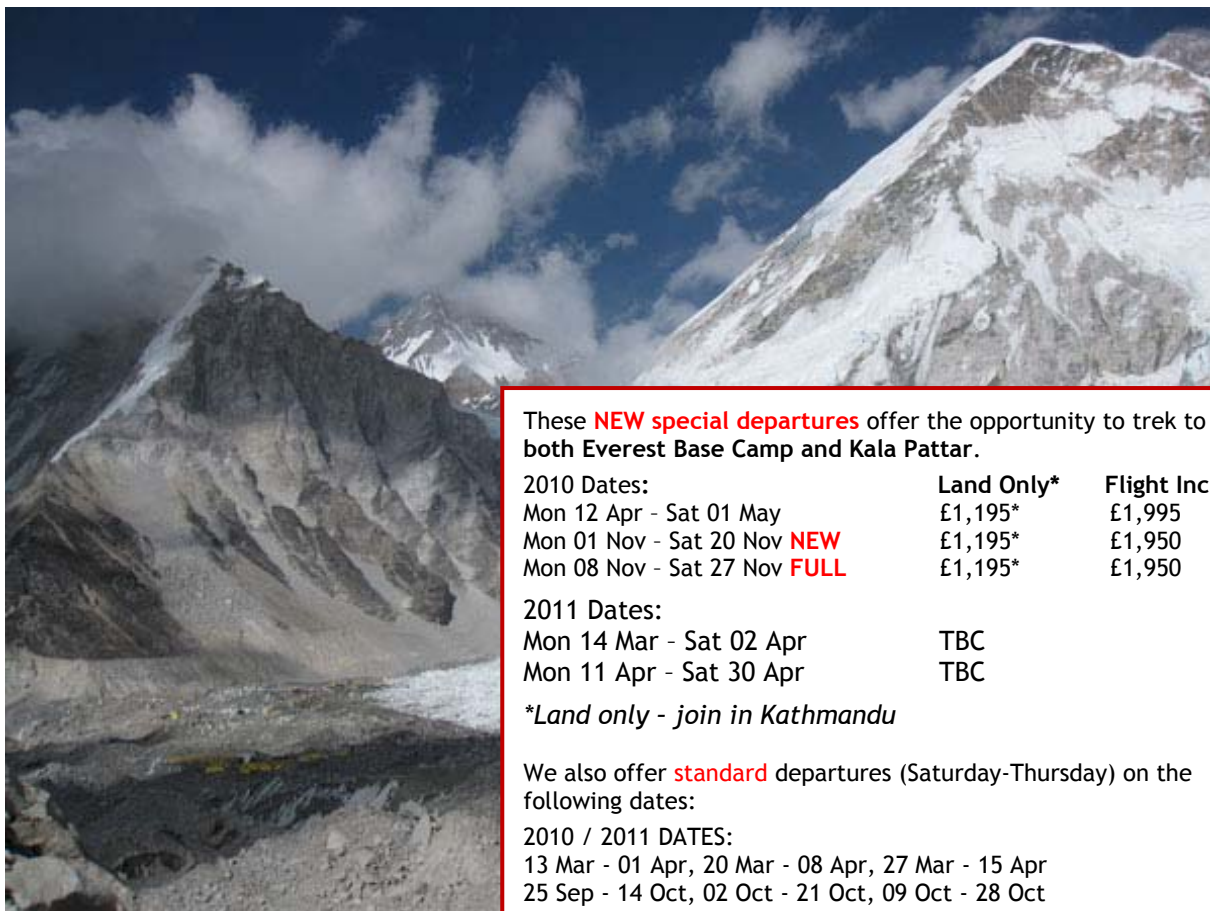


THE EVEREST BASE CAMP TREK

Special Departures



Nepal - Trek



These **NEW special departures** offer the opportunity to trek to both Everest Base Camp and Kala Pattar.

