



ASIAN EXPEDITION PVT. LTD.



Please JOIN US if you like Trekking, Peak Climbing, Expedition and Tour in Nepal.

"Trekking opportunities in Nepal"

asiantreks@gmail.com

<http://www.adventureexplore.com>

I am Karchung Lama, I involve in Travel and tourism business industry in Nepal. I have my own trekking Company in Nepal. The company name is Asian Expedition Pvt. Ltd. I am Managing Director of Asian Expedition, an adventure travel and outdoor agency based in Nepal and specialized in trekking/hiking/climbing & mountaineering expeditions, canoeing, Shamanism Tours, Himalayan Honey Hunting, Tibet overland tours, biking, safari tours.

Asian Expedition has made an ongoing commitment to quality and value for offering a wide assortment of affordable Trekking in Nepal, Peak climbing in Nepal, Expedition in both of Nepal and Tibet to destinations. Our employees take pride is in Asian Expedition well-planned trekking, peak climbing expedition, White Water Rafting in Nepal, Wildlife Jungle Safari in Nepal, Mountain flight, Mountain Biking in Nepal, Tour to Nepal, Tibet, Bhutan, Sikkim. Special effort goes into creating itineraries choosing accommodations and trekking, Peak climbing and Expedition. Spots whether you are traveling along or with an entire group Asian Expedition has a unique package that has been designed with you, the traveler, in mind.

Regards,

Karchung Lama
Expedition Organizer
Asian Expedition Pvt. Ltd.
G.P.O. Box: 20377, Thamel, Kathmandu, Nepal
Cell Phone: +977-9848322329
Cell Phone: +977-9813721749
Office Phone: +977-01-4258373
Email: asiantreks@gmail.com
Skype: asiantreks
Website: <http://www.adventureexplore.com>
Blog site: <http://www.asianexpedition.over-blog.com>
: <http://www.asianmountain.wordpress.com>

**Nepal & Tibet: - Your dream into reality,
Escorted Nepalese Adventure Company
"Asian Expedition Pvt. Ltd." Come and
join us for any individual to Extreme
adventurous group trips "What we are
all for"**

Nepal Govt. Reg. No.: 82837/067/068
Permanent Account Number (PAN) No.: 600106861
Trekking License No.: 1411



Welcome to Asian Expedition Pvt. Ltd.

Asian Expedition offers high quality hiking and trekking trips throughout Nepal and Tibet including trips to Mount Everest, Annapurna, Langtang Valley, Mustang, Dolpo and Kangchenjunga.

We offer guided climbing trips on trekking peaks as well as provide all types of support services for mountaineering expeditions on:

Tibet Side-

Mt. Everest 8,848m, Mt. Cho-Oyu 8,201m and Mt. Shishapangma 8,012m.

Nepal Side-

Mt. Everest 8,848m, Mt. Kanchenjunga 8,586m, Mt. Lhotse 8516m, Mt. Makalu 8,463m, Mt. Cho-Oyu 8,201m, Mt. Dhaulagiri 8,167m and Mt. Manaslu 8,163m, Annapurna I 8,091m, Mt. Pumori 7,161m, and mostly technical mountain Ama Dablam 6,812m etc.

Enhance your trip with an exciting white water rafting adventure in the Terai or cultural sightseeing tours in Kathmandu, Pokhara, Mt. Kailash, Chitwan National Park, and Tibet.

Local Sherpa guides can show you the country as no other guide can. We specialize in providing the highest quality service

found anywhere.

Regards,

Karchung Lama

Expedition Organizer

Asian Expedition Pvt. Ltd.

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Email: asiantreks@gmail.com

Skype: asiantreks

Website: <http://www.adventureexplore.com>

Blog site: <http://www.asianexpedition.over-blog.com>

Blog site: <http://www.asianmountain.wordpress.com>



Dear Travelers!

Namaste & Greetings from Asian Expedition Pvt. Ltd.!

We take pleasure in introducing you our organization as one of the most leading **TREKKING** companies in Nepal. Since its establishment, we have been striving towards putting together combination of quality and excellence in adventure holiday trips within the Himalayan range of Nepal as well as in Bhutan and Tibet. All our programs are well prepared with every ounce of our skill and ability.

As per we understood, you have been organizing **TREKKING, PEAK CLIMBING, EXPEDITION BOTH SIDE IN NEPAL AND TIBET AND TOUR / TRAVELS** long. We think Nepal, country of Mt. Everest and Lord Buddha could be a tour destination among million of tourists in the world. So, we would like to extend our hand for sharing our experience in the same to keep business relationship with you. For our detail up-to-date program and **TREKKING, PEAK CLIMBING, EXPEDITION/TOUR** itinerary, you can visit our website <http://www.adventureexplore.com>

It is our pleasure to inform you that we provide 15% to 30% commission who will bring group and join with us this tourism business partner. We are always aware of your valuable suggestions and commitments are highly appreciated. I hope we can share our experience for our mutual beneficial co-operation.

Our prices are also reasonable to you. We don't engage in the practice of inflating prices to take advantage of our guests. We love sharing our world with you and invite you to come experience the 'Journey of a Lifetime' with Asian Expedition Pvt. Ltd. If you have any questions or comments, please do not hesitate to contact us at: asiantreks@gmail.com, info@adventureexplore.com or website www.adventureexplore.com

Thank you for your interest in Asian Expedition, and Namaste! And if you have further queries, please feel free to contact us and don't heisted write to us.

Regards,

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* Nepali greeting, meaning "the sacred in me greets the sacred in you".



About Nepal:

Nepal is a land of great physical beauty with vastly divergent landscapes, many of them protected as national parks, conservation or Nature parks. There are many reasons to come to Nepal, including the astonishing, unforgettable landscapes that lift the spirit and demand exploration. Moreover, the thing that makes visiting Nepal really desirable to visit is its supreme natural beauty. The hills and mountains, the rivers lakes and falls, the omnipresent greenery, the exotic flora and fauna, the forests with the entire wilderness are sure to bewilder tourists who see just their well kept lawns and flower pots in the name of

greenery. All these factors, along with the local people; in their small, straw thatched mud houses, living a backward life in the villages, beautifies Nepal more than ever. It's a land of Yaks and Yetis, Stupas and Sherpas and some of the best trekking on earth. The Himalaya's most sophisticated urban cultures took shape here, in the three great mini kingdoms of the Kathmandu Valley –Kathmandu, Bhaktpur and Patan- home to a world-class artistic and architectural heritage. If you are looking for adventure and cultural experience of life time, Nepal has some of the best ever popular Hiking, Trekking, Rock climbing, Peak climbing, Mountaineering, Kayaking, Rafting, Canyoning, Wildlife safari, Mountain biking, Paragliding, Cultural sites and much more.

Rich cultural spirit that represents unique blend of **Buddhism and Hinduism, Birth place of Buddha, Home of Mount Everest, World class rivers, World heritage sites**



- this is Nepal and it has something to enjoy for everyone. From the warm and lush vegetation of the lower hills to the ice slopes of the highest mountain range on earth, one will experience a truly delightful bond with the nature instilling in you an amazing spirit

of adventure. Nothing can be more fulfilling experience than trekking in Nepal Himalaya that will let you camp in the jungles, surrender to the wilderness, bond with the nature, eat and sleep under an open sky, sing and dance around campfire and directly interact with local people. It is truly the perfect way to escape the hustle and bustle of everyday life and to relax and enjoy nature at its very best. These are the reasons that Nepal can truly be labeled the '**LAST PARADISE**' on earth.

