

## Annapurna & Everest in Style, Nepal

Two stunning treks amidst the breathtaking scenery of Nepal's most famous mountain areas, staying in super comfortable lodges.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Trek
Accommodation	Hotels, Luxury Lodges, Lodge
Grade	Moderate
Duration	18 days from London to London
Trekking / Walking days	On trek: 11 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Luxury Lodges
Land only	Joining in Kathmandu, Nepal
Max altitude	3,863m / 12,674ft, at Thyangboche, day 13

Private Departures & Tailor Made itineraries available



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# Departures

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## Group departures

### 2024 Dates:

Fri 22 Mar - Mon 08 Apr

Fri 25 Oct - Mon 11 Nov

### 2025 Dates:

Fri 21 Mar - Mon 07 Apr

Thu 23 Oct - Sun 09 Nov

## Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

## No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

## Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

## Insurance

We offer a travel insurance scheme - please contact us for details.

## Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

## Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

# Your guide

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Our Nepal 'lodge' treks are led by professionally-trained English-speaking Sirdars. They have an intimate and expert knowledge of the trekking regions of Nepal and will make your trek a memorable experience.

## Your trip highlights

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- Stay a luxurious Dwarika's hotel in Kathmandu - a 5\* heritage property - and in the best trekking lodges in Nepal
- Trek in two stunning regions: the lower, gentler Annapurna foothills and the then onto the higher, more dramatic Everest Khumbu
- Gaze in awe at the Himalayan giants including Machhapuchare - the 'Fishtail' peak, beautiful Ama Dablam and Everest herself
- Enjoy the best acclimatisation and first rate leaders on trek
- Discover the highlights of Kathmandu on a guided walking tour

## At a glance itinerary

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Days 1-2	Fly to Kathmandu.
Day 3	Fly to Pokhara in the Annapurna region. Trek to Birethanti.
Day 4-6	Trek to Ghandruk and on to Landruk and Majgaun.
Day 7	Trek to Damphus, then continue to roadhead. Drive to Pokhara.
Day 8	Fly to Kathmandu. Afternoon at leisure.
Day 9	Drive to Manthali.
Day 10	Transfer to Ramechep and fly to Lukla in the Everest region, trek to Monjo.
Days 11-12	Trek to Namche Bazaar and Tashinga.
Days 13-15	Trek to Thyangboche. Return to Tashinga and back to Lukla.
Days 16-18	Fly to Ramechep. Drive to Kathmandu. Half day sightseeing tour. Fly to London.

## Trip summary

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On this fantastic holiday you will experience the thrill of trekking in two of the most beautiful regions of the Himalaya. The Annapurna massif and Everest's Khumbu region are home to some of the most celebrated peaks in the world and you will have chance to explore both whilst staying in the best accommodation available. These luxury lodges offer the highest standard of service with delicious food, en suite rooms, hot showers and delightful landscaped gardens where you can enjoy stunning views of the surrounding mountains.

Your holiday begins in the 5 star splendour of Dwarika's Hotel in Kathmandu from where you fly west to Pokhara to start your five-day trek through the scenic foothills of the Annapurnas. Home to the renowned Gurkhas, the scenery here is a mix of verdant forests, pretty pastoral farming land and steep terraced countryside dotted with attractive villages, all with wonderful views of the Annapurna range. After this easy-paced trek you have time to relax at your attractive hotel in Pokhara before returning to Kathmandu and driving to Manthali.

Next you fly to Lukla for a six-day trek through the more alpine-like scenery of the Khumbu region. This is the home of the welcoming Sherpa people and you will visit their main village, Namche Bazaar, before trekking on for breathtaking views of Everest from the famous Thyangboche Monastery at 3,863m/12,674ft - literally the high point on your trip. Throughout this Everest trek you will be surrounded by dramatic mountain scenery and iconic peaks that provide a fitting climax to this magnificent trekking holiday.

## Special notes

### Grading of this trek

As far as difficulty is concerned, the Annapurna section of this trip is significantly gentler than the Everest section, particularly because the Everest trek involves walking at altitude, up to a maximum of 3,863m/12,674ft at Thyangboche. There are several days that involve steep, uphill trekking, even on the Annapurna section, where the climb from Birethante to Gandruk involves an ascent of some 1,000m/3,000ft. However, you do have plenty of time to achieve this.

On the Everest side the climb from Monjo to Namche Bazaar involves an altitude gain of some 700m/2,296ft, a steep uphill walk taking 3-4 hours at a slow pace, while the climb up to Thyangboche Monastery is quite tough with initial steep zigzags up through the forest before the trail eases somewhat to reach the monastery. However you will find that paths on both parts of the trip have either well-placed steps or are well graded, and not too steep or demanding. If you are used to regular country walking you should have no difficulty in completing the two treks. You may always go at your own pace and carry just a day pack with your main bag being carried by porters or pack animals. A comfortable bed at night, a hot shower and good food certainly helps to ease any aches and pains!

