



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

Annapurna Circuit

'The classic, scenic trail that travels from the subtropics; extends from an alpine forest, into the arctic zone, and through the world's deepest gorge—all in one circuit.'

Introduction

This trip allows ample time to immerse yourself in the fantastic Himalayan environment. The Annapurna region offers an excellent trek through the huge Himalayan range with the high pass of Thorngla-la at 5,416m. (17,700ft). The trek begins following the raging Marsyangdi River all the way to its source at near Manang, then leads through a beautiful valley following well-established trails and passing traditional villages, forests, and snow-covered passes. The walk continues with constant views of the massive mid-Himalayan range along with its rich multi-culture, Himalayan wildlife and serene verdant forest of oaks, rhododendron, hemlocks, pines, and Himalayan maple trees which remind you of the ever-present beauty and majesty as you engage in your trek.

The Annapurna Circuit is one of the most popular treks not only in Nepal but in the world, and the Kali Gandaki Valley is renowned as being Nepal's most prosperous region. This is due in part to the Trans-Himalayan & Salt Trade Route which passes through this region all the way to Tibet. This section of the area is surprisingly wild and scenically varied. There are many settlements and isolated lodges and tea houses, all with open areas surrounded by enchanting forest and impressive views.

Again, this trek has gained its reputation as one of the most renowned treks in the world; and this is due in part to the incredible views of the three highest 8000m mountain range Mt. Annapurna, Mt. Dhaulagiri, and Mt. Manaslu, plus an array of over 6000m snow-capped peaks. The trek leads towards a glacial lake in Manang, through the rural farm villages, and terraced farm fields from the sub-tropical climate to the arctic landscape and through the rain forest to the alpine woodlands. The dramatic deep valleys and mountain scenery is the foremost reason for this trek, and the experience is truly awe-inspiring.

Further north is inhabited by the Manang people of Tibetan origin. Our trek follows the Yak country and finally over to the Thorung-la, 5,420m pass with amazing views of the surrounding landscapes and magnificent peaks. After the strenuous walk up to the top of Thorang-la, we reach the highest point of this trek. The trail descends most of the way to Pokhara passing through the holy site of Muktinath.



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Muktinath is the headwater source of the sacred Kali Gandaki River. The deepest gorge in the world is located here, due to the Kali Gandaki River. You will also pass the charming villages of Jomsom, Marpha-Tukuhe, and Tatopani (hot spring). We end our trek at Pokhara, one of the most picturesque places on this earth.

TRIP PROFILE	
Total duration	24 nights 25 days.
Trek Grade	Moderate to Adventurous.
Trek Duration	20 / 21 days.
Max Elevation	5,416 m. at the Thorang-la.
Mode of Trek	Teahouse basis.
Trek Start	From Beshishar / Khudi.
Trek Ends	At Nayapool.

TRIP DEPARTURES	
Spring-summer-autumn (Every Year)	22nd March to 15th April.
	21st April to 15th May.
	22nd September to 16th October.
	27th October to 20th November.

OUTLINE ITINERARY

DAY 01 Arrive at Kathmandu. Transfer to Hotel.

DAY 02 In Kathmandu for full day guided tour.

DAY 03 Kathmandu to Khudi via Besi-Sahar 823m, 6-7 hrs journeys.

DAY 04 Khudi to Bahundanda: (1,250 m.) 4-5 hrs.

DAY 05 Bahundanda to Chamje 1,425m. 5-6 hrs.

DAY 06 Chamje to Dharapani: 1,910 m. 5-6hrs.

DAY 07 Dharapani to Chame 2,670m: 4-5 hrs.

DAY 08 Chame to Pisang 3,200m: 4-5 hrs.

DAY 09 Pisang to Manang 3,350m: 4-5 hrs.

DAY 10 Manang (Acclimatization Day in Manang)

DAY 11 Manang to Yak Kharka: 4,020m. 3-4 hrs.

DAY 12 Yak Kharka to Thorung Phedi 4,430m or High Camp 4,860m: 3-4 hrs.

DAY 13 Thorung Phedi /High Camp to Muktinath 3,800m: 6-7 hrs.

DAY 14 Muktinath to Kagbeni 2,800m: 3-4 hrs.

DAY 15 Kagbeni to Marpha 2,670m: 4-5 hrs.

