



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

Makalu Base Camp

“In the shadow of the worlds 5th highest mountain within absolute wilderness”

Introduction

This adventurous journey begins from the lowest valley in the world, reaches its highest elevation at the base of Mt. Makalu, the fifth highest mountain in the world (8,481m). This trek offers one of the most spectacular, outstanding scenery from the lush, tropical greens of Arun Valley, up to the high desolate ice fields of Mt. Makalu, the fifth highest mountain in the world, situated in the north east of Nepal.

The trek starts from Arun Valle, traveling through the rural areas, complete with fascinating medieval traditional markets and farm villages. This walk follows a picturesque, yet rarely trekked route, which offers views of Mt. Makalu and Kanchenjunga all the way. And even more stunning views of the Mt. Khumbakarna Range as you enter the Barun valley of Makalu basin. From here, the trek passes over the yak pastures beneath the Makalu's towering south face along with the great view of one of the rare east (Kanshung) face of Mt. Everest.

This trek offers the opportunity to visit cloud-forest jungle, high alpine terrain, orchids, and rural farm and market villages. From there, the trek follows the ridge above the Arun River, proposed site for the largest hydroelectric plant in Nepal. Passing through yak pastures towards the endless ice fields of Mt. Makalu. Views of the Kanchenjunga peak, Everest, Lhotse, Baruntse and Chamlang and as well the rarely seen Kanshung face of Everest, grace us with their magnificent views throughout this trip. We return through isolated Sherpa villages back to Tumlingtar for the final phase of the trip; a beautifully striking flight below the Nepalese Himalaya.

TRIP PROFILE

Total duration

24/25 Days.

Trek Grade

Moderate to Adventurous

Season

Mid Spring & Autumn.

Mode of Trek	Camping.
Trekking duration	20/21 Days.
Maximum altitude gain	Approx. 5,000m.at BC.
Trek begins and ends at	Tumlingtar.

TRIP DEPARTURES

Mid Spring & Autumn. (Every Year)	22nd April to 16th May.
	23rd September to 17th October.

OUTLINE ITINERARY

DAY 01	Arrive Kathmandu.1,300m.
DAY 02	A day in Kathmandu
DAY 03	Fly to Tumlingtar (950m).
DAY 04	Trek to Mani-Bhanjyang (1,200m) Approx 5-6 hrs.
DAY 05	Trek to Chillchile (1,800m) Approx 5-6 hours.
DAY 06	Trek to Num (1,500m) Approx 5-6 hours.
DAY 07	Trek to Sedua (1,493m.) Approx 5 hours.
DAY 08	Trek to Tashi Gaon (2,200m) Approx 3-4 hours.

DAY 09	Trek to Kohma Danda. Approx 3,500m. 5-6 hours walk
DAY 10	Trek to Mumbuk (3,400m) 6 hours walk
DAY 11	Trek to Nehe Kharka (3,750m) 6 hours.
DAY 12	Trek to Sherson (4,600m) 6 hours walk.
DAY 13	Free day for a day hike.
DAY 14	Free day at Sherson for a day excursion.
DAY 15	Trek to Yangre Kharka (3,645m) 6 hours.
Day 16	Trek to Mumbuk, 5 hours.
Day 17	Trek to Kohma Ridge, 5 hours.
DAY 18	Trek to Nawa Gaon (2,500m) via Tashi Gaon, 6 hours.
Day 19	Trek to Num via Sedua, 6 hours.
DAY 20	Trek to Chichele, 5 hours.
DAY 21	Trek to Khadbari, 6 hours.
DAY 22	Trek to Tumlingtar for lunch and camp, 3 hours
DAY 23	Fly back to Kathmandu. Meet & transfer to hotel.
DAY 24	Free day at leisure.
DAY 25	Transfer to Airport for the International departure.



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TRIP DOSSIER

DAY 01 Arrive Kathmandu.1,300m.

On arrival at Kathmandu Tribhuvan International Airport you will be greeted by our staff who will 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.

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 Fly to Tumlingtar (950m).

