

FISHTAIL TOURS AND TRAVELS PVT. LTD. / TREKKING PACKAGES

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|-----|---|
| 01, | <u>EVEREST BASE CAMP TREK - SPRING 2024 – 13 Nights / 14 Days</u> |
| 02, | <u>ANNAPURNA BASE CAMP TREK – 10 Nights / 11 Days</u> |
| 03, | <u>ROUND ANNAPURNA - THORUNG LA PASS – 11 Nights / 12 Days</u> |
| 04, | <u>LANGTANG TREK – 9 Nights / 10 Days</u> |
| 05, | <u>UPPER MUSTANG DRIVE TOUR – 11 Nights / 12 Days (Premium Section)</u> |



EVEREST BASE CAMP TREK

| Tour Title | Duration | Destination Covered |
|------------------------|----------|--|
| Everest Base Camp Trek | 14 Days | Kathmandu, Lukla, Phakding, Namche, Khumbu, Tengboche, Dingboche, Lobuche, Gorakshep, EBC etc. |

SHORT INTRO

On the way to Mount Everest, the Everest Region in Solukhumbu district has almost mystical status in the world of trekking. Nearly two weeks climb to Everest Base camp is possibly the world's most famous trek among the tourists that look for trekking experiences. Tens of thousands of trekkers undertake the route every year for grandstand views of the world's highest mountain and it's even more dramatic neighboring mountains, Lhotse and Nuptse. Everest region is an ultimate stop for people who are adventure seekers, because it eventually turns out to be a challenge because of high altitude in the Everest region.

It is among the popular destinations for trekking choices but it is quite difficult to get into the region in comparison to other destinations like Annapurna base camp. Everest region can be only reached walking for ten days straight or the other available option would be flying to Lukla, which is considered to have the most unreliable airport services.

Everest region is not only famous for the trekking routes but also as it is the home for many Sherpa communities. It is filled with Sherpa villages and monasteries that represent Sherpa culture. The primary goal of an Everest trek is the Everest base camp at an elevation of about 5340 meters. But you cannot see Everest from the base camp, so most trekkers climb Kalapattar, an





unassuming 5550-metre bump on the southern border of Pumori that is 7145 meters high.

Due to high altitude, there might be chances to suffer from acute mountain sickness or even worse altitude sickness. Altitude sickness is generally caused by climbing too early to a high altitude, therefore before leaving for Everest region it is important to consider about some first aid and be well prepared for the trip to Everest region.

MAJOR HIGHLIGHTS:

| | |
|-------------------------------|-----------------------------------|
| Trekking Area | : Khumbu Region |
| Trekking Duration | : 11 Days |
| Trekking Accommodation | : Teahouse (Lodge) |
| Trekking Meals | : Breakfast, Lunch & Dinner |
| Max. Height | : 5,550 m / 18,204 ft |
| Cultures | : Gurung, Tamang, Tibetan etc. |
| Staffs | : Guide & Porters |
| Transportation | : Private Transportation & Flight |



Far Below the Sun is Mt. Everest

OUTLINE ITINERARY:

- Day 01:** Arrive in Kathmandu,
- Day 02:** Drive to Manthali. Fly to Lukla and trek to Phakding,
- Day 03:** Trek to Namche,
- Day 04:** Rest and acclimatize day at Namche,
- Day 05:** Trek to Tengboche,
- Day 06:** Trek to Dingboche,
- Day 07:** Acclimatize & rest day at Dingboche,
- Day 08:** Trek to Lobuche,

Day 09: Trek to Everest Base Camp and back to Gorakshep,
Day 10: Trek to Kalapathar and back to Pheriche,
Day 11: Trek to Namche,
Day 12: Trek to Lukla,
Day 13: Fly to Manthali & Drive to Kathmandu
Day 14: Final departure.

DETAIL ITINERARY:

DAY 01: ARRIVE IN KATHMANDU (1,350 M / 4,428 FT),

Upon your arrival in Kathmandu, our company's representative and driver will meet you at the Tribhuban International Airport and escort you to your designated hotel. The representative will help you to check into your hotel. In the hotel, you will be briefed about your daily activities during the trek. Overnight stay at hotel in Kathmandu

DAY 02: DRIVE TO MANTHALI. FLY TO LUKLA AND TREK TO PHAKDING (2,835M/ 9,300FT), 45 MINUTES FLIGHT & 4-5 HRS TREK,

Early morning 2 AM, drive to Manthali. On the way you will be served with packed breakfast. After 4-5 hrs. you will reach the beautiful village of Manthali.

You take a mountain flight to Lukla and then from Lukla, you are going to begin the trek towards Phakding. Firstly, you will begin the trek descending towards Dudh Koshi River and join the main trail to Namche Bazaar. After which you pass the village of Ghat and take a short walk to Phakding.



DAY 03: TREK TO NAMCHE (3,446M/ 11,300FT), 5-6 HRS,

The trail then heads towards Dudh Koshi valley to Jorsale finally entering Sagarmatha National Park. From where you begin climbing steep up until Namche Bazar.



DAY 04: REST AND ACCLIMATIZE DAY AT NAMCHE,

You are going to take a short walk uphill to Sagarmatha National Park and on top of Namche Bazar. You are not doing anything extreme today for acclimatizing for the rest of the trekking days.



DAY 05: TREK TO TENGBOCHE (3,867M/ 12687FT), 5-6 HRS,

After that short break, the trail now leads to a winding path where you will also get to experience biggest peaks. After which you will come to a busy place called as Sagnasa passing some unique vegetation. After which, you reach Tengboche.



DAY 06: TREK TO DINGBOCHE (4,530M/ 14,800FT), 5-6 HRS,

The trail then descends through some forests and ends at Deboche. From Deboche walking, you will eventually reach a small bridge over the narrow gorge of the Imja-Tse River. The walk continues mostly uphill and a little further from here there are two routes; the upper one going to the upper Pangboche Village, where the old Monastery is located, the lower route is the straight forward main trail to Dingboche, Pheriche and beyond.



DAY 07: ACCLIMATIZE & REST DAY AT DINGBOCHE, 3-4 HRS,

This day we rest at Dingboche for acclimatize. We will visit around the village around and also hike to Nangkartshang Peak which is located at 5,083 meters (16,673 feet) high from the sea level.



