





Dear Friend/Colleagues, Namaste !!

Welcome to the Mystical country, Nepal.

Heritage Tours & Travels Pvt. Ltd is recognized by the Government of Nepal as one of the leading travel agencies and renowned for its personalized, top of the line services and reliability in the region. We have our own trekking company, Heritage Trekking Pvt. Ltd. with highly experienced Sherpa guides for trekking and expedition. Our staffs are experts in their fields and some of them have been in the tourism field for four decades. They are also the pioneer in guiding tourists to exotic destinations like Tibet, Mustang and Kailash Manasarovar.

For the accomplishment of our tours/treks with high standard of service, we have long experience on top of the adequate modern equipments and resources at our disposal. To serve our clients better, we provide multi linguistic guides with air- conditioned car/jeep/coaches of different seating capacity.

Our major operations in Nepal, Tibet, Bhutan Sikkim and Darjeeling include standard and budget tours, trekking, river rafting, wildlife adventure, mountain biking, filming and special event tours. We offer meticulously planned itineraries to suit each and every tourist with diverse range of tastes, budget and schedule with an objective to fulfill their desire. But if you have your own itinerary, please let us know. We assure you of our most competitive price with utmost attention and best service at all times.

We are committed to give the best time, all possible service and hospitality to our guests. For information on what we are offering in this region and reference of our clients who have been with us on different tours / treks, we invite you to kindly visit our website – www.heritagenepal.com

We certainly look forward to welcoming you all to this fascinating part of the world.

"WE HELP YOU TO MAKE YOUR DREAM COME TRUE"

Narendra Bhatta Managing Director

Company profile

- 1. Established in 1995 by over two decades experienced professionals then who are the pioneers in guiding tourists to exotic destinations like Tibet, Mustang, Manasarovar.
- Tibet since 1985,
- Mustang since 1992
- Kailash Manasarovar since 1987
- 2. Recognized by the Government of Nepal and China as a leading travel agent.
- 3. Office is located at Baburam Road, Sinamangal, Kathmandu.
- 4. Number of staff 35 (including field staff)
- 5. Have own fleet of fully air-conditioned deluxe vehicles, Cars, 4WD Jeeps, Vans and Coaches of different seating capacity.
- 6. Offering best and personalized services.
- 7. Providing complete Destination Management for varied clientele.
- 8. Service provided: In Nepal Sightseeing tours, Excursions, Special Interest Tours, Pilgrimage, Trekking, Hotel Reservations, River Rafting, Jungle Safari, Bungy Jumping, Paragliding, Mountain Biking, Incentive Tours, Filming, Conference Arrangements, International and Domestic flight tickets etc. In Tibet, Bhutan, Sikkim and Darjeeling Sightseeing tours, Excursions, Special Interest Tours, Pilgrimage, Trekking, Hotel Reservations, Mountain Biking, Incentive Tours, International and Domestic flight tickets etc.
- 9. All staff are fluent in speaking and writing English. We provide French, German, Spanish, Italian, Japanese and Chinese speaking guides.
- 10. We are member of national and international organizations, NATTA, PATA, UFTAA, TAAN, NMA, NTB, SKAL



Himalayas which not only has abundant natural beauty including the highest mountain in the world, but it also holds a cultural heritage that goes back to centuries. Other treasures include tropical jungles with exotic bio-diversities and wildlife, unending view of green terraced ridges, white water rafting in the Himalayan Rivers and also a perfect ambience to learn Buddhism. In Nepal enchantment is everywhere, be it on the shoulders of high mountains, on terraced ridges that resemble stairways to the sky, in the bustle of cities, on calm or rushing rivers, or in the forests full of wildlife, flowers and bird song. We have something for everybody - a tourist or a trekker, a river runner or a wildlife enthusiast, a poet or an artist, a writer or a scholar or anyone in search of his/her personal Shangri-La.

Please find below some of the popular itineraries. More programs are in our website: www.heritagenepal.com



Heritage and Culture Tour

This tour is specially designed to introduce the five magnificent World Heritage sites in Kathmandu Pashupatinath, Boudhanath, Durbar Squares of Kathmandu, Swayambhunath and Bhaktapur combined with cultural program followed by Nepalese dinner. In addition, an opportunity for breathtaking views of the Himalayan range including Mt. Everest, the highest mountain on earth is offered.

