



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

Annapurna Base Camp Trek

'In the heart of massive, snow-capped peaks'

Introduction

The route to the Annapurna Sanctuary is in the site of the Annapurna Base Camp. The basecamp is the most spectacular spot to take in the dramatic views of an array of snow-capped peaks in the surrounding area. While the trail has some steep climbs, most people of reasonable fitness do not find it too strenuous. This trek offers you the opportunity to immerse yourself in the beauty of the high Himalayan peaks, traditional villages, and serene alpine forests in a short time frame and without the hassle of the high altitude sickness. Annapurna area was first explored by the British adventurer Col. James O.M., "Jimmy Roberts," in 1956, who christened it as the "Sanctuary of Gods". It has been known as the "Annapurna Sanctuary" ever since.

The adventure to the Annapurna Base Camp starts from outside Pokhara Valley, which is one of the most scenic spots in the area. The trek combines breathtaking mountain views with incredible cultural diversity, and traverses through remote farms and villages, giving you a glimpse of rural life. The trail leads towards the deep gorge between the peaks Hiunchuli and Machhapuchare (Fish-Tail). It then cuts through the dense bamboo and rainforests of the narrow Modi Khola Valley before continuing on to the Sanctuary with views of the immense walls of the mountain fortress. Once inside the Sanctuary, you find yourself in midst of an amphitheater of gleaming, snowy peaks, including Annapurna I (8,091 m.), Annapurna South (7,219 m.), Gangapurna (7,455 m.), and Annapurna III (7,555m.).

It is an overwhelming experience. This area is also referred to as the Annapurna Base Camp and the Machhapuchare BaseCamp. During the return journey, you descend through the lush Modi Khola Valley with its gentle, green rice terraces, after which the adventure concludes by the magical lakes of Pokhara. Pokhara is a popular destination, home of the famed Phewa Lake, which is dominated by the towering mountain ranges of Annapurna, Dhaulagiri, and Manaslu, including the majestic Machhapuchare. The diversity of the climates, vegetation, and cultures you will encounter on this relatively short trek is greater than most large nations contain in their entirety! From the lush flora and fauna of rain and temperate forests to the terraced rice fields, the land and its people change daily, giving the trekkers a tantalizing introduction to Nepal's cultural and natural beauty.



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TRIP PROFILE

Total duration	14 nights 15 days.
Trek Grade	Moderate/ Adventurous.
Trek Duration	10 days.
Max Elevation	4,130 m. at the ABC..
Mode of Trek	Teahouse/Camping basis.
Trek Start	Nayapul (Pokhara).
Trek Ends	Nayapul (Pokhara).

TRIP DEPARTURES

Spring-summer-autumn (Every Year)	15th March to 29nd March.
	05th April to 19th April.
	06th October to 20th October.
	17th November to 01st December.

OUTLINE ITINERARY

DAY 01 Arrive at Kathmandu. Transfer to Hotel.

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

DAY 03 Drive to Pokhara. 5-6 hour journey.

DAY 04 Pokhara to Tikhedhunga. 1,577 m. 2 hour drive and 4 hour walk.

DAY 05 Tikhedhunga to Ghorepani. 2,855 m. 5-6 hour walk.

DAY 06 Ghorepani to Poon hill to Tadapani (2650 m.)

DAY 07 Tadapani to Chhomrong. 1,951m. 5-6 hour walk.

DAY 08 Chhomrong to Himalaya Hotel (2,873 m.) or Dovan.

DAY 09 Himalaya Hotel to Machhapuchare Base Camp (MBC- 3,700 m.).

DAY 10 Machhapuchare Base Camp to Annapurna Base Camp.

DAY 11 Annapurna Base Camp (ABC) to Dovan (2,505 m.)

DAY 12 Dovan to Jhinu. 1,780m.

DAY 13 Jhinu Danda to Pokhara.

DAY 14 Drive back to Kathmandu

DAY 15 Transfer to airport for final Departure



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Trip Dossier

DAY 01 Arrive at Kathmandu. Transfer to Hotel.

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. 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 by taxi, bus and stay overnight at hotel.

DAY 02 One full day of guided sightseeing in 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 taxi, bus 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 holy 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 to Pokhara, 5 -6 hours journey.

After an early breakfast, we will travel by tourist bus towards the scenic Pokhara highway. This is an interesting drive through the foothills of the Himalayas, made more comfortable in recent years by road repair. The drive continues with several stops on route before Pokhara. Upon reaching Pokhara, we will transfer to the hotel with enough time in the afternoon for a stroll around beautiful Phewa Lake.

DAY 04 Pokhara to Tikhedhunga 1,577 m. 2 hour drive with 4 hour walk.

