NEPAL
BHUTAN
TIBET

Itineraries

With UpEverest, your business is in amazing hands.
Based in Kathmandu, we are tour, trekking and adventure specialist of Nepal, Bhutan and Tibet. We have notched up hands on experience to offer you the best strategic association for your adventure tour and travel business in these three amazing countries.

We are proud to be associated with Nepal Tourism Board (NTB), and members of Trekking Agency Association of Nepal (TAAN) and Adventure Travel Trade Association, (ATTA) and Pacific Asia Travel Association (PATA). We adhere to the highest industry standards and recognize our obligations to operate our adventure tour and travel business in a responsible and sustainable fashion. As we see this not only as an environmental perspective but an economic and social one as-well. We are committed to care to the well being of the communities and the environment that hosts our adventure travel and tours. We strongly believe that by adhering to the moral policies, we can offer an amazing experience to the clients.
TOURS IN NEPAL
Nepal is a land of great diversity and immense opportunities. Within a hundred kilometers, the landscape goes through incredible changes from the hot, humid plains in the south to frigid arctic conditions in the north. In much the same way, the diversity of the Nepali people is no less remarkable. It is an opportunity to experience extreme contrasts in as little as an hour. A half hour flight from Kathmandu brings you up close to the Himalayas in the north, yet if you fly south, one could be riding on an elephant in Chitwan within an hour. The extreme north is the land of the Snow leopard while the southern jungles are ruled by the Royal Bengal tiger.

The Kathmandu Valley on the other hand is a living museum of ancient relics and religious practices defying change and existing in stark contrast to modern day shopping malls and KFC outlets. Nepal offers infinite opportunities to the discerning traveler in search of adventure, relaxation, meditation, extreme challenges or just a walk through historic monuments and ancient religious sites. Between Everest and Lumbini, the birthplace of the Buddha, there is room enough for every kind of traveler.
Golden Triangle of Nepal
09 Nights/ 10 Days

Day 01: Arrive in Kathmandu.

Day 02: Heritage sight-seeing tour of Kathmandu Durbar Square, Patan Durbar Square & Suayambhunath. Afternoon visit to Bhaktapur city and drive to Nagarkot for overnight stay. Next day early morning sunrise view.

Day 03: Fly to Bhairahawa and transfer to hotel. Rest of the day free at leisure.

Day 04: Full day visit Lumbini sacred Garden.

Day 05: Fly to Pokhara. Rest of the day free at leisure.

Day 06: Sightseeing tour of Pokhara.

Day 07: Drive to Chitwan & Jungle Activities.

Day 08: In Chitwan Jungle Activities.

Day 09: Fly back to Kathmandu. Leisure/shopping.

Day 10: Trip ends.
Nepal Culture & Adventure
08 Nights/ 09 Days

Day 01 : Arrive in Kathmandu

Day 02 : Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

Day 03 : Drive to Pokhara.

Day 04 : Drive to Nayapool & Trek to Ulleri

Day 05 : Trek to Ghorepani

Day 06 : Trek to Poonhil and Ghandruk

Day 07 : Trek to Nayapool and drive back to Pokhara. Afternoon sightseeing tour of Pokhara

Day 08 : Fly back to Kathmandu

Day 09 : Trip ends.
Amazing Nepal: Culture, Nature & Adventure
11 Nights/ 12 Days

Day 01: Arrive in Kathmandu

Day 02: In Kathmandu. Sight seeing tour of Kathmandu Durbar Square, Swayambhunath, Boudhanath

