



# HIMALAYAN TRAILS

*We provide authentic local experience*







Nepal is a secular nation with diversity of culture and people. It has an immense history behind being called as Nepal. Nepal is the ideal destination with rich culture, tradition, scenic beauties, wild beauties and a land of Shambhala. It is the only country where Kumari (The living Goddess) resides. For those who are seeking for an adventure and inner peace, Nepal has a lot to provide and more than it meets the eye. Nepal itself has tremendous potential in adventure tourism.

Apart from adventure, Nepal is famous for its hospitality and generosity despite of being a diversified culture and religion. The people of Nepal are very helpful and welcoming.





Be a part of the unique festivals and try out various local cuisine cooked with the flavor of Nepalese rich culture and love. Nepal is the nation which consist of three geographic topology in a same border ranging from Himalays to the Terai.

The country with the highest mountain peak in the world and the Birthplace of Lord Gautam Buddha, Nepal has always been gratifying the guests with adventure

tourism to religion tourism. Holding 8 of the 10 highest mountains in the world, Nepal is a hub for mountaineers, rock climbers and people seeking for adventures.

The Hindu, Buddhist and other cultural heritage sites of Nepal, and around the year fair weather are also strong attractions. Various other pilgrimage site all over the Nation has blessed Nepal like Pashupatinath in Kathmandu to Muktinath in Mustang.







Nepal is known for its culture, tradition, courage, bravery and generosity of people. The people here in Nepal treat guests as god. Undergone through many political unrest and natural calamities, Nepalese has proven the above mentioned traits being one of the unique and sovereign nation of the world.







It is unmatched that the pure diversity Nepal claims, from sweltering jungle and Terai to the icy peaks of the world's highest mountains. This means that the range of activities our Nation has to offer is immense. Trekking, mountaineering, rafting in spectacular scenery are just three things Nepal is famous for.

Activities as diverse as Elephant Polo and a micro-light flight through the Himalayas show that in Nepal, the only boundary is your imagination. With 15 National & Wildlife Parks (two are UNESCO Heritage sites) Nepal is one of the last places on earth you can spot the Asiatic rhinoceros and the Royal Bengal Tiger.







For many tourist, Nepal's greatest attraction is its people. With the cultures, traditions and famous hospitality of its various different ethnic groups are indeed a major part of what makes Nepal so special. The people of Nepal are full of generosity and warm heart. Be it from remote mountain villages to medieval hill-towns to the ancient cities of the Kathmandu Valley.

With diversity of Tradition and Culture Nepal has to provide wide range of Nepalese cuisine and flavors prepared by local people. Celebrate our festivals and be a part of our culture to explore Nepal locally.

Possessing 8 of the 10 highest mountains in the world, Nepal is a growing destinations for adventure seekers. Apart from this, Nepal holds abundant cultural heritage from Hindu to Buddhist and many other cultural heritage sites. Nepal is home to hundreds of ancient temples and structure. We hold 10 UNESCO world heritage sites here in Nepal.







