

Introduction

Daman is situated 80 km southwest of Kathmandu, at an altitude of 2322 m and rests between the northern slope of the Mahabharat range between Kathmandu and Hetauda. From Daman we can see the panoramic view of Himalaya, stretching 400 km, from Dhaulagiri in the west to the Everest in the east. You can have the majestic view of 8 of the 10 highest peaks of the world. Daman is also a famous place for view of Sunrise and Sunset.

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Kathmandu Valley Trek can be organized only as 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.