

KANGCHENJUNGA NORTH & SOUTH BASE CAMPS TREK



Nepal - Trek



2010 DATES:

SUNDAY 10TH OCTOBER TO
MONDAY 08TH NOVEMBER

2010 PRICE:

Land only (joining in Kathmandu):
£2,075

Including flights:
£2,845

Style of Trip:	Camping
Grade:	Strenuous
Maximum altitude reached:	4,903m/16,086ft
Duration:	30 Days, London to London
On Trek:	24 Days (Including 3 rest days)
Group size:	Maximum: 12 clients Minimum: 3 clients

Will the trek run? Guaranteed to run for a minimum of 3 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 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 Leader: This trek will be led by a Local Leader



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



INTRODUCTION



Kangchenjunga is the world's third highest peak and this trek from the low foothills up to the North and South Base Camps can rightly be claimed as one of the most beautiful walks in the world.

This is an incredible trek in the remote north eastern corner of Nepal through grand mountain scenery every bit as spectacular as that seen on the more widely trekked Annapurna and Everest regions.

The wild terrain around Kangchenjunga is sparsely populated and villagers will be delighted to see you as they receive few western visitors.

This is a challenging trip for the adventurous trekker, with trails that can be narrow and occasionally exposed. We have run this trek on many occasions and clients invariably come back saying this is one of the best treks they have ever experienced!

KANGCHENJUNGA

When much of the Greater Himalaya remained hidden beyond borders closed to outsiders, access to Kangchenjunga was only possible through British-controlled pre-partition India and the mountain's eastern aspect became a familiar sight to visitors to Darjeeling. The situation changed little when Nepal ended its self-imposed isolation in 1950 because it refused to grant access to Kangchenjunga to more than a handful of mountaineering expeditions. Only since 1988 have a limited number of commercialised trekking parties been allowed to explore the mountain's immediate environs.

Such restrictions have undoubtedly made a significant contribution to the preservation of the region's flora and fauna. A number of endangered species can be found in the vast forests and remote valleys including snow leopard, Himalayan black bear, musk deer, red panda and grey wolf.

Kanchenjunga's main peak and its immediate satellites take the form of a giant cross which straddles the borders of three countries - Nepal, Tibet and the once independent kingdom but now Indian state of Sikkim. By virtue of the massif's almost total isolation from any other mountain group, precise definition of its boundaries is quite unnecessary. Until 1849 Kangchenjunga was thought to be the world's highest mountain, but today's accepted height of 28,169ft/8586m ranks it third, after Everest and K2.

In addition to the main peak, four subsidiary summits of Kanchenjunga also exceed 8000m the most important being Kangchenjunga West, also known as Yalung Kang (8505m /27,903ft). This cluster of peaks is highly glaciated and cradles five major glacial systems - contributing to the spectacular high mountain scenery enjoyed on this trek.





OUTLINE ITINERARY

Days 1-2	Fly to Kathmandu
Days 3-4	Fly to Taplejung via Biratnagar, begin trek
Days 5-27	Trek to Kangchenjunga Base Camps and return
Days 28-29	Fly to Kathmandu, at leisure
Day 30	Fly to 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

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 the 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 2007 & 2008 we set up and funded a project to provide English lessons for our sherpas in Nepal.

PORTER PROTECTION

At Mountain Kingdoms we feel that the issue of porter protection is immensely important. We 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 Kingdoms local lodge and camping treks are provided with insurance, wind/waterproof clothing, shoes, and goggles when crossing a high snow-covered pass.



CARBON OFFSETTING

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



FURTHER INFORMATION:

When we receive your booking we send you a full 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 on 0845 330 8579 and we will be pleased to offer advice.



DAY-BY-DAY ITINERARY



DAY 1 - THURSDAY: *DEPART LONDON.*

Fly to Kathmandu.

DAY 2 - FRIDAY: *ARRIVE KATHMANDU.*

Transfer to Shangri-La Hotel, a luxurious and stylish four star property located near the British Embassy, where you can relax in its lovely garden or have a dip in the hotel pool. Overnight Shangri La Hotel.

