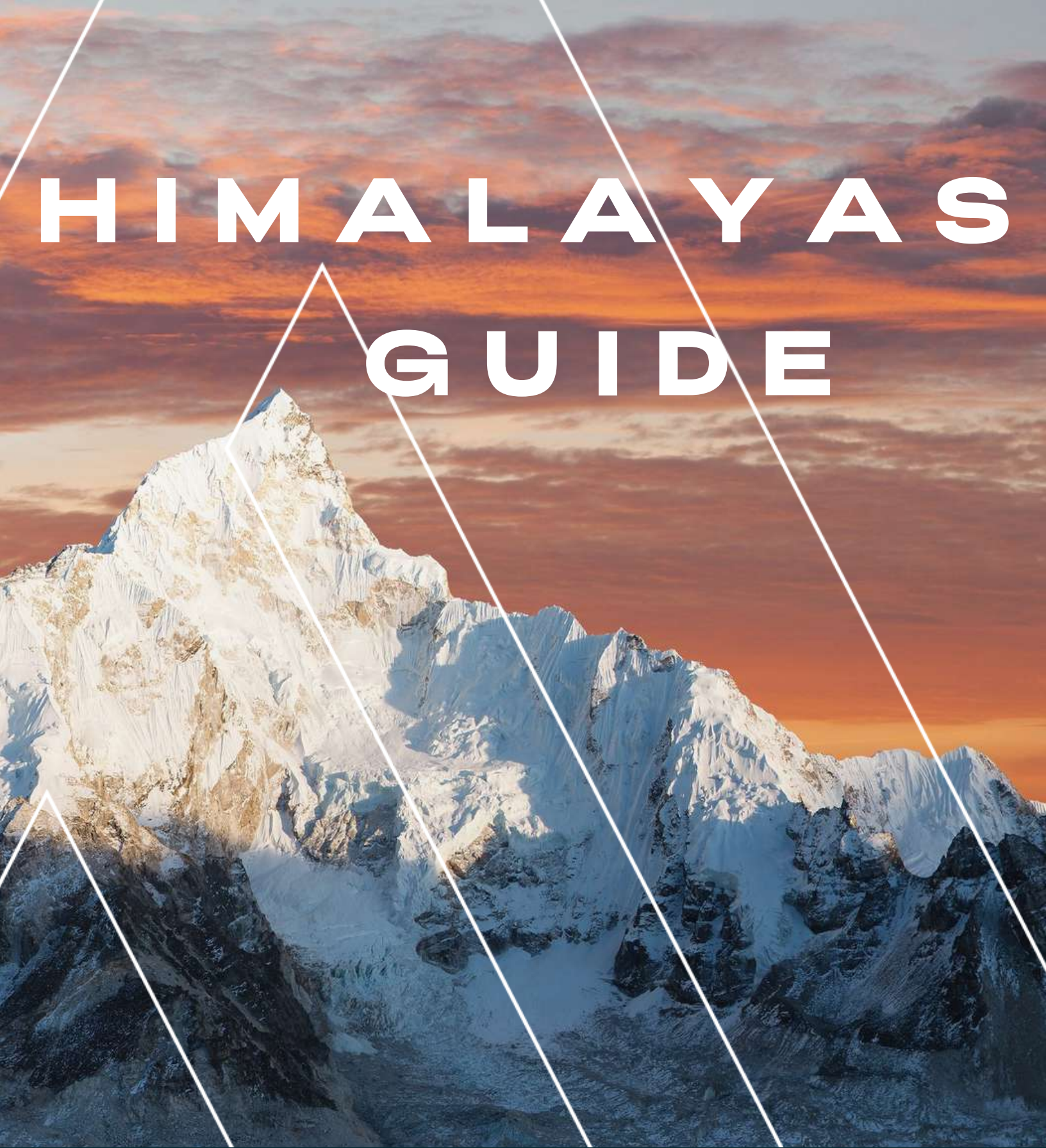


A full-page background image of a snow-capped Himalayan mountain peak at sunset. The sky is a vibrant orange and red, with wispy clouds. The mountain is covered in snow and ice, with some rocky outcrops visible. Several white geometric lines, including triangles and a large 'X' shape, are overlaid on the image, creating a modern, graphic design.

HIMALAYAS GUIDE

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ABOUT ACTIVE ADVENTURES



NEPAL VILLAGE, HIMALAYAS

1

NEW ZEALAND PIONEERS IN ADVENTURE TRAVEL

Active Adventures is New Zealand's most globally diverse adventure travel company. 25 years after we started, we now offer our unique style of Kiwi adventuring across the globe to thousands of guests every year.

