

Annapurna Base Camp in Style, Nepal

Trek to Annapurna Base Camp in the spectacular Annapurna Sanctuary with the best lodges and service along the way.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Luxury Lodges, Tea Houses
Grade	Vigorous
Duration	15 days from London to London
Trekking / Walking days	On trek: 12 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	4,130m/13,550ft, Annapurna Base Camp, Day 9

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2024 Dates:

Sat 23 Mar - Sun 07 Apr

Sat 19 Oct - Sun 03 Nov

Sat 02 Nov - Sun 17 Nov

2025 Dates:

Sat 22 Mar - Sun 06 Apr

Sat 18 Oct - Sun 02 Nov

Sat 01 Nov - Sun 16 Nov

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.

Please be aware that the option of a single room is not available in the tea houses. Please see the 'Special Notes' and 'Your Accommodation' section of this itinerary for further information.

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.

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 trip highlights

- Enjoy the perfect first Himalayan trek through classic high mountain scenery to explore the heart of the spectacular Annapurnas
- Trek to Annapurna Base Camp and the Annapurna Sanctuary staying in luxury trekking lodges and the best tea houses en route
- Spend two nights at Dwarika's Hotel in Kathmandu - a superb, 5* heritage property
- Tour the key sights of Kathmandu

At a glance itinerary

Days 1-2	Fly to Kathmandu.
Day 3	Fly to Pokhara. Begin trek.
Days 4-7	Trek to Deurali via Ghandruk, Chomrong and Dovan.
Day 8	Trek to Machhapuchare Base Camp.
Days 9-10	Trek to Annapurna Base Camp, 4,130m/13,550ft. Enjoy views then descend to Himalaya.
Days 11-12	Trek to Chomrong and on to Landruk. Stop at hot springs en route.
Days 13-14	Trek the Nature Trail to Majgaun and continue to Damphus. End trek at Phedi and transfer to Pokhara.
Days 15-16	Fly to Kathmandu. Sightseeing tour. Fly to London.

Trip summary

This special trek combines luxury lodges where available with the best available tea houses and has many extras included which will enable you to trek in the shadow of Annapurna in the most comfortable possible way.

This magnificent trek is one of the most spectacular in Nepal and takes you up into the Annapurna Sanctuary, a high glacial basin lying north of Pokhara and known as a 'Sanctuary' because of its natural serenity and beauty and its religious significance to local people. The focus of your trek is Annapurna Base Camp, a magnificent spot located at 4,130m/13,550 and set below a ring of eleven of Nepal's major peaks. Sunrise from the moraine above base camp is an unforgettable experience and you will have spectacular views of these giants, including the immensely impressive south face of Annapurna I. This isolated cirque of peaks can only be approached by one route, the scenic gorge of the Modi Khola River which carves its way between the Machhapuchare and Hiunchuli and into this hidden fortress of mountains.

The luxury Lodges, where you will stay for four nights of your trek, provide an extremely high standard of accommodation with comfortable bedrooms with attached bathrooms, a high standard of service and excellent food. On the nights when you stay in tea houses we will ensure that these are the best possible available and extras will be provided to ensure you have a comfortable stay such as a nightly happy hour with snacks while in your rooms you will be provided with soft pillows, a good quality sleeping bag and liner along with a hot water bottle for the more chilly nights.

Your guide



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.

Special notes

Important Note re. tea houses above Chomrong

The Local Community/Lodge Owners in the Annapurna Base Camp area have changed the system of selling lodge rooms above Chomrong and now people travelling in this area will need to be prepared to share a dormitory with 4-6 beds in each village. They have instigated this new system due to the limited number of lodges above Chomrong. As per Annapurna Conservation Area Project regulations, each village is only allowed 4-5 lodges with 6 rooms each only. No permission is given for more lodge construction and so lodge owners were compelled to change the system in order to accommodate the volume of trekkers in the area. You spend five nights above Chomrong, so it is only for these nights that this applies. Of course it may be that above Chomrong we are able to provide twin sharing rooms but this can no longer be guaranteed. We hope you will understand this has become beyond our control. Room sharing arrangements in these lodges will be decided on the ground based on the group's wishes - it can either be split into single sex rooms or by couples, depending on the preference of individuals within your group.