DAY 3 - SATURDAY: *FLY TO BIRATNAGAR. (700m/ 2,300ft), 50 mins.*

An exciting flight over the foothills of the Nepalese Himalaya, with views of the main peaks to the north. You will be met at Biratnagar by your Sherpa crew and porters and transferred to a local hotel.

DAY 4 - SUNDAY: *FLY TO TAPLEJUNG, (1,787m/5,863ft). 30 mins* *TREK TO TABAWA (1,988m/6,522ft).*

Another exciting flight over the foothills. Taplejung is the hub of this region and has cobblestone streets, government offices, a police post and a small hospital. Walking north of Taplejung, the Tamur River diverges; from here either of its tributaries, the Ghunsa or Simbua Khola, can be followed to the Kangchenjunga or Yalung glaciers respectively. You will take the route first to the southern Base Camp and then cross high passes to reach the north Base Camp. The trail out of Taplejung passes a large reservoir and negotiates an unusually steep climb to the airfield, which is situated on a ridge high above the village. Beyond the airfield the climb eases to become a pleasant ridge route passing through grassy meadows into a forested area. There is a descent to Lal Kharka and then to the cultivated fields of Tabawa where camp can be made in the school grounds.



DAY 5 - MONDAY: *TREK TO KHESEWA. (1,918m /6,293ft). 5 hrs*

The trail now makes a long circuitous descent of the mountainside to the terraced fields of Pokora where there is a suspension bridge over the Phawa Khola. Once again there is a long ascent to the banjang high above, at first through fields, then forest and finally on a gently sloping mountain path. The climb is well worthwhile as the view from the banjang reveals Kangchenjunga and her satellites in all their glory. It is now possible to identify the individual peaks of the mountain; the main summit of Yalung Kang (8505m/27,903ft) appears as a small pyramid on the left, and the south summit as a ridge to the right. Jannu (7710m/25,295ft) is an obvious tower well off to the left and slightly in front of the main group. The descent to Khesewa is on a gentle path and the views gradually disappear behind the intervening ridges, as altitude is lost. Camp can be made in or near the village. This is truly marvellous country with line upon line of forested ridges providing a wonderful contrast and backdrop to the rich flora and cultivated fields of the valleys. Camp overnight.

DAY 6 - TUESDAY: *TREK TO MAMANKE (1,854m/6,083ft) 6 hrs*

The trail continues its way up, down, over or around the great ridges on the west side of the Kabeli Khola crossing tributaries of the main river on the way. Often passing through terraced fields or forested areas, there is always the anticipation of further views of the high mountains appearing at any time. One particularly good view is of Jannu from the ridge crest at Ponpe Dhara. Camp in fields near the sprawling village of Mamanke.



DAY 7 - WEDNESDAY: *TREK TO YAMPHUDIN. (1,706m /5,597ft), 5 hrs*

More ups and downs on the hillsides above the Kabeli Khola until the trail descends some stone steps to the river itself. A gradual climb up to the ridge and then through fields brings you to the last permanent settlement, Yamphudin (not to be confused with jam pudding!). There is a police check post here, and good camping can be found in fields beside the river on the south side of the village. Camp overnight.

DAY 8 - THURSDAY: *TREK TO OMJE KHOLA (2,315m/ 7,595ft), 4 hrs*

Leaving the north side of the village the trail first crosses the Omje Khola before ascending a spur beside it. After many days walking through cultivated areas it is good to leave civilisation behind. There are excellent views back towards, and beyond, Yamphudin. The route up the spur leads to a high valley and subsequently to a broad grassy col high above. Reaching the col reveals the immense and unspoilt forests of the upper Omje Khola valley; in autumn the wide distribution of colours is quite spectacular. There follows a wonderful and steady descent through birch and fir forest, often on a carpet of leaves and beneath branches swathed with lichen. The river is crossed once again on a small log bridge. Camp overnight.