Day 03: Visit a Shaman & understand Shamanism

Day 04: Quaint old town of Bandipur

Day 05: Drive to Pokhara & explore the laid-back city

Day 06: Explore the people & mountains of Ghandruk

Day 07: Exploring Ghandruk

Day 08: Hike to the Modi river & drive to Pokhara

Day 09: Drive to Chitwan & Jungle Activities

Day 10: In Chitwan Jungle Activities

Day 11: Fly back to Kathmandu & explore Bhaktapur

Day 12: Trip ends.
Spiritual Nepal
Peace & Pilgrimage
08 Nights/09 Days

**Day 01**: Arrive in Kathmandu & drive Neydo Monastery Guest House for overnight stay

**Day 02**: Explore the life of a Buddhist monk & monastries. Self yoga/meditation

**Day 03**: Fly to Bhairahawa and transfer to hotel. Explore Lumbini sacred Garden

**Day 04/05**: Meditation in Lumbini

**Day 06**: Fly back to Kathmandu. Evening blessing & offering butter lamp at Boudhanath stupa

**Day 07**: Hike to Nagi Gompa, self meditate & hike back to Budhanilkantha Temple. Drive back to hotel

**Day 08**: Heritage sight-seeing tour of Kathmandu Durbar Square, Swayambhunath & Pashupatinath

**Day 09**: Trip ends.
Village Homestay
04 Nights/ 05 Days

Day 01: Arrive in Kathmandu

Day 02: Drive from Kathmandu to cable car station and take a ride to chandragiri hills and hike down to Chitlang village. Overnight at Homestay

Day 03: Explore around the village. Interact with local people. Overnight at Homestay

Day 04: Hike from Chitlang to Kulekhani via Markhu and then drive back to Kathmandu

Day 05: Trip Ends.
Everest Heli & Ancient Kathmandu Valley
05 Nights/ 06 Days

Day 01: Arrive in Kathmandu

Day 02: Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

Day 03: Heli tour to Everest Base Camp and Kalapather and breakfast at Kongde

Day 04: In Kathmandu. Full day sightseeing tour of Bhaktapur, Pashupatinath and Boudhanath

Day 05: Drive to Nagarkot for overnight stay. Next day early morning sunrise view

Day 06: Trip ends.
Family Holiday  
Culture & Adventure  
11 Nights/ 12 Days

**Day 01 :** Arrive in Kathmandu

**Day 02 :** Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

**Day 03 :** Drive & explore pretty little town called Bandipur

**Day 04 :** In Bandipur. Village activities.

**Day 05 :** Drive to Pokhara & explore the city

**Day 06 :** Drive to Dhampus and the mountains

**Day 07 :** Hike – Dhampus to Australian Camp

**Day 08 :** Hike to Khade & later drive to Pokhara

**Day 09 :** Drive to Chitwan in the heart of the Jungle

**Day 10 :** Jungle Activities

**Day 11 :** Fly back to Kathmandu

**Day 12 :** Trip Ends.
Honeymoon in Nepal
09 Nights/ 10 Days

Day 01 : Arrive in Kathmandu
Day 02 : Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.
Day 03 : Heli tour to Everest Base Camp and Kalapather and breakfast at Kongde, overnight stay at Dhulikhel
Day 04 : A day of revitalization with Yoga & activities
Day 05 : Fly to Pokhara & explore the city with romantic lakeside walk and calm boat ride at Fewa Lake
Day 06 : Adventurous Ultralight Flight and a Relaxing Sunset view at Peace Pagoda
Day 07 : Drive to Chitwan in the heart of the Jungle
Day 08 : Jungle Activities
Day 09 : Fly back to Kathmandu
Day 10 : Trip Ends.
Bhutan, Nepal & Tibet.
Three Kingdoms of the Himalayas
12 Nights/ 13 Days

Day 01: Arrive in Kathmandu

Day 02: Arrival in Paro & drive to Thimpu. Sightseeing Tour

Day 03: AM Sight-seeing tour in Thimpu. Afternoon drive to Punakha.

Day 04: Drive to Paro. Afternoon Sightseeing Tour

Day 05: In Paro. Day Hike to Taktsang Monastery

Day 06: Fly to Kathmandu & drive to Nagarkot

Day 07: Drive back to Kathmandu. Full day sightseeing tour of Pashupatinath, Boudhanath & Bhaktapur Durbar Square.

Day 08: In Kathmandu. Full day sightseeing tour of Kathmandu city, Swayambhunath & Patan Durbar Square.

Day 09: Free day or at leisure

Day 10: Fly to Lhasa. Rest of the day is free


Day 13: Fly back to Kathmandu and connect onwards flight back home
Nepal and Bhutan, Two Ancient kingdoms
07 Nights/ 08 Days

Day 01: Arrive in Kathmandu

Day 02: In Kathmandu, sight-seeing Tour of Ancient Kathmandu Valley

Day 03: Fly to Paro and drive to Thimpu

Day 04: Sightseeing tour of Thimpu & evening drive to Punakha

Day 05: Sightseeing tour of Punakha & drive back to Paro.

