

Ramdung Peak 5,925m & Tashi Labtsa

'A remarkable adventure & climb in the remote high alpine valleys'

"dramatic landscapes, rich buddhist culture, isolated rolling valleys, traditional villages, crossing of thrilling pass, pristine forest, world's heritage 'Sagarmatha National Park' enriched with flora and fauna amidst towering peaks and awe some views"

Introduction

Crossing over one of the most exciting passes of the Himalaya, Tashi Lapcha at 5,755 meter high, to enter into Khumbu Valley has made this trek popular to all adventurers for many years since the Rolwaling Valley was opened.

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 way we continue down traversing into the Thame Valley and onto Namche Bazaar and then to Lukla for the scenic panoramic flight to Kathmandu.

The trek starts from the busy bazaar of Barabise on the highway to Tibet. Leaving the civilization behind and heading towards in the tranquility of the mountains and in the hidden Rolwaling Valley. The trek passes through beautiful alpine forest of pines and rhododendron and picturesque alpine passes including traditional and unspoiled rural villages blending with farm fields, alpine pastures and the highland villages of sherpa, with the backdrop of the towering view of Mt. Gaurishankar that straddles the border with Tibet.

This trek leads to the last village of this area Rolwaling at Beding. Journey continues further east to scale the 5,925 meter Ramdung Peak. The climb is not technically hard, but it is certainly a challenging on account of the altitude and the peaks remoteness. Ramdung offers an excellent view of Everest, Melungtse and Gaurishankar and array of other snow peaks. Crossing over one of the most exciting passes of the Himalaya, Tashi Labtsa at 5,755 meter high and entering at Khumbu.

On leaving Rolwaling Valley, after having climbed the highest point of this adventure. Then reaching the famed Namche Bazaar and then to Lukla for the scenic panoramic flight to Kathmandu.

The scenic panoramic flight to Kathmandu.

TRIP PROFILE

Total duration	25/26 days.
Trek Grade	Adventurous to Challenging.
Trek Duration	21/22 days.
Climbing Grade	Alpine PD + .

TRIP DEPARTURES

(Saturday to Wednesday)	19th April to 14th May.
	20th September to 15th October.

OUTLINE ITINERARY

- DAY 01** Arrive at Kathmandu. 1,300m and transfer to Hotel.
- DAY 02** A day in Kathmandu. 1/2 Day guided tour.
- DAY 03** Drive to Barabise approx. 860m.65 km.4-5hrs journey.
- 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 Gongar Khola.1, 430m. 6 hrs.

DAY 09 Trek to Simigaon.2, 000m. 4-5 hrs.

DAY 10 Trek to Dovan. 2,850m. 5-6 hrs.

DAY 11 Trek to Na Gaon. 4,180m. approx. 3-4 hrs walks.

DAY 12 Trek to Ramdung Base Camp.

DAY 13 At Ramdung Base Camp.

DAY 14 At Ramdung Base Camp.

DAY 15 Trek to High Camp.

DAY 16 Climb of Ramdung Peak and return to Base Camp.

DAY 17 Trek to Kabuk at Tsho Rolpa 4,560m. 4-5 hours.

DAY 18 Trek to Drolambau Glacier near Tashi Lapsa Base Camp. Approx. 5,400m. 5 hrs walks.

DAY 19 Traverse Tashi Lapsa Pass 5,755m and camp at Khumbu area. 7-8 hrs.

DAY 20 Trek to Thame 3,800m. 5 hrs.

DAY 21 Trek to Namche Bazaar, 3,450m. 5 hrs.

DAY 22 Arrive at Kathmandu. 1,300m and transfer to Hotel.

DAY 23 Trek to Lukla via Phakding. 2,630m. 5 hrs.

DAY 24 Fly Lukla-Kathmandu.

DAY 25 Free day at leisure.

DAY 26 Transfer to airport for International departure.



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Trip Dossier

DAY 01 Arrive in Kathmandu. 1,300m meet and transfer to Hotel.

