

# Kalapathar & Everest Base Camp Trek

**‘On the high yak & yeti trail towards the giant peaks of Khumbu.’**

## Introduction

The Everest region is one of the most popular and spectacular destinations in Nepal, for trekkers and mountaineers alike. It offers a fascinating and enjoyable environment. This trek begins with a scenic flight to Lukla. It passes through many traditional farming villages, with beautiful views of the highest snow-capped peaks in the world, and continues on to Kalapatthar, the highest point of the trek, for a breathtaking panorama of peaks and glaciers, including Mt. Everest, which seems only a stone’s throw away.

The Everest Base Camp itinerary is set to be flexible, enabling you to enjoy and immerse yourself in the magnificent natural surroundings. The trip includes all the highlights of Sagarmatha National Park, including Namche Bazaar, Khumbu, which is the Sherpa capital, an unmatched view from Kalapatthar (5,545 m.), and the ever-exciting Everest Base Camp, which is an extraordinary viewpoint for Nuptse, Everest, and Lhotse. This trek gives ample time and opportunity to visit Buddhist monasteries, both at Khumjung, one of the oldest in the area, and at Thyangboche, one of the newest, as it was rebuilt after being burned to the ground.

### TRIP PROFILE

**Total duration** 17 / 18 days.

**Trek Grade** Moderate to Adventurous.

**Trek Duration** 14 days.

**Max Elevation** 5,545m at kalapatthar.

**Mode of Trek** Tea house basis.

**Trek Start** Lukla fly in.

**Trek Ends**

Lukla fly out.

### TRIP DEPARTURES

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

Spring / autumn (Every Year).

15th March to 01st April.

12th April to 29th April .

03rd May to 20th May.

20th September to 07th October .

18th October to 05th November.

15th November to 02nd December.

### OUTLINE ITINERARY

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

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

**DAY 03** Fly from Kathmandu to Lukla (2,800 m.) and trek to Phakding (2,652 m.), 2 1/2-3 hrs.

**DAY 04** Phakding to Namche Bazaar: (3,440 m.), 5-6 hrs.

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

**DAY 06** Namche Bazaar to Thyangboche: (3,867 m.), 5 hrs.

**DAY 07** Thyangboche to Dingboche: (4,358 m.), 5-6 hrs.

**DAY 08** Rest Day at Dingboche.

**DAY 09** Dingboche to Loboche (4,928 m.) via Dugla (4,595 m.), 5 hrs.

**DAY 10** Loboche to Gorakshep (5,288 m.) & Kalapatthar (5,545 m.), 6 hrs

**DAY 11** Gorakshep to Everest Base Camp: (5,357 m.), 5-6 hrs.

**DAY 12** Gorakshep to Pangboche: (3,900 m.), 5 hrs.

**DAY 13** Pangboche to Khumjung: (3,800 m.), 6 hrs.

**DAY 14** Khumjung to Monjo: (2,835 m.), 4-5 hrs.

**DAY 15** Monjo to Lukla: (2,800 m.), 5 hrs.

**DAY 16** Fly from Lukla to Kathmandu.

**DAY 17** Free day in Kathmandu.

**DAY 18** Transfer to the airport for final departure.

## 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.



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### DAY 02 One full day of guided sightseeing in 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 Fly to Lukla (2,800 m.) and trek to Phakding (2,652 m.), 2 1/2-3 hrs.

Early, after breakfast, you will be transferred from the hotel to the domestic airport, a short drive of 20-30 minutes. At the airport, you will go through all of the necessary security formalities (keep your pen-knife, lighter, matches, and other sharp cutting items including scissors in your checked baggage, not in your hand baggage), and board a twin otter or similar plane for the swift, 30 minute flight to Lukla, which means "place of sheep" in Nepali. Upon 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 baggage to be carried by porters.

Lunch hour depends upon your time of arrival in Lukla, and will be either in Lukla or further down route in Phakding, where you will stop for the overnight. The walk is gradual most of the way, with few ascents from Tarhe Khola, where you have a superb view of Kusum-Kangru (6,369 m.). You cross a short suspension bridge and, after a short climb, arrive in Ghat village. Another hour of walking brings you to Phakding village near the bank of the Dudh Koshi River. Overnight in Phakding.

### DAY 04 Phakding to Namche Bazaar: (3,440 m.), 5-6 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 Thermasher khu 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 05** Rest Day 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 the flora and fauna of the region. You can spend the afternoon at your leisure.

### **DAY 06** Namche Bazaar to Thyangboche: (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.

Thyangboche is one of the most beautiful places in the Himalayas. The first thing you see is the big monastery or gumpa, then the large field with campsites, teahouses, and lodges beneath the towering, majestic peak Ama Dablam, with Everest looming above, the Nuptse wall to the north, and Mt. Lhotse and Lhotse Shar to the northeast. In essence, you are surrounded by amazing peaks.

### **DAY 07** Thyangboche to Dingboche: (4,358 m.), 5-6 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 Imja-Tse 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 potatoes from the cold winds and grazing animals. Dingboche has about ten teahouses and it is also the gateway to Chukung.