2010 Dates:	Land Only*	Flight Incl.
Mon 12 Apr - Sat 01 May	£1,195*	£1,995
Mon 01 Nov - Sat 20 Nov NEW	£1,195*	£1,950
Mon 08 Nov - Sat 27 Nov FULL	£1,195*	£1,950

2011 Dates:	
Mon 14 Mar - Sat 02 Apr	TBC
Mon 11 Apr - Sat 30 Apr	TBC

*Land only - join in Kathmandu

We also offer **standard** departures (Saturday-Thursday) on the following dates:

2010 / 2011 DATES:
 13 Mar - 01 Apr, 20 Mar - 08 Apr, 27 Mar - 15 Apr
 25 Sep - 14 Oct, 02 Oct - 21 Oct, 09 Oct - 28 Oct
 16 Oct - 04 Nov, 23 Oct - 11 Nov, 30 Oct - 18 Nov
 18 Dec - 06 Jan 11, 19 Mar - 07 Apr 11

There is an alternative itinerary for these available on request or downloadable from mountainkingdoms.com

Style of Trip:	Tea House & Hotel
Grade:	Strenuous
Maximum altitude:	5,545m / 18,188ft
Duration:	20 Days, London to London
On Trek:	14 Days
Group size:	Maximum: 12 clients plus leader Minimum: 4 clients plus leader
Will the trek run?	Guaranteed to run for a minimum of 4 persons. In the rare event that we cancel a trek we will refund you in full and give you at least 6 weeks warning. During 2009 most Everest Base Camp treks were full, therefore if you want to secure a place(s) on the dates of your choice we do advise you to book early.
Trek Leaders:	Local Leader



Tel: 01453 844400
 Fax: 01453 844422
 Email: info@mountainkingdoms.com
 Website: www.mountainkingdoms.com



INTRODUCTION



The classic trek to Everest Base Camp is probably the best known trek in the world, and for many keen walkers it represents the dream of a lifetime. Mountain Kingdoms has been running treks to Everest Base Camp for over 23 years, and over that time we have refined our itinerary and trek service to ensure that you will have the best possible experience.

With an average of 6-8 hours of walking each day, the Everest Base Camp trek is suitable for fit trekkers looking for a memorable challenge. The trek is **fully portered** with porters, yaks or horses carrying your main baggage, and our careful acclimatisation programme ensures that Mountain Kingdoms success rate is excellent.

THE ROUTE

We offer a variation of the normal Everest trail which passes through pretty Sherpa villages, avoids the busier standard route and offers the **best possible acclimatisation**.

A spectacular flight from Kathmandu brings you to Lukla, gateway to the Khumbu and the start of your trek through the heart of Sherpa country. Good acclimatisation is *the* key factor in ensuring that you reach and enjoy your trek objective. You will spend two nights at Namche Bazaar, where you can enjoy the popular **Namche Saturday market** which draws sherpas from miles around. **Our side trek to the lovely village of Thame** then takes you off the beaten track, and more importantly builds in an additional acclimatisation day.

On the special departures detailed in this itinerary the trek culminates first in the long trek up to Everest Base Camp, and then the following day, for those feeling energetic, there will be an early morning ascent of Kala Pattar (5,545m/18,188ft). From the summit of Kala Pattar there are magnificent views across to Everest and other Himalayan giants.

Please note that on our standard Everest Base Camp departures we offer either the option to trek to Kala Pattar or to Everest Base Camp. There is an alternative day-by-day itinerary available for these departures.

ACCOMMODATION

In Kathmandu you stay in the **four star Shangri-La hotel**. With an attractive swimming pool and award winning garden, this recently refurbished hotel provides a relaxing base in busy Kathmandu before and after your trek.

On the more popular trekking routes in Nepal enterprising villagers have built tea houses which now offer decent accommodation and tasty food. We endeavour to use **the best tea houses** available at each overnight stop on our itinerary and where possible these are booked in advance. Staying in these locally owned tea houses ensures that your trip will directly **benefit the local community**, and offers you the chance to interact with the Nepalese people, gaining an insight into their lives.

MOUNTAIN KINGDOMS EXTRAS

We know that a few little extras can make all the difference...

- Your trek crew will bring and carry a bedding pack for you which contains bed sheet, pillow slip, **four season sleeping bag and fleece liner (and a hot water bottle in winter)** for your use every night.
- **Three meals a day plus tea, coffee and drinking water are included** whilst you are on trek.
- Additionally your Local Leader will carry **supplementary snacks and drinks**. These provisions include biscuits, chocolate bars, powder drinks, herbal teas and seasonal fruits - just let your Local Leader when you would like something. You will also be brought a cup of 'bed tea' each morning.
- We include the costs of **four solar showers on trek**.
- Enjoy a **walking tour** around Kathmandu
- You can find full details of what the price includes in the 'General Information' section towards the back of this itinerary.

TREK LEADERS

Your Everest Base Camp trek will be led by one of our highly experienced Sherpa Sirdars, the majority of whom have climbed on, or summited, Everest. Whilst we cannot guarantee that your leader will be an Everest summiteer, it is extremely likely.





