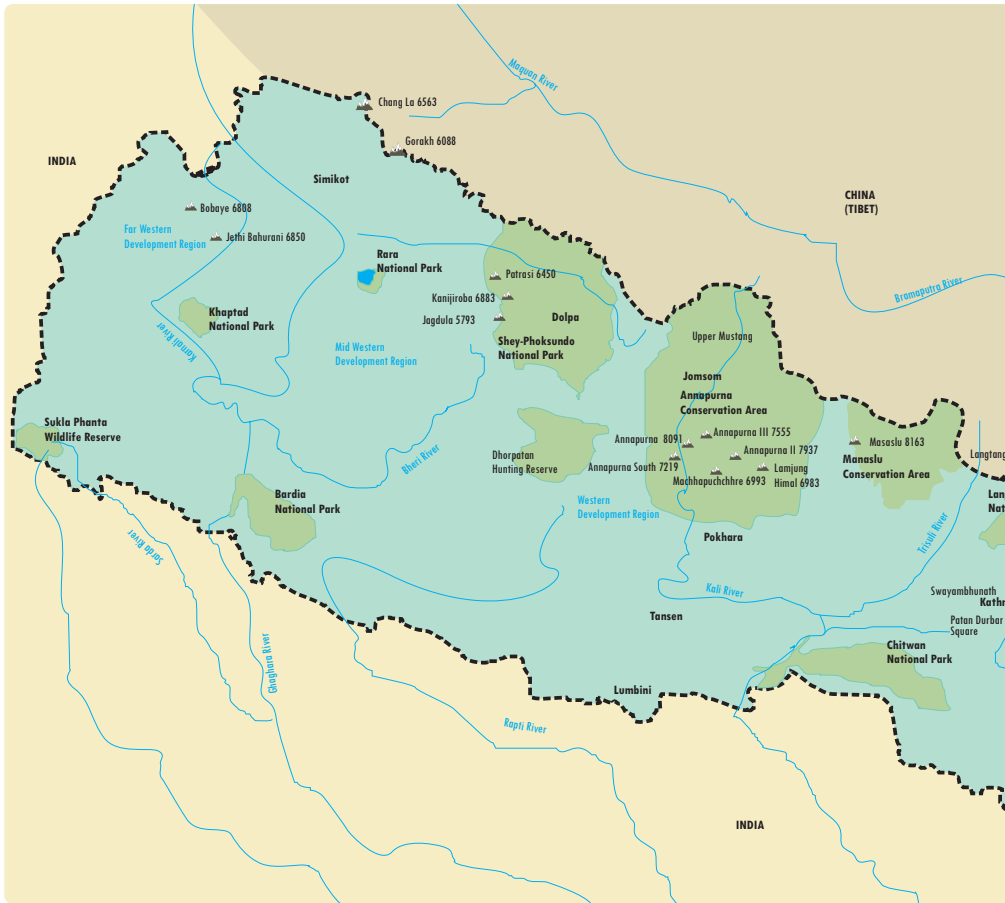




سیتا sita



"Namaste" and welcome to the first Sita brochure dedicated to trekking and adventure in Nepal. With a near monopoly on the world's highest peaks – eight of the top ten are within its borders, Nepal has to be one of the most spectacular places on the planet for trekking and adventure. This is a new venture for us but one we are taking very seriously indeed. Not only have we recruited a dedicated team with a wealth of experience to answer your questions but on top of this we have also employed the services of an overseas travel consultant from the U.K. He has spent several months living in Nepal, visiting and re-visiting the key trekking regions, helping us develop our program and train our team to ensure that, in return they offer you the best possible product and services. Let us help you provide your clients with a holiday of a lifetime. Welcome to the mighty Himalayas!



At a glance; when and where to trek

The chart below is designed to provide a broad overview of which months provide the best trekking opportunities for each region. Our criteria is based on the climate and the optimum time for viewing the mountains. For more specific details on the best time to trek please refer to each individual itinerary.

Everest & Gokyo		*	*	*	*				*	*	*	
The Annapurna	*	*	*	*	*				*	*	*	
Upper Mustang					*	*	*	*	*			
The Langtang Valley	*	*	*	*	*				*	*	*	
Helambu	*	*	*	*	*				*	*	*	
The Kathmandu Valley	*	*	*	*	*			*	*	*	*	
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec



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Trek difficulty level

Easy;

Maximum altitude; 3000-3250m
 Average duration; 4-8 days of trekking
 Physical fitness; general level required. Pre-trek training is advantageous
 Daily walking time; 4-5 hours



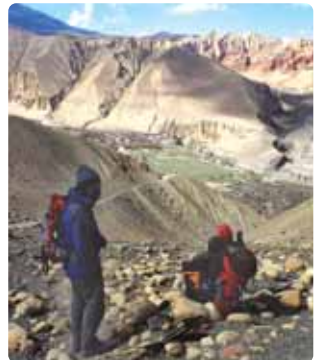
Moderate;

Maximum altitude; 4000-4500m
 Average duration; 8-12 days of trekking
 Physical fitness; good level required. Pre-trek training is recommended
 Daily walking time; 5-6 hours



Strenuous;

Altitude; 5000-5600m
 Average duration; 10-17 days of trekking
 Physical fitness; high level required. Pre-trek training is essential
 Daily walking time; 6-8 hours





Why Sita for trekking and adventure?

Sita is a well-established company with a worldwide network and a reputation for an exceptionally high level of personal service and customer care. With a track record for quality and expertise numerous other fields of tourism within Nepal, including the leisure market and Conference & Incentive, we are confident we can provide the same high standards in our new trekking and adventure program. We look forward to working with you.

Expert knowledge

With a passion for all things trekking and adventure, we can genuinely say that, between them, our dedicated team have first hand knowledge of all the products on offer in this brochure and they continue to update themselves whenever the opportunity arises. Furthermore, having drafted in the expertise and help of an overseas adventure consultant with extensive experience in the UK travel industry to help us see the product through your eyes, we feel we are already one step ahead of the competition and confident our suggested itineraries are exactly what you are looking for.

Total commitment...

Quality and safety are of the utmost importance to us and as a result we dedicate time and resources to researching and buying the best equipment available. Much of what we use is imported; our tents and sleeping bags for example. We ensure the latest technology when it comes to such things as water purifiers and solar chargers. When we out-source, for example paragliding, you can be assured we work with only the best and most safety conscious suppliers available in Nepal.

www.sita.net.np/adventure

We appreciate that you require more information than we can fit into this brochure. As a result our user-friendly website will provide you with everything you need in order to promote our products with confidence. For example, on the web you will find detailed dossiers for each of the itineraries featured, as well as detailed maps, tipping recommendations, a comprehensive list of what to pack and much more. Much of it is available for download and can easily be incorporated into your own company format, saving you valuable time producing it yourself.

It's all in the detail

We believe attention to detail is the key to providing the best possible product and service. From things that are included as standard such as larger tents, an unlimited supply of drinking water whilst trekking and a personal shopper for your clients during their stay in Kathmandu to help them purchase those last minute items to those that can be provided at an additional supplement such as extra porters to carry day-bags or a memorable farewell dinner in Kathmandu.



Trekking; all you need to know...

Nepal has some of the most spectacular trekking routes on the planet but as an activity, Trekking can be daunting. What is a trekking crew? How difficult is a trek? What is the food like?

These are just a few of the questions your clients may ask and we understand that it is not always possible to have all the answers at hand. With this in mind, over the next two pages we have tried to give you as much information as possible; for example, we have summarized a typical day on a trek, expanded on the different types of treks available and explained why contingency days are strongly recommended when mountain-airport flights are involved. We hope they tell you all you need to know...

What is the trekking experience?

A trek in Nepal is experienced uniquely by different people. For some, it may be the physical challenge of completing a particular circuit; for others, it may be the cultural experience of interacting with the local population; but for all it is almost certainly, the opportunity to get up close and personal with some of the world's greatest mountains and enjoy some of the most breathtaking scenery to be found anywhere. Trekking is a fantastic experience and one that rarely disappoints.

A typical day

Although individual pace, type of trek and group size ultimately determines the routine, as a general rule, it is early to rise and early to bed. The day starts with a hearty breakfast before heading out on the trail for a good 3 to 4 hours of walking. Lunch is invariably before midday with plenty of time for digestion and then it's a shorter walk in the afternoon and relaxation time at the camp, teahouse or lodge before dinner followed by a great night's sleep!



How difficult is a trek?

Trekking demands both mental and physical fitness, but the actual level of difficulty varies depending on the region, season and the kind of trek undertaken. Trekking in the Everest region is considered more difficult than in the Annapurnas for example, but the time of year also plays an important role. Trekking in winter can often guarantee clear blue skies and fewer trekkers but the elements also makes it more challenging and proper preparation is the key to a successful trek.

What to expect

When trekking in Nepal it is important to remember one key point—expect the unexpected. The climate plays an important factor in the mountains and during these times of global warming, it is not easy to predict the weather from season to season. Hence, conditions on the trail can change at any time and so adopting the 'layered system' when dressing for the trail is recommended as is a flexible attitude to the itinerary. Both help to ensure a more enjoyable trek.

