



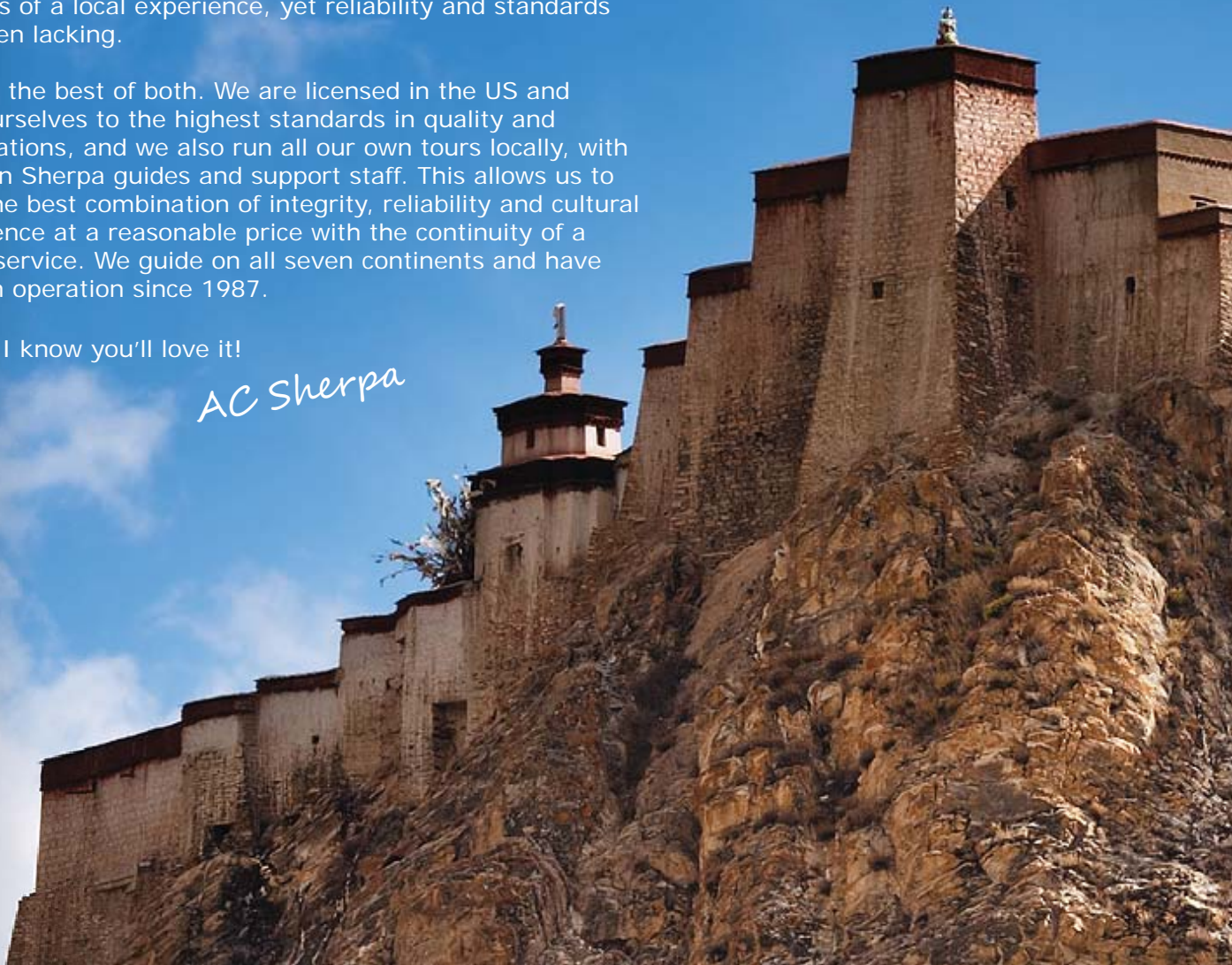
Journeys of Imagination
www.InternationalSherpaGuides.com

We realize that you have many choices when selecting a guiding company and we believe we have the perfect combination of local and international experience to give you the best adventure. While most US companies are reliable and insured, as US regulations require, they are often very expensive and lack the local knowledge of Asian companies. Asian companies have a more affordable price and offer the benefits of a local experience, yet reliability and standards are often lacking.

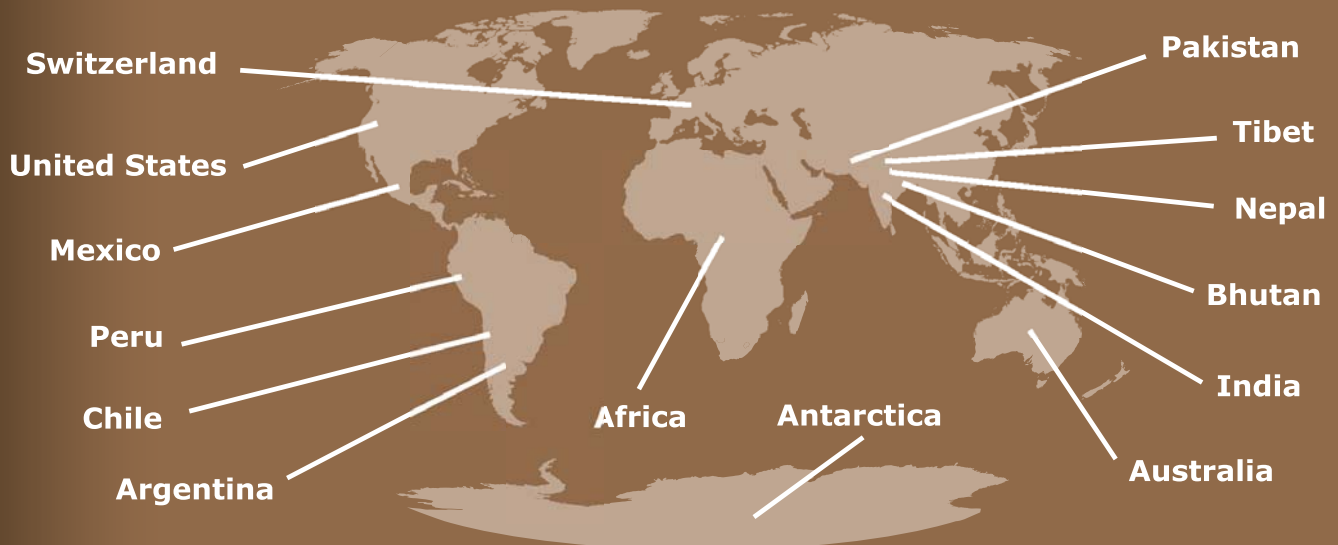
We are the best of both. We are licensed in the US and hold ourselves to the highest standards in quality and expectations, and we also run all our own tours locally, with our own Sherpa guides and support staff. This allows us to offer the best combination of integrity, reliability and cultural experience at a reasonable price with the continuity of a single service. We guide on all seven continents and have been in operation since 1987.

