



Trekking



Everest Marathon



Kayaking



Trekking

For More Information:

Nepal Tourism Board
Tourist Service Center
Bhrikuti Mandap, Kathmandu, Nepal
Tel : +977-1-4256909
Fax : +977-1-4256910
E-mail : info@ntb.org.np

NATURALLY NEPAL
ONCE IS NOT ENOUGH

ADVENTURE SPORTS IN NEPAL





Trekkers in Everest Region



High-Altitude Trekking, Langtang



Ultralight Aircraft

Published by:
Nepal Tourism Board
2012

Photo Credits:

Thomas L. Kelly: Back 1st picture, Cover hike picture, Inside Cover, Page 1, 6(Mountain biking), 5(Jungle safari), 5(Horseback riding), 3(Elephant Polo), 10(Mountaineering)
Susheel Shrestha: Page 6(Paragliding), 7(Rock climbing)
Wendy Smith: Page 4(Everest sky dive)
Chandra Shekhar Karki: Cover(Rafting), Page 9(Bird watching)
Bijay Gajmer: Page 4(Everest marathon), Cover back(Everest marathon)
Sirish B.C.: Page 9(Bungee Jump), Cover back inside top(Trekking)
Bharat B. Thapa: Page 8(Rafting)
Buddha Air: Page 10(Mountain Flight)
Avia Club: Cover back inside(Ultralight aircraft)

Trekking

That one in four visitors to Nepal go trekking should say something about the popularity of this activity in the Himalayan country. Most treks go through altitudes between 1,000 to 4,000 meters, while some popular parts reach over 5,000 meters. It's not only the stunning landscapes on the trail that captivate the trekkers but also the people from different ethnic groups whom they meet on the way – a rare opportunity to experience Nepal's rich cultural diversity. And what better way than walking to see and experience it.

The most popular trekking routes have traditionally been the Everest, Annapurna and Langtang regions. But now the Kanchanjanga in the extreme East and Dolpo in Northwest Nepal are gaining ground as new popular destinations. More recently, Government has developed a number of heritage trails in different parts of the country where you can combine a trek with a peek into the cultures of the local communities. And for those with the time and the stamina, there is The Great Himalayan Trail that stretches 1700 km from Kanchanjanga in the east to Humla in the west – a trek that will take months to accomplish.

Ultralight Aircraft

Ultralight aircraft takes off from Pokhara and offers spectacular views of the lakes, mountains and villages. This is an ideal way to see life from a new perspective. Flights are operated almost throughout the year except during the monsoon, from June through August. Flights take place from sunrise to 11 a.m. and from 3 p.m. to sunset every day, provided there are no rains.

In the half-an-hour flight, one flies over Pokhara city, Phewa Lake, Sarangkot hill and gets close to Machhapuchchhre mountain. Another option is the exploration of the Annapurna range from 12,000 feet or higher in an hour. Pokhara is easily accessible from Kathmandu, Chitwan and other major towns.

Trekkers' Information Management System (TIMS)

In a bid to control illegal trekking operations and ensure the safety and security of the trekkers in the general trekking areas, Nepal Tourism Board (NTB) and Trekking Agencies' Association of Nepal (TAAN) have made it mandatory for trekkers to sign up for the Trekkers' Information Management System (TIMS) Card since April 1, 2010. TIMS cards are available from the NTB office, TAAN office and government registered trekking companies in Kathmandu and Pokhara.

Under the new rule, all visitors who go trekking through a trekking company must pay US\$ 10, and free individual trekkers (FIT) must pay US\$ 20 per trekking route per person per entry. These amounts are payable in equivalent Nepalese rupees. Part of the collection will go into maintaining the trekkers' database and in the rescue of trekkers in need of emergency services. The fund will also be spent on infrastructure expansion, conservation and maintenance of existing trekking trails. For further information please contact Tel: 01-4443003, 01-4440920 or visit www.timsnepal.com

TABLE OF CONTENTS

Introduction	2
Adventure Sports	3
Annapurna Marathon	3
Canyoning	3
Elephant Polo	3
Everest Marathon	4
Everest Sky Dive	4
Horseback Riding	5
Jungle Safari	5
Mountain Biking	6
Paragliding	6
Rock Climbing	7
Whitewater Rafting and Kayaking	8
Adventure Activities	9
Bird Watching	9
Bungee Jump	9
Mountaineering	10
Mountain Flight	10
Trekking	11
Ultralight Aircraft	11
Trekkers' Information Management System (TIMS)	11



Mountaineering

It was mountaineering that first opened up Nepal to the outside world. Of the world's 10 highest peaks above 8,000 m, eight of them crown the Nepal's north, including the highest Mt. Everest. Not surprisingly, the fascination of scaling these physically demanding peaks draws crowds of visitors from abroad year after year without let up.

The mountains are open for climbing in all the four climbing seasons: Spring (March-May), Summer (June-August), Autumn (September-November) and Winter (December-February). Ministry of Tourism issues permits for the bigger mountains, the Nepal Mountaineering Association issues permits for the smaller trekking peaks between 5,587 m to 6,654 m.