DAY 9 - FRIDAY: *TREK TO TORONGTAN. (2,872m/ 9,422ft) 4-5 hrs*

From here the trail begins a long ascent to cross the Deorali Danda ridge at a col about 10,800ft/3,292m. The path winds its way uphill, steeply at first, through rhododendron thickets to a clearing at Chittre. This is another alternative campsite, though water is unavailable during the dry season. The col when reached is broad and contains a small pool. There are views to the northwest of the summit of Jannu, and Kangchenjunga reveals itself at several points on the descent to the Simbua Khola. The initial part of the descent from the ridge has been subject to landslide and requires care; the drop is considerable! The trail finally re-enters the forest for a pleasant and steady descent to the banks of the Simbua Khola. A walk of about half an hour along the bank leads to a small bridge, which provides access to the north bank and a clearing known as Torontan. Camp overnight.

DAY 10 - SATURDAY: *TREK TO TSERAM. (3,736m /12,257ft), 5 hrs.*

The lower Lalung valley is thickly forested with pine and rhododendron and a good path follows the river northeast towards its source on the Yalung Glacier. Occasional tantalising views of the snowy mountains can be seen ahead. The trail follows the ever-widening riverbed and becomes an easy walk. Eventually the terminal moraine of the Yalung Glacier comes into view, overlooked by the peaks of Talung, 7349m/24,111ft, Kabru 7,338m/24,075ft and Rathong 6678m/21,909ft. Tseram is a pleasant grassy campsite on a small terrace about 50m above the north bank of the river. Camp overnight.

DAY 11 - SUNDAY: *REST DAY.*

Time for washing, relaxing, doing some local exploring and enjoying the scenery. Camp overnight.

DAY 12 - MONDAY: *TREK TO RAMCHE. (4,290m/14,075ft), 6 hrs.*

A steep moraine slope blocks the way out of Tseram; it is necessary to descend to the riverbed to avoid it. Beyond the trail you enter a final short forested area to reach a single stone hut at Yalung Bara. The way ahead is so typical of the high valleys of Nepal as the path wanders its way along a shallow ablation valley with the great white mass of mountains dominating the view ahead. The glacier itself is finally revealed at Lapsang along with the Rathong La and the beautifully ice-fluted peak of Koptang, (6147m/20,167ft). A glacial lake near Lapsang provides the perfect foreground to the high mountains beyond. The trail levels beyond Lapsang and it is an inspiring walk to Ramche, where camp can be made on the grassy pastures beside two small stone huts. Camp overnight.

DAY 13 - TUESDAY: *TREK TO OKTANG, KANGCHENJUNGA SOUTH BASE CAMP (4780m/15,682ft), AND RETURN TO LABSANG. (4,430m/14,535ft)*

From Ramche you make a further day excursion to south Bse Camp to obtain views of the south face of Kangchenjunga. Beyond Ramche the glacier turns north and this corner can be reached in about an hour from camp over fairly level and easy going ground. At the corner a tremendous view opens up to include the entire south and west sides of Kangchenjunga which have previously remained hidden during the recent stages of the walk-in. In a further hour a small track leads onto the lateral moraine of the Yalung Glacier and to a chorten from where there are unsurpassed views; these include Kangchenjunga main summit (8,586m/28,169ft), Yalung Kang (8,505m/27,903ft) and Kamgbachen Peak (7,903m/25,928ft) at the head of the valley. The trail then descends to the small clearing at Oktang from which further exploration will reveal the long north east ridge of Jannu (7,710m/25,295ft). It is only about an hour from Ramche to Labsang and this will give you a good start for crossing the Mirgin La tomorrow. Camp overnight.



DAY 14 - WEDNESDAY: *CROSS THE MIRGIN LA. (4026m/13,209ft), AND THE SINION LA, (4,663m/15,298ft), 8 hrs.*

Labsang is situated close to the snout of the Yalung Glacier and from here a path traverses around a wooded hillside to the tree line from where there is a rugged, steep ascent of some 609m/2,000ft. At the top there is a spectacular overlook across the lower reaches of the Yalung Glacier towards the peaks on the Sikkim frontier. The trail then contours around a craggy hillside to reach the Sinelapcha La (4572m/15,000ft). From the wide saddle the 'Gendarme Cwm' stretches, dominated by an imposing tower of red rock. This leads to the Mirgin La, from where there are extensive views stretching from Jannu (7,710m/25,295ft) to Makalu (8,463m/27,765ft). The path descends from the narrow saddle and then leads round a succession of grassy cwms below small rock peaks to an excellent campsite in a 'fairy meadow' at Boulder Kharka. Jannu is particularly impressive from here. Camp overnight.