DAY 16 Marpha to Ghasha 2,010m: 6-7 hrs.

DAY 17 Ghasa to Tatopani 1,190m: 5-6 hrs.

DAY 18 Tatopani (Rest day).

DAY 19 Tatopani to Sikha 1,940m: 4-5 hrs.

DAY 20 Shikha to Ghorepani 2,750m /Poon Hill 3,190m.: 3-4hrs

DAY 21 Ghorepani toTadapani 2,760m.

DAY 22 Tadapani to Ghandruk 1,940m.

DAY 23 Ghandruk to Pokhara via Birethanti 1,020m. 3-4 hrs walk 2 hrs drives.

DAY 24 Drive back to Kathmandu.

DAY 25 Transfer to airport for final Departure.

Trip Dossier

DAY 01 Arrive at Kathmandu and 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. Also, they will go over any other related information that you might require while in Nepal. Evening complementary well come dinner in one of the finest traditional Nepalese restaurant in Kathmandu with necessary transfer and overnight at Hotel.

DAY 02 One full day of guided sightseeing in Kathmandu Valley.

After your first night in Kathmandu, you will be well informed on arrival about the time for your full day guided sightseeing tour in Kathmandu. After your breakfast proceed your full day sight seeing tour to Kathmandu Durbar square visiting, ancient palace, living goddess temple Kumari temple, Hanuman Dhoka and Kastamandap temple. Transfer to Swoyambhunath stupa is also known as the Monkey Temple, further transfer to Pashupatinath temple the holiest shrine of the Hindu people and Boudhnath stupa of Buddhist pilgrimage center and back to hotel, evening briefing about the trek with guide introduction. Be ready this evening for tomorrow leaving to trek and overnight at Hotel.

DAY 03 Kathmandu to Khudi via Besi-Sahar 823m, 6-7 hrs journey.

After an early breakfast, we will travel by a tourist bus towards the scenic Pokhara highway. This is a fascinating drive through the foothills of the Himalaya. The road has been greatly improved in recent

years. Just two hours before the road that leads to Pokhara, our route diverts from the road and into the village of Dumre towards north to Beshishar. On arriving Beshishar, there will be another forty minutes drive towards Khudi for an overnight stop at the nearby village or by the river Marsayangdi.

DAY 04 Khudi to Bahundanda: (1,250 m.) 4-5 hrs.

From Khudi, the path follows the River Marsayangdi upstream. The trail offers fine views of Hiunchuli and peak 29 (Ngadi Chuli) as it climbs to Bulbule (825 m.). It then continues to Ngadi before reaching Bahundanda (1,250m). Upon reaching Bahundanda after a good climb of about an hour, you will stop for the night. This nice village is located on the top of the hill, and there will be plenty of time to explore around local village for the afternoon.

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

From Bahundanda, the trail drops steeply for half an hour, and then the walk leads to a winding path with few short ups and downs passing through quaint farm villages. We then embark on a down hill walk towards the Synage village (1,070 m). The trail crosses a suspension bridge on the Marsayangdi and then follows the river to the stone village of Jagat crossing after the cliff. From Jagat, we will take a thorough rest. An hour walk brings you to Chamje, a massive waterfall with breathtaking scenery across the River. You will stop at Chamje village overnight.

DAY 06 Chamje to Dharapani: 1,910 m. 5-6hrs.

From Chamje, the trail follows the Marsayangdi River steadily uphill to Tal (1,700 m.), a small village at the foot of a large waterfall. Now the trek enters into the historically Tibetan Manang district. The trail crosses a wide, flat valley before climbing a stone stairway. (1,860m). The trail continues with its expected ups and down before reaching Dharapani, at which point it can be decided if you want to say overnight at Dharapani or to continue further to Bagarchhap which is about another half hour walk to conclude the day.

DAY 07 Dharapani to Chame 2,670m: 4-5 hrs.

From Dharapani the vegetation, the people and the landscapes will begin to change before your eyes. The air gets cooler; and the trail then climb through forests to Bagarchhap, which is the first village on the trek with typical Tibetan architecture. After a pleasant cool morning walk to Bagarchhap, the altitude slowly gains as we come closer to the apple country at Dhanaqi, and to the alpine region passing through farm, orchards, and beautiful pine forest with views of towering peaks of Lamjung and Annapurna II. The trail follows the river Marsayangdi upstream passing by the villages of Ratamanang and Koto before Chame.