Itinerary: Days

- 01: Arrive Kathmandu
- Tours in Kathmandu
- 03: Mountain flight. Tour of
 - Bhaktapur city
- Departure from Kathmandu

Culture, Nature and Adventure

This is one of a kind, compact adventure in Central Nepal which is also very popular. This holiday tour of culture and nature of Kathmandu Valley is combined with the wilderness of Royal Chitwan National Park for wildlife adventure. Visit local Tharu village, elephant breeding centre and take elephant safari into the jungle for viewing wild animals. It is an adventure for all including children.



Culture and Nature Tour

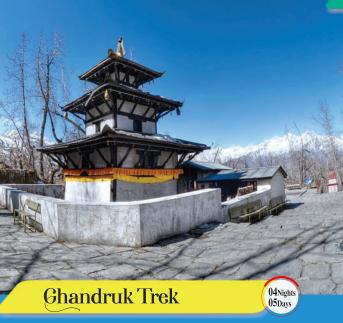
This being the combination of visiting Heritage sites and beautiful Pokhara valley (valley of Lakes) in the central Nepal is very popular. After visiting Kathmandu city you take scenic drive for 5 hrs through small towns and villages along the side of river Trisuli and Marsyangdi and reach Pokhara valley, the most beautiful valley in Nepal. Enjoy the view of Annapurna Himalayan range and boating on Lake Phewa besides sightseeing tour in Pokhara. It is an ideal package for individual and family tour.

- Itinerary: Days 01: Arrive Kathmandu
- 02: Tours in Kathmandu
- 03: Drive to Pokhara
- 04: Tour in Pokhara
- 05: Drive/fly to Kathmandu
- 06: Departure





Nepal Trekking Being situated on the lap of the mighty Himalayas, Nepal is known as one of the best destinations in the world for trekking. It offers unlimited opportunities to enjoy the magic of nature and warmth of most hospitable ever smiling people of the mountain villages. Trekking arrangements can be made for mountain climbers as well as for people who have never hiked in the mountain before their visit to Nepal. Easy to strenuous treks are available lasting from few days to several weeks. Please find below some of the popular itineraries. More programs are in our website: www.heritagenepal.com



Ghandruk is a huge and typical village of Gurungs, who love to serve in British army where they are called Gorkha soldiers, famous for they bravery in the world wars. Admirableviews of Annapurna South, Machhapuchchhre and Himalchuli is seen from here. Your trek starts from Nayapool for the scenic and magnificent beauty of this rich natural paradise. Gurung Museum displaying the local traditional clothes and equipment used by the Gurung people is worth seeing.

Itinerary: Days

- 01: Drive from Pokhara to Kimche 4 hrs. Start trek to Ghandruk (1940 mt) 1 -2 hr.
- 02: Trek Ghandruk /Jhinu 5 hrs
- 03: Trek to Landrung(1565 mt) 4 to 5 hrs walk
- 04: Trek Landrung / Dhampus– 4 to 5 hrs walk
- 05: Trek Phedi (approx. 2 hrs walk) and drive to Pokhara (approx. 30 min drive).



Muktinath Tour



Situated at an altitude of 3,710 meters (12,172 feet) in Mukti Kshetra (place of salvation), Muktinath is one of the most ancient temples of God Vishnu which is highly venerated sacred place for both Hindus and Buddhists.

Additionally, Swami Narayan had picked this spot as his austerity heaven. He laid out his deerskin on a hill and spent 6 month standing on one leg, meditating and chanting Surya mantra tirelessly amidst snow, storms and torturing weather.

The Kali Gantaki riverbed downstream from Muktinath is the sole source of the rare Shaligram stones, considered as powerful stone and has religious and spiritual significant.

Itinerary: Days

- 01: Arrive Kathmandu. Evening- Briefing on Muktinath Yatra.
- 02: AM-Visit Pashupatinath and Guheswori temple (Shakti Pith). PM -Free.
- 03: Drive to Pokhara. En-route visit Manakamana temple by cable car.
- 04: Fly to Jomsom, drive to Muktinath, visit Temple and drive back to Jomsom.
- 05: Fly to Pokhara. PM-Half day sightseeing tour in Pokhara.
- 06: Drive to Kathmandu. Rest of the day at leisure.
- 07: Transfer to airport for departure flight.



