

EXPLORE THE WORLD INVEST IN PEOPLE



**Oneseed**
expeditions

2019 - 2020
ADVENTURE GUIDE

CHOOSE YOUR ADVENTURE

DIFFICULTY LEVEL

All of our expeditions are open to adventurers without previous trekking experience. Whether you want a relaxed walking tour or to push your limits with a high-altitude multi-day trek, our activity level scale indicates the expected level of fitness for each expedition.

- ○ ○ ○ ○ These expeditions do not have any fitness requirements. No hiking is required.
- ● ○ ○ ○ These expeditions include walking or a short hike.
- ● ● ○ ○ These expeditions require an average level of fitness and the ability to hike over variable terrain. These are great first treks of 3-6 hours duration on a typical day.
- ● ● ● ○ These expeditions require above average physical fitness. Treks may reach high altitudes and require high levels of physical exertion. No technical skills are required, and first-time trekkers are welcome. Typical days require 5-10 hours of trekking, and some expeditions include significant elevation changes.
- ● ● ● ● These expeditions require excellent physical fitness. Treks include longer days, greater elevation gain, and more challenging terrain at higher altitude. Participants should expect high levels of physical exertion at times. Travelers joining these expeditions should be in good physical shape and should expect to hike all day.

ACTIVITY KEY



BACKPACKING

All personal gear must be carried by each expedition participant. No porters or pack animals provided.



SUPPORTED TREK

This expedition includes porters or pack animals for personal gear. Participants are only responsible for carrying a daypack.



DAY HIKES

This expedition includes vehicles to transport personal gear. Participants are only responsible for carrying a daypack.



BIKING

This expedition involves mountain biking on paved or unpaved roads.



WATER SPORTS

This expedition involves kayaking, rafting, snorkeling or swimming.



HIGH-ALTITUDE HIKING

This trek reaches elevations above 10,000 ft. Anyone with preexisting pulmonary or cardiac conditions is required to receive physician clearance before participating.

ACCOMMODATIONS



TENT CAMPING



BASIC LODGE



HOTEL



ABOUT ONESEED

- 2 Travel With Purpose
- 4 The OneSeed Fund
- 6 Guiding Your Next Adventure
- 37 When to Go: Seasonality Chart

EUROPE

- 8 Regional Snapshot + Trip Extensions
- 9 Croatia - Croatia Multi-Sport

ASIA

- 10 Regional Snapshot + Trip Extensions
- 11 Bhutan - Druk Path
- 12 Bhutan - Sacred Chomolhari
- 13 Nepal - Annapurna Discovery
- 14 Nepal - Everest Base Camp
- 15 Nepal - Annapurna Base Camp
- 16 Nepal - Mardi Himal Base Camp
- 17 Nepal - Langtang Journey
- 18 Nepal - Manaslu Circuit

AFRICA

- 19 Regional Snapshot + Trip Extensions
- 20 Tanzania - Kilimanjaro Summit & Safari
- 21 Tanzania - Kilimanjaro Machame Route
- 22 Tanzania - Kilimanjaro Lemosho Route
- 23 Tanzania - Serengeti Safari

SOUTH AMERICA

- 24 Regional Snapshot + Trip Extensions
- 25 Argentina - Fitz Roy Patagonia
- 26 Argentina & Chile - Ultimate Patagonia
- 27 Chile - Epic Patagonia
- 28 Chile - Patagonia Bike & Trek
- 29 Chile - Essential Patagonia
- 30 Chile - Winter Patagonia
- 31 Colombia - Hidden Colombia
- 32 Peru - Classic Inca Trail
- 33 Peru - Ultimate Machu Picchu
- 34 Peru - Backroads Machu Picchu
- 35 Peru - Taste of Peru
- 36 Peru - Peru Multi-Sport

TRAVEL WITH PURPOSE

OneSeed Expeditions is a community of passionate and active travelers who know that there's more to adventure than just reaching the next summit. The people and places we explore shape us, and OneSeed is here to help you experience everything that these destinations have to offer by doing travel right.

WE HIRE LOCAL GUIDES.

We hire experienced guides from local communities.

WE INVEST IN LOCAL ENTREPRENEURS AND LOCAL ECONOMIES.

We invest 10% of total revenue in the form of microcredit to small-scale entrepreneurs, and we partner with small businesses to maximize the local benefit from tourism.

WE PROTECT LOCAL ENVIRONMENTS.

We practice Leave No Trace principles on all of our expeditions and incentivize environmental best practices among our partners.

WE RESPECT LOCAL CUSTOMS.

We operate with respect and mindfulness everywhere we travel.



WHAT IS RESPONSIBLE TOURISM?

Responsible Tourism minimizes negative social, economic and environmental impacts while generating greater economic and social benefits for local people and host communities.

For the last eight years we have worked hard to ensure our trips leave the best possible impact, whether that is a 100% local supply chain or investing in local entrepreneurs through our nonprofit partners. We continue to work diligently to provide the best possible service to our travelers and ensure that we do everything in our capacity to invest in the people and places that make this world worth exploring. We are pleased to share that OneSeed received the Gold award for "Best for Local Economic Benefit" at the 2018 World Responsible Tourism Awards in London.





ONESEED FUND

EXPLORE THE WORLD. INVEST IN PEOPLE.

We believe adventure and entrepreneurial hustle go hand in hand. Whether you're trekking to Everest or taking the next step towards financial independence, it's an endeavor that takes dedication and risk. That's why when you travel with OneSeed, 10 percent of your trip cost is invested in local entrepreneurs - empowering our fellow risk-takers to launch or expand their businesses.

HOW IT WORKS

OneSeed partners with local microfinance institutions (MFIs) in the countries where we operate. We invest 10 percent of our total revenue in these partners, who in turn lend this seed capital to small-scale entrepreneurs as collateral-free, shared liability microcredit.

WHY MICROFINANCE?

Microfinance is not a solution to poverty, but rather a tool to empower individuals looking to create opportunities through entrepreneurship. Microloans provide financial services to clients who find it difficult, if not impossible, to obtain capital from traditional lenders due to the small size of the loan or the remote location of the borrower.

OPPORTUNITY NOT CHARITY

OneSeed is a purpose-driven social enterprise. We believe the most enduring and meaningful impact we can create is through business development. Want to support the mission? Join us on the trail.

LOAN PROCESS



"It is very important to work for yourself, to become independent and not be dependent on other people. I am very happy owning my own business here, seeing my plants grow and being able to sell them for profit. Education is so important."

- SARITA (GHUSEL, NEPAL)

Sarita has a small farm behind her home in the hills of the Kathmandu Valley. She received business training and a loan through OneSeed's MFI partner Women Entrepreneurs Association of Nepal (WEAN). After using the loan to purchase supplies and labor to construct her greenhouses, Sarita has doubled her income.

INVESTING IN PEOPLE

TOTAL # LOANS: **722**

AVERAGE LOAN: **\$582**

90% IN WOMEN ENTREPRENEURS

TOTAL INVESTED: **\$334,459.93**
AS OF 5/20/19

LOANS BY COUNTRY:

- COLOMBIA
- NEPAL
- PERU
- TANZANIA
- CHILE
- KOSOVO & ALBANIA

GUIDING YOUR NEXT ADVENTURE

From the moment you arrive to the final farewell, you're in good hands.

OneSeed employs experienced local guides and porters to make sure that you get the best possible experience during your trip. Every guide is highly trained in risk management, earns fair compensation, and is actively supported with professional development opportunities.

We also ensure porter protection through capped weight limits and best practices in all countries with supported treks.