OUTLINE ITINERARY

- Days 1-3 Fly Kathmandu, at leisure
- Day 4 Fly Lukla, begin trek
- Days 5-17 Trek Kala Pattar or Everest Base Camp, including acclimatisation days
- Days 18-20 Fly Kathmandu, at leisure, fly London

RESPONSIBLE TOURISM



AWARD WINNERS

Mountain Kingdoms holds the Association of Independent Tour Operators' (AITO) highest 5 star rating for Responsible Tourism. Additionally, in 2007 Mountain Kingdoms won AITO's Award for Achievement in Responsible Tourism.

OUR COMMITMENT



Fully equipped Mountain Kingdoms porter

Mountain Kingdoms is committed to responsible tourism, through policies and practices which permeate all aspects of its business. Our policies aim to ensure that we and our clients act in a way which is socially, environmentally and culturally sound. We feel strongly that all Mountain Kingdoms' holidays should benefit local communities, protect the environment by minimising pollution, and respect local traditions, religion and heritage. We tread lightly - low volume, low impact trekking/touring is the best way of preserving the beautiful and fragile places we visit.

We work with organisations such as Tourism Concern, International Porter Protection Group (IPPG), Tourism Industry Carbon Offset Service (TICOS), AITO and various Himalayan charities, to help achieve our responsible tourism goals. In recent years established and funded a project to provide English lessons for our sherpas in Nepal.

PORTER PROTECTION

support the work and the aims of the IPPG (International Porter Protection Group) and as such we have a set of guidelines to adhere to and which we apply worldwide, eg in Nepal all porters on Mountain Kingdom's tea house and camping treks are provided with insurance, wind/waterproof clothing, shoes, and goggles when crossing a high snow-covered pass.



CARBON OFF-SETTING

All Mountain Kingdoms trips, where clients choose to take our international flights, are carbon off-set.



FURTHER INFORMATION:

When we receive your booking we send you a comprehensive trek dossier which contains details of 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 ring us and we will be pleased to offer advice. Please note that on this trek we supply a four-season sleeping bag and fleece liner free of charge. Hire of certain other key items can also be arranged in advance.



DAY-BY-DAY ITINERARY



DAY 1 - MONDAY: DEPART LONDON.

Fly to Kathmandu.

DAY 2 - TUESDAY: ARRIVE KATHMANDU.

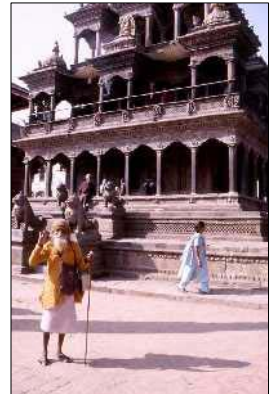
On arrival in Kathmandu you will be transferred to the Shangri-La Hotel. This is a very comfortable hotel situated to the north of Thamel, the tourist district of Kathmandu. It has a lovely garden with a swimming pool and several excellent restaurants. The bustle of Thamel, with all its restaurants, shops and bars, is a 20 minute walk or 10 minute taxi ride away. Overnight at the Shangri La Hotel.

DAY 3 - WEDNESDAY: WALKING TOUR AND AT LEISURE IN KATHMANDU

Experience has shown that taking time to relax after the long flight to Nepal is important preparation for the strenuous trek to come. Spend the day exploring Kathmandu with its wonderful mixture of crowded bazaars, Hindu and Buddhist temples, shrines and stupas, ancient architecture and more modern buildings.

This morning there is a half-day guided walking tour. Your transport will drop you at , Kathmandu Durbar Square with its many temples and palaces, and from here you will walk to the 'monkey temple' at Swayambunath, visiting Asan Tol, Kathmandu's busy main bazaar, and Thamel en-route.

In the afternoon you might like to visit the important Hindu temple complex of Pashupatinath on the banks of the Bagmati River. You could also take a taxi (hotel reception can help you organise this) to visit one of the two old towns of the Kathmandu Valley, Bhaktapur or Patan. Overnight at the Shangri-La Hotel.



DAY 4 - THURSDAY: FLY TO LUKLA, TREK TO MONJO ((2,835m/9,301ft) 5-6 hours.

