

40 Years
Of
Excellence

2019 - 2020 - 2021

Himalaya

NEPAL - TIBET - INDIA - BHUTAN

SMALL GROUPS : SCHEDULED & TAILOR-MADE HOLIDAYS



AmaDablam
Adventures

Leading DMC for Himalayan Holidays since 40 Years!

Photo: Colin Montsath-Dingboche Valley on EBC Trail



Thomas Kelly

Himalayas !

The very word 'Himalaya' evokes images of soaring snow-clad peaks, cobalt-blue skies and adventure! Crowned by the magnificent pinnacle of Everest, this is truly the Abode of the Gods, where the timeless wisdom of Hinduism and Buddhism has produced the greatest ethnic and cultural diversity on earth. Hospitable people welcome you to breathtaking Scenery, mighty rivers and unique wildlife. Be prepared for physical challenge, but also its rewards: rejuvenation of spirit, emotional peace and an expanded perception of the world and your own life, plus the incomparable sense of achievement and many new friends from across the globe. Now is the time to join us – one of the most experienced and respected companies in the region, for the holiday of a lifetime in our land, THE HIMALAYA!





BECAUSE YOU GET SO MUCH MORE...!

Accommodation

5-4*, or best available, hotels on twin share, bed & breakfast basis in Kathmandu on in-style holidays and best 2* Tourist Class hotels on the real experience holidays (see applicable trip dossiers & service inclusions)

Comfortable Tourist Class hotels in Pokhara and other cities and towns in Nepal on twin share, full board, bed & breakfast or room only basis, according to your itinerary.

Best available hotels in Lhasa & Shigatse and Lodges/Inns elsewhere in Tibet, on twin share, full board, bed & breakfast or bed only basis, according to the adventure(s).

First class hotels & resort in Paro & Thimphu in Bhutan on twin share, full board basis.

First class 4* hotels in major Indian cities on twin share, bed & breakfast basis (Camping, In Style Holidays) or best 2* Hotels on room only basis (Real Experience Holidays) according to the itinerary. Full Board on Safari Trips & House Boats.

Lodges/Tea Houses on Lodge treks in Nepal.

Equipment

The latest, top-of-the-line equipment from the UK, Germany, Australia and New Zealand.

Comprehensive first-aid kit on every trek and tour.

Sleep comfortably on camping treks with TWO mattresses, not one.

Oxygen cylinders on all longer high altitude treks, high altitude chambers on 'Expeditionary' and Tibet treks.

2 toilet tents for 10 clients; added camping Comfort.

Food, Glorious Food!

Welcome Dinner in an authentic Nepalese restaurant in Kathmandu (see respective trip dossiers & service inclusions).

All meals on treks & rafting, (including lunch on the first days) in Nepal (see respective trip dossiers & service inclusions).

All meals and activities on jungle safaris.

Catering for special dietary needs, just inform us.

All meals on treks in Tibet, prepared by our own expedition cooks.

All meals in Bhutan.

All meals on trekking/camping trips, in House Boats & Safari in India prepared by our own expedition cooks

Transport & Tours

Arrival & departure airport transfers, any time, any number in Nepal (see respective trip dossiers & service inclusions).

All airport transfers on group itineraries in India, Sikkim, Tibet and Bhutan.

All Local and Regional flights to begin Annapurna camping treks:- 'Nepal Panorama', 'Best of Nepal', 'Annapurna Explorer', 'Taste of Nepal', 'India Nepal Panorama', 'Nepal Bhutan Highlights', 'Introduction to Adventure'.

Flight to and/or from Lukla on all Everest treks.

Airport tax paid for ALL Domestic flights in Nepal.(see respective trip dossiers & service inclusions).

Lhasa Flights as listed in Tibet itineraries.

Flights to/from Paro in Bhutan.

Flights in India as per your itinerary.

All other internal transport in private vehicles or train in India, as listed.

Half-day, guided sightseeing tours of some of the highlights of Kathmandu, on most trips and tours in other Himalayan cities and towns, according to your itinerary (see respective trip dossiers & service inclusions).

In the unlikely event of emergencies, helicopter evacuation arranged in Nepal, without advance payments.



Staff

The best trained staff in all their respective fields; loyal to a company which offers benefits and incentives unavailable elsewhere.

Hospitality staff at your hotel to attend to check-in, permits, ticket reconfirmation, security store and to give advice on money, transport, shopping and local conditions.

Professional, Local Leaders/Guides/Tour Escorts - who knows the Himalaya better?

Porters or pack animals, porter equipment, and staff insurance on every trek.

Service & Extras... Which Make All The Difference!

Welcome Garland.

Comprehensive Welcome and Trek briefings from your Leader/Escort/Guide.

Free use of our Trek/Raft/Tour Packs: sleeping bag (two in winter), thermal, cotton or fleece liner, down jacket, rain poncho, air pillow, life jacket, helmet, windproof jacket AND duffle bag & T-shirt (our gifts to you), according to the adventure(s) you choose (see respective trip dossiers & service inclusions).

If included in your itinerary: one night, full board stay in Everest Panorama Resort,

With A 400km, unbroken panorama of the Nepal Himalaya, encompassing 8 of the world's 10 highest mountains, including Everest.

Free care of valuables, passport, air tickets and extra luggage while you are on trek/ tour.

Christmas, New Year and Birthday gifts: we care!

Extra adventures, such as mountain flights, arranged at the best rates.

Post-trip assistance from your leader with shopping, restaurants or special visits.

We are always delighted to welcome our old friends back to the Himalaya for more AmaDabalam adventures.

A regular, online of news and information about the region.

Paperwork

Comprehensive pre-departure information/trip dossiers: no expensive surprises on arrival!

Orientation documents, Kathmandu city map and your own trekking map.

All applicable local Trekking, Rafting, National Park & Monument Entry Permits, fees and taxes according to your itinerary.

Visa procurement service for Tibet and visa authorisation for Bhutan.

Special Value Holidays

Only AmaDablam gives you so much in these specially designed trips! If you choose the 'In Style' option, you pay a little more, but have airport transfers, 4* accommodation, meals on trek and other extras not available elsewhere. With the 'Real Experience' option, you follow the same itinerary as the 'In Style' option, but at rock bottom prices! This gives you the freedom to choose your own food and arrange your own transfers and sightseeing, while still having the services of our expert staff. Whichever option is for you, we invite you to compare our prices and service inclusions with any other so-called 'budget' trips. You'll be amazed!

All in All

We can confidently say that:

After you have travelled with AmaDablam, no other company can compare!

PARTNER AGENTS WORLDWIDE: PAST & PRESENT !!

Although AmaDablam Adventures has a worldwide reputation for providing Quality, Safe, Exciting, Excellent Value for Money Himalayan Holidays for 40 years, we work with our Partners & General Sales Agents worldwide to personally cater to your travel needs. They know their specialist markets in their own countries. They ensure that the AmaDablam Adventures that you choose is the right one for you. These pages briefly introduce you to our special friends, from the past co-operations who still continue to be our close and good friends, and along with the every increasing new comers, who ensure you arrive in the Himalayas fully prepared for your holiday of a lifetime with AmaDablam Adventures.

AUSTRALIA

ACTIVE TRAVEL



They are proud that some who travelled on their original tour to China in 1982 are still their customers.

ADVENTURE SPECIALISTS



The Adventure Specialists was established to promote worldwide adventure travel including the Himalayan regions.

ADVENTURE WORLD



Established in 1979, Adventure World has tremendous depth of experience and quality of staff.

INTREPID TRAVEL



Began with two bearded backpackers, a typewriter and a kitchen table now leads 100,000 travellers across the globe each year.

JOURNEYS WORLD WIDE



Vast experience in all areas of the world. Specializing in escorted tours and tailor-made itineraries.

OUTDOOR TRAVEL



Established in the 1980s to cater to a niche market of adventure travelers, are keen on hiking or trekking tours around the world.

THOR TRAVEL



Adventure specialists for nearly 25 years, who arrange trips worldwide for the mind and body, ensuring the best service for the adventure travelers.

WENDY WU TOURS



Wendy Wu Tours live and breathe Asia with 21 years of experience.

WORLD EXPEDITIONS

Co-founded by two Himalayan Buffs Goronwy Price and Christine Gee back in 1975 under the banner Australian Himalayan Expeditions (AHE) that later became World Expeditions (WE), which initiated and pioneered adventure tourism in the Himalayas, beginning from Nepal and slowly ventured worldwide offering wide range of most comprehensive treks and expeditions worldwide.

AUSTRIA

GEO REISEN



Spread across Austria in eight locations, Geo ranks among the largest companies in the Austrian travel market.

JUMBO TOURISTIK



One of the leading travel agents in Austria, they offer attractive travel packages to everyone.

BELGIUM

ESCAPE TOURS



Their goal is to make their clients' trips worry and hassle-free. They have set the professionalism in the tourism industry.

EXPLORTA TRAVELS



They have been a specialist tour operator providing 'a la carte' and tailor-made programs in the Himalayas.

SRI TOURS



Sri Tour is a highly recommended adventure tour company in the Benelux countries specialized in adventures.

CANADA

ADVENTURE WORLDWIDE

They have been running adventures and active tours for over 25 years in the Himalayas.

ELDER TREKS



Dedicated exclusively for people of 50 plus, offers active, off-the-beaten-path & group adventures in over 80 countries.

G-ADVENTURES



Traveling with them is the very best way to get up-close and personal with your planet in a way you'd never manage on your own.

GREAT EXPEDITIONS



They invite you to look at their wide collection of tours and are confident that you will find a getaway that suits your interests.

CANADA

MERIT TRAVEL



Merit Travel delivers authentic travel experiences to the top destinations, with a team of dedicated Travel Consultants.

THE ADVENTURE TRAVEL



Their mission is to provide customers with quality trips that are economical. The well being of their guests is their priority.

TRAVEL CUTS



Travel CUTS conduct their business under the style travel-cuts, catering to students, youths, educational, and budget travellers.

TREK HOLIDAYS

Canada's most trusted travel company, Trek Holidays is the leading travel company for trekking holidays.

WESTCAN TREKS

WESTCAN TREKS ADVENTURE TRAVEL is a well-recognized leader in Travel operations.

DENMARK

GRACE TOURS



Since 1997, concepts of responsible / sustainable tourism, eco-tourism is the mainstay of Grace Tours.

HANNIBAL TRAVEL

Hannibal are the International tour operator based in Denmark, Scandinavia. They specialize in walking and trekking, cycling, mountaineering and adventure travel.

MARCOPOLO TOURS



They arrange trips for you based on their principles of quality, adventure and great experiences.

SEVEN SEAS

They are travel experts, for sure. They have been running trips in every continent in the world including Himalayas.

TRAVEL LIFE

One of the adventure specialists based in Denmark is the foremost tour operator organizing trips including South Asia.

TREKKING BUREAUET



Leaders in adventure tour for more the 25 years. TREKKING BUREAUET and AmaDablam go far back to the happy early 80s.

DENMARK

YSKREISEBUREAU



Their specialty is to help you tailor your dream trips - and show you the way to the great experiences.

FINLAND

AVENTURA



All their trips are designed to ensure that you enjoy a mix of 'must see' highlights and cultural experiences in unfamiliar places.

GERMANY

HAUSER EXKURSIONEN

AmaDablam organized all Tibet Expeditions with the best possible service for Hauser Exkursionen through Golden Bridge International, Hong Kong.

IKARUS TOURS



Established in 1971 Ikarus are specialists in expeditions and treks. They have much experience in the Himalayan region.

TREKKING WELTEN



Trekking Welten is a specialist in Trekking and Walking holidays across the world with the Himalaya being their special field.

YETI-TOURS



Prominent tour operator, Yeti Tours is famous for operating tours Worldwide including remote Nepal.

HOLLAND

BM AIR REIZEN



The company is family owned, who are dedicated to give the best to their clients over with 20 years of experience.

TOURKOOP REISBURENO VAN ASSET

Outstanding tour operator of Holland TOURKOOP REISBURENO VAN ASSET has always been one step ahead for selling Himalayan products.

HONG KONG

GOLDEN BRIDGE INTERNATIONAL

Their founding philosophy is superior customer service and commitment to putting customers first which have consistently made them win praise and endorsements from their customers. They operate Nepal & Tibet Tours besides other destinations.

HONGKONG

MEERA TRAVEL

Mera Travel Services Limited was incorporated in 1983 and since then have been selling Himalayan products for adventure enthusiasts.

TRAVEL ADVISERS



Their reputation is built on their focused approach and high standards of service and professionalism.

INDIA

CREATIVE TRAVEL



There is a world of amazing sights & sounds, vibrant colors, smiling faces & unforgettable experiences waiting to be explored catered by professionals who have 39 years of excellence!

SHIKHAR TRAVEL



Their tours are judiciously planned and customized to meet your needs so your trip is everything you imagined and much more.

ISRAEL

GEOGRAPHICAL TOUR

Israel's renowned tour operator Geographical Tour is famous for running Himalayan Treks & much more.

JAPAN

APPLE WORLD



APPLE WORLD trailblazed the use of Internet as a better way to sell overseas travel products. Having revamped the hotel coupon and reservation businesses.

MOUNTAIN TRIP

Famous for peak climbing and expeditions, Mountain trip have been a top tour operator based in Japan under the able hands of Fujiwarasan & Sasakisan.

NEW ZEALAND

ADVENTURE WORLD



Adventure World has been helping New Zealanders travel the world for many years.

GO ADVENTURE HOLIDAYS



The GO Adventure team have travelled extensively throughout the world including Nepal during their 40 years of experience.

SUN TRAVEL



Great customer service is which they are really proud of. They are experts in planning tours to Indian Sub-continent & the world.

NEW ZEALAND

TRAVEL HOUSE

Travel House is New Zealand's largest tour operator network offering holiday packages & adventure tours to Asia including Nepal, Tibet, India and Bhutan.

NORWAY

EVENTYRREISER AS



They offer exciting experience for adventurous to all corners of the world!

POLAND

LEMI TOURS



Lemi tours has been the leader in Poland and Eastern Europe for over a decade catering to a wide range of travelers.

SINGAPORE

MAYFAIR TRAVEL

Mayfair has more than the decade of experience in operating trekking and travel tours in different parts of Asia including Himalayas.

UNIVERSAL TRAVEL



Over four decades, the company has grown and evolved into a niche tour operator offering products that are unique, exotic and exclusive.

SPAIN

BIDON 5



The diversity of destinations and the quality of services give travelers the opportunity to discover and explore rare beauty offered by Spain's tour operator Bidon 5.

N.E.W.S MADRETIERRA



They offer you the possibility of knowing, discovering and experiencing the Himalaya.

SWITZERLAND

BAULEMER



The leading Swiss specialist in global activity holidays since 1960. Personal attention in small groups is what they specialize in. As a market-leader, they guarantee your personal adventure with many unforgettable moments.

SWITZERLAND

GLOBO TREKS



An esteemed adventure travel company based in Switzerland, Globo Treks arranges enriching tours for all those who are eager to experience the rich culture and magnificent beauty of the Himalayas. The highly qualified, professional team at Globo Treks will ensure that you receive excellent services throughout your visit to expand your horizons and discover the magic of the Himalayas.

INTENS TRAVEL AG



Intens travel knows many Asian countries and together, they combine a full load adventure Holiday worldwide.

SOUTH AFRICA

SAFARI PAR EXCELLENCE



Safari Par Excellence caters to anyone from the adrenaline seeker to those seeking the more tranquil & serene.

SOUTH KOREA

SILKROAD TRAVEL

Eminent Tour Company of South Korea Silkroad Travel plans pilgrimage tours in Nepal, India, Tibet, Bhutan and other countries.

SWEDEN

AVENTYRSRESOR



Started in 1984, they have developed into the leading eco-tourism company in Scandinavia, with excellent knowledgeable staff who have travelled extensively throughout the Himalayas. Booking your trek with Aventyrsresor will ensure that you can finally realize your dream of that majestic "Himalayas". With their professionalism and expertise, the Himalaya is just a step away.

THAILAND

EXOTISSIMO TRAVEL



Began in 1983 the company was an immediate success as Vietnam opened up its doors to intrepid and adventure travelers.

ORIOLE TRAVEL

Working in tour operator business activities, Oriole Travel runs tour packages in Nepal & India since many years.

ROYAL EXCLUSIVE



The travel expert in Thailand since 1994 & specialized in organizing package tours, day trips and sightseeing.

UK

CAMPUS TRAVEL

A mission to bring affordable flights and worldly adventures to students, young people and explorers alike.

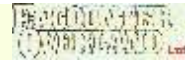
CLASSIC JOURNEYS



They design perfect tailor-made itineraries and mountain expeditions with an array of innovative cultural and travel experiences in the Himalayas.

UK

ENCOUNTER OVERLAND



Encounter Overland is best known for its experience in organizing small group to remote destinations overland specially from London to Kathmandu.

EXODUS TRAVEL



When Exodus began back in 1979 they wanted to offer more than just package holidays. Exodus pioneered the mountain biking Holiday in the Himalayas & AmaDablam pioneered & outfitted the first mountain Biking expedition for Exodus in Nepal.

GUERBA WORLD EXPEDITIONS



Established in early 80s, GWT is one of the UK's leading independently owned adventure tour operators.

HANN OVERLAND



Hann Overland is a overland traveler and adventure company that organize Middle East and Asia Tours since the 1960s.

MG LEISURE



Leisure and Travel Holidays expert MG Leisure Travel helps to deliver the 'Ultimate Travel' experience for the adventure seekers.

OKSANA ADVENTURE TRAVEL



Oksana Adventure Travel is the UK's most eminent travel company serving for many years in different parts of the world including Nepal and Himalayas.

SHERPA EXPEDITIONS



Sherpa Expeditions pioneered many expeditions in the Himalayas since 1970s.

TRAVEL BAG ADVENTURE COMPANY

When Travelbag began back in 1996 they wanted to offer more than just package holidays. They are still tailor-making holidays in the Himalayas & the world.

USA

ADVENTURE CENTER USA



They are dedicated to providing enriching travel experiences for individuals, families & groups to all destination in the Himalayas. John Wells is an avid adventurer & his Team excelled in every aspect of Adventure

SOBEK EXPEDITION



Since many years Sobek Expedition has been pioneering worldwide hiking, wildlife and cultural trips.

ANSWERS to QUESTIONS YOU MUST ASK!

A Typical Trekking Day- Camping

On a camping holiday, a smiling cook boy's cheery 'good morning!', bed-tea and warm, sterilised Washing water herald every new day. Pack up all your gear and put it outside the tent before a hearty breakfast. Put everything you'll need in your day pack, as your bag will no Be accessible until camp. We walk for three to four hours in the cool of the morning, then stop for a hot lunch and a good rest. The afternoon's



walk is usually shorter. Enjoy afternoon tea at camp, then walk, play a game or relax until it's time for a three course dinner. After dinner and a briefing from your leader on the next day's route, reading, playing cards and chatting about the day's adventures fill the evenings. Early bed is highly recommended! Fill your water bottle immediately after dinner and slip it into your sleeping bag, to make an instant 'hot water bottle'. The length of each day's walk varies and your crew is always there to assist and advise. A Sherpa leader ensures that nobody gets lost. Other Sherpas and the Sirdar (chief guide) are distributed among the group and the Leader brings up the rear, with the first-aid kit, chatting to those who like to walk at a more leisurely pace. As veteran travellers know, the journey is always more important than the destination, and in the Himalaya, there is always much to capture your attention on the trails. On a Lodge holiday; In Style; Your trekking day is basically the same as on a camping holiday. The only differences are that you stay in a room, not a tent, take your meals in the 'common room' with locals and other trekkers and have a smaller support crew. Lunch stops are shorter. Real Experience Holidays: Again, your trekking day is the same, but you choose and pay for your own food at all meal stops.

Accommodation



We place you at the best available hotels 5*, 4* & best Tourist Class Hotels (see respective trip dossiers), jungle lodges and resorts in Nepal, Tibet, India, Bhutan and Sikkim, because we have the best rates!

Airfares & Airport Transfers

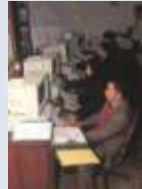
Our world-wide network of representatives and our relationship with the world's leading airlines, give you the lowest airfares: just ask your agent. No matter what time you arrive or depart, single or in a group, your transfers to the group hotel and back to

the airport are included in your tour cost (see respective trip dossiers & service inclusions).



Booking/Pre Departure Information

Check your preferred date and adventure with your agent, fill in the booking form and return it to the agent with a deposit of \$200. Once we have your deposit, we will forward you a copy of your trip dossier of pre-departure information. Our 'Namaste!' Booklet, map of Kathmandu and your own trekking map (distributed on arrival) are priceless souvenirs, and make everything very easy.



Camping & Rafting Equipment

We use only the latest and best quality large two persons tents, insulated mats, dining, kitchen and



toilet tents. Our chairs have backs and arms. AVON rafts, thermal liners, Vango tents, rain jackets, high quality Australian and English sleeping bags, life jackets,

helmets, spray jackets, down jackets and fibreglass paddles complete the impressive equipment list.

Environmental

All environmental policies are strictly adhered to. We were the first company to use kerosene rather than wood-burning stoves. We 'leave only footprints'.



Experience



A M A D A B L A M ADVENTURES has completed 40 years of quality operation in the Himalaya. Many of our loyal staff have been with us for 15 years or More.

Extension & Other Adventures

Our efficient hospitality staff in your hotel can arrange rafting trips, jungle safaris, Everest Panorama Resort trips, mountain flights, sightseeing, mountain biking or even other treks. You only have to ask.



Food, Glorious Food

A gourmet, typical Nepali dinner welcomes you to Kathmandu. Breakfast is included in your pre- and post - trek accommodation package and all meals are provided on treks, rafting, jungle safari, Everest Panorama Resort, Regular Tibet trips & Bhutan (see trip dossiers). The emphasis is on variety, hygiene and taste satisfaction for western palates.



Kathmandu has a plethora of safe, reasonably priced restaurants, serving an amazing variety of cuisines. Consult our own restaurant guide in the 'Namaste!' Booklet.

Groups

Small, international groups (maximum 15 for trekking), are our specialty. Australians, North Americans, New Zealanders, Scandinavians, Europeans and Britons arrive single and leave with many new friends.



Health, Safety & High Altitude

All trips carry a comprehensive first aid kit. Oxygen bottles are provided on high altitude treks and a portable high-altitude chamber on 'Expeditionary' and Tibet treks. Our staff are trained in wilderness first-aid. Altitude Sickness is no



respector of age or fitness, but serious problems can be avoided by travelling with a company which gives you rest and acclimatisation days. For mild symptoms, a drop in altitude normally leads to complete recovery. In the very rare serious cases, emergency helicopter evacuation is arranged in Nepal, without advance payment or deposit.

Kathmandu & Us



We are a local company with expertise and knowledge that others don't have, and gain benefits that we pass on to our customers. We can also deal with all your questions and concerns on the spot. Our staff can give advice on local sightseeing. No one knows the Himalaya better!

Leaders & Crew

We are proud of our experienced and knowledgeable local leaders, guides, staff and porters. They will make your holiday. There will always be a high guide to client Ratio.



Luggage

Anything you don't want to take on trek can be safely left in the hotel. Check with your agent or airline for luggage restrictions on international flights.



Permits

All applicable trekking/rafting permits, National Park and conservation fees are included in the trip price!



Private & School Groups



We can tailor-make itineraries for any special interest group, from Anthropologist to Zoologists. Check with your agent for our unbeatable prices. We have also had many years experience of handling school groups from many countries.

Sightseeing

Informative tours & the highlights of Kathmandu, Lhasa, Delhi, Thimphu, all the Himalayan capitals, are included (see respective trip dossiers). We can arrange more if you want Them.



Staff Welfare



We insure all our staff and provide porters with warm high altitude gear, blankets, boots, jackets, trousers, gloves, socks, snow goggles etc., As well as their wages and food. Their well-being is very important to us. We even arrange and pay, unlike other companies,

for Helicopter evacuations for staff in times of emergency.

Tea House or Lodge Trekking



See our Special Value Holidays section for details. We use the best available lodges, and provide many inclusions not normally found on so called 'Special Value' Trips.

Transport

Our own fleet of vehicles ensures comfortable efficient, safe transport. All Regional International flights to/from Delhi, Lhasa, Paro & all domestic flights and airport taxes (Internal) are included. We issue our own tickets, so you don't have to wait on someone else's schedule. (See respective trip dossiers & service inclusions)



Travelling Alone ?

You come solo and leave with many new friends. You never have to pay a single supplement on our trips, unless you request special arrangements. We organise sharing throughout.



Travel Insurance

Travel insurance which covers all of your adventure including helicopter evacuation is not included, but is compulsory on all AmaDablam Adventure holidays in the Himalaya. Our agents provide the best rates and coverage.



Travelling In ASIA

Travelling in Asia is not like holidaying anywhere in the west. Most Asian countries are under-developed and time has little meaning. While Nepal and her neighbours are known for their friendly people, delays and inefficiency are part of life. Patience, flexibility and a sense of humour will go a long way towards reducing frustration and giving you full enjoyment of your adventure. Because that's what you're coming for - an adventure, and an experience unlikely to be had elsewhere.



Trek / Tour/Raft Pack

Our clients have free use of our extensive Trek/ Tour/Raft Pack, according to your chosen adventure(s). This includes a down jacket, sleeping bag (two in winter), thermal liner, inner sleeping bag (for high altitude treks), two sleeping mats, rain jacket or poncho, life jacket, spray jacket and helmet. We even give you a complimentary Duffle Bag and souvenir T-shirt. (see respective trip dossiers)



Batteries Not Included

The only items not included are personal ones, like alcohol, soft drinks, snacks, laundry, main meals in Kathmandu and other cities, passport and visa fees, passport photos for permits, excess baggage charges, tips and gratuities and international airport departure taxes. Check what others provide and you will know how much you will be saving by booking on one of our trips. Don't be caught; you could easily spend much more booking elsewhere.



WHY CAMPING?



Camping with AmaDablam Adventures doesn't mean 'roughing it' or being uncomfortable. Our equipment is state of the art, our crew are highly trained and experienced, and what our cooks can produce in the remotest of areas will amaze you. AmaDablam's self-contained crews can take you safely and comfortably just about anywhere in the Himalaya. As we carry all our equipment and food and provide all the necessary staff, we are not tied to the "beaten track", even in the most popular trekking areas.

WHY LODGES?



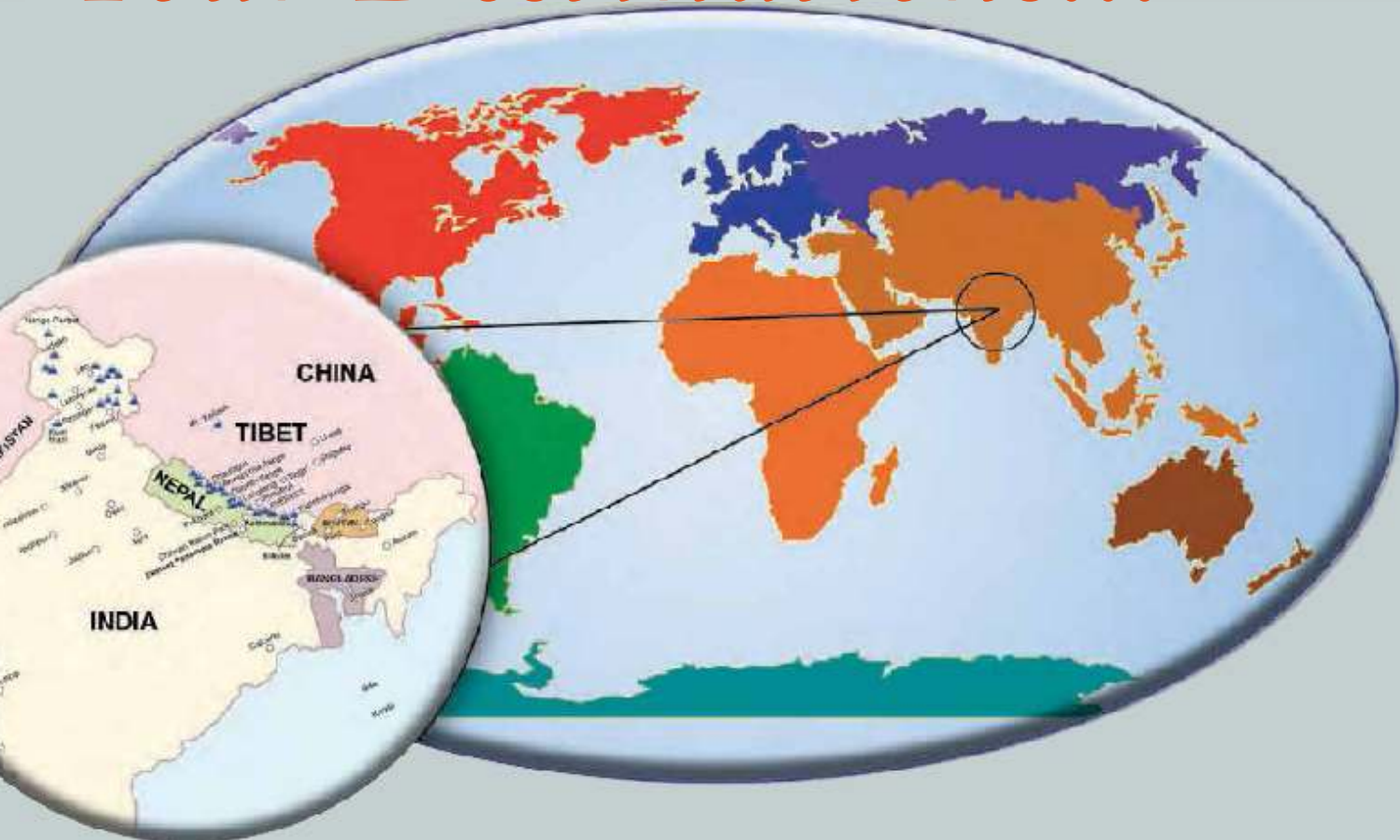
There are now so many good lodges on the main trekking trails in Annapurna, Everest and Langtang, that it makes sense to use these facilities, where they exist. It's cheaper for you as we don't need to use a large, self-contained crew to carry all the food and equipment. As most lodges are family run, it gives you a unique opportunity to interact with local people; you just won't be sleeping in a tent.

Why IN STYLE? WHY REAL EXPERIENCE?

Now AmaDablam gives you TWO great options for lodge treks in Nepal, Tibet & India Holidays to suit every budget and desire. On In-Style Holidays, you pay a little more, but you'll enjoy the pampering. See our service inclusions and you'll know what we mean! We don't believe anyone should miss out on a Himalayan dream trip because of a limited budget, or the need to be more independent, so we have created the Real Experience option, at rock bottom prices, you'll do the same itinerary as In- Style Holidays, but arrange your own transfers and sightseeing and choose when and what you want to eat. Of course, you still have the services of AmaDablam's expert and caring staff. So, check our service inclusions and you'll be pleasantly Surprised.

Check if others include what we do on Camping & Lodge Treks, then you will know how much you will be saving by booking on one of our Trips. Don't be caught as you could easily be spending \$1000s or more booking elsewhere on so-called 'Special Value' Treks.

Your Destinations...



Your Guide to Selecting Suitable Adventures....

Most trips in the Himalaya involve some form of physical activity. While you will certainly return home both physically and mentally refreshed from your AmaDablam Adventure, it is important to consider two things first; your level of fitness and your interests.

We have ranked our trips in eight grades, which reflect relative difficulty. These are to be used as approximate indications and guides only, for a number of reasons. Everyone has different expectations and perceptions of their abilities and levels of fitness. Temporary local conditions such as unseasonal weather or changed trail conditions may make a relatively easy trek much harder. Smokers may find the going tougher than they expected. Everyone can benefit from some appropriate preparation, no matter what your age, weight or fitness level. This could be aerobic activity or cycling, swimming, brisk walking or running. Walking up and down stairs in your trekking boots is an excellent preparation, especially in countries where there are few mountains or high trails. No matter how easy the grade of your trip, remember that Nepal and its neighbours, like Tibet, Bhutan and India are mountainous countries. For example, Kathmandu sits at an altitude of 1315m, so walking anywhere in the Himalaya almost always involves going up or down! Even people with physical problems which often exclude them from other outdoor activities can be accommodated in our exclusive private Groups.

GENTLE (GRADE 1), GENTLE PLUS (GRADE 1-2)

Standard Tours: City Sightseeing, River Rafting, Elephant-back Jungle Safari. None require strenuous activity (except Rafting, which may occasionally require hard paddling) and all are non-trekking. If you are fit enough to travel you are fit enough for these trips.

'Gentle Plus' is very similar to 'Gentle', except that some sections may involve walking and may be harder, therefore closer to 'Leisurely'.

LEISURELY (GRADE 2), LEISURELY PLUS (GRADE 2-3)

Average walking hours per day: 4 to 7

Duration: less than 10 days

Elevations: less than 4000m (13,000ft) in relatively accessible areas. Any active person can easily cope, but the fitter you are, the greater will be your enjoyment. 'Leisurely Plus' is very similar to 'Leisurely', but there may be times when some find certain sections to be slightly harder, and therefore closer to 'Moderate'.

MODERATE (GRADE 3)

Average walking hours per day: 6 to 9

Duration: 9 to 18 days

Elevation: less than 5000m (16,500ft) in more remote regions than 'Leisurely' or 'Leisurely Plus'. Any reasonably fit person will be able to manage them, providing that they do not suffer from any medical conditions which are aggravated by strenuous exercise.

Exceptions: Everest Base Camp, an 11-day 'Adventurous' trek.

ADVENTUROUS (GRADE 4), ADVENTUROUS PLUS (GRADE 4-5)

Average walking hours per day: 6 to 9

Duration: 19 days or more

Elevations: 5500m (18,000ft)

These harder treks are still within the reach of most people who have done adequate preparation. Older people, particularly those over the age of 50 should be very well prepared, and should not consider joining if they have no fitness regime in their daily lives. Anyone suffering from high blood pressure, asthma, heart disease or any other condition adversely affected by strenuous exercise should not participate. The three-day trek portion of our Ultimate Tibet is included in this grade. 'Adventurous Plus' is very similar to 'Adventurous' but some sections may be harder and therefore closer to 'Expeditionary'.

EXPEDITIONARY (GRADE 5)

These treks go higher than 6000m and demand excellent fitness, while some previous high altitude experience will be a distinct advantage and will enhance your experience immeasurably. It is important that you only choose 'Expeditionary' trips if you have the required level of fitness and experience and are properly prepared. Otherwise, you put both yourself and other group members at risk. They are severe tests of one's ability and readiness to accept challenges posed by situations which may contain an element of risk. Accept the challenge and the rewards will be great!

We recommend that participants prepare themselves accordingly, as this will ensure and enhance Your enjoyment of all our holidays!

