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Jiri to Kalapathar & Everest Base Camp Trek

‘Classic approach to Everest in the footsteps of pioneer mountaineers’

Introduction

This twenty day adventure from Jiri to the Everest Base Camp via Gokyo / Tshola is one of the most outstanding journeys Nepal has to offer, taking you from the least traveled to the most popular trekking route in the Khumbu region. This trek has a number of stunning attractions, including trekking through the Solu area, visiting the charming villages of Junbesi and Ringmo, and traversing the great Lamjura pass filled with excellent views of the high, snow-capped peaks. Other attractions include the spectacular scenery of the Himalayan ranges, the prevalent Buddhist culture, and the pristine forest of rhododendron and pine, all the while making friends as you pass through traditional rural farming villages.

The Everest trek involves a great deal of uphill and downhill walking and gives you an opportunity to observe the daily activities of the local people and their traditional way of life that has been preserved and practiced for thousand of years. This trip also gives you a chance to climb Kalapathar, the highest point reached on this trek and one of its highlights, which offers breathtaking panoramic scenery of the giant, snowy mountains and of Mt. Everest, which seems to be a stone’s throw away. After a memorable time in the high valleys and mountains, a smooth, sweeping flight brings you back to Kathmandu.

TRIP PROFILE

Total duration	23/24 days.
Trek Grade	Moderate to Adventurous.
Trek Duration	20/21 days.
Max Elevation	5,545 m. (At Kalapathar).

Mode of Trek	Tea house / Camping basis.
Trek Start	Jiri drive in.
Trek Ends	Lukla fly out.

TRIP DEPARTURES

**Spring-Summer-Autumn
(Every Year)**

Late spring / autumn (Every Year).

27th March to 19th April.

24th April to 17th May.

18th September to 11th October.

16th October to 08th November.

OUTLINE ITINERARY:

- DAY 01** Arrive at Kathmandu. Transfer to Hotel.
- DAY 02** Full day, guided sightseeing tour in the Kathmandu Valley.
- DAY 03** Kathmandu to Jiri: (2,370 m.), 6-7 hr bus journey.
- DAY 04** Jiri to Bhandar: (2,190 m.), 6-7 hrs .
- DAY 05** Bhandar to Sete: (2,575 m.), 6-7 hrs .
- DAY 06** Sete to Lamjura pass (3,530 m.) to Jubesu (2,680 m.), 6-7 hrs .

DAY 07 Rest day at Junbesi.

DAY 08 Junbesi to Nunthala: (2,330 m.), 6-7 hrs .

DAY 09 Nunthala to Bupsadanda: (2,300 m.), 6-7 hrs .

DAY 10 Bupsadanda to Surkhe: (2,290 m.), 5-6 hrs .

DAY 11 Surkhe to Phakding: (2,610 m.), 5 hrs .

DAY 12 Phakding to Namche Bazaar: (3,446 m.), 5 hrs .

DAY 13 Rest at Namche Bazaar.

DAY 14 Namche Bazaar to Tengboche: (3,867 m.), 4-5 hrs .

DAY 15 Tengboche to Dingboche: (4,446 m.), 4-5 hrs .

DAY 16 Rest day at Dingboche.

DAY 17 Dingboche to Loboche: (4,930 m.), 4-5 hrs .

DAY 18 Loboche to Everest Base Camp (5,316 m.) to Gorekshep (5,180 m.), 7-8 hrs .

DAY 19 Gorekshep to Kalapathar (5,545 m.) to Pangboche (3,900 m.), 7-8 hrs .

DAY 20 Pangboche to Namche Bazaar: (3,446 m.), 5-6 hrs .

DAY 21 Namche Bazaar to Lukla: (2,800 m.), 5-6 hrs .

DAY 22 Fly from Lukla to Kathmandu.

DAY 23 Free Day in Kathmandu.

DAY 24 Transfer to the airport for final departure.



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TRIP DOSSIER

DAY 01 Arrive at Kathmandu. Transfer to Hotel.

Upon arrival at Kathmandu's Tribhuvan International Airport, you will be greeted by our staff, who will escort you to the hotel, where our Sherpa guide or office staff will give you a brief orientation about the hotel, Kathmandu itself, trekking, and the do's and don'ts of the area. They will also review any additional information that you might require while in Nepal, including an overview of the next day's sightseeing tour. In the evening, you will enjoy a complimentary welcome dinner at one of the finest traditional Nepalese restaurants in Kathmandu, with the necessary transfer to and from the hotel. Overnight at hotel.

