

happyfeetmountaineers happyfeettravel

Is an agency experienced in organizing travel, trekking and mountaineering expeditions in Nepal.

Happy Feet Mountaineers Pvt. Ltd. and Happy Feet Travel Pvt. Ltd. are sister companies registered under and licensed by the Nepalese government and are members of several reputed travel and mountaineering organizations.

We are an entirely Sherpa owned company and almost all our staff and guides are Sherpas who are experts in their fields and experienced in handling clients' individual needs. Our team is experienced, easygoing, enthusiastic, understanding and always ready to help.

Happy Feet Mountaineers specializes in organizing mountaineering expeditions to any open mountain peaks of Nepal and Tibet. We have highly experienced and hardworking Sherpa guides and top-quality mountaineering and camping equipment. We procure all necessary mountaineering and trekking permits for Nepal and Tibet.

In order to maintain the quality and specialized services we organize cultural tours, soft adventures, hikes and other travel activities through our travel company, "Happy Feet Travel". Our travel company specializes in operating tailor-made private and small group holidays in the Himalayan countries of Nepal, Tibet, Bhutan, and India.

Happy Feet Mountaineers and Happy Feet Travel are managed by travel professionals with over 20 years experience and a highly experienced and expert staff and guides. We are capable of organizing mountaineering and travel services efficiently and effectively. Whether you are an experienced traveler or traveling for the first time abroad, we will save you time, money and hassle.

www.happyfeetmountaineers.com
mountaineersnepal@gmail.com

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Happy Feet Mountaineers

Managed by veteran climber and mountaineering instructor and staffed by highly experienced and trustworthy Sherpa guides, Happy Feet Mountaineers is a master in mountaineering. Equipped with top-quality mountaineering and camping equipment, we provide best possible services for the safety, satisfaction and accomplishment of our valuable clients.

As George Mallory said 'Because it's there' - there are hundreds of highest peaks in Nepal and Tibet Himalayas. We welcome you to join us to experience the thrill and vistas of life. Climbing a peak is more than just reaching a summit!

Feel It with Happy Feet!!

Our Mountaineering Service

We offer a complete range of services to mountaineering teams to climb any opened peaks in Nepal or Tibet. Our tested and trusted mountaineering service gives you an extra safety and boost to achieve your goal. Followings are our characteristics.

- All our guides are Sherpas, who are professional, proficient in English, extremely helpful, trained in first aid and mountain safety.
- We provide enough manpower and supply plenty of oxygen so that each member gets superb support until they accomplish their expedition.
- We use two -men Ozark domed tents for each expedition member at BC and ABC, then use three-men Mountain Hardware domed tents above ABC for two people sharing.
- All BC and ABC dining facilities are heated and carpeted for homely comforts at high mountain bases.
- Each of our climbing groups will have a satellite phone with enough balance for emergencies or personal use. Personal calls will cost \$4 per minutes, and sending SMS will cost \$3 per message.
- All our final expedition preparations including refreshment climbing training, rope management, final checklist of technical equipment, group discussion, acclimatization etc. are done at the Base Camp, before making ascent to Advance Base Camp.
- Our services are not less complete than those offered by Western company.

Tour and Travel Services

In order to maintain quality and specialized services, we organize package tours, soft adventures, hikes and other travel activities through our sister company, "Happy Feet Travel". Our travel company specializes in operating tailor-made private and small group holidays in the Himalayan countries of Nepal, Tibet, Bhutan and India.

Explore any or all of these countries; Happy Feet Travel works as a perfect vehicle to merge you with the local cultural, people and environment. Our aim is quite simply to serve our valuable clients to the best of our ability, to give them the highest standard of service and to do everything we can to make the trip meaningful and marvelous. Together with our regional representative, we operate our trips with utmost consideration of our clients' expectations, comfort and safety.

We also organize tailor-made itineraries for families, group of friends, schools, organizations, clubs and people having special interest and time schedule. Do not hesitate to write us for detailed information. We will answer you promptly.

"I have traveled with Happy Feet Mountaineers pvt. Ltd. on trekking adventures in Nepal over the past nine years. We have been to many different parts of the country from Kanchenjunga in the far east to the remote, high desert of the Upper Dolpo in the far west, and many places in between such as Manaslu, Dhaulagiri, Upper Mustang, Rolwaling Valley, Annapurna region and more. I have thoroughly enjoyed all my trips with Happy Feet, as they provide exceptional service, manage all the details and solve whatever problems might occur along the way, and always with a smile and a laugh! They live to serve others and I'm grateful for the time I spend with them. Traveling in Nepal with Happy Feet has been life changing for me and I certainly consider them like family now. I'm heading back for another trip soon - can't wait!"





Our contact

In CANADA

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When not trekking he works as a professional
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mountaineering, ski
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trekking around the world



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Happy Feet Mountaineers Pvt. Ltd.
Happy Feet Travel Pvt. Ltd.

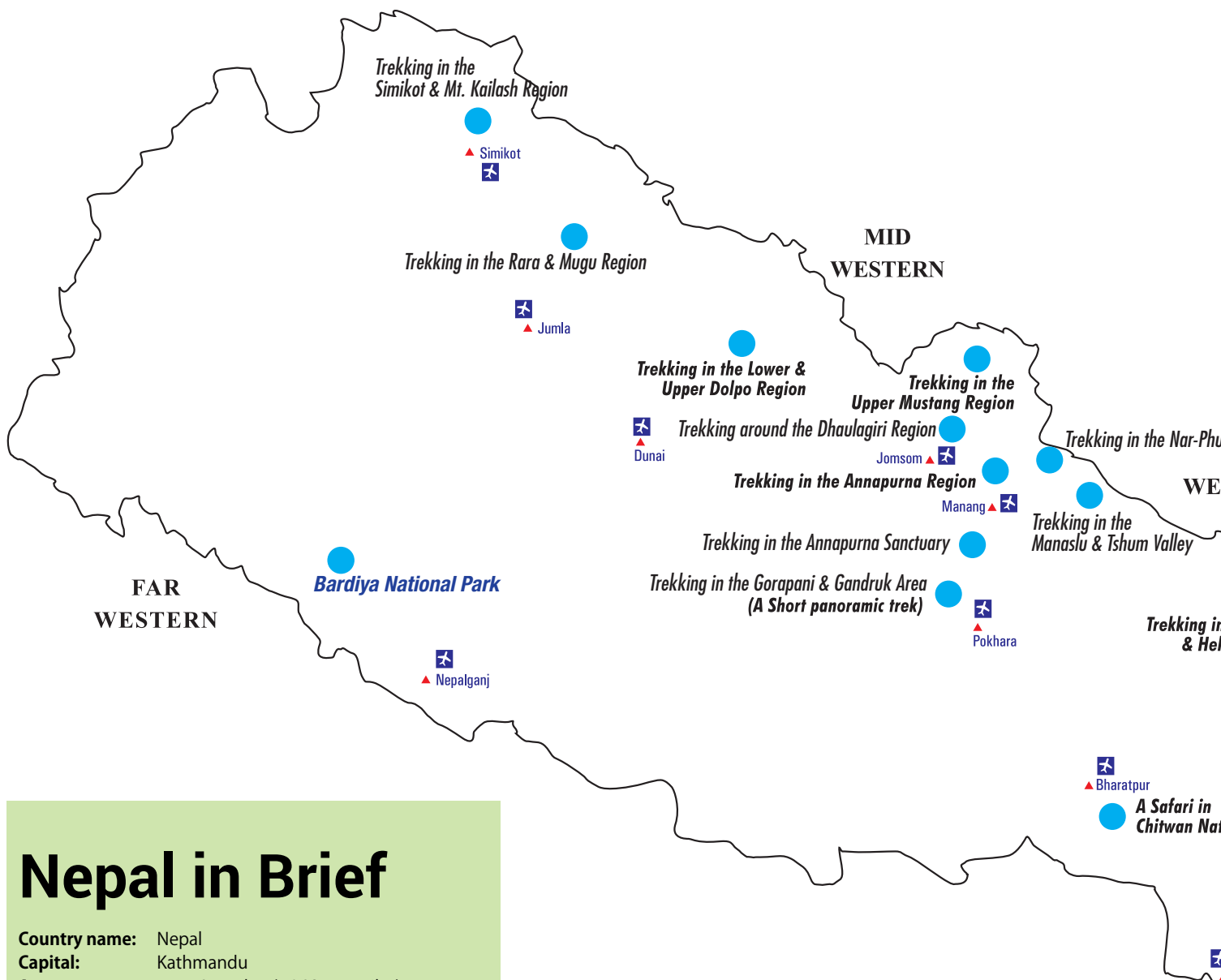


Acknowledgement

On behalf of Happy Feet Mountaineers and Happy Feet Travel, we would like to express our sincere gratitude to all our well wishers and respected customers who provided valuable testimonials to publish in this brochure. We are grateful to our beloved friend David Gluns for his suggestions and genuine photographs. It has certainly added the beauty and authenticity of this publication. We know only the words are not enough to acknowledge your contributions. Therefore, we assure you to respect your testimonials by serving our customers to the best of our ability. We will do everything we can to make our trips authentic and amazing.

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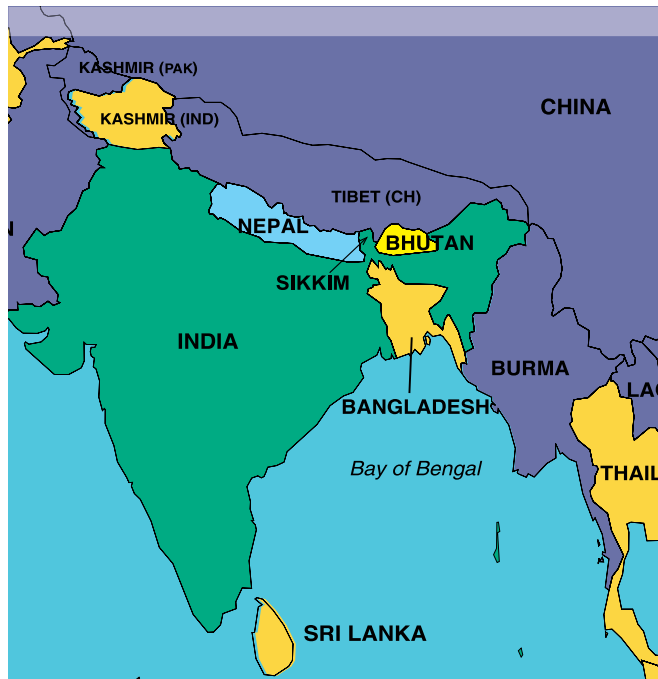


Nepal in Brief

Country name:	Nepal
Capital:	Kathmandu
Area:	147,181 sq km (56,827 sq miles)
Location:	Nepal borders on the Tibet Autonomous Region of the People's Republic of China in the north and India in the east, south and west.
Major language:	Nepali
Major religions:	Hinduism, Buddhism
Population:	29.6 million (with 1.09% growth rate)
Language:	Nepali is the national language of Nepal. Educated people understand and speak English as well (there are 63 tribal languages).
Fiscal year:	The Nepalese fiscal year starts in mid-June.
Time:	Nepal standard time is 5 hours 45 minutes ahead of GMT and 15 minutes ahead of Indian standard time.

Nepal

Isolated and for bidden by itself until 1950, the Himalayan country Nepal is becoming more popular as one of the unique natural, cultural and adventurous destinations in the world. The home of Mt. Everest and Sherpas - Nepal is a place of eternal attraction with magical culture and people, ancient history, superb scenery and some of the best hikes on earth. Nepal offers an incredible diversity of sightseeing attractions and mountaineering opportunities found nowhere else on earth. The sights and sounds of Nepal are full of energy and life, and rich with genuine excitement. Hundreds of thousands of tourists return to Nepal every year because of its beauty, simplicity and hospitality!



the highest point on earth, Mt. Everest at 8,848 m, all within a distance of 200 km with climatic conditions ranging from tropical to arctic. Within this incredible variety of ecosystems and geography, there are 125 ethnic groups with their own language and custom. The peaceful coexistence of multi-religious system and beliefs is one of the most fascinating aspects of Nepal.

People: With the population of thirty million, Nepal is a melting pot of many races and tribes. The main characteristic of Nepali people is their simplicity and hospitality. Nepalese are simple in every way. Their means of livelihood, way of life, dresses, expenses etc. are all simple! They are very friendly and cooperative. Nepalese are well known for their hospitality and believe in "aateethee deva bhawa" which means "guest is god." The way Nepali respect and honor the guests are finest in the world.

Hikers' paradise: Hiking in Nepal is to travel by foot in the remote and unexposed areas where life has not changed in generations. In a hiking, people walk through picturesque village and valleys, deep gorge and passes, river and forests, mixing with the people and their unique way of life and sampling the breathtaking scenery which offers a unique blend of physical challenge, mental relaxation and spiritual uplift. Nepal offers varieties of options of day hikes to three weeks hike.

Flora: Nepal possesses some of the most outstanding bio-diversity in the world, ranging from sub-tropical Rain forests to Alpine deserts. There are more than 6000 flowering plant species in Nepal. There are several native plants which are originated in Nepal. Himalayan Rhododendron is the most famous one.