After an early breakfast, we will take a bus to the domestic terminal of Kathmandu Airport for the 50 minute scenic flight to Tumlingtar, overlooking a vast range of snow capped peaks from Lang tang all the way to Mt. Everest, Makalu & Mt. Kanchenjunga. Tumlingtar airport and its village township is located on a shelf above the Arun River, walk across to meet our trek crew beside the airstrip. Clearly visible and far off to the north, the white peak of Makalu. Camp is set up overnight in Tumlingtar, near the village with time for a short walk around the villages.

DAY 04 Trek to Mani-Bhanjyang (1,200m) Approx 5-6 hrs.

The first day of the trek, starts from Tumlingtar. The walk is pleasant for an hour through the farm fields and villages. After leaving the suburb of Tumlingtar, the trail climbs up gradually towards Khadbari, in the midst of the sub-tropical forest of Sal (Sorea-Robusta), as we continue through farm fields, we come to a town of Khadbari, which is a major village and the headquarters of the Sankha Shaba and Makalu region. Complete with a busy bazaar, especially on Saturday which is market day. From Khadbari the trail is gradual with few ups and down till the trek leads to our overnight camp a little further from the village of Manibhanjang.

DAY 05 Trek to Chillchile (1,800m) Approx 5-6 hours.

From Manibhanjang, we climb the ridge on a wide and well-used trail, reaching our lunch stop at Bhotebas after three and a half hours of steady ascent. After lunch walk for only another couple of hours to the small ridge-top village of Chichira. Again, we will pass through fertile farm lands and

verdant rain forest, with thick undergrowth and many types of ferns. Chichira a small farm village with 6-8 houses with a superb view of Mt. Makalu 8,463m and the Khumbakarna mountain range.

DAY 06 Trek to Num (1,500m) Approx 5-6 hours.

In the clear dawn have a good view of Makalu and its satellite peaks, from this magical spot of Chichira, perched high above the surrounding countryside. The walk to Num leads us through the cool and serene forest of rhododendron, oak trees and hemlocks, as we climb to the ridge top. From the ridge top it is almost downhill for two hours to the overnight camp at Num. Num a small village with about fifteen houses and a primary school on a large flat ground, from where we have good view of our route for the next couple of days. Opposite, across the Arun River, is the village of Sedua, our camping place for the next day.

DAY 07 Trek to Sedua (1,493m.) Approx 5 hours.

From Num, the path leads down the incredibly steep and terraced slopes towards the Arun River, nearly 800 meters below. The lower slopes of this narrow valley are densely forested and the paths are quite slippery, after reaching the bottom, we cross the suspension bridge across the torrential Arun River, at the height of 670 meters, which starts the climb back out of the rain forest, reaching to the lunch place at Runruma. After lunch, we will take a steep climb and head towards Sedua; a village with a small health post and a primary school. Overnight camp near the schoolyard.

DAY 08 Trek to Tashi Gaon (2,200m) Approx 3-4 hours.

The trek to Tashi-Gaon is a short walk of three to four hours, where is plausible to set up lunch and camp on the same spot. Today, leads to more rural farm villages, on the gradual trail through the terraces, as the trek nears to Tashi Gaon; it's an uphill climb for an hour through the millet and rice fields. Tashi Gaon is a Sherpa village, unlike the Sherpa of Everest, they are bit different in the way they live in, the dress and the style of houses. After being settled in the low, warmer areas they are engaged more in agriculture and cattle industry. In the afternoon, you'll have time to wander around and acquaint yourself with the village.

DAY 09 Trek to Kohma Danda. Approx 3,500m. 5-6 hours walk

Tashi Gaon is the last village on-route to Makalu basin, after this village the walk is refreshing for an hour and a half in the beautiful shade of the rhododendron and oaks forest. At which point we will leave the dense forest and arrive into summer pastures with traces of temporary made shepherd huts. From here onwards to Kohma ridge is a strenuous uphill climb, as the tree lines declines for the bushes of rhododendron and juniper.

