



## Inquiry

✉ [info@gurkhaencounters.com](mailto:info@gurkhaencounters.com)

☎ 977 1 4267882

# Annapurna- Kali Gandaki-Jomsom trek

**'Journey on the ancient trans-Himalayan salt trade route and through the world's deepest gorge'**

## Introduction

Our trek follows one of the most ancient trade routes of the Trans Himalaya, passing through many interesting villages, local people, and traders, donkeys and mule trains. The trail also follows through beautiful enchanting forests of rhododendron, oak and pine trees with constant views of the Annapurna and the Dhaulagiri mountain range. We start this marvelous trip in Pokhara which is located in the mid western Nepal.

Pokhara, is one of the most unique sub-tropical valley's in the Himalaya, and arguably in the world, where one can marvel the beauty of the Himalayan landscape and reflection of the imposing Annapurna Range, including the towering majestic peak of Mt. Machhapuchare, and its beautiful lakes. The trail at one time served as a major trade route linking India and Tibet. Yak caravans loaded with salt descended from the Tibetan plateau, while mule trains carrying grain headed up river from Nepal's hills, meeting halfway to barter their precious commodities. The Thak Khola region you enter after Tatopani was the centre of this vital and ancient tradition of trade. It is also the homeland of one of Nepal's most successful ethnic groups, the Thakalis. Thakali tribes are wide spread from Pokhara up to the Mustang region, which used their strategic position on the trade route to great advantage.

As you enter the cobbled streets of Marpha, you have entered another world, a reminiscent of the Tibetan Plateau. From Jomsom the trail stretches on the Kali Gandaki Valley, and up towards Kagbeni, and Muktinath; a Tibetan-like village with the ruins of fortresses set in the upper reaches of the Kali Gandaki river Valley. Headquarters of the Mustang district, Jomsom is an important government centre. In the heart of this scenic, magical valley lies Muktinath, one of the most sacred of pilgrimage places in all of Nepal. Here, the natural elements are displayed in miraculous form; flickering blue flames of natural methane gas burn on water, stone and earth in an offering said to have been first lighted by Brahma, the Hindu creator.



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### TRIP PROFILE

<b>Total duration</b>	14 nights 15 days.
<b>Trek Grade</b>	Moderate.
<b>Trek Duration</b>	10 days.
<b>Max Elevation</b>	3,817 m. (at Muktinath).
<b>Mode of Trek</b>	Teahouse.
<b>Trek Start</b>	Jomsom.
<b>Trek Ends</b>	Nayapul .

### TRIP DEPARTURES

<b>Spring-summer-autumn (Every Year)</b>	08th March to 22nd March.
	14th March to 28th April.
	06th October to 20th October.
	10th November to 24th November.
	15th December to 29th December.

## OUTLINE ITINERARY

**DAY 01** Arrive Kathmandu.1,300m.

**DAY 02** A day in Kathmandu.

**DAY 03** Drive to Pokhara 820m.

**DAY 04** Pokhara-Jomsom to Kagbeni (2,858 mtrs.)

**DAY 05** Kagbeni to Muktinath (3,817 mtrs.)

**DAY 06** Muktinath to Marpha (2, 670 mtrs.)

**DAY 07** Marpha to Ghasa ( 2,010 mtrs.)

**DAY 08** Ghasa to Tatopani ( 1,190 mtrs.)

**DAY 09** Tatopani rest at Hot spring.

**DAY 10** Tatopani to Ghorepani (2,750 mtrs.)

**DAY 11** Ghorepani - Poon hill 3,190m – Tadapani (2,650 mtrs.)

**DAY 12** Tadapani to Ghandruk (1,960 mtrs.)

**DAY 13** Ghandruk to Pokhara via Birethanti (1,040 mtrs.)

**DAY 14** Drive back to Kathmandu.

**DAY 15** Transfer to airport for final Departure



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## Trip Dossier

### DAY 01 Arrive at Kathmandu. Transfer to Hotel.

On arrival at Kathmandu Tribhuvan International Airport you will be greeted by our staff who will escort you to the Hotel, where our Sherpa guide or the office staff will give you a brief orientation about the hotel, Kathmandu itself, trekking, and the do's and don'ts of the area. Also, they will go over any other related information that you might require while in Nepal. Evening complementary well come dinner in one of the finest traditional Nepalese restaurant in Kathmandu with necessary transfer and overnight at Hotel.

