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HIMALAYAN LEADERS



Exploring the Himalayas...

www.himalayanleaders.com
info@himalayanleaders.com

Introduction to Nepal :

Duration : 6 nights / 7 days

Nepal has a rich and complex mix of different cultures and traditions, melded over thousands and thousands of years into a unique whole. For the western traveler there is much that is familiar but also will experience many surprises. Family and religion are of paramount importance and are constantly presented throughout the culture.

Itinerary:

A cultural introduction to stupas, monasteries and temples of Kathmandu valley and thrilling jungle safari in Chitwan national park and rafting on the Trisuli river and Lumbini.

Day 01: Arrival in Kathmandu overnight in Hotel

Day 02: Sightseeing Pashupatinath, Swayambhunath, Boudhanath stupa and Kathmandu Durbar Square.

Day 03: Drive to rafting starting point on the Trishuli River and all day rafting class II-III+ rapids. We camp on the riverside.

Day 04: After breakfast we continue rafting. We will take lunch at the riverside and then drive to the Chitwan National Park.

Day 05: Today dug out canoe trip, visit the elephant breeding farm or take jungle trek, elephant back safari program overnight in Jungle resort.

Day 06: AM one hour-long bird watching tour early in the morning. After breakfast, drive 4 hours to Kathmandu overnight hotel.

Day 07: Transfer to airport and departure.

Experience Nepal (Cultur and short Annapurna Trek)

Duration : 14 nights / 15 days

A cultural approach to stupas, monasteries and temples of Kathmandu valley, a short but fantastic trek to Poon Hill in Annapurna area, Pokhara valley excursion and thrilling jungle safari in Chitwan National Park and Rafting in Trisuli river class 3 rapid and Birthplace of Lord Boudha Lumbini .

Day 01: Arrival in Kathmandu, meet up with our guide and transfer to hotel.

Day 02: Sightseeing Pashupatinath, Swayambhunath and Boudhanath stupa and Kathmandu Durbar Square.

Day 03: Early in the morning drive to Nagarkot and sightseeing in Bhaktapur and Patan overnight in Kathmandu

Day 04: Drive to rafting entrance point and start rafting !

Day 05: Breakfast on the beach side and then 4-hour drive to Pokhara.

Day 06: Pokhara-Birethanti- Tikhedhunga trek.

Day 07: Ulleri Ghorepani trek

Day 08: Ghorepani-Ghandruk trek

Day 09: Ghandruk-Pokhara trek

Day 10: Sightseeing in Pokhara.

Day 11: Drive to Chitwan National Park and start wildlife safari activities.

Day 12: Today dug out canoe trip, visit the elephant breeding farm or take a jungle trek. Elephant safari program in the afternoon.

Day 13: One hour-(early morning)-long bird watching tour. After breakfast drive 4 hours to Lumbini sightseeing.

Day 14: Drive to Kathmandu 9 hours or fly to Kathmandu from Bhairawa airport.

Day 15: Transfer to airport and departure.

Detailed information can be found on our website.





Why travel with Himalayan Leaders ?

Authorized company:

Himalayan Leaders (P) Ltd. is registered at the Department of Tourism, HMG of Nepal under the Tourism Act 2035 B.E. and Travel/Trekking Agency Rules & Regulations 2037 B.E. We are members of TAAN (Trekking Agents Association of Nepal), NMA (Nepal Mountaineering Association) and the HRA (Himalayan Rescue Association).

Well experienced:

Our high quality company is based on a solid Nepali team of well experienced and certified guides (rafting, mountainbiking, mountaineering, trekking) and porters, and an internationally educated management team. We have more than 20 years of experience in organising sustainable tourism in Nepal, Tibet, India (Ladakh, Sikkim, Darjeeling,...), Bhutan and Pakistan.

Customized tours: We are specialized in taking care of your dream !

You tell us your holiday period and your preferences, we will provide a custom build program free of charge. You can travel in group or alone, without prices being exponentially higher. Our service minded policy means, we make sure the highest quality is always provided. We offer 1 guide for maximum 6 clients. (and not for 12 clients like most other companies)

Prompt response to your inquiry:

Our management has many years of travel experience and will be your first source for questions, answers and prices. Each trip will be adapted to your personal request.

Eco and sustainable tourism:

We are highly aware that we have to preserve the natural beauty and culture of our destinations so that future generations can also explore the wonders of this fragile environment. Our guides are trained and committed to responsible tourism with minimum environmental impact and a good and honest interaction with local communities.

Support to the community:

Himalayan Leaders is also a foundation company, playing a vital role, individually and in a joint effort with other related associations, in the sector of education and health medicare, of those poverty stricken communities in Nepal and providing economic support in order to improve the basic status of their life.



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Glimps of Nepal



Draped along the spine of the Himalaya, Nepal is a land of sublime scenery, time-worn temples, and some of the best hiking trails on earth...

Geography:

Nepal sits uneasily on the shoulder of the southern Himalaya, wedged between China to the north and India to the south. In length and breadth it's just another small country, but in height it's a world-beater. From the low-lying plains of the Terai, the landscape soars to the peaks of the Himalaya, including cloud-hugging Mt Everest. In fact, Nepal boasts eight of the world's 4 tallest mountains.

Time Zone:

GMT/UTC +5.75

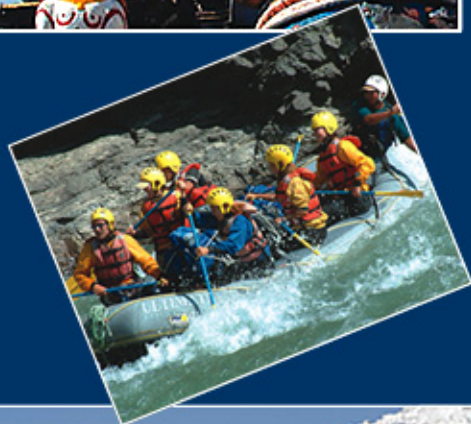
People :

The population of Nepal is made up of dozens of different tribal groups such as the Newars, who dominate the area around Kathmandu. Other important tribes include the Thakalis, Gurungs, Magars, Tamangs, Chepangs, Tibetans, Bhotias (Bhutanese), Rais, Limbus, Jirels, Sherpas, Bahuns, Chhetris and the Tharus and Mithila of the Terai.

Weather :

Because of the varied topography, the weather in Nepal can vary wildly. Temperatures fall and rainfall decreases the higher up you go. In the high-altitude deserts of the Tibetan Plateau, temperatures hover just above freezing for most of the year and it almost never rains. From March to April and October to November - the best times to visit Nepal - days are generally warm with little rain, decent sunshine and temperatures in the 24-28C (75-83F) range. From November to March, night-time temperatures can drop close to freezing, and snow can block mountain passes, though Pokhara and Kathmandu rarely see more than a few flakes. May and early June are unbearably hot and sticky and rain buckets down most days from May to September. Kathmandu is generally drier than Pokhara at this time of year, while the Terai positively drowns.

Enjoy Nepal for culture, nature and adventure with Himalayan Leaders





Gokyo, Kala Pattar, E.B.C. Trekking (Everest Region)

Duration: 23 Nights/24 Days (4 nights Kathmandu and 19 nights lodge trekking)

Best season: Sep - Dec, Mar - May

Trekking grade : C (Strenuous)

Max. altitude: 5,545m. (Kalla Pattar)

Starting from: Kathmandu to Lukla flight.

Ending Point: Lukla to Kathmandu flight.

Culture: Brahmin and Sherpa communities.

Himalayan Sights: Everest, Ama Dablam, Nutse, Lotse, Thamserku, Mt. Pumori,...

The trekker will be stunned by spectacular views of Everest, Makalu, Cho-oyu, Ama Dablam and other great peaks.

Highlight: Fantastic views when you walk up to Gokyo, when you climb Gokyo Ri, when you see the sunset on Kala pattar and of course when you arrive in the Everest Base Camp...



Kanchanjunga Base Camp Trekking (Restricted area)

Duration: 27 Nights/28 Days (3 nights Kathmandu and 24 nights tent trekking)

Best season: Apr - May, Sep - Nov

Trekking grade : C (Strenuous)

Max. altitude: 5,400m.

Starting from: Kathmandu to Basantapur flight.

Ending Point: Taplejung to Kathmandu flight.

Culture: Sherpa, Rai, Tamang, Chhetri, Brahmins & Tibetan.

Himalayan Sights: Makalu, Everest, Kanchanjunga, Janakchuli, Dhorma Peak, Pathibhara Himal, Kiran chuli, Nepal Peak, Kumbhakarna, Chang Himal, Tapleshikhar, Givigela Chuli, Dzanve Peak, Lashar Himal & many more will make this trip a very special one...



Kala Pattar & E.B.C. Trekking (Everest Region)

Duration: 17 Nights/18 Days (3 nights Kathmandu and 14 nights lodge trekking)

Best season: Sep - Dec, Mar - May

Trekking grade : C (Strenuous)

Culture: Sherpa Culture.

Trek Starts From: Flight to Lukla.

Treks Ends at: Lukla, flight to Kathmandu.

Max. Altitude: 5,545m. (Kalla Pattar)

Himalayan Sights: The full Everest Range including the world's highest Mt. Everest (8850m).

Detailed information can be found on our website.