The most famous of the treks in Nepal are in the Everest, Annapurna and Langtang regions. We arrange lodge trek (known as T-House trek) in Everest, Annapurnas and Langtang regions and Camping trek in all regions including Dhaulagiri, Manaslu, Makalu, & Kanchenjunga areas. Everest base camp trek, Kalapatthar trek, Gokyo trek, Langtang trek, Annapurna Base camp trek, Annapurna circuit trek are the major popular treks in Nepal.

We are looking forward to welcome you in Nepal and we request all the visitors once to be in Nepal and travel with us for more typical Nepali touch and make your holidays more enjoyable and fruitful. **NATURALLY NEPAL ONCE IS NOT ENOUGH**".





About Asian Expedition:

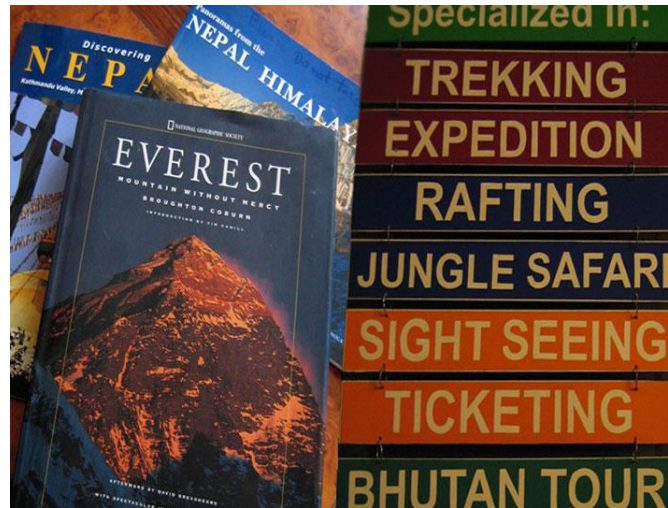
Asian expedition has own team. All team members are young, energetic and experience trekking and mountaineering guide. Our primary goal is to make sure that you have safe and enjoyable holidays in Nepal. We have been working in a team, since our company establishment.

Our team consists of professional trekking guides, tour guides, and mountaineering leaders who have years of experience in the related sectors of the tourism industry. Every member of our team is aware of the fact that safety, health, and security should be prioritized along with the client's main aim of visiting Nepal; entertainment, information, exploration or expedition.

We have been working in the Himalaya for many years. With our many years of experience in this field, we are able to give you excellent support and help while you explore our paradise-Nepal is a popular and the most challenging in this Himalayan country as such adventure is almost impossible to find anywhere in the world.

That's why you know; let's join with us for wonderful experiences in this untouched land of the world.

Nepal is the Planet's highest land and home to the world highest peaks, the eight thousanders including Mt. Everest. The Himalayan range encompasses a very large number of glaciers, deepest gorges and highest lakes and an amazing diversity of People. The flora and fauna of the Himalayas varies with climate, rainfall, altitude and soils. Nepal, over the centuries has attracted trekkers, mountaineers, pilgrims, researchers and ascetics. Asian Expedition offers you all these things. As a professional, the first priority of the company is the safety and full satisfaction of the clients with the top quality service.



The company provides experts arrangements for all types of adventurous as well as Luxurious travel throughout Himalayas and its surrounding areas: from treks of one day to 30 days to full scale mountaineering expedition and a short duration trekking peak climbing.

Apart from this Asian Expedition is also involved in organizing Trekking in Nepal, Peak Climbing, Expedition in Nepal and Tibet, Documentary filming, Mountain Biking, River Rafting, Kayaking, Jungle Safari, bird watching and also eco-study tours and cultural tours therefore accordingly each trek is custom-designed with extra ordinary features: an off-the-beaten-track extension, an overnight stay or a meal in a village home, a visit to conservation project site, participation in a local festival or a personal blessings from a high lama. The Itineraries and the program are modified to suit the client's time schedule, ability, interest and even a last minute change in the weather. Since long time this company has been in the tourism field and is therefore full aware of the Eco-tourism and Eco-friendly practices. All the staffs have a concern over the environmental impacts of mountain tourism and having certified participants (and are a financial supporters) of conservation oriented field training. Practice what you preach is the motto of every staff of Asian Expedition as you will see that only kerosene is burned in the trek, whether required by the law or not and the meals are

designed to favor local foods thereby reducing packaging wastes and fuel consumption. All non-biodegradable garbage is packed out, toilet tents are provided on every trek, and porters and the staff are supplied with warm clothes and safety gears. Over the years, Asian Expedition has mastered itself in the travel trade with an experience.



Asian Expedition Pvt. Ltd is here to give the most excellent services to all our valued guests who wish to visit this beautiful Himalayan country Nepal. Asian Expedition will take you through a country that has captured the imagination of Trekking, Tour, Peak Climbing, Mountaineering expedition and explorers and give you the glimpse of people in remote mountain villages whose lifestyle has not changed in generations. Asian Expedition offers exceptional pleasures for every one - tourists, mountaineers, trekkers, poets and those in search of a personal Shangri-la. This company has been successfully organizing trekking, mountaineering, tours and trips across four popular destinations Nepal, Tibet.

Asian Expedition Organizes:



We are over 11 years of experience in this Trekking, tour and mountaineering field; our company is here to offer the best services to all our valued guests. It promises to give you a unique experience, as never before, of a country that has captured the imagination of mountaineers and explorers and give you the glimpse of people in remote mountain villages whose lifestyle has not changed in generations.

Our Service:

- ✓ Trekking in Nepal*
- ✓ Trekking Peaks Climbing*
- ✓ Mountaineering Expeditions*
- ✓ Pilgrims and Cultural Tours*
- ✓ Wild life Jungle Safari*
- ✓ White water rafting*
- ✓ Bird Watching*
- ✓ Hotel Accommodation*
- ✓ Educational tour in Nepal*

- ✓ Documentary filming*
- ✓ Tours and many more.
- ✓ Daily Tourist Bus Ticketing: Chitwan* Pokhara* Lumbini and many more
- ✓ Domestic / International air Ticketing etc.



Trekking in Nepal:

The Himalayan of Nepal is well known as one of the best destinations in the world for enjoying the real beauty of nature through trekking. The trail in to the center parts of the country follows ancient footprint, which meander through scenic riverbanks, intricately terraced fields and the forested ridges connecting charming rural community and mountain villages.

Trekkers can walk along the rough but beautiful trails or virgin tracks in the lap of green and friendly looking hills. The Rhododendron-filled, Green, Dark and Deep forests with different seasonal flowers blossoming can catch anyone's eye as can the scattered residential cottages, domestic and forest animals, variety of birds, both Hindus and Buddhist temples, mountains, breathtaking landscape, and above all warm greetings from charming faces of the local people.

The highly developed and well-defined trails have been used for centuries. Trekking in Nepal is an all season activity. It is possible at any time of the year depending on where one wishes to go. However, the most popular season is spring (February-May) and autumn (September-November). Even during the monsoon season (June-August), you can trek in the rain-shadow areas north of the Himalayan like Mustang, Upper Manang and Dolpo.

We organize following services in Nepal



Lodge (Tea-house) Trek:

- ✓ Annapurna Circuit Trek 8 to 18 days
- ✓ Annapurna Base Camp Trek 10 to 14 days
- ✓ Jomsom/Ghorepani Trek 8 days
- ✓ Siklis Trek 8 to 12 days
- ✓ Langtang Valley Trek 9 days
- ✓ Gatlant Tamang Heritage Trek 10 days
- ✓ Gosaikunda/Helambu Trek 10 days
- ✓ Jiri Everest Base Camp Trek 14 days
- ✓ Lukla to Everest Base Camp Trek 14 days
- ✓ Lukla Gokyo / Cho La Pass Trek 16 days
- ✓ Lukla Gokyo Rengjola Pass Trek 14 days

- ✓ Mardi Himal Trek 10 days
- ✓ Machhapuchhref Model Trek 8 days
- ✓ Female Guide is provided for Female Trekkers

Camping Treks:

- ✓ Nar-Phu Valley Trek 15 to 25 days
- ✓ Manaslu/Tsum Valley Trek 15 to 25 days
- ✓ Mustang Trek 12 to 15 days
- ✓ Arun/Makalu Trek 18 to 22 days
- ✓ Rara / lower Dolpo/ Upper Dolpo Trek 14 to 25 days
- ✓ Ganesh Himal /Tsum Valley Trek 15 to 20 days
- ✓ Rolwaling Valley Trek 19 days
- ✓ Teri La Trek 18 to 25 days and more.....!