Mountaineering



Mt. Everest seen from Mountain Flight

Mountain Flight

Mountain flights offer the luxurious option of a Himalayan experience for those who can't go trekking to see the mountains up close. The one-hour mountain flight from Kathmandu takes one close to the highest peaks, including the Mt. Everest, the highest.

One can clearly see and identify the peaks and glaciers during the flight. During the flight, you get to see Gosaithan (also called Shisha Pangma), Dorje Lhakpa, Phurbi Chyachu, Choba Bhamare, Gaurishanker, Melungtse, Chugimago, Numbur, Karyolung, Cho-Oyu, Gyachungkang, Pumori, Nuptse and, of course, Everest. Mountain flights are offered by several airlines in the morning from the domestic airport in Kathmandu.

Flights from Kathmandu reveal the Eastern Himalaya, while flights from Pokhara take you on a bird's eye view of the Western Himalaya.

ADVENTURE ACTIVITIES

Bird Watching

Despite its size, Nepal's varied elevations support more than 850 species of birds, or about 10 percent of the world's total species. Both resident and migratory birds are found in Nepal. Among the migratory birds, the curlew, greenshank, ruff, coot and brahmini duck are some of them that fly here during the winter, while in summer, the prominent ones are the red-winged cuckoo, pied-crested cuckoo, paradise flycatcher and the pied ground thrush. The spiny babbler is unique to Nepal as it has yet to be spotted outside this country. As bird watching becomes immensely popular, specialized bird-watching tours are offered at the different national parks and wildlife reserves.

There are more than 450 species of birds in the Chitwan National Park, while the wetland of the Koshi Tappu in the east has made it Asia's finest bird watching site. You can also explore the Mai Valley and Tamur Valley in east Nepal, Lumbini in Central Nepal, and Dang Valley and Ghodagodhi Lake in the west for exotic birds.



The Woodpecker,
Bird Watching

Bungee Jumping

Bungee Jump

The ultimate thrill of a bungee jump can now be experienced in Nepal - 12 km from the Nepal-Tibet border, a three-hour bus ride from Kathmandu. The bungee jump was designed by one of New Zealand's leading bungee consultants, and is operated by some of the most experienced jump masters in the business.

The jump takes place from a 166 m wide steel suspension bridge that joins two sides of a deep valley over the raging Bhoti Kosi River. The place has spectacular scenery with dense forests covering the top of the cliff. One can spend overnight here and go rafting and rock climbing too.

INTRODUCTION

Nepal has the distinction of being one of the best adventure destinations in the world. It is a unique country in the world where you can go climbing the Himalayan peaks, trek in the scenic countryside with the mountains forming the background, raft down a river and go on a jungle safari in some of the densest forests in this part of the world, thanks to the varied elevations the country supports. Even an adrenalin junkie will agree that Nepal offers extreme sports to engage in for the adrenaline rush.

While trekking, mountaineering and rafting have long been popular, an entire range of other possibilities from paragliding, bungee jumping, rock climbing to hot air ballooning and mountain flight have been explored in the recent years. Nepal beckons you to be part of this experience.

Below are some adventure activities and sports you can enjoy in Nepal.



Trekkers in Everest Region

ADVENTURE SPORTS

Annapurna Marathon

Annapurna Marathon (42.19 km), named after a mountain peak called Mt. Annapurna I , starts from Annapurna Base Camp (4395m) and ends in Dhanghus village (1650m). It is held once in two years on every June 03 with the Marathon starting on June 03, 2011 coinciding with Nepal Tourism Year.

The Marathon is being organized to celebrate first successful ascent on 8000m peak (Mt. Annapurna- 8091m) by the French Team led by Maurice Herzog in the history of mountaineering in June 03, 1950 and also honoring Late Dr. Harka Bahadur Gurung for their contribution in the field of Mountaineering and Adventure Sports.

Canyoning

Canyoning is basically a sport where you travel down canyons using a variety of techniques such as walking, scrambling, climbing, abseiling and swimming. It is one sport that will get you completely off the beaten track, but it does require quite a good level of fitness.

Elephant Polo

In December of every year, the annual tournament of the World Elephant Polo Association is held at Meghauli airfield near Chitwan in South Central Nepal. The tournament was first staged in 1982, and has since become an annual event. There are teams from all over the world including Scotland, Thailand, England and Hong Kong participating in the tournament.

Elephant Polo is similar to horse polo. Each team of four players plays on a marked pitch 140 x 70 meters, using a standard size polo ball. The game consists of two 10-minute chukkers of playing time, with an interval of 15 minutes. Elephant Polo in Nepal and Thailand is played under the auspices of the World Elephant Polo Association which enforces strict rules regarding elephant welfare and game play.

Elephant Polo



Rafting

Whitewater Rafting and Kayaking

Nepal boasts of some of the best whitewaters in the world, thanks to its mountainous steep terrain. The rivers thunder down from the Himalayan glaciers, and the thrill is associated with rafting down a ferocious river over crashing waves and swirling rapids. But what really makes a rafting trip worthwhile is the magnificent vistas of traditional houses on hillsides, terraced paddy fields, deep gorges, valleys and flat plains that you encounter on the way.