# Your trip itinerary

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## Day 1: Depart London.

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Depart London on your overnight flight to Kathmandu.

**Overnight: In flight**

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## Day 2: Arrive Kathmandu. Group transfer to hotel.

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On arrival you will be met and transferred to Dwarika's Hotel. This wonderful hotel is quite a local institution and is a great favourite with all our clients. It is built in local Nepalese palace style and features many architectural relics rescued from palaces and temples in the valley as well as Nepalese furniture, carvings and statues. The hotel has a pleasant courtyard garden with a swimming pool, a bar and a couple of excellent restaurants. The Toran Restaurant serves very good continental, Indian and Nepalese food while the flagship Krishnarpan Restaurant is a superb restaurant where you can enjoy a multi-course menu of real Nepalese food served in traditional style and surroundings.

**Overnight: Dwarika's Hotel, Kathmandu (Meals: B)**

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## Day 3: Fly to Pokhara in the Annapurna region. Trek to Sanctuary Lodge, Birethanti, 1,015m/3,330ft - 4 hours.

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This morning you will be transferred to Kathmandu's domestic airport for the short flight to Pokhara, 827m/2,730ft, Nepal's second city. This is an exciting flight in its own right, passing over the terraced Himalayan foothills, with views of the great Himalayan range to the north.

On arrival you will meet your guide and will have a quick trek briefing before you board your transport to drive the short way to the starting point of your trek. Firstly you travel along the fertile Seti River valley and then the road climbs to a ridge top to arrive at the village of Lumle, 1,494m/4,900ft, which you reach in about an hour from Pokhara. Your Annapurna trek starts here. You set off along a well-paved path, with views of the mountains to the north and the expanse of the Pokhara valley down to your left, climbing gently up past terraced fields to reach the little village of Chandrakot at 1,555m/5,100ft, after one hour. This is a good place to take a break, sitting on the shaded terrace of the Mountain View Café, enjoying the spectacular panorama of the valley below. It is a place to eat your packed lunch. (Note: this packed lunch is provided to give flexibility in case your flight from Kathmandu is delayed, which does happen occasionally.) In Chandrakot you may get to meet the ex-Gurkha owner and hear about his military exploits and those of his father, who won the Military Cross in World War One.



From Chandrakot your path drops steeply down towards the Modi Valley, through sparse forests, passing occasional rhododendron or tall stands of bamboo and crossing agricultural terraces. It is all very peaceful with the calls of birds echoing from the surrounding hillsides. After another hour you come to the charming village of Tamijung, 1,371m/4,500ft. Here the houses have intricately carved wooden eaves and window frames and you may see unusual cylindrical beehives suspended on the sides of the houses, awaiting the time when the bees will be smoked out and the honey extracted. The fertile terraces around the village support a variety of crops, including maize, as well as orchards of orange and banana trees. Your path continues down to where you cross the grey-green waters of the Modi River by a cable bridge.

Then it is a gentle walk to the Sanctuary Lodge. The lodge is set on a spur overlooking the River Modi. It has a comfortable central lounge and dining area with a reference library. On arrival you will have the afternoon to relax in the lodge's attractive gardens with its darting birds and extravagantly-coloured butterflies or you might take an optional guided afternoon walk to the nearby village of Birethanti with its paved streets, riverside cafes and waterfall. Later, after a three-course supper around the large dining table it's off to bed, lulled to sleep by the rushing waters of the Modi River.

**Overnight: Sanctuary Lodge, Birethanti (Meals: BLD)**

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**Day 4: Trek to Himalaya Lodge, Ghandruk, 2,012m/6,600ft - 5-6 hours.**

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After a good breakfast you leave the lodge and walk briefly back along the Modi River valley before beginning the climb to Ghandruk. This is a long climb but you may take your time and there will always be interesting things to see along the way. Before departure from Sanctuary Lodge you will be given snacks such as a sandwich, fruit and chocolate to keep you going on your walk and you will then have a more substantial late lunch of hot soup and fried rice when you arrive at the lodge in Ghandruk.



Steep steps lead across fertile terraces and up into forests of rhododendron and oak. All around are the friendly people of the foothills, tilling the fields with their buffalo-drawn ploughs and you will share your path with their cattle and flocks of goats. From the trail you have splendid views across the terraces to the River Modi far below. Walking through villages gives a fascinating glimpse of Nepalese life with families using traditional tools to pound corn, weave cloth, re-thatch their roofs and build neat dry-stone walls. After three hours, you pass through the village of Kimche, 1,554m/5,100ft, where you will have a spectacular view showing you the impressive height you have gained since leaving the river bank.