### DAY 02 One full day Kathmandu valley sight seeing.

After your first night in Kathmandu, you will be well informed on arrival about the time for your full day guided sightseeing tour in Kathmandu. After your breakfast proceed your full day sight seeing tour to Kathmandu Durbar square visiting, ancient palace, living goddess temple Kumari temple, Hanuman Dhoka and Kastamandap temple. Transfer to Swoyambhunath stupa is also known as the Monkey Temple, further transfer to Pashupatinath temple the holiest shrine of the Hindu people and Boudhnath stupa of Buddhist pilgrimage center and back to hotel, evening briefing about the trek with guide introduction. Be ready this evening for tomorrow leaving to trek and overnight at Hotel.

### DAY 03 Drive to Pokhara 820m.

An early start by the main east-west highway leading towards west to Pokhara, Nepal's second largest city and a remarkable touristy spot. Leaving the city suburbs, the road climbs to the valley rim and begins its descent along the Trisuli River valley. This scenic journey drives takes us on the long winding road through many villages and farmlands. As the drive continues we can have glimpse of Ganesh, Manaslu and Annapurna snow capped peaks.

### DAY 04 Pokhara-Jomsom to Kagbeni (2,858 mtrs.)

After an early breakfast, you will transfer to the airport for a morning flight to Jomsom. It is quite a scenic flight of only 20 minutes and Jomsom the district headquarter of Mustang. It is also a major village on the Kali Gandaki area linking the age old Trans-Himalayan Salt Trade route to Tibet. From Jomsom onwards it is very windy in the afternoon. From Jomsom, the trek continues on the gradual path on the Kali Gandaki river bed for about 3 hrs and finally reaching at Ekley-bhatti village. After good stop here, an hour of easy walk reaches you to Kagbeni, which lies at the bank of two rivers. Kagbeni is an interesting wind swept village situated on the main age-old Trans Himalayan salt trade route to Tibet via Upper Mustang area. Upon arrival, we will check in to the Lodge with afternoon free for a stroll around the village.

## **DAY 05** Kagbeni to Muktinath (3,817 mtrs.)

From Kagbeni, the route leads up most of the way with a few gradual level portions till Jharkot village is reached after 2-3 hours of good walk, from this village, another hour uphill trek brings you at the Muktinath area, where there are good lodges including the Bob Marley Lodge.

The trek to Muktinath is an important pilgrimage for both Hindus & Buddhists with a Gompa. The Pagoda Temple houses lord Muktinath, dedicated to Lord Vishnu. The place itself is very soothing with great views of Mt. Dhaulagiri and Tukuhe Peak, The most interesting & importance of the area however is the spot with burning natural gas. You will have time to visit the Temple complex where there 108 interesting water spout one of the tributary and the source of Kali Gandaki also. Total hour to reach here approx: 3-4 hrs.

## **DAY 06** Muktima

### **th to Marpha (2, 670 mtrs.)**

Early morning wake up with a divine sound of temple bell, after breakfast easy trek down to Ekley-bhatti the trail descends very quickly to the valley floor. The descent is through a dramatic, arid landscape all the way to Marpha. After few hours walking from Ekley-bhatti one reaches Jomsom, the path continues following down stream of Kali Gandaki with different views of mountain and sandy path. Another two hours of easy walk from Jomsom towards south east brings you at Marpha for the overnight stop, which is a little gem, with whitewashed houses, paved streets and numerous well kept lodges. Here you will have time to celebrate with the local apple products like cider, brandy and juice this area from Kagbeni to Larjung is famous for its delicious apple and its product. Visit Marpha village with Monastery, Apple Brandy factory and around.

## **DAY 07** Marpha to Ghasa ( 2,010 mtrs.)

Dramatic changes of vegetation from dry arid desert to pine & conifer forests can he found while passing between Dhaulagiri & Annapurna region. Passing through Kalopani, magnificent views of Annapurna range can he seen. Overnight rest at Ghasa. Walking distance is approximately 6 hrs. After a wonderful time at Marpha, today's a long good to Ghasa, our route follows the wide gravel river banks to Ltukuche and Larjung village. One of the most charming places on this route, after an hour walk from Larjung and crossing the river, the trail climbs over a forested ridge, then heads down again and makes a long but easy traverse along gravel bars beside the riverbed. It then crosses the river back to the west side via a series of temporary bridges just before Kalopani (a small Thakali village) at 2,590 m. This is a best view point for Mt. Annapurna 'I' and only one place to catch in your eye along whole circuit. This is long and tidy Thakali village with a Dhaulagiri technical school.

Kalopani, another lovely village of more than 20 houses with excellent tea houses and lodge with grandeur view of Mt. Annapurna I, Nilgiri's and Dhaulagiri above the beautiful forest surrounding.

