



## Inquiry

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

☎ 977 1 4267882

# Langtang Gosaikunda Trek

**'A fabulous journey on the Tamang Heritage Trail in the shade of high, snow-capped peaks.'**

## Introduction

At present, Langtang is the third most popular trekking area in Nepal, after the Annapurna and Everest regions. This fabulous trek, a perfect combination of moderate and rigorous walking, leads to the high alpine valley with the backdrop of high, snow-capped peaks. In the spring, this place is alive with wildflowers. Here you will find peace and serenity amidst the Buddhist culture. With its scenic valley and impressive gorge, affording views extending all the way to the Annapurnas, it is no wonder this is such a popular place to trek.

Langtang Valley is situated directly north of Kathmandu in the Central Himalayan Region.

This area was declared a National Park in 1976 and remains the second largest national park in Nepal, covering a total of 1710 sq. km. of mountainous terrain south of the Nepal-Tibet (China) border.

The area offers a diverse range of cultures. The three main ethnicities living in the area include the Tamangs, the Yolmus, and the Bhotias, who all originated from Tibet, coming to the area beginning about 500 years ago and continuing until about the mid 20th century. In the southern section of the park, there is a small area of sub-tropical chestnut forest and a unique Sal forest. The hill forest (2000-2,600 m.) across the southern slopes of the park consists of Chir pine, rhododendron, Nepalese alder, and oak. Moving north and higher, the Montane zone (2,600-3000 m.) comprises mainly mountain oak, which changes to silver fir, hemlock, and larch in the lower sub-alpine zone (3000-3,600 m.). Throughout these zones, several species of rhododendron trees form a twisted and colorful backdrop. It is at 3,600-4000 m. that the juniper and rhododendron shrubs slowly fade into the expansive alpine grassland meadows.

Here, the elusive snow leopard is still thought to comb the alpine heights for prey. The park is also well known for its populations of red panda, Himalayan black bear, wild dog, Himalayan tahr, ghoral (mountain antelope), and more than 250 species of birds.

Above the tree line, the valley opens up into a classical glacial 'U' shape, bound to the north by the impressive Langtang Himal, beyond which lies Tibet. The major peaks include Ghengu Liru (Langtang II, 6571 m.), Langtang Lirung (7,425 m.), Kimshun (6,745 m.), and Shalbachum (6,918 m.) to the south. The Chimsedang Lekh forms a ridge of peaks, which includes Naya-Kanga (5,846 m.) and Gangchempo, Tilman's beautiful Fluted Peak. Beyond is the Jugal Himal, which terminates in Dorjee Lakpa (6,980 m).

And to the east, the upper meadows of the Langtang end in a massive mountain wall, forming the frontier with Tibet.

#### TRIP PROFILE

<b>Total duration</b>	15 nights 16 days.
<b>Trek Grade</b>	Moderate
<b>Trek Duration</b>	11 days
<b>Max Elevation</b>	4,410 m. at Luarabina ridge.
<b>Mode of Trek</b>	Teahouse basis.
<b>Trek Start</b>	From Syabrubesi
<b>Trek Ends</b>	At Dhunche

#### TRIP DEPARTURES

	23th February To 9th March
	22nd March to 06th April
<b>Spring-Summer-Autumn</b>	19th April to 04th May
<b>(Every Year)</b>	27th Sept to 12th October
	25th Oct to 09th November
	15th Nov to 30th November



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Deluxe Accommodation in cities	Group Size 2 - 6 people	Group Size 7 - 16 people
Trip cost on Teahouse/Lodge basis only	US \$ 1610 per person	US \$ 1470 per person
Trip cost on camping basis only	US \$ 2140 per person	US \$ 1980 per person
Single Supplement in Lodge	US \$ 204 per person	
Single Supplement in camping	US \$ 250 per person	

Standard Accommodation in cities	Group Size 2 - 6 people	Group Size 7 - 16 people
Trip cost on Teahouse/ Lodge basis only	US \$ 1450 per person	US \$ 1390 per person
Trip cost on camping basis only	US \$ 1940 per person	US \$ 1860 per person
Single Supplement in Lodge	US \$ 190 per person	
Single Supplement in camping	US \$ 220 per person	