DAY 15 - THURSDAY: *DESCEND TO GHUNSA. (3,281m/10,764ft) 4 hrs.*

Cross the narrow rocky brèche of the Sinion La and follow the southern flank of the ridge on a good trail with superb views to the Tama Lase La, 3900m/12,800ft on the shoulder of the ridge. A long descent of 396m/1,300ft now follows, through beautiful forest to a clearing on the lip of the Yamatori valley. Continue descending through pine and rhododendron forest to Ghunsa. There is a small Tibetan monastery here and Ghunsa is a well kept village of some thirty stone houses, plus a police post. There is an excellent campsite in open woodland a little beyond the village. Camp overnight.

DAY 16 - FRIDAY: *TREK TO KAMBACHEN, (3,930m/12,894ft), 5 hrs.*

The trail now follows the floor of the valley beside the blue green waters of the infant Ghunsa Khola through scrub rhododendron and juniper. The terminal moraine of the Jannu glacier can be seen clearly ahead, although there is only ever the occasional glimpse of a snow covered peak. As the moraine is reached a small bridge gives access across the river to a tiny grassy clearing known as Rhambuk Kharka. The slopes above here are subject to landslide and rockfall and great care is needed to negotiate a steep traverse across one very large affected area. The views to the north and east gradually open out to include the peaks of Phole, Sobithonge and Jannu rising majestically above the moraines of the Jannu Glacier. Beyond the landslide the trail levels, traverses the hillside and finally descends to the small summer settlement of Kambachen. Jannu is hidden from view at Kambachen, but the Sharphu group is now visible at the head of the valley. Broad fields provide plenty of useful campsites and there are huts for the porters. Camp overnight.

DAY 17 - SATURDAY: *REST DAY.*

It is worth taking an extra day at Kambachen to give the porters time to prepare for the walk-in to Base Camp, and for trekkers to ascend the hill above the village for stunning views of Jannu. Camp overnight.

DAY 18 - SUNDAY: *TREK TO LHONAK. (4,575m/15,010ft), 6 hrs.*

The rough but easy trail continues up the west bank of the river, first across a small boulder field and then up a short but easy snow slope to the level kharka of Ramtang. The view ahead becomes increasingly impressive but attention is drawn to the upper reaches of the Ramtang Glacier, which feeds off Kambachen, the mighty western outlier of the Kangchenjunga massif. Another hour of level walking leads to the snout of the Kangchenjunga glacier across whose moraines rise Pyramid Peak, Tent Peak, and Nepal Peak at the head of the valley. The terminal moraine and the river from the Lhonak Glacier enter from the north but present only a minor obstruction to access the level sandy and grassy plains at Lhonak. It can be a windy spot so the best campsite is on the grass close to the hillsides. There are wonderful mountain views in all directions with the ice flutings of Wedge Peak and the snowy ramparts of Nepal and Tent Peaks presenting the ideal backdrop for a colourful sunset. Camp overnight.



DAY 19 - MONDAY: *TREK TO PANGPEMA, KANGCHENJUNGA NORTH BASE CAMP (4,903m/6,086ft), 4-5 hrs.*

The route to Pangpema from Lhonak is on a deceptively rising track which follows a shelf alongside the lateral moraine of the Kangchenjunga Glacier. The views are stunning as progress is made up the valley with Wedge, Nepal, Tent and Pyramid Peaks all revealing themselves, along with the Sharphu peaks dominating the horizon down the valley. As Pangpema is reached the view to the south opens up to reveal the Twins and, finally, the great north faces of Kangchenjunga and Yalung Kang. The location of Pangpema on a small grassy shelf above the glacier, is breathtaking and the panoramic views quite stunning. Prayer flags adorn a large boulder and there is a small plaque in memory of the American climber, Chris Chandler. Camp.

