

### Introduction

The Chitwan National Park (CNP) is situated 120 km southwest of Kathmandu in the tropical and sub-tropical inner Terai lowlands. This National Park is the first national park of Nepal established in 1973 to preserve a unique eco-system significantly valuable to the world. The park covers an area of 932 square kilometers of grass land, riverine areas and tall Sal forests. This is a refuge for some of Asia's rarest wildlife including the Great One-horned Rhinoceros, the famous sloth bear and leopard, four species of deer, wild boar, the elusive Royal Bengal tiger, two species of crocodile (marsh mugger and the harmless Gharial), monkeys, python, fresh water dolphin and many other animals. The park is a paradise for birds. More than 450 species of resident and migratory birds are found. In 1984 when UNESCO included this area on the list of World Heritage Site, the park has gained much wider recognition.

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Kathmandu Valley Trek can be organized only camping (Tented Camp). On a camping trek you will sleep in tents. The staff includes a guide, cook, Sherpa and sufficient porters to carry all trekking gear. Even if you have never camped before, there is no need to worry that you won't enjoy the experience. The tents we provide are roomy, the sleeping pads/ mattresses are comfortable and international style food of a high standard is freshly prepared and served. On all of our treks a bathroom tent is provided as well as a dining tent with tables and camp stools, providing a cozy, comfortable atmosphere to eat and chat with fellow trekkers during the evening.