

Rowaling & Tashi Laptsa

‘An adventurous journey into the remote high alpine valleys’

Introduction

On this journey, you will cross over one of the most exciting passes of the Himalaya, Tashi Lapcha at 5,755 meters high. And the ability to enter into Khumbu Valley has made this trek popular to all adventurers since the Rolwaling Valley was opened.

The Rolwaling valley is very steep and covered in thick forests; therefore the climbs are sheer upright. But this is one of the finest watershed crossings ever made in the entire of Himalaya. One of the highlight of the trip is the camp beside Bigu Gompa, which is an unusual and beautifully situated nunnery. Further walking through the summer pasture lands and narrow valleys that opens up into a wide bowl; give us our first taste of open mountain scenery - a totally unique and mystical experience.

As we leave the Rolwaling Valley, after having climbed the highest point of this adventure, we may feel although the trek is only just beginning. Trekking back we continue down traversing into the Thame Valley, Namche Bazaar and then to Lukla for the scenic panoramic flight to Kathmandu.

TRIP PROFILE

| | |
|-------------------------------|------------------------------|
| Total Trip | 24 / 25 days. |
| Trek Grade | Adventurous - Challenging. |
| Highest Point | 5,755m at Tashi Laptsa pass. |
| Trekking & Camping | 20 / 21 days. |
| Trekking Start | At Bharabesi |
| Trekking Ends | At Lukla. |

Trek Ends

24 / 25 days.

TRIP DEPARTURES

Late Spring / Autumn (Every Year)

19th April to 13th May.

20th September to 14th October.

OUTLINE ITINERARY

DAY 01

Arrive at Kathmandu.

DAY 02

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

DAY 03

Drive to Barabesi approx. 860m. 65 km. 4-5 hrs journey. (2,300 m).

DAY 04

Trek to Dolangsa 2,510m. 4/5 hrs walks.

DAY 05

Trek to Tingsang-la 3,319m. 4 hrs.

DAY 06

Trek to Bigu Gomba. 2,310m. 4-5 hrs walks.

DAY 07

Trek to Chilangka. 1,930m.

DAY 08

Trek to Bulung. 1,890m.

DAY 09

Trek to Gongar Khola. 1,430m. 6 hrs..

DAY 10

Trek to Simigaon. 2,000m. 4-5 hrs.

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| DAY 11 | Trek to Dovan. 2,850m. 5-6 hrs. |
| DAY 12 | Trek to Beding. 3,690m. 5-6 hrs walks. |
| DAY 13 | Trek to Na Gaon. 4,180m. approx. 3-4hrs walks. |
| DAY 14 | At Na Gaon. |
| DAY 15 | Trek to Kabuk at Tsho Rolpa 4,560m. 4-5 hours. |
| DAY 16 | Trek to Drolambau Glacier near Tashi Laptsa Base Camp (5,400m. 5 hrs walk). |
| DAY 17 | Traverse Tashi Laptsa Pass 5,755m. Camp on the other side of Khumbu (7-8 hrs) |
| DAY 18 | Trek to Thame 3,800m. 5 hrs. |
| DAY 19 | Trek to Namche Bazaar, 3,450m. 5 hrs. |
| DAY 20 | Rest day at Namche Bazaar. |
| DAY 21 | Trek to Phakding. 2,630m. 5 hrs. |
| DAY 22 | Trek to Lukla 2,830m. 3-4 hrs walk. |
| DAY 23 | Fly Lukla-Kathmandu. |
| DAY 24 | Free day at leisure. |
| DAY 25 | Transfer to Airport for the International departure. |

TRIP DOSSIER

DAY 01 Arrive at Kathmandu.

On arrival at Kathmandu Tribhuvan International Airport you will be greeted by our staff and escort you to the hotel, where our Sherpa guide or the office staff will give you a brief orientation about the hotel, Kathmandu itself, trekking, and the do's and don'ts of the area. Also, they will go over any other related information that you might require while in Nepal.

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 time for your half day guided sightseeing tour in Kathmandu and the various places of interest. Depending on the time of your flight arrival the night previous, we will schedule your half day tour in the morning or afternoon. For late night flight arrivals, we prefer to do an afternoon tour in order for you to get properly acclimated to the time change.

DAY 03 Drive to Barabesi approx. 860m. 65 km. 4-5 hrs journey.

