



**BREAK TO THE
BORDER**



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This quest takes you far away from the Capital, Kathmandu, and to a little paradise by the Bhoté Kosi river amidst beautiful terraced slopes. The area is not just stunning in natural beauty; it's also home to some of the most insane and radical adrenaline sports in Nepal!

Read on to discover the adventure that awaits you!



INTRODUCTION

Let us set the scene... You take off from Kathmandu in the early hours of a Thursday morning. You are bleary-eyed but excited at what awaits you. At this stage you can only imagine. Four hours after leaving the U.A.E. you land in Kathmandu. The contrast could not be more different. As you step out of the terminal all you see is apparent chaos. People everywhere, police and army personnel maintaining organisation (don't worry, they are actually very nice). The sights and smells are overwhelming at first and the nerves start to rise!

But then, out of the throng comes your saviour! Nima Lama, our Head of Operations in Nepal, arrives holding a Mountain Quests board and sporting an equally impressive grin. Nima is your man and our man in Kathmandu... Let the adventure begin....



THE ITINERARY



DAY 01 - Arrival in Kathmandu, Drive to the Last Resort

You leave the U.A.E. in the morning so that you can arrive in Kathmandu by lunch (we can advise on the various airlines offering flights). When you land you will be picked up by Nima Lama, our head of operations in Kathmandu, and you will immediately be taken by car out of the city. You will quickly leave the urban world behind and drive deep into the foothills of the Himalaya. After a 3-hour journey you will arrive at a small village. You are, in fact, only a few kilometres from Tibet, at a place called the Last Resort. You will stay here for 2 days. It's time to go in, grab a drink and some food and get some sleep in your safari-themed tent rooms.

DAY 02 - Activities Day 1 (Abseiling/Bungee/Canyon Swing)

You wake up bright and early to start the festivities. After breakfast you'll be led by your canyoning leader to gear up with your wetsuit and harness, ready to work your way down a stream and waterfalls, some as long as 20 meters. What better way to start the day then by being bathed with the fresh and crisp Himalayan water as you work your way down the waterfall! After returning to the resort to dry off and have lunch, we are escorted to the suspension bridge that links the resort to the rest of civilization yet for a very different reason; to JUMP or SWING OFF IT!!



At this point, you're trying to calm your nerves and keep your hands steady as you see the person in-front of you disappear below the bridge! The choice is yours; Drop straight down in free fall, or swing out at 160km/h towards the canyon ahead! After you've found your voice again, you can spend the rest of the day chilling out in the resort's plunge pool, reading a book in a hammock or even exploring the area! You've deserved it!

DAY 03 - Activities Day 2 (White Water Rafting)

Your final day in paradise! Another early start – and today you are going to be heading straight down the river you saw every day before now, in a boat. It's white water rafting time on the spectacular Bhoté Kosi River. The rapids come thick and fast and you'll be in a battle against the raging river. After this incredible journey you'll have lunch. You finish the day by heading back to Kathmandu. Back in the city you can go out for the night to explore your surroundings.

DAY 04 - In Kathmandu

Mountain Quests will have arranged an early morning city tour for you today. Kathmandu is home to 7 World Heritage Sites. We will guide you through the maze of streets, to see such wonders as Bauddha Stupa, Syambunath, Kopan Monastery, Kathmandu Durbar Square and Pashupatinath Temple.



There is so much to see here you won't get bored.

Alternatively the day is yours to explore this wonderful medieval city for yourself.

Either way, in the evening we'll get you to the airport and send you on your way back home. It's been an absolute pleasure!





WHAT TO EXPECT



Food - Food will be prepared at the venue and will be international in nature. Pastas, potatoes, meat and vegetables. Breakfasts will include eggs in different ways, cereals, teas and coffees. The food and drinks will be clean and well prepared, giving us all the energy we'll need for our trip.

Accommodation - In Kathmandu we'll be in a well-run, clean hotel, with en-suite bathrooms, in-room TVs, 24 hour hot water and power and laundry facilities. Rooms will be on a twin-share basis. In the mountains we will be staying in very well maintained permanent tents, with beds, power, lamps and bedside tables. You won't be slumming it!

Gear - We will provide all participants with a full kit list that is provided at the end of this document. This is a highly recommended list of important items that will make your journey with us comfortable, as well as safe. Please refer to the list for full details.



