Journeys to savour
NEPAL AND HIMALAYAS
NEPAL • INDIA • TIBET • BHUTAN

INCLUDES VILLAGE PROJECTS SO YOU CAN HELP REBUILD NEPAL
We first travelled to Nepal nearly 20 years ago and the amazing scenery and meeting the wonderful locals are still some of our warmest travel memories. The recent earthquakes have really hurt the country and the people, and the best way for travellers to help is simply to travel, and we are here to help you do just that.

This mystical, mountainous land has been luring travellers since opening up in the 1950’s. Spectacular landscapes await you and centuries old traditions will transport you back in time, while the warm smiles you’ll receive throughout Nepal will capture your heart.

A mecca for trekkers, Nepal is also a haven for wildlife and spiritual travel. Terraced rice fields, farms and forests dot the Annapurna’s, with glaciated mountains and high trails filling the Everest region, all watched over by the mighty peaks of the Himalayas. There’s more than trekking though, the low lands are lined with thick jungles, home to thriving birdlife, elephants and the elusive tiger. Kathmandu beats to the bustle of modernity fused with a spiritual heart steeped in ancient rituals and temples.

We want you to fall in love with Nepal just like we did. We want to give you lasting memories of soaring mountains, raging rivers, fertile valleys and friendly people, knowing that just by being there you made an impact on its future.

We hope our brochure will inspire you to take your first step, and start your journey with us.

Enjoy the read,
Rose and David

STAY ANOTHER DAY – HELP REBUILD NEPAL

If you have the time, we’ll give you another day in Nepal to help a community rebuild, repair, or restore. We have chosen a village in the Annapurna region, and several projects in the Kathmandu Valley, so whichever trip you take you can ‘STAY ANOTHER DAY’

SEE THE NEXT PAGES FOR DETAILS
WE CAN ALL HELP REBUILD NEPAL

Nepal was rattled by earthquakes in 2015, with thousands losing their lives and millions their livelihood. There are many organisations helping to rebuild the villages and communities, and we have chosen to support several important small projects to help them rebuild their local communities from the rubble.

LENDING A HELPING HAND
This last year has been a difficult time in Nepal and we are very pleased to be involved in a number of projects helping to rebuild Nepal and deliver maximum benefit. With our local operator we offer you the opportunity to work directly with the locals and to be involved in actual hands-on assistance to local community projects. If you choose to STAY ANOTHER DAY you could be involved in one of the projects below.

MIRGE - EARTHQUAKE RELIEF
In the district of Mirge, east of Kathmandu, we provided shelter for over 67 families, supplying corrugated tin roofs for house reconstruction. The situation is ongoing and we are working in association with local villagers to get their communities thriving again.

SUNDARIJAL ORPHANGE
Dislodged from their premises due to the earthquake, this orphanage has relocated to Sundarjal on the outskirts of the Kathmandu Valley. We have pledged to supply a new toilet and shower block.

JHULE PRIMARY SCHOOL
Often smaller schools get overlooked so we are supporting this school by helping restore sanitation and providing roofs for earthquake damaged buildings.

ORCHID GARDEN DAY CARE CENTRE
This centre was set up to support the children of disadvantaged manual day workers. The centre looks after children, whilst their parents work, giving them a basic education and healthy meals.

SWANTA COMMUNITY LODGES AND PRIMARY SCHOOL
Swanta is a day’s walk below Kopra Ridge, and arguably one of Nepal’s most beautiful villages with a landscape of green terraces and forested ridges. Our local operator Mick co-founded the lodge and school to allow travellers to directly benefit local communities. “Trekking routes and tourism surround the village, but the local people have not benefitted from it.” The lodges belong to the village and profits go back to that village, funding projects including local schools. A training program is provided so the local villagers can run each lodge. Our trips here stay at the lodge, and the profits of which fund two teachers in the school.

All our trips that visit Swanta can be extended to allow a full day in the village helping with various projects.

STAY ANOTHER DAY
We encourage you to STAY ANOTHER DAY, so you can spend some time volunteering in one of our chosen projects.

› We will PAY FOR AN EXTRA NIGHT ACCOMMODATION and make all the arrangements including transport if your project is near Kathmandu.

› We will also DONATE $100 TO YOUR CHOSEN PROJECT for all travellers who participate. So we really hope you can find the time to STAY ANOTHER DAY.

THE FORWARD MENU

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18 DAY EVEREST BASE CAMP & KALA PATAR 19
11 DAY ANNAPURNA GHOREPANI 20
13 DAY ANNAPURNA GHOREPANI & CHITWAN 21
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WE CREATED FORWARD TRAVEL WITH THE SIMPLE GOAL OF HELPING TRAVELLERS TO TRAVEL BETTER, TRAVEL FURTHER AND TRAVEL FORWARD. WE ARE DEDICATED TO GIVING ALL OUR TRAVELLERS THE BEST POSSIBLE EXPERIENCE. A JOURNEY TO NEPAL AND THE HIMALAYAS WILL CERTAINLY BE ONE OF THEM.

If you think travel is part of life and not a break from it, you are a Forward Traveller. Travel deserves proper planning and careful preparation and that is exactly what you can expect from the experienced team at Forward Travel.

If your hope is to truly experience a destination not just pass through it, then you are a Forward Traveller. If your priority is to have it planned well so you can focus on enjoying where you are, then you are definitely one of us.

We have been travelling the globe for more than half our lives and helping curious travellers for almost as long. We've journeyed far and wide enjoying the road less travelled in preference to the busy highway. We use our first hand knowledge to create the perfect journey, tailor made specifically and especially for you.

TRAVEL BETTER is about giving you a fantastic experience while away. We'll put the effort and energy into planning and organising your trip so you can fully focus on enjoying where you are, without having to take time out to plan the next step. Proper planning gives you a BETTER Holiday.

TRAVEL FURTHER is about going beyond the tourist trail. We’ll find places and activities to match your interests, taking you FURTHER, giving you better ‘dinner party’ stories.

TRAVEL FORWARD is our ultimate goal. We’ve had so many travellers praise us for informed, rewarding, and stress free travel, that we hope they continue to travel FORWARD.

We do this by taking the time to get to know you, and by focussing on destinations and travel styles we know well. We work with you every step of the way to make your dream a reality. We have travelled as excited passengers, tour leaders and researchers, gaining great perspective to benefit our travellers.

This means we can offer informed and independent advice based upon your specific interests, time frame and budget.

We carefully choose everything - destinations, hotels, and travel partners so you are sure you will be well looked after.

Your journey starts from the moment of your first phone call to us or when you click the send button on an email. You’ll start your journey with us as a traveller. We look forward to welcoming you home as a friend.

We’re looking FORWARD to helping you start your journey.

Rose and David
Directors, Forward Travel

FORWARD IN THE HIMALAYA

The success of your journey is down to the people looking after you, before and during your trip.