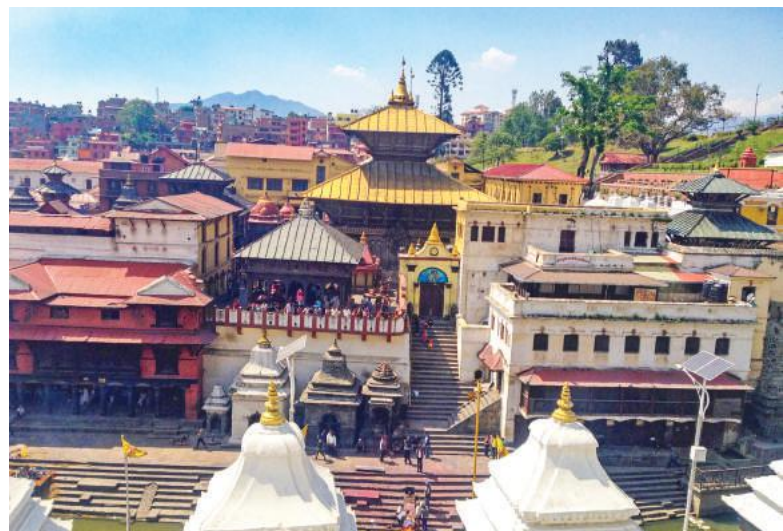
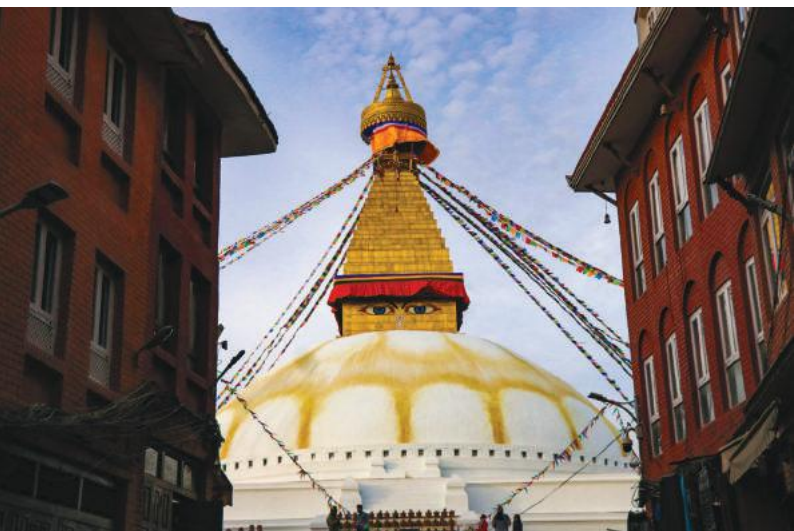
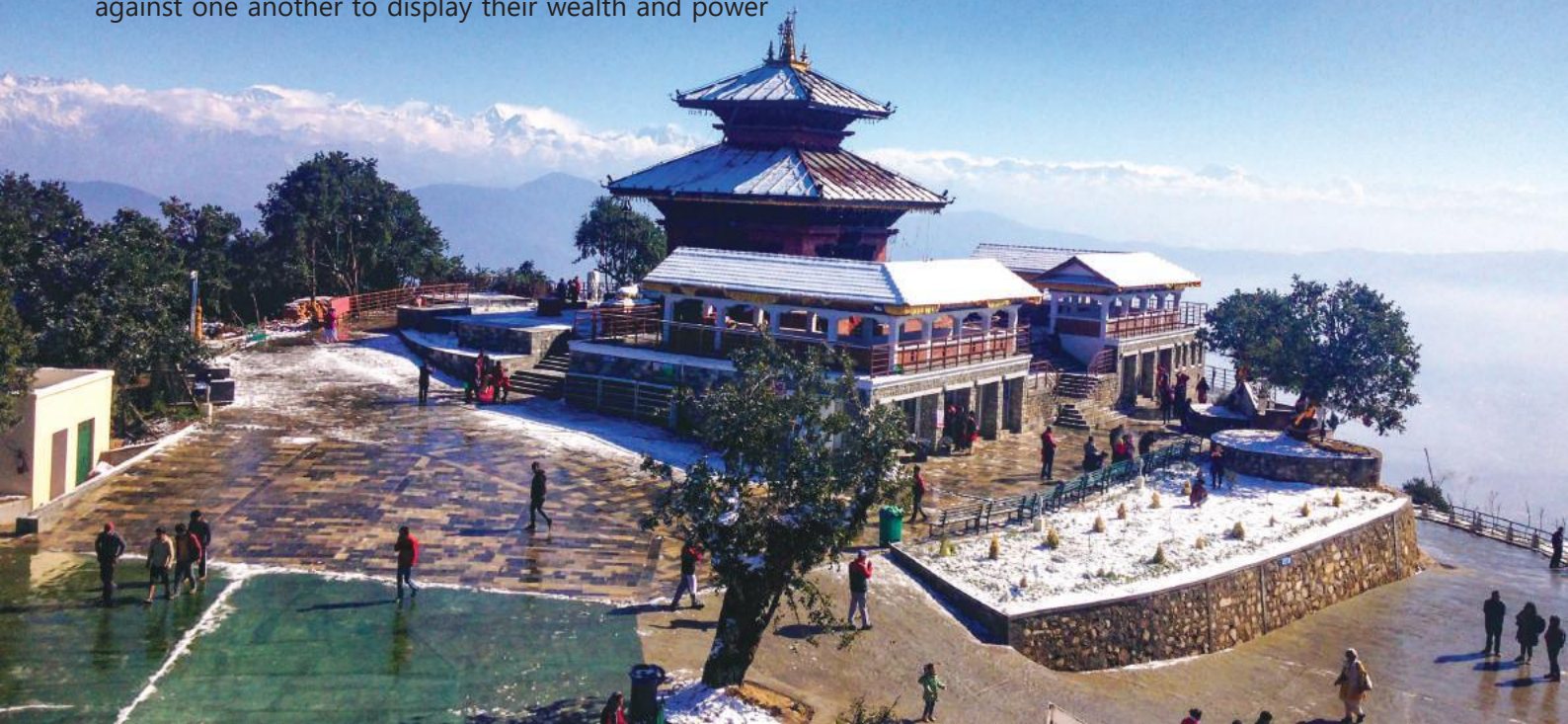
# HERITAGE



The UN has declared these structures and areas as World Heritage Sites. The central plazas, known as Durbar squares, of the three major cities of the valley – Kathmandu, Patan, and Bhaktapur – are all World Heritage Sites. Long ago, Kathmandu, Patan, and Bhaktapur were ancient kingdoms that competed against one another to display their wealth and power

by building magnificent statues, temples, and even palaces in and around their Durbar Squares.

All of these sites are open for foreign tourists, and only require a small entrance fee to enter. Tourists can take in the sites independently or with a local guide, who can be hired at the sites or beforehand.







# We are Himalayan Trails

Himalayan Trails is a venture of professional team a well-established, competitively priced and reliable company that has been in operation serving International and Domestic tourist for good. During the service period we have organized treks and climbing for tourist from various nations. We plan and manage treks in side Nepal and foreign nations like Bhutan and Tibet.

We, Himalayan Trails are official member of TAAN (Trekking Agents Association of Nepal), NATTA (Nepal Association of Travel and Tour Agents) and Nepal tourism Board and officially registered in the Ministry of Tourism and Civil association, government of Nepal.

Why we are special is that, we always try our best go a step further making sure that our clients receive the best treatment and which stays inside your budget.

Also we believe in doing our best to care for our staff and of the environments. We believe in ecotourism.



It is our great satisfaction that the greater part of our business comes from the recommendations. Word of mouth from our past clients.

Since Nepal is known as the 'Paradise for the Bird Watchers', Himalayan Trails also organizes Bird Watching Trips to various astonishing destination of Nepal. Gopi Shrestha (The Managing Director), himself being also lover of nature and bird watcher by profession we promote bird watching trips so as to demonstrate how exceptionally Nepal is blessed with a vast array of bird life. We trust in our reliability and we believe that our opportunity lies in the contentment of our clients. We also guaranteed you that you will get wonderful experience of your life. We also provide high mountains Climbing, Cultural Tours & cycling tour.

We offer branded company equipment, excellent cuisine, all of our guides and staffs are friendly, professional and experienced who are the back bone of our business. Our professional and helpful team is willing to provide assistance and answer any of your queries and inquiry.

Himalayan Trails does not believe in cutting corners in order to look cheap and competitive. When you are out there in the Himalaya and mountains, occasionally experiencing unkind conditions, it is our belief that you need to be comfortable, well feed and look after by people who really care.

