

EVEREST PANORAMA TREK

"On the cultural, scenic trail of diverse Sherpa land"

Introduction

Home to eight of the world's ten highest peaks, Nepal is loaded with spectacular mountain vistas. The Everest region is famous, not only for its proximity to the world's highest mountain (8,848 m.), but also for its friendly Sherpa people, colorful festivals, and Buddhist monasteries. The flora and fauna are other ornaments of the Sagarmatha National Park, and the story of the yeti from the Khumbu region is still a mystery to the world.



This outstanding trek visits the deep, lush valleys of the Khumbu region, with time to explore villages and monasteries and to sample the incredible hospitality of the renowned Sherpa people. The adventure begins with a beautiful, scenic flight to Lukla. This is a popular destination, which provides a fascinating contrast to the high mountain views as you approach. You trek slowly to Phakding the first day; the next day you trek ahead to the Sherpa capital at Namche Bazaar.

You have time to acclimatize yourself at Namche Bazaar before, following the quiet trail to Thyangboche, with incredible views of Mt. Khangtiaga, Mt. Thamserku, and the Nuptse - Lhotse wall, with Mt. Everest towering above. The trail to Thyangboche is gradual, with a few steep parts, but the constant view of the magnificent Mt. Ama Dablam and the other great, snow-capped peaks makes it well worth the effort.

A scenic flight to Kathmandu concludes this spectacular trek to the roof of the world.

Trip Profile

Total duration	11 days
Trek Grade	Moderate
Trek Duration	07 days
Max Elevation	3860m (At Tengboche)
Mode of Trek	Teahouse
Trek Start	Lukla
Trek Ends	Lukla

Trip Departures

SPRING - AUTUMN	14 February to 24 February
	20 March to 30 March
	17 April to 27 April
	25 September to 05 October
	16 October to 26 October
	06 November to 16 November

Outline Itinerary

Day 01	Arrive in Kathmandu (1300m) and transfer to Hotel
Day 02	Full day guided sightseeing tour in the Kathmandu Valley

Day 03	Fly to Lukla (2840m) and trek to Phakding (2610m)
Day 04	Trek to Namche Bazaar (3440m)
Day 05	Rest day at Namche Bazaar
Day 06	Trek to Tengboche (3860m)
Day 07	Trek to Khumjung (3780m)
Day 08	Trek to Monjo (2835m)
Day 09	Trek to Lukla (2840m)
Day 10	Fly to Kathmandu
Day 11	Final departure

Trip Dossier

DAY 01: ARRIVE AT KATHMANDU (1300M) 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. 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.

Overnight in Hotel



DAY 02: GUIDED SIGHTSEEING IN KATHMANDU VALLEY

After your breakfast, you will precede to Kathmandu Durbar Square, where you will tour the ancient palace, the temple of Kumari, hailed as the living goddess of Nepal, Hanuman Dhoka and Kasthamandav Temple with a guide knowledgeable about Nepalese history, architecture, and religion. From there, you will proceed by taxi, bus to the Buddhist site, Swoyambhunath 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 in Hotel**

DAY 03: FLY TO LUKLA (2840M) AND TREK TO PHAKDING (2610M) 04 HRS

This morning you will be transferred from your hotel to the Kathmandu airport for the domestic flight to Lukla. The flight itself is awe-inspiring, as you fly parallel to the Himalayan giants bordering Nepal and Tibet/China. Flying time to Lukla is approximately 35 minutes. Upon arrival in Lukla, there will be time to explore the village while the Sherpa crew sort and load equipment. Lukla lies at an altitude of (2,850m.) and means "place of sheep." From Lukla, you descend northwest on a wide trail to the village of Choblung in the Dudh Koshi Valley. The valley is covered with beautiful pine and rhododendron forests. The walking is easy as you follow the river's course, passing through the village of Ghat. Your destination for today is a small village of Phakding, where accommodation is provided in a teahouse/lodge. **Overnight at teahouse/Lodge**