**OUTLINE ITINERARY:**

**DAY 01** Arrive in Kathmandu. Transfer to the hotel.

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

**DAY 03** Drive from Kathmandu to Syabrubesi: (1,460 m.), 7-8 hrs.

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<b>DAY 04</b>	Syabrubesi to Riverside: (2,240 m.), 5-6 hrs.
<b>DAY 05</b>	Riverside to Ghoretabela: (3,020 m.), 5 hrs.
<b>DAY 06</b>	Ghoretabela to Langtang village: (3,430 m.), 3 hrs.
<b>DAY 07</b>	Langtang village to Kynging Gompa: (3,850 m.), 3-4 hrs.
<b>DAY 08</b>	Rest day at Kynging Gompa.
<b>DAY 09</b>	Kynging Gompa to Lama Hotel: (2,470 m.), 6-7 hrs.
<b>DAY 10</b>	Lama Hotel to Upper Syabru: (2,720 m.), 5-6 hrs.
<b>DAY 11</b>	Upper Syabru to Singh Gompa / Chandanbari: (3,250 m.), 4-5 hrs.
<b>DAY 12</b>	Singh Gompa/Chandanbari to Gosainkund: (4,380 m.), 6 hrs.
<b>DAY 13</b>	Gosainkund to Dhunche: elevation, 5-6 hrs.
<b>DAY 14</b>	Drive from Dhunche to Kathmandu
<b>DAY 15</b>	Free day in Kathmandu.
<b>DAY 16</b>	Transfer to the airport for final departure.

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## TRIP DOSSIER

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

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



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### **DAY02** Full-day, guided sightseeing tour in the Kathmandu Valley.

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

Overnight at hotel.

### **DAY 03** Drive from Kathmandu to Syabrubesi: (1,460 m.), 7-8 hrs.

An early morning drive after breakfast will take you to Syabrubesi. The bus ride takes you on a winding uphill and downhill road and passes many rural towns and farming villages. The bigger town en route is Trisuli Bazaar, which is in the sub-tropical zone. From here, the road climbs uphill to a cooler region, leaving the rice paddies behind as it passes by terraced fields of maize and millet. As the weather changes, the culture and the people begin to change as well. You then arrive at Dhunche (1,965 m.), the one and only major town of the Langtang area and the Raswa district. There's a Langtang National Park headquarters, where your trekking and park permit are checked by the Royal Nepalese Army, who serve as park wardens as well. From here, the journey continues downhill for 1-2 hours until you reach Syabrubesi village for the overnight camp.

### **DAY 04** Syabrubesi to Riverside: (2,240 m.), 5-6 hrs.

The trek from Syabrubesi is quite pleasant, with a few uphill sections. The majority of the walk is, however, on a relatively level trail through terraced farm fields and villages. The trail descends and joins the path coming from upper Syabru at the Riverside Lodge near Bamboo, an ideal spot for camping. You will have ample time to go for a refreshing splash in the nearby upper Trisuli River.

### **DAY 05** Riverside to Ghoretabela: (3,020 m.), 5 hrs.

The trek today leads to cool forest in the gorge, following the rushing Trisuli River upstream. The walk is more or less an uphill climb in the cool shade of rhododendron and oak forests. After three hours trekking, you arrive at a small clearing that houses the Lama Hotel, where there are facilities for camping. From this place, another 2-3 hours brings you to the wonderful spot at Ghoretabela for the overnight camp. Ghoretabela is situated in the midst of a forest of pine, hemlock, and rhododendron. From here onwards, you will begin to feel the altitude. In Nepali, Ghoretabela means “horse-stable.” In the early days, the people from Langtang and as far as Kathmandu use to trade with Tibet, bringing large numbers of Tibetan ponies to the town, as Ghoretabela is an ideal place for the cattle and horses to graze. Ghoretabela has a lodge and a park warden's barrack, where your permit is checked once again.

#### **DAY 06 Ghoretabela to Langtang village: (3,430 m.), 3 hrs.**

After a pleasant stay in Ghoretabela, the trek continues for a few short hours on the trail to Langtang and its beautiful valley. You walk through the cool shade of the alpine woods for an hour, following a small stream and leaving the tree line behind. The path leads uphill for an hour, then follows a gentle, gradual winding trail with a few ups and downs until it reaches the village of Langtang. Here, you'll have time to make friends and visit the villages with a glimpse of Langtang Himal peeping through in the north on top of the great rock wall.

Lunch and overnight in Langtang village.

#### **DAY 07 Langtang village to Kynging Gompa: (3,850 m.), 3- 4 hrs.**

From Langtang village, the morning's walk leads you on a level path for a short time before winding uphill for a few hours through prickly blueberry and alpine shrubs. You will encounter a Mani prayer wall, which you should walk around in a clockwise direction, following the local culture and religion. As your walk leads you further east, the valley opens up and the walk continues on a grassy meadow with views of numerous snow-capped peaks in the distance. The walk is more pleasant, but can seem more difficult because of the altitude gain as you approach Kynging Gompa for the overnight stop. Kynging Gompa is a scenic, charming spot, with peaks looming in all directions. The closest peak that you can see is the Langtang Lirung (over 7,000 m.) and its icefall, which is not too far from the campsite. Kynging Gompa is a small monastery located on the top of a ridge formed by a glacial moraine of rocks and boulders. Within the Kynging Gompa area, there are 6-7 lodges and a cheese factory.

#### **DAY 08 Rest day at Kynging Gompa.**



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Spend today at your leisure, a very well deserved rest day. After breakfast, you can go for a short walk to the nearby hill called Kyangin Ri (4,700 m.), which gives you a panoramic view of the surrounding snow-capped peaks. Or, alternately, take the time to visit the cheese factory or simply look around the village.