Your trip itinerary

Day 1: Depart London.

Depart London on your overnight flight to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to hotel.

You will be met at the airport and transferred to Dwarika's Hotel, a luxurious and stylish hotel built in local palace style and furnished with Nepalese furniture, carvings and statues, and offering an elegant courtyard with a swimming pool. The hotel has several excellent restaurants. Dwarika's is a peaceful haven and an excellent place to unwind after the long flight from London.

Overnight: Dwarika's Hotel, Kathmandu

Day 3: Fly to Pokhara. Trek to Sanctuary Lodge, 940m/3,080ft - 3 hours.

You will be transferred to the airport for the short flight to Pokhara, the starting point for treks to the Annapurna region. After visiting the Ker and Downey office for a short briefing you will transfer to the village of Lumle, about a one hour drive. You meet your trek team and set off walking up a paved trail to the top of the ridge, giving you good views of the Pokhara valley below. You then cross the ridge over into the valley of the Modi Khola River which leads up to the high peaks. You should then have your first views of the mountains, including Machhapuchare, the so called Fishtail Peak. You descend into this beautiful valley to your lodge for the night. The Sanctuary Lodge is set in a lovely location on a spur overlooking the River Modi, about twenty minutes from the village of Birethanti. If you have time on arrival you might like to make the short walk to Birethanti, an attractive Newari village with substantial houses and paved streets.

Overnight: Sanctuary Lodge, Birethanti (Meals: BLD)

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

Today is quite a short day's walk but is mostly uphill. You will probably have a late lunch on arrival at your lodge. The long climb up to Ghandruk (also known as Ghandrung) takes you on steps up through lovely countryside of fertile cultivated terraces, small settlements and attractive farmhouses. You will share the path with local people and school children while all around you see the farmers working in the fields with buffalo drawn ploughs and traditional tools or pounding corn and weaving cloth out on the paved terraces of their well-built houses. As you climb you will have lovely views of the valley with the mountain up ahead and the river down below. You pass through the pretty village of Kimche, 1,554m/5,100ft, after about 3 hours and then continue up through rhododendron and oak forest and after another 2 hours you reach the Ghandruk's welcoming entrance arch. You then have a final climb, up through village streets, to the Himalaya Lodge where you will stay for the night. Ghandruk is a busy, prosperous village, well known for the many people from here who have served as soldiers with the Gurkhas. In the afternoon you may explore the village and see some of the local carpet weavers. From the terrace of your lodge there are fantastic close up views of the mountains and your route ahead!



Overnight: Himalaya Lodge, Ghandruk (Meals: BLD)

Day 5: Trek to Chomrong, 2,170m/7,120ft - 5 hours.

From Ghandruk village you contour round to a small pass on a ridge with a couple of tea houses and then you descend through forest to Khymnu (also known as Kimrong) an attractive small village on the banks of the Khymnu Khola, a tributary of the Modi Khola. From Khymnu you climb through farmland and forest to reach a high trail which takes you round to a corner of the trail above the Modi Khola. You then climb a little further before descending on wide steps into the village of Chomrong. Chomrong is the last true village on the way to the Sanctuary - further on there are just small settlements built to provide accommodation for trekkers going

up into the Annapurna Sanctuary. From Chomrong you have great mountain views which include Annapurna South, 23,687ft/7,220m, Hiunchuli, 21,132ft/6,441m, Annapurna III, 24,786ft/7,555m, Machhapuchare, 22,943ft/6,993m, and Gandharba Chuli, 20,498ft/6,248m.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Dovan, 2,600m/8,580ft - 5 hours.