You will be transferred from your hotel to the airport for the flight from Kathmandu to Lukla. This is one of the most spectacular flights in the world. As you fly east, the snow line of the Himalayan range to the north, will be on your left, with the rugged foothills of Nepal immediately below and stretching away to the south on your right. Lukla is situated high above the river on a shelf at 2,800m, and arriving there is a one off experience because the runway is on a slope and there is a difference of almost 60 metres between its lower and upper ends which all makes for an interesting landing! On arrival you can have a cup of tea while your staff sort out your baggage. From the airstrip you will head north-west, through the village of Lukla and descend to the Dudh Khosi river at Phakding (2,652m). The path leads upstream along the valley, through areas of conifer trees and several more small villages. Another 2-3 hours walking will bring you to Chumoa (2,743m/8,997ft), a small and picturesque village of about 25 houses located below Thamserku mountain (6,618m) and close to the entrance to the Sagarmatha (Everest) National Park. Cross the bridge and you shortly arrive in the spread out village of Monjo for your overnight stop. Overnight tea house.

DAY 5 - FRIDAY: TREK TO NAMCHE BAZAAR (3,445m/11,300ft). 6 hours.

A principal benefit of walking as far as Chumoa on the first day is that you can walk up the steep hill to Namche when fit and fresh in the early morning.

Shortly after leaving Chumoa you cross the Monjo Khola and continue to the park gates of the Sagarmatha National Park where you complete entry formalities. You then walk on alongside the river to arrive at the confluence of the Imja Drangka and the Nangpo Drangpo, which combine to form the Dudh Khosi. Crossing the river on a high bridge you start the steep climb to Namche. Near the halfway point up the hill, if the sky is clear, your first views of Everest and Lhotse come into sight. You then continue the climb, less steeply now, to Namche.



Namche is the largest and most prosperous village in the Khumbu. Thamserku (6,618m) and Kwangde (6,224m) loom to the east and west and the sacred mountain Khumbila (5,707m) dominates the skyline to the north behind the village. The narrow streets at its centre are a mixture of traditional and modern, with Sherpa homes mingled with cafes, handicraft shops and shops selling or renting trekking and climbing equipment, foodstuffs and vegetables, tennis shoes and Tibetan boots. Don't be surprised if, after the exertion of the climb and the rise in elevation, you feel a little tired and head-achey. You will feel better after a cup of tea and a rest. Overnight tea house.





DAY 6 - SATURDAY: ACCLIMATISATION DAY & SATURDAY MARKET NAMCHE BAZAAR

You will be in Namche Bazaar on Market day which is a very important event for the people of the Khumbu. In the days before the market the trail up from the lowlands is busy with porters carrying supplies - everything from rice, eggs and beer to trainers, saucepans and CDs. Then on Saturday sherpas from all the villages around flock to Namche to do their shopping and also to restock the tea houses you will be visiting further up the trail. You will have time in the morning to visit the market.

‘Climb high, sleep low’ is the mantra for good acclimatisation. To aid acclimatisation in the afternoon it is a good idea, at the very least, to walk up the hill to the Park Headquarters and visit the very interesting Sagarmatha National Park Museum. From here 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 and take in the mountain views. Overnight tea house in Namche.

DAY 7 - SUNDAY: TREK TO THAME (3,800m/12,464ft). 6 hours.

Today you head north-west, up the Nangpo Drangpo valley (Bhote Khosi). As you walk up the valley, up to your left you have fine views of Kwangde (6,343m) and the waterfalls cascading off its flanks. You continue high above the river, the Bhote Khosi, on a contouring trail through fine rhododendron forest. Watch out along here for colourful Impeyan Pheasant (the Nepalese national bird) and small deer. Just before the village of Thamo you cross a side valley (Kyajo Kola) and from there you can look back for fine views of Thamserku (6,648m) and Kusum Kangru (6,370m). You might choose to visit the little nunnery passed just as you leave the village. Leaving Thamo you continue up the valley, still staying high above the river before descending to cross the river near some Buddhist rock paintings. For the final part of the walk you climb alongside a small stream to arrive at the cultivated fields in front of Thame village. This is where Tenzing Norgay, the first Sherpa ever to climb Mt. Everest, lived for many years with his first wife.

If you are still feeling energetic on arrival you could make the short climb (about 1 hour) to Thame monastery clinging to the cliff side above the village in a truly spectacular location. The monks here have a Mani Rimdu festival every year in the late spring. You climb to the top of the ridge above the village and then ascend left to the monastery. From the monastery terrace there are fantastic views back down the valley of the mountains beyond Namche. As you descend from the monastery it is worth while walking to the end of the ridge to look up the valley towards the Nangpa La, a pass to leading to Tibet and a principal trade route between Nepal and Tibet for many hundreds of years. Overnight tea house.