You begin your journey with a morning drive of 25 kilometers on a good road with gorgeous scenery, passing through the scenic villages of Naudanda, Kanre, and Lumle, all the way to Nayapul. At Nayapul, our adventure begins in a warm, subtropical region; the walk follows the Modi River upstream to Birethanti, and then follows the east bank of Bhurungdi Khola, with scenery of rushing waterfalls and tall, green forests. Lunch will be served at Ramghai. We will stop overnight at Tikhedhunga village, where you can enjoy the cool splash of cascading waterfalls. Walking distance is about four hours.

DAY 05 Tikhedhunga to Ghorepani 2,855 m. 5-6 hrs.

The day begins with the trail steeply ascending the long, stone steps to Ulleri village, with the surrounding scenery of rice terraces and the Annapurna Himalaya. We will take refreshing breaks during the few hours of difficult climbing it takes to reach Ulleri village. From here, the ascent is gentle, and you are rewarded with a walk through the cool shade of the forest. The walk continues with few short ups and down, but walking in the midst of the giant rhododendron forest, you won't notice the exertion! You will reach Ghorepani after a good 5-6 hours of trekking. Ghorepani Deurali is a busy spot on a ridge in the midst of the beautiful rhododendron forest, offering grand views of the Dhaulagiri range to the West and the Annapurna to the north. The day begins with the trail steeply ascending the long, stone steps to Ulleri village, with the surrounding scenery of rice terraces and the Annapurna Himalaya. We will take refreshing breaks during the few hours of difficult climbing it takes to reach Ulleri village. From here, the ascent is gentle, and you are rewarded with a walk through the cool shade of the forest. The walk continues with few short ups and down, but walking in the midst of the giant rhododendron forest, you won't notice the exertion! You will reach Ghorepani after a good 5-6 hours of trekking. Ghorepani Deurali is a busy spot on a ridge in the midst of the beautiful rhododendron forest, offering grand views of the Dhaulagiri range to the west and the Annapurna to the north.

DAY 06 Ghorepani to Poon Hill to Tadapani (2650 m.).

Your guide will wake you early in the morning for the 45 minute to one hour hike up to Poon Hill, during which you will be helped by flashlight or moonlight, and glimpse the stars while walking through the rhododendron forest. Poon Hill is named after the hill tribe Pun, the inhabitants of Ghorepani and the surrounding area. This is a vantage spot with an incredible panoramic view of the mountains, from the far western Himalaya of Dolpo, Mt. Dhaulagiri, Annapurna, Mt. Machhapuchare, and Manaslu, all the way to the Ganesh Himalaya range. A nearly 600 k.m. range of mountains can be viewed from this magnificent spot. Our early start will be well worth it as you watch the impressive sunrise on the mid-western Himalaya range. After an enlightening time taking in the spectacular views, you return to Ghorepani for breakfast before continuing the trek to Tadapani. The trail passes through rhododendron, pine, fir, and bamboo forests, with few short up and downs until you finally reach Tadapani, an intoxicating place with close views of the Annapurna and Macchapuchare, situated in the midst of rainforest and alpine mixed forest. This takes around five hours, not including the lunch break at Banthanti.

DAY 07 Tadapani to Chhomrong 1,951m. 5-6 hours.

The trek from Tadapani offers good views of upper Modi Valley. The route begins with a long ascent, high above the West Bank of Modi Khola. The trail from Tadapani runs gradually downhill most of the way, through a pristine forest of oak and rhododendron, with occasional views of the Annapurna's. The walk is very pleasant all the way to Kimrong Khola, where you will be stopping for lunch. The trail from here leads uphill for 1-2 hours; once at the top of the ridge, the walk is fairly easy all the way to village of



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Chomrong, which, situated at the base of Hiunchuli (6,441 m.), is the last village and the gateway to the Annapurna Sanctuary.

DAY 08 Chhomrong to Himalaya Hotel (2,873 m.) or Dovan.

From Chhomrong, the trail leads through rice terraces as you descend to the river. After the bridge, its uphill most of the way for 2-3 hours until you reach the small village of Khuldi-ghar. Here, your trekking permit and conservation ticket is checked and registered. (There IS a reason to keep all that paperwork safe!) After Khuldi, the trail leads downhill for 1-2 hours through bamboo bushes, until you reach Bamboo. This is a village in the midst of a bamboo, rhododendron, and oak forest and has couple of teahouses. After a brief stop here, an hour walk on the gentle uphill path brings you to Dovan, an isolated spot with 2-3 teahouses, amidst the forest near the raging Modi River. The trail continues for about 2 hours. From here, the route winds steeply up a bank of rock and then levels out, running through thickets of bamboo at the bottom of the gorge. You walk on the west side of the river until you reach a small shrine at Panchen Barah; from here, the trail climbs to the Himalaya Hotel, where you will enjoy a comfortable overnight stay.

DAY 09 Himalaya Hotel to Machhapuchare Base Camp (MBC- 3,700 m.).