We’ve been working with Mick Chapman and his team for 10 years and firmly believe they are the very best. They deliver high quality, great value innovative itineraries in an ecologically sound framework. They have over 40 years experience organising treks and expeditions, and their commitment and reputation for providing exceptional, safe and personalised service is unparalleled.

They know these mountains intimately. Whether you’re hiking along famous trails, or wandering a rarely travelled path, they are the team you want to be with.

You can travel either as your own group, or join a small group, minimising impact and maximising interaction, allowing you to immerse yourself in the landscape, the culture and the history of the Himalaya.

Whether these are your first Himalayan steps, or your next steps, Mick and his team are looking Forward to seeing you soon.

See Page 10 to meet some of Mick’s team.

PLANNING AND PRICING

We love helping people travel well and are always ready with ideas. Our office is in central Sydney and we warmly invite you to drop in for a chat, have a cuppa and start planning. We have an inspiring gallery showcasing our favourite places, and a library with maps and reference books to help you plan your adventure. We also host information sessions to share with you the fantastic places we can take you to help you decide what goes on your holiday menu.

Be sure to sign up to our newsletter to make sure you know when events are being held.

We understand the importance of your journey to the Himalaya and take great care in planning every aspect for you, from international flights, which trek, your options before and after your trip and helping you out with what gear to take and how to prepare. Most people book many months in advance so we have plenty of time to get to know you and help prepare you for what may well be your trip of a lifetime.

Prices for independent trips are per person, based on two, three or four people travelling together and sharing accommodation. For group trips prices are per person and depart with a minimum of six people. Prices are valid from September 2015 to May 2017.

We will discuss with you the best time to travel. You may wish to add on days, slightly tweak the itinerary or you may have something special in mind. We know the Himalaya and we know we can help you out – whatever your plans.

We welcome larger groups as well and can often secure discounts for them. Nepal is a great destination for school groups and we have organised several treks tailored for them.

To keep things simple (and free up brochure space) all the itineraries in the brochure have common inclusions. All prices include:

• Arrival and departure transfers with English speaking driver/guides in each location
• All land transportation, from your arrival transfer on day one, through to departure transfer on the final day
• Flights within Nepal to fit with the tours.
• 24 hour assistance on the ground
• Good quality, well located accommodation, with private bathrooms
• Flights within Nepal to fit with the tours.
• All land transportation, from your arrival transfer on day one, through to departure transfer on the final day
• Flights within Nepal to fit with the tours.
• 24 hour assistance on the ground
• Good quality, well located accommodation, with private bathrooms
• Meals as indicated in each itinerary. (B=Breakfast, L= Lunch, D= Dinner)
• Sighting tours, led by English speaking guides
• Trek permits, entrance fees and National Parks fees.

Prices shown are ‘from’ prices and are subject to availability and seasonal price increases. Please see our website for full terms and conditions.
One of the most dreamt-about cities...TO ADD TO YOUR INGREDIENT LIST

SOME OF OUR FAVOURITE PLACES...

LADAKH
- Mountains and monasteries abound in Ladakh. Lively market towns, Tibetan culture.
- The Kingdom of Mustang, on the northern border of Pakistan, Tibet and China, is regarded as one of the most picturesque areas in the Indian Himalaya.
- Known for the best sunrise view in the Himalayas, the pre-dawn walk in April is a ‘must have’ moment. To get to experience the striking scenery each season.

LHASA
- The starting point for our Nepal and Tibet adventures is Kathmandu, the bustling capital city of Nepal. Our India trips start in Delhi, and in Bhutan the trips start in Paro, accessible by flights from both Nepal and India, and from Australia via Bangkok. There are several options for flying from Australia to Nepal, all of which have a stop in Asia on the way. China Southern offers the best flight connections with just a short stop in Guangzhou. Thai Airways and Singapore Airlines also offer flights and you can fly into India and out of Nepal, or vice versa, if you want to combine the two countries. Our close relationship with the airlines, and regular updates ensure we have great value airfares in both economy and business class.

NEPAL
- Nepal is synonymous with the Himalayas and is a renowned trekking destination. The trekking season is from late September through to May. June to August should be avoided due to monsoonal rains.
- The Annapurna region in North-Central Nepal, offers jaw dropping views of the surrounding valleys, and the Himalayas. Whether you’re a hard core trekker or simply looking to experience the local ways of life in rural Nepal, the Annapurna region will leave you wanting more. Walk through villages hundreds of years old, see farmers work the land and how the locals live in this extreme climate. A visit to the Annapurna region opens up a whole new world.
- The Everest region is located in the North-East of the country. A haven for the avid trekker, it offers the next level in trekking over the Annapurna region. These trails are still used by Tibetan traders as they were in olden times. The magnitude of the peaks you trek through are truly magnificent and until one travels through them cannot fully appreciate this spiritual region. You will leave the Everest region with an enlightened view on life for this really is a magical place. By the way, you won’t see Mt Everest from Everest base camp, but you will get views along the way.

INDIA
- Trekking in India is best during the months of July to early September. October to April is the best time to explore India by train, car and rickshaw through the bustling cities of Delhi, Agra, and Jaipur. You can easily mix and match India with Nepal and Bhutan. Indian journeys are a great complement to our treks in Nepal. You’ll find more in our India brochure due out in late 2015.

BHUTAN
- Like Nepal, the best time to visit Bhutan is from October to May. The Land of the Peaceful Dragon, is a country whose peoples are still steeped in ancient tradition and whose art and architecture are unique to the Himalayan region.

TIBET
- April to October is the best time. For many years travellers have been attracted to the forbidden and fabled land of Tibet. Lhasa and the magnificent Potala Palace are icons of a country steeped in traditional Buddhist culture. For a more adventurous journey, travel overland across the Tibetan plateau to Everest Base Camp.

TREK GRADES

EASY
- EASY LEVEL CULTURAL JOURNEY. GENERAL LEVEL OF FITNESS REQUIRED.

MODERATE
- MODERATE TREK WITH 4-7 HOURS WALKING PER DAY. GOOD LEVEL OF FITNESS REQUIRED.

CHALLENGING
- CHALLENGING TREK WITH 5-8 HOURS WALKING PER DAY. HIGH LEVEL OF FITNESS REQUIRED.

MOUNTAINEERING
- NEW TECHNICAL ASCENT. CHALLENGING TREK WITH 5-8 HOURS WALKING PER DAY. EXCELLENT LEVEL OF FITNESS REQUIRED.

THINKING OF TRAVELLING TO THE HIMALAYA?

USING THIS BROCHURE

You believe planning travel is like cooking. We choose the best ingredients and find creative ways to showcase their highlights. There are journeys to tempt everyone’s ‘travel buds’. Short trips (snacks and entrees), longer trips (banquets) and lovely indulgent stays (desserts). We’ll talk about how hungry you are, what flavours you like and whether you prefer the relaxation of slow cooking or the quick pace of a stir fry.

Think of this brochure as your Forward Travel Nepal and Himalaya cookbook and each ‘suggested’ tour as a recipe which just needs you, the main ingredient, to work out the final seasoning to perfect it. Now you just need to sit down, maybe grab a snack or a beverage and prepare to tantalise your ‘Travel Buds’.