Walk from Kalopani onwards leads to a dramatic change in the vegetation, from dry, arid desert to pine and conifer forests, as we pass between two giant peaks of Dhaulagiri and the Annapurnas. After two hours of trek brings you at Ghasa village.

### **DAY 08 Ghasa to Tatopani ( 1,190 mtrs.)**

A good day walking towards warmer region, after Ghasa one can witness a dramatic change in the vegetation, from dry arid desert to pine and conifer forests while passing through and between Dhaulagiri and Annapurna. The trek passes through the village of Rupsi with its beautiful waterfall, from here an hours brings you at Dana, situated near the deepest gorge of the world between Annapurna and Dhaulagiri. From here another hour reaches you at our overnight stop at Tatopani. From Tatopani the view of Mt. Nilgiri is magnificent. Natural hot spring bathing is a main attraction at Tatopani. Tato is 'hot' and pani is 'water' in Nepali. Walking distance is approximately five hours.

### **DAY 09 Tatopani rest at Hot spring.**

A rest day after long walking days and free from the hassle of packing. Enjoy this day in the Hot spring by the Kali Gandaki river bank, here you can have a massage service near by the poolside and explore around Tatopani bazaar.

### **DAY 10 Tatopani to Ghorepani (2,750 mtrs.)**

After a wonderful time at Tatopani and in its warm pool, our trek continues towards east on the gradual trail for an hour crossing a suspension bridge over the Kali Gandaki river, the path leads by the river for a while just arriving at the junction of the two trails, the other wide path follows the river all the way to Beni. Our route diverts from here taking the uphill climb, the first uphill to a ridge is quite steep, where there is a small tea house, from here ahead of us lies a steep terraced hillside, dotted with farms and villages, from this spot a gradual climb leads us most of the day to the Magar / Gurung village of Sikha with a view of terrace field and landscapes.

From here it's a gradual climb for most of the way, leaving behind the terraced fields walking in the dense rhododendron forests and reaching to the village of Ghorepani. We stop for the night at Ghorepani Deurali for the best views of the sunset with excellent of Dhaulagiri and Annapurna ranges. This is most popular spot among the trekkers, the best view of the mid and western Himalayas.

### **DAY 11 Ghorepani - Poon hill 3,190m – Tadapani (2,650 mtrs.)**

The guide will wake you up early for the 45 minutes walk up to Poonhill, where you can view the sunrise over the long Himalayan chain of mountains from the far western Dolpo peaks, Dhaulagiri massive, Annapurna, Manaslu and as far to Ganesh Himal range including the beautiful majestic Mt.Machhapuchere (Fish Tail). After the busy photo session return back to Ghorepani for breakfast. From Ghorepani the trail follows to the upper ridge to Deurali almost to the same height as Poon hill

with constant view of the snow capped peaks and through rhododendron forest, then descend from Deurali where the path narrows down through the temperate rain forest, steeper section at some places as you come to Bhanthathi a place in the middle of the forest, after a short break here or lunch, the trek continues on the gradual trail for an hour, after coming down to a small stream in the middle of the rhododendron forest with an hour uphill walk to Tadapani. Tadapani is in the middle of the forest of Rhododendron, Magnolia and Oaks. From this place a grand view of Annapurna South and Machhapuchare (fishtail) can be seen at a close distance. Tadapani with 8-10 lodges a settlement made by the local Gurung people from Ghandrung and Kimrong to serve and cater the needs of the trekkers.

### **DAY 12 Dovan to Jhinu (1,780m.)**

Today's walk leads through serene forest for an hour on the gradual path to Bhasi Kharka, from this spot the trail descends with occasional view of the Mt. Annapurna ranges & Machhapuchare (Fishtail). The trail descends through forest, creeks and small streams and into the maze of trails till Ghandruk village is reached. This is a semi-modern village and gateway to Annapurna Sanctuary. On reaching Ghandruk at lunch time and as well for the night stop with enough time to explore the village and Gurung culture. The trail descends through the deep forest and huge boulders into the maze of tracks around Ghandruk at 1940 m. This is a modern village of Nepal and nice village settlement in terrace field. Overnight at Ghandruk.

### **DAY 13 Jhinu Dana to Pokhara**

A pleasant walking on this last day, the trek leads to a long descend towards Syauli Bazaar for two hours from here the path follows the Modi River all the way to Nayapool and passing through another nice village at Birethanti. From this place a short walk of 30 minutes reaches you at Nayaul for two hours scenic drive to Pokhara for the overnight stop near by the Lake Phewa.

### **DAY 14 Drive back to Kathmandu.**

After a wonderful time in the mountains and at Pokhara which is one of the most scenic spot to relax after the trek. Morning after breakfast board on the Bus for the five to six hours scenic journeys back to Kathmandu.