### **DAY 08 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 with 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 09 Dingboche to Loboche (4,928 m.) via Dugla (4,595 m.), 5 hrs.**

From Dingboche, the trail diverts towards the north,. The path is gradual for about 40 -50 minutes before you come to Mani prayer stupa. From here the trail is gentle, overlooking Pheriche village. Today's walk offers beautiful views of Mt. Taweche and Ama Dablam and, to the north, Pokalde (5,741 m.), Kongma-tse (5,820 m.), and the great wall of Nuptse. After a pleasant walk of 1 1/2 to 2 hours, the trail from Pheriche joins Dugla right before a small wooden bridge over the rushing river of Khumbu glacier. Dugla is the only place with teahouses before Loboche. From Dugla, a steep one-hour ascent brings you to the top, where you can view Mt. Pumori, as well as the other peaks west of Everest. This is an ideal spot for a few minutes break after the strenuous climb; close to this spot you can also see a number of memorials for the climbers who perished in expeditions in the mountains of this region. From here, it's a 1 1/2 to 2 hours gradual ascent before you arrive at Loboche. Loboche comes as a surprise, as it's situated in a corner well-hidden and sheltered from the wind. Loboche has about 5-6 teahouses. Overnight in Loboche.

### **DAY 10 Loboche to Gorakshep (5,288 m.) and Kalapatthar(5,545 m.), 6 hrs**

The first hour's walk takes you gradually up the valley. At the end of a grassy field there is a short 20 minute climb; the walk from here follows the rocky moraine path, and, as you walk, you can see the icy-glacial pond and icebergs down below Khumbu glacier. After the last rocky moraines, a short downhill walk brings you to Gorakshep, on the flat field below Kalapatthar (5,545 m.) and Mt. Pumori (7,145 m.). Gorakshep has two teahouses and it used to be a base camp for the early 1950's expeditions to Mt. Everest. After a break at Gorakshep, you continue towards Kalapatthar, beginning with a few minutes of easy walking on a sandy field, followed by a steep 45 minute climb, which brings you to a near-level field. From here, there is another steep climb for 1/2 hour, which will bring you to the top. After

reaching the top, you will feel jubilant, having achieved the moment about which you have been dreaming since the first steps of the journey. The top of Kalapatthar is a small, rocky peak on the southwest ridge of Mt. Pumori; the view from here is beyond words, as Everest appears to be a stone's throw away, between the summits of Nuptse and Lho-la and Lhotse. The panoramic view from this spot is something to cherish, well-worth the difficult ascent. With all the high, snow-capped giants that dominate the view, it is truly a magnificent spot to be on a clear, sunny day, as you can view an array of mountains, as well as Khumbu glacier sweeping below you to the south and the Everest Base Camp down below on the moraine of Khumbu glacier when the expedition season is active. Afternoons here can be very windy, so after enjoying the panoramic view, you will descend to Gorakshep for the overnight.

### **DAY 11 Gorakshep to Everest Base Camp: (5,357 m.), 5-6 hrs.**

From here you continue towards Everest Base Camp and to the Khumbu Ice-fall. The path from here can be misleading. Follow the lead Sherpa, as 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. It passes over rocky dunes, moraines, and streams until you reach Everest Base Camp (EBC). EBC is lively with commotion during the high expedition season. On reaching at the foot of Number One, a great view of the Khumbu Ice-fall awaits you. After an exhilarating time here, you retrace the journey back to Loboche for the overnight.

### **DAY 12 Loboche to Pangboche: (3,900m.), 5 hrs.**

The walk today will be an easy descent to a lower elevation; from Loboche, you head to Dugla. After the bridge, the trail descends, following the stream towards Pheriche Valley; after 40 minutes of heading downhill, the walk gets easier as you reach the valley floor. An hour of gentle walking brings you to Pheriche, situated at 4,243 m. After a refreshing break here, a short walk brings you to a bridge. From the bridge, it is nearly downhill all the way, with few uphill parts in between, to Pangboche. Overnight in Pangboche.

### **DAY 13 Pangboche to Khumjung: (3,800 m.), 6 hrs.**

Today, you retrace the journey back to Shanasha. From Shanasha, the trail merges from Khumjung, Gokyo and to Namche meets. From here, the route turns away from the main busy path, winding up all the way to Khumjung-Khunde Valley. Khumjung is very different from busy Namche Bazaar; as it is a sleepy farm village and home to a monastery that contains what is believed to be a yeti scalp.

### **DAY 14 Khumjung to Monjo: (2,835 m.), 4-5 hrs.**

The route steeply descends to Phunki Thangka, through the pine and rhododendron forest before ascending the ridge, passing some small villages, and then reaching Sanasa and Kyanjuma. The view from this area is fascinating, as you can see Mt. Everest, Lhotse, Lhotse Shar, and the magnificent Mt. Ama Dablam, as well as from Kangtaiga, Thermarsarkhu, and Kusum Kangaru all the way to Kwangde



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peak. A less than two hour walk through pleasant scenery path brings you Namche Bazaar. From Namche Bazaar, the trail begins a long descent to the Dudh Koshi riverbed. You retrace the journey all the way to Monjo, near the entrance to Sagarmatha National Park, for the overnight stop.

### **DAY 15 Monjo to Lukla: (2,800 m.), 5 hrs.**

The last day of this trek will be relaxed and enjoyable. You can walk at your own leisurely pace, taking time to enjoy the lush green scenery around you. Apart from a few short uphill sections, the only long climb will be just before Lukla, from Choblung, and will take approximately 45 minutes. Upon reaching Lukla, you can celebrate with a great dinner party with your Sherpa guides, porters, and fellow trekkers.

### **DAY 16 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 17 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.

### **DAY 18 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.



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**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)
- 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 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



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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.



**Inquiry**

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

☎ **977 1 4267882**

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!**