DAY 02 Full-day, guided sightseeing tour in the Kathmandu Valley.

After your breakfast, you will proceed to Kathmandu Durbar Square, where you will tour the ancient palace, the temple of the Kumari, the living goddess of Nepal, Hanuman Dhoka, and Kastamandap Temple with a guide knowledgeable about Nepalese history, architecture, and religion. From there, you will proceed by private vehicle to the Buddhist site, Swoyambunath Stupa, also known as the "Monkey Temple" because of its lively troops of resident monkeys. You will then visit Pashupatinath Temple, the holiest shrine for Hindus, situated on the banks of the sacred Bagmati River, a popular cremation site. Before returning to the hotel, you will visit Boudhnath Stupa, a Buddhist pilgrimage center and home to many colorful gompas, or monasteries. Once back at the hotel, you will receive a briefing about the trek and have a chance to meet your guides and ask any last minute questions before tomorrow morning's departure. Overnight at hotel.

DAY 03 Kathmandu to Jiri: (2,370 m.), 6-7 hour bus journey.

Today, you will board a private bus in the morning and drive via the Arniko highway to Lamosangu. While passing the old Newar towns of Banepa and Dhulikhel, you will have an excellent panoramic view of the eastern Himalayas, including Ganesh Himal, Langtang Lirung, and Dorjee Lakpa. The road descends to Panchkhal, then climbs over a ridge behind Dolalghat and follows the Sun Koshi River north to Lamasangu. After passing several villages you will reach Jiri, and overnight at the best available hotel.

DAY 04 Jiri to Bhandar: (2,190 m.), 6-7 hrs

The first day of this adventurous trek starts with a climb to the ridge top at 2,370 m., then drops down to Shivalaya at 1,750 m. Offering beautiful scenery from each ridge top and winding through friendly villages and farm fields, the walk passes through serene forest of oak and rhododendron trees. From Shivalaya, the trail climbs again to Sangbadanda at Deurali Pass. From Deurali Danda it's all downhill to Bhandar, a small Sherpa village with a huge, beautiful Tibetan Buddhist monument (chorten) situated on a vast meadow and terraced fields. Overnight at a lodge near the village.

DAY 05 Bhandar to Sete: (2,575 m.), 6-7 hrs

This morning's walk leads you down a hill at Linkhu Khola. After you cross bridge at 1,490 m., the winding path leads to the small, pleasant village of Kenja at 1,570 m. After lunch, a slow, long uphill climb takes you past numerous farmhouses and terraced fields with excellent views of the surrounding landscape and distant villages. After few hours, something of a long haul, you finally reach Sete, a tiny, Sherpa village situated on a ridge in the middle of a rhododendron forest. Overnight at a lodge.

DAY 06 Sete to Lamjura pass (3,530 m.) to Junbesi (2,680 m.), 6-7 hrs

Today's walk begins with a gradual climb on a good path, passing through a few small, scattered farmhouses and teahouses. After a few hours of pleasant walking through a beautiful rhododendron forest, you reach Lamjura Pass (3,530 m.), which is the highest point between Jiri and Namche Bazaar. The trail then descends through fir and rhododendron forest and emerges after one and half hours at Taktor. You then traverse the north side of the valley before dropping down to the Sherpa village of Junbesi for the overnight stop.

DAY 07 Rest day at Junbesi.

The region around Junbesi is well worth exploring and a day spent here offers a variety of adventurous and leisurely alternatives. A two-hour walk to the north of Junbesi takes you to the village of Phugmochhe (3,100 m.), where there is a traditional Sherpa art centre. En-route to Phugmochhe, a short diversion will allow you to visit Thubten Chhuling, a huge Tibetan Buddhist monastery, a one and a half hour walk from Junbesi. Alternately, you can relax and explore Junbesi itself. Overnight at the lodge.

DAY 08 Junbesi to Nunthala: (2,330 m.), 6-7 hrs.