You continue on your way to Ghandruk with several level sections where you can look down over the terraces and villages far below, as hawks swoop and soar on the air currents rising from the valley. After two more hours you reach Ghandruk's welcoming arch and a final climb up through the village streets brings you to the Himalaya Lodge. Sitting on the lodge's terraced lawn, encircled by mountains and with a refreshing glass of lemonade in your hand, you can congratulate yourself on achieving this steep day's climb.

The Himalaya Lodge is constructed around a 19th century Gurung village house and has a dining room and an area where you can relax around an open fireplace. There is a pleasant wing with a veranda where the bedrooms are found. Here, all around, you will find clues to the connections of Ghandruk village with the Gurkha people and soldiers.

**Overnight: Himalaya Lodge, Ghandruk (Meals: BLD)**

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**Day 5: Trek to Landruk, 1,565m/5,115ft - 3-4 hours.**

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After watching the sunrise illuminate the surrounding peaks, including Annapurna South and Machhapuchare, you enjoy a leisurely breakfast on the lodge lawn and then start your day's trek, crossing the valley to the village of Landruk which you see across and slightly below the level where you are now. Leaving Ghandruk, the trail descends steeply through terraces to the banks of the Modi River. Here, you'll be at the base of the cliffs where the famed honey hunters of Nepal climb on ropes to collect the honey. You then cross the Modi Khola by a sturdy suspension bridge from where you start a climb up switch backs and steps to reach the village of Landruk. From Landruk you will have more glorious views of the Annapurna range.

Today's walk is about 4 hours and you arrive in time for lunch at your lodge. In the afternoon your guide will take you to explore around this interesting mountain village.

**Overnight: Bee Lodge, Landruk (Meals: BLD)**

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**Day 6: Trek to Majgaun, 1,400m/4,620ft - 4 hours.**

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Today's walk from Landruk to Majgaun snakes along the valley through small untouched villages, through farm land, terraces and forest with some rugged sections, and across three rivers that all descend down to the Modi Khola below.

The start is gentle with the sounds of birds chirping and far away cockerels cock-a-doodling as you pass. You pass through villages where very few trekkers pass by and it is untouched on this side of the valley. After around an hour and a half you do inevitably have some steps and a section of steep descent leading down to a small river and bridge. Ascending again to around your previous level the path levels out and you can enjoy the stunning views. A little while later there is another steep descent to another small river. After you have ascended again the path becomes easy and gently winds round the hillside. Your last river crossing is on a sturdy suspension bridge which leads you onto the path into Majgaun.

If you are staying at Gurung Lodge there is a quite steep walk up above the main village. If going to Mala Lodge you continue around and through the village. Both lodges have commanding views down the valley and, if the weather is still clear, towards Annapurna South.

After this very enjoyable walk you will be greeted by the lovely lodge staff, with a glass of still lemonade, and soon after will be served a hearty lunch, making it all the more worthwhile. In the afternoon you can visit the Himalayan cottage museum in the upper village about 30 minutes walk away.

**Overnight: Gurung Lodge or Mala Lodge, Majgaun (Meals: BLD)**

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**Day 7: Trek to Damphus, 1,700m/5,577ft - 3-3½ hours. Continue to the roadhead - 1½ hours. Drive to Pokhara.**

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After breakfast, you say farewell to the ever-attentive lodge staff. Your path climbs steeply on well-placed steps, up through forests of oak, rhododendron, silver birch and silk-cotton, with stone-built porter stops (chautara) at convenient intervals for a welcome rest. There is a mass of bird life to look out for, as well as incredible views of Annapurna South, Hiunchuli and Lamjung. After about an hour, the path begins to level out and you continue more gently upwards, through shady woods and past grassy banks of gentian violets. Eventually, you reach the busy village of Pothana at 1,981m/6,500ft, with its guest houses, restaurants and sellers of Tibetan silverware and other souvenirs. You then descend to the village of Damphus. You will have lunch in Damphus at the Basanta Lodge and enjoy some last close-up views of the Annapurna range.

After lunch you start the final long descent to the Pokhara Valley road, passing through steeply terraced fields to reach the road at Ghattekhola at 1,006m/3,330ft, where a vehicle will be waiting to take you back to Pokhara. The one-hour journey takes you past a patchwork of rice fields, with farmers working with buffaloes, surrounded by flocks of egrets. You will be taken directly to your hotel where you will have the rest of the day at leisure.