I know you'll love it!

AC Sherpa



Our Areas of Operation

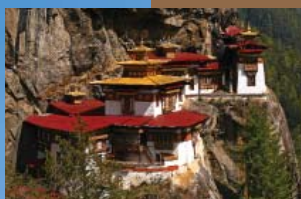




Nepal 4-7



Tibet 10-13



Bhutan 14-15



India 16-17



Pakistan 20-21



North America 22-23



7 Summits Expedition 24-25



Other Adventures 26-29



Foundation-Get Involved 30

Our Mission

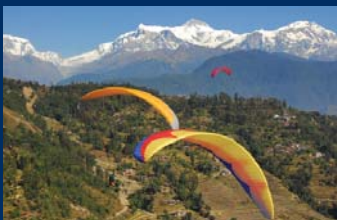
International Sherpa Guides strives to provide the safest experience possible. We are committed to developing safe, self-reliant and environmentally-conscious travelers and offering treks and expeditions of unsurpassed quality throughout the world. Our business practices stress culturally aware and ethical travel.

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NEPAL

Treks – Jungle Safaris – River Rafting – Parasailing - Mountaineering

Nepal is one of the most diverse and fascinating countries in the world. Although it is only 147,181 sq.km, (about the same size and shape as the state of Tennessee) Nepal encompasses the world's highest mountains, deepest valleys and tropical nature reserves. Besides stunning landscape, flora and fauna, you will have the chance to immerse yourself in the many cultures of Nepal through our selection of programs. We offer a variety of adventures in Nepal including river rafting, jungle safaris, parasailing, mountaineering and trekking. Listed here are the most popular programs. For more info or other trekking and mountaineering options, please visit our website: InternationalSherpaGuides.com.



Nepal Summit Expeditions

Mt Everest (8,848 M – 60 days)

Everest remains one of the worlds most mysterious, captivating and magnificent peaks. Silhouetted against the shared sky of Nepal and Tibet, this mountain has many names: Chomolungma, Sagarmatha, Qomolungma or Mt Everest. By any name, its mystique is undeniable. The ultimate climb to the Top of the World awaits you on this expedition. Our seasoned Sherpa guides will make this the journey of a lifetime for you!

Mt Lhotse (8,516 M – 40 days)

Lhotse, which means 'south peaks' is part of the Everest massif, though it is considered an independent mountain. First climbed by F. Luchsinger & E. Reiss in 1956. An impressive ring of three peaks make up the Lhotse massif: Lhotse East or Middle, Lhotse & Lhotse Shar. The south face of Lhotse is one of the largest mountain faces in the world. We attempt to climb the normal route to the tallest peak of the Lhotse massif.

Mt Makalu (8,463 M – 40 days)

This mountain is an impressive mass of red granite. The Great Black One, so called due to its dark brooding appearance, is considered a massif with a future. Makalu lies in the north east region of Nepal and is a close neighbor to Mount Everest. Despite it being the fifth tallest mountain in the world, it is still virtually new to climbers. It was first climbed by a French Team led by Jean Franco in 1955.

Mt Imjatse (Island Peak 6,200 M - 24 days)

Our unique itinerary takes you into the high valleys of the Khumbu region, providing magnificent views of the awesome Khumbu peaks as you acclimatize for the trekking and mountaineering ahead. This adventure will give you the opportunity to conquer Imjatse Peak (6,200m). This Himalayan mountain summit may well be within the capabilities of any fit and determined hill walker but it can be demanding and requires some basic climbing experience. The best combination of trekking and accessible summit adventure is here!

(Left: A.C Sherpa between Everest Camp 1 and Camp 2. Below: Ghandrung Village)





(Above: Boudhanath Stupa, Kathmandu)

Nepal Trekking Tours

Dolpo-Mustang (27 days)

Dolpo is located inside the Shey Phoksumdo National Park of western Nepal, behind the north side of the Dhaulagiri massif towards the Tibetan Plateau. Cut off by a series of very high passes and closed by snow most of the year, Dolpo remains truly an isolated corner of Nepal. Time has stood still here for centuries, as have the inhabitants' ways. The finely-preserved ecosystem encompasses a wonderful variety of plants and wildlife, including blue sheep and snow leopards. A trek through Dolpo to Mustang is an experience not easily forgotten.

Churen Himal (19 days)

This trek takes you off the beaten track inside a region where very few foreigners have travelled. An unspoiled path leads you through local bazaars, traditional village lifestyle and local agriculture. We trek toward the Churen Himal en route to its base camp in the Dhaulagiri Range. Views are breathtaking along our route, which passes through scenic Magar villages, near the Dhorpatan Range. This area is home to blue sheep, rhesus macaque, Himalayan black bear, quail, several variety of local deer and even the elusive snow leopard. The wildlife conservation in this area makes it a wonderful destination for both the trekkers and wildlife enthusiasts.