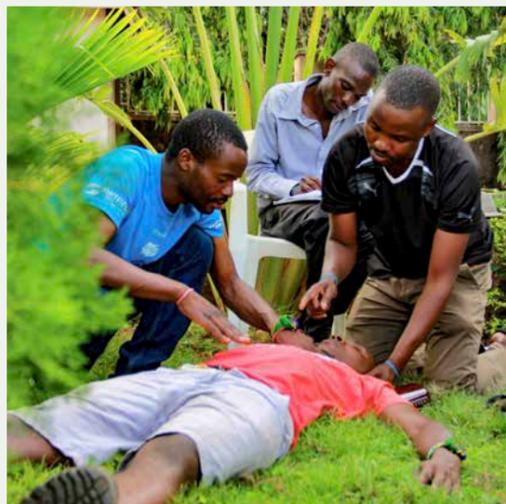
OUR TEAM OF 65 GUIDES

SPANS 8 COUNTRIES

SPEAKS 13 LANGUAGES

LEADS 30 EXPEDITIONS

SAFETY ON THE TRAIL - RISK MANAGEMENT TRAINING



Keeping you safe on the trail is our top priority. Skilled mountain guides are the gateway to any successful adventure given their deep knowledge of the terrain, local culture, and ability to manage risk on every expedition.

OneSeed has partnered with Backcountry Pulse, a wilderness medicine education company that trains mountain guides all over the world. While backcountry travel always comes with some inherent risk, our guides come prepared for any situation to support and protect travelers along the journey.

MEET THE GUIDES

Your OneSeed guides are always based in the communities where you travel. Enjoy getting to know your guides and the culture and history of these extraordinary places.

“Our guides were very knowledgeable, kind, and caring. I trusted them completely and enjoyed the information they shared about the flora and fauna of the region. They made sure we were healthy at all times and they always had a smile on their faces.”

JULIE M.
(TANZANIA - KILIMANJARO SUMMIT & SAFARI)



“Kale is the best trekking guide that I have ever had. He made the trip a ton of fun and took care of me. He was also super knowledgeable and answered all of our questions. Our two guides in training Suman and Arjun were wonderful as well. I recommend all three of them!”

BETSY C.
(NEPAL - MANASLU CIRCUIT)

“Every part of the trip was well coordinated. All three guides - Sergio, Roberto, and Jorge - were communicative, friendly, and kept us informed throughout the trip. This was the best guided trip I have been on. Thanks for offering it!”

BILL B.
(CHILE - EPIC PATAGONIA)



EXPLORE | EUROPE

Europe's Western Balkans are home to endless adventure. Located along the beautiful Adriatic coast, the Western Balkans region encompasses Albania, Bosnia and Herzegovina, Kosovo, Croatia, Macedonia, Montenegro and Serbia. Full of history, amazing ruins, and the fierce natural beauty of its unspoiled coastline, the region today is a testament to a resilience that spans millennia.

Whether you're hiking the mountains of Montenegro, biking along the Dalmatian coast, rafting the Neretva river in Bosnia and Herzegovina, or marveling at Serbia's architecture, it's hard to get enough of this fascinating region.

Croatia Multi-Sport is the perfect way to sample some of Europe's most beautiful landscapes and rich history while allowing for plenty of kayaking, biking, and hiking on beautiful islands scattered along the Adriatic Sea.



★ CROATIA EXTENSION - DISCOVER DUBROVNIK

After your expedition, spend an extra day or two in Dubrovnik to explore this fascinating city and UNESCO World Heritage Site. Dubrovnik's perfectly preserved and pedestrian-only Old City is full of museums, palaces, churches, and monasteries. The area is always abuzz with travelers, especially during the busiest months in July and August. Visit one of the many wine bars or local cafes, walk down to the old port to watch the ships go by, or enjoy outstanding views from a stroll atop the high walls that encircle the Old City. This extension complements our Croatia Multi-Sport expedition. Contact OneSeed for current pricing.



CROATIA MULTI-SPORT | 8 DAYS

Explore Croatia's beautiful islands on this immersive and fast-paced adventure. Hike, bike, kayak and swim in the crystal blue waters of the Adriatic Sea.



DAY 1 | Arrive in Dubrovnik and head to your lodge in the rolling hills of the Konavle region. Rest, drink some wine, or stroll through the local village.

DAY 2 | Ferry to the Island of Lopud; from there, kayak to Šipan to explore this charming and peaceful island on mountain bikes. Finish a sunset paddle before returning to Konavle.

DAY 3 | Ferry to Mljet to explore Mljet National Park, one of the oldest marine sanctuaries in the Mediterranean. After a full day, return to Pomena for the night.

DAY 4 | Spend a full day on Mljet and hike through the villages of Govedari, Montokuc, and Veliki Planjak before returning to Pomena in the afternoon.

DAY 5 | Spend all day exploring the island on bikes before boarding a ferry to the Island of Brač. Settle into your hotel in the village of Postira.

DAY 6 | Get an early start to hike up Vidova Gora (2,552 ft), the highest peak in the Adriatic Islands. After the descent, take a catamaran to the Island of Vis and the village of Komiža. Enjoy an optional evening hike along the beach.

DAY 7 | Board a boat to the Island of Biševo. Take a relaxing boat tour along the coast visiting the Modra Špilja, a beautiful "Blue Grotto" sea cave. Return to the beach where you will set out on a hike across the island to swim in the sea before returning to Komiža for the evening.

DAY 8 | Prepare for a very early start today! At 5 am, head to the port for your 2.5-hour ferry ride to Split. Once in Split, board a bus for a 3-hour ride to the Dubrovnik International Airport to catch your international departure home.

GROUP EXPEDITION

Price: \$2,950

Single Room Fee: \$460

Group Departures: May-Sep

Difficulty: ● ● ● ○ ○

Peak Altitude: 2,552 ft

Total Trekking: 39 miles

Total Biking: 33 miles



EXPLORE | ASIA

Travel to Bhutan or Nepal for a once-in-a-lifetime adventure high in the Himalayas. Add a trip extension to India after your trek to explore the famous Golden Triangle.

Visit Bhutan to experience vast forests, snow-capped peaks, and a culture steeped in tradition. Whether you are visiting Buddhist monasteries, watching an archery tournament (the country's national sport), or visiting one of Bhutan's many national parks and sanctuaries, your visit will be one to remember.

Nepal is an exciting and famously hospitable country — home to the famous Himalayan mountains and some of the world's best trekking routes. Explore the bustling capital of Kathmandu, visit beautiful Buddhist and Hindu temples, and eat the delicious daal bhat. Leave the big city to trek under towering peaks, past vibrant mountain villages, and through warm lowland jungles teeming with wildlife.



★ NEPAL EXTENSION - CHITWAN JUNGLE

Head to Nepal's southern plains for sightseeing, animal tracking, and R&R. After a short flight from Kathmandu, head to your lodge on the river in Chitwan National Park. Take an evening tour to learn about local Tharu culture. Enjoy some morning yoga, a canoe trip, and nature walks from the eco lodge. Take a jeep safari and see indigenous birds, rhinos, and Bengal tigers.



★ INDIA EXTENSION - TAJ MAHAL

Spend two days exploring Delhi's historic sites, temples, markets, and take a local cooking class. Visit an elephant rescue center along the way to Agra before spending time at the magnificent Taj Mahal. Arrive at sunrise to enjoy this architectural masterpiece. Visit a local cafe run by women entrepreneurs before returning to Delhi for your flight home.



DRUK PATH | 8 DAYS

Get a taste of Bhutan's rich culture and beautiful scenery. Visit the famous Tiger's Nest Temple before trekking the Druk Path on this ultimate Bhutan experience.



DAY 1 | Arrive in Paro and head to the lodge to catch up on some much needed sleep or explore the city on your own.

DAY 2 | Visit the famous Tiger's Nest Temple. This hike will take about 6 hours and is well worth the climb. The temple was originally built in 1692 and is sure to take your breath away - if the elevation hasn't already done so. Complete the hike and return to Paro for the evening.

DAY 3 | The trek begins with a steady incline toward Jele Dzong. If the weather is clear, catch a glimpse of the majestic Mt. Chomolhari in the distance.

DAY 4 | From Jele Dzong, meander through a thick alpine forest and enjoy the blooming rhododendron trees. Follow the ridge until you reach the campsite at Jangchulaka.

DAY 5 | Continue along the ridge to catch breathtaking views of the valley. Camp near Jimilangtso Lake and enjoy dinner before retiring for the evening.

DAY 6 | Pass by a yak herder camp on today's trek, and keep an eye out for a good view of Mt. Gangkhar Punsum, Bhutan's highest mountain. Camp at Phajoding and enjoy views of the entire Thimphu Valley.

