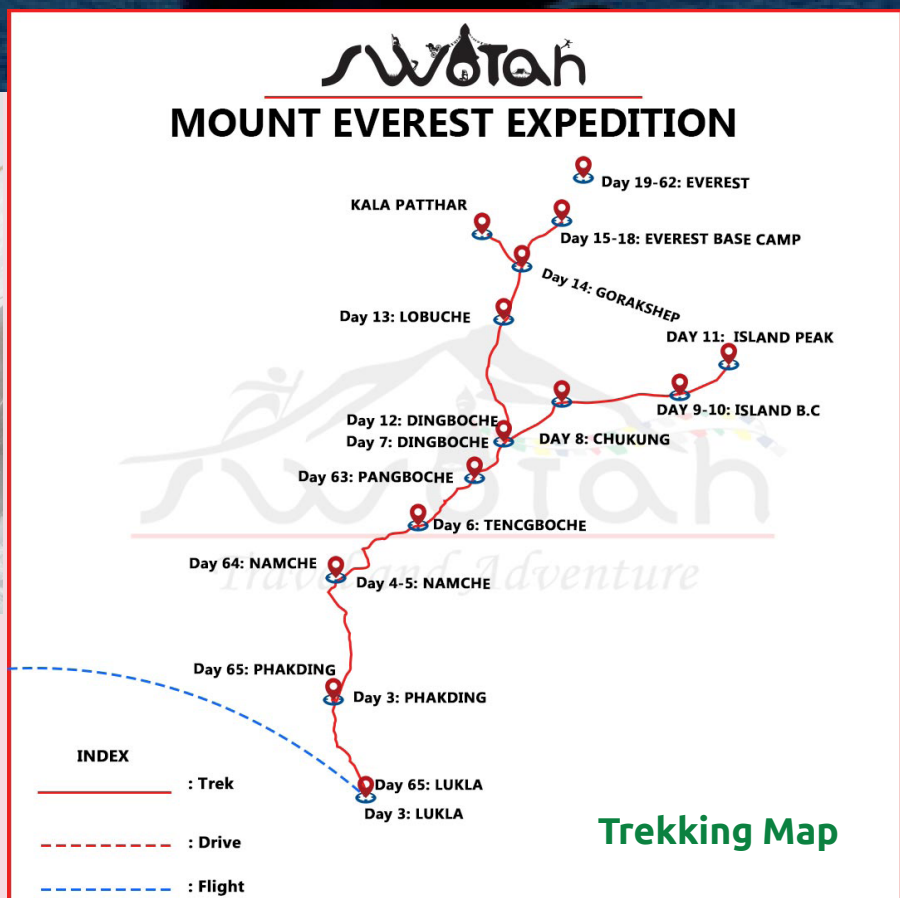
DAY 41: Drive into Nepal

DAY 43: Arrive Kathmandu

DAY 44: Kathmandu Rest

DAY 45: Flying back to home (From TIA)





Mount Everest

Clearly, the Majestic mountain of Everest needs no introduction; quite possibly,

This is the most admired and popular mountain in the world. Its heaven piercing height and magnificent beauty has left the mountaineers from all around the world spellbound. Named after Sir George Everest- the General of British India during the survey period during 1856 is better known as Sagarmatha (forehead of the sky) amongst Nepali and Chomolungma (Goddess Mother of the World) in Tibetan. The first attempt to conquer the Everest were made in 1920's which ultimately ended in disaster. Success came only in 1953 from the South side on the very same route you'll be taking for this expedition.

Relive the historic achievements and write your own history by making an attempt to surmount the top of the world with Swotah team.



Climbing Facts

Peak Name: Mount Everest

Peak Duration: 64 Days

Peak Difficulty: Hard

Peak Season: Sep-Dec/Mar-May

Peak Altitude: 8156m

Peak Package: Budget/Standard/Deluxe

Mode of Transfer: Bus/Jeep/Flight

Start/End of Peak: Kathmandu /Lukla

Outline Itinerary

DAY 01: Arrival at Kathmandu: Itinerary briefing

DAY 02: Kathmandu Sightseeing: Visiting World heritage sites.

DAY 03: Brief flight from Kathmandu to Lukla and trek to Phakding (2610m).

DAY 04: Trek to Namche (3450m)

DAY 05: Acclimatization at Namche: visiting nearby attractions.

DAY 06: Namche Bazaar to Tengboche (3,870m)

DAY 07: Trekking from Tengboche to Dingboche (4350 m)

DAY 08: Acclimatization day at Dingboche: Side trip to Chukung

DAY 09: Trek to Gorak Shep and Kalapathhar.

