

## **THE BEST VALUE DESTINATION NO ONE THINKS OF!**

When you're looking for a great value travel destination, chances are you won't have considered Nepal... but maybe you should.

That's the view of worldwide adventure specialist World Expeditions, whose UK manager Brad Atwal says that when it comes to value for money, Nepal's unique experiences and low costs are an unbeatable combination.

"Nepal is much more affordable than many people think – from just £62 per day on our trips – and for that you get to experience the most spectacular mountain range on earth, and some of the world's most remote, fascinating communities too," Atwal said.

Home to eight of the world's highest mountains, the Nepalese Himalaya remains the world's most majestic natural barrier, with an array of wildlife to be spotted amongst its pristine wilderness and the hospitality of the Buddhist villages and monasteries of the Sherpa people waiting to be enjoyed.

Or take a walk in the backstreets of the vibrant city of Kathmandu: home to Kumari, the world's only living goddess, the capital's cultural and artistic heritage reveals itself in hidden temples and courtyards full of drying chillies and rice.

You do not need to be a mountaineer or even a regular trekker to sample these attractions - you just need to be reasonably healthy with a moderately active lifestyle.

World Expeditions has over 40 diverse Nepal itineraries, offering an exciting variety and amazing value – including all meals whilst trekking, transport within Nepal, accommodation, site entrance fees, a souvenir expedition kit bag and all camping equipment (a sleeping bag, inner sheet, insulated sleeping mat and down jacket are all provided). The company's all-inclusive policy ensures that there are no local payments.

Prices start from just £62 per person per day:

- *Everest Circuit*, 25 days: £1,550 – or £62 per day
- *Best of Nepal*, 27 days: £1,750 – or £64.80 per day
- *Everest High Passes*, 25 days: £1,650 – or £66 per day
- *Nepal to Everest Base Camp*, 20 days: £1,370 - or £68.50 per day
- *Himalayan Traverse*, 24 days: £1,850 – or £77.10 per day
- *Sherpa Everest*, 15 days: £1,195 – or £79.70 per day
- *Nepal Family Adventure*, 12 days: £1,050/£930 – or £87.50/£77.50 per day  
(adult/child prices respectively)

As with all World Expeditions trips, Nepal itineraries are accompanied by first-aid trained expert leaders as guides, while travel is in groups of no more than 16 to ensure minimum impact on the landscapes and local communities.

“With so much said and written about the economic climate it’s tempting to look close to home for travel experiences at the moment,” said Atwal.

“But pound-for-pound if you’re looking for the best value it’s hard to think of a better destination than Nepal.”

The trekking season in Nepal starts in September and ends around mid-April. Prices quoted do not include international flights, however these can be arranged on request.

For bookings please call 0800 0744 135 or visit [www.worldexpeditions.co.uk](http://www.worldexpeditions.co.uk)

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**Notes for editors:**

- Since its inception in 1975, World Expeditions has earned itself an outstanding reputation as a world leader in small group trekking and adventure holidays.
- Two factors distinguish World Expeditions from its competitors: the **all-inclusive value** of its trips, with most meals, internal transport, accommodation, equipment and site entrance fees covered; and its **expert leaders**, often world-renowned

figures whose experience and passion for destinations and local communities ensure superbly-designed, fulfilling travel itineraries every time.

- World Expeditions trips are for those travellers who want to discover destinations from the inside - taking the 'paths less travelled' to interact with and learn about local cultures, rather than simply ticking off tourism spots. More than 500 stand-alone itineraries are offered, from small group active adventures and expeditions to cycling and walking tours to cultural journeys.