

NEPAL TREKKING



NEPAL TREKKING - THIS IS WHAT WE DO

Nepal Trekking specialises in small group and individual tailor-made treks and tours to Nepal. Treks can range from a few days to two or three weeks, these cover all levels with something for everyone. Our tailor-made treks and tours are available to suit client's own dates at any time during the trekking seasons, exclusive use of all services and guides is included. Fixed date departures are also available.



A number of designated **Trekking Peaks** are available for those with previous trekking experience and some basic knowledge of ice and snow and technical climbing.

Community Service Expeditions are generally a mix of community based projects and trekking. This type of expedition is ideal for clubs, schools, youth organisations as well as any group of friends with an interest in 'giving something back'. Community



Service is an important part of our programme; we are always interested to discuss project ideas.

Our **Nepal Experience Tours** can take you to the various Cultural sites in Kathmandu and the Valley and around Nepal. The main tourist areas of Kathmandu offer 7 World Heritage sites giving a variety of culture and architecture. In the west of Nepal, Lumbini, the birthplace of Lord Buddha, is the most important site

for all Buddhists. The scenic city of Pokhara in the west and Nagarkot Hill Resort on the Kathmandu Valley Rim offer a relaxing time and great views.

Wildlife Tours are available for experts and novices, and for all those in between, in some of the finest wildlife locations not only in Nepal but the whole of Asia. For all wildlife enthusiasts these tours introduce Nepal's National Parks and Wildlife Reserves and their diverse flora and fauna, an experience not to be missed. Wildlife Tours take you to wetland areas in the east of Nepal, forested regions in the mid west and open grass lands in the far west.

For tailor made arrangements and information contact us on 01482 703135 –

Email: info@nepal-trekking.demon.co.uk

www.nepal trekking.co.uk





Village Projects:

Community Service Groups have carried out various projects in Sherpa villages. New trails have been constructed to assist village and Monastery. Solar Power lighting has been installed. The introduction of rubbish disposal projects in several villages. Each year we collect and deliver warm clothing for the village children, an ongoing programme.

Sherpa Education Sponsorship Project:

This is a fund to raise money for the educational needs of Sherpa children. Donations and sponsorship are always welcome. Taking part in one of our treks or using our Tailor-made services will also help, with some of your fees being used for our projects.



Tengboche Monastery

Nepal Trekking has been involved with Tengboche Monastery since the rebuilding began in 1990 after fire destroyed the previous building. Assistance with equipment and donations from us and from our associates, as well as clients, continue to be an important aspect of our visits to the Khumbu. High in the mountains on the way to Everest Tengboche Monastery is a special place.



Khunde Hospital and Himalayan Trust

This hospital is situated high in the mountains close to Everest and serves the Sherpa community. The hospital is funded and run by the Himalayan Trust founded by Sir Edmund Hillary. With help from suppliers in the UK Nepal Trekking continues to deliver medical supplies to the hospital. We encourage donations for the Himalayan Trust and also direct to the hospital.

Kathmandu Environmental Education Project (KEEP) and Himalayan Rescue Association (HRA) are two very active Nepal NGOs. We are life members and together with our local staff actively support their work.

This shows some of the involvement we have with the local Sherpa community. With support to several families and direct family ties in Nepal, we are fully committed to assisting the Sherpa people and using the vast experience available to make your visit to Nepal become a memorable experience.