From Koto, a half hour of undemanding walk brings you to the village town of Chame, which is an important place of Manang region. Chame; is the headquarters of the Manang district. There are fine

views of Annapurna II from Chame. During the evening explore the market, and visit the small natural hot spring.

DAY08 Chame to Pisang 3,200m: 4-5 hrs.

The trail runs through a deep forest in a steep and narrow valley. We cross a river on a long suspension bridge (3,040m.) Nearing the village of Pisang, one has a view of the whole of the Manang valley, a wide U-shaped area between two huge snow peaks. Lunch will be at Dhukure Pokhari, the perfect spot for majestic views of the surrounding landscapes. After an hour walk will lead to Lower Pisang and overnight at the best available Lodge. In the same day a visit to Upper Pisang village is possible, which exemplifies more Tibetan houses with age old traditions and culture, with a paramount monastery and amazing view of Annapurna range.

DAY 09 Pisang to Manang 3,350m: 4-5 hrs.

From Pisang onwards, the trek lends constant views of the high snow capped peaks. The path climbs steeply for half an hour, directly after a gradual walk from the Pisang village. When we reach ridge top, there will be a grand view of the entire Manang valley. The dramatic views offer such sites as: Hongdre village with its short air-strip, the great peaks of Gangapurna, Annapurna II, III, Tilocho, and on the right Chuli east, on the back Pisang peak. The walk is downhill and gradual all the way to Hongdre, from Hongdre the trek is more or less gradual on the wide path most of the way to Manang, adding a slight touch of altitude as you near the village of Braga and Manang. Here we will have time to spend the morning visiting Braga Monastery. The largest in the district, it has an outstanding display of statues, thankas and the religious manuscripts. From here it is only an hour walk to Manang for the overnight stop.

DAY 10 Manang (Acclimatization Day in Manang).

Today is a necessary rest day in order to get acclimatized, so take advantage of the location and explore Manang. This is a village of about 500 flat-roofed houses, and is quite picturesque set amongst some spectacular scenery -Annapurna II, Annapurna III [7,555 mtrs.], Gangapurna [7,454 mtrs.] to the South - Tilicho [7,132 mtrs.] and the Grand Barrier to the West - Chulu West [6,583 mtrs.] and Chulu East [6,059 mtrs.] to the North.

DAY 11 Manang to Yak Kharka: 4,020m. 3-4 hrs.

The trek now begins an ascent of almost 2,000 m towards Thorung La. From Manang village, the trail crosses a stream before climbing to Tenki Manang. We then continue to climb the Marsayangdi valley, passing the small village of Gunsang, where we will break for tea or drinks, and to appreciate the world around us. After crossing a large stream that flows from Chulu west and Gundang, the trail passes an ancient Mani wall in a pleasant meadow (4000 m.). Beyond here is Yak Kharka, also known as Koche, where we will overnight at the lodge. The rest of the afternoon is free for leisure, or for those who can't

get enough- short hike around. Here one can view various forms of wildlife for example; the Himalayan Thar, wild goats (bharal), and the very lucky may get a glance of the Snow Leopard, as well.

DAY 12 Yak Kharka to Thorung Phedi 4,430m or High Camp 4,860m: 3-4 hrs.

From Yak Kharka after an hour walk, you will reach Ledar (4,250m.) From Ledar, the trail continues to climb along the east bank of the Jorsang Khola, then descends and crosses the stream on a wooden bridge at 4,310 meters. After making a short ascent on a good trail to a small lonely teashop, the route then follows a narrow path across a high, unstable slope before to Thorung Phedi. Where there are about 3 lodges at present. Depending upon the group physical conditions and duration to reach here, if all is well in good health after a good break and a lunch, we can continue for another hour and half towards High Camp to make it easier for the next hard day to traverse Thorang-la in good time.

DAY 13 Thorung Phedi /High Camp to Muktinath 3,800m: 6-7 hrs.