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

DAY 02 A day in Kathmandu. 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 at places of interest. Sometime, depending upon your flight arrival if it's late in the night we will do this tour in the afternoon instead of morning to give you a nice sleep and rest before you venture out of the Hotel for our interesting tour.

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

Morning after breakfast we take a bus ride from Kathmandu heading towards the Bhote Koshi Valley reaching at Barabise a large village and a bazaar, situated merely 10 km from the Tibetan border, on the only highway that connects to Lhasa, Tibet. After a short preparation, starting the climb up from the bazaar heading to Simle.

On the first day walk is always slow to get started, as the porters and staffs have to sort out their loads and the first days of this adventure is always short walk to the overnight camp. The trek climbs above from the busy bazaar of Barabise for an hour then coming on the gradual path till to the overnight 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.

Starting the day's walk following the path through number of small farm villages and terraced fields, small patch of cool forest then gradually climbing and crossing many small streams, until you reach at 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 Sherpa tribes 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 Tingsang-la 3,319m. 4 hrs.

Our route follows above Dolangsa village, starting with a steep climb passing by the monastery and beyond through prickly-leaved oak woods and rhododendrons 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.

You can notice there is a remarkable change in the vegetations, as the walk gains altitude every hour or so, and then reaching at the top ridge of Tingsang-la. Offering an excellent views from the Pass looking over towards Gaurishankar and onwards the Tashi Lapcha. After a good hard climb to the pass a short descend on the grassy meadow lead to the overnight camp overlooking grand views of the surrounding landscapes and snow capped peaks.

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

After an early morning view of the superb scenery, 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 you to the overnight camp on the large grassy field just few minutes away from the Bigu Gomba premises. From the camp one can see the large stupas and a nunnery, each stupa which houses about 30 nuns and the nuns are mostly Sherpa women. Here we have time to visit the Gompa, 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 trek leads to a long descend through the terraced fields towards Sangwa khola, which later joins the Tamba khola, coming to the warmer area after a good walk of two hours. The path then gradually climbs after crossing the bridge, the 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 Kosi.

DAY 08 Trek to Gongar Khola. 1,430m. 6 hrs.

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 Chutara, well decorated with religious paintings. Chautara are interesting structures and are found along trails through out Nepal which is a late form often stepped on which a weary traveler and porters can easily rest their heavy load without having to lower it to the ground. 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 in this widely spread village.



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Our trek from Bulung village leads to 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 trek the trail becomes something of a highway, on this broad winding road with excellent views of Mt. Gurishanker. Traversing through intensively terraced farm fields, we then skirt past the village of Orang and coming through few small ridges and finally the route leads to a steep downhill path to the junction of the Gongor Khola and Tama Koshi, and the small settlement of Gongor on the wide valley floor where we make our overnight camp by the river after a good walk of six hours.

DAY 09 Trek to Julu. Approx. 3,900m. 5-6 hrs.

Leaving Gongar, the trail continues along the west bank of the Tama Koshi, which narrows into a gorge then reaching at 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 Kosi river and make a steep climb for an hour to the village of Simgaon, after the steep portion the walk leads to gentle up to the village of Simigaon, where we camp beside a Gompa 20 minutes above the main village with more fabulous views of Gaurishanker..

DAY 10 Trek to Dovan. 2,850m. 5-6 hrs.

From Simigaon, the route leads towards north east. Beginning the walk on the gradual uphill slope passing through the thick rhododendron and magnolia forests and pasture 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 distinct. Depending upon the season, if the monsoon flood has washed much of the trail which usually happens sometimes in this case, either taking the high path that climbs steeply towards the ridge of the Sambur Danda, crossing the Daldung la at 3,976m. 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 11 Trek to Beding. 3,690m. 5-6 hrs walks.

Today, crossing the Rolwaling khola we take a path leading through the jungles on the northern side, the walk heading to a gradual climb then coming to a clearing passing along little settlements of Nyimare, Ramding and through the farm fields and reaching at Beding for the overnight stop after a good walk of five hours or more with time to visit Beding village. It is the principal Sherpa village in the Rolwaling area.

Situated in a narrow gorge enlivened somewhat by its well-positioned Gompa, comprising about thirty six houses. There is a Hillary school in Beding.