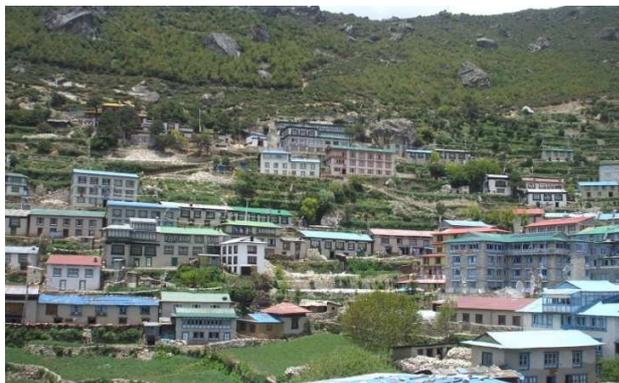


DAY 04: TREK TO NAMCHE (3440M) 05 HRS

After crossing the suspension bridge over the Dudh Koshi, the walk is pleasant, with a few short ups and downs, until you re-cross the Dudh Koshi from the village of Benkar, taking in the magnificent view of Thermasarkhu (6,608 m.). You then cross the long suspension bridge over the Bhote Koshi River to reach Monjo, situated below the spectacular peak of

Thermasherku and a few minutes' walk from the entrance of Sagarmatha National Park. At the entrance to Sagarmatha National Park, your trekking permit (especially the park ticket) is checked, as the park keeps a record of all trekkers in the area.

From here, a short descent brings you again to another suspension bridge over the Bhote Koshi River, after which you reach a bridge to Jorsalle village, the last village and the only place to shop until Namche Bazaar. The walk from Jorsalle village is pleasant, following the river until coming to the last bridge over the Imjatse River. The walk to Namche Bazaar traces a winding, uphill path, with a magnificent view of Kwangde Peak and its other sister peaks towards the east and with Kusum Kangru at your back. As you climb higher, you can view the Mt. Everest- Nuptse wall, Lhotse, and Taweche Peak, all the way up to Thop Danda, where there is a stone wall for porters and trekkers to rest on. From here, another 1-2 hour walk takes you to the destination of the day, the famed Namche Bazaar, where the colorful houses are situated in amphitheater style. **Overnight at Resort/Lodge**



DAY 05: REST DAY IN NAMCHE / ACCLIMATIZATION DAY

Suggested activities include a short walk uphill to the Sagarmatha National Park Headquarters, a magnificent spot perched on top of Namche Bazaar, with breathtaking views of the surrounding snowcapped giants and the deep valleys way down below. There is also an interesting museum providing with various information on the history of the Himalayas, the geographical information of the area, cultural practices, mountaineering history, and flora and fauna of the region. You can spend the afternoon at your leisure. **Overnight at Resort/Lodge**

DAY 06: TREK TO TENGBOCHE (3860M) 05 HRS

The walk is fairly easy for the first half, after a 20 minutes climb to the top ridge of Namche Bazaar. Once at the top, walk follows on the gradual trail with few short up and downs overlooking magnificent view of the great giant snow peaks from Everest, Nuptse, Lhotse, Ama Dablam, Thermasherku and Kwangde-Ri peak after a pleasant walk of two hours coming to a small place at Shanasha, from Shanasha the trail descend to Imjatse river at **Phungitenga** 3,250m, a small settlement with couple of teahouses in the midst of the alpine woods of mostly silver fir, blue pines, rhododendron and some few magnolia and birch trees. After Phungitenga the walk is strenuous for an hour on the winding trail through the shade of woods. After an hour steep up the walk gets better on the gradual path all the way to Thyangboche.

Thyangboche one of the most beautiful place in the Himalaya the first thing that comes to your eye is the big Monastery or Gompa, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam with Everest looming above the Nuptse wall in the north with Mt. Lhotse and Lhotse Shar towards north east and more peaks all around you. **Overnight in Lodge/Teahouse**

DAY 07: TREK TO KHUMJUNG (3780M) 04 HRS

Retrace the journey back to Shanasha, from Shanasha where the trail from Khumjung, Gokyo and to Namche meets. From here our route follows away from the main busy path, the walk winds up all the way to Khumjung-Khunde Valley. Khumjung unlike Namche is a sleepy farm village with the only monastery believed to be scalp from the yeti. **Overnight in Lodge/Teahouse**

DAY 08: TREK TO MONJO (2835M) 05 HRS

An easy day downhill walk today, from Khumjung half an hour walk brings you to its sister village at Khunde, where you can visit the only hospital in the whole of Khumbu area, built by Sir Edmund Hillary Foundation. After a visit at the Khunde hospital the trail leads south passing thorough the Sherpa's house and farm fields and coming to the long mani prayer wall. A short uphill climb from here brings to the top ridge of Syangboche air strip. From this spot it's a big descend to the Dudh Koshi river bed. As the walk progress on this steep downhill bit from Syangboche onwards, an aerial view of Namche

Bazaar is seen from this downhill slope walk, on reaching Namche Bazaar retrace the journey all the way to Monjo for the overnight camp Monjo located, just near after the Sagarmatha National Park entrance and exit. **Overnight in Lodge/Teahouse**

DAY 09: TREK TO LUKLA (2840M) 04 HRS

Last day of this great trek will be one of the good walk to Lukla, you can walk at your own best pace, leisurely and enjoying the lush green scenery around.

