

1. ANNAPURNA PANORAMA  
**TREK ITINERARY**

Duration: 09 Days

SET DEPARTURE DATE FOR 2010

Every Wednesday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
February	03, 10, 17, 24
March	03, 10, 17, 24, 31
April	07, 14, 21, 28
May	05, 12, 19, 26
October	06, 13, 20, 27
November	03, 10, 17, 24
December	01, 08, 15, 22, 29

2. GOKYO - EVEREST BASE CAMP  
**TREK ITINERARY**

DURATION: 16 DAYS

SET DEPARTURE DATE FOR 2010

Every Wednesday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
February	03, 10, 17, 24
March	03, 10, 17, 24, 31
April	07, 14, 21, 28
May	05, 12, 19, 26
October	06, 13, 20, 27
November	03, 10, 17, 24
December	01, 08, 15, 22, 29

### 3. Highlights OF LHASA

DURATION: 04 DAYS

#### SET DEPARTURE DATE FOR 2010

Every Saturday from Kathmandu

<u>MONTH</u>	<u>DATE</u>
March	20, 27
April	03, 10, 17, 24
May	08, 15, 22, 29
June	05, 12, 19, 26
July	03, 10, 17, 24, 31
August	07, 14, 21, 28
September	04, 11, 18, 25
October	02, 09, 16, 23, 30
November	06, 13

### 4. NEPAL TO TIBET TREK ITINERARY

DURATION: 09 DAYS

#### SET DEPARTURE DATE FOR 2010

Every Saturday from Kathmandu

<u>MONTH</u>	<u>DATE</u>
March	20, 27
April	03, 10, 17, 24
May	01, 08, 15, 22, 29
June	05, 12, 19, 26
July	03, 10, 17, 24, 31
August	07, 14, 21, 28
September	04, 11, 18, 25
October	02, 09, 16, 23, 30
November	06, 13

5. NEPAL TOUR  
**TOUR ITINERARY**

DURATION: 08 DAYS

SET DEPARTURE DATE FOR 2010

Every Saturday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
January	02, 09, 16, 23, 30
February	06, 13, 20, 27
March	06, 13, 20, 27
April	03, 10, 17, 24
May	01, 08, 15, 22, 29
June	05, 12, 19, 26
October	02, 09, 16, 23, 30
November	06, 13, 20, 27
December	04, 11, 18, 25

6. ANNAPURNA SANCTUARY  
**TREK ITINERARY**

Duration: 11 Days

SET DEPARTURE DATE FOR 2010

Every Tuesday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
February	16, 23
March	02, 09, 16, 23, 30
April	06, 13, 20, 27
May	04, 11, 18, 25
October	05, 12, 19, 26
November	02, 09, 16, 23, 30
December	07, 14, 21, 28

7. ANNAPURNA TOUR  
**TREK ITINERARY**

Duration: 18 Days

SET DEPARTURE DATE FOR 2010

Every Tuesday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
February	16, 23
March	02, 09, 16, 23, 30
April	06, 13, 20, 27
May	04, 11, 18, 25
October	05, 12, 19, 26
November	02, 09, 16, 23, 30
December	07, 14, 21, 28

8. HALF ANNAPURNA TOUR  
**TREK ITINERARY**

Duration: 11 Days

SET DEPARTURE DATE FOR 2010

Every Tuesday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
February	16, 23
March	02, 09, 16, 23, 30
April	06, 13, 20, 27
May	04, 11, 18, 25
October	05, 12, 19, 26
November	02, 09, 16, 23, 30
December	07, 14, 21, 28

9. HELAMBU GOSAIKUNDA  
**TREK ITINERARY**

Duration: 10 Days

SET DEPARTURE DATE FOR 2010

Every Wednesday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
February	03, 10, 17, 24
March	03, 10, 17, 24, 31
April	07, 14, 21, 28
May	05, 12, 19, 26
October	06, 13, 20, 27
November	03, 10, 17, 24
December	01, 08, 15, 22, 29

10. LANGTANG - GOSAIKUNDA  
**TREK ITINERARY**

Duration: 16 Days

SET DEPARTURE DATE FOR 2010

Every Wednesday from Kathmandu

<u>MONTH</u>	<u>DATE (2010)</u>
February	03, 10, 17, 24
March	03, 10, 17, 24, 31
April	07, 14, 21, 28
May	05, 12, 19, 26
October	06, 13, 20, 27
November	03, 10, 17, 24
December	01, 08, 15, 22, 29