Tailor-Made Holidays

Holiday Planner

Scheduled Holidays

S.N	HOLIDAYS	S.N	HOLIDAYS
NEPAL TREKKING		68	On the Druk Path
1	Amphulaptsa-Cho La	69	Rodungla Trek
2	Around Manslu	MOUNTAIN BIKING	
3	Ganjala Pass/Helambu	0	Thimphu-Simtokha Dzong
4	Lower Dolpo	71	Thimphu-Honstho
5	Makalu Base Camp	MOUNTAIN EXPEDITIONS	
6	Mani Rimdu Festival	72	Laya-Gasa
7	Mustang Explorations	73	Laya-Lunana
8	Rara Lake	RAFTING IN BHUTAN	
9	Rolwaling Valley	74	Mochu (River)
10	Upper Dolpo	75	Phu Chu (River)
11	West Co - Sherpani Cool	INDIA TREKKING	
MOUNTAIN EXPEDITIONS		76	Amazing Ladak
12	Annapurna Expedition-8091m	77	Barsey Rhododendron Sanctuary Trek
13	AmaDablam Expedition-6,812m	78	Brandy Nala Trek (Rupsu Trek)
14	Baruntse Expeditions-7,193m	79	Chandratal Trek
15	Cho-oyu Expeditions-8210m	80	Deccan Plateali
16	Dhaulagiri Expeditions-8,176m	81	Dharamsala (Sach Pass) Trek
17	Everest Expedition-8,848m	82	Dzongri Trek
18	Kanchenjunga Expedition-8586m	83	Dzukou Valley & Japfu Peak Trek
19	Kangtega Expeditions-6,762m	84	Face to face with Himalayas
20	Lhotse Expedition-8400m	85	Gujarat Tribal Tour
21	Manaslu Expedition-8163m	86	Hamta Pass Trek
22	Makalu Expedition-8,463m	87	Kalindihikal Pass Trek
23	Nilgiri Expedition-7061m	88	Kedarnath Trek
24	Pumori Expedition-7,161m	89	Kuari Pass Trek
TREKKING PEAK EXPEDITIONS		90	Kulu-Shimla Trek (Iris Country)
25	Chulu East-6,410m	91	Milam Glacier Trek
26	KusumKanguru-6,369m	92	Nag Tiba Trek
27	Lobuje East Expedition	93	On the Steps of Lord Buddha
28	Naya Kanga-5,844m	94	Orchid Safari (Darjeeling & North Sikkim)
29	Pacharmo-6,187m	95	Orissa-Bastar Tribal Tour
30	Pisang Peak-6,091m	96	Pindari Glacier Trek
31	Ramdung-5,925m	97	Rhinos of Kaziranga
32	Singu Chuli-6,501m	98	Roopkund Trek
RAFTING		99	Sandhakphu Trek
33	Arun River	100	Sking at Auli
34	Bheri River	101	Southern Oasis
35	Karnali River	102	The Bailey Trail-Gorichen Trek
36	Sunkosi River	103	The Frozen Trails of Zanskar (Chaddar)
37	Tamur River	104	The Golden Triangle
WILDLIFE SAFARI		105	The Kuzum Overland Experience
38	Bardia National Park	106	The Last Shangrila (Nubra Valley)
39	Koshi Tappu Reserve	107	Traversing Into Pin Valley
40	Shuklaphanta Reserve	108	Valley of Flowers Trek
MOUNTAIN BIKING		109	Yamunotri Pass Trek
41	Kathmandu Valley	110	Temples, Tiger & Traditions
42	Kathmandu, Chitwan & Lumbini	MOUNTAINEERING EXPEDITIONS	
43	Kathmandu-Lhasa	111	Mt. Nun (7135m)
44	Namo Buddha	112	Mt. Bhagirathi (6859m)
45	Pokhara-Gorkha	113	Mt. Changabang (6866m)
TIBET		114	Mt. Kedar Dome (6831m)
46	Everest Advance BC	115	Mt. Kun (7077m)
47	Oracle Lake/Lamo/Latso	116	Mt. Neelkanth (6507m)
48	Shisapangma BC	117	Mt. Satopanth (7075m)
49	Simikot Kailash	118	Mt. Shivaling (6543m)
50	Trekking/Kharta Valley	119	Mt. Stok Kangri (6150m)
TREKKING PEAK EXPEDITIONS		120	Mt. Thalaysagar (6904m)
51	Lhakpa Ri 7,400m RAFTING	RAFTING	
52	Luzi Peak 6,154m	121	Kali Sarda River
53	Mount Kyizi 6,206m	122	Down the Ganges/Rishikesh
54	Nojin Kangsang 7,206m	123	Down the Indus
55	Samdain Kangsang 6,590m	124	Tons River
56	Thangla Angchu 6,330m	125	Zanskar-Indus River
RAFTING WILDLIFESAFAIRI		WILD LIFE SAFARI	
57	Drigung Chu River	126	Dachingam NP, JK
58	Duelung Chu River	127	Corbet Park
59	Kongpo River	128	Dudhwa NPUP
60	Yarlung Tsangpo	129	Gulmarg Biosphere Reserve, JK
MOUNTAIN BIKING		130	Hemis Altitude NPHP
61	Lhasa-Kathmandu	131	Jaidpapara Wildlife Sanctuary, Darjeeling
BHUTAN TREKKING		132	Kistwar Halitute NP
62	Bumthang / Central Bhutan	133	Overa Wildlife Sanctuary, JK
63	Chomolari & YalaLa	134	Pin Valley NP
64	Chilela Nature Trek	135	Sikkim Wilderness
65	Dagala & 1000 Lakes	MOUNTAIN BIKING	
66	Gangley Gonguna	136	Manali-Leh
67	Lunana & the Passes	137	Kinnaur-Spiti Valley

S.N	Holidays	Round Trip	TRIP GRADE	TRIP COST IN US \$ 2019 / 2020	TRIP COST IN US \$ 2020 / 2021			
NEPAL LODGE TREKS		SPECIAL VALUE HOLIDAYS		Real Experience Holidays	In-style Holidays	Real Experience Holidays	In-style Holidays	
1	Annapurna Circuit	15	Adventurous	23	\$ 1434	\$ 2363	\$ 1505	\$ 2481
2	Around Everest	23	Adventurous	18	\$ 2226	\$ 3114	\$ 2337	\$ 3269
3	Annapurna Dhaulagiri	13	Moderate	24	\$ 1244	\$ 2007	\$ 1306	\$ 2107
4	Annapurna Sanctuary	13	Moderate	22	\$ 1245	\$ 1930	\$ 1307	\$ 2026
5	Annapurna Foothills	09	Leisurely Plus	21	\$ 856	\$ 1644	\$ 898	\$ 1726
6	Classic Everest	19	Adventurous	19	\$ 1939	\$ 2881	\$ 2035	\$ 3025
7	Mustang Overland Exploration	14	Moderate	20	\$ N/A	\$ 4405	\$ N/A	\$ 4625
8	Everest Base Camp	16	Adventurous	15	\$ 1865	\$ 2569	\$ 1958	\$ 2697
9	Everest Panorama	16	Leisurely Plus	16	\$ 2672	\$ 3287	\$ 2805	\$ 3451
10	Gokyo Lakes & Everest Base Camp	20	Adventurous	16	\$ 2080	\$ 2783	\$ 2184	\$ 2922
11	Instant Everest	11	Leisurely Plus	14	\$ 1375	\$ 1975	\$ 1443	\$ 2073
12	Langtang Lakes & Mountains	11	Moderate	25	\$ 905	\$ 1471	\$ 950	\$ 1544
13	Annapurna Explorer	10	Leisurely Plus	26	\$ N/A	\$ 1700	\$ N/A	\$ 1785
14	Nepal Panorama	15	Leisurely Plus	27	\$ N/A	\$ 2835	\$ N/A	\$ 2976
15	The Tsum Valley	17	Adventurous	28	\$ N/A	\$ 1899	\$ N/A	\$ 1999
16	Around Manaslu	18	Adventurous	29	\$ N/A	\$ 3229	\$ N/A	\$ 3390
17	Best of Nepal	25	Leisurely Plus	30	\$ N/A	\$ 4157	\$ N/A	\$ 4364
NEPAL CAMPING HOLIDAYS								
18	Around Dhaulagiri & Hidden Valley	17	Adventurous Plus	37	\$ N/A	\$ 3275	\$ N/A	\$ 3438
19	Himalayan Experience	08	Leisurely	41	\$ N/A	\$ 1321	\$ N/A	\$ 1387
20	Himalayan Family Adventure	16	Leisurely Plus	40	\$ 3441 Nepal	\$ 2518 India	\$ 3613 Nepal	\$ 2643 India
21	Introduction to Adventure	09	Leisurely	35	\$ N/A	\$ 2310	\$ N/A	\$ 2425
22	Kanchenjunga Base Camp	24	Adventurous	38	\$ N/A	\$ 5746	\$ N/A	\$ 6033
23	Taste of Nepal	12	Leisurely	34	\$ N/A	\$ 2893	\$ N/A	\$ 3037
24	Tour of Nepal *	10	Gentle	36	\$ N/A	\$ 1891	\$ N/A	\$ 1985
TREKKING PEAKS & MOUNTAINEERING EXPEDITIONS								
25	Chulu West Expedition	20	Expeditionary	44	N/A	\$ 3849	N/A	\$ 4041
26	Island Peak, Gokyo Lakes & Everest Base Camp	25	Expeditionary	42	\$ 3738	\$ 4520	\$ 3824	\$ 4746
27	Mera Peak Expedition	20	Expeditionary	43	\$ 3741	\$ 4275	\$ 3928	\$ 4488
28	Paldor Peak Expedition	15	Expeditionary	45	N/A	\$ 3318	N/A	\$ 3483
29	AmaDablam Expedition	30	Expeditionary	48	N/A	\$ 6044	N/A	\$ 6346
30	Baruntse Expedition	35	Expeditionary	49	N/A	\$ 7995	N/A	\$ 8394
31	Cho You Expedition	45	Expeditionary	48	N/A	\$ 12853	N/A	\$ 13495
32	Everest Expedition	65	Expeditionary	46	\$ 14805 N	\$ 17731 T	\$ 15545 N	\$ 18617 T
RAFTING & MORE ADVENTURES								
33	Chitwan Wildlife Safari *	3	Gentle	51	N/A	\$ 614	N/A	\$ 644
34	Everest Panorama Resort *	1or2	Gentle	52	N/A	\$ 232	N/A	\$ 243
35	Kaligandaki Rafting Expedition *	8	Moderate	50	N/A	\$ 2098	N/A	\$ 2202
36	River's Jungles & Mountains *	6	Gentle Plus	53	N/A	\$ 1258	N/A	\$ 1320
37	Trisuli Whitewater Rafting *	3	Gentle Plus	51	N/A	\$ 535	N/A	\$ 561
TIBET								
38	Beijing, Lhasa & Kathmandu Express Via EBC*	13	Moderate	60	N/A	\$ 4108	N/A	\$ 4313
39	Kathmandu Lhasa Tour	7	Gentle	59	N/A	\$ 2627	N/A	\$ 2758
40	Tibet Panorama	16	Adventurous	57	\$ 5780 N	\$ 5314 L	\$ 6069 N	\$ 5579 L
41	Tibet Overland & Everest Base Camp *	11	Moderate	56	\$ 3420 N	\$ 2841 L	\$ 3591 N	\$ 2983 L
42	Ultimate Tibet	27	Adventurous	58	\$ 8603 N	\$ 8020 L	\$ 9033 N	\$ 8421 L
INDIA								
43	Arunachal Explored	15	Gentle	72	\$ 4743	\$ 5726	\$ 4980	\$ 6012
44	Best of Kerala *	8	Gentle	76	N/A	\$ 2804	N/A	\$ 2944
45	Darjeeling & Kalimpong *	5	Gentle	69	N/A	\$ 1842	N/A	\$ 1934
46	Delhi, Agra & Jaipur *	5	Gentle	64	\$ 1384	\$ 2352	\$ 1453	\$ 2469
47	Glimpse of Goa *	7	Gentle	68	N/A	\$ 1762	N/A	\$ 1850
48	India & Nepal Panorama	20	Leisurely Plus	66	N/A	\$ 5535	N/A	\$ 5811
49	Nagaland Tribal Tour	11	Gentle	73	\$ 4501	\$ 5416	\$ 4726	\$ 5686
50	Nandadevi Sanctuary	13	Adventurous	71	\$ 2916	\$ 4001	\$ 3061	\$ 4201
51	Overland Highlights of India & Nepal *	14	Gentle Plus	65	N/A	\$ 4966	N/A	\$ 5214
52	Pastures & Passes of Markha Valley	13	Moderate	75	\$ 3472	\$ 4315	\$ 3645	\$ 4530
53	Rajasthan Cycle & Camels	19	Gentle	77	\$ 4033	\$ 5843	\$ 4234	\$ 6135
54	Sikkim, Kanchenjunga Adventure	21	Leisurely Plus	69	N/A	\$ 4277	N/A	\$ 4490
55	Sources of Ganges	11	Moderate	70	\$ 2040	\$ 2883	\$ 2142	\$ 3027
56	Trans Himalayan Overland Safari *	12	Leisurely Plus	67	\$ 2178	\$ 3108	\$ 2286	\$ 3263
57	Valley of Zanskar	21	Adventurous	74	\$ 4798	\$ 5768	\$ 5037	\$ 6056
BHUTAN								
58	Best of Bhutan	11	Leisurely Plus	81	\$ 4585 N	\$ 3612 P	\$ 4814 N	\$ 3792 P
59	Bhutan & Nepal Highlights	18	Leisurely Plus	80	N/A	\$ 6282	N/A	\$ 6596
60	Chomolari Trek	16	Leisurely Plus	83	\$ 6569 N	\$ 5991 P	\$ 6897 N	\$ 6290 P
61	Druk Path Trek	14	Leisurely Plus	82	\$ 6139 N	\$ 5559 P	\$ 6445 N	\$ 5836 P

Booking Form, Terms and Conditions of Booking Contract can be perused on pages 82 & 83

Please note : These trips(*) are non -trekking holidays

NEPAL

Lodge treks

Special value holidays

At AmaDablam we are always looking for better ways to serve you and give you a lifetime experience of this marvelous part of the world at a reasonable price. Hence we developed several adventures, that provide all the excitement you could ask for at unbeatable prices, without missing out anything that makes a great holiday. We recognise that everyone has different tastes and desires and our holidays caters to all comfort zones. We started to offer Lodge (aka Tea House) based treks on the popular trails in Everest, Annapurna and Langtang regions long ago, as it made sense to sleep indoors in the Lodges rather than camp in their yards and pay more.

These Concept Holidays have two options:

In-Style Holidays: On these departures you pay a little bit more, but you fly to your destination instead of driving; a car waits for you at the airport for pick-ups and food is served for you without having to organise it yourselves and you stay in a 4* hotel

Real Experience Holidays: Include all the essentials to give a true experience of travelling, as you choose what you want to eat and how much you want to eat; you find your own taxi to your 2* hotel (or ask us to arrange it for you); and undertake the same itinerary, but on different departure dates, at rock bottom prices. No matter which option you choose, you can be sure that you will follow the same itinerary and have the authentic and amazing experience of travelling in the Himalaya!!

PAT & BAIBA MORROW FRIENDS OF THE HIMALAYAS !

Pat Morrow has climbed the highest mountains on all seven continents, including Everest, often accompanied by his adventure photo journalist wife, Baiba. In 1998, the Morrows completed - "Footsteps in the Clouds - A Walk Around Kanchenjunga". Outfitted by AmaDablam. Their route is a regular AmaDablam trek.



"As adventure journalists with a deep fascination for mountains, we find ourselves returning again and again to the Himalaya, and to Nepal in particular. It is the country's friendly, gracious people which make it one of the most enjoyable places to travel. Thank you AmaDablam for continuing to maintain high standards in the often variable industry of Adventure Travel"



Pat & Baiba Morrow

...at a GLANCE

Population: 26.4 million

Capital: Kathmandu

Area: 147,181 sq. Kilometers (56,629,85 square miles)

Religion: Hindu and Buddhist, with a small population of Muslims and Christians.

Culture & Language: Nepal contains more than 40 ethnic groups with their own unique traditions. Buddhists live in the northern mountains while Hindus, inhabit the southern plains (Terai). The Hills in between is home to different ethnic groups. This variety of lifestyles makes trekking in Nepal fascinating. Even with over 40 different languages and dialects, the national language Nepali is predominant. English is widely spoken and understood in cities and towns.

Geography, Flora & Fauna: Nepal contains nearly one-third of the Himalaya, and 8 of the 10 Highest Mountains in The World. (Everest, Kangchenjunga, Lhotse I & II, Makalu, Dhaulagiri, Manaslu, Cho Oyu and Annapurna). No other country can make this boast. It is our biggest attraction. Although a small country Nepal has the world's greatest altitudinal variation, from the tropical jungles of the Terai at near sea level to the highest point on the earth, the 8848 meter summit of Mr. Everest. This variation creates an incredible wealth of wildlife, particularly in birds; over 800 species, one tenth of the world's total. The Terai plains are home to the Royal Bengal tiger and the rare one-horned rhinoceros, sloth bear, leopard, various crocodiles, and the Gagnetic dolphin. Birds, butterflies and troupes of monkeys are widely found in the populated Middle Hills. Rhododendron and birch forests above 3000 meters (10000 ft.) Harbor rich bird and animal life. Eagles, bear and wolves live above 4000 meters (13000 feet) along with the elusive snow leopard.

Location: Nepal lies between 80 4f and 88 12f East longitude and 26 22f and 30 27f North latitude. It is bordered by Tibet in the north, Sikkim in the east and mainland India in the south and west.

Climate and Trekking Season: The climate is primarily temperate, with some tropical regions. June to August, the monsoon, is too wet for most trekking, but it is Tibet travel season. Main trekking time is from September to May. The countryside is beautifully lush at this time; with excellent mountain views. Winter (Dec. - Feb.) is dry and clear, but at high altitudes it can go down to -10 degrees C (0 F) or less, Kathmandu can get up to 25 degrees C (75 F). Spring (March-May) is slightly hazy, but the rhododendrons and orchids are particularly beautiful. Temperature hovers around 28 degrees C (75 degrees F). Lightweight clothing is necessary for all trekking seasons and warmer clothes according to season and altitude.

Time: Nepal is 5 hours 45 minutes ahead of Greenwich Mean Time.

Kathmandu Accommodation: If you are arriving in Kathmandu early or staying after the trek, we will be happy to book your accommodation and make any other arrangements. We offer very special discounts and unbeatable rates at many of Kathmandu's leading Hotels. Please contact our nearest office or representative for details and bookings.

In - Style Holidays

What you get on these Lodge Based Treks

Free use of Trek Pack : Sleeping bags; Thermal or Fleece Liner, Down/Fiberfill Jackets, Poncho or a Rain Jacket

Accommodation at one of Kathmandu's best four star hotels on twin share, bed and breakfast basis for the nights listed in your itinerary

Welcome Dinner

Half-day guided Kathmandu city tour with English speaking guide;

All internal transport by bus or flight, as applicable according to your itinerary;

Airport Transfers;

Orientation documents including Kathmandu city and trekking map;

Lodge Trekking services which include: Accommodation in Lodges on twin share or large room, depending on the availability.

All Meals in the Lodges, (Breakfast, Lunch & Dinner)

All National Park Entrance Fees;

All applicable Permits and Fees;

Porters or pack animals to carry all personal Duffel Bags;

Trek staff arrangements including a Group Leader, Trekking guide and his assistant(s);

Comprehensive Medical Kit;

Oxygen Bottles on Adventurous Grade Treks.

An AmaDablam Duffel Bag & T-shirt; (our gifts to you)

Real Experience Holidays

What you get on these Lodge Based Treks

Free use of Sleeping bags with Thermal or Fleece Liner

Accommodation at one of Kathmandu's best Two Star Hotels on twin share room only basis for the nights listed in your itinerary

All internal transport by bus or flight, as applicable according to your itinerary

Lodge Trekking services which include: Accommodation in Lodges on twin share or large room, depending on the availability.

Arrival Transfers

All National Park Entrance Fees

All applicable Permits and Fees

Porters or pack animals to carry all personal Duffel Bags;

Trek staff arrangements including a Group leader, a trekking Guide and his assistant(s); Comprehensive Medical Kit

Oxygen Bottles on Adventurous Grade Treks.

An AmaDablam Duffel Bag & T-shirt (our gifts to you)

Note: For Detailed Service inclusion for each Holidays, please refer respective Trip Dossiers.

OUR NEPAL TEAM



Founded in 1979 by dedicated team of travel professionals headed by Ravi Chandra, AmaDablam Adventures is famous for quality, service and attention to details. From our Head Office in Kathmandu, AmaDablam's dedicated team is with you, from bookings to departure. Our professional, friendly staff arranges transport, trekking, touring, hotels, jungle safaris, rafting, special interest and school groups, the list is endless in the Himalayas!

If optioned All meals, activities and accommodation on jungle safari; Full service rafting arrangement and Raft Pack; Full service Everest Panorama Resort visit.

Everest...



Answer to Questions You Must Ask About Our Special Value Adventures !

A Typical Trekking Day

It's very similar to camping except that the tea is brought to your room, not your tent in the morning. Lodges usually have communal dining/sitting rooms, where you can enjoy the company of the fellow trekkers and the family who runs the lodge. They are essentially an extended homes! Food Glorious-Food Meals in Lodges are hearty, wholesome and nutritious if somewhat plain. Our staff supervise and assist in hygienic preparation and serving of food.

Lodge (Tea House) Trekking - Nepal

There are many lodges along the popular trekking trails in Nepal that it makes sense to use their facilities. Unlike the alpine lodges relating to the luxury in other parts of the world, these are uniquely Nepali, giving you an insight into the lives of the hardy mountain people since most of them are family run and extensions of the family home. We have carefully selected the Lodges/Tea Houses that are good in each village and avoid the monumental rocky buildings called Hotels that are coming up which charge prices exceeding US\$150 for a room. The clean accommodation, nourishing food and cozy environment all add up to give a pleasant ambience.

Touring - Nepal

To keep you close to the action, we have devised touring adventures which use good, tourist class hotels which are centrally located, close to restaurants, shops and tourist attractions. Comfortable clean rooms and substantial breakfasts prepare you for the days of exploring on your own and really getting the feel of the places you are visiting.

INSTANT EVEREST

Welcome to SherpaLand

Trip Profile: 11 Day Trip Ex-Ktm.

- 5 Days in Kathmandu Valley
- 6 Days 'Leisurely Plus' Trek

Solu Khumbu, home of Mt. Everest and the hardy mountain people - the Sherpas, is your goal. Set in the world's highest mountains, your trek is an experience that is rated as one of the best five walks in the world.

Kathmandu & Lukla

Having explored the old city of Kathmandu, and enjoyed traditional Nepali cuisine, we take off to Lukla. Landing on this strip is an adventure in itself! We walk through the Dudh Kosi (River of Milk) Valley and such memorable villages as Namche Bazaar, the 'capital' of the region. Highlights of your stay, while you are acclimatizing, include visits to the Park Museum and Sherpa homes.

Thyangboche

Described as the 'Best View in the World', Thyangboche Monastery sits in an alpine meadow, serenely contemplating the distinctive peak of Ama Dablam. Once here, your efforts are rewarded with views of Everest rising behind the Lhotse - Nuptse wall, and other Khumbu giants, a superb location and well worth the effort. A return walk to Lukla, via the interesting village of Khumjung, and

Another spectacular mountain flight, completes your mountain high. There's plenty of time to explore Kathmandu's many attractions before departure.

Nitty Gritty

Trek Grade: 'Leisurely Plus', 5-7hrs walking per day

Maximum Altitude: 3867m (Thyangboche)

Trek Distance: approx 64km Lodge trek with full crew support. Porters carry your duffle bag

Group Size: max 15

Itinerary - Ref. AIEV

Day 01 Arrive Ktm PM Nepali Dinner (In-style)

Day 02 AM City Tour (In-style) PM Free

Day 03 Fly to Lukla & Trek to Phakding

Day 08 Trek ends in Lukla

Day 09 Fly to Ktm

Day 10 In Ktm, free to explore, shop, sightsee

Day 11 Depart Ktm.

EVEREST BASE CAMP

Everest the Short Way

Trip Profile: 16 Day trip Ex-Ktm.

11 Days 'Adventurous' Trek to Kalapathar or Everest Base Camp
5 Days in Kathmandu
Magnificent views of Everest & its neighbours

Your objective is to visit Everest Base Camp (5400m, 17717ft), scene of so many triumphs and tragedies, or, even more challenging, Kalapathar (5545m, 18193ft) with its superb views of Everest, the Khumbu Glacier - and the surrounding peaks. This is for those who have dreamed of seeing Everest close up.

Kathmandu & Phakding

After exploring the unique old city of Kathmandu, we fly to Lukla, an experience in itself, and enter the world of the Sherpas..

Dudh Kosi (River of Milk), Namche Bazaar

We walk alongside the Dudh Kosi up to memorable villages like Namche, the Sherpa 'capital'. Visit holy Thyangboche Monastery, which sits on a high meadow in the lee of Ama Dablam.

Journey to Kalapathar or Base Camp

The trail is ever upward, skirting formidable glaciers and neat Sherpa villages. The temperature drops and we are in a frozen world of stone houses, iced rivers and stunning beauty. On returning to Lukla after your mountain high, bid farewell to your gracious Sherpa hosts and set off on the spectacular flight back to Kathmandu. There is time reflect to on your adventure and explore this exotic city for yourself.

Nitty Gritty

Trek Grade: 'Adventurous', 6-9hrs walking per day
Maximum Altitude: 5545m (Kalapathar)
Trek Distance: approx. 144km Lodge trek with full crew support. Porters carry your e bag
Group Size: max 15

Itinerary - R ef. AE BC

Day 01 Arrive Ktm PM Nepali Dinner (In-style)
Day 02 AM City Tour (In-style) PM Free
Day 03 Fly to Lukla & begin Trek to Kalapathar or Base Camp
Day 13 End Trek in Lukla
Day 14 Fly to Ktm
Day 15 In Ktm, free to explore, shop,
Day 16 Depart Ktm



Real Experience Holidays **

Departure Dates & Trip Costs

2019/2020		2020/2021	
12-Oct-19	22-Oct-19	10-Oct-20	20-Oct-20
9-Nov-19	19-Nov-19	7-Nov-20	17-Nov-20
7-Dec-19	17-Dec-19	5-Dec-20	15-Dec-20
11-Jan-20	21-Jan-20	2-Jan-21	12-Jan-21
8-Feb-20	18-Feb-20	6-Feb-21	16-Feb-21
7-Mar-20	17-Mar-20	13-Mar-21	23-Mar-21
4-Apr-20	14-Apr-20	3-Apr-21	13-Apr-21
2-May-20	12-May-20	8-May-21	18-May-21
30-May-20	9-Jun-20	5-Jun-21	15-Jun-21
Trip Cost Ex- KTM US\$ 1375		Trip Cost Ex- KTM US\$ 1443	

Service Inclusions - Real Experience Holidays

Transport, Accommodation : Domestic flights Kathmandu/Lukla/Kathmandu US\$ 362, on foot, Hotels (4nts KTM 2*), Teahouses (6nts) Sleeping bag & Duffle bag

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays ****

Departure Dates & Trip Costs

2019/2020		2020/2021	
21-Sep-19	1-Oct-19	26-Sep-20	6-Oct-20
23-Oct-19	2-Nov-19	31-Oct-20	10-Nov-20
23-Nov-19	3-Dec-19	21-Nov-20	1-Dec-20
21-Dec-19	31-Dec-19	26-Dec-20	5-Jan-21
25-Jan-20	4-Feb-20	23-Jan-21	2-Feb-21
22-Feb-20	3-Mar-20	27-Feb-21	9-Mar-21
21-Mar-20	31-Mar-20	20-Mar-21	30-Mar-21
18-Apr-20	28-Apr-20	24-Apr-21	4-May-21
16-May-20	26-May-20	22-May-21	1-Jun-21
Trip Cost Ex- KTM US\$ 1975		Trip Cost Ex- KTM US\$ 2073	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic flights Kathmandu/Lukla/Kathmandu US\$ 362, city tour, private bus, on foot, Hotels (4nts KTM 4*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouses (6nts) 10 Breakfasts, 6 Lunches, 7 Dinners, Domestic Airport Tax

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear and fitness requirements

Real Experience Holidays **

Departure Dates & Trip Costs

2019/2020		2020/2021	
28-Sep-19	13-Oct-19	26-Sep-20	11-Oct-20
26-Oct-19	10-Nov-19	17-Oct-20	1-Nov-20
23-Nov-19	8-Dec-19	21-Nov-20	6-Dec-20
21-Dec-19	5-Jan-20	19-Dec-20	3-Jan-21
18-Jan-20	2-Feb-20	16-Jan-21	31-Jan-21
15-Feb-20	1-Mar-20	20-Feb-21	7-Mar-21
21-Mar-20	5-Apr-20	20-Mar-21	4-Apr-21
18-Apr-20	3-May-20	17-Apr-21	2-May-21
16-May-20	31-May-20	15-May-21	30-May-21
Trip Cost Ex- KTM US\$ 1885		Trip Cost Ex- KTM US\$ 1958	

Service Inclusions - Real Experience Holidays

Transport, Accommodation : Domestic flights Kathmandu/Lukla/Kathmandu US\$ 362, on foot, Hotels (4nts KTM 2*), Teahouses (11nts) Sleeping bag & Duffle bag

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays ****

Departure Dates & Trip Costs

2019/2020		2020/2021	
14-Sep-19	29-Sep-19	12-Sep-20	27-Sep-20
12-Oct-19	27-Oct-19	10-Oct-20	25-Oct-20
9-Nov-19	24-Nov-19	7-Nov-20	22-Nov-20
7-Dec-19	22-Dec-19	5-Dec-20	20-Dec-20
4-Jan-20	19-Jan-20	2-Jan-21	17-Jan-21
1-Feb-20	16-Feb-20	6-Feb-21	21-Feb-21
7-Mar-20	22-Mar-20	6-Mar-21	21-Mar-21
4-Apr-20	19-Apr-20	3-Apr-21	18-Apr-21
2-May-20	17-May-20	1-May-21	16-May-21
Trip Cost Ex- KTM US\$ 2569		Trip Cost Ex- KTM US\$ 2697	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic flights Kathmandu/Lukla/Kathmandu US\$ 362, city tour, private bus, on foot, Hotels (4nts KTM 4*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouses (11nts) 15 Breakfasts, 11 Lunches, 12 Dinners, Domestic Airport Tax

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

Free Trek Pack Included: Please refer to our Trip Dossier for all other gear and fitness requirements

Nepal is a beautiful country, and our trekking crew was full of kind, caring people with a lovely sense of humour. One of my best holidays ever.

Mr. Michael Golding

Essex, England

Instant Everest

Everything was handled very professionally making us feel very secure, and happy to be traveling with Ama Dablam Adventures.

Miss Nally Tucker

Faversham, England

Everest Base Camp

GOKYO LAKES & EVEREST BASE CAMP

Lakes & Peaks of Khumbu

Trip Profile: 20 Day trip Ex-Ktm.

15 Days 'Adventurous' Trek
5 Days in Kathmandu Valley.

Serene Glacial lakes, the worlds highest mountains & colourful local culture make this adventure, the trip of a lifetime.

Kathmandu & Khumbu

After a welcome dinner at one of Kathmandu's finest Nepali restaurants and an exploration of the old city of Kathmandu, this adventure then takes you through the legendary Khumbu Valley. This is the home of the hardy mountain people renowned in mountaineering lore - the Sherpas. Take a scenic flight to Lukla and make your way up through friendly Sherpa settlements and active, ancient Buddhist monasteries. Acclimatise in Namche Bazaar, the colourful centre of Sherpa life, and walk up towards your objectives.

Gokyo Valley & Base Camp

Enter the beautiful Gokyo Valley, a land of glaciers and high alpine lakes. Then it's on to either Everest Base Camp, scene of triumph and tragedy, or Kalapathar, which towers over the Base Camp, where magnificent views of Everest, the Khumbu Glacier, longest in Nepal, and the surrounding peaks can be had. To conclude this wonderful trip, return to Kathmandu on another spectacular mountain flight from Lukla, for some city adventures to match your mountain highs.

Nitty Gritty

Trek Grade: 'Adventurous, 6-9hrs walking per day.

Maximum Altitude: 5545m (Kalapathar)

Trek Distance: approx. 192km Lodge trek with full

crew support. Porters carry your duffle bag

Group Size: max 15

Itinerary - Ref. AGLE

Day 01 Arrive Ktm PM Welcome Dinner (In-style)

Day 02 AM Ktm City Tour (In-style) PM Free

Day 03 Fly to Lukla & begin Trek

Day 17 Trek ends in Lukla

Day 18 Fly to Ktm

Day 19 In Ktm, free to explore, shop, sightseeing

Day 20 Depart Ktm.

Real Experience Holidays ***

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
28-Sep-19	17-Oct-19	26-Sep-20	15-Oct-20
26-Oct-19	14-Nov-19	24-Oct-20	12-Nov-20
23-Nov-19	12-Dec-19	21-Nov-20	10-Dec-20
21-Dec-19	9-Jan-20	19-Dec-20	7-Jan-21
18-Jan-20	6-Feb-20	16-Jan-21	4-Feb-21
15-Feb-20	5-Mar-20	20-Feb-21	11-Mar-21
21-Mar-20	9-Apr-20	20-Mar-21	8-Apr-21
18-Apr-20	7-May-20	17-Apr-21	6-May-21
16-May-20	4-Jun-20	15-May-21	3-Jun-21
Trip Cost Ex - KTM US\$ 2080		Trip Cost Ex - KTM US\$ 2184	

Service Inclusions - Real Experience Holidays

Transport, Accommodation: Domestic flights Kathmandu/Lukla/Kathmandu U S \$362 (Included), on foot Hotels (4nts KTM 2*), Teahouse (15nts) Sleeping bag & Duffle bag
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
14-Sep-19	3-Oct-19	12-Sep-20	1-Oct-20
12-Oct-19	31-Oct-19	10-Oct-20	29-Oct-20
9-Nov-19	28-Nov-19	7-Nov-20	26-Nov-20
7-Dec-19	26-Dec-19	5-Dec-20	24-Dec-20
4-Jan-20	23-Jan-20	2-Jan-21	21-Jan-21
1-Feb-20	20-Feb-20	6-Feb-21	25-Feb-21
7-Mar-20	26-Mar-20	6-Mar-21	25-Mar-21
4-Apr-20	23-Apr-20	3-Apr-21	22-Apr-21
2-May-20	21-May-20	1-May-21	20-May-21
Trip Cost Ex - KTM US\$ 2783		Trip Cost Ex - KTM US\$ 2922	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation:

Domestic flights Kathmandu/Lukla/Kathmandu US\$ 362, city tour, private bus, on foot Hotels (4nts KTM 4*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (15nts), 19 Breakfasts, 15 Lunches, 16 Dinners, Domestic Airport Tax

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

Free Trek Pack: Please refer to our Trip Dossier for all other gear Requirements

We allow 'spare days' for touring in Kathmandu and at the end of trek incase of inclement weather causing delays in flights from Lukla airport.

EVEREST PANORAMA

Navigating the Himalaya

Trip Profile: 16 Day Trip Ex-Ktm.

6 Day 'Leisurely Plus' Trek

2 Days Rafting

2 Days Jungle Safari

1 Night Everest Panorama Resort

5 Days in Kathmandu

Experience Nepal's different attractions- Everest Trekking, Rafting, Jungle Safari and time in a Mountain Resort, on this popular trip.

Kathmandu, Namche & Thyangboche Monastery

Begin with tour of the ancient Kathmandu city and delight the taste buds with traditional Nepali cuisine. After a scenic mountain ht to Lukla, trek through the Dudh Kosi (River of Milk) Valley and memorable villages like the Sherpa 'capital', Namche Bazaar, While acclimatising, visit the Park Museum and Sherpa homes. At Thyangboche, gaze on the peaks of AmaDablam, Everest, and other Khumbu giants. Return to Lukla via the interesting village of Khumjung, and another spectacular mountain ht to Kathmandu and more city adventures.

Rafting "Upset & Surprise"!

Exchange boots for paddles for two days of white-water fun on the Trisuli River. Ride some great rapids, and pass through deep gorges where monkeys play in primordial forests.

Jungles & Mountains

In Chitwan National Park, enjoy the comforts of a luxury safari lodge. Search for the One Horned Rhinoceros and the elusive Bengal Tiger from atop an elephant. In restful Everest Panorama Resort, Daman, marvel at 400km of the Nepalese Himalaya, from Everest in the east to past Dhaulagiri in the west, on clear days. Enjoy superb food and other activities. Drive back to Kathmandu for more city adventures before departure.

Nitty Gritty

Trek Grade: 'Leisurely Plus', 5-7hrs walking per day

Maximum Altitude: 3867m. (Thyangboche)

Trek Distance: approx. 64 km Lodge trek with full crew support. Porters carry your duffle bag

Group Size: max 15

Itinerary - Ref. AEPA

Day 01 Arrive Ktm. PM Nepali Dinner (In-style)

Day 02 AM City Tour (In-style) PM Free to explore

Day 03 Fly to Lukla & begin Trek

Day 08 Trek ends in Lukla

Day 09 Fly to Ktm

Day 10 Drive to Trisuli River & begin Rafting

Day 12 Drive to Chitwan National Park, & begin Jungle Safari

Day 14 Drive to Everest Panorama Resort

Day 15 Drive to Ktm

Day 16 Depart Ktm.



Everest...



Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
12-Oct-19	27-Oct-19	10-Oct-20	25-Oct-20
9-Nov-19	24-Nov-19	7-Nov-20	22-Nov-20
7-Dec-19	22-Dec-19	5-Dec-20	20-Dec-20
11-Jan-20	26-Jan-20	2-Jan-21	17-Jan-21
8-Feb-20	23-Feb-20	6-Feb-21	21-Feb-21
7-Mar-20	22-Mar-20	13-Mar-21	28-Mar-21
4-Apr-20	19-Apr-20	3-Apr-21	18-Apr-21
2-May-20	17-May-20	8-May-21	23-May-21
30-May-20	14-Jun-20	5-Jun-21	20-Jun-21
Trip Cost Ex - KTM US\$ 2672		Trip Cost Ex - KTM US\$ 2805	

Service Inclusions - Real Experience Holidays
Transport, Accommodation : Domestic flights Kathmandu/Lukla/Kathmandu US\$ 362, on foot, Hotels (4nts KTM 2*), Teahouses (11nts) Sleeping bag & Duffle bag

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
21-Sep-19	6-Oct-19	26-Sep-20	11-Oct-20
23-Oct-19	7-Nov-19	31-Oct-20	15-Nov-20
23-Nov-19	8-Dec-19	21-Nov-20	6-Dec-20
21-Dec-19	5-Jan-20	26-Dec-20	10-Jan-21
25-Jan-20	9-Feb-20	23-Jan-21	7-Feb-21
22-Feb-20	8-Mar-20	27-Feb-21	14-Mar-21
21-Mar-20	5-Apr-20	20-Mar-21	4-Apr-21
18-Apr-20	3-May-20	24-Apr-21	9-May-21
16-May-20	31-May-20	22-May-21	6-Jun-21
Trip Cost Ex - KTM US\$ 3287		Trip Cost Ex - KTM US\$ 3451	

Service Inclusions - In-Style Holidays
Transport, Food & Accommodation: Domestic flights Kathmandu/Lukla/Kathmandu US\$ 362, city tour, private bus, on foot, Hotels (4nts KTM 4*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouses (11nts) 15 Breakfasts, 12 Lunches, 13 Dinners, Domestic Airport Tax
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear and fitness requirements

The Amadablam team were outstanding and really contributed to the spirit and function of our trek. All staff worked to form an outstanding team that we will remember as fondly as the mountains. Everyone contributed something unique to the group and tour. Not only great service but great personalities and kindness that was truly touching. Thanks to all.

Mr. & Mrs. Bartha

London, UK

Everest Panorama

I was impressed with the organization of everything. Everything ran smoothly, a very slick operation, very well organized.

Ms. Elaine Stephenson

North Frodingham, UK

Gokyo & Everest Base Camp

Everest...



AROUND EVEREST

Khumbu Valley Circuit

Trip Profile: 23 Day Trip Ex-Ktm.
18 Days adventurous trek to Kalapathar
5 Days Kathmandu
Ultimate views of Everest

The ultimate trek in the Everest region, this new trip visits all the major valleys of the Everest Khumbu region. Our route crosses old trading passes and hidden ridges. We aim to summit the two classic panoramic peaks of Gokyo Ri and Kalapathar. The fascinating Buddhist culture of the high valleys and the hardy Sherpas welcome us on this superb and unforgettable trek.

Kathmandu and Namche

After a warm Nepali welcome and sumptuous dinner, we explore the alleys, temples and shrines of Kathmandu. Scenic drive through the highlands to Nunthala and commence trek - a thrilling prospect and soon enough we land in the beautiful Dudh Kosi valley that leads to Namche Bazaar. An acclimatisation day gives us time to explore this Sherpa trading village.

Into high and wild country

Following a trail to Tibet, we head into wild scenery and cross a little-known, hidden pass to the Gokyo Lakes below Cho Oyu peak. The view from Gokyo Ri is stunning, with Everest truly special from here. Our route climbs up to high pastures where only yaks can feel truly comfortable. A visit to Base Camp is followed by a climb up Kalapathar, the most famous viewpoint of Everest.

Chukung and Thyangboche (Tengboche)

Descending to Dingboche, we next explore the fantastic glaciated valley of Chukung. The cirque of fluted mountain spires is awesome. Lhotse, Makalu, Island Peak, Amphu Lapsa pass and Ama Dablam are sublime. At Thyangboche is the fabulous monastery famed across the high Himalayas. All too soon we must retreat down the valleys to Lukla and the conclusion of a comprehensive adventure in the Everest region.

Nitty Gritty

Trek Grade: 'Adventurous Trek' 5 - 7hrs walking per day
Maximum Altitude: 5545m (Kalapathar)
Trek Distance: approx 160km. Lodge trek with full crew
Porters carry your duffle bag
Group Size: max 15

Itinerary - Ref. AAFH

Day 01 Arrive Kathmandu, Nepali dinner (In-Style)
Day 02 AM city tour (In-Style), PM free
Day 03 Drive to Nunthala and begin trek to Kalapathar
Day 20 End trek in Lukla
Day 21 Fly to Ktm
Day 22 In Ktm free to explore
Day 23 Depart Ktm

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
21-Oct-19	12-Nov-19	19-Oct-20	10-Nov-20
13-Apr-20	5-May-20	12-Apr-21	4-May-21
Trip Cost Ex - KTM US\$ 2226		Trip Cost Ex - KTM US\$ 2337	

Service Inclusions - Real Experience Holidays

Transport, Food & Accommodation: Domestic Flight Lukla/Kathmandu US\$ 181 Private bus, on foot, Hotel (5nts KTM 2*, 2nts PKR 2*), Teahouse (5nts) Sleeping bag & Duffle bag
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
30-Sep-19	22-Oct-19	28-Sep-20	20-Oct-20
23-Mar-20	14-Apr-20	22-Mar-21	13-Apr-21
Trip Cost Ex - KTM US\$ 3114		Trip Cost Ex - KTM US\$ 3269	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic Flight Lukla/Kathmandu US\$ 181, Private bus, city tour, on foot, Hotel (5nts KTM 4*, 2nts PKR 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (18nts) 22 Breakfasts, 18 Lunches, 19 Dinner Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)
Free Trek Pack Included: Please refer to your Trip Dossier for all other gear requirements

CLASSIC EVEREST

Everest at its Best

Trip Profile: 19 Days Trip Ex-Ktm.

