

## LANGTANG VALLEY TRAIL

Leaving Kathmandu, a drive to Saybru Besi through the Trishuli Valley with its many villages and magnificent mountain scenery, introduces the traveller to this culturally rich region steeped in Tibetan tradition. This one week lodge-based trek proceeds east along the banks of the Langtang Khola to and through the villages of Rimche, Gora Tabela and Langtang before reaching Kyanjing; moving through rhododendron and alpine forests, while hopefully sighting a wide variety of wildlife including local birds, langur monkeys and yaks en-route. Mani stone walls and fluttering prayer flags add to the 'flavour' of the lands. The return to the lower altitudes of Saybru Besi is comfortably accomplished in two days, with an overnight at Changtang, popularly known as Lama Hotel. This is a trek where the warmth of the Tamang people and the splendour of their homelands will be an experience savoured at the time and remembered well into the future.

**Introductory level:** an 'everybody' trek

## GOKYO LAKE TREK

This trek follows the highly praised dtrekking route through the DudhKoshi River to its source – the Gokyo Lake, which lies to the west of Everest Base Camp. On the journey we explore Sherpa culture and lifestyle, Buddhist monasteries, serene Gokyo valley, pristine turquoise lakes, and much more. Climbing the summit of Gokyo Ri (5483m) we can enjoy a far more fantastic panoramic view of Cho Oyo, Everest and Makulu than anywhere else on the whole Everest route. In addition, en-route we savour some breathtaking sunset and sunrise views of Everest and several other impressive peaks.

There are various options for additional exploration and high altitude walking, including the crossing of Cho La, 5420m-high pass into Khumbu if the mood takes to extend our journey in the Everest trekking region.

**Moderate level:** good fitness level required

## ABOUT KEEP WALKING – NEPAL



Keep Walking Nepal is a family based trekking business which welcomes clients as honorary members of their family as opposed to tourists, thus creating a unique trekking experience. Ang Ngima Sherpa is the company owner–manager and, when available, heads up treks personally.

Ang Ngima is a qualified leader and climbing guide and has summited nine major peaks in Nepal, including Mt Everest on three occasions. He ensures leaders and assistants employed by the business are the best available, with good English-speaking skills and friendly disposition. The safety of guests and needs of the individual are given top priority.

To ensure the best outcomes for clients and minimise environmental impact, smaller groups (maximum 14) is considered the best practice.

Trek prices are fair, and the business supports Kushudebu and Sanjiwani Public Health Missions in Nepal [www.kushudebu.org.np](http://www.kushudebu.org.np) & [www.sanjiwani.org.np](http://www.sanjiwani.org.np) as trekking proceeds allow.

This brochure provides only a snippet of information on Keep Walking Nepal, and you are invited to visit our website or telephone / email for more. Our friendly staff will gladly attend to your enquiries.

### CONTACT US

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# KEEP WALKING - NEPAL -



## *Mini Information pack!*

**Ever wanted to slip away on a trekking adventure in Nepal, and:-**

- **feel secure whilst experiencing the majesty of the Himalayas?**
- **be assured your personal / group needs are fulfilled?**
- **be led by a friendly, experienced and competent Nepali crew?**
- **choose between pre-planned or self-designed treks / mountaineering?**
- **bond with the Nepali peoples and their country?**

## **We can meet your expectations!**

This brochure provides brief information on several treks of interest, a number of which may be undertaken by those with a general level of fitness..... in other words, 'everybody treks'.

Further detail may be found on our website at

<http://keepwalkingnepal.com/index.php>

## ANNAPURNA VILLAGES LODGE TREK

*This week-long lodge trek in the Annapurna Foothills to the view point on Poon Hill offers some of the best scenery in Nepal with accommodation in comfortable family run trekkers' lodges along the way.*

*Enjoy trekking among the spectacular mountain scenery through charming villages inhabited by the Gurung people of Nepal, dense rhododendron forests full of birds and deep sub-tropical valleys, all set below the Annapurna range with the picturesque fluted peak of Machapuchare (Fish Tail Peak) dominating the skyline.*

*The highlight of this trek is the climb up Poon Hill at dawn to enjoy one of the most spectacular mountain-scapes on Earth.*

**Introductory level:** an 'everybody' trek!

## SOLUKHUMBU VALLEY EXPERIENCE

*A nine day journey offering a combination of natural beauty, culture and adventure in the beautiful Solukhumbu Valley which is home to both the Sherpa people and the highest peak in the world, Everest, which locals call Sagarmatha.*

*Trekking commences following a short flight to Paphlu and follows trails around the valley and many small villages, with opportunity to view mountains of the Himalaya range, including Everest, Lhotse, Nupse, Kantiga, Amadablam, Thamserku and Numbur.*

*Accommodation in the home of a Sherpa family for one night in the majesty of the Himalayas adds significantly to impressions gained.*

**Introductory level:** an 'everybody' trek!

## ANNAPURNA DHAULAGIRI TREK

*A 13 day trek in the Annapurna region: through the Pokhara Valley which offers a combination of natural beauty, culture and adventure, with its views of the Machapuchare, Annapurna and Dhaulagiri ranges. Through picturesque villages and along the ridgelines amongst the rhododendron forest, with stunning vistas to all the high peaks in the region – Dhaulagiri, Nilgiri and Annapurna South, Lamjung himal, Annapurnas 1 and 3, and Annapurna South.*

*There are some steep uphill sections and narrow tracks, but the pace is relaxed. Also an optional day to Lake Kaire, altitude 4500m.*

*This trek provides an experience of village life plus trails through unspoiled forest to view the beauty of the Annapurna-Dhaulagiri ranges.*

**Moderate level:** reasonable fitness level required!

## ANNAPURNA MACHAPUCHARE

*There is something about a trek in the Annapurna region that draws many trekkers back again. It is a place to just put one foot in front of the other and follow the majestic scenery as it unfolds.*

*This 13 day journey takes you to the base of the sacred fish-tail peak of Machapuchare and Himal Base Camp. The options are of course weather dependent but, whichever the chosen trek, you will be well rewarded with an exceptional day in the mountains. You will see the gigantic face of Machapuchare and, time allowing, you may be able to traverse close to the glaciers, or view the giant sanctuary of Annapurna 1 or Annapurna 4.*

*Above all, you will experience beautiful and dramatic scenery.*

**Moderate level:** reasonable fitness level required!

## EVEREST BASE CAMP

*A magnificent two week adventure, right to the base of the World's highest peak!*

*This trek is designed to fulfill the dream of many people to experience the historic route to the base of the world's highest mountain. Our carefully devised itinerary with a number of rest days offers an exceptional way to acclimatise safely. On a trip of a lifetime we have learned never to rush a trek to altitude in the Himalaya and taking an extra few days makes all the difference to really being able to enjoy your trek.*

*A slow ascent through wonderful Sherpa villages allows us time to enjoy the scenery, wildlife and visit a number of monasteries. Our trek culminates with a fine opportunity to trek to both Everest Base Camp and the nearby peak of Kala Pattar (5545m) for spectacular views of Mount Everest.*

*On our return journey we savour the high mountain views from our unique private permanent campsites in the company of our Sherpa guides, whose exceptional experience, knowledge and passion for trekking in the Khumbu add a further dimension to this memorable trek.*

**Moderate + level:** good fitness level required!