DAY 7 | Complete the descent through a pine forest. Reach Thimphu before returning to Paro for a celebratory dinner and a hot shower.

DAY 8 | International flights depart from Paro.

PRIVATE EXPEDITION

Price Per Person:

1 = \$3,760 | 2 = \$3,250 | 3+ = \$2,790

Single Room Fee: \$200

Group Departures: Mar-May, Sep-Nov

Difficulty: ●●●○○

Peak Altitude: 12,730 ft

Total Trekking: 34 miles

Longest Day: 7 miles





SACRED CHOMOLHARI | 14 DAYS

Trek one of Bhutan's most famous routes to explore ancient temples and local markets and experience all that the Himalaya has to offer.



DAYS 1-3 | Arrive in Paro; rest and explore the city. Visit the famous Tiger's Nest Temple on a 6-hour hike before returning to Paro for the evening. Begin your trek on Day 3 along the Paro River to camp at Shing Karap.

DAYS 4-6 | Follow the path through a conifer forest to Thangtangka for the night. Continue on to Jangothang. Enjoy a rest day in Jangothang or head out for a short day hike on Day 6.

DAYS 7-9 | Climb up and over the first pass of the trail at Nyile-la to Lingshi. On Day 8, rest in Lingshi or enjoy a day hike to Lingshi Dzong. On Day 9, trek through the valley to Yeli-la pass. Weather permitting, enjoy views of Mount Chomolhari, Mount Tsheringang, and Mount Masagang.

DAYS 10-12 | The winding trail rises and falls before reaching Barshong for the night. Trek through rhododendron forests to reach Dolam Kencho in the high pastureland and complete the descent to Dodina. Explore the city of Thimphu on Day 12.

DAYS 13-14 | Explore the city of Thimphu before returning to Paro. Visit temples, pick up local handicrafts, and explore Simtokha, the oldest dzong in Bhutan. International flights depart on Day 14.



PRIVATE EXPEDITION

Price Per Person:

1 = \$6,340 | 2 = \$5,980 | 3+ = \$5,150

Single Room Fee: \$350

Private Departures: Mar-May, Sep-Nov

Difficulty: ● ● ● ● ○

Peak Altitude: 16,043 ft

Total Trekking: 72 miles

Longest Day: 14 miles



ANNAPURNA DISCOVERY | 12 DAYS

Hike through pristine forests and local villages in the Annapurna mountain range on this teahouse trek.



DAYS 1-3 | Arrive in Kathmandu and spend that evening relaxing and exploring the city. The next morning, take in the views of the Kathmandu Valley from atop Swayambhunath, the "Monkey Temple," one of the most important Buddhist stupas in Nepal. In the afternoon, explore Kathmandu on your own before joining your fellow travelers for a welcome dinner that evening. On Day 3, travel by private van or jeep to Birethanti, the entrance point for the Annapurna region. Stay in Birethanti for the night.

DAYS 4-6 | Begin the trek from the trailhead at Birethanti and gain over 3,000 ft before reaching the village of Ulleri for the night. Check out the stunning waterfalls as you pass through terraced rice fields. Continue up through oak and rhododendron forests before entering the hilltop village of Ghorepani to get your first views of the Annapurna range. Spend Day 6 resting in Ghorepani or trek 1 hour to Poon Hill, known as one of the best vantage points for taking in the Himalayan dawn.

DAYS 7-9 | Ascend for two hours, stop for tea at Deurali, then begin your descent through the forest to Ghandruk. This is one of the most famous Gurung villages in Nepal, renowned for its natural beauty and terraced fields that open up to views of the surrounding peaks. On Day 8, walk through pristine forests and into the alpine region to the village of Tolka. The next morning, continue south for your last day on the trail. Catch a ride back to Pokhara in the afternoon from the village of Kande.

DAYS 10-12 | Spend a relaxing rest day in Pokhara and explore the lakeside attractions, Buddhist stupas, and Hindu temples throughout the city. On Day 11, travel by private van or jeep back to Kathmandu. Join the rest of your group for a farewell dinner before international flights depart on Day 12.

GROUP EXPEDITION

Price: \$1,790

Single Room Fee: \$150

Group Departures: Feb-Apr, Sep-Nov

Difficulty: ● ● ● ○ ○

Peak Altitude: 10,531 ft

Total Trekking: 35 miles

Longest Day: 9 miles





EVEREST BASE CAMP | 19 DAYS

The ultimate bucket list trip! Reach new heights on this expedition and enjoy views of the world's tallest mountain.



DAYS 1-3 | Arrive in Kathmandu and venture out for some dinner on your own. Spend Day 2 exploring the Kathmandu Valley, visit Swayambhunath (the "Monkey Temple"), and join your fellow travelers for a welcome dinner. Fly from Kathmandu to Lukla on Day 3. From Lukla walk to the village of Phakding. Pass by yaks as you trace the banks of the Dudh-Koshi River.

DAYS 4-6 | On Day 4, arguably the hardest day of the expedition, trek from Phakding to Namche Bazaar. Spend a rest day in Namche or hike to Everest View Point. On Day 6, trek from Namche to the village of Khumjung at the base of the sacred mountain Khumbilia. Take a short hike up to visit the Khumjung monastery.

DAYS 7-9 | Descend from Khumjung to the Dudh-Koshi River followed by an ascent to Tengboche for the night. Continue your trek to Dengboche on Day 8. Spend Day 9 hiking to villages near Dengboche or resting on the teahouse terrace with Ama Dablam mountain overhead.

DAYS 10-12 | Follow the trail to Lobuche. Day 11 is the big push to Base Camp! Trek along the western side of the Khumbu Valley followed by an arduous four hours along the Khumbu Glacier to reach Everest Base Camp. Head back to Gorak Shep for the night. On Day 12, descend to Pheriche.

DAYS 13-15 | From Pheriche, continue your descent into the Khumbu Valley and return to the village of Tengboche. On Day 14, hike back to Namche Bazaar followed by a full-day hike to Phakding.

DAYS 16-19 | Leave Phakding for a three-hour leisurely hike to Lukla. On Day 17, grab a pre-dawn breakfast before hopping on an early morning flight back to Kathmandu. Spend Day 18 relaxing in Kathmandu before your farewell dinner. International flights depart on Day 19.

GROUP EXPEDITION

Price: \$2,490

Single Room Fee: \$100

Group Departures: Mar-Apr, Sep-Nov

Difficulty: ● ● ● ● ●

Peak Altitude: 18,514 ft

Total Trekking: 70 miles

Longest Day: 11 miles



ANNAPURNA BASE CAMP | 16 DAYS

Visit temples, hot springs, waterfalls, and rice paddies on your way to Annapurna Base Camp.



DAYS 1-3 | Arrive in Kathmandu and spend the evening and the next day exploring the Kathmandu Valley. On Day 3, travel by car to Birethanti, the entrance point for the Annapurna region.

DAYS 4-6 | Begin the trek from Birethanti and gain over 3,000 ft on this demanding hike before reaching the village of Ulleri for the night. The next day, continue up another 3,000 ft through oak and rhododendron forests before entering the hilltop village of Ghorepani to get your first views of the Annapurna range. On Day 6, take a short morning hike to Poon Hill before continuing to Tadapani.

DAYS 7-9 | Pass through Chule and behold the beauty of the Kimrang Khola region on the trek to Chomrong village. On Day 8, pass through Sinuwa Danda and move through the thick forests to climb to Dovan. From there, hike through pristine forests to Deurali.

DAYS 10-12 | Move into the alpine region where the terrain becomes more rugged. Stop for lunch at Machhapuchre Base Camp before reaching Annapurna Base Camp. On Day 11, begin your descent to Bamboo for the night. Next, hike to Jhinu where the hot springs will be a welcomed luxury for sore legs (weather permitting).

DAYS 13-15 | Enjoy the final day on the trail before reaching Syauli Bazar where you will take a jeep back to Pokhara. Enjoy Pokhara in the evening and relax after your successful trek. Next, spend a full rest day by the lake and explore the city. On Day 15, travel by car back to Kathmandu followed by a farewell dinner with the rest of your group.

