

Annapurna Sanctuary, Nepal

The perfect first Himalayan trek through classic Nepali scenery into the heart of the Annapurnas.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Tea Houses
Grade	Vigorous
Duration	16 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	Trek Leader Nepal
Land only	Joining in Kathmandu, Nepal
Max altitude	4,130m/13,550ft, Annapurna Base Camp, Day 8

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2024 Dates:

Sat 23 Mar - Sun 07 Apr
Sat 06 Apr - Sun 21 Apr
Sat 12 Oct - Sun 27 Oct
Sat 02 Nov - Sun 17 Nov

2025 Dates:

Sat 22 Mar - Sun 06 Apr
Sat 05 Apr - Sun 20 Apr
Sat 11 Oct - Sun 26 Oct
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.

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.

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.

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 guide



These treks are led by professionally trained English-speaking Sherpas. We have many very experienced Sherpas living and working in the Annapurna region, for example:

Bhuvan K C - affectionately called 'KC' and the 2006 winner of the Wanderlust 'Paul Morrison' Guide of the Year award.

Durga Kattel - a very experienced guide who has knowledge of Nepali flora & fauna.

Jangbo Sherpa - another experienced and knowledgeable guide.

Passang Tapling - a very good leader and many people returning to us ask for him to be their leader again.

We cannot guarantee which Sirdar will be assigned to any particular departure, but the above information should give you a taste of our Annapurna leaders.

Your trip highlights

- The perfect first Himalayan trek through classic high mountain scenery
- Explore the heart of the Annapurnas - the home of the Gurkhas
- Trek with a highly experienced Sherpa leader and support crew
- Stay in traditional tea houses on trek and give something back to the local community
- Four-star hotel in Kathmandu

At a glance itinerary

Days 1-2	Arrive Kathmandu.
Day 3	Fly to Pokhara. Drive to Dhampus Phedi. Trek to Pothana.
Days 4-6	Trek to Deurali via Sinuwa and Bamboo.
Day 7	Trek to Machhapuchare Base Camp.
Day 8	Trek to Annapurna Base Camp, 4,130m/13,550ft.
Days 9-12	Trek to Dovan, then on to Tadapani and Ghorepani.
Day 13	Climb Poon Hill and trek to Ulleri.
Day 14	Drive to Pokhara. Fly to Kathmandu.
Day 15-16	Fly to London.

Trip summary

The Annapurna Sanctuary Trek is the perfect first Himalayan trek - It offers wonderful walking and superb views without undue acclimatisation problems and all within 16 days, London to London. The trek takes you right into the Annapurna Sanctuary, a high glacial basin located north of Pokhara and known as the 'Sanctuary' both because of its natural beauty and its religious significance to local people who believe in the divine presence there of the goddesses, Annapurna and Gangapurna, important figures in Hindu myth and folklore. The focus of the trek is Annapurna Base Camp, a magnificent spot at 4,130m/13,550 set below a ring of eleven of Nepal's major peaks. Here you will have a spectacular view of these giants including the immensely impressive south face of Annapurna 1.

Setting out from Pokhara through typical Nepali terraced farmland and villages, you trek through varied scenery toward the Annapurna Sanctuary, lying forty kilometres directly north of Pokhara. Beyond the village of Chomrong, from where the views of Machhapuchare are exceptionally beautiful, the trail enters a dense mountain bamboo forest clinging to the sides of the steep Modi Khola gorge. Waterfalls cascade down the cliffs to the river far below and you will often see troops of Langur or Rhesus Macaque monkeys and varied birdlife along the way. In the past, few people apart from a few hunters and shepherds, ventured beyond Chomrong up the narrow trail into the remote Annapurna Sanctuary and there are no permanent human habitations apart from at Kuldi Ghar where there are some shepherds huts and more recently small settlements built along the way to accommodate trekkers to the Sanctuary. The entrance to the Annapurna Sanctuary is 'guarded' by the mountain giants Machhapuchare and Hiunchuli, and you pass between them into a huge ice-clad cirque of some of the highest mountains in the world. You spend two days here exploring, with a visit to Sir Chris Bonington's Annapurna Base Camp, 4,130m/13,550ft, with some staggering views of the South Face of Annapurna.

The trek back to Pokhara is by a different route and includes a dawn hike up Poon Hill for sunrise over the Himalaya. This is one of the best first treks to do in the Himalaya, as the trail gets spectacularly close to the mountains but does not go dramatically high.