### **DAY 15 Transfer to airport for final Departure.**

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) and your passport handy. Our Staff will take you to the airport for your final departure from this amazing country, Nepal.



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## **Pokhara Valley**

Pokhara is one of the most unique sub-tropical valley in the Himalaya and probably in the world, where one can marvel the beauty of the Himalayan landscape and reflection of the Annapurna massif including the towering majestic peak of Mt. Machhapuchare on its beautiful lakes.. Pokhara is situated in the mid western Nepal. It is linked by the main highway of 200 km driving distance from Kathmandu, and by air approximately 20 to 30 minutes flight with a sweeping panoramic view of the mid western Himalaya. Mother Nature has certainly blessed this fertile valley with outstanding scenery of the landscapes, snow capped mountains, moderate tropical climate, and beautiful pristine lakes of Begnas, Rupa and Phewa. The most stunning of Pokhara's sights is the magnificent panorama of the Annapurna range which forms its backdrop. Annapurna massif includes Annapurna I to IV and Annapurna South. Among these high peaks it is the towering majestic Mt. Machhapuchare (Fish Tail) which dominates all others in this range Pokhara with its natural beauty is also a starting point of Nepal's most popular adventure destinations. Most of the trekking, mountaineering expeditions begin from this remarkable place and it's an ideal spot for all types of holiday makers.

## **Complimentary Services**

Services as mentioned below are rendered complimentary upon confirmation of your booking with us:

- a. Complimentary tourist registration to respective consulate office or embassy
- b. Complimentary international flight ticket re-confirmation
- c. Complimentary Gurkha Encounter T-Shirt (subject to availability)
- d. Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- e. Complimentary use of sleeping bags and down jackets

## **Mode of Payment**

To confirm your trip we request you an upfront payment of 40% of the quoted amount by authorizing the same with your credit card details filled up in our GE Booking Form.

### **If you pay by cheque/ bank draft pls make it payable to:**

Gurkha Encounters Pvt. Ltd.

G P O Box: 20195

Ganeshman's Building

House No.: 135

Chaksibari Street, Thamel, Kathmandu, Nepal



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**Note:** If you pay by Master/Visa cards there is a bank service charge of 3.5% which will be charged as an extra; for payment through American Express there is a 5.5% bank service charge.

## Terms & Conditions

- ❖ The Company is not liable for any refunds after the departure date of the scheduled itinerary.
- ❖ Cancellation should be made 48 hours before departure and a 40% cancellation charge is approved besides tax, transportation and permit. See specific information below
- ❖ No refund will be given if the program ends before the provided itinerary date.
- ❖ The Company is not to be held responsible for your early termination of a trek should our experienced leader feels it is unsafe for you to continue due to fitness and/or health issues
- ❖ The Company is not liable for an unconvinced or rescheduling due to natural, political or bureaucratic circumstances
- ❖ The Company is not responsible for delays caused by local weather conditions resulting in international flights being missed
- ❖ The Company is not responsible for the financial implications of rescue. Please ensure you have the appropriate insurance to cover these situations before you arrive in Nepal
- ❖ Our staffs are very experienced in leading treks at all altitudes. It is their responsibility to ensure your safety, their conclusions regard safety are final and should you not follow their advice the Company can not be held responsible for the outcome.

If you wish to cancel your trip for any reason the following scale of charges will apply:

<b>Date of Cancellation</b>	<b>Charge Incurred</b>
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC
10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

## Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket



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1 down jacket  
1 woolen hat  
A pair of sunglasses  
A pair of glove shells with liner or ski gloves (opt.)  
A pair of woolen gloves  
One Trekking pack 3000 cubic inches capacity  
One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30  
Two Reading books (Optional)  
One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger  
A one liter water bottle  
A pair of Trekking poles  
One flash light with 4 sets of batteries  
one -5 to -20 sleeping bag  
Two T-shirts and one long sleeve T/city shirt  
Two Trekking baggy pant

## **Toiletry Items**

Towel, pre-moistened novettes, wash cloth, lip balm, and any additional personal items such as toothbrush, comb, etc.

## **Miscellaneous Items**

Photo equipment with plenty of films and spare batteries, reading/writing materials, postcards of hometown and/or photos of home and family to share with Nepalese people, safety pins, sewing kit, zip lock bags for small items.

## **Welcome to the Himalaya**

Namaste and welcome to the stunning and diverse geographical regions of the Himalaya.