Round Annapurna (Annapurna Circuit) (23 days)

The trek around the Annapurna massif is one of the finest in the Himalaya! The sheer diversity of the mountain scenery, the exhilaration of crossing a high mountain pass, and the unsurpassed views of the Annapurna, Dhaulagiri and Manaslu ranges are the main highlights of this dazzling trek. Views along this path are famous and sure to earn you some lifetime memories! We acclimatize at the important trading village of Manang (3,351 m), before crossing Thorong Pass (5,380 m). You'll be surrounded by snowy peaks, while far below lies the subtropical Kali Gandaki Gorge. The beautiful town of Pokhara is the casting-off point for this mountain-filled adventure.

Manaslu Circuit (23 days)

Walk along the Great Himalaya Trail! This trek was officially opened to tourists in 1991, but mountaineering expeditions have long had access to the area. If you are seeking a lesser-traveled area, dive into the local flavor and culture here. Trek into the Budhi Gandaki Gorge and river. You'll be flanked by glaciers as you venture into the Himalayas toward Manaslu (8,156 m), the 8th highest mountain in the world. You'll find beautiful vistas with sunrise and sunset on the Himalayan peaks all around you.

Langtang - Ganja La Pass (21 days)

Get ready for a mountaineering adventure across the Ganjala La Pass. This is one of the most challenging passes in Nepal. It is situated at an altitude of 5,160 m. Our version of this trek takes you south from the village of Langtang which lies at 3,500 m where the Langtang National Park headquarters is located. The route from Gyang in Helambu, requires crossing the 5,106m Ganja La Pass. The pass is often blocked by snow, so local inquiries about its condition, good equipment, and mountaineering experience are necessary for safe crossing.

Pikey Peak Trek-The best of Solu! (10 days)

A great introduction to Nepal trekking and cultural adventure awaits you with Pikey Peak! This 4,114 m trek entwines with Chyabe Peak. The name Pikey comes from the two titles of the Sherpas. The month of July is a time of great celebration as the locals worship their home deity, the Chyabo Pikey Lhapchen Karbu in celebrations. This is a perfect trek for people on a tight schedule who still want to experience the landscape, mountains and cultures of rural Nepal.

Everest Base Camp (18 days)

The famous Everest Highway is a path that most trekkers dream about. Here is your chance to make it a reality. You'll have the opportunity to encounter colorful festivals, the Sherpa people and their culture, and panoramic views of the five highest mountains along the way. Beginning in Lukla, hike through the famous land of the Sherpas, enjoying the eastern Himalayan landscape and Sherpa villages. We'll gain over 7,000 ft of elevation along the trek. Special points of interest include Namche Bazaar, Tengboche Monastery and the Everest Memorial at Thokla Pass.

Kanchenjunga Base Camp (28 days)

Immerse yourself in the landscape en route to the base camp of the 3rd highest mountain in the world. Of all the world's great peaks, Kanchenjunga is perhaps the least known. At 8,598 m it sits on the far east side of Nepal on the Sikkim border only a few miles from Tibet. This region was opened to trekkers in 1988, though people have trekked in the area in connection with mountaineering expeditions since the turn of the century. Kanchenjunga is a long way from Kathmandu and the nearest road and airports are a long distance from the trekking paths. This results in a longer journey and more time to enjoy the trek and culture along the way.

*(Below: Girl in Taping, Nepal
Right: Falls on the way to Everest base camp)*





Connections Abroad & How We Operate

All of our expeditions and treks employ local climbers, porters and/or guides. These local outfitters are carefully reviewed, not only for their expertise in the regions nearest them, but as long term partners with The American Alpine Institute. We send our own guide on each expedition, as well as local guides since they are an excellent resource to understanding the climbing, trekking and culture in each of the areas we visit. Many of these local guides have been with us since inception. We believe long-term relationships help foster environmentally sound, high quality expeditions.



(Above: Potala Palace in Tibet)

Individual Attention

Whether climbing with us to the summit of Everest, going on safari, or river rafting, we provide personal attention, and prompt, courteous interaction. This is important to us. Gear, locations, fitness levels and host-country knowledge are crucial elements in preparing for a trip and we treat every correspondence with utmost care and consideration. We have always felt that personal attention is an integral part of creating team-oriented expeditions. We understand that being a premier mountaineering, tour and trek company is not only about offering quality services, but also about helping each individual achieve their personal goals.

TIBET

A visit to Tibet brings you to the highest mountain range in the world and to the heart of Tibetan Buddhist culture. High-trekking opportunities, amazing monasteries and immersion in Tibetan culture await you. Enjoy long winding rivers, ancient ruins, palaces and monasteries of magnificent splendor.



Tibet Summit Expeditions

Everest North Face Summit (8,848 M – 60 day summit expedition)

Mt Everest in Tibet straddles the east section of the Nepal/Tibet border, with its northern side lying in Tingri Country. Before 1949 all approaches had to be made from Tibet as Nepal was closed. Once the latter opened its doors, those of the former were shut. It was only in 1980 that Tibet was reopened for expeditions and with that, a whole new world of exciting opportunities unfolded. Since the earliest Himalayan expeditions, the North Ridge has represented staggering achievement. The route is complex and difficult. The summit day is long and tiring but the allure of climbing Everest from the Tibet side is always magical. Base camp is established at Rongbuk Glacier at 5,180 m though the real climbing starts at Camp 1 at an elevation of 7,000 m.

Cho Oyu Summit (8,201 M – 36 days)

An expedition to the 6th highest mountain in the world takes you high above the Tibetan plains on the Nepal - Tibet border, and is an ideal choice for mountaineers ready to test themselves on the eight thousanders. Cho Oyo is a holy mountain to the locals. On a good day the view from the summit plateau is breathtaking. In a sweep you take in the entire panorama of Everest, Lhotse, Nuptse, Chamlang, Ama Dablam and other peaks of the Khumbu region of Nepal. This massif is arguably the most technically straightforward, accessible and safe to climb. We enter Tibet via Zhangmu and then drive to Old Tingri, from where the trekking begins.

Shisapangma Summit (8,046 M – 36 day expedition)

Reinhold Messner called it "an exquisite apparition". Indeed it is, emerging out of the earth-brown Tibetan plateau, a solitary snow goddess. Located in central Himalayas, this 8,000 m peak lies totally within Tibet. To the east lies Mt Molamenchen, to the west Mt Xifeng and Mt Nandengri, and to the northwest Mt Kangbochen.