Phedi, which means 'foot of the hill', is a common Nepali name for any settlement at the bottom of a long climb. The trail becomes at its steepest immediately after leaving Thorung Phedi, and takes four to five hours from Thorung Phedi to the pass. Thorung-La pass is alive with traditional Chorten prayer flags flowing in the wind and is at an elevation of 5,416 m. which is the highest point of this trip. The views from the trail and from the pass itself are breathtaking. At this point you will understand why all the hard work was worth it. To the South the entire Annapurna range can be seen, including a heavily glaciated peak, the barren Kali Gandaki valley far below to the West, and the peak of Thorungtse (6,482 m.) to the North. The trail descends to Muktinath with a nice mountain desert view of Upper Mustang part from here. Muktinath the holiest of all holy places, during auspicious time according to Hindu & Buddhist calendars, this place is full and busy with pilgrims from Nepal and India, coming to pay their respect. Overnight stop at Muktinath overlooking excellent views of Dhaulagiri I, Tukucho Peak and Nilgiri.

DAY 14 Muktinath to Kagbeni 2,800m: 3-4 hrs.

We will wake early in the morning to the divine sound of a temple bell, and visit the famous pilgrimage center to Muktinath Temple area. After breakfast, it is an easy trek down to Kagbeni. The trail descends very quickly to the valley floor. The descent is through a dramatic, arid landscape all the way to Kagbeni. To reach Kagbeni one must travel on either side of the Kali Gandaki River. The left fork continues up the river to Kagbeni. Late afternoon, we will visit a two hundred years old monastery, and visit the small alley ways in the village and overnight in a hotel.

DAY 15 Kagbeni to Marpha 2,670m: 4-5 hrs.

After few hours walking from Kagbeni one reaches Jomsom, a large town and a headquarters of the Mustang region with an airstrip just above the Kali Gandaki River. It is yet another major village on the Kali Gandaki area linking the age old Trans-Himalayan Salt Trade route to Tibet. From Jomsom

onwards it is very windy in the afternoon, but the path continues following down stream of Kali Gandaki with different views of mountain and sandy path. Another two hours of easy walking from Jomsom towards south east brings you at Marpha for the overnight stop. Marpha is a little gem, with whitewashed houses, paved streets and numerous well kept lodges. Here you will have time to celebrate with the local apple products like cider, brandy, and juice produced from the orchards of this area from that Kagbeni to Larjung is famous for. Visit Marpha village with Monastery, Apple Brandy factory and around.

DAY 16 Marpha to Ghasha 2,010m: 6-7 hrs.

After a wonderful time at Marpha, today's a long, good trek to Ghasa. Our route then follows the wide gravel river banks to Ltukuche and Larjung village. One of the most charming places on this route, after an hour walk from Larjung and crossing the river, the trail climbs over a forested ridge, then heads down again and makes a long but easy traverse along gravel bars beside the riverbed. We will then cross the river back to the west side via a series of temporary bridges just before Kalopani (a small Thakali village) at 2,590 m. This is a best vantage point for views of Mt. Annapurna 'I' and only one place to catch in your eye along whole circuit. This is long and tidy Thakali village with a Dhaulagiri technical school. Kalopani, another lovely village of more than 20 houses with excellent tea houses and lodge with grandeur view of Mt. Annapurna I, Nilgiri's and Dhaulagiri above the beautiful forest surrounding. Walk from Kalopani onwards leads to a dramatic change in the vegetation, from dry, arid desert to pine and conifer forests, as we pass between two giant peaks of Dhaulagiri and the Annapurnas. After two hours of trek brings you at Ghasa village.

DAY 17 Ghasa to Tatopani 1,190m: 5-6 hrs.

Today will be a pleasant day of walking towards warmer region. After Ghasa, one can witness a dramatic change in the vegetation, from dry arid desert, to the lush pine and conifer forests while passing through and between Dhaulagiri and Annapurna. The trek passes through the village of Rupsi with its beautiful waterfall. From here an hour walk brings you at Dana, situated near the deepest gorge of the world between Annapurna and Dhaulagiri. From here, yet another hour takes you to our overnight destination of Tatopani. From Tatopani the view of Mt. Nilgiri is magnificent. Natural hot spring bathing is a main attraction at Tatopani. Tato is 'hot' and pani is 'water' in Nepali. Walking distance is approximately five hours.

DAY 18 Tatopani (Rest day).