Morning after breakfast we take a bus ride from Kathmandu heading towards the Bhote Koshi Valley reaching at Barabesi a large village and a bazaar, situated merely 10 km from the Tibetan border, on the only drivable highway that connects Lhasa, Tibet to Kathmandu. After a short preparation, we start our climb up from the bazaar heading to Simle. The first day of walk is always a bit slow to get started, as the porters and staff have to sort out their loads and the first days of this adventure is always short walk to the overnight camp. Our trek climbs above from the busy bazaar of Barabesi for an hour then coming on the gradual path till we reach to our night camp between the rural village of Simle and Budipa approx. at 1,130m after nearly 3 hours of good walk.

DAY 04 Trek to Dolangsa 2,510m. 4/5 hrs walks.

We start today's walk following the path through number of small farm villages and terraced fields, interspersed with a small patch of cool forest then gradually climbing and crossing many small streams. We will then reach Dolangsa, a small village on the bottom of the Tinsang-la pass with a primary school yard for camping. People in these villages are of the Sherpa tribe and there is a small monastery just above the village. Overnight Camp will be on the open clearings in the village itself.

DAY 05 Trek to Tinsang-la 3,319m. 4 hrs.

Our route follows Dolangsa village, starting with a steep climb passing by the monastery and beyond through prickly-leaved oak woods and rhododendron forest coming to a clearing with a small settlement of cattle herders. After two hours of steady walk, from here our walk continues further for another 2 hours to Tinsang La. We notice there is a remarkable change in the vegetations, as the walk gains

altitude every hour or so, until we reach the top ridge of Tingsang-la. At this point we will have excellent views from the Pass looking over towards Gaurishanker and onwards the Tashi Lapcha. After a good hard climb, the pass has a short descent on the grassy meadow that leads us to our overnight camp overlooking grand views of the surrounding landscapes and snow capped peaks. Camp is made where there is number of old, temporary shady shelters of the Shepard's as this place happens to be summer pasture. An early morning view from this campsite is well worth the effort of waking up earlier.

DAY 06 Trek to Bigu Gomba. 2,310m. 4-5 hrs walks.

After an early morning view of the superb scenery, our journey continues with an hour and half descend to the settlement of Ruphtang situated on a small hill top amongst the terraced fields. After a brief stop here, walk follows on the downhill slope path to a small stream. From here nearly two hours of gradual climb will reach us to our overnight camp on the large grassy field just few minutes away from the Bigu Gomba premises. From the camp we can see large stupas for a nunnery, each stupa which houses about 30 nuns and the nuns are mostly Sherpa women. Here we have ample time for a visit to Bigu Gomba, a fine and interesting monastery set among juniper on a terraced hillside. The building which houses a nunnery was built around 1933.

DAY 07 Trek to Chilangka.1,930m.

From here, our trek leads to a long descent through the terraced fields towards Sangwa khola, which later joins the Tamba khola, we will continue for a two hour walk, after which we will encounter a warmer climate. The path then gradually climbs after crossing the bridge, and path winds up leading through Lading and continues to Chilangka after 2-3 hours of walks for the overnight camp high above the river. It is a quiet and lovely spot with splendid views across the terraced hillside, and down to Bhote Koshi.

DAY 08 Trek to Bulung.1,890m.

After Chilangka, our route heads east above the Sangwa khola, crossing several tributary streams, the path leads to gradual walk with few ups and downs in between and then coming to Chautara, a well decorated with religious paintings. Chautara are interesting structures and are found along trails through out Nepal.

Trek from here leads to the winding trail towards the corner of the Gyalsung Danda (ridge) above the river, and then leading downhill towards Bulung for our overnight stop in this widely spread village, Camp is made is near by the school yard of this village Bulung.

DAY 09 Trek to Gongar Khola.1,430m. 6 hrs.

Our trek from Bulung village leads North East along the trail above the Tama Koshi through the village of Yarsa and Warang. Walking along the seldom used path at first, but after an hour of good trekking, the

trail becomes something of a highway, on this broad winding road with excellent views of Mt. Gaurishanker. We will traverse through intensively terraced farm fields and we then skirt past the village of Orang. As we come through a few small ridges, our route leads to a steep downhill path to the junction of the Gongar Khola and Tama Koshi, and the small settlement of Gongar where we will set up camp on a wide valley floor and take a much deserved break after 6 hours of walking.

DAY 10 Trek to Simigaon. 2,000m. 4-5 hrs.

Leaving Gongar, the trail continues along the west bank of the Tama Koshi, which narrows into a gorge, then reaches Chetchet and its beautiful waterfall. Having descended to almost the same height as our starting point after an hour or more walk, the climate here is once again hot and slightly humid. Shortly afterwards we cross the Tama Koshi river and make a steep climb for an hour to the village of Simigaon. After we finish the steep portion of the walk, we will have a gentle trek up to the village of Simigaon, where the overnight camp are beside a Gompa 20 minutes above the main village with more fabulous views of Gaurishanker.

