

From Peaks to Temples: Your Ultimate Nepal Experience



MALUNG

TREKS & EXPEDITION Pvt. Ltd.

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Nepal

Nepal is a small country in South Asia with India and China as its neighbors. Nepal is home to 8 of the 14 highest peaks in the world, with the Mount Everest (8848m) leading the race. Similarly, it is in Nepal where Lord Gautam Buddha was born and here he began his journey of spreading peace throughout the world. Apart from the inception of Buddhism, Nepal is also known to be a mythical playground of Hindu religion. A great many numbers of cultures are spread across the country; however, the respect and courtesy among them are exemplary.

From the top of the world at Mount Everest (8848m) to the lush jungles of Chitwan and the Tibetan-Buddhist culture in the Upper Mustang Valley to the indigenous Tharu community, Nepal is a genuine fantasy. Trekking, Hiking, Mountaineering, or Adventure Sports, Nepal also allows the number of traveling destinations and variants of travel which can be rather overwhelming. This is where we step in!



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Treks | Tours | Hikes

Family **Adventure**

Mountaineering

HIGHLIGHTS OF NEPAL

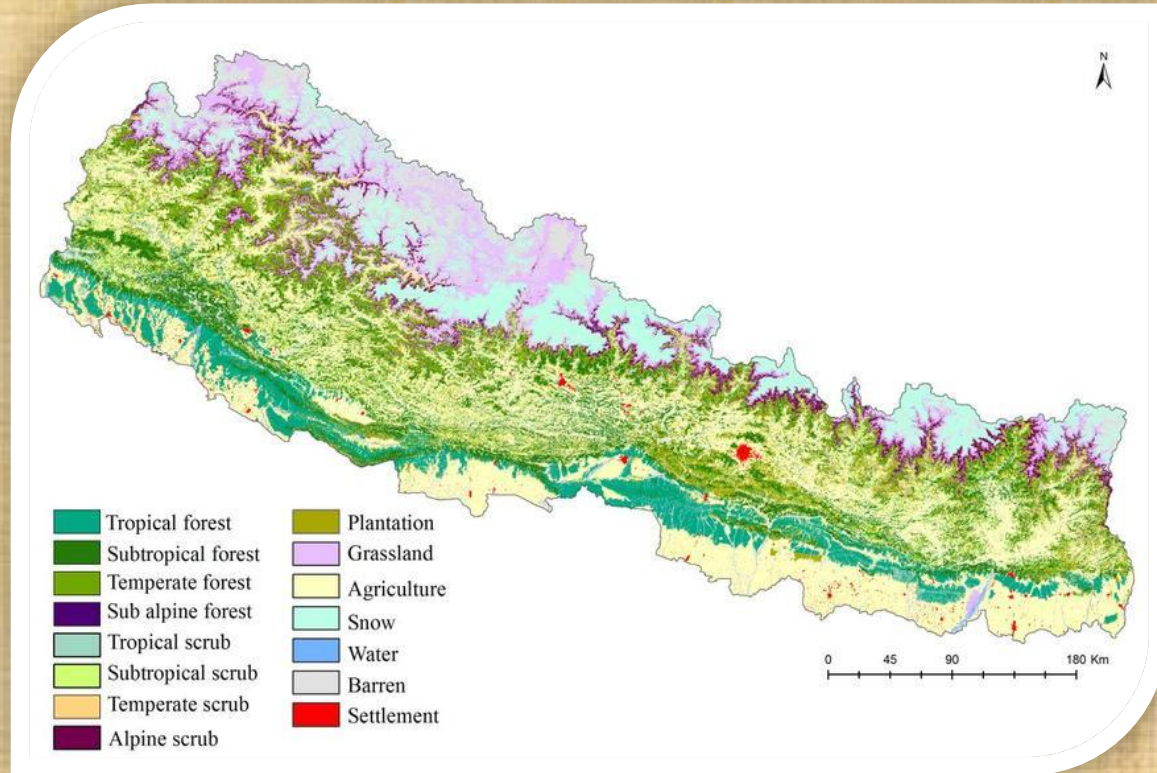
4 UNESCO World Heritage Sites
The Birthplace of Gautama Buddha
The Highest Mountains on Earth
The Deepest Canyons
Diverse National Parks
Traditional Culture
Tons of activities



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Why choose Malung?