From the Himalaya Hotel it's about an hour walk to Hinko, situated at 2,960 m., first on a rocky trail through forests, then up a steep ravine. The trail crosses a ravine and a major avalanche track just beyond Hinko, and then climbs over and winds through large boulders. About half an hour beyond Hinko is Deurali, situated at 3,000 m. As the trail continues into the Sanctuary, it crosses two wide avalanche tracks on a narrow trail that closely hugs the cliffs. The trail then descends to meet the Modi Khola and follows the river to Bagar. From Bagar, we climb across more avalanche paths and cross a moraine and a stream. The climb then continues towards an area known as Machhapuchahre Base Camp (MBC), at the elevation of 3,480 m. There are panoramic views of Hiunchuli, Annapurna I, Annapurna III, Gangapurna, and Machhapuchare (6,997m.).

DAY 10 Machhapuchare Base Camp to Annapurna Base Camp (ABC- 4,130 m.).

Today's walk leads you into the heart of the Sanctuary at the Annapurna Base Camp (ABC). The trail continues uphill for few hours before leading you to a grassy path. Depending upon the season and weather conditions, the trek is very pleasant as you reach the higher altitude. Magnificent views abound as you are confronted with an array of snowy peaks, including Annapurna I, which resembles a great wall from this northwest face. ABC has 2-3 teahouses, all with superb panoramic views. The afternoon is free for your leisure, which you can spend either taking a short walk or immersing yourself in the stunning surrounding scenery that has no comparison.



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DAY 11 Annapurna Base Camp (ABC) to Dovan (2,505 m.).

After a great time at ABC, you retrace the journey back to Dovan via Machhapuchare Base Camp. The route passes a few roofless shepherds' huts alongside a moraine. The area is cold and windy, and is often snowbound. When you reach Deurali, lunch will be served before you continue the trek back to Dovan. Overnight at Dovan.

DAY 12 Dovan to Jhinu (1,780m.).

From Dovan, the morning walk consists of a short climb to Khuldi, where the trail descends all the way to the bridge. From the bridge, the trek continues uphill to Chomrong. After a break here at Chomrong, the walk leads to a short uphill ascend towards Jhinu—if you go straight on the gradual winding trail, it leads you to the same path from which you entered Chomrong via Kimrong Khola, so stick with your Sherpa guide! The new trail branches off from last teahouse of upper Chomrong. The trail is quite steep downhill for about an hour, until you reach the village on the ridge. We will try to make the time to visit the hot springs down below by the river Modi near Jhinu village. Overnight at Jhinu village.

DAY 13 Jhinu Dana to Pokhara.

From here, the trail follows the Modi River most of the way to Landruk village. From here, you follow a downhill path leading back to the Modi River, with a short climb on a winding path. After reaching Syauli Bazaar, the walk is pleasant most of the way, again following the Modi River to Birethanthi and then back to Nayapul for the drive back to Pokhara. Overnight at hotel.

DAY 14 Drive back to Kathmandu.

After a wonderful time in the mountains, Pokhara is certainly great spot to relax after the trek and swap stories with fellow trekkers. After breakfast, we will board the bus for the 5- 6 hour scenic journey back to Kathmandu.

DAY 15 Transfer to airport for final Departure.

Keep the departure time of 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.

Pokhara Valley

Pokhara is one of the most unique sub-tropical valley in the Himalaya and probably in the world, where one can marvel the beauty of the Himalayan landscape and reflection of the Annapurna massif including the towering majestic peak of Mt. Machhapuchare on its beautiful lakes.. Pokhara is situated



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in the mid western Nepal. It is linked by the main highway of 200 km driving distance from Kathmandu, and by air approximately 20 to 30 minutes flight with a sweeping panoramic view of the mid western Himalaya. Mother Nature has certainly blessed this fertile valley with outstanding scenery of the landscapes, snow capped mountains, moderate tropical climate, and beautiful pristine lakes of Begnas, Rupa and Phewa. The most stunning of Pokhara's sights is the magnificent panorama of the Annapurna range which forms its backdrop. Annapurna massif includes Annapurna I to IV and Annapurna South. Among these high peaks it is the towering majestic Mt. Machhapuchare (Fish Tail) which dominates all others in this range Pokhara with its natural beauty is also a starting point of Nepal's most popular adventure destinations. Most of the trekking, mountaineering expeditions begin from this remarkable place and it's an ideal spot for all types of holiday makers.

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.



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Terms & Conditions

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

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

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

Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket
- 1 down jacket
- 1 woolen hat
- A pair of sunglasses
- A pair of glove shells with liner or ski gloves (opt.)
- A pair of woolen gloves
- One Trekking pack 3000 cubic inches capacity



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One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30
Two Reading books (Optional)
One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger
A one liter water bottle
A pair of Trekking poles
One flash light with 4 sets of batteries
one -5 to -20 sleeping bag
Two T-shirts and one long sleeve T/city shirt
Two Trekking baggy pant

Toiletry Items

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

Miscellaneous Items

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

Welcome to the Himalaya

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

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



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

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

Small Group Travel

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

Tailor Made Private Charter Adventures

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

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



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Group and Club 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 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 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!