Below Junbesi, the trail crosses the Junbesi Khola on a wooden bridge. Just beyond the bridge, there is a trail junction. The route to Khumbu follows the left-hand trail that leads uphill. This trail turns north, descending through Salung. From Salung, Mt. Everest can be seen on a clear day towards the northeast. Past Salung, the walk leads downhill to the stream; after crossing the bridge, a short climb brings you to Ringmo and then towards the Tak-Shidno Pass. From Tak-Shidno, the walk is mostly downhill through the alpine forest of oak, rhododendron, pine, and hemlock trees. On the trail, there are a few shepherds' huts, but the route is mostly hidden in dense forest. The trail crosses several picturesque streams on wooden bridges just before reaching Nunthala (Manidingma) at 2,320 m., an ideal spot for the overnight stay.

DAY 09 Nunthala to Bupsadanda: (2,300 m.), 6-7 hrs

From Nunthala, the path descends and continues to the Dudh Koshi River in the warmer area at 1,480 m. You cross a bridge over the raging river; after the bridge, the trail is well-defined, although it sometimes meanders through terraced fields and farmyards. It then descends steeply through forests to

a Chautara (resting place) overlooking the river before continuing through forest and climbing up terraced fields to reach the Rai village of Jibing (1,667 m). Depending upon the time, lunch can be taken here, the warmest area on this trek. From Jibing, the path meanders, slowly climbing to a village around a ridge before continuing to a prominent notch. From this notch, you walk to the village of Khari Khola (2,004 m.) and push on up the steep hill to Bupsadanda, a small settlement perched on top of a ridge an hour climb from Khari Khola. Overnight at Bupsadanda.

DAY 10 Bupsadanda to Surkhe: (2,290 m.), 5-6 hrs

The trail ascends from Bupsadanda and heads onwards to Bhumsing (2,300 m.) before climbing through a tributary valley filled with prickly oak and rhododendron, where languor monkeys may occasionally be seen. You then descend 305 m. and cross the next tributary one hour later. You continue on the north side of the valley to reach Puiyan (2,796 m.), a small village midway on the trail, before plunging downhill on a winding trail with a few small ups and downs to Surkhe, an ideal spot for lunch. From Surkhe, you can view the Lukla airstrip and the town of Lukla, as it is an hour's walk below Lukla.

DAY 11 Surkhe to Phakding: (2,610 m.), 5 hrs

After Surkhe, the trail climbs for about an hour before continuing on a ridge. The trail then leaves this tributary valley and heads more directly north towards the village of Chaurikharka. Before ascending to Chaurikharka (2,713 m.), the main trail crosses a spectacular deep gorge with a high waterfall (2,408 m.). Chaurikharka, a large scattered village with a monastery and a high school, is also the bread basket for the Khumbu area, as the land is fertile and bears crops like barley, wheat, and green vegetables. After this village, the trail from Lukla joins towards Phakding, making the path quite busy with trekkers, porters, and pack animals. A few hours of good, scenic walking brings you to Phakding for the overnight stop.

DAY 12 Phakding to Namche Bazaar: (3,446 m.), 5 hrs

After crossing the suspension bridge over the Dudh Koshi, the walk is pleasant, with a few short ups and downs, until you re-cross the Dudh Koshi from the village of Benkar, taking in the magnificent view of Thermasarkhu (6,608 m.). You then cross the long suspension bridge over the Bhote Koshi River to reach Monjo, situated below the spectacular peak of Thermasherku and a few minutes walk from the entrance of Sagarmatha National Park. At the entrance to Sagarmatha National Park, your trekking permit (especially the park ticket) is checked, as the park keeps a record of all trekkers in the area. From here, a short descent brings you again to another suspension bridge over the Bhote Koshi River, after which you reach a bridge to Jorsalle village, the last village and the only place to shop until Namche Bazaar. The walk from Jorsalle village is pleasant, following the river until coming to the last bridge over the Imjatse River. The walk to Namche Bazaar traces a winding, uphill path, with a magnificent view of Kwangde Peak and its other sister peaks towards the east and with Kusum Kangru at your back. As you climb higher, you can view the Mt. Everest- Nuptse wall, Lhotse, and Taweche Peak, all the way up to

Thop Danda, where there is a stone wall for porters and trekkers to rest on. From here, another 1-2 hour walk takes you to the destination of the day, the famed Namche Bazaar, where the colorful houses are situated in amphitheater style.