Ghorepani Punhill Trek



Though Ghorepani trek from Pokhara is short and easy, it offers impressive natural scenery, marvelous views of Himalayas such as Annapurna, Dhaulagiri, Machhapuchchhre and Himchuli. From Poon Hill, you will have the most spectacular view of Annapurna, Machhapuchhare, Dhaulagiri, Himalchuli mountains.

Itinerary: Days

- 01: Drive to Kimche from Pokhara and trek to Ghandruk (1940m) Drive 4 hrs trek 1 hr.
- 2: Trek Tadapani (2630m) 4 hrs
- 03: Trek to Ghorepani (2855m). 7 hrs
- 04: Trek to Punhill (3210m) 1-2 hrs and back to Ghorepani
- 05: Trek to Tirkhedhunga (1525m) 6 hrs
- 06: Trek to Nayapool 3 hrs and drive to Pokhara 2 hrs

Everest Base Camp Trek (11 Night 12 Days)

Listed as one of the fifty places on earth where one should go in his/her life time is Everest Base Camp trek. This is the most popular trek in Nepal combined with the world's most spectacular mountains and ever smiling warm hearted people. This trek involves a tremendous amount of ups and downs walking. It also give an opportunity to explore traditional Sherpa villages, Buddhist monasteries besides climbing fascinating mountain peaks, visit glacier with the spectacular scenery and also dramatic display of mountain flowers. From Kalapathar you get the best view of Mt. Mount Everest. It is truly a astonishing trek, which you can't find anywhere in the world. It is indeed an experience of a lifetime!!

Itinerary: Days

- 01: Fly from Kathmandu to Lukla 45 minutes (2886m) and trek to Phakding (2640m) approx
- 02: Trek Phakding to Namche Bazaar (3440 m.) approx 5 to 6 hrs
- 03: Rest at Namche Bazaar for getting acclimatization.
- Trek Namche Bazaar to Tengboche (3870m.) approx. 4 to 5 hrs walk
- Trek Tengboche to Dingboche (4,410m) approx. 5 to 6 hrs walk
- 06: Rest at Dingboche for getting further acclimatized for enjoyable trekking to Everest Base Camp.
- Trek Dingboche to Lobuche (4,910m) approx 4 to 5 hrs walk
- 08: Trek Lobuche to Gorakshep (5,160m). Excursion to Everest Base Camp (5,364m) and back to Gorakshep: approx 8 to 9 hrs walk.
- 09: Excursion to Kalapatthar (5,550m) back to Gorakshep and further trek to Pheriche (4,230m) approx 7 hrs walk

 10: Trek Pheriche to Namche Bazar (3,440m)
- approx. 7 hrs walk.
- Trek Namche to Lukla (2,845m) approx. 6 to 7
- 12: Fly Lukla to Kathmandu (1300m).

Mustang Tour



Hidden behind the majestic Himalayan ranges, opened for trekkers in 1992 only Mustang is truly beautiful trek zone. Lo-Mangthang – a walled capital of Mustang is situated at an elevation of nearly 3800 meters. The entire region is famous for its inaccessible caves, chortans, monasteries and desert-like condition. This strenuous trek zone has also now become an easy tour zone having road access offering spectacular mountain sceneries highlighted by Dhaulagiri, Nilgiri and Annapurna region.

- 01: Drive Pokhara Tatopani (5-6 hrs drive, 1190 mt).
- 02: Drive to Kagbeni (6-7 hrs drive, 2804 mt)
- 03: Drive to Ghami (6 hrs drive 3560 mt).
- 04: Drive to Lo-Manthang (5 hrs drive, 3840 mt)
- 05: Excursion to Chhoser and back to Lo-Manthang.
- 06: Drive to Jomsom (8 hrs drive, 2820 mt).
- 07: Drive to Pokhara.





This trek is recognized as one of the world's best trekking destinations which takes you through scenic villages, rich oak, pine and rhododendron forests and offers you the spectacular views of the giant snow-peaks- Annapurna I (8019m), Annapurna III (7555m), Gangapurna (7454m) and Machhapuchchhre (6999m).

Itinerary: Days

- Drive from Pokhara to Nayapul (2 hrs, 1010 mt) and trek to Ulleri (3/4 hrs, 1500 mt)
- Trek to Ghorepani (4/5 hrs, 2840 mt)
- Early morning hike to Poon hill (3210 mt), then trek back to Tadapani (6/7 hrs, 2610 mt)
- Trek to Chhomrong (5 hrs, 2140 mt)
- Trek to Dovan (5/6 hrs, 2500 mt)
- Trek to Machhapuchhre Base Camp (3 hrs, 3800 mt)
- Early morning hike to Annapurna Base camp (4130 meters), then trek back to Bamboo (6hrs 2345 mt)
- Trek to Jhinu Danda (5 hrs, 1780 mt).
- Trek to Landruk (1-2 hrs, 1565 meters), then drive back to Pokhara (2/3 hours).