DAY 08: TREK TO LOBUCHE (4,930M/ 16,175FT), 5-6 HRS,

The trek heading north will take you to Pheriche village after a gentle trail. The trail from Pheriche will take you towards Dugla before a small wooden bridge over the Khumbu glacier. From there its 1-2 hours of walk towards Lobuche.

DAY 09: TREK TO EVEREST BASE CAMP AND BACK TO GORAKSHEP (5,184M/ 17,000FT), 6-7 HRS,

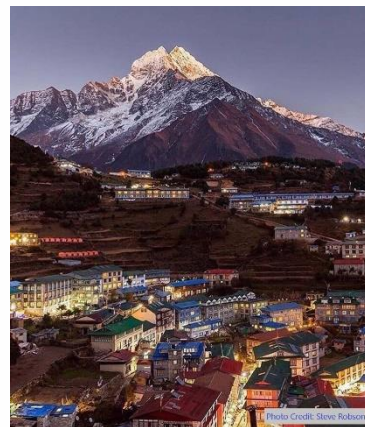
You will prepare towards the foot of Everest Base Camp. You will trek up the valley following the rocky path. After the last rocky moraine banks, a short downhill walk brings you to Gorakshep on the flat field below Kalapatthar at 5545m and Mt. Pumori 7,145m.



DAY 10: TREK TO KALAPATHAR AND BACK TO PHERICHE (4,252M/ 13,950FT), 6-7 HRS,



You will walk from Gorakshep to Kalapathhar. After a gradual walk, you will take another uphill climb for ½ hour that brings you to Kalapathhar, 5,288m. After an hour descent, you go back to Gorakshep and then all the way back to Pheriche for the night.



DAY 11: TREK TO NAMCHEBAZAR (3,440M/ 12,759FT), 6-7 HRS,

From Pheriche our journey continues towards Namche. The trail takes us across rivers and rhododendron forests, amidst the views of Tawache, Everest, Nuptse, Lhotse, AmaDablam, Kantega and Thamserku mountains. We

descend rapidly through pine forest where we can easily spot mountains goats, pheasants and other wild animals and birds. Overnight stay at tea house lodge.

DAY 12: TREK TO LUKLA (2,850M/ 9,350FT), 6-7 HRS,

Today you trek along the Dudh Kosi River through Jorsale and Chourikharka. The trail has ups and downs and flat as we ascend to Lukla.



Lukla Airport (or Tenzing Hillary Airport) Panorama

DAY 13: FLY TO MANTHALI & DRIVE TO KATHMANDU

From here you will take a flight towards Manthali from Lukla. Upon arriving at Manthali, drive back to Kathmandu (4-5hrs drive) and transfer to your respected hotel. Evening, farewell Nepalese cultural dinner to celebrate your trekking experience in Everest region. Overnight stay at hotel in Kathmandu

DAY 14: FINAL DEPARTURE,

Today after breakfast you will directly transfer to the international airport for onward journey with sweet memories. Breakfast at the Hotel.

TOUR COSTS BASED NO. OF PAX TRAVELLING TOGETHER:

| Type of Treks | Tour cost as per the group size Per Person | | | |
|---------------|--|------------|------------|----------------|
| | Twin/DBL Share –INR on BB plan | | | |
| | Min. 2 Pax | 5-9 Pax | 10-14 Pax | 15 Pax & Above |
| 3 star | INR 88,600 | INR 75,800 | INR 70,200 | INR 68,500 |



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COST INCLUDES:

- ✓ Special traditional welcome on arrival at International airport,
- ✓ Airport-Hotel-Airport transfer in private a/c vehicle,
- ✓ 02 night Twin/Triple sharing accommodation at Kathmandu in BB Plan,
- ✓ Tea house trek as per the itinerary in AP plan (Daily Breakfast, Lunch & Dinner),
- ✓ Twin/Triple sharing accommodation with common restroom during trek at tea house lodges,
- ✓ Land transfer for Kathmandu/Ramechhap and vice versa in private a/c vehicle,
- ✓ Round trip for Ramechhap/Lukla/ Ramechhap airfare for guest and guide (*subject to change without prior notice)
- ✓ English speaking trekking guide during the trek,
- ✓ 01 Assistant guide during trek above 10 Pax only,
- ✓ Porters on 1:2 basis with maximum 25 kg weight,
- ✓ Sagarmatha National park fees,
- ✓ Khumbu Local Permit fee,
- ✓ 01 Cultural Farewell Nepalese dinner,
- ✓ First Aid kit (carried by Guide),
- ✓ Insurance of porters and guide.

HOTEL:

| Hotel Category | Kathmandu | During Trek |
|----------------|-----------------------|--------------------|
| 3 star | Hotel Manang/ similar | Guest House/ Lodge |

COST EXCLUDES:

- × International flight
- × All the personal expenses as tips, bar bills, laundry and beverage
- × Extra baggage charges
- × Personal gears & clothing (available on hire)
- × Battery Charging/ Drinking water and beverages.
- × Trekking equipments as trekking poles, down (feather) jacket, sleeping bag & duffel bag
- × Any other expenses due to political, act of nature or any other reason which are beyond control of Fishtail Travel Nepal and NTB Treks & Expedition Pvt. Ltd or its associated overseas agents
- × Baggage and personal insurance including emergency evacuation.



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Important Note:

1. There will be dormitory accommodation at the higher points of trek including Base Camp.
2. Heater is available at Dining area with extra cost.
3. You are travelling in environmentally sensitive area; use of plastic bottles is prohibited. Hence you need to carry your own water bottles or Thermos for your personnel use. Hot & Cold water can be refilled at the lodge with extra cost of NPR. 200-500 per refill.
4. Battery & Mobile charge can be negotiated with the owner of the lodge and can be paid directly.
5. All above rates are valid till **Sept. 2024 exclusively for Indian Passport holders only**, based on our contract with the hotels, government tax structure, USD exchange rate, fuel charges etc. Incase if there is any changes, rates will be revised accordingly.
6. Airfare & Entrance fee are subject to change if changed by the concerned authority.