Namaste and welcome to Nepal, Malung Treks & Expedition is here for your holiday adventure in Nepal. Taking care of everything we are famous for organizing safe and adventurous trips in Nepal, Bhutan & Tibet

- Years of Experience
- Best Pre-Booking Facility
- Proper network to run the trip smoothly
- Professional team and support staff
- Follow the principle of Customer Satisfaction
- Priority to the Safety & Security of our travelers
- Tried and tested trips as well as New Trails





Everest Base Camp trek

13 days

Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Kathmandu or Ramechhap to Lukla by flight and return same
- ✓ 8. Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip



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The Everest Base Camp trek, a very well known mountain trek, starts at the upper Phakding and follows the Dudh Koshi valley which climbs to the Sherpa capital of Namche, a bustling bazaar that is a stop off for trekkers, the local Sherpa and the expedition route to the mighty Himalaya Mt. Everest.



Gokyo Lake trek

13 days

The Gokyo Lake Trek with Malung Treks & Expedition is a breathtaking journey through the Everest region, offering stunning views of snow-capped peaks, serene glacial lakes, and the iconic Gokyo Ri viewpoint. This trek takes you through traditional Sherpa villages, lush valleys, and rugged mountain landscapes, providing a perfect mix of adventure and cultural experience. Standing at the top of Gokyo Ri, you'll witness panoramic views of Everest, Lhotse, Makalu, and Cho Oyu. With expert guidance from Malung Treks & Expedition, this trek ensures a well-organized and unforgettable Himalayan adventure.



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Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Kathmandu or Ramechhap to Lukla by flight and return same
- ✓ 8. Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip



3 Pass trek With Island Peak Climbing *21 days*

Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local and Island Peak permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Kathmandu or Ramechhap to Lukla by flight and return same
- ✓ 8. Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip

The 3 High Passes Trek with Island Peak Climbing is an ultimate adventure in the Everest region, combining a challenging trek with an exciting peak ascent.

Organized by Malung Treks & Expedition, this journey takes you across the high mountain passes of Kongma La, Cho La, and Renjo La, offering breathtaking views of Everest, Lhotse, and Makalu.

Along the way, you explore the beautiful Gokyo Lakes, Everest Base Camp, and Kala Patthar before attempting the thrilling climb of Island Peak (6,189m). This expedition is perfect for adventure seekers looking to test their endurance while experiencing the best of the Himalayas.



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Annapurna Base Camp trek

12 days

The Annapurna Base Camp Trek with Malung Treks & Expedition is a spectacular journey into the heart of the Annapurna Himalayas. This trek takes you through lush rhododendron forests, charming Gurung villages, and breathtaking mountain landscapes, leading to the majestic Annapurna Base Camp (4,130m). Surrounded by towering peaks like Annapurna I, Machhapuchhre, and Hiunchuli, the base camp offers a truly unforgettable experience. With expert guidance from Malung Treks & Expedition, this trek provides the perfect mix of adventure, culture, and natural beauty, making it one of Nepal's most rewarding trekking experiences.



Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip





Mardi Himal trek *9 days*

The Mardi Himal Trek with Malung Treks & Expedition is a short yet stunning journey in the Annapurna region, offering breathtaking views of Machhapuchhre, Annapurna, and Hiunchuli. This less-crowded trek takes you through dense rhododendron forests, traditional villages, and high ridges, leading to the spectacular Mardi Himal Base Camp (4,500m). With its peaceful trails and dramatic mountain scenery, this trek is perfect for those seeking a quiet and immersive Himalayan adventure. Malung Treks & Expedition ensures a well-organized and memorable experience, making this trek an excellent choice for nature lovers and adventure seekers.

Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip



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Khayar Lake trek

10 days

The Khayar Lake Trek with Malung Treks is a stunning adventure in the Annapurna region, taking you to the sacred Khayar Lake at an altitude of 4,600m. This trek offers breathtaking views of Annapurna South, Machhapuchhre, and Hiunchuli, while passing through lush forests, picturesque villages, and alpine meadows. The serene lake, surrounded by snow-capped peaks, is a perfect spot for reflection and tranquility. Malung Treks ensures a well-organized, unforgettable experience on this lesser-known but beautiful trek.

Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip



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Langtang Valley trek

8 days

The Langtang Valley Trek with Malung Treks & Expedition is a remarkable journey through one of Nepal's most scenic and culturally rich regions. This trek takes you deep into the Langtang National Park, where you'll walk through lush forests, charming Tamang villages, and wide alpine meadows surrounded by snow-capped peaks. Reaching Kyanjin Gumpa, the heart of the valley, you'll experience breathtaking views of Langtang Lirung and other Himalayan giants. With expert guidance and well-planned itineraries, Malung Treks & Expedition ensures an unforgettable adventure, blending natural beauty with an authentic cultural experience.

Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop 4 times
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip



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Langtang Gosaikunda trek

12 days

The Langtang Gosaikunda Trek with Malung Treks & Expedition is a perfect blend of stunning mountain scenery, rich cultural heritage, and sacred high-altitude lakes. This journey takes you through the beautiful Langtang Valley, where you'll explore traditional Tamang villages and breathtaking landscapes before reaching the holy Gosaikunda Lakes. Nestled at an altitude of 4,380m, these glacial lakes are a significant pilgrimage site surrounded by towering peaks. With expert guidance and a well-organized itinerary, Malung Treks & Expedition ensures an unforgettable trekking experience filled with adventure, spirituality, and breathtaking Himalayan views.



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Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip



Manaslu

Circuit trek *16 days*



Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip

The Manaslu Circuit Trek with Malung Treks & Expedition is a thrilling adventure around the world's eighth-highest peak, Mount Manaslu (8,163m). This trek takes you through remote villages, dense forests, and rugged mountain trails, offering a perfect mix of natural beauty and cultural exploration.

Crossing the challenging Larkya La Pass (5,160m) rewards you with breathtaking panoramic views of the surrounding Himalayas. With fewer crowds and untouched landscapes, this trek is ideal for those seeking a raw and authentic Himalayan experience. Malung Treks & Expedition ensures a safe, well-organized, and unforgettable journey through this spectacular region.



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Manaslu Circuit with Tsum Valley trek

19 days

The Manaslu Circuit Trek with Tsum Valley, organized by Malung Treks & Expedition, is a breathtaking journey that combines the remote beauty of the Manaslu region with the hidden gem of Tsum Valley. This trek takes you through traditional Tibetan-influenced villages, lush forests, and dramatic mountain landscapes while offering deep cultural and spiritual experiences. Tsum Valley, known as the "Hidden Valley," is home to ancient monasteries, serene landscapes, and a preserved Buddhist heritage. Crossing the high-altitude Larkya La Pass (5,160m) adds an adventurous challenge with stunning Himalayan views.



Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
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Upper Mustang trek

14 days

The 14-day Upper Mustang Trek with Malung Treks & Expedition is a journey into the ancient kingdom of Lo, a remote and culturally rich region beyond the Himalayas. This trek takes you through dramatic desert-like landscapes, deep canyons, and unique rock formations, offering breathtaking views of Nilgiri, Annapurna, and Dhaulagiri. As you explore centuries-old monasteries, traditional Tibetan villages, and the walled city of Lo Manthang, you'll experience the preserved culture and heritage of Mustang.

Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip



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Pach Pokhari trek *10 days*

The Panch Pokhari Trek with Malung Treks & Expedition is a serene and off-the-beaten-path journey to five sacred glacial lakes in the Himalayas. This trek takes you through untouched forests, traditional villages, and high ridges, offering breathtaking views of Jugal Himal, Langtang, and Ganesh Himal. At an altitude of 4,100m, the Panch Pokhari Lakes are an important pilgrimage site, surrounded by pristine nature and spiritual tranquility. With fewer crowds and a peaceful atmosphere, this trek is perfect for those seeking solitude and adventure.



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Included:

- ✓ National Park entry permit
- ✓ TIMS Card
- ✓ Local permit
- ✓ English speaking trekking guide
- ✓ 1 porter between 2 trekkers 1 porter will carry 15kg 7.5 from each
- ✓ Breakfast, lunch, dinner and tea/coffee during the trekking part
- ✓ Accommodations in teahouse and lodge during the trekking part
- ✓ Transport by private vehicle
- ✓ Insurance for staff
- ✓ Airports pick up and drop
- ✓ First aid kit for your crew's
- ✓ Full body Massage after the trip

Camping trips?

Yes! With Malung Expeditions you can also book unique and adventurous camping trips across Nepal!

- ✓ **Experienced Guides:** Expert guides for a safe and memorable adventure.
- ✓ **Authentic Experience:** Enjoy Nepal's natural beauty in peaceful, remote areas.
- ✓ **Custom Itineraries:** Tailored trips to suit your needs and fitness level.
- ✓ **Cultural Immersion:** Interact with local communities and explore ancient sites.
- ✓ **Top-Quality Gear:** Comfortable, high-quality camping equipment provided.
- ✓ **Eco-Friendly:** Sustainable, responsible tourism practices.
- ✓ **Local Support:** Contribute to the development of rural communities.
- ✓ **Safety Priority:** Well-organized logistics and emergency plans.