Fauna: Nepal has 30 species of large wild animals and approximately 180 species of mammals. The one horned rhinoceros, Royal Bengal tiger, crocodile, snow leopard, red panda, Himalayan black bear, and many other wild animals are found in the forests of Nepal. Nepal has 840 different species of wet-land, migratory and residential birds.

Air Connection: You can fly to Nepal from any corner of the world with minimum transits. Nepal Airlines is the national flag carrier of Nepal with flights to and from Delhi, Kuala Lumpur, Dubai, Bangkok, Doha and Hong Kong.

Other International airlines operating regular flights to and from Kathmandu are Air Arabia (Sharjah), Air Asia (Kuala Lumpur), Air China (Lhasa, Chengdu), Biman (Dhaka), China Eastern (Kunming), China Southern (Guangzhou), Dragon Air (Hong Kong), Druk Air (Paro), Etihad Airways (Abu Dhabi), Fly Dubai (Dubai), Indian Airlines (Delhi, Varanasi), Jet Airways (Delhi, Mumbai), Korean Air (Seoul), Malaysian Airlines (Kuala Lumpur), Qatar Airways (Doha), Silk Air (Singapore), Thai Airways (Bangkok), Turkish Air (Istanbul) etc.

Natural Beauty: Nepal is a land of stunning natural beauty with hundreds of miles of forested hiking trails, rivers and streams, green lush valleys and hillside villages filled terraced fields. The snowy peaks of Mount Everest, Annapurna and over 250 peaks over 6000 meters (19685 ft) draw thousands of trekkers and climbers from around the world. Nepal is a heaven for nature lovers.

Geographical and cultural diversity: Running along the glittering length of the Himalayas, Nepal's narrow breadth spans one of the most dramatic geographical and cultural transitions on earth. The elevation of the country ranges from 60 m above sea level to

Area

SERN

the Langtang
ambu Regions

ional Park

Birganj

CENTRAL

EASTERN

Trekking in the Everest Region

Trekking in the
Rolwaling RegionTrekking in the
Peekye & Dudhkunda Region
(Lower Everest)Trekking in the
Kanchenjunga RegionTrekking in the
Makalu & Sherpani Col

Kathmandu

Phaplu

Lukla

Rumjatar

Lamidanda

Bhojpur

Taplejung

Janakpur

Biratnagar

Kathmandu



Kathmandu valley: The ancient city of Kathmandu is slowly turning into a modern metropolis, but within its bustling streets and squares remain numerous temples and monuments of great beauty and historical significance. The rich tapestry of the cultural heritage of Nepal is synthesized in Kathmandu valley, representing a perfect example of harmony in urban design, elegant architectures, refined cultures, colorful bazaars and very simple and hospitable people. Once a separate kingdoms in it, Kathmandu valley contains three fabled cities - Kathmandu, Patan and Bhaktapur. Out of ten UNESCO World Heritage Sites in Nepal, seven cultural heritage sites are in Kathmandu Valley. All those heritage sites are like open museums!

Some two hundred years ago a Western visitor wrote that there were as many temples as there were houses, and many idols as there were people, in the city. Indeed Kathmandu boasts one of the largest assemblages of magnificent historical monuments and shrines ever built.

The Kathmandu valley is surrounded with several most beautiful viewpoints such as Nagarkot, Dhulikhel and Namobuddha from where one can enjoy great panoramic view of the Himalayas: Manaslu (7,111m.), Langtang (7,246m.), Choba Bhamre (6,016m.) and even Everest (8,848m.). The view is particularly memorable at the end of the day, when the sun slowly sets beyond the horizon and the mountains glow in the evening light. Both sunrise and sunset, from these viewpoints, are truly breath-taking. Sometimes the lower valley remains under a thick cloud, setting off the mountains high above them.

Short treks and tours in and around the Kathmandu Valley

The Kathmandu Valley offers some excellent short treks, which can be a great introduction to the cultural diversity of the country (the varied customs of the different groups inhabiting the valley, along with art and architecture) and the mountain ranges to the north.

The treks in and around the Kathmandu Valley can be undertaken by people of all ages, particularly visitors with tight time schedules.

Treks around the Kathmandu Valley can last from 1 to 4 days.



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Tourist Visa Rules

Nepal Tibet Bhutan

Nepal Visa

Tourist entry visa can be obtained for the following duration from Nepal Embassy/ Consulate of Mission offices abroad, or at the following immigration offices in Nepal:

1. Tribhuvan International Airport, Kathmandu
2. Kodari, Sindhupalchowk (Northern Border) Nepal/Tibet border
3. Kakarvitta, Jhapa (Eastern Nepal) Nepal/India border
4. Brigunj, Parsa (Central Nepal) Nepal/India border
5. Belhiya, Bhairahawa (Rupandehi, Western Nepal) Nepal/India border
6. Jamuna, Nepalgunj (Banke, Mid Western Nepal) Nepal/India border
7. Mohana, Dhangadhi (Kailali, Far Western Nepal) Nepal/India border
8. Gaddachauki, Mahendranagar (Far Western Nepal) Nepal/India border

Visa Fee Nepal

Visa Facility	Duration	Fee
Multiple entry	15 days	US\$ 25 or equivalent convertible currency
Single Entry	60 days	US\$30 or equivalent convertible currency
Multiple entry	30 days	US\$ 40 or equivalent convertible currency
Multiple entry	90 days	US\$ 100 or equivalent convertible currency

TOURIST VISA EXTENSION

9. Visa extension fee for 15 days or less is US \$ 30 or equivalent convertible currency and visa extension fee for more than 15 days is US \$ 2 per day
10. Tourist visa can be extended for a maximum period of 150 days in a single visa year (January- December)

TRANSIT VISA

Transit visa for one day can be obtained from Nepal's immigration offices at the entry points upon the production of departure flight ticket via Tribhuvan International Airport in Nepal, by paying US \$ 5 or equivalent convertible currency.

Tibet Visa and visa fee

Visa Fees		
	Normal	Urgent
American National	142\$	164\$
Canadian National	88\$	103\$
Other Nationals	58\$	73\$
Normal Process	Application should reach to embassy with original Passport 4 days prior to departure	
Urgent Process	Application should reach to embassy with original Passport 3 days prior to departure	
Visa Day	Visa is issued only in each Friday, Monday and Wednesday for all categories.	

Bhutan Visa and visa fee

Any visitors can book a package holiday to Bhutan through us, we'll proceed for necessary formalities to arrange Visa and Permit to Bhutan.

Visa Formalities:-

1. Once you book the tour with us, send us your full Passport Details (a scanned copy) and the total tour/trek payment.
2. You will have to wire transfer the payment through our bank details mentioned in our tour payment method
3. Once we receive the payment it will take us few days to process for visa, as soon as we issue the visa we will fax to you or email it to you, the visa copy will be with the letter head of Immigration (Ministry of Home & Culture Affair (Royal Bhutan).
4. Once you have the visa, please note to bring along with you for your departure to Bhutan from any destination.

Trekking Info

We offer both short and long trekking programs to tourists who want to get off the beaten track. Porters, Yaks or horses are hired to carry the luggage. Our treks are accompanied by experienced trekking leaders, trekking guides and Sherpa helpers, all of whom are experienced in meeting any contingencies. The field staff are steered in the local geography, language and culture and adept at weather forecasting and first aid. Our mountaineering and trekking cooks know how to prepare Continental, Sherpa, Tibetan, Nepali, Chinese, Korean and Indian dishes catering to different tastes day by day, even in high Himalayan camps or wild hidden valleys.

The trekking, tour and mountaineering programs are fully taken care and organized according to requirement of each client so that they get full contentment with their holiday trip in our parts of the world.





“To travel is to discover that everyone is wrong about other countries.”

Daily activities during a trek

You are woken by a Happy Feet staff who brings in a bowl of hot water for washing and a first cup of tea or coffee. Thirty minutes later, a full breakfast is served on camp tables. Sherpas use this time to disassemble the tents, while some porters set off on the daily walk in order to arrive in time in the evening.

The walk starts at around 8 a.m. The group is always led by a sirdar, and in cases of very big groups, several guides are always present to ensure that everyone (quick walkers and slow walkers) is attended to. Lunch is served at around 12:00 or 12.30 p.m. altogether the rest time lasts 2 hours. In general, the afternoon walk is shorter than the morning one, to give people time to visit neighboring villages, to rest and to chat while the staff prepare the supper, which is served at 7 p.m.





Trekking in the Rolwaling Region

Rolwaling Valley is a Beyul (it means a hidden valleys often encompassing hundreds of square kilometers, which Padmasambhava blessed as refuges) one of the lands hidden by Padmasambhava. Located to the west of Khumbu it is a very narrow and isolated valley inhabited solely by Sherpas who cultivate barley and potatoes and keep yaks (male) and naks (female). The main settlements are Beding and Na. To the western edges of the Rolwaling village, about 30 kilometres, lies the famous Mount Gauri



Shanker. This beautiful valley is deeply cut by Rolwaling Chu (River) creating an access to the Khumbu region by the Tashi Lapcha pass, which is a very high and dangerous pass always covered by snow and ice (5,755m).

Gauri Sankar, the second highest peak of the Rolwaling Himal range, is the main mountain of this region. The name comes from Sanskrit for the Goddess and her Consort, denoting the sacred regard to which is afforded it by the peoples of Tibet and Nepal. Alternate

names for the mountain include Gaurishankar and Jomo Tseringma (the Tibetan/Sherpa name for the peak).

Tsho Rolpa Lake, above the Rolwaling village, which can be seen when going toward Tashi Lapcha is said to be the largest of the Himalaya. This lake, which is now slowly being drained, once threatened to burst and inundate the entire Rolwaling Valley. The trek to Rolwaling is a difficult one, and people interested in it must be well prepared and accompanied by experienced Sherpa guides and assistance.



TREKKING IN THE WEST OF NEPAL

A perfect way to see the real nature, the hidden Himalayas and cultures of western Nepal



Treks in the west of Nepal are quite a different proposition to treks in other parts of the country. This part of Nepal is far less developed with fewer facilities available for visitors. Access is also far harder, especially to areas such as Humla, Jumla and Dolpa.

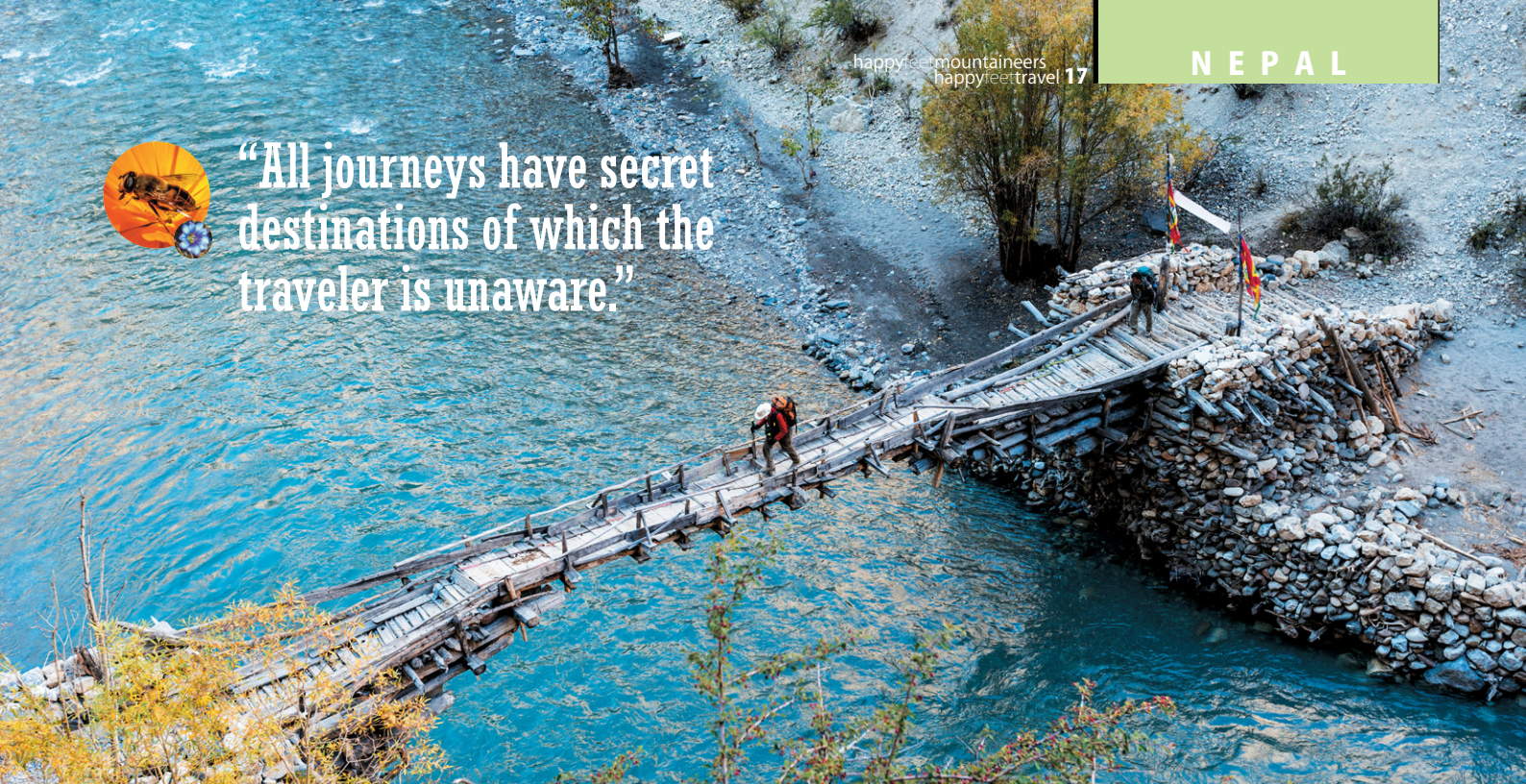
All of this makes trekking here much more of an exploration and intending trekkers must be prepared for some delays and other hardships. It is also considerably more expensive to trek in the remote parts of the west. The west of Nepal is impossible to describe in few lines. This Part of Nepal is rich in its range of flora and fauna.