What is included

With Sita there are no hidden extras or nasty surprises. As standard, we always include the services of a guide plus the required trekking team, which is based on the number of clients and the style of trek undertaken. The necessary trekking permits, domestic flights and land transportation (as appropriate) are also included as are three meals a day and un-limited purified drinking water whilst actually trekking. We will also provide each client with a good sized kit bag for their personal equipment and a high quality sleeping-bag for the duration of their trek, should they not wish to bring their own.



The trekking team

The three key people in a trekking team are the guide/group leader, the sherpa and the porter. The responsibility of the guide is to look after the clients and ensure they are enjoying their trek and getting the maximum possible from the experience whereas the sherpa is in charge of logistics and the trekking crew. Porters carry bags and equipment but are flexible in their attitude and ultimately, all team members strive to ensure clients have a memorable and enjoyable trek.

Different types of treks

There are three styles of trek available in Nepal. The classic **Tea-house** trek involves stopping at local tea-houses along the way, the standards of which are invariably basic but clean. Mostly, rooms are simple and bathrooms are shared. **Lodges** offer superior accommodation with attached bathrooms but they are restricted to lower altitudes and less destinations. Finally, a **camping** trek involves sleeping in tents and requires more organization. They are therefore, better suited for larger groups or more remote trekking regions where camping is the only available option.



Food and drink on a trek

Given the remoteness of many trekking regions, it is surprising how tasty and varied the food can be. This is especially true when camping where the cook conjures up mouth-watering meals with limited resources. In tea-houses, meals tend to be ordered from a menu whilst in lodges a buffet or fixed menu is normally the order of the day. Soft drinks and beer can be purchased at an additional expense to the client and seasonal fruit juices are very refreshing and readily available.

Altitude

Trekking in Nepal often involves a great deal of altitude gain or loss and Acute Mountain Sickness (AMS) can occur at high elevations. The only way to guarantee avoiding the risk completely is to remain below 2500m to 3000m but on treks that do reach higher elevations we ensure that rest days (known as acclimatization days) are incorporated into the itinerary and days are short to further aid the process of acclimatization. Furthermore, on the ground you can be assured that our guides and sherpas are fully trained to realize and deal with the symptoms of AMS as well as other trekking-related illnesses.

Cash Rich, Time poor

We understand that many of your clients may have a desire to undertake a trek but do not think they necessarily have the right amount of time to do so. With important safety factors such as altitude gain and distance covered per day always forefront in our minds, we have created shorter versions of our itineraries where it is practical to do so. For more information and detailed itineraries visit our website at www.sita.net.np/adventure

Flights to mountainous regions

Flights to and from trekking start points, namely Lukla for the Everest region and Jomsom for the Annapurnas and Upper Mustang are spectacular, often providing a birds-eye view of the surrounding mountains and Nepali countryside. It is important however, to remember that these flights are very much dependent on local weather conditions and delays and even cancellations are not uncommon. Where mountain flights are involved we ensure contingency days are incorporated into the itinerary plus you have the assurance that our staff are on hand and experienced in dealing with such eventualities.

Trekking with children

Nepal is a great destination for children and a trek at low altitudes is the perfect family adventure. In our opinion, the following treks are ideal for children of 10+ years and remember, any one of them can be combined with a number of other activities available in Nepal such as a 4WD adventure, wildlife viewing and White-water rafting. Recommended treks, Annapurna foothills trek, The Royal trek, Trek to Poon Hill, Kathmandu Valley trek and Valley fringe trek.



At a glance; Mountains & Villages

So often you hear clients say that they want to do a trek in Nepal and although they are not always 100% sure of which one they want to do, 9 times of 10 you can be assured that they have a 'tick' list of mountains they simply must see or villages that they have heard of and so want to make sure that they are included in their itinerary. Whatever their preferences, in order to help you match the right trek to the right client, we have listed some of the most famous peaks in Nepal as well as a number of culturally-rich villages and then gone on to identify which trek from our portfolio would be the best one to take in order to experience them.



Mt. Everest (8850m)

Best seen on; Everest Base Camp, Gokyo Lake trek, Everest Base Camp with Gokyo Lake and Gokyo Lake via the Renjo La Pass.



Lhotse (8501m)

Best seen on; Everest Base Camp, Everest Base Camp with Gokyo Lake, Yeti Mountain Homes and Everest Summit Lodge trek.



Cho Oyu (8201m)

Best seen on; Gokyo Lake trek, Everest Base Camp with Gokyo Lake and Gokyo Lake via the Renjo La Pass.



Ama Dablam (6856m)

Best seen on; All treks in the Everest region.



Dhaulagiri (8167m)

Best seen on; Around Annapurna, the Jomsom trek, Upper Mustang and trek to Poon Hill.



Machhapuchhre (6779m)

Best seen on; All treks in the Annapurna region except for Around Annapurna.



Annapurna I (8091m)

Best seen on; All treks in the Annapurna region.



Langtang Lirung (7225m)

Best seen on; The Langtang Valley and Langtang Valley with Gosainkund.



Namche Bazaar (3440m)

Best seen on; All treks in the Everest region.



Tengboche (2860m)

Best seen on; Everest Base Camp, Everest Base Camp with Gokyo Lake and Everest Summit Lodge trek.



Lo Manthang (3809m)

Best seen on; Upper Mustang.



Manang (3540m)

Best seen on; Around Annapurna.



Kagbeni (2800m)

Best seen on; Upper Mustang Trek and the Jomsom trek.



Dhampus (1650m)

Best seen on; Annapurna Sanctuary trek and Annapurna foothills trek.



Ghandruk (1940m)

Best seen on; Annapurna Sanctuary trek, Annapurna foothills trek, Ker & Downey trek and trek to Poon Hill.



Langtang (3330m)

Best seen on; The Langtang Valley, Langtang Valley with Gosainkund and Langtang Valley to Helambu via Gosainkund.



Melamchigaon (2530m)

Best seen on; The Helambu circuit and The Langtang Valley to Helambu via Gosainkund.



Everest & Gokyo

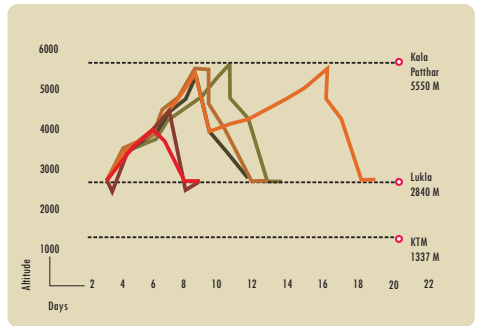
Ever since the first expeditions in the 1950's, the Everest region has been a popular destination for mountaineers and trekkers alike.

Introduction

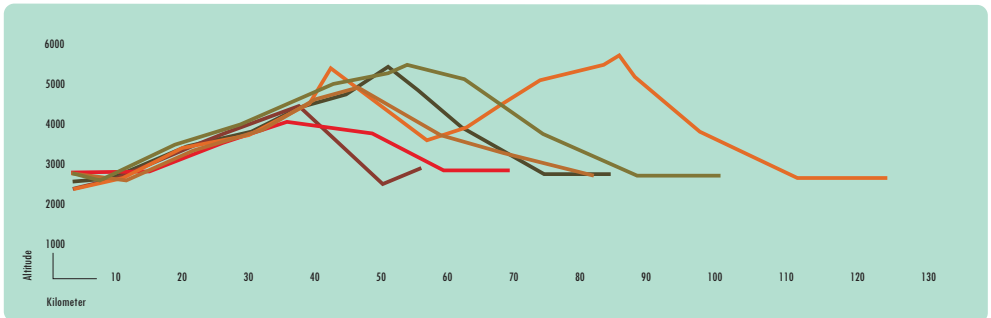
The adventure begins with a spectacular flight from Kathmandu to Lukla from where the Everest trail follows the Dudh Kosi Valley up to the fascinating Sherpa villages of Namche Bazaar, Thame and Khumjung. Here it is essential to spend time acclimatizing before heading further afield. The Solu Khumbu (to give the Everest region its proper name) offers a wide spectrum of experiences; from the justifiably popular trek to Everest Base Camp and Kala Pattar (from where the views are simply mind blowing) to lesser visited but equally interesting regions such as the stunning lakes at Gokyo or the easier foothill areas where it is possible to stay in more comfortable lodges such as those belonging to Yeti Mountain Home or Everest Summit Lodges. For the really adventurous, there are high passes such as the Renjo-La to tackle and, as with all great adventures, there are challenges in good measures. The trick is to take them in good stride and discover the joys of experiencing the grand Himalayas.



Everest & Gokyo Circuit



Altitude/Day Chart



Distance Chart

- Everest Base Camp trek
- Gokyo Lake trek
- Everest Base Camp with Gokyo Lake trek
- Gokyo Lake via the Renjo La Pass
- Everest with Yeti Mountain Home (YMH)
- Everest Summit Lodge (ESL) trek



Introduction: This classic trek tops the agenda for many visitors to Nepal. Besides offering a superb 360° vista of the Himalayas and scenic side-trips to such places as Chhukhung glacier; visits to ancient monasteries and hamlets introduce the Sherpas' rich cultural heritage. The crisp mountain air, the yaks - demanding right of way as they trudge along the high trails and the friendly local people all add to this Himalayan experience, making it just that little special!