2

ALWAYS INSPIRING, LIFE-CHANGING

Active Adventures' true essence is best captured in our purpose, which is to inspire our guests to lead an adventurous life. That means something different to everyone, which inspires us to personalize our adventures to make them truly special.

3

SIZE MATTERS

We've grown a lot, but we're still small and highly accessible. Our HQ is in Queenstown, New Zealand's adventure capital, and our entire team and expert guides are all very hands-on. We're driven by our desire to share our own passion for adventure with guests all around the world.

WHY TRAVEL WITH US

1

EXPERIENCE ADVENTURE THE WAY YOU WANT

You'll be inspired and exhilarated, enjoying mind-blowing scenery on foot, in a kayak, or by bike. Select between our many options to build your own trip of a lifetime.

2

DECADES OF AWARD-WINNING TRIPS – RUN THE KIWI WAY

We're proud of our Kiwi roots, and you'll love our professional, warm, and relaxed style of hosting. Plus, we'll always be at the end of the phone to help you feel comfortable embarking on your trip of a lifetime.

3

EVERY DETAIL COVERED, TO MAXIMIZE YOUR TIME

We've got all the details of your vacation covered – top-notch meals, comfortable transport & accommodation, amazing guides and incredible service.



► THE DOLOMITES, ITALY

4

4.53 OUT OF 5 FROM 18,296 REVIEWS. THAT'S PRETTY SOLID.

While we could hang around all day telling you how wonderful our trips are, the best people to listen to are our guests themselves.

5

GROUP TRAVEL FOR THOSE WHO AREN'T 'GROUP TRAVELERS'

With our small groups, you'll get to know our team, and your fellow travelers, and have the flexibility and freedom to do as much (or as little!) as you like.

6

EXPLORE HIDDEN GEMS THROUGH OUR EXPERT LOCAL GUIDES

All our carefully selected guides are highly experienced and have deep personal connections to nature and culture. You'll enjoy some wonderfully profound moments and special experiences that can only come from authentic local knowledge.

ADVENTURE THE ACTIVE WAY



SO MUCH MORE THAN A GUIDE

Imagine a cross between Bear Grylls, David Attenborough and a Four Seasons Hotel concierge and you'll get the idea of what our guides are like!



WE'RE WITH YOU, EVERY STEP OF THE WAY

Embarking on an adventure always involves getting out of your comfort zone. Our guides are there to take away any worry or stress, as well as handle all the logistics on the trip, so that you can focus purely on the physical challenge of your adventure.

WORLD-CLASS SAFETY

Safety is always a priority when you're exploring the wilderness, and we have an impeccable record. Our guides are trained extensively, have Outdoor First Aid and food safety certificates, and undergo our customized and comprehensive guide training trip.

We've received the World Travel and Tourism Council's Safe Travels stamp and the COVID-Clean Approved logo by Qualmark. We'll follow all ATTA, WTTC and Qualmark health and safety guidelines on all our trips.

AMAZING FOOD TO FUEL YOUR ADVENTURE

Food is such an important part of any trip - and getting the right fuel on an active holiday is crucial. We aim to provide high-quality, local and fresh food for every meal, whether you are in a back-country hut, a remote lodge or a small town. If you have dietarys, that's no worry at all. We cater to almost any dietary requirements.



LOCALLY OWNED ACCOMMODATION

We like to visit some exciting locations by bike, on foot, rafting, kayaking, and canyoning, but we also enjoy our creature comforts.

By traveling with us there's never the disappointment of not being able to stay at that perfect place!



NO HIDDEN COSTS

We have no hidden costs and everything is included. Everything is clearly laid out in our itineraries, so you don't have to do any guesswork.

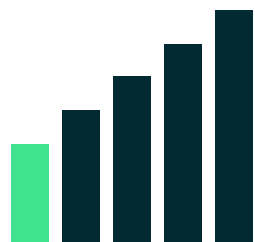
Other tour operators charge what looks like a really cheap price, but it only covers road transport, a few meals here and there, guides, and accommodation. You can trust us to always be upfront with you.





ACTIVITY LEVELS

ACTIVE LEVEL 1: WHAT'S THE RUSH?

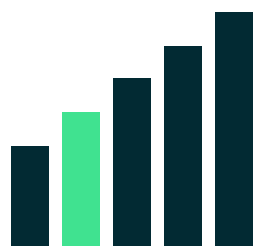


I'm not a triathlete, but I'm in decent shape and I'm not looking to experience a place just through a bus window. I'm happy to slow down on the trail, soak it in and breathe in the fresh air.

Walking: 2-3 hours per day on gentle-gradient trails.