DAY 11 Trek to Dovan. 2,850m. 5-6 hrs.

From Simigaon, our route leads towards North East. Beginning the walk on a gradual uphill slope, we pass through the thick rhododendron and magnolia forests, and the pastures with numerous clearing that are used for summer grazing. In this area, the change from lush Tama Koshi to the mountain side of Rolwaling Valley is very apparent. Depending upon the season, if the monsoon flood has washed much of the trail away, (which is not a rarity during the monsoon season), we either take the high path that climbs steeply towards the ridge of the Sambur Danda, crossing the Daldung la at 3,976m., as this is a safer alternative. Our walk continues contouring above the hill side and then descending to the river passing more huts in an area called Gyalche. After reaching the valley floor we cross a small wooden bridge to our camp at Dovan, a small unlikely clearing in the dense forest of the steep valley side.

DAY 12 Trek to Beding. 3,690m. 5-6 hrs walks.

Today, crossing the Rolwaling khola we take a path that leads through the jungles on the Northern side. The walk heads to a gradual climb, and then comes to a clearing along little settlements of Nyimare, Ramding. We continue on through the farm fields and reach Beding for the overnight stop after a productive walking day with hours or more. We reach in time to visit Beding village. It is the principal Sherpa village in the Rolwaling area, and is situated in a narrow gorge enlivened somewhat by its well-positioned Gompa, which comprises about thirty six houses. There is a Hillary school in Beding.

DAY 13 Trek to Na Gaon. 4,180m. approx. 3-4hrs walks.

From Beding, onwards you can feel the increasing altitude and the cold chill from the surrounding high mountains. Our trek today will be a short walk of three hours or more along the Rolwaling River, going at it in an easy manner at this high altitude. The terrain has very impressive scenery of the surrounding

high landscapes, and the snow capped peaks. The walk continues slowly in order to acclimatize, just before Na the valley opens out into classic, glaciated in U-shape. We reach our overnight camp at Na, which is a scattered village and a temporary settlement of the villagers of Beding and beyond. It is a summer yersa (grazing pasture), and potatoes are grown. There is a roughly built Monastery here. Our camp is made on this grassy field with time to relax and marvel the surrounding beauty. Ahead, up the valley beyond Na, the majestic summit of Chobutse 6,689m rises above the Tsho Rolpa at the confluence of the Ripimo Shar and Trakarding glaciers.

DAY 14 At Na Gaon.

Today is a rest day at Na Gaon for acclimatization and local exploration.

DAY 15 Trek to Kabuk at Tsho Rolpa 4,560m. 4-5 hours.

After a pleasant time at Na, our actual adventure begins from here onwards. The morning walk begins as we cross the river to the south bank and then follow a shallow stream to a crossing point near Yersa at Sangma, the last place of the cattle herders. After the wooden bridge which we use to climb up on moraines, we negotiate our path steeply above the main stream until finally we reach the terminal moraine, near behind is the dammed of Tsho Rolpa. The lake sometime known as Cho Pokhari, we will make our campsite on sandy level ground to the south side of the Tsho Rolpa at Kabuk after 4-5 hours of scenic hard walk. From the camp splendid views of the surrounding peaks can be seen including Tsoboje at 6,689m. and Dragker-Go at 6,793m.

DAY 16 Trek to Drolambau Glacier near Tashi Laptsa Base Camp (5,400m. 5 hrs walk)

From camp, the path goes over the moraine above north side from the lake, continuing right along the moraine, occasionally passing rocks overhangs. The walk follows high slopes above the glacier to avoid the lower section, but further up we have to trek along the centre on the hard rocky glacier to our camp below the Drolambau ice-fall. Steady walk leads us to the lowest point of the icefall and then climbing to the easiest point to gain the Drolambau glacier. Around this section there is some danger of falling rock. The middle moraine provides a route up the glacier. We then stop overnight after finding a suitable campsite where the glacier flattens out. Here we will be surrounded by superb high mountain scenery in this wild and impressive place.

DAY 17 Traverse Tashi Laptsa Pass 5,755m. Camp on the other side of Khumbu (7-8 hrs)

Today is the main high light of this adventure journey, which starting well before sunrise following the glacier again for an hour and half. We will reach a spur which gives an easy access to our route on the upper glacier. It is here that we will fix ropes, and make steps and ledge for the porters. Although the terrain is not very difficult, it is just a precaution that we must employ in this kind of mountain landscapes. After everything is set for the final climb, a further 3-4 hours climb amidst wild and mind-

boggling scenery leads us to the top of the pass at our highest point of this trek at Tashi Lapsa pass, where there are Buddhist prayer flags and cairns.