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Our Charity Projects

Through our charity programs in partnership with Welcome Home, our sister NGO, we focus on helping rural villages in Nepal, particularly supporting children with disabilities. Our volunteer projects are dedicated to improving the lives of these children by providing resources, education, and healthcare. By working closely with local communities, we aim to create inclusive opportunities that empower children and their families, ensuring they receive the support they need to thrive. Together with Welcome Home, we are making a meaningful impact in these underserved areas of Nepal.



"Check out our latest Reviews"

Fantastic trip thru Upper Mustang

My daughter and I had a fantastic 10 day trip from Kathmandu to Pokhara and then thru the Upper Mustang region with Dorchi and his team in April 2024. Dorchi is a great guy--thoughtful, gives great background and history, and took great care of us. The Upper Mustang region is pretty spectacular and less tourist compared to other regions. We visited many Buddhist temples and various small towns as we trekked through this high desert region surrounded by the Himalayas. I can recommend Dorchi and an his team at Malung Treks more highly--they made for an unforgettable trek that we will always remember. We had an amazing time.



Tom McInerney
United States

Amazing Trek & Guide!!!

My journey to EBC didn't start yesterday, last week, or even last year. It started over 10 years ago when my father trekked to EBC. Since then, it has been a priority to trek there as well. Malung Treks & Expeditions was MAZING in helping me reach this goal. They took care of everything, including that, our guide, Bal Kumar Rai, was FANTASTIC. He was friendly, knowledgeable, kind, and funny, and took great care of us during our trek. He is experienced in all the Nepal regions, which gives him a diverse sense of the expedition you choose. For us, we not only got to trek, but we got local recommendations of things we should do during our trek which became some of the highlights of our time in Nepal. I cannot stress enough how happy we are with Bal, and how he is not only a wonderful guide, but has become a respected friend. We appreciate his help and guidance, and the help of the entire Malung Team in making this expedition memorable and exciting.



Kelli Spencer
Nepal

Another wonderful journey

I traveled four times with Malung treks: Everest base camp + Gokyo, Annapurna, Jiri to Everest base camp and Tsum Valley + Manaslu. The plans for a fifth time are in the making. All is very well organized, professional and with good English-speaking guides. If circumstances ask for improvisation (due to weather conditions or something like that) new plans are made together and I've never been disappointed. Also: no helicopter, friendly people, and a lot of effort is made to provide a beautiful journey in good companionship. Nepal is a wonderful country, but me going for a fifth time also because organizing it is made easy and comfortable by Malung Treks.



Barbara van der Does
Nepal

Amazing Trek to Langtang valley

I and my friends have been trekking with Prakash to the Langtang Valley for 6 days in total. It was an incredible experience, we had the best guide ever and I can recommend it 100% to everyone who loves to trek. Prakash is such a nice person and the organization Malung Treks was perfect.



Amelie Frankfurt, Germany
Nepal



Booking made Easy



The image displays the Malung website's booking form across three devices: a laptop, a tablet, and a smartphone. The form is titled 'Personal details' and includes the following fields:

- Personal details:**
 - First name* (First name)
 - Middle name (Middle name)
 - Last name* (Last name)
 - Country* (-Select Country-)
 - Address
 - Email* (Email)
 - Contact no.* (Contact no.)
 - Gender (Gender)
 - Date of birth (Date of birth)
- Trip details:**
 - Passport no. (Passport no.)
 - Place of issue (Place of issue)
 - Issue date (Issue date)
 - Expiry date (Expiry date)
 - Departure date (departure date)
 - Return date (return date)

Additional information shown on the laptop screen includes: MALUNG TREKS & EXPEDITION Pvt. Ltd., DESTINATIONS NEPAL TREK BLOGS ABOUT US CONTACT US, Talk to an expert +977-985303529, Ghorepani, Poon Hill Trek 7 Days, and USD 900 per person.

Whether you are using your laptop, mobile or tablet booking with Malung has never been easier! Select your preferred trip via our website malungholiday.com and simply click Book Now to start our booking process

Select now also our new option to Customize your trip. Make adjustments to ready made trips or design your own trip with us for the ultimate adventure!



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Hope to see you soon!

Malung Treks & Expedition Pvt. Ltd.

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