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/everestbasecampletrek



Introduction: A trek to the beautiful lakes at Gokyo is a great alternative to the more traditional Base Camp route. Passing through the Gokyo Valley, the trail ventures deep into the heart of the Sherpa homeland. The view from Gokyo Ridge is the best in the region with stunning vistas of the Everest, Lhotse and Cho Oyu to name but a few. The turquoise Gokyo lake set against a backdrop of high Himalayan peaks make it in every sense - God's own country.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/gokyoalaketrek

Everest Base Camp trek

Number of trekking days; 12
 Maximum elevation; 5550m
 Best season; Oct to Dec and Feb to May
 Accommodation; tea-house or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Lukla and trek to Phakding (2-3hrs)
- Days 4/5. Trek to Namche Bazaar plus rest day (5hrs)
- Day 6. Trek to Deboche (5-6hrs)
- Days 7/8. Trek to Pheriche plus rest day (5-6hrs)
- Day 9. Trek to Lobuche (5hrs)
- Day 10. Trek to Gorakshap (3hrs)
- Day 11. Trek back to Loboche (3hrs)
- Day 12. Trek back to Deboche (6hrs)
- Day 13. Trek to Monjo (7hrs)
- Day 14. Trek back to Lukla (5hrs)
- Day 15. Fly back to Kathmandu
- Days 16. In Kathmandu
- Day 17. In Kathmandu
- Day 18. Depart Kathmandu

What we say...

The trek to Base Camp is by far and away the biggest trekking draw in Nepal and this classic route is always going to be top of the agenda for many trekkers. The scenery is superb, the Sherpa culture fascinating and the yaks, monasteries and panoramic mountain views all add to the whole experience.

Highlights

- High altitude scenery
- Sherpa culture
- Superb side trips
- View from Kala Patthar
- Panoramic views

Trek difficulty level



Strenuous



Gokyo Lake trek

Number of trekking days; 10
 Maximum elevation; 5360m
 Best season; Oct to Dec and Feb to May
 Accommodation; tea-house or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Lukla and trek to Phakding (2-3hrs)
- Day 4. Trek to Namche Bazaar (5hrs)
- Day 5. Rest day in Namche Bazaar
- Day 6. Trek to Phortse Thanga (3hrs)
- Day 7. Trek to Machhermo (4hrs)
- Day 8. Trek to Gokyo (4hrs)
- Day 9. Rest day in Gokyo
- Day 10. Trek back to Phortse Thanga (6hrs)
- Day 11. Trek back to Namche Bazaar (5hrs)
- Day 12. Trek back to Lukla (6-7hrs)
- Day 13. Fly back to Kathmandu
- Day 14. In Kathmandu
- Day 15. In Kathmandu
- Day 16. Depart Kathmandu

What we say...

A fabulous alternative to the more conventional Everest Base Camp trek that has the advantage of being less well known (and therefore less trekked) than its more famous Khumbu counterpart. Yet it still provides fantastic a 360° panoramic view of snow capped peaks, glaciers and awe inspiring valleys.

Highlights

- Crystal clear lakes
- High-altitude glaciers
- Less trekkers
- Scenic valleys
- View from Gokyo Ri

Trek difficulty level



Strenuous



Highlights

- Sherpa culture
- Breathtaking valleys
- Comprehensive trek
- Panoramic views
- Crystal clear lakes

Trek difficulty level



Strenuous



Everest Base Camp with Gokyo Lake

Number of trekking days; 17
 Maximum elevation; 5550m
 Best season; Oct to Dec and Feb to May
 Accommodation; tea-house or camping

Suggested Itinerary

Day 1. Arrival in Kathmandu
 Day 2. In Kathmandu
 Day 3. Fly to Lukla and trek to Phakding (2-3hrs)
 Days 4/5. Trek to Namche Bazaar plus rest day (5hrs)
 Day 6. Trek to Phortse Thanga (3hrs)
 Day 7. Trek to Machhermo (4hrs)
 Days 8/9. Trek to Gokyo plus rest day (4hrs)
 Day 10. Trek back to Phortse Thanga (6hrs)
 Day 11. Trek to Pangboche (5hrs)
 Days 12/13. Trek to Pheriche plus rest day (5-6hrs)
 Day 14. Trek to Lobuche (5hrs)
 Day 15. Trek to Gorakshap (3hrs)
 Day 16. Trek back to Lobuche (3hrs)
 Day 17. Trek to Deboche (6hrs)
 Days 18/19. Trek via Monjo (7hrs) back to Lukla (5hrs)
 Day 20. Fly to Kathmandu
 Days 21/22. In Kathmandu
 Day 23. Depart Kathmandu

What we say...

The 'ultimate' Everest trek, combining the best of what the area has to offer. Only on this trek is there the opportunity to witness some of the world's greatest peaks from different vantage points as well as marvel at the huge Khumbu glacier.



Introduction: Combining the classic route to Base Camp with a visit to the stunning lakes at Gokyo, this trek affords a fantastic opportunity to really explore the region in depth. With highlights including spectacular views of the Khumbu glacier and the opportunity to ascend Kala Patthar (with its fabulous views of the Himalayas) as well as a stop at the Buddhist monastery at Thyangboche, this trail can justifiably be labeled as one of the most comprehensive treks in Nepal.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/everestbasecampwithgokyolake

Highlights

- The Renjo-La Pass
- Crystal clear lakes
- Breathtaking valleys
- Alternative route back
- Challenging and rewarding

Trek difficulty level



Strenuous



Gokyo Lake via the Renjo la pass

Number of trekking days; 11
 Maximum elevation; 5360m
 Best season; Oct to Dec and Feb to May
 Accommodation; tea-house or camping

Suggested Itinerary

Day 1. Arrival in Kathmandu
 Day 2. In Kathmandu
 Day 3. Fly to Lukla and trek to Phakding (2-3hrs)
 Day 4. Trek to Namche Bazaar (5hrs)
 Day 5. Rest day in Namche Bazaar
 Day 6. Trek to Phortse Thanga (3hrs)
 Day 7. Trek to Machhermo (4hrs)
 Day 8. Trek to Gokyo (4hrs)
 Day 9. Rest day in Gokyo
 Day 10. Trek to Langden (5-6hrs)
 Day 11. Trek to Thame (4hrs)
 Day 12. Trek to Monjo (5-6hrs)
 Day 13. Trek back to Lukla (5hrs)
 Day 14. Fly to Kathmandu
 Day 15. In Kathmandu
 Day 16. In Kathmandu
 Day 17. Depart Kathmandu

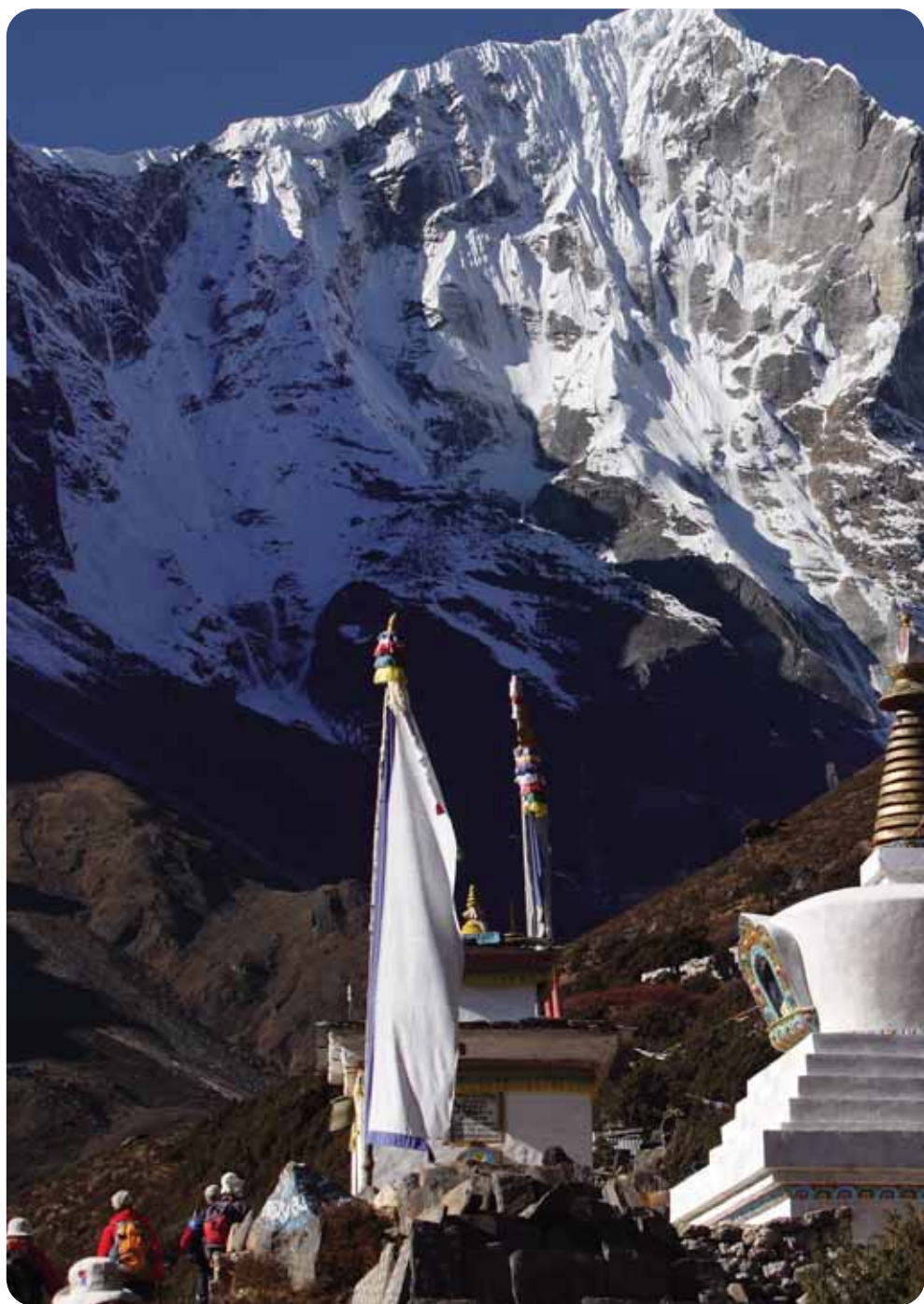
What we say...