The rapids are graded on a scale of one to six depending on their ferocity, so you can choose a river depending upon whether you are a first timer or an experienced rafter. Trips range from one or two days to two-week expeditions, and often combine some trekking to get to the remote rivers in the first place. Rafting trips are usually planned in the dry seasons from October through mid-December and March through early May.

The Trishuli River (grade 3+) is the most popular among raftable rivers. Close to Kathmandu, the trip takes you down all the way to the Chitwan National Park. Other popular rivers include the Kali Gandaki (4-4+) near Pokhara, Bhote Koshi (4-5), Marshyangdi (4-5+), Karnali (4-5) and the Sun Koshi (4-5), which runs 270 km and requires 8-10 days.

While exploring the rivers, you can either go paddle rafting as a team or go kayaking alone.



Rock Climbing

Rock Climbing

Rock climbing is a challenging sport for outdoor lovers. Most of the areas for rock climbing are situated towards the north of Kathmandu in the Nagarjun forest and Shivapuri National Park areas. Hence a trip to these places can be combined with hiking, bird watching, nature tours and other activities. Nagarjun, 3 kilometers from Kathmandu city, can be reached via Balaju near the New Bus Park. The cliff here is about 12-15 m high and is suitable for both beginners and the experienced. Shivapuri can be reached via Budhanilkantha, which is 9 kilometers north of Kathmandu city.

In Pokhara, an artificial climbing wall named after French alpinist Maurice Herzog, the first mountaineer ever to summit an 8,000 m peak, Annapurna I, in 1950, is open at the Mountaineering Museum. It is 23 m tall.

Everest Marathon

Starting from Everest Base Camp at 5,356 m, the Everest marathon reaches over 42 km of rugged Himalayan terrain to end at the Sherpa village of Namche Bazaar (3,446 m). The race is held every year on May 29 to mark the first ascent of Everest by Sir Edmund Hillary and Tenzing Norgay on that day in 1953. The marathon retraces the traditional route to Everest and passes through monasteries, monuments, chortens, suspension bridges and stunning landscapes.

Everest Sky Dive

Everest Skydive is emerging as an extreme form of aerial adventure, making it one of the adventure world's top unique experiences. Sky diving is made from a plane or a chopper onto the world's highest drop zone at Gorak Shep, Kala Patthar plateau. The sky diving takes place in front of Mount Everest (8,848 m) and the free falling takes place past some of the world's highest mountain peaks. It is a unique way of experiencing the Himalayas from both above and below.

Experienced pilots with skydiving ratings man the aircraft, so safety is guaranteed. Sky diving can be either a solo jump or in tandem.



Everest Marathon



Everest Skydiving

Horseback Riding

Remote areas of Nepal are still not connected by road. So to get to these places you can either walk or go horseback riding. Horses are a means of transportation especially in the trans-Himalayan region, i.e., behind the tall mountains or southern rim of the Tibetan plateau.

You can go horse riding in any part of the country. It can be arranged for a few hours or a month-long journey to suit oneself. Pony treks can be arranged to Jomsom-Muktinath, Panauti-Nagarkot, Pokhara-Sarangkot, Pokhara-Jomsom-Marpha.



Pony ride on trekking route



Jungle Safari



Biking



Paragliding

Jungle Safari

Some of the wildlife attractions of Nepal's jungles include the rare one-horned rhinoceros, the elusive Royal Bengal tiger, snow leopard, red panda and musk deer.

The tropical jungles of Nepal's Terai preserve some of the best wildlife habitats in this part of the world. Jungle safaris can be enjoyed on elephant back or in jeeps Chitwan National Park, Bardia National Park, Parsa Wildlife Reserve and Shuklaphanta Wildlife Reserve, all located in the Terai. Jungle safaris in the national parks combine dug-out canoe ride, nature walks or jungle walks, visits to nearby villages and a cultural program by the local community in the evening.

The national parks provide a wide range of tourist facilities in and around the areas.

Mountain Biking

Nepal's diverse terrain makes it one of the best for mountain biking. Take a break from the hustle and bustle of city life and head for the outskirts to discover villages and small towns in the midst of rural serenity. A biking trip is not only an opportunity to immerse in the peaceful surroundings but also to make friends with the locals.

Depending on your fitness, you can opt for a leisurely day trip or go on extended trips to exotic locales like the Annapurna and Kanchanjangha areas. Time permitting; it is even possible to explore the entire length and breadth of the country on a mountain bike.

Paragliding

Paragliding is a relatively new adventure sport in Nepal, and is the simplest, safest and least expensive way of discovering the joys of flying alone. It is an opportunity to experience the aerial views of the magnificent Himalayas in the backdrop as you soar over lakes, villages, monasteries, temples and jungles together with the eagles and griffins.

Sarangkot, at 1,592 m above Lakeside in Pokhara Valley, is the jumping off point for paragliders. From here, one can take in stunning views of three of the world's Eight Thousanders, namely, Dhaulagiri, Annapurna and Manaslu.