

Welcome to Nepal



Nepal is a landlocked Himalayan country sharing its borders with Tibet (China) to the north and northwest, and India to the west, south and east. The country is one of the most beautiful as well as imaginative dreamlands endowed with the world's eight highest Himalayan Mountain peaks including Mt. Everest, glorious scenery, hidden valleys, rushing river and ice- blue lakes that originate in the Himalayas. Nepal is a land of ancient history, colorful cultures and friendly people found nowhere else on the planet! There are many festivals and events celebrated throughout the year in traditional style highlighting enduring customs and beliefs.

About us

Peak Himalaya Adventure is locally owned and officially registered one of the leading Trekking agencies based in Kathmandu, Nepal. It is run and promoted by a group of Sherpa climbers and supported by friendly and knowledgeable staff. Since its inception, we have been organizing various leisure and adventure activities such as Trekking, Climbing, Tours, River Rafting, Jungle Safari, Bunjee Jump, Paragliding and many other tourism-related activities in Nepal and culture/adventure tours & treks to Tibet, Bhutan and India.

Mission Statement

We are committed to providing quality service to all our valued clients and also much concerned of a positive impact on the local culture and environment. Groups-size is kept to a minimum. Each tour is designed to allow much freedom and flexibility to make our clients feel extraordinary. Our goal is to provide a complete satisfaction and full of fun at the most affordable price.

Our Speciality

Trekking in Nepal

Nepal offers some of the best trekking trails in the world, with stunning scenery and magnificent mountain ranges. Follow in the footsteps of Hillary & Tenzing Sherpa hike to Everest Base Camp or ramble through scenic river-ranks, terraced fields and forested ridges connecting picturesque hamlets in the beautiful Annapurna and Langtang regions. Trekking in Nepal is an all season activity, easy to strenuous treks could be organized lasting from a few days to several weeks. No need to have trekking experience, you simply require a good level of fitness, a love of the great outdoors and a sense of adventure!

Style of Treks

Teahouse/Lodge Trek

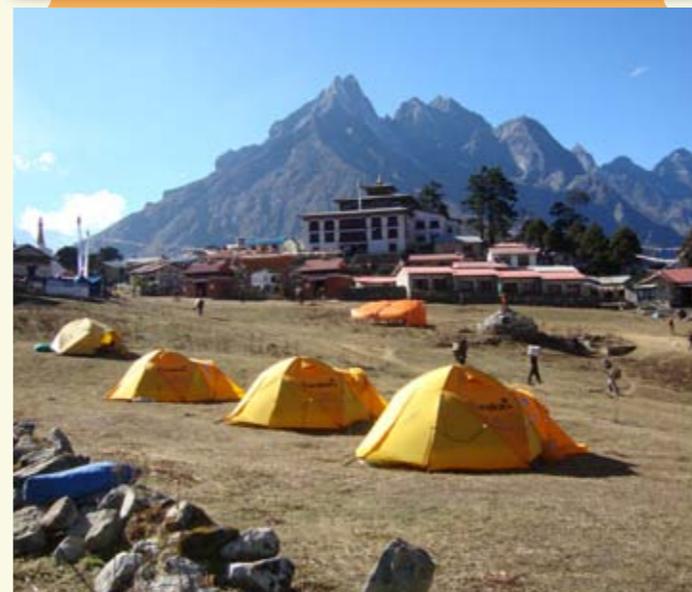
In Nepal teahouse trek is more popular especially in Annapurna, Everest & Langtang regions. During the teahouse trek your accompanying guide leads the trails, arranges twin or multi-sharing rooms, arrange meals, hot showers and other logistics. The porter carries the luggage. We organize teahouse treks in Nepal for a group of more than 6 members.



Name of the trek	Style of trek	Duration	Grade	Max. Alt
Annapurna Round	Teahouse / Lodge	19 days	Moderate	5416 m
Annapurna Sanctuary	Teahouse / Lodge	13 days	Moderate	4130 m
Ghorepani-Poonhill	Teahouse / Lodge	07 days	Moderate	3120 m
Everest Base Camp	Teahouse / Lodge	21 days	Moderate	5545 m
EBC-Gokyo	Teahouse / Lodge	16 days	Moderate	5545 m
Mt. Everest View	Teahouse / Lodge	11 days	Moderate	3800 m
Langtang Gosaikunda	Teahouse / Lodge	15 days	Moderate	4600 m
Helambu	Teahouse / Lodge	08 days	Moderate	3450 m

Full Board Camping Trek

This is classic style of trekking in the remote areas of Nepal. On this trek we offer all the necessary camping gear, tents, food, a guide, a cook, kitchen helper, sufficient porters or Yaks and Sherpa. Accommodation in luxury tents, dining tent with camping tables and stools and comfortable sleeping pads/ mattresses are provided. Western and Nepalese style of food is freshly prepared and served during the trek.



