

Everest Region Three Passes Trek

The three passes trek is made for adventure seekers this is a fantastic trek that takes you over the famous three passes of the Everest Region, the Renjo La pass, the Cho La pass and the Kongma La pass. The mountain views are unparalleled in a region of true alpine beauty. Some people say without doubt it is the grandest mountain scenery in the world. The highlights of the trek include the Sherpa village of Khumjung, the pristine clear and blue Gokyo Lake and of course the breathtaking panoramic scenery from all the passes, there is even time for a visit to Everest Base Camp. Unlike other treks in the Everest region, this trek makes a loop so there is no tracing back on yourself. Another advantage is despite having to cross three passes; you do not require any technical climbing ability. If you have a good level of fitness and perhaps previous trekking experience you are more than likely to succeed.

Trekking facts:

Trekking Destination : Kongma La pass/Cho La pass/Renjo La pass/EBC/Kalapathar
Minimum altitude : 2,840m Maximum altitude : 5,545m
Grade : Moderate / Strenuous Season : September to June
Accommodation : Lodge trek Duration : 20 Days
Entry : Lukla Exit : Lukla

Gokyo trek

Gokyo offers an alternative trek to the traditional Everest Base Camp trek. From Gokyo Ri the views of Mount Everest are better than the more traditional viewing spot of Kala Pattar. The mountains are definitely spectacular, the Ngozumpa Glacier is very special and the largest in Nepal, from a ridge above Gokyo four 8000-meter peaks (Cho Oyu, Everest, Lhotse, and Makalu) are visible. The view of the tremendous ice ridge between Cho Oyu and Gyachung Kang (7922m) is one of the most dramatic panoramas in the world.

Trekking facts:

Trekking Destination : Gokyo-Ri treks
Minimum altitude : 2840 m. Maximum altitude : 5357m.
Grade : Moderate Season : September to June
Accommodation : Lodge Trek Duration : 14 Days
Entry : Lukla Exit : Lukla

Langtang Valley Trek

A trek up into the Langtang valley has to be one of the most rewarding of the short treks available anywhere in Nepal. The east west running valley is the site of some spectacular alpine scenery as well as being a great place to meet the distinctive people of the Tamang community. The valley was once one of the many hidden valleys dotted throughout Nepal.

Trekking facts:

Trekking Destination : Kyanjin Ri/Cherko Ri Langsisa Kharka
Minimum altitude : 1467m. Maximum altitude : 5033m.
Grade : Moderate Season : September to June
Accommodation : Lodge Trek Duration : 13 days
Entry : Syabru Bensi Exit : Dhunche

Annapurna Base Camp Trek

The Annapurna Base Camp trek is a classic for trekkers; it is often combined with a trip to Pun Hill or one of the other lower altitude treks. The trek provides an opportunity to view many peaks of the western portion of the great Annapurna Himalayas including Hiunchuli, Annapurna South, Fang, Annapurna, Ganapurna, Annapurna 3 and Machhapuchhare. These peaks are arranged almost precisely in a circle about 15kms in diameter, it has a deep glacier-covered amphitheater at the center commonly known as the Annapurna Sanctuary. The Modi Khola River below cuts its way south in a narrow gorge fully 4000mtrs deep. Further south, the gorge opens up into a wide and fertile valley. The middle and upper portions of Modi Khola offer some of the best short trekking routes in Nepal and a trip to A.B.C. can also easily be combined with treks into the Kali Gandaki region and Muktinath to the west.

Trekking facts:

Trekking Destination : Annapurna Base Camp (4130m.)
Minimum altitude : 827m. Maximum altitude : 4130m.
Grade : Moderate Season : September to June
Accommodation : Lodge Trek Duration : 16 days
Entry : Pokhara Exit : Pokhara



Everest Base Camp Trek

A journey to Everest Base Camp is a breathtaking experience in both senses of the word. Getting up close and personal to this monster of a mountain is the only way to truly experience the highest mountain in the world. The trek up to base camp not only has some fantastic views, it also provides a great opportunity to experience Sherpa culture at close hand. This hardy race has lived in the region for more than 500 years since they migrated south from Tibet. They are shaped both by the weather and the environment and are the dominant ethnic group in the region. Add in those fantastic mountain views, it is no wonder that a journey to E.B.C. is considered to be one of the best treks available in Nepal. The journey begins with an exiting flight into the mountain airstrip of Lukla, from there it is an up and down route that takes you through some fascinating settlements and ancient monasteries on the way. It is well worth the effort to reach E.B.C., people are rewarded by some amazing close up views of the highest mountains on earth.