Of most interest and value are the medicinal herbs and plants that are found in the higher regions which represent an important source of income for the locals. Western Nepal, especially Upper & Lower Dolpo region, is also known as medicine hills. In the summer many people from the surrounding villages and district and even from Kathmandu and Tibet arrive here to collect a strange insect/plant known as "Himalayan Viagra". This medicine is a combination of insect and plant remains inactive in winter and comes out as a plant in summer. In Nepal it is known as "Yar-Cha Gun-Bu" which means plant in summer and insect in winter has high commercial demand as a tonic.





“All journeys have secret destinations of which the traveler is unaware.”



The history and anthropology of western Nepal is complex and fascinating. Much of the geographic territory, now recognized as Nepal, formerly consisted of a number of small hill states and petty kingdoms (minimum 46). The Jumla was one of the powerful petty Hill States of that time. Since centuries the western part of Nepal including Jumla has played a significant role in the political and cultural chapters of Nepal, especially while the Malla empires declined and split into numerous petty hill states. In an effort to develop their domain as a trading center and to obtain Tibetan goods, the rulers of Jumla turned their attention eastward and assumed control over Lo (Upper Mustang), from which they extracted as annual tribute. Soon after when Jumla assumed control over Lo the Army of Bahadur Shaha attacked on Jumla and annexed both of the petty Hill State (Jumla & Lo) into Nepal in around 1800.



In our day the entire Jumla and Dolpo region has become one of the major travel destinations. The cultural route of Jumla extends north into Tibet and west to Kumaon in India. We get to cross four different atmospheres: the medium mountain with forests and pastures, the trans-Himalayan vertical desert with the oases of the villages, the high quota with tundra and cliffs and the microclimate of the Phokosundo. The entire upper Himalayan range of Dolpo, Jumla and Humla are dominated by Tibet and keeps a significant influence on the areas by trading. Most of the villages are packed closely together, one atop another with flat roofs. The main ethnic groups of this area are Thakuris, Chhetris, Matwali Chhetris (many of them are Tibetan) and of course the Tibetans.



The most obvious group of people seen in the northern most parts of the area, particularly in Dolpa and in Mugu, are of Tibetan origin. They mostly graze animals supplementing with trade both to the north and the south. Their religion is a mixture of Tibetan Buddhism and the ancient, pre-Buddhist, Bon religion, a largely animistic faith. Their language is based on the Tibetan dialect spoken in Kham, a province of old Tibet located many hundreds of kilometers to the east. Lower down the people are a mixture of ethnic groups, such as the Magar, Gurung, and hill people of Hindu caste origin (all mongolian origin). Of particular interest are the Thakuri, the royal family's caste. Again they are quite different in culture and language to their cousins further east and similar to Mongolian origin.

The western Nepal is remote and unknown because of its relative inaccessibility from the Capital, Kathmandu, or from other major commercial cities of Nepal. The life here is very difficult and the



poverty is unforgettable in every way. These days various NGOs are currently working with the local people in the west to try to establish a certain level of tourism infrastructure. At present this is limited to community camping sites, porters and hotel training. The west of Nepal also has two famous and beautiful National Parks. Those National Parks are SHEY PHOKSUNDO and RARA.

Beni to Dolpo Trek



Besides flying into the region, the Lower Dolpo can be reached by trekking from near Beni. The focal points of this approach are the Dorpatan Hunting Reserve, various villages with different cast groups and histories, the Dho-Tarap valley, Phoksundo Lake and numerous high passes.

Dorpatan is a famous natural reserve and only park permitted for hunting. It can be reached from Baglung via Burtibang or from Beni via Myagdi Khola. The area is located to the west of Kathmandu and to the south of the Dhaulagiri Himalaya and it is known for beautiful and large valley. This area is the home of indigenous Kham Magar and Tibetan people. During the summer month large herds of livestock are brought north from Rapti Zone by Kham Magar to graze in surrounding pastureland. Farming, animal husbandry, handicrafts and some tourism movements are the key economic activities of the people in the region.

The lower Dolpo part is bordered with Dorpatan hunting reserve, which can be accessed by few days trek further west of Dorpatan.



Trekking in Upper Dolpo

as Crystal Mountain. The largest gathering in the region, takes place in July when villagers from all over Dolpo come to Shey. They meet here for a pilgrimage around 'their Mount Kailash' - Crystal Mountain.

The mythology speaks the vastness of Shey Gompa and Crystal Mountain, including where to find the milky lake in the interior of the Crystal Mountain kora. Even the greatest of celestial feats cannot equal once rounding on foot this Crystal Mountain.

The Crystal Mountain Kora allows the pilgrim to see Mount Kailash, the most sacred place for all religion, more than dozen times from the passes, in the far distance. The festival lasts for several days and this is also time for sharing news and doing business, drinking, dancing and singing.

The Upper Dolpo region lies to the north of Phokdundo Lake and can be reached in 2 days by horse or 3 days trekking from Juphal airport. The upper Dolpo region is historically divided into four valleys: Tsharka (good growing-place), Tarap (auspiciously excellent), Panzang (abode of monks), and Nangkhong (innermost place) and among which the Tarap valley falls into Lower Dolpo trekking region.

The Upper Dolpo is filled with numerous centuries old monasteries many of them are Bon, a religion whose origins predate Buddhism, but whose modern form is officially accepted as a fifth school of Tibetan Buddhism. The remote region has preserved its Tibetan culture relatively in pure form, making it attractive, not only to westerners but also to the modern generation of Tibetan family and culture. Despite its high permit fees for trekkers in an attempt to restrict tourism, Upper Dolpo is a desirable destination for trekkers as a pilgrimage or spiritual trip.

Among many monasteries the 12th century Shey Gompa monastery is considered one of the must to visit and the mountain above it known



"Happy Feet trek organization was superb. All of the guides, cooks, wranglers etc. were so friendly and helpful, always thinking of ways to pamper their guests at high elevation. They were constantly monitoring the group and offering help before being asked to do so. Dendi has a knack for hiring and keeping an excellent crew, a difficult thing to do in a competitive environment. Highly recommended."

- GAIL BERG, WINDERMERE, BC, CANADA

TREKKING IN LOWER DOLPO

Lower Dolpo is the most visited area by trekkers in comparison to other trekking routes in western Nepal. although this is much less visited compared to other trekking routes in Nepal. One of the main reasons is its relative inaccessibility. Lower Dolpo or the entire western Nepal offers a wonderful opportunity to take advantage of the different landscapes and culture then of other parts of the country in the shortest of our Itinerary.

Lower Dolpo trekking is the least complicated and also one of the most popular trekking in western Nepal.. The journey passes through the main villages such as Juphal, Tarakot, Tarap Valley and Shey Phoksundo crossing the Numila and Bagala passes. This protected remote and rugged area is scenic and culturally attractive. This is the habitat of several rare plants and fauna species, much of which can be seen nowhere in the country. In the region you can see the animals like snow leopard, wolf and blue sheep.





GREAT HIMALAYAN TRAIL

Jumla to Dolpo via Mugu



Jumla to Rara Lake (the largest lake in Nepal with its pristine water and alpine forests) and then to Dolpo via Mugu Karnali Valley trekking route is one of the least travelled trekking routes in Nepal and also by the trekking agencies. The trekking starting point is at Jumla following a flight from Kathmandu via Nepalgunj. At an elevation of 2,370 meter, is located on the banks of the Tila Khola (River), in an area know as the highest growing rice in Nepal. The trekking ending point is Juphal at an elevation of 2,500 meters, which has the only airport to enter and exit the Dolpo region.

For this trek, the average day walk requires about 10 to 12 kilometers for 25 days' trekking with an average of 6 hours actual walking time per day. The highest passes on this trek are Chyargo La 5,150m., Yala La 5414m., Nyima Gyanzen La 5,563m. (Highest point on Trek), Yambur La 4,813m., Nyeng La 5,370m., Sela La 5,059m. and Nagdala La 5,350m.

The trekking route mostly follows the ancient trail enabling us to see old cultural villages and undisturbed natural scenery while wandering through vast high elevation meadows. All the high passes are adorned with prayer flags and carved mani stones (Buddhist Prayers: Om-mani-padme-hum) and cliffs are sacred mountains to circumambulate in their routine religious and cultural dates, the centuries aged monasteries and stupas are still the refuge centers for all age group and faiths, and the life style and cycle continues on without giving way to pain and with full contentment. A trek here could be very challenging for many but by accomplishing it will back a sensual accomplishment of life by understanding the difference. A visit to the emerald green lake of Phoksundo is a must. Options also include trekking in or out from Jomsom.

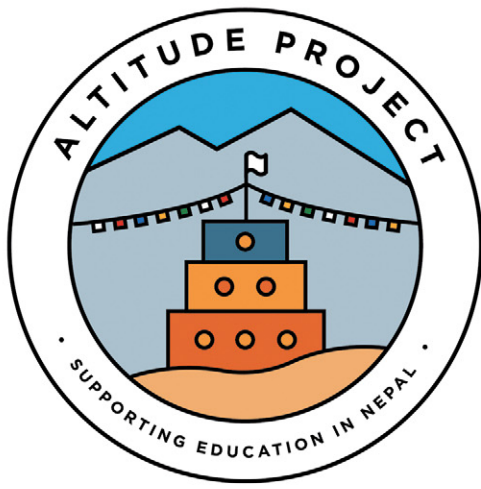


"Nepal stands out as one of the most memorable and transformative trips of my lifetime thanks to the great people who run or work for Happy Feet. All the details of our trip were managed leaving us to devote our energy fully to experiencing the stunning scenery, warm and gracious Nepalese people, and many small nuances one finds in a foreign land and culture. A trip of a lifetime."

- DEB NELSON, ROSSLAND, BC, CANADA







ALTITUDE PROJECT

Altitude Project's primary mission is to support education in the remote Upper Dolpo region of Nepal. Our work includes providing support for school operations and infrastructure projects, as well as assisting with community projects like health posts to provide children with preventive and primary care, with water systems and greenhouses to improve their food security and nutrition and with solar lighting so they can read and study after dark. Such projects contribute immensely to their educational success.

Altitude Project Community Support Foundation is a non-profit society registered in British Columbia and a registered charity in Canada.



Please Lend a Hand



www.altitudeproject.ca

Trekking in the Peekye region

A beautiful trek in the Lower Everest region



The Peekye and Dudhkunda Region, largely overshadowed by the glory of Mount Everest, is an area less frequented by tourists in the southern part of the district. The area surrounding the district headquarters of Solu consequently retains much more traditional characteristics and is filled with just as much natural beauty. Among them the Peekye trek, the Rumjataar to Jiri via Peekye trek and the combined Peekye and Dudhkunda treks are some of the most beautiful destinations of the lower Everest region

The Peekye region is situated 250 kilometres to the east of Kathmandu and offers travellers many sources of pleasure, particularly the beauty of the landscape and the cheerfulness of the Sherpas. Some trekkers prefer the high altitude of the Khumbu area, while others enjoy walking in lower areas, where there is a large range of fauna, flora and ethnic cultures in the backdrop of giant Himalayan peaks.

One of the most beautiful areas, and one still largely off the tourist route, is Peekye Mountain (4070m), a very special mountain in that it is considered the protector of the entire Solu region. It is a destination not to be missed if one is planning to do a trekking in Everest region.

Along this trail the major villages that are visited are Jiri, Bandar (Changma) and Golla. Golla is a small Sherpa village of about 40 houses scattered over the slope of Peekye at an altitude of 3,060m, and dominated by a range of snow-capped mountains: Gaurishankar, Karylung, Numbur and Katanga among others. The religious life of this village is very vibrant thanks to its four small monasteries, all belonging to the Nyingmapa school of Tibetan Buddhism, in which the monks perform the sacred dance festivals such as Duwa Chhechi, Ngungne, Dumji and Mani Rimdu (according to the lunar calendar), each festival lasting a period of several days.



“Two roads diverged in a wood
and I — I took the one less traveled by.”