14 Days 'Adventurous' Trek
1 Day Overland
4 Days in Kathmandu

Follow in the footsteps of the legendary mountaineers who scaled Everest, through the homeland of the Sherpas, across high passes, and to the spellbinding magic of the world's highest mountains and their glorious environment.

Kathmandu

There is plenty of time to explore and try traditional Nepali cuisine in a feast at one of Kathmandu's finest Nepali restaurants.

Nunthala to Namche Bazaar

This adventure retains the most scenic part of the traditional walking route to Everest. We drive through the highlands of Sherpa Country and begin our trek the road-head at Nunthala, the trail winds eastward through the scenic Sherpa region of Solu, past active Buddhist monasteries with their colourful prayer flags and prayer wheels, across three (3000m) 10,000ft passes and into the Sherpa heartland. By the time you reach Namche Bazaar, you will be more than ready to tackle the high country ahead.

Thyangboche Monastery, Dingboche & Everest Base Camp, or Kalapathar

Famed Thyangboche Monastery provides a fascinating insight into Sherpa culture and history. Hike to the Base Camp or the rocky summit of Kalapathar, overlooking the Base Camp, for a close up view of Everest and its giant neighbours, which only a fortunate few are privileged to see. After returning to Lukla, a breathtaking flight along the Himalaya returns you safely to Kathmandu. Here you have time for some city adventures to match your mountain high.

Nitty Gritty

Trek Grade: 'Adventurous' 6-9hrs walking per day
Maximum Altitude; 5545m (Kalapathar)
Trek Distance; approx. 154km Lodge with full crew support. Porters carry your duffle bag
Group Size: max 15

Itinerary - Ref. ACET

Day 01 Arrive Ktm PM Nepali Dinner (In-style)
Day 02 AM City Tour (In-style) PM Free in Ktm
Day 03 Drive to Nunthala & Commence Trek to EBC
Day 16 End Trek in Lukla
Day 17 Fly to Ktm
Day 18 In Ktm
Day 19 Depart Ktm

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
21-Sep-19	9-Oct-19	26-Sep-20	14-Oct-20
26-Oct-19	13-Nov-19	31-Oct-20	18-Nov-20
28-Mar-20	15-Apr-20	27-Mar-21	14-Apr-21
25-Apr-20	13-May-20	24-Apr-21	12-May-21
23-May-20	10-Jun-20	15-May-21	2-Jun-21
Trip Cost Ex - KTM US\$ 1939		Trip Cost Ex - KTM US\$ 2035	

Service Inclusions - Real Experience Holidays

Transport, Accommodation : Domestic flight US\$ 181, on foot, Hotels (4nts KTM 2*), Teahouses (14 nts) Sleeping bag & Duffle bag

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
12-Oct-19	30-Oct-19	10-Oct-20	28-Oct-20
4-Nov-19	22-Nov-19	7-Nov-20	25-Nov-20
7-Mar-20	25-Mar-20	6-Mar-21	24-Mar-21
4-Apr-20	22-Apr-20	3-Apr-21	21-Apr-21
2-May-20	20-May-20	1-May-21	19-May-21
Trip Cost Ex - KTM US\$ 2881		Trip Cost Ex - KTM US\$ 3025	

Service Inclusions - In-Style Holidays

Transport, Food Accommodation: Private bus, domestic flight US \$181, Hotels (4nts KTM 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (14nts) 18 Breakfasts, 14 Lunches, 15 Dinners, Domestic Airport Tax

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements

MARTIN CRAB



MUSTANG OVERLAND EXPLORATION

Explore the Forbidden Kingdom

Trip Profile: 14 Day Trip Ex-Ktm.

- 10 Days Overland Tour including 2 Nights Pokhara
- 4 Days in Kathmandu
- World's deepest river gorge

High on the Tibetan Plateau, the once forbidden kingdom of Mustang is a legendary land of stunning landscapes where Tibetan Buddhist traditions are still strong. Follow old Tibetan trade routes along the world's deepest river gorge to the treasures of an ancient era.

Kathmandu & Annapurna

You will experience the broad sweep of natural and cultural diversity for which the Annapurna region is famed. From prosperous, busy lowland villages, with their banana groves, orange orchards, lush forests and terraced hillsides, to the colossus of the Annapurna massif - the views are simply stunning.

Kali Gandaki Gorge, Mustang/Pokhara

From the world's deepest river gorge, the Kali Gandaki, to the base of one of the world's highest walkable passes and the beginning of the barren, windswept Tibetan Plateau, you'll see it all. Our overland follows an ancient trading route and taking you under the shadows of magnificent Annapurna Range and Dhaulagiri massif, where you can truly appreciate the size of these mountains.

The legendary region of Mustang in north central Nepal is a geographic extension of the Tibetan Plateau, a windswept mountain realm harboring one of the last remnants of Tibetan culture. Its traditional ways have remained virtually untouched by the outside world. Only in 1992 Mustang opened for the tourist.

A scenic (4 WD) drive along the ancient trade corridor to Tibet, will take you on the splendor and tradition of old Tibet with 16th century monastery of Tsarang and the ancient walled fortress that have been preserved here, in the old city of Lo Manthang. On the way back we drive back to Pokhara via world's deepest river gorge,

We have some time to explore Pokhara to test the fascinating Lakeside. Back in Kathmandu, cap your adventure with some bargain shopping or simply relax.

Nitty Gritty

Trek Grade: **Moderate 6-8hrs Driving a day**

Maximum Altitude: **3810m Lo Mathang**

Overland Distance: **approx 490km. Lodge Overland Safari with full crew support on 4WD.**

Group Size: **max 12**

Itinerary - Ref. AMOE

- Day 1 Arrive Kathmandu Overnight Hotel
- Day 2 In Kathmandu Sightseeing Tour - Welcome Dinner
- Day 3 Drive to Pokhara Overnight Hotel
- Day 4 Drive to Kagbeni via Muktinath
- Day 5 Drive to Charang
- Day 6 Hike to the Luri Cave & Back to Charang
- Day 7 Charang to Lo Manthang
- Day 8 Explore the Chosar Cave & Village and Back to Chorang
- Day 9 Hike to Ghar Gumpa and Back to Chorang
- Day 10 Drive to Chhusang
- Day 11 Drive to Tukche
- Day 12 Drive to Pokhara
- Day 13 Fly to Kathmandu
- Day 14 Depart Kathmandu.

In-Style Holiday ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
14-Oct-19	27-Oct-19	12-Oct-20	25-Oct-20
16-Mar-20	29-Mar-20	8-Mar-21	21-Mar-21
Trip Cost Ex - KTM US\$ 4405		Trip Cost Ex - KTM US\$ 4625	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation:

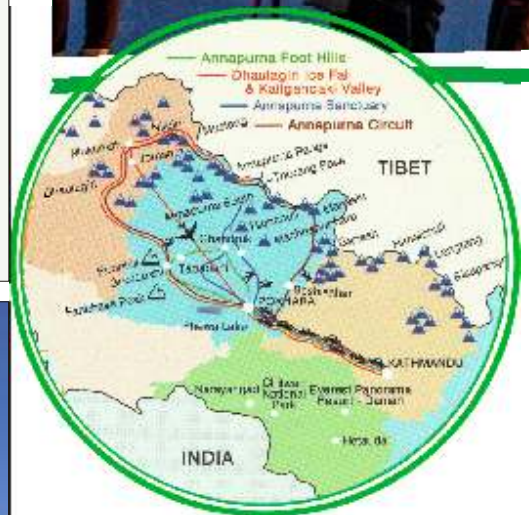
Domestic Flight Pokhara/Kathmandu US\$ 124, city tour, private bus, on 4WD, Hotels (4nts KTM 4*, 2nts PKR*), Welcome Dinner Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse/lodge Overland Safari (10nts), 13 Breakfasts, 10 Lunches, 9 Dinners, Domestic Airport Tax

Full Crew Support:

Group Leader, Trekking Guide & Sherpa Guide(s)

Free Trek Pack Included:

Please refer to your Trip Dossier for all other gear requirements



I was very impressed and grateful, by the way your company and staff assisted me and my wife when she was taken ill prior to the start of our trek. It was very reassuring to know that if I needed assistance in any respect, it would cheerfully be given. On the trek, your staff paid very close attention. We fully enjoyed the experience from the bottom of our hearts. A big thank you for looking after her so well and giving us such a wonderful time in Nepal.

*Mr John Hunter
Telford, UK
Dhaulagiri Ice Fall & Gateway to Mustang*

Annapurna...



ANNAPURNA FOOTHILLS

Short & Scenic

Trip Profile: 9 Day Trip Ex-Ktm.

4 Days 'Leisurely Plus' Trek
3 Days in Kathmandu
2 Nights Pokhara Heritage Hotel

This is an excellent introduction to trekking in Nepal. Magnificent mountain scenery and hospitable local people make for an unforgettable experience.

The Kathmandu Valley

Before and after your trek there is plenty of time for exploration of our city.

Pokhara & The Annapurna

You will see many prosperous, busy villages of terracotta and thatched-roof houses, but your constant companions will also be the soaring peaks of Annapurna & Fishtail. At the charming settlement of Ghandrung, Annapurna South and Hiunchuli tower almost overhead, and a sunrise visit to Poon Hill will reveal the Magnificent Annapurna Himal and the sacred Fishtail Machapuchare in all their glory. Even first-timers will enjoy this trek, as the highest point is Poon Hill at 3232m. You are sure to enjoy the laid-back atmosphere of Lakeside Pokhara as well.

Nitty Gritty

Trek Grade: 'Leisurely Plus' 5 - 7hrs walking per day.
Maximum Altitude: 3232m (Poon Hill)
Trek Distance: approx 44km Lodge trek with full crew support. Porters carry your due bag
Group Size: max 15

Itinerary - Ref. AAFH

Day 01 Arrive Ktm PM Welcome Dinner (In-style)
Day 02 A.M Ktm. City Tour (In-style) PM Free
Day 03 Drive to Pokhara & O/N Hotel
Day 04 Drive to Kimje & Commence Trek
Day 07 End Trek in Ulleri & Drive to Pokhara, O/N Hotel
Day 08 Return to Kathmandu
Day 09 Depart Ktm

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Sep-19	24-Sep-19	28-Sep-20	6-Oct-20
21-Oct-19	29-Oct-19	28-Oct-20	5-Nov-20
18-Nov-19	26-Nov-19	18-Nov-20	26-Nov-20
16-Dec-19	24-Dec-19	21-Dec-20	29-Dec-20
27-Jan-20	4-Feb-20	18-Jan-21	26-Jan-21
17-Feb-20	25-Feb-20	15-Feb-21	23-Feb-21
16-Mar-20	24-Mar-20	15-Mar-21	23-Mar-21
20-Apr-20	28-Apr-20	19-Apr-21	27-Apr-21
18-May-20	26-May-20	17-May-21	25-May-21
Trip Cost Ex - KTM US\$ 856		Trip Cost Ex - KTM US\$ 898	

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
30-Sep-19	8-Oct-19	14-Sep-20	22-Sep-20
30-Oct-19	7-Nov-19	12-Oct-20	20-Oct-20
2-Dec-19	10-Dec-19	2-Nov-20	10-Nov-20
30-Dec-19	7-Jan-20	7-Dec-20	15-Dec-20
13-Jan-20	21-Jan-20	4-Jan-21	12-Jan-21
3-Feb-20	11-Feb-20	1-Feb-21	9-Feb-21
2-Mar-20	10-Mar-20	1-Mar-21	9-Mar-21
6-Apr-20	14-Apr-20	5-Apr-21	13-Apr-21
4-May-20	12-May-20	3-May-21	11-May-21
Trip Cost Ex - KTM US\$ 1644		Trip Cost Ex - KTM US\$ 1726	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic Flight Pokhara/Kathmandu U S \$ 124, city tour, Private bus, on foot, Hotel (3nts KTM 4*, 2nts PKR 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (3nts) 8 Breakfasts, 5 Lunches, 4 Dinners
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)
Free Trek Pack Included: Please refer to your Trip Dossier for all other gear requirements

We allow spare days for touring in Kathmandu and Pokhara

Service Inclusions - Real Experience Holidays

Transport, Accommodation: private bus, on foot, Hotel (3nts KTM 2*, 2nts PKR 2*), Teahouse (3nts) Sleeping bag & Duffle bag included in Trip Cost
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

Annapurna...



ANNAPURNA SANCTUARY

Mountain Drama

Trip Profile: 13 Day Trip Ex-Ktm.

4 Days in Kathmandu

8 Days 'Moderate' Trek

2 Nights in Pokhara at Heritage Hotel

An adventure that will take you into a most beautiful part of Nepal, via both well-worn and off-the-beaten-track trails. Prosperous, villages, remote settlements, the magnificent Annapurna and the sacred Fishtail Machapuchare!

Kathmandu & Pokhara

We explore this fascinating Kathmandu, before and after your trek. Lakeside Pokhara also offers many delights, like ice-cream shops!

Chomrong Khola

Here you will be walking in the foothills of the Himalaya, through lush forests and the beautiful villages as we drive to Kimje and Ghandruk, where the huge bulks of Annapurna South and Hiunchuli soar overhead.

Annapurna Sanctuary and Base Camp

After crossing the Chomrong Khola (river), head up through thick rainforest, one of the most beautiful in Nepal, making our way to the Sanctuary. You will be overwhelmed by the beauty and sheer splendor of Fang, Annapurna I and II and of course Machapuchare. Base Camp is further up the valley and once there we will be faced by an enormous wall of rock and ice. The beauty of this sacred place is unforgettable and will have you coming back for more!

Nitty Gritty

Trek Grade: 'Moderate' 6-9hrs walking per day

Maximum Altitude: 4095m (Base Camp)

Trek Distance: approx. 142km Lodge trek with full crew support. Porters carry your duffle bag

Group Size: max 15

Itinerary - Ref. AABC

Day 01 Arrive Ktm. PM Nepali Dinner (In-style)

Day 02 AM City Tour (In-style) PM Free

Day 03 Drive to Pokhara & O/N Hotel

Day 04 Drive to Kimje & begin trek to ABC

Day 11 End Trek at Kimche, Drive to Pokhara O/N Lakeside

Day 12 Return to Ktm

Day 13 Depart Ktm

Excellent leader and service from all staff. Excellent Relationships with them all.

Mrs. Teresa Brass

Maidenhead, UK

Annapurna Sanctuary

Please Refer Page 20 for Trek Map of these Treks

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Sep-19	28-Sep-19	28-Sep-20	10-Oct-20
21-Oct-19	2-Nov-19	28-Oct-20	9-Nov-20
18-Nov-19	30-Nov-19	18-Nov-20	30-Nov-20
16-Dec-19	28-Dec-19	21-Dec-20	2-Jan-21
27-Jan-20	8-Feb-20	18-Jan-21	30-Jan-21
17-Feb-20	29-Feb-20	15-Feb-21	27-Feb-21
16-Mar-20	28-Mar-20	15-Mar-21	27-Mar-21
20-Apr-20	2-May-20	19-Apr-21	1-May-21
18-May-20	30-May-20	17-May-21	29-May-21
Trip Cost Ex - KTM US\$ 1245		Trip Cost Ex - KTM US\$ 1307	

Service Inclusions - Real Experience Holidays

Transport, Accommodation: Private bus, on foot, Hotels (3nts KTM 2*, 2nts PKR 2*), Teahouse (7nts), Sleeping bag & Duffle bag
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

ANNAPURNA CIRCUIT

Classic Nepal

Trip Profile: 15 Day Trip Ex- Ktm.

9 Days 'Adventurous' Trek
2 Nights in Pokhara at Heritage Hotel
4 Days in Kathmandu

This is an epic journey, from verdant lowlands to the barren windswept Tibetan Plateau, seeing the lifestyles of diverse ethnic groups along the trail. One of the world's best walks.

Kathmandu & Pokhara

There is time to explore this wonderful and exciting city, plus a delicious dinner at one of Kathmandu's finest Nepali restaurants and city tours (In-Style). There is also time to enjoy the laid-back atmosphere of Lakeside Pokhara.

Annapurna Circuit Trek

Drive to Chame via Beshisahar near historic Gorkha, and walk north along the Marsyangdi River valley, while the peaks of Manaslu, Lamjung Himal and Himalchuli soar above. Lush forests give way to arid northern terrain as we ascend. Acclimatise in the colourful Buddhist valley of Manang, among the shrewd Manangi traders. Cross the Thorong La and descend to Muktinath. Here, eternal blue flames of natural gas are revered in Buddhist and Hindu temples, which attract pilgrims from afar. The road takes over from here and we have a scenic drive into the deepest river gorge in the world, the Kali Gandaki to Pokhara.

Nitty Gritty

Trek Grade: 'Adventurous' A long and challenging trek, 6-10hrs walking daily
Maximum Altitude: 5416m (Thorong La)
Trek Distance: approx. 110 km Lodge with full crew support. Porters carry your duffle bag
Group Size: max 15

Itinerary - Ref. AANC

Day 01 Arrive Ktm. PM Nepali Dinner (In-style)
Day 02 AM City Tour (In-style) PM free in Ktm
Day 03 Drive to Chame via Beshisahar O/N lodge
Day 04 Begin Trek
Day 11 Trek end in Jomsom
Day 12 Drive to Pokhara
Day 13 In Pokhara
Day 14 Return to Ktm
Day 15 Depart Ktm

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
30-Sep-19	14-Oct-19	28-Sep-20	12-Oct-20
28-Oct-19	11-Nov-19	26-Oct-20	9-Nov-20
23-Mar-20	6-Apr-20	22-Mar-21	5-Apr-21
20-Apr-20	4-May-20	19-Apr-21	3-May-21
18-May-20	1-Jun-20	17-May-21	31-Jun-21
Trip Cost Ex - KTM US\$ 1434		Trip Cost Ex - KTM US\$ 1505	

Service Inclusions - Real Experience Holidays

Transport, Accommodation: Private bus, on foot, Hotels (3nts KTM 2*, 2nts PKR 2*), Teahouse (9nts), Sleeping bag & Duffle bag

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
14-Sep-19	28-Sep-19	19-Sep-20	3-Oct-20
12-Oct-19	26-Oct-19	10-Oct-20	24-Oct-20
7-Mar-20	21-Mar-20	6-Mar-21	20-Mar-21
4-Apr-20	18-Apr-20	3-Apr-21	17-Apr-21
2-May-20	16-May-20	1-May-21	15-May-21
Trip Cost Ex - KTM US\$ 2363		Trip Cost Ex - KTM US\$ 2481	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic Flight Pokhara/Kathmandu US\$124, city tour, Private bus, on foot, Hotels (3nts KTM 4*, 2nts PKR 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (9nts) 14 Breakfasts, 10 Lunches, 11 Dinners

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

Free Trek Pack Included: Please refer to your Trip Dossier for all other gear requirements

In-Style Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
30-Sep-19	12-Oct-19	14-Sep-20	26-Sep-20
30-Oct-19	11-Nov-19	12-Oct-20	24-Oct-20
2-Dec-19	14-Dec-19	2-Nov-20	14-Nov-20
30-Dec-19	11-Jan-20	7-Dec-20	19-Dec-20
13-Jan-20	25-Jan-20	4-Jan-21	16-Jan-21
3-Feb-20	15-Feb-20	1-Feb-21	13-Feb-21
2-Mar-20	14-Mar-20	1-Mar-21	13-Mar-21
6-Apr-20	18-Apr-20	5-Apr-21	17-Apr-21
4-May-20	16-May-20	3-May-21	15-May-21
Trip Cost Ex - KTM US\$ 1930		Trip Cost Ex - KTM US\$ 2026	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic Flight Pokhara/Kathmandu US\$ 124, city tour, Private bus, on foot, Hotels (3nts KTM 4*, 2nts PKR 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (7nts) 12 Breakfasts, 9 Lunches, 6 Dinners

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

Free Trek Pack Included: Please refer your Trip Dossier for all other gear requirements

Bob & Sian Gibbons

Steven Farrer



ANNAPURNA DHAULAGIRI

Himalayan Pilgrimage

Trip Profile: 13 Day Trip E x-Ktm.

4 Days in Kathmandu Valley

8 Days 'Moderate' Trek

2 Nights in Pokhara at Heritage Hotel

This challenging trek goes north of the Himalaya, circling the eighth highest mountain in the world. High and remote, the route was o-limits until recently. It's a journey through wild country; a real mountain high.

The Kathmandu Valley

After a Welcome Dinner at a typical Nepali restaurant, and a city tour, there is still time to explore our city on your own.

Annapurna Dhaulagiri Trek

From Pokhara, head up through terraced hillsides and traditional Gurung villages. Trek high above the Modi Khola through thick rhododendron forests, festooned with orchids and daphne, underneath Annapurna I and Machapuchare. You should have the magnificent views of Annapurna I and Annapurna South from Kopra Ridge to yourself, as few trekkers pass this way. By the shores of peaceful Baraha Lake you can almost touch Annapurna Fang and marvel at the rest of the Annapurna and Dhaulagiri ranges dominating the horizon. A stop at Poon Hill (3232m) affords a last look at these spectacular giants as more charming villages mark the way back.

Lakeside at Pokhara

Lovely Phewa Tal (Lake) on the edge of Pokhara is a great place to simply relax, or check out the souvenir and ice cream shops. After the traditional 'end of trek' party, return to Kathmandu for more city adventures.

Nitty Gritty / Service Inclusions

Trek Grade: 'Moderate' 6-9hrs walking per day

Maximum Altitude: 4200m (Baraha Lake)

Trek Distance: approx. 96km Lodge with full crew support.

Porters carry your Duffle bag

Free Trek Pack: Please refer to your Trip Dossier for all other gear requirements & service inclusions

Group Size: max 15

Itinerary - Ref. AAND

Day 01 Arrive Ktm. PM Nepali Dinner

Day 02 AM City Tour PM Free in Ktm

Day 03 Drive to Pokhara O/N Hotel

Day 04 Drive to Kimje & Begin Trek

Day 11 End Trek in Ulleri & Drive to Pokhara O/N Hotel

Day 12 Return to Ktm

Day 13 Depart Ktm

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Sep-19	28-Sep-19	28-Sep-20	10-Oct-20
21-Oct-19	2-Nov-19	28-Oct-20	9-Nov-20
18-Nov-19	30-Nov-19	23-Nov-20	5-Dec-20
16-Mar-20	28-Mar-20	15-Mar-21	27-Mar-21
20-Apr-20	2-May-20	19-Apr-21	1-May-21
18-May-20	30-May-20	17-May-21	29-May-21
Trip Cost Ex - KTM US\$ 1244		Trip Cost Ex - KTM US\$ 1306	

Service Inclusions - Real Experience Holidays

Transport, Accommodation: Private bus, on foot, Hotel (3nts KTM 2*, 2nts PKR 2*), Teahouse (8nts) Sleeping bag & Duffle bag Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2020	
30-Sep-19	12-Oct-19	14-Sep-20	26-Sep-20
30-Oct-19	11-Nov-19	12-Oct-20	24-Oct-20
2-Dec-19	14-Dec-19	9-Nov-20	21-Nov-20
2-Mar-20	14-Mar-20	1-Mar-21	13-Mar-21
6-Apr-20	18-Apr-20	5-Apr-21	17-Apr-21
4-May-20	16-May-20	3-May-21	15-May-21
Trip Cost Ex - KTM US\$ 2007		Trip Cost Ex - KTM US\$ 2107	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic Flight Pokhara/Kathmandu U S \$124 , city tour, Private bus, on foot, Hotels (3nts KTM 4*, 2nts PKR 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (8nts), 12 Breakfasts, 9 Lunches, 8 Dinners, Domestic Airport Tax Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s) Free Trek Pack: Please refer to your Trip Dossier for all other gear requirements



Your staff on the trek were excellent, helpful & extremely friendly! I will never forget this experience! Thanks to all & see you again.

*Mr. Walter Rayher Denmark
Langtang Valley*

J. Carr



Langtang & more...



J. Carr

LANGTANG LAKES & MOUNTAINS

Central Nepal Highlights

Trip Profile: 11 Day Trip Ex-Ktm.
4 Days Kathmandu - 7 Days 'Moderate' Trek

This adventure to Nepal's second largest National Park gives you mountain panoramas and pristine forests.

Kathmandu

Experience the old city on a guided tour, enjoy a welcome dinner at one of Kathmandu's finest Nepali restaurants and scenic drive to Syabrubeshi. This journey shows you something of the central hills of Nepal.

Central Hills of Nepal

Head up through the rolling hills and colourful Sherpa and Tamang settlements, surrounded by pristine mountains, they are a destination for pilgrims who come from afar to seek religious merit. After barren but wildly beautiful Kyanjin Gumpa (monastery), there is an excursion to the rocky ridge leading to either Tsergo Ri or Yala Peak. Your reward is some of the best mountain views in Nepal and, with the right snow and weather conditions, the chance to climb even higher. Retracing your steps, trek to Syabru and Dhunche and then drive back to Kathmandu for a city adventure!

Nitty Gritty

Trek Grade: 'Adventurous' 6-9hrs per day
Maximum Altitude : 3870m Kyanjin Gumpa
Trek Distance: approx.88km Lodge trek with full Crew support. Porters carry your duffle bag
Group Size: max 15

Itinerary - Ref. ALLM

Day 01 Arrive Ktm PM Welcome Dinner (In-style)
Day 02 AM City Tour (In-style) PM Free in Ktm
Day 03 Drive to Syabrubeshi & Begin Trek to Langtang Valley
Day 09 Trek ends in Syabrubeshi
Day 10 Drive to Ktm
Day 11 Depart Ktm

Real Experience Holidays**

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Sep-19	26-Sep-19	28-Sep-20	8-Oct-20
21-Oct-19	31-Oct-19	28-Oct-20	7-Nov-20
18-Nov-19	28-Nov-19	23-Nov-20	3-Dec-20
16-Mar-20	26-Mar-20	15-Mar-21	25-Mar-21
20-Apr-20	30-Apr-20	19-Apr-21	29-Apr-21
18-May-20	28-May-20	17-May-21	27-May-21
Trip Cost Ex - KTM US\$ 905		Trip Cost Ex - KTM US\$ 950	

Service Inclusions - Real Experience Holidays

Transport, Accommodation: Private bus, on foot, Hotels (3nts KTM 2*), Teahouse (7nts) Sleeping bag & Duffle bag
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

In-Style Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
30-Sep-19	10-Oct-19	14-Sep-20	24-Sep-20
30-Oct-19	9-Nov-19	12-Oct-20	22-Oct-20
2-Dec-19	12-Dec-19	9-Nov-20	19-Nov-20
2-Mar-20	12-Mar-20	1-Mar-21	11-Mar-21
6-Apr-20	16-Apr-20	5-Apr-21	15-Apr-21
Trip Cost Ex - KTM US\$ 1471		Trip Cost Ex - KTM US\$ 1544	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: City tour, private bus, on foot, Hotels (3nts KTM 4*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag), Teahouse (7nts), 10 Breakfasts, 8 Lunches, 8 Dinners

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s) & Porter(s)

Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements

Annapurna...



ANNAPURNA EXPLORER

A Scenic Wonder

Trip Profile: 10 Day Trip Ex-Ktm.

• 6 Days 'Leisurely Plus' Trek • 1 Night Pokhara at Heritage Hotel • 3 Nights Kathmandu

Trekking in the Annapurna/Mardi Himal is an adventure in a wonderland of natural and cultural diversity.

Kathmandu & Pokhara

Time for you to explore the delights of Kathmandu after a Nepali Welcome Dinner and a guided city tour. You will enjoy 'Lakeside's' laid-back atmosphere.

Annapurna Trek

Walk up through green forests and typical villages to be welcomed by ever smiling faces. Marvel at the Annapurna, Dhaulagiri and Machhapuchare "Fish Tail" panoramas, while marveling the beauty of the prosperous and colorful village, stunning mountain views and local scenes! (See Nepal Panorama next Page)

Itinerary - Ref. AANE

Day 01 Arrive Ktm. PM Nepali Welcome Dinner
Day 02 AM City Tour PM Free in Ktm/ at leisure
Day 03 Fly to Pokhara & Drive to Kande & Begin Trek
Day 08 End Trek in Siding, Drive to Pokhara, O/N Hotel
Day 09 Drive to Ktm, free/ at Leisure
Day 10 Depart Ktm.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flight Kathmandu/Pokhara US\$ 124 (Included), on foot, city tour, bus. Hotel (3nts Ktm 5*, 1nts Pkr 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Teahouse (5 nts), 9 Breakfasts, 7 Lunches, 7 Dinners, Domestic Airport Tax included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Trek Grade: 'Leisurely Plus', 5-7 hrs walking per day.

Maximum altitude: 4500m. (Mardi Himal BC)

Trek distance: Approx. 66km.

Free Trek Pack included: Please refer your Trip Dossier for all other gear requirements.

Group size: Max 15.

In-Style Holidays ***** Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
21-Sep-19	30-Sep-19	12-Sep-20	21-Sep-20
12-Oct-19	21-Oct-19	3-Oct-20	12-Oct-20
23-Oct-19	1-Nov-19	17-Oct-20	26-Oct-20
9-Nov-19	18-Nov-19	7-Nov-20	16-Nov-20
7-Dec-19	16-Dec-19	12-Dec-20	21-Dec-20
11-Jan-20	20-Jan-20	9-Jan-21	18-Jan-21
8-Feb-20	17-Feb-20	13-Feb-21	22-Feb-21
7-Mar-20	16-Mar-20	6-Mar-21	15-Mar-21
21-Mar-20	30-Mar-20	20-Mar-21	29-Mar-21
4-Apr-20	13-Apr-20	10-Apr-21	19-Apr-21
2-May-20	11-May-20	8-May-21	17-May-21
Trip Cost Ex - KTM US\$ 1700		Trip Cost Ex - KTM US\$ 1785	

NEPAL PANORAMA

Himalayan Kaleidoscope

Trip Profile : 15 Day Trip Ex-Ktm.

- 6 Days 'Leisurely Plus' Trek
- 2 Days White-water Rafting
- 2 Days Chitwan Jungle Safari
- 1 Night Everest Panorama Resort
- 3 Nights Kathmandu
- 1 Night Pokhara at Heritage Hotel

The rich diversity of Nepal is highlighted on this adventure. Peaks and paddles, wildlife and wonderful panoramas are a sample of Nepal's remarkable pleasures.

Kathmandu & Pokhara

After a Nepali Welcome Dinner and a guided city tour, there is time to explore this exciting city. Enjoy a change of pace in the laid-back atmosphere of 'Lakeside' Pokhara.

Annapurna/Mardi Trek

Take a scenic flight to Pokhara, and wend your way up through terraced rice paddies, into the Mardi Himal is an ideal choice for 'off the beaten path' trekking experience lovers. The trek follows beaten trails of shepherds as it still provides summer grazing. This is the short, relatively easy and unspoiled trek. Yet it is highly diverse with cultural insight, beautiful forest walks and alpine landscape. The extraordinary view of Annapurna, Machhapuchhre and Hiunchuli is spectacular.

Rafting & Chitwan National Park

Swap your boots for paddles and a fun-filled whitewater rafting experience on the Trisuli River. Atop an elephant in the jungle, go in search of the elusive Royal Bengal tiger and the one-horned rhinoceros.

Everest Panorama Resort

We cap your adventure with a visit to our Daman Resort, where a 400km panorama of the Himalayan Range, encompassing 8 of the world's 10 highest mountains - including Everest - is to be had on clear days. Return to Kathmandu, for bargain shopping or just relaxing.

Nitty Gritty

Trek Grade: 'Leisurely Plus', 5/7 hrs walking per day.

Max altitude: 4500m. (Mardi Himal Base Camp)

Trek distance: approx 66km.

Trek Group size: max. 15.

Itinerary - Ref. ANPA

- Day 01** Arrive Ktm. Evening Nepali Welcome Dinner
- Day 02** AM City Tour PM Free/ at leisure
- Day 03** Fly to Pokhara & Drive to Kande and Trek Begin
- Day 08** End Trek, Drive to Pokhara O/N Hotel
- Day 09** Drive to Trisuli River & commence Rafting
- Day 11** Drive to Chitwan National Park - Jungle Safari
- Day 13** Drive to Everest Panorama resort - Daman
- Day 14** Drive to Ktm, PM free/ at leisure
- Day 15** Depart Ktm.

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
21-Sep-19	5-Oct-19	12-Sep-20	26-Sep-20
12-Oct-19	26-Oct-19	3-Oct-20	17-Oct-20
23-Oct-19	6-Nov-19	17-Oct-20	31-Oct-20
9-Nov-19	23-Nov-19	7-Nov-20	21-Nov-20
7-Dec-19	21-Dec-19	12-Dec-20	26-Dec-20
11-Jan-20	25-Jan-20	9-Jan-21	23-Jan-21
8-Feb-20	22-Feb-20	13-Feb-21	27-Feb-21
7-Mar-20	21-Mar-20	6-Mar-21	20-Mar-21
21-Mar-20	4-Apr-20	20-Mar-21	3-Apr-21
4-Apr-20	18-Apr-20	10-Apr-21	24-Apr-21
2-May-20	16-May-20	8-May-21	22-May-21
Trip Cost Ex - KTM US\$ 2835		Trip Cost Ex - KTM US\$ 2976	

Service Inclusions

Transport, Food & Accommodation:

Domestic flight Kathmandu/Pokhara US\$ 124 (Included), Private Bus, on foot, city tour, inflatable raft, elephant, Hotels (3nts Ktm 5*, 1nt Pkr 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Resort (1nt), Jungle Lodge (2nts), Teahouse (5nts) Camping (2nts) 14 Breakfasts, 11 Lunches, 12 Dinners, Domestic Airport Tax included on Trip Cost.

Full Crew Support:

Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Free Trek/Raft Pack included:

Please refer to our Trip Dossier for all other requirements.



Steven Farrer

Overall a very enjoyable trip which allowed me to see Nepal from many aspects; trekking, rafting, jungle safari. The tour/trek leader and staff were very helpful and professional putting ones safety first while providing an exciting journey.

Ms. Doborah Downing

Caledonia, Toronto, ON Canada

Nepal Panorama

The staffs were excellent & the food was extraordinary.

Ms. Michael Hurley

Sutherland Road, Ealing, London -UK

Annapurna Explorer

Peter Counsell



THE TSUM VALLEY

Monks & Monasteries

Trip Profile: 17 Day Trip Ex-Ktm. • 4 Days Kathmandu Valley, • 13 Days adventurous Trek,

The Tsum Valley is astonishing and secretive. It may not have the aura of Everest or Annapurna, but the majestic mountain of Manaslu (8163m) has a remote charm that calls on all trekkers to discover this hidden valley. Lush forests, terraced hillsides, mysterious canyons, gargantuan summits and Buddhist culture are much intriguing. For so long beyond the horizon, Hilltop monasteries, traditional villages, colourful people, enigmatic yaks and hundreds of mani walls, chortens and kani gates add to the compulsive blend.

The Kathmandu Valley & Arkhet

After a warm Nepali welcome and lavish dinner, we explore the alleys, temples and shrines of Kathmandu. A fabulous scenic drive takes us to the road head at Arkhet Bazaar one of the famous bazar of Thumi, Gorkha District and the last point of the road for the vehicles.

Tsum Valley & Mu Gomba - Historic monasteries

The Tsum Valley is a sacred Himalayan pilgrimage valley. Trails are strewn with artistic chortens and lined with mani walls made of thousands of stone slabs carved with drawings of deities and inscribed with prayers. It has a long history of Buddhism. The Buddhist saint Milarewa is believed to have meditated in the caves of these mountains. The ancient remains of the Tsum Kingdom are still visible today. The valley is uniquely rich in wildlife, especially the Himalayan Thar and Blue Sheep. We conclude our trek in Machakhola and head back to Kathmandu for a final glimpse of its historic Temples, Stupas and Durbar Squares.

Itinerary - Ref. ATVT

Day 01 Arrive Kathmandu, Nepali dinner
Day 02 AM city tour, PM free
Day 03 Bus to Arughat and begin trek to Mu Gomba
Day 15 End trek in Machakhola
Day 16 In Ktm
Day 17 Depart Ktm.

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
9-Oct-19	25-Oct-19	14-Oct-20	30-Oct-20
18-Mar-20	3-Apr-20	10-Mar-21	26-Mar-21
Trip Cost Ex - KTM US\$ 1899		Trip Cost Ex - KTM US\$ 1999	

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Private bus, on foot, city tour, Hotel (3nts Ktm 5), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Lodge/Home stay (13 nts), 16 Breakfasts, 14 Lunches, 14 Dinners included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Treks Grade: Moderate, 6-9 hours walking a day.

Maximum altitude: 3700 m. (Mu Gumba)

Treks distance: approx. 133km. Lodge with full crew support. Porters carry your Duffel bag.

Free Trek/Raft Pack included. Please refer to your Trip Dossier for all other gear requirements & service inclusion.

Group size: max 15.

P. MORROW



J. CARR



Manaslu...



AROUND MANASLU North of The Himalaya

Trip Profile: 18 Day Trip Ex-Ktm.

- 14 day adventurous lodge trek
- 4 days Kathmandu
- Never ending mountain vistas

This unique itinerary opens a window on to the style of trekking that pioneered the opening of Nepal's remote and spectacular lost valleys. Set to become a classic trek in the footsteps of the Annapurna Circuit, the trek around Manaslu is every bit as mind-blowing as any trail in Nepal. The peaks are stupendous: Ganesh Himal, Himalchuli, Ngadi Himal, Shringi Himal, Larkya Peak and the east faces of Annapurna II and Lamjung. This mountain Shangri-La is truly magnificent. Go soon, before it is discovered as the shining jewel of central Nepal.

The Kathmandu Valley

After a warm Nepali welcome and sumptuous dinner, we explore the alleys, temples and shrines of Kathmandu. A spectacular drive takes us to the road-head at Arughat Bazaar, in Gorkha country. The trek follows the deep, lush semitropical gorge of the Buri Gandaki. It is a rugged and exciting hike through isolated farming communities. We pass the hidden lost valley of Tsum as we climb ever higher.

Into Buddhist country to Samagaon Monastery

Following a trail close to Tibet, we pass through remote, little-visited villages like Ngyak, Namru and Lho. To the east, Ganesh Himal towers high above, a brooding God of Ice. The quiet forests are left far below and Manaslu peak is stunning as we reach Samagaon. The remote Buddhist monasteries present a fascinating glimpse of a culture almost lost in Tibet.

Over Larkya La to Tal

Heading on up into wild, spectacular, pure mountain scenery, we cross the little-known Larkya La pass. A tremendous panorama of jagged, fluted peaks and tumbling glaciers dominates the summit ridge. Far below the pass are the enchanting meadows of Bhimthang, perhaps one of the most peaceful valleys in the Himalayas. Heading down, we reach Dharapani and the classic Annapurna trail. At Tal we conclude our trek and head back to Kathmandu for a final glimpse of its historic Temples, Stupas and Quaint Durbar Squares.