If you would prefer to do this trek in a bit more comfort take a look at our Annapurna Base Camp in Style itinerary which utilises luxury lodges where these can logically be incorporated into the itinerary.

Special notes

Important Note about the tea houses above Chomrong

The Local Community/ Lodge Owners in the Annapurna Base Camp area have recently 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.

Fly overnight from London to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to hotel.

On arrival in Kathmandu you will be transferred to your Hotel. Kathmandu is a wonderful mixture of the ancient alongside the modern. Crowded bazaars still throng with colourful ethnic people today as they have for the past hundreds of years while roads are crowded with rickshaws, cars, roaring motorbikes and buses. Ancient temples and crumbling shrines sit alongside modern offices, picturesque palaces slowly sag into dereliction while Buddhist stupas gaze over the bustling scene with their all seeing eyes. Although this is a crowded, noisy and polluted city it is also friendly, fascinating and vibrant. Tonight you may choose to eat at the hotel, or you could head off into Thamel to one of the famous restaurants there, such as Rum Doodle Restaurant, a place frequented by trekkers and climbers alike, with pride of place given to a board with the signatures of many Everest summiteers.

Overnight: Kathmandu Guest House or Similar, Kathmandu

Day 3: Fly to Pokhara. Drive to Dhampus Phedi, 914m/3,000ft. Trek to Pothana, 1,829m/6,000ft - 4-5 hours.

You will be met at your hotel and taken to the airport for your flight to Pokhara. This is a spectacular and exciting flight in its own right passing over the Himalayan foothills, with views of the main range. From Pokhara, it takes about 1-1½ hours to drive to Dhampus Phedi then it is a steep two-hour uphill walk to the village of Dhampus for lunch, with Annapurna as the backdrop. The trail then climbs more gradually for a few hours to Pothana, a small village in the middle of the woods, with a grand view of the Annapurna range including the majestic Mt. Machhapuchare ('Fish Tail'), a beautiful spot for your first overnight stay in a tea house.



Overnight: Tea House (Meals: BLD)

Day 4: Trek to New Jhinu Danda, 1,780m/5,839ft - 6½ hours.

From Pothana, the trail leads up through chestnut forest with occasional views of the snow-capped peaks. The trail climbs gradually for about an hour, before reaching the ridge top at Deurali. Deurali is a fabulous spot with enchanting views of the surrounding landscape. After a brief stop here, a steep half hour descent brings you down to Bheri Kharka. The trail is then almost level with a few undulations until you reach Landrung village (about an hour from Bheri Kharka). From Landrung, the route diverts north-west towards Chomrong, and an hour's walk brings you to the bank of the River Modi. From here the trail winds uphill gradually, alongside the river, for an hour until New Bridge is reached. From New Bridge you traverse round to cross a river and then climb very steeply to the houses of Jhinu Danda for your overnight stay. There are hot springs about a 20 minute walk below the village if you have the energy and wish to visit them!

Overnight: Tea House (Meals: BLD)

Day 5: Trek to Sinuwa, 2,340m/7,677ft - 4-5 hours.

From Jhinu Danda you ascend until you reach the main Ghandrung to Chomrong trail. The trail then climbs more gently to a corner before making a long descent on stone steps to Chomrong village, the gateway to the Sanctuary. Weather-permitting, you will be treated to a surfeit of fantastic 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. From Chomrong the trail continues down on steps through terraced fields to cross the river.

After the bridge, it is steeply uphill through farmland and forest for an hour and a half to Sinuwa Danda, a small settlement on the ridge with 2-3 teahouses and offering great views of the surrounding landscape.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Deurali via Bamboo, 3,200m/10,498ft - 7 hours.

From Sinuwa, an hour's walk through forest brings you to the small village of Khuldi-ghar, where your trekking permit and conservation ticket is checked and registered. From here you descend on slabs and then climb gently upwards to a small place called Bamboo, 2,347m/7,700ft, named after the dense vegetation in this area. Another hour's walk through bamboo forest, following the River Modi upstream, will bring you to another small settlement of Dovan, or Dobang. You then continue more steeply uphill, high above the river until you reach Himalaya at 2,870m/9,416ft. A few short steep climbs on and you arrive at Deurali.