From Chomrong you descend on steps through terraced fields to cross the river on a long suspension bridge. From the bridge you ascend steeply through farmland and forest for about an hour and a half to Sinuwa Danda, a small settlement in the forest, built at a corner of the trail with views up the valley of your route ahead. From Sinuwa you continue through forest festooned with ferns and orchids for a further hour to the small settlement of Khuldi-ghar perched steeply on the valley side. Here your trekking permit and conservation ticket is checked and registered. You then descend across rock slabs into a dense bamboo forest. The trail climbs through this forest, often over a tangle of roots and fallen bamboo that can be slippery when wet, to reach the place known as Bamboo. You then continue up for another hour or so to reach the tea houses at Dovan.

Overnight: Tea House (Meals: BLD)

Day 7: Trek to Deurali, 3,200m/10,499ft - 5-6 hours.

Today you continue the ascent, trekking up and down through bamboo forest, high above the river, making height steadily until you reach the houses at Himalaya at 2,870m/9,416ft. From Himalaya you climb, in places very steeply now, to finally emerge into a more open alpine landscape with fewer trees and continue climbing to arrive at the welcome tea houses at Deurali.



Overnight: Tea House (Meals: BLD)

Day 8: Trek to Machhapuchare Base Camp, 3,658m/12,000ft - 3-4 hours.

You will now be feeling the altitude, as you get closer to the snowy peaks and the vegetation changes from forest to shrubs. From Deurali the trail narrows as you pass through the so called 'gates' of the Sanctuary, and then there are several steep climbs to reach the Machhapuchare Base Camp area at 3,658m/12,000ft. Because the peak of Machhapuchare is sacred to the Gurung people and considered the home of a Gurung goddess the peak has now been declared off limits to climbers and it has remained unclimbed, although a British expedition did climb to within 200m of the summit in 1957.

To aid acclimatisation you will spend the night here rather than continuing directly to Annapurna Base Camp. It is worth climbing the moraine behind the tea houses to look out over the glacier and for the views back down to the Sanctuary Gates and up to the summit of Machhapuchare. Look out for blue sheep which are occasionally seen here.

Overnight: Tea House (Meals: BLD)

Day 9: Trek to Annapurna Base Camp, 4,130m/13,550ft - 3-4 hours.

From Machhapuchare Base Camp you take a trail winding up steeply for 1 hour. As you reach the upper ridge in the open, wide valley you enter a hidden amphitheatre with a complete view of an array of snowy peaks spread out around you. Another 1-2 hours of slow and steady walking will bring you to Annapurna Base Camp in the heart of the Annapurnas. Beyond the tea houses you may walk just a few minutes further to climb to the top of the moraine for the best possible views.

Overnight: Tea House (Meals: BLD)

Day 10: Enjoy dawn views at base camp. Start descent.

Today you will rise early to be rewarded with the spectacular sight of sunrise over Annapurna South and her awe-inspiring neighbours with a magical moment as the flush of pink first hits the peaks. Up here you are completely surrounded by soaring, snow-capped giants, including Annapurna 1, Tent Peak, Annapurna South, Hiunchuli, Gandharba Chuli, and Machhapuchare. You can look straight across the glacier at the towering south face of Annapurna 1 right in front of you and seemingly almost close enough to reach out and touch. It is all quite magnificent and unforgettable. After this feast of glorious mountain scenery, you will regretfully start your descent and retrace your steps back down past Machhapuchare Base Camp and on down through the gates of the Sanctuary. After so many days of ascent it is a real treat to be descending and your lungs will respond well to the lower altitude! You descend as far as Himalaya where you will stay overnight.



Overnight: Tea House (Meals: BLD)

Day 11: Continue descent and trek to Chomrong.

Today you trek back down through the dense forest of oak, rhododendron, pine and bamboo, all the way to Bamboo, a small settlement built to cater to the needs of the trekkers. From Bamboo, a 45-minute steep climb brings you back to Khuldi Ghar where you have to sign out before you leave. You walk through forest back to Sinuwa and then descend steeply to the river. After crossing the bridge, a final hour steeply uphill on steps brings you back to Chomrong village for your overnight stay.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Jhin Danda and visit hot springs. Continue trek to Landrung.