Last Autumn I did my first trek and visit to Nepal with Happy Feet and Dave Gluns. I live in Ottawa, Ontario and our biggest "summit" is 300 meters so I was anxious and felt ill prepared for the Peekye Trek. From the moment we stepped off the plane in Kathmandu we were welcomed and treated like Royalty by Happy Feet and their staff. The trek I cannot describe adequately, it was the most challenging and rewarding thing I have ever done. The views were spectacular and the Sherpa's were very knowledgeable and willing to enlighten us along the way while they supported our trek and made it extremely enjoyable.

The worse day was the last as I was saddened the trek was over and I would miss the Happy Feet staff and Sherpa's I had grown so fond of. After we returned to Kathmandu Happy Feet continued to be our resource and support while we vacationed in Phokra and until we said a sad goodbye at the airport. I would trek with Happy Feet every year if I could, (If Cupcake would let me :(...)) and am looking forward to my next journey so I can build on the incredible memories of this journey. This was the BEST time of my life.

- BRENDA SUMNERS
OTTAWA, ONTARIO

Peekye is a perfect area for those who have little time but wish to experience varied trek, see Everest in full scale, enjoy deep blue skies, visit typical villages, and experience the mountain climate without seasonal barriers! Each season of the year has its own beauty – its own feel – to make a trip to this area worthwhile.

The major attractions of the area are its villages with their traditional life, delicious Sherpa food, festive Buddhist monasteries and shrines, the dense forests of pine and juniper, the varieties of rhododendron (which start blooming from March and remain on till September), and the many colourful birds including the national bird, danphe, of Nepal.

The views from Peekye is indescribable, stretching from Kanchenjunga in the far east to Annapurna in the west (one can view Kanchenjunga, Makalu, Everest, Lhotse, Nupse, Manaslu, Annapurna, Gaurishanker and uncountable other peaks) and from north to south (the view toward the west and to the south takes in countless hills towards an invisible horizon). And all along the trail both sunrise and sunset views are truly breathtaking. The sunset view from Peekye has nothing that compare with it in other parts of Nepal, dipping behind the mountains that are southwest of Kathmandu.

The entire area of Peekye is pastureland of the Sherpas of the surrounding area. The period from May to October is spent in this heaven with cattle (naks and yaks). Complementing the rich pastureland are three small cheese factories (more than anywhere else in Nepal in number and quality). Two of them can be visited on our trail, to a warm welcome from their managers with a cup of tasty tea or warm milk and piece of fresh cheese!

The trek begins from Shivalaya which can be reached after a drive of two hours on rough road from Jiri – the gateway to Everest before Lukla airstrip was built.





Trekking in the Everest Region





“We wander for distraction,
but we travel for fulfillment.”



Everest, the world's highest mountain, rises in the eastern part of Nepal, in the Solu-Khumbu region, an area inhabited by the famous Sherpa people. The Sherpas started to become well known in the 1950s, when the Tibet border closed following the occupation of Tibet. The trade between Nepal and Tibet stopped then, and the Sherpas, in search of a new means of livelihood, began to act as guides for foreign expeditions. Previously the Sherpas had never climbed mountains that are regarded by them as the abode of their gods.

The northern part of the district (Khumbu) is encompassed in Everest National Park. To the east of Everest National Park is Makalu Barun National Park, a remote and wild stretch of mountain peaks and deep and densely forested valleys. To the west is the Rolwaling valley, a well-protected microcosm of cultures and ecology. The southern part of the district, Solu, is much less frequented by tourists, and consequently has retained much more traditional characteristics. The Peekye trek and the Dudh Kunda trek are two of the most beautiful destinations.

Trekking Around Manaslu and Tsum Valley

The **Manaslu region** offers a variety of trekking options. The popular Manaslu trekking route of 177 kilometers, skirts the Manaslu massif over the pass down to Annapurna. The Nepalese Government only permitted trekking of this circuit in 1991. However mountaineering expeditions have had access to the area for a long time before 1991. The trekking trail follows an ancient salt-trading route along the Buri Gandaki River. En route, 10 peaks over 6,500 meters are visible, including a few over 7,000 meters. The highest point reached along the trek route is the Larkya Pass at an elevation of 5,100 meters. The views of Mt Manaslu, eighth highest mountain in the world, are marvelous and close. Besides Manaslu, the most prominent of the peaks are Buddha Himal and Himal Chuli, both of which can be seen from many vantage points between Kathmandu and Pokhara.

The entire region is declared as Manaslu Conservation Area making this valley a sanctuary to endangered Snow Leopards, Pandas, grey wolf and musk deer. Blue sheep and the Himalayan Thar are commonly seen everywhere. Over 110 species of birds, 33 mammals, 11 butterflies and 3 reptiles have been recorded.

This area is more remote and spectacular than many. It is culturally fascinating with strong continuing links to Tibet in the upper Buri Gandaki (called Nupri 'the western mountains'). In the itinerary we make few days extension and trek through the Tsum Valley, a newly opened area, and experience the beauty and secret of this hidden land. The area in question is bordered by two major river systems: to the east the Budi Gandaki River and to the west the Marshyangdi River. The trails are rough and steep.

Our trek continues over the highest point of our journey at Larkye La (5100m).. From the top of the pass, it is almost down-hill through the serene alpine forests and meadows till we come to the trail of the Annapurna circuit. After being on the main track for a few days our journey continues towards Kathmandu through the traditional mid hills villages.



"Their name says it all. When you're with them, you and your feet are HAPPY! Make your trekking arrangements with these guys and all you have to do is sit back and relax and they'll meet you at the airport with a hand made Nepalese lei. Every detail of your trip will be done including any spontaneous request you may have. Great food, equipment and excellent locally trained staff. Have you ever had fresh baked pie or birthday cake at 4000 meters? You will with Happy Feet! And their service isn't complete until you're back on your plane. They'll do what it takes to make your trip memorable and HAPPY!"

- PHIL BEST, NELSON, BC, CANADA



The famous Annapurna region is certainly one of the most popular trekking destinations in Nepal. The main attraction is the Annapurna range including its highest peak, Annapurna I (8,091m), the first of the 8,000-Metre peaks to have been climbed (by a French team in 1950). Many other mountains can be seen, such as Annapurna II (7,937m), Annapurna III (7,575m), Annapurna IV, Annapurna South and Dhaulagiri (8,167m).

Forty miles away to the east of Mount Annapurna stands the dominating peak of Mount Manaslu (8,156m.) and to the west stands the Dhaulagiri Mountain (8,167m.) 7000 meters vertically over the Kali Gandaki gorge in about 30 kilometres of horizontal distance. Between Annapurna I and Dhaulagiri Himal range, the Kaligandaki River flows through the deepest gorge on earth, giving a unique example of two Eight-thousanders facing each other over a deep valley.

The entire region of Annapurna falls into the Annapurna Conservation Area. To the east of Mount Annapurna is the area of Mount Manaslu and Manaslu Conservation Area making it a unique and safe sanctuary for many endangered mountain animals.

This region is well known for its beautiful landscape, its forests full of rhododendrons (April-May), its villages full of charm, and comprised with people of different ethnic and cultural group.

Despite the loss of it some famous routes due roads construction from both sides of these famous valleys, the Annapurna region itself has many alternative trekking routes and pilgrimage destinations. The new road has even provided option of spending more time in upper valleys by taking a direct drive to Chemche or even to Chame, the district headquarters of Manang district. The opening of new areas and increase in the range of facilities throughout the Annapurnas means there is a wide range of trekking-style options. From the comfort and convenience of the teahouses on the main Circuit trail, through camping treks with limited teahouse support, to remote wilderness experiences, there are some truly amazing treks on offer for every type of trekker.

Trekking in the Annapurna Region





Naar Phu

Naar Phu valley is unique both for nature and centuries of untouched beauty and accordingly culture making it a not to miss area if one can manage time to combine their trek with Annapurna Circuit. This narrow valley guarded by lovely forests, high passes and mountain peaks with huge glaciers and narrow canyons was open to trekkers only since very recently. The Annapurna Conservation Area Project and Manaslu Conservation Area Project are the largest protected biodiversity areas in Nepal and the Naar Phu area lies in the center of these two massive conservation areas.

Mardi Himal

Mardi Himal Trekking, in Annapurna Region, is a newly opened trekking area. The entire area of this route is densely forested with rhododendron, maple and other mid hill vegetation and it is full of birds.

This trek can be done all year around but the best time to trek in this area is from mid-March to mid-May, when the rhododendron, magnolias and wild orchids are at their peak and October to mid-December when the weather remain mostly crystal clear all the day and night.

A 10 days' trek allows one to include the Gore Paani / Poon Hill in this trip, which will give a complete circuit of this area. The mountain panorama, cultural aspects, daily life of Nepali villagers are so fascinating and can't describe its sensation in words.

Gore Paani

The classic trek to Gore Paani is perhaps one of the best sightseeing treks and a perfect trekking area for those willing to trek but lacking with days. A 4 days' trek enable one to enjoy the total panorama of Annapurna and Dhaulagiri Mountains and visiting the Gurung and Poon Magar villages. This area is one of the most trekked area of Nepal due to its scenery and easy access from Kathmandu and Pokhara.

Annapurna Sanctuary

The Annapurna Sanctuary is one of the World's great trekking destinations within Annapurna Region. The itinerary enables us to witness the indigenous way of life and sample of Gurung hospitality and to sample fully the sublime grandeur of the Annapurna Sanctuary, one of the Himalayas' great places. Stand at the foot of the awesome south face of Annapurna, one of the world's fourteen 8,000m peaks and the first one to be conquered in 1950 in human history. Learn about the famous early climbs, the triumphs and the tragedies, and get close to Machhapuchhare, the fishtailed mountain, one of the most beautiful peaks of mid western parts of Nepal another most beautiful peak of Nepal is given to mount Amadablam in Everest region.





Three Pass Trekking - Makalu BC & Sherpani Col

This is undoubtedly the most challenging trek that the adventure lovers can enjoy in Nepal. We cross the highest passes in the Himalaya including the Sherpani Col, West Col and Amphu Labtsa, all above 5500 metres and endlessly provide fine views of the most famous mountains in the world.

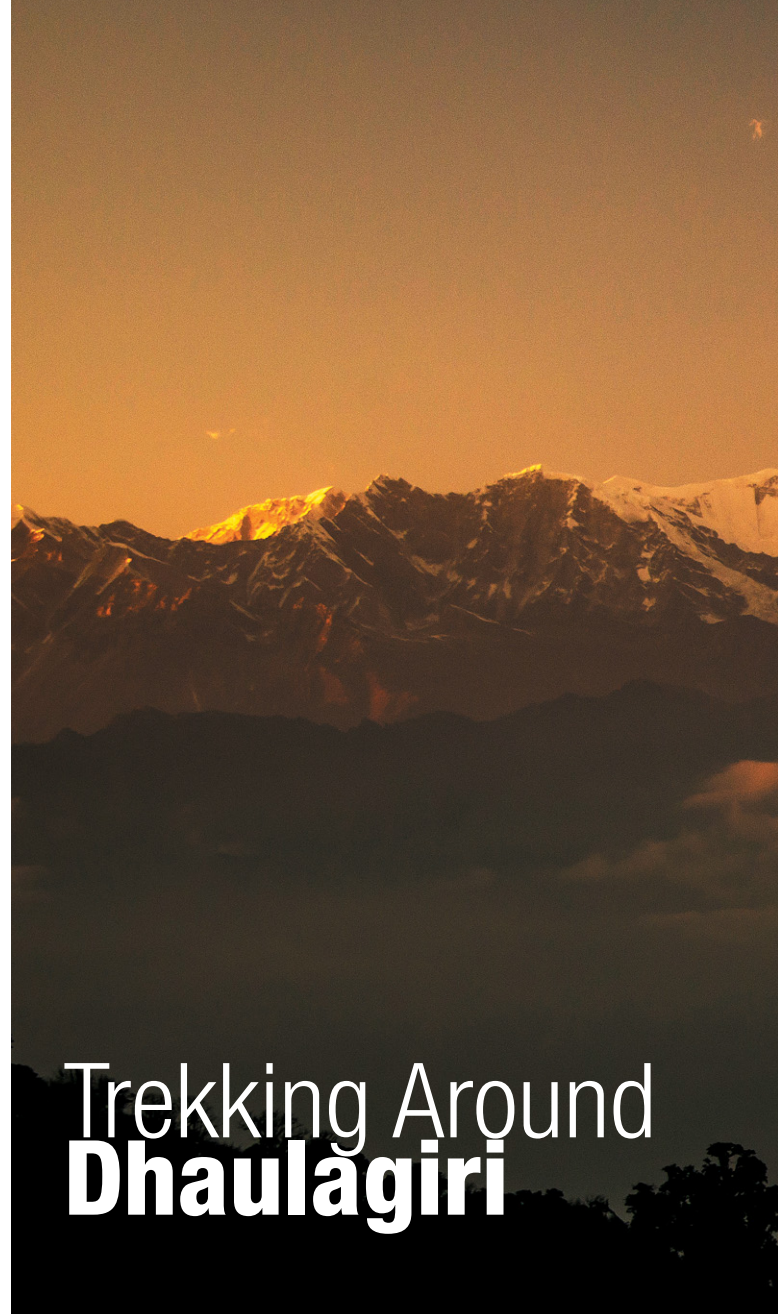
The approach to Makalu Base Camp, rich with some of the most amazing mountain scenery in the Himalaya, gets started normally with a short flight to Tumlingtar and then trekking through Tashigaun and crossing the challenging Kongma Danda covered in cloud forest draped in hanging orchids. There are few villages along the approach to the fifth highest peak in the world, Mt Makalu (8485m), the summit of which stands 3km above Base Camp. The mountaineering route over the glaciated Sherpani Col (6180m), West Col (6190m) and Amphu Labsta (5845m) to the Everest region involves the highest and hardest passes in the entire Himalaya, however the rewards of such an undertaking are more than worthwhile!



