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
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 Sundarijal 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

REBUILDING PROJECTS 4-5
TRAVELLING FORWARD 6-7
WHERE WE GO 8-9
MEET THE TEAM 10-11
ABOUT THE TREKS 12-13
3 DAY EXTENSIONS CHITWAN, PATAN, POKHARA 14
8 DAY HIGHLIGHTS OF NEPAL & NORTH INDIA 15
20 DAY EVEREST BASE CAMP & GOKYO LAKES 16
21 DAY EVEREST HIGH PassES 17
14 DAY AMA DABLAM BASE CAMP 18
18 DAY EVEREST BASE CAMP & KALA PATAR 19
11 DAY ANNAPURNA GHOREPANI 20
13 DAY ANNAPURNA GHOREPANI & CHITWAN 21
14 DAY ANNAPURNA & DHAUDLAGIRI 22
8 DAY BHUTAN THE DRAGON KINGDOM 23
18 DAY KINGDOM OF MUSTANG 24
20 DAY NUMBUR HIMAL & Dudh KUND LAKE 24
22 DAY MERA PEAK 25
15 DAY INDIA: LADAKH LITTLE TIBET 26
13 DAY BHUTAN - CHOMOLHARI 26
14 DAY TIBET TO NEPAL VIA EVEREST (NO TREKKING) 27
WELCOME TO FORWARD TRAVEL

Travel Better - Travel Further - Travel Forward

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 traveler. 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.

See 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 facilities and meals as indicated in each itinerary. (BLD)
• Sightseeing 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.
FORWARDTRAVEL.COM.AU
One of the most dreamt-about cities
30TH ANNIVERSARY TO ADD TO YOUR INGREDIENT LIST
SOME OF OUR FAVOURITE PLACES...
...TO ADD TO YOUR INGREDIENT LIST

LADAKH
Mountains and monasteries abound in Ladakh, also known as ‘The roof of the world’. The beautiful mountain range is the one of the most picturesque areas in the Indian Himalaya. The Kingdom of Mustang, on the Tibet and China border, is regarded as one of the most remote and pristine regions in the Himalayas.

POON HILL
Known for the best sunrise view in the Annapurna region, this is a great way to start the day. The views from the summit and along the ridge offer some of the best views of the surrounding valleys.

TIGERS NEST
Paro Taktsang is a Buddhist temple clinging to a cliff, over 3,000m high in the upper Paro valley. It is the most famous landmark and the cultural icon of Bhutan.

LHASA
Located in the North-East of the country. Lhasa is the capital and the largest city in Tibet and is home to traditional Tibetan Buddhist culture. For a more adventurous journey, travel overland across the Tibetan plateau to Everest Base Camp.

INDIA
Trekking in India is best during the months of July to early September. October to April is the best time to experience 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.

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.

ANNAPURNA OR EVEREST REGION?
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.

TRAVELLING TO THE HIMALAYA

USING THIS BROCHURE

We 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’.

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

SEASON

FROM PRICE

INTERNAL FLIGHTS

INTERNAL FLIGHTS

RECIPE

INGREDIENTS

HIGHLIGHTS

SEASON

FROM PRICE

INTERNAL FLIGHTS

INTERNAL FLIGHTS

RECIPE

INGREDIENTS

HIGHLIGHTS

COOKING TIME

DURATION
MEET THE FORWARD HIMALAYAN TEAM

The success of our Himalayan operation is quite simply down to our highly experienced team. They know the Himalaya because they live it. We have been working with them for many years and they have always looked after our travellers exceptionally well. There are many companies operating in the Himalaya but few can match the pedigree of our team in Nepal, India, Bhutan and Tibet.

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 Sanibung with Mick Chapman 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 Bandhavgarh 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 now popular Annapurna Dhauлагiri 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.
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 ‘Yak Steak and chips (approx. AUD10.00) or the local staple, ‘Dahl Baht’ (rice, lentils and veggie curry, approx. AUD7.00). On camping treks, meals are included. Your cooking crew will produce amazing tasty and nourishing meals, catering for most dietary requirements. In Bhutan all meals are included.

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. In the unlikely event of an emergency, a speedy helicopter evacuation will be organised. On remote expeditions we also carry satellite phones.

HIGH ALTITUDE JACKET
For your safety, and our peace of mind, we ensure you are properly equipped by providing all trekkers with a large kitbag, sleeping bag with cotton inner sheet, insulated foam mat (camping), and a quality high-altitude jacket, saving you significant additional gear expenses.

SAFETY IS OUR PRIORITY

TRIP DOSSIERS

MEALS

SCHOOL GROUPS

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.

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.

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.

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.

ARRANGE YOUR OWN GROUP

MEALS

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 can be arranged for guests joining the trek at the start or those finishing the trek early.