Day 06: Day hike to Taktsang Monastery

Day 07: Fly back to Kathmandu. Sightseeing tour of Pashupatinath, Boudhanath and Bhaktapur Durbar Square

Day 08: Trip Ends.
Nepal and Tibet, Combination of two Kingdoms 10 Nights/11 Days

Day 01: Arrive in Kathmandu

Day 02: In Kathmandu. Full day sightseeing tour of Kathmandu City, Swayambunath, Pashupatinath and Boudhanath

Day 03: In Kathmandu. Full day sightseeing tour of Kirtipur & Patan Durbar Square

Day 04: Drive to Nagarkot enroute visit Bhaktapur

Day 05: Fly to Lhasa. Rest of the day is free

Day 06: In Lhasa. Sightseeing tour of Potala, Jokhang and Norbulinka Palace.


Day 08: Drive to Gyantse via Yamdrok lake visit Khumbum Stupa & Pelkhor Chorten

Day 09: Drive to Shigatse, visit Tashilimphu Monastery & Local Market

Day 10: Drive back to Lhasa. Rest of the day is free or at leisure

Day 11: Fly back to Kathmandu and connect onwards flight back home
Mesmerizing Bhutan
07 Nights/08 Days

Day 01: Fly to Paro and drive to Thimpu
Day 02: In Thimpu, sight-seeing Tour
Day 03: Drive to Punakha & afternoon sight-seeing tour
Day 04: Day excursion to Gangtey
Day 05: Drive to Paro, sight-seeing Tour
Day 06: Day hike to Taktsang Monastery
Day 07: Day excursion to Haa Valley
Day 08: Fly back. Trip Ends.
TREKS IN NEPAL
When Mountain comes calling they say there is no stopping oneself. Eight of the 14 mountains over 8,000 meters high of the world are located in this tiny Himalayan nation. So naturally, Nepal offers some of the amazing and adventure trekking destinations.

Trekking in Nepal is unparalleled with its well-maintained trails and mountain lodges. The routes that lie in Nepal’s different trekking regions like Everest, Annapurna, Manaslu, Upper Mustang, Dolpo and Langtang start higher and stay higher in altitude, offering unrivalled views of some of the world’s highest and incredible Himalaya panoramas. It’s time to get packing as Nepal is awaiting your arrival. Reading this short intro is only the start of this grand adventure.

**Best time for Trekking**

Base Camp Treks in Nepal are something that every trek lover has on their bucket list. But, the weather at these base camps can become extreme and unbearable due to low temperatures, landslides, rain and snow. It is important to understand the weather conditions of the place at different times of the year.

**Trekking during Spring (March - May)**

For trekkers who are after warm temperatures and are a fan of blossoming flora, then planning a trip in this season is perfect. But, as the Monsoon season approaches, the skies get cloudier, and temperatures start to get hot and humid.

**Trekking during Fall (Mid September - Mid December)**

While visitors prefer the trekking conditions of Fall the most, this is the second best season of the year to go on a trek. Apart from the weather, Spring is a favourable time because there is lesser crowd in the area, making it easier for people to reach the remote corners of the Himalayan region.
**Everest Base Camp Trek**

15 Nights/16 days

**Day 01:** Arrive in Kathmandu

**Day 02:** Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

**Day 03:** Fly Kathmandu to Lukla and trek to Phakding

**Day 04:** Trek Phakding - Namche Bazaar

**Day 05:** At Namche Bazaar (Acclimatization)

**Day 06:** Trek Namche Bazaar to Thyangboche

**Day 07:** Trek Thyangboche to Dingboche

**Day 08:** At Dingboche (Acclimatization) Day hike to Chhukung

**Day 09:** Trek Dingboche - Lobuche

**Day 10:** Trek Lobuche – Everest Base Camp & back to Gorekshep

**Day 11:** Trek Gorekshep to Kalapathar and back to Pheriche

**Day 12:** Trek Pheriche to Sangnasa

**Day 13:** Trek Sangnasa to Phakding

**Day 14:** Trek Phakding to Lukla

**Day 15:** Fly back to Kathmandu. Farewell Dinner

**Day 16:** Trip ends.
Everest Heli Trek
08 Nights/09 days

Day 01: Arrive in Kathmandu

Day 02: Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

Day 03: Fly to Lukla by schedule flight and trek to Monjo

Day 04: Trek Monjo to Namche Bazaar

Day 05: Trek Namche – Tashinga

Day 06: Trek Tashinga – Thyangboche – Tashinga

Day 07: Tashinga Heli tour to Everest Base Camp and Kalapathar and back to Kathmandu