There are three distinct climbing routes on the southwest face with several other logical possibilities on the west ridge and east face. Our route picks up from Nyalam, 33km from the Nepal-Tibet border, up to the Chinese base camp at an altitude of about 5,000 m-5,400 m.

(Left: Potala Palace in Lhasa.)



(Above: Prayer flags outside one of the many monasteries)

Tibet Trekking Tours

Simikot - Kailash - Lhasa (30 days)

"There are countless beautiful landscapes in the Himalayas, in the Trans-Himalaya and in the areas of high Asia. Yet the view from Gosul Gompa across the lake and the surrounding mountains surpasses everything I have seen," wrote Sven Hedin in "Trans Himalaya" (1909). We begin a month-long sampling of this area in Kathmandu and fly to Simikot (2,910 m) in West Nepal. Savor the views through a magnificent mountain area, past villages of the Thakuri, along small rivers and across Nara Lagna Pass. From the 4,580 m high pass you'll be enchanted by the view of the vast Tibetan Plateau. Continue on to the village of Sher on the Tibetan side, where we catch transport to Taklakot. Geographically we are directly south of Kailash which Hindus and Buddhists view as the "center of the world." We will pass Lake Mansarowar on our way to this holy mountain, setting camp along the way in order to take in this amazing land.

Namcha - Barwa Trek (27 days)

Botanists have long considered the Namcha Barwa area as one of the most spectacular in the world. Britain's renowned flower hunters explored here in the early 20th century. Tsethang, at the junction of the Yarlung and Tsangpo rivers, dominates the valleys. It is the usual starting point for pilgrimages to the many holy sites in the area. The Yumbulhakhang is the first castle erected in Tibet in the 2nd century B.C.

Holy Kailash Trek (22 days)

Those on a tight schedule can still enjoy the holy trek to Mt Kailash. We set off on the shortest and the most direct approach to Mt. Kailash and Mansarovar, best suited for those on pilgrimage or for those whose time is limited. We drive via Khasa (Zhangmu) through the southern route to Mt. Kailash and Lake Mansarovar and return via the same route back to Kathmandu.



(Above: Prayer flags in front of Mt Kailash)

Khangsung Valley (21 days)

This region is one of the most remote trekking destinations in central Tibet. The round trip walk of 8 days to the Makalu Base Camp begins at Yuba. First, a few days of sightseeing in Lhasa includes the Potala Palace, Jokhang, Sera and Drepung Monasteries. We spend an entire day at Ganden Monastery. In Gyantse and Shigatse, we will visit the Khumbum Monastery, the former seat of the Panchen Lamas. On the 8th day, we begin our trekking toward east Everest Base Camp, the Kangshung Valley.

The Kangshung Valley is overtaken with the summer monsoon. The snow that accumulates daily on the peaks start rumbling around noon and continues to fall throughout the night in many cases. The reward is an amazing array of cultural experiences along this far removed trek. We retrace to Yuba via the Langma La Pass and the Kharta river. From Yuba we drive to Zhangmu, and the Tibetan border into Nepal.

Lhamo Lhatso Lake (21 days)

Majestic temples, palaces and fortresses are built into the rock here. Broad stairs lead up to the residence of the Tibetan god kings. The ancient city of Jokhang reveals its treasures. Buddhist prayer flags fly in the wind and juniper

appeases the gods. Tibetan pilgrims will cross your path through Jokhang, praying as they go. A marvelous cultural journey.

Nepal - Tibet Highlight (14 days)

This fantastic but shorter journey gives you a taste of culture and landscapes of both Nepal and Tibet. Begin in Nepal where colorful local markets and magnificent ancient royal palaces, and Hindu temples and shrines adorned with rich wood carvings, combine with Buddhist stupas with their white cupolas and the all-seeing eyes of Buddha.

After engagement in Kathmandu, enjoy a breathtaking flight over the Himalayas to Tibet. The first days of sightseeing will acquaint you with the people and their culture and allow time for your acclimatization. Near Tsetang (3,400m) visit a castle built for the first kings of Tibet.

Winter Tibet Explores (12 days)

For those of you who want a taste of Tibet in a short time, this is the perfect tour. After arrival in Kathmandu, we will do a short sightseeing trip of culture and history. Next day we fly straight to Lhasa over the Himalayas. Get your cameras ready as this is one of the most magnificent flights in the world. Sightseeing around Lhasa, Gyantse, Xigatse and Xegar are the main highlights. We then drive back to the Nepal border via Zhangmu.



(Above: Tibetan Monastery
Right: Lush green valley on the way to Tibet)



BHUTAN

Often revered as the “Land of the Peaceful Dragon,” Bhutan is regarded as a last Shangri-La in the Himalayan region because of its remoteness, its spectacular mountain terrain, varied flora and fauna and its unique ancient Buddhist monasteries. Bhutan’s isolation has resulted in its culture and tradition remaining much the same for many hundreds of years. The Bhutanese government limits tourists to manage the impact of international travel on the country. As a result, naturally one has a pleasant sensation of breaking fresh ground on treks in Bhutan.





Lunana Snowman Trek (26 days)

This journey is for the seasoned trekker who wants to delve into the old traditional lifestyle of the Bhutaneese. The snowman trek is considered to be the most challenging trek and provides an in-depth look at not only the unspoiled culture of the mountain people living in harmony with nature and gods, but also grand views of the mountains and valleys of the Himalayan region as well.

Laya/Ghasa Trek (16 days)

See the amazing sights along an ancient caravan route to Tibet through the Seo Valley. Trek the Paro Chu and deep into the shadows of Mt Chomolhari 7,314m, Mt Jitchu Drake 7,000 m, over Nele La Pass 4,250 m into Lingshi Valley. The many lakes in Seo Valley are brimming with fish. Lingshi is a picturesque remnant of a once mighty border fortress.