Mustang Trekking (Restricted area)

Duration: 13 Nights/14 Days (2 nights Kathmandu, 2 nights Pokhara and 9 nights tent trekking)

Best season: May - Oct

Trekking grade : C (Strenuous)

Max. altitude: 3,800 m. (Lomanthang)

Starting from: Either fly to Jomsom from Pokhara or start trek from Nayapool or Besisahar (extra 7 days)

Ending Point: From Jomsom fly back to Pokhara or walk down to Beni (extra 6 days)

Culture: Thakali, Tibetan and Lobas

Himalayan Sights: Annapurnas and Dhaulagiri, Nilgiri, Tibetan plateau. It is one of the most isolated and unexplored corners of the Himalayas.



Annapurna Base Camp Trekking (Annapurna Region)

Duration : 17 nights/18 days (4 nights Kathmandu, 2 nights Pokhara, 11 nights lodge trekking)

Best season : Sep - Dec, Feb - May

Trekking grade : B (Moderate)

Max. altitude : 4,130m.

Starting from : Pokhara and then drive to New Bridge.

Ending Point: Pokhara via Ghorepani.

Culture: Different Gurung and Magar communities.

Himalayan Sights: Annapurnas, Dhaulagiri, Machhapurchre, Manaslu...

Highlight: This trek to the A.B.C. (top ten rated trekking tour in the world) combines some of the most fantastic mountain scenery with a fascinating insight into the life of middle hill Nepalese. The trail takes us through an ever-changing landscape of rice fields, misty forests and lowland local villages to the Himalayan glaciers.



Everest Panorama Trekking (Everest Region)

Duration : 9 Nights/10 Days (2 nights Kathmandu and 7 nights lodge trekking)

Best season : Sep - Dec, Mar - May

Trekking grade : B (Moderate)

Max. altitude : 3,867m. (Tengboche)

Starting from : Lukla (Fly from Kathmandu)

Ending Point : Lukla (Fly to Kathmandu)

Culture : Sherpa communities.

Himalayan Sights: Everest, Ama Dablam, Nutsé, Lotse, Thamserku,...

Highlight: This trek is ideal for those who have less time but still want to have a good view of Mt. Everest or Sagarmatha, like the Sherpas call this beautiful mountain.. This short trekking provides a good insight into Sherpa culture without reaching high altitudes.



Langtang & Gosainkunda Helambu Trekking (Langtang Region)

Duration: 16 nights/17 days (3 nights Kathmandu and 14 nights lodge trekking)

Best season : Sep - Dec, Feb - May

Trekking grade : B (Moderate)

Max. altitude : 4,381m.

Starting from: Shyabrubesi

Ending Point: Dhunche

Culture: Tibetan people and their unique culture and long history.

Himalayan Sights: The holy lake Gosainkund, Langtang Lirung (7246m.) Yala peak (5,500m.), Langshisha Ri (6310m.) Gang Chhenpo (6388m.) Ganesh Himal Range, Manaslu, Hiunchuli,...

Highlights:

Three major regions offer a great diversity in both nature and culture very close to the Nepali capital Kathmandu.



Annapurna Circuit Trekking (Annapurna Region)

Duration : 23 Nights/24 Days (3 nights Kathmandu, 2 nights Pokhara and 18 nights lodge trekking)

Best season : Sep - Dec, Feb - May

Trekking grade : C (Strenuous)

Max. altitude : 5,416 m. (Thorung-La Pass)

Starting from : Beshishar.

Ending Point : Pokhara.

Culture : Fascinating ethnic groups like Braman, Cheetri, Gurung, Manangis, Tibetan Lama

Mode of Trekking : Popular for Tea house (Lodge trek). But the trek can be operated either tea house or camping trek on request.

Himalayan Sights: Annapurna, Dhaulagiri, Manaslu, Tibetan Plateau,...

Highlight: Considered by many as one of the ten best treks in the world. Offers a fascinating insight in the life of middle hill Nepalese, ethnic groups from Hindu farmers to Tibetan lamas, incredible views of the Himalayas, different climate zones, most famous high peaks, crystal clear lakes and turbulent rivers with deep gorges...

Detailed information can be found on our website.

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Upper Dolpo Trekking (Restricted area)

Duration: 24 Nights / 25 Days (3 nights Kathmandu and 21 nights tent trekking)

Best season: May - Oct

Trekking grade: D (Challenging)

Max. altitude: 5,400m.

Starting from: Nepalgunj

Ending Point: Nepalgunj

Culture: Tibetan, Thakalis and Brahmins

Himalayan Sights: Annapurnas, Dhaulagiri, Thorong Peak and Tibetan rugged mountains.

Highlight: Dolpo is the most remote and least developed isolated corner of Nepal. The region offers opportunities to visit ancient villages, high passes, beautiful lakes and isolated Buddhist monasteries and also experience the vast array of wildlife inhabiting the region, including blue sheep, mountain goat, jackal, wolf and the legendary snow leopard.



Manaslu Trekking (Restricted area)

Duration: 26 Nights/27 Days (4 nights Kathmandu and 22 nights tent trekking)

Best season: Sep - Nov, Mar - May

Trekking grade: D (Challenging)

Max. altitude: 5,135m.

Starting from: Gorkha or Arughat

Ending Point: Beshisahar

Culture: Gurung, Magar, Tamang and Bhotas (Tibetan) who inhabit the region and whose way of life is still unchanged.

Himalayan Sights: Unsurpassed beauty of brilliant mountain vistas of the Ganesh, Manaslu Himal (8,118m) and Annapurna ranges.

Highlight: Newly opened, this is one of the finest treks in Nepal. It brings you to the northern border of Nepal with Tibet. Frequent views of the Annapurnas and Manaslu combined with unique culture and religions gives a great trekking mix.



Makalu Base Camp Trekking (Restricted area)

Duration: 21 Nights/22 Days (3 nights Kathmandu and 18 nights tent trekking)

Best season: Apr - May, Sep - Nov

Trekking grade: C (Strenuous)

Max. altitude: 5,000m.

Starting point: Tumlingtar

Ending Point: Tumlingtar

Culture : Rai, Limbus and Chetry

Himalayan Sights: Makalu, Mt. Everest,...

Highlight: Makalu(8,481m), the fifth highest mountain of the world leaves a huge impression... This isolated trek in one of the non-touristic areas of Nepal is famous for its unique flora and fauna.



Jomsom and Muktinath Trekking (Annapurna Region)

Duration: 14 Nights/15 Days (3 nights Kathmandu, 2 nights Pokhara and 10 nights lodge trekking)

Best season: Feb - May, Sep - Nov

Trekking grade: B (Moderate)

Max. altitude: 3,800m. (Muktinath)

Starting from: Pokhara

Ending Point: Pokhara by flying from Jomsom

Culture: Magar, Thakali, Tibetan people

Himalayan Sights: Dhaulagiri, Annapurnas including Nilgiri, Tilicho peak...

Highlight: The diverse landscapes and cultures, the deepest gorge in the world, the raging Kali Gandaki river that runs between the Dhaulagiri and Annapurna and both Hindu and Buddhist pilgrims site of Muktinath makes this trip very worthwhile.

Detailed information can be found on our website.

Peak Climbing and Expedition



Mera Peak 6421m.

Duration: 17 nights/18 days

Peak Region: Khumbu-Mt Everest

Trek Starts: Kathmandu to Lukla flight.

Trek ends: Lukla to Kathmandu flight.

Highest Access: Mera Peak summit (6421m.)

Type of trekking: 14 days tent trekking with summiting Mera Peak

Tour grade: Moderate, difficult



Island Peak 6189m.

Duration: 21 nights/22 days

Peak Region: Khumbu-Mt Everest

Trek Starts: Kathmandu to Lukla flight.

Trek ends: Lukla to Kathmandu flight.

Highest Access: Kalapathar (5,545m.), Island peak summit (6189m.)

Type of trekking: 4 days camping on mountain



Chulu West 6419m.

Duration: 21 nights/22 days

Peak Region: Annapurna Region

Trek Starts: Besisahar.

Trek ends: Jomosom to Pokhara flight.

Highest Access: Thorung La (5410m.)

Type of trekking: 4 days camping on mountain

Tour grade: difficult

We have several experienced mountaineering guides who have climbed all of the 33 Trekking Peaks. We can give you fully detailed information on request.

Amadablam 6856m.

Normal route - South East ridge

Best season : April, May, September, October

Amadablam is a beautiful mountain, located almost due south of Everest and Lhotse in the Khumbu region. It is a steep pyramid of ice with vertical walls and sharp, exposed ridges. Amadablam forms a lasting impression on many trekkers in Nepal, as it is perhaps the most stunning mountain along the popular trekking route to Everest Base Camp.



Itinerary:

Day 01: Arrival in Kathmandu, meet our guides and transfer to your hotel.

Day 02: Kathmandu sightseeing.

Day 03: Kathmandu sightseeing and preparing for the expedition.

Day 04: Transfer to the airport, fly to Lukla at 2800m. and trek to Phakding, Day

05: Trek to Namche Bazaar at 3446m.

Day 06: Trek to Khumjung, 3790m.

Day 07: Khumjung.

Day 08: Views of Lhotse, Amadablam, Kangtega, Thamsarku and the villages of Thame valley and Kunde.

Day 09: Trek to Tengboche Monastery, 3860m.

Day 10: Trek to Mt. Amadablam Base Camp at 4600m.

Day 11-23: Amadablam climbing period.

Day 24: Cleaning up our base camp.

Day 25: Base camp to Khumjung.

Day 26: Trek to Phakding.

Day 27: Trek to Lukla.

Day 28: Fly to Kathmandu and transfer to your hotel.

Day 29: Kathmandu sightseeing.