DAY 16 | International flights depart from Kathmandu.

PRIVATE EXPEDITION

Price Per Person:

1 = \$2,090 | 2+ = \$1,650

Single Room Fee: \$150

Private Departures: Feb-Apr, Oct-Nov

Difficulty: ● ● ● ● ○

Peak Altitude: 13,550 ft

Total Trekking: 60 miles

Longest Day: 8 miles





MARDI HIMAL BASE CAMP | 12 DAYS

Experience the incredible Annapurna Conservation Area on this off-the-beaten-path trek to Mardi Himal Base Camp.



DAYS 1-3 | Arrive in Kathmandu and spend the evening and the next day exploring the bustling city of Kathmandu. On Day 3, travel by car to Kande to start your trek with a short and steep one hour hike to Australian Camp.

DAYS 4-6 | Head north and split off from the main trail toward the peaks of Mardi Himal and Machhapuchhre (the “Fish Tail”). Walk through lush forests of rhododendron and oak trees before arriving at Forest Camp. On Days 5 and 6 continue up through the forest and onto a spectacular ridge with great views.

DAYS 7-8 | Wake up early in the morning to begin the trek to base camp. Reach the upper view point for a gorgeous panorama of Annapurna South, Machhapuchhre, and Mardi Himal peaks at sunrise. After a tea break and photos, continue to Mardi Himal Base Camp. Head back the way you came for lunch at High Camp then descend to your tea house in Badaldanda. On Day 8, continue your descent and stop for tea breaks and more views of the surrounding mountains. You will take a side trail heading west to Landruk village for the night.

DAYS 9-12 | Hike down to Syauli Bazaar in the morning and take a car to Pokhara for some R&R. Spend the next day by the lake, taking in the views and exploring local temples and stupas. On Day 11, travel by car back to Kathmandu for a farewell dinner before international flights depart on Day 12.



PRIVATE EXPEDITION

Price Per Person:

1 = \$2,100 | 2-3 = \$1,600 | 4-5 = \$1,440
6-7 = \$1,330 | 8-9 = \$1,240 | 10+ = \$1,190

Single Room Fee: \$150

Private Departures: Feb-Apr, Oct-Nov

Difficulty: ● ● ● ● ○

Peak Altitude: 14,763 ft

Total Hiking: 31 miles

Longest Day: 7.5 miles



LANGTANG JOURNEY | 11 DAYS

Explore northern Nepal and the Tibetan border region. Spot monkeys, hike through cactus forests, and summit Kyanjin Ri where strings of prayer flags flutter in the breeze.



DAYS 1-2 | Arrive in Kathmandu and spend the next day exploring the Kathmandu Valley. Visit Swayambhunath, the “Monkey Temple,” in the morning and wander the Nepali capital all afternoon.

DAYS 3-5 | Travel by car to the trailhead of the Langtang region at Syabru Besi. On Day 3, begin your ascent past Khangjim and Sherpagaun villages before reaching the village of Lama Hotel. On Day 5, climb through beautiful forests before arriving in Langtang Village.

DAYS 6-7 | The trail wanders through Langtang Village before making a gentle ascent to reach Kyanjin Gumpa monastery. Enjoy a rest day in Kyanjin Gumpa and explore the town, or take an optional hike up to Kyanjin Ri where hundreds of prayer flags adorn the mountain top.

DAYS 8-9 | Begin your descent to Lama Hotel village past scattered forests and along the flowing creeks and streams of the valley. Enjoy your final day in the mountains on Day 9 as you head back to Syabru Besi via Wangel.

DAYS 10-11 | Drive back to Kathmandu and join your fellow expedition members for a farewell dinner before international flights depart on Day 11.



GROUP EXPEDITION

Price: \$1,390

Single Room Fee: \$100

Group Departures: Mar-Apr, Sep-Nov

Difficulty: ● ● ● ● ○

Peak Altitude: 15,655 ft

Total Trekking: 40 miles

Longest Day: 11 miles





MANASLU CIRCUIT | 18 DAYS

Trek through the mountains and cross suspension bridges along the Buri Gandaki River on this epic circuit high in the Himalaya.



DAYS 1-3 | Arrive in Kathmandu and venture out for some dinner on your own. Spend Day 2 exploring the Kathmandu Valley, visit Swayambhunath (the “Monkey Temple”), and join your fellow travelers for a welcome dinner. Next, travel 8-9 hours by jeep through the Nepalese countryside to Soti Khola.

DAYS 4-6 | On Day 4, begin by crossing a suspension bridge and trek through the beautiful sal forest. Follow the trail on Day 5 up and down then along the Budhi Gandaki river to Jagat. On Day 6, hike into a wide valley as the trail continues to Ghatta Khola. In the afternoon, the route becomes steep then descends into the grasslands before reaching the small village of Deng.

DAYS 7-9 | Trek past several Buddhist monasteries as you continue to the village of Namrung. On Day 8, ascend 3,000 ft. to Samagaon and enjoy the many spectacular mountain views. Spend Day 9 making your way to Manaslu Base Camp! After resting at the base, begin your hike back to Samagaon.

DAYS 10-12 | Follow the Budhi Ghandaki River through juniper and birch forests to reach Samdo. Next, spend a rest day in Samdo or take optional day hikes. On Day 12, hike out on the trade route to Tibet that descends to the river. Continue around the Salka Khola Valley before reaching Dharmasala.

DAYS 13-15 | Hike up and over the Larkya La pass (16,924 ft.) on your way to Bhimthang. On Day 14, continue your descent to Tilije. Trek across a small ridge and along stone-paved trails to cross the Dudh Khola on your way to Tal.

DAYS 16-18 | Trek through the Marsyandi valley to the village of Syange. On Day 17, take a private jeep back to Kathmandu for your farewell dinner. International flights depart on Day 18.

PRIVATE EXPEDITION

Price Per Person:

1 = \$3,040 | 2 = \$2,190 | 3-4 = \$2,050
5-7 = \$1,850 | 8+ = \$1,770

Single Room Fee: \$100

Private Departures: Feb-Apr, Oct-Nov

Difficulty: ●●●●○

Peak Altitude: 16,924 ft

Total Trekking: 127 miles

Longest Day: 13 miles



EXPLORE | AFRICA

Travel to the adventure hub of East Africa and marvel at Mount Kilimanjaro towering above the clouds.

Trek to the top of the highest mountain on the continent and check off this bucket list climb up to 19,341 feet spanning dense forests, wide open grasslands, and moonlike landscapes. Plan to photograph wildlife on safari in Tanzania’s expansive nature parks.

This beautiful country is home to the largest concentration of animals per square kilometer in the world, giving you the best possible viewings of zebra, elephants, giraffe, and lion prides. Enjoy encounters with members of the Maasai and Chagga tribes, and take time to experience Zanzibar’s tropical coastline for a little R&R after your East Africa excursion.



★ TANZANIA EXTENSION - ZANZIBAR

Head to Zanzibar island for some R&R after your trek or safari. Stay at a lodge on the edge of ocean and relax at the hotel, walk along the beach, or explore the area by kayak or mountain bike. Enjoy optional day tours like Stone Town and Kizimkazi Mosque, snorkeling on Pongwe Reef, sunset cruises, or swimming with dolphins in the Menai Bay Conservation Area. Contact OneSeed for current pricing.



★ KILIMANJARO PORTER PROTECTION

The mistreatment of porters can be a troubling challenge in the climbing industry. We are an approved partner company with the Kilimanjaro Porters Assistance Project (KPAP). We voluntarily participate with KPAP’s monitoring activities and allow them to evaluate the treatment of our porters on every trip we run. You can be assured that your porters are well taken care of by trekking with OneSeed.





KILIMANJARO MARANGU | 11 DAYS SUMMIT & CAMPING SAFARI

Hike to the top of Mt. Kilimanjaro via the Marangu route and view wild game on a private camping safari for the ultimate African adventure.



DAYS 1-3 | Arrive in Moshi and relax before a welcome dinner at the lodge. Next, the adventure begins in Kilimanjaro National Park where you start your ascent along the Marangu route through the mossy rainforest to the Mandara Hut. On Day 3, hike into the grasslands and catch your first glimpses of the Kibo Crater before retiring at Horombo Hut.