Nitty Gritty

Trek Grade: **"Moderate"**, 6-9 hours walking a day.
Maximum altitude: **5153m.**(Larkya La Pass)
Trek distance: **approx. 154km.**
Group size: **max 15**

Itinerary - Ref. AAMT

Day 01 Arrive Kathmandu, Nepali dinner
Day 02 AM city tour, PM free
Day 03 Bus to Sotikhola & begin trek to Larkya Pass
Day 16 End trek in Syange
Day 17 Drive to Ktm
Day 18 Depart Ktm

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
9-Oct-19	26-Oct-19	14-Oct-20	31-Oct-20
18-Mar-20	4-Apr-20	10-Mar-21	27-Mar-21
Trip Cost Ex - KTM US\$ 3229		Trip Cost Ex - KTM US\$ 3390	

Service Inclusions

Transport, Food & Accommodation:
Private bus, on foot, city tour, Hotel (3nts Ktm 5*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Teahouse(14 nts), 17 Breakfasts, 15 Lunches, 15 Dinners included on Trip Cost.
Full Crew Support:
Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S). Free Trek Pack included.
Please refer to your Trip Dossier for all other gear requirements & service inclusion.

Annapurna & Everest



BEST OF NEPAL

Annapurna & Everest

Trip Profile: 25 Day Trip Ex-Ktm.

- 7 Days Kathmandu Valley,
- 12 Days 'Leisurely Plus' Lodge Trek, (6 Days Annapurna, 6 Days Everest)
- 2 Days Rafting
- 2 Days Jungle Safari
- 1 Night Everest Panorama Resort
- 1 Night Pokhara at Heritage Hotel

Here's one trip offering everything you could ask for. The beautiful Annapurna, white water rafting fun, a safari in one of Asia's richest wildlife areas, a restful mountain resort and magical Mount Everest.

Kathmandu & Pokhara

There is time to explore the delights of Kathmandu after a Nepali Welcome Dinner and a guided city tour. You are sure to enjoy the laid-back 'Lakeside' atmosphere of Pokhara.

Annapurna/Mardi Ranges

The magic begins with six days trekking in the shadow of the mighty Annapurna Range, an area famed for its natural and cultural diversity, as well as stunning mountain views. (See Annapurna Explorer page 28).

Rafting & Chitwan Jungle

Next, there are two thrilling days on the Trisuli River and two more relaxed, days in the Royal Chitwan National Park. In search of the denizens of the jungle. On the way back to Kathmandu, stay overnight to marvel at the vista of 8 of the world's 10 highest mountains, including Everest, from the Everest Panorama Resort.

Instant Everest

After a mountain flight to Lukla, wend your way up to oly Thyangboche Monastery, to contemplate the awesome, giant "Snow Lords"-Everest and its neighbours. (See Instant Everest, page 14). Another spectacular mountain flight sweeps you back to Kathmandu, for more bargain shopping or just relaxing.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation:
Domestic flights Kathmandu/Pokhara US\$ 124(Included) & Kathmandu/ Lukla/ Kathmandu US\$ 362(Included), on foot, city tour, private bus, elephant, canoe, 4WD vehicle, Hotels (7nts Ktm 5*, 1nt Pkr 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag),Teahouse (12 nts) , Jungle lodge (2 nts), Rafting (2 nts) Resort (1 nt) 25 Breakfasts, 18 Lunches, 18 Dinners, Domestic Airport Tax included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Treks Grade: 'Leisurely Plus'. 5/7 hours walking per day.

Maximum altitude: 3867m. (Thyangboche)

Treks distance: approx. 180km. lodging with full crew support. Porters carry your Duffel bag.

Free Trek/Raft Pack included. Please refer to our Trip Dossier for all other gear requirements.

Group size: max 15.

Itinerary - Ref. ABON

- Day 01 Arrive Ktm PM Nepali Dinner
- Day 02 AM City Tour PM Free in Ktm
- Day 03 Fly to Pokhara & Drive Kande & Commence Trek
- Day 08 End Trek & Drive to Pokhara O/N Hotel
- Day 09 Drive to Trisuli River & commence Rafting
- Day 11 Drive to Chitwan National Park & commence Jungle Safari
- Day 13 Drive to Everest Panorama Resort
- Day 14 Drive to Ktm
- Day 15 In Ktm
- Day 16 In Ktm
- Day 17 Fly to Lukla & begin Lodge Trek
- Day 23 Fly to Ktm.
- Day 24 In Ktm.
- Day 25 Depart Ktm.



I have enjoyed every moment of this trip and would recommend your company to others at home. It is good value too.

Ms. Jane Nightingale

Lytham Street, London, UK

Best of Nepal

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
21-Sep-19	15-Oct-19	12-Sep-20	6-Oct-20
23-Oct-19	16-Nov-19	17-Oct-20	10-Nov-20
9-Nov-19	3-Dec-19	7-Nov-20	1-Dec-20
7-Dec-19	31-Dec-19	12-Dec-20	5-Jan-21
11-Jan-20	4-Feb-20	9-Jan-21	2-Feb-21
8-Feb-20	3-Mar-20	13-Feb-21	9-Mar-21
7-Mar-20	31-Mar-20	6-Mar-21	30-Mar-21
4-Apr-20	28-Apr-20	10-Apr-21	4-May-21
2-May-20	26-May-20	8-May-21	1-Jun-21
Trip Cost Ex - KTM US\$ 4157		Trip Cost Ex - KTM US\$ 4364	



Martin Crab



Thomas Kelly

NEPAL

Camping Holidays



THOMAS KELLY

Breathtaking scenery, diverse traditions and some of the friendliest people on earth comprise the rich tapestry of Nepal. Our tiny mountain country is a land of contrasts: eight of the world's 10 highest peaks, tropical jungles at sea level and the world's deepest river valley, rushing rivers and peaceful valleys, Gurkha soldiers and Buddhist lamas, golden pagodas and simple shrines. Nepal is a fascinating place to explore.





BHUSAN MALLA

Services Included Nepal Camping Treks:

Free use of AmaDablam Trek Pack: Sleeping Bags (two in winter); Thermal Liner plus Inner Sleeping Bags on Adventurous Treks, Two insulated sleeping mats, Down/fibrefill Jacket, Poncho or Rain Jacket. And our gifts to you: T-shirt and Duffle Bag

All meals prepared by our expedition cooks on Camping treks, Rafting, and in Chitwan & Everest Panorama Resort

All internal Flights such as Pokhara and Lukla as listed in the itinerary

Airport Tax on all internal flights

All camping equipment and gear, including two person tents, dining tent, toilet tent (two for more than ten people), kitchen tent

All camping and ancillary equipment including kitchen equipment, tables and chairs/stools etc

Porters and/or pack animals to carry all personal gear and group equipment

Sherpa guides/escorts, raftmen/crew and other support staff

AmaDablam's experienced National Group Leader/Escort

Private Transport from Kathmandu to and from starting and ending points of treks/rafting expeditions

Comprehensive medical kit

Portable oxygen supply on longer high altitude treks and Gamow Bag (High Altitude Chamber) on expeditionary Treks

Accommodation at 5* or best available hotel in Kathmandu on a twin share bed and breakfast basis for the nights listed in the itinerary

Everest Panorama Resort full board accommodation if included in the itinerary

For Rafting Trips: all rafting equipment, life jackets, helmets and spray jackets, group/personal waterproof containers

Kathmandu city maps and orientation Namaste booklet and trekking maps

Trekking/Rafting permit fees, National Park entry fees, Conservation fees and visa extension assistance after the trip period

Airport transfers with traditional garland welcome on arrivals/departures on both domestic and international flights

Traditional Nepali welcome dinner as listed in the itinerary

Half-day guided Kathmandu city tour as listed in the itinerary

Insurance for all support crew

Porter Gear such as warm clothes, shoes, blankets, socks, gloves, hats, snow goggles, tents on remote treks, etc

AmaDablam T-shirt and Duffle Bag, our gifts to you on all our trips, plus special Christmas, Birthday and New Year gifts

On Expeditionary Treks, all group climbing gear; high altitude tent/food, experienced climbing guide/instructor and assistant(s), climbing permit. The only items clients need to bring are their personal climbing gear and clothing. All other items/materials are Included

Please see respective trip dossiers for services inclusions on each holiday.

Please note that all prices in this brochure are guaranteed. No unpleasant surprises on arrival !

TASTE OF NEPAL

Short & Sweet

Trip Profile: 12 Day Trip Ex- Ktm.

- 3 Nights Kathmandu • 3 Days 'Leisurely' Trek • 2 Days White-water Rafting fun • 2 Days Jungle Safari
- 1 Night Everest Panorama Resort • 1 Night Pokhara at Heritage Hotel

This is an adventure for everyone, designed to give a real taste of the best Nepal has to offer, in a short but exciting time.

Kathmandu & Pokhara

In Kathmandu, enjoy a Nepali Welcome Dinner and a half day guided city tour. Pokhara is more "laid-back" with plenty of Lakeside attractions.

The "Royal Trek"

Fly to Pokhara and head into the scenic foothills, where the majestic Annapurna and Machapuchare preside over traditional villages and terraced hillsides. The relatively gentle trails lead you back to Pokhara and a fond farewell to your trekking crew.

White-water Rafting

Swap boots for paddles as our expert rafting guides lead you through two days of white-water fun on the Trisuli River.

Chitwan National Park

A change of pace puts you atop an elephant in the jungle, as you use many rolls of film "capturing" the rich wildlife.

Everest Panorama Resort

We cap your experience at our resort, taking in its stunning views of 8 of the world's 10 highest peaks, including Everest, on clear days. Finally, back in Kathmandu, there is time to explore - for bargain shopping and sightseeing.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flight Kathmandu/Pokhara US\$ 124 (Included), city tour, on foot, inflatable raft, private bus Hotel (3nts Ktm 5*, 1nt Pkr 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Camping (5nts), Lodge (2nts), resort (1nt) 11 Breakfasts, 8 Lunches, 8 Dinners, Domestic Airport Tax included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Trek Grade: 'Leisurely', approx. 5/6 hrs per day,

Maximum Altitude: 2500m. (Panchase Peak)

Trek distance: 48km. approx. Camping with full support crew.

Free Trek/Raft Pack included: Please refer to your Trip Dossier for all other gear requirements. Great trip to get a feel for Nepal.

Trek Group Size: max15.

Itinerary - Ref. ATON

Day 01 Arrive Ktm. PM Nepali Welcome Dinner

Day 02 AM City Tour PM Free in Ktm/ at leisure

Day 03 Fly to Pokhara & Cross Phewa Lake & Commence Trek to Bumdi

Day 05 End trek, Pokhara. O/N Hotel

Day 06 Drive to Trisuli River & commence Rafting

Day 08 Drive to Chitwan National Park & commence Jungle Safari

Day 10 Drive to Everest Panorama Resort, overnight stay

Day 11 Drive to Ktm/ at leisure

Day 12 Depart Ktm.

Camping Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
24-Sep-19	5-Oct-19	15-Sep-20	26-Sep-20
15-Oct-19	26-Oct-19	6-Oct-20	17-Oct-20
26-Oct-19	6-Nov-19	20-Oct-20	31-Oct-20
12-Nov-19	23-Nov-19	10-Nov-20	21-Nov-20
10-Dec-19	21-Dec-19	15-Dec-20	26-Dec-20
14-Jan-20	25-Jan-20	12-Jan-21	23-Jan-21
11-Feb-20	22-Feb-20	16-Feb-21	27-Feb-21
10-Mar-20	21-Mar-20	9-Mar-21	20-Mar-21
24-Mar-20	4-Apr-20	23-Mar-21	3-Apr-21
7-Apr-20	18-Apr-20	13-Apr-21	24-Apr-21
5-May-20	16-May-20	11-May-21	22-May-21
Trip Cost Ex - KTM US\$ 2893		Trip Cost Ex - KTM US\$ 3037	

The holiday was excellent and the leader is above praise.

Mr. Ian Campbell

Cherry Tree, Avenue Staines

Taste of Nepal





Bhusan Malla

INTRODUCTION TO ADVENTURE Mountains & Rivers

Trip Profile: 9 Day Trip Ex- Ktm.

- 3 Nights Kathmandu
- 3 Days 'Leisurely' Trek
- 2 Days white-water Rafting
- 1 Night Pokhara at Heritage Hotel

The special charms of the Annapurna combine with white-water rafting fun in a perfect Himalayan adventure.

Kathmandu & Pokhara

There is time to explore the city after a Nepali Welcome Dinner and a half day guided city tour. Pokhara is more "laid-back" with plenty of Lakeside attractions

The "Royal Trek"

Fly to Pokhara and cross Fewa Lake to commence the short & scenic trek. Although not a hard trek, this route gives you magnificent views of majestic Annapurna and shapely Machhapuchare mountains, and a chance to mingle with friendly, colorful people.

White-water Rafting

Swap boots for paddles as our expert rafting guides lead you through two days of white-water fun on the Trisuli River.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flight Kathmandu/Pokhara US\$ 124 (Included), on foot, city tour, private bus, inflatable raft Hotels (3nts Ktm 5*, 1nt Pkr 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Camping (5 nts) 8 Breakfasts, 6 Lunches, 6 Dinners, Domestic Airport Tax included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Trek Grade: 'Leisurely', approx. 4/6 hrs per day,

Maximum Altitude: 1160m.(Chisopani)

Trek distance: Approx 48km. Camping with full crew support. Porters carry your Duffel bag.

Free Trek/Raft Pack included: Please refer to your Trip Dossier for all other gear requirements. Great trip to get a feel for Nepal.

Trek Group Size: max 15.

Itinerary - Ref. AINA

Day 01 Arrive Ktm. Trek Briefing. PM Evening Nepali Dinner.

Day 02 AM City Tour. PM Free.

Day 03 Fly to Pokhara & Cross Phewa Lake & Commence Trek to Bhumdi

Day 05 End Trek Pokhara O/N Hotel.

Day 06 Drive to Trisuli River & commence Rafting

Day 08 Drive to Ktm. Free to explore.

Day 09 Depart Ktm.

Camping Holidays ***** Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
24-Sep-19	2-Oct-19	15-Sep-20	23-Sep-20
15-Oct-19	23-Oct-19	6-Oct-20	14-Oct-20
26-Oct-19	3-Nov-19	20-Oct-20	28-Oct-20
12-Nov-19	20-Nov-19	10-Nov-20	18-Nov-20
10-Dec-19	18-Dec-19	15-Dec-20	23-Dec-20
14-Jan-20	22-Jan-20	12-Jan-21	20-Jan-21
11-Feb-20	19-Feb-20	16-Feb-21	24-Feb-21
10-Mar-20	18-Mar-20	9-Mar-21	17-Mar-21
24-Mar-20	1-Apr-20	23-Mar-21	31-Mar-21
7-Apr-20	15-Apr-20	13-Apr-21	21-Apr-21
5-May-20	13-May-20	11-May-21	19-May-21
Trip Cost Ex - KTM US\$ 2310		Trip Cost Ex - KTM US\$ 2425	

Our leader was very good. Thanks for an memorable trek.

Monica Gansvik - Roslags,

Stockholm, Sweden

Introduction to Adventure

Annapurna...



TOUR OF NEPAL

Medieval Cities, Mountains, Lakes & Jungles

Trip Profile: 10 Day Trip Ex-Ktm.

- 4 Days Kathmandu Valley
- 2 Nights Pokhara at Heritage Hotel
- 2 Nights Jungle Safari, Chitwan
- 2 Nights Everest Panorama Resort.

This short but comprehensive trip gives you more than a taste of Nepal's many attractions: city sights, jungle drama, a tranquil lake and arguably the best mountain views in the world!

Kathmandu & Pokhara

After a mouthwatering Welcome Dinner and a full day tour of the city sights in Kathmandu, fly to the western market town of Pokhara. You'll have ample time to explore the culinary delights of Lakeside, take a leisurely boat ride on the beautiful Phewa Tal (lake), or just relax and watch the world go by.

Wildlife & Mountain Resort

A drive to Royal Chitwan National Park will see you onto the back of an elephant for two days of wildlife spotting. Nothing could round off this adventure better than 2 nights at Everest Panorama Resort, Daman, where a 400km. panorama of the Himalaya, encompassing 8 of the world's 10 highest mountains, including Everest, is spread before you on a clear day. There are a host of other activities as well. After a sunrise viewing of this amazing spectacle, the road leads back to Kathmandu and the end of your trip through the beautiful Middle Hills.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flight Kathmandu/Pokhara US\$ 124 (Included), private vehicle, city tour, on foot, elephant back, canoe Hotels (3nts Ktm 5*, 2nts Pkr 2*). Welcome Dinner, Airport Transport, Tour Pack (Down Jacket, Rain Jacket, Duffel Bag), Lodge (2nts), Resort (2nts) 9 Breakfasts, 4 Lunches, 5 Dinners included on Trip Cost.
Trip Grade: 'Gentle', nothing strenuous.
Maximum altitude: 2500m. (Daman). Tour with Guide.
Tour distance: approx. 192km. Refer to our Trip Dossier for your gear requirements. A gentle adventure, but one which will give memories to last a lifetime.
Group size: max 15.

Itinerary - Ref. ATRN

- Day 01 Arrive Ktm PM Welcome Dinner
- Day 02 Full day Ktm City Tour
- Day 03 Fly to Pokhara & Tour
- Day 04 In Pokhara Tour, Lakeside!
- Day 05 Drive to Chitwan & commence Jungle Safari
- Day 06 In Chitwan, elephants safari, canoes!
- Day 07 Drive to Everest Panorama Resort, Daman, Monastery walk.
- Day 08 In Daman, activities galore
- Day 09 Drive to Ktm PM Free in Ktm, shop, sightseeing, explore
- Day 10 Trip concludes in Ktm.

Camping Holidays *****

Departure Dates & Trip Costs

Departures Kathmandu First Mondays of Every month throughout the Year

Trip Cost 2019 / 20 Ex - KTM US\$ 1891

Trip Cost 2020 / 21 Ex - KTM US\$ 1985



AROUND DHAULAGIRI & HIDDEN VALLEY

Explores Route

Trip Profile 17 Day Trip Ex-Ktm.

- 4 Days Kathmandu Valley
- 11 Days 'Adventurous Plus' Trek
- 2 Nights Pokhara at Heritage Hotel

This is a challenging, remote area trek which completes a clockwise circuit of the world's seventh highest mountain, Dhaulagiri (26, 769 ft.), and its giant neighbours. This is wild country but your rewards are great: as you are following in the footsteps of some of the world's greatest explorers,

Kathmandu & Pokhara

There is plenty of time to explore this exciting city, after a feast at one of Kathmandu's finest Nepali restaurants and a half day tour. You are sure to enjoy the 'laid back' atmosphere of 'Lakeside' Pokhara.

Durbang to Italian Base Camp

The trail from Durbang, near Pokhara, inches up the Mayagdi Khola river valley to the high expedition camps. The Italian Base Camp is renowned for its magnificent views of towering walls of ice and snow.

French Pass to Poon Hill

Cross the 17,190 ft. French Pass and descend into the remote and beautiful- Hidden Valley. After ascending the 17,000 ft. Dhampus Pass, drop down to the Kali Gandaki-the deepest river gorge in the world and make your way through prosperous trading villages. Chattering monkeys signal a return to the subtropical "banana belt" and Pokhara, for some well-deserved relaxation on the shores of famous Phewa Tal. Complete your adventure in Kathmandu with bargain shopping, people watching or more exploring.

Nitty Gritty / Service Inclusions

Transport, Food Accommodation: Domestic flight Jomsom/ Pokhara/Kathmandu US\$ 224, Private bus, on foot Hotels (3nts Ktm 5*, 2nts Pkr 2*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Camping (11nts) 16 Breakfasts, 13 Lunches, 12 Dinners included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Trek Grade: 'Adventurous Plus'. 6 - 9 hours walking per day. **Maximum altitude:** 5025m.(Hidden Valley)

Trek distance: approx. 228km. Camping with full crew support. Porters carry your Duffel bag. Free Trek Pack included: Please refer to our Trip Dossier for all other gear requirements.

Group size: max 15.

Itinerary - Ref. ADHV

- Day 01** Arrive Ktm PM Nepali Dinner
- Day 02** AM City Tour PM Free to explore
- Day 03** Drive to Pokhara O/N Hotel
- Day 04** Drive to Durbang & Begin Trek to French Pass, Dhaulagiri & Hidden Valley
- Day 14** Trek to Jomsom
- Day 15** Drive to Pokhara.
- Day 16** Fly to Ktm, free
- Day 17** Depart Ktm.

Camping Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Sep-19	2-Oct-19	12-Oct-20	28-Oct-20
9-Mar-20	25-Mar-20	8-Mar-21	24-Mar-21
Trip Cost Ex - KTM US\$ 3275		Trip Cost Ex - KTM US\$ 3438	



NTB





P. Morrow



Camping Holidays ***** Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
9-Oct-19	1-Nov-19	14-Oct-20	6-Nov-20
18-Mar-20	10-Apr-20	10-Mar-21	2-Apr-21
Trip Cost Ex - KTM US\$ 5746		Trip Cost Ex - KTM US\$ 6033	

Kanchenjunga...



P. Morrow

KANCHENJUNGA BASE CAMP

A Glacial Escapade

Trip Profile : 24 Day Trip Ex-Ktm.

• 5 Days Kathmandu Valley • 17 Days 'Adventurous' Trek. • 2 Days Overland

A journey to Kanchenjunga, the world's third highest mountain is a special treat. From the tropical lowlands, through great forests and lovely villages up to the glaciers and panoramic views, this is an adventure that will stay with you forever.

Kathmandu, Bhadrapur to Gunsa

After exploring Kathmandu on a guided tour and a Welcome Dinner at one of our finest Nepali restaurants, take a scenic flight to Bhadrapur and drive to Lelep along the beautiful Tamur River with its white sandy banks and pale blue-grey waters, straight from the Kanchenjunga Glacier. As we near our objective, Kanchenjunga, straddling the Nepal- Sikkim/Tibet border, walk through lush farmlands and up into the great bamboo forests.

Gunsa & Kambachen, Kanchenjunga Base Camp

In the shadow of Mount Jannu, cross alpine meadows and deep gorges to reach Kambachen, with its yak pastures and flocks of blue sheep grazing on the sheer cliffs. Travel through the Tamur watershed, rest at Pangpema, A natural mountain amphitheatre then take an

Excursion to Kanchenjunga Base Camp and its Ice fall. The panorama of Kanchenjunga, Jannu, Ramtang, Pathi Bara Lang Po and Nepal Peak is magnificent, together with the awe-inspiring Kanchenjunga Hanging Glacier. After crossing several high passes, marveling at the natural beauty, take a circular route down to Suketar and fly back to Kathmandu via Biratnager where you can indulge in sightseeing, shopping or just relax before departure.

Itinerary - Ref. AKBC

Day 01 Arrive Ktm PM Nepali Dinner
Day 02 AM City Tour PM Free in Ktm
Day 03 Fly to Bhadrapur & Drive to Ilam
Day 04 Drive to Lelep Near Hellok
Day 05 Begin Trek to Kanchenjunga BC
Day 21 End Trek in Suketar
Day 22 Fly to Ktm Via Biratnager
Day 23 In Ktm.
Day 24 Depart Ktm.

Nitty Gritty / Service Inclusions

Transport, Food Accommodation: Domestic flights Kathmandu/Bhadrapur and Suketar/Kathmandu US\$ 330 (Included) approx, city tour, bus, on foot, Hotel (5nts Ktm 5*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Camping (17nts) Lodge (2nts) 23 Breakfasts, 19 Lunches, 20 Dinners, Domestic Airport Tax included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Trek Grade: 'Adventurous' 6-9 hrs walking per day.

Maximum altitude; 5100m. (Pangpema)

Trek distance; approx. 187km. Camping with full crew support. Porters carry your Duffel bag. Fascinating cultures, and unparalleled views.

Free Trek Pack included: Please refer to our Trip Dossier for all other gear requirements.

HIMALAYAN FAMILY ADVENTURE

Fun for all Ages !

Trip Profile: 16 Day Trip Ex-Ktm.

- 2 Days 'Leisurely Plus' Trek
- 3 Nights Kathmandu Valley
- Half Day Rafting, White-water Fun
- 2 Days Jungle Safari
- 2 Nights Everest Panorama Resort
- 3 Nights Pokhara at Heritage Hotel
- 5 Days Optional India extension

This trip specially designed for families, combines a trek on the route white-water rafting fun, a gentle Jungle Safari, a visit to a restful mountain Resort and an optional extension to three of India's most exciting cities.

Kathmandu Valley

Two full day guided city tours means visit to many UNESCO World Heritage Sites and the ancient and well preserved city of Bhaktapur.

Pokhara and Mountains

After a scenic flight to Pokhara there is time to explore the pleasures of 'Lakeside'. Our Trek begins at Bhumdi, through untouched villages nestling among neat, terraced fields with excellent mountain views. The pace is relaxed, the people friendly and the natural and cultural diversity of the region legendary.

Rafting & Chitwan National Park - Jungle Safari

A half day rafting on a short stretch of the Trisuli River will bring you to the jungle, and the Park's rich wildlife.

Everest Panorama Resort

Cap your adventure with a relaxing two nights in this wonderful hill country. Marvel at the unbroken panorama of 400km of the Himalayan Range encompassing 8 of the world's 10 highest mountains-including Everest- on clear days, or chose from a host of indoor and outdoor activities as described in your Trip Dossier. Finally, return to Kathmandu for a farewell dinner and cultural programme. A three city tour in India (see Delhi, Agra and Jaipur, page 62) is next for some.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: International flight Kathmandu/Delhi US\$ 250 (Included) approx & local flight Kathmandu/Pokhara US\$ 124 (Included), private bus, city tour, on foot, elephant, canoe. Hotels (3nts Ktm 5*, 2nts Pkr 2*, 5nts India), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Camping (2 nts), Lodge (2 nts), Resort (2 nts) 15 Breakfasts, 7 Lunches, 8 Dinners, Domestic Airport Tax included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Trek Grade: 'Leisurely Plus', 5-7 hrs. walking per day

Maximum altitude: 2500m, (Daman)

Trek distance: 48km. Camping with full crew support.

Porters carry your Duffel bag.

Free Trek/Raft Pack included: Please refer to our Trip Dossier for all other gear requirements & Service inclusion.

Minimum Age for Children: 5 years

Group size: max 12.

Itinerary - Ref. AHFA

- Day 01 Arrive Ktm PM Nepali Dinner
- Day 02 Full Day City Tours, Kathmandu & Bhaktapur
- Day 03 Fly to Pokhara O/N Hotel
- Day 04 Drive to Bhumdi & Commence Trek
- Day 05 Continue Trek & Drive to Pokhara O/N Hotel
- Day 06 In Pokhara
- Day 07 Drive to Mugling for Rafting, Drive to Chitwan to begin Jungle Safari
- Day 09/10 Everest Panorama Resort
- Day 11 Drive to Kathmandu, Farewell Dinner & Cultural Programme
- Day 12 Depart Ktm. Optional Extension:
- Day 12 Arrive Delhi O/N hotel
- Day 13 Train to Agra/Tour
- Day 14 Drive to Jaipur/Tour
- Day 15 Return to Delhi
- Day 16 Depart Delhi

Camping Holidays ***** Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
9-Oct-19	24-Oct-19	14-Oct-20	29-Oct-20
18-Mar-20	2-Apr-20	10-Mar-21	25-Mar-21
Trip Cost Ex - KTM US\$ 3441		Trip Cost Ex - KTM US\$ 3613	
India Extension: US\$ 2518		India Extension: US\$ 2643	



We have had a fantastic time- every aspect has been fantastic. We have been looked after so well-excellent is not a good enough word to describe our trip wonderful, marvelous, fantastic- the best ever.

Mrs. Karen Tawn

Ramnoth Road Wisbech, Cambridge, UK

Himalayan Experience



J. CARR

HIMALAYAN EXPERIENCE

Stopover Extra-Ordinaire!!

Trip Profile: 8 Day Trip Ex-Ktm.

- 2 Days 'Leisurely' Trek,
- 2 Nights Everest Panorama Resort
- 2 Days Jungle Safari
- 3 Days Kathmandu

This is a special trip for people with limited time. It offers a short trek, a stay at Nepal's premier mountain viewing spot, and a two day jungle safari in Chitwan National Park, home of the elusive Bengal Tiger.

Kathmandu

In Kathmandu, a Nepali Welcome dinner at one of Kathmandu's finest Nepali restaurants begins your adventure. Take time to explore the fascinating city.

Kathmandu Valley Rim

Drive to the temple of Dakshinkali on the Valley Rim and begin your trek through untouched villages. The mountain views are spectacular. At Indrasarover Lake, go boating or angling for the famous huge local fish. Head up through lush pine and oak forests, festooned with countless varieties of orchid and rhododendron, past tiny hamlets and across rushing streams.

Everest Panorama Resort

Arrive in time for a sunset viewing of 400 kms of the Himalayan Range encompassing 8 of the world's

10 highest mountains, including Everest on clear days. There is a full day to hike to the nearby monastery and take up some of the many activities on offer, while enjoying superb food and service.

Chitwan National Park

A short drive to the Terai begins your Jungle Safari. Two days of elephant safaris, jungle walks, elephant bathing, bird watching and more, will round off your Himalayan Experience perfectly. Return to Kathmandu, with time for more exploration.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Private bus, city tour on foot, elephant, 4WD Hotels (2nts Ktm 5*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffel Bag), Resort (2 nts), Lodge (2 nts) Camping (1 nt) 7 Breakfasts, 6 Lunches, 6 Dinners included on Trip Cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S).

Trek Grade: 'Leisurely'. 4-6 hrs. walking per day.

Max. altitude: 2500m, Daman

Trek distance: approx. 24km. Camping with full crew support. Porters carry your Duffel bag.

Free Trek Pack included: Please refer to our Trip Dossier for all other gear requirements and activities available at Everest Panorama Resort.

Group size: max 15 min 2.

Camping Holidays *****

Departure Dates & Trip Costs

Departs Kathmandu Every Wednesday throughout the year.

Trip Cost 2019 / 20 Ex - KTM US\$ 1321

Trip Cost 2020 / 21 Ex - KTM US\$ 1387

Itinerary - Ref. AHEx

Day 01 Arrive Ktm. PM Nepali Dinner

Day 02 Drive to Pharping & commence Trek to Indrasarovar

Day 03 Trek to Everest Panorama Resort

Day 04 Monastery walk, free to explore

Day 05 Drive to Chitwan & commence Jungle Safari

Day 06 In Chitwan

Day 07 Drive back to Ktm

Day 08 Depart Ktm.

Trekking Peaks...



ISLAND PEAK & EVEREST BASE CAMP

High Altitude Adventure

Trip Profile: 25 Day Trip Ex-Ktm.

• 5 Days Ktm • 18 Days 'Expeditionary' Trek • 2 Days Climbing

Dazzling light, soaring peaks and magnificent views are only part of this off-the-beaten-track adventure through East Nepal to the summit of Island Peak.

Kathmandu & Nunthala

After a welcome dinner at one of Kathmandu's finest Nepali restaurants and a guided City Tour, take a high altitude drive to Nunthala. Trek to the Everest region on a winding mountain trail.

Nunthala to Namche Bazaar

Follow the traditional mountaineering route to Everest, with its rolling hills, broad valleys, solid stone houses and active Buddhist monasteries. Join the main trail to Namche Bazaar. And acclimatize in the Sherpa heartland. Marvel at the stunning views of Everest, Sagarmatha, the Mother of Mountains.

Kalapathar & Pheriche

Cross remote river valleys and ridges, high passes and move on to Kalapathar, overlooking Everest Base Camp. Nothing compares with the thrill of standing on top of the world, seeing the Khumbu Glacier, Everest and the entire Khumbu range, close up. Well acclimatized, move on to Pheriche.

Island Peak and Success!

Trek to Dingboche Valley, change from lodges to tents and head on to Island Peak Base Camp. After a night's rest in Advance Base Camp, it's on to the summit! The climax is a short but steep ascent to the knife-edge summit ridge and unsurpassed views on all sides. The descent through colourful Sherpa villages will give you a chance to visit ancient monasteries and traditional Sherpa homes in the world's highest permanent human settlements, before a scenic flight back to Kathmandu from Lukla. There is plenty of free time for city adventures as well.

Nitty Gritty

Trek Grade: 'Expeditionary' 6-9hrs walking per day

Maximum Altitude: 6189m (the summit of Island Peak)

Trek Distance: approx. 306km Camping/Teahouse with full crew support. Porters carry your duffle bag

Group Size: max 12

Itinerary - Ref. AIPE

Day 01 Arrive Ktm. PM Nepali Dinner

Day 02 AM City Tour (In-Style) PM Free

Day 03 Drive to Nunthala & Begin Trek, ascend Island Peak

Day 22 End Trek in Lukla

Day 23 Fly to Ktm

Day 24 In Ktm, free

Day 25 Depart Ktm.

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
4-Nov-19	28-Nov-19	2-Nov-20	26-Nov-20
6-Apr-20	30-Apr-20	12-Apr-21	6-May-21
Trip Cost Ex - KTM US\$ 3738		Trip Cost Ex - KTM US\$ 3924	

Service Inclusion - Real Experience Holidays

Transport, Food & Accommodation: Domestic flights Lukla/Kathmandu US\$ 182 (included), Hotels (4nts Ktm 2*), Arrival Transport, Trek Pack (Sleeping Bag, Duffle Bag, Group Climbing Gear), Camping (3nts), Teahouse (18nts), 3 Breakfasts, 3 Lunches, 3 Dinners
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s), Climbing Sherpa(s), Instructor & Porter(s)
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements

NERA PEAK EXPEDITION

A Wilderness Summit

Trip Profile: 20 Day Trip Ex-Ktm.

- 5 Days Kathmandu
- 13 Days 'Expeditionary' Trek
- 2 Days Climbing

Mera Peak lies in the remote reaches of eastern Nepal, and the trek to Base Camp is as exciting and interesting as the climb to the summit itself!

Kathmandu to Nunthala

After a Welcome Dinner at one of Kathmandu's finest Nepali restaurants and a half-day guided city tour, take a highland drive to the trail-head at Nunthala and begin our trek with spectacular views of the Himalaya before passing through the colourful Sherpa villages of the Solu Khumbu.

Old Sherpa Trail Routes

We follow the old main Sherpa routes up the Hinku Valley, aiming for prominent Mera Peak, in the Hongu Basin to the south of Everest. This is a rather rugged trip into the past. After acclimatising in an empty wilderness of ice, snow and rock, climb to Mera La, on to the High Camp and finally the summit! Savour your success, and realise there is nothing quite like seeing Himalayan summits from the top of one! With the Khumbu giants at your back, cross the Zatr Teng Pass and trek back to 'civilisation' at Lukla and a scenic flight back to the comforts of Kathmandu. Two days here will give you ample time for city exploring and bargain shopping.

Nitty Gritty / Service Inclusions

Trek Grade: 'Expeditionary' 6-9hrs walking per day.
Maximum Altitude: 6461m (the summit of Mera Peak).
Trek Distance: approx. 282km Camping/Teahouse with full crew support. Porters carry your duffle bag

Itinerary - Ref. AMPE

Day 01 Arrive Ktm PM Nepali Dinner
Day 02 AM City Tour (In-Style) PM Free
Day 03 Drive to Nunthala & Begin Trek, ascend Mera Peak, 6461m
Day 17 End Trek in Lukla
Day 18 Fly to Ktm
Day 19 In Ktm, free for shopping, sightseeing etc
Day 20 Depart Ktm

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
30-Oct-19	18-Nov-19	28-Oct-20	16-Nov-20
1-Apr-20	20-Apr-20	7-Apr-21	26-Apr-21
Trip Cost Ex - KTM US\$ 3741		Trip Cost Ex - KTM US\$ 3928	

Service Inclusions - Real Experience Holidays

Transport, Food & Accommodation: Domestic flights Lukla/Kathmandu US\$ 181, Hotels (4nts Ktm 2*), Arrival Transport, Trek Pack (Sleeping Bag, Duffle Bag, Group Climbing Gear), Camping (2nts), Teahouse (13nts), 2 Breakfasts, 2 Lunches, 2 Dinners
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s), Climbing Sherpa(s), Instructor & Porter(s)
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements

In-Style Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
9-Oct-19	28-Oct-19	7-Oct-20	26-Oct-20
11-Mar-20	30-Mar-20	17-Mar-21	5-Apr-21
Trip Cost Ex - KTM US\$ 4275		Trip Cost Ex - KTM US\$ 4488	

Service Inclusions - In Style Holidays

Transport, Food & Accommodation: Domestic flights Lukla/Kathmandu US\$ 181, city tour, on foot, private bus, Hotels (4nts Ktm 5*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag, Group Climbing Gear, High Altitude Equipment), Camping (2nts), Teahouse (13nts), 19 Breakfasts, 15 Lunches, 16 Dinners, Domestic Airport Tax
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s), Climbing Sherpa(s), Instructor & Porter(s)
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements

A high level of fitness is essential. Difficult but very Rewarding!

In-Style Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
9-Oct-19	2-Nov-19	7-Oct-20	31-Oct-20
11-Mar-20	4-Apr-20	17-Mar-21	10-Apr-21
Trip Cost Ex - KTM US\$ 4520		Trip Cost Ex - KTM US\$ 4746	

Service Inclusions - In Style Holidays

Transport, Food & Accommodation: Domestic flights Lukla/Kathmandu US\$ 182, city tour, on foot, private bus, Hotels (4nts Ktm 5*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag, Group Climbing Gear, High Altitude Equipments), Camping (3nts), Teahouse (18nts), 24 Breakfasts, 20 Lunches, 21 Dinners, Domestic Airport Tax
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s), Climbing Sherpa(s), Instructor & Porter(s)
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements



Bhusan Malla

CHULU WEST EXPEDITION

Highest Peak in the Manang Himal

Trip Profile: 20 Days Ex-Ktm.

- 9 Days Adventurous Lodge Trek
- 7 Days Camping including 3 Days Climbing
- 3 Days Kathmandu
- 1 Night Pokhara at Heritage Hotel

Magnificent Himalayas, Hindus and Buddhists Pilgrims, High Valleys and experience the Tibet in Nepal.

Kathmandu & Pokhara

There is time to explore this wonderful and exciting city, plus a delicious dinner at one of Kathmandu's finest Nepali restaurants and a city tour (In-Style). There is also time to enjoy the laid-back atmosphere of Lakeside, Pokhara.

Manang-Thorong La-Tatopani

Chulu West is a fabulous climbing peak located north of the Annapurna massif, close to Manang. The peak rises steeply from rugged scree across challenging snow slopes to a rocky summit. After exploring the wonderful, exciting city of Kathmandu, we head into the mountains. The approach trek to Chulu is spectacular, with beautiful views of Lamjung Himal, Gangapurna, Annapurna II and Annapurna IV. We hike through the traditional villages of Chame and Pisang en route to Base Camp. Along the trail, there is a good chance of seeing rare Blue Sheep and even Snow Leopards. The summit climb takes up to six days, with rewarding views and a chance to savour the summit success. Afterward the climb, we head to the famous pilgrimage spot of Muktinath, with stunning views of Dhaulagiri. Following the Kali Gandaki gorge, we bus to Pokhara and fly back to Kathmandu.