Day 30: Transfer to the airport and departure from Kathmandu.



Mt. Cho-oyu - Tibet side (8201m)

Cho Oyu is the sixth highest mountain in the world, located a short distance to the west from Everest (the highest) and Lhotse (the fourth highest) in the Khumbu region of Eastern Nepal along the Tibetan border. Its towering peak stands with Everest well above the surrounding mountains. It became a familiar landmark to climbers ascending Everest's north face. Just west of Cho Oyu is the Nangpa La, a 19,000-foot glacier pass, the main trade route between the Khumbu Sherpas and Tibet. Cho Oyu's proximity to the Nangpa La has earned it the distinction among some climbers as being the easiest 8,000 meter peak.

Itinerary:

Day 01: Kathmandu- Zangmu (2100m.)

Day 02: Nyalam (3850m)

Day 03: rest day

Day 04: Tingri (4350m)

Day 05: rest day

Day 06: Cho-oyu BC (4970m)

Day 07-10: Acclimatisation days

Day 11: Proceed to intermediate camp (5100m)

Day 12: Cho-oyu ABC (5540m)

Day 13-17: Acclimatisation, go to camp 1 and back.

Day 18-21: Up to camp 1 and 2 and back.

Day 22: Camp 1 (6300m).

Day 23: Camp 2 (6950m).

Day 24: Camp 3 (7350m).

Day 25: Summit and back to camp 2.

Day 26: Trek back to BC (4970m).

After final attack, 2 days to clean up camp and depart to Kathmandu. During the expedition, weather and preparation days are negotiated.



Mt. Shisapangma (8013m) in Tibet

Itinerary:

Day 01: Kathmandu- Zangmu (2100m.)

Day 02: Nyalam (3850m.)

Day 03: rest day

Day 04: Drive to Shisapangma B.C. (5000m)

Day 05-06: Rest days.

Day 07-10: Acclimatisation days.

Day 11: Proceed to intermediate camp.

Day 12: Shisapangma ABC (5400m.)

Day 13-17: Acclimatisation and rest days.

Day 18-21: Camp 1 and camp 2. Acclimatisation.

Day 22: Advance to camp 1.

Day 23: Advance to camp 2.

Day 24: Camp 3.

Day 25: Summit and back to camp 2.

Day 26: Back to BC (5000m).

After final attack, 2 days to clean up camp and depart to Kathmandu. During the expedition, weather and preparation days are negotiated.



Next to these beautiful climbs and expeditions, we offer several more expeditions to 6' and 7000m mountains, like Tilicho Peak (7135m)... Please write us an email for your request and we will send you detailed information.

River rafting/Kayaking in Nepal



Trisuli - A Blast at Monsoon Flows 1-3 Days - Class III-IV

A classic river at high monsoon, flows when huge runoffs make the river swell and sheer like an immense ribbon of churning ocean. Flows are gentler outside the monsoon season. The close proximity to Kathmandu makes the Trisuli one of the premier short trips for beginner to advanced during monsoon.



Bhote Kosi - Two days raft trip - Class IV-V

"Nepal's steepest action packed rafting trip" If you have limited time, or just the desire for an adrenaline overload, this is the river for you. The Bhote Kosi has continuous big rapids and non-stop thrills. Passing through steep canyons and gorgeous scenery it is a 2-day rollercoaster. Our put in point is at the Borderland Resorts, conveniently located at the highest possible raft launch on the river and is the base for activities such as canyoning, mountainbiking and bungy jumping all around the Tibetan border.



Kali Gandaki - The Holy River - 3 Days - Class III - IV

The recent damming of the lower portion of this river has left us with one Nepal's premier medium length river journeys. Although villages are few, you'll still spy pilgrims making their way down to pay homage to the Goddess Kali the river's namesake. Nice drops, sparkling chutes and turbulent rapids provide class III to IV runs during the fall and spring seasons. This ancient trading route from Tibet takes you through the deepest river gorge in the world.



Marsyangdi - Steep and Challenging 3/4 Days - Class III-V

The extreme and exotic Marsyangdi, means "Raging River" in the local dialect and this aptly describes one of the best white water runs in the world. We trek through charming Gurung villages and emerald fields to Khadi/Bulbule. Children play excitedly as we pass, snow-capped Himalayan giants surround us and the champagne river churns and bubbles below. Few rivers rival this for exhilarating white water and sustained sections of steep, technical rafting test our team work.



Karnali "The Big One" Expedition - 10 Days - Class III - V

The Karnali, Nepal's mightiest river, descends through the Himalayas in a series of magnificent gorges. In traditional Nepalese fashion, dozens of porters carry our equipment for an hour hike to one of Nepal's most isolated and least explored area. Exceptional big volume rafting through tropical jungle, deserted beaches, small villages and other remarkable scenery of the far western parts of Nepal. This trip can be combination with Bardia National Park wildlife safari activities.



Sun Kosi - The River of Gold - 8/10 Days - Class III - V

The warm waters of the Sun Kosi surge for 270 km between roads. Whipped foamy white where narrow canyons constrict the river's flow, the cataracts are long and powerful. There are dozens of adrenaline pumping rapids and miles of calmer water to reflect on this beautiful area. This trip combination with Kanchanjanga and Makalu trek or Kositapu or Chitwan National Park wildlife safari activities.



Tamur - Fly, Trek and Raft Expedition - 11 Days - Class III-V

A trip to the newly opened Tamur river in eastern Nepal, local people are a fascinating assembly of tribes and castes. You'll see the sacred lake at Gupha Pokhari and be greeted by stunning views of the Kanchenjunga massif, Makalu and mighty Everest. Towering waves leap skyward, with seemingly endless rapids surging through steep canyon wall on the final few days of this ultimate river journey. This trip can be combined with Makalu and Kanchenjunga trek.

Kayak Clinic - Learn to Kayak with Professionals - 4 Days.

With the support and guidance of our internationally certified instructors, we can make your introduction to kayaking enjoyable and positive. Flowing blue and warm, the Seti River meanders through an isolated wilderness of contorted limestone gorges, forest and small rapids. The thrill and gratification of learning to kayak in the Himalayas is a great start to kayaking. Same time we teach basic clients who knows some kayaking in Upper Sun Koshi River and Trisuli river too.

Detailed information can be found on our website.

Motorbiking : India, Nepal and Tibet



India to Nepal on a legendary Enfield "Bullet" 500cc !

The Enfield is a true classic, with the single cylinder 500cc engine producing a deep, throaty rumble and powerful torque and unique "buddha buddha" sound...

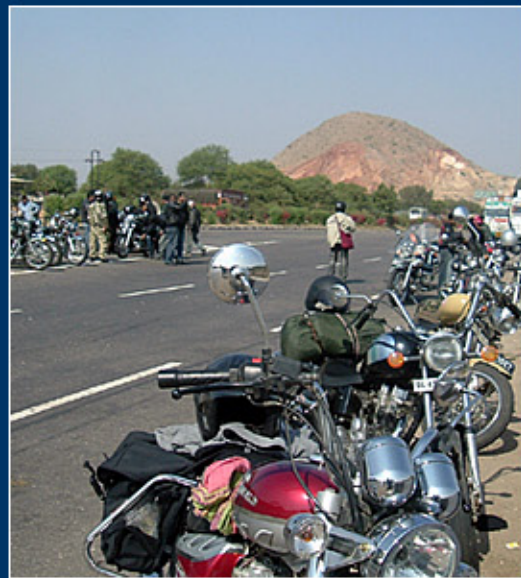
India and Nepal as travel destinations are inimitable, incomparable and intoxicating and will offer a sheer wealth of impressions. That, combined with a motorbike adventure, will be a life time experience !

Duration : 18 nights/ 19 days

Best Season : all year

Itinerary :

- Day 01: Arrival in Delhi, meet our guides at the airport and transfer to hotel.
- Day 02: Introduction to the "Bullet" and sightseeing on motorbike in Delhi.
- Day 03: Delhi-Jaipur bike drive : 265 km in 6hr.
- Day 04: Jaipur-Agra bike drive : 255 km in 6hr.
- Day 05: Agra-Jhansi/Orchha bike drive : 260 km in 6hr.
- Day 06: Orchha-Khajuraho bike drive : 196 km in 5hr.
- Day 07: Khajuraho-Allahabad bike drive : 280 km in 7hr.
- Day 08: Allahabad-Varanasi/Sarnath bike drive : 150 km in 4hr.
- Day 09: Varanasi-Kushinagar bike drive : 245 km in 6hr.
- Day 10: Kushinagar-Bhairwa bike drive : 120 km in 4hr.
- Day 11: Bike drive to Chitwan NP : a trip in a dug out canoe at sunset.
- Day 12: Relaxing in the Chitwan NP : elephant ride, jungle and jeep safari.
- Day 13: Visit Lumbini, Buddha's birth place, drive to Tansen in 3hr.
- Day 14: Tansen to Pokhara bike drive in 4hr.
- Day 15: Rafting the class II-IV Trisuli river
- Day 16: Rafting the class II-IV Trisuli river
- Day 17: Drive to Gorkha historical palace and then to Kathmandu.
- Day 18: Sightseeing Kathmandu and fly back to N. Delhi.
- Day 19: Transfer to airport and fly back home.



Lhasa & Everest Base Camp motorbike trip

One of our most praised off-road adventure for motorbikes in Tibet will be recorded as a journey of treasured experience and memories. We will bring you to Lhasa, the capital city of Tibet and then return back via the Mt. Everest base camp.