Crossing the Renjo-La Pass is for the ambitious trekker but has the advantage of being achievable without technical ability. Tackling the pass takes you off the beaten track and provides an insight into a lesser known part of the Khumbu valley.



Introduction: Hiking due-west from Gokyo, this route gets really interesting as it passes through the dramatic 5360m Renjo-La Pass. This is a great option for trekkers who are ready to put in that *extra effort although crossing the pass is achievable without technical prowess. Visual treats such as stunning glaciers, crystal clear lakes and astonishing mountain views are all available on this adventurous trek that really reveals the wild side of the Khumbu Valley.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/gokyolakeviatherenjolapass



Highlights

- Majestic backdrops
- Interesting circuit
- Authentic lodgings
- Excellent service
- Superb food

Trek difficulty level

Moderate/Strenuous

**Highlights**

- Comfortable lodges
- Stylish design
- Personal service
- Short duration
- Sherpa villages

Trek difficulty level

Moderate



Everest with Yeti Mountain Home

Number of trekking days; 7
 Maximum elevation; 4250m
 Best season; Oct to Dec and Feb to May
 Accommodation; Lodge

Suggested Itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Lukla and trek to Phakding (3hrs)
- Day 4. Trek to Namche Bazaar (4-5hrs)
- Day 5. Rest day in Namche Bazaar
- Day 6. Trek to Thame (5hrs)
- Day 7. Trek to Kongde (7hrs)
- Day 8. Trek back to Phakding (4hrs)
- Day 9. Trek back to Lukla (4hrs)
- Day 10. Fly to Kathmandu
- Day 11. In Kathmandu
- Day 12. In Kathmandu
- Day 13. Depart Kathmandu

What we say...

The location of each Yeti Mountain Home ensures breathtaking views that are second to none. With cozy rooms and authentic decoration, the lodges are the perfect base from which to explore the surrounding countryside and relax in comfort after an exhilarating day on the trail.



Introduction: Strategically located throughout the foothills of the Everest region and ensuring the best possible views, Yeti Mountain Homes (YMH) is a chain of one of the world's highest group of resorts. Rooms in all five of their properties come with attached bathroom, comfortable fixtures with hot & cold running water whilst the restaurants provides a variety of freshly prepared and tasty cuisine. If comfort is a priority, then YMH offers the perfect Everest experience.

For more information and a detailed itinerary, visit:
www.sita.net.np/adventure/everestwithyetimountainhomes

Everest Summit Lodge trek

Number of trekking days; 7
 Maximum elevation; 3930m
 Best season; Oct to Dec and Feb to May
 Accommodation; Lodge

Suggested Itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Lukla and trek to Monjo (3-4hrs)
- Day 4. Rest day in Monjo
- Day 5. Trek to Teshingha (4-5hrs)
- Day 6. Rest day in Tashinga
- Day 7. Trek to Mende (6-7hrs)
- Day 8. Trek back to Monjo (5-6hrs)
- Day 9. Trek back to Lukla (4-5hrs)
- Day 10. Fly to Kathmandu
- Day 11. In Kathmandu
- Day 12. In Kathmandu
- Day 13. Depart Kathmandu

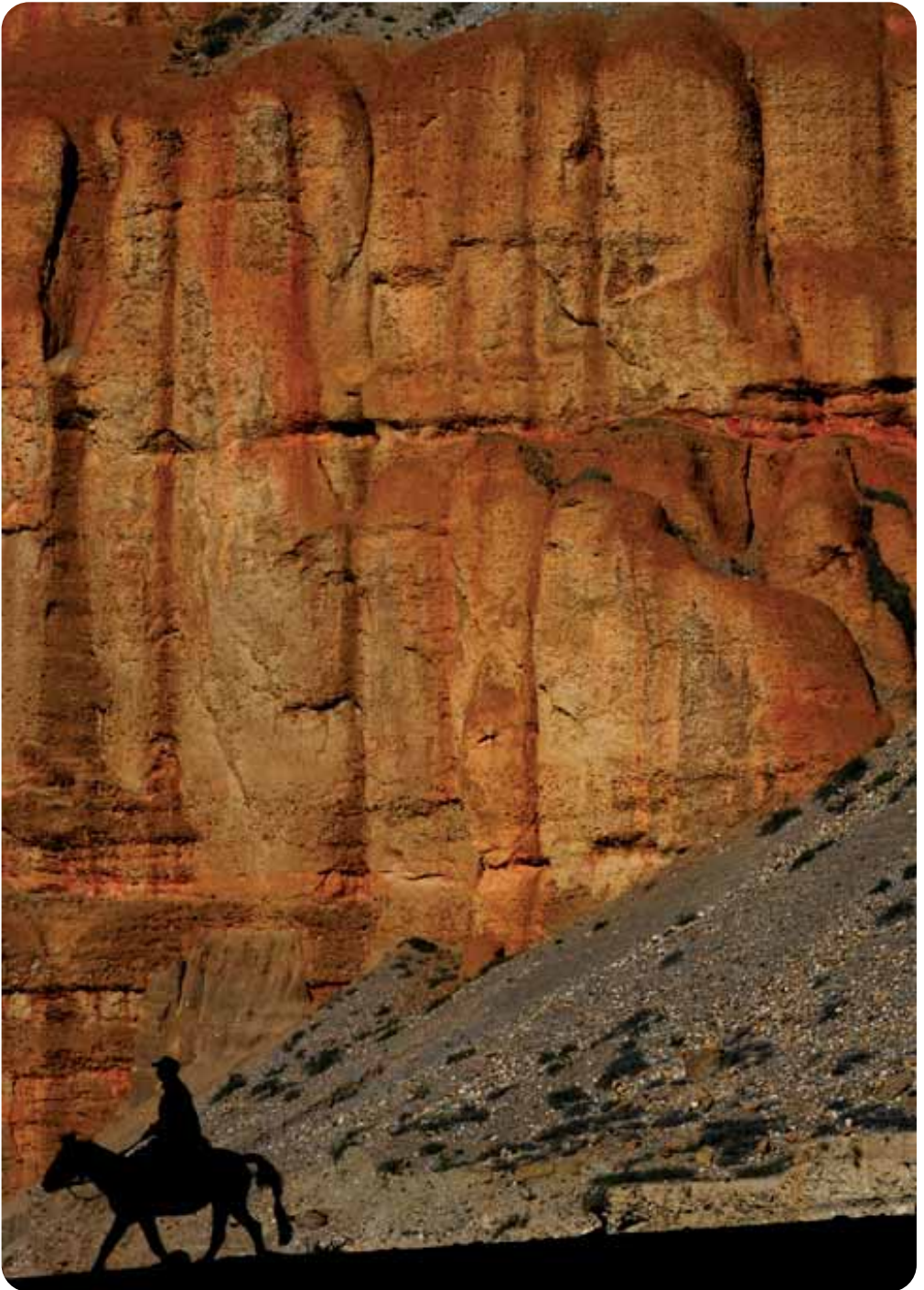
What we say...

A well-planned itinerary that includes some of the most interesting villages in the Khumbu region. The relatively low altitude does not mean less superior views and of course there is the added bonus of a comfortable bed and an excellent meal at the end of each day.



Introduction: With an average of 20 rooms at each of its destinations, Everest Summit Lodges (ESL) ensure intimacy and a personal service that is second to none. From the home-made cookies that accompany afternoon tea to the hot water bottle or electric blanket that greets you as you retire for the night, attention to detail at each lodge is always assured. Adding fantastic views and interesting Sherpa villages guarantees the most memorable of trekking experiences.

For more information and a detailed itinerary, visit:
www.sita.net.np/adventure/everestsummitlodgetrek



The Annapurnas

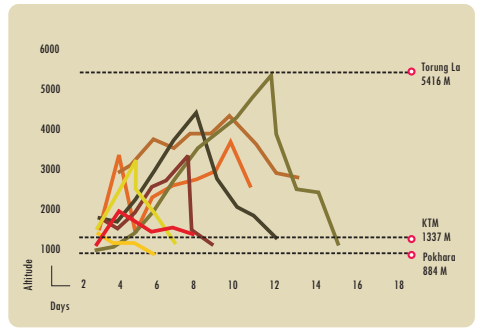
The Annapurnas are arguably the most well-known mountain range in all of Nepal. With a multitude of trekking routes available, the region is perfect for experienced trekker and first-time visitor alike.

