

Mera Peak & The Amphu Labtsa Trek & Climb

'On the Nepal highest trekking peaks in complete wilderness and in the midst of the world's highest snow capped mountains'

Introduction

On this trek to Mera which combines the most challenging passes of Mera-La 5,415m and Amphu Labtsa with reasonable climbing experience to the summit of Mera, highest trekking peak of Nepal. This adrenaline adventurous journey begins from the popular gate way to Everest at Lukla with 30 to 40 minutes of sweeping panoramic flight from Kathmandu.

From here onwards it leads to complete wilderness area of the hidden Khumbu region, passing through numerous passes of Zatwar-la and unspoiled forest of rhododendron and pines before heading to the base of Mera peak. After the vigorous and memorable climb to the summit, offering a grand view of the surrounding majestic peaks that circles you, including the world's highest peaks, Mt. Everest, Mt.Kanchenjunga, Mt. Lhotse and Makalu.

Adventure continues on the upper isolated Hongu Valley crossing high pass of Amphu Labtsa before descending to the popular Khumbu area, this trek follows the main popular trail from here onwards to Lukla via the famed scenic, colorful places of Thyangboche and Namche Bazaar. A smooth scenic flight to Kathmandu concludes this outstanding adventure.

TRIP PROFILE

Total duration 23 / 24 days.

Trek Grade Adventurous to Challenging.

Trek & Camp 19 to 20 days.

Highest Point	5,755m at Amphu Lapta pass.
Trek Starts	From Lukla.
Trek Ends	At Lukla.

TRIP DEPARTURES

Late Spring-Summer-autumn (Every Year)	14th April to 07th May.
	22nd September to 15th October.

OUTLINE ITINERARY

- DAY 01** Arrive at Kathmandu. 1,300m.
- DAY 02** A day in Kathmandu. 1/2 Day guided tour.
- DAY 03** Fly from Kathmandu to Lukla. Approx: 45 minutes flight to Lukla.
- DAY 04** Trek to Chutanga 3,430m 3-4 hrs walks.
- DAY 05** Rest day at Chutanga.
- DAY 06** Trek to Tuli Kharka 4,300m. 6-7 hrs.
- DAY 07** Trek to Mousum Kharka. 3,430m. 3-4 hrs.
- DAY 08** Trek to Tagnag. 4,360m. Approx. 5 hrs.
- DAY 09** Rest day for acclimatisation.

DAY 10 Trek to Khare. 5,000m 4-5 hrs.

DAY 11 Rest Day at Khare.

DAY 12 Trek to Mera High Camp. 5,800m 6 hrs.

DAY 13 Climb of Mera 6, 471m and return to lower Base Camp at 5,315m.

DAY 14 Trek to Upper Hongu Valley 5,000m.4-5 hrs.

DAY 15 Trek to Panch Pokhari.5,480m. 4-5 hrs.

DAY 16 Rest day at Panch Pokhari.

DAY 17 Traverse Amphu Labtsa pass 5,780m and trek to Chukung.

DAY 18 Trek to Thyangboche 3,870m via Pangboche 3, 900m.6-7 hrs.

DAY 19 Trek to Khumjung. 3,780m. 5-6 hrs.

DAY 20 Trek to Monjo 2,835m via Namche Bazaar 3,440m. 6-7 hrs.

DAY 21 Trek to Lukla 2,800m. 6 hrs.

DAY 22 Fly Lukla-Kathmandu.

DAY 23 Free day at leisure.

DAY 24 Transfer to Airport for the International departure.

Trip Dossier

DAY 01 Arrive at Kathmandu. 1,300m.

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

DAY 02 A day in Kathmandu. 1/2 Day guided tour.

After your first night in Kathmandu, you will be well informed on arrival about the the time for your half day guided sightseeing tour in Kathmandu at places of interest. Sometime, depending upon your flight arrival if its 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. Approx: 45 minutes flight to Lukla 2,800m.

Early morning after breakfast, transfer from the Hotel to domestic Airport a short drive of 20-30 minutes, after the necessary security formalities (keep your pen-knife-lightermatches and other sharp cutting items including scissors and other knife in the bigger baggage not in hand bags) board in the smaller twin otter or similar type 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 to prepare for this outstanding adventure. Overnight at Lukla.

DAY 04 Trek to Chutanga 3,430m 3-4 hrs walks.

First day trek is an easy walk which leads eastwards, the path from here is less frequented than the other main trails from Lukla, walk follows through number of hamlets and wood yards until it reaches a thick forest of silver fir, birch, pines and rhododendron trees and bushes on the hill side below Nau Lekh also known as Kalo Himal Ridge, on this portion follow the Sherpa or the group as there are many path leading away from the main trail. There are many small streams with numerous places for camp, whole of this area referred to as Chutanga which is a summer pasture. Overnight Camping in the wilderness, tents are pitched on the meadows with time for a short walk around.

