

## WORLD'S TALLEST MOUNTAIN

| Name of Mountain | Height(m)  | Country        |
|------------------|------------|----------------|
| Mount Everest    | 8,848.86 m | Nepal/China    |
| K2               | 8,611 m    | Pakistan/China |
| Kanchenjunga     | 8,586 m    | Nepal/India    |
| Lhotse           | 8,516 m    | Nepal/China    |
| Makalu           | 8,463 m    | Nepal/China    |
| Cho Oyu          | 8,201 m    | Nepal/China    |
| Dhaulagiri       | 8,167 m    | Nepal          |
| Manaslu          | 8,163 m    | Nepal          |
| Nanga Parbat     | 8,125 m    | Pakistan       |
| Annapurna I      | 8,091 m    | Nepal          |
| Gasherbrum I     | 8,080 m    | Pakistan/China |
| Broad Peak       | 8,051 m    | Pakistan/China |
| Gasherbrum II    | 8,035 m    | Pakistan/China |
| Shishapangma     | 8,027 m    | China          |

### Cost includes:

- Expedition permit and liaison officer expenses.
- Assistance on custom clearance if required
- Climbing Sherpa (1:1) with wages, equipment allowance, insurance, high camps load ferry bonus
- All required permits and entrance fees
- Garbage deposit
- Meals and accommodation while trekking in/out
- All meals ( breakfast/lunch/dinner/tea/coffee/chocolate bar) at base camp.
- Required number of porters/yaks to carry load to and from base camp.
- Cook and cook boys at base camp with their equipment allowance, wages and insurance
- Best quality tents at Base camp with sleeping mattresses (depends if you want to bring your own)
- Best quality dinning tent (Carpeting inside) with heater, communication tents, storage tents at Base Camp
- All necessary kitchen & camping equipment at base camp along with table/chairs.
- Shower facility at base camp
- Fresh and organic food and beverages at Base Camp and imported quality high altitude food (individual packet)
- Enough numbers of EPI gases with burner for high camps
- Walkie-talkie and permit fee
- Satellite phone for the emergency purpose
- Solar panel/Generator with accessories at base camp for recharging & power supply
- Necessary climbing hardware gears with fixed ropes except the personal gears
- Oxygen bottles and mask and regulator for emergency
- Insurance of local staff
- Helicopter evacuation insurance for staff.
- Lukla return airfare on fixed wing aircraft
- All local transfer
- Rope fixing fee

## POPULAR TREKKING & CLIMBING PEAKS (UNDER 8,000 M)

| Name of Mountain         | Meter(m) | Feet(ft) |
|--------------------------|----------|----------|
| Mera Peak                | 6,476    | 21,247   |
| Island Peak              | 6,189    | 20,305   |
| Lobuche East             | 6,119    | 20,075   |
| Pisang Peak              | 6,091    | 19,984   |
| Yala Peak                | 5,520    | 18,110   |
| Chulu East               | 6,584    | 21,601   |
| Hiunchuli                | 6,441    | 21,132   |
| Naya Kanga Peak          | 5,844    | 19,173   |
| Tent Peak (Tharpu Chuli) | 5,663    | 18,575   |
| Dhampus Peak             | 6,012    | 19,720   |



## INTRODUCTION

Himalayan Guides Nepal is a well established, reliable and competitively priced company that has been in operation for more than 20 years. During this period, we have organized treks and expeditions for many famous personalities and climbers alike.

*"What makes us special is that we always try to go one step further to make sure that every client receives the best treatment that can be offered."*

We also believe in doing what's best for our staff and for the environment. We believe that this is why our clients keep coming back to Himalayan Guides Nepal, time and again. It gives us great satisfaction that the majority of our business comes from the recommendations of past clients

We offer first class equipment, excellent catering and some of the most friendly and experienced staff in the business. Our main office is centrally located in the Chandol district of Kathmandu. From here, our professional and helpful staff is readily available to provide assistance and answer any inquiries.