DAY 12 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, taking easy on this high altitude terrain with its impressive scenery of the surrounding high landscapes and the snow capped peaks. Walk continues slowly in order to acclimatize, just before Na the valley opens out into classic, glaciated in U-shape. On reaching to 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 13 Trek to Ramdung Base Camp.

Ramdung peak situated south of Na in the upper Rolwaling, Ramdung, is also known as Ramdung-Go on the Schneider map, it is a cluster of peaks around the Yalung La (5,310m / 17,421ft), a pass giving access to the upper Rolwaling from the south, via the Khare Khola. Although the peak is not high the approach from Na covers a good distance, so we will be making two high camps for the climb. From Na the route cross to the south bank of the river and follow it east to where the trail near Kyiduk climbs south toward the Yalung La. Suitable campsite can be found around at 4,900 meters.

DAY 14 At Ramdung Base Camp.

From this Base Camp, Yalung Ri, a view point north-west of the pass, is easily climbable by its eastern glacier and attractive snow ridge. This will be an important acclimatization day for the climb and going through Tashi Labtsa Pass.

DAY 15 At Ramdung Base Camp.

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DAY 16 Trek to High Camp.

From this camp our route climb towards the pass gaining the snow and broad glacier slopes east of the pass. Overnight high camp will be pitched here before the glacier at about 5,500m / 18,000ft).

DAY 17 Climb of Ramdung Peak and return to Base Camp.

Early morning climb to the slopes of the Ramdung Glacier south-west of the subsidiary peak at 5,766m / 18,917ft and gaining the saddle at its head at its junction with the Yalung Glacier 5,650m / 18,537ft. From this saddle turning right, and climbing gradually, at first southwards, to the foot of the summit block of Ramdung, which is climbed more steeply to the summit. This takes about more than four hours, depending on snow conditions, from the high camp. After a great moment at the top of the Ramdung summit. Descend by the same route towards the Base Camp.

DAY 18 Trek to Kabuk at Tsho Rolpa 4,560m. 4-5 hours.

After a pleasant time at this end of Rolwaling Valley, our next adventure begins from here onwards, morning walk starts crossing the river to the south bank and then following a shallow stream to a crossing point near Yersa at Sangma, the last place of the cattle herders. After the wooden bridge climbing up on moraines, traversing 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 6,689m. Dragker-Go 6,793m.

From the camp, path traverses the moraine above north side from the lake, continuing right along the moraine, occasionally passing rocks overhangs, as 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 Drolambu ice-fall. As the steady walk leads us to the lowest point of the icefall and then climbing to the easiest point to gain the Dromlambau glacier. Around this section there is some danger sometime of rock falls. The middle moraine providing a route up the glacier, we then stop for the overnight on 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 19 Trek to Drolambau Glacier near Tashi Laptsa Base Camp. Approx. 5,400m. 5 hrs walks.

DAY 20 Traverse Tashi Labtsa Pass 5,755m & camp on the other side of Khumbu area. 7-8 hrs.

Today is one of the high light of this adventure, starting well before sunrise following the glacier again for an hour and half, then reaching a spur which gives an easy access to our route on the upper glacier. Here we will fix ropes and make steps and ledge for the porters, although the terrain is not so difficult, just a precaution that we must imply 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 Labtsa pass, where there are Buddhist prayer flags and cairns. This will be our longest day of trek and its important to keep up a good pace to make sure that

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 21 Trek to Thame 3,800m. 5 hrs.

After a long hard day, walk from here will be enjoyable most of the way to Namche 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 Thengpo, 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 shepards huts that makes this place Thengpo 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 interesting Monastery at the upper end of the village. t Thame, the old trade route over the Nangpa-la into Tibet branches north following the Bhote Koshi.

DAY 22 Trek to Namche Bazaar, 3,450m. 5 hrs.

Our last day of this great trek will be another good walk to Lukla, you can walk at your own leisurely pace, enjoying the lush green scenery around An easy day downhill walk today, from Namche an hour walk brings us to the confluence of Bhote Koshi and Imjatse River that makes the Dudh Koshi which we 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, reaching again back 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 hour of good walk leads us to Phakding near the river Dudh Koshi. 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, for the last day great dinner and a party with the fellow Sherpa crew, porters and trekking members.