Overnight: Tea House (Meals: BLD)

Day 7: 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 valley 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 for your overnight stay.

Overnight: Tea House (Meals: BLD)

Day 8: Trek to Annapurna Base Camp, 4,130m/13,550ft - 3-4 hours.

From Machhapuchare Base Camp the trail winds 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 before you. Another 1-2 hours of slow and steady walking will bring you to Annapurna Base Camp in the heart of the Annapurnas.



Overnight: Tea House (Meals: BLD)

Day 9: Sunrise views at Annapurna Base Camp. Trek to Dovan, 2,630m/8,628ft - 6-7 hours.

Today you need to rise early to be rewarded with the most spectacular sight of the sun rising over Annapurna South and her awe-inspiring neighbours. You are now completely surrounded by soaring, snow-capped giants, including Annapurna 1, Tent Peak, Hiunchuli, Gandharba Chuli, and Machhapuchare. After this unforgettable feast of glorious mountain scenery, you retrace your journey back down to Himalaya and on to Dovan. The lungs respond well to the treat of going downhill and to the lower altitude.

Overnight: Tea House (Meals: BLD)

Day 10: Trek to Chomrong, 2,177m/7,144ft - 4-5 hours

Today's walk begins with a downhill walk through 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, an hour steeply uphill on steps brings you back to Chomrong village for your overnight stay.

Overnight: Tea House (Meals: BLD)

Day 11: Trek to Tadapani, 2,590m/8,497ft - 5-6 hours.

From Chomrong you climb stone steps out of the village back to the corner where the trail forks, one way down to New Bridge and the other round into the valley of the Kimrong Khola. You stay on the high trail and continue round to where the trail divides again, one branch going downhill to Kimrong Village and on to Gandrung and the other branch, on the right, staying high and going to Tadapani. You take the right branch and follow an easy wide trail which meanders through the farm fields and then descends to the Kimrong river valley and down to the river. Your route then leads west, very steeply uphill, through dense forest for three hours until Tadapani is reached for your nights stay. This is a magnificent spot in the midst of the magnolia and rhododendron forest, overlooking great views of Annapurna South, Machhapuchare and beyond towards the Manaslu range.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Ghorepani, 2,750m/9,022ft - 6 hours.

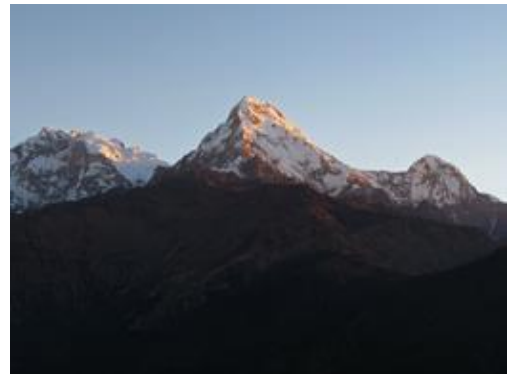
The path descends to cross a small stream and climbs to the village of Banthante. Then it is steeply uphill in a narrow forested gorge, often climbing on stone steps, to reach Deurali, four hours from Tadapani, from where there are good views down into the valley of the Kali Gandaki. From Deurali you climb again for a short while through fine forest before reaching an open ridge top from where there are fantastic views if the weather is still clear at this time of the day. There is another hour of easy descent through the rhododendron forest to Ghorepani, which is famous for its panoramic views of Dhaulagiri, Annapurna, Manaslu and beyond, from the nearby Poon Hill.

Overnight: Tea House (Meals: BLD)

Day 13: Climb Poon Hill, 3,210m/10,532ft, and trek to Ulleri, 2,080m - 3 hours.

You have the option of an energetic early morning hike to Poon Hill, 3,210m/10,531ft, to catch the sunrise over the Himalayan peaks (about 45 minutes steeply uphill).

After this beautiful and memorable image of the mighty Himalaya, trek down on the busy trail of the old Trans-Himalaya trade route where you will often see laden mule trains, firstly through forest to Banthante, continuing to Ulleri. This is a relatively short day.



Overnight: Tea House (Meals: BLD)

Day 14: Drive to Pokhara - 3-4 hours 52km Afternoon flight to Kathmandu and transfer to hotel.

After breakfast, your transport will be waiting here for you. You then drive to the airport at Pokhara to catch your flight back to Kathmandu. The drive from Ulleri to to Nayapul is on a dirt road and from Nayapul to Pokhara is on tarmac road.

