

Three High Passes to Everest, Nepal

The ultimate high altitude Everest trek in the world's most spectacular mountain terrain.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Tea Houses
Grade	Strenuous
Duration	23 days from London to London
Trekking / Walking days	On trek: 18 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Everest Sherpa Sirdar
Land only	Joining in Kathmandu, Nepal
Max altitude	5,545m/18,193ft, Kala Pattar, Day 16

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2024 Dates:

Sat 23 Mar - Sun 14 Apr

Sat 05 Oct - Sun 27 Oct

Sat 02 Nov - Sun 24 Nov

2025 Dates:

Sat 22 Mar - Sun 13 Apr

Sat 04 Oct - Sun 26 Oct

Sat 01 Nov - Sun 23 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 '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



Your Everest trek will be led by one of our highly experienced Sherpa Sirdars, the majority of whom have climbed on, or summited Everest. They have an intimate and expert knowledge of the history, culture and nature of Nepal and will make your trip a memorable experience.

Phura Dorjee, on the summit of Everest and one of our popular guides for this trek.

Your trip highlights

- Achieve five superb objectives all over 5,000 metres: the passes of Renjo La, Cho La and Kongma La, and the summits of Gokyo Ri and Kala Pattar
- Trek in the more unspoilt valleys of the Khumbu approaching the Renjo La and Chukhung
- View Everest, Makalu, Lhotse and Cholatse, the Himalayan giants, in their full glory
- Stay at a four star hotel in Kathmandu with time to relax or take in the sights of the city

At a glance itinerary

Days 1-3	Fly to Kathmandu. Drive to Mulkot. Fly Ramechap to Lukla and trek to Monjo.
Days 4-5	Trek to Namche Bazaar. Rest day and acclimatisation.
Days 6-9	Trek to Lungden via Thame. Alternate between trek days and rest days to aid acclimatisation.
Day 10	Trek to Gokyo via the Renjo La, 5,340m/17,521ft.
Day 11	Rest day in Gokyo or climb Gokyo Ri, 5,360m/17,585ft.
Day 12	Trek to Dragnak.
Days 13-14	Cross the Cho La, 5,420m/17,777ft. Trek to Lobuche.
Day 15	Trek to Everest Base Camp, 5,300m/17,388ft, and onto Gorak Shep.
Day 16	Ascend Kala Pattar, 5,545m/18,192ft, descend to Lobuche.
Day 17	Cross the Kongma La, 5,545m/18,188ft, to Chukhung.
Days 18-20	Trek to Lukla via Namche Bazaar.
Days 21-23	Fly to Ramechap. Drive to Kathmandu. Time at leisure. Fly to London.

Trip summary

This is a challenging, high altitude trek for the fit and discerning trekker. It provides the most spectacular mountain scenery in the Everest region and five superb objectives - the three high passes: the Renjo La, 5,340m/17,521ft, the Cho La, 5,420m/17,777ft, and the Kongma La, 5,535m/18,159ft, and the summits of Gokyo Ri, 5,360m/17,585ft, and Kalar Pattar, 5,545m/18,188ft. This itinerary takes you off-the-beaten-track into the little-trekked Bhote Koshi valley, over the Renjo La to Gokyo. The spectacular Kongma La is also crossed from Lobuche to Chukhung, which bypasses parts of the main Everest trail.

Most other trekking companies just offer the Cho La pass linking the Gokyo Valley to the main trail to Everest Base Camp. However, we believe this misses out on two hidden gems - the passes of the Renjo La and the relative solitude of the valley leading up to it and the Kongma La, which takes you to the quiet valley of Chukhung.

All three passes offer superb views of the snow-capped giants of the Khumbu, including Ama Dablam, Lhotse, Nuptse, Cholatse and Makalu. The classic trekking challenges of Gokyo Ri and Kalar Pattar, both summits providing outstanding views of Everest and many other 8,000m and 7,000m peaks, complete the rewards of the trek.