Day 09: Trip ends.
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Everest Base Camp & Gokyo Lakes Circuit Trek
18 Nights/19 days

**Day 01:** Arrive in Kathmandu

**Day 02:** Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

**Day 03:** Fly to Lukla and trek to Phakding

**Day 04:** Trek Phakding to Namche

**Day 05:** In Namche. Day for Acclimatization

**Day 06:** Trek Namche to Dole

**Day 07:** Trek Dole to Machermo

**Day 08:** In Machermo. Day for Acclimatization.

**Day 09:** Trek Machermo to Gokyo

**Day 10:** Ascent of Gokyo Ri

**Day 11:** Trek to Dragnag

**Day 12:** Trek Dragnag to Lobuche

**Day 13:** Trek Lobuche to Gorakshep to Everest Base Camp and return to Gorakshep

**Day 14:** Trek Gorakshep to Kalapathar and to Pheriche

**Day 15:** Trek Pheriche to Sangnasa

**Day 16:** Trek Sangnasa to Phakding

**Day 17:** Trek Phakding to Lukla

**Day 18:** Fly Lukla to Kathmandu. Rest of the day is at leisure. Farewell Dinner

**Day 19:** Trip Ends.
Annapurna Circuit Trek
14 Nights/15 days

Day 01: Arrive in Kathmandu
Day 02: Drive to Besi Sahar
Day 03: Trek Besi Shar to Syange
Day 04: Trek Syange to Tal
Day 05: Trek Tal to Bagarchap
Day 06: Trek Bagarchap to Chame
Day 07: Trek Chame to Pisang
Day 08: Trek Pisang to Manang
Day 09: At Manang. Rest day for acclimatization
Day 10: Trek Manang to Yak Kherka
Day 11: Trek Yak Kherka to Thorung Phedi
Day 12: Trek Thorung Phedi to Muktinath via Thorang La Pass
Day 13: Trek Muktinath to Jomsom
Day 14: Fly to Pokhara & connect flight to Kathmandu
Day 15: Trip ends.
Annapurna Base Camp Trek
12 Nights/13 days

Day 01: Arrive in Kathmandu

Day 02: Drive/Fly to Pokhara. Rest of the day is free or at leisure

Day 03: Drive to Khade & trek to Pothana

Day 04: Trek Pothana to Chhomrong

Day 05: Trek Chhomrong to Bamboo

Day 06: Trek Bamboo to Deurali

Day 07: Trek Deurali to Annapurna Base Camp

Day 08: Trek Annapurna Base Camp to Dovan

Day 09: Trek Dovan to Chhomrong

Day 10: Trek Chhomrong to Ghandruk

Day 11: Trek Ghandruk to Nayapool & drive back to Pokhara.