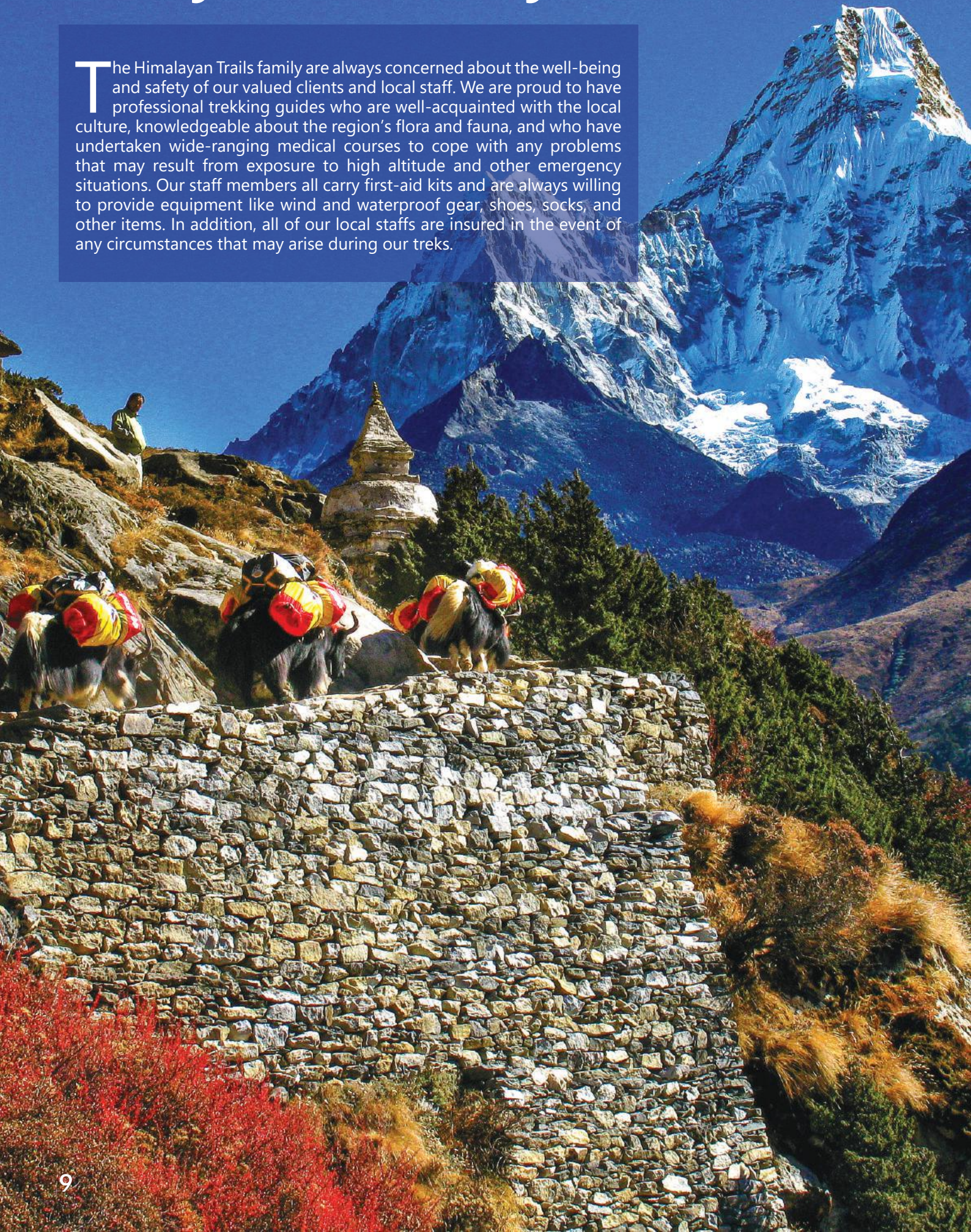
We are eager to contribute some of Himalayan Trails profits to developing educational opportunities for Nepal's youth by sponsoring students and donating funds to local schools in remote parts of the country.

We are always ready to welcome our guest in our beautiful Country and also hope we can be the best of your services in your travel. HAPPY TREKKING