We believe this is the ultimate high altitude adventure in the world's most stunning mountain terrain. The unrivalled scenery more than compensates for the rigours of this demanding trek.

Your trip itinerary

Day 1: Depart London.

Fly overnight from London to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to Mulkot or Manthali - 3½-4 hours.

On arrival in Kathmandu you will be met at the airport and transferred to Mulkot. The drive takes around 4 hours (traffic dependant) and you will wind your way through Nepalese countryside before reaching your hotel either at Mulkot on the banks of the Sunkoshi river, or at Manthali close to Ramechap.

Overnight: Freedom Resort, Manthali or the Kwaliti Beach Resort, Mulkot

Day 3: Drive to Ramechap. Fly to Lukla, 2,743m/9,000ft. Trek to Monjo, 2,835m/9,301ft - 5-6 hours.

You will be transferred from your hotel to the airport in Ramechap for the flight to Lukla - a drive of about 45 minutes if you are staying in Mulkot. The flight from Ramechap 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 above the vast valleys towards Lukla, the giants of the world appear on the horizon. After landing on the airstrip, there may be time for a cup of tea in one of the lodges in Lukla before starting the trek. It is about 2 hours to lunch at Phakding, 2,652m/8,700ft. First the path drops down a steep, stony path to meet the trail coming up through Chaurikharka. You will encounter porters, sherpas, trekkers and the common beast of burden, the dzo. The path contours the mountainside, past lodges and the small hamlets of Ghat, 2,490m/8,169ft, and Chuthrawa, 2,591m/8,500ft. The trail takes you past large stones carved and painted with prayers, a couple of large new suspension bridges and under large cliffs with trickling waterfalls. From Phakding it is another 2 or 3 hours to Monjo, 2,835m/9,301ft, which lies just past Chumoa. Memories of the day will include the sounds of porters with transistor radios, a cacophony of different languages, strange-sounding birds, the sights of porters with loads resting on sticks outside tea houses, tired trekkers on their way back to Lukla, prayer flag poles, the gaudy colours of the tea houses and of course the dramatic scenery.

Overnight: Tea House (Meals: BLD)

Day 4: Trek to Namche Bazaar, 3,445m/11,300ft - 3-4 hours.

Today's path is full of interesting sights. Not least of these will be your first view of Everest as you get higher up the trail. From the lodge it is 15 minutes to the Everest National Park boundary and already the scenery is vastly impressive, with deep gorges, bare vertical rock faces, pine forests on some steep slopes and wispy waterfalls. Having completed the paperwork, it then takes 15 minutes following the right bank of the river to where it starts to climb to the Hillary Bridge, named after Sir Edmund of Everest fame. This is a tremendously impressive suspension bridge, spanning a deep chasm. The path then zigzags up through the forest where trees pack themselves in between giant boulders and cliffs. If you are lucky, you may well see small herds of thar, a small deer-like animal. Eventually you pull into Namche Bazaar, its Sherpa houses built one above the other on the steep sides of a sloping mountain bowl. The narrow streets at its centre are a mixture of cyber cafés, souvenir shops and places where you can rent or buy anything under the sun.

Overnight: Tea House (Meals: BLD)

Day 5: Rest day - acclimatisation.

'Climb high, sleep low' is the mantra for good acclimatisation. To help acclimatisation it is a good idea to walk up the hill to the Park Headquarters from where there are the first really good views of Everest and Ama Dablam - a wonderful panorama. If you are feeling energetic you might also make the worthwhile excursion to the Everest View Hotel, situated above the village of Khumjung. Although rather an ugly building and out of keeping with its surroundings, there are very good views from its terrace and you can have a cup of tea, or a glass of hot lemon there while you revel in the mountain views.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Thame, 3,820m/12,533ft - 5-6 hours.