Introduction

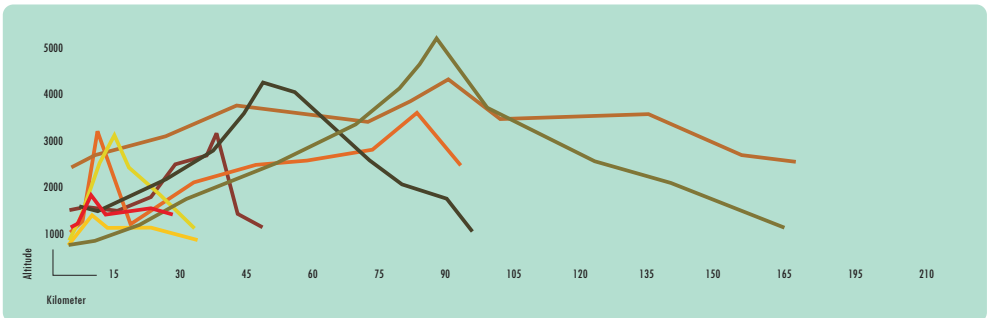
For an outstanding and comprehensive view of the Annapurna Massif there is no better trek than Around Annapurna which also affords the opportunity to cross one of the highest passes in the world without the requirement for technical ability (although the crossing should not be considered lightly). The Annapurna Sanctuary permits up close and personal mountain views without the need to climb to serious altitudes whereas any one of the treks in the foothills, of which there are several, opens up the region to those less experienced or who simply do not have the time to undertake a longer trek. Upper Mustang provides a glimpse of a fascinating world that is far removed from any other in Nepal, where the going is tough but the rewards are plentiful. Add good accommodation and easy access and you can be sure that the mighty Annapurnas have something for everyone and can be enjoyed by all.



The Annapurnas Map



Altitude Vs days



Distance Chart

- Around Annapurna trek
- Annapurna Base Camp trek
- Jomsom trek
- Upper Mustang trek
- Annapurna Foothill trek
- Ker & Downey trek
- The Royal trek
- Trek to Poon Hill



Introduction: Hailed as a 'naturalist's paradise', this magnificent circuit offers the trekker an eclectic mix of charming villages and superb Himalayan views along ancient trading trails that have been used for many centuries. The glorious panorama includes Dhaulagiri and Tilicho, two of the most striking mountains in the region. The topping on this magnificent trail is the trek through the Thorung La; one of the highest mountain passes in the world!

For more information and a detailed itinerary, visit:
www.sita.net.np/adventure/aroundannapurnatrek



Introduction: With a vista that changes from lush green paddy fields to classic Himalayan landscapes within a matter of days, this popular route provides fabulous 360° vistas of some of the greatest peaks in the Annapurna range and with less effort than would be required on many other treks. With interesting villages along the way plus great trail accommodation, the hike up to the Sanctuary is without doubt one of the best in the region and highly recommended.

For more information and a detailed itinerary, visit:
www.sita.net.np/adventure/annapurnasanctuarytrek

Around Annapurna trek

Number of trekking days; 13
 Maximum elevation; 5416m
 Best season; Oct to Dec and Feb to May
 Accommodation; Tea-house or camping

Suggested itinerary

Day 1. Arrival in Kathmandu
 Day 2. In Kathmandu
 Day 3. Drive to Besisahar & trek to Bhulbhule (2hrs)
 Day 4. Trek to Ghermu (6hrs)
 Day 5. Trek to Tal (5-6hrs)
 Day 6. Trek to Koto Qyupar (7hrs)
 Day 7. Trek to Pisang (6hrs)
 Days 8/9. Trek to Manang plus rest day (4hrs)
 Day 10. Trek to Letdar (3-4hrs)
 Day 11. Trek to Thorong Phedi (4-6hrs)
 Day 12. Trek to Muktinath (8hrs)
 Day 13. Trek to Marpha (5-6hrs)
 Day 14. Trek to Kalopani (6hrs)
 Day 15. Trek to Tatopani (6-7hrs)
 Day 16. Drive to Pokhara
 Day 17. Fly to Kathmandu
 Day 18. Depart Kathmandu

What we say...

What other trek combines fascinating villages with superb views of the Annapurna Massif plus affords the opportunity to cross one of the highest mountain passes in the world, the Thorung La one of Nepal's most popular treks and justifiably so.

Highlights

- The Thorung-La Pass (5416m)
- Ethnic diversity
- Close-up views
- Good accommodation
- Varied scenery

Trek difficulty level



Moderate/Strenuous



Annapurna Sanctuary trek

Number of trekking days; 10
 Maximum elevation; 4130m
 Best season; Oct to Dec and Feb to May
 Accommodation; Tea-house or camping

Suggested itinerary

Day 1. Arrival in Kathmandu
 Day 2. In Kathmandu
 Day 3. Fly to Pokhara, drive to Phedi and trek to Dhampos (3hrs)
 Day 4. Trek to Landruk (6-7hrs)
 Day 5. Trek to Chhomrong (5-6hrs)
 Day 6. Trek to Himalaya (6hrs)
 Day 7. Trek to Machhapuchhre Base Camp (5-6hrs)
 Day 8. Trek to Annapurna Base Camp (2-3hrs)
 Day 9. Trek to Dovan (7hrs)
 Day 10. Trek back to Chhomrong (5hrs)
 Day 11. Trek to Ghandruk (5hrs)
 Day 12. Trek to Naya Pul and drive to Pokhara (4hrs)
 Day 13. Fly to Kathmandu
 Day 14. Depart Kathmandu

What we say...

A superb trek that does not reach particularly high altitudes yet gets right into the heart of the Annapurna range in a relatively short space of time. The journey up is fantastic and the Sanctuary itself, home to some of the highest peaks in the world, will literally leave you speechless.

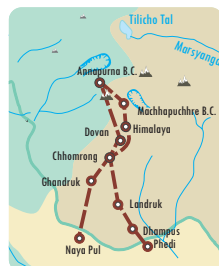
Highlights

- 360 degree mountain views
- Gurgling villages
- Massive glaciers
- Maximum altitude of 4130m
- Glorious sunrises

Trek difficulty level



Moderate



Highlights

- Cultural diversity
- Good accommodation
- Spectacular Mountain flight
- The world's deepest valley
- Fine views of Dhaulagiri

Trek difficulty level



Moderate



The Jomsom trek

Number of trekking days; 9
Maximum elevation; 3760m
Best season; Oct to May
Accommodation; Tea-house or camping

Suggest itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Pokhara, drive to Naya Pul and trek to Tikehdunga (3hrs)
- Day 4. Trek to Ghorepani (7hrs)
- Day 5. Trek to Tatopani (7hrs)
- Day 6. Trek to Ghansa (6-7hrs)
- Day 7. Trek to Larjung (4-5hrs)
- Day 8. Trek to Marpha (3-4hrs)
- Day 9. Trek to Kagbeni (4hrs)
- Day 10. Trek to Muktinath (3hrs)
- Day 11. Trek to Jomsom (4hrs)
- Day 12. Fly to Pokhara
- Day 13. Fly to Kathmandu
- Day 14. In Kathmandu
- Day 15. Depart Kathmandu

What we say...

Combining different types of scenery with close up mountain views, this is a really enjoyable trek with a little bit of everything. Accommodation along the trail is good and the flight back to Pokhara is one of the most thrilling in all of Asia.



Introduction: This timeless trek follows the ancient trading route from India to Tibet. Combining a myriad of mountain views with a sprinkling of authentic villages, this great hike ensures a mixture of scenic delights, cultural interaction and enjoyable days on the trail. Highlights are sure to include the 'medieval' village of Kagbeni with its majestic backdrop, the thrilling flight back to Pokhara and the world's deepest valley, the Kali Gandaki Gorge.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/thejomsontrek

Highlights

- 'Tibetan-like' landscape
- Unique culture
- The walled city of Lo Manthang
- Photographic opportunities
- Remote and lacking trekkers

Trek grading



Moderate/Strenuous



Upper Mustang trek

Number of trekking days; 10
Maximum elevation; 4230m
Best season; May to Oct
Accommodation; Tea-house or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Pokhara
- Day 4. Fly to Jomsom and trek to Kagbeni (3hrs)
- Day 5. Trek to Chele (5hrs)
- Day 6. Trek to Syangboche (6-7hrs)
- Day 7. Trek to Charang (6-7hrs)
- Day 8. Trek to Lo Manthang (4hrs)
- Day 9. Rest day in Lo Manthang
- Day 10. Trek to Ghemi (7hrs)
- Day 11. Trek to Samar (6hrs)
- Day 12. Trek back to Kagbeni (6-7hrs)
- Day 13. Trek back to Jomsom (2½hrs)
- Day 14. Fly to Pokhara
- Day 15. Fly to Kathmandu
- Day 16. In Kathmandu
- Day 17. Depart Kathmandu

What we say...

Once you have trekked in Upper Mustang it is easy to see why it is hailed as "The Last Forbidden Kingdom". Isolation, arid landscapes, picturesque villages and undefined trails all add to the 'adventure' that is, a trek in Upper Mustang.