Day 12: Drive back to Katmandu

Day 13: Trip ends.
Mardi Himal Trek
10 Nights/11 days

**Day 01**: Arrive in Kathmandu

**Day 02**: Drive/Fly to Pokhara. Rest of the day is free or at leisure

**Day 03**: Drive to Kande - Trek to Pitam-Deurali

**Day 04**: Trek Pitam-Deurali (2100m) - Forest Camp

**Day 05**: Trek Forest Camp - Low Camp

**Day 06**: Trek Low Camp to High Camp

**Day 07**: Day hike to Mardi Himal Base Camp and return to High Camp

**Day 08**: Trek High Camp to Sidhing

**Day 09**: Trek Sidhing to Lumle and drive to Pokhara

**Day 10**: Drive/Fly to Kathmandu.

**Day 11**: Trip ends.
Langtang Valley Trek
08 Nights/09 days

Day 01: Arrive in Kathmandu

Day 02: Drive from Kathmandu to Syabru Besi

Day 03: Trek Syabru to Lama Hotel

Day 04: Trek Lama Hotel to Langtang Village via Ghore Tabela

Day 05: Trek Langtang Village to Kyangjin

Day 06: Trek Kyangjin to Lama Hotel

Day 07: Trek Lama Hotel to Syabru Besi Via Sherpa Gaon

Day 08: Drive from Syabru to Kathmandu

Day 09: Trip Ends.
Langtang Gosainkunda Trek
12 Nights/13 days

Day 01 : Arrive in Kathmandu
Day 02 : Drive from Kathmandu to Syabrubesi
Day 03 : Trek from Syabrubesi to Lama Hotel
Day 04 : Trek to Mundu (3543m/11,621ft) via Langtang village
Day 05 : Mundu to Kyangjin Gompa (3,870m/12,697ft)
Day 06 : Acclimatization - Explore Tserko Ri
Day 07 : Kyangjin Gompa to Lama Hotel Trek
Day 08 : Lama Hotel to Thulo Syabru (2,230m/7,316 ft)
Day 09 : Thulo Syabru to Shin Gompa
Day 10 : Shin Gompa to Gosainkunda (4,460m/14,632ft)
Day 11 : Gosainkunda to Dhunche
Day 12 : Dhunche to Kathmandu
Day 13 : Trip Ends.
Upper Mustang Off Road Trip 4WD
10 Nights/11 days

Special Permit required. Min 2 pax

Day 01: Arrive in Kathmandu
Day 02: Drive to Pokhara
Day 03: Drive Pokhara to Jomsom
Day 04: Drive Jomsom to Lo Manthang
Day 05-06: In Lo Manthang Rest and Relaxation – Day to explore
Day 07: Drive Lo Manthang to Jomsom via Muktinath
Day 08: Drive Jomsom to Tatopani
Day 09: Drive Tatopani to Pokhara
Day 10: Drive Pokhara to Kathmandu
Day 11: Trip Ends.
Upper Mustang Trek
16 Nights/17 days

Day 01: Arrive in Kathmandu
Day 02: Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.
Day 03: Fly to Pokhara and half day sight-seeing tour
Day 04: Fly from Pokhara to Jomsom and trek to Kagbeni
Day 05: Trek Kagbeni to Chuksang
Day 06: Trek Chuksang to Samar
Day 07: Trek Samar to Geling
Day 08: Trek Geling to Ghami
Day 09: Trek Ghami to Charang
Day 10: Trek Charang to Lo Manthang
Day 11: Explore Day at Lo Manthang
Day 12: Trek Lo Manthang to Ghami
Day 13: Trek Ghami to Chuksang
Day 14: Trek Chuksang to Muktinath
Day 15: Trek Muktinath to Jomsom
Day 16: Fly Jomsom to Pokhara & connect flight to Kathmandu
Day 17: Trip Ends.
AROUND MANASLU TREK
17 Nights/18 days

Day 01: Arrive in Kathmandu

Day 02: Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

Day 03: Drive from Kathmandu to Sotikhola

Day 04: Trek Sotikhola to Maccha Khola

Day 05: Trek Maccha Khola to Jagat

Day 06: Trek Jagat to Deng

Day 07: Trek Deng to Namrung

Day 08: Trek Namrung to Samagaon

Day 09: In Samagaon. Acclimatization day and hike to Pungyen Gompa

Day 10: Trek Samagaon to Samdo

Day 11: Rest day in Samdo.

Day 12: Trek Samdo to Dharamshala/Larkya

Day 13: Trek Dharamshala to Larkya La to Bimthang

Day 14: Trek Bimthang to Tilije

Day 15: Trek Tilije to Tal

Day 16: Trek Tal to Syange

Day 17: Drive from Syange to Kathmandu

Day 18: Trip Ends.
Lower Dolpo/ Phoksundo Lake Trek  
11 Nights/12 days

Day 01: Arrive in Kathmandu
Day 02: Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.
Day 03: Fly to Nepalgunj
Day 04: Nepalgunj to Juphal and Dunai
Day 05: Trek Dunai to Chhepka
Day 06: Trek Chhepka to Jharana Hotel
Day 07: Trek Jharana Hotel to Ringmo
Day 08: Explore around Phoksundo Lake
Day 09: Trek Phoksundo Lake to Chhepka
Day 10: Trek Chhepka to Juphal
Day 11: Juphal to Nepalgunj and then take connecting flight to Kathamandu. Farewell Dinner
Day 12: Trip Ends.
Enfield Motorcycle ride to Lower Mustang
09 Nights/10 days

Day 01: Arrive in Kathmandu

Day 02: Heritage sightseeing tour of Kathmandu Durbar Square, Patan Durbar Square & Swayambhunath.

Day 03: Ride to Pokhara

Day 04: Ride to Kalopani

Day 05: Ride Kalopani to Kagbeni via Jomsom

Day 06: Ride to Muktinath and back to Tatopani

Day 07: Ride Tatopani to Pokhara

Day 08: Ride Pokhara to Nuwakot

Day 09: Ride Nuwakot to Kathmandu

Day 10: Trip Ends.