USING THIS BROCHURE

COOKING TIME
- FROM PRICE
- SEASON
- DURATION
- RECIPE
- HIGHLIGHTS
- ITINERARY
- INTERNAL FLIGHTS
- INGREDIENTS
- TRAVEL BUDS

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MEET THE FORWARD HIMALAYAN TEAM

Nima Lama
Nima heads our Nepal and Tibet operations. He started out in the tea industry but was lured into the mountains where he has now 18 years experience of leading and operating treks and tours. Based in Kathmandu Nima has trekked and climbed throughout Nepal and was the first Nepali to summit Mount Sanjung in 2006.

Rahul Sharma
In the 1980s Rahul headed to Nepal from his home in Delhi where he had worked for a number of years as a naturalist at the prestigious Tiger Tops Jungle Camp, and Bhandagarth National Park. For the last 30 years he has designed, operated and led adventure holidays throughout India. He has a particular fondness for the mountains and visits Ladakh every year.

Karma Lotey
Karma hails from Trongsa, Central Bhutan and has been involved in adventure tourism all his working life. He studied in India and the USA and is very much hands on with our Bhutan operation. Using outdoor skills and management professionalism Karma has created some unique itineraries and never misses an opportunity to escape from the office to ‘conduct more research’ or guide treks.

Mick Chapman
For over 40 years Mick has been operating and guiding treks and expeditions throughout the Himalayas. Mick spends the trekking season in Nepal ensuring our operation maintains the highest standards. He pioneered the new popular Annapurna Dhaulagiri trek and is also involved in charitable work in the area. During the monsoon he can be found at his ‘other home’ in the Orkney Islands.

THE FORWARD HIMALAYAN EXPERIENCE

There are many ways to experience the Himalaya with varying levels of physical activity. Our range covers easy walking, mixing with local culture and the option for camping/lodge based trekking. For anyone looking for an extreme challenge we have mountaineering adventures as well. To complement your holiday we also have a number or short extensions that will spice up your holiday. Perfect to be added before or after your trek. See page 14 for a sample of our extensions.

CULTURAL JOURNEYS

For people who do not want a full trekking adventure we have a range of Himalayan Journeys to Nepal, India, Bhutan & Tibet. They will still sometimes travel in remote regions where there are fairly basic facilities and reaching higher altitudes. To enjoy the experience you should be in good health and be prepared for the idiosyncrasies that are part of travel in the Himalaya.

LODGE & CAMPING TREKS

We have chosen the best trekking style to suit the nature of the trek. For most of the classic treks in the Annapurna and Everest regions it is more sensible to stay in warm and comfortable lodges instead of making camp in the centre of a busy village. On treks where we travel through remote villages, or head into beautiful wilderness, there is no better Himalayan experience than camping in a place where you think you own the world. On most treks you will be walking from between 4 to 7 hours per day so a good level of fitness is required to ensure you have an enjoyable holiday. More about fitness is covered in the Trip Dossier.

MOUNTAINEERING

Many of our more challenging treks and expeditions venture into remote regions in the heart of the Himalaya. Whilst they may initially pass through habitation, they will reach higher altitudes where camping is the only option. On some treks and expeditions we utilise both lodges and camping. All our climbing expeditions and our more challenging exploratory treks have two leaders for safety reasons. On these trips it is essential you have an excellent level of fitness. You will be required to walk between 5 to 8 hours per day, and on some days possibly longer.

FORWARD LEADERS

Your tour leader is a major factor in the success of your trip.

• Our local leaders work exclusively with our ground operator in Nepal, are fluent in English and often several local languages.
• They have an intimate knowledge of Nepal and will show you the real Nepal that other travellers miss out on.
• They will involve you in the culture and lifestyle of the local people and encourage interaction with the trekking team.
• Enthusiasm, a brilliant sense of humour and years of experience ensure you are in safe hands.
• All of our leaders hold internationally recognised first aid qualifications and attend annual pre-season training courses updating their skills in a variety of fields including medical matters, communication and group dynamics.

OUR TREKKING GUIDES AND PORTERS – AS IMPORTANT AS YOU.

All our trekking staff are fully equipped with proper clothing, boots and trekking equipment.

• They are fully insured, and are given medical assistance and helicopter evacuation if required.
• In terms of safety we treat our clients and staff equally.
• On treks that venture beyond habitation we are one of very few companies that provides our porters with all their meals, tented accommodation, sleeping bags and insulated mats.

THE TREKKING EXPERIENCE

On all treks an experienced local leader heads a highly professional team of guides and porters. They ensure you have a safe, relaxing and enjoyable holiday. We provide a high guide-to-client ratio who walk with you during the day, allowing you the freedom to set your own pace on the lodge treks. Porters or yaks carry the main loads, leaving you to carry a small daypack, with water, camera and any essentials you might need during the day. Importantly, we never take short cuts and we always allow extra time for exploration, interaction with the locals, delays due to weather, and proper acclimatisation.

THE TREKKING EXPERIENCE

- CULTURAL JOURNEYS
- LODGE & CAMPING TREKS
- MOUNTAINEERING
ABOUT THE TREKS

TRIP DOSSIERS
For all our trips we provide you with a comprehensive document full of details about how to prepare for your holiday. It includes everything from visa information, medical matters, what clothing and equipment you need to bring and much more.

SAFETY
All our treks are meticulously planned to ensure we trek on safe trails, walk for a sensible number of hours and allow for proper acclimatisation for you and your crew. We use the best available transport and local airlines. We carry a specialised medical kit on all treks and for treks above 4,000 metres we also carry satellite phones. On remote expeditions helicopter evacuation will be organised. On remote expeditions we also carry satellite phones.

MEALS
In the towns and cities of Nepal, India and Tibet where you stay in hotel accommodation we include breakfast daily, leaving other meals for you to explore and taste the local cuisine at the many fine restaurants in each country. On our lodge based treks we do not include the meals as everyone has different hunger levels. Some travellers may just want a snack, and others may want a banquet. Food wastage is horrible to see so we leave it for you to order what you want limiting any waste. We suggest you try the famous ‘Dal Baht’ (rice, lentils and veggie curry, approx. AUD10.00) or the local staple, Yak Steak and chips (approx. AUD20.00).

HOTEL ACCOMMODATION
We use good quality, centrally located hotels selected for their character, comfort and atmosphere. Accommodation is based on bed and breakfast basis. In remote areas of India and Tibet, we use the best available accommodation. All our trips are flexible enough to allow you more time in the gateway cities of Kathmandu or New Delhi. Extra pre and post tour accommodation must be booked in advance and is subject to availability.

MEALS

ARRANGE YOUR OWN GROUP
Most of our treks are tailor made and will operate with just 2 people. We often have groups of friends or families travelling together, and enjoy customising itineraries to make the experience even more special. Get a group of 4 or more and you’ll usually receive a lower price than those shown in here.