Duration : 13 nights/14 days

Best season : June - Sep

Itinerary:

- Day 01: Kathmandu - Zhangmu - Nyalam (180 km): 3500m.
- Day 02: Rest at Nyalam to avoid altitude sickness.
- Day 03: Drive to Tingri (approx 160 km): 4000m.
After breakfast we start with an easy ride up to the main checkpoint and visit the Milarepa's cave enroute. Spending the night in Tingri makes you more comfortable with the altitude and gives you splendid views of the Himalayan mountains..
- Day 04: Tingri - Lhatse (approx 150 km): 3900m.
The riding is pleasant and full of fantastic views while driving across the 5220m. pass called "Gyatso La". We continue our ride down to the fertile valley of Lhatze.
- Day 05: Lhatze - Xigatse (approx 150 km): 4000m.
A typical day riding between the villages to Xigatse or Shigatse, the second largest city of Tibet. The ride proceeds across Yulung La (4950 m.), over fairly unpaved roads in the Tibetan Plateau area. After reaching Shigatse, you can visit the "Tashilhumpo Monastery", a vast monastery.
- Day 06: Shigatse - Gyantse (90 km): 4000m.
Bike drive to Gyantse takes us through agricultural cultivated areas. The drive on this day is just 90 km but you can drive to the small, picturesque village of Kardoi (120 km round trip). It takes you to an old castle, Kumbum and Palcho Chode monastery.
- Day 07: Gyantse - Lhasa (280 km) via the Yamdrok Tso
You will drive mostly on a paved road, though there is an off-road section from Gyantse to the turquoise lake "Yamdrok Tso". You will cross the high pass of "Karo La" at 5050m then continue drive to Lhasa.
- Day 08-09: Sightseeing around Lhasa:
The most prominent spots worth sightseeing around Lhasa are Potala Palace, Sera monastery, Drepung Monastery, Norbulingka palace and the Tibetan ancient cultural market. We take it slow to indulge us in this rich Tibetan culture.
- Day 10: Lhasa - Shigatse (250 km):
We follow the riverbed of the Kyi Chu River flowing along the Brahmaputra valley.
- Day 11: Shigatse - Xegar (250 km): 4400m.
Riding from Shigatse we ascend to the Gyatso La-5220m to descend into Xegar.
- Day 12: Xegar - Rongbuk - Everest Base camp - Rongbuk (approx. 130 km):
Riding through the amazing wilderness ascending via Rongbuk to Everest base camp, 5200m and back to Rongbuk will be an unforgettable drive.
- Day 13: Rongbuk - Old Tingri - Nyalam (300 km)
A long ride to Nyalam following the Northwest direction ascending via Lablung La (5120 meters) and the Thong La pass.
- Day 14: Nyalam - Zhangmu - Kathmandu (180 km.)
In 35 km or 1.5hr, we descend 1300m ! In Zhangmu we will follow the custom clearance, immigration & check post clearance formalities both on Tibet and Nepal border. We continue our trip to Kathmandu by private vehicle.
- Day 15: Transfer to the airport and fly back home.



For more details, please visit our website.

Mountainbiking in Nepal



Kathmandu Valley Mountainbike Tour

Nepal is one of the most mountainous areas of the world. Kathmandu, the capital, lies within a large valley and offers Nepal's best mountainbiking short trips. Unspoiled single tracks, gravel roads, steep climbs and tricky downhill sections will make your trip worthwhile. Trips range from 1 day to a 13 day exploration of the whole Kathmandu Valley.

We will stop at the best locations for viewing the mighty Himalayas from Kathmandu Valley's northern rim. From various vantage points we can see Dhauligiri in the west round to Everest in the east. The valley is also the historical centre of Nepal, the place where kingdom's rose and fell and with several World Heritage spots, ancient cities, hidden temples and many more, not to be missed.

Itinerary

- Day 01 : Arrival, meet up with our guide and transfer to your hotel.
- Day 02 : Sightseeing in Pasupatinath, Shyambhunath, Boudhanath and Kathmandu Durbar Square.
- Day 03 : Bike to Nagigompa and Chisapani.
- Day 04 : Bike to Nagarkot, best viewpoint for the Himalayan range
- Day 05 : Bike to Planchowck, Bagawati, both religious places.
- Day 06 : Bike to Dhulikhel.
- Day 07 : Bike to Namobuddha, Lakhuri bhanjyang best view point of Kathmandu Valley,
- Day 08 : Bike to Dakchhinkali one of the Sacrifice Goddess in Kathmandu.
- Day 09 : Bike to Kulle khani.
- Day 10 : Bike to Dhaman, best viewpoint for the western mountain range.
- Day 11 : Bike long down hill to Naubise and bus transfer to Kathmandu.
- Day 12 : Free day for shopping in Kathmandu or extra mountainbike day.
- Day 13 : Transfer to the airport and departure.



18 days tour Kathmandu-Chitwan-Lumbini-Tansen-Pokhara

This trip is a round trip between Kathmandu and Pokhara, with visits to the Chitwan NP, the birthplace of Buddha and many more. We try to maximize the amount of single tracks and gravel roads and this offers you an inside look into the remote Nepali villages where tourists are only seldomly seen... This trip can be a bit strenuous, because several days are over 100km long.

- Day 01: Arrival, meet up with our guide and transfer to your hotel.
- Day 02: Sightseeing around Kathmandu by mountainbike and first trip to Nagarkot.
- Day 03: Nagarkot to Dhulikhel via Lakhuri bhanjyang.
- Day 04: Dhulikhel to Godawari via Banthali.
- Day 05: Godawari to Kathmandu via Patan.
- Day 06: Bike to Palung.
- Day 07: Bike to Chitwan via Hetuda.
- Day 08: Bike to Bhirawa.
- Day 09: Sightseeing in Lumbini and bike back to Bhirawa.
- Day 10: Bike to Tansen.
- Day 11: Bike to Baglung.
- Day 12: Bike to Pokhara.
- Day 13: Pokhara sightseeing with Sarangkot.
- Day 14: Bike to Khairani.
- Day 15: Bike to Gorkha.
- Day 16: Bike to Mugling.
- Day 17: Bike to Kathmandu.
- Day 18: Transfer to the airport and departure.



Detailed information can be found on our website.

Mountainbiking : We organise the impossible ...



Lhasa to Kathmandu : mountainbiking on top of the world ...

Mountainbiking in Tibet and Nepal is getting increasingly popular and Himalayan Leaders is one of the few in exploring new adventures on the Tibetan plateau. We fly to Lhasa with our mountainbike equipment and look around the city, visit places of interest including the Ganden monastery and after a few days acclimatising, we follow the mountainbike route from Lhasa to Kathmandu which stretches more than 920km. In 21 days, we bike over 6 5000m passes, experience the longest downhill in the world and traverse the backbone of the Himalayas, where we admire the Everest Base Camp at the northern face of Mt. Everest...

Itinerary:

- Day 01: Arrival in Kathmandu and a first meeting with our guides.
 - Day 02: Kathmandu valley sightseeing on your mountainbike.
 - Day 03: Fly to Lhasa.
 - Day 04: Tour of Lhasa : sightseeing by mountainbike. (+23km/75m)
 - Day 05: Tour of Lhasa : sightseeing by mountainbike. (+60km/356m)
 - Day 06: Bike to camp before Camp-la pass (4974m.) (+73km/ 1196m)
 - Day 07: Bike to camp Nagartse. (+82km/562m)
 - Day 08: Bike to camp near Simila pass (4330m.) (+50km/450m)
 - Day 09: Bike to camp Gyantse. (89km/500m)
 - Day 10 Resting day in Gyantse camp.
 - Day 11: Bike to Shigatse Hotel. (+93km/91m)
 - Day 12: Rest day for exploring the town.
 - Day 13: Bike to camp near Chemo village. (+65km/480m)
 - Day 14: Bike to Lhatse camp, after Lhatse Lakpa La (5220m.) (+73km/980m)
 - Day 15: Bike Tingri Camp
 - Day 16: Bike to Tashi Zdong (Pang-La 5200 m.) (+97km/1120m)
 - Day 17: Bike to E.B.C.(5,000 m.). Overnight in tents. (+35km/812m)
 - Day 18: Bike to Tashi camp (75km/900m)
 - Day 19: Bike to Rongbuk camp (75km/900m)
 - Day 20: Bike to New Tingri camp (4350m.) (70km/450m)
 - Day 21: Bike to Sumo village (ShungLa Pass 4900m. & LalungLa 5,050 m.)
 - Day 22: Bike to Nyalam camp(2100m.) (+85km/2224m)
 - Day 23: Bike to Kodari camp (+55km/1360m)
 - Day 24: Bike to Dhulikhel overnight Hotel (+67km/1186m)
 - Day 25: Bike to Kathmandu via Bhaktapur overnight Hotel (+38km/480m)
 - Day 26: Flight back to home.
- This program can be adapted but a minimum of 21 days is required.



Annapurna Circuit & Tilicho Lake Expedition...

Tilicho Lake is the highest lake in the world at 5200m. The lake lies on the north side of the Annapurna Himal, just below Tilicho Peak (7134m). Reaching it is not easy as the route rises to the Mesukantu-La pass at 5,300m. But it is an exciting and beautiful route, and one well suited to mountainbiking for those with good biking skills...

