

FOOD ON TREKS

Breakfast:

Breakfast consists of porridge or cornflakes, eggs, chapattis, paratha, jam or marmalade, honey, tea or coffee, as well as items from local traditional breakfasts.

LUNCH:

Generally a lunch spot is chosen by the cook after 4-5 hours of walking. A cold lunch consists of tinned beef, tuna or sardine fish, cheese, crackers, biscuits, dried fruits, nuts, toffees, juices and tea. On very cold days, hot soup is also served.

DINNER:

We always serve a hot dinner which consists of soup with a main course of rice, fresh chicken, fresh beef, fresh vegetables, dall, potatoes, chapatties with accompaniments like salad, fresh or tinned fruit, custard, pudding, kheer (a Pakistani favorite), tea or coffee, hot soup etc.

Our meals will include locally available fresh fruits and fresh vegetables whenever possible. On treks local foods are available; we use tinned and prepared foods which are carried by the porters. However, our Guide and Cook do their best to maintain the highest standards of comfort and hygiene.