This will be our longest day of trek and it's important to keep up a good pace to ensure we reach our camp on the other side of the pass well before dark. From the pass, along with the magnificent view of the surrounding snow capped peaks, our walk follows downhill for another 3-4 hours towards Ngole and further near past the glacial pond of Parchemuche-tsho and just before Tengpo for the overnight camp at around 4,900m.

DAY 18 Trek to Thame 3,800m. 5 hrs.

After a long hard day, the walk from here will be enjoyable most of the way to Namche and beyond. From the camp below the Khumbu side of the pass, our path follows eastwards over snow slopes. The trail from here is well marked and continues its long descent down the upper reaches of the Thame Khola to Tengpo, with excellent views of Mt.Ama Dablam, Mt.Makalu, and Lumding Himal above the Thame Khola. After an hour or more arriving at dozen or so Shepard's huts that makes this place Tengpo with wide pasture field. Another two hours of gradual descend will bring us to our end of our walk for today at Thame Village and our first hint of trekkers civilisation since Beding. There is a very old and interesting Monastery at the upper end of the village. At Thame, the old trade route over the Nangpa-la into Tibet branches North, following the Bhote Koshi, which incidentally is the 2-3 river so named on this trek.

DAY 19 Trek to Namche Bazaar, 3,450m. 5 hrs.

Today, is a pleasant walk down to Namche, which is an affluent rich Sherpa town and an important trading centre with a weekly Saturday markets. Fresh food products are brought up from lower villages to barter or sell. Walk leads east from the camp with a short downhill to the bridge over Bhote Koshi river, from the bridge 20 minutes climb to reach the gradual descend and passing through number of villages, mani, prayer walls and pass into the pine woods on this gentle winding path, after 3-4 hours of pleasant walk, Namche Bazaar comes into view from the top ridge where the trail splits into various directions. The north from the mani stupa leads towards Khunde and Khumjung. Our route heads downhill with a view of Namche down below with colored roofed houses. After a 45 minutes descend reaching Namche for the overnight camp.

DAY 20 Rest day at Namche Bazaar.

A leisure day, frees from the hassle of packing, a relaxing moment an optional hike to Khunde and Khumjung village, Everest View Hotel or around Namche.

DAY 21 Trek to Phakding. 2,630m. 5 hrs.

An easy day of downhill walking today; from Namche an hour walk brings us to the confluence of Bhoté Koshi and Imjatse River that makes the Dudh Koshi which we will follow most of the way. From here we cross the long suspension bridge with a short climb into the pine woods. The walk will be on the busy path full of trekkers, locals, porters and pack animals, and reaches back again to the river bed, the gentle trail follows the river downstream passing through many farm fields and villages then coming at the entrance of Sagarmatha National Park in Monjo village.

After Monjo another 2 hours of good walk leads us to camp at Phakding near the river Dudh Koshi with enough time for a walk in the village.

DAY 22 Trek to Lukla 2,830m. 3-4 hrs walk.

Last day of this great trek will be another filled with good walk to Lukla; you can walk at your own leisurely pace, enjoying the lush green scenery around. Apart from few short uphill climbs, the only climb of any distance will be just before Lukla, which will take approximately 45 minutes from a place called Choplung or the "old big oak tree". On reaching Lukla, prepare for the last day great dinner and a party with the fellow Sherpa crew, porters and trekking members.

DAY 23 Fly Lukla-Kathmandu.

The flight time to Kathmandu, are usually scheduled for the morning due to the wind in the afternoon. It is always possible that the flight time can be delayed due to bad weather and other reason beyond our control. As we get hold of the boarding pass depending upon our flight time we make our way to the terminal for security check. This scenic flight from Lukla takes about 45 minutes to Kathmandu, and offers a panoramic view of the snow capped peaks can be seen from window of the plane. Arriving to Kathmandu domestic terminal, one of our office staff will be waiting to receive and escort you back to the hotel.

DAY 24 Free day at leisure.

Today is a free day in Kathmandu! Please let our staff know if you would like to go on another short tour in and around Kathmandu Valley.

DAY 25 Transfer to Airport for the International departure.

Today keep in mind your international flight time; so make sure to keep your confirmed air ticket, departure tax (in local currency), and your passport handy. Our staff will take you to the airport for your final departure from our amazing country, Nepal.



Inquiry

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

In case of trek Itinerary alteration, or if there is a need to be re-routed to other area, your Group Leader or Sherpa Guide will have the final decision.

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.



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- ❖ 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 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



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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 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.



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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.

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.



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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).

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



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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, 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

☎ **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!