Name of the trek	Style of trek	Duration	Grade	Max. Alt.
Rolwaling	Full Board Camping	19 days	Challenging	4180m
Ganesh Himal	Full Board Camping	17 days	Challenging	4200m
Round Manaslu	Full Board Camping	20 days	Challenging	4460m
Dhorpatan-Jumla	Full Board Camping	30 days	Challenging	5050m
Humla-Simikot	Full Board Camping	19 days	Challenging	5305m
Upper Dolpo	Full Board Camping	29 days	Challenging	5240m
Arun Valley	Full Board Camping	16 days	Challenging	2880m
Sherpini Col	Full Board Camping	30 days	Challenging	6146m
Makalu Base Camp	Full Board Camping	28 days	Challenging	5000m

Peak Climbing in Nepal

Nepal's 33 low elevation trekking peaks up to 6654m altitude pose a serious challenge except a few easy peaks. Most of these climbs require little or no previous mountaineering experience. We organize peak climbing trips in Everest, Annapurna and Manang regions for any group size and budget.

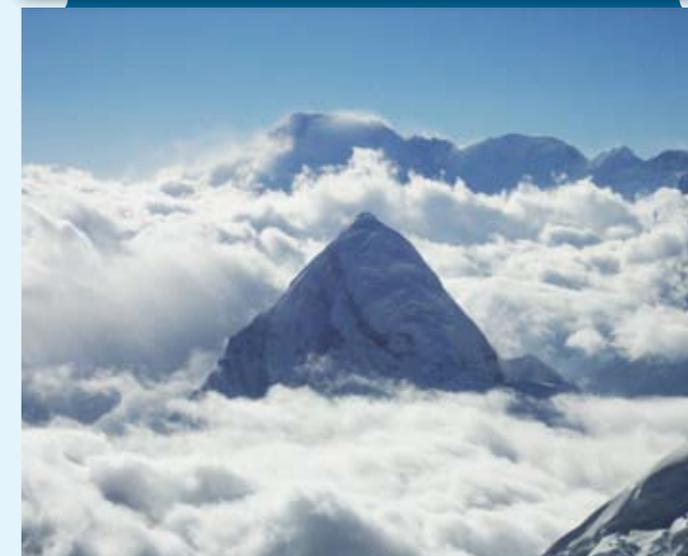


Some Popular Trekking Peaks

Name of the Peak	Style of Trip	Region	Best Season	Max. Alt
Island Peak	Teahouse/Camping	Everest	Spring/Autumn	6160 m
Mera Peak	Teahouse/Camping	Everest	Spring/Autumn	6654m
Lobuche Peak	Teahouse/Camping	Everest	Spring/Autumn	6119m
Chulu West Peak	Teahouse/Camping	Annapurna	Spring/Autumn	6419m
Pisang Peak	Teahouse/Camping	Annapurna	Spring/Autumn	6091m
Yala Peak	Teahouse/Camping	Langtang	Spring/Autumn	5732m
Paldor Peak	Teahouse/Camping	Langtang	Spring/ Autumn	5896m
Naya Kanga Peak	Teahouse/Camping	Langtang	Spring/Autumn	5844m

Mountaineering in Nepal/ Tibet

Nepal is best known in the world as a land of Himalaya. Nowhere else on the earth such concentration of high snowy mountains are found in a single country like Nepal. Peak Himalaya Adventure offers several mountaineering packages with full logistical support at the most competitive prices.



Mt. Everest	8848 m	Duration	70 days	Nepal
Mt. Amadablam	6858 m	Duration	35 days	Nepal
Mt. Baruntse	7129 m	Duration	30 days	Nepal
Mt. Makalu	8463 m	Duration	60 days	Nepal
Mt. Dhaulagiri	8167 m	Duration	60 days	Nepal
Mt. Lhakpa Ri	7045 m	Duration	45 days	Tibet
Mt. Cho-Oyu	8201 m	Duration	44 days	Tibet

Trip Extensions

Some Popular Tours in Nepal

07days	Kathmandu-Nagarkot- Pokhara	Grade Easy
07 days	Kathmandu- Nagarkot-Chitwan	Grade Easy
08 days	Kathmandu-Chitwan-Lumbini	Grade Easy
11 days	Pokhara- Lumbini- Chitwan	Grade Easy
07 days	Kathmandu-Chitwan- Pokhara	Grade Easy

Jungle Safari in Nepal

The high Himalaya makes up Nepal's northern border and the southern lowland (Terai) is covered with dense tropical forests abundant in diverse wildlife and exotic birds. We organize the most exciting safari trips for individuals and groups especially in Chitwan, Bardia National Parks and Koshi Tappu Wildlife Reserve providing accommodations, transportations, meals and accompanying guides. Our itineraries include elephant safari, bird watching, jungle walks and canoeing etc.