**Overnight: Barahi Hotel or Similar, Pokhara (Meals: BL)**

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**Day 8: Fly to Kathmandu. Afternoon at leisure.**

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This morning you will be transferred to Pokhara airport and will fly back to Kathmandu. You will be met at the domestic terminal and transferred to Dwarika's Hotel. You then have the afternoon at leisure, either to enjoy the facilities of the hotel and prepare for the next section of your adventure or perhaps to take in a bit of sightseeing. The important temple of Pashupatinath is worth the visit. Here you may see Kathmandu's historic cremation ghats set on the banks of the sacred Bagmati River and the major temple dedicated to the Hindu god Shiva. Alternatively, nearby, you might visit the ancient Buddhist stupa at Boudhanath, visited by pilgrims from Tibet and all over the Indian subcontinent.

**Overnight: Dwarika's Hotel, Kathmandu (Meals: B)**

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**Day 9: Drive to Manthali - approximately 4 hours.**

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Today you will make the drive from Kathmandu to the small town of Manthali which is conveniently located close to Ramechhap Airstrip. The drive takes around 4 hours (traffic dependant) and you will wind your way through the Nepalese countryside before reaching the town and your hotel for the night.

**Overnight: Freedom Resort or Similar, Manthali (Meals: BLD)**

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**Day 10: Drive to Ramechhap. Fly to Lukla, 2,743m/8,999ft. Trek to Monjo, 2,835m/9,301ft - 5-6 hours.**

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Today you will be transferred to the airport at Ramechhap to fly up to the Everest region to continue your adventure. The flight from to Lukla and the landing at the small mountain airstrip is something you will be talking about for many years to come. The scenery is fantastic, and as you fly up the vast valleys towards Lukla, the giants of the world appear on the horizon.

After landing, you may have a cup of tea in one of the lodges in Lukla before starting the trek. You descend from Lukla to the village of Chaurikharka in the valley of the Dudh Kosi and then onward up the valley and it is about two hours to the village of Phakding, 2,652m/8,701ft, where you will probably stop for lunch. You will immediately find differences between here and the Annapurna region. Firstly you will notice the altitude and may feel a little breathless. Then you will see that the valley already has more of an Alpine feel with different crops to those grown in the Annapurna region, with potatoes instead of rice, and different trees and bushes

lining the path. The trail you walk on this first day is the main trail up to Namche Bazaar. Along the way you will encounter porters, sherpas, trekkers and the local beast of burden, the dzo (a yak-cow crossbreed). You are now in a Buddhist region and you will pass mani walls where stones carved and painted with prayers and sacred symbols are piled up.

From Phakding the path continues up the valley past isolated lodges and the small hamlets of Ghat, 2,490m/8,169ft and Chuthrawa, 2,591m/8,501ft. Before you get to Monjo there will be time for tea at Benkar, a lovely lodge in a wild spot. Images you will remember for the day will include the sight of porters with their heavy loads, the sound of many different languages, bird calls, prayer flags, colourful tea houses, dramatic scenery and passing weary trekkers, making their way back to Lukla.

**Overnight: Luxury Lodge (Meals: BLD)**

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**Day 11: Trek to Namche Bazaar, 3,445m/11,303ft - 3-4 hours.**

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This will physically be one of the harder days of the trip so take it slowly. You will leave Monjo and continue to the park gates of the Sagarmartha National Park at Jorsale where you have to complete entry formalities. You then walk on alongside the river to arrive at the confluence of the Imja Drangka and the Nangpo Drangpo, which combine to form the Dudh Khosi. Crossing the river on a high suspension bridge over a spectacular chasm you start the steep climb to Namche. Near the halfway point of the climb, if the sky is clear, your first views of Everest and Lhotse come into sight. You then continue the climb, less steeply now, until you reach the outlying houses of Namche. Namche is the largest and most prosperous village in the Khumbu. Thamserku, 6,618m/21,712ft and Kwangde, 6,224m/20,420ft, loom to the east and west and the sacred mountain Khumbila, 5,707m/18,724ft, dominates the skyline behind the village. The steep, narrow streets at its centre are a mixture of traditional and modern, with Sherpa houses and lodges mingling with cafes, handicraft shops, and shops selling or renting trekking and climbing equipment, foodstuffs and vegetables, tennis shoes and Tibetan boots. Don't be surprised if, after the exertion of the climb and the rise in elevation, you feel a little tired and head-achey. You will no doubt feel better after a cup of tea and a rest.