DAY 10: Trek to Everest base camp.

DAYS 11-14: Preparation for the expedition: Training and learning the essential skills required to climb the mountain

DAYS 15-58: Climbing Period

DAY 59: Trek down to Pangboche



DAY 60: Trek to Namche Bazaar via Tengboche

DAY 61: Trek from Namche to Phakding and Lukla

DAY 62: Morning flight back to Kathmandu

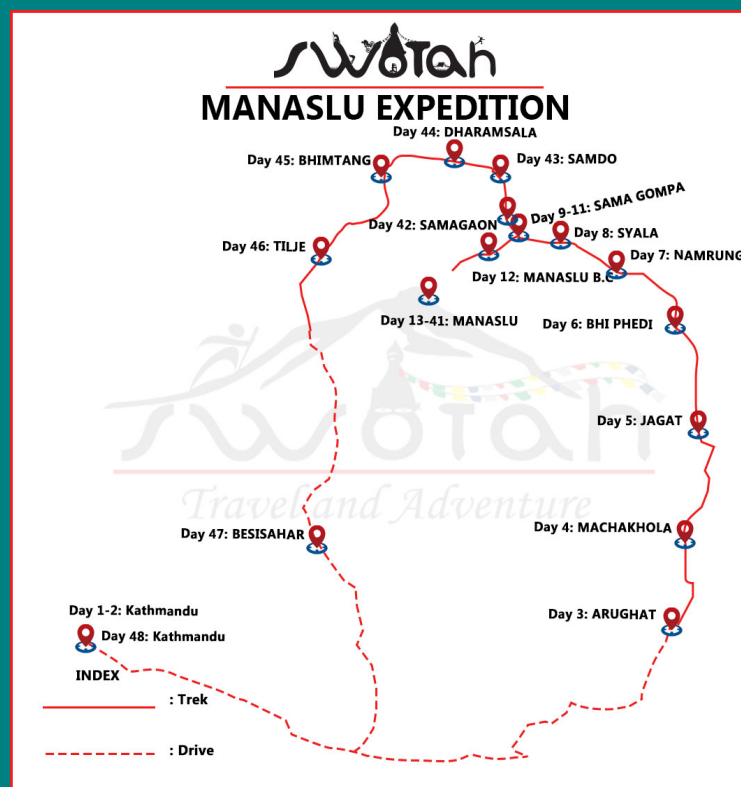
DAY 63: Buffer Day

DAY 64: Kathmandu: Departure Day

Mount Manaslu

Eighth highest mountain in the world is Kutang better known as Manaslu. Standing tall at 8156m it lies in the Nepal Himalaya, Kali Gandaki valley. The name Manaslu has been derived from Sanskrit word manias, meaning “intellect” or “soul”. It is the same root word as that for Manasarover, the holy lake near Mt. Kailash in Tibet. Manaslu has been always regarded as the “Japanese mountain” by the Japanese; because of the Japanese people first conquered on its top. The second successful Japanese expedition was in 1971. The mountain’s long ridges and valley glaciers offer feasible approaches from all directions, and culminate in a peak that towers steeply above its surrounding landscape, and is a dominant feature when viewed from afar

Manaslu Mountain is not for the debutantes for this expedition demands a high level of climbing proficiency on steep, exposed and technical skill and altitude experience of 7000m. 5+ rock and Ice climbing experience, capable of 6/7 hour walk a day and for the Summit day 8/10 hours walk.



Trekking Map



Climbing Facts

Peak Name: Manaslu Peak Climbing

Peak Duration: 45 Days

Peak Difficulty: Medium/ Hard

Peak Season: Sep-Dec/Mar-May

Peak Altitude: 8156m

Peak Package: Budget/Standard/Deluxe

Mode of Transfer: Bus/Jeep/Flight

Start/End of Peak:

Outline Itinerary

DAY 01: Arrival at Kathmandu: Itinerary briefing

DAY 02: Kathmandu Sightseeing: visiting the world heritage sites.

DAY 03: Early departure from Kathmandu to Soti-Khola on Jeep

DAY 04: Trekking from Soti Khola to Machakhola

DAY 05: Trekking from Macchakhola to Jagat

DAY 06: Trek to Bhi Phedi from Jagat

DAY 07: Trek to Namrung from Bhi Phedi

DAY 08: Trekking from Namrung to Panoramic village Syala that offers 360 degree view of mountainous scenery.

DAY 09: Trekking from Syala to Sama Gompa

DAYS 10-11: Acclimatization at Sama Gompa: visiting several Buddhist Gompas.