Trekking facts:

Trekking Destination : Everest Base Camp / Kalapathar
Minimum altitude : 2,840m Maximum altitude : 5,545m
Grade : Moderate Season : September to June
Accommodation : Lodge Trek Duration : 16 Days
Entry : Lukla Exit : Lukla

Gokyo ri Via chola pass Everest base camp Trek

The Gokyo chola psaa is a famous trekking route' it made for adventure seekers this is a fantastic trek that takes you over the chola pass of the Everest Region. The mountain views are unparalleled in a region of true alpine beauty. Some people say without doubt it is the grandest mountain scenery in the world. The highlights of the trek include the Sherpa village of Khumjung, the pristine clear and blue Gokyo Lake and of course the breathtaking panoramic scenery from all the passes, there is even time for a visit to Everest Base Camp. Unlike other treks in the Everest region, this trek makes a loop so there is no tracing back on yourself. Another advantage is despite having to cross chola pass ' you do not require any technical climbing ability. If you have a good level of fitness and perhaps previous trekking experience you are more than likely to succeed.

Trekking facts:

Trekking Destination : Gokyo ri via chola pass Everest Base Camp
Minimum altitude : 2,840m Maximum altitude : 5,545m
Grade : Moderate / Strenuous Season : September to May
Accommodation : Lodge Trek Duration : 18 Days
Entry : Lukla Exit : Lukla

Ghorepani Poonhill Trek

The trek to Ghorepani - Poon Hill (Pun Hill) is the most popular short trek in Nepal and highly recommended, it can be completed in as little as five days although many people take their time and extend the trek to take in other settlements on the way. The benefit of this particular trek is on leaving from Pokhara within an hour or two drive you are trekking and getting some spectacular views of the mountains. Walking through charming villages, mainly inhabited by the Gurung & Magar ethnic groups. There are many dense and very colourful rhododendron forests in the spring. It is a good area for birds and deep sub-tropical valleys. If that were not enough, the magnificent Annapurnas and Machhapuchhare (Fishtail Peak) in particular, dominate the skyline.

A highlight of this trip is to climb up early in the morning from Ghorepani to Poon Hill for some fantastic views of both the Dhaulagiri range and the Annapurna range. Dhaulagiri (8,167m) Annapurna (8,091m) along with many other peaks at sunrise is an unforgettable experience. Because it is a popular trek, the facilities found on the trail are good with hot showers and great

Trekking facts:

Trekking Destination : Ghorepani Poonhill (3210m.)
Minimum altitude : 827m. Maximum altitude : 3210m.
Grade : Easy Season : Spring, Summer, winter & Autumn
Accommodation : Lodge Trek Duration : 12 days
Entry : Pokhara Exit : Pokhara

Other Programs:

Mera Peak	21 Days
Island Peak	16 Days
Langtang Gosiankunda Helambu Trek	18 Days
Helambu Gosainkunda Trek	11 Days
Everest Luxury Trek include Pokhara & Chitwan	14 Days
Chitwan Jungle Safari (2 night 3 days)	
Trishuli River Rafting (1 night 2 days)	

Annapurna Round Trek

The Annapurna Circuit Trek was regarded not many years ago as one of the best treks to do not only in Nepal but in the world. The complete circuit from Dhumre 830m/2,723ft took between 18 and 21 days. Nowadays with the newly built road from Beni to Jomsom completed, many people leave the trek around day 12 or slightly after. The Manang Valley is worth it alone if you are considering choosing this trek, a journey over the Thorong La 5,416m/17,769ft, is spectacular on a clear day with peaks all around you and the trekking days to Jomsom are still a great trekking experience. The diversity of the trek has no equal in Nepal, at the beginning of the trek you are amongst Hindu farmers ploughing their fields, within a few days you are mingling with Buddhist Lamas to the north in the Manang Valley. Whether you choose to do the full circuit or skip out at Jomsom, the Annapurna Circuit still remains a fantastic trek. If you choose to continue on past Jomsom you can take a jeep ride for a day to Tatopani and the hot springs. Here you can relax up before continuing on to Ghorepani and Poon Hill, this part of the trek is peaceful with no road. Whatever you choose you will have climbed over the Annapurna Massif and had an experience of a lifetime.

Trekking facts:

Trekking Destination : Thorong-La Pass (5416m.)
Minimum altitude : 827m. Maximum altitude : 5416m.
Grade : Strenuous Season : September to June
Accommodation : Lodge Duration : 15 to 20 Days
Entry : Besishahar Exit : Pokhara

Labuche Peak East/West

Lobuche has two summits, east and west, heights of 6119m and 6145m respectively. A continuous rim ties them but there is a sharp gap and a considerable distance between these two summits. The east is recognized as a trekking peak whereas the west is identified as an Expedition. The first summit of Lobuche East Peak was by Laurence Nielson and Ang Gyaljen Sherpa on 25th April 1984. The peak offers various existing routes and there is also a possibility of discovering new ones. The dark triangle of its rocky east face rises from the moraines of Khumbu Glaciers to a pleasant skyline and forms the south face. Lobuche East is reached by descending a marked notch and climbing steep snowy slopes to the top from the summit there are some superb mountain views including Mt. Everest, Khumbu Glacier, Mt. Lhotse, Nuptse, Mt. Makalu, Mt. Thamserku.