"With Happy Feet I was treated to treks that I will cherish the rest of my life. An exceptional trekking company second to none that kept prices affordable. Every detail was well planned out and there fore I never had to worry about anything. From the owner to the sherpas and porters everyone was very friendly and always did that little extra for the trekkers. I trekked in 2013 and 2014 for the month of October each year. In 2014 I separated my Rt. shoulder just before I was to leave for Nepal and instead of me canceling my trip the company offered to have a sherpa carry my day for the duration of the trek which is what happened. I would gladly recommend using Happy Feet to anyone."

- ERIC ACKERMAN
TRAIL, BC, CANADA







"An epic trip to Dhaulagiri with HappyFeet as a mother-daughter trip. The support, fun and caring staff surpassed our expectations at each step of our journey. I highly recommend a trip with HappyFeet and a mother-daughter journey."

**- YOGITA AND SAMADHI BOUCHARD,
NELSON, BC, CANADA**

Mount Dhaulagiri, the world's seventh highest mountain, is one of the most imposing mountains visible from all angles west of Pokhara. This beautiful mountain stands bold in the view, popular view from Poon Hill but can be enjoyed from the route of Kaligandaki valley to Mustang, from the many points of Upper and Lower Dolpo Trekking, from the far distance of Rara to Mugu and from the windows of most of the international flights entering and exiting from Nepal.

A trekking route that makes a circle to Dhaulagiri is famously known as Dhaulagiri Circuit, or Dhaulagiri Round Trekking. This trekking usually starts with a flight to Pokhara and same day drive to Beni or by taking a direct drive to Beni, the trek starting point. From there, the trek follows the Myagdi Khola (River) past several beautiful Gurung villages to the wild and remote area of the Dhaulagiri Himalayan massif. The trek itself involves a nite camping on a glacier, crossing the French col (5360m), camping at Hidden Valley (5050m), and finally crossing Dhampus pass (5240m) to the Kaligandaki River valley, requiring a long descend to join the Annapurna Circuit trail.

Once we are at the Kaligandaki valley the round trip is thought accomplished because of its road and airport facilities at Jomsom but an actual round trip will end up with few days trekking through Kaligandaki gorges to Tatopani (hotsprings) and then a short drive to Beni or another 3 days' extension via Poon Hill to Pokhara. From Poon Hill one can only wonder at the journey with the view of Dhaulagiri.



Trekking in UPPER MUSTANG (LO)

Also known as the Kingdom of Lo, Mustang existed as an independent state as early as the 5th century, but was absorbed into Tibet in the 7th century. Later it achieved a degree of independence and became an important centre of the Sakyapa sect of Tibetan Buddhism. Ame Pal (1380-1450) founded a dynasty that has survived until the present day, even if the country was integrated into Nepal in the 18th century. The present king, Jigme Palbar Bista, the 25th after Gyalpo Ame Pal, was born in 1930 and is still regarded as the king by the Mustangi population, which consists of about 6,000 people.

The inhabitants of Mustang are culturally a Tibetan people, speaking the Tibetan language and following Tibetan Buddhism.

Up until 1992 Mustang was closed except for to a few royal guests. The first legal trekkers were allowed in only in March 1992, upon payment of a high royalty, minimum \$700 for 10 days, which is changed now (\$500 for a 10 days permit).

For these reasons, trekking to Upper Mustang/Lo is a rare privilege. Not many foreigners go there, but those that do discover a traditional way of life, landscape, architecture and art so enthralling that it cannot be forgotten.

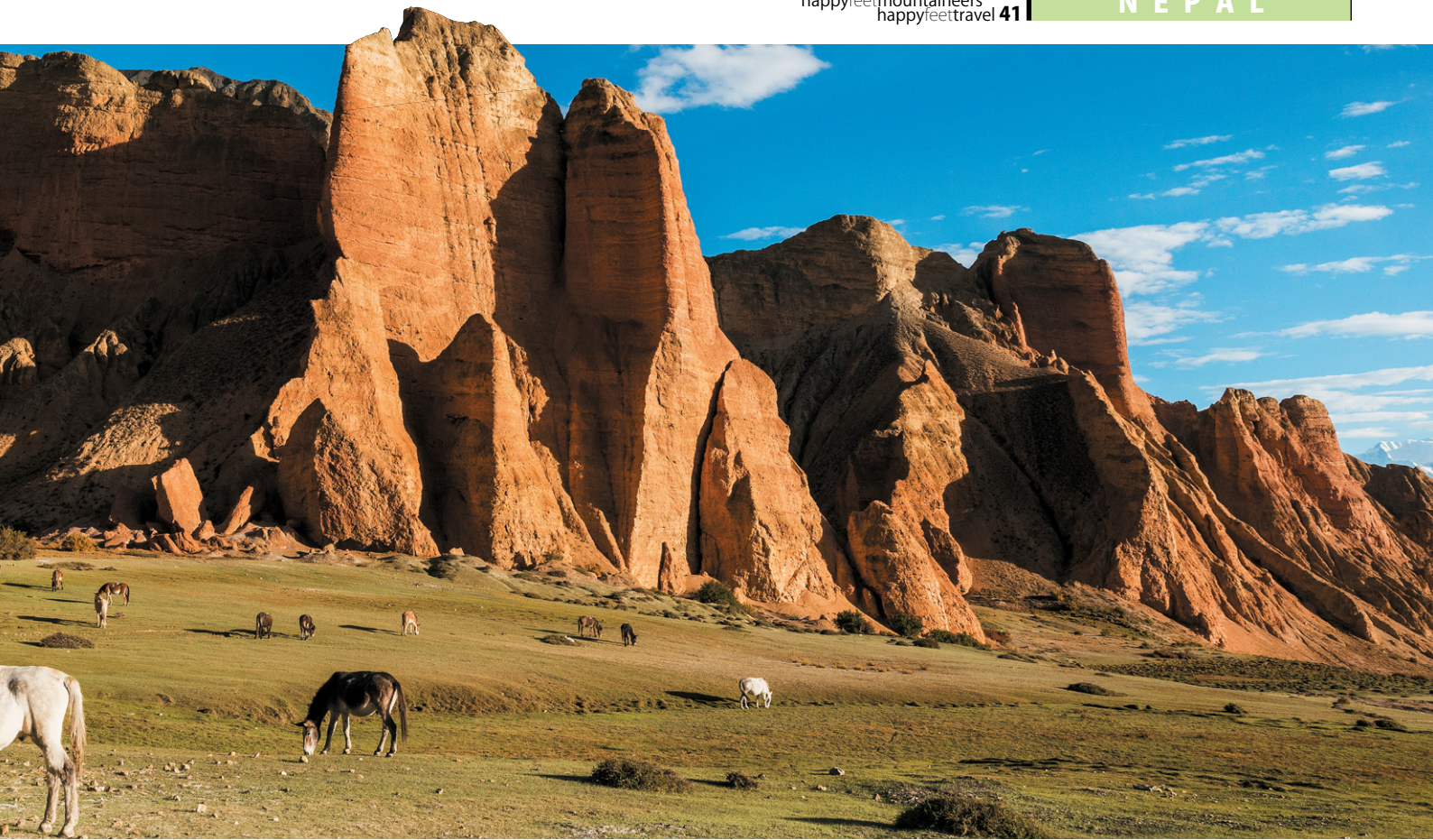
To the south of Mustang live the Thakalis, who provide a cultural and geographical bridge between Mustang and the middle hill tribes of Gurungs and Magars. A famous place of pilgrimage in this area for both Hindus and Buddhists is Muktinath, also known as Chumig Gyatsa (One Hundred Springs), located 18 km northeast of Jomsom.

If you extend the trek from Jomsom to Beni, you'll end up back in Gurkha country amidst typical Nepalese scenery. The fauna and flora become richer as you descend from alpine to temperate and finally into sub-tropical forests. The views and the backdrop of the Himalayas are stunning throughout.



"The trek was above and beyond all expectations."

- CAROLYNE KOLMEL,
NELSON, BC, CANADA



Trekking in Langtang, Gosainkunda & Helambu



"Happy Feet - a company you can trust where we are met with hearts of gold, people who will always greet you with a smile and go the extra mile for you. They are organized, trust worthy and skilled at what they offer. After 4 trips with them they have been a big part of my Nepal experiences and I will continue to return and recommend them."

- YOGITA BOUCHAR, NELSON, BC, CANADA



Langtang Helambu and Gosainkunda regions lie to the north of Kathmandu valley. Part of the region lies within the second largest conserved National Park of Nepal – Langtang National Park. It is enriched by 1000 species of flora and 150 different species of birds and many wild animals. This region is full of mountains: Langtang Lirung (7246m), Gang Chhenpo (6388m), Naya Kangri (5846m) and Dorje Lakpa (6966m). The Gosainkunda lake (4300m) and the Dorje Lakpa range (6988m) bisect the park from east–west to south–east. The summit of Langtang Lirung (7245m) is the highest point in the park. The majority of the residents are Tamang and Tibetan (Kirungbas).

The Langtang National Park contains a wide variety of climatic zones, from subtropical to alpine. Approximately 25% of the park is forested. Trees include the deciduous oak and maple, evergreens like pine, and various types of rhododendron. Animal life includes Himalayan black bear, the goat-like Himalayan thaar, rhesus monkeys and red pandas. There are also stories of Yeti sightings.

The park also contains the spiritual sites such as the Buddhist monastery at Kyanjin Gonpa and Gosainkunda lakes, sacred to Hindus.

Langtang village has been completely swiped away by a massive avalanche caused by the earthquake of 25th April 2015, which resulted more than 310 deaths including 176 local residents, 80 foreigners and 10 army personnel. More than 100 bodies (estimated) were never recovered.

If we travel here on the full moon day of August, during Janai Purnima, it is a sacred day among the Hindus. Hundreds of Jankris (Shamans) gather, beating drums, twirling rhythmically in skirts, with perspiration trickling under their peacock feather headdresses, they move from shrine to shrine. It is a chance to see a bit of Nepali Culture the casual visitors normally misses.

It is during the full moon of Janai Purnima, the Brahman and Chhetri men change their sacred thread. Every Hindu tie the Raktsa Bandan “protective bond” around their right wrist. The thread thought to bring good fortune and is worn for 3 months until Lakshmi Puja (the cow festival).

The wearer removes it and reties it on the tail of a Cow. Retying this thread on a tail of a cow is believed that after the death of the person a cow will be waiting to offer her tail to the soul for a pool across the River of death.

Later in the day, crowds gather to listen to repartee group of singers. Men and women try to outdo each other with wit, humor and poetry. They go on for hours and hours and often have the crowd in stitches. Even if you cannot understand, it is fun to watch this cultural “sport.” When a truce is finally declared, singers agree to meet in the same spot the following years, and they often do in this heavenly Himalayan cradle.

To the east of Langtang and Gosainkunda Lake lies the Helambu region, separated by high passes of Ganjala and Gosainkunda (Lauribina La) Pass. Helambu is a beautiful region to the northeast, about 80 km from Kathmandu. It is the home of the Hyolmo people. The word Helambu derives from the word (Hye – Potato and labu – Radish (in Tibetan). The Helambu region begins at the Lauribina La pass and descends to the Melamchi valley. Helambu once famed for short cultural treks is one of the most sought and trekked areas. The region contains several monasteries, stupas and sacred Buddhist pilgrimage site. The northern and eastern horizons are filled with great snowy peaks.

A trek from the Langtang can be made all the way back to Kathmandu.



Trekking in Kanchenjunga

"The five great treasures of the snow"



"Our group has trekked in Nepal on several occasions and have always been assisted by Happy Feet Mountaineers.

Ngima and Dendi are extremely diligent, and their attention to the small details is what made our treks go so well. They will tailor the trek to your needs and experience, so you are assured of a first class experience. I have recommended other individual trekkers to them and the feedback has always been as I expected.

For the best trekking experience in Nepal, Happy Feet are the team to use."

**- PAUL POWER, CHAIRMAN,
AUSTRALIA CANADA NEPAL TREKKERS**

The Kanchenjunga area was first opened to organised trekking in 1988. Prior to that, the only westerners to have explored the area were those on mountaineering expeditions.