Other activities: You'll be taking part in a range of activities that focus less on building up a sweat and more on enjoying the finer things in life.

ACTIVE LEVEL 2: LEG STRETCHER



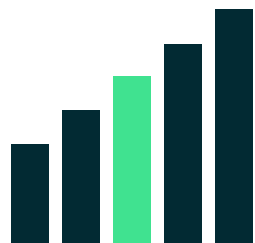
Sure, I own hiking boots, they're even worn in, but they don't go on long trips. I like my creature comforts and I like to give a range of activities a go.

Walking: 2-4 hours per day on gentle to moderate gradient trails.

Biking: 1-3 hours, cruisy rides achievable by anyone, even first-timers.

Kayaking: 1-3 hours, entry-level sea kayaking.

ACTIVE LEVEL 3: EARN YOUR LUNCH



I stay active on vacation so that I can eat and drink what I like without feeling guilty. I season my trips with a little fresh exercise.

Hiking: Typically 3-6 hours per day on well-formed trails.

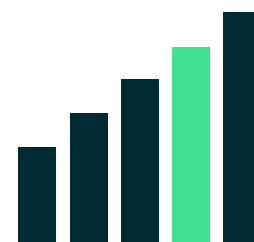
Expect some significant gradient inclines and declines.

Altitude: Your trip may include some moderate altitude areas, though these don't form the focus of the trip and are generally manageable.

Biking: 1-3 hours, cruisy rides achievable by anyone

Kayaking: 1-3 hours, entry-level sea kayaking

ACTIVE LEVEL 4: CHALLENGE ACCEPTED



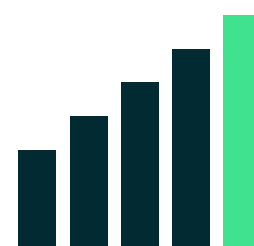
I'll let my trusty guides sweat the small things, so I can focus on my goal. Getting to the top, reaching the end, achieving my dreams! Sure, it'll be tough, but the views will be worth it.

Hiking/Trekking: Typically 4-6 hour hikes with options for more, sometimes with limited or no vehicle support and with ascents and descents.

Altitude: Some trips at this level will reach a significant altitude. We are here to help you manage that.

Biking & Kayaking: If one, or both, of these activities are 'your thing' there are trip options in this range to specialise.

LEVEL 5: THE ULTIMATE



I've put in the hard yards and now I get to reap the rewards. I'm a seasoned adventurer, not afraid to get my boots wet.

Trekking & Altitude: This is classic trekking, at altitude. Some might even call it 'expedition-style'. We've had folks from all walks of life achieve their dreams on our grade 5 trips, so if you're in for a challenge get in touch to find out if this is for you.



NEED HELP WITH TRAINING?

We have a comprehensive guide to what exercises you can do to prepare for each level, courtesy of [Marcus from 'Fit for Trips'](#). If you want a customized plan, you can get in touch directly with him.



EXPLORE

THE HIMALAYA



► KATHMANDU, NEPAL

Lively and bustling, this capital city features a labyrinth of back street courtyards, colorful market stalls, and ancient temples, making it the perfect introduction to Nepal's culture and friendly people.



► NAMCHE BAZAAR, NEPAL

With its remote alpine setting at 6187 meters (20,298 feet), Namche Bazaar is historically an important stopping point for trading expeditions and is still an important supply point for mountaineers and trekkers today.



► EVEREST BASE CAMP, NEPAL

Situated at the base of the Khumbu Icefall, the legendary camp has been the launching point for numerous expeditions for decades. During the climbing season, it becomes a vibrant village of brightly colored tents and palpable energy.



► ANNAPURNA BASE CAMP, NEPAL

Sitting at 4130 meters (13,549 feet), Annapurna Base Camp offers spectacular views of the south face of Annapurna I (the 10th highest peak in the world) and the glacier falling beneath it. There are few places - or words - that properly serve this destination well. You'll have to experience it yourself.



► JHONG CAVE, NEPAL

One of the most impressive cave monasteries the Mustang region has to offer, Jhong Cave is four stories high and boasts 40 secret meditation rooms and hidden storage chambers. It's here that Khampa warriors sought refuge, sometimes living years in these caves.



► TIGER'S NEST, BHUTAN

Paro Taktsang Monastery is, in one word, extraordinary. Built in 1692, the buildings are perched on the side of a cliff, 3,000 meters (10,000ft) above sea level, and still function as a monastery today.



► POKHARA, NEPAL

Pokhara is an enchantingly picturesque city on the shores of Phewa Lake. Here you can wade through the water to a temple in the middle of the lake or jump off a mountain into some of the best paragliding in the world.