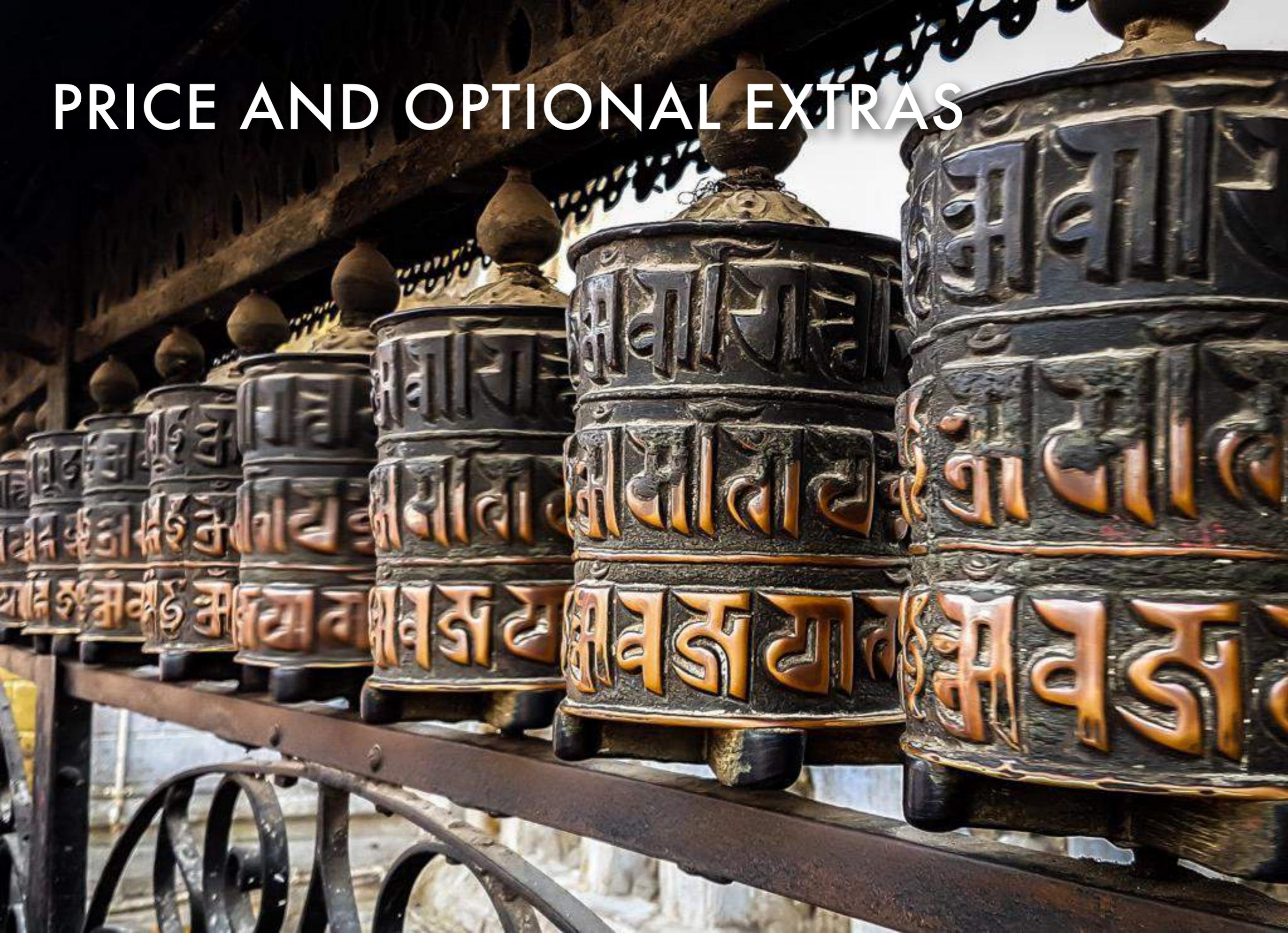
INCLUSIONS

- Accommodations in Kathmandu
- All domestic transportation
- All meals and accommodation outside of Kathmandu
- Full-qualified guide
- All adventure activities

EXCLUSIONS

- International flights to and from Kathmandu
- Meals in Kathmandu (allow USD 10-15 per meal)
- Carbonated and alcoholic drinks / snacks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Travel and medical Insurance (covering rescues)
- Rescue and early departure from the trek
- Personal gear

PRICE AND OPTIONAL EXTRAS





Price - The price for the whole adventure discussed so far comes to:

2,995 AED per person

Single Supplement - 390 AED

Please contact us at info@mountainquests.com or at

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www.mountainquests.com



MOUNTAIN QUESTS

ABOUT MOUNTAIN QUESTS

Based on the philosophy of 'Live, Don't Exist', Mountain Quests was set up in April, 2011 by Matt Farr whose passion for mountain climbing led him to Nepal on a regular basis to conquer the majestic peaks of the Himalayas. After years of successfully putting his climbing skills to the test all over the world, including a two week adventure in the Alps climbing seven mountains in 12 days, Mountain Quests was born.

With offices in both Dubai in the United Arab Emirates and Kathmandu in Nepal, Mountain Quests is in full control of its operations, logistics, safety and security to offer clients options of both tailor-made trips and pre-arranged itineraries.

The essence of every trip is a culturally rich and diverse travel experience that will appeal to people seeking a unique adventure or looking to push physical and emotional boundaries.

The types of trip vary to accommodate different abilities and include hiking, trekking, expeditions, mountain biking as well as extreme pursuits including survival trips and adventure sports such as bungee jumping and paragliding. The core destination of Nepal make up the portfolio with the addition of Northern India planned towards the end of 2014.