Nitty Gritty

Trek Grade: 'Expeditionary' 6-8hrs walking per day

Maximum Altitude: 6419m (the summit of Chulu West)

Trek Distance: approx. 282km Camping / Teahouse Expeditionary Trek with full crew support. Porters carry your duffle bag

Group Size: max 12 min 4

Itinerary - Ref. ACWE

- Day 01 Arrive Kathmandu - PM: Welcome Dinner
- Day 02 AM: Kathmandu City tour PM: Free for trek preparation
- Day 03 Drive to Dharapani/Chame & begin trek
- Day 09 Chulu West Base Camp
- Day 10 Chulu West Camp I
- Day 11 Rest Day
- Day 12 Move Camp One to Camp Two
- Day 13 Camp Two/Summit/Camp One
- Day 14 Trek Down to Leder
- Day 15 Rest Day
- Day 16 Leder to Thorong Phedi
- Day 17 Thorong La to Muktinath
- Day 18 Drive to Pokhara via Jomsom
- Day 19 Fly to Kathmandu
- Day 20 Depart Ktm

Expedition Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
12-Oct-19	31-Oct-19	10-Oct-20	29-Oct-20
7-Mar-20	26-Mar-20	6-Mar-21	25-Mar-21
Trip Cost Ex - KTM US\$ 3849		Trip Cost Ex - KTM US\$ 4041	

Service Inclusions

Transport, Food & Accommodation: Domestic flights Pokhara/Kathmandu US\$ 124, city tour, on foot, private bus, Hotel (3nts Ktm 5*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag, Group Climbing Gear, High Altitude Equipments), Camping (7nts), Lodge (9nts) 19 Breakfasts, 16 Lunches, 16 Dinners, Domestic Airport Tax Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s), Climbing Sherpa(s) and Porter(s)

Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements. We will assist & do our best to summit! A high level of fitness is essential



Bhusan Malla



Trekking Peaks...



PALDOR EXPEDITION

Crown of the Langtang Valley

Trip Profile 15 Days Trip Ex-Ktm.

- 4 Days Kathmandu
- 11 Days Trek / Climbing

Paldor Peak boasts sweeping views stretching from Machhapuchhare to Shishapangma and the brown hills of Tibet. We will assist & do our best to summit! A high level of fitness is essential.

Kathmandu

Experience the old city on a guided tour, enjoy a welcome dinner at one of Kathmandu's finest Nepali restaurants and board the bus for Dhunche. This journey shows you something of the central hills of Nepal.

Dhunche - Base Camp

Kathmandu is the gateway to the peaks of the Ganesh Himal. These accessible peaks are very near and so is our favourite Paldor. Drive to Dhunche, a picturesque village of narrow streets lined with stone buildings. Continue to Syabrubensi, on the banks of the Trisuli River at 1420m, before heading into the valleys of Langtang. The route is via beautiful Tamang villages to Mailung Khola (river). The walk is Delightful in the

foothills of the Himalaya, and as we move up through pine and rhododendron forests. There are dramatic views northward to snow peaks in Tibet, west to Ganesh Himal and east to Naya Kangri Peak (5486m), while birds and a variety of wildlife abound in the surrounding forest. Explore the moraine-filled valleys, and acclimatize while slowly gaining the hills of the Gosainkund Range. Finally reach the summit camp and eventually the top of Paldor Peak. This easy peak can be climbed from North East, South East, and South West Ridges. It has a beautiful north-sloped valley and offers the best skiing for the more intrepid! Spend time exploring this peak and then bus back to Kathmandu for a city adventure.

Nitty Gritty

Trek Grade: 'Expeditionary' 6-9hrs walking per day

Maximum Altitude: **5896m Paldor Peak**

Trek Distance: **approx. 132km Camping with full crew support. Porters carry your duffle bag**

Group Size: **max 12**

Itinerary - Ref. AAMA

- Day 01 Arrive Kathmandu
- Day 02 In Kathmandu
- Day 03 Drive to Syabru Beshi
- Day 04 Trek begin to Paldor Base Camp
- Day 08 Begin Climbing
- Day 11 End Climbing
- Day 12 Trek Down to Somdang kharka
- Day 13 Trek to Gatlang
- Day 14 Trek Syabrubeshi & Drive to Kathmandu
- Day 15 Depart Kathmandu

Expedition Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
25-Sep-19	9-Oct-19	23-Sep-20	7-Oct-20
1-Apr-20	15-Apr-20	3-Mar-21	17-Mar-21
Trip Cost Ex - KTM US\$ 3318		Trip Cost Ex - KTM US\$ 3483	

Service Inclusions: Transport, Food & Accommodation: City tour, on foot, private bus, Hotel (3nts Ktm 5*), Welcome Dinner, Airport Transport, Trek Pack (Down Jacket, Rain Jacket, Sleeping Bag, Duffle Bag, Group Climbing Gear, High Altitude Equipment), Camping (11nts), 14 Breakfasts, 12 Lunches, 12 Dinners, Domestic Airport Tax
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements



Mountaineering Expeditions

Mountaineering in the Himalaya seems to have broken all records and crossed all boundaries. Now, to renew the challenge, AmaDablam Adventures is redefining the 'Style' of mountaineering with 'HIMALAYA FOR ALL'. Previously, mountaineering was limited to kins, cronies and clubs; but AmaDablam's initiative is making the highest of Himalayan heights accessible to all would-be climbers.

For the past 37 years, AmaDablam has organised regular expeditions to trekking peaks like Mera and Island Peak and exclusive private expeditions to giants like Pumori and even Mt. Everest, and all other Himalayan Peaks in between. Now we are taking a step further and making it possible for all aspiring mountaineers to summit mighty pinnacles like Cho Oyu, AmaDablam, Shishapangma and even the 'Crown of the Himalaya', Everest itself. We will help individuals from all over the world to join international expeditions of like-minded people. This is a once-in-a-lifetime opportunity, not to be missed!!

MT. EVEREST (8848M) EXPEDITION

The Ultimate Ascent

Trip Profile: 65 Day Expedition Ex-Ktm.

- 5 Days in Kathmandu
- 46-51 Days Climbing
- 9-10 Days Trek / Drive to & from Base Camp

You can go no higher! A high level of fitness is essential.

Mount Everest is the highest peak in the world at 8848m (29,028ft) and was first climbed by Sir Edmund Hillary and Tenzing Norgay Sherpa on May 29, 1953. Queen Elizabeth II of England acknowledged this triumph of human endeavour as the best gift during her coronation ceremony. On this challenging encounter with the highest mountain on earth, you are sure to find inspiration, adventure and awesome mountain vistas.

South Face Everest Expedition

Our expedition follows the classic trekking approach route through Namche Bazaar and Thyangboche. Everest Base Camp, where all climbers assemble, is situated below the Khumbu Icefall at 5500m (18000ft). The anticipation here amongst the climbers is palpable. Normally the climbing duration of this expedition lasts for around 65 days. There will be danger, adrenalin rushes and immense fatigue –

All part of the greatest climb. Success is not guaranteed – the Gods will decide – but anyone who reaches the summit today can still feel proud of their achievement. Everest is the ultimate peak and its rewards are incalculable.

Nitty Gritty

Transport, Food & Accommodation: Domestic flight Kathmandu/Lukla/ Kathmandu US\$ 326, city tour, private bus and on foot, Hotels (4nts), Camping (60nts), 64 breakfasts, 62 lunches, 62 dinners

Trek Grade: 'Expeditionary' 6-9hrs walking per day

Maximum Altitude: 8848m (Top of the world)

Trek Distance: 110km approx

Free Trek Pack Included: Please refer to trip dossier for all other gear requirements.

Group Size: max 12 +

Itinerary - Ref. AEE- South Face Nepal

Day 01 Arrival Kathmandu, Nepal and Transfer to Hotel Day 02 In Kathmandu

Day 03 Prepare Expedition & Briefing at Ministry of Tourism

Day 04 Fly to Lukla & Trek to

Day 10 Everest Base Camp (5500m) O/N Camp

Day 11-60 Climbing Period for Mt. Everest

Day 61 Trek back to Lukla

Day 63 Phakding - Lukla (2800m)

Day 64 Lukla - Kathmandu/Farewell Dinner

Day 65 Final Departure



Brusan Malla

North Face Everest Expedition

Everest (8848m) is the ultimate climbing adventure and tackling its North Face allows us to follow in the footsteps of the earliest explorers on the Tibetan plateau. Bruce, Shipton, Norton, Odell, Mallory and Irvine are names to inspire the modern-day climber. On this challenging encounter with the highest mountain on earth you are sure to find inspiration, adventure and awesome mountain vistas.

The approach to Base Camp is spectacular, as we cross the Himalayas and make tracks to the famous Rongbuk monastery. We plan to follow the classic approach to the North Col along the East Rongbuk glacier. The ridge from the North Col to the summit has long been the greatest hurdle to unlocking the peak's last defensive bastions. It was here that Mallory and Irvine's attempt ended in both tragedy and mystery in 1924 – did they actually reach the summit?

Any expedition on Everest is a difficult challenge, but our dedicated team of Sherpas and support crew will endeavour to make the expedition as successful as 'the Gods' will allow. To stand on the summit of Chomolungma, its Tibetan name, is a once in a lifetime experience.

Nitty Gritty

Transport, Food & Accommodation: City tour, private bus, on foot, Hotels (4nts), Camping (53nts), 64 breakfasts, 62 lunches, 62 dinners, 7Days Overland to Base Camp and return.

Trek Grade: 'Expeditionary' 6-9hrs walking per day

Maximum Altitude: 8848m (Top of the world)

Trek/Driving Distance: 1200km approx

Free Trek Pack Included: Please refer to trip dossier for all other gear requirements.

Group Size: max 12 +

Itinerary - Ref. AEEV- North Face Tibet

Day 01: Arrival Kathmandu, Nepal and Transfer to Hotel
Day 02: In Kathmandu
Day 03: Prepare for Expedition
Day 04: Drive to Zhangmu
Day 05-11: Everest Base Camp (5400m) O/N Camp
Day 12-60: Climbing Period for Mt. Everest
Day 61-62: Drive back to Zhangmu to
Day 63: Drive back to Kathmandu
Day 64: In Kathmandu
Day 65: Final Departure

Cost inclusions for Expedition trips:

All transfers airport-hotel-airport
Accommodation in Kathmandu with bed & breakfast (3* hotel)
Domestic Air fare including airport tax
All trekking/climbing arrangement as per itinerary
Expedition Crew's allowances for Expedition, flight ticket, insurance, daily wages
All 3 meals during trekking & Expedition period
Base Camp Guide, Cook, Kitchen boy and Kitchen helper, sharing with other members
Emergency Oxygen Mask and regulator (If used, pay full cost)
Gamow Bag (life-saving device in case of altitude sickness) sharing with group members at B.C.
Solar Panel for light and charging batteries at B.C.
Company service charges
Peak Permit
Tibet Visa & Travel Permit for the expedition crew
Expert professional Nepalese expedition crew, including Cook, Kitchen boy, ABC guide and mountaineering gear up to ABC are provided; and our crew gets all expedition facilities and support from our office
Full board hotel en route for Tibet Expeditions (bed & breakfast, lunch, dinner)
Tent for 1 person (North Face Brand) Dining tent, Table, Chairs, toilet tent, Mess tent & Kitchen tent up to Base Camp
Porter/Pack Animals up to Base Camp
Transportation as per the itinerary
Liaison officer & Interpreter up to B.C.
Nepalese Crew insurance
ABC – Emergency Oxygen, Mask & regulator
Satellite phone (Pay call)
Welcome dinner

Cost does NOT include:

Air travel to and from Kathmandu
Lunch and dinner in Kathmandu
Laundry, postage, telephone calls and all other items of a personal nature
Entry visa and Re-entry visa for Nepal
International departure tax
Personal Expenses
Medical and rescue insurance
Personal Climbing equipment
Bar bills & beverages
Rescue Jeep
Medicine and first aid expenses
Garbage Charge
Walkie-Talkie
If have hired climbing Sherpa, climbing bonus is not included

Extra services if required:

Russian oxygen
Mask & Regular
Satellite phone
Film Permit
Duty Jeep
Rescue Jeep

Please refer to our individual Expedition Dossiers for all the Nitty Gritty and exact cost inclusions and exclusions and much more information.

Note: No mountaineers will be accepted on any of these expeditions unless they have successfully climbed another 7000m peak in the Himalayas



Everest Expedition From South Face-Nepal Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
4-Apr-19	7-Jun-19	8-Oct-20	11-Dec-20
9-Apr-20	12-Jun-20	8-Apr-21	11-Jun-21
Trip Cost Ex-KTM US\$ 14805		Trip Cost Ex-KTM US\$ 15545	

*Garbage Deposit US\$4000 (Sharing with other members), Royalty US\$11,000, Climbing Sherpa US\$4000 (required), Sherpa non-summit bonus US\$1000 & Sherpa summit bonus US\$1000 + US\$500 climbing bonus will be Extra.

Everest Expedition From North Face-Tibet Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
11-Apr-19	14-Jun-19	15-Oct-20	18-Dec-20
16-Apr-20	19-Jun-20	15-Apr-21	18-Jun-21
Trip Cost Ex-KTM US\$ 17731		Trip Cost Ex-KTM US\$ 18617	

*Garbage Deposit US\$500 (Sharing with other member), Climbing sherpa US\$6500, Rescue Jeep US\$900, & Extra Yak charge & Satellite phone (if required) will be Extra.

Note: Some climbers climb this mountain at their own risk without any climbing Sherpa guide. Other climbers go with their own climbing Sherpa guide. Most of the teams carry their own internet access, satellite phone and have a medical doctor. The greatest danger, apart from the high altitude, is in the icefall, where we have to cross crevasses, seracs and ice blocks. Chunks of ice as large as our houses are a constant threat. We use fixed ropes and aluminum ladders to climb to Camp 1 at 6400m.

CHO OYU EXPEDITION

High and wild on the Turquoise Peak

Trip Profile: 45 Days Expedition Ex-Ktm.

- 6 Days in Kathmandu
- 24-29 Days Climbing Period
- 10 Days Overland to & from Base Camp

A wild and beautiful mountain. A high level of fitness is essential.

In the Tibetan language, the name Cho Oyu means Turquoise Goddess. Chomo means goddess and Yu means turquoise. Some have also called it 'the bald god'. It was first climbed by a team of Austrians in 1954. Indian and German teams also climbed this peak in 1958 and 1964 respectively. Today it has become a popular peak to ascend and its summit views are as impressive as any in the Everest region. Our approach from Kathmandu takes us over the Himalayas to Tingri. Base Camp lies across the grassy plains to the south, where the mountain dominates the landscape. The climb of Cho Oyu offers a great challenge, but with generally less danger than other peaks. However, no Himalayan giant can be climbed without due care and much concerted effort. The summit panorama is breathtaking, including Everest 8848m, Lhotse 8501m, Nuptse 7855m, Chamlang 7319m, Ama Dablam 6856m and other peaks of the Everest region to the east and south. To the west, there are the Menlungtse and Gauri Shankar massifs, and to the north, there is all of Tibet.

Nitty Gritty

Transport, Food & Accommodation: Private vehicle, city tour, private bus, on foot, Hotel (Ktm 6nts), 10 days Overland tour in Tibet to & from Base Camp, 29 Days climbing, 45 breakfasts, 39 lunches, 40 dinners

Trek Grade: Expeditionary/mountaineering skills are essential

Maximum Altitude: 8201m
Trek & Overland Distance: approx. 1200km
Free Trek Pack Included: Please refer to trip dossier for all other gear requirements.
Group Size: max 12 +

Itinerary - Ref. ACOE

Day 01 Arrival Kathmandu (1350m) Transfer to Hotel
Day 02 In Kathmandu
Day 03 In Kathmandu
Day 04 Drive to Kodari then to Base Camp 5000m
Day 10 Arrive Base Camp
Day 11 Prepare loads for Yaks to Advance Base Camp
Day 12 Base Camp - Middle Camp with Yaks
Day 13 Middle Camp - Cho Oyu Advance Base Camp
Day 14-39 Climbing Cho Oyu 8201m
Day 40-41 Drive to Tingri and Kodari (Zhangmu)
Day 42 Drive to Kathmandu
Day 43-44 Kathmandu
Day 45: Depart Kathmandu

Cho Oyu Expedition North Face Tibet

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Apr-20	30-May-20	8-Apr-21	22-May-21
Trip Cost Ex - KTM US\$ 12853		Trip Cost Ex-KTM US\$ 13495	
*Garbage Deposit US\$500 (Sharing with other members) Climbing Sherpa US\$5500, Rescue Jeep US\$900, & Extra yak charge & Satellite phone (if required) will be extra			

Please refer to our individual Expedition Dossiers for all the Nitty Gritty and exact cost inclusions and exclusions and much more information about our expeditions

AMADABLAM EXPEDITION

Sheer, Sublime Serenity

Trip Profile: 30 Day Expedition Ex-Ktm.

- 6 Days in Kathmandu
- 16 Days Climbing
- 8 Days Trek to / from Base Camp

One of the most beautiful mountains in the world. Difficult but very rewarding! A high level of fitness is essential.

AmaDablam (6812m) is loved by top climbers around the globe. The more you stare and gaze at it, the more you will be thrilled by the idea of climbing to its stately summit. AmaDablam means 'mother's amulet.'

Many mountaineers begin their Himalayan climbing on this mountain. It is considered to be a technically difficult climb, with adventurous rock sections, ice gullies, a corniced ridge and ice wall. The normal route is from its south-west ridge and climbers usually have to pitch 3 high camps on the mountain. From the summit you have fantastic views of Everest, Lhotse, Nuptse, Island Peak, Makalu and the Khumbu Himal, as well as many other snow capped

mountains. It will be to your advantage if you have some Alpine experience and are used to carrying all your personal equipment. You will have a Sherpa to guide and assist throughout the trek and if required private Climbing Sherpa. The reality of climbing AmaDablam is sure to exceed your expectations.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flights Kathmandu/Lukla/Kathmandu US\$ 326 , city tour, private bus and on foot, Hotels (6nts Ktm 5*), Welcome Dinner, Airport Transfers, Camping (24nts), 30 breakfasts, 25 lunches, 26 dinners
Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide(s), Porters
Trek Grade: 'Expeditionary' 6-9hrs walking per day
Maximum Altitude: 6812m (the summit of AmaDablam)
Trek Distance: Approx. 70km with full crew support.
Porters carry your duffle bag
Free Trek Pack Included: Please refer to our Trip Dossier for all other gear requirements
Group Size: max 12.

Itinerary - Ref. AAME

Day 01 Arrival Kathmandu
Day 02 In Kathmandu
Day 03 AM: Briefing at Ministry of Tourism
Day 04 - 08 Fly to Lukla and Trek to AmaDablam Base Camp
Day 09-24 Climbing period for AmaDablam 6812m
Day 25 - 27 Trek back to Lukla via Namche Bazaar
Day 28 Fly Lukla - Kathmandu & Transfer to Hotel
Day 29 In Kathmandu
Day 30 Depart Kathmandu

Amadablam Expedition

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
10-Oct-20	8-Nov-20	12-Oct-21	10-Nov-21
Trip Cost Ex - KTM US\$ 6044		Trip Cost Ex-KTM US\$ 6346	
*Garbage Deposit US\$2000 (sharing with other members) Climbing Sherpa US\$2000 (if required) Sherpa summit bonus US\$800 will be extra.			





Bhusan Malla

BARUNTSE EXPEDITION

The Cradle of Everest and Makalu

Trip Profile 35 Days Trip Ex-Ktm.

- 6 Days in Kathmandu
- 14 Days Climbing
- 15 Days Trek to / from Base Camp

A challenging ascent with breathtaking views! A high level of fitness is essential.

Baruntse (7129m) lies in the lap of Everest and Makalu. The mountain was first climbed by Colin Todd & Geoff Harrow on 30 May 1954 via the South East Ridge. Following in their footsteps, many have since used this successful route. The popularity of this mountain is growing and it is now considered as challenging as Purni, Ama Dablam or Everest.

The South-East ridge of Baruntse is certainly challenging, with some risk of avalanche. It includes some hard sections of 50 degree gradient, with a prominent ice cliff to be climbed. Most climbers consider spring the better time to ascend the mountain, but there have been a few ascents in the autumn Season.

The expedition begins with a Kathmandu - Lukla flight followed by approximately 11 days trekking to Baruntse Base Camp, located near Panch Pokhari at 5200m. The summit offers staggering views across some of the Everest region's most inspiring peaks.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flight Kathmandu/Lukla/Kathmandu US\$ 326, city tour - private bus and on foot, Hotels (5nts), Camping (16nts), Climbing (14nts), 35 breakfasts, 30 lunches, 31 dinners

Trek Grade: 'Expeditionary' 6-9hrs walking per day

Maximum Altitude: 7129m

Trek Distance: approx. 140km

Free Trek Pack Included: Please refer to trip dossier for all other gear requirements.

Group Size: max 12 +

Itinerary - Ref. ABRE

Day 01 Arrival Kathmandu - Transfer to Hotel

Day 02 Prepare for Expedition

Day 03 Briefing at Ministry of Tourism

Day 04 Fly to Lukla - Chutanga - Camp

Day 05 - Day 11 Trek to Baruntse Base Camp

Day 12 - 25 Climbing Baruntse 7129m.

Day 26 Baruntse BC - Setopokhari Camp

Day 27 Setopokhari - Mera BC - Camp

Day 28 Mera BC to Khare - Camp

Day 29 Khare to Thagnag - Camp

Day 30 Thagnag to Kothey - Camp

Day 31 Kothey to Chutanga - Camp

Day 32 Chutanga to Lukla - Camp

Day 33 Fly to Kathmandu

Day 34 In Kathmandu

Day 35 Depart Kathmandu



Bhusan Malla

Baruntse Expedition

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Apr-20	20-May-20	8-Apr-21	12-May-21
Trip Cost Ex - KTM US\$ 7995		Trip Cost Ex - KTM US\$ 8394	
*Garbage Deposit US\$2000 (Sharing with other member), Climbing Sherpa US\$2500 (if required), Sherpa summit bonus US\$700 will be extra.			



KALI GANDAKI RAFTING EXPEDITION

Navigating the Himalayan Water

Trip Profile: 8 Day Trip Ex-Ktm.

- 3 Days 'Moderate' Rafting
- 2 Night in Pokhara, Lakeside,
- 4 Days in Kathmandu

This river, suitable for first time and seasoned rafters, takes you through some of the finest scenery in Nepal and on some of wildest white-water. This is Kali's River and it's just you and her - busy days and languid, magical nights - the Kali Gandaki Experience!

Pokhara & Lakeside

After time in Kathmandu city enjoying a Nepali Welcome Dinner and guided city tour, we drive to Pokhara, one of the most beautiful towns in Nepal. Amazing views of Dhaulagiri, the Annapurna and Machapuchare await you at Lakeside together with ice creams and other delights!

White-water Rafting on Kali - Goddess of Protection!

The bus deposits us near Baglung, then it's hang onto your paddles as we run this magical river and conquer 'Big Brother', 'Wake & Bake' and 'A Walk in

the Dark'. Five days of rafting sees you working together with the timing and precision of professionals - passing through areas where Tourists are almost unknown. This river is very holy And you Will see religious ceremonies being performed on Ts banks. Reluctantly return to Pokhara, but with time to re-explore the delights of Lakeside. Finally, experience that thrill one more time as we fly past those magnificent mountains and return to Kathmandu with ample time for shopping, sightseeing and relaxing.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic Flight Pokhara/Kathmandu US\$ 116 (Included), city tour, private bus, inflatable raft, Hotels (7 nts), Camping (4nts) 11 Breakfasts, 5 Lunches, 6 Dinners included on Trip Cost.

Rafting Grade: 'Moderate'.

Rafting distance: approx. 160km.

Maximum altitude: 1330m.(Kathmandu) Rafting is challenging rather than exhausting. Great company & happy times are assured on this trip.

Free Raft Pack provided.

Group size: max 15 min 4.

Itinerary -Ref. AKAR

Day01 Arrive Ktm. PM Nepali Dinner

Day02 AM City Tour. PM free

Day03 Drive to Pokhara O/N Hotel

Day04 Drive to Baglung & begin Rafting on Kali Gandaki

Day06 Finish Rafting at Mirmi & drive to Pokhara, O/N Hotel

Day07 Fly to Kathmandu, free day for exploring, Shopping,

Day08 Depart Ktm.

Rafting Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
23-Oct-19	30-Oct-19	31-Oct-20	7-Nov-20
3-Nov-19	10-Nov-19	21-Nov-20	28-Nov-20
21-Mar-20	28-Mar-20	10-Mar-21	17-Mar-21
18-Apr-20	25-Apr-20	31-Mar-21	7-Apr-21
Trip Cost Ex - KTM US\$ 2098		Trip Cost Ex - KTM US\$ 2202	

TRISHULI WHITEWATER *River Roller Coaster*

Trip Profile: 3 Day Gentle Plus Rafting
• 2 Day Rafting; Experience Whitewater!

White-water Roller-coaster!

A morning drive from either Kathmandu or Pokhara takes you to your rafting put-in point and the beginning of a fun-filled run on the Trishuli river, which flows between Kathmandu and Narayanghat. After a safety briefing by the guide, don your life jackets and helmets and enjoy the white-water action. Rapids alternate with calm waters on this journey through Nepal's middle hills and onto the plains of the Terai. Campsites are on broad, sandy beaches and you'll have time to swim, relax or explore. Return to Kathmandu.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Private bus, inflatable raft Camping (2nts) 2 Breakfasts, 2 Lunches, 2 Dinners included on Trip Cost.

Grade: 'Gentle Plus'

Rafting distance: 40km. One of the world's most rafted rivers. Fantastic bumpy ride but not difficult or dangerous. Good for beginners and experienced rafters.

Free Raft Pack provided

Group size: max 20.

Itinerary - Ref. ATWW

Day 01 Drive to River put-in-point Lunch & commence rafting on "Upset", "Ladies Delight" "Surprise", rapids to excite you. Camp riverside
Day 02 Continue Rafting, camp
Day 03 To Chitwan or Kathmandu

CHITWAN WILDLIFE SAFARI *In Search of the Tigers*

Trip Profile: 3 Day Gentle Adventure
• 2 Nights/3 Days Jungle Safari

Go Wild!

Drive to the lush jungles of Royal Chitwan National Park, one of the finest wildlife reserves in Asia. Chitwan is home to the Royal Bengal tiger, the one horned rhinoceros, leopard, sloth bear, and an incredible variety of other fauna and flora. You're not required to drive vast distances. Accompanied by a trained naturalist/ guide, view the wildlife close-up and undisturbed, perched atop an elephant, seated in a dug-out canoe, on foot, or in a vehicle. After completing your safari adventure, return to Kathmandu.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Private bus, elephant back, canoe, on foot, 4WD vehicle Lodge (2 nts) 2 Breakfasts, 2 Lunches, 2 Dinners included on Trip Cost.

Grade: 'Gentle'. See one of the last remaining primeval forests that once covered the Indian Subcontinent. This is a small, compact jungle though largest in Asia. Please refer to our Trip Dossier for gear requirements and best times for wildlife spotting.

Group size: max 15 min 2.

Itinerary - Ref. ACWS

Day 01 Depart Ktm. arrive National Park. Lunch, elephant ride etc
Day 02 Full day of activities
Day 03 Optional activity, Breakfast, Drive to Ktm

Bhusan Malla



Our Raft Captain, Team and Guides were super. Providing secure fun on the river. We all had fun and amazed at the skill of Indra and what we all achieved. Chitwan was also great fun and we were lucky to see the Rhino. Dorjee, Group Leader was good fun to be our guide and we were very interested in his climbing stories. AmaDablam have great staff which we are lucky to have met.

Mr. Louise Bartha, Mrs. Scott Bartha
Warner Road, London, UK

Rivers, Jungles & Mountains

The views from Daman were excellent—I was amazed that you really could see from the Annapurna to Everest...."

Laura Young, Dongzhimen

Rafting Holidays *Departure Dates & Trip Costs*

Departs Kathmandu every Mondays of the month from September to May every year.

Trip Cost 2019 / 20 Ex - KTM US\$ 535

Trip Cost 2020 / 21 Ex - KTM US\$ 561

Local Payment Not Applicable

Jungle Safari Holidays *Departure Dates & Trip Costs*

Departs Kathmandu everyday from September to May every year.

Trip Cost 2019 / 20 Ex - KTM US\$ 614

Trip Cost 2020 / 21 Ex - KTM US\$ 644

Local Payment Not Applicable



J. CARR

EVEREST PANORAMA RESORT

Unparalleled Mountain Views

Trip Profile:

- 1 Night/2 Days Gentle' Excursion Premier Himalayan Lookout in Nepal.

Himalaya in Style!

On the peaceful hillside above the village of Daman, the Everest Panorama Resort offers a magnificent vista: from beyond Everest in the east to the snowy heights of Dhaulagiri in the west, the giants of the Himalaya in all their glory - over 400 km of unbroken mountain chain encompassing 8 of the world's 10 highest mountains. It's the perfect place to unwind after a trek or ascent, or to enjoy activities such as mountain biking, pony tours, hiking, fishing, and bird watching. The tranquil forest is lush with rhododendrons, orchids, and a wonderful variety of birds. The fresh mountain air will whet your appetite for the delicious local, Indian, Chinese and Continental cuisine served during your stay, topped off with drinks enjoyed in the resort's cosy bar. Or opt for a spirited game of pool, a movie in the Home Theater or enjoy our spa with sauna, steam, Jacuzzi or simply rejuvenate your mind and body in our Spa and Well being facilities.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation:

Private vehicle, on foot, Resort (1nt), 1 Breakfast, 1 Lunch, 1 Dinner including on Trip Cost.

Grade:

'Gentle'. The drive will take you through some quaint villages and the beautiful Middle Hills. A chance to experience many aspects of Nepal on an overnight outing. Peaceful and quiet, do as little or as much as you like.

Altitude: 2500m.(Daman) A perfect choice of a resort for relaxation and new experiences as well

Group size: max 20

Itinerary - Ref. AEPR

Day 01 Depart Ktm. Drive through Middle Hills, Daman, Lunch Monastery Walk, Dinner

Day 02 Sunrise viewing, hike, Breakfast, drive Ktm.

Touring Holidays

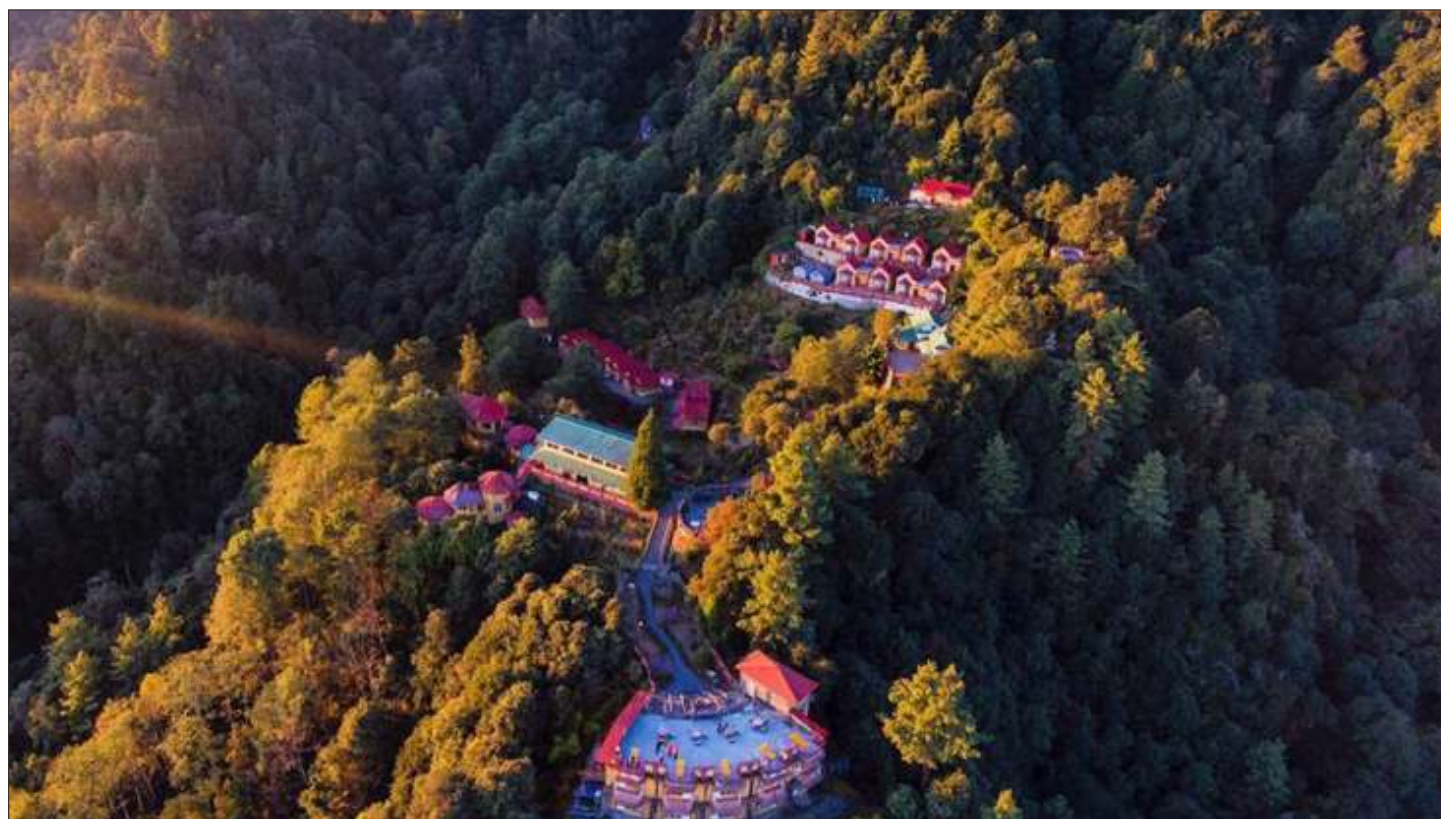
Departure Dates & Trip Costs

Departs Kathmandu everyday
Throughout the year.

Trip Cost 2019 / 20 Ex - KTM US\$ 232

Trip Cost 2020 / 21 Ex - KTM US\$ 243

Local Payment Not Applicable



Everest Panorama Resort - 400 km Himalayan Range Prestige Cascading Forest of Orchid, Pine & Rhododendron

Rafting & More...



J. Carr

RIVERS, JUNGLES & MOUNTAINS

Wet, Wild & High

Trip Profile: 6 Day Gentle Plus

- 2 Days Rafting,
- 2 Nights/3 Days Jungle Safari
- 1 Night Everest Panorama Resort.

Here's something different-whitewater rafting combined with an elephant ride in the jungle and a relaxing way to view the mountains!

Pokhara & White-water!

From Kathmandu or Pokhara we drive to the starting point of our rafting trip on the Trisuli river. We camp two nights on the river banks and then float nearly all the way to the jungle camp.

Tigers & Resort Luxury!

A short drive brings us to the jungle, an exciting environment where animals share the natural habitat with us! Stay in a deluxe yet rustic lodge. Enjoy the scenery on the drive to Everest Panorama Resort. Here you are treated to a magnificent mountain panorama from Everest in the east to Dhaulagiri in the west -eight of the world's ten tallest mountain in a peaceful rural setting.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Private inflatable raft, elephant, canoe, on foot Camp (2nts), Lodge (2nts), Resort (1nt). 5 Breakfast 5 Lunches, 5 Dinners included on Trip Cost.

Grade: 'Gentle Plus'.

Rafting distance: 40km.

Maximum altitude: 2500m(Daman). An overall taste of Nepal, a different kind of adventure! Please see Trip Dossier for complete gear requirements.

Free Raft Pack provided.

Group size: max 20.

Itinerary - Ref. ARJM

Day 01 Drive to Rafting put-in point Lunch & commence Rafting on the Trisuli

Day 02 Continue Rafting,

Day 03 Drive to Chitwan National Park & Begin Jungle Safari

Day 04 In Chitwan

Day 05 Drive to Everest Panorama Resort, Monastery walk

Day 06 Drive to Ktm, trip concludes



Touring Holidays

Departure Dates & Trip Costs

Departs Kathmandu every Mondays from September to June every year.

Trip Cost 2019 / 20 Ex - KTM US\$ 1258

Trip Cost 2020 / 21 Ex - KTM US\$ 1320

TIBET

Tibet is one of the last frontiers on earth. Life is not easy and the land is arid, but the people are hardy and cheerful and the scenery is magnificent. Huge, ornate monasteries and temples bear witness to the deep Buddhist faith and the ancient roots of a rich, highly developed culture. Teeming, colourful bazaars in Lhasa and holy sites like Mt. Kailash draw pilgrims from every part of the world. The lakes and majestic peaks are all waiting for true adventurers in Tibet!

We can now offer you two options for some of our most popular adventures in the mysterious land of Tibet.

In-Style Holidays: On these trips, you pay a little more, but it's well worth it, for the pampering. See our inclusions – you'll be amazed!

Real Experience Holidays: While you don't miss out on anything that makes Tibet the ultimate adventure holiday destination, it's at rock bottom prices! You follow the same itinerary as the "In-Style" holiday on different departure dates, but stay in Tourist Class hotels and decide where and what you eat. Whichever option you choose, AmaDablam's experienced staff will be there to guide you and make your AmaDablam Tibet Adventure the holiday of a lifetime!!

BOB GIBBONS & SIÂN PRITCHARD-JONES



Bob's overland adventures began in an ancient (1949) Land Rover, which he drove from England to Kathmandu way back in 1974. He subsequently worked as an overland driver, travelling extensively all over Asia, Africa and South America, driving trucks and buses in India and Nepal. Siân worked in computer programming and systems analysis for too long, until overland travel and particularly the Himalayas captivated her after a trip to Nepal in 1982. Since then they have visited over 200 countries, but Nepal and Tibet still remain their firm favourites. They have written twelve guidebooks to the Himalayan region and other parts of the world, and have extensive experience of guiding treks in the Himalaya with AmaDablam Adventure Groups since 1985. Their trek around the holy Mount Kailash in Tibet in 2005 with AmaDablam Adventures was a truly uplifting experience, both physically and mentally! Their passion to explore the remote and exotic regions of the Himalaya and the Alps, as well as guiding them for our valued adventurers, remains undimmed, affording unique and challenging adventures.

OUR TIBET TEAM

Our team in Tibet is lead by Thupden Gendun and a team of experienced Tibet travel professionals. They are at the forefront of tours and treks all over Tibet, and provide excellent, comprehensive services to AmaDablam's adventure loving clients. Whether you want to shop in the bazaars of Lhasa or do a pilgrimage to holy Mt. Kailash, our team will be with you all the way.





Ravi Chandra

...at a GLANCE

Population: 2.6 million

Capital: Lhasa

Area: 1,221,700 sq.km (471,900 sq.mi)

Religion: Predominately Buddhist, with some influence from the indigenous animist religion of Bon.

Culture: With its spectacular landscape, rich culture and fascinating history, Tibet has earned a reputation as a high-altitude Shangri-La. The capital Lhasa, which lies 3670m (12,000ft) above sea level, is considered the holiest city of Tibetan Buddhism. The towering Potala Palace, the residence of Tibet's exiled religious leader, the Dalai Lama, boasts of over 1000 rooms housing over 1000 of gems studded sacred images. Amid the old Tibetan town of Barkhor Bazaar is the Jokhang Temple, the holiest shrine in Tibet.