### **DAY 09** Kynging Gompa to Lama Hotel: (2, 470 m.), 6-7 hrs.

After a wonderful time at Kynging, the journey continues back on the same trail to the Lama Hotel, a small settlement in the midst of the forest on the bank of the upper Trisuli River.

### **DAY 10** Lama Hotel to Upper Syabru: (2,720 m.), 5-6 hrs.

The trek today follows the same route for an hour. After the bridge, the walk is pleasant, leading you through the bamboo forest until you leave the river down below and start to climb through a landslide area littered with rocks and boulders. You will pass through terraced fields until arriving at Upper Syabru for the overnight stay. Sybaru is a village with rows of houses perched on a ridge. It has a monastery near the helipad just a few minutes from the village.

### **DAY11** Upper Syabru to Singh Gompa / Chandanbari: (3, 250 m.), 4-5 hrs.

The walk from here follows the winding uphill trail above the monastery. As you gain altitude, you will also have a superb view of the Ganesh-Himal, Manaslu, Langtang, and Annapurna ranges to the far west. After a few refreshing stops in teahouses en route, the journey continues uphill for an hour, passing from the farmlands into the cool shade of the alpine forest. Once out of the thick forest, you come upon a meadow with one or two teahouses, where you can stop for lunch. From this spot, the walk is gradual, taking you through the pine and rhododendron forest with a view of Dhunche town down below. On arriving at Singh Gompa, you will see a few cheese processing factories. Overnight camp near the monastery.

### **DAY12** Singh Gompa/Chandanbari to Gosainkund: (4,380 m.), 6 hrs.

The trek today offers more spectacular views of an array of snowy peaks, from Langtang and Ganesh-Himal to the north and the Manaslu and Annapurna ranges to due west. The walk is gradual for an hour as you enter the forest of oak, pine, and rhododendron. After leaving the cool shade of the forest, you will come to a clearing with one or two teahouses, where you can take a refreshing break and take in the excellent view of the Langtang range. The trail continues uphill, leaving the tree line and lush vegetation for dwarf rhododendron, juniper, and alpine shrubs bushes.

The walk then leads you uphill, passing by a few teahouses at Laurabina, where you have more views of the northwestern Himalayan range. Laurabina means “place of walking sticks,” as many pilgrims leave



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their walking sticks behind when they come to the Laruabina yak pass at 4,165 m., not needing them for the subsequent descent to Gosinkund. The trail descends from Laruabina for a half an hour before it comes to the first of two ponds, Saraswati Kund. A pleasant short walk from Saraswati Kund brings you to Bhiarav Kund, a pristine glacial pond, where you will camp overnight. You can see many traces left behind by pilgrims.

During the auspicious time in and around August during the full moon, as per the Nepali lunar calendar, pilgrims come to Gosinkund to take a ritual bath at Gosinkund pond. The ritual bath is supposed to deliver the bather unto paradise, and a drink of the holy water eradicates the sins of a hundred lifetimes. The Hindu pilgrims come here to change the holy thread they wear.

### **DAY13** Gosainkund Lake to Dhunche: elevation, 5-6 hrs.

Retrace the journey back to Singh Gompa and continue the long walk to Dhunche. The path drops steeply through a beautiful forest, eventually reaching Dhunche after a good 5-6 hrs of walking. Overnight at Dhunche.

### **DAY14** Drive from Dhunche to Kathmandu: 6 hrs.

In the morning, after breakfast, board the bus for the scenic drive to Kathmandu.

### **DAY15** Free day in Kathmandu.

A free day in Kathmandu. Please let our staff know if you would like to go on another short tour in and around the Kathmandu Valley or if you would like to extend your stay for few days and join in on one of our extension trips, including white-water rafting, paragliding, or bungee jumping.

### **DAY16** Transfer to the airport for final departure.

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

**Note:** The above itinerary should be taken only as a guideline; it is always possible to encounter changes due to weather, availability of clean water and campsites, trail issues, or any other unforeseen conditions.



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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



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- ❖ 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:

<b>Date of Cancellation</b>	<b>Charge Incurred</b>
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC
10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

## Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket
- 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



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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.

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;



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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.

## **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



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more details and for conditions (\* permit fees, national park entry fees, airfares and departure taxes not included).

## **Contact Us**

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at [info@gurkhaencounters.com](mailto:info@gurkhaencounters.com), or telephone us on +977 1 4267 882 and 889 or fax on +977 1 4267854 or contact to our Managing Director (RAJ) Mobile +977 9851022717 / 9851082548. For general information please visit our website [www.gurkhaencounters.com](http://www.gurkhaencounters.com)

**'Tapai lai Hardik Swagat Cha' - Welcome from our heart to the mighty Himalaya.**

## **Trekking in the Himalaya**

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

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience. 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**



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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.

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



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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!**