"Kang-chen-zod-nga", meaning "Five Great Treasures of the Snow", actually, has seven major summits. To the locals Kanchenjunga (8585 m.), the third highest mountain in the World, is the abode of gods who bestow prosperity on them and their lands. But to climbers of this mountain the phrase "Five Great Treasures of the Snow" takes on a slightly more ominous tone. The avalanches that Kanchenjunga throws down are said to be the largest anywhere! Since the locals venerate the mountain, there is a tradition among mountaineers not to stand on the actual summit. All "successful" assaults have stopped just short of the summit honouring an old promise made by the leader of the first successful attempt in 1955 to the maharaja of Sikkim.

Kanchenjunga is on Nepal's eastern border with the Indian State of Sikkim. The lowland areas are culturally rich but there are few good mountain views. There are shops, but these are geared to cater to the local inhabitants and not the tourist. One must always carry all of one's provisions into the region. Your last trek shopping chance will be at Kathmandu but when in Nepal one can always shop like a local.

The major ethnic groups inhabiting the Kanchenjunga region are the Limbu who along with Rai belong to the broader "Kiranti" group. Both these peoples have earned respect as fearless infantry men - the "Gorkhas". In fact, till some years ago, the only serving Victoria Cross holder in the British Army was a Limbu. The Limbu's can be recognised from their headgear

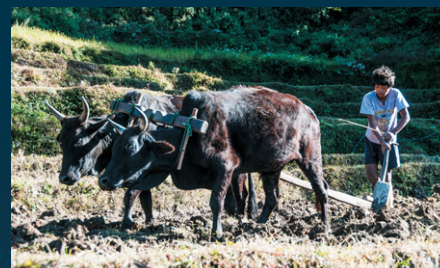


"topi" which is identical to the national headgear of Nepal but taller and more colourful. If you are lucky to pass through major Limbu villages during the first of the Nepali month you may be able to witness village fairs which mainly serve as an excuse for the younger generation to go courting. Nevertheless, these are fun times and offer great photo opportunities.

By far the more famous contribution of Limbu culture is the millet drink "tongba" which is served in special wooden "tongba pot". Fermented millet seeds are put in the tall pot and hot water added. Then the potent brew is drunk via a thin bamboo straw, with tiny holes, which act as filters and keep the seeds out. When all the liquid in one pot has been drunk, hot water is added to it again and the process repeated. Look out for this speciality north of Basantapur. Please seek your sirdar's (guide) advice on the quality of the brew and consume sparingly.

Your journey to unlock the secrets of this remote area begins with a flight from Kathmandu to Taplejung (Suketar) in the east of Nepal. From Suketar you head to Chauki and from there through the villages of Mitlung, Ghunsa, Khambachen and Lhonak to Pangpema (5140 m.) which is also the Base Camp for expeditions attempting the North Face of Kanchenjunga and the culmination of the first part of the trek.

This strenuous and extended trek can visit both sides of the peak but, as with all treks that spend protected times at high altitudes it requires determination and some luck to complete the trek successfully. The crossing of high passes requires good weather - snow could mean that the trail has become dangerous for travel and depending on the season, heavy rains often cause landslides that wipe out whole sections of trails. Prolonged stays at high altitude requires that participants on this trek be in peak physical condition. These factors, of course, cannot be controlled or predicted.



Trekking Peak Climbing Options

When we speak about trekking peaks it is thought that they are easily climbed by all sorts of trekkers who want to climb a mountain during a trek. Except for some, all trekking peaks are on or around the major trekking routes and require 2–4 days added out to the trekking programme. But some trekking peaks call for a well-equipped expedition and a minimum of 12–15 days for the climbing period.

The trekking peaks of Nepal offer some of the country's best panoramas, while also providing a chance to test out climbing in the Himalaya. All mountaineering groups to Nepal or Tibet aiming to scale a 7,000 - 8,000 metre peak first climbs a trekking peak in Nepal as an experimental exercise and for acclimatization.

To climb a trekking peak, one needs to bring one's own plastic boots, crampons and harness. The rest of the common equipment needed for the course, such as ice-axe, rope, ice screw, snow bars, tents, and mattresses, are provided by our agency, Happy Feet Mountaineers Pvt. Ltd.

There are 33 peaks categorized as trekking peaks. The following is a list of them, their location, height and the caravan route to their base.



I was on an all-female climbing expedition to Ama Dablam in 2017 that was organized by Happy Feet Mountaineering. Their services were amazing and seamless, everything worked very smoothly, and they went above and beyond to make sure we had everything we needed and that everyone was safe.

The knowledge and experience of the climbing Sherpas were second to none, and the food at basecamp was simply delicious. Our expedition could not have happened, and been the success it was, without the experience and support of Happy Feet Mountaineering. Thanks to Happy Feet we had a wonderful adventure in the Himalayas.

- IDA VINCENT, SWEDEN.

The most famous peaks of the Annapurna Region

Pisang Peak

Pisang Peak (6,091 metres) rises above Pisang village and Gyaru village. This peak is one of the best for viewing the Annapurna, Manaslu and Chulu ranges. To climb this peak one needs a minimum 5-day extension to the trekking programme.

The western flank of the mountain, which is guarded by a hanging glacier, offers considerable challenges. Access to the western end of the ridge is even more problematic, guarded as it is by huge rock slabs. It looks more like a curved ridge, the face above Pisang being the truncated southern end overlooking the valley. It offers truly splendid views of the Annapurna group including Tilicho Peak, Annapurna II and IV, Gangapurna and the Glacier Dome. Pisang is indeed a "sightseeing peak", as Mera Peak in the Everest region.

Chulu West

Chulu West (6,419 metres) is the highest of the two Chulus. This peak is climbed from a base camp in a small valley north of Manang, above Churi Ledar, situated near the main road to Thorong-La. Chulu is not a technically demanding peak, but due to its long flank (ice plateau) progress can be slow and difficult.



The Annapurna Base Camp Region

Tharpu Chuli

Tharpu Chuli (5,663 metres) is situated in the heart of the Annapurna Sanctuary. This peak is climbed from Machhapuchhare Base Camp in the Annapurna Sanctuary. It is an attractive mountain, part of the massif, south of the Glacier Dome that includes Singu Chuli and acts like a central divider between the semi-circles of peaks that enclose the sanctuary. Apart from being a fantastic climb, Tharpu Chuli also offers one of the most exhilarating viewpoints onto the Annapurna massif. In 1950 the peak was nicknamed "Tent Peak" by Jimmy Roberts.

Island Peak

Island Peak, properly known as Imja Tse (6,189 metres), is located along the famous Everest Trekking Trail. Imja Tse can be climbed directly from its base camp in a single eight-to-nine-hour day. This is not a difficult peak, but it is physically demanding.

Apart from being an enjoyable climb, it has some of the most spectacular scenery of the Khumbu region. Island Peak is said to resemble an "island in a sea of ice" and is actually an extension of the south ridge of Mount Lhotse Shar. The mainland is formed by a semi-circle of cliffs that rise in the north to the rugged summits of Mount Nuptse. To the east lies Mount Cho Polu, and beyond it, the red granite Mount Makalu.

To the south lie Mount Baruntse, Amphu and lofty Mount Ama Dablam. Ama Dablam looks like a giant sea stack guarding the entrance to the glacial bay where Island Peak stands.

Loboche Peak

Loboche Peak (6,119 metres) is the second-most popular peak climbed during an Everest Base Camp trek. But the summit of Lobuche East is, technically, difficult. It requires a minimum of five days including training and rope fixing. The Base Camp is situated above the beautiful valley of Zongla and just beside the lake created by its glacier. The Base Camp and entire climbing route provides fine views of the Zongla valley and of Mount Tso-Lhatse and Mount Taboche.

The normal route goes up a small valley between Zongla and Loboche. With this route a two day extension is enough.

Mera Peak

Mera Peak (6,476 metres) is one of the most beautiful trekking peaks, for reason its exposure, height and route. But it is not situated along the classic Everest Trekking Trail. It needs a minimum of 12 days from Lukla and back and this period involves more trekking than climbing.

Mera Peaks rises to the south of Everest and dominates the watershed between the heavily wooded valleys of the Hinku and Hongu. The panoramic view here takes in Chamlang, Kanchanjunga, Makalu and Baruntse in the east and the peaks of Cho-Oyu, Ama Dablam and Kang Thega to the west. To the north one can glimpse Everest over the crumpled sedimentary rock bands that make up the massive south face of Lhotse and the Nuptse/Lhotse ridge. It is also possible to ski to the summit ridge, enjoy the breath-taking views and return the same day. Mera is indeed a "sightseeing peak", like Pisang Peak in the Annapurna region.





Our Mountaineering Services

Nepal & Himalaya

We offer a complete range of services to mountaineering expedition teams coming to Nepal or Tibet. Our particular expertise is in organizing well-guided and suitably equipped expeditions to any peak opened for mountaineering in Nepal and Tibet. All our climbing guides are highly experienced, while base camp equipment is state of the art (including round-the-clock communication facilities). Our tried and tested mountaineering service will give you that extra boost to achieve your goal, or else give you a feeling of satisfactory at having given your all when you come up short (the only realistic approach to any mission).

Final expedition preparation including climbing, training, rope management, final checking of technical equipment, group discussion, rest, acclimatization etc will be done in the Base camp, before making our ascent to advanced base camp. After all the preparation advanced base camp will be set and the expedition begins with our climbing Sherpas, most of the rope fixing will be done by our climbing Sherpas. The last camp or the base to the summit will be set. During the period of the setting of the last camp, all climbing member will have done up and down several times for a proper acclimatization. Date of the summit will be fixed depending

on the condition of physical fitness and weather condition. Finally the summit day comes and if everything goes well than every climber get rewarded with a great success. Second chance will be given to the member who cannot make the summit in their first climbing phase.

With eight of the highest peaks in the world, Nepal has been the site of some of the most outstanding achievements in the field of mountain climbing. During many decades the dauntless peaks of ice and snow have offered challenges to those that dare. There are some 326 peaks in Nepal opened for mountaineering. In the past seven years alone the Government of Nepal has opened 175 peaks to celebrate the Mount Everest Golden Jubilee.

Permission to climb a Himalayan peak in Nepal during the climbing season is issued by the Mountaineering Department of the Ministry of Tourism. For peaks Tibet, permission is issued by the China Tibet Mountaineering Association or by the Tibet Mountaineering Association. A number of documents are obligatory in either case. About 121 peaks in Nepal do not require the service of liaison officers during expeditions. The royalty depends on the height of the peak, season of the year and group size. The mountaineering teams must choose an agency with a proven record of being able to provide experienced Sherpa guides and Sherpa porters - the most important preconditions for achieving the goal in comfort and safety.



The Himalayas are the highest mountains of the world, and the Himalayas of Nepal are known as the roof of the world. These mountains take on an air of mystery from the time one enters them. Even today the wide zone of the Himalayas is intact. It always has been a source of fascination and inspiration to people from all walks of life in the world. The Himalayas are home to the snow and the gods. Its name has its roots in the Sanskrit language: him=snow, alaya=home. The Himalayas extend about 2,500 kilometres, twice as long as the Alps in Europe, and are about 300 km in width and rise to nine kilometres above sea level. The Brahmaputra (Assam) in the east and the Indus in the west mark their end points.

The Himalayas of Nepal are located in the centre of the Himalayan range. Eight peaks of over 8,000 metres, including the world's highest peak, Mount Everest, are the most prominent members of this part of the range. There are some 1,310 magnificent summits of more than 6,000 metres. They are literally what has put Nepal on the map. The country is also renowned for its friendly people and the traditional villages they still inhabit.

There once was a sea (the Tethys Sea) within the ancient continent of Gondwana (joining the Indian subcontinent and southern land masses). The Himalayas began to come into existence about 70 to 80 million years ago. The final uplift of the peaks began approximately 10 million years ago. Therefore, the Himalayas are still very young and geologically active. According to geologists, they are growing at a pace of 15 centimetres per year as the Indian plate moves north under the Euro-Asian plate. This ceaseless process of moving

tectonic plates is what causes earthquakes in this region. The collision of the continents has resulted in sedimentary rocks that were once below the sea being brought to the surface. The granite formations of Mount Makalu and the metamorphic rocks in the lower layer of Mount Everest once lay under the Tethys Sea.

In the following pages we, Happy Feet Mountaineers Pvt. Ltd., present some of the great Himalayan peaks that continue to attract mountaineering groups.

We regularly organize Mountaineering Expedition in following mountains

Mt. Everest (8,848m)
Mt. Lhotse
Mt. Manaslu
Mt. Shishapangma
Mt. Cho-Oyu
Mt. Amadablam
Mt. Baruntse
Mt. Pumori
Mt. Daulagiri
Mt. Makalu



Because it is there.

Mt. EVEREST SOUTH EAST RIDGE

HAPPY FEET GUIDED EXPEDITIONS

Expedition Duration : 61 Days

Our team will meet in **Kathmandu**, is a bustling, energetic and exciting city with many amazing sights to see and things to do. But most of all, you will love to gear-shop! Kathmandu has a good selection of local and international mountaineering equipment and clothing in its stores. We always find something that we can't do without. After spending a day doing last minute shopping and ensuring bags are properly packed, we start our journey to base camp.