On arrival you will be transferred to your hotel and have the rest of the day at leisure, perhaps enjoying some last-minute sightseeing or souvenir shopping.

Overnight: Kathmandu Guest House or Similar, Kathmandu (Meals: B)

Day 15: At leisure in Kathmandu. Transfer to the airport. Depart Nepal.

Kathmandu, Asia's former hippie capital, has a wonderful mixture of crowded bazaars, Hindu and Buddhist temples, shrines and stupas, colonial and ancient architecture as well as more modern buildings. You could explore the bazaars and temple complexes of Durbar Square to best absorb the myriad impressions assailing your culture-shocked senses.

Later in the afternoon there will be a group transfer to the airport for your flight back to London.



Overnight: In flight (Meals: B)

Day 16: Arrive London.

Our grading system

Annapurna Sanctuary 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:

- ✓ An English-speaking Sherpa leader
- ✓ Economy class return air fares from the UK & UK departure tax (flight inclusive only)
- ✓ A single, timed group airport transfer on arrival and departure (to coincide with the timings of the group flights)
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, twin share, bed and breakfast basis
- ✓ All road transport by private vehicles
- ✓ All meals on trek including tea and coffee
- ✓ An evening fill of your water bottle with drinking water
- ✓ A good quality down jacket, four-season sleeping bag and fleece liner (supplied in-country)
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Trek staff and full portage - Sherpa/porters 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.



Kathmandu Guest House or Similar, Kathmandu

The Kathmandu Guest House is a 4* hotel situated right in the heart of Thamel - the tourist hub of the city. Known as Kathmandu's 'original hotel' it has been extensively renovated over recent years and has good quality rooms, a spa, gardens and a restaurant. The hotel also houses the excellent Museum of Nepali Art (MONA) which showcases traditional and contemporary works of art - admission is free for Mountain Kingdoms guests.



Tea House

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.

Meal arrangements

Bed and Breakfast in Kathmandu, all meals are provided elsewhere.

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.

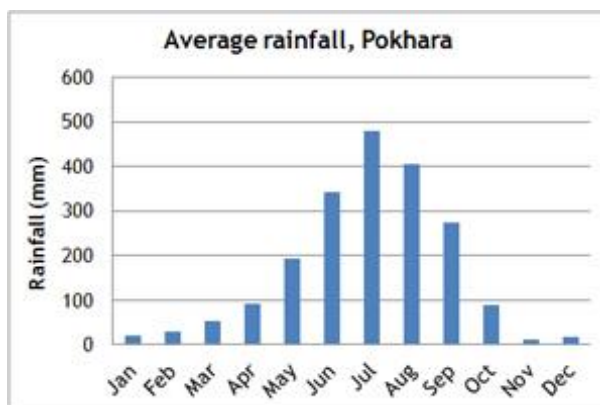
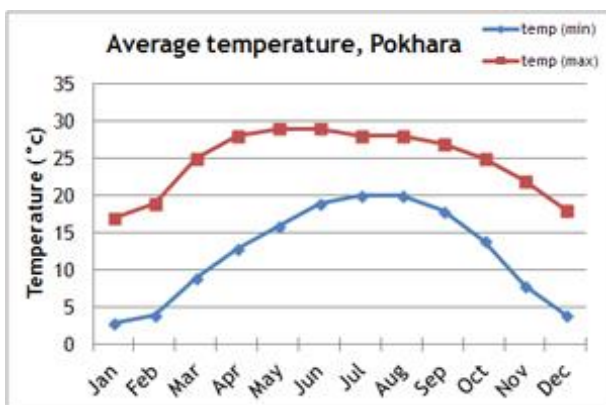
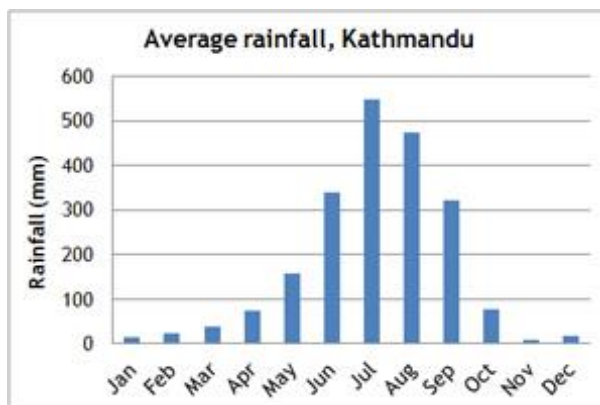
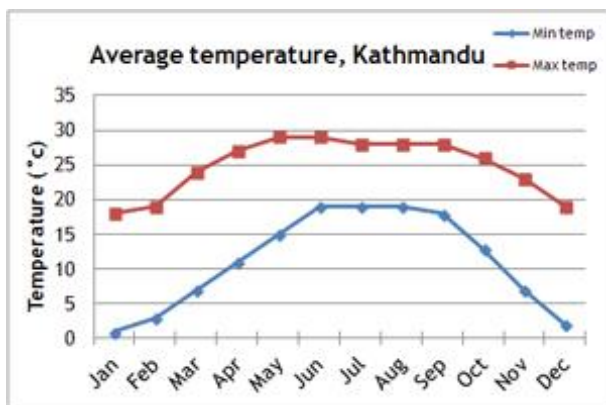
Further information