DAY 12: Following the Sherpa crew to Manaslu Base Camp

DAYS 13-37: 24 days Period of Climbing Manaslu

DAY 38: Returning to Sama Gompa from Base Camp

DAY 39: Trekking from Sama Gompa to Samdo via Kermo Kharka



DAY 40: Trekking from Samdo to Dharamsala

DAY 41: Trekking from Dharamsala to Bhimtang crossing the Larke Pass

DAY 42: Trekking from Bhimtang to Tilje climbing glacier and meandering through rhododendron forest

DAY 43: Jeep ride from Tilje to Besisahar

DAY 44: Jeep ride from Besisahar to Kathmandu

DAY 45: Departure DAY: Farewell Dinner

Adventure Sports



Bungee Jump

Imagine falling off an airplane, with no parachute. How does that feel? Now imagine that again, only safer and from a lesser height. Freefall! That's what all it's about. You'll be falling for a while, until the chord catches you, bounce you around a little until you finally settle. It's perfectly safe and one of most famous sport in Nepal. It's available in two locations one of which is a 3-hour drive from Kathmandu valley and the other in Pokhara. At the Last Resort from a bridge 160 m above the river, that's where you'll be jumping from.





Mountain Flight

The wind propeller planes with single seated windows and the magnificent Himalayas outside your window. In some of the domestic airline companies we are provided with a one hour of scenic Himalaya flight in the morning from Kathmandu domestic airport. The mountain flight takes us close to the highest peaks, including Mt. Everest and many other Himalayas. In this flight, you will be seeing Gosaithan (also called Shisha Pangma), Dorje Lhakpa, Phurbi Chyachu, Choba Bhamare, Gaurishanker, Melungtse, Chugimago, Numbur, Karyolung, Cho Oyu, Gya-chungkang, Pumori, Nuptse and, of course, the one and only Everest.

This activity is best for tourists who are here in our beautiful country for a short time and want to experience the majestic Himalayas. A 360 degrees panoramic view of the beautiful snow-capped mountains will bring joy to your heart and an experience that you won't forget for a long time.



White Water Rafting

Rafting option is available from Pokhara, Kathmandu or Chitwan. You'll be spending your morning rafting down the roaring Trishuli river, admiring beautiful and stunning views with variety of wildfire. Enjoy your rafting experience along Trishuli river on a full day water adventure. Race your way through the rapid twists and turns along with the crew. You'll be of course transported to the George of the river by us. It's a fun and a safe option for thrill seekers.

Conveniently running from just outside Kathmandu towards Chitwan and Pokhara, the Trisuli is one of Nepal's most popular rivers, providing an exhilarating and refreshing alternative to the bus towards some of Nepal's most popular adventure travel destinations. Rafting here in Trisuli River is rated Grade III. After the completion of this exciting adventure, we'll have lunch and then a vehicle will get us back to where we should be.





Paragliding at Pokhara

Paragliding also known as parapenting as we know is a recreational and competitive flying sport. A paraglide is a free-flying, foot-launched aircraft. The pilot sits in a harness suspended below a fabric wing, whose shape is formed by the pressure of air entering vents in the front of the wing. Here in Nepal, you can have this experience in Pokhara. It is quite safe and also budget friendly in some ways. It's also closest thing you can experience to flying alongside those beautiful birds.

As we take off from Sarangkot (1592m), you feel the fresh air lushing through your face from the Himalayas; you also have an aerial view of Himalayas. You pass through a village, monastery, lakes, temples etc. Needless to say, a fully experienced and professional pilot as mentioned earlier will be alongside you guiding and helping throughout. And don't worry, that very person will also help you take a selfie in mid-air! And how cool is that!

A jeep ride from Pokhara uphill is required to reach our destination i.e. Sarangkot. Here, we have a great view of the Phewa Lake, Dhaulagiri, Annapurna and Manaslu.

Zip line at Pokhara

Get ready to zip your way through the forest in this ride speeding at velocity over 90 miles an hour. Here, you get the thrill of flying through in the sky (almost!) besides the mountain and through the wildlife.

At 5,400 feet above the sea level, 2 participants launch through the line at once almost racing each other to the bottom through the dense forest. Try and keep your eyes open and your heart intact for this adventure as you'll be passing above a dense forest along with view of Mt. Annapurna and Mt. Fishtail with roaring Seti river. Your trip will conclude in the village of Hyangja where you can relax, the Tibetan food there is something to brag about.

It is totally safe and approved. This system by Zip-Flyer LLC, USA is designed with the most advanced technologies and had delivered a state-of-the-art zip-line ride. It's a ride that doesn't rival with any other and one that you won't forget for a while.





