3 PASSES OF EVEREST
Trip Code: ANC10
16 Days sereneous adventure trek
Kathmandu to Kathmandu
Departure/:

PIKAY PEAK TREK
Trip Code: ANC11
05/07 Days moderate trek
Kathmandu to Kathmandu
Departure/:

MARDI HIMAL
Trip Code: ANC12
07/08 Days Moderate trek
Pokhara to Pokhara
Departure/:

ROIWALING VALLEY
Trip Code: ANC13
10 Days Moderate trek
Kathmandu to Kathmandu
Departure/:

MOUNTAINEERING IN NEPAL
Also join our trekking peack climbing expeditions to Island peak (6160m), Pisang Peak (6091m) or Mera Peak (6474m).

Trek Himalaya

INFORMATION SHEET
These lodge or tea house treks are undertaken in the popular area of Everest, Annapurna, Langtang, other areas.

TREKKING SEASON
February to May in spring/summer and October to December in autumn are good season but low altitude treks can be taken throughout the year.

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

TRANSPORTATION
Tourist/public buses and flight wherever it is required, especially to the Everest areas.

TRAVEL INSURANCE
We strongly advise our guest to take a travel insurance against any unoward incidents before the trip.

RECOMMENDED EQUIPMENTS
- Good pair of hiking boots, thick and light socks, camp shoes
- Gortex quality waterproof jacket and trouser, fleece jacket, down jacket, under wear, cotton trouser, shirts and T-shirts, shorts, wooden hut, sun hat, gloves etc.
- Day pack, water bottle, sun glasses, flash light with spare batteries, binoculars, playing card and personal medical kit.

FURTHER INFORMATION CONTACT:
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Website: www.nature-treks.com

MOST POPULAR TREKS
POON HILL
ANNAPURNA BASE CAMP
EVEREST BASE CAMP

Pure nature with adventure!

nature-treks.com
Popular Himalayan Adventures!
The lodge treks are undertaken in Annapurna conservation area, Everest and Langtang national parks, where the trails are well established and accommodations and food are available in local guest houses. These areas offer amazing biodiversity and enriching cultural diversity with some of world's highest and most Spectacular Mountain peaks.

Why us, Nature-treks.com!
It’s an experienced, responsible and ethical trekking company that offers personalized service, respects nature, environment and locals.

"Life is either a great adventure or nothing"
Helen Keller

POON HILL TREK
TripCode: ANC01
01/05/06 Days introductory trek
Pokhara to Pokhara
Departure/s:

ANAPURNA SANCTUARY
TripCode: ANC02
10/12 Days moderate trek
Pokhara to Pokhara
Departure/s:

ANAPURNA CIRCUIT
TripCode: ANC03
12/16 Days strenuous trek
Best Sahar to Pokhara
Departure/s:

LANGTANG VALLEY
TripCode: ANC04
08/12 days moderate trek
Kathmandu to Kathmandu
Departure/s:

TAMANG HERITAGE TRAIL
TripCode: ANC05
08 days moderate trek
Kathmandu to Kathmandu
Departure/s:

LANGTANG & HELAMBU
TripCode: ANC06
15 Days strenuous trek
Kathmandu to Kathmandu
Departure/s:

EVEREST MONASTERY TRAIL
TripCode: ANC07
09 Days Moderate trek
Kathmandu to Kathmandu
Departure/s:

GOKYO EVEREST
Tour Code: ANC08
11 Days trip strenuous trek
Kathmandu to Kathmandu
Departure/s:

EVEREST BASE CAMP
Tour Code: ANC09
12 Days strenuous trek
Kathmandu to Kathmandu
Departure/s:

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