



## Inquiry

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

☎ 977 1 4267882

# Island Peak

**'In the world's scenic high valleys with an adventurous climb'**

'Exhilarating climb on the summit of renowned Island peak or Imjatse, within rich Buddhist culture, warm-friendly locals, traditional village, land of worlds heritage, high alpine valley's in the close backdrop of the world's highest peak 'Mt. Everest'.

## Introduction

Adventure begins from Lukla after a spectacular mountain flight from Kathmandu.

This adventurous route leads first to Namche Bazaar with two nights here for good acclimatisation, then heading into the high valleys of Khumbu. At Gorak Shep in the Khumbu valley, an opportunity to be up at Kala Pattar [5,545m.] for the classic panoramic view of Everest South West Face and array of other giant snow capped peaks. The following day our route leads across the Khumbu glacier to the site of Everest Base Camp at the foot of the massive Khumbu icefall. Finally the trek heads for the Imja valley and Island Peak Base Camp, where we set up our own base camp at the foot of the mountain's South ridge, surrounded by stunning ice scenery beneath the immense Nuptse-Lhotse wall which towers above.

Island Peak / Imja Tse (6,189m. / 20,305ft.) Located at the top of the Imja valley in the Khumbu region, just above the summer settlement of Chhukung, surrounded by Lhotse and Lhotse Shar glaciers. It offers a worthwhile challenge to the experienced winter mountaineer, competent in using ice axe and crampons, being technically straight forward.

Some of the difficult section being a mixed rock and ice wall at a slope of around 45 degrees leading to the narrow summit ridge, approximately Scottish winter grade 2.

The climb will be undertaken towards the end of the trek when everyone will be fully acclimatised. For those not attempting the climb of Island Peak, there is an opportunity to explore the Imja Khola Valley. This trip is highly recommended, even if you have no intention of climbing Island Peak. It will take you into high valleys, with plenty of time to visit Sherpa villages and monasteries and photographs the ever exciting moments from stunning view points.



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From Island Peak base camp our route descend along the Imja Khola to Dingboche and make way to Namche Bazaar, passing through Pangboche village with time to visit the old gumpa of this area and at Thyangboche as well. After the great long descent from Namche, then following the Dudh Kosi valley to Lukla where a spectacular mountain flight brings you back to Kathmandu.

#### TRIP PROFILE

<b>Total duration</b>	22 / 23 days.
<b>Trek Grade</b>	Adventurous.
<b>Trek Duration</b>	18 / 19 days.
<b>Climbing Grade</b>	Alpine PD.
<b>Trek Start</b>	From Lukla.
<b>Trek Ends</b>	At Lukla.

#### TRIP DEPARTURES

<b>Spring-summer-autumn (Every Year)</b>	21st March to 12th April.
	28th April to 20th May.
	20th September to 12th October.
	19th October to 10th November

## OUTLINE ITINERARY

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

**DAY 02** A day in Kathmandu with 1/2 day sight seeing.

**DAY 03** Fly from Kathmandu to Lukla & trek to Phakding.

**DAY 04** Trek to Namche Bazaar 3,440m. Approx. 5-6 hrs.

**DAY 05** Rest Day at Namche Bazaar.

**DAY 06** Trek to Thyangboche 3,867m. Approx 5 hours.

**DAY 07** Trek to Pheriche 4,243m. 5 hrs.

**DAY 08** Trek to Lobuche 4,930m. 5 hrs.

**DAY 09** At Lobuche with trek to Gorakshep 5,140m / Kalapatthar 5,545m. 5-6 hrs.

**DAY 10** Trek to Everest Base Camp.

**DAY 11** Trek to Dingboche. 4,410m. 4-5 hrs.

**DAY 12** Trek to Chhukhung 4,730m. 3-4 hrs.

**DAY 13** Trek to Island Peak Base Camp. 4,970m. 3 hrs.

**DAY 14** At Base Camp Rest day.

**DAY 15** Trek & Climb to High Camp. 5,400m. 2-3 hrs climbs.

**DAY 16** Climb to the Summit at 6,189m.

**DAY 17** Trek back to Dingboche. 5-6 hrs.

**DAY 18** Trek to Thyangboche. 4-5 hrs.

**DAY 19** Trek to Namche Bazaar. 4-5 hrs.

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**DAY 20** Trek back to Lukla. 6-7 hrs.

