



Friendship
World Trek

Nepal - a country of nature and diversity. In terms of natural, cultural, ethnic, religious, biological diversity, Nepal is a master piece in the entire globe. The majestic Himalayan ranges in the north claim eight out of the ten highest peaks in the world, including Mount Everest (8848 m) the top of the world. Nepal is a small country in south Asia situated between two giant nations, India and China (Tibet). Nepal is a trekker's paradise.

Friendship World Trek' Trekking and Expeditions (P). Ltd. is an organization operated by dedicated professionals, properly prepared to meet the expectations of all trekkers, climbers, mountaineers, general visitors and tourists as well as those with special interests, for example geologists, earth scientists and anthropologists. We have great pleasure to be able to tailor make trips to suit your needs best.

The company was established with an aim to provide different kinds of facilities for foreigners visiting Nepal and neighbouring countries. We have been in this business for 25 years, so we have very dedicated professional and experienced team members.

We are committed to give you the quality service; not least this includes matters of safety, respect, hygiene, hospitality and the best quality equipments.

We are specialists in trekking, climbing and tours in Nepal, Tibet and Bhutan.

Suggested Special Itineraries:

- * Kathmandu Packages Tour - 03 Nights 04 Days
- * Kathmandu-Pokhara-Chitwan Tour - 07 Nights 08 Days
- * Kathmandu - Pokhara - Muktinath Tour - 07 Nights 08 Days
- * Muktinath Darshan by Helicopter - 03 Nights 04 Days
- * Jomsom Muktinath by Flight - 04 Nights 05 Days
- * Lumbini Special and Buddhist Tour - 09 Nights 10 Days
- * Sight Seeing Around Kathmandu Valley - 05 Nights 06 Days
- * Kathmandu & Chitwan Tour - 05 Nights 06 Days
- * Adventure Nepal Tour - 09 Nights 10 Days
- * Nepal Cultural Tour - 10 Nights 11 Days
- * Explore Kathmandu Valley Tour- 13 Nights 14 Days
- * Damodar Kunda by Helicopter Tour - 03 Nights 04 Days

Volunteer Services in Nepal

- * Eco-Tourism in Nepal
- * Nepal Cultural Experience
- * Everest Base Camp Trek
- * 3 Passes Trek & 3 Peaks climbing first time in NEPAL.
- * Climbing Courses Island Peak and Lobuche Peak

Expeditions

- * Amadablam Challenge Expedition \$ _____ Per Person.
- * Island Peak/Lobuche Peak and Amadablam 3 Peaks Round Trip \$ _____
- * Tours/Rafting/kayaking
- * Family Homestay with Nepali Family.

Trekking

Climbing

Expeditions

Tours

Rafting

Jungle Safari

Social Work

Mountain Flight

We Offer the following Services:

Scope of Service:

We would humbly draw your attention to Friendship World Trek service range which includes:

Trekking, Nepal Climbing Courses, Peak Climbing, Expeditions, Cultural Tours, Pilgrim Tours, Jungle Safari, Pony Trek, Mountain Flights, Ticketing (T nt/ Dom), Rafting, kayaking, Paragliding, Ultra light aircraft, Bungy Jump, Swing, Rock Climbing, Mountain Biking, Motor biking, Hotel reservations, Honey moon Tours, Cannoning, Tibet Tours, Sikkim, Darjeeling Tours, Student Trekking, Volunteer Tour, Family Homestay, Hiking, Mountain Flights, Sightseeing, Kathmandu Valley Divine Power Site Tour, Individual Trekking Organizer, Trekking in Mongolia, Bhutan, etc.



Tibet Tours

Fixed Departure: Every Tuesday & Saturday)

Lhasa Tour 4 Nights / 5 Days Lhasa Tour

Reaching Everest Base Camp through Tibet- Everest Base Camp
Duration 05 Days/04 Nights

Reaching Everest Base Camp through Tibet- Everest Base Camp
Trip Duration 10 Days/09 Nights

Tibet Overland Tour 14 Nights/15 Days Tibet Overland Tour

Eight Days Overland Tour to Lhasa (Drive In /Fly Out)
Duration 08 Days/07Nights

Overland Adventure Tour 7 Nights / 8 Days

Lhasa-EBC Tour 9 Nights / 10 Days

18 Days Ktm-Lhasa- Mt Kailash Tour (fly in/ Drive Out)

Divine pilgrimage to the Holy Mountain, the center of universe- Holy Mt.

Kailash & Manasarovar Duration 14 Days/13Nights & many mores....

Sikkim Special Tour/Bhutan Tour

05 Night/06 Days Nepal - Sikkim Excursions.

07 Night / 08 Days - A Tour to the Himalayan Kingdom.

13 Nights / 14 Days Sikkim - Bhutan Highlight

Darjeeling Tour

07 Nights / 08 Days Darjeeling - Sikkim - Excursion.

09 Nights / 10 Days Darjeeling - Sikkim - Bhutan.

Why Trek in Nepal!

