

EXPERIENCE NEPAL

Best of Nepal

This is a 25 day trip for all ages. We fly to Lukla and hike to view Everest. From Kathmandu we bus to Pokhara and trek the stunning Annapurna region then travel to Royal Chitwan National Park to ride elephants, view Rhinos and other wildlife.

Finally relaxing for 2 days in a secluded village to see the real Nepal.

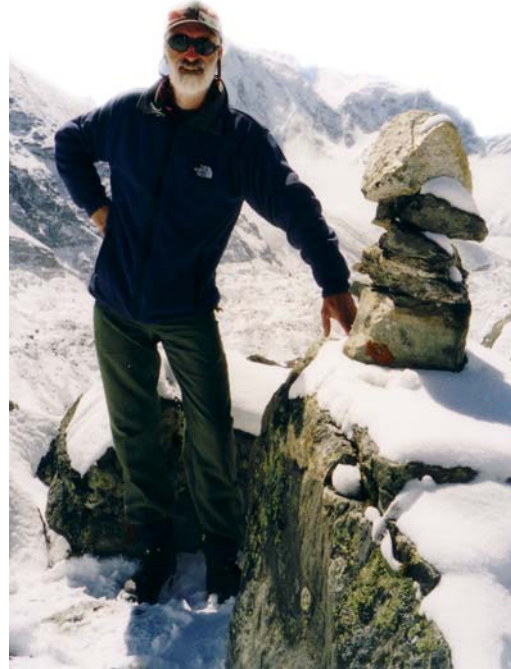
A once in a lifetime experience ...

Ultimate Everest—25 Days

A challenging trek crossing 3 high passes of the Everest region. We fly to Lukla then trek up slowly to Chukkung and with expert tuition and guidance cross Kongma La (Pass—5,535m) then the following day discover Everest Base Camp and return.

The Cho La (Pass) and Renjo La are crossed over the next 6 days, returning to Lukla to fly to Kathmandu.

For the true adventurer....



- **Stunning Scenery**
- **World's Highest Peaks**
- **Kathmandu Sightseeing**

- **Comfortable Lodges throughout the trek**
- **Experienced Nepali Guides**
- **Porters to carry personal gear**
- **Sightseeing in Kathmandu**
- **Safe food handling / hygienic practices**
- **Health and well being monitored**



ABN: 45 285 395 297

Enquire Today! - 03) 5964 7210



Please visit [www.pwadventures.com] for details

Best of Nepal & Ultimate Everest

Inclusions

- Arrival & departure transfers
- Twin share accommodation
- In Kathmandu (B&B only)
- Full trekking service
- Porters to carry gear
- Park entrance fees
- All transport included in itinerary
- All meals on trek
(breakfast only in Kathmandu and Pokhara).

Insurance

Personal Insurance mandatory
We can arrange cover.

Approx. \$260 AUD

Innoculations

Speak to your doctor immediately regarding the following:

- * Hepatitis A * Typhoid
- * Meningitis * Polio
- * Rabies
- * Tetanus Diphtheria

Visa

Single entry visa can be organised by us in Australia several weeks before departure.

Approx: \$70 AUD

Passport

Apply Immediately – Valid 10 yrs.

Not Included

International Airfare
Items of a personal nature,
Soft/alcoholic drinks, phone calls,
Showers on trek (if avail:) laundry,
additional tours and meals not listed under “included” are not included.
Passport, visas, international and domestic airport departure taxes, excess baggage charges and tips are your own responsibility.

Airfares

Melbourne to Kathmandu
Next seasons costs not available

Note: Each porter carries 2 members’ gear; 12-15kg per person, whilst you carry daypacks, coat, snacks, water bottle and personal medication.
Porter’s tips approx. **US\$50**

We supply **iodine purified water**

Supplied upon deposit payment:

- Detailed gear lists
- Detailed trekking notes on altitude, weather, people, customs etc.
- Regular newsletters to help you organise your trip.



Fitness Levels

Ultimate Everest

Moderately fit – walk average 5-8 hours daily, with possible 10 hour days over the passes

Best of Nepal

Suit any fitness level or age,
Lower altitude, easy walking

Ultimate Everest

24/9/04 - 18/10/04

5 days Kathmandu (B&B only)

19 days trek

Comfortable lodges, though crossing 3 High passes might require camping.

Day 1-2

Arrive at our joining point hotel, settle in, then explore *Thamel* - the shoppers delight. Head for *Bhaktapur*, the town of temples, palaces and well preserved *Newari* traditional houses. Enjoy local Nepali or Tibetan food in one of many restaurants, then further relax with a drink at legendary *Sams Bar* or *Tom & Jerries pub*

Day 3 - 21

After an exciting flight over the Himalaya to Lukla (2,840m) we trek through well constructed villages with teashops and lodges lining the route. Monasteries are abundant and the mountain scenery is stunning. We climb slowly and our altitude gain is approx: 300m daily with rest days to explore, relax and acclimatise.

As we ascend above 3,500m the trek becomes more challenging until around day 10, training in use of crampons & ropes will be given before we cross our 1st pass, Kongma La. Following days will see us visit base camp to view Everest up close, then cross Cho La & Renjo La. Finally a rapid descent to Lukla via Namche Bazaar and our flight to KTM.

Day 22-24

Return and explore Kathmandu Valley or just shop and relax before departure.

Best of Nepal

19/3/04 - 12/4/04

5days Kathmandu-2days Pokhara B&B
8 & 5 days easy trek, in comfy’ lodges
2 days Chitwan, 2 days village

Day 1&2

Arrival in Kathmandu as for “Ultimate Everest trek”

Day 3-10

We fly to Lukla, slowly hike through colourful villages and absorb the culture of centuries of Himalayan life. From the famous Tengboche Monastery, we view Everest before descent to Lukla and the flight back to KTM.

Day 11-17

We bus to Pokhara, mid Nepal and trek through some of the countries most scenic and beautiful areas. The Annapurna Region is simply stunning and easy walking, comfy’ lodges at days end.

Day 18-21

Bus to Royal Chitwan National Park to ride and wash elephants, to view Rhinos or maybe the Bengal Tiger. On the Return to KTM we stay at “Shreeban Resort” surrounded by untouched villages of the isolated middle hills.
A totally classic and cultural experience

“...Here is a test to find whether
your mission on earth is finished:
If you’re alive, it isn’t...”

Richard Bach

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Find us on **www.pwadventures.com**