

### Trekking in Pakistan

Classic K2 Base Camp Trekking	23days	Moderate to strenuous
Nanga Parbat & Hunza valley Trek	16days	Moderate to strenuous
K-2 Gondora La Trekking	08days	Moderate to strenuous

### Expedition in Pakistan

1. Mt. K2 Expedition (8611m)	65days	Challenging
2. Broad Peak Expedition (8047m)	45days	Challenging
3. Gasherbrum Expedition	22days	Challenging

### India

India is Popular for Adventure trekking and tours. India the land to travel to, a haven of tourism delights, a civilization to tour through. Tourists come to India for its wealth of sights, cultural exuberance, diversity of terrain and in search of that special Tours in India. From the smoky mangroves of the Sunderbans to the steaming Thar Desert, sizzling cities like Mumbai and Delhi to the scintillating villages of Khajuraho and Hampi, from the heights of the Himalayas to the deep blue waters around the Andamans, India is a travel haven – a tour package that frustrates and delights, as demanding as it is rewarding.

### Trekking in India

Markha Valley Trekking	21days	Moderate to strenuous
Manali Ladakh Trekking	18days	Moderate to strenuous
Ladakh Zaskar Trekking	24days	Moderate to strenuous
Darjeeling Sandakphu Trekking	16days	Moderate to strenuous

### Tours in India

Ladakh Moonland Tour	7days	Moderate
Ladakh Kashmir Tour	12 days	Moderate to strenuous
Nubra Valley Tours	12 days	Moderate to strenuous
Taj Mahal Tour	8 days	Moderate to strenuous
Sikkim & Darjeeling Tours	9days	Moderate to strenuous

### Bhutan

The Himalayan Kingdom of Bhutan is fast emerging from centuries of self imposed isolation. First opened to tourists in 1974 in very regulated manner upon the coronation of present Bhutanese King, this mountain kingdom is still perhaps the world's most exclusive tourists destination... An unspoiled country with majestic mountains, a unique cultural heritage preserved for many centuries, an architectural style like no other, a landfill of warm hearted and friendly people, reveals a true paradise in the lost era of the present century.

### Tours in Bhutan

Bhutan - The last Shangri-La Tours	18days	Moderate
Western Bhutan Tour	7days	Moderate
Central Bhutan Tour	8 days	Moderate
Bhutan Excursion Tour	11days	Moderate to strenuous

### Trekking in Bhutan

The Bumthang Cultural Trek	14days	Moderate to strenuous
Gangtey Valley Trek	11days	Moderate
Chomolhari trek	12days	Moderate to strenuous
Dagala Thousand Lakes Trek	11days	Moderate
The Druk Path Trekking	11days	Easy
Dur Hot Spring Trek	18days	Moderate to strenuous
The Lunana Trek	25days	Moderate to strenuous

### Contact address

#### Himalaya Journey Treks & Expedition

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or your travel agent!

Thank you!

# Namaste & Welcome to the Himalayan Country!

Leading in the Himalaya Since 1998



**Himalaya Journey**  
Treks & Expedition

[www.himalayajourneys.com](http://www.himalayajourneys.com)

Namaste from Himalayan Country of Nepal!

Himalaya Journey Treks & Expedition a friendly Trekking & Expedition company based in the Himalayan kingdom of Nepal was formed by Experienced Team leader Ram Bahadur pahari to fill a need for quality large groups Trekking, Expedition Hiking holidays in Nepal, Tibet, Bhutan, India & Pakistan. We had built up a great knowledge of the area and the environment you will be traveling through and is committed to your enjoyment and safety. Himalaya Journey Treks & Expedition a leading team for adventure Travel, Trekking and Tours operation was established in 1998 and from its existence till today it has been striving to open up the remote areas of Nepal, Tibet, India, Bhutan & Pakistan. We are active and recognized by H.M.G. Govt. of Nepal, Ministry of Culture, Tourism and Civil Aviation, Trekking Agents Association of Nepal (TAAN), Nepal Mountaineering Association (NMA), and Katmandu Environmental Education project (KEEP) etc.

We are often asked why our clients love us so much & answer is simple "Great Team work". Our staff is a truly experienced, well organized & supportive team that wants to share our beautiful country with our clients. Because of our staff, Himalaya journey Trekking family is much more than just a Company. Himalaya Journey Treks & expedition specializes in Trips throughout Nepal, Tibet, Bhutan, India & Pakistan. We can work with you to design a rewarding holiday to the most spectacular Travel destination in the world.