DAY 8 - MONDAY: TREK TO KHUNDE (3,084m/10,116ft). 6 hours

In the morning, if you did not have time yesterday you may visit the Thame gompa. You then descend back down the valley. Crossing back over the Kyajo Khola you will take a high, scenic trail up to the left which by-passes Namche and ascends past the high airstrip at Syangboche and continues over the top of the ridge before descending to Khunde. Overnight tea house.

DAY 9 - TUESDAY: TREK TO THYANGBOCHE (3,863m/12,671ft). 5 hours.



The trail descends from Khumjung with chortens forming a dramatic frame to a view of Ama Dablam (6,696m), and Kangtaiga (6,779m), flanked by the towering heights of Sagarmatha (the Nepalese name for Everest), Lhotse and Nuptse. As you descend from the village first through walled fields and then through moss-covered rhododendron forest watch out for blood pheasant and beautiful Impeyan pheasant scratching in the undergrowth. You then descend through forests of rhododendron and blue pine to the village of Trashinga - watch out here for the Tibetan traders selling their wares alongside the trail - they are very jolly ladies! You descend further to cross the Dudh Kosi at Phungithanga with its water driven prayer wheels and then climb through beautiful forests to reach Thyangboche, the main monastery of the Khumbu area, sited on a high saddle.

Thyangboche lies on the forested ridge at the base of Kangtaiga and this position affords panoramic views of the main peaks of Khumbu including Everest, Lhotse, and Ama Dablam. It will probably be cloudy by the time you arrive in the early afternoon, but should normally be clear first thing in the morning so it will be well worthwhile getting up early for the sensational views. There should be time this afternoon to visit the monastery. Remember that a small donation is expected when you visit monasteries. Overnight tea house.





DAY 10 - WEDNESDAY: TREK TO DINGBOCHE (4,350m/14,268ft). 6 hours.

You will probably be woken in the early hours, while it is still dark, by the sound of horns and cymbals as the monks have their first prayers of the day. You will have time to visit the monastery in the morning if you did not go yesterday.



Then, leaving Thyangboche, your path descends through trees to Deboche where the small and atmospheric nunnery is well worth a visit. You pass further houses and 'mani' walls as the path continues along the river valley amongst the trees. After crossing a bridge over a picturesque gorge, the path gradually climbs, with stunning views of Ama Dablam ahead. There are numerous fantastic photo opportunities in both directions, and frequent chortens and mani walls to pass, as height is gained to reach the village of Pangboche. This is a very picturesque village with stone walled fields and there is a very interesting monastery set in trees at the top of the village. This is probably the oldest monastery of the Khumbu region, possibility dating back as far as the first introduction of Buddhism into the Khumbu. There used to be a 'yeti' scalp and claw kept here but they were stolen some years ago. From Pangboche the path ascends above the village, the sparse landscape now reflecting the height.

You pass some yak herders' cottages and walled fields at Orsho before crossing a stream and making a final steep ascent to Dingboche. The village of Dingboche is set in a stunning position, surrounded by high peaks. In summer months they grow barley here - possibly the highest altitude in the world at which this crop is grown. For acclimatisation you need to spend two nights around the 4,000m level and Dingboche, lying in a sheltered spot above the Imja Khola is generally more attractive for this than Pheriche, another settlement situated on the other side of the ridge. Overnight tea house.

DAY 11 - THURSDAY: ACCLIMATISATION DAY, DINGBOCHE

There are several opportunities for interesting acclimatisation walks from Dingboche. It is possible to walk up the ridge behind the village to make an energetic ascent of Naga Dzong Ri. This is a steep but not technically difficult ascent to a summit at 5,083 metres, from where there are stunning views of Makalu and Amphu Laptse. You can take in the small temple of Nagartsang Gompa on the way down - there is a nice sheltered terrace here from where you can enjoy the views. You will descend in time for lunch in the village.

In the afternoon you might care to walk across to the village of Pheriche to visit the Himalayan Rescue Association clinic - one of the doctors there often gives a talk about high altitude acclimatisation in the afternoon. If these options don't appeal it is possible to walk up the valley to the yak grazing pastures at Chukhung (4,730m) - a 4-5 hour round trip. Overnight tea house.

DAY 12 - FRIDAY: TREK TO LOBUCH (4,931m/16,174ft). 5-6 hours.

