

### Gokyo Everest

Tour Code: ANC07

Duration: 11 days strenuous adventure trek



This high-altitude alpine trek explores the heart of the Sherpas, Namche Bazaar and Tengboche, before ascending the stunning Gokyo Valley to the glacial lakes under the great peak of Cho Oyu (8153m). Here, we can enjoy the panoramic views of Everest and the rest of this high mountain wilderness.

#### Itinerary:

Day 01: To Lukla by air and begin trek to Phakdingma, Day 02/03: Namche Bazaar/ acclimatisation, Day 04: Dole or Luza, Day 05: Machhermo, Day 06: Gokyo, Day 07: Hike to Gokyo Ri and return to Luza, Day 08: Namche, Day 09: Phakdingma, Day10: Lukla, Day 11: Return flight to Kathmandu

### Everest Base Camp

The ultimate adventure trek

Tour Code: ANC08

Duration: 14 Days strenuous adventure trek



Khumbu area possesses the most extraordinary high mountain scenery on this planet. The trekking is through Namche Bazaar and Thyangboche monastery, where Mani Rimdu festival is held every year and it is a great cultural center for the people of Solukhumbu. Further, walk up to Kalapathar is very rewarding.

#### Itinerary

Day 01: To Lukla, begin trek to Phakdingma, Day 02/03: Namche Bazaar/ acclimatize, Day 04: Phortse village, Day 05/06: Dingboche/acclimatize, Day 07: Thugla, Day 08: Labuche, Day 09: Visit Everest base camp and Gorakshep, Day 10: Visit Kalapathar (5545m) and return to Thugla/Pheriche, Day 11: Thyangboche, Day 12: Namche, Day 13: Lukla, Day 14: Return flight to Kathmandu

### Jiri Everest

Classic Everest trek

Trip Code: ANC09

Duration: 21 Days strenuous adventure trek

This is a classic trek that follows the expedition route used by Sir Edmund Hillary and Tenzing Norgay Sherpa in 1953. This is also the best way to visit the Everest area, which begins with a long drive to Jiri. Adventure continues with tremendous amount of ups and downs through the home to the famous Sherpas. The Solukhumbu boasts of some of the most extraordinary high mountain scenery on earth. The trek concludes with a spectacular flight back to Kathmandu.

#### Itinerary

Day 01: Drive to Jiri, Day 02: Shivalaya, Day 03: Bhandar, Day 04: Sete, Day 05: Junbesi, Day 06 Nunthala, Day 07: Kharikhola, Day 08: Paiyun, Day 09: Phakdingma, Day 10/11: Namche Bazaar/acclimatization day, Day 12: Phortse village, Day 13: Dingboche/acclimatize, Day 14: Thugla, Day 15: Labuche, Day 16: Visit Everest base camp and Gorakshep, Day 17: Visit Kalapathar (5545m) and return to Thugla/Pheriche, Day 18: Thyangboche, Day 19: Namche, Day 20: Lukla, Day 21: Return flight to Kathmandu



### Mountaineering on Trekking Peaks

Also join our peak climbing expeditions to Island Peak (6160m), Pisang Peak (6091m) or Mera Peak (6654m).



### Information Sheet

These lodge or tea house treks are undertaken in popular areas of Everest, Annapurna and Lantang.

Annapurna Conservation Area is one of the largest conservation area in Nepal that encompasses some of the world's highest and spectacular mountains with sacred valleys, rivers, floras and fauna. Lantang National Park, bordering with Tibet to the north of Kathmandu, is also one of the richest biodiversity national parks with rare floras and fauna in addition to snow clad mountain peaks.

Everest National Park consists of the world's highest mountain, Everest or Sagarmatha, with rare and endangered species of floras and fauna. The mountain views are dramatic and the trekking and mountaineering are undeniably the best adventure sports in the world, a must for a once in a lifetime experience!

### Trekking Season

February to May in spring/summer and October to December in autumn are good seasons but low altitude treks can be undertaken throughout the year.