Introduction: The Himalayan Kingdom of Mustang has a unique culture and ancient history that goes back many centuries. Closed to foreign trekkers until 1991, it still sees few tourists even today and it is not unusual to walk for days without seeing another trekker. With some of Nepal's oldest Buddhist Monasteries, punctuated by ancient, isolated villages and stunning 'Tibetan' like scenery, Mustang enchants and inspires visitors and once is never enough.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/uppermustangtrek



Introduction: This is a well-planned trek that ensure the best that the region has to offer without demanding too much of time or effort. Sleeping at a maximum altitude of 2750m, the stunning sunrise from Poon Hill and the gentle gradient are all definite draws as are the attractive villages along the route. If 'great things come in small packages', then this is certainly true of this trek which show that limited time does not mean compromising on great views.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/annapurnafoothillstrek



Introduction: Ker & Downey offer a meticulously planned itinerary that combines the best of the Annapurna foothills with comfortable lodgings, spacious surroundings and delicious cuisine. The famous Gurkhas are at the core of this all-inclusive trek and their love of sharing expertise and knowledge add yet another interesting facet. For comfort and attention to detail that is second to none, Ker & Downey is the only way to explore the glorious Annapurnas.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/keranddowneytrek

Annapurna foothills trek

Number of trekking days; 7
 Maximum elevation; 3210m
 Best season; Oct to May
 Accommodation; Tea-house or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Pokhara, drive to Phedi and trek to Dhampus (3hrs)
- Day 4. Trek to Landruk (6-7hrs)
- Day 5. Trek to Ghandruk (3-4hrs)
- Day 6. Trek to Tadapani (4hrs)
- Day 7. Trek to Ghorepani (5hrs)
- Day 8. Trek to Tikhedunga (5hrs)
- Day 9. Trek to Naya Pul and drive to Pokhara (4hrs)
- Day 10. Fly to Kathmandu
- Day 11. Depart Kathmandu

What we say...

This has to be the best trek in the Annapurna region if you have not trekked before or have limited time but still want to see some of the biggest mountains on the planet. Villages along the route are attractive and the pace is gentle with the walk from Tadapani to Ghorepani being particularly enjoyable.

Highlights

- Sunrise from Poon Hill
- Easy trekking
- Maximum altitude of 3210m
- Gentle pace
- Pleasant climate

Trek difficulty level

● ● ○
 Moderate



Ker & Downey trek

Number of trekking days; 6
 Maximum elevation; 1940m
 Best season; Oct to May
 Accommodation; Lodge

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Pokhara, drive to Naya Pul and trek to Birethanti (2hrs)
- Day 4. Trek to Ghandruk (5hrs)
- Day 5. Rest day in Ghandruk
- Day 6. Trek to Majgaun (5hrs)
- Day 7. Trek to Dhampus (4hrs)
- Day 8. Trek to Phedi and drive to Pokhara (2hrs)
- Day 9. Fly to Kathmandu
- Day 10. Depart Kathmandu

What we say...

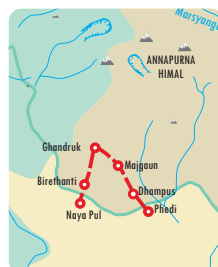
This is a lovely trek that is extremely well planned and combines the best of the Annapurna foothills have to offer with very comfortable lodges, excellent service and delicious cuisine. An added interest are the Gurkhas, who are a central part of the Ker & Downey team and are eager to share their knowledge and understanding of the local area.

Highlights

- Excellent lodges
- Gurung culture
- Comfortable trekking
- Maximum altitude of 1940m
- Attention to detail

Trek difficulty level

● ● ○
 Easy/Moderate



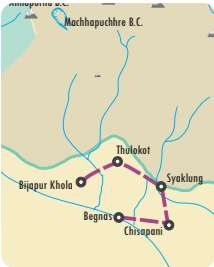
Highlights

- Less uphill walking
- Views of the Annapurna range
- Shorter trekking days
- Interesting villages
- Easy access

Trek difficulty level



Easy



The Royal trek

Number of trekking days; 4
Maximum elevation; 1230m
Best season; Oct to May
Accommodation; Camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Pokhara, drive to Bijayapur Khola and trek to Thulakot (4hrs)
- Day 4. Trek to Syaklung (6hrs)
- Day 5. Trek to Chisapani (5hrs)
- Day 6. Trek to Begnas and drive to Pokhara (4hrs)
- Day 7. Fly to Kathmandu
- Day 8. Depart Kathmandu

What we say...

This is an easy, short trek that has the advantage of starting and finishing very close to Pokhara. Despite this, it sees few trekkers and the duration makes it ideal for combining with other activities available such as Paragliding or White-water rafting. Perfect for the first timer walker, the mountain views along this route are first class.



Introduction: First walked by The Prince of Wales in 1980, the Royal trek is short, relatively easy and great for combining with other activities in Nepal. Beginning in the lakeside city of Pokhara, it traverses beautiful Gurung hamlets and provides magnificent views of the Annapurna Massif as well as beautiful Lake Begnas. Despite its close proximity to Pokhara, this camping-only trek sees far less visitors than many other treks in the region and is all the more delightful for it.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/theroyaltrek

Highlights

- Magnificent sunrise
- Annapurna villages
- Good accommodation
- Ideal for the first time trekker
- Gurung culture

Trek difficulty level



Easy



Trek to Poon Hill

Number of trekking days; 5
Maximum elevation; 3210m
Best season; Oct to May
Accommodation; Tea-house or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Fly to Pokhara, drive to Naya Pul and trek to Tikhedunga (3hrs)
- Day 4. Trek to Ghorepani (7hrs)
- Day 5. Trek to Tadapani (5hrs)
- Day 6. Trek to Ghandruk (5hrs)
- Day 7. Trek to Naya Pul and drive to Pokhara (6hrs)
- Day 8. Fly to Kathmandu
- Day 9. Depart Kathmandu

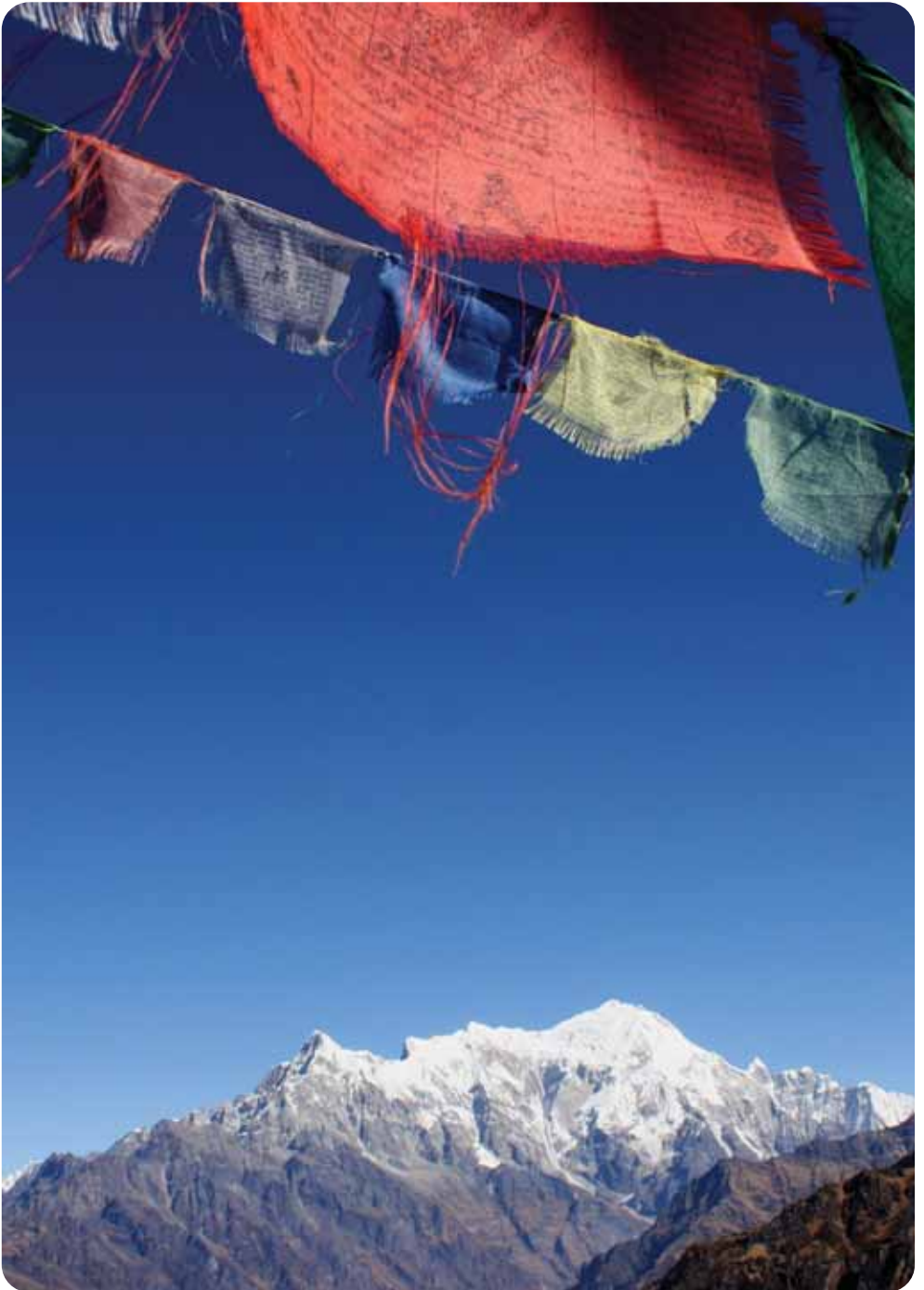
What we say...