More Trekking areas in Nepal

Itineraries given above are of popular trekking routes. More areas we conduct trekking are -Eastern Nepal: Kanchanjunga Trek, - Makalu Base Camp Trek. Mid Nepal: Royal Trek, Annapurna Sanctuary Trek, Muktinath Trek, Tilicho Lake Trek, Sikles Trek, Panchase Trek, Ganesh Himal Trek, Langtang trek, Around Manaslu Trek, Dhaulagiri Base Camp Trek. Western Nepal: Dolpo Trek, Phoksumdo Lake Trek, Far Western Nepal: Rara Lake Trek, Khaptad Trek, Api Himal Trek. We also make necessary arrangements for climbing "Trekking Peaks" and Mountaineering Expeditions.

Tibet

Undoubtedly, one of the most fascinating destinations of the world, this ancient land has remained secluded in its mysteries for centuries. Only since early 1980s did this 'forbidden land' open its fantastic vistas of diverse topography, culture and people to the outside world. Also known as the roof of the world, Tibet has captured man's imagination as no other land has. Even today, Tibet's glorious past lives on in the nomads herding the yaks, monks and monasteries, the pilgrims at the sacred shrines and the natural bounties.

Our trips to Tibet take you to extraordinary places of cultural and religious interest. We introduce you to the highest monasteries on the earth and to the pious monks and the nomadic herdsmen of the Tibetan plateau. With us, you can circumambulate the axis of the world, Mount Kailash and take in the awesome sight of Mt. Everest and other highest mountains in the world from Rongbuk. Tibet offers adventure, experience, enchantment and excitement of a life time!!

With the arrival of highest railway in the world, now it is possible to travel to Tibet by train from/to mainland China. We offer tours for different durations of time for traveling to/from Lhasa by train.

Please find below some of the popular itineraries. More programs are in our Interactive CD and in the website: www.heritagenepal.com

Lhasa Tour



This short tour is perfect for people with little time to spare or for travellers who wish to add Tibet to their Nepal itinerary. We fly in and out of Lhasa and explore this fascinating city and local vicinity. We visit huge monasteries, Sera and Drepung. A visit to the world famous Potala Palace is the highlight of this trip.

Itinerary: Days

01: Fly to Gongar and drive to Lhasa days

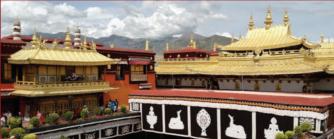
02-03: Tours in Lhasa04: Departure from Lhasa

Thasa with Yamdruk Lake

Besides visiting world famous Potala Palace, huge monasteries, Sera and Drepung, we also visit one of the three largest and most beautiful lakes in Tibet, Yamdrok Lake on this trip.









Itinerary: Days

01: Fly to Gongar, drive to Lhasa

02-03: Tours in Lhasa

04: Day trip to Yamdrok Lake

05: Departure from Lhasa

Kathmandu-Lhasa drive in fly out Tour



The journey begins from Kathmandu by driving to Nepal-China border and concludes in Lhasa. Along the tour you will be crossing some of the challenging high passes with magnificent views, beautiful lakes and various local cultural hub tows. The comprehensive tour package is designed to fit for all average level traveler and as much as possible comfort journey in high plain land. En-route you will visit Xigatse and Gyantse. The highlight of this tour is Lhasa where you visit Potala Palace, Bharkhor Market, Jokhang Temple, Norbulingka Sera and Drepung Monasteries. Flight back to Kathmandu from Lhasa itself is a wonderful experience. We are also offering tour on group joining basis for those who wish to take budget tour.

tinerary: Days

- 01: Early morning around 4 am drive to Rasuwa Gadi, after immigration formality drive to Kyirong
- 02: Drive to Tingri
- 03: Drive to Shigaste
- 04: Visit Tashilimphu Monastery & Local market then drive to Gyantse, visit Khumbum Stupa & Pelkhor Chorten
- 05: Drive to Lhasa via Yamdrok Lake
- 06: Visit Potala Palace, Jokhang Temple & Barkhor Market
- 07: Visit Drepung Monastery & Sera Monastery
- 08: Fly to Kathmandu



Situated in the south-western part of Tibet bordering the Kumaon hills and Nepal, is Mount Kailash, home of Lord Shiva and lapping at is foothills are the turquoise blue, calm waters of Lake Manasarovar. Kailashkhand, as the region is known, is the source of four largest rivers in Asia, Indus, Brahmaputra, Karnaliand Sutlej.