Language: Everyone speaks Tibetan (and many speak Chinese), but dialects differ by region, as do dress, jewellery and house design. Tibetans are mainly either farmers or nomadic herders who live in sturdy black tents made from yak hide.

Religion: Almost all Tibetans are Buddhists following the teachings of Lord Buddha introduced from India in the 7th Century. Over the centuries, Tibetan Buddhism evolved into a unique form, characterised by Tantric influences and a high degree of ritual and symbolism. The 14th Dalai Lama, is considered an emanation of Chenrezig, the Bodhisattva of Compassion. Overall devout Tibetans are seen engaged in prayers, circumambulating sacred monuments and prostrating before holy shrines. Beautiful monasteries echo with chantings of monks. This splendid art and architecture inspired by Buddhism is one of Tibet's main attractions.

Natural History: Lying at an average altitude of 4000m (13,480ft), the Tibetan plateau is characterised by complex geological conditions and spectacular scenery. Not to mention the breathtakingly different views of Everest and other peaks. The 1000km drive from Kathmandu to Lhasa crosses several 5000m-plus passes, whitewashed villages, barley fields, yak herds, and towering ruins of ancient fortresses. Tibet's vast open spaces and intense light make it unlike any other place on earth.

Climate: The climate of Tibet is extremely dry, with strong sun and harsh wind. During the summer (April-Oct.), when we run our trips, day temperatures can reach 29°C (85°F), whereas night temperatures can drop to freezing at high elevations. Occasional monsoon rains sneak over the Himalaya in June and July; generally no more than brief afternoon showers.

Time: All regions of Tibet use Beijing time (2hrs 15mins ahead of Nepal time), but geographically Lhasa is 2hrs behind Beijing. Thus in winter the sun rises at 9:15am and sets about 7:30pm. In summer it rises at 9am and sets at 10:30pm. Working hours in Tibet are 10am - 1pm, 3pm - 6pm.

Services Included in Our Tibet Trips: Services Inclusions on In-style Holidays:

Free use of Trek Pack: Sleeping bags, Thermal or Fleece Liner, Down/Fibrefill Jackets, Poncho or a Rain Jacket

Accommodation in Tibet at Lhasa Holiday Inn or similar in Lhasa and Tourist class hotel in Shigatse. Lodges/Inns as may be available at other places on twin-share, Bed & Breakfast basis and all main meals on camping treks

International flight to/from Lhasa on group itinerary with traditional welcome

Visa Procurement Services in Nepal and Tibet

All road, vehicle, village taxes

Permits & entrance fees at monasteries

Traditional Welcome Dinner in Kathmandu as listed

Tibetan guides, and all other support staff as required

All guided tours in Tibet & half-day guided city tour in Kathmandu as listed

Private transportation within Tibet and Nepal as listed

All internal transport by private vehicle or flight, as applicable according to the itinerary

Airport Transfers

Orientation documents including Kathmandu city and trekking map

All applicable Permits and Fees

Porters or pack animals to carry all personal Duffle Bags as applicable

Comprehensive Medical Kit

Emergency portable oxygen supply & High Altitude Chamber on trekking trips & Everest Base Camp Excursions

AmaDablam Duffle Bag & T-shirt (our gifts to you)

Services Included in Our Tibet Trips: What you get in "Real Experience" Holidays

Free use of Sleeping bags with Thermal or Fleece Liner

Accommodation in Tibet at Yak Hotel or similar in Lhasa and Tourist class hotel in Shigatse. Lodges/Inns as may be available at other places on twin-share room only basis

International flight to/from Lhasa on group itinerary

Visa Procurement Services in Nepal and Tibet

All road, vehicle, village taxes

Permits & entrance fees at monasteries

Tibetan guides, and all other support staff as required

All guided tours in Tibet with English speaking local guide

Private transportation within Tibet and Nepal as listed

All internal transport by private bus or flight, as applicable according to the itinerary

All applicable Permits and Fees

Porters or pack animals to carry all personal Duffle Bags while camping

Comprehensive Medical Kit

Emergency portable oxygen supply & High Altitude Chamber on trekking trips & Everest Base Camp Excursions

AmaDablam Duffle Bag & T-shirt (our gifts to you)

Please see respective trip dossiers for Services inclusion off each holidays..

Please note that all prices in this brochure are guaranteed.. No unpleasant surprises on arrival !

Tibet Tour...



Ravi Chandra

TIBET OVERLAND & EVEREST BASE CAMP

Everest Views & Ancient Cities

Trip Profile: 11 Day Trip Ex-Ktm.

- 4 Days Moderate Overland in Tibet
- 3 Days in Lhasa, Tibet
- 4 Days in Kathmandu Valley

Centuries of isolation have given Tibet the reputation of being a magical and mysterious land. The legendary abode of the Snow Lions, cobalt-blue skies, remote monasteries, sweeping landscapes, soaring mountains and unique, unforgettable people all make this an adventure that you've dreamed about! This Tibet Overland journey takes you across the Himalayas to the Roof of the World to Lhasa, the capital of Tibet.

Kathmandu Valley

In Kathmandu you will be treated to a sumptuous traditional Nepali dinner and a half-day tour of some of the Valley's World Heritage sites before setting out for Tibet.

Overland, Tibetan Plateau

Fly across the Himalayas to the Tibetan Plateau passing between two of the world's highest mountains, Mt. Everest and Kanchenjunga. In the formerly forbidden city of Lhasa, the spiritual and cultural heart of Tibet, explore the Potala Palace,

former home of the Dalai Lamas, still dominating the city atop its rocky pedestal. Join the pilgrims who have converged from all over the country to prostrate themselves at the sacred shrines of the Jokhang Temple. Walk around the Barkhor, the circumambulation route surrounding the Jokhang and its fascinating bazaars. Laden with souvenirs, drive back overland across the vast, sweeping landscapes of the Tibetan plateau dotted with yaks and nomads. En route, you will also visit Shigatse and its fabled Tashilunpo Monastery, followed by a panoramic view of the eastern Himalayas including some of the World's highest peaks from the Geula Pass (5,150m). Venture into the Rongbuk Valley on an excursion to Everest Base Camp. You will also have time for another day's exploration in Kathmandu before departure.

Nitty Gritty

Grade: **Moderate** 5-8 hours driving per day.
Maximum altitude: **5,150 m (Everest Base Camp)**.
Free Tour Pack provided. Please refer our Trip Dossier for all other information & gear requirements.
Group Size: **max 15 min 4**.



Itinerary- Ref. ATOA

- Day 1 Arrive Ktm, PM Welcome Dinner (In-Style),
- Day 2 AM Ktm City Tour (In-Style), PM free in Ktm
- Day 3 Fly across the Himalayas & drive to Lhasa,
- Day 04/05 Tour in Lhasa,
- Day 06/07 Drive Overland & Tour of Shigatse,
- Day 8 Shegar,
- Day 9 Cross Geula Pass & Excursion to Everest Base Camp, Tingri
- Day 10 Drive Overland crossing the Friendship Bridge To Ktm, shopping, sightseeing, explore,
- Day 11 Depart Ktm.

TIBET PANORAMA

Highest Trek & Holiest Monasteries

Trip Profile: 16 day Trip Ex-Ktm.

- 4 Days in Kathmandu • 3 Days in Lhasa
- 9 Days overland/trek in Tibet

This adventure combines a cultural sojourn in Lhasa with overland travel and trekking in Tibet.

Kathmandu & Lhasa

After exploring Kathmandu and a welcome dinner at one of the city's finest Nepali restaurants, we take the spectacular flight to Lhasa. Here there is time to visit the great monasteries, temples and palaces, which make Lhasa the spiritual heart of Tibet.

The Great Tibetan Plateau

From Lhasa drive southeast across the vast Tibetan Plateau past nomads, grazing yaks and emerald fields of barley to Ganden. From Ganden embark on an invigorating trek to Samye across pristine lakes and through lush alpine forests and ever green meadows, on the trail connecting two of the most important centres of Tibetan religion and culture. From Samye drive to Shigatse, the second largest city in Tibet and visit the historic Tashilunpo Monastery, seat of the Panchen Lamas. Making your way through Shegar(4,342m), Gyeula Pass(5,150m) and Rongbuk Valley, head towards Everest Base Camp(5,150m) which provides a more accessible route to Everest (locally known as Chomolongma) than on the Nepal side. From the Base Camp, continue driving to the border, crossing through Tingri and Zhangmu and back to Kathmandu where you can indulge in sightseeing, shopping or just relaxing before Departure.

Nitty Gritty

Trip Grade: Moderate to Adventurous, 5-8 hours driving per day.

Maximum Altitude: 5,150m (Everest Base Camp)
Tour Distance: Approx 2,000 km High altitudes, trekking, rafting & long driving days make this trip suitable for the more adventurous. Outside Lhasa & Shigatse, hotels in Tibet can be quite basic. Nevertheless, still a land of magic & mystery. Once experienced, never forgotten.

Trek distance: approx 80 km. Camping with full crew support. Ponies carry your duffel bag.

Free Tour Pack Provided: Please refer to our trip dossier for all other information & gear requirements.

Group Size: max 15 min 4.

Itinerary - Ref. ATIP

- Day 01 Arrive Ktm PM Nepali Dinner
- Day 02 AM City Tour PM Free in Ktm
- Day 03 Fly to Lhasa
- Day 04-05 In Lhasa
- Day 06 Drive to Ganden & Trek
- Day 11 Drive to Shigatse
- Day 12 Tour in Shigatse
- Day 13 Drive to Shegar O/N Hotel
- Day 14 Excursion to Everest Base Camp & Drive To Zhangmu
- Day 15 Drive to Ktm O/N Hotel
- Day 16 Depart Ktm.

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
15-Aug-19	30-Aug-19	20-Aug-20	4-Sep-20
12-Sep-19	27-Sep-19	17-Sep-20	2-Oct-20
21-May-20	5-Jun-20	13-May-21	13-May-21
18-Jun-20	3-Jul-20	17-Jun-21	17-Jun-21
Trip Cost Ex - KTM US\$ 5780		Trip Cost Ex - KTM US\$ 6069	
Trip Cost Ex-Lhasa US\$ 5314		Trip Cost Ex-Lhasa US\$ 5579	

Service Inclusions

Transport, Fooding & Accommodation: Private 4WD vehicle, International Kathmandu/Lhasa flight US\$ (Included), city tour, on foot, Hotels/Lodges 15 nights, 15 Breakfasts, 5 Lunches 6 Dinners included on Trip Cost.

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
15-Aug-19	25-Aug-19	17-Sep-20	27-Sep-20
12-Sep-19	22-Sep-19	8-Oct-20	18-Oct-20
10-Oct-19	20-Oct-19	18-Mar-21	28-Mar-21
26-Mar-20	5-Apr-20	15-Apr-21	25-Apr-21
9-Apr-20	19-Apr-20	13-May-21	23-May-21
21-May-20	31-May-20	17-Jun-21	27-Jun-21
18-Jun-20	28-Jun-20	15-Jul-21	25-Jul-21
23-Jul-20	2-Aug-20	19-Aug-21	29-Aug-21
20-Aug-20	30-Aug-20	9-Sep-21	19-Sep-21
Trip Cost Ex - KTM US\$ 3420		Trip Cost Ex - KTM US\$ 3591	
Trip Cost Ex-Lhasa US\$ 2841		Trip Cost Ex-Lhasa US\$ 2983	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation : 4WD private vehicle, International Kathmandu/Lhasa flight US\$ 595 (included) city tour, on foot, Hotels/Lodges (4* in Lhasa & 2* Outside Lhasa 10 nts) 10 Breakfasts, 1 Lunch, 1 Dinner included on Trip Cost..



ULTIMATE TIBET

Journey to the Centre of the Earth

Trip Profile: 27 Day Trip Ex-Ktm.

- 4 Days in Kathmandu Valley
- 3 Days in Lhasa, Tibet
- 1 Day in Shigatse, Tibet
- 1 Day Everest Base Camp (Tibet side)
- 3 Days Mt. Kailash Circuit Trek
- 15 Days adventurous overland in Tibet

This Ultimate Tibet journey covers the best of the magic and mystery of Tibet by combining a cultural sojourn in Lhasa, the heart of Tibet with the adventure of Everest Base Camp and a pilgrimage to Lake Manasarovar and the sacred Mount Kailash.

Kathmandu Valley,

Before setting out on the overland journey of a lifetime, in Kathmandu you will be treated to a sumptuous traditional Nepali dinner and a half day tour of some of the Valley's World Heritage sites.

Tibetan Plateau/Everest Base Camp/Kailash & Manasarovar

Fly-in to the mystical city of Lhasa. Take a delightful tour of the city visiting the Potala Palace, former home of the Dalai Lama, still dominating the cityscape, historic monasteries of Drepung and Sera and the famous Jokhang temple, holiest shrine in Tibet. After Lhasa, visit the Tashilunpo Monastery, seat of the Panchen Lamas in Shigatse and drive to Everest Base Camp (5,150m) which provides a much closer, more accessible route to Mt. Everest, locally known as Chomolungma. From Everest Base Camp, drive west to Lake Manasarovar and the holy Mt. Kailash. Join the throngs of pilgrims who have converged in this desolate corner of Tibet since time immemorial to pay homage to the mountain. Believed by the devout to be the mythical centre of the world and abode of the gods, Kailash is sacred to several of Asia's religions-Buddhists, Bon, Hindu and Jains. For three days walk around this almost perfectly symmetrical divine mountain, then continue your journey to Tirthapuri and its hot springs. Visit the abandoned cities of Tholing and Tsaparang in the Kingdom of Guge, the thriving 9th century civilization that fell into ruins, with their cave dwellings, stunning monastic murals and ruined palaces. With memories of a lifetime, finally drive back to the green and rolling hills of Nepal. shop, sightsee Day 27 Trip concludes.

Nitty Gritty

Trip Grade: Moderate to Adventurous, 5-8 hours driving per day.

Maximum Altitude: 5,400m (Kailash) Dromala Pass

Tour Distance: Approx. 2500 km High altitudes & long driving days make this trip suitable for the more adventurous.

Free Tour Pack Provided: Please refer to our trip dossier for all other information & gear requirements.

Group Size: max 15 min 4

Itinerary - Ref. AUTA

Day 01 Arrive Ktm PM Welcome Dinner (In-Style)

Day 02 AM Ktm City Tour (In-Style) PM Free in Ktm

Day 03 Fly to Lhasa and Drive to Tsedang O/N Hotel

Day 04 Drive to Lhasa

Day 05/06 Tour in Lhasa

Day 07 Drive to Shigatse

Day 08 Tour in Shigatse

Day 09 Drive to Shegar

Day 10 Drive to Tingri via Everest Base Camp

Day 11/24 Drive to Saga & Commence overland

camping tour to Kailash Manasarovar 3

Days Mt. Kailash Circuit trek and Drive

Back to Nylam via Toling and Thirapuri

Day 26 Drive to Ktm, explore, shop, sightsee

Day 27 Trip concludes.

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
18-Jul-19	13-Aug-19	23-Jul-20	18-Aug-20
15-Aug-19	10-Sep-19	20-Aug-20	15-Sep-20
21-May-20	16-Jun-20	13-May-21	8-Jun-21
18-Jun-20	14-Jul-20	17-Jun-21	13-Jul-21
Trip Cost Ex-KTM US\$ 8603		Trip Cost Ex-KTM US\$ 9033	
Trip Cost Ex-Lhasa US\$ 8020		Trip Cost Ex-Lhasa US\$ 8421	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Private 4WD vehicle, International Flight Ktm/Lhasa US\$ 595 (Included), city tour, on foot, Hotels (4* In Lhasa & Shigatse & Lodges Outside Lhasa) Outside Lhasa hotels in Tibet can be quite basic. Camping 15 nights, 26 Breakfasts, 15 Lunches 15 Dinner included on Trip Cost.

Full Crew Support: Group leader, Trekking Guide, Cook, Helpers & Porters





KATHMANDU & LHASA TOUR

Mountain Kingdom Magic

Trip Profile: 7 Day Trip Ex-Ktm.

- 4 Days in Lhasa, Tibet
- 3 Days in Kathmandu Valley

This adventure carries you across the roof of the world by spectacular trans-Himalayan flight.

Kathmandu & Tibetan Plateau

After two days of discovering the delights of Kathmandu, a welcome dinner and guided tour, fly to Lhasa across the Himalayas to the Tibetan Plateau between two of the world's highest mountains, Mt. Everest and Kanchenjunga. From Gongkar Airport, on the long drive into Lhasa, marvel at the high altitude landscape and architecture of the Kyichu Valley, so different from that of Kathmandu.

Potala Palace, Barkhor Bazaar

In the once forbidden city of Lhasa, visit the Potala Palace, former home of the Dalai Lamas, still dominating the city atop its rocky pedestal. Explore the fascinating bazaars

and alleys thronged with pilgrims who have converged from all over the country to prostrate themselves at the sacred shrines of the Jokhang Temple, Tibet's holiest site. Walk around the Barkhor, the sacred circumambulation route around the Jokhang. Catch the monks engaged in lively philosophical debate at the once great monasteries of Drepung and Sera. Laden with Souvenirs and memories, fly back to Kathmandu For another day's exploration, before departure.

Nitty Gritty

Grade:

Gentle. Not physically demanding, although high altitude may take some acclimating.

Maximum altitude:

3,600m (Lhasa).

Free Tour Pack provided.

Please refer to our Trip Dossier for all other informations & gear requirements.

Group size:

Max 15 min 4

Itinerary-Ref AKLT

- Day 1 Arrive Ktm, PM Welcome dinner (In_Style)
- Day 2 AM Ktm City Tour(In_Style), PM free,
- Day 3 Fly to Lhasa,
- Day 4 In Lhasa & Tour,
- Day 5 in Lhasa, free to explore,
- Day 6 Fly to Ktm PM shopping, explore,
- Day 7 Depart Ktm.

In-Style Holidays ****

Departure Dates & Trip Costs

Departs Kathmandu Third Thursdays of every month from April to October every year.

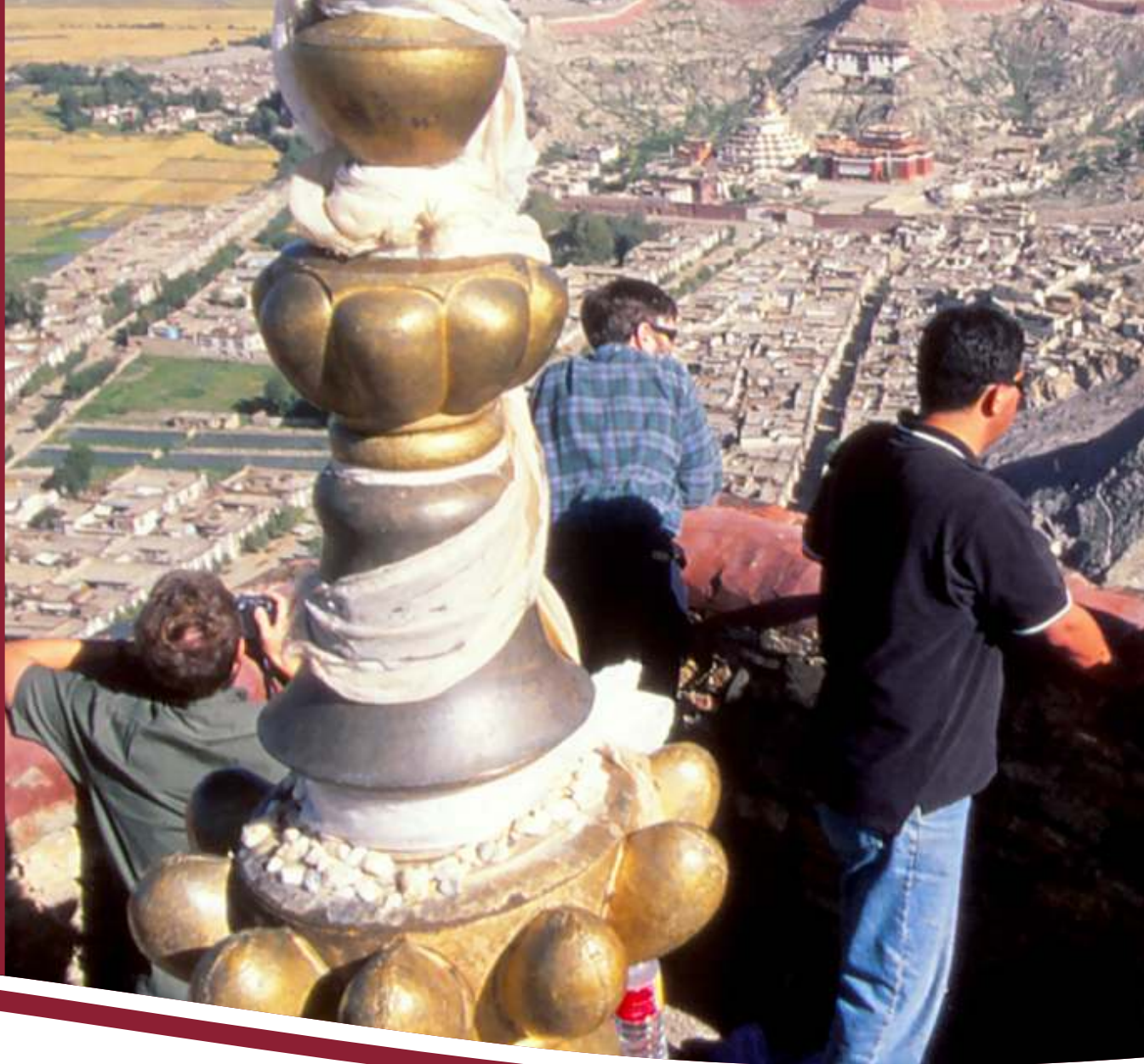
Trip Cost 2019 / 20 Ex - KTM US\$ 2627

Trip Cost 2020 / 21 Ex - KTM US\$ 2758

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation : International flight Kathmandu/Lhasa/Kathmadu US\$ 1190 (Included) 4WD vehicle, city tour, hotels (3nts Ktm 5*) (3nts Tibet 4*) 6 breakfasts, 1 dinner included on Trip Cost.

Tibet Tour...



BEIJING, LHASA & KATHMANDU EXPRESS VIA EVEREST BASE CAMP *Across Roof of the World*

Trip Profile: 13 Day Trip Ex- Beijing.

• 2 Days in Beijing • 5 Days Train/Overland across China/Tibet • 4 Days in Lhasa, Tibet • 2 Days in Kathmandu Valley

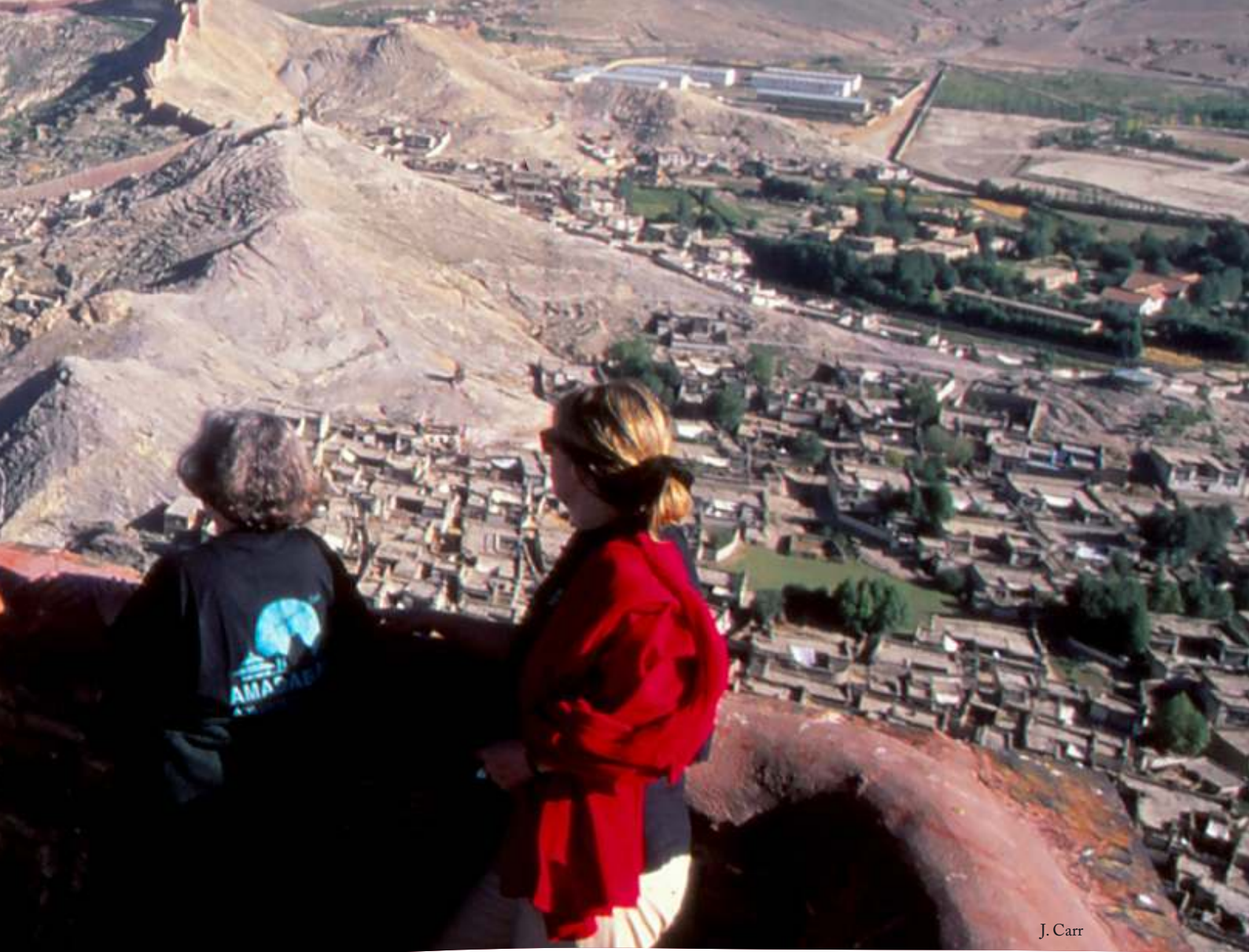
Beijing is famous for its history and ancient culture. If Beijing is magnificent, the real excitement begins on the world's highest express train to the mystical city of Lhasa. The journey over the vast and rugged 'Roof of the world' culminates with an excursion to the lofty heights of Everest Base Camp before heading south to the medieval towns of the Kathmandu Valley.

Beijing to Lhasa

You begin this spectacular journey exploring the ancient city of Beijing with its illustrious history going back as far as 5,000 years. It has been China's political, economic, cultural and educational centre throughout its long history, so it is a delight to discover its ancient past and enjoy its exciting modern development. Laden with memories, set out for the 'forbidden city of Lhasa'. After an astounding journey on the world's highest railway, be overwhelmed by the warm hospitality of your Tibetan hosts.

Lhasa to Kathmandu

In Lhasa, the spiritual and cultural centre of Tibet, explore the magnificent Potala Palace, former home of the Dalai Lamas, still reigning over the city. Visit the famous Jhokang temple, Tibet's holiest shrine situated in the middle of the fascinating bazaars of the Barkhor. After touring the fabulous monasteries, palaces and temples of the legendary city of Lhasa, drive across the vast sweeping landscapes of the Tibetan plateau dotted with yaks & nomads. In Shigatse, experience the grandeur of famed Tashilunpo Monastery, an awe-inspiring destination. En route, visit Shegar and Tingri. Cross Gyatso La Pass 5220m, to see the enchanting panorama of the eastern Himalayas, including some of the world's highest peaks such as Everest, Kanchenjunga, Makalu, Lhotse Cho-Oyo. Cross Gyeula Pass (5,150m), and venture into the Rongbuk Valley on an excursion to Everest Base Camp (5,150m). Feeling fully rejuvenated, drive south to explore the medieval towns of the Kathmandu Valley before concluding this wonderful journey.



J. Carr

Nitty Gritty

Grade: Moderate 5-8 hours driving per day.
Overnight Sleeper Train.

Maximum altitude: 5,220m Gyatso La Pass,
Everest Base Camp, 5150m.

Free Tour Pack provided. Please refer our
Trip Dossier for all other information & gear
requirements. Outside Lhasa & Shigatse,
hotels in Tibet can be quite basic.
Nevertheless, still a land of magic & mystery.
Once experienced, never forgotten.

Group size: max 15

Itinerary-Ref AKLT

Day 01 Arrive Beijing - Overnight hotel,
Day 02 AM Tour, PM free in Beijing,
Day 03 Board Sleeper Night Train for Lhasa,
Day 04 In train,
Day 05 Arrive in Lhasa,
Day 06/07 Tour of Lhasa,
Day 08/09 Drive Overland & Tour of Shigatse,
Day 10 Shegar, Cross Gyatso La Pass
(5220m),
Day 11 Cross Gyeula Pass & Excursion to
Everest Base Camp, Tingri,
Day 12 Drive Overland crossing the Friendship
Bridge to Ktm, shopping, sightseeing,
explore,
Day 13 Depart Ktm.

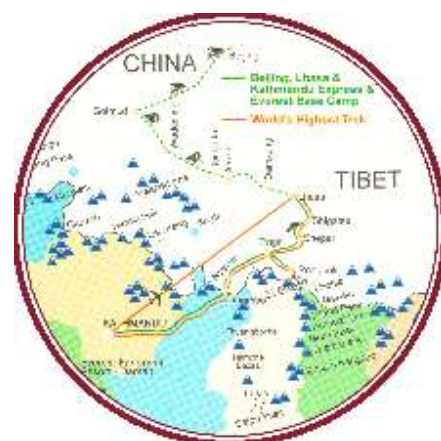
In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
13-Aug-19	25-Aug-19	15-Sep-20	27-Sep-20
10-Sep-19	22-Sep-19	6-Oct-20	18-Oct-20
8-Oct-19	20-Oct-19	16-Mar-21	28-Mar-21
24-Mar-20	5-Apr-20	13-Apr-21	25-Apr-21
7-Apr-20	19-Apr-20	11-May-21	23-May-21
19-May-20	31-May-20	15-Jun-21	27-Jun-21
16-Jun-20	28-Jun-20	13-Jul-21	25-Jul-21
21-Jul-20	2-Aug-20	17-Aug-21	29-Aug-21
18-Aug-20	30-Aug-20	7-Sep-21	19-Sep-21
Trip Cost Ex - KTM US\$ 4108		Trip Cost Ex - KTM US\$ 4313	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation :
4WD private vehicle, Train ticket, city tour,
Local Guide, Hotels/Lodges (10 nts - 4 * in
Lhasa & KTM), 12 Breakfasts, 1 Lunch
included on Trip Cost.



*Please Note: Meals are not
included in the trip cost to offer
an opportunity for you to sample
local menus. Therefore, please
allow US\$ 500 for In Style
Holidays*

INDIA

India is a vast, crowded land of almost bizarre contrasts; from deserts to palm-fringed beaches, rural villages to bustling modern cities, the Magnificent Taj Mahal and cool hill stations to mud huts baking in the fierce heat of the plains. Its 5,000 year history of conquest and the rise and fall of great empires, is alive in Moghul Palaces, Portuguese Cathedrals, British-built bridges, Urdu poetry, Vedic art and the colourful traditions, languages and religions of the many ethnic groups. Lifestyles range from those of simple, peasant farmers to the unbelievable ostentation of the Maharajas of the past and everything in between! No one should miss the unique experience that is India!

AmaDablam Adventures, for the last 37 years have helped travelers gain genuine experience with holidays of a lifetime. This has led to a soaring demands from Customer to add more Holidays in the Himalaya, With tailor-made itineraries and scheduled departures on its international groups. To fulfill every interest and desires - even more, it is now offering more exclusive and awe-inspiring Holidays that reveal a vibrant world of adventures depicted in its new holidays such as - Markha Valleys (24 days), Zaskar (15 days), Tribes & Tribals of Arunchal.

In an exciting and innovative move, we now give you two options on all our India trips

In-Style Holidays: On these trips, you pay a little more, but it's well worth it for the pampering!

Airport transfers, 4* hotels, hearty breakfasts, comprehensive sightseeing tours, private transport, AC trains, full service camping and other extras are all included.

Real Experience Holidays: If you want a more 'down to earth' view of India, these trips are for you. You follow the same itinerary as the In-Style holiday on different departure dates, and don't miss out on anything that makes for a memorable India experience, but at rock bottom prices! You arrange your own airport transfers to a Tourist Class hotel, decide where and what you eat and get to meet the locals on public transport. Whichever option you choose, AmaDablam's experienced staff will be there to guide you and make your AmaDablam Indian Adventure the holiday of a lifetime!!

PETER COUNSELL



Beginning as a Environmental Education teacher, Peter Counsell, has travelled and led trips worldwide. He has worked for major Australian travel companies for many years, but returns to the Himalaya at every opportunity. While in Australia he represents AmaDablam Adventure and look after all its interests and welfare. His vast experiences and knowledge is reflected in the planning and promotion of our holidays.





...at a GLANCE

Population: 1.1 billion

Capital: New Delhi

Area: 3.3 million sq. Kms (2 million sq. miles)

Religion: India has six major religious groups:

Hindus, Muslims, Christians, Sikhs, Parsis and Jains.

Culture: India's culture is one of the world's richest and most diverse. Its ancient Civilization has produced a fascinating mixture, expressed in age-old traditions. The best way to begin to understand this complex society is to do some background reading from the recommended list in our pre departure information.

Languages: 14 major languages, and at least 200 dialects are spoken. Hindi is common in the north, and different groups communicate in English. The Indo-European languages of the northwest and the Gagnetic Plain are related to modern European languages and Iranian, indicating early European migration. Four pre-Christian Dravidian languages are the basis of what is spoken in South India.

Natural History: India stretches from the shores of three oceans to the peaks of the Himalaya. Million of years ago, it was a separate continent lying in the southern hemisphere. Continental drift pushed it slowly northward, to collide with the North Asian land mass. The impact pushed up the still-rising Himalaya. Political borders changed in the 1970s to include Sikkim, extending the northeastern boundary to Tibet. The northern border region includes Assam in the east and Indian-Administered Kashmir in the west.

Climate: India's summer monsoon makes travel difficult and unpleasant. Our trips in India are from Sept-June to avoid the monsoon rains and take advantage of the most temperate season. Day time temperatures rise to 30C (80F) or more, skies are clear and dry. Nights are cool, dropping to freezing point at higher altitudes.

Time: India is 5 hours 30 minutes ahead of Greenwich Mean Time.

Delhi accommodation: If you wish to arrive in Delhi early or stay after the trek/tour, we will be happy to book your accommodation and make any other arrangements for you. We offer very special discounts and unbeatable rates at many of the leading hotels in Delhi & other cities in India. Please contact our nearest office for details and bookings.



Petter Counsell

Services Included in Our India Trips:

Services Inclusions on In-style Holidays:

Twin share 4* accommodation in hotel, state guest houses/Jungle Lodge/tented camp as applicable to program

Transportation as listed in the itinerary by Jeep/Mini Van/ Deluxe coach, car with guide as per the itinerary

International Arrival & Departure transfers

Tented accommodation, meals and complete Camping and Kitchen Equipment while on trek

Portage of members personal; luggage during trek (maximum 20 Kg)

Train fare by AC sleeper class/AC chair car as applicable to itinerary.

Normal gratuities to the porters, hotel staff and local Guides.

Camping fee are charged by respective state/regions and paid for.

Monument Fees

Services of Experienced and well trained English speaking Tour escort and mountain guides.

All currently applicable taxes.

Services Included in Our India Trips:

Services Inclusions on Real Experience Holidays:

Twin sharing 2* accommodation in hotel, state guest houses/ Jungle Lodge /tented camp as applicable to program

Transportation Non AC Vehicle as listed in the itinerary by Jeep /Mini Van/ Deluxe coach, car with guide as per the itinerary

Tented accommodation, meals and complete Camping and Kitchen Equipment while on trek

Train fare Non AC sleeper class/AC chair car as applicable to itinerary.

Normal gratuities to the porters, hotel staff and local Guides.

Camping fee are charged by respective state/regions and paid for.

All currently applicable taxes.

?

Note: Monument fee, Breakfast,

International

Arrival & Departure transportation are not included on the Real Experience Holiday trip. It is recommended that clients bring their own sleeping bags.

Please see respective trip dossiers for Services inclusion off each holidays..

Please note that all prices in this brochure are guaranteed.. No unpleasant surprises on arrival !

OUR INDIA PARTNERS

Captain Swadesh Kumar leads our Partner team in India. His vast knowledge of adventure travel in India is a result of more than 28 years of experience. He, and his professional team, are well-respected in the industry and are a joy to be with. Be it treks, cultural tours, camel and wildlife safaris, bike and jeep tours, train journey and more, this expert group caters to all our clients needs in India.

India...



DELHI, AGRA & JAIPUR A Rich Cultural Tapestry - The Essence of

Trip Profile: 5 Day Gentle Tour Ex-Delhi

- 3 Days Delhi
- 1 Day Agra
- 1 Day Jaipur

Experience something of the rich cultural tapestry that is India. This three-city tour gives you history, culture, the romance of bygone eras and the hub of modern Indian life in one unique package. There is so much to see in these exciting cities.

Delhi, Agra & Jaipur

From Delhi, travel by train to Agra. Here, you will be captivated by the legendary Taj Mahal, one of the Seven Wonders of the world. Your guided tour of Agra includes the Amber Fort, the former Moghul palace and the Persian tomb of Itmad-Ud-Daulah, which is inlaid with the same precious stones as the Taj. There is time to explore the ghostly, deserted city of Fatehpur Sikri, once the capital of the great Moghul Emperor Akbar, but abandoned for lack of water. This magical tour culminates in Jaipur with its artifacts and opulence. Try an elephant ride up to the Amber Fort, and tour the Maharaja's Palace, the Stone Observatory and the Palace of the Winds. Finally drive back to Delhi, to enjoy some free time to explore on your own, before departure. This tour of

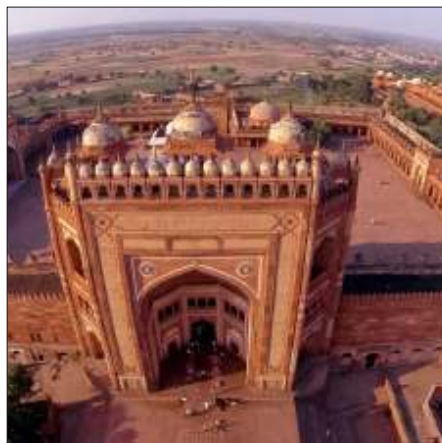
Three of India's most fascinating cities is perfect for the traveller on a tight time schedule. Enjoy the sights, sounds, smells, tastes and overall feeling that is INDIA.

Nitty Gritty

Tour Grade: **Gentle**

Driving / Tour distance: **approx 690km. Please refer to our Trip Dossier for gear and Climate information.**

Group size: **max 15 min 2.**



Itinerary - Ref. ADAJ

Day 01 Meet in Delhi PM City Tour, Overnight hotel

Day 02 Sightseeing Tour in Delhi

Day 03 Train to Agra, Overnight hotel

Day 04 AM City Tour PM Drive to Jaipur, Overnight hotel

Day 05 AM City Tour PM Drive to Delhi, transfer to Airport.