**DAY 21** Fly Lukla-Kathmandu.

**DAY 22** Free day at leisure in Kathmandu.

**DAY 23** Transfer to Airport for the International departure.

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## Trip Dossier

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

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff and escort you to the Hotel, where our guide will give you a brief orientation of the Hotel, Kathmandu, Trek /Camping, do's and don't and other related information that you might require while in Nepal.

### DAY 02 A day in Kathmandu with 1/2 day sight seeing.

After your first night in Kathmandu, you will be well informed on arrival about the time for your half day guided sightseeing tour in Kathmandu at places of interest. Sometime, depending upon your flight arrival if it's late in the night we will do this tour in the afternoon instead of morning to give you a nice sleep and rest before you venture out of the Hotel for our interesting tour.

### DAY 03 Fly from Kathmandu to Lukla & trek to Phakding.

Early morning after breakfast you will be transferred from the Hotel to domestic Airport with a short drive of half an hour, after the necessary security formalities (keep your penknife- lighter-matches and other sharp cutting items including scissors and other knife in the bigger baggage not in hand bags) board in the Twin Otter, Dronier or similar type of plane for the sweeping panoramic flight to Lukla, on arrival you will be received by our trekking guides. In Lukla you will have time to wander around, while the Sherpa crew sort and divide the load baggage on the Ghopkyo (mix breed of Yak & normal cow, as the Yak cannot survive below 3000m) some loads are carried by porters. Lunch, depending upon the time of arrival at Lukla either in Lukla or few walks farther down on route to Phakding. The walk is gradual and most of the way, with few ups from Tarhe khola, where you can have a superb view of Kusum-Kangru 6,369m crossing a short suspension bridge, from here after a short climb brings us to the Ghat village, another 11/2hr of gradual walk brings you to Phakding village for the overnight stop near the bank of the Dudh-Kosi river.

#### DAY 04 **Trek to Namche Bazaar 3,440m. Approx. 5-6 hrs.**

From Phakding, the walk is pleasant with few short uphill and downhill and re-crossing the same river again, with magnificent view of Thermasarkhu 6,608m, from the village of Benkar, cross the long suspension bridge over the Dudh-Koshi river, then reaching to a small village of Monjo. On the way you can observe an interesting water-mill grinding roasted corns and barley for Tsampa, one of the staple foods of the Sherpas, Tibetans and other mountain people. Monjo is situated below the magnificent peak of Thermasharkhu and near the entrance of Sagarmatha National Park.

From here a short descend and a gradual walk brings you to the last village at Jorsalle before Bazaar is reached, after a short walk, a second bridge is reached over the same river, the walk is pleasant on the river bed till the last bridge over the Imjatse river is reached, from here the walk is along the winding uphill path all the way to Namche Bazaar, with magnificent view of Kwangde peak and its other sister peaks towards east, with Kusum Khangru on the back as you climb higher, view of Mt. Everest- Nuptse wall, Lhotse and the closer view of Taweche peak can be seen all the way up to Thop Danda, where there's a resting stone wall for the porters and trekkers, from here another one to two hours walk brings you to the famed Namche Bazaar, the colorful houses are situated in an amphitheatre U shaped bowl.

#### DAY 05 **Rest Day at Namche Bazaar.**

Suggested activities a short walk uphill to the Sagarmatha National Park Headquarter, a magnificent spot perched on top of Namche Bazaar with breathtaking view of the surrounding snow capped giants and of the rolling hills, this place houses an interesting museum with all kinds of information regarding the history of the Himalayas, geographic, culture, mountaineering history and existing information on flora and fauna of this region. Afternoon at leisure.