Rural Home Stay in Nepal

Travelers now seek off beaten and authentic experience, a change from familiar hotel chains, strict packages and lineups. They want more than a sight-seeing timetable and want to see culture and people at their organic state from closer proximity. About more than 80% of the Nepal population resides in rural areas and best way to see Nepal and experience the rich values, religions and traditions is to visit the rural places of Nepal.

Home stay at rural area is best to know the country better. From helping farmers with growing oranges and other cultivation to spending time exploring historic palaces, to going trekking to some of the best trekking routes in the world, home stay can multiply the joy of the journey. Also, rural home stay helps get the local people employment and chance to prove their hospitality.

Currently about 50 home stays located in 10 different villages of Nepal are providing the home stay experience to the tourists.



Activities

When a tourist home stay with the village, The residents earn a small amount of money as service providers and certain amount of the income is set aside for developmental projects that would benefit the village by and large. There are many activities that you can choose to do while staying with the wonderful people of village.

Community Trekking and Hiking

Community treks are wonderful ways to explore some of Nepal's most majestic landscapes while maintaining the mindset of sustainable tourism. Thousands of outdoor enthusiasts come to Nepal every year to experience hiking and trekking in areas such as the Everest, Annapurna, Mustang and Langtang region.

Agro tourism

Agro tourism is perfect for those who want first hand learning experience while still having a very direct impact on their host community. Agro tourism now days are very famous among the tourist because of the knowledge they gain with some contribution they give to the villagers.



Photography Tours

Nepal is one of the most photogenic countries in the world. Photography Tours allow visitors to see Nepal through perspective and capture in their lenses. Many people opt for home stay to completely understand the culture and appreciate the natural beauty of Nepal.



Philanthropic Tourism

Philanthropic Tourism is for those people who want to contribute their efforts to the rural and unprivileged community or village. Through visiting local institutions such as schools, impoverished communities, and health centers they get better understanding of situations of Nepal and how they can help to uplift them.



Community Exposure Visits

This is designed for NGO workers to allow them to stay at the village with people and do their humanitarian actions to make a difference in their lives.



Anthropological and Ethnic Study Tours

Designed for those interested in learning about the History of the various ethnic groups in Nepal can opt for Anthropological Study Tour. The country comprises over 100 castes and ethnic groups. The main ethnicities are Khas, Mongoloid, and Mixed. The Khas people originate from the mountain dwellers of the Himalayas, and in Nepal the term describes people who are Bahun, Chhetri, Damai, and Kami. The term Mongoloid describes people who are Tamang, Gurung, Magar, Sherpa, Thakali and Kirat. The Newar people are considered 'mixed' and are of Indo-Aryan descent.



BEYOND THE BORDERS



TIBET

Tibet is tranquil and breathtaking at the same time with its turquoise lakes, sparkling mountains and local monasteries. Now after centuries of isolation, Tibet is opening up to venture travel. After visiting Nepal, the obvious next stop on your itinerary is Tibet. All the more so, if you want to conduct a deeper immersion into Tibetan Buddhism. This exotic land beyond the Nepali mountain range is a world beyond human imagination.



SRI LANKA

Mysterious caves, scenic wildlife and sea life, unique sea-food culture and golden beaches make Sri Lanka a dream island vacation destination. The most important thing about this island is that it offers an affordable retreat. The infamous train ride tours, trekking through landscapes as varied as rain forests and tea gardens, waking up to the songs of exotic forest birds all make a trip to Sri Lanka an unforgettable experience.



MYANMAR

Lasting memories of Myanmar often include flame-red sunrises and sunsets reflected in lakes and rivers, backdrops of multi-tiered pagodas dripping gold, primitive wooden monasteries, cave temples, mural paintings, buzzing traditional markets and festivals and a richly teeming riverside life. An exhilarating hot air balloon ride over Bagan will carry you over uncountable temples and pagodas and landscape of glimmering lakes and rivers shaken out before your eyes. A leisurely cycle ride around Inle Lake stopping to visit old villages and the stupa perched high towering over the former capital of Mandalay leave strong, lasting impressions on any visitor to Myanmar.



INDIA

A country of contradictions, India doesn't need any introduction. Vast and teeming, mystical and modern, vibrant and colourful, yet languid and unhurried, metaphysically speaking the clichés abound. But there's no doubting, India's in your face.

We can arrange trips before and after Nepal, tailored to your desires.



BHUTAN

The Kingdom of Bhutan is a landlocked nation, lying in a deep fold of the Eastern Himalayas between China and India, a magical and spiritual land, frequently overlooked. Bhutan is sparsely populated and geographically isolated, key factors which have preserved its pristine landscapes and culture. With its indigenous concept of Gross National Happiness, coined by the King of Bhutan in 1979 and enshrined in the Constitution in 2008, happiness may be the most precious of your souvenirs.