DAYS 4-5 | Spend a rest day at Horombo Hut and take a day hike to Zebra Rock. The hike continues on Day 5 through yet another microclimate, the alpine desert. Reach Kibo Hut for some rest before heading out that same evening for your final ascent.

DAYS 6-7 | Arise just before midnight to begin the long ascent to the top of Kilimanjaro. Begin your summit attempt up steep switchbacks towards Uhuru Peak at a towering 19,341 ft. Enjoy a beautiful sunrise before you descend to Horombo Hut for the night. In the morning, continue your descent back to the park gates. Return to Moshi for a hot shower and a celebratory dinner with your team.

DAYS 8-9 | Drive to Tarangire Park to begin a game drive. Spot elephants, ostrich, waterbuck, giraffe, and lions before heading to your campsite within the park. On Day 9, take a short drive in Tarangire and then head to Lake Manyara National Park to spot pink flamingos and troops of baboons. Drive to Ngorongoro Crater to camp on the rim of the park.

DAYS 10-11 | Wake up early and start the descent into the crater by car. As you go, spot rhinos, zebra, lions, wildebeest, and impala. Return to the campsite for lunch before the 4-hour drive back to Moshi. International flights depart the following day.

** Marangu climb-only options are available. Refer to page 23 for safari map detail.*

GROUP EXPEDITION

Price: \$4,450

Single Room Fee: \$250

Group Departures: Jun-Feb

Difficulty: ● ● ● ● ●

Peak Altitude: 19,341 ft

Total Trekking: 45 miles

Longest Day: 13 miles



KILIMANJARO MACHAME | 9 DAYS

Hike to the summit of Mt. Kilimanjaro via the Machame route and add an optional three-day camping safari.



DAYS 1-2 | Arrive in Moshi for relaxation and a welcome dinner at the lodge. The adventure begins in Kilimanjaro National Park where you begin your ascent through the mossy rainforest to Machame Camp for the night.

DAYS 3-4 | Hike along a steep rocky ridge and head west into a river gorge until you reach Shira Camp for some rest and a delicious hot meal. Spend your second night sleeping in tents under the stars. From the Shira Plateau, continue east up a ridge passing the junction towards Kibo peak. The trail gradually steepens becoming a rocky semi-desert landscape.

DAYS 5-7 | Continue on a steep ridge through the Karanga Valley to the Karanga Camp. On Day 6, continue up to the Barafu Camp where you will have great views of the summit. Arise just before midnight to begin the long climb to the summit of Kilimanjaro. Your summit attempt starts up steep switchbacks to Uhuru Peak at an impressive 19,341 ft. Enjoy the beautiful views before you descend to Mweka Camp for the night.

DAYS 8-9 | In the morning, continue your descent back to the park gates. Return to Moshi for a hot shower and a celebratory dinner with your team before international flights depart the following day.



PRIVATE EXPEDITION

Price Per Person:

1 = \$4,450 | 2 = \$3,670 | 3 = \$3,350

4-5 = \$3,200 | 6-9 = \$3,050 | 10+ = \$2,990

Single Room Fee: \$250

Group Departures: Jun-Feb

Difficulty: ● ● ● ● ●

Peak Altitude: 19,341 ft

Total Trekking: 42 miles

Longest Day: 11 miles





KILIMANJARO LEMOSHO | 9 DAYS

Hike to the summit of Mt. Kilimanjaro via the Lemosho route and add an optional three-day camping safari.



DAYS 1-2 | Arrive in Moshi for relaxation and a welcome dinner at the lodge. The adventure begins in Kilimanjaro National Park where you begin your ascent through the mossy rainforest to Mti Mkubwa camp for the night.

DAYS 3-4 | Move from the green rainforest into the savannah of tall grasses, heather, and volcanic rock draped with lichen. Enjoy lunch on the trail before dropping slightly down to Shira 2 Camp. Camp in tents next to a stream with spectacular views of the Western Breach and its glaciers. The trail gradually steepens. On Day 4, after lunch at the Lava Tower, descend to Barranco Camp.

DAYS 5-6 | After a warm breakfast, continue on a steep ridge passing the Barranco Wall to the Karanga Valley campsite. On Day 6, leave the Karanga Valley and pass the junction at the Mweka Trail which offers views of the summit. Camp, rest, enjoy dinner, and prepare for the summit day.

DAYS 7-9 | Wake up at midnight for your summit attempt of Uhuru Peak at the top of Mt. Kilimanjaro (19,341 ft). Be prepared for a very cold summit! After enjoying the view, head straight down to Mweka Camp for your last dinner on the mountain. On Day 8, enjoy singing and dancing with your OneSeed support team before heading to the park gates and to Moshi for a hot shower and a celebratory dinner. International flights depart the following day.



PRIVATE EXPEDITION

Price Per Person:

1 = \$4,450 | 2 = \$3,670 | 3 = \$3,350
4-5 = \$3,200 | 6-9 = \$3,050 | 10+ = \$2,990

Single Room Fee: \$250

Private Departures: Jun-Feb

Difficulty: ● ● ● ● ●

Peak Altitude: 19,341 ft

Total Trekking: 42 miles

Longest Day: 11 miles



SERENGETI SAFARI | 8 DAYS

Explore Tanzania's national parks, home to the largest animal migrations and best game-viewing in the world.



DAYS 1-2 | Arrive in Arusha for a welcome dinner at the lodge. Depart the next morning and take a scenic two-hour drive to Tarangire National Park. At the park, spot elephants, ostrich, zebras, giraffes, lions, and cheetahs. Next, head to the Tarangire luxury camp, located in the heart of the park. Relax with a glass of wine by the fire.

DAYS 3-4 | Awake to an incredible view of the sun rising over the mountains. Depart for an early-morning game drive and then head back to the lodge for lunch as the animals retreat to cooler shade to escape the hot midday sun. Later, head out for an evening game drive, and spot more of Tanzania's magnificent animals in their natural habitat.

DAYS 5-6 | After breakfast, spot more wildlife as you drive to Serengeti National Park, home to the greatest animal migration in the world. Spend a second day in the park before returning to your luxury camp.

DAYS 7-8 | Complete a morning game drive before driving to Ngorongoro Crater for an early dinner and spectacular sunset views. Explore the crater the next morning before returning to Arusha to catch flights the following day.



PRIVATE EXPEDITION

Price Per Person:

1 = \$7,050 | 2-3 = \$5,710 | 4-6 = \$4,860
7-9 = \$4,560 | 10+ = \$4,390

Single Room Fee: \$590

Private Departures: Jun-Feb

Difficulty: ● ○ ○ ○ ○

Peak Altitude: 7,500 ft

No Trekking Required





EXPLORE | SOUTH AMERICA

Experience the pristine wilderness of Patagonia, explore ancient cities, and push your limits on these amazing hiking trails.

For an adventure like no other, trek to the Lost City of the Sierra Nevada in the remote jungle of Colombia. Visit the inspiring towers, trails, and glaciers of Chilean Patagonia, or opt for a self-supported backpacking adventure along Chile's southern coastline. Catch the sunrise on Mt. Fitz Roy in Argentina or take one of many incredible routes to reach Machu Picchu deep in the Peruvian Andes.

South America offers an array of adventures suited to any traveler. Just one visit to this extraordinary and vibrant continent is sure to leave you planning your return trip.



★ PERU EXTENSION - LAKE TITICACA

Travel from Cusco to Puno by bus and visit several archaeological sites and the magnificent chapel of Andahuaylillas along the way. Spend the next two days exploring Lake Titicaca by boat. Visit the human-made floating islands of Uros and spend the night in a homestay with a local Quechua family. This extension complements any of our trekking expeditions in Peru. Contact OneSeed for current pricing.



★ PERU EXTENSION - AMAZON JUNGLE

Head to the heart of the Amazon to spot monkeys, go star-gazing, and take in the sounds of the jungle. Stay in Tambopata National Reserve and enjoy afternoon walks along jungle trails which are home to macaws, monkeys, toucans, and caimans. Take an optional rainforest excursion at night to observe nocturnal animals. This extension is a rewarding complement to any of our expeditions in Peru. Contact OneSeed for current pricing.