Itinerary:

- Day 01: Arrival in Kathmandu and a first meeting with our guides.
- Day 02: Sightseeing around Kathmandu Valley on your mountainbike.
- Day 03: Kathmandu to Besisahar by bus.
- Day 04: Bike to Bahundanda (1310m.). (18 km)
- Day 05: Bike to Tal (1700m.). (12km, +40% rideable)
- Day 06: Bike To Chame (1700m.). (20km, +55% rideable)
- Day 07: Bike to Lower Pisang village (3260m.). (15.2km, 80% rideable)
- Day 08: Manang village (3450m.). (17km, 95% rideable)
- Day 09: Acclimatisation day in Manang.
- Day 10: Bike to past Braga, camp in tents at 3500m.
- Day 11: Bike to Tilicho Base camp. Camp in tents at Tilicho Base Camp (4200m.). (+50% rideable)
- Day 12: We reach 5000m | Tilicho lake. (50% rideable)
- Day 13: We cross a pass east of the lake, at 5300m, very steep and not rideable. Downhill is possible and due to snow, it is an exciting ride and we slide into Tilicho camp 2. Camp in tents at 5,100m. (50% rideable).
- Day 14: After a short ascent we reach a unique lookout point at 5200m, where we can see the mysterious Tibetan Plateau and the red landscape of Upper Mustang. (60% rideable)
- Day 15: Bike to Jomosom (2800m.). (90% rideable).
- Day 16: To Kalopani (2530m.). (24.8km, 85% rideable).
- Day 17: To Tatopani (23km, 75% rideable).
- Day 18: To Beni Bazaar (830m.). (24km, 90% rideable). Then we take a private bus for the 78km. to Pokhara.
- Day 19: free day in Pokhara.
- Day 20: We take a private bus to Kathmandu.
- Day 21: free day for shopping in Kathmandu and evening together with our mountainbike guides.
- Day 22: Flight back to home.

This program can be adapted. After Tilicho Base Camp you can return to Manang to experience the 5410m high Thorung La Pass between Thorung Pedit and Muktinath...This means the total duration will be 24 days.

Detailed information can be found on our website.



Wildlife Safari in Nepal



Chitwan National Park

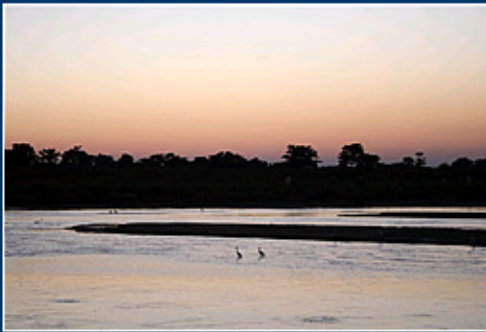
Chitwan is the most popular choice of those in search of jungle adventure. The National Park is home to the royal Bengal tiger, one-horned rhino, sloth bear, langur monkeys, wild boar, numerous species of deer, leopard and other jungle cats.

The exploration of the jungle on the back on an elephant, is a fantastic way of exploring the jungle and offers the possibility of close-up views of rhinos in their natural habitat as well as many of the park's other inhabitants. With over 400 species as permanent residents or migratory visitors, Chitwan's bird life is generally viewed on foot as you walk through jungle and open grasslands. Make a boat trip in a dug out canoe, along the Narayani River on the park's western boundary. Chitwan National Park shelters a quarter of the world's remaining gharial population. This fish eating crocodile has long been hunted for the supposed aphrodesiac qualities of its snout.

Suggested Itinerary:

2 nights/3 days. Extra nights are easily added.

All itineraries include elephant safari, bird watching, jungle walks, boat rides. All walks and rides are accompanied by our trained naturalist guides.



Bardia National Park

To view the wild elephants, you ride on the back of specially-trained elephants, each guided by a driver. As you sit in a padded wooden platform on the elephant's back, with your camera ready, your Mahout steers the elephant through tall grass. Mists rise off the nearby river and you spot a rhino leading her baby down to the river for a morning splash. Monkeys chatter and birds call from the nearby trees, signaling that an elusive royal bengal tiger is stalking deer through the high grass.

It's a very unique experience at Royal Bardia National Park...

Suggested Itinerary:

3 nights/ 4 days. Extra nights are easily added.

All itineraries include elephant safari, bird watching, jungle walks, boat rides. All walks and rides are accompanied by trained naturalist guides.



Detailed information can be found on our website.

More Activities !



Paragliding

We join up in the Nepali capital Kathmandu before flying to Pokhara aboard a Twin Otter STOL aircraft. The views of the mountains during the flight are incredible. The beautiful lakeside town of Pokhara, nestled at the foot of the Annapurna massif, is dwarfed by 3 of the highest mountains in the world.

Here we will introduce you to the Himalayas with a few days flying on different spectacular sites around the valley and lake. From Pokhara we set off on a 5 day paratrek with Sherpas who will carry our equipment, set-up camp and cook amazing food.



Canyoning

Canyoning is a new adventure style activity in Nepal and run by full professionals to assure a perfect mix of adventure and safety. We drive from Kathmandu towards the Tibetan border and will explore one of the last unknown places in Nepal. Canyoning involves abseiling, climbing, jumping, swimming and sliding down steep canyon walls and waterfalls (45m). Our Canyon is rated 1-2. During your trip, you are stationed in a fantastic resort that is fully based on sustainable/ecological tourism.



Itinerary

Day 01: Depart at 6:00am from Kathmandu. After lunch, we have a half day of training, instructions and learning the techniques.

Day 02: Full day canyoning with lunch during the descent. Arrive back in Kathmandu in the evening or stay 2 days longer for rafting on the Bhoti Kosi river or experiencing one of the highest bungy jumps in the world...

Bungy Jump

This remarkable 160m. drop into the Bhoti Kosi River gorge is not only one of the highest jumps but it is also located in one of the most beautiful places in the world, close to the Tibetan border... We provide private transport to and from Kathmandu and this great adventure can be combined with 2 days rafting on the Bhoti Kosi and/or a canyoning trip.

Balloon trip over Kathmandu or Pokhara

At sunrise, we will fly 3000 m. above the Kathmandu valley, which opens up vast vistas of enchanting sights. Enjoy 360 degrees views of the Kathmandu Valley with green hills, temples and stupas. In the distance we have a clear view on the majestic Himalayan Range : the snowcapped Gosainthan, Phurbi-Gyachu, Gauri-Sanker, Chhobar-Bhamare, Cho-Oyu, Chomolungma and Gyanchungkang and of course the Mt Everest.



Mountain Flight

For those who are restricted by time from going on a trek, we offer several mountain flights to different mountain regions. The plane departs from Kathmandu or Pokhara and flies alongside the Himalaya to give you eye-level views of the snow peaks. You will see Shiso Pangma (8013m), Dorje Lakpa (6966m), Choba Bhamre (5933m), Gauri Shankar (7134m), Melungtse (7023m), Numbur 6956m, Karyolung 6511m, Cho Oyu (8201m), Gyachungkang (7952m), Punor (7161m), Nuptse (7855m) the Everest (8850m) and many, many more...

Detailed information can be found on our website.

Little Tibet... - Ladakh



Ladakh is bounded by the world's two highest mountain ranges: the beautiful Himalayan Range to the east and the rough Karakoram Range to the west, Ladakh ranges from 2,750m to 7,673m. Ladakh is renowned for its remote mountain beauty, splendid views, ancient monasteries and Buddhist culture. It is sometimes called "Little Tibet" as it has been strongly influenced by Tibetan culture.

Mountainbiking in Ladakh

Duration: 13 nights / 14 days

Best Season: June - Sep.

from Delhi, we take the night bus to Manali and will arrive the next afternoon. Our first introduction to mountainbiking in India will be in these beautiful surroundings with apple orchards, small old villages, hot springs..

From Manali, the actual biking tour starts with a gradual climb to Marhi at 3000m., just halfway on the Rohtang pass. The landscape changes when we cross Rohtang la (3980m.). We require at least 2 nights stay in Jispa for acclimatization. In Jispa., you will get acquainted with Buddhist culture and we will make excursions to Keylong, the district head-quarter of Lahol, Spiti. Then we will cross the Tanglang La (5365m), the second highest motorable pass in the world. In Leh, we will do the sightseeing by mountainbike.

Itinerary

- Day 01: Arrival in N.Delhi, meet our guide and transfer to hotel.
- Day 02: Nightbus to Manali (2050m.) and arrival in the afternoon.
- Day 03: Explore the surroundings of Manali : Vashistha Temple, Hadimba Temple, Old Manali etc.
- Day 04: Bike 45km to Marhi(3000m.).
- Day 05: Bike over the Rohtang pass (3980m.) and to Jispa (90km).
- Day 06: Excursions to Keylong and several Buddhist sites.
- Day 07: Cross Barlacha La Pass (4892m.) and reach Sarchu (96km).
- Day 08: Bike to Pang via Namikila and Lachulungla pass (70km).
- Day 09: Bike to Rumtse by crossing the Tanglang La pass (5360m).
- Day 10: Bike to Leh (70km).
- Day 11: Sightseeing Leh town and monasteries.
- Day 12: Excursion to Khardungla (5630m), highest motorable road in the world.
- Day 13: Fly to Delhi and enjoy the views !
- Day 14: Transfer to the airport for departure.

Kinnaur-Spiti-Lahaul : Ladakh Jeep Safari

With this safari you pass through three former Kingdoms: Kinnaur, Spiti and Lahaul and even to "little Tibet"-Ladakh. Now, the Spiti areas belong to India and were declared strictly prohibited for tourists by the Indian Government until 1995. These areas are one of the most scenic and due to seldomly seen tourists, adventurous and very special. The Satluj River which rises from the southern slopes of the holy Mount Kailash, has been responsible for shaping the Kinnaur valley. It is a fascinating area for Buddhist art and the monasteries are rich repositories of ancient murals, thankas, woodcarvings and golden images of the Padmasambhava.

