



RAO

Trekking in Nepal

Trekking Programmes

Annapurna Region

Round Annapurna Trek
 Jomsom - Muktinath Trek
 Annapurna Sanctuary / Base Camp Trek
 Sarangkot - Ghorepani Trek



Everest Region

Lukla - Gokyo Trek
 Lukla - Everest Base Camp Trek
 Lukla - Chukung - Everest Base Camp
 - Chola Pass - Gokyo Trek



Langtang - Goshainkunda - Helambu Region

Langtang Valley Trek
 Goshainkunda - Helambu Trek
 Helambu Trek
 Langtang Valley – Goshainkunda - Helambu Trek
 Langtang Valley - Ganjala Pass - Helambu Trek



Kathmandu Valley Trek

Kakani - Nagarkot - Namobudda
 Chisapani - Nagarkot- Namobudda
 Sankhu – Nagarkot - Namobudda



Remote Trekking Areas

Rolwaling Trek
 Ganesh Himal Trek
 Kanchenjunga Trek
 Makalu Base Camp Trek
 Lower Dolpo Trek
 Round Dhaulagiri Trek
 Upper Dolpo Trek
 Upper Mustang Trek
 Round Manaslu Trek

**Special Trekking
 Permit Required**



Short Treks

Timal Village Trek (Sun Kosi area)
 Kalinchowk Short Trek from Charikot
 Kalinchowk Trek from Barabise



Service includes:

- Experienced guide
- Porters as required
- All needed camping equipments
- Trekking permit
- Food (Breakfast, launch,dinner)
- Boiled water every morning for shower.
- Hot drinks as coffee, tea,and so on
- Kitchen staffs along with experienced cook.
- Transportation to and from starting and ending point of trek.

Price will not include:

- Personal Expenses
- Hard drinks as whisky rum and so on.
- Rescue charges
- Domestic flights
- Emergency expenses (if needed)

**Service is provided by****KARAO Trek****RAOnline Nepal****Please visit our website: <http://www.raonline.ch>**