**Overnight: Namche Hotel or Sherpaland (Meals: BLD)**

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**Day 12: Trek to Tashinga, 3,360m/11,024ft - 2 hours.**

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You will be at a higher altitude in Namche than you have been so far on this trip so today is a fairly easy day with just a short trek of less than two hours to Tashinga, a small hamlet lying on the classic route towards Everest. First you have a steep pull up out of the village to reach the Sagarmatha Park HQ and the National Park Museum, set on the hill above Namche. The museum is well worth a visit and from here there are also your first panoramic views of Everest and Ama Dablam - a spectacular spot. You then take a wonderful high trail which winds round the hillside high above the river. From this airy trail you have fabulous views of the mountains across the valley, principally Thamserkhu and Kang Taiga. The trail then drops toward the river, passing the path coming down from the village of Khumjung, to reach your lodge at Tashinga. You may spend the afternoon relaxing in the beautiful gardens and enjoying the views.

**Overnight: Luxury Lodge (Meals: BLD)**

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**Day 13: Trek to Thyangboche, 3,863m /12,674ft and return to Tashinga - 3-4 hours.**

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Looking across the valley from the Tashinga Lodge you will be able to see the path sloping diagonally up towards the famous monastery of Thyangboche. To reach it you first have to descend to the river. This takes between 30 minutes to one hour, descending steeply in a series of zig-zags to the Dudh Kosi River where you cross a suspension bridge in the lee of a gigantic overhanging cliff, 3,200m/10,499ft. A little further on is a small hamlet, Phunki Tenga, remarkable for its series of water-driven prayer wheels. You could stop here for a cup of tea.

It is then 2-3 hours from Phunki to reach the monastery at a slow and steady pace, stopping occasionally to look at the views or to bird watch. At first you climb steeply up on zig zags through a pine forest, mercifully in the shade, and then emerge to walk up a more gentle sloping path which rises like a ramp to the monastery itself. Emerging at the top, there is a large welcome gateway and a huge chorten which you pass before you get your first sight of the gompa.





The setting of Thyangboche Monastery is nothing short of magical, with the most amazing mountain views. Thyangboche's former temple was in fact burnt down only a few years ago and was re-built largely through the efforts of the Sir Edmund Hillary Trust. There is a very good visitors' centre and you should have time to sit down inside the temple for afternoon prayers, where conch horns are blown, drums are beaten and the monks chant prayers in the main prayer hall. Visitors are welcome but are expected to sit quietly on the right hand side of the temple and a small donation is appreciated! Sadly, it will then be time to leave and return down the trail to the bridge and back up through the forest to your lodge in Tashinga.

**Overnight: Luxury Lodge (Meals: BLD)**

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**Day 14: Trek to Monjo Lodge - 4 hours.**

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Leaving Tashinga you climb to Kangzhuma and then you return to Namche, again enjoying the fabulous views. If your group is feeling energetic you might break your journey to visit Khumjung village with its ancient gumpa or take in the views from the Everest View Hotel. You may discuss this option with your guide. You descend into Namche for lunch. After lunch you start the knee crunching descent back down to the valley. The warmer climate will offer a good opportunity to shed a layer or two and breathe the oxygen rich air! You continue down the Dudh Kosi valley for a short way past the checkpoint at Jorsale and on to Monjo.

**Overnight: Luxury Lodge (Meals: BLD)**

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**Day 15: Trek via Gumila Monastery to Lukla, 2,743m/8,999ft - 5 hours.**

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Today you will trek back to Lukla. Many people head towards Lukla with a heavy heart, knowing they are coming to the end of an exceptional journey. Memories of your trip will help you up the deceptively long, final climb into Lukla. You pass through the village of Phakding where you will have a chance to view the monastery at Gumila above Phakding. Within the monastery reside 12-15 monks from the Gelukpa Sect; it is also a Buddhist teaching monastery. It takes about 30-45 minutes to reach the monastery from the main trekking route. From here you will retrace your steps back to Lukla, to your lodge for the night.

**Overnight: Luxury Lodge (Meals: BLD)**

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**Day 16: Fly to Ramechhap. Drive to Kathmandu - 3½-4 hours.**

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This This morning you will take the small fixed wing flight back to Ramechhap, to be met on arrival and transferred back to Kathmandu, for some well-earned relaxation at Dwarika's

Please note that flights into and out of Lukla are sometimes delayed due to weather conditions; be reassured that our staff in Lukla and in Kathmandu will be doing everything possible to minimise the inconvenience caused if this happens. Your patience in the trying circumstances which can occur, will be greatly appreciated.



**Overnight: Dwarika's Hotel, Kathmandu (Meals: B)**

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**Day 17: Morning sightseeing tour of Kathmandu. Time at leisure. Transfer to airport and depart Nepal.**

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In the morning you will have an included half day sightseeing tour of Kathmandu, led by an English speaking guide, visiting the Monkey Temple at Swayambhunath and Kathmandu Durbar Square. In the afternoon, there is time to take a taxi to visit the old city of Bhaktapur a few miles to the east of Kathmandu or just to relax at the hotel and reflect on your trip. In the afternoon there will be a group transfer to the airport for your overnight flight to London.