Base camp on the south side of Everest is reached over an eight-day leisurely trek through villages of the Sherpas. We'll begin by take a 40 minute flight to Lukla. In pre-expedition times people had to walk from Kathmandu, since there were no motorable roads or airports beyond the capital. The expedition supplies are carried from Lukla to basecamp by yaks and zokyos (yak hybrids) and by porters.

On the way we will stop at Pangboche Village, which is one of the oldest villages of the Khumbu valley. Next morning we will visit the monastery, which also houses the Yeti's Skull, and request a special blessing from the highly regarded local lama (monk), who normally does puja for all expeditions above this ancient village, to solicit the local deities' blessing for a peaceful and safe expedition for all members. We accept good wishes in the form of a khata (a scarf with the eight lucky signs displayed by Buddhist during all religious and farewell ceremonies) from the lama and continue our walk up to Base camp.

There a final ceremony will be celebrated for all expedition members and equipment that we will take with us on mountain. Once the puja is performed the Sherpas will begin their work of transporting the equipment, high altitude food and other supplies to the higher camps, leaving the us to make a training climb on surrounding peaks for acclimatization. After a week acclimatizing we will begin our climb to Camp I, II, and III and following the normal procedure the members take the route up to Camp II at least two times and up to Camp III at least one time.

The climb from Basecamp begins early in the morning to avoid the possible hazard of seracs in the Khumbu Icefall, the most difficult section. From year 2015 the icefall route is fixed from the center of the glacier for to avoid the possible direct hit of avalanches. From Camp I, climbers cross a broad flat glacial valley, famously known

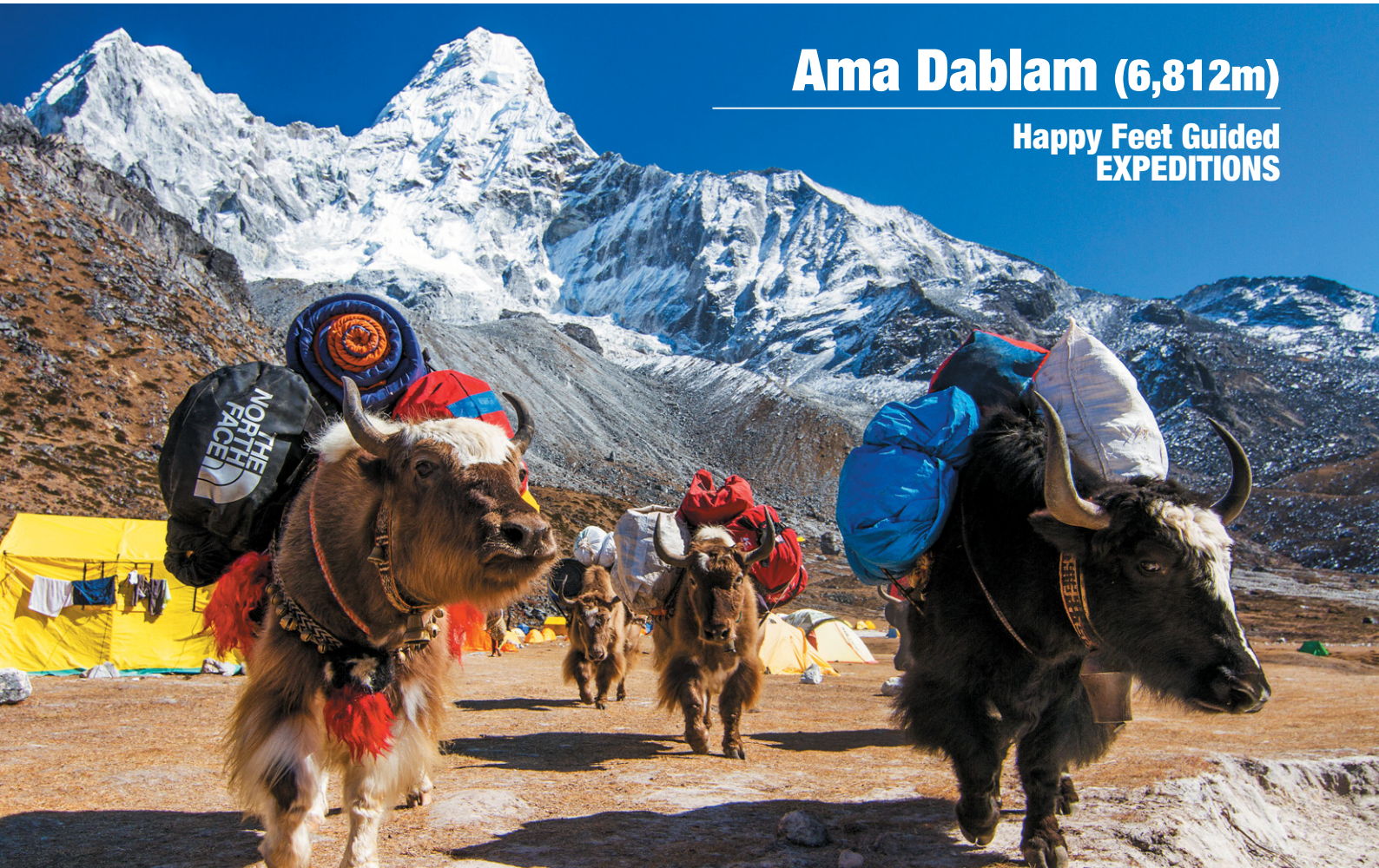


as the Western Cwm, and reach Camp II (ABC) at the foot of the Lhotse face, a warm place to camp. Camp III is halfway up the Lhotse face, precariously and spectacularly perched and is reached by fixed rope. Camp IV (the South Col) is 500 metres above Camp III and up, over and across the Yellow Band and Geneva Spur. The South Col is the last camp before the summit. The summit push is made from here, with 10 to 12 hours of climbing in the night, aiming to reach the summit at around 7 a.m. Each climber who has made it to Camp IV will have a maximum stay of three days at this altitude, depending on supplemental oxygen supplies and physical and weather conditions, to prepare for and complete the summit push.



Ama Dablam (6,812m)

Happy Feet Guided
EXPEDITIONS



Mount Ama Dablam, with a height of 6,812 metre, is the most beautiful mountain of the Himalayan range of eastern Nepal. The name of the mountain comes from the Sherpa dialect, and means "Mother's Necklace"; the long ridges on each side are like the arms of a mother (ama) protecting her child, and the hanging glacier can be thought of as a dablam, the traditional double-pendant containing pictures/statue of the gods, worn by Sherpa women.

The world knows the region as that of Mount Everest, but actually Mount Ama Dablam is its dominant mountain, due to its exposure above the valley to the east of Khumbu.

This mountain is the third most popular Himalayan peak for permitted expeditions. Given its mix of steep rock and ice along the climbing route, high above the wide valley of Tengboche, many climbers love to test their technical climbing skill on it. There have been a number of accidents but the most serious one may have been due to global warming, when on 13 November 2006 part of the dablam of Mount Ama Dablam broke loose and killed three climbers from Europe and three Sherpa climbing guides in their sleep in Camp III.

The standard route up this mountain is along its South-west Ridge, requiring three standard camps above Base Camp.

This beautiful mountain was first climbed on 13 March 1961 by Mike Gill (NZ), Barry Bishop (USA), Mike Ward (UK) and Wally Romanes (NZ) via the Southwest Ridge. They were well-acclimated to altitude, having wintered at over 5,800 meters near the base of the peak as part of the Silver Hut Scientific Expedition of 1960-61, led by Sir Edmund Hillary.



Best Time:
Spring April – May Autumn Oct – Nov

Expedition Duration : 28 Days



"As an all-women expedition team shooting a documentary about female climbers, we had BIG goals of sponsoring a local climbing Sherpa and coordinating technical climbs of Island Peak and Ama Dablam. The team at Happy Feet were thorough, skilled and highly engaged partners on the ground. They provided incredible support and made our dreams a reality!"

- KIM COURI, SEATTLE, WASHINGTON, USA



Mt. MAKALU (8,463m)

HAPPY FEET GUIDED EXPEDITIONS

Best Season:
Spring Mar-May & Autumn Sept-Nov

Expedition Duration : 62 Days



Mount Makalu, one of the harder eight-thousanders, is the fifth highest mountain in the world and is located 22 km to the east of Mount Everest, on the border between Nepal and Tibet. Makalu is an isolated peak whose shape is a four-sided pyramid.

Many attempts were made by different groups including a New Zealand team led by Sir Edmund Hillary but none of them succeeded. In October of 1954, a French reconnaissance expedition made the first ascents of its subsidiary summits known as Kangchungtse and the main Makalu Peak was first climbed in 15 May 1955 by a French expedition led by Jean Franco.

Mount Makalu is considered one of the most difficult mountains in the world to climb. The mountain is notorious for its steep pitches and knife-edged ridges that are completely open to the elements. The final ascent of the summit pyramid involves technical rock/ice climbing.

To the north east of Mount Makalu are the famous Kharta Valley rich with cloud forest, lovely flowering valley. The valley of Makalu lies entirely inside the Makalu Barun National Park provides stunning contrasts, where high waterfalls cascade into deep gorges, craggy rocks rise from lush green forests, and colourful flowers bloom beneath white snow peaks. This unique landscape shelters some of the last pristine mountain ecosystems on earth both to the Nepal and Tibet side. Rare species of animals and plants flourish in diverse climates and habitats, relatively undisturbed by human kind in its both valleys.



“Somewhere between the bottom of the climb and the summit is the answer to the mystery why we climb.”

Mt. MANASLU

HAPPY FEET GUIDED EXPEDITIONS

Expedition Duration : 60 Days

Mount Manaslu, 8,156 metres above sea level, the eighth highest mountain in the world, is located in the Mansiri Himalayan Range of Nepal in the west-central part of the country. Mount Manaslu was first climbed on 9 May 1956 by a Japanese expedition and made it one of the favourite mountain of Japanese climbers, thereafter this mountain has always been as Japanese mountain.

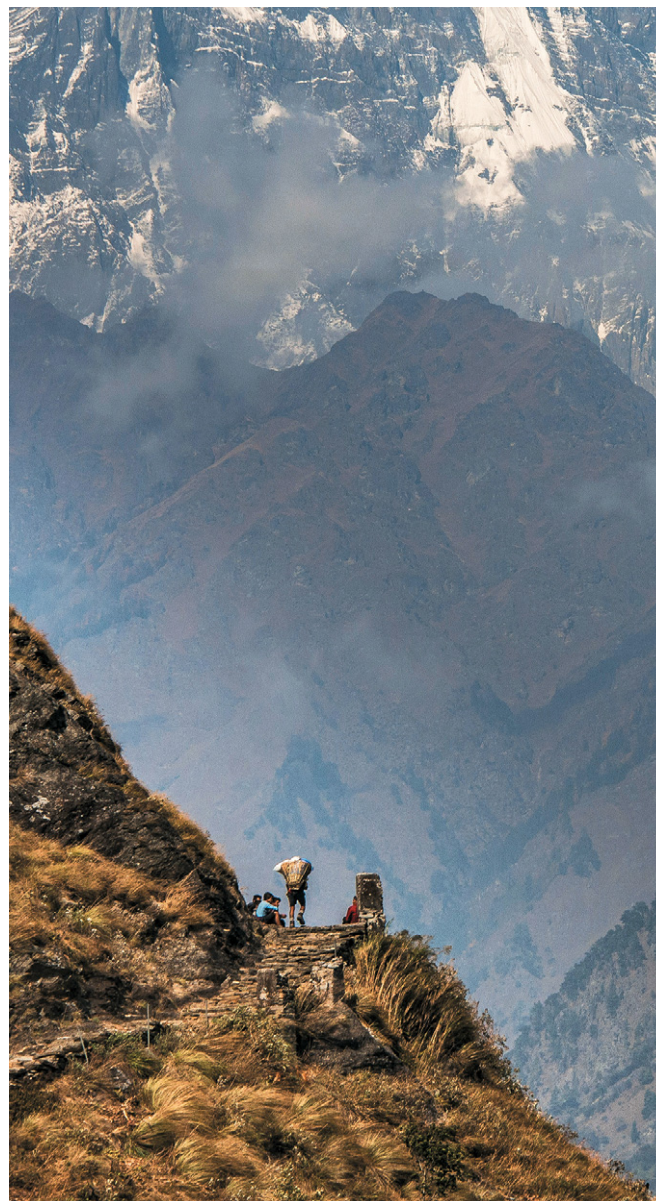
Mount Manaslu is the dominating peak in the Lamjung District and it stands to the rivalry of Mount Annapurna forty miles away to the east.

Apart from climbing Mount Manaslu, the Manaslu Circuit trail is popularly known among the trekkers.

The permanent snow line is above 5,000 metres. The lower valley is rich with exclusive types of dominant forests fed by both snow and regular rain for the period June to September. The entire region is declared as Manaslu Conservation Area, as the Annapurna Conservation Area to the west of it, and other regions, this valley is a sanctuary to many endangered animals, including Snow Leopards and Pandas. Over 110 species of birds, 33 mammals, 11 butterflies and 3 reptiles have been recorded. And it is an important habitat for the snow leopard, grey wolf, musk deer, blue sheep and the Himalayan Thar.