## HIMALAYAN GUIDES NEPAL

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Associated with:



## HIMALAYAN GUIDES NEPAL

Treks & Expedition Pvt. Ltd.

Travels & Tours Pvt. Ltd.

[www.himalayanguides.com](http://www.himalayanguides.com)

*The Key to adventure himalaya...*

# SPECIAL PACKAGE OFFER

## NEPAL CLASSIC GOLDEN TRIANGLE TOUR (KATHMANDU–POKHARA–CHITWAN) 11 Days / 10 Nights Trip

- Day 01 : Arrival in Kathmandu, and transfer to your hotel  
Day 02 : One hour mountain flight in the morning and Kathmandu Heritage Tour (UNESCO Sites)  
Day 03 : Kathmandu Heritage Tour (UNESCO Sites)  
Day 04 : Fly to Pokhara – Lakeside Tour  
Day 05 : Pokhara Full-Day Tour + Sunset  
Day 06 : Drive to Chitwan – Jungle Experience  
Day 07 : Chitwan Full Jungle Safari  
Day 08 : Drive to Lumbini  
Day 09 : Sightseeing in Lumbini  
Day 10 : Drive/Fly to Kathmandu  
Day 11 : Fly home

### Other Facilities

- Airport pick-up & drop-off
- Accommodation as per the itinerary
- Private vehicle & driver
- Chinese or English speaking guide
- Domestic flights
- All hotel accommodations
- Breakfast + selected dinners
- Entrance fees and permits
- Safari activities in Chitwan

## BUDDHIST & CULTURAL NEPAL PILGRIMAGE TOUR

Route: Kathmandu – Lumbini – Pokhara  
Ideal For: Buddhist groups, cultural travelers,  
Chinese tourists interested in spirituality and heritage

### Itinerary

7 Days / 6 Nights Trip

- Day 01 : Arrival in Kathmandu and transfer to hotel  
Day 02 : Kathmandu Heritage & Buddhist Sites
- Boudhanath Stupa – one of the largest stupas in the world
  - Namobuddha Monastery – important Buddhist pilgrimage site
  - Patan Durbar Square – UNESCO World Heritage Site
- Day 03 : Fly to Lumbini – Birthplace of Lord Buddha
- Morning flight Kathmandu → Lumbini
  - Visit Maya Devi Temple
  - Explore the Sacred Garden and surrounding monasteries
- Day 04 : Lumbini Monastic Zone Exploration
- Visit international monasteries (China, Korea, Thailand, Japan)
  - Meditation and cultural programs for guests
  - Optional interaction with local monks
- Day 05 : Fly to Pokhara – Lakeside Exploration
- Morning flight Lumbini → Pokhara
  - Visit Phewa Lake and Barahi Temple
  - Evening lakeside walking, shopping, and relaxation
- Day 06 : Pokhara Highlights
- Early morning Sarangkot Sunrise – spectacular Himalayan views
  - Visit World Peace Pagoda – panoramic city and mountain views
  - Visit Tibetan Refugee Camp and International Mountain Museum
  - Leisure time at lakeside cafes
- Day 07 : Return to Kathmandu & Departure
- Early morning Sarangkot Sunrise – spectacular Himalayan views
  - Visit World Peace Pagoda – panoramic city and mountain views
  - Visit Tibetan Refugee Camp and International Mountain Museum
  - Leisure time at lakeside cafes

### Inclusions

- Airport transfers and domestic flights
- 4–5 star accommodations
- English- or Chinese-speaking guide
- Entrance fees and permits
- Meals as per itinerary
- Cultural programs and monastery visits