We take "parikarma" (circumambulation) of Manasarovar by coach and of Mt. Kailash on foot. Hindus believe that a ritual bath in the sacred Manasarovar delivers a pilgrim to Brahma's paradise, a drink of its waters relinquishes the sins of hundred life times and a single circumambulation (Kora) of Mt, Kailash wipes out the sins of a lifetime.

It is indeed a rare opportunity and privilege for all of those devotees who have been dreaming to be close to the home of the Gods in this world.

Kailash Manasarovar Yatra by helicopter from Kathmandu to Kathmandu



This 11 days Kailash Manasarovar tour by helicopter is designed for those who wish to have comfortable journey and visit Pashupatinath temple in Kathmandu before going to Kailash Manasarovar. We fly Kathmandu - Nepalgunj - Simikot by regular flights and Simikot - Hilsa (Nepal - Tibet border) by chartered helicopter. From the border we drive by coach to Manasarovar via Purang,, the most beautiful and peaceful place incomparable to rest of the places on this planet.

Itinerary: Days

- 01: Arrival in Kathmandu. Transfer hotel. Evening: Briefing on the Yatra. days
- AM Visit Pashupatinath and Guheswari Temple. PM Fly to Nepalgunj.
- Fly from Nepalgunj to Simikot.
- Fly to Hilsa by Helicopter and drive to Taklakot (Purang) (3400m).
- 05: Drive to Lake Manasarovar (Chiu Gompa 4550m).
- AM: Pooja, Homa, rituals etc. After lunch drive to Darchen.
- Drive to Yam Dwar and start Mt. Kailash "parikrama" on foot to Deraphuk 07: (4920 m.).
- Continue "parikrama" via Dolma-La Pass (5600m) to Zutulphuk (4780m).
- 09: Finish parikrama on foot then drive to Purang.
- Drive to Hilsa, fly to Simikot by helicopter and to Kathmandu via Nepalgunj by airplane.
- 11: Transfer to airport for departure from Kathmandu.

Kailash Manasarovar Yatra by helicopter from Lucknow to Lucknow

This 9 days Kailash Manasarovar tour by helicopter is designed for those who have constraints of time and wish to take short and more comfortable journey. We fly Nepalgunj - Simikot by regular flights and Simikot - Hilsa (Nepal - Tibet border) by chartered helicopter. From the border we drive by coach to Manasarovar via Purang, the most beautiful and peaceful place incomparable to rest of the places on this planet.

Itinerary: Days

- Drive from Lucknow to Nepalgunj. Evening: Briefing on the Yatra.
- Fly from Nepalgunj to Simikot.
- Fly to Hilsa by Helicopter and drive to Taklakot (Purang) (3400m).
- Drive to Lake Manasarovar (Chiu Gompa 4550m).
- AM: Pooja, Homa, rituals etc. After lunch drive to Darchen.
- Drive to Yam Dwar and start Mt. Kailash "parikrama on foot to Deraphuk (4920 m.).
- Continue "parikrama" to via Dolma-La Pass (5600m). 07: Gaurikund to Zutulphuk (4780)m.
- Finish parikrama on foot then drive to Lucknow.
- Drive to Hilsa, fly to Simikot by helicopter and to Nepalgunj by airplane. Drive to Lucknow.

Overland Kailash Manasarovar Yatra (12 Nights



Kailash Manasarovar via Lhasa



We drive from Kathmandu to Kerung via Syabrubesi. It is a very scenic drive with beautiful landscapes and close view of Ganesh Himal. Next halt will be at Dongba before reaching Manasarovar, the most beautiful and peaceful place incomparable to rest of the places on this planet. Drive from Kerung to Manasarovar offers you different type of landscapes in Tibet, which is also called the roof of the world.