KITBAG, SLEEPING BAG AND HIGH ALTITUDE JACKET
For your safety, and our peace of mind, we ensure you are properly equipped by providing all trekkers with a large kitbag, sleeping bag with cotton inner sheet, insulated foam mat (camping), and a quality high-altitude jacket, saving you significant additional gear expenses.

PORTER WELFARE
The equipment given to our trek crew, including porters, has set the standard in Nepal. We offer porters the best working conditions, the highest quality clothing and the safest workplace. For your safety, and our peace of mind, we ensure you are properly equipped by providing all trekkers with a large kitbag, sleeping bag with cotton inner sheet, insulated foam mat (camping), and a quality high-altitude jacket, saving you significant additional gear expenses.

PORTER WELFARE

ABOUT THE TREKS

ENJOY LOCAL CUISINE PREPARED BY LOCALS

LOCAL DELIGHTS ARE ALWAYS ON THE MENU

TRIPS

TRIPS FOR GROUPS, FAMILIES, EVERYONE

WHEN YOU’VE GOT TO GO

GOT TO GO

FAMILIES WITH CHILDREN

THE HIMALAYA – RESPONSIBLE TOURISM

HOTEL ACCOMMODATION

HOTEL ACCOMMODATION

ENJOY LOCAL CUISINE PREPARED BY LOCALS

LOCAL DELIGHTS ARE ALWAYS ON THE MENU

TRIPS

TRIPS FOR GROUPS, FAMILIES, EVERYONE

WHEN YOU’VE GOT TO GO

GOT TO GO

FAMILIES WITH CHILDREN

THE HIMALAYA – RESPONSIBLE TOURISM

HOTEL ACCOMMODATION

HOTEL ACCOMMODATION

ENJOY LOCAL CUISINE PREPARED BY LOCALS

LOCAL DELIGHTS ARE ALWAYS ON THE MENU

TRIPS

TRIPS FOR GROUPS, FAMILIES, EVERYONE

WHEN YOU’VE GOT TO GO

GOT TO GO

FAMILIES WITH CHILDREN

THE HIMALAYA – RESPONSIBLE TOURISM

HOTEL ACCOMMODATION

HOTEL ACCOMMODATION

ENJOY LOCAL CUISINE PREPARED BY LOCALS

LOCAL DELIGHTS ARE ALWAYS ON THE MENU

TRIPS

TRIPS FOR GROUPS, FAMILIES, EVERYONE

WHEN YOU’VE GOT TO GO

GOT TO GO

FAMILIES WITH CHILDREN

THE HIMALAYA – RESPONSIBLE TOURISM

HOTEL ACCOMMODATION

HOTEL ACCOMMODATION
DAY 1–2. It is a short drive from Kathmandu to Patan. Upon arrival you can explore the Patan Durbar Square, a UNESCO World Heritage Site. You can enjoy an organised sightseeing tour of Patan, which dates back to the 1600s. You will feel like you have been transported back to the bygone days in Rajasthan to stay in the charming chaos Kathmandu. (B)

DAY 3. In the late morning you are free to explore the lakeside. (B)

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 Tarai 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. You can see 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 tranquility of the forest you return to the charming chaos Kathmandu. (B)

DAY 8. Trip ends after breakfast. (B)

HIGHLIGHTS OF NORTH INDIA

DAY 1. Arrive in Delhi where you are met at the airport and transferred to your hotel. (B)

DAY 2. In the early morning you have the option of a scenic mountain flight to Mount Everest. The day will then be spent exploring Kathmandu with visits to Pashupatinath Temple, one of the holiest Hindu temples dedicated to Lord Shiva on the banks of the sacred Bagmati River, and Boudhanath Stupa, the biggest Buddhist monuments in Nepal and home to many Tibetans in the valley. (B)

DAY 3–7. Fly to Pokhara with magnificent views of the Himalayan range, and the 8000 metre peaks of Manaslu and Annapurna seen on the flight. You are met in Pokhara and transferred to your hotel. (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.

DAY 1. Arrive in Delhi where you are met at the airport and escorted 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 DIVERSITY OF THE HIMALAYAN REGION OFFERS ENDLESS OPPORTUNITIES TO EXPLORE THE WORLD’S HIGHEST MOUNTAINS, JUNGLES, STUNNING ARCHITECTURE AND PEOPLES. WE HAVE PUT TOGETHER THREE JOURNEYS OF DISCOVERY THAT YOU CAN ENJOY ALONE OR IN COMBINATION WITH EACH OTHER.
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 Boudhnath 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 passes and breathtaking mountain views of the Everest region in the company of the famous Sherpa peoples.