This morning you ascend the ridge to a large chorten above Dingboche village and it is then an easy walk up a wide, grassy plateau. The peaks of Tawoche and Cholatse tower above you and it is possible to see Pheriche in the valley below to your left. At the tiny hamlet of Duglha you reach a jumble of rocks which marks the terminal moraine at the base of the Khumbu glacier. You ascend steeply up this moraine to reach the top where there are many memorial cairns to those who have died on Everest. The landscape is now wild and rocky and there is a real feeling of being high in the mountains.

Following the often frozen stream at one side of the moraine you soon reach the cluster of houses at Lobuche. This rather bleak spot was once a yak grazing settlement and was then inhabited only during the summer months but now it is open throughout the winter serving trekkers and climbers and is the jumping off point for Everest Base Camp and Kalar Patar. Sunset over Nuptse is particularly spectacular from here. It is worth walking over to the moraine to view the moraine covered glacier behind it. Overnight tea house.

DAY 13 - SATURDAY: TREK TO EVEREST BASE CAMP (5,300m/17,384ft), RETURN TO GORAK SHEP (5,165m/16,941ft). 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.

DAY 14 - SUNDAY: ASCEND KALA PATTAR (5,545m/18,188ft, TREK DOWN TO PHERICHE. 7 hours

At Gorak Shep you will be ideally placed for an ascent of Kalar 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. From Lobuche you follow the path down as far as Dughla and then instead of taking the trail back to Dingboche you descend to the flat valley bottom. It is then quite a short distance on the flat to reach Pheriche where you will stay for the night. Overnight tea house.

DAY 15 - MONDAY: TREK TO KYANGJUMA (3,555m/11,660ft). 6 hours

This morning will seem much easier as you are descending and are at a lower altitude than you have been at for the last five days. From Pheriche you descend to join the valley of the Imja Khola and retrace your steps past Orsho and down the pleasant trail to Pangboche.

If you did not have a chance to visit the gompa in Pangboche on the way up it would be worth a quick visit now. Leaving Pangboche you descend to cross a bridge over a terrifying gorge before making a short climb in forest to Thyangboche - watch out for musk deer and pheasants in the woods along here. From Thyangboche you descend to the river at Phungithanga and then make the final climb of the day up through pine forest to reach the Tibetan traders at Tashinga. There is a short final ascent to reach your tea house for the night in either Sanasa (3,580m) or Kyangjuma (3,600m). It will seem delightfully warm at this altitude and the air positively packed with oxygen!! Overnight tea house.

DAY 16 - TUESDAY: TREK TO MONJO (2,835m/9,301ft). 4-5 hrs.

From Kyanjuma you take a delightful undulating trail with some of your last high altitude mountain views of the trek, looking across to the summits of Thamserkhu and Kangtaiga. You reach a corner in the trail and then will find Namche below you. You descend into Namche before making the knee crunching descent back down to the valley. The warmer climate should offer a good opportunity to finally shed a layer or two. You will still have wonderful views, and the chance to relax in slightly warmer valley surroundings. Trek back down the Dudh Kosi valley for a short way past the checkpoint at Jorsale to Monjo. Overnight tea house.

DAY 17 - WEDNESDAY: TREK TO LUKLA (2,880m/9,336ft). 6 to 7 hrs.

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 up the deceptively long, final climb into Lukla.

The trail to Lukla follows the upward route as far as Chablung, and then turns off above the village of Chaunrikharka towards Lukla. There are signs beyond the stream at Chablung pointing you in the direction of Lukla. The broad trail, leading uphill to the left, climbs steadily past a few bhattis and the school, then through scrub forests above the school and houses of Chaunrikharka. After a steep final climb there is a collection of houses and bhattis in Tamang Tole, a new settlement a short distance from the airport. As you approach the





airstrip the houses and hotels rapidly proliferate. On arrival you can finally relax and enjoy a celebratory beer. Overnight tea house.

DAY 18 - THURSDAY: FLY TO KATHMANDU.



Lukla is situated high above the river on a shelf at 2,800m and as the runway is on a slope there is a difference of almost 60 metres between its lower and upper ends which makes for an interesting take off.

Please note that flights into Lukla are sometimes delayed due to weather conditions either in fog-bound Kathmandu or windy Lukla; 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. Your final day of leisure in Kathmandu does of course provide a valuable ‘cushion’ against missing your flight home to the UK should the Lukla flight be delayed.

On arrival in Kathmandu you will be met and transferred to the Shangri-La Hotel.

DAY 19 - FRIDAY: AT LEISURE IN KATHMANDU.