River Rafting in Nepal

It is extremely popular, exciting yet safe adventure sport with many staircase rapids that challenge the body and spirit of the river runners. Very few places in the world can match the thundering course of the rivers of Nepal originating from the snow meltdown of the Himalayan terrain. We offer all levels of rafting excitement with rapids ranging from grade III to VI.



Paragliding

It is relatively a new adventure activity in Nepal for those who want to experience flying over villages, monasteries, temples, lakes and jungles like the Himalayan griffin vultures, eagles and kites in the sky. Paragliding provides an opportunity to observe life and nature from the new perspective. Pokhara has been internationally recognized destination for paragliding.



Ultralight Aircraft

This is an ideal way to do sightseeing tour of the Pokhara valley. One could fly like birds over the verdant hills, winding rivers and shining Phewa lake. The flights operate from sunrise to 11 a.m. and from 3 p.m. to sunset every day throughout the year except monsoon.



Mountain Flight

One of the best ways to get close to the Himalayas and to Everest in particular, is to take a mountain flight. It lasts for an hour offering an incredible close-up view of the awesome Himalayan peaks. We operate breathtaking mountain flights round the year, ensuring a window seat for all.



Bungee Jump

Nepal offers the third highest Bungee Jump in the world. The jump is a -160 meter drop from the platform into the gorge of the roaring river Bhote Koshi situated near the Nepal-Tibet border. This exciting sport is designed and introduced by one of New Zealand's leading Bungee consultants.



Mountain Biking

It offers an environmentally sound way of exploring the magnificent countryside, its landscape and living heritage. There are plenty of dirt roads and trails in Nepal to meet every mountain biker's wildest fantasy.



Village Tour

This tour allows visitors to experience a stay in a typical Nepali village. You will get a chance to interact with the villagers and get to know their culture, tradition and way of life first hand.



Rock and Ice Climbing Training

For greater chance of success in high altitude peaks climbing, Peak Himalaya Adventure offers basic to advance level multi pitch climbing and mountaineering skills development courses on rock and ice climbing for both novice and intermediate level alpine climbers. Our carefully crafted training programs will help to those who wish to enhance their outdoor adventure skills and tackle the difficulties that might come up along the mountain routes. All our instructors are fully qualified, mature and professional climbers and mountaineers who are still active in the mountaineering field. Rock and Ice Climbing Training course is certified by (IFMGA Standard guide/instructors) to conduct the following activities.



Yoga/Meditation

We offer the Yoga/Meditation programs for those clients who want to attain cultural and spiritual (inner) values so as to develop positive and creative energy for the betterment of life. We organize yoga treks and Yoga / Meditation classes as per clients' interest and timeframe at affordable price.



Volunteering in Nepal

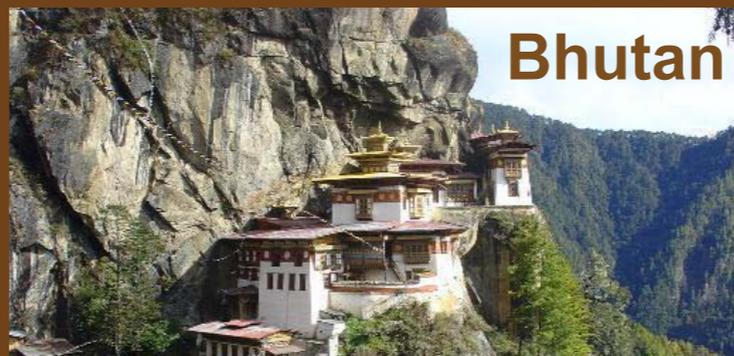
We offer volunteering opportunities for those who want to share their skills and experience by engaging themselves in a variety of local projects from helping people re-building mud huts, teaching English in village schools, organizing workshop on environmental issues and many other community development programs in Nepal.

Tibet



Tibet has long been better known as "The Roof of the World", with an average altitude of over 4000 m. This is a land of snow-capped mountains, deep tropical rainforests and open pastureland. Its treasures include Mt. Kailash and Lake Mansarovar the winding Yarlung Tsangbo River, ancient fortresses, palaces, monasteries and a deeply Buddhist cultural and religious heritage.

Bhutan



Nestled amidst the Himalayas, the kingdom of Bhutan is bordered by China in the north and India in the south. With its closely guarded culture and traditions and well-conserved pristine natural environment, Bhutan still remains pristine and is truly fascinating destination to visit. Religion has shaped this last surviving Mahayana Buddhist kingdom, and still plays a vital role in people's daily life.

Peak Himalaya

Adventure (P.) Ltd.

'Feel Adventurous'

Peak Himalaya Adventure (P.) Ltd.

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