Today is a well earned day of rest, free from early mornings and packing and unpacking. Spend the day enjoying the hot spring by the Kali Gandaki river bank, or have a massage near by the poolside, and explore around Tatopani bazaar.

DAY 19 Tatopani to Sikha 1,940m: 4-5 hrs.

After a wonderful time at Tatopani and in its warm pool, our trek continues towards east on the gradual trail for an hour crossing a suspension bridge over the Kali Gandaki river, the path leads by the river for a while just arriving at the junction of the two trails, the other wide path follows the river all the way to Beni. Our route diverts from here taking the uphill climb, the first uphill to a ridge is quite steep, where there is a small tea house, from here ahead of us lies a steep terraced hillside, dotted with farms and villages, from this spot a gradual climb leads us most of the day to the Magar / Gurung village of Sikha for the overnight stop. Sikha, with a view of terrace field and landscapes.

DAY 20 Shikha to Ghorepani 2,750m / Poon Hill 3,190m.: 3-4hrs.

From here it's a gradual climb for most of the way, leaving behind the terraced fields walking in the dense rhododendron forests and reaching to the village of Ghorepani. We stop for the night at Ghorepani Deurali for the best views of the sunset with excellent of Dhaulagiri and Annapurna ranges. This is most popular spot among the trekkers, the best view of the mid and western Himalayas.

DAY 21 Ghorepani to Tadapani 2,760m.

You will be woken early in the morning by your guide for the 45 minute to an hour hike up to Poonhill with a help of flash light or moon light, and glimpse of stars while walking through the Rhododendron forest. Poon hill named after the hill tribe Pun, inhabitants of Ghorepani and surrounding area. This is a vantage spot for the most panoramic scenery from the far western Himalaya of Dolpo, Mt. Dhaulagiri, Annapurna, Mt. Machhapuchare (Fish Tail), Manaslu, all the way to Ganesh Himalayan range. This is a nearly 600 k.m range of mountains that can be viewed from this magnificent spot watching the impressive sunrise on the mid western Himalaya range. After an enlightening time filled with spectacular views, return to Ghorepani for breakfast and continue trek to Tadapani, the walk passes through the Rhododendron, Pine, fir & bamboo forest with few short up and downs and until you finally reach Tadapani. A very intoxicating place with close views of the Annapurna and Fishtail, situated in the midst and alpine mixed forest. This takes around five hours walking distance up & down not including a lunch break at Bhanthati.

DAY 22 Tadapani to Ghandruk 1,940m.

Today's walk leads through serene forest for an hour on the gradual path to Bhasi Kharka, from this spot the trail descends with occasional view of the Mt. Annapurna ranges & Machhapuchare (Fishtail). The trail descends through forest, creeks and small streams and into the maze of trails till Ghandruk village is reached. This is a semi-modern village and gateway to Annapurna Sanctuary. We will reach Ghandruk at lunch time, and stay for the night with enough time to explore the village and Gurung culture. The trail descends through the deep forest and huge boulders into the maze of tracks around Ghandruk at 1940 m. This is a very modern and pleasant village in the terraced fields.



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DAY 23 Ghandruk to Pokhara via Birethanti 1,020m. 3-4 hrs walk 2 hrs drives.

Today is the last day! And the walk is agreeable; the trek leads to a long descend towards Syauli Bazaar for two hours from here the path follows the Modi River all the way to Nayapul. You will pass through another nice village at Birethanti. From this place a short walk of 30 minutes reaches you at Nayapul for two hours scenic drive to Pokhara for the overnight stop near by the Lake Phewa.

DAY 24 Drive back to Kathmandu.

After a wonderful time in the mountains; Pokhara is the ideal spot to relax after the trek. In the morning, after breakfast, you will board on the Bus for the five to six hours scenic journey back to Kathmandu.

DAY 25 Transfer to airport for final Departure.

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) and your passport handy. Our Staff will take you to the airport for your final departure from this amazing country, Nepal.

Note: If you have more time in Nepal you can join our leisure or adventure extension trip. White Rafting- Jungle Safari on elephant back-Paragliding & Bungee Jump.

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 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.



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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 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
- 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



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Toiletry Items

Towel, pre-moistened nappies, 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; 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



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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 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



Inquiry

✉ info@gurkhaencounters.com

☎ **977 1 4267882**

+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.



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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 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!