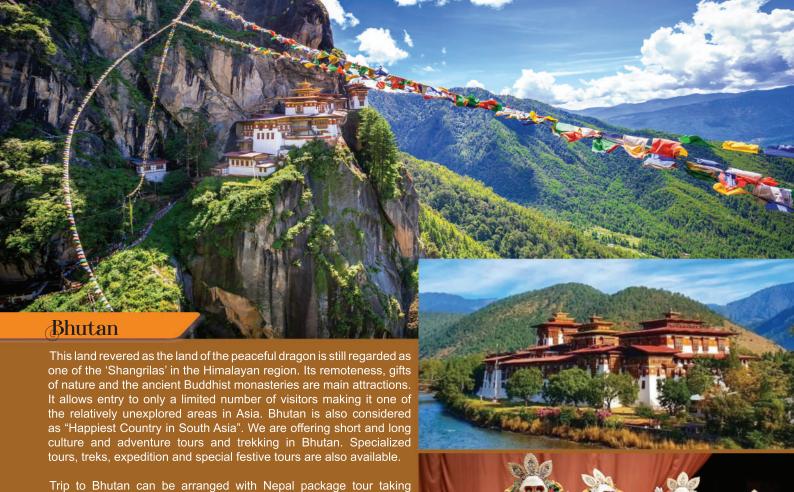
Itinerary: Days

- Arrive Kathmandu. Transfer to hotel.
- AM- Visit Pashupatinath and Guheswari (Shakti Pith).
- Early morning drive from Kathmandu to Syabrubesi.
- Cross China border by driving and arrive Kerung.
- Drive to Dongba / Saga.
- Drive to Chiu Gompa taking parikrama of Lake Manasarovar by bus.
- AM Pooja, Homa, etc. PM Drive to Darchen.
- Drive to Yam Dwar and start Mt. Kailash "parikrama on foot to Deraphuk (4920 m.).
- Cross Dolma La and arrive Zutulphuk.
- 10: End parikrama and drive to Dongba / Saga.
- Drive to Kerung.
- 12: Drive from Kerung to Kathmandu.
- Transfer to airport for departure flight.

This tour starts with trans-Himalayan flight from Kathmandu to Lhasa, crossing highest mountains on earth. After visiting the world famous Potala Palace, Jokhang Temple, huge monasteries, our overland journey to Kailash Manasarovar by coach starts from here as per the itinerary given below.

Itinerary: Days

- 01: Arrive Kathmandu. Evening - briefing on Lhasa and Kailash Manasarovar tour.
- Visit Pashupatinath and Guheswori temple.
- 03.Fly to Lhasa. Rest of the day free for getting acclimatization.
- 04. Sightseeing tour in Lhasa.
- Drive from Lhasa to Shigatse. 6 hrs
- 08: Drive from Shigatse to Saga. 10 hrs
- Drive to Manasarovar Lake. 9 hrs. Take dip in the Lake, pooja etc
- Drive to Darchen. 1 hr.
- Drive to Yama Dwar 30 min and start "Parikrama" on foot to Diraphuk. 6 – 7 hrs.
- Cross Dolma La and arrive Zutulphuk. 10 hrs
- End parikrama and drive to Saga.
- 14. Drive to Shigatse.
- Drive to Lhasa.
- Transfer to Gongar, fly to Kathmandu. Transfer to hotel.
- Free until departure transfer to airport for onward journey.



Bhutan at Glance

Bangkok, Singapore.



flights between Kathmandu and Paro. There are also direct flights to/ from Paro from Delhi, Kolkata, Bagdora, Bodh Gaya (India), Dhaka,

Itinerary: Day

- 01: Arrive Paro and drive to Thimpu. PM Sightseeting tour in Thimpu
- 02: Sightseeing tour in Thimphu and drive to Paro03: Sightseeing tour in Paro including the famous Tiger Nest Temple
- 04: Departure from Paro

Oragon Tour



Itinerary: Days

- 01: Arrive Paro and drive to Thimphu. Tour in Thimphu
- Tour in Thimphu and drive to Paro
- 03: Drive to Punakha
- 04: Drive to Paro
- 05: Visit Tiger's Nest06: Departure from Paro





Itinerary: Days

- 01: Arrive Paro and drive to Thimphu. Tour in Thimphu
- Tours in Thimphu
- 03: Drive to Punakha
- 04: Drive to Phobjikha
- 05: Drive to Paro
- 06: Excursion to Haa
- 07: Tours in Paro
- 08: Departure from Paro





For further details, please contact:

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