Begin your adventure with a dramatic mountain flight to Lukla. We then trek via 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 Mongla ridge and passing the yak grazing settlements of Dole and Machhermo enroute to the turquoise blue lakes at Gokyo.

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

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

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 hitting the trail towards Namche Bazaar, the Sherpa capital. During the next two weeks you pass through Thyangboche Monastery enroute to Everest Base Camp and the ascent of Kala Patar. You then experience the challenge of crossing the snow covered Cho La pass from where you descend to cross the Ngozumpa Glacier to the turquoise lakes at Gokyo.

The steep ascent of Gokyo Peak gives you an alternative and spectacular view of Everest and also the peaks Lhotse, Makalu and Cho Oyu – all 8,000 metre giants. To the west you can pick out the rocky trail 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 Thamri where you head back to Nache Bazaar down to Lukla to complete your amazing adventure.

DAY 28. A final farewell to your Sherpa crew before flying back to Kathmandu.

DAY 21. Your trip ends in Kathmandu in the morning. (B)
AMA DABLAM BASE CAMP
WITH EVEREST VIEWS

EXPERIENCE GREAT VIEWS OF EVEREST AS YOU TREK TO THE BASE OF AMA DABLAM, ARGUABLY THE MOST BEAUTIFUL MOUNTAIN IN THE EVEREST REGION.

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.

DAYS 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 Thamsenku, 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, use of personal trek equipment (sleeping bag, duvet jacket, sleeping sheet, kit bag), medical kit, portable altitude chambers.

PRICES FROM

A$2,240 A$2,160 A$2,030
2 PAX 3 PAX 4 PAX

DAILY FROM: MID SEP – MID MAY

MODERATE

EVEREST BASE CAMP
WITH KALA PATAR

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)

DAYS 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)

INCLUSIONS:
- Airport transfers, all transport including internal flights, all accommodation, sightseeing, national park fees, trek leader, guides on trek, porterage, use of personal trek equipment (sleeping bag, duvet jacket, sleeping sheet, kit bag), medical kit, portable altitude chambers.

PRICES FROM

A$2,420 A$2,250 A$2,110
2 PAX 3 PAX 4 PAX

DAILY FROM: MID SEP – MID MAY

CHALLENGING
ITINERARY

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

DAY 2. Today 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 Naya Phul, the starting point of the trek. After visiting the enchanting temples and shrines of Kathmandu valley. (B)

DAYS 8-9. From Ulleri take a steep descent to the valley and finish the trek at Birethanti 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. (B)

DAY 10. Drive from Pokhara to Chitwan. Based at Gaida Wildlife Camp one of Asia’s premier wildlife parks in Chitwan. 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 11. Choose a morning wildlife option before the return drive to Kathmandu. (B)

DAY 13. Your trip ends after a visit to Kathmandu after breakfast (B).
ANNAPURNA & DHAULAGIRI
1300 738 168 FORWARDTRAVEL.COM.AU

STAY IN COMMUNITY
PRICES FROM
MID SEP – MID MAY
DAILY FROM
A$1,970 A$1,830 A$1,760
2 PAX 3 PAX 4 PAX

TREK - SEE PAGE 12
EQUIPMENT (SLEEPING BAG, DUVET JACKET, SLEEPING SHEET, KIT BAG), MEDICAL KIT. NOTE: NO MEALS ON SIGHTSEEING, NATIONAL PARK FEES, TREK LEADER, GUIDES AND PORTERS ON TREK, USE OF PERSONAL TREK INCLUSIONS:

TREKKING EXPERIENCE
FROM KOPRA RIDGE
LODGES

TECHNICAL HIGHLIGHTS:
OFF THE BEATEN TRACK
STAY IN COMMUNITY
GREAT HIMALAYAN VIEWS FROM KOPRA RIDGE

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 (90 minutes) to witness a spectacular view of the Annapurna range and the ‘fishtail peak’ Machhapuchchhre. The major highlight of this trek is that the route branches off the main trail and heads through forest and open alpine terrain to Bayel and onto Kropa Ridge. Kropa is the highlight of the trek. It is a spectacular location where there are perhaps some of the best mountain views in Nepal. The peaks of Nilgiri, Annapurna 1, Fang, Annapurna South and the Dhaulagiri ranges tower above and in contrast far below is the Kali Gandaki Valley. Lying between the peaks of Annapurna and Dhaulagiri and beyond towards Tibet, forming the world’s deepest gorge. From the ridge we descend through bamboo, rhodendron and oak forest to the village of Swanta. 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 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 previously 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 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, SUNSET TREK, NATIONAL PARK FEES, TRAVEL LEGS, GUIDES AND PORTERS ON TREK, USE OF PERSONAL TREK EQUIPMENT (SLEEPING BAG, DUVET JACKET, SLEEPING SHEET, KIT BAG), MEDICAL KIT. NOTE: NO MEALS ON 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. NOTE: NO MEALS ON SIGHTSEEING.