Chomolhari Trek (12 days)

The Chomolhari trek follows the crystal clear upstream trail of Para Chu along lush rhododendron-canopied forests and green alpine meadows that are certain to engage the naturalist in you. We'll encounter Mt Chomolhari, one of the most beautiful peaks in

the Eastern Himalayas. It stands at (7,314 m) and is surrounded by old frontier forts and yak pastures in its foothills; a rewarding vista for the determined trekker.

Duer Hot Spring Trek (11 days)

The sacred valley of Bumthang is a fascinating experience. The picturesque drive takes you through regions of abundant flora and fauna, perfect for the birdwatcher or nature lover. Along the way we'll encounter several magnificent mountain passes and places of great historical importance. In Tsachu we relax in the hot spring.

Druk Path Tour (10 days)

This exciting itinerary is a blend of trekking and cultural elements that give the visitor a deep insight into the country. This tour consists of spectacular drive via the Dochula Pass, ancient monasteries, gompas and beautiful green valleys.

Bhutan Culture Tour (8 days)

This is a great selection as an introductory Western Bhutan Culture tour. We cover stunning and beautiful alpine valleys, steep mountain slopes, terraced pastures and a scattering of Buddhist temples. The highlight of this tour is a visit to Simtokha Dzong within the tiny capital township of Thimpu. There, the Taktsang Monastery is built into a 3,000 ft-high rock face.

*(Left: Dancing monk at Bhutan festival
Above: Taktsang Monastery)*

INDIA

Tours in the Himalayan areas of India include Sikkim and Darjeeling in the northeast of India, and Ladakh in the northwest. Sikkim is flanked by Nepal, Tibet and Bhutan, offering a great combination of cultural experiences and access to Kanchenjunga – the world's third highest mountain. Ladakh's prominence includes the ancient Silk Road at a crossroads that connects Tibet to Central Asia. Parts of this area were only opened to tourists in 1995.



Sikkim and Darjeeling- Northeast India

Darjeeling Short Sandakphu Trek (6 days)

This tour covers a lot of ground in few days, optimizing a trek through this area for those on a tight schedule. After a jeep ride, we begin the hike at Tonglu (3,070 m) which provides a breathtaking view of the mountains and Mt. Kanchenjunga. In the six trekking days, we'll cover more than 50 km of trail. We'll pass through Gairibass en route to Kalpokhri, then Bikhaybhangyang (3,108 m), to Sandakphu (3,636 m) which is the most challenging in terms of steepness.

Kanchenjunga Trek (16 days)

From Calcutta, fly to Bagdogra where the beautiful 3-hour drive to Darjeeling begins. Pass lush forests, tea estates, and pleasant hillside towns along the route of the famous Toy Train. Overnight at Tenzing's Ghang La Home, which was founded by the late Tenzing Norgay. Enjoy Tibetan and Sherpa food and hospitality.

Dzongri Trek (19 Days)

Sikkim is a mountainous kingdom, well-known for providing stunning views of Kanchenjunga (8,598 m), the world's third highest mountain. It is also a land rich in flora and fauna and has a diverse ethnic mix with rich cultural traditions. The people are predominantly Buddhist and there are many active monasteries where traditional and ancient rituals are practiced in an atmosphere of peace and serenity.

North Sikkim Trek (23 days)

The North Sikkim Trek is a high-altitude trek with the trail leading through mostly alpine vegetation consisting of beautiful alpine flowers and plants of medicinal value. There are no villages, lodges or trekkers' huts along the trails; it is purely a camping trek. In some places temporary bridges have to be built across rivers as there are no permanent bridges along this route. This trek offers a very close and majestic view of Mt Kanchenjunga.

(Left: Women picking tea leaves in Darjeeling)

Ladakh – Northwest India

Ladakh Highlight Trek (13 days)

This journey will take us on the ancient Silk Road, through the Ladakh and the Nubra valleys, the crossroads for commercial activities between India, Tibet and Central Asia. Passing through the ancient kingdom of Sham, discover the Ladakhi monasteries and the wonderful sites surrounding them: Shey, Thiksey, Hemis, Spitok, Phyang, Lamayuru and Alchi. The Numbra valley was an important stage for caravans following the Silk Road. This is where they exchanged mules for the famous Bactrian Camels.

Zaskar Valley Trek (18 days)

North of the Great Himalayan range lies a rugged and captivating land. The kingdom of Zaskar, once an independent state, is surrounded by the Indus Valley and the main crest of the Indian Himalayas, making it a remote and inaccessible setting. Snowy mountain passes guard it on all sides, leaving an archaic form of Tibetan Buddhism to flourish with a group of distant monasteries, and well-fortified locations in isolated valleys. Lovely high meadow camp sites and dry desert land, high passes and snow-capped peaks stunning scenery turn a trek in this area into an unforgettable experience.

Spiti Trek (23 days)

Changthang is a land of wilderness and magnificent landscapes. High arid plains, remote villages, snowy mountains and blue lakes characterize this region. Truly remote, this area is only accessible for a few months every summer. The nomadic yak and pashmina goat herders called Changpas are of Tibetan origin. Here we'll find unique and remote human culture. Continuing to Spiti, along the lake, the scenery is wild and vast with snow-capped peaks lining the horizon. The trek ends at Tabo, famous for its monastery.

Ladakh/Dharamsala Trek (18 days)

On this tour, discover the Ladakh and the Nubra valleys, linked together by the highest motorable roads in the world, passing over the Khardong La pass at a height of 5,400 m. In Ladakh, we will visit the ancient kingdom of Sham, and Ladakhi monasteries along with the surrounding sights. Lying approximately 400m lower than Leh, Nubra sports a much milder climate. We will continue our journey south, through wild landscapes and high passes (2 above 5,000 m) towards Dharamsala.



Take only pictures, leave only footprints

Leave No Trace outdoor ethic is held in the very highest regard. We guide and climb with the idea that protecting, conserving, and preserving resources are critical, both for our own programs and for others who follow. By arming our clients with the right knowledge, education and training, we can responsibly protect resources while climbing as a team on the mountain. We will take all reasonable and adequate precautions to minimize damage to all natural and cultural resources.