► PUNAKHA DZONG, BHUTAN

This stunning traditional Bhutanese fortress is located between two rivers (you have to cross a bridge to access it). The most interesting thing about this building? Not one nail was used to create it... not one!



EXPLORE THE HIMALAYA



BEST TIME TO VISIT

Nepal has four distinct seasons and whilst each season offers something different for tourists visiting all year around, the best time for trekking in the Himalayas is during the pre and post-Monsoon periods and early/late winter.

WINTER

Late December, January, or early February – High-pressure systems bring clear skies and dry weather, and the temperatures are bearable during the day (actually quite nice in the sun), but as the sun sets the temperature falls quickly and it can get extremely cold at night. Some of the high passes can be unreachable because of snow.

PRE-MONSOON

March, April, May, and early June – The weather can be variable, but generally it is clear and calm in the mornings with overcast or thundery afternoons. The day and night time temperatures are gradually getting warmer as the season progresses. This is a great time of year to see rhododendrons in full bloom.

MONSOON

Mid-June, July, August, and early September – Low-pressure systems are predominant at this time of year and so there are frequent rain storms with high humidity and warm temperatures. There are fewer hikers around not only because the track can be blocked from slips caused by floods, but it's just not as comfortable walking in the downpour!

POST-MONSOON

Late September, October, and November – The cycle begins with a return to more stable weather conditions, cooling temperatures, and plenty of sunshine. With the monsoons recently over, the countryside is green and lush, the air sparkling clean, and the views of the Himalayas crystal clear.



PACKING LIST FOR ADVENTURERS

CLOTHING

- ☐ Quality Rain jacket & pants
- ☐ Fleece/Down jacket
- ☐ Short sleeve & long sleeve tops (quick dry, no cotton)
- ☐ Shorts & trousers (no jeans!)
- ☐ Thermal under-layers
- ☐ Good socks (merino is best)
- ☐ Waterproof hiking boots with ankle support
- ☐ Runners with good grip
- ☐ Sandals
- ☐ Beanie & warm gloves
- ☐ Sun hat & sunglasses
- ☐ Swimsuit & light towel

GEAR & PERSONAL ITEMS

- ☐ 25-30L Day pack with rain cover
- ☐ 50+L hiking backpack, tent, cooker, water filter, sleeping bag & sleeping pad if you're doing multi-day walks
- ☐ First aid kit with blister treatment
- ☐ Sun-block & insect repellent
- ☐ Hiking poles
- ☐ Hydration bladder / Water bottle
- ☐ Water
- ☐ Gaiters
- ☐ Adapter plug
- ☐ Good books



ALTITUDE AND FITNESS

Most hikers will never experience altitude sickness, (sometimes called acute mountain sickness or AMS for short), because it typically only occurs at altitudes above 2,500m (8,300ft) or so. It's caused by a decrease in the density of the air (the percentage of oxygen in the air doesn't change much and remains the same to about ten times the height of Mt Everest!). With thinner air though, it becomes harder for the body to sustain mental and physical alertness. The rule of thumb above 3,000m is to hike no more than 300m (1,000ft) per day.

Everyone needs to be aware of the symptoms of altitude sickness as they can affect anyone at any time, even if you've been fine up at altitude before. Fitness has nothing to do with altitude sickness - despite some popular beliefs. Here are some of the common symptoms:

- Lack of appetite, nausea, or vomiting
- Fatigue or weakness, dizziness or lightheadedness
- Insomnia
- Pins and needles
- Nosebleed
- Persistent rapid pulse
- Peripheral edema (swelling of hands, feet, and face).
- Diarrhea

You can consult your doctor who will be able to prescribe you the most suitable medication and do check with them what sort of side effects you may experience.





NEPAL

19 DAYS | HIKING FOCUSED



NEPAL

14 DAYS | HIKING FOCUSED

KATHMANDU



KATHMANDU

TRIP HIGHLIGHTS

HIKE

- To Everest Base Camp
- Through Sherpa villages
- To Swayambhunath “Monkey” Temple

EXPLORE

- The colorful and vibrant city of Kathmandu
- Namche Bazaar
- View Mt Everest from Kala Patthar

EVEREST BASE CAMP TREK



Activity Level 5

Starting in Kathmandu, you'll join your Kiwi and Nepalese guides. After taking a short flight to Lukla, the gateway to the Solu Khumbu region, you'll start your journey. By gradually making your way up the tallest mountain in the world, you'll have plenty of time to acclimatize and enjoy your surroundings. Knowledgeable guides will be with you every step of the way as you learn about the customs and cultures of the Nepalese, view Mt Everest for the first time from Kala Patthar, and visit the bustling village of Namche Bazaar. We invite you to join us for one of our most incredible journeys, and certainly a once-in-a-lifetime experience, to reach Everest Base Camp.