Poon Hill provides the classic, picture postcard view of the Annapurna Massif and this short trek is the ideal introduction to this incredible mountain range. A climb to the top for sunrise is rewarded with uninterrupted views including Annapurna I and Dhaulagiri, two of the largest peaks in the world. Combine this with rhododendron forests and interesting villages and you have varied and rewarding trek.



Introduction: This wonderful trek to the view point at Poon Hill affords the opportunity for some exceptional close-up mountain views. Heading through charming Gurung hamlets, enchanted forests and deep sub-tropical valleys to the hillside village of Ghorepani, it is then a short but steep climb up to Poon Hill at dawn to witness the mighty Annapurna range in all its splendor. Where else is it possible to be 'fast tracked' to one of the greatest mountain views on earth?

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/trektoonhill



Langtang and Helambu

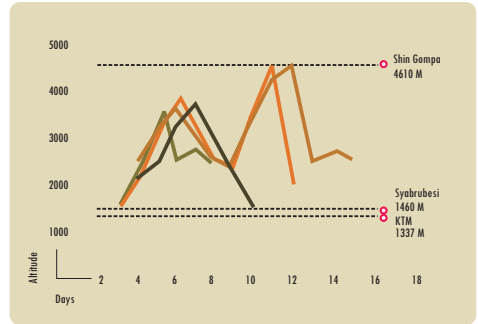
North of the Kathmandu valley and nestled at the foot of Ganesh Himal and Langtang Lirung is the pristine and secluded Langtang National Park.

Introduction

With the three main trekking area, namely Langtang, Helambu and Gosainkund all within easy reach of the capital and offering some exceptional trekking opportunities, it is some wonder then why they receive far less visitors than their more famous Khumbu and Annapurna counterparts? Langtang itself offers the visitor majestic peaks and fine views of the Langtang range as well as the chance for cultural interaction with the Tamang people, whose cultural and religious beliefs are more associated with Tibet than Nepal. Helambu, on the other hand, although geographically close to Langtang, is a world apart and home to a thriving Sherpa culture and nestled between the two are the stunning lakes at Gosainkund, an important place of pilgrimage for Hindus and Buddhists alike. Possibilities are plentiful in this region, trek in one area for a short period of time or equally combine two or even all of them and create a truly memorable experience.



Langtang & Helambu Circuit



Altitude Vs days



Distance Chart

- Langtang Valley trek
- Langtang Valley with Helambu via Gosainkund trek
- Helambu circuit trek
- Langtang Valley with Gosainkund trek



Introduction: This week long trek can be offered for the full trekking season and has the advantage of being accessible by road from Kathmandu. Forest soon gives way to the Langtang Valley proper from where there are superb views of Langtang Lirung, the highest peak in the region. There are numerous photographic opportunities whilst the ridge above Kyanjin provides a birds-eye view of the nearby mountains and glaciers, thus ensuring a trek full of contrast and diversity.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/thelangtangvalley



Introduction: A trek in Helambu offers fantastic opportunities to experience the culture of the Sherpa people without the necessity to travel all the way to the Everest region. In tea-houses for example, meals are often taken in the kitchen, the central-point for social interaction and a great place to get to know your host. With a diverse range of brilliant green valleys, misty rhododendron forests and a horizon of snowy peaks, Helambu is the ideal short trek.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/thehelambucircuit

The Langtang Valley Trek

Number of trekking days; 7
 Maximum elevation; 3730m
 Best season; Oct to May
 Accommodation; Tea-house or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Drive to Dunche
- Day 4. Trek to Syrbu (4-5hrs)
- Day 5. Trek to Lama Hotel (6-7hrs)
- Day 6. Trek to Langtang (4-5hrs)
- Day 7. Trek to Kyanjin (3-4hrs)
- Day 8. Rest day in Kyanjin
- Day 9. Trek back to Lama Hotel (6-7hrs)
- Day 10. Trek to Syabrubesi (6-7hrs)
- Day 11. Drive back to Kathmandu
- Day 12. In Kathmandu
- Day 13. Depart Kathmandu

What we say...

Trekking in the Langtang Valley is a truly memorable experience. As with other regions, there is no shortage of mighty peaks, high altitude glaciers, pine forests and mountain streams but what really makes this trail interesting is the opportunity to interact with the local population: the Tamangs who live in picturesque villages throughout the area.

Highlights

- Tamang culture
- Excellent side-trips
- Picture postcard valleys
- Impressive glaciers
- Interesting gompas

Trek difficulty level



Moderate



The Helambu circuit

Number of trekking days; 7
 Maximum elevation; 3510m
 Best season; Oct to April
 Accommodation; Tea-house or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Drive to Sundarjal and trek to Chisapani (3hrs)
- Day 4. Trek to Khutumsang (7hrs)
- Day 5. Trek to Tharepati (6hrs)
- Day 6. Trek to Melamchigaon (4-5hrs)
- Day 7. Trek to Tarkeghyang (5-6hrs)
- Day 8. Trek to Sermathang (3-4hrs)
- Day 9. Trek to Melamchi Bazaar and drive to Kathmandu (5hrs)
- Day 10. Depart Kathmandu

What we say...

What is particularly nice about this trek is the fact that it is a circuit and so there is no duplication along the route and plenty to experience. The view from the Shivapuri ridge is especially memorable and there is plenty of opportunity to explore interesting villages such as Melamchi and Tarkeghyang along the way.

Highlights

- Easy access
- Cultural heritage
- Circuit trek
- Ridge walking
- Interesting villages

Trek difficulty level



Moderate



Highlights

- Sacred lakes
- Alpine forests
- Panoramic views
- Tamang culture
- Religious pilgrims

Trek difficulty level

Moderate

**Highlights**

- The Laurebinayak Pass (4610m)
- Comprehensive route
- Tradition and culture
- Challenging and rewarding
- Breathtaking views

Trek difficulty level

Moderate/Strenuous



The Langtang Valley with Gosainkund

Number of trekking days; 9
 Maximum elevation; 4380m
 Best season; Oct to Nov and Mar to Apr
 Accommodation; Tea-house or camping

Suggested Itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Drive to Syabrubesi
- Day 4. Trek to Lama Hotel (6-7hrs)
- Day 5. Trek to Langtang (4-5hrs)
- Day 6. Trek to Kyanjin (3-4hrs)
- Day 7. Rest day in Kyanjin
- Day 8. Trek back to Lama Hotel (6-7hrs)
- Day 9. Trek to Syabru (6-7hrs)
- Day 10. Trek to Shin Gumpa (5hrs)
- Day 11. Trek to Gosainkund and back (7hrs)
- Day 12. Trek to Dhunge and drive to Kathmandu (3hrs)
- Day 13. Depart Kathmandu

What we say...

The sacred lakes at Gosainkund are a very special place. Not only are they an important place of pilgrimage for both Hindus and Buddhists, they also provide some of the most stunning scenery found anywhere in Nepal. To visit in winter when the lakes are frozen and listen to them creak and groan under the weight of the ice is a memory that will last for a long time.



Introduction: Combining Langtang with the lakes at Gosainkund makes for one of the most stunning walks in Nepal. Not only is there the chance to witness the Langtang Himal in all its majestic glory and explore the interesting villages that dot the valley but there is also the opportunity to visit the incredible lakes at Gosainkund. Surrounded by high-altitude scenery on all sides, they are not only an important place of pilgrimage but a visual treat to be enjoyed by all.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/langtangvalleywithgosainkund

The Langtang Valley to Helambu via Gosainkund

Number of trekking days; 13
 Maximum elevation; 4610m
 Best season; Oct to Nov and Mar to Apr
 Accommodation; Tea-house or camping

Suggested Itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Drive to Syabrubesi
- Day 4. Trek to Lama Hotel (6-7hrs)
- Day 5. Trek to Langtang (4-5hrs)
- Days 6/7. Trek to Kyanjin plus rest day (3-4hrs)
- Day 8. Trek back to Lama Hotel (6-7hrs)
- Day 9. Trek to Syabru (6-7hrs)
- Day 10. Trek to Shin Gumpa (5hrs)
- Day 11. Trek to Gosainkund (5hrs)
- Day 12. Trek to Ghopte (6-7hrs)
- Day 13. Trek to Melamchi Gaoon (6-7hrs)
- Day 14. Trek to Tarkhegyang (5-6hrs)
- Day 15. Trek to Sermathang (3-4hrs)
- Day 16. Trek to Melamchi Bazaar and drive to Kathmandu (5hrs)
- Day 17. Depart Kathmandu

What we say...

This is a challenging trek that provides a fantastic opportunity to really get to grips with the whole region. Cultural interaction, high passes, glaciers, sacred lakes and impressive mountain peaks are all included as standard on this trek.