(Above: Lake along the Padum Trail, Pakistan)

Our Expectations

Our courses and expeditions vary in difficulty and skill level. We expect participants to have a positive attitude and be physically and mentally prepared for the demands of the journey. We take the “team effort” idea very seriously and presume each climber shares our passion for mountains, cultures and environmental issues.

PAKISTAN

Pakistan is home to a dense cluster of high Himalayan Mountains which include K2, the world's second highest mountain. Magnificent views and thrilling mountain passes abound in the Karakoram Range and so do the views along this western end of the Himalayan Mountains.



Baltoro K-2 Base Camp (25 days)

Trekking in the Karakoram Mountains is a wonderful experience, but trekking to Concordia is the journey of a lifetime. The confluence of all the massive glaciers of this region is at Concordia. Baltoro is home to four 8,000 meter peaks: K-2 (8,611 m), Broad Peak (8,047 m), Gasherbrum-I (8,068 m), and Gasherbrum-II (8,035 m). We travel through the heart of the Karakoram to the base camp of this famous mountain. Concordia is a treasure to explore. We have a special day free at Concordia to uncover the hidden beauty of these panoramic peaks or the same day can be used to visit K-2 Base Camp.

Masherbrum and Gondogoro Base Camp (19 days)

Masherbrum Base Camp trek is one of the most isolated in the Karakoram. Here we combine it with Gondogoro Base Camp for a breathtaking experience. This easy trek offers a marvelous adventure in the Karakoram range. We'll camp near Schayechu, Dalchampa and then go to Khuispan at the base of Gondogoro Peak 5,650 m. Those with enough technical climbing training may attempt the summit of Gondogoro for an extra bonus! The trip ends at the beautiful Hushe Valley which is full of fruit orchards and potato fields. It does not require any technical experience.

Spantik Peak Base Camp (20 days)

This is a popular spot for newer mountaineers attempting their first 7,000 m peak in the Karakoram. This trek is also known as Golden Peak and Ghanish Chhish in Nagar. It includes 12 days of strenuous round-trip trekking in the heart of Karakoram, approaching the base camp of this beautiful peak on fourth day of our trek. This lesser traveled area allows us to experience the more pristine wilderness of Karakoram.

Nanga Parbat Mazeno Pass (20 days)

The series of ridges that culminate in the icy crest of Nanga Parbat (8,125 m) is the ninth highest in the world, second in Pakistan after K2. Follow a jeep track from Gurikot, along the fertile, wooded Khirirn Valley for 40 km to the army post at Chilim. We also cross the Deosai Plateau to Skardu. The best-known treks from Astor lead west and southwest, to the east and south sides of Nanga Parbat.

Rash Lake Trek in Karakoram (14 days)

Rash Phari means 'sparkling lake' and this trek in the Karakoram is a great way for a first time trekker to experience this exciting area. We walk on glaciers, through villages to look at the real life of those living at the foot of mighty glaciers, along terraced fields, leading to the impressive view of the mighty Karakoram Mountains from summit of Rush Peak (5,098 m).

Patundas Trek in Upper Hunza (14 days)

The captivating views of Passu Peak (7,284 m), Batura Peak (7,500 m), Shishper (7,619 m), Dasteghil Sar (7,885 m), Momhil Sar (7,342 m) and Rakaposhi with a height of 7,788 m are all around you. This is a short easy trek, recommended for all ages and does not require a specific level of physical condition.

Batura Glacier Trek (14 days)

This shorter trek is well-suited for those who enjoy short walks of one to five days and offers variety for longer trekkers. However, a round trip starts at Borit Lake and concludes at Batura near Passu, is a most rewarding walk through wild flowers and great summer pastures. While most parts of this trek are accessible, the only difficult part is crossing a glacier. The panoramic views of Batura (7,785 m), Passu (7,284 m) and Shishper Peak (7,611 m) are fabulous.



(Above: Camel riding in Pakistan)

(Left: The summit of K2 in Pakistan)

NORTH AMERICA

Spectacular mountain climbs can be found on the volcanoes of the Pacific Northwest. From Denali, the highest peak in North America, to the more tame, perfect cone of Mt Hood, we have a climbing adventure just right for you.





Mt McKinley (Denali) 6,196 m (22 Days)

The highest peak in North America is one of the world's great mountaineering challenges. Due to its proximity to the arctic, the weather of Denali is a very important factor in the climb. Despite extreme temperatures and the threat of storms, this mountain offers an amazing climbing experience. No other mountain has greater relief: Denali sits 17,000 feet above the plain from which it rises. From the landing point where our expedition begins, we will climb 13,000 feet to the summit. Intermediate to advanced climbing skills are required and climbers are expected to be in great physical condition.

Mt Rainier 4,392 m (3 days or 5 days)

The spectacle is visible from afar, for Rainier rises head and shoulders above any nearby peaks. Towering over the shores of Puget Sound like a splendid beacon, it has few rivals for vertical contrast between foot and summit. Permanently covered with ice and snow, Rainier is ringed with glaciers that spill down the slopes on all sides. Fierce winds howl almost constantly, and blizzards have been known to blind climbers even in midsummer. It is a wonderful challenge and well sought after training peak for larger summits.

Mt Baker 3,286 m (3 Days)

Mt. Baker, the highest point of the North Cascades, is a heavily glaciated dormant volcano. The 12 active glaciers of Mt. Baker cover an area exceeding 20 sq. miles. Mt Baker is unique with its great mass of snow and ice and its easy accessibility (requires less than one day of hiking). This combination creates a perfect alpine training ground.

Mt Hood 3,429 m (2 Days)

Mt Hood, located about 50 miles east of Portland, Oregon, is one of the most climbed glaciated peaks in North America (#2 in the world behind Japan's Mt Fuji according to some). While it last erupted in 1907 and still has active fumaroles, it is now considered a dormant volcano. While Mt Hood has reportedly been summited by a woman in high heels, this does not discount the need for climbing experience on this mountain. An ice axe and crampons are mandatory for most climbers, with climbing helmets being a popular addition, especially higher up.