ITINERARY

INQUIRE



DEPARTURE DATES



KATHMANDU



KATHMANDU

TRIP HIGHLIGHTS

HIKE

- To Annapurna Base Camp along the Annapurna Circuit Trail
- To Swayambhunath “Monkey” Temple

EXPLORE

- Gurung settlements and local villages
- The bustling city of Kathmandu
- Pokhara and the Himalayan Mountain Museum

PLUS...

- Watch the sunrise over Machapuchare
- Soak in natural hot springs



I've been waiting to do the AST trail for a decade and I had such a great time with Active Adventures. The guides were personable, fun, and friendly. Everyone in our group was also great, we had lots of fun together. It was easily the most beautiful trek I've ever been on.



ITINERARY

INQUIRE

ANNAPURNA SANCTUARY TREK



Activity Level 4

Discover Annapurna Sanctuary, a natural amphitheater accessed on a trail that's less about 'that one photo' and more about a life-changing journey. You'll be accompanied by a Kiwi trip leader who will meet you in Kathmandu and introduce you to your Nepalese team of guides and porters. Throughout your Annapurna Sanctuary Trek, you'll explore deep into the Himalaya, hike up the glacial Modi Khola River gorge, pass through tiny Gurung settlements and into an alpine area that will take your breath away. Arriving at the base camps of Annapurna and Machapuchare (Fish Tail), you'll be rewarded with 360-degree views.



DEPARTURE DATES





BHUTAN - NEPAL

12 DAYS | COMFORT FOCUSED



BHUTAN

9 DAYS | COMFORT FOCUSED

KATHMANDU



KATHMANDU

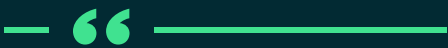
TRIP HIGHLIGHTS

HIKE

- From village to village
- Gangte Nature Trail
- Tiger's Nest

EXPLORE

- The famous kingdoms of Patan & Bhaktapur
- Vistas of the Himalaya
- Changangkha Lhakhang & Chimi Lhakhang Temples
- The National Museum & Rinpung Dzong



Great challenging hiking, beautiful scenery, lots of variety of activities, meals and accommodations. We really got to see and experience what life is like for locals in both Nepal and Bhutan. Dan was a tremendous trip leader with help from local guides he adjusted our itinerary to take advantage of festivals. The small group of 8 travelers was the perfect size and the best group of people we have ever traveled with.



ITINERARY

INQUIRE

KATHMANDU VALLEY & BHUTAN ADVENTURE



Over 12 days, you'll wander the kingdoms of Kathmandu, learn about the ancient cultures of Nepal and experience the intimate spirit of Buddhism in Bhutan. After taking one of the most scenic flights in the world to Bhutan, you'll immediately notice a change in scenery and culture. You'll hike to Tiger's Nest monastery, perched high on the cliffside some 900m (almost 3000ft) off the valley floor, and explore numerous other sacred sites of significance to the Buddhist religion. This trip exploring Nepal and Bhutan is comfort, culture, and incredible scenery unlike anywhere else on earth.



DEPARTURE DATES



BHUTAN ADVENTURE



Explore Bhutan's incredible scenery and culture in comfort. Enjoy gentle hikes through the wilderness, relax in the finest accommodations along the way, and gain a profound understanding of one of the happiest countries in the world.



NEPAL

14 DAYS | HIKING FOCUSED

EVEREST LODGE TO LODGE TREK



On this 14-day trek, you'll hike up Khumbu Valley towards Everest Base Camp with amazing views of Everest and Ama Dablam, while avoiding higher altitudes. Explore fertile valleys, behold stunning views, and meet the beautiful local people.

TRIP HIGHLIGHTS

- Hike Tiger's Nest
- Explore villages & vistas of the Himalaya
- Changangkha Lhakhang & Chimi Lhakhang Temples
- The National Museum & Rinpung Dzong

KATHMANDU → KATHMANDU

ITINERARY

INQUIRE

TRIP HIGHLIGHTS

- Hike in the Everest Region
- Hike to spectacular views of Mt Everest and Ama Dablam
- Explore Kathmandu, Namche Bazaar
- Visit Swayambhunath Temple

KATHMANDU → KATHMANDU

ITINERARY

INQUIRE



Toll Free: 1 844 399 8868 (US & CAN) | 1 800 661 907 (AUS) | 0808 234 7780 (UK) | 0800 234 726 (NZ)
Anywhere else: +64 3 450 0414