SCHOOL GROUPS
We have had many school groups travel to Nepal with us. We organise full briefings for teachers and parents, include educational experiences and encourage the children to have a hands on experience. We can also include a volunteer experience so they can give back to the community. Some schools visit the same area and villages on a regular basis, so they have an ongoing link to the community.

We will happily arrange information sessions and informative presentations to explain the opportunities. Just ask us.

THE HIMALAYA – RESPONSIBLE TOURISM
The Himalaya is a fragile environment and we take considerable steps to ensure we travel in a sensitive and positive manner.

- We employ local leaders and ensure our local trekking staff are properly trained, equipped to the highest standards, and paid a fair wage for the work they do.
- In the Everest and Annapurna regions we work with the Nepalese lodge owners providing a reliable source of income to the local families and villagers.
- Regular training ensures the lodges are environmentally sound, and we use kerosene stoves in the lodges to help alleviate deforestation.
- On all camping treks we provide additional porters to bring back rubbish, ensuring we have no negative impact on the areas through which we are trekking.

FAMILIES WITH CHILDREN
Sharing the world with your children can be a wonderful experience and we happily adjust our itineraries to ensure your children will have a fantastic trip too. We can include school visits, interaction with local families and children, and other child friendly activities.
DAY 1–2. A safari in Chitwan is the perfect compliment to any trek. Drive from Kathmandu or Pokhara to Chitwan National Park. The park is located in the lowland area known as the Terai and close to the Indian border. The jungle, rivers and wildlife are in total contrast to the mountains of the Himalayan peaks to the north. Formerly a hunting reserve, the park is one of the richest and varied wildlife parks in Asia. You stay in comfortable lodges and explore the park on elephant safaris, dugout canoe and even on an ox cart. There are great chances to see rhino, various deer species, crocodile, exotic birdlife and if you are particularly lucky, tiger and leopard. (B)

DAY 3. Enjoy an early morning safari before returning to Kathmandu. (B)

HIGHLIGHTS OF NORTH INDIA

DAY 1. Arrive in Delhi where you are met at the airport and transferred to your hotel. The rest of the day is free to relax.

DAY 2–7. Your journey through Northern India and Rajasthan showcases the fascinating rural, historical and architectural highlights and daily life in India through its glorious past and present. This truly diverse journey starts with the mesmerising beauty of the Taj Mahal and Agra Fort in the city of Agra. Here you have both afternoon and morning visits to witness the beauty of the light from different directions. Visit the deserted city of Fatehpur Sikri and the Bharatpur Bird Sanctuary before going off the beaten track to relive the splendour of bygone days in Rajasthan to stay in the Palace of Kaurali. Here you explore the village by camel cart visiting the impressive frescoes and the bustling bazar. Rajasthan is a land of glorious citadels, forts and opulent palaces. Jaipur has them all and you will visit the City Palace, Jantar Mantar, Hawa Mahal & Amer Fort. Enjoy an optional evening elephant ride into the forest at Dera Amber and dine at a romantic setting while folk dancers regale you in truly Rajasthani style. From glorious Rajasthan you head back to Delhi. (B)

DAY 8. Transfer to airport. (B)

A UNIQUE JOURNEY THROUGH NORTHERN INDIA EXPLORING THE CLASSIC TAJ MAHAL AND JAIPUR AND VENTURING OFF THE BEATEN TRACK TO THE PALACE OF KARUAILI.

THE INCOMPARABLE TAJ MAHAL, PALACES AND FORTS OF RAJASTHAN

RURAL ADVENTURE & BHARATPUR BIRD SANCTUARY

EASY

MID SEP – LATE APR

PRICES FROM (PER PERSON)
2 PAX $4,360 3 PAX $4,110 4 PAX $3,860

INCLUSIONS: AIRPORT TRANSFERS, ALL TRANSPORT, ALL ACCOMMODATION, SIGHTSEEING, TOUR LEADER

HIMALAYAN JOURNEYS

DAYS 1–2.
Fly to Pokhara
3 NIGHTS / 4 DAYS
2 NIGHTS / 3 DAYS
EASY
MID SEP – MID MAY
PRICES FROM (PER PERSON)
2 PAX $2,080 3 PAX $2,060 4 PAX $2,030

INCLUSIONS: AIRPORT TRANSFERS, ALL TRANSPORT, ALL ACCOMMODATION ON B&B BASIS, SIGHTSEEING, LOCAL GUIDE

THE MOUNTAINS, LAKES AND JUNGLES OF THE HIMALAYA.
THE DIVERSITY OF THE COUNTRY AS YOU EXPLORE MYSTICAL KATHMANDU, THE MOUNTAINS, LAKES AND JUNGLES OF THE HIMALAYA.

A GREAT JOURNEY THROUGH SCENIC AND CULTURAL NEPAL SHOWCASING THE DIVERSITY OF THE COUNTRY AS YOU EXPLORE MYSTICAL KATHMANDU, THE MOUNTAINS, LAKES AND JUNGLES OF THE HIMALAYA.

DAYS 3–7.
Fly to Pokhara with magnificent views of the Himalayan range, and the 8000 metre peaks of Manaslu and Annapurna seen to the north. You explore the monasteries, temples and museums of Pokhara as well as enjoying Phewa Tal (lake) by boat where the Himalayan giants of Machhapuchhare and Annapurna can be seen reflected on the water of the lake. From colourful Pokhara you drive to the Chitwan National Park to enjoy guided jungle adventures, an elephant safari and dugout canoe ride in search of exotic wildlife to view rhino, deer, crocodile and if you are lucky tiger. The park is one of Asia’s premier reserves and is a designated UNESCO World Heritage Park. From the tranquillity of the forest you return to the charming chaos Kathmandu. (B)

DAY 8. Trip ends after breakfast. (B)
EVEREST BASE CAMP & THE GOKYO LAKES

There are always two sides to a story – so why not see both on this extraordinarily scenic trek. Be in awe gazing at the panoramic Everest views from the summits of Kala Patar and Gokyo Peak while exploring the Khumbu region in depth.

**ITINERARY**

**DAY 1.** Arrive in Kathmandu. Met at the airport and transferred to your hotel.

**DAY 2.** Kathmandu sightseeing. (B)

**DAY 3.** Today you will be led on a tour of the city. Get acquainted with the banks of the sacred Bagmati River and Boudhanath Stupa: the biggest Buddhist monument in Nepal and home to many Tibetans in the valley.

**DAYS 4-18.** By trekking though both of the major valleys in the Everest region you can fully appreciate the spectacular glacial lakes, high alpine ridges and breathtaking mountain views of the Everest region in the company of the famous Sherpas.