(Climbing Mt McKinley in Denali National Park, Alaska)



SEVEN SUMMITS EXPEDITION

Training for and reaching the summit of one prized mountain peak is an exciting experience. But a long term goal that includes all the continents is a lifelong dream that can be achieved! The tour of the Seven Summits – the highest peak on each of our seven continents, is a truly grand undertaking. Plan a summit of just one of these and you may be hooked to complete the whole series!





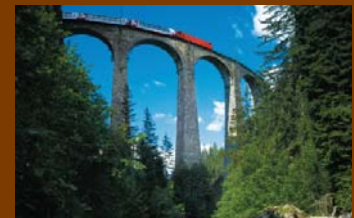
The Seven Summits are listed here with their elevations and best months to climb each. Please inquire about specifics of each trek and about a special package pricing for all seven!

1. Denali 6,196 m- Alaska
(22 Days, Jun)
2. Kilimanjaro 5,895 m –Tanzania
(10 days, July)
3. Mt Elbrus 5,642 m – Russia
(16 days, July)
- * 4. Mt Kosciuszko 2,228 m – Australia
(9 days, Nov)
- * 4. Carstensz Pyramid 4,884m – Irian
Jaya, Indonesia (13 days, Aug-Oct)
5. Aconcagua 6,962 m– Argentina
(16 days, Jan-Feb)
6. Mt Vinson 4,897 m – Antarctica
(21 days, Dec)
7. Mt Everest 8,850 m – Nepal
(71 days, Apr-Jun)

*please note: climbers may choose either Kosciuszko or Carstensz Pyramid as the 4th summit in the Seven Summits Expedition.

(Photo left: Ang Chhiri (A.C.) Sherpa at the summit of Mt Everest)

Between June of 2009 and May of 2010, A.C. Sherpa summited each of the seven continents' highest peaks; Mt Everest on May 23, 2010 was the last of his Seven Summit goal. Not only did he complete it, he is now the speed record holder for the Seven Summits. It took him only 42 climbing days to reach all the summits of each of the seven continents.



OTHER ADVENTURES

International Sherpa Guides leads tours on all seven continents. Whether you want to reach for a mountain summit, take a jungle safari, raft down a wild river, or paraglide over a peaceful pastoral scene, we offer a broad spectrum of adventure tours. Below are a selection. Please visit our website for more amazing adventure opportunities.



Africa, Switzerland, Chile, Argentina, Peru and Nepal

Safari in Royal Chitwan National Park (2-4 Days)

Royal Chitwan National Park, has been declared by a UNESCO World Heritage Site, and is one of the most visited parks in Nepal. Our safaris offer a chance to see the endangered Asian one-horned rhinoceros, Royal Bengal tigers, Gangetic crocodiles and fresh water dolphins. The diverse ecology of the park is home to 600 plant species, 50 mammals, 526 birds and 49 amphibians and reptiles. In addition, the Tharu Community, a traditional culture of people in the area, perform dances and other activities that add to the cultural immersion of this safari.

Mt Kilimanjaro Climb and Serengeti Safari (14 days)

We've created this mountain summit with a Serengeti safari for the best combination of African experiences. Journey with us to the highest mountain in Africa! Climbing Kilimanjaro with us is a travel experience that will never be forgotten. Then set off on a Serengeti safari. This area is home to one of the highest concentrations of African wildlife where millions of animal species roam in search of grassland. Time spent in this area is both intriguing and exciting, created by the fascinating balance between the wildlife, the landscapes and its people.

No technical ability is required to climb Mt Kilimanjaro, though a good level of fitness will give you a much better chance and allow you to enjoy the experience more.

Buenos Aires Sight-Seeing (3 days)

Tour the capital city of Buenos Aires. Experience the Colon Theatre, one of the five most important opera theatres in the world. Visit Mayo Square, the Pink House, the Cathedral, Mayo Avenue, Congress and many other buildings and palaces of special architectural, historical and cultural value. Then on to San Telmo, Caminito, La Boca, and the newest area of the city, Puerto Madero. Day 2 includes a visit to a typical "estancia," or rural estate, of the Argentine wet pampas, a gaucho show of folkloric songs, dances and Creole skill. Evenings include a 3-course dinner with Argentinean wines, tango dancers and live orchestra. This is a great add-on trip for those attempting the Aconcagua summit.

Salta, Cafayate and Quebrada de Humahuaca (4 days)

This tour offers visits to the Andean foothills in the town of Salta as well as a stop in the wine village of Cafayate where we'll visit a wine cellar for some tasting. Next we take a trip to the Gorge of River Las Conchas, named a Natural Monument by the UNESCO due to the formation and colors of the hills, before spending a full day in Quebrada de Humahuaca. This area was named a Humanity Wealth by UNESCO. On our way back, we'll visit the ancient Uquia church along with its harquebus angels and make a short stop to appreciate the 'Paleta del Pintor' on the way back to Salta. This is a great add-on trip for those attempting the Aconcagua summit.

*(Right: The Matterhorn in the Swiss Alps.
Above: an elephant safari in the Royal Chitwan Nat'l Park)*

Mendoza City and Winery Tours (3 days)

Visit the Foundation Area, Civic Center, San Martín Park and Cerro de la Gloria, and overnight in Mendoza. We will visit two Wineries and either an olive oil factory or a wine museum before heading back to the hotel for some free time. This is a great add-on trip for those attempting the Aconcagua summit.



(Above: Aconcagua Baptista)

El Calafate, Patagonia (4 days)

Patagonia is a prized destination for any traveler! This tour includes a visit to Perito Moreno glacier, named part of a World Heritage Site by UNESCO. It has become one of the greater natural spectacles of South America. You will have some free time to walk along the paths with unique views of the glacier and take photos. One free day to enjoy El Calafate to take in the incredible views of different glaciers through a side tour (additional price for Perito Glacier side tour). Begin at Puerto Bandera and continue between ice flows and drifts until arriving at the first point of Upsala Glacier, one of the most extensive glaciers in the world. Then on toward Onelli Bay for a walk through the woods to the small lake with the same name. Return to the port and then to El Calafate to rejoin the regular tour. This is a great add-on trip for those attempting the Aconcagua summit.

