

## Introduction

Tansen situated at an elevation of 1,372 m and 296 km west of Kathmandu is a picturesque hill town lying on the lap of the well-known Shrinagar Hills. It is the most popular summer resort in western Nepal on account of its position and climate. This city of natural beauty offers a gorgeous panorama of the Himalayan as well as the plains of Terai. The charming natural setting combines with its rich cultural heritage to give visitors a wholesome holiday.

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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.