Itinerary

- Day 01: Arrival at N.Delhi, meet our guide and then we take the night train to Shimla.
- Day 02: Arrival at Shimla. Sightseeing.
- Day 03: Drive to Sharan. Sightseeing.
- Day 04: Drive to Sangla. Sightseeing.
- Day 05: Excursion to the last inhabited village of Chitkul (3435m.).
- Day 06: Drive to the ancient village of Tabo(3050m.).
- Day 07: Drive to Kaza and visit the Kibber monastery.
- Day 08: Drive across the Kunzum pass (4551m) to Jispa.
- Day 09: Sightseeing in Jispa and visit the Gemur monastery.
- Day 10: Drive across the Rohtang pass (3978m.) to Manali.
- Day 11: Sightseeing around Manali.
- Day 12: Drive to Kullu and flight to Delhi.
- Day 13: Transfer to the airport for departure.

Lamayuru-Markha Valley Trek

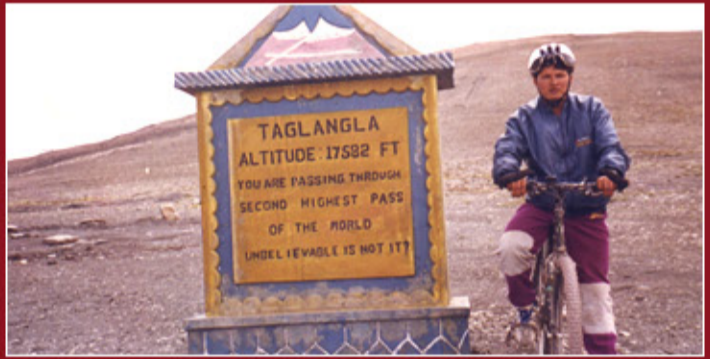
This trek combines the Lamayuru monastery with the famous Markha Valley trek. The Markha Valley is a beautiful trekking route with good quality pathways and many river crossings.

You will cross two high passes at elevations up to 17,400'. Trails wind past willow groves, alongside patches of wild roses and through pastel canyons festooned with multi-hued prayer flags undulating in the breeze.

The opportunity to meet nomadic families as they herd their yaks and a visit to a small monastery where butter lamps are lit morning and evening by an elderly nun leave indelible impressions of our journey through this gloriously illuminated landscape.

Itinerary

- Day 01: Arrival in N.Delhi, meet our guide and transfer to hotel.
- Day 02: Flight to Leh and an acclimatization walk through the city.
- Day 03-04: Sightseeing of Leh's monasteries and palace.
- Day 05: Drive from Leh to Lamayuru.
- Day 06: Trek from Lamayuru to Hinju via Prinkiti La (3720m).
- Day 07: Trek from Hinju to Sumda via Konzke La (4950m).
- Day 08: Trek from Sumda to Chilling via Dundunchen (4800m).
- Day 09: Trek from Chilling to Skiu. (3018m).
- Day 10: Trek from Skiu to Markha. (3793m).
- Day 11: Trek from Markha to Nimaling. (4840m).
- Day 12: Trek from Nimaling to Jang-Sumdo.(4000m).
- Day 13: Drive from Jang-Sumdo to Leh.
- Day 14: Flight back to Delhi.
- Day 15: Transfer to the airport for departure.



Welcome to India



Royal Rajasthan

Endowed with natural beauty and a great history, the biggest state in India, Rajasthan, has a lot to offer to the visitor. The state capital is Jaipur. Geographical features include the Thar Desert in western Rajasthan and the termination of the Ghaggar River where lies oldest civilization of Kalibanga. One of the world's oldest mountain ranges, the Aravalli Range, cradles the only hill station of Rajasthan, Mount Abu, and its world famous Dilwara Temples. Eastern Rajasthan has two national tiger reserves, Ranthambore and Sariska, as well as Keoladeo National Park near Bharatpur, famous for its bird life.

The palaces of Jaipur, lakes of Udaipur, and desert forts of Jaipur, Bikaner & Jaisalmer are among the most beautiful destinations and many old and neglected palaces and forts have been converted into superb heritage hotels.



Golden Triangle : Delhi-Agra-Jaipur-Delhi

Duration: 6 nights/ 7 days

This trip includes the two main tourist centers of India and includes visits to the famous Taj Mahal at Agra, the Mughal capital Fatehpur Sikri and the city of Jaipur.

Itinerary:

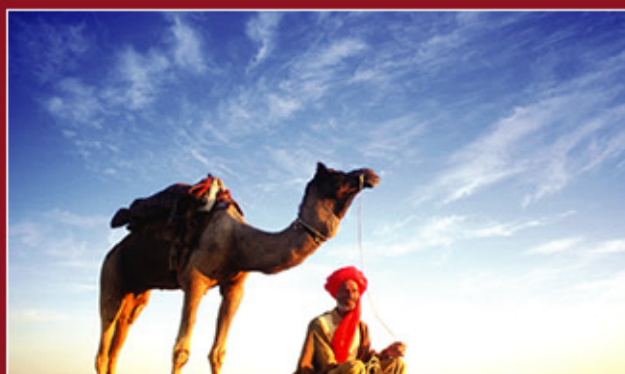
- Day 01: Arrival in Delhi, meet our guide and transfer to your hotel.
- Day 02: Sightseeing of Old and New Delhi: we visit the Red Fort, Jama Masjid, Qutub Minaret, Rajghat, Parliament Street and the India Gate.
- Day 03: A 4 hour drive to Agra where we will visit the beautiful city.
- Day 04: Sightseeing of Taj Mahal and scenic drive to Jaipur. En route we visit the ruined capital of Fatehpur Sikri.
- Day 05: Sightseeing of Amer Fort, Wind Palace, City Palace and the different markets.
- Day 06: We drive back to Delhi and enjoy the Indian panoramas.
- Day 07: Transfer to airport for departure.



Duration: 15 nights/ 16 days
Extended "Golden Triangle" Tour

Itinerary:

- Day 01: Arrival in Delhi, meet our guide and transfer to your hotel.
- Day 02: Drive to Mandawa. Sightseeing.
- Day 03: We continue to Bikaner and visit the city after lunch.
- Day 04: Scenic drive to Jaisalmer and sightseeing in the afternoon.
- Day 05: Sightseeing of Jaisalmer. We prepare to go to the Sand Dunes National Park for a Camel safari in the evening.
- Day 06: A beautiful sunset wakes us up in the National Park and after breakfast we continue our drive to Jodhpur.
- Day 07: After breakfast we have a sightseeing tour through Jodhpur. In the late afternoon we enjoy a scenic drive to Kumbhalgarh.
- Day 08: Again an early bird wake up and sightseeing of Kumbhalgarh. We will drive to Udaipur after lunch.
- Day 09: Udaipur is a fantastic city and we take a whole day to explore this fascinating place.
- Day 10: Pushkar is the next city and we will arrive here in the afternoon.
- Day 11: Sightseeing of Pushkar and an interesting and drive to Jaipur.
- Day 12: For this beautiful city, we need a full day sightseeing.
- Day 13: We continue our trip to Agra, en route we visit Fatehpur Sikri.
- Day 14: Full day sightseeing of Agra.
- Day 15: A morning drive to N. Delhi, where you can relax after lunch or enjoy more sightseeing or shopping.
- Day 16: Transfer to airport for departure.



Detailed information can be found on our website.

Sikkim & Darjeeling



Sikkim : Land of mystic splendor

Sikkim offers the magical feel and touch of an Himalayan fairytale land. It is an amazing place of hidden valleys, mystical monasteries, snow-fed lakes and a mountain setting covered with flowers and forests. This former kingdom is home to three major population groups; the Lepchas, Bhutias and Nepalese, providing a colorful composite of cultures. Mt. Kanchenjunga, the third highest peak in the world at 8,586 m, dominates the landscape and is revered as Sikkim's guardian deity. Sikkim is a state of India tucked in the Himalayas across Nepal's eastern frontier. It is crammed in between Tibet (China) to the north, Bhutan to the east and Darjeeling to the south.

Darjeeling : The queen of the hills

Darjeeling (Darjeeling Gorkha Hill Council) in northeast India provides the perfect ambience of a hill resort with its mild climate and laid-back charm. Its verdant hills and colorful valleys are interspersed with vast stretches of lush green tea gardens. Presiding over all these is the 8,586-m Mt. Kanchenjunga looming over the northern horizon, giving a magical aura to the land.

Darjeeling is hemmed in by Sikkim in the north, Nepal in the west and Bhutan in the east. Darjeeling towns Kalimpong and Kurseong are the major urban centers. Heavily influenced by British India, Darjeeling still retains legacies of its colonial past. The toy train is one of the most striking examples of Darjeeling's British Raj influence.

Darjeeling : Martam - Gangtok - Kalimpong

Itinerary:

Day 01: Arrival in N.Delhi, meet with our guide and transfer to your hotel.

Day 02: Flight Bhadrapur - Darjeeling:
Arrival at Bhadrapur Airport and transfer to Darjeeling (140km / 04hr.).

Day 03: Darjeeling:
Early morning tour to Tiger Hills (at around 4 am) to view sunrise over Kanchanjunga Peak (subject to clear weather). On the way back visit Ghoom Monastery and Batasia Loop. Afternoon visit to Japanese Temple, Peace Pagoda, Ava Art Gallery and Natural History Museum.