**Overnight: In flight (Meals: B)**

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**Day 18: Arrive London.**

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## Our grading system

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Annapurna & Everest in Style is graded as a Moderate trekking holiday, as described below.

### **Moderate**

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

## Trip altitude

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**Important** - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend [www.medex.org.uk](http://www.medex.org.uk) as a good source of information.

## What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

### What's included:

- ✓ 5\* hotel accommodation in Kathmandu on a twin share, bed and breakfast basis
- ✓ 9 nights Luxury Lodge accommodation on a twin share, full board basis
- ✓ 4\* hotel in Pokhara on a twin share basis
- ✓ 1 night hotel in Mulkot on a twin share basis
- ✓ One night in a trekking lodge in Namche on a twin share, full board basis (all bedding provided)
- ✓ All road transport by private vehicles
- ✓ Local English-speaking trek guides
- ✓ Costs of all portering and staff insurance
- ✓ Sightseeing where specified
- ✓ Down jackets - available in lodges for use each night on Annapurna trek and available in Monjo for the duration of the Everest region trek - you may bring your own if you prefer
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ All internal flights and domestic airport transfers
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)

### Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

### What's not included:

- × Some meals (as indicated in the itinerary)
- × Travel insurance
- × Visa fees
- × Tips

### Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit [For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign).

## Your accommodation

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We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



### **Dwarika's Hotel, Kathmandu**

We use the 5\* Dwarika's Hotel. It is built in traditional Nepalese style and features many architectural relics rescued from palaces and temples in the valley as well as Nepalese furniture, carvings and statues. The building has a palace-like atmosphere and you really feel as if you are stepping back into Nepal's history. It is filled with fascinating original carvings and artefacts. Its elegant Krishnarpan restaurant is one of the best places to eat in Kathmandu. It also has a pleasant courtyard garden with swimming pool.



### **Sanctuary Lodge, Birethanti**

A small, comfortable lodge. Accommodation is in charming 'cottages' set in terraced gardens. There are excellent mountain views of the Annapurnas.



### **Himalaya Lodge, Ghandruk**

Located at over 6,500 feet, the Himalaya Lodge, in the shadow of the Annapurna overlooks Ghandruk, once a popular recruitment location for the Gurkha soldier regiment.



### **Bee Lodge, Landruk**

Set above the village of Landruk this is the last lodge you come to having walked through the village and has tremendous views back down the valley and across to Ghandruk. The rooms here are a bit bigger and the bathrooms more modern than the other lodges. The main restaurant and bar is also grander but the atmosphere is still cosy and very welcoming.



### **Gurung Lodge or Mala Lodge, Majgaun**

The Gurung Lodge in Majgaun is built along the lines of a traditional Nepalese village. Every room has antique carved windows and spectacular views of the surrounding valley and mountains.

Mala Lodge is a newer lodge built in local style and set amongst rice terraces. It has 18 twin bedded rooms with attached bathrooms.



### **Barahi Hotel or Similar, Pokhara**

Only a five minute walk to the Phewa Tal Lake front and the nearby bars and cafes, the Barahi enjoys an enviable location and good facilities. It has a landscaped outdoor pool and an all-day restaurant serving a range of Nepali and international dishes. Rooms are light and well-proportioned and come with a balcony, tea/coffee making facilities, mini bars and free Wi-Fi.



### **Freedom Resort or Similar, Manthali**

Flights for Lukla now depart from the small airstrip at Ramechhap and we use the Freedom Resort in nearby Manthali as a convenient stopover on the night before the flight. The Freedom Resort offers simple yet comfortable en suite rooms and also has a swimming pool, bar and in-house dining.



### **Luxury Lodges, Everest**

The luxury lodges at Monjo, Mende, Tashinga, Pangboche, and Lukla have been built in the last few years by a large, well-known trekking company that has been operating in Nepal for over 35 years and is owned jointly by one of the wealthy Bhutanese families. The lodges surpass anything else in the Everest region in terms of quality and have the very definite advantage of en suite bathrooms and flush toilets for all bedrooms.



### **Namche Hotel or Sherpaland**

In Namche Bazaar we generally use either the Sherpaland or the Namche Hotel. These typical trekking lodges are conveniently situated in the centre of town. They have electricity, good food, ensuite bathrooms and bedding is provided.

## **Meal arrangements**

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Bed and breakfast in Kathmandu and Pokhara. All meals included whilst on trek.