Climbing steeply out of the village you then head north-west, up the Nangpo Drangpo valley (Bhote Khosi). You walk through fine rhododendron forest with views across the valley, Kwangde, 6,343m/20,806ft, and the waterfalls cascading off its flanks. You cross a tributary valley (Kyajo Kola) and look back down the valley for views of Thamserku, 6,648m/21,806ft, and Kusum Kangru, 6,370m/20,896ft. You then arrive at the village of Thamo and could visit its tiny gumpa.



From Thamo, the trail continues gradually uphill through scrubland. You may well spot Himalayan Thar (a type of mountain goat) on the hillside, although their numbers have dwindled recently due to attacks by snow leopards. As you progress further up the trail, you see the path which leads to the Tesi Lapche pass, which leads to the Rolwaling Valley and you can see Thame Gumpa. After about an hour and a half's walking, you reach a huge rock wall painted with the Buddhist figures of Green Tara and Guru Rimpoche. The bridge over the Bhote Koshi, adorned with prayer flags, is crossed and then it is half an hour's gradual ascent to the village of Thame. Thame is an attractive village comprising a collection of lodges, houses and a gumpa above it.

Overnight: Tea House (Meals: BLD)

Day 7: Acclimatisation walk from Thame.

Today you could walk up towards the Singdu-Ri, 4,571m/15,000 ft, from where you will get magnificent views of the Everest range including Makalu and Cho Oyu, depending, of course, on the weather conditions. The trip there and back to Thame will take about 4-6 hours and will give you good acclimatization.

An easier option would be a two-three hour walk to Thengbo, on the way to the Tashi Lapcha pass, from where you can get good views of the lower Himalaya. This is a valley walk with gradual climbs. In the afternoon, the group will have the chance to visit Thame monastery.

Overnight: Tea House (Meals: BLD)

Day 8: Trek from Thame to Lungden, 4,350m /14,272ft - 4 hours.

Leaving the main trail today, you will enjoy the peace and relative solitude of this little trekked valley. You begin today's walk uphill for about 15 minutes. Rounding a bend you will see the attractive, moderately sized village of Tangmote. You descend to the village and pass a huge chorten as you continue along a very well-trodden, wide path. The trail is strewn with mani walls and a small chorten as you progress through the village. After about an hour, you walk parallel to the village of Yellajung on the other side of the Bhote Koshi.

The trail continues on a gentle, ascending path on the hillside above Bhote Koshi. After approximately two hours walking, you come to the village of Tharngga at 4,000m/13,100ft. You will start to feel the altitude here. Tharngga comprises a sprawling collection of stone houses, and you have superb views of Kongde Ri as you look down the trail. A further 45 minutes or so on a gradually rising trail brings you to Marlung, 4,200m/13,779ft, where you will probably stop for lunch. A rough, ascending, pebble-strewn path marked sporadically with red arrows, brings you in an hour to Lungden - 4,350m /14,271ft.

Overnight: Tea House (Meals: BLD)

Day 9: Rest and acclimatisation day in Lungden.

Today there will be an opportunity to walk and explore further up the valley. This will provide much needed acclimatisation for tomorrow's trek over the Renjo La.

Overnight: Tea House (Meals: BLD)

Day 10: Trek to Gokyo, 4,790m/15,716ft, over the Renjo La, 5,340m/17,521ft - 8 hours.

This walk is challenging. You leave Lungden and a fairly stiff climb for an hour or so takes you to a lake. You continue ascending for a couple of hours until you reach Black Lake and the col. Here you can see your objective, the Renjo La, and its prayer flags some 250m/800ft above.

The trail is now very good - stone steps almost all the way to the pass. It zigzags across the hillside and you will really feel the altitude here. It takes between five and six hours to reach the pass. The descent to Gokyo will take around three hours and the first part is often snow covered and moderately steep. It is marked with cairns. Eventually the path becomes a good trail which leads to the Dudh Pokhari Lake and Gokyo



Overnight: Tea House (Meals: BLD)

Day 11: Rest day in Gokyo/Gokyo Ri.