Day 04: Darjeeling:
Today visit Padmaja Naidu Himalayan Zoological Park (Closed on Thursday), Himalayan Mountaineering Institute, Tenzing, Gumbu Rock site and Tibetan Refugee self-help enter Tea Estate..

Day 05: Transfer to Martam (115 kms / 04 hr.)

Day 06: Martam - Gangtok:
Early morning sightseeing of Rumtek Monastery and then proceed for sightseeing of Kanchanjunga View Point, Drul-Chorten, Sikkim Research Institute of Tibetology and Directory of Handicraft and Handloom. Evening free to explore Gangtok.

Day 07: Gangtok:
This is a day excursion to Tshangu Lake (departure in the morning)-situated at a height of 3,780 m. The deep blue color of the water of the lake is perfectly attuned with the scenic beauty around. A small temple is constructed on the lake side and primulace flowers & alpine vegetation grow around the lake,

Day 08: Transfer Gangtok - Kalimpong: (80 kms / 03 hr).

Day 09: Kalimpong:
Sightseeing of Dello hills, Dr. Grahams Home, Jang-Dong-Palriffo Brang and the Durbin Dara Hills.

Day 10: Kalimpong - Bhadrapur - Flight to Kathmandu.

Day 11: Sightseeing around Kathmandu.

Day 12: Transfer to the airport and departure.

Sikkim & Orissa Tribal Tour

Itinerary:

Day 01: Arrival in N.Delhi, meet up with our guide and transfer to hotel.

Day 02: Transfer to Bhubaneswar and after freshing up we are ready for our first sightseeing !

Day 03: Morning tour of Hirapur Yogini temple, one of four found in India along with Bell Metal village. Afternoon visit to the Snake Charmers village, considered as one of the tribes of Orissa and visit of tribal Museum and Caves.

Day 04: Drive to Puri (150km), one of the four holy places for the Hindus enroute visiting Asokan Rock Edict at Dhauri, patchwork village Pipili and the famous Sun temple of Konark. In the evening we take a stroll over the Bazars of Puri.

Day 05: Drive through the typical Orissan village to Gopalpur (220km), enroute visit the Chilika lake.

Day 06: After breakfast we will drive to Royagada (220km) and enroute will visit typical south Orissan villages, Taptapani (hot sulphur spring) and the Savara or Saora villages. Savaras are the oldest tribe of India and have their own language.

Day 07: After breakfast we proceed to the Niyamgiri mountain (100km) to see the different villages of primitive Dongaria Kondhs, see their particular style of the houses, their village goddesses, where they used to make human sacrifice, their village council of houses. If you interested in little trekking then you can trek through the jungle of the mountain. Afternoon visit the village of metalsmith, called Agaria, who makes the ornament of Dongaria Kondhs and their metal implements.

Day 08: After breakfast we proceed to Chatikana, the weekly market of Dongariya Kondhs. After lunch we proceed to Jeypore and enroute will visit the Ornamental Parajas tribe.

Day 09: Early morning drive to the weekly market of Bonda, Gadaba and Didayi tribe. Later on we visit the villages of Baro Gadaba like Gotalpara, Hangrapada etc.

Day 10: Early morning visit to the Kunduli market near Similigurha. After having a quick lunch we proceed to the Gupteswara area to see Dhuruva Gond tribes and visit hidden Siva lingam.

Day 10: Drive to Visakhapatnam and en route we visit an animal market. In the evening we will stroll through the Bazars of Visakhapatnam.

Day 11: We fly to N.Delhi after a morning visit to the Simhadalam temple.

Day 12: Transfer to airport and departure.

Detailed information can be found on our website.



The Land of the Thunder Dragon : Bhutan



The Land of the Thunder Dragon or Druk Yul and as it is traditionally called and it is the land of Dzongs (fortresses) and monasteries. It is also a land of one of the most hospitable and friendly people residing in the Eastern Himalayas with a well preserved heritage, where past traditions are an intrinsic part of daily life. This enchanting land is also where the endangered black necked Crane along with other wild life still survives amidst grand beautiful scenic Himalayan ranges.

Anmol-Bhutan

Duration: 3 nights / 4 days

Itinerary

Day 01: Arrive Paro airport, drive to Kichu Resort. Briefing by our guide.

Day 02: Half day sightseeing in Paro.

Visit the old fort ruins of the Drukgyal Dzong, which offers a very scenic drive of a typical Bhutanese landscape. On a clear day the Mt. Jhomolhari (7314 metres, 24000 feet), the sacred summit, reaches skyward beyond the Dzong. Afterwards we visit the Ta Dzong, the national museum housed in the ancient watch tower built around 1651, situated a little above the Paro Rinpung Dzong. From here you will have a very good panoramic view of the Paro valley. After lunch we visit the near by Kichu Lhakhang (the oldest monastery in Bhutan) and walk to the nearby the village of Lango.

Day 03: Thimphu

After breakfast, we drive to Thimphu (65km/2 hrs drive) the modern day capital of Bhutan. Visit places of interest like the Memorial chorten, painting and medicine school. The National Library and Handicraft Centre. Return to Paro late afternoon.

Day 04 (Thu)

Transfer to Paro Airport for departure.



Anmol-Dragon

Duration: 6 nights / 7 days

Itinerary:

Day 01: Arrival in Paro, meet up with our guide and transfer to hotel. In the afternoon we make a first stroll around the town.

Day 02: Paro Sightseeing

We visit the ruined fortress of Drugyel dzong, Ta-Dzong, Rinpung Dzong which serves as the administrative center and school for monks. Walk further down crossing the traditional bridge into Paro Town. Stroll around the market and then we walk back to the hotel.

Day 03: Drive to Thimphu for sightseeing.

We visit the Memorial chorten built in the memory of the late King Jigme Dorji Wangchuck, 15 century Changangkha monastery, Motithang mini zoo to see the rare "Takin" national animal of Bhutan and drive further down with good views of the Thimphu valley. Free time at the marketplace.

Day 04: Thimphu

We visit the Painting school, National library, Royal goldsmith workshop and several Handicraft centers.

Day 05: Drive 3 hours to Wangduephodrang.

We cross the Dochula pass on 3100 meters. On fine weather you will see the eastern Himalayan ranges including the highest mountain in Bhutan Mt. Gangar Punsum 7520 meters. The drive from the pass is all the way down dropping to the lower and warmer valleys of lobsa. We visit the Wangduephodrang Dzong from outside and the market area.

Day 06: Gangtey Valley

Day excursion to the Gangtey Gomba valley at an altitude of 2800 meters. This beautiful valley is also home to the rare Black Necked Cranes migrating from the Tibetan plateau to escape the harsh winter. Explore the fascinating glacier valley and return to the Resort.

Day 07: Back to Thimphu:

We drive 45 minutes to Punakha and visit the Punakha Dzong From there drive 3 hours to Thimphu for lunch and proceed 2 hours to Paro after visiting the oldest building in Bhutan, the Simtokha Dzong. It now serves as a Buddhist university.

Day 08: Transfer to airport and departure.



Detailed information can be found on our website.

The Roof of the World - TIBET



Tibet known as Shangri La, The forbidden land, The Roof of the World, the mysterious Buddhist Kingdom remained closed to foreigners for a long time, exerting a strong hold on the imagination of the world. For centuries, it has fascinated mankind. It was hardly accessible to the outside world and has been always a challenge to human beings. Tibet, a "forbidden land" not only by man but also by nature, attracted many explorers, scholars, and pilgrims and adventure lovers, all in pursuit of "Real Shangri La".

It is not only the geographical and natural enchants but also a long historical culture and religion that appeal the foreigners to visit Tibet at least once in a lifetime.

Drive to Lhasa and fly back Kathmandu

Duration : 7 nights/ 8 days
Best season : June - Sep

Itinerary:

Day 01: Kathmandu (1300m.) - Zhangmu (2500m.): 123km.
Early morning scenic drive to Kodari (Nepal-Tibet Border) through the beautiful Nepali countryside followed by a short walk to Zhangmu immigration.

Day 02: Nyalam - Shakya Xegar (4350m.): 240km.
We continue driving over the highest plateau of the world, through a fantastic view with 7 and 8000m. high mountains all around...We cross the Nyalam pass (3800m.) and Lalunga pass (5050m.) and will stop several times to make pictures of breathtaking panoramas from the Himalayan Range. The Mt Everest, highest mountain in the world with 8850m., dominates the area...

Day 03: Xegar - Xigatse (3900m.): 244km.
Continue this scenic drive crossing over the Gyatchu la pass (5,200m.), the highest pass in our route to Lhasa.

Day 04: Xigatse - Gyantse (3950m.): 90km.
At the break of dawn, we start sightseeing to the Panchen Lama's Tashihumpu & monastery. We drive to Gyantse and visit the Kumbuk Stupa & Phalkor Monastery.

Day 05: Gyantse - Lhasa (3650m.): 261km
Although the views were already splendid, today we will cross the Karola pass (5010m.), visit the colorful Yamdruk lake and the Brahmaputra (Yarlung Tsangpo) river, also called the "Tibetan lifeline".

Day 06-07: 2 Full days in Lhasa.
Two full days sightseeing in Lhasa including Jokhang temple, Barkhor bazar, Potala palace, Drepung & Sera monasteries and many more places...

Day 08: Lhasa - Kathmandu.
Early morning drive to Gongar airport for our flight back to Kathmandu.