Trekking facts:

Trekking Destination : Labuche peak east (6119m.)
Minimum altitude : 2840m. Maximum altitude : 6119m.
Grade : very hard Season : October to may
Accommodation : Lodge/ Tent Trek Duration : 20 Days
Entry : Lukla Exit : Lukla



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Hello and Namaste, Welcome to the Nepalese Mountain Dreams and Journeys Pvt. Ltd. we are a newly established reliable and honest company that offer guiding services and trekking, peaks climbing, expeditions, tours to Nepal. We also run tours and holidays that include Nature and Safari tours, River rafting, cultural tours and religious tours in The Kathmandu Valley, pokhara, chit wan and throughout Nepal. Our staff are professional and highly qualified with many years of experience. Our guides have travelled throughout Nepal not only working in the more popular trekking regions such as The Everest Region The Annapurna Region and The Langtang Region but also travelling to the remotest corners of the Himalayas. We run a safe and reliable mountain service for people wanting to climb mountain peaks to groups for Mountain Expeditions. Those who have been to Nepal before will know that a trek in Nepal is a special and very rewarding mountain holiday as Nepal's geographical conditions make for some of the most exciting and breathtaking trekking in the world.

Nepalese Mountain Dreams and Journeys pvt . ltd. offer two types of trek either Tea House/Lodge treks on the more popular trails, where you stay at lodges along the way, to full camping treks where just about everything is provided. This includes a dining tent, most or all the food needed for the trek, (depending on trekking area,) tents, mattresses, chairs, tables and toilet tent etc. Whatever type of trekking you choose you are provided with three meals, deserts / hot drinks by our friendly cook team.

Everest View Tyangboche Trek

This trek is not so difficult and it is ideal for people who want to experience mountain culture. You journey to Tengboche Monastery (3850m) a famous Buddhist monastery set in wonderful mountain area. Although it is a short trek, it provides some superb views of the world's highest peaks including Mt. Everest, Mt. Lhotse, Mt. Thamserku and Mt. Amadablam. The trek begins at the mountain airstrip of Lukla, a 30 minute scenic flight from Kathmandu. From Lukla we trek up to Namche Bazaar and on to Tyangboche before continuing on to Khumjung village the furthest point of our journey. We spend a night at Khumjung before trekking back to Lukla via Phakding where we rest up.

This trek is a great introduction to the Solu Khumbu region and Sherpa culture, it provides some fantastic mountain views. The trek is well suited for those people who do not have a lot of time.

Trekking facts:

Trekking Destination : Tyangboche
Minimum altitude : 2,840m Maximum altitude : 3,863m
Grade : Easy Season : September to June
Accommodation : Lodge Trek Duration : 12 Days
Entry : Lukla Exit : Lukla

Everest Base Camp Island Peak

This trek not only takes you to the foot of Mount Everest but also provides the challenge of climbing one of the peaks in the region. Imsa Tse peak is popularly known by the name of Island peak. It was named "Island" in 1953 by Eric Shipton as the peak resembles an island in a sea of ice when viewed from Dingboche. Later in 1983 the peak was renamed as Imsa Tse.

Island peak was first climbed in 1953 by a British expedition team as training for the ascent on Mt. Everest. The peak is a part of the south ridge of Lhotse Shar and the main bulk of Island forms a semicircle of cliffs that rise to the north of the summits of Nuptse, Lhotse, and Lhotse Shar. The peak is very popular with people, as it is not too technical but still provides a good challenge.

Trekking facts:

Destination : Island Peak (6189m)
Minimum altitude : 2840m. Maximum altitude : 6189m.
Grade : Moderate / Strenuous Season : September to May
Accommodation : Lodge Trek Duration : 20 days
Entry : Lukla Exit : Lukla

Trekking in Nepal

Trekking in Nepal is one of the most rewarding experiences you are ever likely to have. What could be better than trekking through the beautiful pristine mountain scenery in the fresh air with the birds and the animals for company along with the wonderful people and culture you meet along the way. Nepal is the world of mountains the mighty Himalayas can't be matched and it would be difficult to find so many extremely friendly mountain people who are only too willing to share their experiences with you. Trekking in Nepal has its own natural rhythm, most people are up early to watch the sunrise breaking over the mountains. On the more popular treks there are places to take tea breaks as you go in more remote areas where it is necessary to camp, we stop for morning and afternoon tea. Our trekking team carry all your gear you are only expected to carry your day pack with personal items. On reaching your lodge ' or ' camp site it is time to relax and reflect on the day, perhaps check your photos or fill in your diary before an evening meal and more often than not an early night.