Begin your adventure with a dramatic mountain flight to Lukla. We then trek the Dudh Kosi valley to Namche Bazaar and be rewarded with your first views of Everest. The trail to Gokyo makes a gradual ascent through the major villages of Kunde and Khumjung before crossing the Mochla ridge and passing the yak grazing settlements of Dole and Machhermo enroute to the turquoise blue lakes at Gokyo. To control the acclimatization you will have shorter walking days on this section of the trek so you can really take your time to enjoy the magnificent views of the Ngozumpa glacier and the 8,000-metre peaks of Everest, Lhotse, Makalu and Cho Oyu. From Gokyo you descend via the villages of Phortse and Pangboche under the shadow of Ama Dablam where you rejoin the main trail to Everest Base Camp. Your journey continues after exploring the Imja Valley at Dingboche as you ascend to Lobuje and Gorak Shep. From here you take the two excursions to Everest Base Camp where you may be lucky enough to view climbers on the mountain and then the ascent of Kala Patar for another all encompassing view of the magnificent peaks of the Everest region. On your return you visit Thyangboche Monastery before passing through Namche Bazaar and back to Lukla airstrip.

**DAY 19.** You leave the homeland of the Sherpas and fly back to Kathmandu.

**DAY 20.** Your trip ends after breakfast. (B)

**INCLUSIONS:** Airport Transfers, All Transport Including Internal Flights, All Accommodation, Sightseeing, National Park Fees, Trek Leader, Guides and Porters on Trek, Use of Personal Trek Equipment (Sleeping Bag, Duvet Jacket, Sleeping Sheet, Kit Bag), Medical Kit, Portable Altitude Chamber.

EVEREST HIGH PASSES

The ultimate Everest trek to Everest Base Camp, the Gokyo Valley and crossing both the Cho La and Renjo passes.

**ITINERARY**

**DAY 1.** Arrive in Kathmandu where you are met at the airport and transferred to your hotel.

**DAY 2.** Kathmandu sightseeing. (B)

**DAYS 3 TO 19.** This epic adventure will take you to Everest Base Camp, and all the major valleys of the Everest region. You will challenge yourself as you cross both the Cho La and Renjo La passes and ascend Kala Patar and Gokyo Peak to marvel at the incredible mountain views of the surrounding peaks.

After final arrangements in Kathmandu you fly to Lukla and meet your crew before flying back to Kathmandu. The steep ascent of Gokyo Peak gives you an alternative and spectacular view of Everest and also the peaks Lhotse, Makalu and nearby Cho Oyu – all 8,000 metre giants. To the west you can pick out the rocky tral that leads to the Renjo Pass which you cross to enter the Bhote Kosi Valley still the major trading route through to Tibet. You descend through yak grazing pastures and small settlements to reach the village of Tham in which you head back to Nache Bazaar down to Lukla to complete your amazing adventure.

**DAY 21.** Your trip ends in Kathmandu in the morning. (B)

**INCLUSIONS:** Airport Transfers, All Transport Including Internal Flights, All Accommodation, Sightseeing, National Park Fees, Trek Leader, Guides and Porters on Trek, Use of Personal Trek Equipment (Sleeping Bag, Duvet Jacket, Sleeping Sheet, Kit Bag), Medical Kit, Portable Altitude Chamber.

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16 21

20 DAYS EX KATHMANDU
16 DAYS LODGE BASED TREKKING

21 DAYS EX KATHMANDU
17 DAYS LODGE BASED TREKKING
AMA DABLAM BASE CAMP WITH EVEREST VIEWS

• AMA DABLAM ARGUABLY THE MOST BEAUTIFUL MOUNTAIN OF THE EVEREST REGION
• THYANGBOCHE MONASTERY & THE YETI SCALP
• EXPLORE THE VILLAGES OF KUNDE & KHUMJUNG

ITINERARY

DAY 1. Arrive in Kathmandu where you are met at the airport and transferred to your hotel.

DAY 2. Kathmandu sightseeing. (B)

DAY 3. Today you will be led on a tour of the city. Get acquainted with the banks of the sacred Bagmati River and Boudhnath Stupa: the biggest Buddhist monument in Nepal and home to many Tibetans in the valley.

DAY 4-12. After flying into Lukla airport your trek begins following the Dudh Kosi valley north to Namche Bazaar. You have two days here to explore this busy village surrounded by the soaring peaks of Thamserku, Kusuk Kanguru and Kwangde. On our rest day here you will enjoy a short acclimatisation walk with stunning views of Everest and Ama Dablam. From Namche we head to Kunde and Khumjung to see the school built by Sir Edmund Hillary and also ascend the ridge behind the village for more sensational mountain panoramic views. Our next stop is the hauntingly beautiful location of Thyangboche monastery. Here views of Everest, Lhotse, Nuptse, Ama Dablam and Kantega dominate the skyline. From the monastery we descend to cross the Imja Khola valley and then ascend to the picturesque village of Pangboche our base for our excursion to Ama Dablam Base Camp. You return back to Namche and then back to Lukla.

DAY 13. Fly back to Kathmandu.

DAY 14. Your trip ends after breakfast. (B)

INCLUSIONS:
• AIRPORT TRANSFERS, ALL TRANSPORT INCLUDING INTERNAL FLIGHTS, ALL ACCOMMODATION, SIGHTSEEING, NATIONAL PARK FEES, TREK LEADER, GUIDES ON TREK, PORTERAGE ON TREK, USE OF PERSONAL TREK EQUIPMENT (SLEEPING BAG, DUVET JACKET, SLEEPING SHEET, KIT BAG), MEDICAL KIT, PORTABLE ALTITUDE CHAMBERS.

PRICES FROM

[PER PERSON]

A$2,240 A$2,160 A$2,030

2 PAX 3 PAX 4 PAX

28x431

EVEREST BASE CAMP WITH KALA PATAR

• FOLLOW IN THE FOOTSTEPS OF HILLARY & TENZING
• ASCEND KALA PATAR FOR THE BEST VIEW OF EVEREST
• STUNNING MOUNTAIN FLIGHT TO LUKLA

ITINERARY

DAY 1. Arrive in Kathmandu where you are met at the airport and transferred to your hotel.

DAY 2. Kathmandu sightseeing. (B)

DAY 3. Your trip ends in Kathmandu in the morning. (B)

DAY 4. An early start to the morning with a flight back to Kathmandu.

DAY 5. Your trip ends in Kathmandu in the morning. (B)

INCLUSIONS:
• AIRPORT TRANSFERS, ALL TRANSPORT INCLUDING INTERNAL FLIGHTS, ALL ACCOMMODATION, SIGHTSEEING, NATIONAL PARK FEES, TREK LEADER, GUIDES ON TREK, PORTERAGE ON TREK, USE OF PERSONAL TREK EQUIPMENT (SLEEPING BAG, DUVET JACKET, SLEEPING SHEET, KIT BAG), MEDICAL KIT, PORTABLE ALTITUDE CHAMBERS.

PRICES FROM

[PER PERSON]

A$2,420 A$2,250 A$2,110

2 PAX 3 PAX 4 PAX

28x456

“Thyangboche must be one of the most beautiful places in the world. The height is well over 12,000 feet. The Monastery buildings stand upon a knoll at the end of a big spur, which is flung out across the direct axis of the Imja river. Surrounded by satellite dwellings, all quaintly constructed and oddly medieval in appearance, it provides a grandstand beyond comparison for the finest mountain scenery that I have ever seen, whether in the Himalaya or elsewhere.”