Peak Climbing in Nepal:



We organize trekking peak climbing expeditions to 6000m peaks in the Nepal Himalayan country in Nepal. The "Trekking Peaks" of Nepal gives hobby-climbers an opportunity to tackle high altitude Himalayan peaks without having to organize a major expedition. Although these peaks are lower than their more famous cousins - the 8000-meter peaks - many of the climbs are

no less demanding and adventurous in nature. These Nepal climbing treks offer a chance to climb a Himalayan summit and, a taste of being in the 'white wilderness,' without burning a big hole in your pocket! We offer for the very popular trekking areas with relatively easy access to the mountains. Most of these trips can be completed within a short period of time. For instance Naya Khang in the Langtang valley can be completed in less than twenty days with plenty of time allocated for acclimatization. Whereas on the Pisang & Chulu trip, you can 'bag' two summits in under one month with an itinerary that also takes you on the famous Annapurna Circuit trek. In the Everest region the popular peaks are Mera Peak in the remote Hinku Valley, Island Peak, Khongm-tse, and Lobuche peaks near the Everest Base Camp area.

Peak Climbing in Nepal:

- ✓ Island Peak 6,200m
- ✓ Labuche Peak 6,119m
- ✓ Mera Peak 6,440m
- ✓ Kusum Kanguru Peak 6,367m
- ✓ Pisang Peak 6,091m
- ✓ Chulu East Peak 6,584m
- ✓ Chulu West Peak 6,419m
- ✓ Mardi Himal Peak 5,587m & more....!

Expedition in Nepal:

We offer our valued guest for the adventurous traveler in Nepal. We have many more minor peaks open for Alpine climbing through the Nepal Mountaineering Association. This association was created to control climbing peaks in the Nepalese Himalayas and to protect the health and safety of both the climbers and the mountains. As an active member of the Nepal Mountaineering Association, Asian Expedition Pvt. Ltd. can make all arrangements for your peak-climbing excursion as well as acquiring the necessary permits. All

climbers are required to obtain permission for peak climbing through trekking agencies of Nepal.



We also provide trained, qualified, and experienced climbing guides to ensure the safety and success of your expedition. By Himalayan standards, these peaks may seem minor in scale, but in reality they offer an exciting challenge, giving you a taste of adventure on snow-covered Mountains. Mountain climbing in Nepal is one of the most attraction and courageous parts rather than high adventure trekking. This beautiful tiny Himalayan kingdom of Nepal is one of the paradises that have met anyone who wish to conquer high mountains by their own foot. This small kingdom is the land of world's top highest peaks including Mt. Everest is majestic crowned to the north. Eight of the world's 14 peaks over 8,000m including Mt. Everest 8850m, Mt. Kanchenjunga 8586m, Mt. Lhotse 8516m, Mt. Makalu 8463m, Mt. Cho-Oyu 8201m, Mt. Dhaulagiri 8167m, Mt. Manaslu 8163m Mt. Annapurna 8091m, are only located in Nepal. Mountaineering and trekking in Nepal has relied heavily on the progress and Inspiration developed by various expeditions to Everest. Most of the attraction of Nepal in the early days resulted from the discovery that the highest peak in the world laid within the forbidden and isolated kingdom. Beside Royalty and other government liable charges, Our Company provides best service with experienced climbing Sherpa Sirdar in very negotiable

price. Our Sherpa Sirdar is already success to summit Major Mountain including Mt. Everest Expedition, Mt. Dhaulagiri Expedition, and Mt. Manaslu Expedition.

Expedition in Nepal:

- ✓ Mt. Everest Expedition 8,848m
- ✓ Mt. Kanchenjunga Expedition 8,586m
- ✓ Mt. Lhotse Expedition 8,516m
- ✓ Mt. Makalu Expedition 8,463m
- ✓ Mt. Cho-Oyu Expedition 8,201m
- ✓ Mt. Dhaulagiri Expedition 8,167m
- ✓ Mt. Manaslu Expedition 8,163m
- ✓ Mt. Annapurna I Expedition 8,091m
- ✓ Mt. Ama Dablam Expedition 6,812m & more.....!

Tibet Expedition:



Tibet is situated at the southwest frontier of China with a vast land of more than 1.2 million square kilometers and Tibet borders with Nepal. This spectacular land is charming for its beautiful natural landscape, glorious history and culture, unique folk custom, with all of which Tibet has attracted more and more tourists from home and abroad. Tibet has already become the hottest

world-level tourist destination in the world. Since the late 1970s the Tibetan Mountaineering Associations have been issuing permits to foreign climbers. The majority of these mountains are part of the high Himalayas between Mt. Everest, Mt. Cho-Oyu and Shishapangma Expedition. Mt. Everest, Cho-Oyu and Shishapangma expedition, though several other interesting 7000-meter and 6000-meter peaks have been opened on other regions of Tibet. To climb to the roof of the world and stand atop your own Himalayan peak, really is an unrivalled experience and at Asian Expedition we can help you to achieve this dream of a lifetime. There are only three major peaks in Tibet which the Tibet Mountaineering Department has given permission for climbing.

According to Buddhist Philosophy every mountain is sacred and should not be touched by human feet. One of these mountains is Everest which can also be climbed from the Nepal side, the other 2 are Cho-Oyu (8201 meters) and Shishapangma (8013 meters), neither of these giants are technically difficult but any mountain over 8000 meters (only 14 in the World) demands the greatest respect and those participating in either of these climbing programs will need to be of a high standard of fitness. Our climbing team are vastly experienced all having participated in numerous Expeditions in Nepal, Tibet. Tibet Expeditions offer you the journey of a lifetime; the opportunity to experience one of the most incredible cultures and landscapes that this planet has to offer. Based in Lhasa, we know the region better than anyone and, employing a mix of Tibetan and western staff, are able to provide the best on-the-ground organization and support possible. Listed here are our most popular and recommended tours through Nepal and Tibet. All our itineraries can be privately booked for the dates that suit you - please ask for the cost for the number in your group. Or we can tailor make an itinerary to suit your particular interests and time constraints. Tibet Expeditions offers you the

journey of a lifetime; the opportunity to experience one of the most incredible cultures and landscapes that this planet has to offer with a focus on the historic, religious and artistic traditions of Tibet.



Tibet Mountaineering Association on June 8, 1982 it has been adhering to the principle of actively carrying out friendly relations with the mountain and mountaineering organizations in all provinces and municipalities of the Peoples Republic of China and in foreign countries and regions all over the world with a



View to co-operatively promoting the mountaineering undertaking of mankind. Although Tibet Mountaineering Association has opened so far 22 peaks for expeditions and thinking of 3 more peaks opening above 6000 m. in the near future. However, out of these 22 mountaineering peaks opened so far we, the Asian Expedition have set our choice for the following peaks only since there are generally persuaded by foreign climbers and alpine clubs throughout the world.