FITZ ROY PATAGONIA | 8 DAYS

Visit the Perito Moreno Glacier, hike to the base of Mt. Fitz Roy, and walk the trails that weave throughout Argentina's famous Los Glaciares National Park.



DAYS 1-2 | Arrive in El Calafate and spend the afternoon exploring this beautiful town. In the morning, depart for the Perito Moreno Glacier in Los Glaciares National Park. Spend the day exploring this magnificent glacier and sailing around the lake before returning to El Calafate in the evening.

DAYS 3-4 | Take a morning bus ride to El Chaltén before departing for an afternoon hike to Mirador de las Aguilas. In the evening, enjoy traditional Argentinian barbecue and prepare for the first day of your trek the following day. On Day 4, hike through the lush lenga forest before dropping into the glacial valley that takes you to Laguna Torre for the night.

DAYS 5-6 | Hike towards the Piedras Blancas glacier and past the three lagoons - Madre, Hija, and Nieta. The path ascends steeply to Laguna de Los Tres, the closest you can get to Mt. Fitz Roy before needing technical skills. Enjoy breathtaking views of Fitz Roy, its satellite mountains, and the valley before returning the way you came to camp at Poincenot. The next day, hike towards El Pilar to catch a ride to Laguna Condor Mountain Lodge. Relax in the hot tub or take a bike ride around the area.

DAYS 7-8 | After breakfast at the lodge, head back to El Chaltén for a rewarding rest. Spend the afternoon exploring the town before your final night in Argentina. Take an early-morning bus to El Calafate the next day, arriving at the airport for your international departure.

GROUP EXPEDITION

Price: \$2,290

Single Room Fee: \$150

Group Departures: Oct-Mar

Difficulty: ●●●○○

Peak Altitude: 2,595 ft

Total Trekking: 20 miles

Longest Day: 7 miles





ULTIMATE PATAGONIA | 16 DAYS

Explore all that Patagonia has to offer in Chile and Argentina. See stunning views of the rock cliffs, glaciers, and lakes of Torres del Paine National Park and Mt. Fitz Roy in Glaciares National Park.



DAYS 1-3 | Stay in Santiago before an early flight to Punta Arenas to catch a bus to Puerto Natales in Chilean Patagonia. On Day 3, tour the Cueva del Milodón, a famous cave just outside of town, before reaching Refugio Las Torres for the evening.

DAYS 4-6 | Start the trek through rocky terrain and a beautiful lenga forest until reaching the base of the Las Torres Towers. On Day 5, hike the trail between Lake Nordenskjöld and Mount Almirante Nieto of the Paine Massif. Spend Day 6 hiking to the French Valley viewpoint.

DAYS 7-9 | Hike to Grey Glacier, an impressive ice field that covers the west end of the park. On Day 8, make your way toward Campamento Paso. Scale ladders and enjoy views of the glacier before returning to the lodge for dinner. Spend a final half day in the park before returning to Puerto Natales.

DAYS 10-12 | Take a bus to the B&B in El Chaltén, Argentina and explore the town in the evening. After breakfast, hike through the lush lenga forest before dropping into the glacial valley that leads to Laguna Torre. On Day 12, head off to the three lagoons - Madre, Hija, and Nieta. The path ascends steeply to Laguna de Los Tres at the base of Mt. Fitz Roy. Return to Poincenot to camp for the evening.

DAYS 13-16 | Arise early to see the sunrise on Mt. Fitz Roy. Hike towards El Pilar, where a van will be waiting to take you to Laguna Condor Mountain Lodge. Relax in the hot tub or go for a bike ride. On Day 14, head back to El Chaltén to catch the bus back to El Calafate for the night. Spend the following day exploring the stunning Perito Moreno Glacier. International flights depart from El Calafate the next day.

GROUP EXPEDITION

Price: \$5,650

Single Room Fee: \$590

Group Departures: Oct-Mar

Difficulty: ●●●●○

Peak Altitude: 2,870 ft

Total Trekking: 68-76 miles

Longest Day: 12 miles (optional 17 miles)



* Refer to page 25 for Argentina map detail.



EPIC PATAGONIA | 11 DAYS

Visit Santiago and hike the famous W trek through Torres del Paine National Park below beautiful rock towers and snow-capped peaks.



DAYS 1-3 | Arrive in Santiago and relax at your hotel for the evening. The next day, take an early flight to Punta Arenas to catch a bus to Puerto Natales in Chilean Patagonia. Explore Puerto Natales and spend the night at our partner hotel. On Day 3, visit recently uncovered archeological ruins on private land just outside the city. Next, head to Torres del Paine National Park and settle into Refugio Las Torres for the evening.

DAYS 4-5 | Start the trek with a day hike as you ascend through a rocky terrain cut by pristine glacial rivers. Climb through a beautiful lenga forest to the base of the Las Torres Towers. On Day 5, trek between Lake Nordenskjöld and Mount Almirante Nieto of the Paine Massif before spending the night at Refugio Los Cuernos.

DAYS 6-7 | Head out from Los Cuernos and hike through an old-growth forest. After a short climb, see an impressive viewpoint of the French Valley and Cerro Hoja and Cerro Máscara, two of the famous horned peaks, before retiring to Refugio Paine Grande. On Day 7, hike to the Grey Glacier, an impressive ice field that covers the west end of the park.

DAYS 8-9 | From Refugio Grey, make your way along the Grey Glacier toward Campamento Paso. Scale ladders and enjoy views of the glacier before returning to the lodge for dinner. On Day 9, spend a half day in the park before taking a catamaran across the lake to Pehoe. Take a scenic bus ride back to Puerto Natales for a farewell dinner.

DAYS 10-11 | Take an early morning bus back to Punta Arenas and fly to Santiago for your final day in Chile. International flights depart on Day 11.

GROUP EXPEDITION

Price: \$3,950

Single Room Fee: \$300

Group Departures: Oct-Mar

Difficulty: ●●●●○

Peak Altitude: 2,870 ft

Total Trekking: 50-58 miles

Longest Day: 12 miles (optional 17 miles)





PATAGONIA BIKE & TREK | 12 DAYS

Bike along Chile's iconic Carretera Austral, past snow-capped volcanoes, and through the rolling hills of Chiloé Island before trekking to epic rock towers and glaciers in Torres del Paine National Park.



DAYS 1-2 | Arrive at the Puerto Montt airport and head to your lodge for a welcome dinner and orientation. On Day 2, bike along the Carretera Austral, one of the longest unpaved roads in the world. The ride has incredible scenery with the ocean to the west and subtropical forest to the east. After several ferry crossings, end the bike ride at a very welcome hot spring.

DAYS 3-4 | Take a 3.5-hour ferry ride through dramatic fjords before more riding along the Carretera Austral en route to Chaitén. Spend another day cycling along the iconic Carretera Austral. Explore nearby hanging glaciers and fill up on fresh seafood to fuel your ride.

DAYS 5-6 | A ferry takes you to Chiloé Island's rolling hills and miles of fantastic riding. Finish the longest day of cycling at the small fishing village of Cucao where a wood-fired hot tub overlooking the water awaits. Explore a penguin colony on Day 6 before riding straight from the beach to Ancud.

DAYS 7-8 | Visit a distillery north of Puerto Varas where Patagonia's first spirit is being crafted using only local ingredients. Ride along one of Chile's largest lakes back to Puerto Varas for a celebration dinner. On Day 8, fly to Puerto Natales for the night and prepare for your trekking adventure.

DAYS 9-10 | Head to Torres del Paine National Park for the highlights of the W Trek and two nights at Refugio Paine Grande. Hike with daypacks to the beautiful base of the famous rock towers. Spend Day 10 trekking to the famous French Valley for views of giant peaks, lakes and glaciers.

DAYS 11-12 | Hike towards the Grey Glacier overlook before returning to catch a catamaran and bus back to Puerto Natales. International flights depart on Day 12.