Today, if clear, you will enjoy tremendous views from nearby Gokyo Ri. Unlike Kalar Pattar from Lobuche where you have a long walk in to make the climb, the foot of Gokyo Ri lies just five minutes away from the lodges at Gokyo, across the stream that feeds the lake. A two to three-hour 'huff and puff' on a zig-zagging trail leads to the summit from where the views are well worth all the effort involved. There are good views of Everest, 8,848m/29,028ft, which shows its summit and northern flank and Makalu, 8,475m/27,798ft, is seen further to the east. To the north is Cho Oyu, 8,153m/26,741ft, and all around snow, ice, glacial moraines and other giants can be seen. Below is the village of Gokyo, the picturesque Gokyo lakes and the debris littered surface of the huge Ngozumba Glacier. You'll descend to Gokyo for lunch. In the afternoon you may take a well-earned rest, or take a walk further north beside the glacier towards the Gokyo Valley's fourth and fifth lakes.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Dragnak, 4,750m /15,420ft - 2 hours.

From Gokyo you descend the valley a short way and then having passed a lower lake you head east to climb the moraine of the Ngozumba Glacier. The crossing of the glacier is quite arduous; the path winds up and down and around through boulders and rubble and the trail changes from year to year as the glacier moves. You then continue to Dragnak.

Overnight: Tea House (Meals: BLD)

Day 13: Cross Cho La, 5,420m /17,777ft, and descend to Dzongla, 4,843m/15,889ft - 8 hours.

From Dragnak you make a long ascent and cross a grassy saddle to descend a short way to Chyugima before starting the climb proper to the pass. The ascent is over steep scree, rocks and large boulders which can be very slippery and the going can be difficult in places depending on the conditions. The way becomes even steeper to reach the pass itself. The views when you reach the snow field at the top are stunning. Again, care must be taken for the descent. The descent down the snowfield begins less steeply, but then, following cairns which mark the way the route becomes more difficult as you walk and scramble over large rocks and boulders. The final valley descent is more gradual and easier going to arrive at your stopping place for the night at Dzongla.

Overnight: Tea House (Meals: BLD)

Day 14: Descend to Duglha and trek to Lobuche, 4,931m/16,175ft - 4-5 hours.

An easier day today as you descend past the small lake of Cholatse Tso beneath Cholatse peak and then contour round to the jumble of rocks at the base of the Khumbu glacier which is reached at the tiny hamlet of Duglha. There is then a short sharp climb up the terminal moraine of the glacier to reach the top where there are memorial cairns to those who have died on Everest. There is a real feel of being high in the mountains and the landscape is wild and rocky. Following a stream (often frozen) at one side of the moraine you soon reach the houses of Lobuche.



Overnight: Tea House (Meals: BLD)

Day 15: Trek to Everest Base Camp, 5,300m/17,388ft, return to Gorak Shep, 5,165m/16,945ft - 6-7 hours.

This is the big day for the trek to Base Camp. An early start is essential to get there before any cloud comes down and it will probably be very cold when you set off. Make sure to have something for breakfast even if you don't feel like it as you will need the energy. You are at high altitude, so take some snacks to keep you going along the way and be sure to have your water bottle filled when you set off.

Leaving Lobuche you head north-east, along the side of the Khumbu Glacier through jumbled moraine and shattered rock. There is almost no vegetation here. Even so, small coveys of the delightful Tibetan Snow Cock can often be seen along the way or heard calling from the hillsides. You make several energetic ups and downs across the moraine and descend to Gorak Shep where it is worth having a reviving cup of tea and a snack.

From Gorak Shep it is still a long, fairly arduous trek to base camp, initially following the top of the moraine and then descending onto the boulder-strewn glacier. In the climbing season you may follow mountaineering groups, or yaks carrying supplies, but at other times there are just a series of small cairns along the route. After a couple of hours you reach the base camp area from where, although you do not have views of the actual summit of Everest, there are sensational close-up views of the terrifying Khumbu ice-fall and a surrounding scenery of ice seracs and tumbled rocks. At this altitude the return to Gorak Shep will feel like quite a long way and will use up your remaining reserves of energy.