Tibet Expedition:

- ✓ Fixed Departure Mt. Everest Expedition 8,848m
- ✓ Fixed Departure Mt. Cho-Oyu Expedition 8,201m
- ✓ Fixed Departure Mt. Shisapangma Exp. 8,013m
- ✓ Fixed Departure Mt. Shisapangma-Cho-Oyu Exp.

Fixed Departure Trekking:

We would like to greet you to our well-known fixed departure trekking and leisure holiday schedule. We are proud to announce generally popular series of fixed departure treks in Nepal. The highlight of such trekking is to join the people from different nations and also from different walks of life where one can learn many things from each other and the top most is the cultural exchange without being in those countries. These treks start in fixed dates and not necessarily you need to stick to it. If you wish you can extend your trekking as we also offer treks extension facilities. If you are planning to travel Nepal along these kinds of treks will be very convenient for you which save both your time and money. If you can provide us the dates of arrival in Kathmandu we will sort out the dates as per your convenience and inform you the number of total members of the group prior to your departure from home country. Just in case if we are unable to cater the group in your suitable dates we will run the trip just for you as well in which the only extra cost of single supplement will be applied. We would like to inform you that we do not have fixed departure for the entire itinerary in our website.



In consideration of the economic treks to this part of the Nepal we have developed these fixed departures trekking. We have not fixed the group size in particular. Therefore, the group size varies depending upon the number of reservation we receive in the give dates and time. If the provided fixed departure or our readymade itinerary does not provide as per your requirement you can send us your exact adventure activities you would like to cover so that we can develop the tailor-made itinerary for your perusal.

Fixed Departure Trekking:

Please find our famous fixed departure trips as follows.

- ✓ Fixed Departure Annapurna Circuit Trekking (Thorung La Pass 5416m) 19 Days

- ✓ Fixed Departure Annapurna Base Camp Trekking (4130m) 14 days
- ✓ Fixed Departure Everest Base camp Trekking-Kala Pattar Trek (5545m) 12 days
- ✓ Fixed Departure Ghandruk Trekking (1940m) 5 days
- ✓ Fixed Departure Ghorepani-Poon Hill Trekking (3193m) 8 days
- ✓ Fixed Departure Gokyo Lake Trekking-Gokyo Ri-Gokyo Valley Trekking 14 days
- ✓ Fixed Departure Gokyo-Cho La Pass and Everest base camp Trekking 18 days
- ✓ Fixed Departure Helambu Valley Trekking (3597m) 7 days
- ✓ Fixed Departure Ice Col Trekking-31 Days

- ✓ Fixed Departure Jiri to Everest Base camp Trekking 22 days
- ✓ Fixed Departure Jomsom And Muktinath Trekking (3800m) 11 days
- ✓ Fixed Departure Langtang Valley Trekking (3900m) 9 days
- ✓ Fixed Departure Langtang Valley, Gosainkund and Helambu Trekking (4700m)15 days
- ✓ Fixed Departure Mount Everest View Trekking-Everest Panorama Trekking 7 days
- ✓ Fixed Departure Nar Phu Valley Trekkig - 25 Days
- ✓ Fixed Departure Rupina La Pass Trek (High Route to Manaslu)-26 Days
- ✓ Fixed Departure Three High Passes Trekking-25 Days

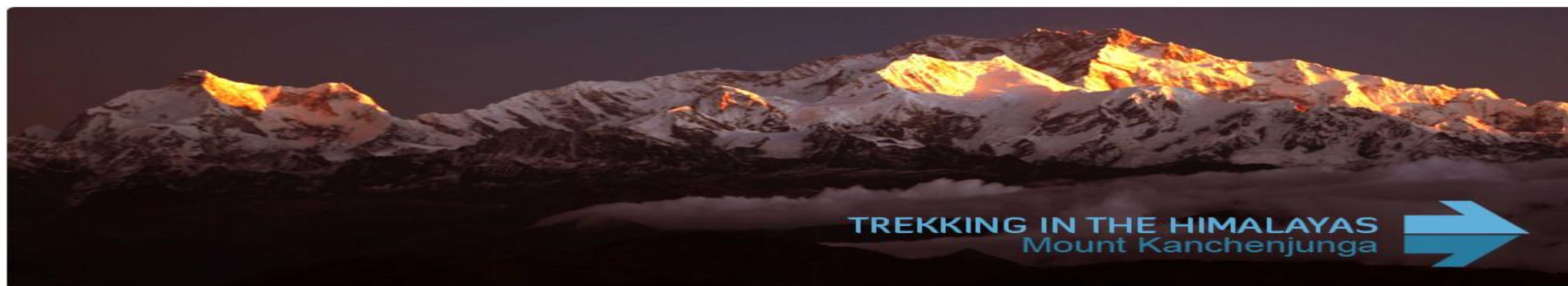


Special Offer/ Late Discount:

Our company is offering special discount for the coming season. These offers subject to change anytime, so, hurry up and book your trip as soon as possible!

Name of the trip	Cost of the Trip	Quick Look
Everest Base Camp Trek Duration: 16 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1175 » Euro 823	What is included More details
Annapurna Circuit Trek Duration: 21 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1190 » Euro 834	What is included More details
Everest Base Camp / Gokyo / Chola Pass Duration: 19 days Country: Nepal	<u>Cost Per Person</u> » US\$ 1410 » Euro 988	What is included More details
Annapurna Base Camp Trek Duration: 14 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 875 » Euro 614	What is included More details
Gokyo Ri Trek Duration: 14 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1050 » Euro 735	What is included More details
Langtang Valley Gosaikunda Duration: 15 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 875 » Euro 610	What is included More details
Everest Panorama Trek Duration: 10 days Country: Nepal	<u>Cost Per Person</u> » US\$ 890 » Euro 623	What is included More details
Langtang Valley Trekking Duration: 10 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 625 » Euro 438	What is included More details

Gokyo Valley Via Renjo Pass Trek Duration: 15 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1050 » Euro 735	What is included More details
Island Peak Climbing Duration: 21 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1910 » Euro 1457	What is included More details
Manaslu Trekking Duration: 20 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1910 » Euro1405	What is included More details
Mustang Trekking Duration: 10 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 2267 » Euro 1678	What is included More details
Jomsom Muktinath Trek Duration: 14 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1025 » Euro 718	What is included More details
Ghorepani Poonhill Trek Duration: 10 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 640 » Euro 495	What is included More details
Great Ice lake with Annapurna circuit trek Duration: 14 days Group Size: 2-15 Country: Nepal	<u>Cost Per Person</u> » US\$ 1180 » Euro 875	What is included More details



TYPES OF TREKKING IN NEPAL:



Trekking is more enjoyable than climbing the peaks and Expedition in mountaineering zone and offers spectacular scenic beauty. The Himalayan region, till now, has been comparatively less affected by the modern urban civilization with its industrial pollution. It provides an opportunity to be in natural surroundings and to get away from the milling crowds of the cities. The trekker usually returns home rejuvenated, and with new enthusiasm to take up the challenges of city life.

The many possible ways of trekking can be categorized into four approaches:

Backpacking | Teahouse Treks | Camping Treks | Self Arranged Treks | Treks with a Trekking Company

There is a lot of overlap among these, because many aspects of each trekking style spill over into the next. A backpacking trek that stays a few nights in hotels has many of the attributes of a teahouse trek. A teahouse trek with porters starts to become a self-arranged trek. A self-arranged trek that uses the services of a trekking agency in Nepal is similar to the trekking company approaches.