#### DAY 06 **Trek to Thyangboche 3,867m. Approx 5 hours.**

The walk is fairly easy for the first half, with few minutes climb to the top ridge of Namche Bazaar. Once at the top the walk follows on the gradual trail with few short up and down overlooking magnificent view of the great giant snow peaks from Everest, Nuptse, Lhotse, Ama Dablam, Thermasharkhu and Kwangde-ri peak after a pleasant walk of two hours coming to a small place at Shanasa, on this area there is chances of seeing the beautiful colorful Danphe pheasant (Impeyan Pheasant) national bird of Nepal and the elusive musk deer, and sometime even herd of Himalayan Thar (mountain goat like large antelope) from Shanasa with short up and downhill, the trail descend to Imjatse river at Phungitenga 3,250m, a small settlement with couple of teahouses in the midst of the alpine woods of mostly silver fir blue pines, rhododendron and some few magnolia and birch trees. From here the walk is all uphill for an hour or two with great view of Thermasarkhu and Kantenga, Kantenga from this angle it looks more like an icy Sphinx or a big cat on a sitting position, the walk finally reaches you at the great spot of Thyangboche. This is one of the most beautiful spot in the Himalaya, the first thing that comes to your

eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic peak Ama Dablam with Everest looming above the Nuptse wall in the north with Mt. Lhotse and Lhotse Shar towards north east with more peaks all around you.

### DAY 07 **Trek to Pheriche 4,243m. 5 hrs**

From here the path descend steeply through woods, then crossing the Imja Tse Khola and climb steadily to the village of Pangboche. This is directly opposite of Ama Dablam (6,856 m.), and is a good place to stop for a break. Pheriche is a good two / three hour's walk beyond and is situated beneath the impressive spires of Cholatse (6,440 m.) and Taweche (6,542 m.). From Pangboche the walk is on the gradual winding path above the Imjatse River then with a short climb to Somare for lunch, from here the walk leads to a good trail before the short climb towards Pheriche.

After the good climb the path descends towards the Pheriche Valley and to the village for the overnight stop. Pheriche is quite windy with great views of Mt. Ama Dablam, Tawache, Cholatse and as far as to Cho Oyu in the distance.

### DAY 08 **Trek to Lobuche 4,930m. 5 hrs.**

Our route continues up the wide valley beneath the impressive peaks of Cholatse and Taweche on the left. Then turning right with a steep climb towards Thugla at the foot of the Khumbu Glacier. The tea house at Thughla is a good spot to have lunch, before the steep climb zig-zagging up through the boulders of the glacier terminal moraine. The top of this climb surprises us by numerous stone cairns- memorials to the many sherpas who have died while climbing on Mount Everest. The path then continues more easily on the left side of the glacier, to eventually reach the cluster of houses at Lobuche for the overnight halt.

### DAY 09 **At Lobuche with trek to Gorakshep 5,140m / Kalapatthar 5,545m. 5-6 hrs.**

Walk follows the Khumbu Glacier which is straight forward at first, but later the path becomes rocky and awkward, as the path climbs across the moraine. As the going gets closer to the world's highest mountain. The sugar loaf dome of Pumori (7,145 m.) lies directly ahead and on the opposite side of the glacier, Nuptse rises in a sheer spire. Just behind it, to the left is Mt. Everest. Finally reaching at Gorak Shep after a good two to three hours walk. Gorakshep has two large tea houses. Directly above orakshep is Kala Pattar (5,545m) climbing starts to Kalapatthar. It takes about two hours or so. Kalapattar summit is the best view point for close-up view of the Mt. Everest 8,848 m. After a top Kalapattar, we head down to Gorakshep for the overnight camp.