JOHN HUNT, LEADER OF THE 1953 EVEREST EXPEDITION, DESCRIBES THYANGBOCHE IN HIS BOOK THE ASCENT OF EVEREST.

“Thyangboche must be one of the most beautiful places in the world. The height is well over 12,000 feet. The Monastery buildings stand upon a knoll at the end of a big spur, which is flung out across the direct axis of the Imja river. Surrounded by satellite dwellings, all quaintly constructed and oddly medieval in appearance, it provides a grandstand beyond comparison for the finest mountain scenery that I have ever seen, whether in the Himalaya or elsewhere.”

JOHN HUNT, LEADER OF THE 1953 EVEREST EXPEDITION, DESCRIBES THYANGBOCHE IN HIS BOOK THE ASCENT OF EVEREST.

THE CLASSIC TREK, THROUGH THE HEARTLAND OF THE SHERPAS, TO THE BASE CAMP OF MOUNT EVEREST.

ITINERARY

DAY 1. Arrive in Kathmandu where you are met at the airport and transferred to your hotel.

DAY 2. Kathmandu sightseeing. (B)

DAY 3-16. You take an exciting mountain flight to Lukla, the gateway to the Everest region. After meeting with your porters and crew you follow the Dudh Kosi Valley through pine forest to the Sherpa capital, Namche Bazaar. Here you experience the all encompassing mountain views and your first views of Everest. From Namche you discover the magnificent Thyangboche Monastery and ascend through the villages of Pangboche and above the tree line to Dingboche all through the journey Everest looms high above. As you ascend the days becoming an exciting challenge as you ascend through the ‘thin air’ to Lobuje, Gorak Shep and onto Everest Base Camp. This trek is demanding at times but the rewards of reaching ‘base camp’ and ascending Kala Patar for a breathtaking 360-degree panorama of Mount Everest and numerous other high altitude peaks are more than worth the effort. You return to Lobuje and descend to Pheriche for the downhill journey back to the airstrip at Lukla.

DAY 17. An early start to the morning with a flight back to Kathmandu.

DAY 18. Your trip ends in Kathmandu in the morning. (B)
ANAPURNA GHOREPANI

THE ANNAPURNA REGION IS THE BEST AREA FOR INTRODUCTORY TREKKING. THIS TREK HIGHLIGHTS THE SCENIC AND CULTURAL DIVERSITY OF NEPAL WHILE WALKING ON WELL-DEFINED TRAILS THROUGH FORESTS AND VILLAGES WITH STUNNING MOUNTAIN VIEWS, ESPECIALLY FROM THE SUMMIT OF POON HILL ABOVE THE VILLAGE OF GHOREPANI.

ITINERARY

DAY 1. Arrive in Kathmandu where you are met at the airport for transfer to your hotel.

DAY 2. Today we enjoy a guided tour of the city. Visit the banks of the sacred Bagmati River and Boudhanath Stupa: the biggest Buddhist monument in Nepal and home to many Tibetans in the valley. (B)

DAYS 3-7. Fly from Kathmandu to Pokhara from where you drive to the start of the trek at Kzymchi. Over the next week you ascend through beautiful forest, picturesque valleys, friendly villages and extraordinary mountain views. The trail heads through the Gurung village of Ghandruk before entering a forest trail to Tadapani offering super views of Annapurna South, Huinchuli and the ‘Fishtail Peak’ of Machhapuchhare. You continue through forest to Deorali where you climb above the tree line on open alpine ridges to Ghorepani. From here, an early morning sunrise excursion to Poon Hill above your lodge provides one of the most spectacular panoramas in Nepal. A sea of peaks lines the horizon, the Dhaulagiri Himal, the Annapurna range, and the magnificent peaks of Manaslu - a stunning vista encompassing three mountains over the magic 8,000 metre mark. From Ghorepani it’s downhill all the way following the old trading route from Tibet to the village of Ulleri.

DAYS 8-9. From Ulleri take a steep descent to the valley and finish the trek at Biriatnath from where you transfer by bus to Pokhara. Here you have two nights to relax or explore the town close to the shores of Lake Phewa.

DAY 10. Fly back to Kathmandu.

DAY 11. Your trip ends in Kathmandu after breakfast. (B)

INCLUSIONS: AIRPORT TRANSFERS, ALL TRANSPORT INCLUDING INTERNAL FLIGHTS, ALL ACCOMMODATION, SIGHTSEEING, NATIONAL PARK FEES, TREK LEADER, GUIDES ON TREK, PORTAGE ON TREK, USE OF PERSONAL TREK EQUIPMENT (SLEEPING BAG, DIVET JACKET, SLEEPING SHEET, KIT BAG), MEDICAL KIT. NOTE: NO MEALS ON TREK. SEE PAGE 12.

ANAPURNA GHOREPANI & CHITWAN


ITINERARY

DAY 1. Met upon arrival at the airport in Kathmandu and transfer to your hotel.

DAY 2. Today we enjoy sightseeing in Kathmandu valley. (B)

DAYS 3-9. After visiting the enchanting temples and shrines of Kathmandu we drive to Naya Phul, the starting point for our lodge-based trek. The trek passes through the middle hill ranges of the Annapurna mountains, offering considerable diversity. We visit friendly lowland Hindu and Buddhist villages, follow forested trails and enjoy spectacular views of the Annapurna range throughout the trek. At Deurali, the high point of the walk, we experience breathtaking views of three of the world’s tallest mountains, Dhaulagiri, Annapurna and Manaslu, a panoramic view said to be among the best in the Himalaya. From here we enjoy a steep descent from Ulleri to the valley and finish the trek at Biriatnath for transfer to beautiful Pokhara. Here you have two nights to relax or explore the town close to the shores of Lake Phewa.

DAYS 10-11. Drive from Pokhara to one of Asia’s premier wildlife parks in Chitwan. Based at Gaica Wildlife Camp we enjoy elephant safaris, canoe trips and jungle walks, observing a variety of wildlife that includes over 300 species of birds, deer, crocodile, rhino, leopard and possibly tiger! (B)

DAY 12. Choose a morning wildlife option before the return drive to Kathmandu. (B)

DAY 13. Your trip ends after in Kathmandu after breakfast. (B)

INCLUSIONS: AIRPORT TRANSFERS, ALL TRANSPORT INCLUDING INTERNAL FLIGHTS, ALL ACCOMMODATION, SIGHTSEEING, NATIONAL PARK FEES, TREK LEADER, GUIDES AND PORTERS ON TREK, USE OF PERSONAL TREK EQUIPMENT, SLEEPING BAG, DIVET JACKET, SLEEPING SHEET, KIT BAG, MEDICAL KIT, SAFARI LUGGAGE, STAY IN CHITWAN, WILDLIFE EXCURSIONS, NATIONAL PARK FEE. SEE PAGE 12.
ANAPURNA & DHAULAGIRI

ONE OF THE BEST TREKS IN NEPAL. TREK OFF THE BEATEN TRACK AWAY FROM THE POPULAR TREKKING TRAILS WITH STUNNING CLOSE UP VIEWS OF THE ANAPURNA AND DHAULAGIRI MOUNTAINS.