BACKPACKING TREKKING:

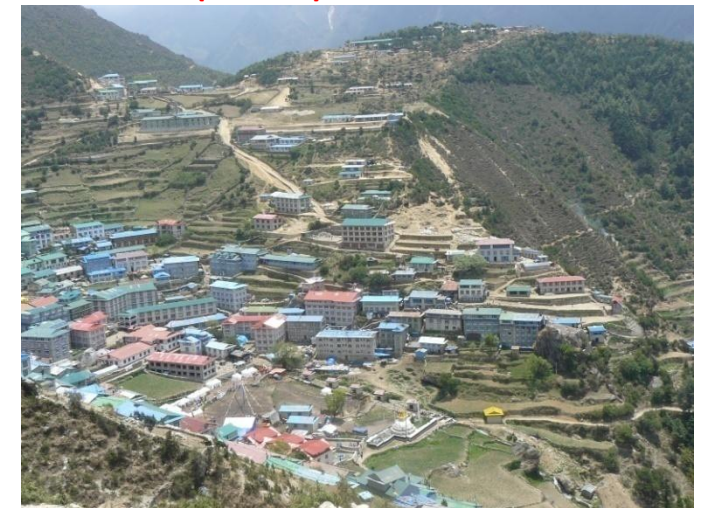


The backpacking approach of a light pack, stove, freeze-dried food and a tent really is not an appropriate way to trek in Nepal. So much food is available in hill villages that it doesn't make much sense to try to be totally self-sufficient while trekking. This is true throughout Nepal except in the high mountains above 4500m. Backpackers violate two cardinal rules for travelers in Nepal. Because they are self-sufficient, they do not contribute to the village economy. Also, they must do so many camp chores that they do not have the time or energy to entertain the villagers that will gather to watch them.

At higher altitudes, however, the backpacking approach works. Depending on the terrain and local weather conditions, villages are found up to 4000m, but above this there isn't much accommodation available except in tourist areas such as Annapurna Sanctuary and Everest. It is also difficult to arrange to hire porters who have the proper clothing and footwear for travelling in cold and snow. If you plan to visit these regions, you may wish to alter your trekking style and utilize a backpacking or mountaineering approach to reach high passes or the foot of remote glaciers.

A good solution is to leave much of your gear behind at a temporary "base camp" in the care of a hotel or trustworthy sherpa. You can then spend a few days carrying a reduced load of food and equipment on your own. This will provide you with the best of both worlds: an enriching cultural experience that conforms to the standards and traditions of the country in the lowlands, and a wilderness or mountaineering experience in the high mountains.

TEAHOUSE (LODGE) TREKS:



The Nepali word bhatti translates well as "teahouse". It is a bit pretentious to call some of these village establishments a hotel, but the Nepalese use of English translates restaurant or eating place as "hotel". Since the word hotel has, therefore, been pre-empted, Nepalese use the word "lodge" for sleeping place or hotel. Thus, in the hills of Nepal a "hotel" has food, but may not provide a place to sleep, while a "lodge" always offers accommodation. Many innkeepers specify the services they provide by calling their establishments "Hotel & Lodge". To avoid all this semantic confusion, most people use hotel, lodge and teahouse interchangeably. In reality you can almost always find

both accommodation and food at any trailside establishment.



The most popular way to trek in Nepal for both Nepalese and Westerners is to travel from teahouse to teahouse. Hotel accommodation is most readily available in the Khumbu (Everest) region, the Langtang area and the entire Annapurna region. In these areas you can operate with a bare minimum of equipment and rely on teahouses for food and shelter. In this manner, it will cost from US\$3 to US\$10 a day, depending on where you are and how simply you can live and eat. It becomes much more expensive at high altitudes and in very remote areas.

Most Thakali inns (found along the Pokhara to Jomsom Trek) have bedding available - usually a cotton-filled quilt. Sometimes the bedding has the added attraction of lice and other bed companions. Bring along your own sheet or sleeping bag to provide some protection against these bugs. During the busy trekking seasons in October to November and March to April, it may be difficult to find bedding every night on the Jomsom Trek. Bedding is not usually available at hotels on the Everest trek or around Annapurna, so on these treks you should carry your own sleeping bag.

Although many hotels in the hills are reasonably comfortable, the accommodation in some places may be a dirty, often smoky, home. Chimneys are rare, so a room on the 2nd floor of a house can turn into an intolerable smokehouse as soon as someone lights the cooking fire in the kitchen below. Often it is possible to sleep on porches of houses, but your gear is then less secure. The most common complaint among trekkers who rely on local facilities is about smoky accommodation.

By arranging your food and accommodation locally, you can move at your own pace and set your own schedule. You can move faster or slower than others and make side trips not possible with a large group. You can spend a day photographing mountains, flowers or people - or you can simply lie around for a day. Hotels provide a special meeting place for trekkers from throughout the world. You are free (within the limits imposed by your trekking permit) to alter your route and change your plans to visit other out-of-the-way places as you learn about them. You will have a good opportunity to see how the people in the hills of Nepal live, work and eat and will probably develop at least a rudimentary knowledge of the Nepali language.

You are, however, dependent on facilities in villages or in heavily trekked regions. Therefore you must trek in inhabited areas and on the better known routes. You may need to alter your schedule to reach a certain hotel for lunch or dinner. You can miss a meal if there is no hotel when you need one or if the hotel you are counting on is closed. A few packets of biscuits in your backpack are good insurance against these rough spots. Most of the major routes are well documented, but they are also well travelled. A hotel can be out of food if there are many other trekkers or if you arrive late. You may have to change your planned destination for the day when you discover that the lunch you ordered at an inn will take a very long time to prepare. You will usually make this discovery only after you have already waited an hour or so. It is wise to be aware of these kinds of problems and to prepare yourself to deal with them.

If you deviate from popular routes, be prepared to fend for yourself at times. If, however, you carry food, cooking pots and a tent to use even one night, you have already escalated beyond the teahouse approach into a more complex form of trekking with different problems.



CAMPING TREK:



Since we started this profession, as a freelance guide I have been putting my best efforts to seek and introduce my clients to least visited areas of Nepal Himalayas. These treks are away from the more frequented trails and provide a wilderness experience in both natural and cultural aspect. You can observe the remote mountain villages of Nepal where people are surviving by growing their own food, untouched by modern civilization, no politics and they have a quite happy life with their own distinctive culture and traditional that might be very interesting & unique to observe for foreigners. Actually these treks give you a very special experience of the real Nepal and also this help to develop these poor areas economically. In some remote land of Nepal there are no tea house/lodges on the trail. So the fully organized camping trek is only an option.

Nepal Camping Trek:

This classic style of trekking are especially conducted in remote areas of Nepal supplying all camping equipments along with the food and employ porters to carry your gear and sherpas to set up tents where you will be sleeping and well- trained cook will prepare hot meals to serve you. You carry your small backpack with

a water bottle, camera and your day clothes. As a guide I take care of everything, I employs the appropriate number of porters to carry all equipment, trekking gear and lead the whole crew.

Typical Day on the Camping Trek:

In a typical Camping Trek day starts around 6 a.m. with a cup of hot tea brought to your tent, along with a bowl of hot water for your morning wash. Breakfast will be laid on the table consisting of porridge, toasts, eggs, pancakes and tea/coffee. During breakfast we staffs will pack the tents so please have your bags packed before breakfast. After breakfast by 7' o'clock everyone should be ready to start walking. The reason for this early is to take advantage of the cool morning when walking is easiest; also the morning air is very clear, allowing a better view of the mountains than at other times of the day.