DAY 13 Rest at Namche Bazaar.

Suggested activities include a short walk uphill to the Sagarmatha National Park Headquarters, a magnificent spot perched on top of Namche Bazaar, with breathtaking views of the surrounding snow-capped giants and the deep valleys way down below. There is also an interesting museum filled with various information on the history of the Himalayas, the geographic information of the area, cultural practices, mountaineering history, and flora and fauna of the region. You can spend the afternoon at your leisure.

DAY 14 Namche Bazar to Tengboche: (3,867 m.), 5 hrs.

After breakfast, the trail leads you down a good, winding path with spectacular views of Mt. Everest, Lhotse, Nuptse to the north east, Ama Dablam to the east, Kangtenga, Thermasarkhu to the southeast, and Kwangde to the south. After a few hours walk, the path descends towards Fungi Thenga, where you will stop for lunch. After lunch, you ascend through a beautiful forest of pine and rhododendron trees before reaching Tengboche after two hours. Upon arriving in Tengboche, you will pay a visit to the monastery with your guide. Overnight in Tengboche.

DAY 15 Tengboche to Dingboche: (4,446 m.), 4-5 hrs.

After a rewarding time in Thyangboche, the trail descend through a forest of birch, fir, juniper, and rhododendron before it finally reaches Debouche, a lovely spot situated at 3,650 m., with magnificent views of Mt. Ama Dablam, Mt. Everest, Nuptse, and Lhotse. From Debouche, the trail meanders past a long prayer Mani wall. The path is gradual until you reach a small bridge over the narrow gorge of the Imjatse River. From here, it is a gradual ascent most of the way to Pangboche village. Lush vegetation vanishes as you gain altitude. After Pangboche, it is a short climb to Shomare for lunch. Shomare is a small settlement with a fantastic view of Ama-Dablam. From here, you can see the northern face of Kangtenga peak.

After a pleasant break in Shomare, your journey continues gradually towards the east; after an hour of walking, just before a small wooden bridge, the road splits in two directions, going towards Pheriche or towards the east, which is the trail you will follow. From here, you can see a totally different view of Ama Dablam, its towering north face. From the bridge, the trail climbs slowly, winding above the Imjatse River, until you arrive at a big Mani stupa. From here onwards the walk is fairly moderate as it enters the Imjatse Valley beneath the mighty peaks of Ama Dablam, Nuptse, and Lhotse, with a view of the eastern snow-capped mountains, including Island peak or Imjatse (6,189 m.). Dingboche is situated amongst beautiful patchwork fields enclosed by stone walls, which protect the crops of barley, buckwheat, and



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potatoes from the cold winds and grazing animals. Dingboche has about ten teahouses and it is also the gateway to Chukung.

DAY 16 Rest day at Dingboche.

Today you can take time to explore this part of the Khumbu region. If you are feeling energetic, you can take an optional trek towards Chhukung, or simply hike to the top of the hill for the view of Makalu and other peaks. Explore the hidden Imjatse Valley its awesome views. After Chhukung, you retrace your journey for 2-3 hrs. back to Dingboche for the overnight stop. After 3 pm, the Himalayan Rescue Association will brief you about high altitude sickness.

DAY 17 Dingboche to Lobuche: (4,930 m.), 4-5 hrs

Today's walk leads you uphill to a small prayer monument (chorten) and past the village down below, from where you commence trekking on the gradual uphill path with awesome views of the surrounding snow-capped peaks. After a good two hours of trekking, you reach Thugla (Dugla). From here, the path climbs towards a small ridge (4,600 m.), where you can observe a memorial for climbers who died on the Everest expeditions. From this spot, the walk to Loboche is an hour or two on a good trail. Loboche, situated just below Loboche peak, is well-sheltered from the strong Himalayan wind. Loboche has about six to eight lodges. Overnight in Loboche.