ITINERARY

DAY 1. Met upon arrival in Kathmandu and transfer to your hotel.

DAY 2. Enjoy a tour of the city. Get acquainted with the banks of the sacred Bagmati River and Boudhanath Stupa: the biggest Buddhist monument in Nepal and home to many Tibetans in the valley. (B)

DAYS 3-10. You fly to Pokhara with views of the Manaslu and Annapurna ranges to the north and then drive to Kymchi where you begin your trek. The trekking route passes through the picturesque village of Ghandruk and then through beautiful rhododendron forest to Tadapani. From here we join the ancient trading route that heads through Ghorepani back towards Pokhara. In Ghorepani, take the pre sunrise detour to the top of Poon Hill for one of the best vistas in Nepal. DAYS 11-12. Our last night on the trail is at the village of Ulleri and then we trek to the roadhead at Naya Phul and then drive back to Pokhara for a further day to explore the lakeside town.

DAY 13. Fly back to Kathmandu. (B)

DAY 14. Trip ends after breakfast. (B)

INCLUSIONS: AIRPORT TRANSFERS, ALL TRANSPORT INCLUDING INTERNAL FLIGHTS, ALL ACCOMMODATION, SIGHTSEEING, NATIONAL PARK FEES, TREK FEES, GUIDES AND PORTERS ON TREK, USE OF TENTS, SLEEPING BAG, SLEEPING JACKET, SLEEPING SHEET, KIT BAG, MEDICAL KIT, NOTE: NO MEALS ON TREK - SEE PAGE 12.

BHUTAN – THE DRAGON KINGDOM

EXPLORE THE TIMELESS TRADITIONAL BUDDHIST CULTURE OF THIS ISOLATED HIMALAYAN KINGDOM KNOWN AS THE LAND OF THE THUNDER DRAGON.

ITINERARY

DAY 1. Arrive in Paro. You enjoy the spectacular scenery of the Himalaya including Everest prior to landing at Paro. Here you are met by your leader and transferred to the capital Thimphu.

DAYS 2–7. The journey begins with a sightseeing tour of the nation’s capital. There is much to enjoy including the late King’s memorial chorten, the traditional painting school, the nunnery at Tashicho Dzong and the traditional paper making industry. Equally enjoyable is just to wander through the streets observing the unique architecture, colourful shops and observe a culture little changed of the centuries where men and women still predominantly wear traditional dress. For this, Bhutan is a photographer’s paradise. You leave Thimphu for Punaka crossing the high pass the Dochu La, where there are spectacular views of the Himalaya, before descending to the spectacular Punaka Dzong a fortified monastery built in 1637 and formerly Bhutan’s capital. There is much to do in Punaka and we enjoy optional short walks to explore the villages, temples and monasteries of the valley. From Punaka we head back to Paro to explore the fortified watch tower of Ta Dzong, now a museum and home to the famous Tiger’s Nest. This serene monastery that clings to a steep granite cliff, about 700 meters above the valley floor seems to defy gravity with it’s precarious positioning and is a major highlight of our unique experience in Bhutan. (BLD)

DAY 8. Your journey to Bhutan ends today. Your guide will take you to the airport and wish you farewell for your onward journey. (B)

INCLUSIONS: AIRPORT TRANSFERS, ALL LAND TRANSPORT, ALL ACCOMMODATION & MEALS, SIGHTSEEING, TOUR GUIDE, NOTE: INTERNAL FLIGHTS NOT REQUIRED FOR THIS TOUR.

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THE KINGDOM OF MUSTANG

A REMARKABLE JOURNEY BEHIND THE MAIN HIMALAYAN RANGE TO LO MANTHANG, THE CAPITAL OF THE KINGDOM OF MUSTANG.

DAY 1. Met upon arrival in Kathmandu and transfer to your hotel.

DAY 2. Today enjoy a tour of the city. Visit the banks of the sacred Bagmati River and Boudhanath Stupa: the biggest Buddhist monument in Nepal and home to many Tibetans in the valley. (B)

DAY 3–14. Mustang was previously closed to foreigners until the Nepalese government allowed the first trekkers into the area in 1992. Hidden behind the Himalayan giants of Dhaulagiri and Annapurna and nesting on the Tibetan border this area offers a rare insight into the Tibetan culture of a region still restricted to just a few trekking groups each year. From Kathmandu you fly to Pokhara beside the beautiful Phewa Lake and the next morning take an early morning flight up the the Kali Gandaki Valley to Jomsom, the starting point of the trek. Jomsom lies north of the 8000-metre peaks of Annapurna and Dhaulagiri, in a Trans-Himalayan region, in stark contrast to the lush vegetation and forests of Nepal’s middle hills. In Jomsom you meet your crew and you trek north through whitewashed flat-roofed villages where the yellow and green patchwork of cultivated fields, prayer flags and snow-capped peaks provides welcome splashes of colour to this remote area. Your route takes you to Chhusang, Tsarang and onto the walled city of Lo Manthang the capital of Mustang. The city was once a major staging post on the salt and wool trading route with Tibet and you will have ample time to visit the monasteries and the Royal Palace as well as time for exploration outside the city walls. You return to Jomsom on an alternative route.

DAY 15–16. Say farewell to our trekking team and join our leader on the exciting flight back to Pokhara. You have a further day to explore the lakeside town.

DAY 17–18. Fly to Kathmandu for a final night before trip ends after breakfast (B).

DAY 19. Your trip ends in Kathmandu after breakfast. (B)

DAY 20. Arrive in Kathmandu where you are met at the airport and transferred to your hotel. Sightseeing and final preparations are made for the expedition. (B)

DAY 3 – 28. Our Mera Peak expedition is a challenging adventure giving you the opportunity to make an ascent of a major Himalayan peak on a non-technical route. Our success rate on the mountain is high as we have allocated extra days to ensure proper acclimatisation and an allowance for bad weather. From Kathmandu you fly to Lukla and follow a little-used trail to cross into the Himalaya, which is then followed north to Tagnac and Khare where you make base camp. The trail offers spectacular mountain scenery and the pace is taken slowly, with rest days to ensure thorough acclimatisation. At base camp we have a day dedicated to instruction in climbing techniques before ascending to the Mera La for our first camp on the mountain. You continue to ascend moving through crevassed terrain while roped together, on moderately angled snow slopes to a high camp at 5,900 metres. From here you make a summit attempt. From high camp and onto the summit there are stunning views of Everest, Makalu, Kanchenjunga, Cho Oyu, Chamlang and Baruntse. The climb offers a great sense of achievement and reward for this challenging experience of a lifetime. We return to Lukla via the Zatra Wala pass for an evening of celebration with our Sherpa team. (B/LD)

DAY 21. A final farewell to your porters and climbing team before you fly back to Kathmandu. (B)

DAY 22. Kathmandu at leisure. (B)

DAY 23. Your trip ends in Kathmandu after breakfast. (B)

NUMBUR HIMAL & DUDH KUND LAKE

A CONNOISSEUR’S TREK, AWAY FROM THE CROWDS, EXPLORING THE MONASTERIES, GLACIAL LAKES AND ALPINE RIDGES OF PINE AND SOLO KHMUBU WITH GREAT VIEWS OF EVEREST, KANCHENJUNGA AND MAKALU.