DAY 05 Rest day at Chutanga.

A rest day for acclimatization before advancing to the higher region and crossing of Zatrwa-la at 4,600m. A short hike can be done to stretch your leg and muscle walking up to a small peak at around 4,000m below the Zatrwa Teng Pass, which offers excellent views over the valley of Dudh Koshi, and also views of the route towards the Zatrwa-la.

DAY 06 Trek to Tuli Kharka 4,300m. 6-7 hrs.

After a good rest at Chutanga, adventure continues with a steep climb to cross the Kalo Himal Ridge in the Nau Lekh range which separates the famed Khumbu popular region from the Hinku Valley on the hidden Khumbu area's. A steep uphill climb from the camp brings to a cairned notch in the ridge with a collection of buddhist prayer flags at 4,450m. This small pass is called the Zatrwa Og, from here the path traverses across a boulder slope, round a corner and climbs once again to the Zatrwa-La at ,600meteres. In bad weather to find the path can be quite misleading care should be taken. In fine weather, the view

across the Dudh Kosi towards Karyolung and the Lumding Himal are very impressive, and the scenery across the rolling foothills of the Hinku Valley. From here less than hour descend will bring to a large boulder which will be our campsite for the overnight at Tuli Kharka.

DAY 07 Trek to Mousum Kharka. 3,430m. 3-4 hrs.

After camp at Tuli Kharka, today will be a short trek on the downhill slope, the path descends with superb scenery of Peak 43 and Kusum Kanguru and then coming to a fine vantage point of the Hinku Valley, with grand views of the South Face of Mera Peak entering the forest once again, the trail drops steeply into the Hinku Vally. A pleasant walk leads through the forest full of tall Himalayan pine and rhododendron trees. We make our camp on the clearing known as Mosum Kharka by the Hinku Drangka River.

DAY 08 Trek to Tagnag. 4,360m. Approx. 5 hrs.

From Mousum Kharka, trek follows west bank of the Hinku Drangka northwards, eventually leaving the forest, the valley widens and opens, coming to a pasture and small kharkas (barn and a shade of the Shepard's) used for grazing goats, sheep and yaks, then the path leads to a small bridge to reach at Gondishung at 4,350m, a summer settlement of Tagnag with its huts and stone walled enclosures. Gondishung itself has a fascinating 200 year old gompa (monastery) beneath a great rock overhang, a small Gompa with a buddha and several buddstava, prayer flags and number of crude mani walls. Trek continues for another hour passing beyond Lungsumba as the valley narrows between the flanks of Kusum Kangguru 6,369m to the west and the truncated far western peak of Mera 6,255m then finishing today's walk here at Tagnag, a settlement made by the yak herders. At present there are several tea houses here to cater the needs of the local staffs and porters who accompany Mera expeditions and beyond. Here we will have two nights camping on this beautiful surrounding.

DAY 09 Rest day for acclimatisation.

A well worth rest day for acclimatisation and local hike in this wonderful setting, surrounded by stunning peaks, specially Peak 43 which rises to 6,769m altitude. Just north from the camp there is a huge moraine behind which is dammed a beautiful glacial lake known as the Sabai Tsho, into which plummets the hanging Sabai Glacier well worth exploring with time spent will help you to acclimatise well.

DAY 10 Trek to Khare. 5,000m 4-5 hrs.

After a good time at Tagnag, today's destination is a short day walk of 3 to 4 hours but take it slowly acclamatising and enjoying the surrounding scenery. Trek follows a relatively good trail leading up across the moraine which dams the Charpatti Tal, and then reaching a high point lined with cairns overlooking the glacial lake after more than half hour climb. From here the path descends slightly before touring the ridge and crossing a sandy bowl to the steep stream that descends from Dig Kharka, as the walk proceed

on the right bank until after 45 minutes reaching the large pasture of Dig Kharka, here cross the stream with the help of stepping stones towards the walls of an old shelter. With a break here perhaps time for lunch, after Dig Kharka, walk leads to a steep climb for few minutes, passing a large bivouac stone and then contouring around the hillside reaching the stream once again. After re-crossing the stream at an obvious spots on large boulders. Trail leads for more than an hour across the boulder strewn hillside till Khare is reached for the overnight stop.

DAY 11 Rest Day at Khare.

Another rest day for acclimatisation and local hike. There are some interesting hikes from Khare, above the camp it is possible to climb 5,550m on a high moraine ridge for more good views of the Mera La and the route up the mountain.