After the climb, coming to the open area of Kohma Danda for the overnight camp. From this spot a grand view of the far landscapes with the 3rd highest mountain Kanchenjunga, are well in view towards

the North East and Mt. Makalu towards North West. From here onwards you can feel the cold chill of the Himalayas.

DAY 10 Trek to Mumbuk (3,400m) 6 hours walk

With the wonderful morning and the superb views of the surrounding landscapes and snow capped peaks, our trek follows a gradual trail with few ups and down as the walk passes through the Thulo Pokhari (big pond) and Sano Pokhari (small pond).

In the very heavy snow, the path from here can be misleading, and it will be arduous task to find the trail at times. After the last pond, we cross the pass of Tutu-la at 4,075m. From here onwards it is all downhill back to vegetation, as the day trek ends we set up camp at Mumbuk, in a small clearing place for camping in the middle of the woods of pines, hemlock, birch and rhododendrons. Truly being at one in the wild.

DAY 11 Trek to Nehe Kharka (3,750m) 6 hours.

Due to the camp being in the dense shade of the tree line; the view of the Khumbakarna can be seen through the vegetation. The walk from here is downhill to the enclosed and concealed Barun Valley, one of the least explored areas in the eastern Himalayan region of Nepal. This unique landscapes within the Makalu-Barun National Park are some 3,000 species of flowering plants, 440 bird species, and 75 species of mammals, including the endangers clouded leopard, red panda and musk deer.

The remarkable bio-diversity is considered to be of global significance, and provides a living laboratory for international scientific research. As we reach the lush alpine area of Barun Valley the walk is very pleasant with only gradual uphill slopes, the trail follows the Barun River upstream on the valley gorge towards the place for the overnight camp at Nehe-Kharka, which is one of the summer pastures for the local people of Tashi and Navagoan. Overnight Camp on the meadow.

DAY 12 Trek to Sherson (4,600m) 6 hours walk.

A little beyond the camp, we will cross the Barun river by way of couple of wooden bridges, which make use of conveniently situated boulders. There is a large prayer wall located at Ramara, and after 2-3 hours walk, from here the vegetation gets sparse, although the rhododendron, barberries, and juniper bushes persist for some time. This is a lovely day's walk, through the high alpine. As the walk come nearer to Sherson, with a good view of the lower Barun glacier and the towering majestic Mt. Makalu. Sherson is also the lower base camp of Mt. Makalu. There are number of stone enclosures at this high grazing ground with outstanding view of host of peaks, including the upper part of Makalu south face, and Mt. Baruntse 7,220m towering its head above peak 4.

DAY 13 Free day for a day hike.

A leisure day for relaxation or a day hike, all well deserved, and free from the hassles of packing. Around Sherson there are many interesting hiking trails and viewpoints to explore. The most scenic of which would be a walk on the right side of the camp above for the closer view of Mt. Makalu, Barun Pokhari (lake), and the view of the rare face of Everest (the Kanshung face) with Lhotse nearby. A one hour steep climb up brings you to the large meadows where you can partake in a walk farther up to have a greater view of the mentioned peaks and more other peaks of this area and beyond.

DAY 14 Free day at Sherson for a day excursion.

Another free day, for optional day excursion. A good 4-5 hrs walks to the base of Mt. Makalu and back to Sherson.

DAY 16 Trek to Mumbuk, 5 hours.

Trek back to Mumbuk, after leaving the Barun Valley it is all uphill to the overnight camp in the midst of the alpine forest at Mumbuk.

DAY 17 Trek to Kohma Ridge, 5 hours.

Retrace the journey back to Kohma Danda (ridge) via Shipton-la and Thulo Pokhari for the overnight camp.

DAY 18 Trek to Nawa Gaon (2,500m) via Tashi Gaon, 6 hours.

Trek back to Tashi Gaon and continue walk towards Nawa-Gaon on the upper trail for another 2-3 hours through the cool shade of the forest. After departing the densely forested area, the trail comes towards the farm terraces and eventually to the village of Nawa-Gaon, another Sherpa village which is much larger than Tashi Gaon, situated right above the Sedua village.