**“After climbing a great hill,
one only finds that there are
many more hills to climb.”**



Happy Feet Travel

When you first catch the sight of the Himalayas from the plane - rising high above the cloud - you will understand you are visiting a special place.

From long shrouded Tibet known as the 'Roof of the World' to idyllic valleys of Bhutan and mountains of Nepal; in an exploration of Tibet, Bhutan or Nepal, you will be amazed by the Himalayas and landscapes, culture and atmospheres, people and their hospitality. Explore any or all of these countries; Happy Feet Travel works as a perfect vehicle to merge you with the local culture, people and environment.

We have established ourselves as a reputed travel company for the trips to Himalayan countries Tibet, Bhutan and Nepal. Because of our commitment, reliability and quality of service, we are trusted by our valued customers.

- As we are a local tour company, we have better connection and access to local services.
- Satisfaction and personal growth of our guests is our main interest; what makes our business grow.
- In our trips, our guests venture into the authentic places; mingle with locals and their ways of life.
- Efficient staffs, well researched trips, carefully chosen accommodations, personalized service and reasonable price is backbone of our company.
- We are a responsible travel company and aware of negative impacts; local and social contributions.



"Happy Feet explained that there are some dates when entry to Tibet is simply not allowed. Having been made aware of this we avoided those dates and left everything to Happy Feet. We had an amazing tour in Tibet tailored to our needs."

- NEIL & LIBBY SUTHERLAND
BELFAST IRELAND



Tibet Trips

Tibet stimulates six senses! In a trip to Tibet, your senses will be delighted by sights, sounds, smells, tastes, feelings and extrasensory perception you have never experienced before.

Isolated and forbidden for outside world until late 20th century, Tibet is a magical place filled with myth and mysteries. Known as "Roof of the World" as it perched on high mountain plateau - Tibet is one of the most remote and extra ordinary destinations in the world.

In our customized trips, you will visit most important places of Tibet in terms of landscape, history and culture. You will pass through historic cities, traditional villages, wide arid plains where nomadic herdsmen wander and awe-inspiring mountains. The big smile of Tibetan people will warm your heart and their strong faith will touch your soul.

Following are our selected trips.

- Heart of Tibet - 12 days
- Discover Tibet - 14 days
- Nepal & Tibet Panorama - 14 days

Tibet Visa: Our Company will apply for Tibet Travel Permit and visa on your behalf. We obtain your visa in Kathmandu. All you need to do is sending is a copy of your passport.





Bhutan Trips

Where internal peace is valued more than a craving for worldly pleasures and harmony with nature is the supreme principle.

A holiday in Bhutan is one of the few opportunities left that will expose you to an undiscovered destination. Isolated from the outside world for centuries and identified as one of the happiest countries in the world, Bhutan is cautiously opening her dramatic land and unique traditions to a few lucky visitors.

Due to its pristine environment and harmonious society, the tiny Kingdom of Bhutan has been called "The Last Shangrila."

Our Bhutan itineraries are designed to bring alive the awe-inspiring beauty of nature, cultures and ways of life.

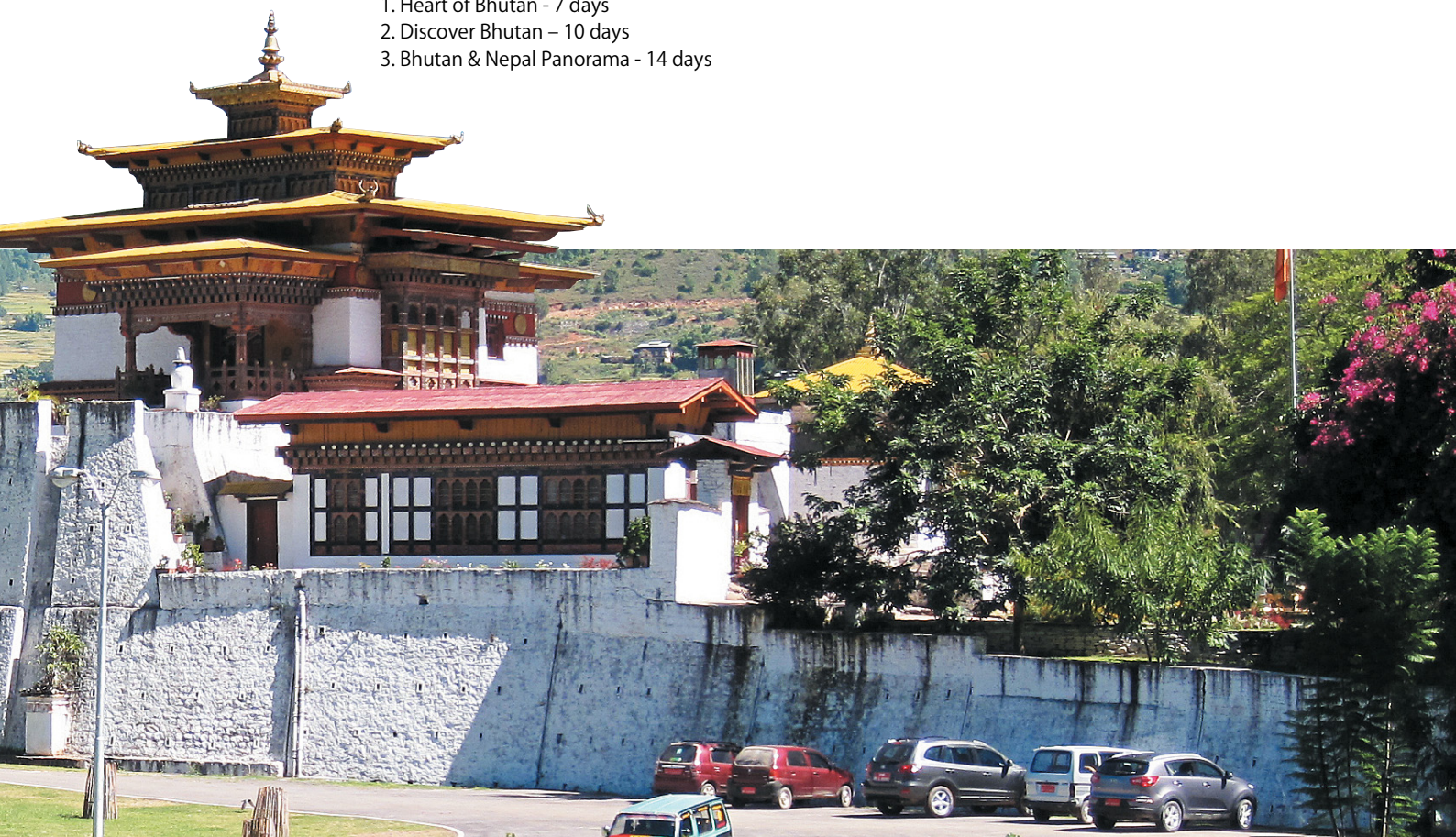
Following are our selected trips.

1. Heart of Bhutan - 7 days
2. Discover Bhutan - 10 days
3. Bhutan & Nepal Panorama - 14 days



"I would like to thank Happy Feet Travel for organizing amazing adventure to Bhutan. The Kingdom is largely untouched and with little influence from the western world, a country full of culture, history and nature. The flight into Paro is amazing!"

- BETTE ANDREWS,
QUEENSLAND, AUSTRALIA





Nepal Trips

Sited on the lap of the Himalayas - Nepal is home of famous Gorkhas and Sherpas. For many, Nepali people are the greatest attraction because of their simplicity and hospitality.

Set against the most dramatic scenery and blessed with rich culture, ancient history and superb scenery - Nepal is an ideal destination for all. The peaceful coexistence of multi ethnic groups with their multi religious beliefs, cultures, languages and life-styles is one of the most fascinating aspects of Nepal.

Nepal is also known as a trekkers' paradise! Trekking in Nepal is to travel by foot in the remote and unexposed mountainous areas where life has not changed in



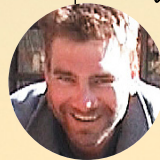


generations. A trek in Nepal offers amazing and unmatched sceneries with a unique blend of physical growth, mental relaxation and spiritual uplift.

We organize privet and group tours and trekking in the Himalayas.

Following are some to name it.

1. Taste of Nepal - 8 days
2. Best of Nepal - 12 days
3. Hiking in the Himalayas - 14 days
4. Everest Base Camp Trek - 18 days
5. Special Interest Trips - as per demand
6. Defeat Cancer Hiking - 13 days
7. Student Travel Abroad - (as per demand)



"I've travelled to many countries in the world, but without a shadow of a doubt, Nepal is the one country that has left its mark on me forever. From the moment you step off the plane, you will realize that you are in a country like no other."

- ROGER MOORE, ENGLAND



Safari & Bird Watching Options



A Safari in Chitwan National Park

Chitwan National Park, a World Heritage Site, is one of the best destinations in Nepal for people interested in plants and wildlife. Located in the south of the country, it is easily reachable by air or road. Happy Feet offers a 3-day/2-night Jungle Safari Program, which can be an extension to a trek and tour



Exclusive Bird Watching

Package 9 nights 10 days

Because of exceptional topography and climate – Nepal is an ideal habitat for wide variety of birds. Especially Chitwan National Park, Bardia National Park and its surrounding buffer zones provide Nepal's best bird-watching experiences. This avian paradise provides habitat for well over 400 species of birds including numerous birds of prey. From the flatlands of the Terai to the Chure Hills in the north, Chitwan and Bardia National Park has a range of habitats which give ample opportunity for spotting wide verities of birds for both experienced and amateur birdwatchers. The riverine plains of these areas are temporary homes to migratory birds from Siberia, China, India and Tibet. These National Parks are not only a great home for many species of birds, but also a sanctuary for rare one-horned rhinoceros and Bengal tigers. Our Exclusive Bird Watching Package covers both above bird sanctuaries with important UNESCO sites in Kathmandu valley.





Yoga



Ayurveda



Massage Therapies



Saligram Massage



JalaNeti
(Nasal cleansing)



Our Services

Welcome to Thamel SPA, the only spas in Nepal. We are the principal Day Spa Center known to be recognized by Nepal Tourism Board. Thamel SPA provides a cozy environment where one can enjoy the treatments and the environment. We are proud to make our guest feel comfortable and happy by providing comprehensive relaxing environment. Our main aim is to make our guest the sensation of ease and relaxation from all the mental stress and tensions.



Thamel Spa Pvt. Ltd., Thamel, Kathmandu, Nepal

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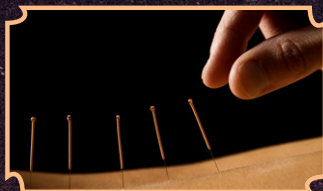
thamelspaktm@gmail.com www.thamelspa.com



Beauty Treatment



Physiotherapy



Acupuncture



Yoga



Ayurveda



Massage Therapies



Natural Therapy

Ananda

The ultimate purpose of life

Natural Therapy

Ananda is a state of bliss which may manifest as deep inner content, profound peace, a sense of utter delight, or the thrill of absolute ecstasy. The ultimate purpose of life is to achieve the state of ananda. To fulfill this purpose Anand Natural Therapy offers wide range of holistic treatments based on time tested yoga, Naturopathy, ayurveda and Traditional Chinese Medicine (TCM). The healing hands of our therapists are trained in a fusion of traditional healing practices as well as modern rejuvenation and well-being techniques. Blending ancient wisdom with contemporary therapies, our specially designed treatments will fulfill your personal wishes to Relax, Rejuvenate, Energize and Detoxify or to get rid from specific health problem. Under the guidance and supervision of Naturopathy Doctor and his dedicated team, ananda provides a truly unforgettable experience that exceeds your expectations.

We are here ~

Ashok Galli, Thamel, Kathmandu

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anandanaturaltherapy@gmail.com

http://anandanaturaltherapy.com/



Booking and Payment Terms

1. As soon as we have your Booking, with a specific more or less number in group and dates, we will forward to you our confirmation and will release an invoice of 150\$ for normal trekking and tours, 250\$ for peak climbing and trekking in restricted areas, and 500\$ for mountaineering expeditions per person for confirmation deposit.
2. The final confirmation will require at least 3 months in advance of the tours commence with 35% of the tour payment.
3. The final and total payment will require at least 25 days before the tour commence.
4. The banking transaction charges of each time payment will be needed to be borne by the sender and net amount of the total amount will require to be deposited in the company account.



Tour Cancellation

To compensate us for administrative charges and other expenses in dealing with booking process, cancellation fees on the scale set out below will be charged:

- Cancellation after the confirmation - loss of deposit
- Cancellation 45 days before departure - 20% of the total Price
- Cancellation 25 days before departure - 50% of the total Price
- Cancellation less than 21 days before departure - 70% of the total Price
- Cancellation after arrival or during trip - 100% of the total Price



Responsibility

We accept responsibility for ensuring that the tour booked with us is as close as possible to the itinerary supplied to you. You accept and understand that it may be necessary to adjust and amend the itinerary due to local factors and that the final decision for this will be made by the group leader depending on the condition of that moment.