Porters carry trekker's all personal belongings. Everyone walks at his or her own pace and as the group spreads out along the trail. There is a plenty of time to enjoy the views, meet the local people, take photographs and enjoy the flora and fauna. Even though you are with a group you can walk alone. The porters are slower and cook crews (Sherpas) rush ahead to prepare lunch, which should then be ready when the groups arrive at around 11 o'clock. Afternoon trek end about 3pm when you round ahead to discover your tents already set up by Sherpas in a field near village. The kitchen crew again prepares tea coffee; biscuits will be available in the

camp. As we often camp near villages a trip to the local inn can provide some light entertainment. Later on, you have free choice to read book or explore surrounding area. The food provided is a combination of western and local cuisine by around 6 pm. The cooks and kitchen staff are fully trained to the highest standard so hygiene. In the evening all staffs makes fun by singing and dancing in the groups. After that around 8 pm most trekkers turn to their tents to enjoy a sound sleep.

SELF ARRANGE TREKS:



A third style of trekking is to gather sherpas, porters, food and equipment and take off on a trek with all the comforts and facilities of an organized trek. On such a trek you camp in tents, porters carry your gear, sherpas set up camp and cook and serve meals. You carry a backpack with only a water bottle, camera and jacket.

Trekkers, who opt for this approach, particularly with a small group of friends, often have a rewarding, enriching and enjoyable trip. You can use a trekking company in Nepal to make some or all of the arrangements, though you may have to shop for an agency that suits you. Some Nepalese trekking

companies offer equipment for hire, some will arrange a single sherpa or porter and some will undertake only the entire arrangements for a trek.

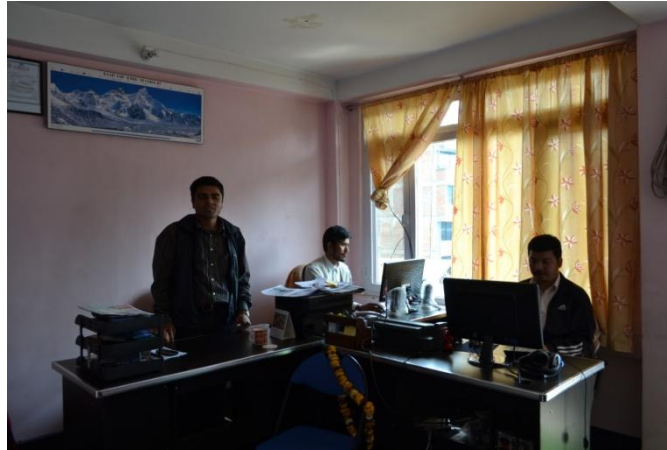


If you want to have everything organized in advance, you can contact a Nepalese trekking company by mail or fax and ask them to make arrangements for your trek. There are more than 300 trekking companies in Kathmandu that will organize treks for a fee and provide all sherpas, porters and, if necessary, equipment. Unless you have a good idea of what you want, it will require a huge volume of correspondence to provide you with the information you require, to determine your specific needs, to define your precise route and itinerary and to negotiate a price that both parties understand. Mail takes up to three weeks each way to and from Australia, the Americas or Europe, so it's better to use fax or e-mail. Be specific in your communications and be sure that the trekking company understands exactly who will provide what equipment. It is most embarrassing to discover on the first night that someone forgot the sleeping bags.

One solution is to go to Nepal and simply sort out the details in an hour or two of face to face negotiations with a trekking company. You should be prepared to spend a week or so (less, if you are lucky) in Kathmandu

settling these details. An alternative to endless correspondence with Nepal is to use a trek operator in your own country.

TREKKING WITH A TREKKING COMPANY



Companies specializing in trekking can organize both individual and group treks. One major advantage to dealing with someone close to home is that it's easy to communicate by phone and the agent can assist you with travel to and from Nepal.

On an arranged trek the group must stay generally on its prearranged route and, within limits, must meet a specific schedule. This means that you may have to forego an appealing side trip or festival and, if you are sick, you will probably have to keep moving with the rest of the group. You also may not agree with a leader's decisions if the schedule must be adjusted because of weather, health, political or logistical considerations.

You will be trekking with people you have not met before. Although some strong friendships may develop, there may also be some in the party you would much rather not have met. For some people, this prospect

alone rules out their participation in a group trek. The major drawback, however, will probably be the cost. Organized treks usually start at US\$100 per person per day of the trek. One of the major expenses is the services of a Western leader who acts as guide, cultural interpreter and social director. On the positive side, by fixing the destination and schedule in advance, all members of the group will have prepared themselves for the trip and should have proper equipment and a clear understanding of the schedule and terrain. Read the brochures and other material prepared by the agent to see if it is likely to attract the type of people you'd get along withers.

Most prearranged treks cater to people to whom time is more important (within limits) than money. For many, the most difficult part of planning a trek is having the time to do so. These people are willing to pay more to avoid wasting a week of their limited vacation sitting around in Kathmandu making arrangements or waiting along the way for a spare seat on a plane. A trekking agent usually tries to cram as many days in the hills as is possible into a given time span. Trekking agents make reservations for hotels and domestic Travel Ticketing well in advance. Thus theoretically, these hassles are also eliminated.

Because the group carries its own food for the entire trek, a variety of meals is possible. This may include canned goods from Kathmandu and imported food bought from expeditions or other exotic sources. A skilled cook can prepare an abundant variety of tasty Western-style food. The meals a good sherpa cook can prepare in an hour over a kerosene stove would put many Western cafes to shame.

A group trek carries tents for the trekkers. This convenience gives you a place to spread out your gear without fear that someone will pick it up, and probably

means that you will have a quiet night. In addition, a tent also gives you the freedom to go to bed when you choose. You can retire immediately after dinner to read or sleep, or sit up and watch the moon rise as you discuss the day's outing.

Money and staff hassles rarely surface on an arranged trek. The sirdar is responsible for making minor purchases along the way and ensures a full complement of porters every day. Unless you are particularly interested, or quite watchful, you may never be aware that these negotiations are taking place.

A group trek follows a tradition and routine that trekkers and mountaineers have developed and refined for more than 50 years. You can travel in much the same manner as the approach marches described in *The Ascent of Everest*, *Annapurna* and *Americans on Everest*, a feature not possible with other styles. If your interest in the Himalaya was kindled through such books, you still have the opportunity to experience this delightful way to travel. There are many reasons why these expeditions went to all the trouble and expense to travel as they did.



It is an altogether refreshing experience to have all the

camp and logistics problems removed from your responsibility so you are free to enjoy fully the land and the people which have attracted mountaineers for a century.

TREKKING SEASON IN NEPAL:



If you are planning to visit in Nepal. Please read the best seasons. Asian Expedition always recommended reading our season page. If you have any problem to know, please feel free to contact us as soon as possible. We will coordinate. Nepal Trekking and hiking is possible at any time of the year depending on where you are going. The most popular seasons are Autumn and Spring. In the season time, It is much easier for trekkers what they want to have but off season time, trekkers come to Nepal for short trekking. Nepal has cool, clear winter season, pleasant moist springs, hot wet summers and fantastic mostly clear autumns. Trekking in Nepal is possible at anytime of the year depending on where you are going. The most popular seasons are autumn (September-December) and Spring (February-May) for the trekking in Nepal. Winter is very cold above 4000m and high mountain passes may be snowbound, but it is good for trekking at lower altitudes. During the

monsoon season (June-August), you can trek in the rain-shadow areas north of the Himalayan like Mustang, upper Manang and Dolpo. These places are out of reach of the rain clouds because of the high mountains and are unaffected by the monsoon. During the monsoon in Nepal it is recommended to travel in Tibet (May to September)

The Spring season in Nepal (March-April-May):

The spring season in Nepal, dances ever higher, painting the rhododendron hillsides. Some days are staggeringly fine, others the views cloud in around lunchtime or in the afternoon, great for reading and relaxing and just when you begin to worry about tomorrow, mostly the evenings turn sparkingly clear. This is the second biggest traditional trekking season in Nepal and definitely less crowded but still a great time to do trekking in Mountain region. March and April are often drier than May, but May has the advantage of more alpine flowers.