Overnight: Tea House (Meals: BLD)

Day 16: Ascend Kala Pattar, 5,545m/18,193ft. Trek down to Lobuche - 7 hours.

At Gorak Shep you will be ideally placed for an ascent of Kala Pattar in the clear of the morning before cloud comes in to obscure the summit of Everest. Although not far this is a tough ascent of approximately 2-3 hours until you finally reach the rocky summit of Kala Pattar at 5,545m - quite literally the high-point of your trek. From the summit of Kala Pattar there are great views of the summit of Everest as well as other Himalayan giants - Pumori, 7,145m, the Tibetan peak Changtse, 4,501m, Nuptse, Lhotse and countless other needles and snow fluted ridges. You can also look down on the Khumbu glacier where base camp is located during the climbing season in late spring. You will then descend to Gorak Shep and take the trail back down to Lobuche.

Overnight: Tea House (Meals: BLD)

Day 17: Trek to Chukhung, 4,743m/15,562ft, via the Kongma La, 5,528m/18,137ft - 8 hours.

A demanding, but rewarding day. You begin walking uphill on a faint trail. After 15 minutes or so, you cross the Khumbu Glacier. You come to a rise and from here you can see your destination - the Kongma La - although the view is somewhat restricted. Some boulder-hopping brings you to an obvious path up towards the pass. If you have a look behind, you can see the Pyramid - the Italian Research Centre, at just over 5,000m. Higher up you can see Lobuche. Stunning views of Cholatse 6,440m, Pokalde 5,794m, Nuptse 7,864m, Lhotse 8,501m, Makalu and Ama Dablam 6,814m can be enjoyed on the ascent. For the last half hour or so up to the pass, you traverse under a large rock wall and you have an excellent close up view of Pokalde on your right. The pass is adorned with prayer flags and the panoramic views of snow-capped summits are spectacular.

The descent is steep to begin with, but once you reach the large lake after about 20 minutes from the pass, it becomes easier. You have good views of Makalu and Ama Dablam on the descent. As you progress, you can see Island Peak and the valley of Chukhung below.

Overnight: Tea House (Meals: BLD)

Day 18: Trek to Pangboche, 4,000m /13,123ft - 5 hours.

You descend gradually all day to Pangboche the highest all year round settlement in the valley. This is a pleasant walk with beautiful views of Ama Dablam and Taboche.

Overnight: Tea House (Meals: BLD)

Day 19: Trek to Namche, 3,445m/11,302ft - 7 hours.

Staying high on the west bank of the river, you contour round to the Sherpa village of Phortse, which lies on the lower southern flank of Tawache, directly across the valley from Thyangboche. There are superb views here of Thamserku and Kangtaiga. You will stop for lunch here and then descend steeply through a forest to the Dudh Khosi. From the very pretty crossing point, you climb to a Chorten at Mong La where there are wonderful views back across the valley to Phortse, Thyangboche and the surrounding mountains. From Mong La you descend to Teshinga where you continue on an undulating trail to Namche.



Overnight: Tea House (Meals: BLD)

Day 20: Trek to Lukla, 2,880m/9,449ft - 6-7 hours.

Most people head towards Lukla with a heavy heart. There is something very special about the setting, the villages and the people of the high Khumbu hills and valleys and these memories will help you when making the deceptively long, final climb into Lukla.

Overnight: Tea House (Meals: BLD)

Day 21: Fly to Ramechhap. Drive to Kathmandu - 3½-4 hours.

Today there is another chance to enjoy the great flight from Lukla to Ramechhap. Please note that flights into Lukla are sometimes delayed due to weather conditions. Please 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. Transfer to your hotel.

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

Day 22: Day at leisure in Kathmandu. Group transfer to airport. Depart Nepal.

The *8th October 2022 departure overnights in Kathmandu.