From Chomrong you climb the stone steps up and out of the village and back to the corner where there is a major fork in the trail. One way leads down steeply to your left while the other continues on round into the valley of the Khygnu Khola. You take the steep trail down and arrive at the houses of Jhin Danda where you will have lunch. While this is being prepared you may take a side trip down to visit some hot springs - it's about 20 minutes down through the forest to reach the springs and a little longer to climb back. Take a swim suit if you would like to bathe, a real treat after so many days trekking.

After lunch you descend to cross the Kymnu Khola and then descend further to cross the Modi Khola at New Bridge (Nyaphul). From here you continue alongside the river for a while and then climb to the village of Landrung where you are back to the pleasures of a Ker and Downey Lodge, the Bee Lodge.

Overnight: Bee Lodge, Landruk (Meals: BLD)

Day 13: Trek to Majgaun, 1,400m/4,620ft, along the 'Nature Trail' - 4 hours.

Now you are back in the verdant land of the lower Modi Khola valley with its terraced fields and small, pretty villages. The trail contours along the side of the valley with some ups and downs as you trek downstream through rice fields and villages. You'll reach the Gurung Lodge in time for a late lunch. If you prefer a slightly easier day it is possible to walk down the jeep track to Majgaun.

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

Day 14: Trek to Lumle - 1.5 hours. Drive to Pokhara for lunch. Fly to Kathmandu.

It is only a short walk this morning to the end of your trek at Lumle. Here you will meet your transport for the drive to Pokhara - a journey of around an hour. In Pokhara you will have time for a lakeside stroll and lunch before transferring to the airport for your flight back to Kathmandu. On arrival you will be met and transferred back to the Dwarika's Hotel.

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

Day 15: Morning sightseeing tour. Late afternoon transfer to airport. Depart Nepal.

In the morning you will have a sightseeing tour to Boudhanath Stupa, a Buddhist monument much frequented by Tibetan and other Buddhist pilgrims. You will then travel on to Pashupatinath, an important religious site for Hindus with its temple to the god Shiva and the ancient cremation ghats on the banks of the sacred Bagmati River.

Late afternoon, there will be a group transfer to the airport for your overnight flight to London.



Day 16: Arrive London.

Our grading system

Annapurna Base Camp in Style is graded as a Vigorous trekking holiday, as described below.

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

These holidays would suit enthusiastic hill/mountain walkers.

Trip altitude

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 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:

- ✓ Economy class return air fares from the UK & UK departure tax (flight inclusive only)
- ✓ An experienced, English-speaking local leader
- ✓ All internal flights and domestic transfers
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ 5* hotel in Kathmandu on a bed and breakfast, twin share basis
- ✓ Half day Kathmandu sightseeing tour
- ✓ All road transport by private vehicles
- ✓ All meals on trek including tea and coffee
- ✓ Luxury Lodges for 4 night, best available tea houses for 7 nights
- ✓ Happy hour with snacks in lodges and in local tea houses
- ✓ Soft pillow, sleeping bag and liner and a hot water bottle on nights in local tea houses.
- ✓ A down jacket is provided for use on trek
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Trek staff and full portorage
- ✓ Local staff properly insured and equipped
- ✓ Park fees
- ✓ 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:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Lunch and evening meals in Kathmandu and Pokhara
- ✗ 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

<https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

Your accommodation

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.

Luxury Lodges

All Ker & Downey lodges have simple but comfortable bedrooms and en suite facilities. They are located well away from civilisation and roads and will be a welcome sight at the end of each day, being extremely well-maintained and set in wonderful gardens. Here you can relax with a cool glass of lemonade, or take tea/coffee and biscuits in your room, while you look forward to a complimentary “Happy Hour” with drinks and appetisers in the dining room, followed by a three-course evening meal; the menus are interesting and reflect the Nepalese cuisine. In line with conservation efforts in the mountains, meals are prepared using gas, all electricity supplied by generator and hot water is provided by solar energy. Wood for fires is provided from river driftwood.