The monsoon season in Nepal (summer) (June-July-August-September):

In late May and early June at low altitude the heat stifles, clouds billow ever higher cumulating in crescendos of rain. The downpours are usually brief leaving plenty of time to admire more than just the forces of nature. Kathmandu is sticky, with rain as a relief and, in the Terai, elephants rather than jeeps are used for crossing the swollen rivers. The jungle is lush, vibrant and tropical. In the high rain-shadow areas it is surprisingly pleasant, balmy with only occasional showers. It is a time for wandering among the flower carpets and vivid colors while the locals are absorbed in the traditional cycles of agriculture. For this time of year I offer the trek to Rain shadow area in Manang and Mustang or Naar- Phu the hidden tradition in Manang.

The Harvesting season in Nepal (Mid-September to Mid-October):

The monsoon dwindles in late September but a few tail-end clouds and showers (or short-lived snow at altitude) must be expected. Locals and trekkers simply take cover in the nearest teahouse and wait the afternoon shower out. There's also a chance that the monsoon may not quite have ended, staging a dramatic return for a few weeks. The middle hills are either hot and sweaty under the fierce sun or perpetually grey and cloudy, while higher up it's pleasant with cool but mostly frost-free nights. If you skip the lower country, this is a particularly pleasant and under-trekking season. At this time the whole country changes from a lush, verdant green into the harvest colors.

The perfect Autumn and best trekking season in Nepal (Mid-October thru early December):

This is classic best trekking season in Nepal famed for clear skies and fantastic fine weather. Early October through to late November is also the busiest period with the teahouse regions brimming with trekkers. This is the season to head off the beaten track, to Kanchenjunga, Manaslu, Around Dhaulagiri as well. The long fine periods are occasionally broken for day or two by a front sweeping overhead causing high cloud or cloud banks that roll up the valleys, and then usually clear at altitude with the sunset. The odd stronger front brings a spot of wet weather as well but it is impossible to tell (even the locals can't) whether a front contains rain. Barring unusual conditions during this trekking season perhaps two or three periods of showers and drizzle, or short-lived snow at altitude, can be expected. In an odd year there is perpetual high cloud and less than crystal clear skies. In the low country evenings are balmy while in the middle hills they are pleasantly chilly.

Above the tree line (4000m) nights are sharp and below freezing, early morning sun is particularly welcome.

The Christmas's winter season in Nepal:

While trekking although winter, the weather is at its finest and driest; great conditions. It is the nights that are cold. In the middle hills nights are a crisp cool and clear, the high country the air is tinkling sharp and the stars have that crystal twinkle. Temperatures drop below freezing every night. Higher up after a snowfall only the Solu-Khumbu (Mt Everest region) Annapurna Sanctuary, Jomsom, Gosainkunda Helambu are reliably accessible and pleasant. Mostly fine, any light snow clears quickly while the deeper powder, yak-tracked, rarely slows us.

Nepal Trekking Permit.

A **trekking permit** is a must to visit restricted areas mentioned below. To visit normal trekking areas, no permission is required.

Restricted areas which have been opened for Group Trekking The following restricted areas are open only for group trekkers. And a trekking permit will not be issued to individual trekkers for such areas. The areas and required fees are as follows

S.N.	Area	Fee (per person)
1.)	Areas of lower Dolpa Taplejung District (Kanchanjanga Region):-Areas of Olangchunggola, Lelep, Papung and Yamphudin Village Development Committee. Sankhuwasabha District (Makalu Region):-Areas of Kimathanka, Chepuwa, Hatiya and Pawakhola Village Development Committee. Solukhumbu District (Everest Region):-All north-west area way from Thame to Nangpala of Namche Village Development Committee.	For the first 4 weeks per week per person US\$ 10 and after 4 weeks per week per person US\$ 20.
3.)	Rasuwa District :-Thuman and Tingure	Per week per person US\$ 10
4.)	Manang District:- Areas of Nar, Phu, and Northern area of Tilche Village of Thoche Village Development Committee	For September to November per week per person US\$ 90 and December to August per week per person US\$ 75.

- | | |
|--|---|
| 5.) Mugu District:- Areas of Mugu, Dolpu, Pulu and Bhangri. | For the first 7 days per person US \$90 and After 7 days per day per person Us\$15. |
| 6.) Bajhang District:-Areas of Kanda, Saipal, Dhuli | For the first 7 days per person US \$90 and After 7 days per day per person Us\$15. |
| 7.) Darchula District:- Areas of Byas Village Development Committee. | For the first 7 days per person US \$90 and After 7 days per day per person Us\$15. |
| 8.) Upper Mustang and Upper Dolpa District:- | For the first 10 days per person US \$500 and After 10 days per day per person Us\$70. |
| 9.) Gorkha District (Manaslu Area):- | For Sepetmber to November per week per person US\$ 90 and December to August per week per person US\$ 75. |
| Humla District (Simikot and Yari):- Areas of Limi and Muchu | |
| 10.) village village Development Committee, and area way to Tibet via Tangekhola of Darma Village Development committee. | For the first 7 days per person US \$90 and After 7 days per day per person Us\$15. |

Note : To get a group trekking permit an application form with other relevant documents should be submitted through any registered trekking agency of Nepal.

Trekking Permits Issuing Offices:

Dept. of Immigration, Bhirkutimandap, Kathmandu.

Miscellaneous Fees

- a. Travel document (in case of loss/damage/theft/or expiry of the passport)-US\$ 20
- b. Issuance of Entry Visa from the Dept.-25% additional fee along with regular entry visa fee.
- c. Certification of Arrival or Departure stamps or replacement of trekking permit US\$ 1 (one).

Sources From:

Location and Organization Structure

The Department of Immigration is located at Bhrikutimandap, Kathmandu.

Tel : +977-1-4223590 / 4222453 / 4223681/ 4221996 / 4224757

Fax : +977-1-4223127

Email : deptimi@ntc.net.np

Clothings and Equipment.

The clothing you bring will need to allow for both the warmth of the days and the chill of the nights. While trekking during the day at lower altitudes, lightweight trekking trousers and T-shirts are recommended. It's always a good idea to carry a waterproof jacket and some warmer clothing with you though as mountain weather is notoriously unpredictable. For the cold nights, thermal underwear, a warm fleece jacket and even a down jacket will help to keep you warm.

It's not really necessary to spend a lot of money buying extra equipment and clothing before your trip. Warm fleece and woolen clothing is available quite cheaply in Kathmandu and sleeping bags and down jackets, can be either bought or hired at very reasonable prices.

THE GEAR LIST

Sleeping bag

Down-filled bags (4 season or - 20 C graded) are the best to bring because high altitude nights will be cold, and there is nothing worse than to be cold at night.

Sleeping bag liner

Cotton, silk or fleece. Saves washing your sleeping bag and adds warmth. Cotton or silk ones can be made in Kathmandu but are more easily bought from home. Fleece

ones is readily available in Kathmandu and will cost you next to nothing. Inflatable sleeping pad Thermarest or similar. We provide a sponge foam mattress and if necessary, a closed cell pad, but if you have your own Thermarest, bring it.

Daypack.

This should be comfortable and a good waistband that transfers some of the weight to the hips is most important. It needs to be big enough to take a jacket, fleece, water, camera and odds and ends. You pack your daypack in the morning and give the rest of your baggage to the porters. You should have everything you need through the day with you, since it is likely that we don't see the porters again before we camp for the night.

Boots.