## **Flight arrangements**

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### **Flight inclusive from price**

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

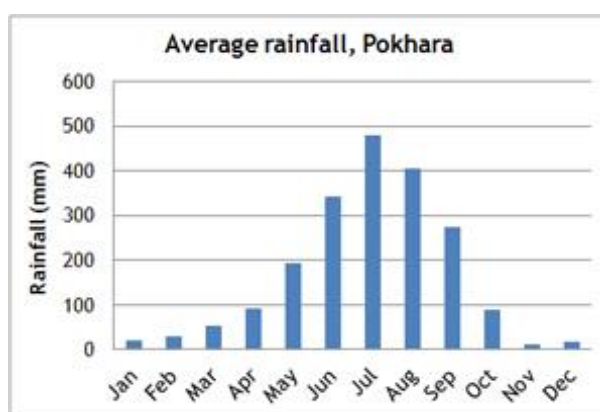
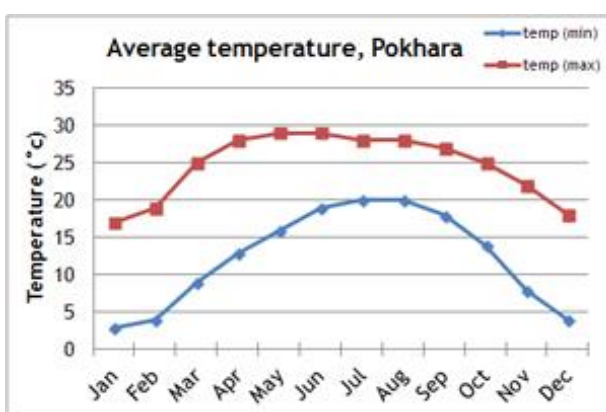
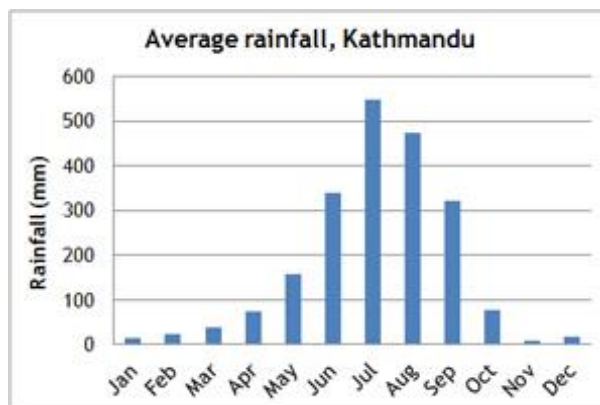
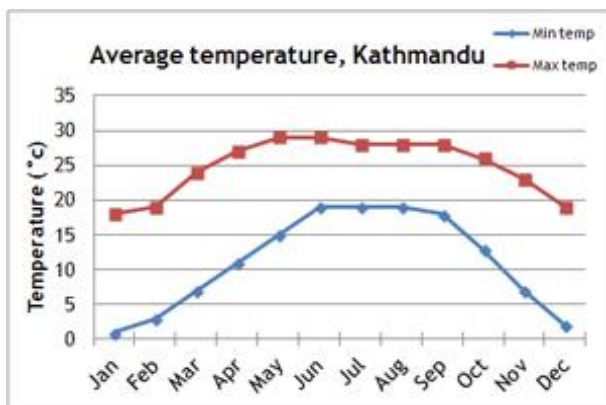
Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

### **Flight upgrades and regional Airports**

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

## Climate information

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## Further information

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When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## The nature of adventure travel

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Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

# Extensions

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## Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at [www.mountainkingdoms.com](http://www.mountainkingdoms.com).



### Extra nights in Nepal

If you would like to extend your stay in Nepal, you can add extra nights at your group tour accommodation or choose from our range of distinctive properties in Pokhara and the Kathmandu area. We can offer luxury resorts, heritage hotels, tranquil lodges and characterful cottages. Our selection includes Dwarika's hotel in Kathmandu and its sister property - Dwarika's Resort at Dhulikhel, Pavilions Himalaya at Pokhara, Tiger Mountain Pokhara Lodge and Shivapuri Heights Cottage. Individual extension leaflets for all these options can be downloaded from our website or requested from our office.



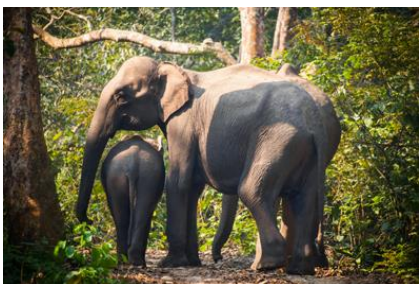
### Kathmandu Valley sightseeing excursions

We can arrange half day or full day sightseeing tours taking you to the key cultural attractions of central Kathmandu or the Kathmandu Valley including the World Heritage Sites of Bhaktapur and Patan. Your tour will be led by an English-speaking guide and you will have a private vehicle and driver.