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.



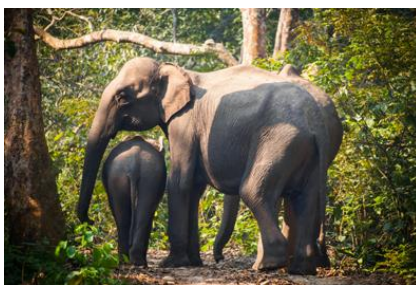
Kathmandu Valley sightseeing excursions

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?

- We have designed this itinerary for those with limited time - London and back in 16 days - without compromising on acclimatisation.
- You will spend a night at Annapurna Base Camp for glorious sunrise views, and you will also trek to Poon Hill to watch the sun come up over the Annapurnas
- We endeavour to use the best tea houses available at each overnight stop on our route. By staying in tea houses you will have closer contact with the Nepalese people and are directly contributing to the local economy.
- We include 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 share with you.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and 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 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



We had a brilliant time on our trek and it was even better as we had the same Guide that we had five years ago on another trek in Nepal - Was lovely to see him again and to know that we had a great Guide leading us. Our two Porters were the most happiest of guys and it was really good to share experiences with them and have a laugh. The walking was great and no matter how many times you visit Nepal and the Himalaya you are always taken back by the vastness and beauty of it all. Must say the provided sleeping bags and fleece liners worked a treat the higher up we went. Very enjoyable.

- Mrs B-H, Hampshire



This trek proved to be another enjoyable experience, in some ways exceeding expectations in that the standard of accommodation and food in the tea houses has improved compared with a previous occasion. We had the good fortune in that our sirdar was K.C. He was unfailingly upbeat and amusing even when the weather was a little unkind. The organisation of the whole trek, both before and during was exemplary, the scenery splendid and the Nepalese as welcoming as ever.

- Mr H, Kent



We thoroughly enjoyed our recent Annapurna Sanctuary trip. All the travel arrangements ran smoothly. Our guide was excellent, and knowledgeable about birdlife which was an added bonus. We loved the changing landscapes, from chestnut forest to snowy peaks, and enjoyed passing through the villages, with water buffalo grazing and crops spread out to dry, and meeting other trekkers in the teahouses.

- Jenny & Nigel Dyer, Staffs



What I enjoyed was the faultless organisation, friendly office staff, and feeling of safety and being looked after. The porters were very kind and sociable - wonderful people.

- Mrs B, Herfordshire

I fell in love with the country and its people and I'm planning to go back in a couple of years' time. What made the trek really special was having local guides. I saw other companies who used European guides and I'm so glad we had local ones. Nima and Bir in particular were outstanding in terms of their hospitality and kindness and I couldn't recommend them highly enough.

-Mrs W, Devon



Thank you MK for providing the opportunity to fulfil a lifetime ambition to visit the high Himalaya - I can truly say it exceeded all our expectations. The advice and customer care provided by MK staff both in the UK prior to departure and throughout the trek was exceptional and ensured that our trip was a truly memorable experience.

-Mr H, Worcestershire

Everything was so well organised that we were able to relax and enjoy the magnificent mountains and the Nepalese countryside, only having to focus on the physical exertion of the trek, knowing that food, water, accommodation etc. was all under control. The guides and porters did their jobs superbly.

-Ms L, West Glamorgan

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.