GROUP EXPEDITION

Price: \$4,300

Single Room Fee: \$300

Group Departures: Oct-Mar

Biking Difficulty: ●●●○○

Trekking Difficulty: ●●●●○

Peak Altitude: 2,870 ft

Total Biking: 200 miles

Total Trekking: 30 miles



* Refer to page 30 for trekking map detail.

ESSENTIAL PATAGONIA | 9 DAYS

Complete the magnificent W trek on this Patagonia-only portion of our Epic Patagonia expedition in Southern Chile.



DAYS 1-2 | Arrive in Puerto Natales and explore the town before a relaxing evening at a B&B. On Day 2, explore recently uncovered archeological ruins just outside of town. Head to the entrance gates of Torres del Paine and settle into Refugio Las Torres for the evening.

DAYS 3-4 | Start the trek with a day hike as you ascend through rocky terrain cut by pristine glacial rivers. Climb through a beautiful lenga forest to the base of Las Torres Towers. On Day 5, trek between Lake Nordenskjöld and Mount Almirante Nieto of the Paine Massif before returning to Refugio Los Cuernos.

DAYS 5-6 | Head out from Los Cuernos and hike through an old-growth forest. After a short climb, see an impressive view of the French Valley and Cerro Hoja and Cerro Máscara, two of the famous horned peaks, before retiring to Refugio Paine Grande. On Day 7, hike to the Grey Glacier, a massive ice field that covers the west end of the park.

DAYS 7-9 | Make your way along the Grey Glacier toward Campamento Paso. Hike on the ice or kayak the lake before returning to the lodge. On Day 8, spend a half day in the park before taking a catamaran to Pehoe. Take a scenic bus ride back to Puerto Natales for a farewell dinner before international flights depart the next morning.



GROUP EXPEDITION

Price: \$2,650

Single Room Fee: \$150

Group Departures: Oct-Mar

Difficulty: ●●●●○

Peak Altitude: 2,870 ft

Total Trekking: 50-58 miles

Longest Day: 12 miles (optional 17 miles)





WINTER PATAGONIA | 7 DAYS

Beat the crowds and experience the pure wilderness of Patagonia in the winter as you explore a whole new side of Torres del Paine National Park.



DAYS 1-2 | Arrive in Puerto Natales and relax at the B&B before enjoying a welcome dinner with your guide. On Day 2, drive to the Torres del Paine trailhead and hike to the Base of the Towers and the emerald lake below. Pass back through Las Torres to catch a ride to the Serrano River valley for the night.

DAYS 3-4 | Arise to the peaceful cold mountain air of Patagonia in the winter and trek through the snow-covered lenga forest. Catch views of the jagged mountain peaks as you make your way to Paine Grande along Las Carretas Trail. On Day 4, depart Paine Grande for a gorgeous day hike to the French Valley. After a steady climb, see an impressive view of the French Valley and two of the famous horned peaks, Cerro Hoja and Cerro Múscara.

DAYS 5-7 | Enjoy the beauty of Pehoé Lake and Grey Lake as you take a day hike to the Grey Glacier before spending a third night at Paine Grande. On Day 6, spend one final half day in the park to soak in the last winter views of Torres del Paine. Head back to Puerto Natales that afternoon for a farewell dinner with your guide and fellow travelers. International flights depart the next day.



GROUP EXPEDITION

Price: \$2,690

Single Room Fee: \$150

Group Departures: May-Sep

Difficulty: ●●●●○

Peak Altitude: 3,608 ft

Total Trekking: 41 miles

Longest Day: 12.5 miles



HIDDEN COLOMBIA | 8 DAYS

Travel back 1,000 years to the Lost City of the Sierra Nevada. Soak in the sights and the sounds of the remote jungle as you travel to a far corner of Colombia.



DAYS 1-2 | Arrive in Bogotá and relax in town at your B&B. Spend the afternoon exploring the city on your own before joining your fellow travelers for a welcome dinner. On Day 2, visit La Candelaria, Bogotá's historic district. Visit local city markets, several famous plazas, and try your hand at a game of tejo, Colombia's national sport.

DAYS 3-4 | Catch the first flight to Santa Marta, a beautiful Caribbean beach town and the oldest city in Colombia. Drive three hours to the trailhead and begin the trek to the Lost City. Hike through the lush forest before reaching camp for the night. Continue your trek through the jungle and pass by the indigenous town of Mutanshi. There are plenty of opportunities to take a dip in a cool, clear stream along the way before having the evening to relax and rest your legs. Spend your evenings meeting travelers from all over the world at the rustic open-air camps along the way.

DAYS 5-6 | After a hearty breakfast, cross the Buritaca River nine times as you continue the challenging ascent. Expect a lot of ascending and descending before the final push. End the day with a leg burner as you climb the 1,200 steps that lead to the Lost City. Learn about the history of the ruins from your guide. On Day 6, return the way you came and cross multiple suspension bridges. Wade in the cool water while listening to parakeets chirping.

DAYS 7-8 | From Camp 2, continue the descent toward Mamey and enjoy a final day under the lush canopy. Catch a van that will take you back to Santa Marta for a final dinner to celebrate. Take a mid-morning flight and return to Bogotá airport for international departures.

GROUP EXPEDITION

Price: \$2,190

Single Room Fee: \$200

Group Departures: Oct-Aug

Difficulty: ●●●○○

Peak Altitude: 8,612 ft

Total Trekking: 30 miles

Longest Day: 9 miles





CLASSIC INCA TRAIL | 7 DAYS

Visit what was once the center of the Incan Empire before trekking this legendary trail. Traverse high mountain passes, visit archaeological sites, and step through the Sun Gate at dawn to see Machu Picchu.



DAYS 1-2 | Arrive in Cusco and head to your hotel in the historic district of San Blas just a few minutes' walk from the town center at Plaza de Armas. Acclimate to the altitude with a day trip to the Sacred Valley. Visit the village of Pisac and the Ollantaytambo ruins.

DAYS 3-4 | Drive to the starting point of the Inca Trail known as kilometer 82. Hike through the Wayllabamba Valley along the Cusichaca River near Inca terraces and Patallacta ruins before arriving at the campsite in Wayllabamba. The morning of Day 4 is tough but worth the spectacular views. Trek up and over the Warmihuañusca Pass, the highest point on the Inca Trail, before descending to the next campsite at Pacaymayu.

DAY 5 | Cross Runkurakay Pass and descend to the archaeological site of Sayacmarca and the high Andean cloud forest. Follow a narrow ridge to Phuyupatamarca and enjoy spectacular views of the Sacred Valley and mountain peaks before reaching the campsite at Wiñayhuayna.

DAYS 6-7 | Get an early start to enter Machu Picchu through Inti Punku, the "Sun Gate," at dawn. Take a tour of the ruins and explore on your own. In the afternoon, descend by bus to the town of Aguas Calientes to board a train back to Cusco. International flights depart the following day.



PRIVATE EXPEDITION

Price Per Person:

1 = \$2,650 | 2 = \$1,990 | 3 = \$1,820
4 = \$1,760 | 5 = \$1,630 | 6+ = \$1,620

Single Room Fee: \$250

Private Departures: Apr-Oct

Difficulty: ● ● ● ● ○

Peak Altitude: 13,829 ft

Total Trekking: 27 miles

Longest Day: 9.5 miles



ULTIMATE MACHU PICCHU | 8 DAYS

Trek into the Andes on this less-crowded alternative to reach Machu Picchu. Visit local markets, temples, and a coffee farm while marveling at the beautiful scenery.



DAYS 1-2 | Arrive in Cusco and head to your hotel in the historic district of San Blas just a few minutes' walk from the town center at Plaza de Armas. On Day 2, acclimate to the altitude with a day trip to the Sacred Valley. Visit the village of Pisac and the Ollantaytambo ruins.

DAYS 3-4 | Drive to Mollepata village at the edge of the cloud forest and continue to the trek departure point at Challa'cancha. Trek to Salkantay Pampa to camp for the night. In the morning, begin the hike to Salkantay Pass. Take a break at the pass to enjoy the breathtaking views before continuing downhill to Collpapampa for the night.