For a comfortable trek you need comfortable feet. Good boots have: good ankle support, plenty of toe room for long descents, a stiff sole to lessen twisting torsion, and are light because with every step you lift your boot up. Look at the inner lining - leather is good and Cambrelle is even better, a material that eats smelly feet bacteria. Good lightweight trekking boots or light all leather boots are perfect. Boots must be lightly worn in before trekking and this should include some steep hills to show up trouble spots. The longer the trek, the better the boots you need.

Socks.

In the low country your feet will be warm or even hot while walking so quality cotton mix sports socks are best. Three to four pairs are enough. Thick trekking socks are better for higher up and cool evenings, four pairs. I will suggest wearing two pair of socks, since it is my experience that this is the best way to avoid blisters.

Camp shoes.

At the end of the day your feet need some air, so bring some sandals or running shoes.

Fleece top.

Most trekkers consider this essential, but alternatives are a thick thermal top or a light down jacket. In Kathmandu you can get cheap Korean fleeces but they lack that essential style.

Down jacket.

This is something you don't want to miss on those cool evenings. If you don't already have a down jacket they can easily be rented in Kathmandu for around \$1 a day.

Wind/rain jacket.

Waterproof and breathable. Plastic ponchos or non-breathable raincoats are not suitable. Thermal underwear top and bottom.

Good thermals are one of the secrets to cold weather trekking comfort. Expedition-weight thermals are the most versatile and can be worn as your high altitude trekking top.

Fleece/sweat pants.

Great for the chilly evenings, thicker is better. Readily available in Kathmandu.

Day wear shirt.

T-shirts are popular but a cotton shirt or mixed yarn travel shirt is more useful. The collar protects the back of your neck and the sleeves can be rolled up or down. Take two so you can swap damp for dry.

Trekking pants.

You will live in these. Light material, loose and dark-coloured is best. You can survive with only one pair. Cotton cheapies in the local fashion can be bought in Kathmandu.

Wind pants.

If your trekking pants are reasonably windproof then special wind pants are not needed. If you do bring a pair, it is not necessary to have gore-tex or similar, non-

waterproof is quite OK.

Underwear.

This is not something people tend to forget, but I put it here anyway bring 4 to 7 pairs. Warm hat or balaclava Nice for those cold mornings and evenings.

Sunglasses.

Suitable for snow, it is bright up there, and you don't want to end up snow-blind. Specialized glacier glasses with side pieces are not needed. Contact lens wearers report very few problems except cleaning them in the conditions. Ski goggles are unnecessary.

Mittens/Gloves.

These don't need to be fancy (pockets are the warmest solution to cold hands), so local Kathmandu fleece gloves are fine.

Water bottle.

Should be one litre or more in capacity, take boiling water and be leak-proof. You want a total of 2 litres capacity.

Torch.

MagLite or Petzl head torch or similar. Head torches are more convenient, and are available in Kathmandu.

Toiletries and odds and ends.

Essentials for the month only. There are a surprising number of showers or buckets of hot water available. The smallest tube of toothpaste is perfect for a month. We provide toilet paper. Roll-on deodorant can spare you grief with your tent partner...

Towel.

Bring only a small one trekking, or even better a sarong. In Kathmandu and Lhasa hotels supplies towels. Sun screen and lip care with sun protection The sun is strong at altitude, especially after snow.

Moisturiser.

A small tube for sensitive or well cared for skins. The air is dry and the sun harsh.

First aid kit.

We carry one with aspirin, paracetamol, various antibiotics for Nepalese varieties of diarrhoea, antiseptic, antihistamine cream, bandages, and tough blister tape (but not moleskin). You should bring any personal medicines that you need.

Water purification.

One bottle of iodine tablets between two. Couglans or Potable Aqua is the best. We tend to use boiled water from the lodges but occasionally take water from the streams. The use of mineral water is discouraged from an environmental point of view.

Camera.

Nepal and Tibet is particularly photogenic, so take plenty of film. Panorama and instant cameras are a very last resort. Bring a spare set of batteries. Kathmandu stocks all the standard print and slide film brands and the prices are cheap.

Video camera.

Ask. Generally there is nowhere to recharge batteries, and therefore it is not a great idea to bring a video camera, leave it in Kathmandu.

Novel.

One or two with high swap ability. Kathmandu has some great second-hand bookshops. You will also find a very big variety in Himalayan titles in the bookshops here, I recommend Pilgrims bookshop in Thamel.

Money pouch/belt/inside pocket.

Most people find wearing one while trekking a hassle and keep it buried in their kitbag or daypack. The Kathmandu hotel has safety deposit boxes.

Snow gaiters.

Not needed but if you have them, bring them.

Snacks and nutrition.

You will feel your best with plenty of good food and keeping hydrated. We provide the food and the water. The last two ingredients are wholesome snacks and vitamin tablets. Chocolate and chocolate bars are readily available in Kathmandu. Bring vitamin tablets from home.

WHAT IS AVAILABLE IN KATHMANDU

There are dozens of small gear shops in Kathmandu but they mostly sell locally made fake gear and a strange variety of new gear. Always available are sale head torches and their batteries, fleece gloves and hats, fleece jackets and pants, sunglasses, Swiss army knives and large kit bags. The items that are better brought from home are: socks, boots, thermal underwear, quality fleece, liner gloves and Gore-tex clothing. North face is planning to open a shop in Kathmandu in July 2001; I don't know what the price level is going to be yet.

RENTING EQUIPMENT.

Plastic Climbing Boots

Ice Axe

Ice Hammer

Crampons

Harness

Gaiters

Over Boots / Super Gaiters

Karabiners Regular

Ascenders (Jumar)

Descenders (Figure of 8)

Snow Bar / Stakes

Ice Screws

Shovel

Chock Set

Friends Set

Gortex Gloves

Booties

Snow Goggles

Water Bottles

Fuel Bottles

Ski Sticks (telescopic)

Ski Sticks (normal)

Helmets

Gamow Bag

Medical Oxygen with mask and regulator

Main Rope for climbing (45/50m.)

Karabiners (with screw gate)

Tents A frame for Trekking

Tents Dome for climbing

MSR Stoves
 EPI Gas Burner
 Cooking Set
 2" Foam Mattresses
 Karrimats
 Sleeping Bag

Day Pack
 Ruck Sack
 Rock Climbing Shoes
 Sleeping (Nylon)
 Down Jackets
 Inner Sheet

CLIMBING EQUIPMENTS AND REQUIREMENTS:



ATC



Carapina



Down Jacket



Crampons



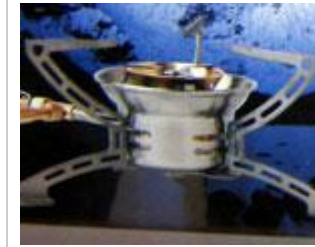
Finger Eight



Fix Rope



Rock Piktung



Gas Stove



Gloves



Guggless



Haruess



Head Light



Helmet



Higu Thermos



Ice Axe



Ice Crew



Ice Hamber



Main Rope



Matress



One Sport



Max Regulator



Oxygen Slinder



Rocksacks



Sabel



Safety Belt











Slipping Bag



Snow Bar



Sticks

			
Tape Sling	Water Bottle	Zumar	Tent
			
Climbing Suit	Waterproof Trouser	Gas	Cooking Pot



For Further Details, Please Contact us:

Asian Expedition Pvt. Ltd.

G.P.O. Box: 20377, Thamel, Kathmandu, Nepal

Cell Phone: +977-9848322329

Cell Phone: +977-9813721749

Office Phone: +977-01-4258373

Email: asiantreks@gmail.com

Skype: asiantreks

Website: <http://www.adventureexplore.com>

Blog site: <http://www.asianexpedition.over-blog.com>

Blog site: <http://www.asianmountain.wordpress.com>



Karchung Lama

Expedition Organizer

Founder of Asian

Expedition Pvt. Ltd.