

TRAIL RUNNING TOURS **NEPAL**

OCTOBER - NOVEMBER

MARCH - APRIL



Run the **Gosaikunda Pass trails of Nepal** with local guides and accomplished trail runners, Take On Nepal founder Som Tamang, and Ultra Trail Coach Majell Backhausen:

WE GUIDE BY THE 3 PILLARS OF:



EXPLORATION

EDUCATION



SOCIAL RESPONSIBILITY



9 Day Tour

through the **Gosaikunda Pass**

28th Oct - 5th Nov | 31st Mar - 8th Apr

Day 1

Kathmandu Arrival Day (1400m)

Day 2

Drive to Dunche and run to Sing Gompa (High point - 3330m, Distance 6km)

Day 3

Sing Gompa to Gosaikunda (High point - 4470m, Distance 7km)

Day 4

Gosaikunda to Tade Pati (High point - 3690m, Distance 13km)

Day 5

Tade Pati to Sermathang (High point - 2600m, Distance 15km)

Day 6

Sermathang to Batase (High point - 1800m, Distance 18km)

Day 7

Batase Village Exploration & Resting Day (High point - 1800m, Distance Varied)

Day 8

Final Day - Batase village to Kathmandu via Naranthan, (High point - 1400m, Distance 25km)

Day 9

Kathmandu Departure Day (High point - 1400m)

\$1,470
All inclusive

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*See website for itinerary, inclusions and exclusions.





EVEREST BASE CAMP TREK

14 DAY TREK



Our 14 Day Everest Base Camp Trek begins and ends in Kathmandu, and takes in some of the most stunning mountain scenery in the world.

\$1,840
All inclusive

 **TAKE ON
NEPAL**



Have you **DREAMED**
of trekking in the Himalayas?

Do you spend hours each evening searching on Google for that **PERFECT TREK** and the even more perfect trekking company? Are you scared off by the amateur local companies and giant multi-nationals that seem to dominate the **NEPAL** trekking scene online?

Here at Take on Nepal, we try to combine the best of both worlds. We offer a combination of a small, family run business with deep roots in the Nepal mountains, and the Western professionalism that many visitors to Nepal crave. Founded seven years ago by the husband and wife team of Som Tamang (from the Langtang region of Nepal) and Susan Devitt (from Ireland), we offer unsurpassed local knowledge to make your trek a first class experience, as well as the careful and meticulous planning that seems absent from so many Nepali companies.

Operating from our home city of Cairns, Australia, and featuring staff in Australia and Nepal, we build and fashion our treks to meet Western tastes, while at the same time ensuring you see and experience all that Nepal and the Himalayas have to offer.



WOMEN GUIDES

As Take on Nepal has grown, we've begun hiring young women and girls from remote villages — first to work as porters and then as guides, roles that up to now have been seen as exclusively male. For young village girls, early exposure to paid work as porters and the experience of interacting with Western women is an eye opener. It provides them with a glimpse of other possible futures, futures far different from the lives their mothers lived and to the lives they may have thought they were going to live.

See website for itinerary, inclusions and exclusions.

www.TakeOnNepal.com.au

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