### Bhutan and Tibet extensions from Nepal

Whilst in the Himalaya, why not extend your Nepal holiday with a tour of the cultural highlights of Bhutan or Tibet. We offer several extension packages that include all accommodation, meals and sightseeing or we can tailor an itinerary to suit your exact requirements. Download extension leaflets for our Bhutan and Tibet extensions from Nepal, or contact the office to discuss various options.



### Wildlife extensions in Nepal - Chitwan, Bardia & Koshi Tappu

Visit Chitwan or Bardia National Parks home to a rich variety of birds and animals including elephant, rhinos, leopard and Bengal tiger. Stay in a comfortable lodge and enjoy a range of wildlife viewing activities. Alternatively visit the renowned Koshi Tappu Wildlife Reserve - one of the finest birdwatching and wildlife areas in all Asia.



### Lumbini

Enjoy a three day extension to the birthplace of Buddha, one of the most important Buddhist pilgrimage sites in the world. Take the short flight from Kathmandu, and spend two nights in a comfortable 3\* hotel, just steps from the Lumbini temple complex, with a full day to explore the fascinating UNESCO World Heritage Site in the company of your expert local guide.

## Why book this holiday with Mountain Kingdoms?

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- This is the perfect introduction to two of the most iconic trekking regions in the world, giving spectacular views of the highest mountains on the planet.
- We trek in the Annapurna foothills first, before flying up to the higher Everest region. This provides better acclimatisation and concludes the trip on a 'high'.
- Our itinerary has a relaxed pace and includes two days which can be used as contingency days if necessary in case the mountain flights are delayed or cancelled.
- First rate accommodation throughout - we use the best trekking lodges in Nepal, Dwarika's 5\* heritage hotel in Kathmandu and a top quality hotel in Pokhara.
- We include a half day's sightseeing tour in Kathmandu.
- Our maximum group size is 12 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We have a wealth of Himalayan experience in the company, most of our staff have visited Nepal and several staff members have trekked the trails featured in this trip.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades, wildlife tours and other exciting activities.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: [www.mountainkingdoms.com](http://www.mountainkingdoms.com) or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.



## What our clients say

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*It was a wonderful experience. I particularly liked the scenery, company, leadership and the friendliness of the Nepali people. The comfort of the en-suite facilities in the lodges were greatly appreciated.*

*- Mrs R, Cornwall*

*Lodges were fantastic with hugely friendly staff.*

*- Ms P & Mr B, Warwickshire*



*The scenery was wonderful and meeting local people a real joy. We could describe our experience as both exhilarating and exciting, not to mention exhausting at times but were always refreshed by excellent hospitality at the various lodges. Thanks due to all concerned.*

*- Carol & James, Winchester*

*Bistarai, bistarai - our guide's words as we set off to climb the steep and rugged paths towards Tyengboche at altitude. It worked - the slowly, slowly pace helped us acclimatise and ensured that we enjoyed all the sensory experiences that a trek like this can offer. We gained a precious and tiny insight into life in a wholly different country from our own and were changed by that experience. Unforgettable!*

*- Tuppence, Hampshire*



*The combination of Annapurna and Everest made this a perfect blend of trekking, scenery, challenging walking and great accommodation. Together with this and perfect weather, we were blessed with the most amazing holiday experience. The views of Mount Everest were spectacular and you can really feel the history of the place. Awesome! We have returned feeling both privileged and energised.*

*- Mr & Mrs S, West Yorkshire*



*This holiday fully lived up to its expectations. We had magnificent walking, magnificent views of Annapurna and Everest - and of course many other mountains - and it really was in style, with a fabulous hotel in Kathmandu and Pokhara, and wonderful lodges on the two treks. The weather was fantastic (though I suppose that was not guaranteeable) - and the group of 11 people were extremely good company.*

*Mr G, York*

# Mountain Kingdoms - distinctly different

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## **Truly independent**

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

## **Value for money prices with an emphasis on quality**

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

## **Complete financial security**

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

## **No Surcharge Guarantee**

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

## **Award winning Responsible Tourism**

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at [www.mountainkingdoms.com](http://www.mountainkingdoms.com).

## **Genuine small group travel**

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

## **Loyalty Discount**

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

## **Booking your holiday - it couldn't be easier**

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

## **Comprehensive information**

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



## RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit [www.tourismdeclares.com](http://www.tourismdeclares.com)

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures.

Here are some of our current and future plans to minimise the impact of our business as a whole:

### Carbon Offsetting

#### Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan](#) tree planting project in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

#### Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

### Reducing Carbon Emissions

#### Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

#### Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights - for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