Tibet Overland Tour : the Everest Base Camp I

Duration : 10 nights/ 11 days
Best season : June - Sep

Itinerary:

Day 01: Kathmandu to Nyalam (3400m.): 145km.
Early morning drive from Kathmandu to Kodari (approx. 6 hours). After completing immigration and custom formalities we drive uphill to Zhangmu. Our Tibetan Liaison Officer will meet up with you on arrival at the check post. Together we drive further to Nyalam following the Bhote Koshi river in a deep valley with several big waterfalls.

Day 02: Nyalam to Tingri (4350m.): 224km.
Drive approx. 7 hours to Tingri, crossing two spectacular passes, the Nyalamu pass (3800m.) and Lalung la pass (5050m.). This drive offers fantastic views of the high mountains including Mount Everest (8850m), Jugal Himal, Mt. Makalu (8464m) etc.

Day 03: Tingri - Rombuk (4900m.): 120km.
Scenic drive to Rombuk via the Pang la pass from where the view of Mt Everest is extraordinary !

Day 04: Rombuk to EBC to Rombuk: 10km.
Trek to the Everest Base Camp and explore the last tribute to Mallory and Irvine, the first climbers to attempt Mt Everest in 1924...

Day 05: Rombuk to Xigatse (3900m.): 320km.
Drive approx. 8 hrs to reach Xigatse, the famous place of the Tashilhunpo Monastery and seat of panchen lama until his death in 1989. With its huge Thangka walls it is clearly visible from the north side of the road.

Day 06: Xigatse to Gyantse (3950m.): 90km.
In the morning visit the Tashilhunpo Monastery and the free bazaar of Xigatse. After lunch embark on a pleasant 2 hours drive to Gyantse. Here you visit the Khumbum Stupa and Phalkot Monastery Overnight at Hotel.

Day 07: Gyantse to Lhasa (3650m.): 259km.
The drive to Lhasa takes 8 hours, crossing 2 passes, the Karo la pass (5010m.) and the Kamba la pass (4794m.). We stop at lake Yamdrok Tso (Turquoise lake) to enjoy the scenery. We will cross the Yarlung Tsangpo (Brahmaputra) river and catch a first glimpse of the Potala Palace.

Day 08-09: 2 Full days in Lhasa.
Two full days sightseeing in Lhasa including Jokhang temple, Barkhor bazar, Potala palace, Drepung & Sera monasteries and many more places...

Day 10: Drive to Latze or Tingri.
We drive back in the direction of Nepal and enjoy the splendid views of this beautiful Tibetan Plateau.

Day 11: Drive to Kathmandu.

Holy Mt.Kailash and Mansarovar : 4*4 Jeep Expedition

A great mass of black rock soaring to over 22,000 feet, Mt. Kailash has the unique distinction of being the world's most venerated holy place at the same time that it is the least visited. The supremely sacred site of four religions and billions of people, Kailash is seen by no more than a few thousand pilgrims each year. This curious fact is explained by the mountain's remote location in far western Tibet. No planes, trains or buses journey anywhere near the region and even with rugged over-land vehicles the journey still requires days and weeks of difficult, often dangerous travel. The weather, always cold, can be unexpectedly treacherous and pilgrims must carry all the supplies they will need for the entire journey...

Duration: 17 Nights/18 Days Kailash Mansarovar Yatra
Best season: June - Sep

Day 01: Arrival in Kathmandu. Meet up with our guide and transfer to your hotel.

Day 02: Half day sightseeing (Pashupatinath Temple, BuddhaNath and Shyambhunath Stupa) and preparation for the trek, we pick up our Tibetan visa today.

Day 03: From Kathmandu to Nyalam.
Depart at 5h00 am from our Hotel in Kathmandu and drive through the Nepal - Tibet border along the famous Araniko Highway. Stop for a quick breakfast at Dhulikhel and lunch at Kodari. After immigration and customs formalities on both sides (Kodari and Zhangmu) we drive to the small town of Nyalam. (3700m.)

Day 04: A day for rest to facilitate altitude acclimatization. (3700m.)

Day 05: Drive to Saga: (2500m.)
We start after breakfast, enjoying the grand view of Mt. Shishapangma (8021m.), Gauri shanker and other high mountains from Lalung la (5050m.) pass. Lunch is served at sacred lake Pigutso (4500m.)

Day 06: Drive to Prayang.
After breakfast we drive across the vast Tibetan plateau to Prayang : 225km. (4560m.)

Day 07: From Prayang to Lake Mansarovar: The auspicious day for all travelers having first glimpse of the Holy Manas and Darshan of Mt. Kailash from The Horr Chu pass. (4660m.)

Day 08: The experience of being in the abode of God - a life-time achievement: Puja, Havana-worship, meditation, holy dip, Tarpan. Then we drive to Darchen. Preparation day for Kailash Kora (parikrama). (4660m.)

Day 09: Kora (parikrama) start and trek to Dairaphuk Gompa. Enjoy the close up view of the north face of holy Mt. Kailash. (4650m.)

Day 10: Trek through a beautiful valley after crossing the Dorma la Pass (5600 mtrs). (4900m.)

Day 11: Trek to Darchen, Kailash Kora ends. On the way, visit Zuthulphuk Gompa, and drive to Horr Chu, collect holy water of Lake Mansarovar to bring back to your home. (4890m.)

Day 12: Drive to Prayang.

Day 13: Drive to Saga.

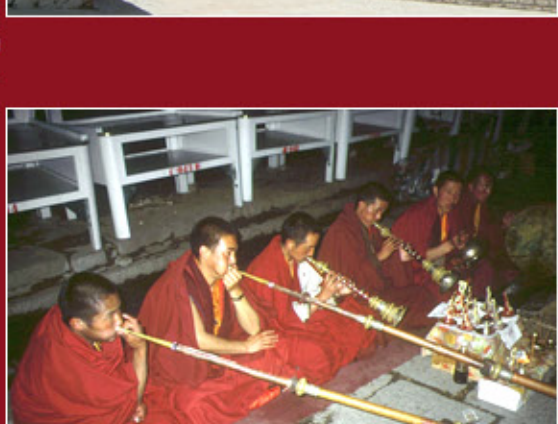
Day 14: Drive to Nyalam. On the way we will see the beautiful Pigutso lake, enjoy good views of the Himalayan Range including Shishapangama.

Day 15: Drive to Kathmandu.

Day 16: Free day in Kathmandu.

Day 17: Transfer to airport and departure.

Detailed information can be found on our website.



Frequently asked questions...

1. Why are there no prices in this brochure ?

Himalayan Leaders wants to provide an honest price. Because there are so many parameters that will influence our price: some guests prefer 3* hotels while others prefer 5*. Some like to fly, some like to take the local bus. Showing all these different prices would take up more space than the actual trip...

2. Where is the include / not include section with every trip ?

There is none, because it is very easy : what you read in the trip details, is included. Transportation to and from the airport, all permits (entrance, climbing, NMA, mountainbiking,...), guide(s), porters, tent and kitchen equipments, expedition equipment, jeeps, flight tickets in Nepal and to/from Nepal, hotels and food. Included is a free t-shirt and a big, high quality duffelbag ! A detailed list will be mailed on request.

3. So what is NOT included ?

- We are a Nepali trekking agency so we cannot provide you with flight tickets from your country to Nepal. But we do have an own ticket office for all other tickets which you require for your trip.

- Hotels in the big cities are only on a bed and breakfast base. Simply because we want to provide flexibility to our guest. If you are sightseeing and enjoying e.g. the Ancient City Patan in the Kathmandu Valley, we don't want you to rush to your hotel for lunch...

- Your entrance visum (at the airport)

- A good travel insurance, including helicopter rescue. In remote areas we rely on helicopters to bring you to a hospital. Asking for a helicopter will cost 3000-4500euro...

3. Trip flexibility and local input from our guests ?

With Himalayan Leaders you have full control over your trip. It is no race to get from A to B but a beautiful experience. If you are tired, we adapt the pace. If you like the views, we stay longer ! As long as everything fits in your time schedule and you don't miss your flight home !

4. Minimum group size ?

Well, that is the beauty about our philosophy : groups start from 1 guest ! Yes, one ! For every 6 guests we provide a guide, because we strongly believe in chemistry between the guide and our guests.

5. Do I need to be a top athlete for a trekking in Nepal ?

If you want to climb Cho Oyu or Ama Dablam with us, an excellent condition is a must. For our trekkings, the better your condition, the more you can enjoy it. We have made a gradation from A (easy) over B (moderate) to C (strenuous) and D (challenging).

Different aspects determine this grade :

Length of the trip, max. altitude, path conditions (rocky, snow, ice, ...), your personal experience with trekking, climate, temperature, weather conditions, your physical condition?...

6. Preparations ? HELP !

We always ask our guests to answer a few questions so we can provide a spotless service.

Material :

So you go to climb Mera Peak ? Can I hire crampons in Kathmandu or do I have to buy them myself ? What type of sleeping bag do I need ? Our mountaineering guides will provide their extensive knowledge to all your questions.

Physical condition :

According to your fitness level, we can prepare different training programs to get you in shape.

Paperwork :

We handle ALL the paperwork, except from your visum and insurance.

7. More questions ?

You have more questions ? Just ask ! We are here to make your dream come true !!

Email: info@himalayanleaders.com (Eng)

Email: info@himalayanleaders.ch (Deu, Eng, Fra, Esp, Ita, Rus)

Email: informatie@himalayanleaders.be (Ned, Deu, Fra, Eng)