DAY 18 Lobuche to Everest Base Camp (5,316 m.) to Gorekshep: (5,180 m.), 7-8 hrs

Today you will wake up early and, after tea, continue with the trek to Gorekshep, crossing through an area with huge boulders and glaciers. The walk is pleasant and not overly strenuous, except for the high altitude gain. The trail is gentle for an hour, with only a few short, steep parts before reaching the moraine and glacier portion of today's trek. It offers great views of the Khumbu glacier down below, with striking scenery of the high, snow-capped mountains right before your eyes. After going through the moraine section, there is a short descent, which brings you to Gorakshep. You will take a break here, and then continue towards Everest Base Camp. For another two hours, the path is quite rough in some sections. Everest Base Camp is very lively in the high climbing season! After being here, at the foot of Number One, you will retrace the trail back to Gorekshep.

DAY 19 Gorekshep to Kalapatthar (5,545 m.) to Pangboche (3,900 m.), 7-8 hrs

In the early morning, you begin the hike to Kalapathar. It's a few minutes of easy walking on a sandy field; then a steep climb of 45 minutes brings you to a near level field. The walk from here is gradual until you reach a rocky spot after an hour, after which another steep half-hour climb brings you to the top. On reaching at the top, you will be exhilarated, having achieved the accomplishment that you have been dreaming of since the beginning of the journey. The top of Kalapathar is a small, rocky ridge on the southwest of Mt. Pumori; the view from here is beyond imagination, as Everest appears to be a stone's throw away, between the summit of Nuptse and Lho-la and Lhotse at the back. The panoramic view

from this spot is something to cherish, and it's worth the hard climb. It is truly a magnificent place to be on a clear, sunny day, viewing an array of mountains up to the far horizon. To the south, the Khumbu glacier sweeps below you, and you can also see Everest Base Camp down below on the moraine of Khumbu glacier. Afternoons can be very windy here, and after taking in the panoramic view, you will descend towards Gorakshep for breakfast before trekking to Pangboche. Overnight at lodge in Pangboche.

DAY 20 Pangboche to Namche Bazar: (3,446 m.), 5-6 hrs

After crossing a bridge, the trail from Pangboche descends towards the Imja Khola. Following the gradual trail to Debouche for an hour, you continue to walk for forty minutes to Tengboche. From Tengboche, the route steeply descends to Phunki Thangka, again through the pine and rhododendron forest, then ascends the ridge, passing some small villages before joining at Sanasa and Kyanjuma. After two more hours of walking, you reach Namche Bazar. Overnight at Namche.

DAY 21 Namche Bazaar to Lukla: (2,800 m.), 5-6 hrs

It's a long, downhill walk with some short ascents to reach Phakding. You will cross several suspension bridges and, after 3-4 hrs., reach Phakding for lunch. The trail then has a few ups and downs. Just before Lukla, you will pass through Choplung, before climbing another 45 minutes. You will take time for leisure and some refreshing snacks in Lukla before confirming your flight to Kathmandu the next morning. Tonight, you will stay in Lukla, with time for a final dinner and party with your guides, porters, and fellow trekkers. Enjoy yourself! You deserve it after your accomplishment!

DAY 22 Fly from Lukla to Kathmandu.

The flight to Kathmandu is usually scheduled to depart in the morning because of the windy conditions in the afternoon. Due to bad weather, sometimes the flight might be delayed. After receiving your boarding pass, you make your way to the terminal for the security check. The scenic flight from Lukla takes about 45 minutes, and is a wonderful opportunity to view a panorama of snow-capped peaks from the window of the plane. Our staff will receive you at the airport and escort you back to the hotel.

DAY 23 Free day 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 the Kathmandu Valley or if you would like to extend your stay for few days and join in on one of our extension trips, including white-water rafting, paragliding, or bungee jumping.



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DAY 24 Transfer to airport for final departure.

Keep the departure time of your international flight in mind, and make sure to keep your confirmed air ticket, departure tax (in local currency), and passport handy! Our staff will take you to the airport for your final departure from beautiful Nepal.

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 most other flora is 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 the Himalayan black bear are present, but rarely sighted. Other mammals rarely seen are the weasel, marten, Himalayan mouse hare (pika), jackal, and langur monkey.

The park is populated by approximately 3,000 of the famed Sherpa people, whose lives are interwoven with the teachings 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 an increasing 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)



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- 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

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



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- ❖ Our staff 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
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



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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.

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.



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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.

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 Organizers

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).



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✉ info@gurkhaencounters.com

☎ **977 1 4267882**

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, 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

'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. 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



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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, 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.

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!