Dwarika's Hotel, Kathmandu

Dwarika's unique 5* hotel is built in 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. Rooms are large and stylish and its elegant restaurant is one of the 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.



Tea Houses

Tea houses are a long established tradition in the trekking regions of Nepal, providing an important source of income for the local people. They vary in size and quality. Tea houses offer simple accommodation comprising twin bedded rooms and basic toilets - not usually en suite. Many tea houses also offer rudimentary hot showers for a small fee. Some tea houses have a limited supply of solar powered electricity but this is not always the case so have a head torch handy. Meals are taken in a communal dining area which is warmed by a wood or yak-dung burning stove. Most trekkers relax here for the evening.



For various reasons, it is not possible to guarantee single rooms in tea houses. If you are travelling without a companion and would like a single this may sometimes be possible upon payment of a small supplement on the spot (usually around \$10). Alternatively, if the tea house has an odd number of guests on the night you may be lucky and find yourself in a room on your own. However it is more likely you will share with someone (of the same sex obviously). This would most likely be someone within your group but when the tea houses are busy, it could even be someone else. Be prepared for this! We do however offer the option of a single room in your hotel in Kathmandu for a supplement.



Bee Lodge, Landruk

This is one of the newest Ker and Downey Lodges offering the same comfort and great service as their other lodges in this area. Set above the village of Landruk it 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.

Meal arrangements

All meals on trek are included. Bed & Breakfast in Kathmandu.

Flight arrangements

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.

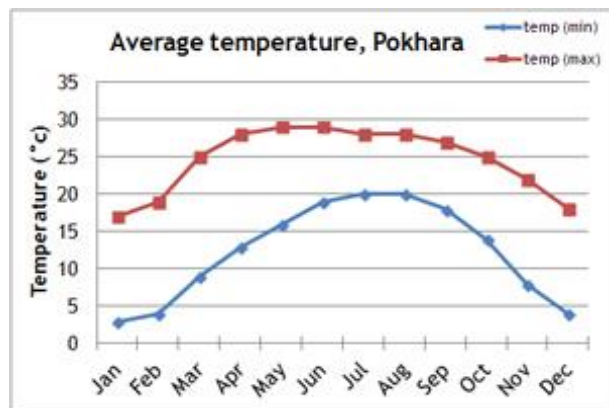
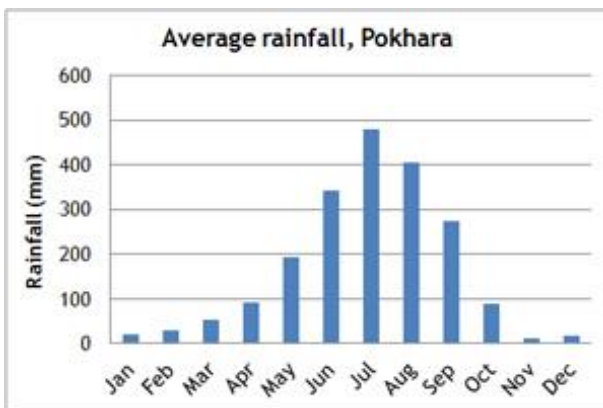
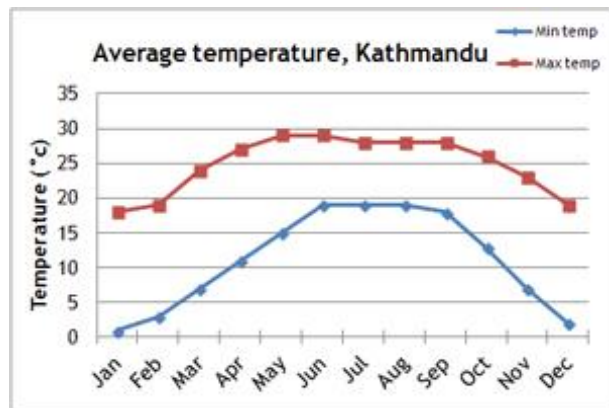
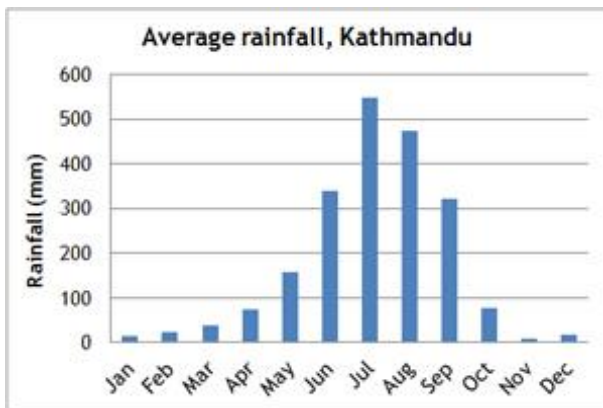
Further information

