

TREKKING IN THE HIMALAYAS

Nepal will quite simply take your breath away. The country is home to eight out of ten of the world's highest mountains, plus the densest concentration of UNESCO World Heritage Sites, incredible biodiversity and some of the friendliest people in the world. You don't need to do an arduous trek to Everest Base Camp to enjoy stunning views of the world's highest mountain. Head for Gokyo Ri (5,357m), where there are excellent views of four 8,000-metre peaks. Plus by

visiting Nepal, you'll be doing your bit to help the country recover from the effects of last year's devastating earthquake.

TAKE ME THERE Cleveland Collection (020 7843 3585; clevelandcollection.co.uk) offers a 9-night trek-inspired tour of Nepal, staying 5 nights B&B in 4-star hotels, and 4 nights full-board in luxury Ker & Downey lodges. A half-day excursion in Kathmandu and a guided trek on the Annapurna circuit are included. From £1,799pp, including flights and transfers.