Apart from few short uphill the only long climb will be just before Lukla which will take approximately 45 minutes from a place called Choplung or from the old big oak tree. On reaching Lukla, prepare for the last day great dinner and a party with the fellow Sherpa crew, porters and trekking members. **Overnight in Lodge/Teahouse**

DAY 10: FLY TO KATHMANDU 45 MIN

The flight time to Kathmandu, are schedule for morning normally, because of the wind in the afternoon, sometime the flight time can be delayed due to bad weather and other reason beyond our command. As we get hold of the boarding pass depending upon our flight time we make our way to the terminal for security check, this scenic flight from Lukla takes about 45 minutes to Kathmandu, a panoramic view of the snow capped peaks can be seen from window of the plane. Arriving at Kathmandu domestic terminal, one of our Tour Officers will be waiting to receive and escort you back to the Hotel.

DAY 11: FINAL DEPARTURE

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

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

Sagarmatha National Park – Area (1148 Sq. Km)

LOCATION: Sagarmatha National Park is located to the northeast of Kathmandu in the Khumbu Region of Nepal. The park includes the highest peak in the world, Mt. Sagarmatha (Everest), and several other well-known peaks, such as Lhotse, Nuptse, Cho Oyo, Pumori, Ama Dablam, Thamserku, Kwangde, Khangtiaga and Gyachung Kang. The park was added to the list of World Heritage Sites in 1979.

FEATURES: The Mountains of Sagarmatha National Park are geologically young and broken up by deep gorges and glacial valleys. Vegetation includes pine and hemlock forests at lower altitudes, fir, juniper, birch and rhododendron woods, scrub and alpine plant communities, and bare rock and snow. The famed bloom of rhododendrons occurs during spring (April and May), although most other flora is colorful during the monsoon season (June to August). Wild animals most likely to be seen in the park are the Himalayan thar, ghoral, serow, and musk deer. The snow leopard and the Himalayan black bear are present, but rarely sighted. Other mammals rarely seen are the weasel, marten, Himalayan mouse hare (pika), jackal, and languor monkey.

The park is populated by approximately 3,000 of the famed Sherpa people, whose lives are interwoven with the teachings of Buddhism. The main settlements are Namche Bazaar, Khumjung, Khunde, Thame, Thyangboche, Pangboche and Phortse. The economy of the Khumbu Sherpa community has traditionally been heavily based on trade and livestock herding, but with the coming of international mountaineering expeditions since 1950 and an increasing influx of foreign trekkers, the Sherpa economy today is becoming increasingly dependent on tourism.

Complimentary Services

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

- ❖ Complimentary tourist registration to respective consulate office or embassy
- ❖ Complimentary international flight ticket re-confirmation

- ❖ Complimentary Gurkha Encounters T-Shirt (subject to availability)
- ❖ Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- ❖ 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 please make it payable to: Gurkha Encounters Pvt. Ltd.
G P O Box: 20195, Nayabazar 16, Khushibhu Town
Planning, Kathmandu, Nepal
Phone: +977 1 438 2318 and 438 2240
info@gurkhaencounters.com
www.gurkhaencounters.com

Note: If you pay by Master/Visa cards there is a bank service charge of 4% 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 unconvincing 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 cannot 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 pants

Toiletry Items

Towel, pre-moistened novettes, 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 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 organized on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.

Tailor Made Private Charter Adventures

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling. Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.

Group and Club Organizers

If you are organizing 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 Nayabazar, Kathmandu. You can email us at info@gurkhaencounters.com, or telephone us on +977 1 438 2318 and 438 2240 or contact to our Managing Director (RAJ) Mobile +977 9851022717. For general information please visit our website www.gurkhaencounters.com

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 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!** 