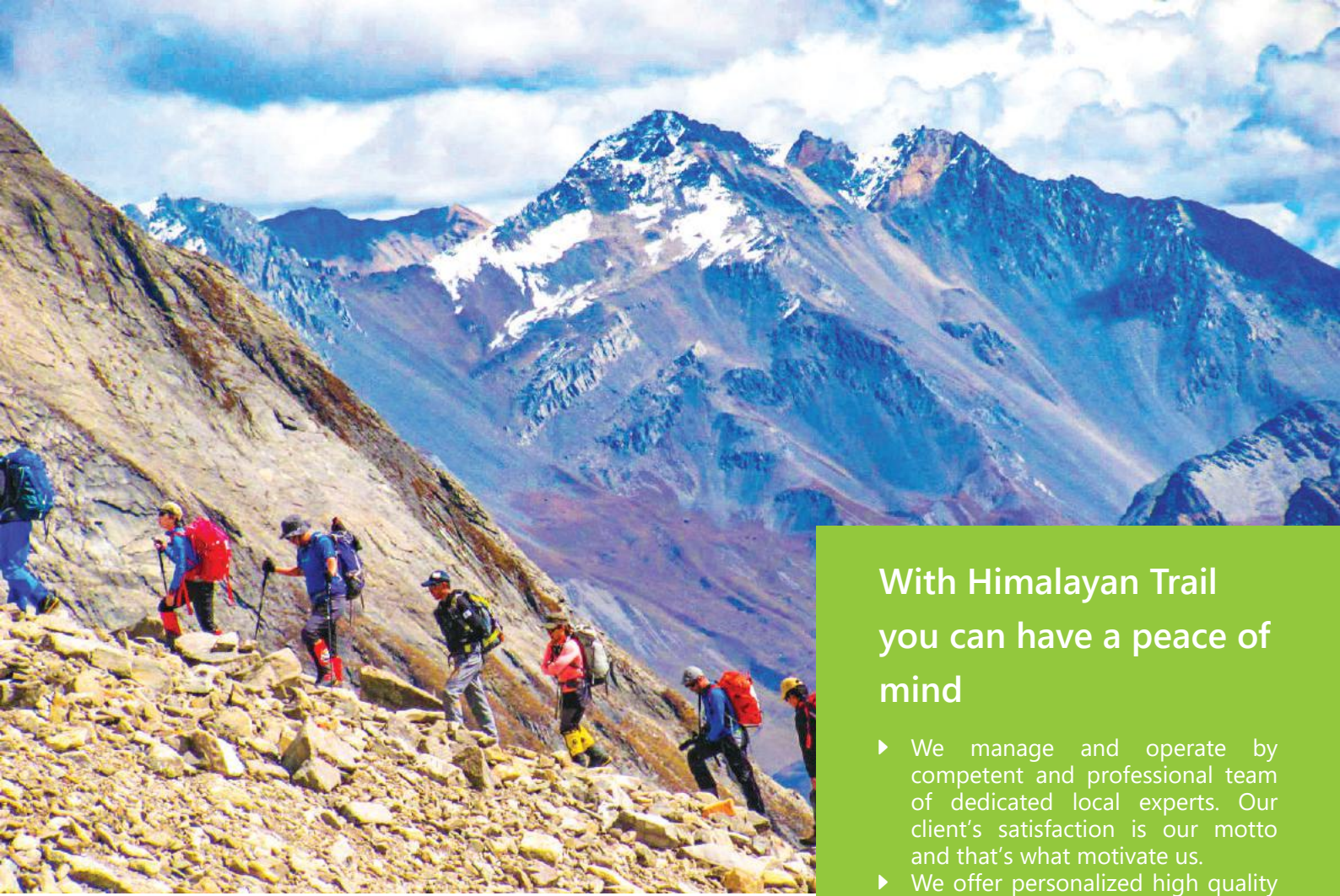


# Why Himalayan Trails?

The Himalayan Trails family are always concerned about the well-being and safety of our valued clients and local staff. We are proud to have professional trekking guides who are well-acquainted with the local culture, knowledgeable about the region's flora and fauna, and who have undertaken wide-ranging medical courses to cope with any problems that may result from exposure to high altitude and other emergency situations. Our staff members all carry first-aid kits and are always willing to provide equipment like wind and waterproof gear, shoes, socks, and other items. In addition, all of our local staffs are insured in the event of any circumstances that may arise during our treks.







## With Himalayan Trail you can have a peace of mind

- ▶ We manage and operate by competent and professional team of dedicated local experts. Our client's satisfaction is our motto and that's what motivate us.
- ▶ We offer personalized high quality service, which has earned us a high reputation. Reliability, generosity and attention are our strengths.
- ▶ Safety and quality are our top priorities. All of our mountain and trekking guides are frequently trained and their skills are updated annually.
- ▶ Our experienced leaders ensure the smooth day to day running of expedition. We are aware of the high value you place on your time and money and will do the utmost to meet and even exceed your expectation.
- ▶ We are much aware of eco-tourism. We believe in sustainable and ecofriendly ways to explore Nepal. Take only memories, leave only foot prints.
- ▶ We are aware of our impact on the environment and take our responsibility for Eco-friendly and sustainable tourism very seriously, promoting environmental causes and educating our staff and the local people about nature conservation.
- ▶ We are always committed to providing our clients with the highest quality service and meeting all of their trekking and mountaineering needs.







# What sets us apart

## Our planning

We have an immense knowledge and experience designing a trip which assures you great experience. We are here to provide full attention to our clients and provide pre departure information so they can predict what is coming. Moreover our extensive planning even includes making sure you know what you need to know before you leave home! Our pre-departure kit includes detailed information about your destination, health information, cultural and environmental guidelines, recommended reading lists, and travel tips.







## Our experience

All of our team have an experience of more than a decade therefore, the terrain and geography with culture and scenic beauty to visit.

Each and every one of our team represents the spirit of our company: Driven, Committed and acutely aware of how limitless Himalayan Trails Trekking & Climbing's potential to grow. We go to great lengths to recognize self-starters with diverse experience and ability sets to create not just an effective workforce, but a well rounded, capable and complementary team.

## Our honesty

We provide an authentic tour experience with the local touch. There really are no hidden costs and no nasty surprises here at Himalayan Trails.





# We serve you the best of

- Trekking
- Peak climbing
- Tour in Nepal
- Bird Watching
- Jungle Safari
- Mountain Flight
- Mountain Bike Riding
- Rafting
- Paragliding





# JUNGLE SAFARI IN NEPAL







Nepal's rich bio-diversity makes it ideal as an eco-tourism destination and just excellent for hiking. Just as the Himalayas are famous for trekking and mountaineering activities, the Terai low land tropical jungle deserves to be just as famous as it has one of the best wildlife habitats in the subcontinent making it ideal for jungle safari activities. Nepal has a total of 9 National Parks, 3 wildlife reserves, 6 conservation areas and 1 hunting reserve covering a total of 28,999 sq. km which is 19.7 % of the country's total land.

The National park and wildlife reserve area is mainly covered by Sal forest with a good balanced mixture of grassland, tropical, savannah and riverine forest. It is here that visitors will see most of the great variety of wildlife and birds as well. For a fantastic experience, journey into the deep jungle on an elephant's





back or in a 4WD with an expert naturalist to view wild animals in their natural habitat on one of our Nepal wildlife safaris.