Many Thanks to our clients, Tour operators & Group leaders for the wonderful support and friendship.

Eagerly awaiting your arrival to the land of the Great Himalayas!

Ram Bahadur pahari  
Team Leader

Himalaya journey  
Treks & expedition.





## Trekking in Nepal

Trekking is the ultimate way to experience the beauty and magnificence of the High Himalayas. Our experience guide and support provide a fun, safe and exciting Trekking experience. we offer Trekking all of famous and wilderness are in Nepal .The following are the list of the Trekking trail:

### Trekking in Everest Region:-

Everest region Trekking is most popular trekking trail in Nepal. This region is truly the roof of the World Mt Everest. Besides, trek goes through the heartland of the Sherpa (Mountain peoples) who are of Tibet origin and passes numerous charming village, many with picturesque Monastery that are spectacularly set amidst its mountainous surrounding.

1. Everest Base camp Trek from Lukla	18 days	Moderate /strenuous
2. Everest base camp Trek from Jiri	23 days	Moderate /strenuous
3. Gokyo Cho la pass, EBC Trek	21days	Moderate /strenuous
4. Everest panorama Trek	15 days	Moderate
5. Gokyo lake Trek	14 days	Moderate
6. Gokyo lake and Renju la pass Trek	19 days	Moderate/strenuous
7. EBC Trek & Island peak climb	21days	Moderate/strenuous
8. Mera peak climb and Everest Trek	20days	Moderate/strenuous
9. Arun valley and EBC Trek	25days	Moderate/strenuous

### Trekking in Annapurna Region:-

Annapurna region trekking is popular trekking tail in Nepal where you will see Diversity in landscape, Himalayan scenery and culture has made this region as one of the most popular destination for the trekkers. In Annapurna region sights of Buddhist and Hindus pilgrimage. Kaligandaki flows through the deepest gorge. This region has become an exemplary conservation area in the world and wildlly recognized as a naturalist's paradise.

1. Around Annapurna Trek	18days	Moderate/strenuous
2. Annapurna base camp Trek	14 days	Moderate
3. Jomsom Muktinath Trek	14days	Moderate
4. Ghorepani Trek	07 days	Easy
5. Narphu valley Trek	26 days	Moderate/strenuous
6. Tilicho lake pass Trek	21 days	Moderate/strenuous
7. Pisang peak climb		
& Around Annapurna Trek	26days	Moderate/strenuous
8. Around Dhaulagiri Trek	24days	Moderate/strenuous
9. Royal Trek	06days	Easy
10. Siklish Trek/Panchase Trek	8days	Easy
11.Mardi Himal Trek	14days	Moderate

### Trekking in Langtang Region:-

Langtang Region trekking is the third popular trekking trail in Nepal .Langtang is a narrow valley that lies just south of the Tibetan border also High and isolated region is inhabited by Tamangs whose religious practices, language and dress are much more similar to those of Tibet than to the traditions of their cousins in the Middle Hills the Langtang trekking offers an opportunity to explore villages, to climb small peaks and to visit glaciers at a comfortably low elevation.

1. Langtang valley Trek	10days	Easy
2. Langtang Gosainkunda Trek	14days	Moderate
3. Langtang Gonja la pass Trek	16days	Moderate/strenuous
4. Helambu valley Trek	10days	Easy
5. Juphal Himal Trek	14days	Moderate

### Trekking in Remote and Wilderness Region:-

Nepal wilderness trekking has been opened to explore the natural beauties, landscape of Himalayan kingdom of Nepal. Most of the wilderness, remote & restricted trekking region, you will see and enjoyed the it's beauties, landscape as well as relaxing with different culture. Our organization has depth experienced to offer such a wilderness trekking region since 1998 to till now.

1. Kanchenjunga base camp Trek	28days	Moderate/strenuous
2.Rolwaling Taschilapcha pass Trek	17days	Moderate/strenuous
3. Manaslu base camp Trek	24days	Moderate/strenuous
4. Ganesh Himal Trek	16days	Moderate
5.Panch pokhari Trek	14days	Moderate
6.Bhairab kunda Trek	16days	Moderate
7.Sailung Trek	15days	Moderate
8. Timal Trek	14days	Moderate
9.Mustang Trek	15days	Moderate
10.Dolpo Trek	17days	Moderate/strenuous
11. Rara lake Trek	14days	Moderate

## Expedition in Nepal

Himalaya journey Treks & expedition offers Peak climbing and Expedition in Nepal and Tibet .Most climbs are non Technical but involve a large amount of glacier travel & steep hiking so physical fitness is a must.