THINGS TO KNOW BEFORE YOU VISIT NEPAL

Nepal Visa

You require a Nepali visa to enter and travel Nepal. This visa can be received at Nepalese Embassy/Consulate in your country or at the airport here in Nepal upon your arrival. Two passport size photos are necessary as soon as you arrive in Kathmandu. Everyone who is travelling to Nepal must have a valid passport.

- The tourist visa fee for Multiple Entry for 15 Days is USD 25 or equivalent of any other foreign currency
- The tourist visa fee for 30 Days is USD 40 or equivalent of any other foreign currency
- The tourist visa fee for Multiple Entry for 90 Days is USD 100 or equivalent foreign currency

We don't have provision for visa at the Airport for Chinese citizens. We would like to request them to get their visa stamped at the Nepali embassy or any other Nepali diplomatic mission in China.

Travelling to Tibet requires a special visa permit that comes under our trip price. Chinese visa, obtained in your home country will not cover entering Tibet.



We request travelers to enter Tibet in groups, since Chinese government has a policy of only entertaining visa to groups. Due to this policy, you cannot get single visa to Tibet. We request you to provide copies or scans of your visa at least 18 Days before the trip. Your original passport needs to be presented at least one Day before departure to collect visa.



Travel Insurance

Travel insurance is compulsory for all our travelers for all our trips. In case you want to sign up or need help regarding travel insurance policies, please contact us.

Subscribe to us through e-mail to receive latest travel advice and articles for your destination.

We suggest you to register your travel and contact detail online at your embassy, consulate or high commission before you travel, in case of emergencies.

Your visa can be extended at Immigration Office in Kathmandu by paying USD 2 or equivalent Nepali currency per Day.

For multiple entries your visa can be extended only by paying USD 20 or equivalent Nepali currency and visa fee for the extended time period.

Please contact us for the latest and up-to-date visa rules and regulations information, since they keep changing.

You are requested to obey the law.

Even though at certain times local laws appear harsh, counselor assistance cannot override local laws.



Always carry a copy of your passport, insurance policy, visa and credit card numbers and travelers' cheque. Leave a copy of these itineraries with someone at home.

Always stay in touch with friends and relatives back home.

Carry a copy of your passport photo in case you need another replacement passport.

Make sure your passport has at least six months of validity.



Vaccinations and health checks

Go visit your doctor and get a basic checkup. Find out if you need any vaccinations and discuss your travel plans so they can determine the sort of vaccinations you might need. Vaccinations are not mandatory while travelling to all countries but it's preferable to make sure by a doctor. You need to make sure that you get checked up at least 6-12 weeks before your travel date.



Tipping

We have designed a tipping style to make things easier for our clients. 10 to 15 % of the trip price is divided between guide and other staffs. Talk with your guide or tour leader during the pre-meet for further queries. We have tried to make this culture of tipping as easy as possible for everyone.



Extra Accommodation

If you want to plan extra accommodation apart from our itineraries, we have following price range. This includes per person rates with breakfast in Nepal and Tibet and in Bhutan it covers all three meals (breakfast, lunch and dinner).

Single/Person Double/Person Nepal (3-4 star hotel)
US\$ 90 US\$ 60

Tibet (2-3 star hotel) US\$ 150 US\$ 120

Bhutan (2-3 star hotel) US\$ 300 US\$ 250



Flights

Please contact us if you need to book flights or need any other assistance with flights and tickets.



Cultural Tips

Purchasing a local phrase book will help you communicate with the local people. We recommend that you buy one, not only will it help you, your effort of understanding them will be highly appreciated.

Any sort of nudity is not preferable and not promoted. Even when you are bathing in open, you are advised not to do so, since it tends to offend the local people.

You are advised to not walk around shirtless or in short and revealing clothes.

Holding hands, hugging or kissing is not appropriate in public. Public display of affection is not entertained. You are advised to take permission before you take pictures in religious sites.

Please remove your shoes before entering a house, temples, and gumbas.

You are not supposed to enter Hindu temples.

You should wash your hands and mouth before and after eating food.

Don't touch or pollute food by contacting it with used utensil.

Wait for your turn to be served and do not serve with the fork or spoon you are eating with.

Don't drink from a common vessel by touching your lips. If you are sharing a common vessel for water and drinks, make sure to pour into a glass or mug and drink it.

Don't step over someone's legs or touch someone's feet. It's taken as a sign of disrespect.