Real Experience Holidays ****

Departure Dates & Trip Costs

Departs Kathmandu every First Tuesday of Every months through the year

Trip Cost 2019 / 20 Ex - Delhi US\$ 1384

Trip Cost 2020 / 21 Ex - Delhi US\$ 1453

Service Inclusions - Real Experience Holidays

Transport & Accommodation: **Private Non AC car or bus, city tours, tour escort on foot, train, monument fee, Elephant ride, Hotels (2* - 4 nts) included on Trip Cost.**

OVERLAND HIGHLIGHTS OF INDIA & NEPAL

South Asia Encompassed

Trip Profile: 14 Day Gentle Plus Trip Ex-Delhi

7 Days in India:

- 4 Days Tour
- 3 Days Sailing

7 Days in Nepal:

- 2 Days Chitwan Jungle Safari
- 1 Night Everest Panorama Resort
- 2 Nights Kathmandu
- 1 Day Tour in Lumbini & Kathmandu.

The trip showcases the gems of India with visits to historical monuments, memorials and sacred ghats and the pearls of Nepal with two nights of jungle safari, a visit to the birthplace of Gautam Buddha and an exploration of Kathmandu Valley.

Delhi, its Memorial and Monuments

There is time to tour the enthralling city of New Delhi after you check-in to your hotel.

Agra & Varanashi

Drive 204km south of Delhi to marvel at the Taj Mahal, one of the Seven Wonders of the World. Built over 17 years by 20,000 workers, the memorial is surely the most extravagant expression of love ever created. Visit the indomitable Gwalior Fort and delight in well-preserved ancient temples and palaces in Orcha. Sail down the Ganges for two nights as people did in bygone eras. Rejuvenate your spirits amongst the age-old rituals and chants of worship in Varanasi.

Lumbini, Chitwan & Kathmandu

Drive to Bhairahawa on the Buddha's path to be welcomed by AmaDablam Nepal Team. Transfer to your hotel in Lumbini and commence a tour of the birthplace of Lord Buddha. Take a leisurely ride to Royal Chitwan National Park, one of the finest wildlife reserves in Asia. Cross paths with the Royal Bengal tiger, the one-horned rhinoceros, leopard and sloth bear, either from elephant back, on foot, dugout canoe or a vehicle. Round off the adventure at Everest Panorama Resort, Daman where a 400km panorama of the Himalaya, encompassing eight of the world's the highest mountains including Everest, is spread before you

on a clear day. After a sunrise viewing of the amazing spectacle, leave for Kathmandu to explore the age-old cultural and architectural masterpieces of the valley.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Train to Agra & Allahabad, Bus or Jeeps, Tours, Sailing, Jungle Safari, Mountain Resort, Hotels/Jungle Lodges/Camping (12 nts), 13 Breakfasts, 5 Dinners, 5 Lunches included on Trip Cost.

Trip Grade: Gentle plus.

Group Size: max 15 min 4.

Itinerary - Ref. AOIN

Day 01 Arrive Delhi/Transfer to hotel.

Day 02/03 AM Train to Agra/Tour of Taj Mahal & Fatehpur-Sikri. O/N Train to Allahabad.

Day 04 to 06 Arrive Allahabad & Drive to Sitamarhi & Start 3 Days sailing & visit monuments memorials & sacred ghats to Murdaghat. Arrive Varanashi.

Day 07 Tour of Varanasi.

Day 08 Drive to Bhairahawa & Tour of Lumbini

Day 09/10 Drive to Chitwan & commence Jungle Safari.

Day 11 Drive to Everest Panorama Resort.

Day 12 Drive to Ktm.

Day 13 In Kathmandu-Sightseeing Tour.

Day 14 Depart Kathmandu.

Overland Touring Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
16-Sep-19	29-Sep-19	21-Sep-20	4-Oct-20
14-Oct-19	27-Oct-19	12-Oct-20	25-Oct-20
30-Mar-20	12-Apr-20	22-Mar-21	4-Mar-21
13-Apr-20	26-Apr-20	19-Apr-21	2-Apr-21
Trip Cost Ex-Delhi US\$ 4966		Trip Cost Ex-Delhi US\$ 5214	



In-Style Holidays ****

Departure Dates & Trip Costs

Departs Kathmandu every Third Tuesday of Every months through the year

Trip Cost 2019 / 20 Ex - Delhi US\$ 2352

Trip Cost 2020 / 21 Ex - Delhi US\$ 2469

Service Inclusions - In-Style Holidays

Transport, Breakfast & Accommodation: International Arrival & Departure transfers, Private AC car or bus, city tours, tour escort on foot, train, monument fee, Elephant ride, Hotels (4* - 4 nts) 4 Breakfasts included on Trip Cost.



INDIA & NEPAL PANORAMA

Himalayan Beauty & Legendary Culture

Trip Profile: 19 Day Trip Ex-Delhi

- 3 Days in Delhi,
- 1 Day each Agra & Jaipur
- 4 Days in Kathmandu
- 5 Days 'Leisurely Plus' Trek
- 1 Night Pokhara at Heritage Hotel
- 2 Days Rafting
- 2 Days Jungle Safari
- 1 Night Everest Panorama Resort

The dramatic Himalayas, exciting adventure activities and two legendary cultures are combined in this special adventure. A lifetime of memories into a relatively short time!

The Feeling of India

Take a fascinating three city tour as described on page 54 (Delhi, Agra & Jaipur).

Kathmandu, Annapurna, White-water, Jungle and Himalayan Panorama

Fly to Nepal and experience traditional Nepali hospitality in a Welcome Dinner and a guided city tour. After a scenic flight to Pokhara, begin a special Trek through the scenic Himal, with unparalleled views of the soaring, snow covered peaks. Then hang onto your paddles as you head into two days of white-water fun on the Trisuli River. A change of pace finds you atop an elephant, searching for wildlife in Royal Chitwan National Park. We cap your adventure with a visit to Everest Panorama Resort at Daman, where you can gaze in awe at a 400 km. panorama encompassing 8 of the world's 10 highest mountains, including Mt Everest. Experience the charms of Kathmandu for yourself before ending this unusual adventure.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: International flight Delhi/Kathmandu (included) & domestic flight Kathmandu/Pokhara US\$ 124, on foot, canoe, elephant, private bus, 4wd vehicle, train, Hotels (17 nts), Teahouse (5 nts), Lodge (2 nts), Resort (1 nt), Camping (2nts) 18 Breakfasts, 11 Lunches, 12 Dinners, included on Trip Cost.

India Trip Grade: Gentle

Overland distance: approx 400km

Trek distance: approx. 98km. Lodge Trek with full support crew.

Trek Grade: 'Leisurely Plus', 5-7 hours walking per day.

Maximum altitude: 4500m. (Mardi Himal Base Camp)

Free Trek/Raft Pack included. Please refer our Trip Dossier for all other gear requirements. Allows you to see the most popular places in both

Trek Group size: max 15 min 2.

Itinerary - Ref. AINI

Day 01 Meet in Delhi PM City Tour

Day 02 Train to Agra & Tour

Day 03 Drive to Jaipur & Tour

Day 04 Drive to Delhi & Tour

Day 05 Fly to Ktm PM Nepali Dinner

Day 06 AM City Tour PM Free

Day 07 Fly to Pokhara O/N hotel

Day 08 Drive to Kande & Begin Trek

Day 12 End Trek in Pokhara O/N hotel

Day 13 Drive to Trisuli River & Rafting

Day 15 Drive to Chitwan & commence Jungle Safari

Day 17 Drive to Everest Panorama Resort

Day 18 Drive to Ktm

Day 19 Depart Ktm

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
17-Sep-19	5-Oct-19	8-Sep-20	26-Sep-20
8-Oct-19	26-Oct-19	29-Sep-20	17-Oct-20
19-Oct-19	6-Nov-19	13-Oct-20	31-Oct-20
5-Nov-19	23-Nov-19	4-Nov-20	22-Nov-20
3-Dec-19	21-Dec-19	8-Dec-20	26-Dec-20
7-Jan-20	25-Jan-20	5-Jan-21	23-Jan-21
4-Feb-20	22-Feb-20	9-Feb-21	27-Feb-21
3-Mar-20	21-Mar-20	2-Mar-21	20-Mar-21
17-Mar-20	4-Apr-20	16-Mar-21	3-Apr-21
31-Mar-20	18-Apr-20	6-Apr-21	24-Apr-21
28-Apr-20	16-May-20	4-May-21	22-May-21
Trip Cost Ex - Delhi US\$ 5661		Trip Cost Ex - Delhi US\$ 5944	

Thanks to everyone at AmaDablam for an unforgettable trip! We'll be back soon!!

Ms. Julia Goode

Cranham Road, Westbury-On-Trym Bristol, England

India Nepal Introduction





TRANS HIMALAYAN OVERLAND SAFARI *Mountains & Monasteries*

Trip Profile: 12 Day Trip Ex-Delhi

- 4 Days in Delhi
- 1 Day in Manali
- 3 Days in Leh
- 4 Days Leisurely Plus Overland Safari

This journey takes you back in time from the monuments of historic Delhi to the highest motorable passes at Kharungla and Tanglang La, through the spectacular Great Himalayan Range, traversing stark and desolate landscapes, and eventually to "Little Tibet" and Leh with its colourful monasteries and pious monks.

Delhi its Temples, Mosques and Colonial Mansions

Reach Delhi and tour the city with its plethora of temples, forts, mosques as well as parks, gardens and stately colonial mansions. The city is truly a meeting of the ancient and modern, with well preserved monuments and temples vying for your attention with milling Street markets and upmarket shopping malls.

Manali, Leh and the Great Himalayan Range

Drive to Manali via Chandigarh ascending into the tranquil world of Rohtang pass, Sarchu and

Tanglang-la in the Great Himalayan Range, along the edge of the Tibetan plateau. Pass from fertile Kulu Valley to the barren deserts of Ladakh. The journey to Leh passes some of the most spectacular mountain scenery and famous Lamayuru Monastery. Surrealistic colours, ranging from various shades of brown to rust, gold, pink and yellow, splash the rocks. Strong Buddhist influences make the inhabitants one with the landscape. The journey ends with a flight back to Delhi from Leh.

Nitty Gritty

Trip Grade: Leisurely Plus, 6-10 hours driving.
Overland distance: approx 916km
Maximum altitude: 5327m (Tanglang la Pass)
Trek Group size: max 15 min 4.

Itinerary - Ref. ATTHS

- Day 01 Arrive Delhi.
- Day 02 Drive/Train to Manali.
- Day 04/06 Trans Himalayan Overland Safari to Leh via Ronthang Pass.
- Day 07 Visit Indus Valley
- Day 8 Drive to Alchi.
- Day 9 Drive to Beama
- Day 10 Drive to Lhe.
- Day 11 Fly to Delhi.
- Day 12 Depart Delhi

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
24-Jul-19	4-Aug-19	29-Jul-20	9-Aug-20
24-Jun-20	5-Jul-20	30-Jun-21	11-Jul-21
Trip Cost Ex - Delhi US\$ 2178		Trip Cost Ex - Delhi US\$ 2286	

Service Inclusions - Real Experience Holidays

Transport & Accommodation: Non AC Jeep/Van or Bus, City Tours, Local Guide, Domestic flight Leh/Delhi US\$ 228 (Included), taxes, on Foot. Hotels (2* - tourist class hotel) on room only basis, 2 Breakfast, 2 Lunch, 2 Dinner included on the trip cost.

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
15-Jul-19	26-Jul-19	20-Jul-20	31-Jul-20
15-Jun-20	26-Jun-20	21-Jun-21	2-Jul-21
Trip Cost Ex - Delhi US\$ 3108		Trip Cost Ex - Delhi US\$ 3263	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: AC Private vehicle for plane area, Non AC Jeep/Van or Bus for mountain journey, Permit, Wildlife fee, Taxes, City Tours, Local guide, Domestic flight Leh/Delhi US\$ 228 (Included), Hotels (4* - Delhi, 2 nts), Resort (1 nts), Camping (2 nts), 11 Breakfast, 2 Lunch, 2 Dinner included on the trip cost.

India...



GLIMPSE OF GOA

Sun, Sand & Sea

Trip Profile: 7 Day Trip Ex-Goa

- 2 Days Miramar Beach
- 2 Days Hill Retreat
- 3 Days Colva Beach

A week in Glorious Goa with cultural tours, cruises and time on the famous beaches! Meet at the airport or train station and check in to the hotel at Miramar Beach. Do some bargain shopping before an evening boat cruise. Sample the best of local fare and spend some days touring the sights of North, South and Old Goa, with a relaxing stay in a Hill Retreat. Finally, hit the beaches and relax in the mellow atmosphere of Colva.

Itinerary - Ref. AGOG

Day 1. Arr. Miramar Beach, Transfer to Hotel, Free, PM Boat Cruise.

Day 2. North Goa Tour, O/N Hotel.

Day 3. South & Old Goa, Mangeshi Temple Tour, O/N Hill Retreat.

Day 4. South Goa Tour, O/N Hill Retreat.

Day 5. Margao City Tour, O/N Hotel Colva.

Day 6. Free in Colva.

Day 7. Check out, 12 Noon.

Nitty Gritty / Service Inclusions

Accommodation, Transport & Food: Hotels (4 nts.), Hill Retreat (2 nts.) private vehicle, 6 Breakfasts included on Trip Cost.

Trip Grade: 'Gentle' to 'Laid-back'!

Group Size: max 15 min 2.



Touring Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
1-May-19	7-May-19	6-May-20	12-May-20
5-Jun-19	11-Jun-19	3-Jun-20	9-Jun-20
3-Jul-19	9-Jul-19	1-Jul-20	7-Jul-20
7-Aug-19	13-Aug-19	5-Aug-20	11-Aug-20
4-Sep-19	10-Sep-19	2-Sep-20	8-Sep-20
2-Oct-19	8-Oct-19	7-Oct-20	13-Oct-20
6-Nov-19	12-Nov-19	4-Nov-20	10-Nov-20
4-Dec-19	10-Dec-19	2-Dec-20	8-Dec-20
1-Jan-20	7-Jan-20	6-Jan-21	12-Jan-21
5-Feb-20	11-Feb-20	3-Feb-21	9-Feb-21
4-Mar-20	10-Mar-20	3-Mar-21	9-Mar-21
Trip Cost Ex - Goa US\$ 1762		Trip Cost Ex - Goa US\$ 1850	

SIKKIM, KANCHENJUNGA ADVENTURE

Jewel of the Himalaya

Trip Profile: 21 Day Trip Ex-Ktm.

- 12 Days 'Leisurely Plus' Trek
- 2 Days Gangtok
- 2 Days Siliguri
- 5 Days Kathmandu Valley

Discover Sikkim, "Jewel of the Himalaya" in a trek that is not demanding, but scenically amazing. A kaleidoscope of ancient monasteries, spectacular mountain views and colourful flora delight the eyes.

Kathmandu

The first evening is set aside for an excellent Nepali dinner at one of Kathmandu's finest restaurants. The next day sees you visiting some World Heritage sites like Durbar Square's ancient palaces and Swayambunath with its superb hilltop vista.

Eastern Nepal/Sikkim

Fly to Bhadrapur and drive to Sikkim's busy capital, Gangtok. After touring the city, you'll head west to Yuksum and the Norbugang Monastery. The trek takes you through a botanical wonderland; there are over 300 species of orchids in Sikkim, not to mention other exotic flora. Throughout the trek, you are treated to spectacular mountain views, including the breathtaking Kanchenjunga, at 8586m the world's third highest peak. The Mountaineering Institute and Blue Glacial Lake are on the "must see" list as the route circles back to Yuksum and the great Buddhist monastery of Pemayangtse, Sikkim's most important. A drive back to Bhadrapur via Siliguri follows, and the journey concludes with a flight back to Kathmandu, where there is still time to enjoy the city's many charms.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flights Kathmandu/Bhadrapur/Kathmandu US\$ 318 (included),

city tour, private car/bus on foot Hotels (7nts), Camp/Trekkers Lodge (13nts) 21 Breakfasts, 15 Lunches, 15 Dinners included on Trip Cost.

Trek grade: 'Leisurely Plus', 5 - 7 hours walking per day.

Maximum altitude: 4268m.(Samiti)

Trek distance: approx. 144km with support crew, Pack animals carry all main gear.

Free Trek Pack included: Please refer our Trip Dossier for all other gear requirements. A refreshing change from Western life, a delight for adventurers!

Group size: max 15 min 2.

Itinerary - Ref. ASKA

Day 01 Arrive Ktm PM Nepali Dinner

Day 02 AM City Tour PM Free

Day 03 Fly to Bhadrapur, drive to Siliguri

Day 04 Drive to Gangtok, sightseeing

Day 05 Drive to Tashding

Day 06 Visit Monastery, drive to Yuksum & begin Trek

Day 18 Drive to Bhadrapur

Day 19 Fly to Ktm

Day 20 In Ktm, free to explore, shop,

Day 21 Depart Ktm.

Camping Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
18-Sep-19	8-Oct-19	30-Sep-20	20-Oct-20
9-Oct-19	29-Oct-19	14-Oct-20	3-Nov-20
18-Mar-20	7-Apr-20	17-Mar-21	6-Apr-21
29-Apr-20	19-May-20	7-Apr-21	27-Apr-21
Trip Cost Ex-Ktm US\$ 4277		Trip Cost Ex-Ktm US\$ 4490	

DARJEELING & KALIMPONG

The Raj Revisited

Trip Profile: 5 Day Trip Ex-Ktm.

- 1 Day in Kathmandu
- 2 Days in Darjeeling
- 1 Night in Kalimpong

This tour is for anyone who wishes to see two of the most famous Hill Stations of British India, en-route to Delhi.

Experience the British Raj

After a night in Kathmandu, take the short flight to Bhadrapur in Southeastern Nepal and drive up to the cool of Darjeeling. Echoes of the colonial past are everywhere, all in the shadow of mighty Kanchenjunga, the world's third highest mountain.

Hill Station, Chinese market

A night in Kalimpong, once the stage for all expeditions to Tibet and still a major trading centre, gives time for exploration of fascinating places like the Chinese Market. A drive to Bagdogra airport and a flight to Delhi, is sadly, the end of your Hill Station Interlude.

Nitty Gritty / Service Inclusions

Transport, Food & Accommodation: Domestic flights Bagdogra/Delhi US\$ 220 (included), private car, city tours, trip escort on foot Hotels (4nts) 4 Breakfasts included on Trip Cost.

Trip Grade: 'Gentle'. A scenic way to experience echoes of the Raj!

Group size: max 15 min 4

Itinerary - Ref. ADKA

Day 01 Meet in Ktm

Day 02 Fly to Bhadrapur, Drive to Darjeeling

Day 03 In Darjeeling, Colonial past

Day 04 Drive to Kalimpong, explore

Day 05 Drive to Bagdogra & Fly to Delhi Trip concludes in Delhi.

Touring Holidays ****

Departure Dates & Trip Costs

Departs Kathmandu every Monday from September to May every year.

Trip Cost 2019 / 20 Ex - Ktm US\$ 1842

Trip Cost 2020 / 21 Ex - Ktm US\$ 1934



SOURCES OF GANGES

Saints, Sadhus & Holi Waters

Trip Profile: 11 Day Trip Ex-Delhi

- 4 Days in Delhi.
- 4 Days Moderate Trek to Mt. Shivaling.
- 3 Days Overland Tour

Trekking on the ancient pilgrim's path to Mt. Shivaling is rejuvenating. Unwind on the rafting enroute to the holy shrines of Rishikesh and Haridwar.

Delhi and its rich Cultural Heritage

Arrive in New Delhi and take a guided tour of the city which is a fusion of ancient and modern India. The capital city is a rich kaleidoscope of history, culture, architecture, human diversity, monuments, museums, galleries, gardens and forts.

Trek to Sources of Ganges & Rafting

Rishikesh is known as the Gateway to Himalayas and centre of Yoga and meditation. The rich traditions of the Hindus, graceful ashrams, temples, ghats and the majestic view of the Bhagirathi Peaks are some of the highlights of this trek. This trek becomes spell binding in Gangotri Valley. India's premier Institute "Nehru Institute of Mountaineering" is situated at Uttarkashi. The memorable high altitude experience climbing over to Gangotri glacial is thrilling for the first timers as well as seasoned trekkers. Chirbasa is a beautiful camping place which is surrounded by pine forest. A trek up to Bhojbasa is gradual ascent for most of the part. Experience the charms of Delhi, before ending this tour.

Nitty Gritty

Tour Grade: **Moderate**

Maximum Altitude: **3892m**

Tour distance: **approx 1030km. Drive**

Trek distance: **approx 42km. Please refer our Trip Dossier for gear and Climate information.**

Itinerary - Ref. ASOG

Day 01 Arrive Delhi-Tour.

Day 02 Drive to Rishikesh

Day 03 Drive to Uttarkashi

Day 04 Drive to Gangotri and Commence Trek to Bhojbasa & Sources of Ganges & Uttarkashi

Day 09 Drive back to Rishikesh & Tour

Day 10 Drive to Delhi.

Day 11 Depart Delhi.

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
17-May-19	27-May-19	18-Sep-20	28-Sep-20
20-Sep-19	30-Sep-19	21-May-21	31-May-21
22-May-20	1-Jun-20	17-Sep-21	27-Sep-21
Trip Cost Ex - Delhi US\$ 2040		Trip Cost Ex - Delhi US\$ 2142	

Service Inclusions - Real Experience Holidays

Transport & Accommodation: 2* Tourist Class Hotel Accommodation in Delhi, Private Non AC Jeep/Van or Bus, City Tours, on Foot, Hotels/Lodges (6 nts), Camping (4 nts), 4 Breakfast, 4 Lunch, 4 Dinner included on the trip cost.

Full Crew Support: Local Guide, Cook, Helper & Porters to carry Kitchen & trekking Equipment.

In-Style Holidays ***

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
3-May-19	13-May-19	4-Sep-20	14-Sep-20
6-Sep-19	16-Sep-19	7-May-21	17-May-21
8-May-20	18-May-20	3-Sep-21	13-Sep-21
Trip Cost Ex - Delhi US\$ 2883		Trip Cost Ex - Delhi US\$ 3027	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: 4* Hotel Accommodation in Delhi, Private AC Jeep/Van or Bus, City Tours, on Foot, Hotels/Lodges (6 nts), Camping (4 nts), 10 Breakfasts, 4 Dinners, 4 lunches included on Trip Cost.

Full Crew Support: Local Guide, Cook, Helper, Sherpa Guide (S) & Porter (S) or Pack Animals.



Thomas Kelly

Thomas Kelly



NANDADEVI SANCTUARY

Holy Shrines and Holy Mountains

Trip Profile: 13 Day Trip Ex-Delhi

- 3 Days Delhi
- 3 Days Joshimath
- 2 Days Rishikesh
- 5 Days Trek

This remarkable trek features close view of peaks like Trishuli (6690 m), Changabanga (6866 m) and Hardeol (7151 m) and culminates in holy shrines of Rishikesh and Haridwar.

Delhi - Joshimath - Bagni Base Camp - Garpak - Malari

After arriving at Delhi International Airport, you are taken to one of the finest hotels. Next day a driver takes you to Rishikesh. After getting there, visit its puritanical ashrams and the temples and later warm up over the "Ganga Aarti", the spiritual fire of the Hindus. Joshimath is a holy place; the winter abode of Lord Badrinath and the Seat of Adi Sankaracharya. Here we relax whilst waiting for the Inner Line Permits and other official works. Auli Ski Resort is a must for every adventure lover, and offers a wide range of opportunities. After reaching Jumma, the spectacular adventure starts. Moving up through base camps, valleys, passes and the beautiful villages, the conditions become more challenging. This trek takes you off the beaten track in to the lives of a hardy untouched people

And villages. The nature is superb, of course gorgeous. This trek has started from the holy place Rishikesh and also ends there. Laden with memories, drive back to Delhi for some more exploring around the hub of Connaught Circle with some of the best shopping in Asia.

Nitty Gritty

Trek Grade: Adventurous
Maximum Altitude: 4250m. (Dharansi Pass)
Trek distance: approx 47km.
Driving distance: approx 979km.
Group size: max 15 min 4.

Itinerary - Ref. ANANS

- Day 01 Arrive Delhi
- Day 02 Drive to Rishikesh, PM tour
- Day 03 Drive to Joshimath
- Day 04 Tour,
- Day 05 Begins Trek
- Day 10 End trek & drive to Joshimath
- Day 11 Drive to Rishikesh
- Day 12 Drive to Delhi
- Day 13 Depart Delhi

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
24-Jul-19	5-Aug-19	29-Jul-20	10-Aug-20
24-Jun-20	6-Jul-20	30-Jun-21	12-Jul-21
Trip Cost Ex - Delhi US\$ 2916		Trip Cost Ex - Delhi US\$ 3061	

Service Inclusions - Real Experience Holidays

Transport, Food & Accommodation: Private Non AC Jeep/Van or Bus, City Tours, on Foot, Permit, taxes, Hotels/Lodges (2* - 5 nts), Camping (6 nts), 6 Breakfast, 6 Lunch, 6 Dinner included on the trip cost.
Full Crew Support: Local Guide, Cook, Helper & Porters to carry Kitchen & trekking Equipment.

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
15-Jul-19	27-Jul-19	20-Jul-20	29-Jul-20
15-Jun-20	24-Jun-20	21-Jun-21	30-Jun-21
Trip Cost Ex - Delhi US\$ 4001		Trip Cost Ex - Delhi US\$ 4201	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Private AC vehicle in the low lands & Non AC Jeep/Van or Bus during mountain journey, City Tours, on Foot, Permit, taxes, Hotels/Lodges (4* - 5 nts), Camping (6 nts), 6 Breakfast, 6 Lunch, 6 Dinner included on the trip cost.
Full Crew Support: Local Guide, Trekking Guide, Sherpa Guide & Porter or Pack Animals.

India...



ARUNACHAL EXPLORED

Explore the Unexplored

Trip Profile: 15 Day Trip Ex-Kolkata

- 3 Days Kolkata • 3 Days Imphal • 1 Day Guwahti • 2 Days Itanagar • 2 Days Ziro
- 1 Day Daporijo • 1 Day Along • 1 Day Pashighat • 1 Day Dibrugarh

This tour offers the insight of the three amazing states of India, and traveling here offer an exceptional experiences.

Kolkata-Itanagar-Ziro-Pashighat-Imphal

The most appealing places of Guwahti are Kamakhya Temple and State Museum. Itanagar has "Jawaharlal Nehru Museum" and Thuptam Gatsalling Monastery, which are no doubt worthy of visit. The market is filled with Nishi Tribe, and you will notice unusual transactions taking place. Other Tribal Villages welcome you either with traditional cultural program or entice with their exquisite arts, like "Iron Works" and "Cane Hats". The Siang River is the beauty of Pashighat. From Oriamaghat to Dibrugarh, ferrying across the mighty Brahmaputra is really unforgettable. An IMA market which means mother in Manipuri Language is run only by women and you will say, "What a market"? You tour also includes. excursion to Loktak Lake and Sendra Island (48 km), which is huge and the beautiful stretch of water. From the top of the tourist bungalow, enjoy

Bird's eye view of the lake and life around it. This beautiful trip of a life time concludes with a return flight to Kolkata

Nitty Gritty

Maximum: 5155m. (Sela Pass)
Driving distance: approx 966km.
Trip Grade: **Gentle**
Group Size: max 15 min 4.

Itinerary - Ref. ARUE

Day 01 Arrive Kolkata, O/N Hotel,
Day 02 Fly to Guwahti, PM Tour,
Day 03 Drive to Itanagar, O/N Hotel,
Day 04 Begin Tour,
Day 13 End Tour,
Day 14 Fly to Kolkata ,
Day 15 AM Tour, Depart

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
25-Mar-19	8-Apr-19	30-Mar-20	13-Apr-20
24-Feb-20	9-Mar-20	22-Feb-21	8-Mar-21
Trip Cost Ex -Kolkata US\$ 4743		Trip Cost Ex -Kolkata US\$ 4980	

Service Inclusions - Real Experience Holidays

Transport & Accommodation: Private AC vehicles, Domestic flight Kolkata/Guwahti & Itanagar/Kolkata US\$ 524 (Included) Hotels (2* - 14 nts), Permits, Taxes, Local Guide, 6 days camel safari, 5 days cycling, Camping (9 nights) 18 Breakfasts, 9 Lunches, 9 Dinners included on Trip Cost.

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
11-Mar-19	25-Mar-19	16-Mar-20	30-Mar-20
10-Feb-20	24-Feb-20	8-Feb-21	22-Feb-21
Trip Cost Ex - Kolkata US\$ 5726		Trip Cost Ex - Kolkata US\$ 6012	

Service Inclusions - In-Style Holidays

Transport & Accommodation: Private AC vehicles in the low lands & Non AC Jeep/Van & bus during mountain journey, Domestic flight Kolkata/Guwahti & Itanagar/Kolkata US\$ 524 (Included) Hotels (4* - 14 nts), Permits, Taxes, Local Guide, 14 Breakfasts included on Trip Cost.

NAGALAND TRIBAL TOUR

Uniquely Intriguing

Trip Profile: 11 Day Trip Ex-Kolkata

- 3 Days Kolkata
- 1 Day Kohima
- 1 Day Tuophema
- 2 Days Mokokchung
- 1 Day Tuensang
- 2 Days Mon
- 1 Day Sibsagar

This is your acquaintance with tribal communities inhabiting in the North East of India, your odyssey through their cultures and lifestyles. There are many check posts on the way and this might irritate our travelers. Documents, vehicles and visitors are checked in order to abide by the rules and regulations of the government which screen the visitors as not everyone can visit this very unusual destination. After arriving in Kolkata, check into your hotel. On the following day, travel by plane to Dimapur, after reaching, drive to Kohima (74km). At Zubera Check Post, en route, travelers, vehicles and documents are inspected. In Kohima many tourists visit Nagaland Emporium, Vishwema village and Kigwema village provide insight in to Nagas culture and history. You will enjoy amusing Naga folk music and song. Visit alluring Longsa village, Longkhim village, Rock memorial, rice mill etc. Excursion to Mopungchukti Village which is a Mission Centre of Ao Baptist, only religious leaders were allowed to enter Nagaland due to the political problem, which now are abolished. Time Pillars and Morung are beguiling. Visit subliminal Longkhim village en route, and Tuensang Village in Mokukchung. In Mon, you will visit villages like Shangnyu, Morong and Chui and each of them has distinct culture. The houses are beautifully decorated. Sibsagar was the capital of Ahom Dynasty which ruled Assam for 600 years. From Dibrugarh, fly to Kolkata, and here you have ample time to enjoy everything this city has to offer in a little time before you depart.

Nitty Gritty

Driving Distance: approx 721km.

Tour Grade: Gentle

Group Size: max 15 min 4.

Itinerary - Ref. ANTT

- Day 01 Arrive Kolkata
- Day 02 Fly to Dimapur
- Day 03 Kohima-Tuophema
- Day 04 Wokha- Mokokchung
- Day 05 Rest at Mokokchung
- Day 06 Tuensang
- Day 7/8 In Mon
- Day 9 Sibsagar
- Day 10 Drive to Dibrugarh & fly to Kolkata
- Day 11 Depart Kolkata

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
25-Mar-19	4-Apr-19	30-Mar-20	9-Apr-20
24-Feb-20	5-Mar-20	22-Feb-21	4-Mar-21
Trip Cost Ex - Kolkata US\$ 4501		Trip Cost Ex - Kolkata US\$ 4726	

Service Inclusions - Real Experience Holidays

Transport & Accommodation: Private Non AC Jeep/Van & bus during mountain journey, Domestic flight Kolkata/Dimapur & Sibsagar/Kolkata US\$ 423 (Included) Hotels (2* - 10 nts), Permits, Taxes, Local Guide, included on Trip Cost.

In-Style Holidays ***

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
11-Mar-19	21-Mar-19	16-Mar-20	26-Mar-20
10-Feb-20	20-Feb-20	8-Feb-21	18-Feb-21
Trip Cost Ex - Kolkata US\$ 5416		Trip Cost Ex - Kolkata US\$ 5686	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Private AC vehicles in the low lands & Non AC Jeep/Van & bus during mountain journey, Domestic flight Kolkata/Dimapur & Sibsagar/Kolkata US\$ 423 (Included) Hotels (4* - 10 nts), Local Guide, Permits, Taxes, 10 Breakfast included on the trip cost.



VALLEY OF ZANSKAR DARCAHA-PADUM

A rugged landscape

Trip Profile: 21 Day Gentle Plus Trip Ex-Delhi

• 3 Days Delhi • 3 Days Leh • 1 Day Kargil • 1 Day Padum • 1 Day Kargil • 2 Day Manali
• 10 Days Trek

This trek takes you through greenery, barren and rugged, meadows, passes, rivers and trekkers notice change in the Himalayan topography, appealing to their eyes. This trek has topped the list, according to Statistics.

Delhi-Chandigarh-Manali-Darcha

This is a challenging remote area trek. Discover yourself different facets of this incredible trek. This trek is prefaced with an easy trek followed by a wholly strenuous one. From Delhi you will travel by train to Chandigarh and drive 310 km to Manali via Kullu and Mandi. A half day guided tour in Manali. On the following day; driver takes you to Darcha via marvelous Rohtang Pass, which is always photographed, because the temptation cannot be resisted. Darcha is nearing as a milestone tells, and there you spend a night by the side of a river; an occasional night that comes once in life, but becomes a memory of a life time. The climb to the pass is walk able, but climbing down is tough through glacier.

Palamu - Chumi Napko - Kurgiak - Mune - Padum - Leh

At sometime, you arrive to a place where you couldn't have possibly thought that the mountains of Zaskar could be so different from the mountains of Kurgiak and this difference is simply breath taking and you may marvel at both views. Your trek also includes excursion to Phuktal Gompa, an impressive Gompa in Ladakh. You will also visit Zaskar, the old capital of Padum explore it minutely for two days. From Padum, you will drive to Kargil through Suru Valley; stop at famous Rangdum Gompa for a visit. There is a string of monasteries on the way to Leh. These monasteries are rare sights and some come under the category sightseeing with their explorative features. This specific trek and tour comes to an end and creates a lasting impression on you.

Nitty Gritty

Maximum altitude: 5100 m (Singo La)
Trek Distance: Approx 146km.
Driving Distance: Approx 1150km.
Trip Grade: **Adventurous**
Group Size: max 15 min 4.

Itinerary - Ref. AVOZ

Day 01 Arrive Delhi,
Day 02 Train to Chandigarh,
Day 03 PM tour Manali,
Day 04 Drive to Darcha,
Day 05 Begins Trek to
Day 16 Ends Trek & Explore Padum,
Day 17 Drive to Kargil
Day 18 Drive to Leh,
Day 19 Sightseeing tour of monasteries of Indus Valley,
Day 20 Fly to Delhi,
Day 21 Depart Delhi

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
5-Aug-19	25-Aug-19	10-Aug-20	30-Aug-20
6-Jul-20	26-Jul-20	12-Jul-21	1-Aug-21
Trip Cost Ex - Delhi US\$ 4798		Trip Cost Ex - Delhi US\$ 5037	

Service Inclusions - Real Experience Holidays

Transport & Accommodation: Domestic flights Leh/Delhi US\$ 228 (included), Private Non AC Jeep/Van or Bus, City Tours, on Foot, Permit, taxes, Hotels/Lodges (2* - 8 nts), Camping (12 nts), 12 Breakfast, 12 Lunch, 12 Dinner included on the trip cost.
Full Crew Support: Local Guide, Cook, Helper & Porters to carry Kitchen & trekking Equipment.

Thomas Kelly



In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
15-Jul-19	4-Aug-19	4-Aug-19	9-Aug-20
15-Jun-20	5-Jul-20	5-Jul-20	11-Jul-21
Trip Cost Ex - Delhi US\$ 5768		Trip Cost Ex - Delhi US\$ 6056	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic flights Leh/Delhi US\$ 228 (included), Private AC Vehicle in the low lands & Non AC Jeep/Van or Bus for mountain journey, City Tours, on Foot, Permit, taxes, Hotels/Lodges (4* - 8 nts), Camping (12 nts), 12 Breakfast, 12 Lunch, 12 Dinner included on the trip cost.
Full Crew Support: Trekking Guide, Cook, Helper & Porter (S), Pack Animals.



PASTURES & PASSES OF MARKHA VALLEY

Peaks, Pastures, Villages and Valleys

Trip Profile: 13 Day Trip Ex- Delhi

- 2 Days Delhi
- 2 Days Leh
- 9 Days 'Adventurous' Trek

This popular trip gives you delights of Delhi, enchanting Leh and a picturesque trek of dramatic contrasts in altitude, scenery and people. Awe inspiring views of Mt. Kang Yatse, the highest peak of the Zaskar Range and the chance to see Nangar Parvat on a clear day await you.

Delhi-Loh-Stok

After a traditional welcome at Delhi airport, transfer to your hotel and an early night! Take a spectacular mountain flight to Leh and acclimatise with visits to centuries-old monasteries and walks around this fascinating place. Drive to the trail-head and begin trekking.

Stok-Hemis-Leh-Delhi

The circular trail leads over three high passes, through quaint villages and across alpine meadows. Marvel at the backdrop of Kang Yatse and other giants against the clear blue sky. Drive back to Leh and a comfortable hotel from Hemis. An early flight brings you back to your hotel and a comprehensive sightseeing tour of Old and New Delhi. Depart Delhi with a lifetime stock of memories.

Nitty Gritty

Maximum altitude: 4500m. (Markha)

Trek Distance: approx 86km.

Trip Grade: Moderate

Group Size: max 15 min 4.

Itinerary - Ref. APPM

Day 01 Arrive Delhi.

Day 02 Fly to Leh, PM tour.

Day 03 In Leh.

Day 04 Drive to Stok, begin trek.

Day 11 End trek Hemis, drive to Leh

Day 12 Fly to Delhi, PM tour.

Day 13 Trip concludes in Delhi.

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
29-Jul-19	10-Aug-19	29-Jul-20	10-Aug-20
24-Jun-20	6-Jul-20	5-Jul-21	17-Jul-21
Trip Cost Ex - Delhi US\$ 3472		Trip Cost Ex - Delhi US\$ 3645	

Service Inclusions - Real Experience Holidays

Transport, Food & Accommodation: Domestic Flight US\$ 456 included, Private Non AC Jeep/Van or Bus, City Tours, on Foot, Permit, taxes, Hotels/Lodges (2* - 8 nts), Camping (8 nts), 8 Breakfast, 8 Lunch, 8 Dinner included on the trip cost. Full Crew Support: Local Guide, Cook, Helper & Porters to carry Kitchen & trekking Equipment.

In-Style Holidays ****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
15-Jul-19	27-Jul-19	20-Jul-20	1-Aug-20
15-Jun-20	27-Jun-20	21-Jun-21	3-Jul-21
Trip Cost Ex - Delhi US\$ 4315		Trip Cost Ex - Delhi US\$ 4530	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Domestic flight US\$ 456 included, Private AC Vehicle in the low lands and Non AC Jeep/Van or Bus for mountain journey, City Tours, on Foot, Permit, taxes, Hotels/Lodges (4* - 8 nts), Camping (8 nts), 8 Breakfast, 8 Lunch, 8 Dinner included on the trip cost.