Just as most capital cities are not fully representative of their respective countries, so Kathmandu is not fully representative of Nepal. If you have the time and energy to trek, then don't miss the opportunity to leave Kathmandu and see the spectacular beauty and the unique culture of Nepal. Fortunately for the visitor, there are still only few roads extending deeply in to the hills, so the only way to truly visit the remote regions of the kingdom is in the slowest and most intimate manner - walking.



Trekking:

What is Trekking???

Trekking means a journey undertaken on foot for sight seeing in areas where modern transport system is not normally available. A walk of a few or more days through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people.

We invite you to join us on visit to this remote region to see the truth of your dream.

Tea House Trek (Lodge Trek):

Tea house trek is the most independent way of adventures trip in Nepal Tea house trekking is the most popular form of trekking along the many established trails in the Himalayas.

Popular Tea Houses Trek:

Annapurna Region: Annapurna Base Camp Trek, Annapurna Circuit Trek, Annapurna Royal Trek Annapurna Ghorepani "Poonhill", Annapurna Jomsom Muktinath Trek, Tatopani Loop, Gorepani Poon Hill Trek,

Everest Trekking

Everest Base Camp Trek, Everest Panorama, Everest View, Everest



Gokyo Ri, Everest Trek via Jiri, Pike Peak Trek, Lower Khumbu Trek.

Langtang & Helambu Treks

Helambu Trek, Langtang Valley, Langtang Gosaikunda, Kathmandu Valley Trek, Tamang Heritage Trek & Many More.

Camping Trek (Fully organized Trek):

Camping Trek is a classic style of trekking conducted specially in the remote areas of Nepal where all the trekking gear such as tents, mattresses, sleeping bags, kitchen utensils, etc. will be provided by us.

Popular Organized Trek:

Mardi Himal, Sikles Tara Hill Top Trek, Royal Trek, Rolwaling to Khumbhu, Round Mansalu Trek, Makalu Base Camp Trek, Ganesh Himal Trek, Dhaulagiri Base Camp Trek, Upper Dolpa Trek, Lower Dolpa Trek, Upper Mustang Trek, Rara Shey Phokshundo Lake Trek, Jumla Simikot Trek, & Many More.

EXPEDITIONS / MOUNTAINEERING:

Nepal is a country well known for its Himalayans Mountains. Among the 10 highest peaks in the world, eight, including the highest peak Mt. Everest, crown this country. Nothing on earth can beat the exhilaration of scaling them. No wonder Nepal is the favorite destination for mountaineers and every year more than 600 expedition's trudge up the Himalaya, including the trekking peaks.

NEPAL PEAK CLIMBING & COURSES (6 DAYS)

EXPRESS CLIMBING COURSES (4 DAYS)

3 PASS & 3 PEAKS (1st time in NEPAL)

If you can trek why not climb?

Friendship World Trek is the pioneers of the mountaineering school for westerners in Nepal. Nepal is the perfect classroom clear skies, warm days and consistent conditions. We do not want to just lead you to the top of a snow - capped mountain. We want to teach you the skills to make you a competent team member of any future mountaineering expeditions. Our ratio of one instructor to three when learning skills or being guided, means you will get high level of attention we consider necessary.

Who can join the courses???

This course is suitable for the complete novice or a good refresher course for those who want to climb again. You will have discussions



on equipment. Weather, avalanches and mountaineering in general. You will have instruction on crevasse rescue, glacier travel, ice climbing, and snow craft.

Full Organize Trekking Peak Trip:

MERA PEAK (6421M) CAMPING TRIP

15 DAYS US\$2500 Per Person.

Fixed Departure Dates:

March 20-03 April, April 02-16, 18-02 May, May 05-19, May 15-29, 21-04 June, Oct 02-16, 18-02 Nov, Nov 05-19, 21-05 Dec.

PIKE PEAK (4065M): Camping Trip,

US\$ 1500 Per Person

Fixed Dates: 20-28 March, 30-07 April, 09-17 April, 19-27 April, 29-07 May.

ISLAND PEAK (6189M):

Six days course \$850Per person.

4 days course: \$750Per Person.

Fixed Departure Dates:

March 15-20, March 21-26, March 28-02 April, April 03-08, April 07-



12, April 09-14, April 15-20, April 22-27, April 29-02 May, May 03-08, May 09-14, May 15-20, May 21-26, May 27-01 June,

Fall:

Oct 13-18, Oct 19-24, Oct 25-30, Oct 27-01, Nov 02-07, Nov 08-13, Nov 14-19, Nov 20-25, Nov 17-22, Nov 26-31

Lobuche Peak (6119m):

Fixed Departure Dates: March 14-19, March 20-25, March 26-31, April 03-08, April 13-18, April 16-21, April 20-25, May 02-07, May 10-15, May 14-19, Oct 15-20, Oct 25-30, Nov 02-07, Nov 15-20, Nov 25-30.