DAY 12 Trek to Mera High Camp. 5,800m 6 hrs.

From Khare, route advances towards south climbing the moraine and following the crest to the foot of the black, steep scree slope, the path zig zags its way up to the top, and towards a boulder strewn bowl to the lower tongue of the Mera Glacier after less than two hours of hard walk from Khare. The route crosses the bowl and then climbs the ground to the right of the tongue to a large rock platform beside the glacier after another hour of careful walk. From here every one must be on crampons for safety to climb the 30-35 degree ice for quarter of an hour to reach the plateau leading to Mera la. The trail are well marked, (unless there has been recent snowfall) the path weaves its way around and between the crevasses toward the Mera-la, from here its another hour to reach the pass, on reaching Mera-la after 3-4 hours of morning walk, continue for another 3 hours to the overnight high camp beneath the Mera Peak, the first hour climb offers grand view of the northern peaks of Makalu, then Everest with cloud plume peeking over the massive black wall of Nuptse. Later as the walk progress near to the High Camp view of Cho Oyu can be seen. Arriving at High Camp if the weather is favorable, panorama of Kanchenjunga comes into view far to the east.

DAY 13 Climb of Mera 6, 471m and return to lower Base Camp at 5,315m.

A Big day! Starting early before dawn after an early morning tea and simple breakfast, for the summit of Mera, climbing first to the foot of the dome of the southern summit. To reach the main summit, descend the opposite side of the south summit and continue along the southern rim, which is sometimes corniced until it is possible to climb up and through the slope of the main summit. After 3-4 to four hours of strenuous vigorous climb to the summit. Enjoy the breathe taking scenery of the surrounding high snow capped peaks and feeling physically, spiritually and emotionally high being on the highest spot of this extreme adventure. After a great moment of a life time at the top, retrace back on the 2-3 hours downhill path to our camp-site on the Hongu side of the pass, which has already been set up by the trekking staffs.

DAY 14 Trek to Upper Hongu Valley 5,000m. 4-5 hrs.

After completing the first part of the adventure, continue to traverse into the main section of the Hongu Valley, passing a small col with superb views of Chamlang, Makalu and Baruntse. From the last col descend for two hours to a nice spot for lunch beside the Hongu Drangka, under the west face of Chamlang. After a break here walking below Chamlang, and with gradually climbing into the Upper Hongu Valley the walk from here is dominated by views of Lhotse and Everest, after 2 hours of good hard walk leads to a grassy flat slope campsite near some moraine hills.

DAY 15 Trek to Panch Pokhari. 5,480m. 4-5 hrs.

Adventure continues following a gradual climb, then more steeply on the moraine and rocky glacier, then leading towards an old and more recent moraine deposits, reaching the beautiful Panch Pokhari meaning 'five ponds' Overnight camp near to the largest pond at the foot of the final pass Amphu Labtsa 5,780m.

DAY 16 Rest day at Panch Pokhari.

Another well earned rest day, which gives a break to pull back the strength for the final assault over the last big high pass. Either relaxing or for the energetic people there is an opportunity to climb smaller hills behind the camp for the excellent views of the Hinku Glacier and the Mingbo-la. Here our guides will go up to the Amphu Labtsa and will fix ropes on some difficult section for the safe descent towards Imjatse Valley.

DAY 17 Traverse Amphu Labtsa pass 5,780m and trek to Chukung. 4,730m. 7-8 hrs.

Another big day, an early start from the camp for 2-3 hrs walk leads to the top of the pass. On reaching the pass overlooking stunning views of the impressive south face of Lhotse, and Lhotse shar and the summit of Island or Imajatse Peaks which looks as if it could almost be even lower than our vantage point. As soon the kitchen staffs and porters arrive at the pass, they will be lowered the 150 meters to the relatively less steep ground below the pass. Similarly, loads have to be carefully lowered, after checking every member in the group, slowly and carefully descend with the help of ropes and ice axe if required, then reaching the safe side from the pass by early afternoon everybody should be off the snow.

Once in the safe ground away from the snow and ice area, an hour or more walk will lead to the ablation valley by the side of the Imja Glacier, now being within the Imja-tse valley walking will be more or less easier most of the way to the trekker's civilization at Chukung a temporary settlement with 5-6 teahouse and lodges. Overnight Camp at Chukung after 8-9 hrs of hard adventurous journey.

DAY 18 Trek to Thyangboche 3,870m via Pangboche 3, 900m. 6-7 hrs.