DAY 23 Trek to Nayapul and drive to Pokhara 3hrs walk & 2 hrs drive.

Our last day of this great trek will be another good walk to Lukla, you can walk at your own leisurely pace, enjoying the lush green scenery around An easy day downhill walk today, from Namche an hour walk brings us to the confluence of Bhote Koshi and Imjatse River that makes the Dudh Koshi which we 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, reaching again back 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 hour of good walk leads us to Phakding near the river Dudh Koshi. Apart from few short uphill



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DAY 24 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 command. 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, a panoramic view of the snow capped peaks can be seen from window of the plane.

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

DAY 25 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 a scenic mountain flight.

DAY 26 Transfer to airport for International departure.

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) 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 your Group Leader or Sherpa Guide decision will be the final.

Complimentary Services

Services as mentioned below are rendered complimentary upon confirmation of your booking with us:

- a. Complimentary tourist registration to respective consulate office or embassy
- b. Complimentary international flight ticket re-confirmation
- c. Complimentary Gurkha Encounter T-Shirt (subject to availability)
- d. Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- e. Complimentary use of sleeping bags and down jackets



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Mode of Payment

To confirm your trip we request you an upfront payment of 40% of the quoted amount by authorizing the same with your credit card details filled up in our GE Booking Form.

If you pay by cheque/ bank draft pls make it payable to:

Gurkha Encounters Pvt. Ltd.
G P O Box: 20195
Ganeshman's Building
House No.: 135
Chaksibari Street, Thamel, Kathmandu, Nepal
Phone: +977 1 4267 882 and 889
Fax: +977 1 4267 854

Note: If you pay by Master/Visa cards there is a bank service charge of 3.5% which will be charged as an extra; for payment through American Express there is a 5.5% bank service charge.

Terms & Conditions

- ❖ The Company is not liable for any refunds after the departure date of the scheduled itinerary.
- ❖ Cancellation should be made 48 hours before departure and a 40% cancellation charge is approved besides tax, transportation and permit. See specific information below
- ❖ No refund will be given if the program ends before the provided itinerary date.
- ❖ The Company is not to be held responsible for your early termination of a trek should our experienced leader feels it is unsafe for you to continue due to fitness and/or health issues
- ❖ The Company is not liable for an unconvinced or rescheduling due to natural, political or bureaucratic circumstances
- ❖ The Company is not responsible for delays caused by local weather conditions resulting in international flights being missed
- ❖ The Company is not responsible for the financial implications of rescue. Please ensure you have the appropriate insurance to cover these situations before you arrive in Nepal
- ❖ Our staffs are very experienced in leading treks at all altitudes. It is their responsibility to ensure your safety, their conclusions regard safety are final and should you not follow their advice the Company can not be held responsible for the outcome.

If you wish to cancel your trip for any reason the following scale of charges will apply:

Date of Cancellation

2 months before departure
29 days to 2 months before departure

Charge Incurred

Loss of deposit (40% of Total Trip Cost TTC)
50% of TTC



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10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket
- 1 down jacket
- 1 woolen hat
- A pair of sunglasses
- A pair of glove shells with liner or ski gloves (opt.)
- A pair of woolen gloves
- One Trekking pack 3000 cubic inches capacity
- One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30
- Two Reading books (Optional)
- One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger
- A one liter water bottle
- A pair of Trekking poles
- One flash light with 4 sets of batteries
- one -5 to -20 sleeping bag
- Two T-shirts and one long sleeve T/city shirt
- Two Trekking baggy pant

Toiletry Items

Towel, pre-moistened novelettes, wash cloth, lip balm, and any additional personal items such as toothbrush, comb, etc.

Miscellaneous Items

Photo equipment with plenty of films and spare batteries, reading/writing materials, postcards of hometown and/or photos of home and family to share with Nepalese people, safety pins, sewing kit, zip lock bags for small items.



