

NEPAL TOUR NEPAL TREKKING

Dear Traveler Colleagues!!!

Warm greetings, Namaste & Tashi Delek!!!

SAHARA HOLIDAYS NEPAL, takes this opportunity to extend to all our heartfelt thanks for your continue support in promoting to Nepal-Tibet-Bhutan & India tour. As the new season unfold, We take this pleasure in presenting you with our new concept program for conducted tours as tentative schedule which covering **NEPAL, TIBET & BHUTAN FIXED DEPARTURE round the year 2010/11** onwards. as well as a wide range of Trekking & Culture Program on NEPAL.

We sincerely hope & thanks once again you continuing patronage and look forward to the same in the coming years

Nepal at a Glance

Official Name: Federal Democratic Republic of Nepal.

Area: 147,181 Sq. Km.

Geography: Nepal is a landlocked country located between China in the North and India in East, West and South.

Highest Point: Mt Everest 8848m

Lowest Point: Kechana – 60m from above the sea level.

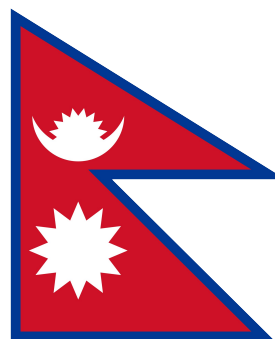
Capital: Kathmandu:

Kathmandu, is the capital city of Nepal. Kathmandu is a valley surrounded by four hills – Fulchowki, Chandragiri, Shivapuri and Nagarun. Kathmandu valley has three major cities – Kathmandu, Bhaktapur and Patan. Situated at the altitude of 4500 feet (1350m) above sea level, Kathmandu is home to seven UNESCO World Heritage Cities. Before the unification of Nepal in the 18th century, the three cities were independent states ruled by the Malla Kings.

Population: 23.2 million (according to the census of 2001)

Language: Nepali is the national language; However, people speak Newari, Bhojpuri, and Maithali among others as their mother tongue. [Read more](#)

NEPAL
TOURISM
YEAR 2011
NATURALLY NEPAL
ONCE IS NOT ENOUGH



<p><u>Things to do.....</u> Trekking in Nepal White Water River Raft Jungle Safari Nepal Peak Climbing Expedition & Mountaineering Everest Mt. Flight Adventure Bungy Jump Cultural Tours Heritage Site Tours Pilgrimage Tours Honeymoon Tours Mt. Biking Tour</p>	<p><u>Recommend Trekking</u> Everest Base Camp Trek Annapurna Circuit Trek Annapurna Base Camp Trek Jomsom Muktinath Trek Gokyo/Chola pass/ Kalapathar Treks Ghorepani Poonhill Trek Langtang Valley Trek Gosaikund Helembu Trek Short Trip Hiking</p>
<p><u>Special Offer Tours</u> 7 Nights 8 Days Package Tours 5 Nights 6 Days Package Tours 11 Nights 12 Days Package Tours</p> <p><u>Fixed Departure: Nepal</u> Everest Base Camp Trek (13-17 Days) Gorepani Poonhill Treks (4-5 Days)</p>	<p><u>Outbound Tours and Trekking</u> Tibet Tours & Treks Bhutan Tours & Treks Sikkim Tours & Treks Darjeeling Tours & Treks India Tours & Treks</p> <p><u>Fixed Departure: Tibet</u> Mt. Kailash & Mansarovar Tour Tibet Overland Tour (Drive in Fly Out)</p>
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