So if you are trekking this is one of the other great feature of Nepal that you must visit and enjoy.

## Chitwan National Park

Chitwan National Park situated at Nawalparasi, Parsa is synonymous with some of the most rewarding and stimulating wildlife activities in Nepal. The park is approximately 1,000 sq. km. of sub-tropical lowland jungle. It is a major tourist area in the southern lowlands. Its home to tigers, leopard, rhinos, crocodiles, deer, boar, monkeys and more than 400 species of birds.







# Our Aim, Commitment and Vision

Our aim is to provide quality service at fields associated with tourism to the vacationers visiting with Himalayan Trials Trekking & Climbing to our country, Nepal. Our principle is to go an extra mile offering the best at a sensible price, making your trip an enjoyable and hassle-free, a journey of a lifetime. We are always geared up to endow with the services exceeding your expectation and precise value for money.

Your satisfaction is our happiness and future. As it is said that "Satisfaction lies in the effort, not in the attainment", so we are always set to put in the extreme hard work to offer our best hospitality and to assist you in organizing your trip of a lifetime. Our primary action in adventure world includes trekking and mountaineering in varied destination of Nepal. Furthermore, we arrange trips and tours for leisure, business as well as adventurous expedition. We have expertise in adventure travel; at the same time we also do all necessary reservation and arrangement required by visitors. In our price and dealing there are no hidden cost, surprises and false promises. We facilitate our trip with utmost attention to environment and safety.

Our Commitment to safety is first priority and the wellbeing of our groups are of paramount importance. All of our treks are led by qualified professional guides, well trained and with over ten years of experience exploring the Himalaya and countryside of Nepal. We

pay extra attention to all health concerns including water and food needs as well as altitude sickness.

We are a company with a vision to succeed and always give special care towards arranging variety of itineraries. We are very flexible and provide our customers with option to choose one that best suits you – on grounds of trekking, cultural or religious tours, rafting, mountaineering, biking, climbing or trip blending some of the above given activities. We systematize exciting activities for all levels physical fitness and interests. Special attention is given towards making all possible arrangements to provide for your travelling taste to organize an adventure that best suits your age, physical fitness, and curiosity. We even provide an option of customizing itinerary according to your tastes and preferences.

Since we believe in the contentment of our clients and also to ensure a long pleasant relationship in the years to come, we don't negotiate in producing income instead we give ourselves in presenting quality service at a price you can afford. We provide the most modern lightweight equipment, specially designed for trekking & climbing. We respect and follow our client's suggestions and ideas for planning their trips. Our aim is to take you to a world totally different from your own and fulfill your dream.





**R**esponsible with Environment while Mannering trekking and tour program, first protection of the damaged environment is our most concern. We are responsive to protect and preserve nature what went before honor of our intimates to hand over the Nature and Culture wealth to next generation. Himalayan Trails as local company while our lives have orbits around the Valleys & Mountains, we aware of better amplified responsibility to protect and conserve these resources.

We are dedicated to minimizing negative impact on tourism and allow to "Leave No Terrace, "Take only photographs leave only footprints". We bring Non-biodegradable items back and cook the food by LPG gas or kerosene during all our treks & Climbing, also at tea house trek we stay only where they use LPG gas or kerosene in the lodge.

We are also member of non-profit organization KEEP (Kathmandu Environmental Educational project), we are trained and organizing many Eco – Tourism Workshops' in organizations to preserve the delicate environment and inhabitant culture the Himalayan of Nepal.







## School project – Building at remote area

Himalayan Trails rebuild the school building and distributed the school dress for school children in Dolkha district a remote village at Sailung. Which helped by clients from Europe and right after the devastating Earthquake also, we distributed emergency shelter Tarpaulins and blankets at Sailung for locals.

We encouraged with local community of Sailung to participate on construction school building and actively involvement of moving forward local community located. Great opportunities on providing some school buildings to support their children benefits and capability to better education

## Local Development

We have long established and strong relationships with the people and places we visit, based on respect and cooperation. This gives you the chance to make a real connection and gain rare insights into the places and cultures we visit.

We contribute to local economies in as many ways as possible. This includes employing local staff wherever possible, buying local products and services wherever possible and through our community support efforts.

## Employee Welfare

We understand that a workplace can't be fruitful without healthy and happy people. Himalayan Trails provides ample benefits for our Team health and well-being both inside and outside of the company.







# Nepali Cuisine

Nepalese cuisine comprises a variety of dishes based upon ethnicity, race and climate relating to Nepal's cultural diversity and geography. Authentic Nepali taste is found in Newari and Thakali cuisines. Most Nepalese do not use modern cutlery. Instead they eat with their hands. The regular Nepali meal is Dal (lentil soup), Bhat (boiled rice) and Tarkari (curried vegetables), often accompanied by Achar (pickle). Mo:Mo is actually a Chinese food but very popular Newari food here in Kathmandu, Nepal. Mo:Mo is a simple dumpling with a fillings of meat or vegetables and cheese served with pickle and sauce. It is one of the most popular snacks among Nepalese. Rotis (flat bread) and Dhedo (boiled flour) also make meals in some homes.

Aside from the huge North Indian influence and Tibetan influence there are also variations on Nepalese cuisine within the various indigenous populations within Nepal itself. The various ethnic groups of Nepal consume a variety of traditional fermented and non fermented foods. The major fermented traditional foods and beverages include Masyaura, Fulaura, Jilebi, Selroti, Kinema, Gundruk, Sinki, Khalpi, Mesu, Chhurpi, Dahi, Mahi, Ghiu, Jandh, and Rakshi, whereas the major no fermented traditional foods include Chiura, Makai-Bhatmas, Dalmodh, Bhujija, Khir, Dhakane, Puwa, Kasar, Jimbu, Khoa, Chook-Amilo, Chaku, Shakhar, and Chiuri-Ghiu.