END OF TREK

ANNAPURNA BASE CAMP TREK

“ The adventurous pursuit of the truth ”



| Tour Code | Tour Title | Tour Duration | Destination Covered |
|----------------|---------------------------|-------------------|--------------------------------------|
| NTB - AT - 001 | Annapurna Base Camp (ABC) | 10 Nights/11 Days | Kathmandu /Pokhara /Annapurna region |

Annapurna Base Camp Trekking is one of the most awaited treks for many trekkers. This trail has been able to attract attention to the real Himalayan adventure seekers nationally and internationally. The trek uncovers the geographic diversity including breath-taking landscape, panoramic view of snow- capped peaks of great Himalayas such as Annapurna-I(8,091m), Annapurna-II (7,937m), Annapurna- III (7,555m), Dhaulagiri (8,167m), Machhapuchhre (6,998m) and Gangapurna, scenic river banks and picturesque forest valley.

The attractions of the trail are Hindu and Buddhist temples along with the combination of culturally rich traditional villages of ethnic communities of the Magar,



Gurung, Thakali and their warm hospitality. Mingle with the locals, pass through scenic beauty, terraced landscape, view of the spectacular snow-capped mountains, encountering the flora and fauna and religious sites make the whole trip a memorable lifetime experience. Heartfelt affection of indigenous people, scenic beauty, terraced landscape, snowcapped mountains, flora and fauna and religious sites make the trek a memorable lifetime experience.

OUTLINE ITINERARY:

Day 01: Arrive in Kathmandu,
Day 02: Drive to Pokhara,
Day 03: Drive to Nayapul & Trek to Ghandruk,
Day 04: Trek to Sinuwa,
Day 05: Trek to Deurali,
Day 06: Trek to ABC,
Day 07: Trek to Bamboo,
Day 08: Trek to Jhinu Hot Spring,
Day 09: Trek to Nayapul & Drive to Pokhara,
Day 10: Drive back to Kathmandu
Day 11: Final departure.

DETAIL ITINERARY:

DAY 01: ARRIVAL IN KATHMANDU.

Upon your arrival in Kathmandu, our company representative and driver will meet you at the Tribhuvan International Airport and escort you to your designated hotel. The representative will help you to check into your hotel. In the hotel, you will be briefed about your daily activities during the trek. Overnight stay at hotel.

DAY 02: DRIVE TO POKHARA (210KM, 8-9HRS DRIVE)

After breakfast, get ready for an exciting adventure as we travel through on a scenic drive to Pokhara, covering a distance of 210 kilometers, which will take approximately 8-9 hours. Along the way, you'll be treated to mesmerizing views of rivers, terraced fields, and as you approach Pokhara, the captivating sight of the Annapurna range will amaze you. Pokhara is renowned for its scenic beauty, often referred to as the "lake city."



Once we reach Pokhara, you can enjoy a leisurely stroll through the city in the evening, soaking in the charming atmosphere. Alternatively, you can relax by the

serene lakeside, taking in the picturesque views. Overnight, you'll be staying in Pokhara, ready to explore its wonders the next day.

Note: Road section near Pokhara approx. 100km of road section is under construction and is off road with bumpy ride. So drive for Kathmandu-Pokhara/ vice versa will be affected.

DAY 03: DRIVE FROM POKHARA TO NAYAPUL AND TREK TO GHANDRUK (1940M/6,364FT) 6-7 HOUR.

Today is the first day of the trek and Ghandruk, a beautiful Gurung village, is the destination set for the day. We start with a 2 hour (max) bus ride to Nayapul from Pokhara. On reaching Nayapul, the trail first drops down to Birethanti, crossing the suspension bridge over the Bhurungdi River. Birethanti is a beautiful village, where trekkers will have to fulfill the necessary check in formalities at the office of ACAP. Then the ultimate upward walk begins towards the village of Ghandruk. Initially the trail winds along the Modi River and the trail is flat up till Syauli Bazaar. Leaving the riverbank, we then hike on a winding path till Kimche. From Kimche, the trail further ascends towards Ghandruk crossing Chane. The evening can be spent exploring the village. The night will be spent at a lodge in Ghandruk.



DAY 04: TREK FROM GHANDRUK TO SINUWA (2,360M/7,742FT) 6-7 HOUR.

Sinuwa is the destination set for today. Leaving the beautiful village of Ghandruk behind, it is now time to hike up towards the destination of the trek. Initially following the bank of the Modi River, we ascend for some time and then leaving the river behind, we climb towards the huge boulders. Walking past the boulder, we cross the bridge over the Kimrong River and climb a steep trail that will take us to the Gurung village, Chhomrong, crossing Jhinu Danda. From Chhomrong, we cross the bridge across the Chhomrong river and enjoying the view of bamboo, rhododendron, and oak forest, we hike up to Sinuwa. The night will be spent at a lodge in Sinuwa.



DAY 05: TREK FROM SINUWA TO DEURALI (3,230M/10,597FT) 6-7 HOURS.

Deurali is the destination set for today. We start with an easy walk from Sinuwa that continues till bamboo passing Kuldhigar. Then a steep stone staircase will take us to

Dobhan, crossing a suspension bridge. The trail is accompanied by bamboo, rhododendron, and Oak forest. Then a steep climb continues through the valley towards Himalaya and Hinku Cave. Then we finally reach Deurali. The night will be spent at a lodge in Deurali.

DAY 06: TREK FROM DEURALI TO ANNAPURNA BASE CAMP (4,130M/13,549FT) 6-7 HOURS.

This day will finally take you to the base camp of Annapurna, which is both - the destination of the day and the trek. A gentle climb on a trail along the Modi River will first take us to Bagar. From Bagar, a strenuous hike will first take us to the base camp of Machhapuchhre (3,700m). After resting here for about an hour taking snaps, enjoying the view of Machhapuchhre along with other snowcapped peaks towering above 7000-8000 meter; we follow a wide trail that leads us to the Annapurna Sanctuary. We then finally reach our destination, the South Annapurna Base Camp that greets us with 360degree vista of snow covered peaks. The night will be spent at a lodge in the Annapurna Base Camp.



DAY 07: TREK FROM ANNAPURNA BASE CAMP TO BAMBOO (2,340M/7,677FT) 6-7 HOURS.

Bamboo is the destination set for today. After enjoying the mighty Annapurna Sanctuary, we retrace the same trail that drops all the way down through Bagar, Deurali and Dobhan to Bamboo. The trail is accompanied by waterfall, cave, temple and passes through the forest of rhododendron, oak, and bamboo forest. After walking for about 6 hours, we finally reach the destination of the day, that is, Bamboo. The night will be spent at a lodge in Bamboo.



DAY 08: TREK FROM BAMBOO TO JHINU HOT SPRING (1,780M/5,839FT) 6-7 HOURS.

Jhinu Danda is the destination set for today. From Bamboo we first hike up to Kuldhigar, where the office of ACAP and the visitor center is located. We then hike down to the bridge across the Chhomrong River passing Sinuwa. We cross the bridge and enter a beautiful Gurung village of Chhomrong. From Chhomrong, a steep descent will take us to Jhinu Danda. The Jhinu hot spring is 15-20minutes downhill

from Jhinu Danda. You can relax your tired muscles by taking a relaxing dip in the hot spring bathing pool. The night will be spent at a lodge in Jhinu Danda.

DAY 09: TREK FROM JHINU HOT SPRING TO NAYAPUL 5 HOURS & DRIVE TO POKHARA (820M/2,690FT) 2 HOURS.

Today is your last day with Amigo family and Pokhara is the destination set for the day. Crossing the bridge over the Modi River, the trail initially passes through sporadic bamboo forest, which then crosses various small settlements up and down hill, decorated with terrace farms featuring seasonal crops till Syauli Bazaar. From Syauli Bazaar onwards, the trail is flat up till Nayapul. Following this flat trail, we walk up to Birethanti, where your guides will complete the necessary check out formalities. Then crossing the bridge over Bhurungdi River we walk up to Nayapul. We catch a bus or a private vehicle at Nayapul, which will take us to Pokhara after about 2 hours ride. The evening can be spent exploring the attraction of Pokhara city.



DAY 10: DRIVE BACK TO KATHMANDU

After breakfast, we'll begin our journey back to Kathmandu. The scenic drive will take you through beautiful landscapes and provide a chance to relish the memories of your time in Pokhara. Once we reach Kathmandu, we'll transfer you to your respective hotel. The rest of the day is free for you to relax and enjoy some leisure time.

DAY 11: DEPARTURE TRANSFER

Today after breakfast you will directly transfer to the international airport for onward journey with sweet memories.

TOUR COSTS BASED NO. OF PAX TRAVELLING TOGETHER:

| Type of Treks | Tour cost as per the group size Per Person | |
|---------------|--|------------|
| | Twin/DBL Share –INR on BB plan | |
| | 02-04 Pax | 05-10 Pax |
| 3 star | INR 59,400 | INR 53,300 |



COST INCLUDES:

- Special traditional welcome on arrival at International airport,
- Airport-Hotel-Airport transfers on private vehicle,
- 02 night in Double/Twin sharing accommodation in Kathmandu on BB plan,
- 02 night in Double/Twin sharing accommodation in Pokhara on BB plan,
- Triple/Quad sharing accommodation with common restroom during trek at tea house lodges,
- Tea house trek as per the itinerary in AP plan (Daily Breakfast, Lunch & Dinner),
- Land transfers Kathmandu/Pokhara/Kathmandu & Pokhara/Nayapul/Pokhara by private a/c vehicle,
- 01 License holder Professional English speaking guide for Trek,
- Annapurna Conservation Area Permit (ACAP),
- Trekkers Information Management System (TIMS),
- Porters on 1:2 sharing basis (carrying maximum 25kg),
- 01 Cultural Farewell Nepalese dinner,
- Insurance of porters and guide,
- Wages, meals, accommodation, transportations, equipment, insurance and other facilities to the trekking staffs during the trek,
- First Aid Kit Box during the trek (carried by guide),
- All applicable Government taxes.

HOTELS/RESORT:

| Tour Category | Destinations/ Hotels Resort | | |
|---------------|-----------------------------|---------------------------|---------------------|
| | Kathmandu | Pokhara | During Trek |
| 3 star | Hotel Manang/ similar | Hotel Queens Park/similar | Teahouse/Guesthouse |

COST EXCLUDES:

- × International flight
- × All the personal expenses as tips, bar bills, laundry and beverage
- × Extra baggage charges
 - Use of Down Jacket with extra rental cost (Per day INR 90.00)
 - Use of Sleeping bag with extra rental cost (Per day INR 130.00)
- × Personal gears & clothing (available on hire)
- × Battery Charging/ Drinking water and beverages.
- × Trekking equipment's as trekking poles, sleeping bag and others



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- × Any other expenses due to political, act of nature or any other reason which are beyond control of Fishtail Travel Nepal and NTB Treks & Expedition Pvt. Ltd or its associated overseas agents
- × Baggage and personal insurance including emergency evacuation.

Important note:

1. There will be dormitory accommodation at the higher points of trek including Base Camp.
2. Heater is available at Dining area with extra cost.
3. You are travelling in environmentally sensitive area; use of plastic bottles is prohibited. Hence you need to carry your own water bottles or Thermos for your personnel use. Hot & Cold water can be refilled at the lodge with extra cost of NPR.100-200 per refill.
4. Battery & Mobile charge can be negotiated with the owner of the lodge and can be paid directly.
5. All above rates are valid till **December 2024** exclusively for **Indian Passport holders only**, based on our contract with the hotels, government tax structure, fuel charges etc. Incase if there is any changes, rates will be revised accordingly. Entrance fee are subject to change if changed by the concerned authority.

END OF TREK

ANNAPURNA CIRCUIT TREK – RAINBOW

“ The king of Trekking ”



The Annapurna Circuit is a trek within the Annapurna mountain range of central Nepal. The total length of the route varies between 160 to 230km, depending on where motor transportation is used and where the trek is ended. This trek crosses two different river valleys and encircles the Annapurna massif. The path reaches its highest point at Thorung-La Pass (5416m/17769 ft), touching the edge of the Tibetan plateau. Practically all trekkers hike the route anticlockwise, as this way the daily altitude gain is slower, and crossing the high Thorong La pass is easier and safer. The mountain scenery, seen at close quarters includes the Annapurna Massif (Annapurna I-IV), Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, Tilicho Peak, Pisang Peak, and PaungdaDanda. Numerous other peaks of 6000 to 8000m in elevation rise from the Annapurna range.

The trek begins from Besisahar or Bhulbhule in the Marshyangdi river valley and concludes in the Kali Gandaki Gorge. Besisahar can be reached after a five-hour drive from Kathmandu. The trail passes along paddy fields and into subtropical forests, several waterfalls and gigantic cliffs, and various villages. Annapurna Circuit has often been voted as the best long distance trek in the world, as it combined, in its old full form, a wide variety of climate zones from tropics at 600 m to the arctic at 5416 m

at the Thorong La pass and cultural variety from Hindu villages at the low foothills to the Tibetan culture of Manang Valley and lower Mustang.

The attractions of the trail are Hindu and Buddhist temples along with the combination of culturally rich traditional villages of ethnic communities of the Magar, Gurung, Thakali and their warm hospitality. Mingle with the locals, pass through scenic beauty, terraced landscape, view of the spectacular snow-capped mountains, encountering the flora and fauna and religious sites make the whole trip a memorable lifetime experience. Heartfelt affection of indigenous people, scenic beauty, terraced landscape, snowcapped mountains, flora and fauna and religious sites make the trek a memorable lifetime experience.

| Tour Code | Tour Title | Tour Duration | Destination Covered |
|----------------|------------------------|---------------------|---|
| NTB - AT - 004 | Annapurna Circuit Trek | 11 Nights / 12 Days | Kathmandu, Pokhara, Manang, Throng - La Pass, Muktinath, Jomsom, Beni |

ITINERARY

Day 01: Arrival at Kathmandu, transfer to hotel with meet & greet at airport.

Day 02: Drive from Kathmandu to Dharapani via Besishahar. Lunch on the way during the drive and dinner & overnight stay at Local Tea House.

Day 03: Trek from Dharapani to Chame. Lunch on the way in the trail at local hotel and dinner & overnight stay at Tea House.



Day 04: Right after having breakfast, we leave Chame and trek further to Pisang. Lunch stop at Bhartang, dinner & overnight stay at Chame's local lodge.



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Day 05: Follow the trail after breakfast trek to Manang. Humde stop for the day lunch & Teahouse at Manang for dinner & overnight stay.

Day 06: Acclimatization Day in Manang with full day rest. You can warm-up yourself with some short hike around the village. All meals & overnight stay at the Lodge.



Day 07: This will be the tough day of our trek, we have to walk up hill most of the time. Lunch at Yak Kharka and continue trek to Throung Phedi. Dinner & overnight stay at Lodge.

Day 08: Before lunch we will cross the Throung La Pass, which conquer the Annapurna circuit treks. After the lunch proceed to Muktinath. Check-in to the hotel, dinner & overnight.



Day 09: Visit Muktinath temple in the morning. Trek down to Jomsom by following our lunch at Lapra. In Jomsom stay overnight with diner at Local Tea house.

Day 10: Drive to Pokhara from Jomsom after the breakfast. Lunch will provide in during the drive, check-in at lakeside hotel. Rest time and overnight stay.



Day 11: After breakfast, we will drive back to Kathmandu and check in to hotel, evening followed with farewell dinner & overnight stay.



Day 12: Free time until departure transfer. Drop at TIA Kathmandu airport for the final departure.

TOUR COSTS BASED NO. OF PAX TRAVELLING TOGETHER:

| Type of Treks | Tour cost as per the group size Per Person | |
|---------------|--|------------|
| | Twin/DBL Share –INR on BB plan | |
| | 02-04 Pax | 05-10 Pax |
| 3 star | INR 78,200 | INR 73,200 |

COST INCLUDES:

- ✓ Special traditional welcome on arrival at International airport,
- ✓ Airport-Hotel-Airport transfers on private vehicle,
- ✓ 02 night in Double/Twin sharing accommodation in Kathmandu on BB plan,
- ✓ 01 night in Double/Twin sharing accommodation in Pokhara on BB plan,
- ✓ Triple/Quad sharing accommodation with common restroom during trek at tea house lodges,
- ✓ Tea house trek as per the itinerary in AP plan (Daily Breakfast, Lunch & Dinner),
- ✓ Land transfers Kathmandu/Besishahar & Pokhara/Kathmandu by private a/c vehicle,
- ✓ Land transfer for Besishahar/Dharapani & Jomsom/Pokhara by local jeep/similar,
- ✓ 01 License holder Professional English speaking guide for Trek,
- ✓ Annapurna Conservation Area Permit (ACAP),
- ✓ Trekkers Information Management System (TIMS),
- ✓ Porters on 1:2 sharing basis (carrying maximum 25kg),
- ✓ 01 Cultural Farewell Nepalese dinner,
- ✓ Insurance of porters and guide,
- ✓ Wages, meals, accommodation, transportations, equipment, insurance and other facilities to the trekking staffs during the trek,
- ✓ First Aid Kit Box during the trek (carried by guide),
- ✓ All applicable Government taxes.



HOTEL/ACCOMMODATION DETAILS:

| Hotel Category | Kathmandu | Pokhara | During Trek |
|----------------|-----------------------|----------------------------|------------------|
| 3 star | Hotel Manang/ similar | Hotel Queens Park/ similar | Tea House/ Lodge |

COST EXCLUDES:

- × International flight,
- × All the personal expenses as tips, bar bills, laundry, food and beverage,
- × Extra baggage charges,
- × Trekking equipment, Personal gears & clothing (available on hire),
- × Battery Charging/ Drinking water and beverages,
- × Any other expenses due to political, act of nature or any other reason which are beyond control of Fishtail Travel Nepal and NTB Treks & Expedition Pvt. Ltd or its associated overseas agents,
- × Baggage and personal insurance including emergency evacuation,
- × Anything not mentioned in above inclusions.

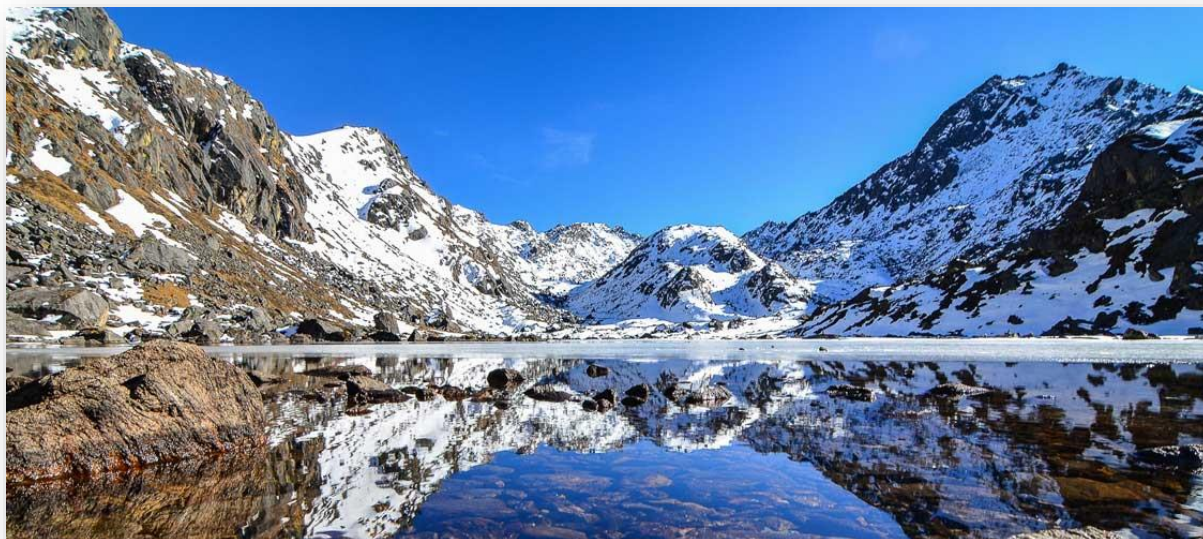
Important Note:

1. There will be dormitory accommodation at the higher points of trek including Base Camp.
2. Heater is available at Dining area with extra cost.
3. You are travelling in environmentally sensitive area; use of plastic bottles is prohibited. Hence you need to carry your own water bottles or Thermos for your personnel use. Hot & Cold water can be refilled at the lodge with extra cost of NPR.100-200 per refill.
4. Battery & Mobile charge can be negotiated with the owner of the lodge and can be paid directly.
5. All above rates are valid till **December 2024 exclusively for Indian Passport holders only**, based on our contract with the hotels, government tax structure, and guide charges as applicable by government guidelines, USD exchange rate, fuel charges etc. Incase if there is any changes, rates will be revised accordingly.
6. Airfare & Entrance fee are subject to change if changed by the concerned authority.

END OF TREK

LANGTANG TREK

“ The trek in the Tamang heritage with the panoramic views of Langtang Himalayas ”



| Tour code | Tour Title | Tour Duration | Destination Covered |
|----------------|---------------|------------------|----------------------------|
| NTB – LT - 018 | Langtang Trek | 9 Nights/10 Days | Kathmandu, Langtang region |

Langtang trekking region is the third most popular trekking destination in Nepal. The route offers wonderful trekking and hiking trail for nature and wildlife lovers. It is located 19 miles away to the north of Kathmandu bordering Tibet. The major attractions of the area are panoramic Himalayan views of snow-capped mountains like Langtang Lirung (the highest peak in the region), Dorje Lakpa, Ganesh, Manaslu, Gaurishankar, Naya Kanga, Gang Chheppo etc. In addition, beautiful lush forests and its wildlife like Red Panda, Leopards, Musk deer, Himalayan Thar and different species of birds and butterflies act as a cherry on the top of the cake. One can also observe and explore life styles and traditions of culturally rich Tamang and Sherpa communities.

Langtang region is conserved and protected as a Langtang National Park and also the sacred lake Gosainkunda at an altitude of 4310m. More than 25,000 Hindus and Buddhists pilgrims come to take a bath in the lake during the month of August-during Janai Purnima (one of the popular festival of Hindus). According to Hindu mythology, Lord Shiva himself created this high-altitude lake when he pierced a glacier with his



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trident to obtain the water to quench his thirst after consuming poison gathered from the churning of the oceans.

Fishtail Travel /NTB Treks & Expedition Pvt. Ltd invite you to explore Himalayan wildlife and Tamang ethnic villages, Langtang valley in Langtang region during your next holiday's trip to Nepal.

DETAILED ITINERARY:

Day 01: Arrival in Kathmandu [1345m] | Welcoming the guests is our passion |

Embarking on our journey begins from Kathmandu, the city with the remarkable architecture dated back to 16th Century. Our team representative will welcome you at the Tribhuvan International Airport and escort you to your designated hotel. Our representative will help you to check in to the hotel. You will be welcomed, facilitated and served with a beautiful hotel room. The first arrival day is entirely a break day. In the evening, you can walk around nearby touristic hubs like Thamel and Basantapur Durbar square.



Day 02: Sightseeing in Kathmandu City [1345m] | The city of arts and architecture |

Kathmandu valley is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The valley offers a wonderful mix of Hinduism and Buddhism.

After breakfast we visit UNESCO world heritage sites as one of the largest Hindu temple Pashupatinath Temple, Boudhanath Stupa and Swoyambhunath Stupa followed with Kathmandu Durbar Square sightseeing. Overnight stay at hotel.

Day 03: Drive to Syabrubesi [1462m] via Dhunche [2030m] | Through Trishuli Bazar | 8-9hrs |

After breakfast we drive to SyabruBesi which is 135 km far from Kathmandu. The drive takes approximately 9 hours to reach SyabruBesi through Pasang Lhamu Highway. Moving to our destination, we pass through several locations like Kakani (best known for panoramic view of great Himalayas of Nepal, hills and Kathmandu



city itself), Trishuli Bazaar and Dhunche. The route will be accompanied by magnificent views of mountains such as Annapurna, Langtang, Gaurishankar, Ganesh and Manaslu etc. and an opportunity to observe local villages, their people and lifestyle. Overnight at lodge in Syabrubesi.

Day 04: Syabru Besi to Lama Hotel [2480m] | Fun of Climbing Rimche | 6-7hrs |

After breakfast we walk towards the northern side in order to cross the suspension bridge over Bhote Koshi River. Continuing the trek we pass Daman Landslide Lodge, Dangdung Khola and Langtang Khola. Interestingly we also climb Rimche. From Rimche, we reach Changtang, which is popularly known as Lama Hotel. On the route we see terraced fields and dense forests with a variety of species of plants like Oak, Maple, Alder and Bamboo. Besides that we get to see yellow-throated Martin, Wild Boar, Langur monkey, Red Panda and Himalayan Black Bear en route. Overnight at Lama Hotel.



Day 05: Lama Hotel to Langtang Village [3307m] | Exotic sights of Langtang Lirung – the highest peak of the Langtang region | 5-6hrs |

We continue the ascent via Langtang Khola. The trail offers the most exotic sights of Langtang Lirung – the highest peak of the Langtang region, several lodges, yak pastures and meadows, cultivated land yielding barley, turnips, wheat, buckwheat, potatoes and scattered Tamang village which is the headquarter of Langtang National Park. Overnight at lodge in Langtang.



Day 06: Langtang Village to Kyangjin gompa [3870m] | Let's try some local cheese | 4hrs |

Kyangjin Gompa is one of the popular Gompa in this region. The beauty of the trek is enhanced by surrounding monasteries, government operated cheese factory, scenic forests, hills and mountains, rivers, and undulating glaciers. Additionally, we can also observe and explore the culture, tradition and lifestyle of traditional of ethnic Tamang and Sherpa communities. We can try some local cheese- they are good! Overnight at KyajinGompa.



Day 07: Kyangjin gompa Lama Hotel [2480m] | Back to Lama Hotel again | 6-7hrs |

From Kyangjin we take the route back to Lama Hotel. We follow the Langtang village, GhoraTabela to Lama Hotel and will be accommodated at the same place. Overnight at Lama Hotel



Day 08: Lama Hotel to Syabru Besi [1462m] | Back to Syabrubesi again | 4-5hrs |

From Lama Hotel we take the same route back to Syabru Besi by following the path leading to the village that gives insights of culture and customs of Tamang and Sherpa communities. Overnight stay at tea house lodge/ camp.

Day 09: Drive to Kathmandu [1345m] | Celebration for accomplishments |

We drive to Kathmandu by following the same highway. The journeys to Kathmandu is approximately take 8 – 9 hours. Arrive Kathmandu and our team representative helps you to check in to hotel. Overnight stay at hotel.

Day 10: Final Departure | To know how satisfied our guests are measured not only by how tight the goodbye hugs are but by staying in touch with us forever. |

This is the last day of your visit. You can enjoy shopping and buying souvenir to friends and relatives. We will drop you to the airport 3hrs prior to the departure time. The memories that you have shared with us matter a lot. Waving hands and goodbye hugs are just not enough, we tell our beloved guests to stay in touch with us, and this is how we feel satisfied by our services.

TOUR COSTS BASED NO. OF PAX TRAVELLING TOGETHER:

| Type of Treks | Tour cost as per the group size Per Person | |
|---------------|--|------------|
| | Twin/DBL Share –INR on BB plan | |
| | 2-4 Pax | 5-10 Pax |
| 3 star | INR 57,200 | INR 54,600 |

COSTS INCLUDES:

- Special traditional welcome on arrival at International airport,
- Airport-Hotel-Airport transfer in private a/c vehicle,



- 03 night Twin/Triple sharing accommodation at Kathmandu in BB Plan,
- Tea house trek as per the itinerary in AP plan (Daily Breakfast, Lunch & Dinner),
- Twin/Triple sharing accommodation with common restroom during trek at tea house lodges,
- Land transfer for Kathmandu/Syabrubesi/Kathmandu in private a/c vehicle,
- English speaking trekking guide during the trek,
- Porters on 1:2 basis with maximum 25 kg weight,
- Langtang National park fees,
- Trekking Information Management Permit (TIMS) fee,
- First Aid kit (carried by Guide),
- Insurance of porters and guide.

HOTELS/ ACCOMMODATION:

| Hotel Category | Kathmandu | During Trek |
|----------------|-----------------------|--------------------|
| 3 star | Hotel Manang/ similar | Guest House/ Lodge |

COSTS EXCLUDES:

- International flight
- All the personal expenses as tips, bar bills, laundry and beverage
- Extra baggage charges
- Personal gears & clothing (available on hire)
- Battery Charging/ Drinking water and beverages.
- Trekking equipment as trekking poles, down (feather) jacket, sleeping bag & duffel bag
- Any other expenses due to political, act of nature or any other reason which are beyond control of Fishtail Travel Nepal and NTB Treks & Expedition Pvt. Ltd or its associated overseas agents
- Baggage and personal insurance including emergency evacuation.

Important Note:

1. There will be dormitory accommodation at the higher points of trek including Base Camp.
2. Heater is available at Dining area with extra cost.



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3. You are travelling in environmentally sensitive area; use of plastic bottles is prohibited. Hence you need to carry your own water bottles or Thermos for your personnel use. Hot & Cold water can be refilled at the lodge with extra cost of NPR. 200-500 per refill.
4. Battery & Mobile charge can be negotiated with the owner of the lodge and can be paid directly.
5. All above rates are valid till **December 2024 exclusively for Indian Passport holders only**, based on our contract with the hotels, government tax structure, USD exchange rate, fuel charges etc. Incase if there is any changes, rates will be revised accordingly.
6. Airfare & Entrance fee are subject to change if changed by the concerned authority.

END OF TREK

UPPER MUSTANG DRIVE TOUR

“ The trek that takes you to the once hidden and an ancient kingdom and offers you a lifetime opportunity to experience the Himalaya desert reflecting Tibetan culture ”



| Tour code | Tour Title | Tour Duration | Destination Covered |
|----------------|--------------------------|-------------------|--------------------------------------|
| NTB - AT - 027 | Upper Mustang Drive Tour | 11 Nights/12 Days | Kathmandu, Pokhara and Upper Mustang |

The Upper Mustang Trek, often known as Mustang Trek, is one of the most popular, mysterious, interesting and charming destinations in Nepal. Mustang is an ancient Himalayan Kingdom that lies in the northern central part of Nepal at the top of the Kaligandaki River bordering with Tibet. The northern Kagbeni village is known as upper Mustang and has significant Tibetan influences. The major attractions of Mustang trekking are ancient Tibetan villages, rare medieval Buddhist arts, the exotic culture, traditions, languages, architectures, unique beauty of the vast high valley, colorful stratified rock formation and the Himalayan desert with lifetime Himalayan and cultural experiences.

The panoramic views of great Himalayas like Annapurna, Gangapurna, Machhapuchhre, Dhaulagiri and others peaks along with forests of pine, rhododendron, oaks and its wildlife, rivers, hills and picturesque landscapes are some other interesting charms of this trek.

Fishtail Tours & Travels / NTB Treks & Expedition Pvt. Ltd invite you explore most popular, mysterious ancient Himalayan Kingdom during your next holiday trip to Nepal.

DETAILED ITINERARY:

Day 01: Assistance upon the arrival in Tribhuvan international Airport. Meet and greet by our company's representative. Transfer to your designated hotel and check-in. Rest of the time freeat leisure. Overnight stay in Kathmandu.