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Welcome to the Himalaya

Namaste and welcome to the stunning and diverse geographical regions of the Himalaya.

This wonderful place is home to many of the highest mountains in the world including the world's highest, majestic Mount Everest, to some of the deepest gorges, lush valleys, great rivers, colorful people and ancient histories. You'll find a wide and fascinating diversity of landscapes, culture, people and activities within the Himalaya. From stunning scenery to vibrant and colorful culture, from the serenity and spiritualism of ancient temples and monasteries to the thrills and spills of some of the finest white water rides, from the challenge of the awesome peaks to the laid back relaxation of the valley, lakesides and quiet hill stations to the deep lush jungles of the lowlands, from romantic and intricate courtyards, exotic palaces and exquisite restaurants to high snowy passes where prayer flags flutter in the skies and from the solitude of the great peaks to the welcoming bustle and warmth of the local bazaars and courtyards. Whatever your interest, the Himalaya has something to offer everyone.

Gurkha Encounters is a leading trekking, adventure and eco travel company based in Kathmandu, Nepal and established in 1988. We specialize in the Himalayan regions of Nepal, Tibet, Bhutan and India, including Sikkim. Our services include advice, planning and organization of a wide range of adventure and trekking travel options and related services including: trekking and climbing expeditions among the world's highest peaks; jungle safaris; white-water rafting; mountain biking; family adventures; educational expeditions for schools and youth groups; short breaks, guided tours and sightseeing; special interest holidays; romantic breaks; volunteer placements and corporate services.

Our office staff, guides and other support staff are all from local villages and towns in the Himalaya and are all experienced and qualified professionals. Our extensive local knowledge as well as our experience and local contacts mean that we are able to provide the best service to you and we are proud of our reputation for quality, innovation and overall customer service with a focus on cultural and environmentally responsible travel. We aim to provide you with an excellent, friendly and personal service at competitive and fair prices for a truly memorable adventure travel experience.

Small Group Travel

Most of our trips, treks and tours are organised on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.



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Tailor Made Private Charter Adventures

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling.

Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.

Group and Club Organisers

If you are organising a trip for a group or a club we will offer one free* additional place for every 10 bookings made. You can use this for your own travel, use it to reduce the overall cost of the trip for everyone or perhaps offer it as a fantastic prize for your group members or for a charity. Contact us for more details and for conditions (* permit fees, national park entry fees, airfares and departure taxes not included).

Contact Us

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at info@gurkhaencounters.com, 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



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trekking in the world. Treks vary from high altitude routes some of which visit base camps used by mountaineering expeditions to easy short treks within the Kathmandu Valley and lower hill country where you'll travel through pretty villages, subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and even the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in spring and autumn.

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience. Not only can they share local knowledge and insights, at the same time as you travel you are contributing to the local economy and supporting local communities at the same time as you travel. Whatever route you choose, you'll be sure to meet local people and enjoy stunning landscapes as you walk at your own pace through well established village trails. Whilst some of the popular trekking trails are used by climbing expeditions on their approach marches, most have been used for hundreds of years by the local Nepalese for everyday travel and trade.

Teahouse Trekking

On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges, similar to European style alpine lodges offering simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best available lodges run to a high level of service. We also supply a four season sleeping bag and cotton liner free of charge on our teahouse treks. Hire of other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions. Soft drinks, sweets, mineral water and alcohol are not included.

Fully provisioned camping style trekking

This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants. Porters, yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the camp work, from setting up to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, and provide hot water for washing and tea and coffee at night and for your wake up call. Food is a mixture of Asian and Western



Inquiry

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dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

A few of our teahouse treks involve crossing high passes and necessitate camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags.

Our Grading System

In Nepal, the trails often zigzag with plenty of ascents and descents and it is better to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.

We use four grades for our treks, intended to give you a general sense of what to expect and to help you choose which adventure will suit you best. Factors such as weather conditions, altitude, fitness level, experience, interests and how you feel on a particular day all contribute to how easy or strenuous you find a trip. If you're unsure of whether a trek is suitable for you just contact us before making your booking.

Wish you have memorable time with us!