### Travel insurance

We strongly advise our guests to take a travel insurance against any untoward incidents before the trip.

### Recommended equipments

1. Good pair of hiking shoes, thick and light socks, camp shoes.
2. Gortex quality water proof jacket and trousers, fleece jacket, down jacket, under wear, cotton trouser, shirts and T-shirts, shorts, woolen hat, sun hat, gloves etc.
3. Day pack, water bottle, sun glasses, flash light with spare batteries, lip salve, insect repellent, bio-degradable toiletries, diary, toilet rolls, laundry soap, pocket knife, towel, sewing tools, binoculars, playing card and personal medical kit.

### Trek grade

Our treks range from easy to strenuous and is suitable for any capabilities. We request you to choose your adventure according to your suitability.

### About Borderlands Group

Borderlands Group, comprising of the Borderlands Eco Adventure Resort, Borderlands PDP, Ultimate Descents Nepal & Nature-treks.com, indulges in multi-adventure activities that promises you an unforgettable experience. We offer professional development programs, whitewater rafting, kayaking, canyoning, hiking, nature-treks, mountain-biking etc. Come & experience the magic of Borderlands! - "an inspiring experience"

**BORDERLANDS GROUP**

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As a truly nature-based adventure travel company, Nature-treks.com/Himalaya (NTH) features the national parks, wildlife reserves and conservation or protected areas including community managed areas. The wonderful adventure experience in the Nepal Himalayas is suitable for anyone who has a passion for the outdoors.



### ADVENTURE TREKS IN:

Annapurna Conservation Area

Everest National Park

Lantang National Park

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## Adventure with nature and culture Popular Himalayan Adventure Trips!

Amazingly diverse nature, age old ethos and staggering highest mountains proudly establish Nepal as one of the best adventure destinations in the world. Trekking is one of the best adventures to explore and experience the cultural and natural diversity of Nepal.

Lodge treks are undertaken in the popular areas of Everest, Annapurna and Lantang, where the trails are well established and accommodation and food are available in local Inns and guest houses. These areas are fascinating in terms of biodiversity and cultural experience and has some of the world's highest mountain peaks, sacred valleys, deepest gorge and highest lakes. The spectacular Golden Eagle, Lammergeier, Himalayan Monal and many species of birds are found during the trek.



### Why these trips?

Inexpensive, flexible, minimum number of people and equipments

### Some downsides!

Finding an accommodation during the peak tourist season can be difficult. The natural resources being used up fast negatively impacts the environment. Traditional culture is on the verge of transforming into modern ways.

### Our social and environmental responsibilities

We do not promise what we can not deliver but what we can try is not to cause any negative impact to the areas we visit or the natural environment that we go through. Our staffs will make every effort to make the trip environment friendly while respecting the norms and values of the area. Nature-treks.com/Himalaya features the following adventure activities through the protected areas of Nepal and supports the local communities enroute.

## Poon Hill Trek

Ghorepani  
Trip Code: ANC01  
Duration: 04 - 06 days  
introductory adventure trek



This trek is one of the most popular adventures, which offers fabulous mountain scenery, fascinating settlements, amazing rhododendron forests and deep sub-tropical valleys. The sunrise view over Dhaulagiri range from Poon hill is amazing as the sun changes its color from pink to gold to silver.

### Itinerary

Option A. Day 01: Begin trek to Banthanti, Day 02: Ghorepani, Day 03: Visit Poonhill, Ghandruk, Day 04: Birethanti and return to Pokhara  
Option B. Day 01: Begin trek to Tolka, Day 02: Ghandruk, Day 03: Tadapani, Day 04: Ghorepani, Day 05: Visit Poon Hill and trek to Ulleri, Day 06: Trek to Nayapool and return to Pokhara

## Annapurna Base Camp

Trip Code: ANC02  
Duration: 12 days moderate trek

The Annapurna Massif, comprising of several peaks, forms a natural amphitheater known as the Annapurna Sanctuary (Annapurna I, Gangapurna, Annapurna Fang and Machhapuchhare). The main highlight of this trek is Poon Hill, a dramatic viewpoint.