# GEOGRAPHY OF NEPAL



Nepal is a landlocked sovereign nation in South Asia. The country can be divided into three different regions: the north, which is covered by the Himalaya mountain range that includes the world's tallest peak Mt. Everest, which rises to 8,848 m (29,000 ft); the central area, consisting of the relatively low Himalayan foothills which are home to the capital Kathmandu and a fascinating variety of cultural groups; and the south, which consists of vast plains and jungle

and is home to most of the country's population.

Nepal is 1126 miles far away from the sea level. Nepal Standard Time (NST) is the time zone for Nepal. Time in Nepal is Coordinated Universal Time (UTC) of +5:45.

Lying in between the giant economy of China and India, Nepal shares best of the both. It consist of both Himalayas and Terai belt. This provides the tourist to explore both Himalayas and Terai within a same border.



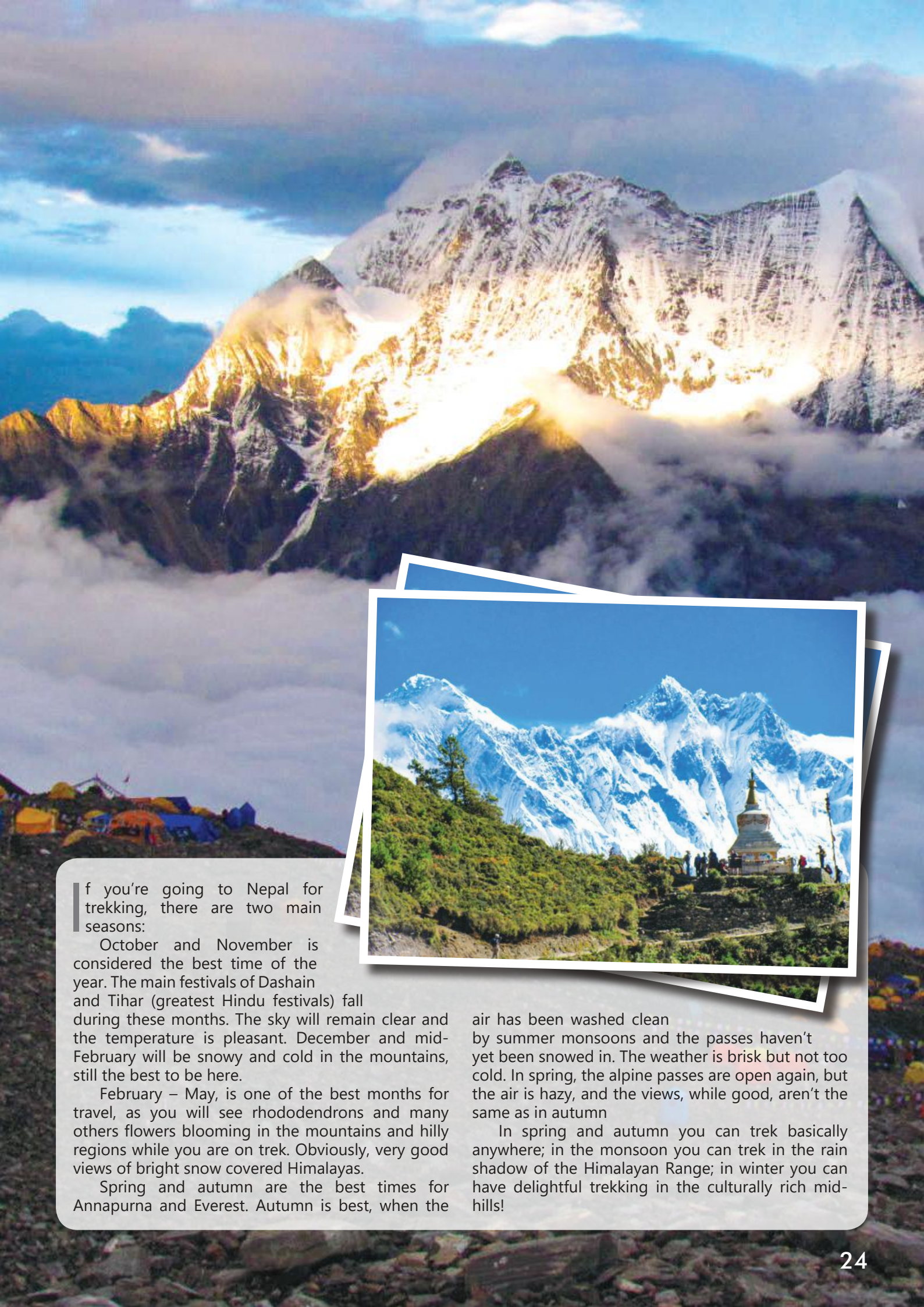






# WEATHER & SEASON IN NEPAL



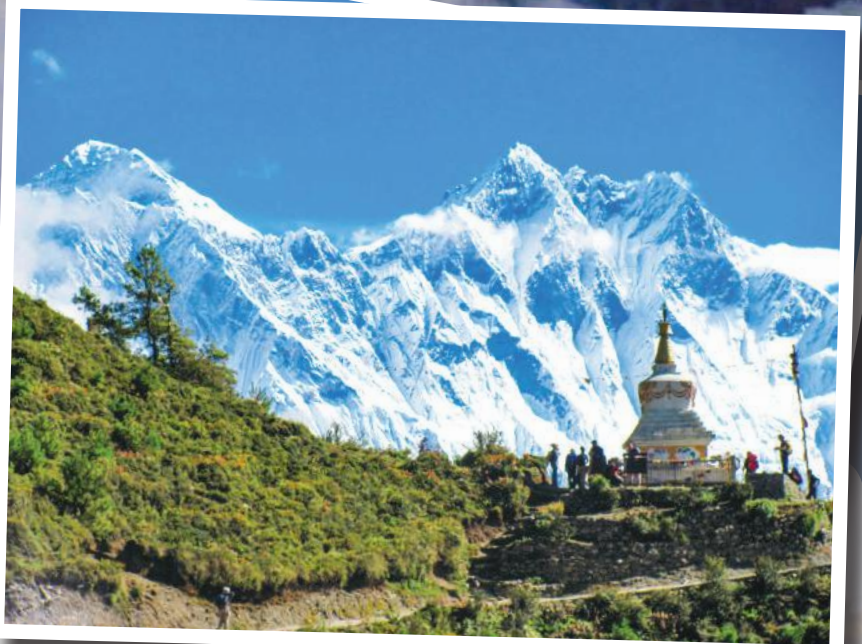


If you're going to Nepal for trekking, there are two main seasons:

October and November is considered the best time of the year. The main festivals of Dashain and Tihar (greatest Hindu festivals) fall during these months. The sky will remain clear and the temperature is pleasant. December and mid-February will be snowy and cold in the mountains, still the best to be here.

February – May, is one of the best months for travel, as you will see rhododendrons and many others flowers blooming in the mountains and hilly regions while you are on trek. Obviously, very good views of bright snow covered Himalayas.

Spring and autumn are the best times for Annapurna and Everest. Autumn is best, when the



air has been washed clean by summer monsoons and the passes haven't yet been snowed in. The weather is brisk but not too cold. In spring, the alpine passes are open again, but the air is hazy, and the views, while good, aren't the same as in autumn.

In spring and autumn you can trek basically anywhere; in the monsoon you can trek in the rain shadow of the Himalayan Range; in winter you can have delightful trekking in the culturally rich mid-hills!



# VISA FOR NEPAL



All nationalities except Indians require a visa for Nepal. Tourists are allowed a total of 150 days per year in Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's airport, be prepared for long queues.

If getting your visa on arrival you will need to provide one passport and the following fees in US dollars only:

1. US \$ 25 or equivalent foreign currency for Tourist Visa with Multiple Entry for 15 days.
2. US \$ 40 or equivalent foreign currency for Tourist Visa with Multiple Entry for 30 days.
3. US \$ 100 or equivalent foreign currency for Tourist Visa with Multiple Entry for 90 days.
4. US \$ 2 or equivalent foreign currency per day for visa extensions (and you have to spend time in the immigration office, so best to get the full time you need in your first visa!)
5. Tourists with passport from South Asian Association for Regional Cooperation (SAARC) nations aren't required to pay



visa fee for the first 30 days.

It's a good idea to carry the cash with you in US dollars and to fill out your two forms on the plane (you may have to ask for them), as you will get further up the visa queue! When you come into the arrival hall, look for the sign at the far end that says 'foreigners with or without visa' – just past the diplomats!

Please note regulations and costs for visas change frequently so it's advisable to check the current rules with your nearest Nepalese embassy or consulate. For information on the location of your nearest embassy or consulate we recommend the following website: <http://www.embassyworld.com/embassy/nepal1.html>



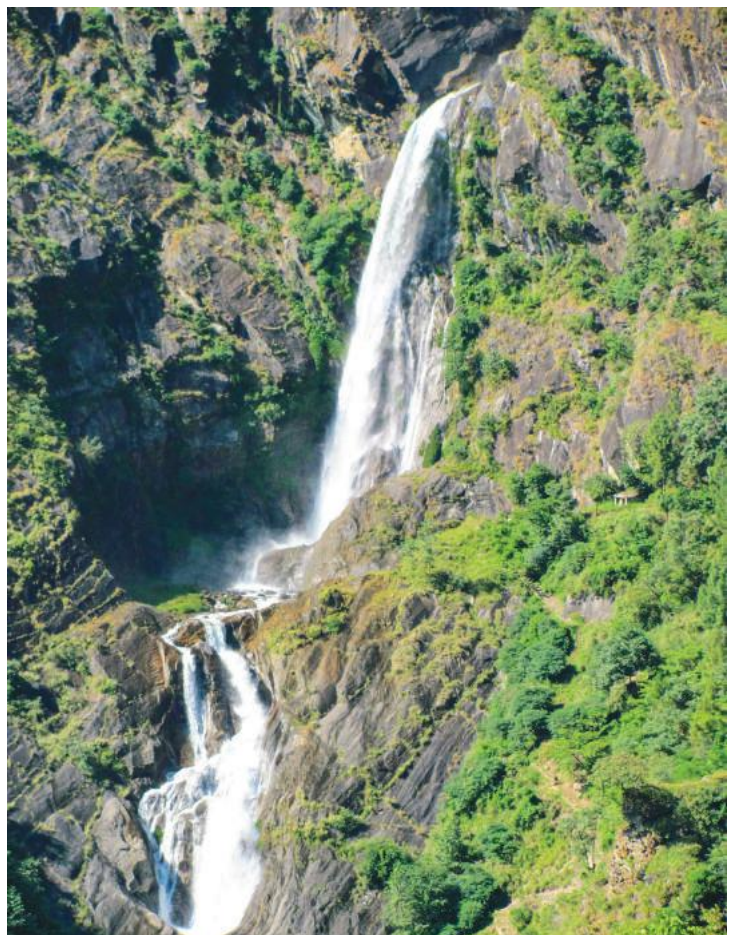




# Things to know before you go

**Before you head off on your travels you should follow the steps below...**

1. Make sure you have read the trip dossier we have sent you after booking your trip.
2. Also make sure you have read the country dossier we will send you upon booking your adventure.
3. Ensure you have adequate insurance.
4. Check your government travel advisory for your destination, also read our safety guidelines for further information on the operational safety standards you can expect on every Himalayan Trails trip.
5. Check the health information for your destination.
6. Check the latest your passport and the latest visa requirements for entry to your destinations.
7. For extra reading check out our country information pages on the website.