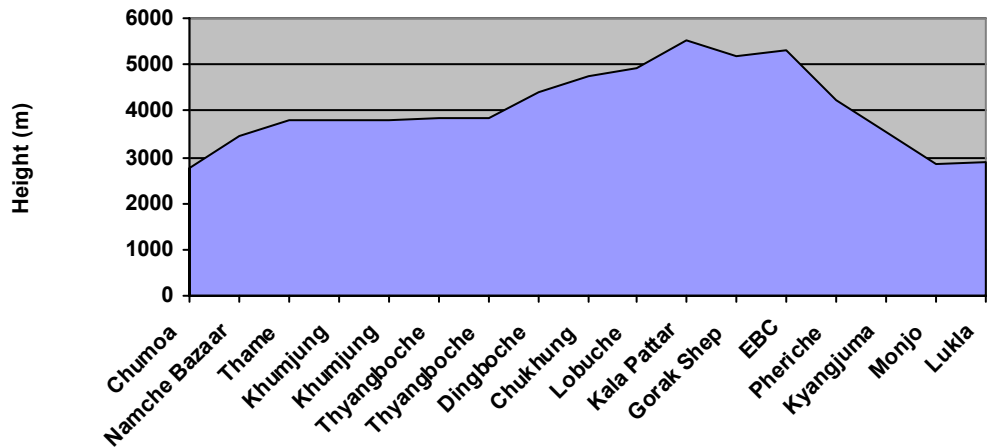
An opportunity to relax and reflect on your adventures and to complete any sightseeing and last-minute shopping. Overnight Shangri-La Hotel.

DAY 20 - SATURDAY: FLY TO LONDON.

You will be transferred to the airport for your flight back to London.

TREK GRADIENT

This is intended to illustrate only an overall ‘feel’ for the route and does not show daily ascents and descents.



GENERAL INFORMATION



TEMPERATURE RANGE

Tengboche												
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Max °C	3.5	4.5	8.5	12	13.5	14.5	14	14	13	12	8	6
Min °C	-10	-9	-6	-4	-1	3.5	4.5	4	2.5	1.5	-7	-7.5

EXTENSION IDEAS



While in Nepal there are various interesting and exciting options to pursue either before or after your trek or tour.

EVEREST MOUNTAIN FLIGHT. After trekking in the region why not take the opportunity for a close-up view of the world's highest and most famous mountain from the air! The flight lasts about an hour and takes you from the Kathmandu valley, over the Khumbu region and culminates with the unforgettable view of Everest herself.



RAFTING AND CHITWAN NATIONAL PARK. We offer options of rafting, a safari at the Royal Chitwan National Park or a combination of both. For accommodation we can either book a Tiger Tops property, Temple Tiger lodge or the Chitwan Jungle Lodge.

Please contact the office for a detailed information sheet on either of these options.

Please Note: If you want to extend your stay in Nepal it is essential we are informed as soon as possible after your booking. This is due to the high demand for flights to and from Kathmandu.

TRIP NOTES

HOTELS: **KATHMANDU:** We use the recently refurbished **Shangri-La Hotel**, a four star hotel of character, a stones throw from the British Embassy. It has a swimming pool and an award-winning garden, plus a choice of restaurants and bars. It has always had a reputation for being one of the very top hotels in Kathmandu.

TEA HOUSES: The tea houses we use usually have twin sharing rooms. For a variety of reasons, eg size, unreliable communication, it is not a reliable, practical possibility to guarantee single rooms in tea houses. Additionally, during the trekking season tea houses are very busy, and it goes against the ethos of mountain trekking to turn people away from shelter in lodges.

If you are travelling without a companion and would like a single room in a tea house 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! NB. We do offer the option of a single room in the hotel in Kathmandu (see supplement information below).

MEAL PLAN: Bed and breakfast in Kathmandu, all meals on trek.

FLIGHTS: **International flights :** We will use a reputable IATA airline such as Jet, Gulf, Etihad, Qatar or similar - all fly to Kathmandu via their respective home cities as there are no direct flights to Nepal from the UK.

IMPORTANT NOTE: *Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it! On treks such as this there will doubtless be changes to the itinerary above, in terms of anything from the on-the-spot choice of tea house to when a rest day is taken. Weather conditions, road conditions, vehicle breakdowns, availability of porters and the health of trekkers can all contribute to changes. The Trek Sirdar will ensure that the trip runs according to plan, but an easy-going nature is an asset! Timings given are approximate.*





MOUNTAIN KINGDOMS aims to offer the best value for money. We do not charge extra for meal packages or local charges and try to ensure that all the key elements of your holiday are included - you won't get any nasty shocks. We also include some comforting 'extras' which clients tell us are much appreciated!