Llullaillaco Volcano Summit, Chile - 6,739 m (10 days)

Climb the amazing stratovolcano of the Incas! Beginning at Salta we will ascend to Santa Rosa de Tastil, cross Abra Blanca at 4,050 m and arrive at San Antonio de los Cobres at 3,750 m by midday on the first day. We will

pass through "Abra El Gallo," then the mining camp of Olacapato and the Pocitos Salt Marsh, to get into the unique Salt Mountain Range, through Tolar Grande, and a visit to Dead Men's Cave, Sea Eye and Sand Dune. By Day 4 we have reached Llullaillaco base camp after passing Arizaro Salt Marsh. We ascend to the Caipe station, Llullaillaco Salt Marsh, and pass by the Inca Cemetery on the east face of the mountain, where base camp will be set up. Ascending between camps is 4-8 hours of climbing each day. Day 8 is a summit attempt, until midday and returning to Camp 2. There we unwind for the last two days, ending in Salta.

Machu Picchu (7 days)

The famed high city of the Incas awaits you here. Beginning in Lima, we will take a city tour before flying to Cuzco, the historic capital of the Incas for a guided tour. Then begins the journey to the Sacred Valley of the Incas including the Indian market in Pisac and the fortress of Ollantaytambo. A combination of train and bus takes us to Aguas Calientes for a guided tour of the historic sanctuary of Machu Picchu. After the tour you have time for lunch (not included) and to explore the area on your own before returning to Cuzco.

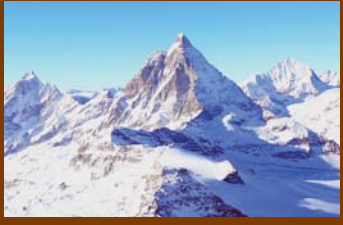
Bernese Alps & Matterhorn Trek, Switzerland (8 days)

Immerse yourself in the striking scenery of the Alps. Spend a week in the famous mountains of Switzerland. Beginning in Grindelwald, at the foot of the famed Mt Eiger, the easternmost peak in a giant ridge, the Swiss Alps make a grand introduction. We'll spend time in the Lötschental Valley, an amazing culture that is off the beaten track. Along the moderate to challenging route, we'll have another stop in the famous hiking village of Zermatt, which is nestled near the Alps' most striking mountain, the Matterhorn. This is a perfect introduction to the Alps.

Graubünden, Matterhorn & Bernese Alps, Switzerland (10 days)

Switzerland's three top mountain spots await you on this trek. Graubünden is a place of history, the source of the Rhine. We'll trek along the historic Via Valtellina route past over 45 mountain peaks all above 4,000 m. The Glacier Express will take us between destinations. Visit the largest Alpine resort in the Swiss Alps, and enjoy the atmosphere in the Engadine-St Moritz Valley. We'll also have the time to hike at the foot of the Matterhorn on this incredible trek and rail tour.

(Right: the Inca city of Machu Picchu)





Lend A Hand And See The World!

Envision a world where the air is crystal clear, families have access to basic health care and education is a reality for everyone. This vision is the heart and drive behind The 7 Summits Foundation. With a diverse and passionate team led by AC Sherpa, the 7 Summits Foundation (7SF) is championing causes and bringing creatively dynamic solutions to the problems faced by the global community.

The organization has funded a non-invasive hydroelectric project in Tapping Village, which provides power to 110 homes. It has also funded the rebuilding of a police permit check post in Namche, and regularly provides medical, dental and vision services to residents of 19 villages in

Solu Khumbu District in the eastern Himalayas. 7SF has also provided laptop computers to the local youth club and schools in Solu Salleri, Nepal. Along the way, the 7 Summits Foundation raises awareness both locally and globally for environmental stewardship in hopes of minimizing human impact on the glaciers and water system of the Himalayas.

Plans are currently underway for construction of a permanent dental facility in Solu. Future plans include dental facilities, schools and medical facilities. International Sherpa Guides offers special tax deductible tours every year which benefit 7SF. Ask which tours are tax deductible this year. In addition, ISG donates 15 % of its annual profits to 7SF.

You can support the organization
and learn more at
www.7SummitsFoundation.org



(Above: Dr. Alison Han, DDS, DMD from Essence of Dentistry volunteering in Solu. Left: School Activities in Tapping)





Be Our Partner

Partner with us for effortless expansion of your program offerings. Give your clients a quality local experience with our seasoned guides. We have expertise on all seven continents and are prepared to give your clients a professional, complete experience. We have specialists in the Himalayas who can provide programs like no other. Leave the footwork to us with confidence. Contact us today to discuss the opportunities.



Ang Chhiri (A.C.) Sherpa

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For more information please visit our website at
www.InternationalSherpaGuides.com

Ang Chhiri Sherpa ('AC' for short) was born in the village of Tapping Solnasa in the Solu Khumbu District of eastern Nepal. He started climbing mountains at age 12 in Nepal. When he moved to the US at age 14, he continued hiking and climbing around the Pacific Northwest region, assisting his older brother who owned an adventure trekking company. A seasoned guide and climber, he set a goal to climb the highest summit on each of the seven continents. He successfully completed the Seven Summits on May 23rd, 2010, 9:40 am on Mt Everest. After grand success of his Seven Summits within 42 climbing days, AC Sherpa was nominated for the honor of Goodwill Ambassador of Nepal for Tourism years 2010 & 2011.

He established the 7 Summits Foundation after his climbing success and works actively to improve the lives of the people in developing countries. Sir Edmond Hillary is his first source of inspiration. He feels that Hillary's spirit of social work has inspired every step of his mountaineering and he seeks to assimilate this spirit throughout his life. AC says, "Let's end the attitude of waiting for governments and leaders to do things for us. Let's ourselves work to develop our community." And as a native of that area, he has the will and understanding to empower the people to do just that. He adds, "I'd like to leave a legacy by setting the example that climbing can make a difference and help a community."



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