After the hard couple of days over the high hidden pass in between the massif peaks, our route from here leads to a pleasant walk on the downhill slope to Dingboche and Pangboche village before Thyangboche. After two hours of easy walk brings at Dingboche village. Dingboche is a beautiful patchwork of field enclosed by stone walls, protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals. From Dingboche a gentle walk leads towards the Imjatse River with excellent views of Ama Dablam, Kangtenga and Tawoche peaks the trail leads to a small wooden bridge, from the bridge an easy walk to Pangboche village. From here the route diverts into two ways, the upper one going to the upper Pangboche village, where the old Monastery is located, the gradual low route is the straight forward main trail onwards Thyangboche and beyond. It will be better to go the upper trail, for more view and to visit the upper Pangboche village 3,900m and its Monastery, which had a Yeti scalp, and a skeleton believed to be Yeti's hand, it was stolen in the early '90's, and has never been recovered back, like the monastery in Khumjung this Monastery is believed to be much older, after the visit to the Monastery a gradual walk downhill reaches to the main trail, with a short climb after the bridge over the gorge of Imjatse River, the walk follows mani wall through the beautiful forest of silver fir, birch and rhododendron all the way to Thyangboche Monastery a magnificent place surround by the impressive view of the snow capped mountains.

DAY 19 Trek to Khumjung. 3,780m. 5-6 hrs.

After a visit to the newly built monastery after the old one was burned to the ground in the late 80's, today's walk begins with a descend for an hour to Phungi Tenka, then crossing the suspension bridge over the Imjatse River by now the trail is more busier with trekkers, porters and pack animals. From the bridge an hour and half climb brings to a small place at Shana-sa offering grand view of Ama Dablam and Tharmserkhu. After lunch route diverts from the main trail to Namche Bazaar, heading towards the sleepy village of Khumjung, the first hour walk leads to a climb through the birch and rhododendron forest after an hour uphill, the valley opens overlooking the village of Khumjung and Khunde on the far side below the sacred mountain of Khumbila 5,761m. A gentle walk of 10-15 minutes from the stupa brings to the overnight stop just near the village of Khumjung with ample time to visit the village and its only famed old Monastery where you can see the Yeti's scalp. Unlike Namche Bazaar, Khumjung is a traditional Sherpa village and its less commercial with few lodges and shops with the only High School of Khumbu area, built by Sir Edmund Hillary, further hour up at Khunde there is a Hospital also built by Hillary Foundation.

DAY 20 Trek to Monjo 2,835m via Namche Bazaar 3,440m. 6-7 hrs.

From Khumjung an hour walk leads to a gradual uphill path, with a brief visit to Khunde Hospital if some people are interested, from Khunde follow the prayer-mani stone for a while then heading up for few minutes into the woods, the walk to Namche from here is just two hours away on the easy winding downhill trail with views of the snow capped peaks of Kwangde, Tharmaserkhu, Ama Dablam, Nuptse,

Lhotse and Everest. On reaching Namche Bazaar it will be back to civilisation with excellent restaurants, shops, lodges and even Cyber cafe. The walk from Namche onwards will be easier all the way to Monjo, the path leads downhill all the way to the confluence of Bhoté-Koshi and Imjatse which makes the Dudh Koshi. From here cross the long suspension bridge with a short climb into the pine woods, reaching again back to the river bed, the gentle trail follows the river downstream passing through farm fields and Jorsalle village, then coming at the entrance of Sagarmatha National Park, a short walk from the Park entrance brings to camp at Monjo village.

DAY 21 Trek to Lukla 2,800m. 6 hrs.

From here, two hours of good walk leads to Phakding near the river Dudh Koshi. Final leg of this great trek will be a good walk to Lukla, you can walk at your own leisurely pace, 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 night dinner and celebration with the fellow Sherpa crew, porters.

DAY 22 Fly Lukla-Kathmandu.

The flight time to Kathmandu, 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 enter 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 during the flight. Arriving at Kathmandu, our Office staff will be there to receive and escort you back to the Hotel.

DAY 23 Free day at leisure.

A free day in Kathmandu, please inform our staff if you would like to go on another short tour in and around Kathmandu Valley or for our extension scenic trips White Water Rafting, Jungle Safari, Paragliding or Bungy Jump.

DAY 24 Transfer to Airport for the International departure.

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local urrency) and your passport handy. Our Tour Officer will take you to the airport for your final departure from this amazing country, 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. In case of trek Itinerary alteration or if it needs to be re-routed to other area Group Leader or the Sherpa Guide decision will be the final.



Inquiry

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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
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
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



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Toiletry Items

Towel, pre-moistened novielettes, 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.

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



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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 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, or telephone us on



Inquiry

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+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 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.



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☎ **977 1 4267882**

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.

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!