### Itinerary

Day 01: Begin trek to Banthanti, Day 02: Ghorepani, Day 03: Visit Poon Hill and trek to Tadapani, Day 04: Chhomrong, Day 05: Dovan, Day 06: MBC, Day 07: ABC, Day 08: Retrace back to Bamboo, Day 09: Jhinu danda, Day 11: Dhampus, Day 12: Return to Pokhara



## Annapurna Round A classic adventure in Nepal

Trip Code: ANC03  
Duration: 17 days strenuous adventure trek



This trek traverses the beautiful farmland to some of the world's greatest peaks. After Manang, we cross the Thorong La (5416m) to enter the sacred valley of the Kali Gandaki where a wealth of new experiences awaits us including the Muktinath temple and the glorious dawn view of Dhaulagiri from Poon Hill above Ghorepani.

### Itinerary

Day 01: To Besisahar/Bhulbule and overnight lodge, Day 02: Begin trek to Jagat, Day 03: Dharapani, Day 04: Chame, Day 05: Piasang, Day 06: Manang, Day 07: Manang, Day 08: Ledar, Day 09: Thorong Phedi, Day 10: Muktinath via Thorong pass (5416m), Day 11: Marpha, Day 12: Kalopani, Day 13: Tatopani, Day 14: Ghorepani, Day 15: Ghandruk, Day 16: Dhampus, Day 17: Return to Pokhara

## Lantang valley and sacred lake

Land of Tamang  
Trip Code: ANC04  
Duration: 12 days moderate adventure trek

Lantang, located in the north of Kathmandu, adjoins the border of Tibet encompassing the mountain peaks. This third most popular area for trekkers is an equally wonderful destination to experience the culture, adventure and the rich biodiversity of Nepal.

### Itinerary

Day 01: To Syabrubesi, Day 02: Begin trek to Lama Hotel, Day 03/04: Lantang village, Day 05/06: Kyngin gompa, Day 07: Retrace back to Lama Hotel, Day 08: Thulo Syabru, Day 09: Singompa, Day 10: Gosainkund, Day 11: Dhunche, Day 12: Return to Kathmandu



## Lantang valley and Helumbu

Trip Code: ANC05  
Duration: 15 days strenuous adventure trek

Located to the north of Kathmandu valley, Lantang valley and Helumbu encompasses the mountain peaks, rolling hills, sacred Lake Gosainkund and lush green forest. The cultural experience is very enriching from both Lantang and Helumbu area. There is also a chance to encounter the elusive and endangered Snow Leopard and Himalayan Red Panda in addition to numerous beautiful and rare species of birds such as Ibisbill and Himalayan Monal.

### Itinerary

Day 01: To Syabrubesi, Day 02: Lama Hotel, Day 03/04: Lantang village and acclimatise, Day 05: Kyngin Gompa, Day 06: Retrace back to Lama Hotel, Day 07: Thulo Syabru, Day 08: Singompa, Day 09: Gosainkund, Day 10: Ghopte via Lauribinayak pass, Day 11: Tharepati, Day 12: Tarkeghyang, Day 13: Kiul, Day 14: Chisapani, Day 15: Return to Kathmandu via Sundarjal



## Everest Monastery Trail

Trip Code: ANC06  
Duration: 09 days moderate adventure trek

This short Everest trek is perfect for people with very limited time. We begin the trek with an exciting flight to Lukla. This adventure takes us through the Sherpa villages and monasteries & one can discover the magic of Everest!

### Itinerary

Day 01: Flight to Lukla and begin trek to Phakdingma, Day 02/03: Namche Bazaar/acclimatise, Day 04: Phortse village, Day 05: Thyangboche via Pangboche, Day 06: Namche Bazaar, Day 07: Phakdingma, Day 08: Return to Lukla, Day 09: Flight back to Kathmandu