DAY 20 - TUESDAY: *REST DAY.*

A day to rest and admire the view! Or you might like to speak to your guide about climbing the mountainside behind Pangpema which provides a superb panorama. Alternatively, you could walk upstream along the right bank of the glacier. After a couple of hours, you will be able to see the remote peaks of Jongsang (7483m) and Pyramid Peak (7123m). Camp overnight.





DAY 21 - WEDNESDAY: *RETURN TREK TO KAMBACHEN. (3,930m/12,894ft), 6hrs.*
Camp overnight.

DAY 22 - THURSDAY: *TREK TO GHUNSA. (3,281m/10,764ft) 4 hrs.*
Return passing the stark mountain scenery to Ghunsa, to camp overnight.

DAY 23 - FRIDAY: *TREK TO THYANYAM. (2,324m/7,625ft), 5-6 hrs.*
Today you trek past the small clearing at Kyapra, with the valley becoming forested. Follow along a steep and twisting path, around an obvious corner in the valley to the small village of Amjilassa. The steepness of the hillside has relented sufficiently to allow some cultivation. The view down the valley now is stunning; the distant Ghunsa Khola snakes like a silver ribbon against the backdrop of the steep cliffs. Camp overnight.

DAY 24 - SATURDAY: *TREK TO SAKATHON. (1,548m/5,079ft), 5 hrs.*
There is a spectacular traverse past several waterfalls on a narrow but well engineered path. From the rocky traverse a steep descent is made into the deep, narrow and steep-sided valley. There is a small campsite on a grassy shelf above the river. Camp overnight.

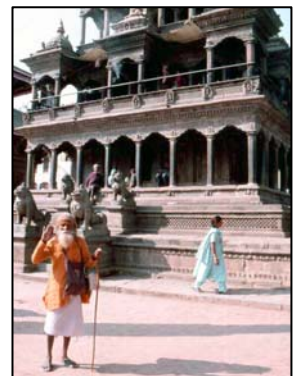
DAY 25 - SUNDAY: *TREK TO CHIRWA (1315m /4,314ft), 4 hrs.*
About half an hour after leaving Sakathon, you cross a bridge and reach the confluence of the Ghunsa Khola. The valley sides are steep and the path traverses high above the Tamur River. The small village of Helok is located at the confluence of the Tamur River with the Simbua Khola and there is a good bridge across the north bank. In the heat of the afternoon it is tempting to camp at one of the many clearings beside the river but you should press on through the beautiful rock gorges across steep forested hillsides to the village of Chirwa. Camp overnight.



DAY 26 - MONDAY: *TREK TO PHURUMBA. (1,800m/5,905ft) 4 hrs.*
The trail continues by the river, and it is any easy day's walk through numerous paddy fields, past the village of Sinwa to the settlement at Phurumba. Camp overnight.

DAY 27 - TUESDAY: *TREK TO TAPLEGUNJ.*
Today you cut across country and zigzag up the hill to the village of Taplegunj. Camp overnight.

DAY 28 - WEDNESDAY: *FLY TO KATHMANDU VIA BIRATNAGAR.*
Return to 'civilisation' full of a profound sense of achievement but longing for a hot bath, no doubt a beer and a swim in the pool. You will be met on arrival and transferred to Shangri-La Hotel. Overnight Shangri-La Hotel.



DAY 29 - THURSDAY: *AT LEISURE IN KATHMANDU.*
A chance to do some last minute shopping or sightseeing before you fly back to the UK. Overnight Shangri-La Hotel.