## DAY 10 **Trek to Everest Base Camp.**

The trekking day of this great adventure, continues towards Everest Base Camp and to the Khumbu Ice-fall, the path from here can be misleading, follow the lead Sherpa, every year the trail changes due to the movements of the glacier, the walk is quite strenuous due to the high altitude and thin air, the walk passes through over rocky dunes and moraine and streams, till you reach the base camp. Everest Base Camp is lively with commotion during the high expedition season.

On reaching at the foot of Everest, great view of the Khumbu icefall awaits you. After a grand time here retrace the journey back to Loboche for the overnight.

## DAY 11 **Trek to Dingboche. 4,410m. 4-5 hrs.**

Retrace the trek back to Thugla, from Thugla a pleasant trek leads to Dingboche into the Imja-Tse valley with great views of the surrounding snow capped peaks, including the classic view of Island peak. Island Peak on close inspection it reveals itself to be an interesting and attractive summit with a highly glaciated West Face rising from the Lhotse glacier. The mountain itself is an extension of the South Ridge of Lhotse Shar and is separated from it by a small col. above this gap, rising to the south, is a classical beautiful ridge leading to the summit of Imja Tse. The continuation of this ridge, descending southwest, provides art of the normal route ascent and leads in turn to the South summit, when viewed from near Chhukung.

## DAY 12 **Trek to Chhukung 4,730m. 3-4 hrs.**

Today, we take an easy walk for about three to four hours, climbing up gradually to a small settlement of Chhukung and for the overnight camp. The afternoon is spent relaxing and necessary preparations or for an optional hike around, with the exceptional great scenery of the surrounding high peaks and glacier.

## DAY 13 **Trek to Island Peak Base Camp. 4,970m. 3 hrs.**

The route to Base Camp, the path at first climbs quite steeply to the south before following the moraine east along the main valley below the southern or true left bank of the Lhotse Glacier. The trail then follows glacial streams to the snout of the Imja glacier. At this point the path swings north-east and crosses a dried up lake bed between the Lhotse and Imja Glaciers. From a base camp at Pareshaya Gyab, a well acclimatized party in good condition can make the summit and return in a day back to Base Camp.

## DAY 14 **At Base Camp Rest day.**

Acclimatization and necessary preparations, sorting the gear for the ascent.

### DAY 15 **Trek & Climb to High Camp. 5,400m. 2-3 hrs climbs.**

From the base camp the route skirts south-east around the base of Imja Tse between the moraine and the mountain before turning north-east and climbing steep grassy slopes and small rocky steps. Occasional cairns are to be found marking the path. Easy scrambling up an open gully leads between two well defined ridges and the site of high camp on the lefthand ridge below and to the right of a small hanging glacier at 5,280m / 17,323ft. Care should be taken pitching of a camp or bivouac to avoid possible avalanche danger from the ice above. At high camp we will be relaxing and planning, making necessary preparations for the next early morning day climb.

### DAY 16 **Climb to the Summit at 6,189m.**

From a high camp on the left-hand ridge scramble across the broad open gully and gain the right-hand ridge. Following this, this gives easy scrambling to the snow-covered glacier above. A route needs to be found out leftwards, avoiding seracs and crevasses before turning back northwards over snow covered scree in the margin between the glacier and the base of the main summit ridge. After crossing a gully with some stone and icefall danger, a steep snow and ice ramp leads upwards for nearly 100 meters (300ft), to the summit ridge. The last moves on to the ridge often prove difficult and many climbers leave a fixed rope in place to aid descent.

The ridge itself is a classic and undulates towards the main summit which is reached by a final tricky snow pitch. Standing atop we have the stunning close-up view of the South face of Lhotse (8,501 m.) in vastness that looms before us. We have the impressive dramatic views of the mountains - Amadablam (6,856 m.), Chamlang and Baruntse in the far horizon.

Descent is made by the same route to the low base camp.

### DAY 17 **Trek back to Dingboche. 5-6 hrs.**

Descend to Pareshya Ghyab, and then continue further along (4,343 m.) the easy trail to Chukung. After lunch, trek for about three hours then finally reaching to a village of Dingboche and for the overnight camp.