Amadablam Challenge Expedition \$6000.

15 Days Pangboche to Pangboche.

Departure Dates:

March 25-08 Apr, April 14-25th, May 01-15th, May 07-21st.

Oct 15-27, Oct 28-08 Nov, Nov 15-27,

3 Pass Trek (Rinzola/Chola/Khongmala Pass) & 3 Peaks Climbing (Lobuche/Pokolde/Island Peak) & Many More Peaks.

ISLAND PEAK/ LOBUCH PEAK:

Friendship World Trek-Basic climbing course, Lobuje, Island Peak, Trekking holidays and mountaineering expeditions to the Himalayas, Bhutan and Tibet - Trekking holidays in Nepal

A. Self acclimatizing, and joining the course in the mountain village of Chukhung, & Dzongla (6 days):

From : Chukhung to Chukhung Camping

Grade : Difficult

Season : Oct-Nov, Mar- Apr-May

Day 01 : Arrive Chukhung 2pm briefing check equipment, AMS lecture. Overnight at Camp.

Day 02 : Acclimatization and instructional day Camp.

Day 03 : Acclimatization and instructional day Camp.

Day 04 : Trek to Island Peak Base Camp

Day 05 : Summit day depart Base Camp 2 a.m. return lunch. Camp Base camp.

Day 06 : Day 6 provides a second opportunity to summit Island peak due to bad weather or illness.

Lobuche Climbing Peak:

From : Dzongla to Dzongla Camping Trip

Trekking Peak Equipment List:

Friendship World Trek will provide the technical climbing equipment, including: harness, axes, helmets, crampons, carrabinas, ropes and base camp camping and cooking equipments.



Rafting/Kayaking

Nepal has earned the reputation as one of the best destinations in the world for white water rafting. Nepal's thundering rivers, coming from the glaciers of the mighty Himalaya, provide unmatched thrills for rafting and immersing oneself in the landscape. A rafting trip is bound to be the highlight of your stay in the country.

Besides the spectacular rivers, the superb mountain scenery and a rich cultural heritage are the added benefits for the tourists. No other country has such a choice of trips on wild rivers with warm water, a sub tropical climate and huge white -sand beaches ideal for camping.

Rafting Cost Spring/ Fall 20__

Karnali -	10 days	\$___ Per Person.
Sunkoshi	10 days	\$___ Per Person.
Tamor		\$___ Per Person.
Bhote Koshi	2 days	\$___ Per Person.
Every Alternate Day		
Kayak Course	4 Days	\$___ Per Person.
Every Day		
Trisuli	2 Days	\$___
Every day		

Wildlife Jungle Safari

We Provide you the real taste of wild life activities like jungle walk, bird watching, elephant ride, jeep safari, elephant bath, cultural dance, and more. Far beyond your imaginations the thick is tropical of Nepal Holds a treasure of mysterious wildlife.

Home stay in Nepal (Friendship Home Stay)

“Live a complete immersive family experience in Nepal. Share your holidays with a typical Nepali family who will host you and guide you in discovery of their rites, culture and believes”

What is Home Stay???

Home stay is one of the most popular kinds of Bed & Breakfast. Guests are invited in a private house to live with family members. Living with local people is the best way to learn about Nepali culture, religion in an ethic and eco responsibility.

There will be a small charge of US \$ 15 .00 To \$25.00 per person per day which includes breakfast (i.e. Bread , Eggs , Rice pudding , Tea, Coffee etc) and a Nepali dinner (Veg. curry, Boiled rice, Pickle, Dal soup, Chicken curry etc) You can stay as long as you want.

« In our guest house, live in the rhythm of our family, enjoy meals and share our activities, discover all the beauty of our country in a unforgettable and enriching experience, simplicity and pleasure of nepali lifestyle »

Friendship Society Nepal
Non-profit Organization

Our Commitment

Indeed, our success lies in our commitment to quality and service excellence offered to our distinguished guests. Fulfilling your needs and interest is our goal. Hospitality with outmost care and humble is our motto!

Contact Us

We always welcome your queries and respond you as quickest as possible. Please feel free to contact us any moment. We are open 08:00 to 20:00 seven days a week. Please visit our related sites and if you didn't find what you are looking for, don't go away! Just write us an email we will back with an answer of your mail within 24 hours.

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Nepal Tourism
Year 2018

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Salient Features!!!

- Get Special Discount in Every Domestic Ticket sold.
- Bring this Flash & Get 10% Discount in Every Trip to Nepal.
- Special Prices will be Provide for Group.
- Mountain Flight will be providing in Special Price.
- Group Discount will be provided
- Tickets are delivered at Client's locations.
- NGOS & INGOS Volunteers will be provided in a special price.

Enjoy Real Trek In Nepal!!!

Exploring the Wild Himalayan
Mountains & Country of Nature
- Nepal

Exploring Nepal
- A country of Nature and Diversity!