Introduction: Combining the two valleys via the Laurebinayak Pass provides the most rewarding of challenges. Starting in the Langtang Valley, this trek explores Gosainkund before heading over the Pass and down through the interesting Sherpa villages of Helambu before finishing in Melamchi Bazaar, the last point before heading back to Kathmandu. Highlights are too numerous to mention but the overall experience sets this trek aside from many in its class.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/langtang.helambuviagosainkund



The Kathmandu Valley

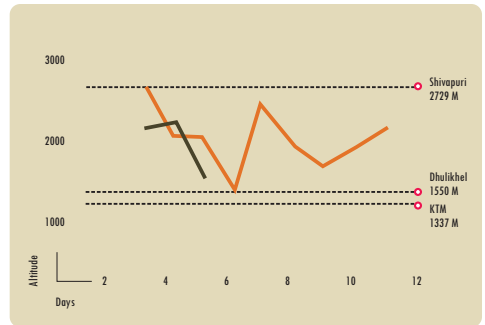
Kathmandu lies cradled in a valley tucked in by lush, forested hills and is by far the biggest city in Nepal.

Introduction

Surprisingly however, a 20 minute drive in any direction out of the hustle and bustle of the city leads to numerous viewpoints, traditional Newari villages and hidden temples that are all linked by trail-heads snake their way from one destination to the next. The Kathmandu Valley is the historic heart of Nepal and has a wealth of lesser-known sights; Nagarkot and Dhulikhel offer fine panoramic mountain views for example whereas the temples near Godavari and at Changu Narayan are fascinating to explore and all the while you are never far from the classic terraced countryside for which Nepal is so famous. Trekking in the Kathmandu Valley is straight forward and easy, there are no altitude issues, no waiting around at airports for flights to take off, no weather related problems and with a serious lack of trekkers, excellent transportation links and a good choice of accommodation throughout, the valley is the perfect place to explore on foot.



The Kathmandu Valley map



Altitude Vs days



Distance Chart

● Kathmandu Valley trek ● Valley Fringe trek

Highlights

- Easy access
- Traditional villages
- Majestic sunrises
- Excellent accommodation
- Flexible itinerary

Trek difficulty level

● ○ ○
Easy



Kathmandu Valley trek

Number of trekking days; 8
Maximum elevation; 2729m
Best season; Sep to May
Accommodation; Tea-house, lodge or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Drive to Shivapuri
- Day 4. Trek to Chisapani (6hrs)
- Day 5. Trek to Nagarkot (7hrs)
- Day 6. Trek to Dhaulikhel (5hrs)
- Day 7. Trek to Bathali (7hrs)
- Day 8. Trek to Lakuri Bhanjyang (5hrs)
- Day 9. Trek to Godavari (6hrs)
- Day 10. Trek to Hattiban (6hrs)
- Day 11. Trek to Dakshinkali and then drive to Kathmandu (5hrs)
- Day 12. Depart Kathmandu

What we say...

The Kathmandu Valley is full of surprises and covering it on foot provides a fascinating insight into what it has to offer. Ancient temples, delightful hill stations, traditional Newari villages and excellent mountain views are all but a stone's throw from the capital itself and all included on this trek.



Introduction: With so much close at hand, hiking in the Kathmandu Valley is a real treat and this itinerary includes all the key places of interest. With short walking days and a relaxed pace, this trek is ideal for those who might not have the confidence or level of fitness to tackle a more challenging route but still want to experience the fabulous Nepali countryside. Adding decent lodgings and easy access ensure this is a hassle free trek that can be enjoyed by all.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/kathmanduvalleytrek

Highlights

- Terraced countryside
- Easy access
- Interesting Hill Stations
- Maximum altitude of 2275m
- Panoramic views

Trek difficulty level

● ○ ○
Easy



Valley fringe trek

Number of trekking days; 3
Maximum elevation; 2275m
Best season; Sep to May
Accommodation; Teahouse, lodges or camping

Suggested itinerary

- Day 1. Arrival in Kathmandu
- Day 2. In Kathmandu
- Day 3. Drive to Sundarjial and trek to Chisapani (5hrs)
- Day 4. Trek to Nagarkot (7hrs)
- Day 5. Trek to Dhaulikhel (5hrs)
- Day 6. Drive to Kathmandu
- Day 7. Depart Kathmandu

What we say...

An ideal trek if time is an issue, plus it can easily be incorporated into a comprehensive tour of Nepal. Low altitude doesn't mean compromising on the views, with both Nagarkot and Dhaulikhel providing spectacular settings for a memorable sunrise over the Himalayas.



Introduction: Only 3 days long, this itinerary is a great introduction to trekking in the Kathmandu Valley and it is also perfect for combining with other activities and places of interest in Nepal, both near and far. Nagarkot and Dhaulikhel each have their own charm but what they do have in common are great mountain views and very good rest style accommodation. With plenty of time for relaxation, it is easy to forget that Kathmandu itself is only a short drive away.

For more information and a detailed itinerary, visit: www.sita.net.np/adventure/valleyfringetrek

Trekking & beyond

Besides being a very popular trekking destination, Nepal also offers other great outdoor activities aimed to deliver maximum thrill and enjoyment.

Introduction

With no less than 14 national parks and wildlife reserves, of which Chitwan and Bardia are the most well known, Nepal is a fantastic destination for a jungle safari. For those seeking adventure there are numerous options available as well. With rapids grading from I to VI, White-water rafting is both for the experienced and the beginner alike. With tented camps set up along the banks of the rivers, the duration is flexible and can range from day trips to 2-3 day adventures that include some of the best rapids in Asia. There's Bungee jumping too! Imagine standing on suspension bridge 160m above the Bhote Kosi as it barges through an impossibly deep gorge... and Geronimo! There are no words to describe the rush of adrenalin when experiencing one of the

longest free-fall jumps in the world. It is easy to see why Paragliding is rapidly becoming one of the most popular adventure sports in Nepal. To soar through the air with the mighty Annapurna range just a stones throw away is very special. Meanwhile, back on terra firma, there is always the option to see the country from the saddle of a mountain bike or simply hire a 4WD with an experienced driver and explore the country that way. And the best part.... all the above can be combined with a trek in the mountains to ensure a holiday of a lifetime!



Wild Life

Nepal boasts some first class wildlife sanctuaries with Chitwan National Park being the most popular of these. With excellent lodges and highlights including sightings of the Royal Bengal Tiger, One-horned Rhino and Crocodile as well as exciting elephant-rides and visits to the local Tharu villages, Chitwan is the premiere wildlife destination in Nepal. Bardia, located in the far-west of the country is another excellent choice.



Bungee Jumping

There is nothing like a head-first 160m free-fall towards one of the world's wildest rivers to heighten your senses! Just a 3 hour drive from the capital towards the Nepal-Tibet border, the jump location is a 166m wide steel suspension bridge that has been constructed over the Bhoti Kosi River and serves as the launch platform. A professionally run operation, where safety is always paramount, clients are ensured the thrill of a lifetime.



4WD Adventure

Exploring Nepal by road is a great experience. Some of the highways are in reasonable condition but there are the inevitable rough patches and heading off to the Terai or up into the foothills of the mountains is best tackled by 4WD with an experienced driver. Kathmandu-Chitwan- Pokhara is a popular route but heading off the beaten track to such places as Tansen and Bandipur is also enjoyable and affords a different glimpse of this fascinating country.



At a glance; when and where....

Activity: Wildlife

Best Season: Oct-Apr
Best Locations: Chitwan & Bardia
National Parks

Activity: Bungee Jumping

Best Season: Jan-Dec
Best Locations: The Bhoite Khosi River
(close to the Nepal-Tibet border)

Activity: 4WD Adventure

Best Season: Oct-Apr
Best Locations: Kathmandu Valley,
the Terai & Lower Mustang

Activity: White-water Rafting

Best Season: Sep-May,
Best Locations: Trisuli, Bhoite Khosi & Seti river

Activity: Mountain Biking

Best Season: Jan-Dec,
Best Locations: Kathmandu & Pokhara Valleys,
Lower Mustang & the Manang Valley

Activity: Paragliding

Best Season: Oct-Apr
Best Locations: Pokhara & Bandipur



White-water Rafting

Some of the world's wildest rivers are to be found in Nepal and three of them provide excellent White-water rafting. The Trisuli River is the most popular and offers a great means of traveling between Kathmandu and Chitwan whilst rafting on the Bhoite Khosi can be combined with a Bungee jump for a real action packed adventure. Pokhara is the ideal place from which to experience the Seti River and this most thrilling of adventure sports.



Mountain Biking

Nepal offers exciting trails for mountain biking and with well-established routes, this adventure sport has long been popular. There are numerous trails for gentle rides throughout the country and for the more adventurous, it is possible to tackle some of the more popular trekking trails, including those in Lower Mustang. With excellent equipment and experienced guides available, many bikers return to Nepal time after time.



Paragliding

The ultimate Himalayan experience, Paragliding in Nepal is unlike anywhere in the world. With the mighty Himalayas creating a stunning backdrop, jaw-dropping views of the mountains and valleys below are all but guaranteed. Not just for the experienced, tandem flights (where clients are taken up by a qualified guide) are extremely popular and all the while safety is of paramount importance. Single flights as well as courses are available.



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