## CLASSIC EVEREST BASE CAMP TREK:

16 Days / 15 Nights Trip

- Day 01 : Arrival in Kathmandu (1,350m)  
Day 02 : Kathmandu; Sightseeing and trek Preparation  
Day 03 : Fly to Lukla (2,800m), Trek to Phakding  
Day 04 : Namche Bazaar (3,400m)  
Day 05 : Namche Bazaar  
Day 06 : Tengboche (3,870m):  
Day 07 : Dingboche (4,360)  
Day 08 : Dingboche: Acclimatization  
Day 09 : Lobuche (4,900m)  
Day 10 : Gorak Shep (5,410m) and Kala Pattar (5,550m)  
Day 11 : Everest Base Camp (5,346m), back to Gorekshep  
Day 12 : Pheriche (4,250m)  
Day 13 : Namche  
Day 14 : Lukla  
Day 15 : Fly Kathmandu  
Day 16 : Fly home

## EBC WITH GOKYO AND CHOLA

19 Days / 18 Nights Trip

- Day 01 : Arrival in Kathmandu  
Day 02 : Kathmandu: Sightseeing and trek Preparation  
Day 03 : Fly to Lukla, trek to Phakding  
Day 04 : Phakding to Namche Bazaar  
Day 05 : Acclimatization days – Namche Bazaar  
Day 06 : Namche Bazaar to Phortse Thanga  
Day 07 : Phortse Thanga to Machhermo  
Day 08 : Machhermo to Gokyo  
Day 09 : Gokyo Valley: Acclimatization day – Optional Hike to Gokyo Ri  
Day 10 : Gokyo to Thagnak  
Day 11 : Thagnak to Cho La pass to Dzongla  
Day 12 : Dzongla to Lobuche  
Day 13 : Lobuche to Gorak Shep, visit Everest Base Camp  
Day 14 : Gorak Shep to Kala Patthar to Pheriche  
Day 15 : Pheriche to Namche Bazaar  
Day 16 : Namche Bazaar to Lukla  
Day 17 : Fly to Kathmandu  
Day 18 : Kathmandu  
Day 19 : Final departure

## ANNAPURNA BASE CAMP ITINERARY

14 Days / 13 Nights Trip

- Day 01 : Arrival in Kathmandu  
Day 02 : Drive to Nayapul and hike to Tikhedunga (1,540m)  
Day 03 : Tikhedunga to Ghorepani (2,750m)  
Day 04 : Ghorepani to Tadapani (2,650m) via Poon Hill (3,210m)  
Day 05 : Tadapani to Chhomrong (2,170m)  
Day 06 : Chhomrong to Hotel Himalayan (2,920m)  
Day 07 : Hotel Himalayan to Machhapuchhre Base Camp (3,500m)  
Day 08 : Acclimatization day at Machhapuchhre Base Camp (3,500m)  
Day 09 : MBC to Annapurna Base Camp (4,130m) and return to MBC  
Day 10 : MBC to Bamboo (2,505m)  
Day 11 : Bamboo to Jhinu Danda (1,780m) Jhinu Danda to Birethanti,  
Day 12 : then drive to Pokhara (Pokhara Grande)  
Day 13 : Drive or fly from Pokhara to Kathmandu (Yak and Yeti Hotel)  
Day 14 : International departure

## LANGTANG VALLEY TREK ITINERARY

14 Days / 13 Nights Trip

- Day 01 : Arrive in Kathmandu – 1,400m  
Day 02 : Kathmandu City Tour – 1,400m  
Day 03 : Drive to Syabrubensi – 1,460m  
Day 04 : Trek from Syabrubensi to Bamboo – 1,970m  
Day 05 : Trek from Bamboo to Ghora Tabela – 3,000m  
Day 06 : Trek from Ghora Tabela to Langtang Village – 3,430m  
Day 07 : Trek from Langtang to Kyanjin Gompa – 3,870m  
Day 08 : Acclimatization/exploration day at Kyanjin Gompa – 3,870m  
Day 09 : Optional hike to Tserko Ri (4,984m) and return to Kyanjin Gompa – 3,870m  
Day 10 : Trek from Kyanjin Gompa to Lama Hotel – 2,470m  
Day 11 : Trek from Lama Hotel to Syabrubensi – 1,460m  
Day 12 : Drive back to Kathmandu – 1,400m  
Day 13 : Kathmandu – Optional mountain flight (surprise) – 1,400m  
Day 14 : Fly home

