

### 3 PASSES OF EVEREST

TripCode: ANC10  
16 Days strenuous adventure trek  
Kathmandu to Kathmandu  
Departure/s:

### PIKAY PEAK TREK

TripCode:ANC11  
05/07 Days moderate trek  
Kathmandu to Kathmandu  
Departure/s:

### MARDI HIMAL

TripCode: ANC12  
07/08 Days Moderate trek  
Pokhara to Pokhara  
Departure/s:

### ROLWALING VALLEY

TripCode:ANC13  
10 Days Moderate trek  
Kathmandu to Kathmandu  
Departure/s:

### MOUNTAINEERING IN NEPAL

Also join our trekking 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 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 though out 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 untoward incidents before the trip

#### RECOMMENDED EQUIPMENTS

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

#### FOR FURTHER INFORMATION CONTACT:

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# Trek Himalaya

## MOST POPULAR TREKS

POON HILL  
ANNAPURNA BASE CAMP  
EVEREST BASE CAMP

Pure nature with adventure!

 nature-treks.com  
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## 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  
04/05/06 Days introductory trek  
Pokhara to Pokhara  
Departure/s:

### ANNAPURNA SANCTUARY

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

### ANNAPURNA CIRCUIT

TripCode: ANC03  
12 /16 Days strenuous trek  
Besi Sahar to Pokhara  
Departure/s:

### LANGTANG VALLEY

TripCode: ANCO04  
08/12 days moderate trek  
Kathmandu to Kathmandu  
Departure/s:

### TAMANG HERITAGE TRAIL

TripCode: ANCO05  
08 days moderate trek  
Kathmandu to Kathmandu  
Departure/s:

### LANGTANG & HELAMBU

TripCode: ANCO6  
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: