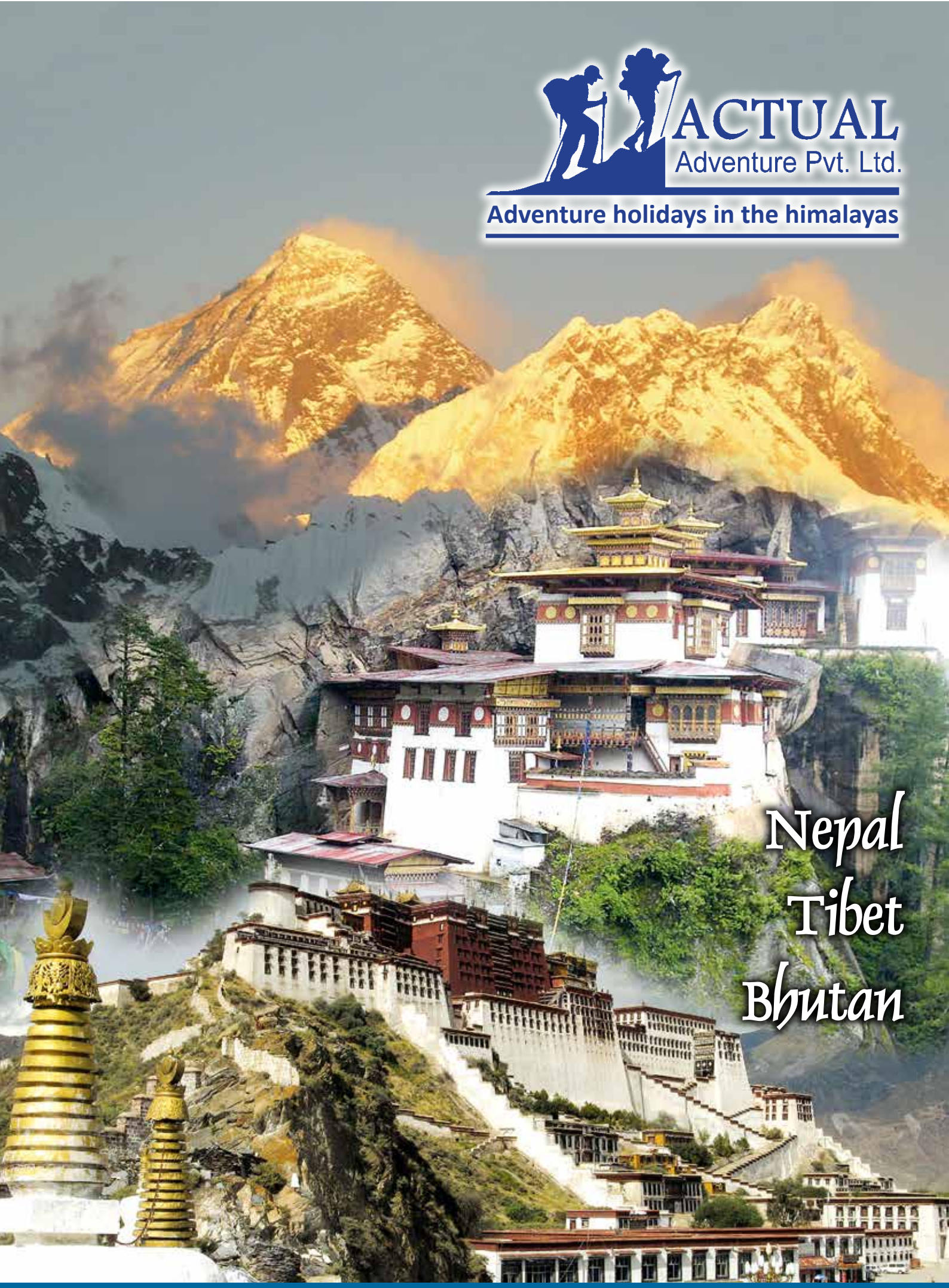
ACTUAL
Adventure Pvt. Ltd.

Adventure holidays in the himalayas



Nepal
Tibet
Bhutan

www.actual-adventure.com

Map of Nepal with Tourism Destinations

SIMIKOT
Mt. Api 7132 m.
Mt. Saipat 7031 m.
DARCHULA
BAITADI
Seti
Karnali
Khaptad National Park
Rara Lake
Rara National Park
Shey-Phoksundo National Park
Phoksundo Lake
DOLPA
UPPER MUSTANG
Lomanthang
MUSTANG
MUKTINATH
JOMSOM
Trekking
DADELDHURA
DIPAYAL
MANGALSEN
JUMLA
JUFAL
DUNAI
MAHENDRANAGAR
Suklaphanta National Park
DAILEKH
Mt. Hiunchuli
Dhorpatan Hunting Reserve
Mt. Dhaulagiri
Annapurna Conservation Area
CHAME
BIRENDRANAGAR
JAJARKOT
JUMLIKHARKA
Tatopani
Mt. Annapurna 1
MANANG
LANGTANG
DHANGADI
Kamali River
Babai
Bardia National Park
TIKAPUR
BENI
Mt. Fishtail
Marsyangdi
Langtang National Park
CHINA BORDER
GAURI SANKAR
CHOYU
MT. EVEREST
8848 M.
BAGLUNG
POKHARA
Phewa Lake
Begnas / Rupa Tal
BESI SAHAR
LIWANG
ROLPA
KUSMA
TRISULI
GORKHA
Sagarmatha National Park
MAKALU
National Parks
TULSIPUR
GHORAHI
Shivapuri Watershed
KODARI
Amadablam
Makalu - Barun National Park & Conservation Area
Kanchenjunga 8586 M.
GULARIYA
TAMGHAS
KATHMANDU
LUKLA
NEPALGUNJ
DANG
Rapti
SANDHI KHARKA
PALPA TANSEN
Kaligandaki River
BHAKTAPUR
PATAN
CHARIKOT
JIRI
SOLU
Tama Koshi
Arun
Pathibhara
RUPEDIYA BORDER
MUGLING
NARAYANGHAT
BHARATPUR
BUTWAL
TAPLEJUNG
DIKTEL
TILAURAKOT
LUMBINI
BHAIRAWA
Hiranyani River
Meghauli
Chitwan National Park
HETAUDA
RAMECHHAP
BHOJPUR
DHANKUTA
PASHUPATI NAGAR
Kakarvitta
SUNAULI BORDER
Wildlife Adventure
PATHLAIYA
SINDHULIGADI
Parsa Wildlife Reserve
SIMRA
BIRGUNJ
DHALKEBAR
Sun Koshi
Tamor
ILAM
GAIGHAT
KALAIYA
MALANGWA
GAUR
RAXAUL BORDER
JANAKPUR
SIRAHA
DHARAN
BIRTAMOD
DAMAK
Koshi River
Koshi Tappu Wildlife Reserve
ITAHARI
JALESHWOR
JAYANAGAR BORDER
BIRATNAGAR
BHADRAPUR
JOGBANI BORDER

Temples of the Kathmandu Valley

About us

Actual Adventure Pvt. Ltd comprises of a group of experienced, proactive and enthusiastic persons who are highly motivated to promote and bring forth to the world the unparallel natural wonders of Nepal in a sustainable manner. With the inception of our company in 2009 we have been offering our service of high quality to clients from all across the globe. Our company is registered with the Tourism Industry Division under the Ministry of Culture, Tourism and Civil Aviation and the Department of Industry, Government of Nepal.

Keeping in mind the delicate mountain ecosystem of the Himalayas we make a conscious effort to support and conserve the ecology and culture of Nepal.

What We Offer:

- Trekking to all the regions of Nepal
- Mountaineering
- Peak Climbing
- White water rafting
- Jungle safari
- Paragliding
- Bungee jumping
- Rock climbing
- Cultural tours (Heritage & historical monuments tours)
- Educational tours
- Hotel booking
- Domestic and international ticketing

Besides, we also assist those individuals or groups who are interested to carry out their research on tourism in Nepal. We also arrange job placement for the volunteers who wish to render their volunteer service in Nepal.

Vision:

We share the vision of promoting sustainable development in the tourism sector thereby preserving our unique culture and ecology. We hope to pave way for the development of tourism in the nation without endangering the Himalayan ecology and local heritage and culture for the coming generations to enjoy the rich bio diversity and heritage of Nepal.

Objectives:

- Reinventing Nepal's tourism into a dynamic industry so as to meet the tourist's expectation and to adapt with the changing climate. The specific objectives include the following:
- To promote sustainable tourism in the nation.
- To organize optimum groups while arranging trekking, expedition or tour in pursuit of providing entire satisfaction to both the host communities and the tourists.
- To establish ourselves as one of the leading promoters of sustainable and eco-tourism in the nation.
- Eco-tourism, customized tours to Nepal, India, Bhutan and Tibet.
- Ecological and sustainable development principles.
- Preservation of the indigenous culture.
- Quality service.
- Customer Service Management

Philoshopy:

Actual Adventure has yearning to promote and development new tourism places in the country and come home with a real sense of what they're all about. Moreover, it aims to achieve its goal respecting local culture, ecology and diverse flora and fauna throughout the nation. So we travel courteously and respectfully, in smaller groups to minimize our impact, to ensure that every Adventure holiday is a beneficial experience for everyone involved.

This is a philosophy we take with us all around Nepal, Tibet, Bhutan and India, helping you reach some incredible destinations on more than 200 itineraries across 4 separate countries. We also strive to provide as much flexibility and choice as we possibly can, making it simple for you to experience a very different holiday.

Message from Founder

Actual Adventure Pvt. Ltd is one of the best Trekking and Expedition Company, tour and travel agent, hiking and mountaineering operator based in Nepal having a team of qualified travel professionals with an experience of hospitality and travel management. Our website offers Nepal, Tibet and Bhutan travel vacations in Ancient Cities of Cultural Triangle Vacations, Hill Station Tours, Wildlife Nepal, Tibet and Bhutan Vacations, Mountain Travel Packages and much more. We also cater to outbound travel packages to Tibet Bhutan Pakistan ,India, individual or group tours & Kailas Dharma package tours and other world's top travel spots.

We have been in the travel industry since a decade. Enriched with this wealth of experience and driven by the zeal of entrepreneurship, the company has expanded and diversified its network of operations to provide diversified travel solutions to individuals and organizations alike.

Being a result-oriented organization, **Actual Adventure Pvt. Ltd** synergizes its experience and expertise with a style of business that is in tune with the times. It endeavors to put forth the missing human element in an important part of our daily transactions and dealings. Actual Adventure Pvt. Ltd is a unique blend of smooth, prompt and personalized service, devoted to customer concern and satisfaction.

Actual Adventure Pvt. Ltd was formed in 2009 with an objective to provide an exceptionally high quality service to the tourists who visit Nepal, Tibet and Bhutan and the rest of the globe, compared to the existing service providers. Helping the tourists in choosing the best way of spending their holidays with their loved ones in a Comfortable, Exciting and in a Pleasurable way in Nepal, Tibet and Bhutan and any tourist destination in the world, offering the most desired services with utmost care and hospitality in a fashion that would be more affordable for the tourists.

Our aim is to become an overall holiday provider for tourists on the globe, dedicated to serve holiday seekers and to meet the expectations of the visitors. We are specialized in Inbound-Outbound Tours, Eco Tourism, Nature activity tours, Specialized Mountain tours, Wild Life Safari tours including Luxury & Standard Camping accommodation & many more, we invite partners to join us & develop the tourism industry in Nepal, Tibet and Bhutan.

Regards,

Kedar Neupane
President & Founder
Actual Adventure Pvt. Ltd.

Our Team

Kedar Neupane
CEO/Managing Director

After getting basic study in countryside, I came to Katmandu in 2003 to brush up on my English and I studied Travel & Tourism in Tribhuvan University. I worked in various positions and expanded my knowledge in the Travel industry until 2009. I worked for few companies in Nepal, arranging package holidays for international clients from America, Europe Middle East and some Asian country and. After searching for a new challenge, I think to open own company, my main responsibilities included monitoring direction, evaluation control in the Company. And ensuring quality service standards for the team. I love traveling and meeting people and I have planning to travel UK and through Europe. I decided to pursue my career as a Trekking Porter and grew as Tourist Guide. After much hard work, I qualified as manager in 2007 for the company. After 2 years work as manager with another company i decide to open own Company.With my 8 year's experience in the travel industry, I hope to help you make the most of the beautiful countryside by taking a tour with my Professional Travel Guides. My motto is "nothing is impossible if the effort is great", I very much look forward to meeting you all. And waiting to serve you, always flexible with your idea, Time, and budget. Let come and Give chance to serve you.

Meet our Guides and take a life time achievement

Phurba Dorje Sherpa
Trekking and Peak Climbing Guide

Mr. Phurba Dorje Sherpa is a native of Solukhambu (Everest region) and has been mountains trekking Guide since age 2002 A.D. He has 11 Years long experience trekking and mountaineering guide. He is joined in our company from October 2010, and doing Good Job. He knows all adventure activities in Nepal. He is very experienced and knowledgeable guide. He has trekked in most of the trekking routes in Nepal.

Mr Binod Nepal
Trekking Guide

Mr. Binod Nepal also one faithful guides of our company. He lives in Bhotsipav.d.c 9, Sindhupalchwok and has been mountains trekking guide since age 22. He has about 5 years' experience in trekking guide.He joined our company since our company establish.He knows all adventure activities in Nepal... He is very experienced and knowledgeable guide. He has trekked in most of the trekking routes in Nepal.

Mr Keshab Sapkota
Trekking Guide

Mr. Keshab Sapkota is one of the loyal guides of our company. He joined our company since our company establish. He has trekked in most of the trekking routes in Nepal. He also has trekked in restricted areas in Nepal. He knows all adventure activities in Nepal. He is very experienced and knowledgeable guide. He has authorized trekking guide license and certificate given by government.

Deepak Karki
Kailash Tour Leader

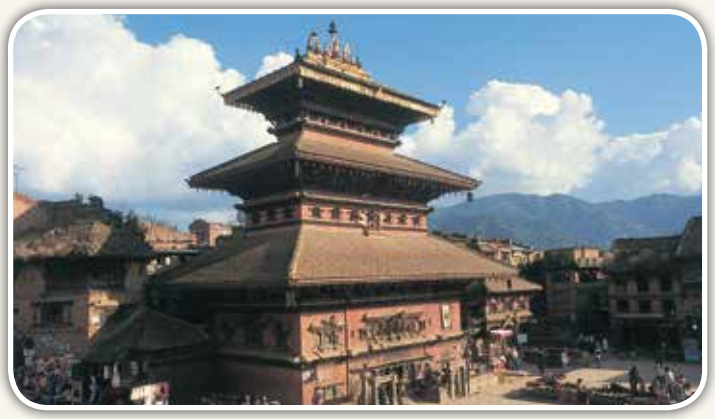
Deepak is a 31 years young guide in our company. He was born in Solukhumbu (Everest area). He has been involving in this field since 11 years. He is very experienced and knowledgeable guide. He has trekked in most of the trekking routes in Nepal and major root of Tibet. He is considered as expert trekking guide for organized trekking (camping trekking).

You have the right or wrong guide on a tour can either make or break your trip. The right guide will turn what could be an ordinary drive around the countryside, into a life changing and enriching educational experience.

MAJOR TOURIST ATTRACTION AND PLACES IN NEPAL

KATHMANDU

Kathmandu, the capital city of Nepal, is one of the world's oldest cities. The old part of the city, with narrow medieval streets and lovely little shrines, centers on the Durbar Square. One can find distinctive pagoda-roofed temples, stone sculptures, old monasteries and historic monuments in Durbar Square.



BHAKTAPUR

Bhaktapur or also known as Bhadgaon, is a museum of medieval art and architecture with many fine examples of sculpture, woodcarving and colossal pagoda temples consecrated to different gods and goddesses. The city is shaped like a conch shell-one of the emblems of the god Vishnu and was founded by King Amanda Deva in 889 A.D. Pottery and weaving are its major traditional industries. The city lies fifteen Kilometers to the east of Kathmandu. The city is 1,402 meters above sea level.

PATAN

The ancient name of Patan is Lalitpur which means a city of beauty. It is indeed a city of beauty and grace and is planned on a circular format with Buddhist stupas at each of the four points of the compass. The city is three Kilometers south-east of Kathmandu across the river Bagmati. Like Kathmandu, its center of attraction is Durbar Square complex, situated right in the middle of the market place. The city is full of Buddhist monuments and Hindu temples with fine bronze gateways, guardian deities and wonderful carvings. Noted for its craftsmen and metal workers, it is also known as the city of artists. It is believed that the city has been built during the reign of Vira Dev in 299 A.D.

POKHARA

Pokhara, an enchanting city nestled in the tranquil valley, is the starting point for many of Nepal's most popular trekking and rafting destinations. The serenity of Phewa Lake and the magnificence of the fish-trail summit of Machachhapuchhre (6,977m) rising behind it creates an ambience of peace and magic. The valley surrounding Pokhara is home to thick forests, gushing rivers, clear lakes and the world famous views of the Himalayas. Situated 200 km west of Kathmandu, the city is connected by air and road not only from Kathmandu but from other parts of the country. Pokhara offers magnificent views of Dhaulagiri, Manaslu, Machchhapuchhre, five peaks of Annapurna and other peaks.

LUMBINI

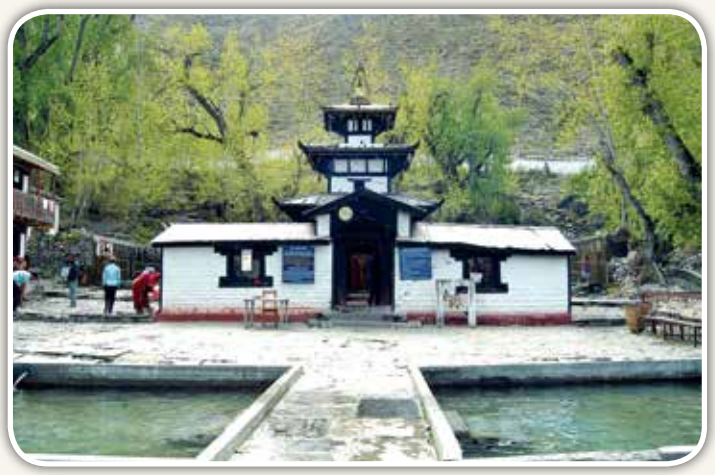
Lumbini, the birthplace of Siddhartha Gautam. The Shakya prince and the ultimate Buddha, the Enlightened One, is the pilgrimage destination of the world's millions of people faithful to all schools of Buddhism. UNESCO lists this nativity site, identified by Indian Emperor Ashoka's commemorative pillar as a World Heritage Site. The main attraction of Lumbini remains the Sacred Garden which spread over 8sq km, possessing all the treasures of the historic area. The Mayadevi temple is the main attraction for pilgrims and archaeologists alike. Here we find a bas relief of Mayadevi, Lord Buddha's mother giving birth to him. Standing west to the Mayadevi shrine is the oldest monument of Nepal, the Ashoka Pillar. Emperor Ashoka erected the pillar in 249 BC to commemorate his pilgrimage to the sacred site. To the south of the pillar, we find the sacred pond, {Puskarni} where Queen Mayadevi had taken a bath just before giving birth to Lord Buddha. Places of various interest surrounds the area There are other places of interest too nearby. It is accessible by air from Kathmandu to Bhairawa. From Kathmandu it takes about eight hours by bus or car.

DHULIKHEL

Dhulikhel is scenic and town situated 30 kilometers east of Kathmandu on the Arniko Rajmarg (Kathmandu Kodari Highway). From here one can have a panoramic view of the Himalayan range. From the main town, a short visit to Namobuddha, with stupa and Buddhist Monastery is highly recommended site to visit. Panauti, a village noted for its numerous temples with magnificent woodcarving, is a short distance from Dhulikhel.

CHITWAN

Chitwan is one of the finest national parks in Asia, renowned for its concentration of wildlife and top class tourist lodges, which provide the opportunity to see animals in their natural habitat. Chitwan which means the 'heart of the jungle' is among the last surviving example of the continuous band of forests and grasslands, which once extended from the Indus River in Pakistan to the Burmese border. The main attraction here is the Chitwan National Park, One of the largest forests regions in Asia teeming with wildlife such as the rare great one-horned rhinoceros, several species of dear, sloth bear, leopard, wild boar, fresh water, dolphin, crocodile, more than 350 species of birds and the elusive Bengal tiger. Chitwan National Park is listed in the UNESCO World Heritage Site (natural) list. Visitors to Chitwan may enjoy elephant back excursions, nature walks, canoe trips and jungle treks. There are several authorized agencies to organize such safaris. Visitors may also take a river raft. First driving from Kathmandu to the river Trishuli or Seti Khola. The five-hour drive to Chitwan (165km overland) from Kathmandu is filled with thrilling views of the hills, rivers and plains with jungles on either side.

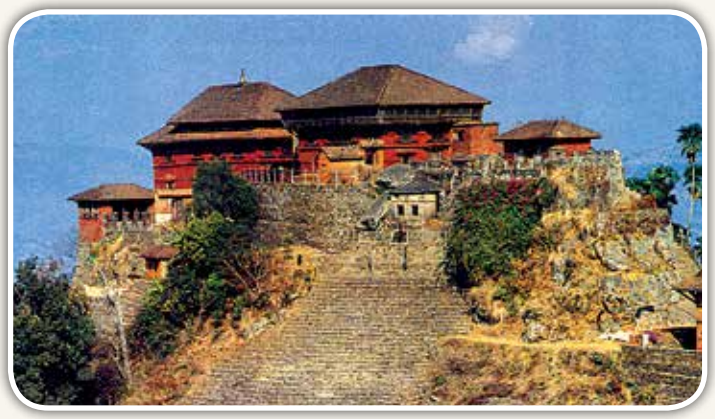


MUKTINATH & JOMSOM

It is believed that all miseries / sorrows are relieved once you visit this temple (Mukti=Nirvana, Nath=God). The famous temple of Lord Muktinath lies in the district of Mustang and is situated about 18km northeast of Jomsom at an altitude of about 3,749m. The main shrine is a pagoda shaped temple dedicated to Lord Vishnu. Set into the wall around it is 108 waterspouts from which pour holy water. The temple is situated on a high mountain range and is visited during fair weather. There are two ways to get to Muktinath from Kathmandu. Either take a direct flight from Kathmandu via Pokhara to jomsom and hike for 7-8 hours via Kagbeni or trek all the way from Pokhara which takes 7-8 days. It is believed that one should visit this temple after competing pilgrimages of four Dhams in India. This temple is held sacred by Hindus as well as Buddhists. The Jwala Mai temple nearby contains a spring and an eternal flame fed by natural gas underground. Jomsom is a major center in the Annapurna region. There is a world-class accommodation facility in Jomsom from where one can enjoy remarkable natural beauty.

GORKHA

Gorkha is the birthplace of King Prithvi Narayan Shah the great, the founder of modern Nepal. Situated on a hill overlooking the snowy peaks of the Himalaya is a beautiful old palace known as Gorkha Durbar. There are two attractive temples of Gorakhanth and Kali inside the place precinct. Gorkha can be reached in about six hours by road from Kathmandu and four hours from Pokhara. A side trip to Manakamana temple, on the way to Gorkha is very enjoyable and interesting. The Nepalese believe that MANAKAMANA Goddess fulfills the wishes of all people and that's one reason why the temple is visited by the tourist and the locals all through the year.

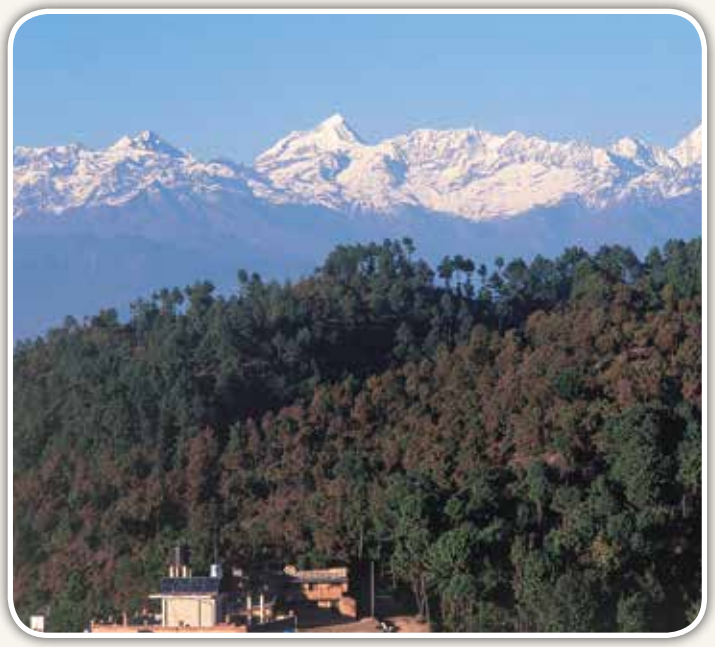


NEPAL CULTURAL AND SIGHTSEEING TOUR

BEST OF NEPAL TOUR

ITINERARY: 8 NIGHTS / 9 DAYS

Day 1: Kathmandu Arrival
Day 2: Mountain Flight and Sightseeing in Kathmandu
Day 3: Kathmandu to Lumbini
Day 4: Lumbini to Chitwan
Day 5: Jungle Safari in Chitwan
Day 6: Chitwan to Pokhara
Day 7: Pokhara to Sarangkot and Sightseeing of Pokhara
Day 8: Pokhara to Kathmandu
Day 9: Final Departure



KATHMANDU NAGARKOT POKHARA FAMILY TOUR

ITINERARY: 5 NIGHTS / 6 DAYS

Day 1: Welcome to Kathmandu valley. Upon your arrival we assist you from airport to our hotel.
Day 2: Full day sightseeing tour of Kathmandu valley. Evening scenic drive to Nagarkot to enjoy fascinate sunset view.
Day 3: After visualizing breathtaking sunrise view we drive to Pokhara. Enjoy evening at Phewa Lake.
Day 4: Full day sightseeing and cultural village tour in Pokhara. Visit famous lakes and cultural sites.
Day 5: Early morning after visiting Sarankot we drive back to Kathmandu.
Day 6: Today, final departure after breakfast free time till check out then transfer to the airport to catch

HINDU PILGRIMAGE TOUR

ITINERARY: 10 NIGHTS / 11 DAYS

Day 1: Arrival at the airport and transfer to Hotel
Day 2: Full day guided sightseeing of Hindu pilgrimage sites, visit Kathmandu Pilgrimage spots (Pashupatinath Temple, Budhanilkhanta Temple Dakshin kali, Hanuman Dhoka)
Day 3: Drive from Kathmandu - Pokhara on the way visit Manakamana Temple by Cable Car.
Day 4: Full day guided sightseeing-visit Pokhara Pilgrimage spots (Tal Barahi, Bindabashini Goddess temple visit with Gupteswar Mahadev Darshan etc.)
Day 5: Fly from pokhara to Jomsom and drive to Muktinath
Day 6: Morning Visit to Muktinath temple and Drive Back to Jomsom by Car/ Jeep
Day 7: Fly back from Jomsom to Pokhara and drive to Janakpur by Car/ jeep.
Day 8: Full day guided sightseeing-visit Janakpur Pilgrimage spots (Janaki Mandir, Ram Mandir etc.).
Day 9: Drive back from Janakpur to Kathmandu by private car / Jeep and stay in hotel
Day 10: Free Day in Kathmandu shopping and Evening Celebrate your amazing trip with farewell Nepali dinner.
Day 11: Final departure to your destination

BUDDHIST PILGRIMAGE TOUR

ITINERARY: 8 NIGHTS / 9 DAYS

Day 1: Arrival in Kathmandu and transfer to hotel
Day 2: Sightseeing tour of Syambhunath stupa and Patan Durbar square. In Patan we show you Hiranya Varna Mahavihar, Mahabouddha temple and other Buddhist sites.
Day 3: Visit Bouddhanath stupa and stay overnight in Dhulikhel.
Day 4: Hike or drive to Namobuddha stupa, overnight in Kathmandu hotel.
Day 5: Fly to Lumbini, Buddha's birthplace. Visit Lumbini garden, Maya Devi temple, and other archeological sites.
Day 6: Drive for Pokhara, overnight in hotel in Pokhara
Day 7: Relax and enjoy the serenity of beautiful lake city of Pokhara. Visit Sarankot Mountain View point in the morning, boating in the lake in the afternoon and enjoy little hike to World Peace Stupa.
Day 8: Fly to Kathmandu. Free time for walking around and shopping, especially Buddhist religious objects of Nepal and Tibet.
Day 9: Fly back home.

KATHMANDU & POKHARA TOUR

ITINERARY: 4 NIGHTS / 5 DAYS

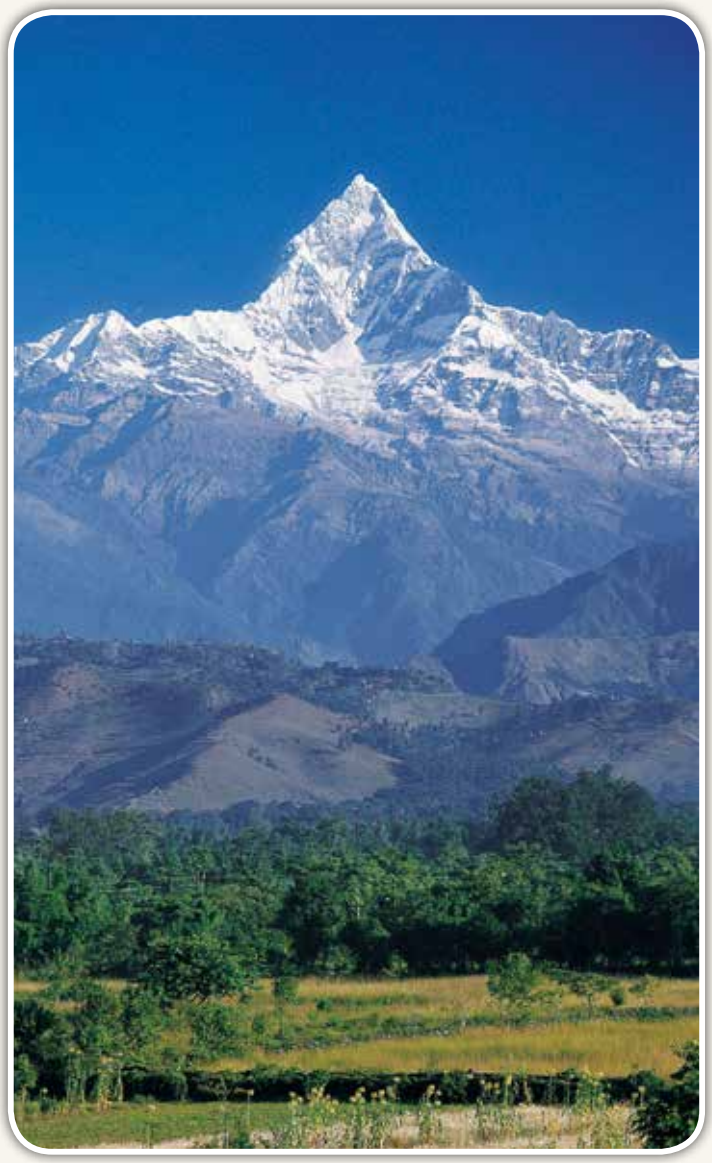
Day 1: Welcome to Kathmandu. Upon your arrival we assist you from airport to our hotel.

Day 2: Kathmandu valley exploration. Visit the natural and cultural sightseeing areas.

Day 3: Early morning scenic flight from Kathmandu to Pokhara. Explore around.

Day 4: Explore the natural sightseeing places and cultural villages around. Visit the major attracts of Pokhara. Evening flight back to Kathmandu.

Day 5: Departure



KATHMANDU/ POKHARA CHITWAN TOUR

ITINERARY: 6 NIGHTS / 7 DAYS

Day 1: Arrival at Kathmandu

Day 2: Kathmandu valley guided tour

Day 3: Kathmandu to Chitwan and activities

Day 4: Full day Jungle and Safari

Day 5: Chitwan to Pokhara

Day 6: Pokhara & Sarangkot

Day 7: Depart Kathmandu

NEPAL TOUR

ITINERARY: 12 NIGHTS / 13 DAYS

Day 1: Welcome to Kathmandu. Upon your arrival we assist you from airport to our hotel.

Day 2: Full day sightseeing of the southern Kathmandu valley including Khokana, Bungmati and Patan Durbar Square.

Day 3: full day sightseeing around Kathmandu valley. Explore UNISCO world heritage sites.

Day 4: Drive to Nuwakot. Afternoon sightseeing of Nuwakot Palace area. Walk around the Nuwakot village in the evening.

Day 5: Drive to Bandipur (155km/5 hours).Visit the Thani Mai Temple, Notredamn School and Bandipur Bazaar in the Evening. Overnight at Hotel.

Day 6: Early morning scenic drive to Pokhara. Explore half day sightseeing scenic places.

Day 7: Full day sightseeing around Pokhara valley. Explore famous touristic sites.

Day 8: After breakfast drive to Palpa/Tansen. Explore around.

Day 9: Half day sightseeing and then drive all the way to Lumbini.

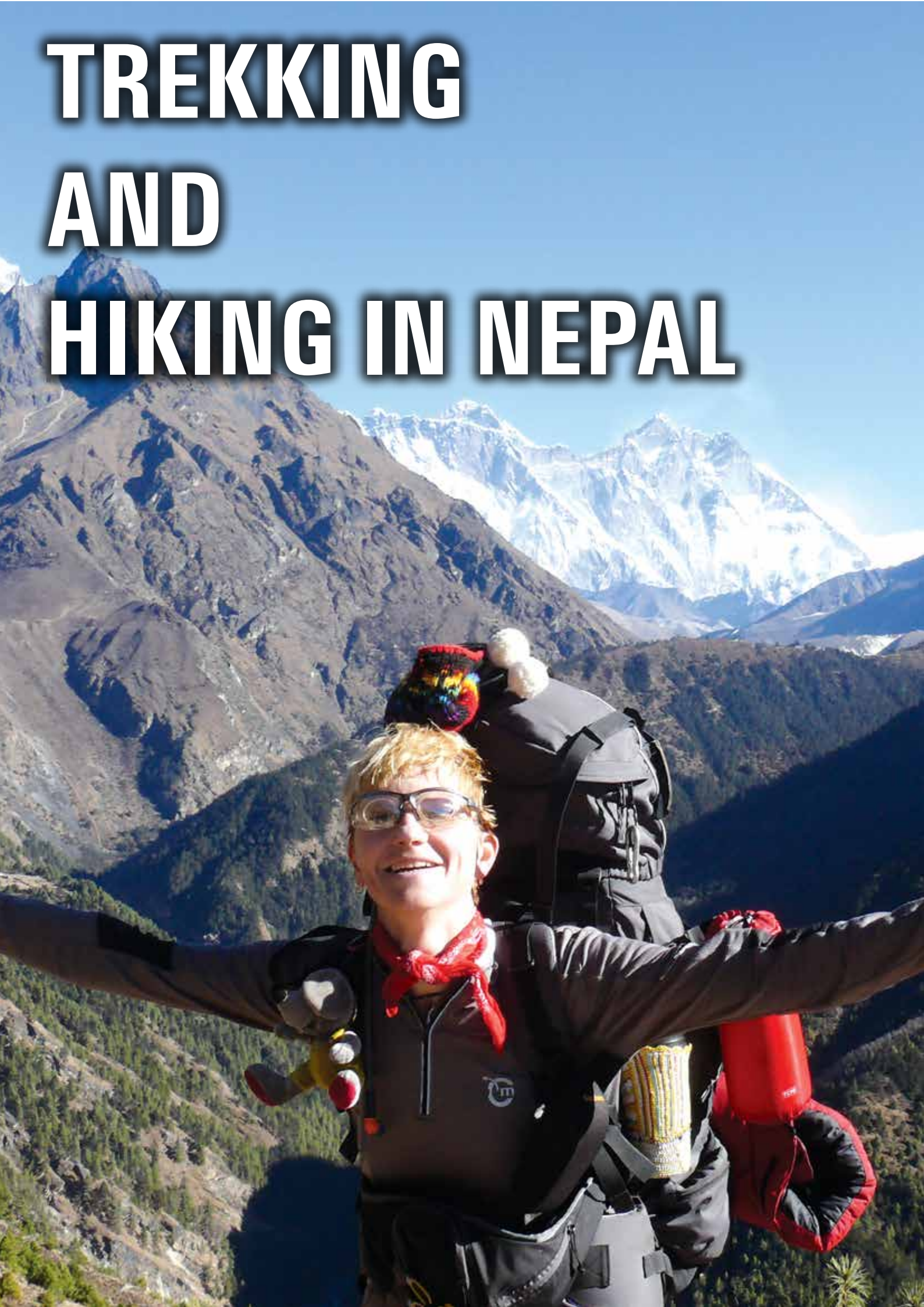
Day 10: Drive back to Kathmandu (305km/9 hours). Overnight at hotel.

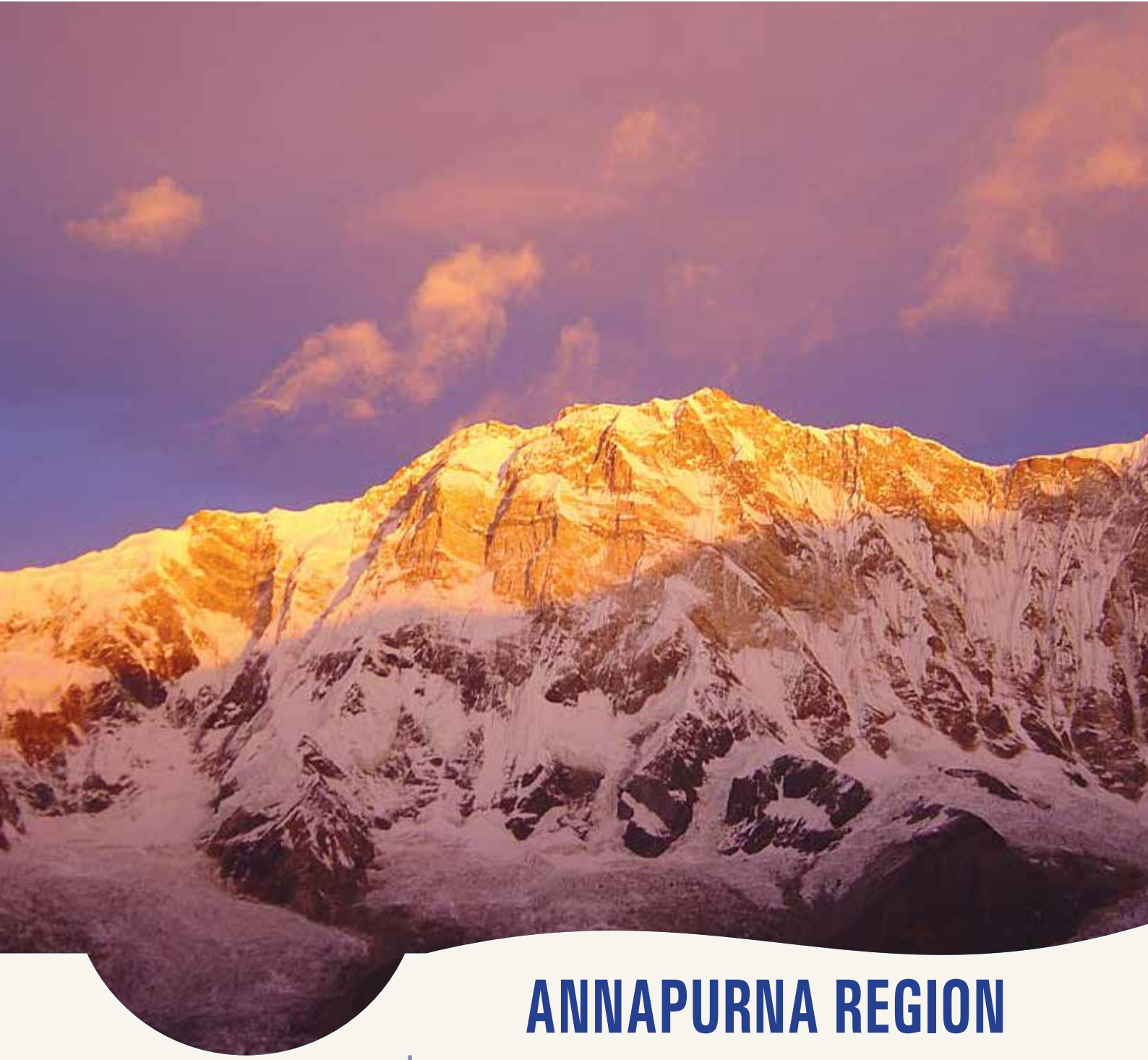
Day 11: Full day sightseeing and visit to cultural and natural sightseeing places near to Kathmandu valley.

Day 12: Drive back to Kathmandu after breakfast. Rest of the day free on your own.

Day 13: Final Departure.

TREKKING AND HIKING IN NEPAL





ANNAPURNA REGION

The Annapurna region is well famous trekking destination in Nepal. Annapurna trekking has been wildly accepted to experience the verities of culture and natural resources. Diverse ethnic group of people and their amazing culture made this area at the top of the travellers choice. Annapurna Conservation Area Project (ACAP) is responsible government body to protect the natural amphitheatre of Annapurna region.

ANNAPURNA BASE CAMP TREK

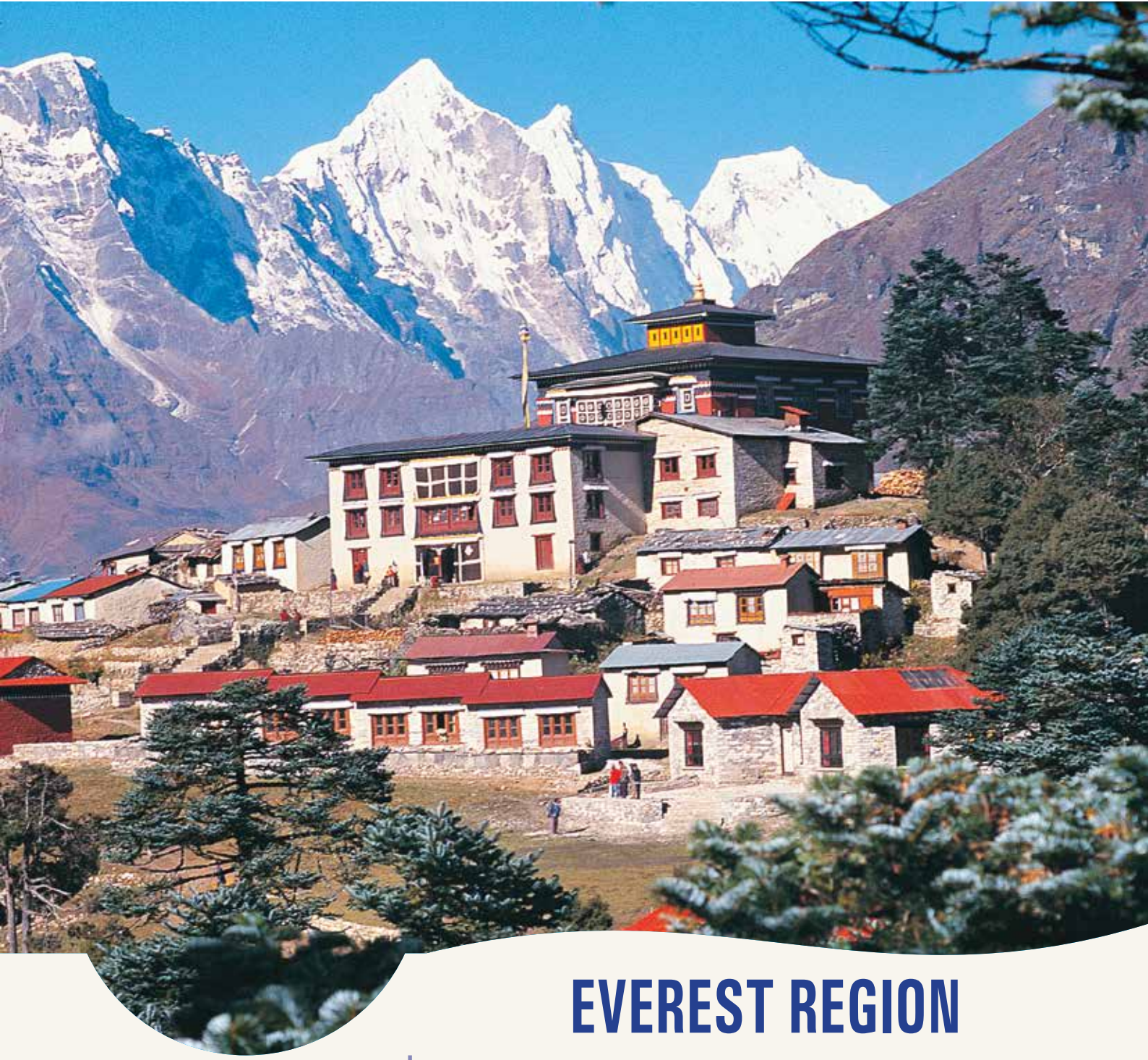
ITINERARY: 11 NIGHTS / 12 DAYS

Day 1: Kathmandu to Pokhara by tourist bus & rest at Hotel View point
Day 2: Pokhara to Tolko – Driving from Pokhara to Phedi
Day 3: Tolko to Chhomrong
Day 4: Chhomrong to Dovan
Day 5: Dovan to Machhapuchhre Base Camp
Day 6: Machhapuchhre Base camp to Annapurna Base Camp
Day 7: Annapurna Base Camp to Hinku Cave
Day 8: Hinku Cave to Bamboo Lodge
Day 9: Bamboo Lodge to Tadapani
Day 10: Tadapani to Ghorepani
Day 11: Ghorepani to Poonhill to Ulheri
Day 12: Ulheri to Nayapul to Pokhara

GHOREPANI POONHILL TREK

ITINERARY: 6 NIGHTS / 7 DAYS

Day 1: Drive Kathmandu to Pokhara (820 m)
Day 2: Drive to Nayapul (1070 m) & trek to Tikhedhunga (1540 m)
Day 3: Trek to Ghorepani (2860 m)
Day 4: Early morning at 5 AM trek to Poonhill (3210 m) for sunrise view & back to Hotel. After breakfast trek to Tadapani (2630 m)
Day 5: Trek to Ghandruk (1940 m)
Day 6: Trek to Nayapul (1070 m) and drive back to Pokhara
Day 7: Drive back to Kathmandu



EVEREST REGION

Trekking in Nepal is not only the way to see Mountains and hiking for physical enjoy, it is the best way to know the local people, cultural diversity, learn about the history and stay with the locals. The country is rich in natural heritage, wildlife, flora and fauna. Mount Everest, the highest mountain in the earth is prime attraction of Nepal and lord Gautam Buddha, the Buddhist origin's birth place is another attraction. Walking or hiking or backpacking or trekking, what you say in Nepal is the lifetime activities you do in your life. Nepal offers various types of trekking, you can enjoy trekking in some popular routes staying in hotels or lodges or you can do it by fully camping style. You can trek in the easy trails or you can enjoy with bit difficult and challenge routes. You can select more the 100 trekking trails in Nepal. Your trip varies on the basis of your time and budget you are going to spend.

EVEREST BASE CAMP TREK

ITINERARY: 13 NIGHTS / 14 DAYS

Day 1: Kathmandu: Arrival Day
Day 2: Kathmandu to Lukla Flight and Phakding
Day 3: Phakding to Namche Bazaar
Day 4: Namche Bazaar: Rest and Acclimatization Day
Day 5: Namche Bazaar to Tengboche
Day 6: Tengboche to Dingboche
Day 7: Dingboche: Rest and Acclimatization Day
Day 8: Dingboche to Lobuche
Day 9: Lobuche to Gorakshep and Everest Base Camp, EBC to Gorakshep
Day 10: Gorakshep to Kalapatther and Pheriche
Day 11: Pheriche to Namche
Day 12: Namche to Phakding and Lukla
Day 13: Lukla to Kathmandu
Day 14: Kathmandu: Departure Day

EVEREST VIEW TREK

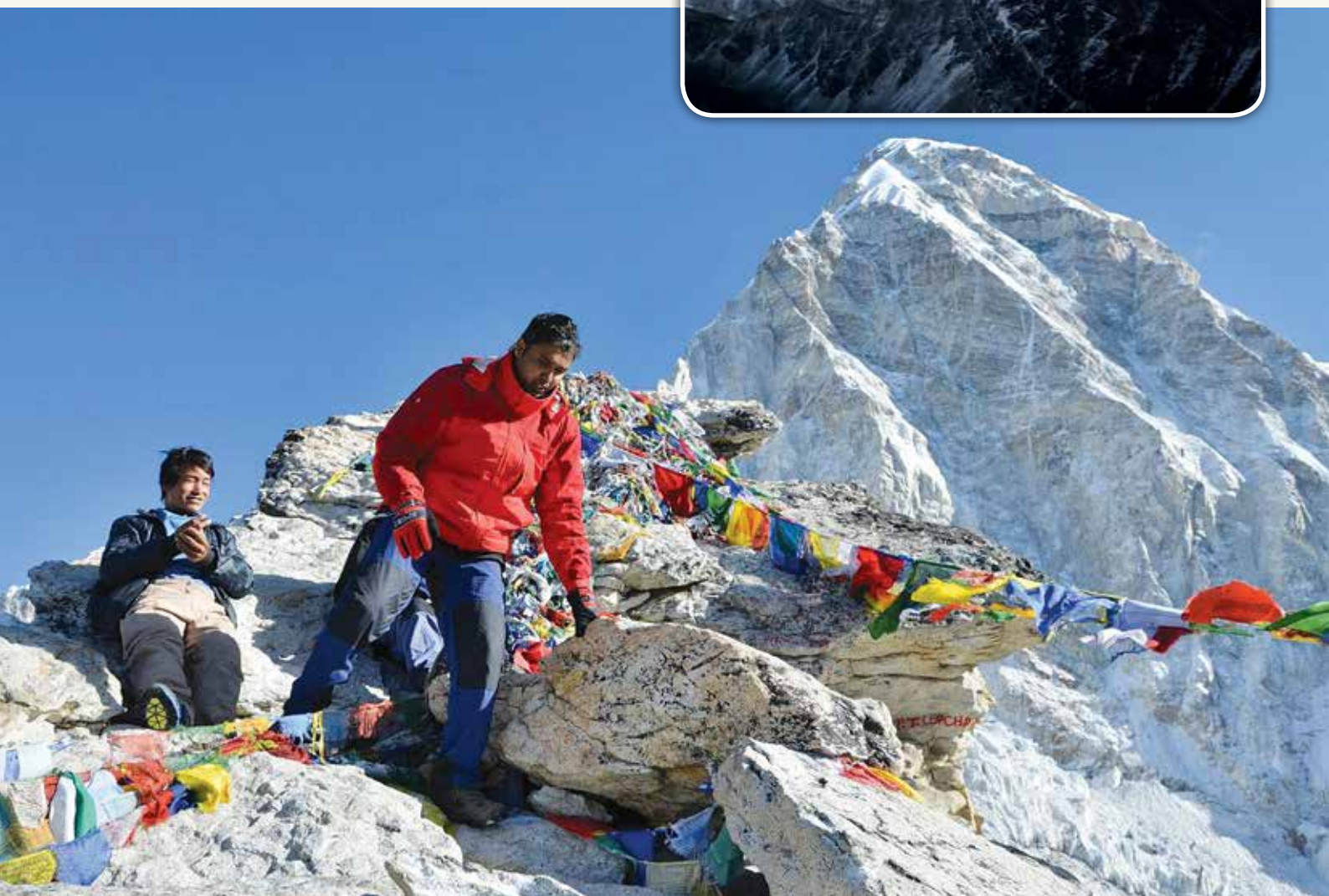
ITINERARY: 7 NIGHTS / 8 DAYS

Day 1: Arrival Kathmandu airport pick up to hotel, Overnight at Kathmandu.
Day 2: Sightseeing Tour in Kathmandu Valley
Day 3: Fly to Kathmandu to Lukla trek to Phakding 5hr (alt 2610m).
Day 4: Hiking up to Namche bazaar 5hr (3440m.).
Day 5: Rest day Namche Bazaar explore Hiking up to Everest view hotel to see Mt: Everest View (alt 8848m) & Ama Dablam (6856m), Thamserku (alt 6608m).
Day 6: Trek to Lukla 5hr alt (2840m).
Day 7: Early in the Morning fly to Kathmandu.
Day 8: Morning Breakfast. Departure transfer to Kathmandu Airport.

EVEREST GOKYO LAKE TREK

ITINERARY: 16 NIGHTS / 17 DAYS

Day 1: Welcome to Kathmandu valley. Upon your arrival we assist you from airport to our hotel.
Day 2: Early morning scenic Flight from Kathmandu to Lukla (2828m).
Day 3: Trek from lukla to Namche Bazaar (3440m).
Day 4: Acclimatization rest day at Namche bazar.
Day 5: Trek from Namche bazar to Dole (4230).
Day 6: Trek from Dole to Machhermo (4470).
Day 7: Trek from Dole to Gokyo (4700m).
Day 8: Hike up to Gokyo RI (5330m).
Day 9: Trek from Gokyo RI to Thannak (4700m).
Day 10: Trek from Gokyo RI crossing over Chola-pass (5368m) all the way down to Dzongla. (4800m).
Day 11: Trek from Dzongla to Lobuche (4930m).
Day 12: Trek to Gorak Shep (5100m) and explore to Everest Base Camp (5350 m,) and then trek back to Gorak Shep.
Day 13: Hike up to Kalapattar (5550m) and then trek down to Pheriche (4200m).
Day 14: Trek to Namche Bazaar (3440m).
Day 15: Trek to Lukla (2828m).
Day 16: Early morning scenic flight from Lukla all the way back to Kathmandu.
Day 17: Departure to international airport to fly your home country.



LANGTANG REGION

The Lantang and Helambu are the section which is closest to Kathmandu. Despite of its closeness to the capital, it is amazing to see how the traditional life in these villages is. Both men and women are often dressed traditionally. The main occupation farming can be seen by plugging the land with oxen. The villages offer an interesting mix of Buddhist and Hindu cultures with Chettri, Newari, Tamang and Sherpa. The trail goes mostly through the countryside, but sometimes also through beautiful forest. You can have amazing views of the Langtang range and Dorje Lakpa. Actual Adventure Pvt. Ltd offers many trekking packages in this trekking region such, Langtang and Gosainkund Lake Trek (19 days), Tamang Heritage Trail Trek (12 days), Trek to Sacred Lakes (14 days), Langtang and Lauribina Trek (17 days). We could customize and extend trip as your time frame in this region. The Langtang region is home to Tamang people as well as Helambu Sherpa and Newar people long separated from their main cultural groups and with unique cultural traditions, they have own language and culture, and lifestyle.

LANGTANG VALLEY TREK

ITINERARY: 7 NIGHTS / 8 DAYS

Day 1: Welcome to Kathmandu valley. We assist you from international airport to our hotel.
Day 2: Drive to Syabrubesi (1,550m).
Day 3: Trek to Lama Hotel (2,380m).
Day 4: Trek to Langtang village (3,430m).
Day 5: Trek to Kyangjing Gompa (3,870m).
Day 6: Visit to Tserko RI and trek back to Lama Hotel.
Day 7: Trek back to Syabrubesi.
Day 8: Transfer to KTM

LANGTANG GOSAINKUNDA TREK

ITINERARY: 11 NIGHTS / 12 DAYS

Day 1: Drive from Kathmandu to Syabru Besi.
Day 2: Trek from Syabru Besi (1600m) to Lama Hotel (2470m).
Day 3: Trek from Lama Hotel to Langtang village (3430m.) via Ghore Tabela.
Day 4: Trek from Langtang Village to Kyangjing (3870m).
Day 5: Rest day at Kyangjing Gompa and excursion in and around.
Day 6: Trek from Kyangjing Gompa to Lama Hotel (2470m).
Day 7: Trek from Lama Hotel (2470m.) to Thulo Syabru (2260m.)
Day 8: Trek from Thulo Syabru to Sing Gompa or Chandan Bari (3250m).
Day 9: Trek from Sing Gompa to Gosainkunda (4361m.) via Lauribinayak La (3920m).
Day 10: Trek from Gosainkunda to Sing Gompa (3250m.) or Chandan Bari (3250m).
Day 11: Trek from Sing Gompa to Dhunche.
Day 12: Drive from Dhunche to Kathmandu by bus.

LANGTANG GOSAINKUNDA AND HELAMBU TREK

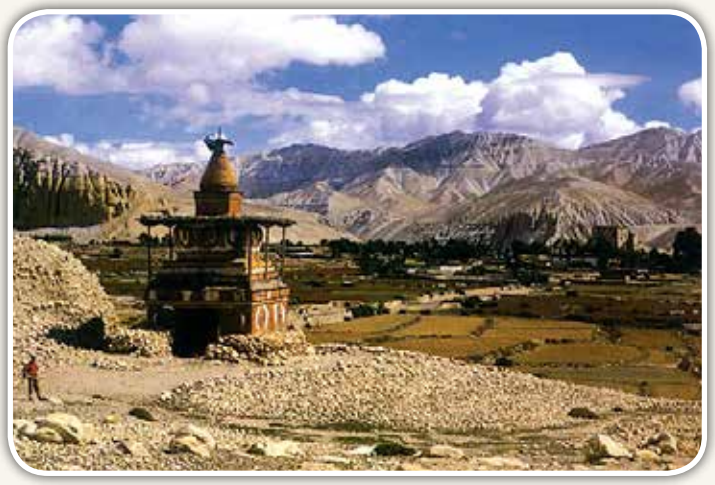
ITINERARY: 17 NIGHTS / 18 DAYS

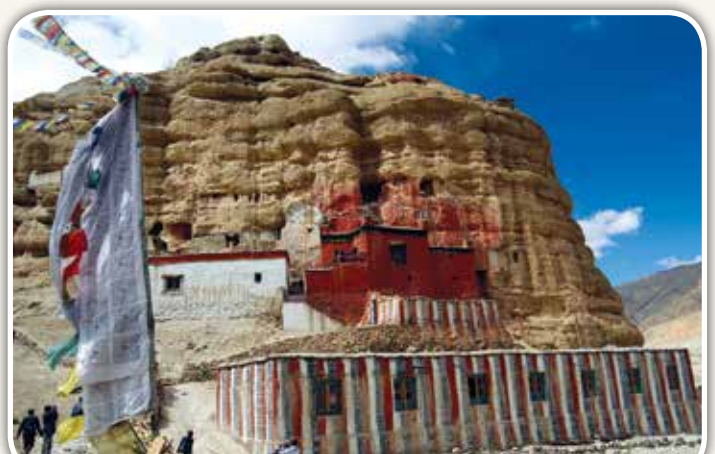
Day 1: Greetings at Kathmandu Airport
Day 2: A full day sightseeing tour of Kathmandu, the capital valley
Day 3: Kathmandu drive to Syabru Bensi (1550m).
Day 4: Syabru Bensi trek to Lama Hotel (2450m).
Day 5: Lama Hotel trek to Langtang Village (3430m).
Day 6: Trek to Kyangjing Gompa (3870m).
Day 7: Acclimatization day in Kyangjing Gompa (3870m)
Day 8: Trekking back to Lama Hotel (2450m).
Day 9: Lama Hotel trek to Big Syabru Bensi (2230m).
Day 10: Big Syabru Bensi to Sing Gompa (3330m).
Day 11: Sing Gompa to Gosainkunda Lake (4460m).
Day 12: Gosainkunda to Ghopte (3440m).
Day 13: Ghopte to Thadepati (3510m).
Day 14: Thadepati trekking to Melamchi (2560m).
Day 15: Melamchi to Tarke Ghyang (2590m).
Day 16: Tarkeghyang to Sarmathang (2610m).
Day 17: Sarmathang to Melamchi Bazaar and drive back to Kathmandu.
Day 18: Farewell Departure

UPPER MUSTANG LO - MANTHANG TREK

ITINERARY: 17 NIGHTS / 18 DAYS

Day 1: Arrival in Kathmandu-Transfer to Hotel
Day 2: Kathmandu Sightseeing and Trek Preparation
Day 3: Kathmandu to Pokhara overland Journey
Day 4: Transfer to airport fly to Jomsom and trek to Kagbeni
Day 5: Trekking from Kagbeni to Chaile
Day 6: Trekking from Chaile to Syangboche
Day 7: Trekking from Syangboche to Ghami
Day 8: Trekking from Ghami to Tsarang
Day 9/10: Trekking from Tsarang to Lo Manthang and Explore
Day 11: Trekking from Lo Manthang to Tamar
Day 12: Trekking from Tamar to Syangboche
Day 13: Trekking from Syangboche to Tetang
Day 14: Trekking from Tetang to Muktinath
Day 15: Trekking from Muktinath to Jomsom
Day 16: Fly from Jomsom to Pokhara transfer to Hotel and Explore Pokhara
Day 17: Tourist Bus Journey or Fly back from Pokhara to Kathmandu
Day 18: Final Departure to your port of Destination



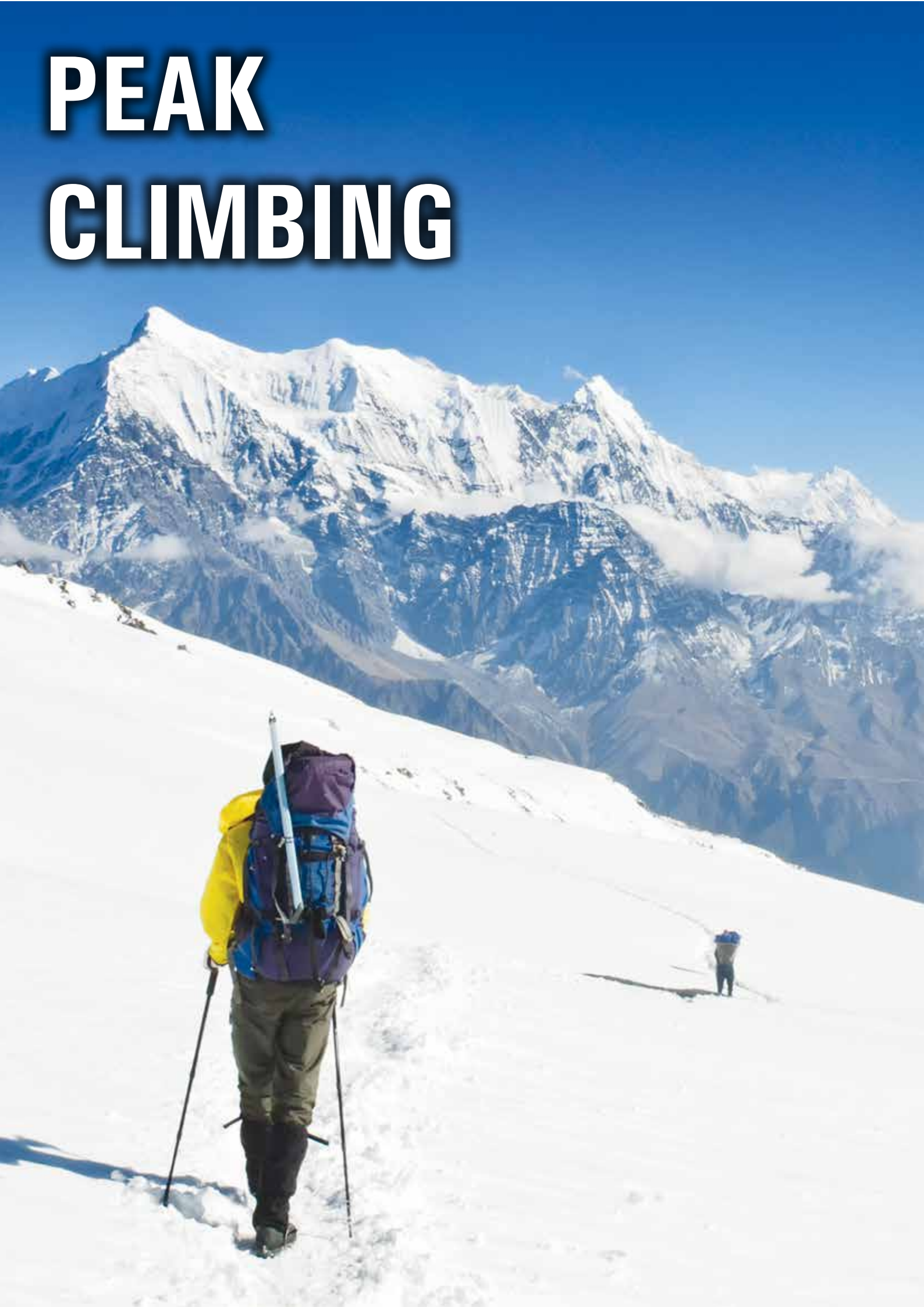


KANCHANJUNGA BASE CAMP TREK

ITINERARY: 25 NIGHTS / 26 DAYS

Day 1: Flight Kathmandu to Bhadrapur - Drive to Birtamod
Day 2: Drive Birtamod-Taplejung
Day 3: Drive/Walk to Suketar-Trek to Phedi
Day 4: Phedi-Pathibara Temple-Link him
Day 5: Linkhim-Tapletok
Day 6: Tapletok-Sukethum
Day 7: Sukathum-Amjilosa
Day 8: Amjilosa-Phale
Day 9: Phale-Ghunsa
Day 10: Ghunsa-Khangpachen
Day 11: Khangpachen
Day 12: Khangpachen-Lhonak
Day 13: Lhonak-Kanchenjunga Base Camp
Day 14: KBC-Ghunsa
Day 15: Ghunsa-Tseram via Sele La (4480 m) and Sinion La (4646 m)
Day 16: Tseram-Ramche
Day 17: Ramche-Yalung Base Camp
Day 18: Yalung Base Camp-Lapsang
Day 19: Lapsang-Tortong
Day 20: Tortong-Yamphudin
Day 21: Yamphudin - Mamankhe
Day 22: Mamankhe-Khesewa
Day 23: Khesewa-Lali Kharka
Day 24: Lali-Kharka-Suketar-Taplejung
Day 25: Drive Taplejung-Birtamod
Day 26: Drive Birtamod-Bhadrapur-flight to Kathmandu

PEAK CLIMBING



CHULU WEST PEAK CLIMBING

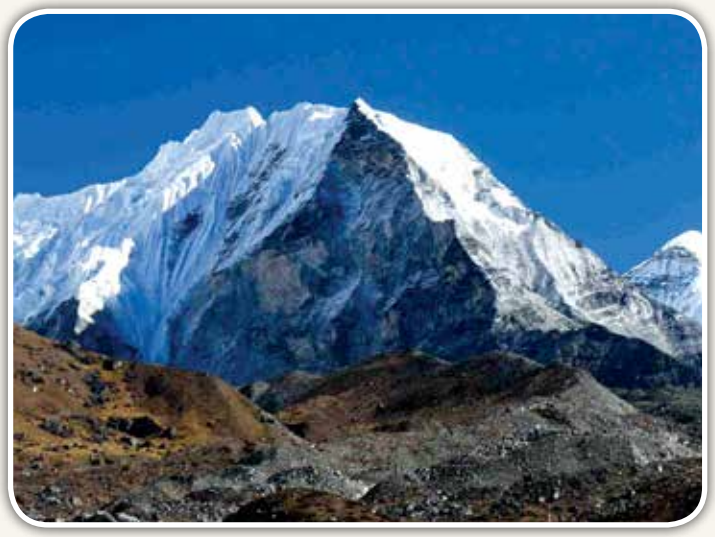
ITINERARY: 16 NIGHTS / 17 DAYS

Day 1: Arrival to Kathmandu
Day 2: Kathmandu to Jagat
Day 3: Jagat to Dharapani
Day 4: Dharapani to Chame
Day 5: Chame to Pisang
Day 6: Pisang to Manang
Day 7: Manang to Leder
Day 8: Leder to Chulu west base camp
Day 9: Chulu west base camp to camp I
Day 10: Camp I to Camp II
Day 11: Camp II to Summit and back to Camp I
Day 12: Camp I to Leder
Day 13: Leder to Thorong Phedi
Day 14: Thorung Phedi to Thorung la passes to Muktinath to Jomsom
Day 15: Jomsom to Pokhara
Day 16: Pokhara to Kathmandu
Day 17: Farewell

KUSUM KANGURU

ITINERARY: 20 NIGHTS / 21 DAYS

Day 1: Arrive at Tribhuvan international airport in Kathmandu. Upon arrival we meet, assist and transfer you to Hotel.
Day 2: Sightseeing in Kathmandu valley and then shopping and packing for next day's trip
Day 3: Early morning flight to Lukla (2800m) Overnight at Lodge.
Day 4: Trek starts from Lukla to Chutanga (3350m) Camp.
Day 5: Chutenga to over Zatrela pass overnight at Chatrarbu (4340m)
Day 6: Chatrabu to Kothe (3700m) Camp.
Day 7: Kothe to Yak Kharka (4100m) Camp.
Day 8: Yak khara to Kusum khangaru Base camp (4780m).
Day 9: Base camp Rest for Acclimatization Camp.
Day 10/15: Climbing periude.
Day 16: Trek back to kothe camp.
Day 17: Kothe to chatrabu camp.
Day 18: chatrabu to Lukla overnight in Lodge.
Day 19: Flight from Lukla to Kathmandu and transfer to Hotel.
Day 20: Kathmandu/sightseeing/shopping.
Day 21: Transfer to International Airport and fly home.



ISLAND PEAK CLIMBING

ITINERARY: 20 NIGHTS / 21 DAYS

Day 1: Arrival day in Kathmandu (1,300m/4,264 ft.)
Day 2: Rock climbing at Nagarjun hill site/ city tour (1,300m/4,264 ft)
Day 3: Fly to Lukla (2,800m/9,186ft) & trek to Phakding (2,652m/8,700ft)
Day 4: Trek to Namche Bazaar (3,440m/11,283ft)
Day 5: Acclimatization day at Namche Bazaar
Day 6: Trek to Tengboche (3,867m/12684ft)
Day 7: Trek to Pheriche (4,200m/13,776ft)
Day 8: Acclimatization day at Pheriche
Day 9: Trek to Lobuche (4,928m/16164 ft)
Day 10: Trek to Gorakshep (5,160m/16,929ft) & hike to E.B.C. (5,320m/17,450ft)
Day 11: Early hike to Kala Pathar (5,550m/18,204ft) and trek to Dingboche (4,358m/14,295 ft.)
Day 12: Dingboche to Chhukung valley (4,730m/15,518ft)
Day 13: Chhukung -Island Peak Base camp (5,200m/17,060ft)
Day 14: Island Peak Base Camp to High Camp (5,600m/18,372ft)
Day 15: High camp to summit (6,189m/20,305ft) to Chhukung, 8-10 hrs
Day 16: Trek to Tengboche (3,867m/12684ft), 4-5 hrs.
Day 17: Trek to Namche (3,440m/11,283ft), 4-5 hrs
Day 18: Trek to Lukla (2,800m/9,186ft), 6-7 hrs.
Day 19: Fly back to Kathmandu (1,300m/4,264 ft)
Day 20: Leisure at Kathmandu
Day 21: Departure from Kathmandu

LOBUCHE PEAK CLIMBING

ITINERARY: 17 NIGHTS / 18 DAYS

Day 1 Warm welcome by our office representative upon your arrival at the Tribhuwan International Airport and transfer to hotel. Overnight at Hotel

Day 2: Kathmandu Valley Sightseeing, Making climbing permit and preparation for adventure.

Day 3: Early morning scenic flight to Lukla (30 minutes) and Trek to Phakding (2640m). 3 hours. Overnight at Guest House

Day 4: Trek to Namche Bazzar (3441). 6-7 hours. Overnight at Guest House

Day 5: Acclimatization day at Namche

Day 6: Trek to Tengboche Monastery (3860m). 5-6 hours. Overnight at Guest House

Day 7: Trek to Dingboche (4410m). 5 hours. Overnight at Guest House

Day 8: Another acclimatization day at Dingboche

Day 9: Trek to Labuche (4910m). 4-5 hours. Overnight at Guest House

Day 10: Trek to Everest Base Camp (5365m) via Gorak Shep (5180m) and Trek back to Gorak Shep for overnight. 7 hours. Overnight at Guest House

Day 11: Hike up to Kalapatther (5545m) in the early morning for sunrise and breath-taking view of surrounding Mountains, including Mt Everest (8848m) and trek back to Labuche. 5 hours. Overnight at Guest House

Day 12: Trek to Lobuche peak high camp and climbing preparation. 4-5 hours. Overnight at Tented Camp

Day 13: Summit to Labuche peak (6119m) and back to base camp. Overnight at Tented Camp

Day 14: Trek back to Tengboche Monastery via Pheriche. 6 hours. Overnight at Guest House

Day 15: Trek back to Namche. 5 hours. Overnight at Guest House

Day 16: Trek back to Lukla. 6-7 hours. Overnight at Guest House

Day 17: Fly back to Kathmandu in the early morning and transfer to Hotel.

Day 18: Transfer to Tribhuwan International Airport for your onward destination.

YALA PEAK CLIMBING

ITINERARY: 13 NIGHTS / 14 DAYS

Day 1: Welcome to Kathmandu (1350m). Upon your arrival in Kathmandu airport we assist you to hotel. Rest overnight.

Day 2: Today full day Sightseeing around Kathmandu valley. Prepare for the trek and rest overnight.

Day 3: Today we drive for 8hours from Kathmandu all the way to Syabru Bensi (1460m). Rest overnight

Day 4: Today we trek from Syabru Besi walking for 6hours all the way to Lama Hotel (2500m). Rest overnight.

Day 5: Today we trek from lama hotel walking for 5hours all the way to Langtang Village (3307m). Rest overnight.

Day 6: Today we trek from langtang village walking for 4hours all the way to Kyangjing Gompa (3798m). Rest overnight.

Day 7: Exploration and acclimatization day around Kyangjing Gompa. Rest overnight.

Day 8: Today we trek from Kyangjing Gompa walking for 5hours all the way to Yala peak Base camp (4400m). Rest overnight.

Day 9: Today we trek from Yala peak to the Summit Yala Peak (5732 m) and then trek back to Kyangjing Gompa. Rest overnight.

Day 10: Today we trek from Kyangjing Gompa walking for 5-6hours all the way back to Lama Hotel (2500m). Rest overnight.

Day 11: Today we trek from lama hotel walking for 6hours all the way to Syabru Besi (1462m). Rest overnight.

Day 12: Today we drive for 8hours back to Kathmandu by Local Bus. Rest overnight.

Day 13: Leisure day in Kathmandu. Rest overnight.

Day 14: Today after lunch we Transfer you to international airport for your final departure.

MERA PEAK CLIMBING

ITINERARY: 17 NIGHTS / 18 DAYS

Day 1 Arrival in Kathmandu (1,350m/4,428ft)

Day 2: Kathmandu (1300m/4264ft): Sightseeing and Preparation

Day 3: Fly to Lukla and explore around Lukla (2730m/8954ft)

Day 4: Trek to Chutanga (3,430 m/11,250 ft.): 3-4 hours

Day 5: Trek to Thule Kharka (4320m/13200ft) via Zwatra la (4600 m/14720 ft): 5-6 hours

Day 6: Trek to Kothe (3600 m, /11808ft): 5-6 hours

Day 7: Kothe to Thaknak (4,350m/14,270ft): 3-4 hours

Day 8: Thaknak to Khare (5,045m/16,486ft): 2-3 hours

Day 9: Rest day in Khare/Acclimatization:

Day 10: Khare to Mera Base Camp (5300m/17,384ft): 3-4 hours

Day 11: Mera Base Camp to High camp (5,780m/18,958ft): 4-5 hours

Day 12: Mera High Camp to Summit (6,461m/21,1907ft) and back to Khare (5045m/16,547ft): 8-9 hours

Day 13: Reserve Day for Contingency

Day 14: Khare to Kothe (3600m/11808ft): 4-5 hours

Day 15: Kothe to Thule Kharka: 5-6 hours

Day 16: Thule Kharka to Lukla: 6-7 hours

Day 17: Fly to Kathmandu

Day 18: Final Departure

PISANG PEAK CLIMBING

ITINERARY: 20 NIGHTS / 21 DAYS

Day 1: Arrival Kathmandu. 1,350m/4,428ft

Day 2: Kathmandu Sightseeing & Preparation for the Climb

Day 3: Kathmandu to Besisahar by Bus-(7-8hours) 850m/2,790ft

Day 4: Besisahar to Bahundanda-(5-6hours) 1,310m/4,298ft

Day 5: Bahundanda to Chamje-(5-6hours) 1,430m/4,690ft

Day 6: Chamje to Dharapani-(5-6hours) 1,950m/6,396ft

Day 7: Dharapani to Chame-(5-6hours) 2,630m/8,628ft

Day 8: Chame to Upper Pisang-(5-6hours) 3,700m/12,136ft

Day 9: Day for relax and Acclimatize-3,700m/12,136ft

Day 10: Trek to Pisang Peak Base Camp-(3-4hours) 4,380m/14,370ft

Day 11: Trek to Pisang Peak High Camp-(3-4hours) 5,400m/17,712ft

Day 12: Summit to the Peak and back to Base Camp-(7-9hours) 6,091m/19,980ft

Day 13: Pisang Peak Base Camp to Manang Valley-(5-6hours) 3,450m/11,316ft

Day 14: Manang to Yak Kharka-(3-4hours) 4,110m/13,480ft

Day 15: Yak Kharka to Thorang Pedi-(3-4hours) 4,600m/15,092ft

Day 16: Cross Thorang la in morning and back to Muktinath-(8-10hours) 5,416m/17,765ft

Day 17: Trek down to Kagbeni-(3-4hours)

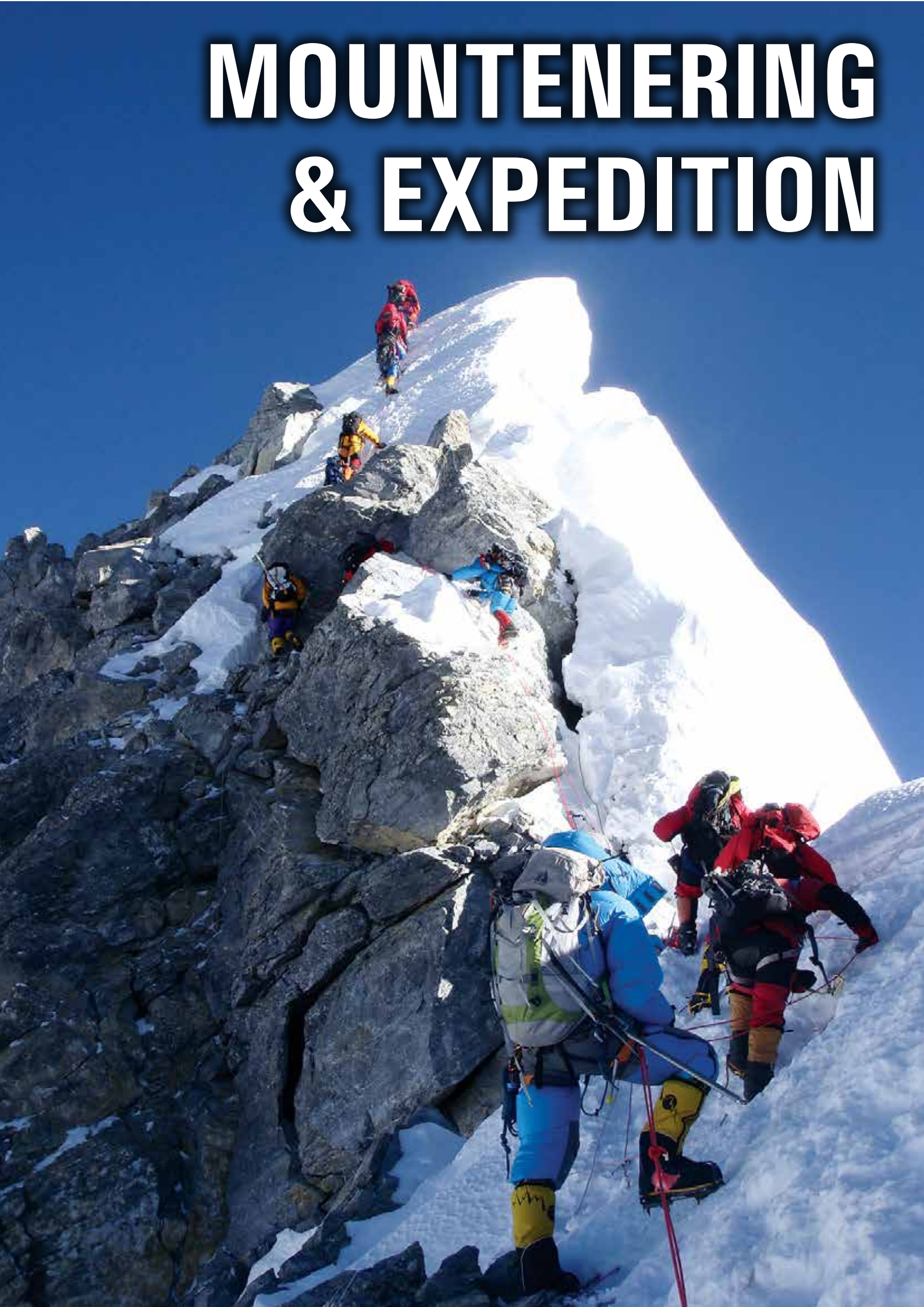
Day 18: Trek to Jomsom-(3-4hours) 2,800m/9,184ft

Day 19: Early morning flight to Pokhara-(25min flight) 8, 20m/2,690ft

Day 20: Departure to ktm-1,350m/4,428ft

Day 21: Final Departure

MOUNTENERING & EXPEDITION



AMA DABLAM EXPEDITION

ITINERARY: 49 NIGHTS / 50 DAYS

Day 1: Arrival
Day 2: Prepare expedition in Kathmandu
Day 3: Kathmandu to Gorkha
Day 4: Gorkha to Kanchowk 956 m
Day 5: Khanchowk to Arughat 530 m
Day 6: Arughat to Seti Khola 750 m
Day 7: Seti Khola to Machha Khola 890 m
Day 8: Machha Khola to Jagat 1350 m
Day 9: Jagat to Ngyak 2300 m
Day 10: Ngyak Sightseeing.
Day 11: Ngyak to Namrung
Day 12: Namrung to Syalla village
Day 13: Syalla to Sama village.
Day 14: Sama Village Excursion.
Day 15: Sama Village to Manaslu Base camp.
Day 16/40: Climbing Period for Manaslu 8163m.
Day 41: Cleaning up Base Camp
Day 42: Base camp to Sama village
Day 43: Sama to Namrung.
Day 44: Namrung to Philim village.
Day 45: Philim to Machakhola
Day 46: Machakhola to Seti Khola.
Day 47: Seti Khola to Arughat
Day 48: Arughat to Dhading and drive to Kathmandu
Day 49: Kathmandu
Day 50: Departure

MOUNT LHOTSE EXPEDITION

ITINERARY: 54 NIGHTS / 55 DAYS

Day 1: Arrival Kathmandu. Transfer to your hotel.
Day 2: Kathmandu sightseeing.
Day 3: Kathmandu.
Day 4: Transfer to the airport, fly to Lukla, 2800m and trek to Phakding, 2640m. Overnight at Lukla
Day 5: Trek to Namche Bazaar, 3446m. Overnight in lodge.
Day 6: Trek to Khumjung, 3790m. Overnight in lodge
Day 7: Khumjung, acclimatization day.
Day 8: Trek to Tengboche Monastery, 3867m. Overnight in lodge.
Day 9: Trek to Dingboche, 4347m. Overnight in lodge.
Day 10: Trek to Lobuche, 4900m. Overnight at there.
Day 11: Trek to Everest Base Camp, 5357m.
Day 12/47: Climbing Period.
Day 48: Cleaning up Base Camp.
Day 49: Trek to Dingboche. Overnight in lodge.
Day 50: Trek to Khumjung. Overnight at khumjung
Day 51: Trek to Phakding. Overnight at phakding
Day 52: Trek to Lukla. Overnight in lodge.
Day 53: Fly to Kathmandu. Transfer to your hotel.
Day 54: Kathmandu.
Day 55: Departure from Kathmandu.

MT. SHISHAPANGMA (8,027M.)

ITINERARY: 41 NIGHTS / 42 DAYS

Day 1: Arrival in Kathmandu Airport [1,338m/4,389ft]. Our airport representative will meet you in the airport and transfer you to the Hotel. Stay overnight in hotel
Day 2/3: Official formalities and paperwork for Tibet visa processing
Day 4: Drive from hotel to Zhangmu [2350m/7708ft]. Stay overnight at hotel
Day 5: Drive from Zhangmu to Nylam [3750m/12,300ft]. Stay overnight at guest house
Day 6: Rest day for acclimatization
Day 7: Drive from Nylam to Shishapangma Base Camp [4950m/16,236ft]. Overnight at camp
Day 8/9: At the Base Camp to acclimatize and preparing loads to ABC
Day 10: Arrive at advance base camp [5540m/18,171ft]. Stay overnight at camp
Day 11/37: Climbing Period
Day 38: Trek back to Base Camp. Stay overnight at camp
Day 39: Drive from Base Camp to Nylam. Stay overnight at Base Camp
Day 40: Drive to Kathmandu and transfer to hotel. Stay overnight at hotel
Day 41: Free day in Kathmandu valley. Back to hotel in the evening and stay overnight
Day 42: Final departure

MT. PUMORI EXPEDITION

ITINERARY: 33 NIGHTS / 34 DAYS

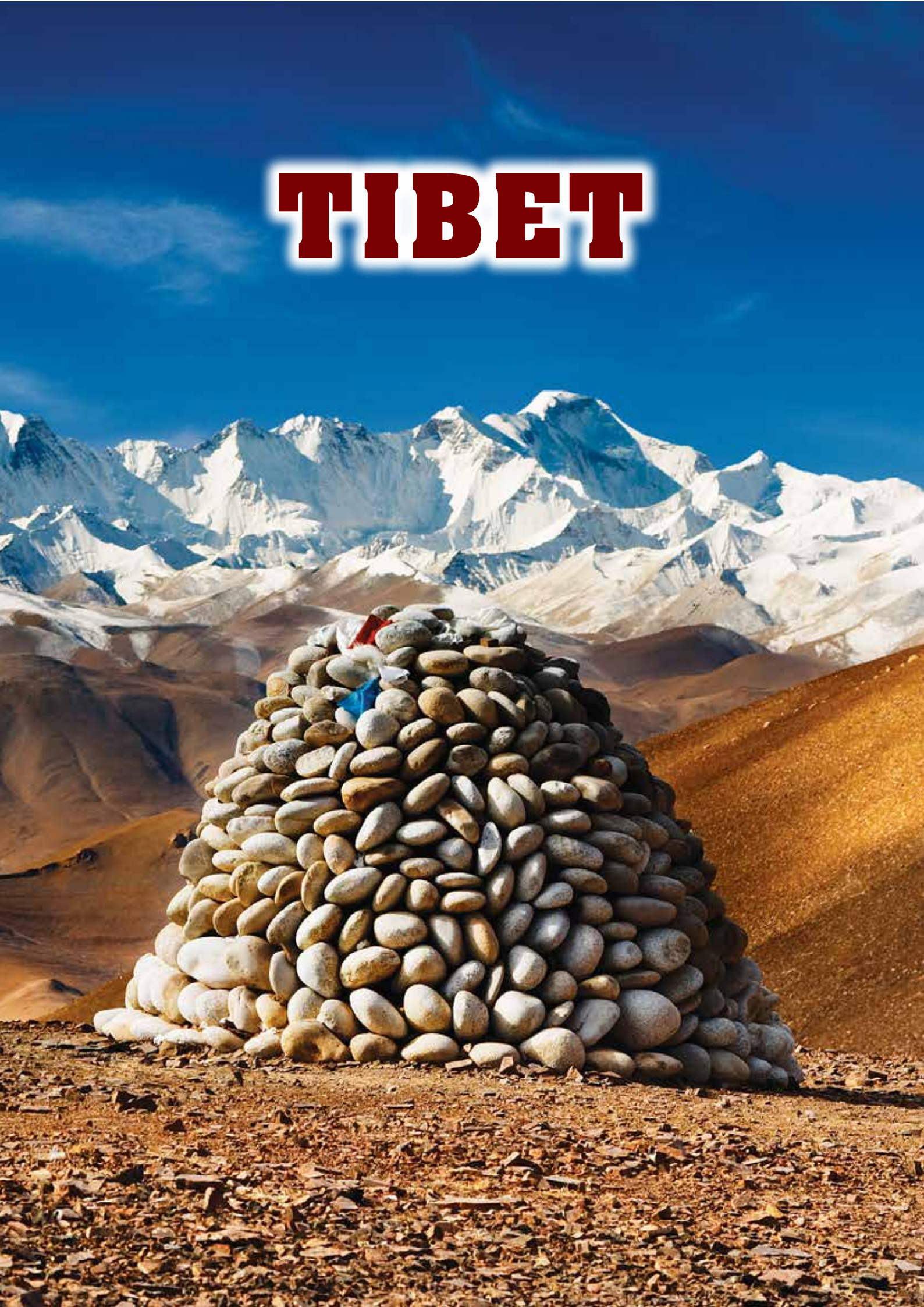
Day 1: Arrival in Kathmandu – Transfer to Hotel. Overnight Hotel.
Day 2/3: Official formalities in Kathmandu
Day 4: Fly to Lukla and trek to Phakding.
Day 5: Trek to Namche
Day 6: Name Rest and Acclimatization day
Day 7: Trek to Tengboche
Day 8: Trek to Pheriche
Day 9: Trek to Lobuche
Day 10: Lobuche – Pumori Base Camp
Day 11/27: Climbing Period for Pumori (7145m)
Day 28: Pumori BC – Pangboche
Day 29: Trek to Namche
Day 30: Trek to Lukla
Day 31: Lukla / Kathmandu by flight.
Day 32/33: Kathmandu – time on own or sightseeing can be arranged.
Day 34: Transfer to International airport for departure.

MOUNT EVEREST EXPEDITION

ITINERARY: 59 NIGHTS / 60 DAYS

Day 1: Upon arrival in Kathmandu Airport you will be warmly greeted by our staffs and you will be transferred to your hotel. Stay overnight in hotel
Day 2: Sight-seeing of Kathmandu [1,338m/4,389ft]. Back to hotel in the evening and stay overnight
Day 3: Official formalities and paperwork in Kathmandu. Stay overnight at hotel
Day 4: Fly from Kathmandu to Lukla [2,848 m/9,344 ft]. Camp or Lodge overnight
Day 5: Trek from Lukla to Phakding [2,631 m/8,632 ft]. Camp overnight
Day 6: Trek from Phakding to Namche [3420m/11,286ft]. Camp at site and stay overnight
Day 7: Rest Day in Namche
Day 8: Trek from Namche to Tyangboche [3,870m/12,700ft]. Camp at site and stay overnight
Day 9: Trek from Tyangboche to Pheriche [4,402 m/14,442 ft]. Camp at site and stay overnight
Day 10: Trek from Pheriche to Lobuche [5,951 m/19,524 ft]. Camp at site and stay overnight
Day 11: Trek from Lobuche to Base Camp. Stay overnight in camp
Day 12-53: Climbing period of Everest
Day 54: BC to Lobuche. Camp at site and stay overnight
Day 55: Trek from Lobuche to Tyangboche. Camp at site and stay overnight
Day 56: Trek from Tyangboche to Namche. Teahouse overnight
Day 57: Trek from Namche to Lukla. Teahouse overnight
Day 58: Fly from Lukla to Kathmandu. Upon arrival transfer to hotel and stay overnight
Day 59: Free day in Kathmandu. Stay overnight in hotel
Day 60: Final Departure to the Airport

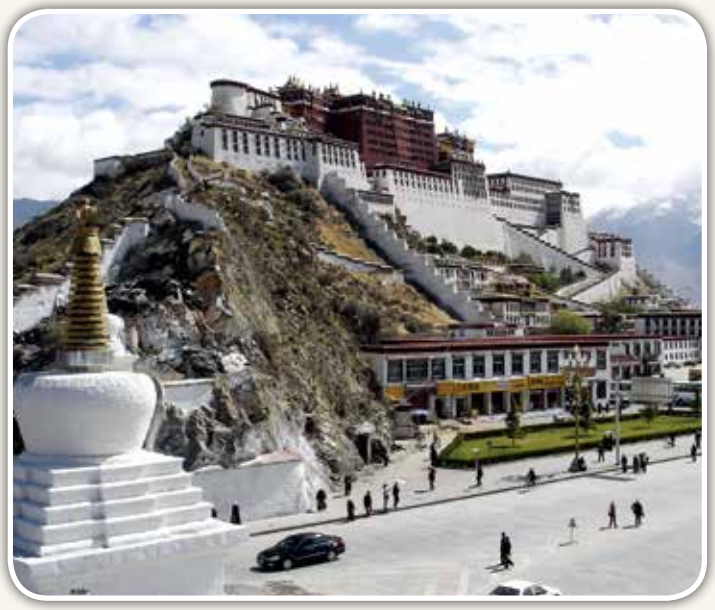
TIBET



KAILASH DHARMA YATRA

ITINERARY: 10 NIGHTS / 11 DAYS

Day 1: Nepal Border -Zhangmu(Tibet Border)
Day 2: Zhangmu-Saga (BLD)
Day 3: Saga-Paryang(BLD)
Day 4: Paryang-Lake Manasarovar(BLD)
Day 5: Lake Manasarovar-Darchen(BLD)
Day 6: Trek from Darchen-Dirapuk Monatery(abt 5hrs)(BLD)
Day 7: Trek from Dirapuk Monastery-Zutulpuk Monastery (abt 5hrs) (BLD)
Day 8: Trek from Zutulpuk Monastery-Darchen (BLD)
Day 9: Darchen- Saga (BLD)
Day 10: Saga- zhangmu(BLD)
Day 11: Zhangmu Departure (B)



TIBET OVERLAND TOUR

ITINERARY: 7 NIGHTS / 8 DAYS

Day 1: Drive from Kathmandu-Nyalam
Day 2: Nyalam-Lhatse
Day 3: Lhatse-Shigatse/Xingatse
Day 4: Shigatse/Xingatse -Gyantse
Day 5: Gyantse -Lhasa
Day 6/7: Sightseeing around Lhasa
Day 8: Flight from Lhasa to onward journey

LHASA SIGHTSEEING TOUR

ITINERARY: 3 NIGHTS / 4 DAYS

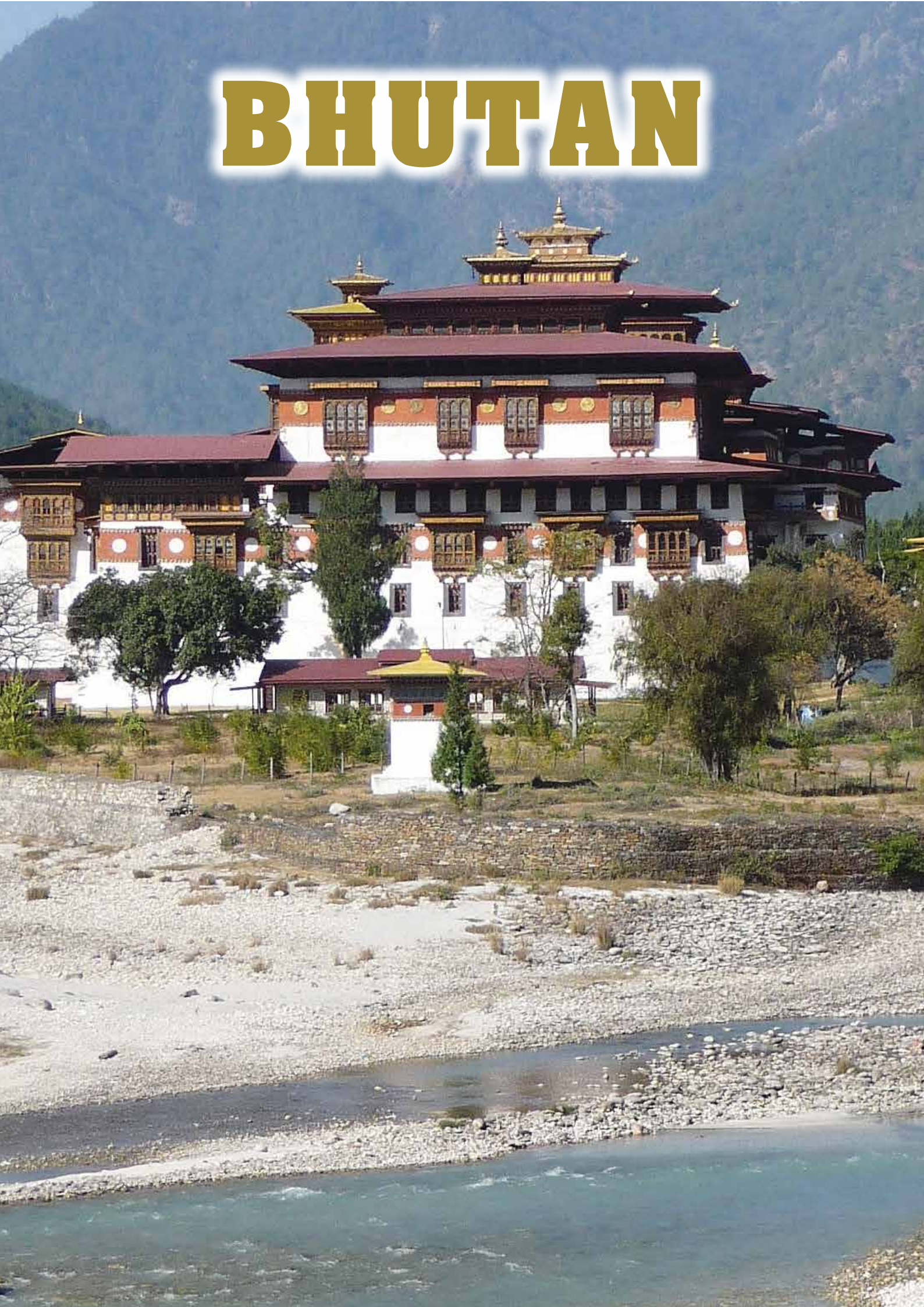
Day 1: Welcome to Lhasa. We assist your from airport to our hotel.
Day 2: Guided tour to Lhasa.
Day 3: Explore around Lhasa.
Day 4: Departure

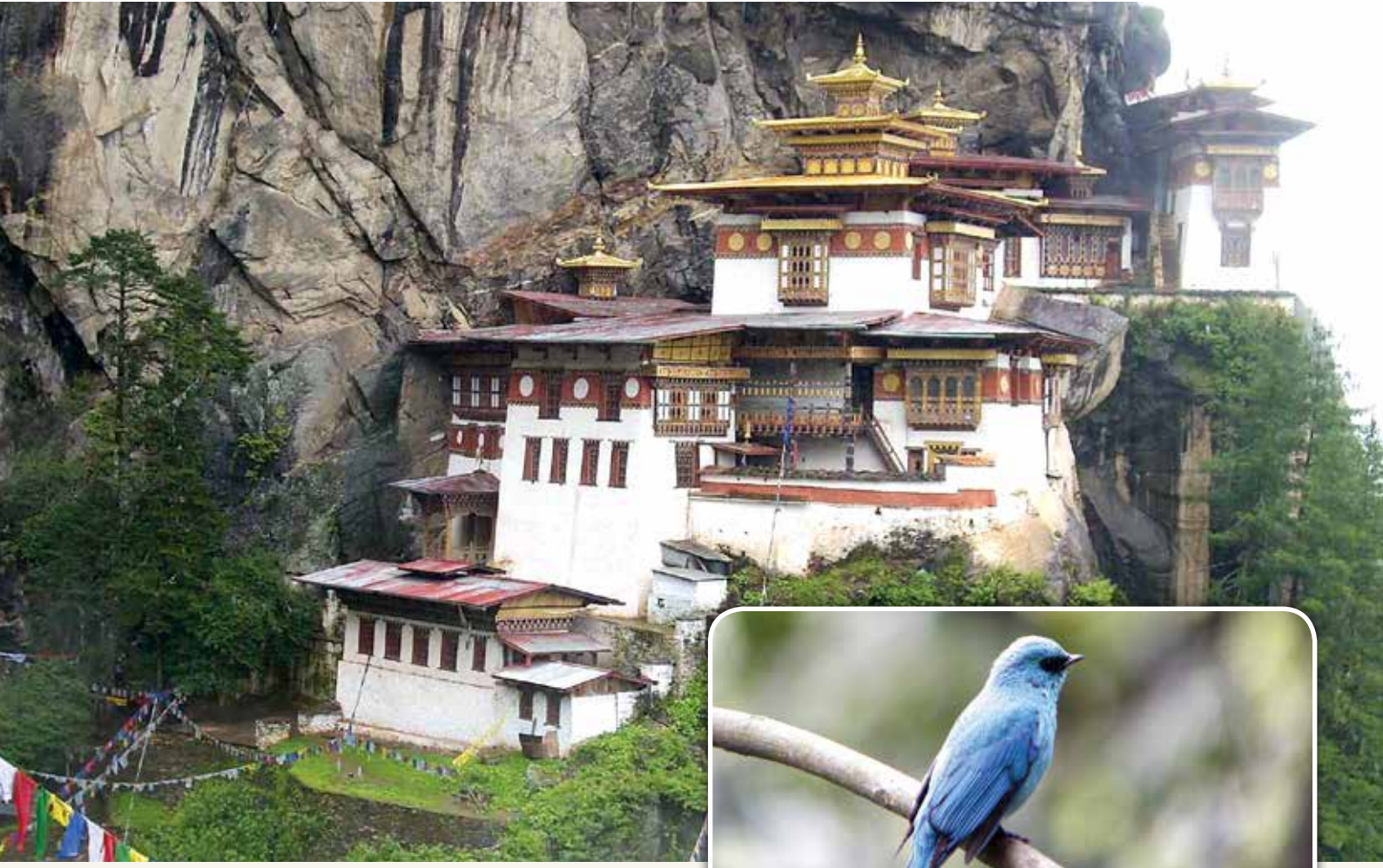
LHASA EVEREST BASE CAMP TOUR

ITINERARY: 8 NIGHTS / 9 DAYS

Day 1 Kathmandu – Lhasa (3,650m)
Day 2/3: Two Full Days Sightseeing Tour In Lhasa
Day 4: Lhasa – Gyantse (3950m) 250 Km
Day 5: Gyantse – Xingatse (3,900m)
Day 6: Xigatse – Xegar (4,100m)
Day 7: Xegar – Ronbuk (4,980m): Aprox 90km
Day 8: Ronbuk – Everest BC – Tingri/Nyalam (3700m)
Day 9: Nyalam/Zhangmu – Kathmandu: 155km/123km

BHUTAN





A GLIMPSE OF BHUTAN

ITINERARY: 3 NIGHTS / 4 DAYS

Day 1: Day 01: Arrival and sightseeing in Paro (2,250m / 7,382ft)
Day 2: Paro to Thimphu (2,320m/7,610ft): 54 km, 1 hour, hike to Taktsang Monastery
Day 3: Sightseeing in Thimphu
Day 4: Final Departure

BHUTAN CULTURAL TOUR

ITINERARY: 7 NIGHTS / 8 DAYS

Day 1: Arrive Paro, Paro - Thimphu
Day 2: Thimphu
Day 3: Thimphu - Tongsa
Day 4: Tongsa – Bumthang
Day 5: Bumthang – Punakha
Day 6: Punakha – Paro
Day 7: Paro
Day 8: Depart Paro

BHUTAN SIGHTSEEING TOUR

ITINERARY: 8 NIGHTS / 9 DAYS

Day 1: Arrival in Kathmandu
Day 2: Kathmandu sightseeing
Day 3: Kathmandu-Paro
Day 4: Paro-Thimpu
Day 5: Thimphu-Wangduephodrang
Day 6: Wangdiphodrang-Paro
Day 7: Paro-Kathmandu
Day 8: Sightseeing Tour: Patan & Bhaktapur
Day 9: Departure from Kathmandu or extend your trip

BHUTAN BIRD WATCHING TOUR

ITINERARY: 9 NIGHTS / 10 DAYS

Day 1: Paro - Thimphu.
Day 2: Thimphu-Punakha
Day 3: Punakha- Gangtey
Day 4: Gangtey – Trongsa
Day 5: Trongsa – Tingtibi – Trongsa
Day 6: Trongsa – Punakha
Day 7: Punakha –Thimphu
Day 8: Thimphu -Paro – Chelela – Tiger's Nest.
Day 9: Tiger's Nest Excursion
Day 10: Departure

ROYAL DRUK PATH TREKKING

ITINERARY: 10 NIGHTS / 11 DAYS

Day 1: Arrival Kathmandu, transfer to hotel
Day 2: Arrival in Paro,
Day 3: Short trek to Jele Dzong, hotel
Day 4: Visit Jangchulkha on the way of Alpint forest, hotel
Day 5: Visit Jumilangtso Lake on the way of mountain ridge, hotel
Day 6: Visit Simkota to across Yak herders on the way, hotel
Day 7: Drive to Thimpu, visit Thimpu Bazar, hotel
Day 8: Thimpu drive via the Dochula Pass to the old capital of Punakha. Hotel
Day 9: Drive to Gangte - visit Gangtey Sompa and visit villages, hotel
Day 10: Drive to Paro via Wangdi Dzong, hotel
Day 11: Transfer to airport for final departure

SNOWMAN TREK

ITINERARY: 26 NIGHTS / 27 DAYS

Day 1: Arrive in Paro
Day 2: Drive to Thimphu
Day 3: Drive to Tashithang
Day 4: Trek to Damjee.
Day 5: Trek to Gasa
Day 6: Trek to Vhamsa
Day 7: Trek to Laya
Day 8: Acclimatization Rest Day
Day 9: Trek to Rhodpphu
Day 10: Trek to Tarina
Day 11: Trek to Wochey
Day 12: Trek to Lhedi
Day 13: Trek to Thanza
Day 14: Rest day at Thanza
Day 15: Trek to Tsorim
Day 16: Trek to Gangkar Puensum Base camp
Day 17: Rest day at base camp
Day 18: Trek to Geshe Wagma
Day 19: Trek to Warathang
Day 20: Trek to Dur Tswachhu
Day 21: Trek to Tshochenchen
Day 22: Trek to Bumthang
Day 23: Exploration day at Bumthang
Day 24: Drive to Trongsa
Day 25: Drive to Thimpu
Day 26: Drive to Paro
Day 27: Airport transfer / Departure

BUDDHIST YOGA AND MEDITATION TOUR

ITINERARY: 10 NIGHTS / 11 DAYS

Day 1: Arrive into Bhutan.
Day 2: In the morning enjoy a serene walk and yoga practice in the lovely gardens. We shall drive along the sweeping valley to land in Bhutan's capital, Thimpu.
Day 3: After a morning yoga session we will visit the National Textile Museum, paper making factory and Folk Heritage Museum.
Day 4: Start early morning with a yoga session and a 2-hour trek into pine and rhododendron forests above the Thimpu valley to the Cheri Monastery.
Day 5: Get ready to explore the Punakha Dzong. Architecturally and aesthetically this is one of the most beautiful dzong.
Day 6: After our morning serenity walk and yoga practice we'll head out for a mid-day hike above Punakha to the Nalanda Monastery which is situated among the farming fields.
Day 7: After our morning serenity walk and yoga practice we'll head out for a mid-day hike above Punakha to the Nalanda Monastery which is situated among the farming fields.
Day 8: Enjoy a full day of site seeing throughout the artistic venues of the capital. Visit the Buddha Statue, School of the Traditional Arts and studios of local artists.
Day 9: Get up to a final yoga, meditation and breakfast in Thimpu, departing late morning for the beautiful mountain town of Paro.
Day 10: After breakfast, we shall head for s short 10-minute drive to the base of the mountain home of the Taksang Monastery.
Day 11: Transfer to the airport for your departure towards onward journey.

NEPAL GENERAL INFORMATION

INTRODUCTION

Nepal, the country of high Himalayas, majestic mountains, strange wildlife and diverse cultures is a world in itself. Nepal has a unique landscape stretches from the pinnacle of Mt. Everest to the Terai low lands where diverse human cultures and natural habitats can be found. Nepal is the birth place of Lord Buddha. Roughly rectangular in shape, Nepal is sandwiched between China in the north and India in South. The length of the kingdom is approximately 885 km east to west, and breadth 193 km north to south. The total area of the country is 147, 181 sq.km. Kathmandu is the capital city of Nepal. Basically the visitors come to this country seeking yetis, others for tigers, some are in search of nirvana and many come to trek on ancient trail. Nepal is rich in terms of bio-diversity due to its unique geographical location variation in altitude. Within a distance of 150km, the elevation of the country ranges from 60 meters above sea level to the highest point on earth, Mt. Everest (8,848m.). The climate is also diverse in nature ranging from Sub-tropical to Arctic due to country's altitudinal variation. Nepal has occupied only 1% of the earth but it is a home to 2% of all the flowering plants in the world, 8% of the world's population of birds, 4% of mammals on earth, 11 of the world's 15 families of butterflies, 600 indigenous plant families and 319 species of exotic orchids. The national language of Nepal is Nepali, however; the people engaged in travel-trade understand and speak English fluently. The currency of Nepal is Nepali Rupee. For details, you are kindly requested to visit the website-The major seasons of Nepal are – winter (December-February), Spring (March-May), Summer (June-August) and Autumn (September-November). No doubt, Nepal can be visited the whole year round.

NEPAL AT A GLANCE

Area : 147,181 Sq. Km

Official Name : The Federal Democratic Republic of Nepal.

Capital : Kathmandu is the capital city of Nepal. Kathmandu is a valley surrounded by four hills - Fulchowki, Chandragiri, Shivapuri and Nagarjun. Kathmandu valley has three major cities Kathmandu, Bhaktapur, Patan. Situated at the altitude of 4500 feet above sea level, Kathmandu is home to seven UNESCO world heritage sites. Before the unification of Nepal in the18th century, the three cities were independent states ruled by the Malla Kings.

Time : Nepal time is 5 hours 45 minutes ahead of GMT

Climate : Nepal has four seasons, namely,(1) Winter (Dec-Feb), (2) Spring (Mar-May), (3) Summer (June-Aug), (4) Autumn (Sep-Nov). Nepal can be visited round the year.

Population : 26.6 Million (according to 2011 census)

Language : Nepali is the national language. However travel-trade people understand and speak English as well.

Location : Situated between China in the north and India in the South, East and west.

Currency : Nepali Rupee (approximately US$ 1 equals Rs. 96/97 as of Feb 2015)

Political : Multi-party System of Democracy.

Religion : Nepal is a secular state with a pre-dominance of Hindus and Buddhist Population.

Climate : Nepal has four major seasons, namely, (1) Winter: December-February, (2) Spring: March-May, (3) Summer: June-August, (4) Autumn: September-November. Nepal can be visited the whole year round.

People : Nepal has more than 105 ethnic groups and 92 spoken languages.

What to wear : Light weight clothing is recommended for May through October. Warm garments are required in October-March. An umbrella or a raincoat is a must for the rainy season.

CULTURE

Nepal is a Himalayan country with cultural diversity. It is the holy land of Lord Pashupatinath and Gautam Buddha where the people of all religions have been living in harmony for centuries. The sacred Hindu shrine, the Temple of Pashupatinath is one of the important temples in the world among Shiva worshippers. Nepal is also a sacred pilgrimage destinations for Buddhists as Lord Buddha, the light of Asia, was born in Lumbini in Nepal's southern plains. Patan, Kathmandu and Bhaktapur, the three ancient cities of Kathmandu Valley symbolize an epitome of harmony in urban design, elegant architecture and refined culture. These cities domicile a concentration of religious monuments found nowhere in the world. The seven monument zones enlisted in the World Heritage Sites by UNESCO are situated within the small limit of the Valley.

The landlocked country is also a land of festivals. On an average, at least one festival is celebrated per day in a traditional manner throughout the year which adds dazzling color to Nepal's myriad attractions, enduring customs and beliefs. In Nepal, one can easily enjoy village tours and visit the multi-ethnic groups to obtain firsthand experience of their customs and lifestyles. Eating is a special affair in Nepal. Variety of food are served for each occasion and festival. Kathmandu, the capital city of Nepal, offers an incredible selection of dining opportunities.

NATURE

Nepal is a wonderful land considering its unique but vried lndcape and ntural beauty. It is a world in itself. Nepal offers an amazing topographical variation with altitude ranging from 70 m to 8,848 m just within a span of 193 km. Thus, due to its topographical variation, Nepal boasts all kinds of climate ranging from alpine, temperate to tropical. Similarly, the flora from tundra-like vegetation to desert-type cactuses and rainforest are found in this highland. In the same way, fauna from prairie dog-like Marmot to snow leopard to dolphin are available in Nepal. It is a matter of pleasure to mention that Nepal is also a home of countless river, glacial lakes, lakes, and creeks with their common origin in the Himalaya. Nepal holds more than 70 ethnic groups, each with its own unique culture and language. These people are basically spreading in hamlets, villages and shantytowns. Temples, shrines, all year long festivals, etc. add additional beauty to this paradise.

Of the total of 14 peaks above 8,000 meters, Nepal is home to eight of the world's highest mountains, including Mt. Everest (8,848 m). Nepal's geography holds an exceptionally varied landscape. Hence, this wild variation fosters an incredible variety of ecosystems. Nepal has nine national parks and three wildlife reserves ranging from the highest mountains in the world as well as tropical lowland of the plains. It is recommended to explore the exotic Himalayan nature and culture of Nepal by walking through the villages and meeting the charming people.

PEOPLE & CUSTOMS

The total population of Nepal is about 23.1 million (Population Census 2001). About eighty six percent of Nepalese follow Hinduism; eight percent Buddhism and the rest three percent follow Islam. The population comprises various groups of different races with diverse culture, languages and dialects. Some of the main groups are Gurungs and Magars in the western region; Rais, Limbus and Sunwars in the eastern mid hills; Sherpas, Manangpas and Lopas in the northern part, Newars in and around the capital valley of Kathmandu; Tharus, Yadavas, Satar, Rajvanshis and Dhimals in the Terai region; and Brahmins, Chhetris and Thakur are generally spread throughout the country.

HISTORY

Nepal has always been an independent and sovereign country with glorious history, culture and tradition that date back to times immemorial. The people of Nepal are popular for their bravery in warfare, mountaineering, hospitality and sincerity since history. Before the campaign for national unification, this small kingdom was divided into smaller states. Kathmandu valley was ruled by the Malla Kings. They focused on promotion and development of Nepali arts and crafts. Thus, their contribution to art and culture are indeed great and unique. In 1768 A.D., the Shah dynasty ascended the throne of unified Nepal. The different cultures of this Himalayan country reflect harmonious blending of Hinduism and Buddhism. It is worthy to mention that Nepal is one of the founder members of the South Asian Association for Regional Cooperation (SAARC).

PHYSICAL FEATURE

Nepal is a landlocked country with its total land area of 147,181 sq kms. It has the autonomous region of Tibet to the north and India in the south, west and east. The country is divided into 3 geographical zones – the Himalayan Region, the mountain Region and the Terai Region. The Himalayan Region lies in the northern part occupying 23% the total land area. The altitude ranges between 3000 metres to 8848 meters extending to the north from west to east with world famous peaks of Mt. Everest (8848m), Kanchenjunnga (8586m), Makalu (8464m), Dhaulagiri (8167m) and Annapurna (8091m) with many other majestic mountains.

The Mountainous Region occupies over 60% of the total land of the country. It is formed by the Mahabharata range in the north (4877m) to the Churia range (1524m) in the south. This region is suitable for cash crops production like orange, zinger, cardamom, etc. Terai Region occupies approximately 17% of the country's total land with altitudes of between 70m to 300m. This region is also called the "Food Basket" of Nepal due to its fertility and productivity.

ART

It is a matter of fact that Nepali art has been deeply influenced by religion since immemorial past. Nepali art was rapidly developed during the period of Malla Kings. Much focus was given for stone sculpture and temple architecture in the early days. Newari Paubha and Tibetan Thanka paintings, wood and metal crafts, ceramics and clay pots, textiles, paper, Tibetan carpet, music and literature are some other famous arts of Nepal. Traditional idealistic paintings and the contemporary western style works are the two distinct segments of contemporary Nepali art. The contemporary painting is basically based on either nature based compositions or compositions based on Tantric elements or social themes. Kathmandu Valley boards plethora of art galleries and museums galleries exhibiting artwork of ancient past and present. The National Museum at Chhauni, Museums at Kathmandu Durbar Square, Museum of Natural History at Swayambhu, National Library at Puchowk, Kaiser Library at Thamel, National Birendra Art Gallery at Naxal, Asa Archives at Tangal, National Art Gallery at Bhaktapur Durbar Square, National Woodworking Museum at Bhaktapur Durbar Square, Bronze and Brass Museum at Bhaktapur, Nepal National Ehnographic Museum at Bhrikuti Mandap are some of them in the valley. Dhakuta Museum, Hattisar Museum in Bhimphedi, Mustang Eco Museum in Jomsom, Tharu Cultural Museum in Thakurdwara and International Mountain Museum in Pokhara are some of the museums outside the Kathmandu Valley.

CUSTOMER CHARTER

Destination is not only the part of travelling, but also how you get there. The pleasure of making that initial research and paying your deposit, through to the trip itself and even after you return home, every stage is a part of your journey. Here at Actual Adventure, we are dedicated to doing everything we can, to make this journey as enjoyable as possible and we have launched our Customer Charter to help us achieve this, which defines what you can expect from Actual Adventure and sets out what we aim for each time you trek with us.

WHILE BOOKING

We promise to...

- Treat you as an individual and understand your needs.
- Give you capable, friendly and knowledgeable service.
- Communicate an accurate and truthful description of your holiday.
- Provide an answer (or response) to any question about your trip.
- Make sure you can contact an expert on any target within 24 hours.
- Respond to any email enquiry within 6 working hours.

BEFORE YOU TRAVEL

We promise to...

- Assign a personal named area expert to handle your booking until departure.
- Respond to any email enquiry within 6 working hours.
- Provide you with the essential information in accurate time you need to prepare.
- Send your final documentation no later than 2 weeks before departure.

YOUR HOLIDAY

We promise to...

- Provide the holiday we said, we would, and we will meet or go above your expectations.
- Provide a leader who will inform, encourage and share your excitement for travel.
- Make sure the safety of all our clients, at the same time as maintaining a spirit of adventure.
- Operate our holidays reliably, sensitively and respectfully.

AFTER YOUR HOLIDAYS

- Hearten and listen to all feedback and make changes where we can and where we have to.
- Value your reliability and welcome you back on a future holiday.

HOW TO BOOK HOLIDAYS

If you would like to book one of your holidays to enjoy Nepal, Tibet, Bhutan and India please carefully read this section especially our Terms & Conditions in our website.

We hearten you to book as soon as possible to make sure you get the holiday you would like to join us, frequently we might have problem to secure flights at the last minute especially for pro, Lasha, Lukla, Jomsom , Phaplu ,Juphal , Jumla . If you would like to book a trip then you can concern with Actual Adventure Reservation Staff to find out the current trek status. We will respond by sending you a Pre-Trip feedback form and Booking Form. You can email or post these forms back to us along with your non refundable deposit of $ 200.

If your booking is accepted by us then a contract is deemed to exist between you and The Actual Adventure Ltd. At this point we will send you a confirmation invoice showing the amount of deposit received and your final balance due. Now you can go ahead and book your international flights and obtain trekking and travel insurance.

To book your trip with us, Please follow the steps below:

Step 1 Send us an inquiry using inquiry form, email or call us
Step 2 Discuss about your tour package with us and final the price and itinerary
Step 3 Pay to confirm your trip
Step 4 Send us your document(if necessary)
Step 5 Start your tour

TESTIMONIALS FROM CLIENTS

Clients' Reference/ Testimonials

Actual Adventure Pvt. Ltd., adventure holiday service provider in Nepal has been established by a group of young, energetic, highly experienced and qualified personals. The main aim of this company is to promote Nepal tourism destinations. Many adventure activities that are new for adventure lovers from the globe. We are very conscious about the ecology, mountain divers and cultural norms. We are very serious in service for our clients. You can visit what our clients' say below.

EVEREST B.C. TREK IN NEPAL

I highly recommend this company! Kedar organized very good trip to Everest B.C. After returning to Kathmandu, company provided 2 additional tours for me. To Pokhara and to Chitwan. I was so impressed with Nepal, so I will go there again in 2015.

Tulyaganov Said
Uzbekistan

CHULU WEST PEAK CLIBMING 2014

On behalf of my companions and myself I would like to express our general gratitude to the Actual Adventure Pvt. Ltd Company and personally to its director - Kedar Neupane for organizing our trip Annapurna circuit track with an attempt to ascend Chulu West in april-may of 2014.

A separate thank you to our guide Passang Tendi Sherpa for his high professionalism, care and attention during the whole trip.

We also thank our porters for their patience and respectful treatment with our belongings! (Never skimp to tip those porter guys as their hellish job should be appreciated and paid off).

We hope that our future acquintance with Nepal and the Himalayas will be done in cooperation with this proffesional team and wonderful Nepal people.

EVEREST TREKKING 2013

Dear Kedar and Keshab,

After two and half months in Nepal I feel like I didn't just make new friends but also new family. You are special people and I would like to say that you for everything, for the beautiful trekking and the warm hospitality. You are always welcome at our home with much appreciation,

Uri Warter
Israel.

ISLAND PEAK CLIMBING

Kedar and staff at Actual Adventure were very helpful and responsible with organizing my trekking and climbing trip in Nepal's Everest region. When flights cancelled due to weather or my travel plans changed, they were quick to get the best rebooking and refunds. Using Actual adventure allowed me to enjoy my trip and no worry about logistics.

Ralf Socher & Wendy La Touche
USA
Trip date : April ,2013

WHY CHOOSE ACTUAL ADVENTURE?

RESPONSIBLE TOURISM
We run all our trips in as responsible manner as possible, socially, culturally, economically and environmentally. For further details of our Responsible Tourism page.

QUALITY
We don't aim to be the most luxurious or the cheapest, but we do aim to give the best value. We don't cut corners and we pay our overseas partners a fair rate for their services.

SATISFACTION
We rely very heavily on word of mouth and repeat custom for our bookings, consequently it is imperative that we give our clients the best holidays possible. We believe that over 30 years of operation and a more extensive programme than anyone else in our corner of the travel industry illustrates our success.

FINANCIAL SECURITY
We provide complete financial security for all our clients and adhere to all government regulations concerning the safety of our clients' money.

FEEDBACK
At the end of every trip, we provide our clients with a questionnaire that we urge you to fill in. We rely very heavily on our clients' feedback to maintain and improve the quality of our holidays.

ACCURACY
We do our utmost to make sure that the information provided in our brochures and on our website is accurate. However things can and do change due to circumstances beyond our control and also please remember, no one is perfect.

OUR SOCIAL CONTRIBUTION

Actual Adventure is a key supporter for this Himalayan Social Foundation. Himalayan Social Foundation is a non-profit and independent social organization in Nepal. The organization is legally registered with the Government of Nepal and Social Welfare Council in Kathmandu. Himalayan Social Foundation was established with the responsibility to help and promote the unseen, poor society of the remote villages in the Himalayan kingdom of Nepal.

Nepal is a beautiful country of the Himalayas and very rich in natural resources, unique traditions, culture and customs of the ethnic groups and the kind heart of the people living in the country. However, we must accept this bitter truth that Nepal is one of the poorest country in the world. The majority of the people live in the underdeveloped and remote villages where the basic needs of food, cloth and shelter are still hard to manage by the family. Education, electricity and road are out of their reach. If the people are aware of importance of education and some form of income generation activities, there will be the development of the villages from the society level. To spread the light of education to the children and people of the villages, Himalayan Social Foundation is determined to achieve the goal.

OUR PARTNER COMPANY

Alpine Hotel & Appartment (P.) Ltd.

Post Box: 9572, Thamel, Kathmandu, Nepal
Tel: +977-1-4701435 & +977-1-4701308
Skype: alpine.hotel
Email: sales@alpinehotelnepal.com, alpinehotelnepal@gmail.com
www.alpinehotelnepal.com

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Tel.: +977-01-4701509
info@himalayanpilgrimagejourney.com, hpj.kedar@gmail.com
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G.P.O. Box: 8974, Amrit Marg, Bhagwan
Thamel, Kathmandu, Nepal
Tel: +977-1-4417579
kedar@everesthelicharter.com, everestheliservice@gmail.com

www.everesthelicharter.com

Affiliated

Recommended by:

Amrit Marg, Bhagawan Bahal, Thamel, Kathmandu, Nepal
Phone: +977-1-4417579, 4701509
Cell: 977-9851012358 / 9841397842 / 9813287537
E-mail: info@actual-adventure.com, kdr.neupane@gmail.com

www.actual-adventure.com