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

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.

Climate information



Extensions

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.



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?

- This is the most comfortable possible way to trek to Annapurna Base Camp
- We use first rate hotel accommodation with 2 nights at 5* Dwarika's Hotel in Kathmandu.
- We use Luxury Lodges for those sections of the trek where they are available. Elsewhere we use the best possible tea houses.
- Lots of extras are included in the Annapurnas such as happy hour with drink and snacks on all trekking nights.
- We also include a half day's guided sightseeing in Kathmandu
- We offer free hire of a down jacket, four-season sleeping bag and fleece liner that are supplied in-country.
- We have a wealth of Himalayan Experience in the company and several members of staff have completed treks in the Annapurna region and so have first-hand knowledge which they are very happy to share with you.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- 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 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.

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 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



A wonderful trip. Although we love to travel, we would not have considered organising an experience like this for ourselves. We saw so much, learned so much and enjoyed the whole adventure from start to finish. Our guide, Nemgel Sherpa, was very knowledgeable and added so much to our enjoyment, as well as being constantly cheerful and helpful, as were all our four porters.

-Chris and Diana Mulcahy, France



Having travelled with Mountain Kingdoms several times previously, we felt confident that we would be well looked after. The trek crew were very supportive and great fun to be with.

- Mr M, Leicestershire

We had a tremendously enjoyable holiday and your hard work on the pre-trip extension paid off very well indeed. The trekking was great. The group gelled really well and the local sirdar and his team were brilliant. Dwarika's Hotel was superb, and wonderful mountain scenery.

-Mr & Mrs B, Hertfordshire



This is a tough trek with many steep climbs and descents, but thoroughly enjoyable. Having done the Everest Base Camp and the Annapurna Circuit, I feel that this trek brings you closer to the giant, snow-capped mountains than any other trek. The ABC is like a bowl surrounded by soaring mountains all around (360 degrees), including South Annapurna and Annapurna I which is above 8,000 m. The whole panorama is breathtaking. On the way to the top, you walk through terraced farms and villages which provide an eye opener about rural life in Nepal. Farming methods there reminded me of those in Southern European countries 70-80 years ago. You also walk through amazing forests with a variety of trees, birds and monkeys, as well as through deep valleys with glacier rivers (that is one of the reasons for the numerous steep climbs and descents). And of course the views both on the way up and the way down are really spectacular.

- Dr S, London



We opted for a mid December start for our private trek to Annapurna Base Camp, so well beyond the peak trekking season. What a good choice this turned out to be! We understand that the paths, though certainly not deserted, were much quieter than in peak season. The tea houses and lodges were also quiet, enabling us to soak up the atmosphere and environment in relative peace and quiet. Our initial concerns about the cold did not materialise, partly because it was sunny virtually every day and also because the equipment provided by Mountain Kingdoms (sleeping bag and inner, down jacket, soft pillows and hot water bottle) were all good quality and warming...The itinerary is excellent and enables plenty of time to be spent at the lodges and tea houses on arrival, soaking up the atmosphere and views. This was aided by it being a private journey as we could go at our own pace each day.

- Mr E, Kent (Private Departure)



Mountain Kingdoms - distinctly different

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.

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

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.