THEREFORE THE PRICE INCLUDES:

- ✓ A Sherpa leader
- ✓ Economy class return air fares from the UKUK Departure Tax
- ✓ All internal flights and hotel/airport transfers
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, bed and breakfast basis
- ✓ Kathmandu sightseeing tour
- ✓ All road transport by private vehicles
- ✓ All meals on trek, plus tea, coffee and drinking water
- ✓ Morning bed-tea on trek
- ✓ Supplementary snacks and drinks
- ✓ Bedding pack: sheet, pillow slip, four season sleeping bag and fleece liner, (hot water bottle in winter)
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Trek staff and full portorage
- ✓ Sherpa/porters properly insured and equipped
- ✓ 4 solar showers while on trek
- ✓ Park fees

THE PRICE DOES NOT INCLUDE:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Single supplements (*see box below*)
- ✗ Lunch and evening meals in Kathmandu
- ✗ Nepal domestic airport departure taxes
- ✗ Bar bills and laundry
- ✗ Optional trips
- ✗ Tips

<p>OPTIONAL SINGLE ROOM SUPPLEMENT (Kathmandu only): £100</p> <p>INSURANCE: From: £99 <i>(please contact the office for details)</i></p>

SINGLE ROOMS

Whilst it is possible for a supplement (*see left*) to request a single room in Kathmandu, tea house accommodation is generally twin sharing. For single travellers this means that where there is no one from your own group to share with you may need to share with another guest of the same sex. On occasion there may be a single room available, which can be paid for then and there to the tea house owner.

AIRLINE FUEL SURCHARGES AND SUPPLEMENTS

Wherever possible we try to absorb these, however from time to time it may be necessary to pass on these additional costs. All trip prices therefore may be subject to change due to such external factors and the prices for each individual departure may vary slightly from those published in the current brochure. Any changes to the price of an individual trip will be advised before a booking is confirmed.





WHAT OUR CLIENTS SAY ABOUT THIS TRIP:

I thought MK provided an excellent package which I would happily recommend to anyone!
Mr M W, Cardiff

Everything was organised fantastically well - all I had to do for the entire trip was get up and walk. I will definitely be booking another trip with Mountain Kingdoms in the future. Thanks for a fantastic experience that I will never forget. *Mr A C, Yorkshire*

It was an amazing experience, one which I shall never forget. I am so pleased to have had the opportunity. Thanks for everything. *Mr R M, Herts*

It was an amazing trip and backed up by a well thought out programme and caring staff help to put the icing on the cake on an amazing trip. *Miss J C, N Yorkshire*

TEN REASONS TO BOOK YOUR TREK WITH MOUNTAIN KINGDOMS

1. We don't just follow the standard 'Everest Trail' - our itinerary visits some lovely lesser-known villages, and takes in stunning viewpoints that many other trekkers won't see.
2. Our carefully designed route offers the best possible acclimatisation and therefore has an excellent success rate.
3. We endeavour to use the best tea houses available at each overnight stop on our route. By staying in tea houses you will have close contact with the Nepalese people and are directly contributing to the local economy.
4. Unlike many of our competitors we impose a maximum group size of 12. Also as our minimum group size is 4 the trek is extremely likely to get "up and running". Some of our competitors have much larger minimum group sizes and therefore regularly cancel under-subscribed treks.
5. We provide lots of little extras:
 - A bedding pack: four season sleeping bags and liners, sheet, pillow slip and hot water bottle
 - Supplementary snacks and drinks on trek
 - A walking tour in Kathmandu
 - A recently refurbished four star hotel in Kathmandu
6. We have a wealth of Himalayan experience in the company. A number of staff members know the Everest region, and Operations Manager **Ann Sainsbury** is our Everest Base Camp expert. Call her on 0845 330 8579 or email ann@mountainkingdoms.com to find out more.
7. There are no hidden costs on a Mountain Kingdoms holiday. Unlike many of our competitors we don't ask you to pay for your own meals on trek, and the food and drink we include is worth £250-£300 per person.
8. We use a reputable IATA airline.
9. We care about the mountains and adhere to the Himalayan Tourist Code that we helped to produce.
10. We support the IPPG and adhere to the principles of porter protection. We are also on a steering committee looking at porter welfare set up by Tourism Concern.