# Frequently Asked Questions

**W**e've compiled a list of frequently asked questions to help you plan your holiday. If you don't see the information you need, please contact us and we will be happy to help out.

## How is trekking in Nepal?

Typical trekking in the Himalayan is not forced on it and pacing is always slow and you walk on your own pace, most of the day generally being shorter than a hiking day at your home country. Generally you walk 5-8 hours per day including some short break and lunch stop. The trail begins from easy on the lower valley to strenuous above 4000meters in Mountains. A common sense you may hold the group or other people if you are slow walker and people will often pass along the trail but there will be no big deal just an hour or two hours different between the first and last arrival in the camp. There will be our guide/ Assistant/ porters always with you. So no worries about it they will help you any time and you will never get lost..

## How the trekking day begins?

Our trekking days are designed by local experts so the walking is safe and pleasant. The friendly with other trekkers and positive attitude of staff creates good company and unforgettable events. Your day begins early in the morning with a cup of tea around at 6:00 am. Wakeup tea before breakfast, then you pack your things into big bag by separating some necessary things for your day bag. Then you will join for breakfast, so after breakfast usually on the trail by 7:30am and will start a good morning walk. Normally we stop for lunch in mid day, depends on the place, lunch break about 1-2 hours for the grouping meal. While you lunch get ready relax and enjoy the surroundings. Generally afternoon walk is shorter than morning and we reach our campsite or teahouse around by 3-4 pm. Have your afternoon tea and you can do side walk, relax, read, write diary or other activities discover village surrounding, site and chat with staff or locals. Usually dinner is served roughly at 7:00pm.

## How will be the Trekking Guides are Trained and Experience?

Himalayan Trails, being a professional and well managed travel company base in Kathmandu, Nepal. They are good in English and have done trek leader





and Guide courses, Eco- trekking train, maintaining and eco-first aid training etc. Our policy is employing proficient Local Guides and leaders, who care and have the understanding porters and staff and the delicate environment knows better Nepal. They are entirely capable in all aspects of natures, conservations, trekking and climbing. All of them have long experience leading trip in mountains and high commitment on rendering the quality services. Some of them have also work experienced with International adventure companies.

### **What kind of meals can I expect in the camping trek?**

We have our own experienced Trek & Exp. cook on all of the camping trips. We strictly follow hygiene guidelines so all our foods well cooked and hygienically prepared on the trek. So in the breakfast verity of choices Muesli, cornflakes or porridge, egg items scramble, omelet or fried eggs with breads, pancake or chapatti. Lunch is generally salads a selection, other dishes are easy and fast cooked food like pasta, noodles and breads. Dinner normally 3 courses Soup with pop corn main course with different items and complete with a dessert as well as Tea, Coffee and hot Chocolate are provided all meals. We try to use as much as local produce and fresh where there possible. Your guide and cook will able to maintain controls on health and hygienic with general cleanliness and preparation foods.

We provide properly boiled water is serves for drinking. Who will be our guide?

### **What type of tents do I get in camping trek?**

In Camping trek we use always branded company water proof Tent neat and clean. Our standard trips are based on sharing by two persons but if you want to have private Tent we can provide you also an additional cost as per your requirements. And ofcourse mattress for each person.

### **How do I get to Nepal?**

Mostly fly directly to Nepal from your home country, Tribhuvan International Airport (TIA) in Kathmandu is the only international airport in Nepal. Nepal airline, Thai Airways, Gulf Air, Qatar, Indian Airlines, Jet Airways, Turkeys Airlines, Etihad Air, Silk Air, Air Arabia, Druk Air, Jet lite, Dragon Air and Air China etc. carry most of the foreign travelers to Kathmandu. If you buy tickets from any other airlines, you will probably connect with one of these airlines for the final support of your flight. Alternatively, if you have valid visa, you can also travel to Nepal via India and Tibet (China).

### **When is the best time to visit Nepal?**

October and November is considered the best time





of the year. The main festivals of Dashain and Tihar (greatest Hindu festivals) fall during these months. The sky will remain clear and the temperature is pleasant. December and mid-February will be snowy and cold in the mountains, still very good times to come.

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### **What are my options to visit Nepal from India?**

You can fly between Delhi and Kathmandu as there are many flights available in this sector. There are a number of overland entry points for travel by road and you could come by train to Ghorakpur, travelling the rest of the way by road (see below).

### **Do I need Visa to enter Nepal?**

Yes, all foreign nationals, except Indian citizens, need visa to enter Nepal.

### **Where do I need to apply to get my Visa?**

The best way to get a visa for Nepal has to be obtained previous to departure to apply from the Nepalese diplomatic missions in your home country. Or the other choice is to get it from Immigration Office at the entry points of Nepal at Kathmandu on arrival Tribhuvan international Airport.

### **Required documents to apply for Visa?**

You need a passport must be valid for minimum of 6 months after your return, two passport size photos and

money USD- 40 for 30 days Visa. But if need longer than also possible on the spot.

Please visit the information page on the Nepal Tourism Board website:<http://www.tourism.gov.np> Visa-Information for more details information.

### **How do I book the trip and pay?**

To book any of your trips, you are requested to fill up our online booking form in our websites [www.nepalhimalayatrails.com](http://www.nepalhimalayatrails.com) or just send us a simple e-mail with your requirements. We will send you a comprehensive trip itinerary after booking. We expect to send 20% of the total trip cost per person; Deposit can be paid by bank transfer or by credit card (Visa or Master Card). On receipt of your booking details, we will send you Trip Confirmation Receipt of your booking.

### **What is the payment method?**

You can pay us by cash/travelers check or through the BANK transfer from your Bank while booking the trip with us.

### **Do we need to cover travel insurance?**

Yes, we advise you to get your travel insurance cover from your home country.





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