Full Crew Support: Group Leader, Trekking Guide, Sherpa Guide (S) & Porter (S) or pack Animals.

India...



BEST OF KERALA

Gods own country

Trip Profile: 8 Day 'Gentle' Trip Ex-Cochin

- 3 Days in Cochin
- 1 Day in Munnar
- 1 Day in Kumarakom
- 1 Day in Periyar
- 2 Days in Kovalam

This unique trip gives you a taste of the delights of Kerala, from city culture, to tranquil backwaters, palm fringed beaches and unique wildlife to the luxury of rejuvenating treatments at an Ayurvedic beach resort.

Meet at the airport in Cochin and transfer to the Hotel. Spend time in this 'Venice of the East' exploring it's rich history and cruising the backwaters. Shut out the world for a few days on a luxury houseboat, and then go in search of wildlife on the shores of Lake Periyar. Drive to Kovalam, a well-known beach resort area. Stay in a comfortable hotel and indulge yourself in lazy beach days or bargaining for special souvenirs. To cap your experience, check into an Ayurvedic Beach Resort for daily herbal treatments and massages, to refresh your mind, body and spirit. It will be hard to leave, but after a short tour of Trivandrum, depart Kerala with memories to last a lifetime, or perhaps a determination to come back!

Nitty Gritty

Trip Grade: 'Gentle'. Pure Indulgence!

Group size: Max 15 min 4.

Itinerary - Ref. ABOK

Day 1 Arrive Cochin, Transfer Hotel, Free.

Day 2 AM: Cruise, PM: City Tour.

Day 3 Drive to Munnar- tour and overnight Hotel

Day 5 Drive Periyar Wildlife Sanctuary, O/N Hotel, Lake Cruise.

Day 6 Drive Kovalam, Transfer Hotel. Free for Beach/Shopping.

Day 7 Drive to Kovalam

Day 8 AM: Drive to Trivandrum, City Tour, Transfer to Airport Depart Home.

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
14-Oct-19	21-Oct-19	12-Oct-20	19-Oct-20
9-Mar-20	16-Mar-20	15-Mar-21	22-Mar-21
Trip Cost Ex - Cochin US\$ 2804		Trip Cost Ex - Cochin US\$ 2944	

Service Inclusions - In-Style Holidays

Transport, Food & Accommodation: Private AC vehicles, river-boat, hotels (7 nts.) Boat ride, Kathakali dance, Local Guide during tour, 7 Breakfasts, included on Trip Cost. NB: All meals at the Ayurvedic Beach resort are Vegetarian

RAJASTHAN, CYCLES & CAMELS

Bird Sanctuary, Wind Palace, Desert Safari,

Trip Profile: 19 Day 'Gentle' Trip Ex-Delhi

- 3 Day Delhi • 1 Day Agra
- 1 Day Sariska • 1 Day Deeg
- 2 Day Pratapgarh • 1 Day Jaipur
- 1 Day Bikaner • 1 Day Kakku
- 1 Day Panchu • 1 Day Dhankla Bera
- 1 Day Bardha Nadia • 2 Days Jaisalmer
- 2 Day Jodhpur • 1 Day Hanuman Hatti

Be a part of Rajasthan's camel safari. The majestic Taj Mahal, the pink city of Jaipur and the golden city of Jodhpur and Jaisalmer are some of the eye catching features of this tour.

Wondrous Taj Mahal has always mesmerized visitors like you. Keoladeo Ghana bird Sanctuary is almost a bird encyclopedic and take a delight in meeting feathered friends. If you are gamesome, you will double enjoy your safari in Sariska National Park. Tour the Maharaja's Palace, the Stone Observatory and the Wind Palace. Explore in to the ghostly deserted city of Fateh-Pur-Sikri, abandoned for lack of water by the Mughal Emperor, Akbar. Jaipur City Palace has been transformed into museum where you can examine its past glory and triumph. You ride an elephant up to Jaipur Fort, and pose at Wind Palace for a memory of a life time. Enjoy the sightseeing of Bikaner and in addition visit Junagarh Fort and Suraj Pol (Sun Gate) for a complete trip. Your jeep safari starts from Bikaner. Ship of the desert takes you more remote reaches of the Thar Desert. Explore the beautiful *Havelies of Jaisalmer* with their intricate carvings in sandstone. Mehrangarh and Thad deserve to be visited. Adieu! The trip concludes with a flight to Delhi.

Nitty Gritty

Driving distance: **approx 902km.**

Safari Distance: **approx 123km.**

Cycling Distance: **approx 165km.**

Trip Grade: **'Gentle'. Pure Indulgence!**

Group size: **Max 15 min 4.**

Itinerary - Ref. ARCC

Day 01 Arrive Delhi, O/N Hotel

Day 02 Drive to Agra, Tour city

Day 03 Drive to Fateh-Pur-Sikri, cycle to Bharatpur,

Day 04 AM visit Bharatpur Sanctuary, cycle to Deeg

Day 05 Cycle to Sariska

Day 06 Game viewing in the Sariska National Park, cycle to Pratapgarh

Day 07 Cycle to Rangarh, drive to Jaipur

Day 08 Visit Jaipur

Day 09 Drive to Bikaner, Tour city

Day 10 Drive to Charkadda, Safari starts

Day 15 End Safari & drive to Jaisalmer

Day 16 Tour Jaisalmer

Day 17 Drive to Jodhpur

Day 18 Fly to Delhi

Day 19 Depart Delhi

Real Experience Holidays **

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
27-Mar-19	23-Aug-19	25-Mar-20	28-Aug-20
26-Feb-20	24-Jul-20	17-Feb-21	7-Mar-21
Trip Cost Ex - Delhi US\$ 4033		Trip Cost Ex - Delhi US\$ 4234	

Service Inclusions - Real Experience Holidays
Transport, Food & Accommodation: Private non AC vehicles, Domestic flight Jodhpur/ Delhi US\$ 195 (Included) Hotels (2* - 9 nts), Permits, Taxes, 6 days camel safari, 5 days cycling, Camping (9 nights) 9 Breakfasts, 9 Lunches, 9 Dinners included on Trip Cost.

Full Crew Support: Local Guide, Cook & Helper

In-Style Holidays *****

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
11-Mar-19	29-Mar-19	9-Mar-20	27-Mar-20
10-Feb-20	28-Feb-20	1-Feb-21	19-Feb-21
Trip Cost Ex - Delhi US\$ 5843		Trip Cost Ex - Delhi US\$ 6135	

Service Inclusions - In-Style Holidays
Transport, Food & Accommodation: Private AC vehicles, Domestic flight Jodhpur/ Delhi US\$ 195 (Included) Hotels (4* - 9 nts), Permits, Taxes, 6 days camel safari, 5 days cycling, Camping (9 nights) 18 Breakfasts, 9 Lunches, 9 Dinners included on Trip Cost.

Full Crew Support: Local Guide, Cook & Helper



BHUTAN

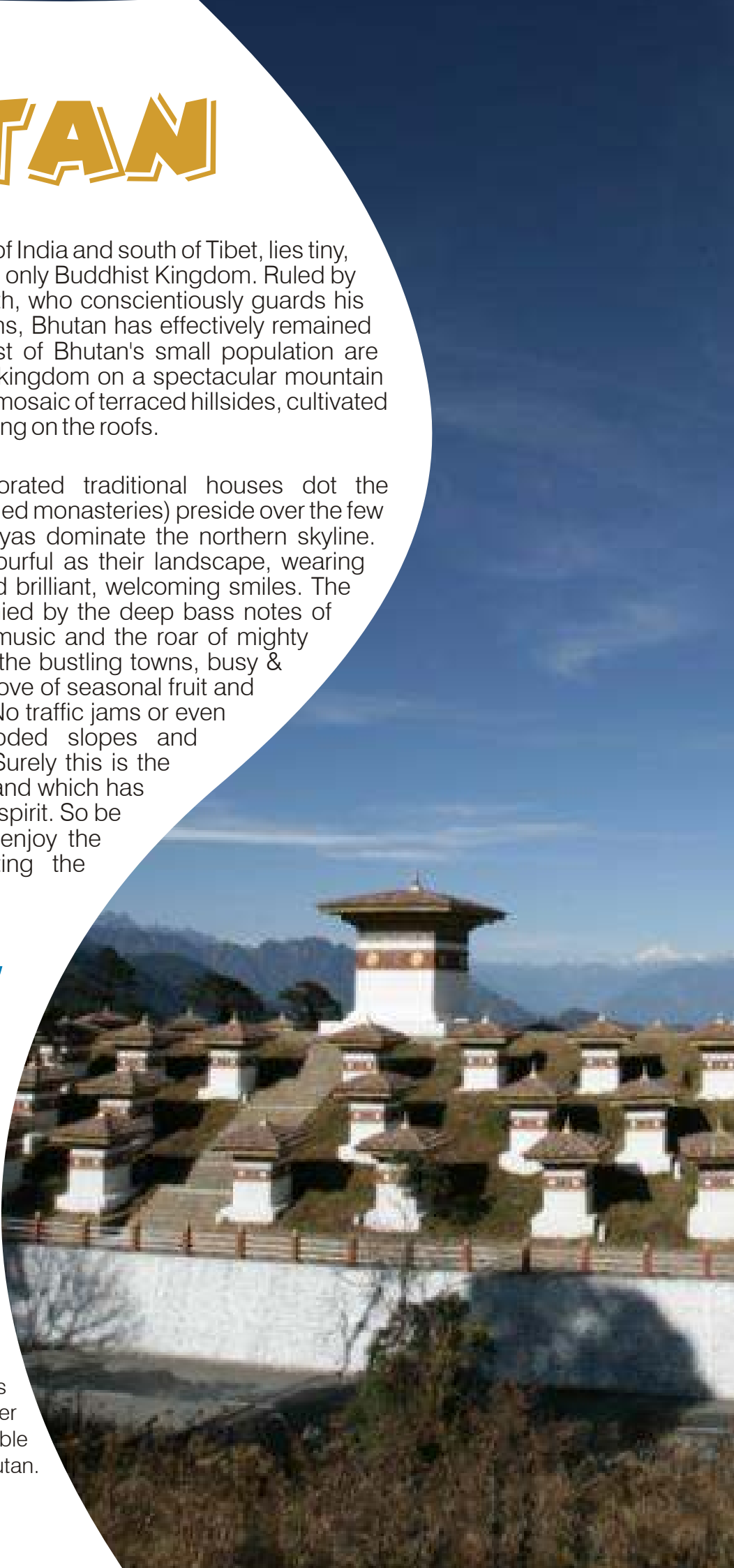
In the Eastern Himalaya, north of India and south of Tibet, lies tiny, landlocked Bhutan- the world's only Buddhist Kingdom. Ruled by the youngest monarch on earth, who conscientiously guards his kingdom's culture and traditions, Bhutan has effectively remained unchanged for centuries. Most of Bhutan's small population are farmers, so your arrival in the kingdom on a spectacular mountain flight is heralded by a colourful mosaic of terraced hillsides, cultivated fields and bright red chillies drying on the roofs.

Tiny villages of highly decorated traditional houses dot the landscape, giant Dzongs (fortified monasteries) preside over the few towns and the mighty Himalayas dominate the northern skyline. Bhutanese people are as colourful as their landscape, wearing handwoven national dress and brilliant, welcoming smiles. The chanting of monks accompanied by the deep bass notes of Himalayan horns, lively folk music and the roar of mighty rivers fill the clear, crisp air. In the bustling towns, busy & noisy markets are a treasure trove of seasonal fruit and vegetables, cloth and curios. No traffic jams or even traffic lights, only lush wooded slopes and spectacular mountain views. Surely this is the true Shangrila a remarkable land which has much to offer the adventurous spirit. So be among the privileged few to enjoy the amazing experience of visiting the 'Land of the Peaceful Dragon'.

GLEN TULIP



Glen Tulip, an Education graduate, has taught royalty, teachers, and tourism students. Starting as a tourist guide in Europe, she has been a trek leader in Bhutan and Nepal, where she has lived for more than 30 years. Her experience makes her an invaluable resource in planning our trips in Bhutan.





...at a GLANCE

Population: Population: 0.8 Million

Capital: Thimphu

Area: 47000 sq. Kilometers

Religion: Predominantly Tibetan Buddhist, following the Drukpa sect of the Kagyudpa religious school.

Language: The national language is Dzongkha, a Tibetan derivative, but there are many regional languages. English is taught in schools and spoken by officials and business people. Nepali is common in the south.

Culture: Until the 1970s, there was limited contact with the outside world and Bhutan has kept its culture intact. Most Bhutanese are of Mongol descent who migrated from Tibet, but those of the southern lowlands are of Nepali origin. The country has followed the policy of "One nation, One People", communicated through schools, and encourages the use of Dzongkha, the national language, as well as a code of national dress and etiquette.

Natural History: Bhutan is a land of incredible geographical and ecological diversity. Altitudes range from 1000 ft. on the Indian border to 14000 ft. at the Tibet border, across a mere 90 miles! Rivers flow north-south, creating deep valleys through the Himalaya. The southern belt is sub-tropical, and residents live on forest products or grow rice, millet, and maize. Separated from the south by thick jungles, the central valleys produce maize, rice, barley, wheat, apples, and potatoes. Oak, conifer, and rhododendron cover the hillsides. Above 10,000 ft., nomads tend their yaks in alpine pastures under towering peaks.

Climate: Temperature and weather vary, depending on altitude. The southern belt and central valleys are cool and sunny in winter and hot and wet in summer. The lower eastern valleys are warmer. Winter, (November-March) is sunny with relatively warm days, but below freezing nights. Spring, (mid March-May) is cool and stormy as the temperatures rise. The Monsoon (mid June-September) is warm and cloudy with rain falling mostly at night. October is typically Autumn, with clear skies, warm days and cool nights.

Time: 6 hours ahead of Greenwich Mean Time, 30 minutes ahead of India and 15 minutes Ahead of Nepal.



Services Included in Our Tibet Trips: Services Inclusions on In-style Holidays:

Free use of AmaDablam Trek Pack:
Sleeping Bags, (Two in winter) Two
Insulated Sleeping Mats; Inner Sleeping
Bags, Thermal Liner, Rain Jacket or
Poncho Down/Fibrefill Jacket & Air
Pillow;

Experienced Local Guide/Escort;

All meals throughout Bhutan, and full
breakfast while in Kathmandu;

All camping equipment and gear,
including two person tents;

All in-country transportation by private
bus, car or jeep;

Round Trip International Flights to/from
Paro and other flights such as flight to
Pokhara on Bhutan & Nepal Highlights:

Comprehensive Medical Kit;

Accommodation at a first-class hotel in
major towns like Thimphu and Paro and
Lodges/Inns at other places on a twin
share, full board basis for the nights
listed in the trip itinerary. In Kathmandu
at five-star hotel on bed and breakfast
basis:

All Trekking/camping support crew;

All international & domestic
arrival/departure airport transfers with
traditional welcome on group itinerary;

Vehicle, Porters or pack animals to carry
all personal and group equipment;

Traditional welcome dinner in
Kathmandu as listed;

All guided tours in Bhutan & half-day
guided city tour in Kathmandu as
listed;

Welcome Documents and City Map

AmaDablam T-shirt and Duffel Bag our
gifts to you.

*Please see respective trip dossiers for
Services inclusion off each holidays..
Please note that all prices in this brochure are guaranted..
No unpleasant surprises on arrival !*

OUR BHUTAN TEAM

Based in the capital, Thimphu, our dedicated team in
Bhutan is lead by Nyendra Wangchuk. His efficient,
friendly staff handle all the details of visas, flights,
transport, cultural tours, treks and hotel packages.
You are in the best hands in Bhutan with our team.



Bhutan...



BHUTAN & NEPAL HIGHLIGHTS

Kingdoms at the Top of the World

Trip Profile: 18 Day Trip Ex-Ktm.

- 6 Days 'Leisurely Plus' Trek, Bhutan & Nepal
- 2 Days Rafting, Trisuli River
- 4 Days Sightseeing Bhutan
- 6 Days Kathmandu

Be privy to the unparalleled natural beauty and age old cultures of the two remaining Himalayan Kingdoms: one Hindu, the other Buddhist. To give you the true Himalayan experience, we have combined two popular trips, starting from Kathmandu, into one unique adventure.

Kathmandu Valley

Here you will visit some very interesting World Heritage sites. and be treated to a welcome dinner at one of Kathmandu's finest Nepali restaurants. In the ancient part of this fascinating city is Durbar Square with its palaces and Newari architecture. Then to the holy Buddhist temple Swayambunath, the famous 'monkey temple'.

Annapurnas, Whitewater & The Peaceful Dragon

You begin with the Annapurna trek and two fun-filled rafting days as described in 'Introduction to Adventure' page 31. A free day in Kathmandu

precedes the Himalayan flight which whisks you into another time, the Land of the Thunder Dragon. A full day's tour of the colourful Paro Valley, including a hike to Taksang the Tigers' Nest is next and is followed by a once-in-a-lifetime trek through pristine forests and crystal lakes as described in Best of Bhutan on the next page. A guided tour and free time allow you to explore Thimpu, the capital, before another spectacular return flight to Kathmandu. There is more than enough time to sample the delights of this exotic city as well.

Service Inclusions

Transport, Food & Accommodation: Domestic flight KTM/Pokhara US\$ 124 (Included), city tours, International flights KTM/Paro/KTM US\$ 432 (Included) on foot private bus, inflatable raft, Hotels (12nts), camping (7nts), 19 Breakfasts, 13 Lunches, 14 Dinners, Domestic Airport Tax included on Trip Cost.

Trek Grade: 'Leisurely Plus', 5-8 hours walking per day.

Maximum altitude: 3709m. (Jimilangtse)

Trek distance: approx. 96km. camping with full crew support. Porters carry your Duffel bag.

Free Trek/Raft Pack included: Please Refer to our Trip Dossier for all other gear requirements. A journey, giving intimate contact with local people. Bhutan - last bastion of Tibetan Buddhist culture.

Group size: max 15 min 2.

Itinerary - Ref. ABNH

Day 1 Arrive Ktm PM Nepali Dinner,
Day 2 AM Ktm City Tour PM Free in Ktm,
Day 3 Fly to Pokhara begin Trek, Nepal,
Day 6 End Trek in Pokhara O/N Hotel,
Day 7 Drive to Trisuli River & commence Rafting,
Day 9 Drive to Kathmandu & O/N Hotel
Day 10 Fly to Paro, Bhutan,
Day 11 Tour in Paro,
Day 12 Short drive & commence Trek,
Day 13 End Trek in Thimpu,
Day 14 Tour in Thimpu,
Day 15 Tour & Drive to Paro,
Day 16 Fly to Ktm,
Day 17 In Ktm, shopping, exploring,
Day 18 Depart Ktm.

Camping Holidays

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
23-Apr-19	10-May-19	6-Oct-20	23-Oct-20
7-May-19	24-May-19	10-Nov-20	27-Nov-20
15-Oct-19	1-Nov-19	9-Mar-21	26-Mar-21
12-Nov-19	29-Nov-19	13-Apr-21	30-Apr-21
10-Mar-20	27-Mar-20	11-May-21	28-May-21
7-Apr-20	24-Apr-20	19-Oct-21	5-Nov-21
5-May-20	22-May-20	9-Nov-21	26-Nov-21
Trip Cost Ex - KTM US\$ 6282		Trip Cost Ex - KTM US\$ 6596	

BEST OF BHUTAN

Land of the Thunder Dragon

Trip Profile: 11 Day Trip Ex-Ktm

- 3 Days 'Leisurely Plus' Trek,
- 3 Days Sightseeing Tour, Bhutan
- 5 Days in Kathmandu

Be among the privileged few to enter Bhutan. (Drukyl), land of the Peaceful Dragon. For centuries closed to the outside world, it is the only Buddhist Kingdom on earth and a treasure trove of spectacular scenery and unique cultural traditions.

Kathmandu & Drukyl

After a delicious Nepali Welcome Dinner and time exploring Kathmandu it's off to the Land of the Peaceful Dragon. A breathtaking flight east from Kathmandu through the Himalaya to Paro, a journey back in time, begins this adventure. After an exploration of the historic Paro valley which includes visits to the 7th Century Kyichu Temple, ruined and brooding Drukgyel Dzong, a hike to the mystical Tigers' Nest and the National Museum in the Ta- Dzong, our guides will lead you on a fascinating trek to Thimphu, the tiny Himalayan nation's capital.

Paro to Thimphu

Views of mighty Chomalhari, fertile, silent valleys, dwarf rhododendron forests and yak herders mark every step of the way. Descend through forests of blue pine to Thimphu, hot showers and a hearty dinner. A full day of sightseeing shows you the memorial Chorten, Zilukha temple, the National Handicraft and Painting School and Emporium, Tashichhodzong and colourful local culture.. From Douphula Pass, Bhutan's highest peak, Gankhar Punsum-the White Glacier of the Spiritual Brothers beckons, along with other snow-capped pinnacles. Then it's back to prosperous, bustling Paro, famous for its red rice. This trip of a lifetime concludes with a return flight to Kathmandu and ample time for experiencing the delights of the city for yourself.

Service Inclusions

Transport, Food & Accommodation: International flights KTM/Paro/KTM US\$ 432 (Included) city tours, private bus, on foot Hotels (9nts), Camping (2nts) 11 Breakfasts, 7 Lunches, 8 Dinners included on Trip Cost.

Trek Grade: 'Leisurely Plus', 5-8 hours walking per day.

Maximum altitude: 3709m. (Jimilangtse)

Trek distance: approx. 48km. Ponies carry all main gear & your Duffel bag.

Free Trek Pack included: Please Refer to our Trip Dossier for all other gear requirements.

Group size: max 15 min 2.

Itinerary - Ref. ABOB

- Day 1 Arrive Ktm PM Nepali Dinner,
- Day 2 AM Ktm City Tour PM Free,
- Day 3 Fly to Paro
- Day 4 Tour in Paro,
- Day 5 Short drive & commence Trek,
- Day 7 End Trek in Thimphu,
- Day 8 Tour in Thimphu & Drive to Paro,
- Day 9 Fly to Ktm,
- Day 10 In Ktm, free to explore, shop,
- Day 11 Depart Ktm.

Camping Holidays

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
30-Apr-19	10-May-19	13-Oct-20	23-Oct-20
14-May-19	24-May-19	17-Nov-20	27-Nov-20
1-Oct-19	11-Oct-19	16-Mar-21	26-Mar-21
19-Nov-19	29-Nov-19	20-Apr-21	30-Apr-21
17-Mar-20	27-Mar-20	18-May-21	28-May-21
14-Apr-20	24-Apr-20	26-Oct-21	5-Nov-21
12-May-20	22-May-20	16-Nov-21	26-Nov-21
Trip Cost Ex - KTM US\$ 4585		Trip Cost Ex - KTM US\$ 4814	
Trip Cost Ex - PARO US\$ 3612		Trip Cost Ex - PARO US\$ 3792	



DRUK PATH TREK

In the Footsteps of the Dragon

Trip Profile: 14 Day Trip Ex-Ktm

- 6 Days 'Leisurely Plus' Trek
- 2 Nights in Paro
- 2 Nights in Thimphu
- 4 Days in Kathmandu

Kathmandu Paro Valley

After a delicious Nepali Welcome Dinner and time exploring Kathmandu, you will be on board Druk Air, Bhutan's only national airline, and land at Paro Airport (the only airport in the kingdom). The journey offers you magnificent and breathtaking views of the Eastern Himalayas, including the towering Mt Everest. The 7th-century Kyichu Lhakhang was one of the 108 temples built in the Himalayas by the Tibetan King, Srongtsen Gampo. It is revered as one of the most holy shrines in Bhutan and embodies the arrival of Buddhism here. Visit the Handicrafts Emporium, where Bhutanese textiles and other arts are displayed.

Thimphu & Simkota Lake

After exploring the famous Hindu temples and Buddhist shrines of Kathmandu, we take a dramatic flight along the Himalayas, past Everest, Makalu and Kanchenjunga to Paro in Bhutan. From near Drukgyal Dzong in the Paro valley, on a clear day there is a splendid view of Chomolhari. The Druk Path is one of the most popular treks in Bhutan. This short six-day trek leads from Paro to Thimphu or vice versa, crossing the chain of mountains that separates the two valleys. Although the route is sparsely inhabited, there are wonderful lakes teeming with fish, spectacular rhododendron forests and, on clear days, great views of the Himalayas. The trek starts with a short climb up to Jele Dzong, with great views of Jichu Drake (6989m), the peak representing the protective deity of Paro. From the

high passes we enjoy majestic views of Gangkar Puensum, the highest peak in Bhutan. We also visit Punakha Dzong, built in the 17th century by Shabdrung Ngawang Namgyal, and the Wangdue valley, before returning to Nepal.

Service Inclusions

Transport, Food & Accommodation: **International flights KTM/Paro/KTM US\$432, City Tours in private bus or on foot, Hotels (8nts), Camping (5nts), 11 breakfasts, 7 lunches, 8 dinners**
 Trek Grade: **Moderate**
 Maximum Altitude: **Phume La (4210m)**
 Trek Distance: **approx 70km**
 Free Trek Pack Included: **Please refer to our trip dossier for other all other gear requirements**
 Group Size: **max 15 min 4**

Itinerary - Ref. ADPT

- Day 1: Arrive Kathmandu; PM: Nepali Dinner
- Day 2: AM Ktm City Tour PM: Free in Kathmandu
- Day 3: Fly to Paro
- Day 4: Sightseeing Tour around Paro
- Day 5: Trek to Jele Dzong
- Day 10: Trek back to Thimphu
- Day 11: Excursion to Punakha
- Day 12: Drive to Paro
- Day 13: Fly to Kathmandu
- Day 14: Depart Kathmandu

Camping Holidays

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
22-Oct-19	4-Nov-19	13-Oct-20	26-Oct-20
17-Mar-20	30-Mar-20	16-Mar-21	29-Mar-21
Trip Cos Ex - KTM US\$ 6169 Trip Cost Ex - PARO US\$ 5559		Trip Cos Ex - KTM US\$ 6445 Trip Cost Ex - PARO US\$ 5836	



Bhutan...



CHOMOLHARI TREK

A Wild Trek to the Sacred Peak

Trip Profile: 16 Day Trip Ex-Ktm.

- 8 Days 'Leisurely Plus' Trek,
- 2 Nights in Paro
- 1 Night in Thimphu
- 5 Days in Kathmandu

Kathmandu Valley

Here you will visit some very interesting World Heritage sites, and be treated to a welcome dinner at one of Kathmandu's finest Nepali restaurants. In the ancient part of this fascinating city is Durbar Square, with its palaces and Newari architecture. Then to the holy Buddhist temple Swayambhunath, the famous 'monkey temple'.

Chomolhari Trek

Chomolhari is a sacred and simply stunning mountain that guards the borders of Bhutan and Tibet. It lies north of the beautiful Paro valley, where the famed Tiger's Nest monastery is dramatically located on a sheer cliff. This exciting wilderness trek offers a great variety of hiking conditions, from remote farmland and blue pine forests to alpine pastureland and breathtaking mountain views. Trekking here is a peaceful experience below sky piercing peaks, beside thunderous waterfalls, turquoise lakes and streams. The trail passes through rolling meadows filled with wild flowers, remote yak herders' villages, and forests of rhododendron, pine, juniper and fir.

After the trek we also visit the famed sights of the capital, Thimphu, and wonder at the impressive Dzong fortress monastery of Paro before flying back to Nepal.

Nitty Gritty/Service Inclusions

Transport, Food & Accommodation: International flights KTM/Paro/KTM US\$432. City tours in private bus and on foot. Hotels (9nts), Camping (2nts), 11 breakfasts, 7 lunches, 8 dinners

Trek Grade: Moderate

Maximum Altitude: 4115m (Jango Thang)

Trek Distance: approx. 80km

Free Trek Included: Please refer to our trip dossier for other all other gear requirements.

Group Size: Max 15 min 4

Itinerary - Ref. ACOT

- Day 1: Arrive Kathmandu; PM: Nepali Dinner
- Day 2: AM Ktm city tour PM: Free in Kathmandu
- Day 3 - 4: Fly to Paro, commence tour
- Day 5: Drive to Shana (start trek)
- Day 12: Trek to Dodina then transport to Thimphu (trek ends) Overnight at hotel
- Day 13: Drive to Paro after sightseeing in Thimphu valley
- Day 15: Fly to Kathmandu
- Day 16 Depart Kathmandu



Note: Please note some time Druk Airlines change there schedule without notice and in such event we may have to reduce one day in Bhutan program. We will be happy to provide accommodation and additional sightseeing tour in Kathmandu in lieu of Bhutan.

Camping Holidays

Departure Dates & Trip Costs

2019 / 2020		2020 / 2021	
22-Oct-19	6-Nov-19	13-Oct-20	28-Oct-20
17-Mar-20	1-Apr-20	16-Mar-21	31-Mar-21
Trip Cos Ex - KTM US\$ 6569 Trip Cost Ex - PARO US\$ 5991		Trip Cos Ex - KTM US\$ 6897 Trip Cost Ex - PARO US\$ 6290	

BOOKING FORM

To confirm your booking please complete this form and send it to our agent(s) or any of our representatives (address on the back cover) or your travel agent. With initial deposit of \$ 200 per person per trip. After we receive this form we will send you detailed and comprehensive trip notes and destination information comprising visas, passport, clothing and equipment advice, itinerary for your trip preparation, etc.

1. Mr./Mrs./Miss/Ms.: (Last Name) _____ (First Name) _____
2. Mr./Mrs./Miss/Ms.: (Last Name) _____ (First Name) _____
Address: Suburb: _____ Post code _____
Telephone: (H) () _____ (B) () _____

TRIPS SELECTED:

Name: _____ Departure Date: _____ / _____ / _____
Name: _____ Departure Date: _____ / _____ / _____
Please Reserve Additional Arrangements (if required): _____

Please provide air booking from _____ to _____
Your Flight details (to join the trip): Date _____ Airline _____ Flight No _____ City _____

PERSON NO. 1	PERSON NO. 2
Occupation: _____	Occupation: _____
Date of Birth: _____	Date of Birth: _____
Nationality: _____	Nationality: _____
Passport No: _____	Passport No: _____
Date of Issue: _____	Date of Issue: _____
Date of Expiry: _____	Date of Expiry: _____
Place of Issue: _____	Place of Issue: _____
Height (cm): _____	Height (cm): _____

(Height is for appropriate allocation of required camping gear and free Trek Pack.)

Have you any special dietary needs? _____ Have you any special dietary needs? _____

1. _____ 2. _____

If you are travelling with anyone on this trip, Please indicate his /her name below:

Full Name (Mr./Mrs./Miss/Ms.) _____

Flight details: Date: _____ Airline _____ Flight No _____ City: _____

Your Travel Agent: _____

Consultant's Name: _____

Have you travelled with us before ? Yes ☐ No ☐

Trip _____ Destination _____ Year _____

Where did you first hear about us _____ Year _____

In case of an emergency, please notify (Mt./Mrs./Miss/Ms.) _____

Address: _____

Telephone: (H) () _____ (B) () _____ Mobile _____

DECLARATION: I have read and understand fully the information contained in the relevant pages of this brochure. I understand the "Terms and Condition of Booking" printed on next page (page 85) and I join with AmaDablam Adventure Group and its sales agents in agreeing with and accepting them. Further to this, and part of the Booking Condition Contract, I recognize that I am undertaking a journey that contains a significant element of personal risk. I acknowledge the relative remoteness, the tough travelling and weather conditions, the limited and relatively primitive medical and other services as well as the greater potential dangers inherent in a tour such as this compared with my usual daily life or conventional holiday travel. Not only do I accept these realities, I have chosen to seek them out. I further accept that the Operator can assume my being relatively well informed in world affairs and that my wishing to join this tour is my choice made in this contract.

Signed: 1 _____ this _____ day of _____ 200 _____

Signed: 2 _____ this _____ day of _____ 200 _____

Payment by credit cards will be accepted for deposits only

(Bank card/Visa/AMEX/Master card) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Expiry Date: _____

Cardholder's Name: _____ Signature _____

NOTE: IF YOU WISH TO BOOK YOUR AIR TRAVEL THROUGH YOUR TRAVEL AGENT, REFER TO THE LAND PRICE OF THE TRIP ONLY AND YOUR AGENT WILL TAKE CARE OF YOUR AIR AND ACCOMMODATION ARRANGEMENTS EITHER THROUGH AMADABLAM TRAVELS & TOURS (P) LTD. OR INDEPENDENTLY AND ADVISE YOU OF THE COSTS.

TERMS AND CONDITIONS OF BOOKING CONTRACT

A. BOOKING CONDITIONS

1. A deposit and completed booking form should be sent to any of our representatives (back cover) or your agent. Balance is due 60 days before departure. If the balance is not paid by the due date, we will regard the booking as cancelled. If cancellation is made more than 60 days prior to departure the original deposit will be forfeited. If cancellation, which must be in writing, is received after that time, the following scale of cancellation charges of the entire trip cost apply.

Days prior	Cancellation fee
to departures	in % of trip cost
59-51	25%
50-45	50%
44-31	60%
30-16	75%
15-08	90%
07-01	100%

These charges are to cover the expenses incurred in advance preparation of the trips booked. We recommend that your insurance policy covers cancellation.

\$100 will be charged to transfer to another departure date of the same trip, up to 60 days before departure, in the same season. (Sept. To May) If that trip is cancelled cancellation charges will apply. A fee of \$50 will be charged for any changes or amendments. Name changes or replacement of confirmed booking will be considered as cancellation and the new name will be taken as fresh booking. In this situation all clauses referring to cancellation charges shall prevail.

2. Health and Fitness Requirements

We recommend regular exercise (see trip grading). Our Medical Form, completed and signed by your doctor, as proof of your fitness for the trip, must be returned to us. If you suffer from severe muscular, chest, heart, asthmatic or bronchial disorders or have high blood pressure, you are strongly advised against coming. If you fail your medical a full refund of deposit paid will be made, providing our Medical Form is returned within two weeks of booking, but no later than 60 days before the trip date.

N.B. Discovery of an undisclosed medical condition will result in your being asked to leave the trip and will invalidate most Insurance Policies.

3. Trip Cancellation

If we are forced to cancel your booked trip for any reason(s), an alternative holiday will be offered at 5% discount. If this is not suitable, we reserve the right to cancel any trip and make a full refund of the monies paid. In this event, we cannot be held liable for any damages and/or claims.

4. Insurance

Personal Travel insurance is not included in the tour price. Every effort is made to ensure the safety of all. However, as a condition of accepting you on the trip, we insist on your having a personal travel insurance policy.

5. Route/Itinerary Changes

Changes to any route/itinerary could be necessary, at any time, because of weather, political restrictions or

any other cause. Such changes will always be at the discretion of the Group Leader and AmaDablam Adventure Group (P) Ltd. (AAG). No refund or compensation will be available for any changes to the services, unused hotel accommodation, air tickets or any other unused services or feature of the trip caused by such changes.

6. Postponement or Delays

We will not be responsible for postponements or delays caused by late flights or schedule changes at any point in the adventure trip.

7. Costs

Our trip prices include all items listed in this brochure alongside each destination. Prices are also based on a minimum number of clients travelling together on each trip.

Prices exclude Visa and passport charges International Airport departure taxes. Laundry, postage, clothing, medical expenses, travel insurance and all other items of a personal nature.

Mountain, Road, River rescue or any other emergency evacuation charges.

Expenses incurred through illness and/or any other unforeseen situations or events.

Excess baggage charges.

Loss incurred by rerouting, cancellation, weather, floods, famine, political disruptions strikes, riots and other disturbances.

Tips and Gratuities

Main meals in cities & dinners on Lodge treks

B. DISCLAIMER BY BOOKING AGENT

8. Our Sales agent gives notice that it acts as an agent only for AmaDablam Adventure Group, (P) Ltd. and all other persons /companies providing services outlined in this brochure, in connection with any trip or adventure travel which you book, and that this contract is between the applicant and AmaDablam Adventure Group (P) Ltd.

9. Our sales agent warrants that its services as a tour retailer and Booking Agent will be rendered with due care and skill.

10. Maps in this brochure or other documents are for information only, and do not necessarily show exact routes and measurements.

11. In promoting the trips outlined in this brochure the Sales Agent acts as an agent for AmaDablam Adventure Group (P) Ltd. and its associated companies/contractors.

12. Because the trips in this brochure visit remote, under developed areas, at times they may be delayed or re routed. The costs of such delays shall not be the responsibility of our Booking Agents or their principals.

13. These terms and conditions cannot be altered or waived by any servants, agents or representative of our Sales Agents or of any person providing services on the trip.

C. WAIVER OF LIABILITY OF AMADABLAM ADVENTURE GROUP.

By my signature on the Booking Form, I acknowledge and confirm the following: TO: AmaDablam Adventure Group (AAG) and the various Land Management

Authorities who grant the license to operate this adventure trip (the Licensors) In consideration of AAG accepting my application for and permitting me to go on the adventure trip in land owned by the Licensor or elsewhere- I agree to this release of claim, waiver of liability and assumption of risk collectively, as set out in this Contract.

I waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue, AAG, its service agents, independent contractors, officers, employees, guides, agents or representatives (collectively its staff) or the Licensor for any personal injury, death, property damage or loss I may sustain as a result of participation in a adventure trip with AAG, irrespective of cause, including without any limitation, negligence on the part of AAG, its staff or Licensor.

I am aware that adventure trips have certain dangers and risks, additional to those inherent in any travel, which include:

Physical exertion for which I may not be prepared. Weather extremes subject to sudden, unexpected change. Remoteness from normal medical services. Evacuation and its relative difficulties if I am disabled.

I accept all the inherent risks of the proposed adventure trip and the possibility of personal injury, death, property damage or loss resulting therefrom.

I acknowledge that the enjoyment and excitement of adventure travel is derived in part from the risks inherent in travel and activity beyond the accepted safety of life at home or work and that these contribute to such enjoyment and excitement, and are a reason for my participation.

I agree that if I suffer injury or illness, AAG can, at my cost, arrange medical treatment and emergency evacuation service, as they deem essential for my safety. In entering into this Agreement, I am not relying on any oral, written or visual representatives or statements by AAG or its Staff or any other inducement or coercion to go on the adventure trip, but entirely of my own free will.

D. GENERAL CONDITIONS

I confirm that I am over the age of 18 years and that I have read and understand the terms and conditions of this Contract and Agreement prior to signing, and agree that it will be binding upon my heirs, next of kin, executors, administrators and successors.

AmaDablam Adventure Group (P) Ltd. Holds trekking Agents License No. 5120/052 in Nepal.

The Contract of which these conditions form a part, except for any portion of the contract between you and your Sales/ Booking Agent(s), is governed by and construed according to the laws of Nepal. AAG reserve the right to have any legal disputes arising from this contract resolved in Nepal under the jurisdiction of Nepal's legal system; therefore the parties must submit to the jurisdiction of Nepal.



AmaDablam Adventures

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