### DAY 18 **Trek to Thyangboche. 4-5 hrs.**

From Dingboche the path descends all the way to Pangboche. After lunch here, then walk towards the bridge, a small climb through the cool shade of the forest reaching to nice spot at Deoboche, from here another 30 minutes of climb to Thyangboche for the overnight stop.



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### DAY 19 Trek to Namche Bazaar. 4-5 hrs.

An easy downhill walk to the bridge, from here a steep climb for a while and then reaching the level path towards the village of Shanasha, from here one can take an optional walk to Khumjung and Khunde village before Namche Bazaar.

From this village another two hours of good walk leads to Namche Bazaar.

### DAY 20 Trek back to Lukla. 6-7 hrs.

Last day of this great trek will be one of the good walk to Lukla, you can walk at your own best pace, leisurely and enjoying the lush green scenery around.

Apart from few short uphill the only long climb will be just before Lukla which will take approximately 45 minutes from a place called Choplung or from the old big oak tree. On reaching Lukla, prepare for the last day great dinner and a party with the fellow Sherpa crew, porters and trekking members.

### DAY 21 Fly Lukla-Kathmandu.

The flight time are schedule for morning normally, because of the wind in the afternoon, sometime the flight time can be delayed due to bad weather and other reason beyond our control. After getting the boarding pass depending upon the flight time, make your way to the terminal for security check, this scenic flight from Lukla takes about 30 to 40 minutes to Kathmandu, a panoramic view of the snow capped peaks can be seen from window of the plane.

Arriving at Kathmandu domestic terminal, our staff will receive and escort you back to the Hotel.

### DAY 22 Free day at leisure in Kathmandu.

A free day in Kathmandu please let our staff know if you would like to go on another short tour in and around Kathmandu Valley or for scenic mountain flight.

### DAY 23 Transfer to Airport for the International 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 Nepal.

**Note:** The above itinerary should be taken only as a guide line; it could change due to weather, availability of clean water and campsite, trail or any other unforeseen conditions.



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## Sagarmatha National Park – Area (1,148 Sq. Kms.)

**LOCATION:** Sagarmatha National Park is located to the Northeast of Kathmandu in the Khumbu region of Nepal. The park includes the highest peak in the world, Mt. Sagarmatha (Everest), and several other well-known peaks such as Lhotse, Nuptse, Cho Oyo, Pumori, Ama Dablam, Thamserku, Kwangde, Khangtiaga and Gyachung Kang. The park was added to the list of World Heritage Sites in 1979.

**FEATURES:** The Mountains of Sagarmatha National Park are geologically young and broken up by deep gorges and glacial valleys. Vegetation includes pine and hemlock forests at lower altitudes, fir, juniper, birch and rhododendron woods, scrub and alpine plant communities, and bare rock and snow.

The famed bloom of rhododendrons occurs during spring (April and May) although other flora is mostly colorful during the monsoon season (June to August).

Wild animals most likely to be seen in the park are the Himalayan thar, ghoral, serow and musk deer. The snow leopard and Himalayan black bear are present but rarely sighted. Other mammals rarely seen are the weasel, marten, Himalayan mouse hare (pika), and jackal and langur monkey.

The park is populated by approximately 3,000 of the famed Sherpa people whose lives are interwoven with the teaching of Buddhism. The main settlements are Namche Bazaar, Khumjung, Khunde, Thame, Thyangboche, Pangboche and Phortse. The economy of the Khumbu Sherpa community has traditionally been heavily based on trade and livestock herding.

But with the coming of international mountaineering expeditions since 1950 and the influx of foreign trekkers, the Sherpa economy today is becoming increasingly dependent on tourism.

## 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



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## 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  
Phone: +977 1 4267 882 and 889  
Fax: +977 1 4267 854

**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:

Date of Cancellation	Charge Incurred
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC



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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
- 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 novelettes, 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.



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## **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 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.



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## **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.

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



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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. 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



## **Inquiry**

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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.

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!**