BHUTAN – THE DRAGON KINGDOM

1300 738 168 FORWARDTRAVEL.COM.AU

UNIQUE BUDDHIST CULTURE
THE CLIFF TOP TIGER’S NEST MONASTERY
SPECTACULAR ARCHITECTURE OF THE FORTIFIED DZONGS

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 the north crossing the high pass the Dochula La, where there are spectacular views of the Himalaya, before descending to the spectacular Punaka Dzong a fortified monastery built in 1637 and previously 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 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. (B)
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.
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 nestling on the Tibetan border, the region 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 to 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 15–17. 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).

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

NUMBUR HIMAL & DUDH KUND LAKE

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

DAY 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 Everest region to Jiri. Crossing the grain of the land you ascend and descend through terraced hill sides, Sherpa villages and forest away from the main trekking trails to the open alpine ridges of Pike Hill. From the high point at 4050metres the panoramic view is incredible including the 8000 metre giants of Kanchenjunga, Makalu, and Everest. Descending off the ridge you head to Junbesi where you explore the valley and monastery. After a day back in civilization you again head into the wilderness following little used trails through forests of fir and rhododendron before climbing above the tree line to the base of the snow capped peaks of Numbur and Kanyolung. The highlight of this trek is the holy lake at Dudh Kund that lies between the tumbling ice falls and ice fields of this rarely visited glacial area. From the lake you trek to Trakshindo Monastery where you join the main trail to the village and airstrip at Phaplu. (B,L,D)

DAY 19. You rise early to farewell your trek team and fly back to Kathmandu. (B)

DAY 20. Trip ends in Kathmandu in the morning. (B)

INCLUSIONS:
- AIRPORT TRANSFERS AND TRANSPORT INCLUDING INTERNAL FLIGHTS
- ACCOMMODATION, SIGHTSEEING, NATIONAL PARK FEES, TREK LEADER, GUIDES AND PORTERS
- USE OF PERSONAL TREK EQUIPMENT (SLEEPING BAG, DUVET JACKET, SLEEPING SHEET, KIT BAG), SPECIALISED MEDICAL KIT, PORTABLE ALTITUDE CHAMBER.

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 3–20. 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 Hindu Valley, 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 5,800 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, Chomolung 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,L,D)

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

A HIGH ALTITUDE ADVENTURE EXPLORING LEH, THE CAPITAL OF LADAKH WITH A JEEP SAFARI THROUGH THE NUBRA VALLEY VISITING THE MAGNIFICENT TSOMORIRI LAKE.

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

DAY 2-14. Fly over the Greater Himalayan Range to Leh. Ladakh has one of the most dramatic outlooks on Earth. Snow capped mountains and glacier-melt rivers that carve their way through steep gorges, mud brick villages, each a green verdant oasis on the barren landscape. Here the strong Tibetan Buddhist culture is illustrated by the many monasteries and prayer flaps. Spend a few days acclimatising and exploring the town and surrounding monasteries, then explore the 11th century Likir Monastery with its 25m statue of Buddha. Also go to Lamayuru one of the largest and oldest monasteries in Ladakh. The Nubra Valley can only be reached after crossing the Kardung La (5,600m) the highest motorable pass in the world and only open during the summer months. The Nubra Valley is as remote as you can experience in the world, close to the Pakistan and Tibet borders this is a fascinating but harsh environment, with a few surprises – stunning mountain vistas, ancient monasteries and rolling sand dunes where we have the opportunity to ride on Bactrian camels. The final leg of our safari heads to the Changtang Plateau and huge Tsomoriri Lake (4,520m) a wetland conservation reserve. Here we see the camps of Changpa nomads and explore the village of Korzok before returning to Leh and flying back, in total contrast, to the hustle and bustle of Delhi. (BLD)

DAY 15. Transfer to airport. (B)

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 ‘Tigers Nest’, which clings precariously atop a 900-metre cliff defying gravity. (B)

DAY 3-12. Your trek begins in the beautiful 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.

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

GROUP TRIP

PRICE PER PERSON BASED ON MIN. 6 PEOPLE

FROM AS730

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 Gyantse, at the head of the old trading route to India, and then onto Shigatse where we visit the famous Tashilumpo 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 Shigar where you rejoin the main ‘highway’ to cross the Lhasa La pass (5,220m), where there are stunning views of both Everest and Shishapangma (8016m). The pass is beautifully decorated by colourful prayer flaps 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 though small villages and terraced hillsides back to Kathmandu. (BLD)

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