DAYS 5-6 | Descend into the high jungle and hike along clear streams, rivers, and waterfalls. Reach the town of Lucmabamba, where you will spend the night in a homestay with a local coffee farming family. Learn about the coffee roasting process and explore the family's coffee farm. In the morning, drive two hours toward the hydroelectric station. From there, hike to Aguas Calientes for a shower and some rest before a celebratory dinner.

DAYS 7-8 | Depart for Machu Picchu by 20-minute bus ride. Receive a guided tour and explore the site on your own, with the option to climb Machu Picchu Mountain for views of the ruins from above. Meet in Aguas Calientes in the afternoon to board the train back to Cusco. International flights depart the following day.

GROUP EXPEDITION

Price: \$1,950

Single Room Fee: \$250

Group Departures: Apr-Oct

Difficulty: ● ● ● ● ○

Peak Altitude: 15,246 ft

Total Trekking: 39 miles

Longest Day: 12 miles





BACKROADS MACHU PICCHU | 7 DAYS

This short and sweet Lares Trek shows off the beauty of the Andes. Marvel at high alpine lakes and lush countryside before reaching the ancient site of Machu Picchu.



DAYS 1-2 | Arrive in Cusco and head to your hotel in the historic district of San Blas just a few minutes' walk from the town center at Plaza de Armas. Walk around the city for the afternoon. On Day 2, acclimate to the altitude with a day trip to the Sacred Valley. Visit the villages of Chinchero, Moray, and Ollantaytambo.

DAYS 3-4 | Drive to the trailhead in Pumahuanca and hike up the side of the valley toward the town of Puyoc. Reach the campsite and enjoy the evening in the crisp mountain air. Day 4 is the most spectacular day of the trek! Begin by hiking to the top of the Pumahuanca pass (15,682 ft) before a gradual descent. Pass the snow-capped peaks and serene mountain lakes before arriving in Cuncani.

DAY 5 | From Cuncani, pass several small communities that grow quinoa and tarwi. A bit farther down the trail, take a relaxing dip in the hot springs of Lares. A bus will pick you up from the hot springs to head to the train station, where you will embark for Aguas Calientes, the base of Machu Picchu.

DAYS 6-7 | Depart for Machu Picchu by 20-minute bus ride. Receive a guided tour and explore the site on your own, with the option to climb Machu Picchu Mountain for views of the ruins from above. Meet in Aguas Calientes in the afternoon to board the train back to Cusco. International flights depart the following day.

PRIVATE EXPEDITION

Price Per Person:

1 = \$3,030 | 2 = \$1,850 | 3 = \$1,800
4-5 = \$1,600 | 6-7 = \$1,450 | 8+ = \$1,370

Single Room Fee: \$250

Private Departures: Year-round

Difficulty: ● ● ● ● ○

Peak Altitude: 15,682 ft

Total Trekking: 39 miles

Longest Day: 12 miles



TASTE OF PERU | 5 DAYS

Hike to Inca ruins, learn to cook authentic Peruvian cuisine, and explore unforgettable Machu Picchu on this short and sweet adventure.



DAY 1 | Arrive in Cusco and head to your hotel in the historic district of San Blas, just a few minutes' walk from the town center at Plaza de Armas. Meet your group for orientation in the evening.

DAY 2 | Acclimate to the altitude in the Sacred Valley with a day tour to Maras, Moray, and Salineras. See impressive Inca ruins, visit the village of Pisac, and see the Citadel of Pisac on a guided tour. Return to Cusco for the night.

DAY 3 | Get a taste of Peru this morning with a cooking class hosted by a local restaurant owner. Buy your ingredients at the local market and learn to prepare some of Peru's famous dishes. Drive an hour and a half to Ollantaytambo where you will catch the train to Aguas Calientes, the charming town at the base of Machu Picchu.

DAYS 4-5 | After an early breakfast, depart for Machu Picchu by 20-minute bus ride. Receive a guided tour and explore the site on your own, with the option to climb Machu Picchu Mountain for views of the ruins from above. Meet in Aguas Calientes in the afternoon to board the train back to Cusco for one final night. International flights depart from Cusco the next day.



PRIVATE EXPEDITION

Price Per Person:

1 = \$1,970 | 2-3 = \$1,300 | 4-5 = \$1,190
6-7 = \$1,090 | 8+ = \$1,050

Single Room Fee: \$200

Private Departures: Year-round

Difficulty: ● ● ○ ○ ○

Peak Altitude: 11,155 ft

No Trekking Required





PERU MULTI-SPORT | 7 DAYS

This epic expedition combines trekking, biking, rafting, and zip lining! Get a unique view of archaeological sites, beautiful valleys, and stunning mountain glaciers before making your way to Machu Picchu.



DAYS 1-2 | Arrive in Cusco and head to your hotel in the historic district of San Blas just a few minutes' walk from the town center at Plaza de Armas. Next, acclimate to the altitude with a day trip to the Sacred Valley. Visit the villages of Moray, Chinchero, and Maras Salt Mines.

DAYS 3-4 | Drive to the mountain pass of Malaga (14,160 feet). Begin your descent on mountain bikes, passing through small villages and orchards and alongside rivers and streams before reaching the town of Huamanmarca. Take a quick shuttle to the town of Santa Maria for lunch before an afternoon of rafting Class III and IV rapids. On Day 4, spend a full day hiking past coffee farms, waterfalls, and rivers until arriving at the Cocalmayo hot springs to enjoy a dip after lunch. Stay in Santa Teresa for the night.

DAYS 5-7 | Zip line through the lush forest of the Urubamba River Valley in the morning. Break for lunch before catching a short train ride to Aguas Calientes. Explore the town before meeting at a local restaurant for a group dinner. Catch the early morning 20-minute bus ride to Machu Picchu to enjoy this ancient site free of crowds. Take a guided tour of the site and explore on your own before returning to Cusco for the evening. International flights depart the following day.



GROUP EXPEDITION

Price: \$1,790

Single Room Fee: \$200

Private Departures: Apr-Dec

Difficulty: ● ● ● ○ ○

Peak Altitude: 14,160 ft

Sports: Trekking, Biking, Rafting, Zip Lining

Longest Trekking Day: 14 miles



WHEN TO GO

Location	Expedition	Difficulty	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Argentina	Ultimate Patagonia	4	●	●	●							●	●	●
	Fitz Roy Patagonia	3	●	●	●							●	●	●
Bhutan	Sacred Chomolhari	4			●	●	●				●	●	●	
	Druk Path	3			●	●	●				●	●	●	
Chile	Epic Patagonia	4	●	●	●							●	●	●
	Essential Patagonia	4	●	●	●							●	●	●
	Winter Patagonia	4					●	●	●	●	●			
Colombia	Hidden Colombia	3	●	●	●	●	●	●	●	●		●	●	●
Croatia	Croatia Multi-Sport	3					●	●	●	●	●			
Nepal	Annapurna Discovery	3		●	●	●					●	●	●	
	Everest Base Camp	5			●	●					●	●	●	
	Langtang Journey	4		●	●	●					●	●	●	
	Annapurna Base Camp	4		●	●	●						●	●	
	Manaslu Circuit	4		●	●	●						●	●	
	Mardi Himal Base Camp	4		●	●	●						●	●	
Peru	Ultimate Machu Picchu	4				●	●	●	●	●	●	●		
	Taste of Peru	2	●	●	●	●	●	●	●	●	●	●	●	●
	Backroads Machu Picchu	4	●	●	●	●	●	●	●	●	●	●	●	●
	Classic Inca Trail	4				●	●	●	●	●	●	●		
	Peru Multi-Sport	3				●	●	●	●	●	●	●	●	●
Tanzania	All Kilimanjaro Routes	5	●	●				●	●	●	●	●	●	●
	Serengeti Safari	1	●	●				●	●	●	●	●	●	●

CUSTOM EXPEDITIONS

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TRIP ITINERARIES

All itineraries listed in this catalog are subject to change. Contact one of our expedition specialists or visit our website for the most up-to-date trip information.



oneseed
expeditions

525 Santa Fe Dr.
Denver, CO 80204

+1 (303) 586-4723
info@oneseedexpeditions.com
www.oneseedexpeditions.com



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