Today will be at leisure for some shopping, sightseeing or simply relaxing after your trek. If sightseeing, you might like to visit the important Hindu temple complex of Pashupatinath on the banks of the Bagmati River or the magnificent stupas of Swayambhunath or Boudhanath. You could also take a taxi in the morning (hotel reception can help you organise this) to visit one of the two old towns of the Kathmandu Valley, Bhaktapur or Patan.

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

**Please note that travellers on our 8th October 2022 departure will spend tonight in Kathmandu at the Kathmandu Guest House before flying back to the UK tomorrow.*

Overnight: In flight or *Kathmandu Guest House (Meals: B)

Day 23: Arrive London.

**If travelling on our 8th October 2022 departure you will have an early breakfast then transfer to the airport before flying back to London (arrive same day).*

Our grading system

Three High Passes to Everest is graded as a Strenuous trekking holiday, as described below.

Strenuous

Our strenuous trekking holidays can involve anything from 10 to 30 days on trek and are often in remote areas, far from 'civilisation'. Rest days are interspersed but there may be up to 7 consecutive days of hard walking. Most treks reach altitudes of at least 4,900m/16,000ft and there will be a great deal of ascent and descent. The majority of our strenuous treks utilise camping, tea house or mountain lodge accommodation.

These holidays are suitable for fit individuals who have regular experience of mountain walking.

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)
- ✓ All internal flights and domestic transfers
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, twin share, bed and breakfast basis
- ✓ All road transport by private vehicles
- ✓ Free use of a good quality down jacket, sleeping bag and liner (supplied in-country)
- ✓ Best quality lodges booked in advance
- ✓ Trek staff and full portage and their insurance
- ✓ All meals on trek including tea and coffee
- ✓ Morning 'bed' tea on trek and an evening fill up of your water bottle with drinking water
- ✓ Oxygen (to be administered by the trek guide in the rare case of a medical emergency)
- ✓ A free high quality Mountain Kingdoms kit bag
- ✓ 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
- × 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.



Freedom Resort, Manthali or the Kwality Beach Resort, Mulkot

Flights for Lukla now depart from the small airstrip at Ramechhap and we use two hotels in the area: the Freedom Resort in nearby Manthali and the Kwality Resort in Mulkot Bazaar which lies on the banks of the Sunkoshi River (about 45 minutes drive away from Ramechhap). Both offer simple yet comfortable rooms and also have a swimming pool, bar and in-house dining.



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.

Meal arrangements

Bed and breakfast in Kathmandu, all meals on trek.

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.

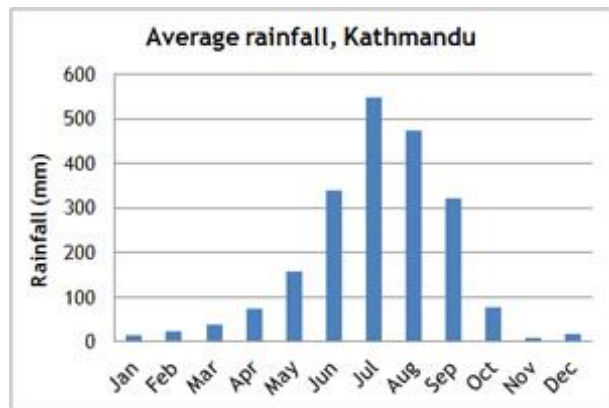
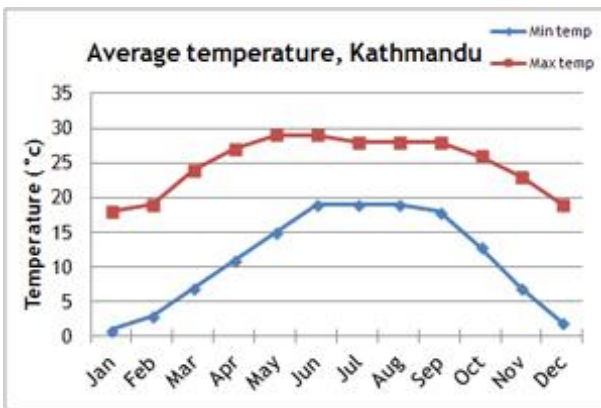
Further information