Day 02: Timely transfer to domestic airport for flight to **Pokhara** (30min flight). Upon arrival in Pokhara, transfer to respective hotel. We suggest you to stroll around lakeside area in the evening. Overnight stay in Pokhara.



Day 03: After breakfast, drive towards **Jomsom**. Upon arrival in Jomsom, check in at your teahouse/lodge. Overnight stay in Jomsom.

Day 04: Drive to **Charang village** (6-7 hours' drive). Upon arrival, check in at your teahouse/lodge. Charang have five huge stories of Dzong and Red Gompa and collection of Statues and Thankas as well. Overnight stay in Charang.

Day 05: Drive to **Lomanthang** (2 hours' drive). For Lo-Manthang, first we gently drive uphill to a large isolated Chorten that marks the boundary between Charang and Lo-Manthang. Upon arrival, check in at your teahouse/lodge. Overnight stay in Lomanthang.



Day 06: Explore Lomanthang village and nearby monasteries. Overnight stay in Lomanthang.

Day 07: Explore Lomanthang village and nearby monasteries. Overnight stay in Lomanthang.

Day 08: Drive to **Muktinath**. Upon arrival, check in at your teahouse/lodge. Visit **Muktinath Temple, 108 Holy Spouts, Buddha Statue**. Overnight stay in Muktinath.

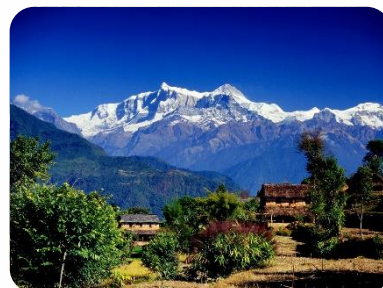


Day 09: Drive to **Jomsom** (2 hours' drive). Upon arrival, check in at your teahouse/lodge. Overnight stay in Jomsom.

Day 10: Fly back to **Pokhara** (20min flight). Upon arrival in Pokhara, transfer to your designated hotel and check-in. Rest of the day free for leisure on your own. Overnight stay in Pokhara

Day 11: Timely transfer to domestic airport for your flight to **Kathmandu** (30min. flight). Upon arrival, transfer to designated hotel. Overnight stay in Kathmandu.

Day 12: Free time until time of departure. Timely transfer to international airport for onward journey.



TOUR COSTS BASED NO. OF PAX TRAVELLING TOGETHER:

| Type of Treks | Tour cost as per the group size Per Person | |
|---------------|--|--------------|
| | Twin/DBL Share –INR on BB plan | |
| | 2-4 Pax | 5-10 Pax |
| 3 star | INR 1,40,600 | INR 1,44,300 |

Extra Supplement:

- USD 10 per person per monastery entrance fee in Lomanthang (directly payable)

TOUR COSTS INCLUDES:

- ✓ Special traditional welcome on arrival at International airport,
- ✓ Airport-Hotel-Airport transfers on private a/c vehicle,
- ✓ 02 night Double/Twin sharing accommodation at Kathmandu (BB Plan),
- ✓ 02 night Double/Twin sharing accommodation at Pokhara (BB Plan),
- ✓ 07 night in Triple/Quad sharing accommodation with common bathroom at Lower & Upper Mustang region (AP Plan),
- ✓ Round trip flight fare for Kathmandu/Pokhara/Kathmandu (*subject to change without prior notice),
- ✓ Transfer from Pokhara/Jomsom/Charang/Lomanthang/Muktinath/Jomsom in private jeep,
- ✓ One-way flight fare for Jomsom/Pokhara (*subject to change),
- ✓ Upper mustang special permit fee (for 10 days only),
- ✓ ACAP & TIMS Permit fee,



- ✓ English speaking trekking guide during tour to Lower & Upper mustang trip,
- ✓ 01 Local Sims card with 4G facilities returnable,
- ✓ Mineral Water on board during sightseeing tour,
- ✓ All applicable taxes.

HOTELS / RESORT:

| Tour Category | Destinations/ Hotels Resort | | |
|---------------|-----------------------------|----------------------------|----------------------------|
| | Kathmandu | Pokhara | Lower/Upper mustang region |
| 3 star | Hotel Manang/ similar | Hotel Queens Park/ similar | Local teahouse/lodge |

TOUR COSTS EXCLUDES:

- ✗ International Airfare/Airport tax,
- ✗ Hotel accommodation & Meals in Kathmandu & Pokhara,
- ✗ Entrance & monument fees,
- ✗ Personal expenses such as laundry, battery charging, telephone calls, sweets, dessert, snacks, beverages and bar bills, camera battery charging.
- ✗ Travel Insurance (Essential - Should include emergency evacuation coverage while trekking up to 5500m).
- ✗ Personal gears, equipment & clothing (available on hire),
- ✗ Baggage and personal insurance including emergency evacuation,
- ✗ Tips for tour/ trekking staffs and driver,
- ✗ Any others expenses which are not mentioned on Cost Includes section,
- ✗ Any other expenses due to political, act of nature or any other reason which are beyond control of Fishtail Travel Nepal and NTB Treks & Expedition Pvt. Ltd or its associated overseas agents

Note:

- Rate is valid for **Indian Passport/Voters ID Card holder** and Valid for the months of **December 2024**.
- Above rates is inclusive of Applicable Government Tax.



- Airport transfer **Supplement charges** will be applicable before **8:00 A.M & after 8:00 P.M.**
- Accommodation in Kathmandu will be Star Category as mention on tour Category. However we used to match similar category in other destinations beside Kathmandu because we have no proper star rating hotels in other small cities of Nepal like Pokhara/Jomsom, etc.
- Vehicle will **not be at disposal** but will perform activities as per the **Package Inclusions on point to point basis.**

Important Note:

1. There will be dormitory accommodation at the higher points of tour.
2. Heater is available at Dining area with extra cost.
3. You are travelling in environmentally sensitive area; use of plastic bottles is prohibited. Hence you need to carry your own water bottles or Thermos for your personnel use. Hot & Cold water can be refilled at the lodge with extra cost of NPR.100-200 per refill.
4. Battery & Mobile charge can be negotiated with the owner of the lodge and can be paid directly.
5. All above rates are valid till **December 2024**, based on our contract with the hotels, government tax structure, USD exchange rate, fuel charges etc. Incase if there is any changes, rates will be revised accordingly.
6. Airfare & Entrance fee are subject to change if changed by the concerned authority.

END OF TOUR