DAYS 1 – 2. Met upon arrival in Kathmandu and transfer to your hotel. Guided sightseeing on day 2. (B)

DAYS 3–18. Still to this day few trekkers venture to this region west of Everest. It is one of Nepal’s best kept secrets. From Kathmandu you drive east towards the village and airstrip at Phaplu. (BLD)

Your trip ends in Kathmandu after breakfast. (B)

MERA PEAK

A NON TECHNICAL ASCENT OF MERA PEAK (6437M) THE HIGHEST TREKKING PEAK IN NEPAL.

ITINERARY

DAYS 1-2. Arrive in Kathmandu where you are met at the airport and transferred to your hotel. Sightseeing and final preparations are made for the expedition. (B)

DAYS 3 – 28. Our Mera Peak expedition is a challenging adventure giving you the opportunity to make an ascent of a major Himalayan peak on a non-technical route. Our success rate on the mountain is high as we have allocated extra days to ensure proper acclimatisation and an allowance for bad weather. From Kathmandu you fly to Lukla and follow a little-used trail to cross into the Himalaya, which is then followed north to Tagnac and Khare where you make base camp. The trail offers spectacular mountain scenery and the pace is taken slowly, with rest days to ensure thorough acclimatisation. At base camp we have a day dedicated to instruction on climbing techniques before ascending to the Mera La for our first camp on the mountain. You continue to ascend moving through crevassed terrain while roped together, on moderately angled snow slopes to a high camp at 5,900 metres. From here you make a summit attempt. From high camp and onto the summit there are stunning views of Everest, Makalu, Kanchenjunga, Cho Oyu, Chamlang and Baruntse. The climb offers a great sense of achievement and reward for this challenging experience of a lifetime. We return to Lukla via the Zatra Wala pass for an evening of celebration with our Sherpa team. (B/LD)

DAY 21. A final farewell to your porters and climbing team before you fly back to Kathmandu. (B)

DAY 22. Kathmandu at leisure. (B)

DAY 23. Your trip ends in Kathmandu after breakfast. (B)
INDIA: LADAKH – LITTLE TIBET

BHUTAN – CHOMOLHARI

A CHALLENGING AND SPECTACULAR REMOTE TREK THROUGH ALPINE PASTURES WITH STUNNING VIEWS OF THE BHUTAN HIMALAYA. THE HIMALAYA’S LEAST TREKKED COUNTRY, BHUTAN OFFERS THE CONNOISSEUR PRISTINE WALKING THROUGH SUPERB RHODODENDRON FORESTS AND HIGH ALPINE YAK GRAZING PASTURES BACK DROPPED BY A SEA OF TOWERING PEAKS INCLUDING JITCHU DRAKE 6,794M AND CHOMOLHARI 7,314M.

DAY 1. Arrive in Paro. Transfer to hotel.

DAY 2. Guided tour of the city. Explore the town and take a visit to Taktshang Monastery, more popularly known as the ‘Tiger’s Nest’, which clings precariously atop a 900-metre cliff defying gravity. (B)

DAY 3-12. Your trek begins in the beautiful forest before ascending above the tree line to trek through open alpine terrain, crossing high passes with sensational mountain views bordering with Tibet. The region is sparsely populated and you will trek through Yak herder camps, explore traditional Dzong’s or forts built centuries ago to repel invading Tibetan warriors. Keep an eye open for Blue Sheep and the elusive Snow Leopard that are found on the wild hillside slopes. After over a week in the wilderness you descend through oak and rhododendron forest and on to the road head at Shangri where you meet your transport and drive to the capital Thimphu. A sightseeing program in Thimphu rounds off this superb adventure. (BLD)

DAY 13. You are transferred to Paro airport for your journey home. (B)

INCLUSIONS: ACCOMMODATION AND MEALS (BREAKFAST ONLY IN DELHI), EXPERIENCED ENGLISH-SPEAKING LOCAL GUIDE, ARRIVAL AND DEPARTURE TRANSFERS, PRIVATE VEHICLES, SIGHTSEEING AND ENTRANCE FEES.

OVERLAND TIBET TO NEPAL VIA EVEREST

A STUNNING OVERLAND JOURNEY THROUGH MYSTICAL TIBET STARTING FROM THE FABLED CITY OF LHASA HEADING TO KATHMANDU VIA THE TIBETAN BASE CAMP FOR EVEREST OFFERING FABULOUS VIEWS WITH NO TREKKING INVOLVED.

ITINERARY

DAY 1. Arrive in Kathmandu where you are met at the airport and transferred to your hotel. OR Meet your tour group in Lhasa, if you are joining our tour in Tibet.

DAY 2-12. Your journey across Tibet exploring the Buddhist culture and awesome mountain scenery begins with a stunning mountain flight across the Himalaya, close to Mount Everest to Lhasa. Here you spend three days acclimatising and exploring the Potala Palace, the Jokhang Temple, the monasteries of Drepung and Sera, and the Summer Palace of Norbulingka. Your journey begins on the impressive new road across the wild Tibetan plateau, traversing high passes to Gyartse, at the head of the old trading route to India, and thence to Shigatse where we visit the famous Tashlumpo Monastery. Your four wheel drive vehicle makes the journey over the rugged Pang La pass (5,200m) possible and from here you visit the Rongbuk Monastery and then onto nearby Tibetan Everest Base Camp. You retrace your steps back to Shegar where you rejoin the main ‘highway’ to cross the Lhakpa La pass (5,220m), where there are stunning views of both Everest and Shishapangma (8016m). The pass is beautifully decorated by colourful prayer flags and marks the descent through the Tingri plateau to Nyalam from where you descend steeply through an impressive gorge to the border at Zhangmu. You cross into Nepal and drive through small villages and terraced hillsides back to Kathmandu. (BLD)

DAY 13. You are transferred to the airport for your journey home. (B)

INCLUSIONS: AIRPORT TRANSFERS, ALL LAND TRANSPORT, ALL ACCOMMODATION AND MEALS, SIGHTSEEING, LOCAL GUIDE, PORTABLE ALTITUDE CHAMBER.
Our Nepal and Himalaya journeys are just some of the many fabulous dishes on the Forward Travel menu. Here are some other delicious destinations to tantalise your ‘travel buds’. Talk to us today about expertly planning you another exciting journey to savour.