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 trek crosses all three high passes of the Khumbu, including the little trekked passes: Renjo La and Kongma La. We also include day walks to Everest Base Camp and up to the summits of Kala Pattar and Gokyo Ri.
- We don't compromise on acclimatisation - our route has been carefully planned to aid your ascent to the higher altitudes.
- We use the best tea houses available on trek and a 4* hotel in Kathmandu.
- We include a free day at the end of the trek in Kathmandu, this allows for a buffer in case of any delays with the Lukla flight.
- Your trek will be led by a well-trained English-speaking Sherpa guide supported by an experienced trekking crew who will provide an excellent standard of service. Your gear will be portered for you so all you need to carry is a small daypack.
- We provide a good quality down jacket, sleeping bag and liner to be used, free of charge, on trek.
- We carry oxygen on this trip which our guide will administer in the rare event of someone suffering the severe effects of high altitude mountain sickness.
- Our maximum group size is 12 to ensure all the benefits of a genuine small group trekking experience.
- We have a wealth of Himalayan experience in the company and staff members who have done this trek. Call Niki on 01453 844400 for more information.
- 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



This is a fabulous trip! The route is well planned which showcases much of the Khumbu region and takes you off the beaten track. It's tough and you need to be prepared to be cold and to rough it, as far as accommodation is concerned, but it's worth it. The scenery is amazing! All of the passes are superb. Purna (our headguide) and his team were brilliant - they worked so hard to ensure that we were all ok and had all we need. It was a highlight of the trip meeting them and getting to know them.

-Julie Reynolds, Kent



From the moment we flew into the Himalayas the views were amazing, the trekking took you through rural areas and then into some really remote landscapes where the scenery is truly breathtaking. The trekking was hard at times but worth the effort and it made you feel like you were on top of the world. The tea houses were a welcome site and I was surprised at the choices of food that was offered.

-Mr Newman, UK



An excellent but challenging three weeks trekking with a great sense of achievement when completed. Success was greatly assisted by the professionalism and hard work of the Guides and Porters who were excellent.

-Mr Jenkins, Shropshire

My second trip with MK went well. I made new friends and had a great time with them. Particularly, our great guide, one of the nicest guys I've met in Nepal so far. Kind and humble, but with a huge amount of experience. He'd been over all the passes at least 20 times. We trusted his advice and all felt safe with him.

-Mr Gandley, Hampshire



What we enjoyed about travelling with Mountain Kingdoms was everything - from the start being met at the airport, all the transfers went smoothly. The team in Kathmandu and Lukla were excellent. We could not have had any better guides, Chundi and Choomba were brilliant. Knowledgeable and informative, supportive and encouraging when needed. In the evenings they joined in the card games - they really made the holiday. The porters although their English was limited, had a great sense of humour and looked after us brilliantly. The tea houses were good, obviously some a lot better than others, but all were clean and the food was good. A truly memorable trek, the weather was fabulous, the scenery stunning and we even had snow and found snow leopard tracks!

-Mrs Morgan, Nottinghamshire



From the beginning of my contact with the Mountain Kingdoms office to my return to the UK I cannot speak highly enough of the service I received. The support arrangements at Kathmandu were also faultless, from being met on arrival at the airport to our departure on the last day. In addition I was extremely impressed by the efficient, courteous and friendly service from all the hotel staff. We finished our trek with a great party with our guides and the unsung heroes, the porters, at our final tea house who laid on a special meal for us. What I enjoyed about travelling with Mountain Kingdoms was the exceptional care that our guides took of us all, both on trek (always felt very safe, despite this being my first trek at high altitude) and when staying at the tea houses. Thanks for a great experience.

-Mr R, Devon

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.