This wonderful place is home to many of the highest mountains in the world including the world's highest, majestic Mount Everest, to some of the deepest gorges, lush valleys, great rivers, colorful people and ancient histories. You'll find a wide and fascinating diversity of landscapes, culture, people and activities within the Himalaya. From stunning scenery to vibrant and colorful culture, from the serenity and spiritualism of ancient temples and monasteries to the thrills and spills of some of the finest white water rides, from the challenge of the awesome peaks to the laid back relaxation of the valley, lakesides



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and quiet hill stations to the deep lush jungles of the lowlands, from romantic and intricate courtyards, exotic palaces and exquisite restaurants to high snowy passes where prayer flags flutter in the skies and from the solitude of the great peaks to the welcoming bustle and warmth of the local bazaars and courtyards. Whatever your interest, the Himalaya has something to offer everyone.

Gurkha Encounters is a leading trekking, adventure and eco travel company based in Kathmandu, Nepal and established in 1988. We specialize in the Himalayan regions of Nepal, Tibet, Bhutan and India, including Sikkim. Our services include advice, planning and organization of a wide range of adventure and trekking travel options and related services including: trekking and climbing expeditions among the world's highest peaks; jungle safaris; white-water rafting; mountain biking; family adventures; educational expeditions for schools and youth groups; short breaks, guided tours and sightseeing; special interest holidays; romantic breaks; volunteer placements and corporate services.

Our office staff, guides and other support staff are all from local villages and towns in the Himalaya and are all experienced and qualified professionals. Our extensive local knowledge as well as our experience and local contacts mean that we are able to provide the best service to you and we are proud of our reputation for quality, innovation and overall customer service with a focus on cultural and environmentally responsible travel. We aim to provide you with an excellent, friendly and personal service at competitive and fair prices for a truly memorable adventure travel experience.

## **Small Group Travel**

Most of our trips, treks and tours are organised on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.

## **Tailor Made Private Charter Adventures**

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling.



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Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.

## **Group and Club Organisers**

If you are organising a trip for a group or a club we will offer one free\* additional place for every 10 bookings made. You can use this for your own travel, use it to reduce the overall cost of the trip for everyone or perhaps offer it as a fantastic prize for your group members or for a charity. Contact us for more details and for conditions (\* permit fees, national park entry fees, airfares and departure taxes not included).

## **Contact Us**

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at [info@gurkhaencounters.com](mailto:info@gurkhaencounters.com), or telephone us on +977 1 4267 882 and 889 or fax on +977 1 4267854 or contact to our Managing Director (RAJ) Mobile +977 9851022717 / 9851082548. For general information please visit our website [www.gurkhaencounters.com](http://www.gurkhaencounters.com)

**'Tapai lai Hardik Swagat Cha' - Welcome from our heart to the mighty Himalaya.**

## **Trekking in the Himalaya**

The Himalaya mountain regions provide some of the finest trekking routes available anywhere. Within the Himalaya, Nepal's mountainous, hilly and lowland Terai regions offer some of the most spectacular trekking in the world. Treks vary from high altitude routes some of which visit base camps used by mountaineering expeditions to easy short treks within the Kathmandu Valley and lower hill country where you'll travel through pretty villages, subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and even the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in spring and autumn.

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience.



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Not only can they share local knowledge and insights, at the same time as you travel you are contributing to the local economy and supporting local communities at the same time as you travel. Whatever route you choose, you'll be sure to meet local people and enjoy stunning landscapes as you walk at your own pace through well established village trails. Whilst some of the popular trekking trails are used by climbing expeditions on their approach marches, most have been used for hundreds of years by the local Nepalese for everyday travel and trade.

### **Teahouse Trekking**

On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges, similar to European style alpine lodges offering simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best available lodges run to a high level of service. We also supply a four season sleeping bag and cotton liner free of charge on our teahouse treks. Hire of other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions. Soft drinks, sweets, mineral water and alcohol are not included.

### **Fully Provisioned Camping Style Trekking**

This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants. Porters, yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the camp work, from setting up to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, and provide hot water for washing and tea and coffee at night and for your wake up call. Food is a mixture of Asian and Western dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

A few of our teahouse treks involve crossing high passes and necessitate camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags.

## **Our Grading System**

In Nepal, the trails often zigzag with plenty of ascents and descents and it is better to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.



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We use four grades for our treks, intended to give you a general sense of what to expect and to help you choose which adventure will suit you best. Factors such as weather conditions, altitude, fitness level, experience, interests and how you feel on a particular day all contribute to how easy or strenuous you find a trip. If you're unsure of whether a trek is suitable for you just contact us before making your booking.

**Wish you have memorable time with us!**