1. Mt. Everest Expedition ( 8848m)	65days	Challenging
2. Mt. Kanchenjunga Expedition( 8586m)	67 days	Challenging
3. Mt. Lhotse Expedition (8516m)	55days	Challenging
4. Mt. Makalu Expedition 8463m.	59days	Challenging
5. Mt. Cho -oyu Expedition 8201m.	48days	Challenging
6. Mt. Dhaulagiri Expedition 8167m.	56days	Challenging
7. Mt. Manaslu Expedition 8156m.	58days	Challenging
8. Mt. Annapurna Expedition 8091m.	55days	Challenging

## River Rafting in Nepal

Nepal has some of the most wild & scenic rivers in all of the world. The combination of beautiful mountain scenery, exhilarating, White water rapids, and fascinating cultural opportunities provide fantastic white water rafting trips.

Himalaya journey Treks & expedition fully supported rafting trips on all of the rivers in Nepal.

Name of the River	Duration	Grading
Sunkosi River	9 days	4/5
Bhote kosi River	2/3days	4/4++
Trisuli River	2dyas	2/3
Marshyangdi	4days	4/5
Seti River	2days	2/3
Kaligandaki River	5days	3/4/4++
Karnali River	10days	4/5
Arun River	12days	4+( 5-)



## Jungle Safari in Nepal

Himalaya journey Treks & expedition offer variety option of Jungle safari Trips. Terai Region of Nepal boasts some of the most diverse & protected jungle parks in all of Asia.They are home to such animals as Rhino, Tigers, Sloth bears, Crocodiles 450 species of the exotic bird and the Royal begal tiger. Jungle safari adventure package trip duration will be depending on your holidays.

- Royal Chitwan National Park
- Royal Bardia National Park
- Koshi Tappu Wildlife Camp

## Tibet

Tibet is an exotic & Mysterious land that sits on the highest plateau in the world spiritual traditions, Temples & Monasteries, alpine lakes and rivers and mighty snow clad peaks are just a few of the intoxicating wonders to be found in Tibet. Tibet's deep relationship with Buddhism has shaped its cultural traditions for ever 1300 years.

### Tibet Tour

1. Lhasa tour	4/5 days	Moderate
2. Kathmandu overland tour	7/8days	Moderate
3. Mt.Kailash tour	14 days	Moderate to strenuous
4. Everest base camp Tour	10days	Moderate to strenuous



### Trekking in Tibet

1. Mt.kailsh Trek	16days	Moderate to strenuous
2. Kailash Mansarovar Trek	18days	Moderate to strenuous
3. Everst Base camp Trek	15days	Moderate to strenuous

### Expedition in Tibet

1. Mt. Everest Expedition (8848m)	60days	Challenging
2. Mt. Cho Oyu Expedition (8201m)	35days	Challenging
3. Mt. Shishapangma Expedition(8035m)	35days	Challenging
4. Mt. Lakpa Ri Expedition (7045m)	26days	Challenging
5. Mt. Gurlamandata Expedition	40days	Challenging

## Pakistan

Pakistan is famous for the Adventure Trekking tours. Pakistan - the land of Dehra Sahib, innumerable mosques, pre-historic sites and adventure tour destinations welcomes you with open arms. Pakistan Holiday takes you to the Badshahi Mosque and Shalimar Gardens in Lahore; see textile town Faisalabad and trek up to the breathtaking Nanga Parbat as historic Taxila and awe inspiring Karakoram engage your attention.The landscape of Pakistan ranges from lofty mountains in the north, the Karakoram and the Himalayas, through dissected plateaus to the rich alluvial plains of the Punjab.

The Karakoram and Hindukush mountains of northern Pakistan have drawn mountaineers and expeditions since their discovery by European explorers in the late 19th century. Most trekkers visit this region for the spectacular mountain scenery but many return for the people they meet there. Warmth, generosity and hospitality are what characterizes the diverse and colorful people you will meet in the mountains of northern Pakistan.

### Pakistan Tour

Pakistan Cultural Tours	20days	Moderate to strenuous
Pakistan Shangri-La Hunza Tour	10days	Moderate to strenuous