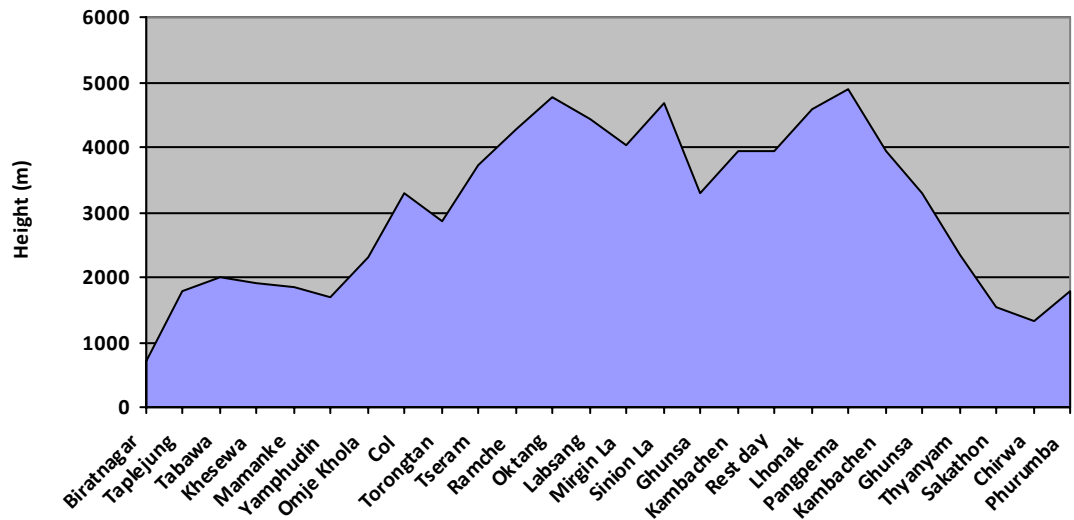
DAY 30 - FRIDAY: *FLY TO LONDON.*
Transfer to the airport for your flight back to the UK.



GENERAL INFORMATION



TREK GRADIENT



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

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 your trek 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 **Shangri-La Hotel**, a four star hotel of character, a stone's 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 top hotels in Kathmandu.

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.

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 lodge 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!

THEREFORE THE PRICE INCLUDES:

- ✓ An local leader
- ✓ Economy class return air fares from the UK
- ✓ UK Departure Tax
- ✓ All internal flights and hotel/airport transfers
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, bed and breakfast basis
- ✓ Best available hotels in outlying towns, on full board
- ✓ All road transport by private vehicles
- ✓ All camping facilities
- ✓ All meals on trek
- ✓ Costs of all portering and their insurance
- ✓ Sightseeing where specified
- ✓ Carbon offset for clients taking our flight-inclusive option
- ✓ A free high-quality Mountain Kingdoms kit bag

THE PRICE DOES NOT INCLUDE:

- × Travel insurance
- × Visa fees
- × Single supplements (*see box on the right*)
- × Lunch and evening meals in Kathmandu
- × Airport departure taxes, excepting UK departure tax
- × Bar bills and laundry
- × Optional trips
- × Tips

OPTIONAL SINGLE ROOM SUPPLEMENT: £100

OPTIONAL SINGLE TENT SUPPLEMENT: £135

INSURANCE: From: £159
(please contact the office for details)

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 can only say that I enjoyed every minute of the adventure with an excellent group of individuals who became fellow trekkers and friends. An excellent experience made possible by HK's (now MK) professional and personal attention to detail and planning.
Mr J M, Oxford

For organisation, scenery and general walking this is probably the best trek I have done.
Mr D Q, Dublin

TEN REASONS TO BOOK YOUR KANGCHENJUNGA TREK WITH MOUNTAIN KINGDOMS

1. We have built in thorough acclimatisation for this varied trek which takes you from lush rice terraces to majestic mountain scenery.
2. We take you truly off-the-beaten track, on a route very rarely trekked compared to Nepal's classic treks.
3. A great objective - to trek to two of the Base Camps of the world's third highest mountain.
4. At the start and end of the trek we use a 4-star hotel in Kathmandu for a bit of luxury.
5. This trek is run by people in Nepal who we have been working with for over 20 years. As a recent client said "I had an absolutely fantastic time. The trek could not have been run better; I am so pleased with HK and your in-country agent... Thanks for an absolutely wonderful trek - the memories will last a lifetime!"
6. Unlike many of our competitors we impose a maximum group size of 12.
7. As our minimum group size is 3 the trek is extremely likely to get "up and running". Some of our competitors have larger minimum group sizes and therefore regularly cancel under-subscribed treks.
8. 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.
9. We have a wealth of Himalayan experience in the company and staff members who have done this trek. Niki Morgan led this trek in 2007 - please call or e-mail her (niki@mountainkingdoms.com) if you would like to know more.
10. We don't cut corners on service - you will get only the best.