DAY 19 Trek to Num via Sedua, 6 hours.

After leaving, the walk today is a downhill trek through the farm fields for an hour or two until the arrival into Sedua village. From Sedua retrace the journey to Num, with 2-3 hours downhill, and concluding with the bridge and another 2-3 hours brings you back to Num for the overnight camp.

DAY 20 Trek to Chichele, 5 hours.

Trek back to Chichele, the first 2-3 hours is all uphill to the ridge top, from here onwards it is almost down hill all the way to the overnight camp at Chichele.

DAY 21 Trek to Khadbari, 6 hours.

From Chichele, it is quite a pleasant walk to Khadbari through the forest, the farm lands, and small villages; the final leg of the day's walk is on the gradual path, which leads to the large village town of Khadbari. In order to avoid the many people and noise of this main town, we will be camping before or after this township.

DAY 22 Trek to Tumlingtar for lunch and camp, 3 hours

An easy 3-4 hours downhill walk brings you back to Tumlingtar for lunch and the last overnight camp of this great memorable journey! This will also be your last night with the trekking staff and porters as well.

DAY 23 Fly back to Kathmandu. Meet & transfer to hotel.

This morning can be at leisure, depending upon the schedule flight time, sometime the flight time can be delayed due to bad weather and other reason beyond our control. After obtaining a boarding pass, we make our way to the terminal for security check; the flight from Tumlingtar to Kathmandu takes less than an hour. This panoramic flights offers view of the snow capped mountains that are visible from window of the plane.

Arriving at Kathmandu domestic terminal, one of our tour officers will be waiting to receive and escort you back to the Hotel.

DAY 24 Free day at leisure.

This is a free day in Kathmandu. But do not hesitate to let our staff or tour officers know if you would like to go on another short tour in and around Kathmandu Valley or for scenic mountain flight, or even hot air ballooning.

DAY 25 Transfer to Airport for the International departure.

Today as per your international flight time, keep track of your confirmed air ticket home, departure tax (in local currency) and your passport. Our Tour Officer will take you to the airport for your final departure from our amazing country, Nepal.

Makalu-Barun National Park and Conservation Area - Area (2,330 Sq. Kms.)

LOCATION: The Park and Conservation Area are situated in the Sankhuwasabha and Solukhumbu Districts, bordered by the Arun River on the east, Sagarmatha (Mt. Everest) National Park on the west, the Nepal-China borders to the North, and Saune Danda (ridge) to the South.



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FEATURES: This is the only protected area in Nepal with a strict nature reserve. The park has some of the richest and unique pockets of plants and animals, elsewhere lost to spreading human habitation. Steeping up the slopes are a series of vegetation zones starting with tropical Sal forests below 1,000 m elevation; subtropical Schima-Castanopsis forests at 1,000 - 2,000 m, fir/birch/rhododendron forests in the sub-alpine (3,000 - 4,000 m); and herbs, grasses and rhododendron/juniper shrubs in the alpine pastures (4,000 - 5,000 m). There are 47 varieties of orchids, 67 species of economically valuable medicinal and aromatic plants, 25 of Nepal's 30 varieties of rhododendron, 19 species of bamboo, and 15 oaks including Arkhoulo, 86 species of fodder trees and 48 species of primrose. Over 400 species of birds have been sighted in the Makalu-Barun area, including two species never before seen in Nepal, the spotted wren babbler and the olive ground warbler.

Wildlife includes the endangered red panda, musk deer, Himalayan black bear, clouded leopard and possibly the snow leopard, in addition to more substantial populations of ghoral, Himalayan Thar, wild boar, barking deer, Himalayan marmot and weasel, common languor monkey and the serow. The Arun River systems contain 84 varieties of fish. Some 32,000 people inhabit the conservation area.

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 availability, or any other unforeseen conditions. In case of trek Itinerary alteration or if it needs to be re-routed to other area your 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

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



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

Terms & Conditions

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



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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 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



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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, 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



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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!