

# THE PIONEERS' TRAIL

## TO EVEREST BASE CAMP



# Nepal - Trek



### 2010 DATES :

FRI 19 MAR - FRI 16 APR  
FRI 01 OCT - FRI 29 OCT

### 2010 PRICES:

Land only  
(joining in Kathmandu): £1,795  
Including flights: £2,595

### 2011 DATES:

FRI 25 MAR - FRI 22 APR 11

### 2011 PRICES:

Land only  
(joining in Kathmandu): £1,845  
Including flights: £2,625

Style of Trip:	Tea House/Local Lodge
Grade:	Strenuous
Maximum altitude reached:	5,545m
Duration:	29 Days, London to London
On Trek:	23 Days
Group size:	Maximum: 12 clients Minimum: 2 clients
Will the trek run?	Guaranteed to run for a minimum of 2 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



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# INTRODUCTION



This trek gives you the opportunity to support the local community, and follow in the footsteps of the early Everest Expeditions on this longer variant of the classic trek to Everest Base Camp. This route offers more gradual acclimatisation than the standard option of flying into Lukla.

When Everest was first climbed by Ed Hillary and Tenzing in 1953, they walked virtually all the way to Base Camp from Kathmandu. We start by driving to Jiri, but nevertheless the initial route to Namche is very much the same as that used originally.

Since that first ascent, Edmund Hillary devoted his life to building schools, medical centres, bridges and airstrips to raise the standards of living for the Sherpa people. We have, with the generous help of our clients, been active in raising money for Sir Edmund Hillary's Himalayan Trust for many years now. This trek will visit Khunde hospital and the Sir Edmund Hillary School at Khumjung, both built by the Trust.

Mountain Kingdoms will make a £50 contribution to the Trust for every booking received and we hope perhaps that clients will be encouraged to match this donation, or they may like to raise some money by persuading family and friends to sponsor them for every 1,000 feet they ascend during the trek. This is not obligatory in any way, but we hope to make it a fun way to raise much needed cash for the Sherpa people. It will, of course, add interest to the trek itself.

For more information on Sir Edmund Hillary's Himalayan Trust have a look at the website at [www.himalayantrust.co.uk](http://www.himalayantrust.co.uk).

## THE EVEREST REGION

The Everest region is understandably one of the most popular and spectacular destinations for walkers and it offers some of the most fascinating and enjoyable trekking. Most Everest treks fly straight to the tiny village of Lukla and begin their exploration from there, but the original expeditions and explorations had to walk all the way. This trek follows part of the route used by many of these early groups and is relatively little trekked as a result. It offers an unparalleled experience of the whole Everest area, starting low down at Jiri (5,900ft/1,798m), walking for a week to below Lukla (9,300ft/2,835m), then climbing up into the mountains all the way to the Gokyo Lakes (15,300ft/4,663m) and the Everest overview point of Kala Pattar (17,700ft/5,395m). *This route has the added advantage of providing 'text-book' acclimatisation ensuring that once up into the rarefied air of the Lakes you should have the energy and enthusiasm to appreciate them fully.*

The trek starts with a drive from Kathmandu to Shivalaya, about 200km, where you stay for the night. The trek then begins with the beautiful week-long walk east towards Khari Kola, a village near to the Dudh Kosi, the river that runs south out of the Everest region and up which the trek now runs. Our first objective is Namche Bazaar, the Sherpa capital of Khumbu. Here we rest for a day before heading north to the twin Gokyo Lakes in the shadow of Cho Oyu (8,153m/26,748ft).

From the Lakes you cross the exciting Cho La - a pass at 17m782ft/5420m) before turning north again and climbing eventually to Kala Pattar (there are two Kala Pattars in the region, both of which you can visit and both of which give good views of Everest). The end of the trek is at Lukla, from where you fly down to Kathmandu, covering in minutes the long miles you spent the best part of three weeks striding across!

*This trek is a deserved classic.* It takes you through Sherpa country in the foothills of the main Himalayan peaks, seeing the mountain farming and village life, before climbing up to the famous towns of Namche Bazaar and Pangboche and the awesome monastery at Thyangboche. From here you enter the really high country, among the sister peaks of Mount Everest herself, and at the Gokyo Lakes stand beneath the walls of Cho Oyu, the sixth highest peak in the world. Add to this the chance to spend a few days before and after the trek in the teeming excitement of Kathmandu and you have a trekking experience to rank with the very best. A long hard trek in the classic style.



## 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

The vast majority of our Everest treks are led by Sherpas who have climbed on, or summited, Everest. We cannot absolutely guarantee an Everest summiteer, but it is extremely likely. Your Sherpa Sirdar will in any case be highly experienced.





## OUTLINE ITINERARY

Days 1-3	Fly Kathmandu, drive Shivalaya
Days 4-11	Trek Namche Bazaar
Day 12	Rest
Days 13-26	Trek Kala Pattar, overview Everest Base Camp, cross the Cho La and return to Lukla
Days 27-29	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

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 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 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 and we will be pleased to offer advice. Please note that on this trek we supply a four-season sleeping bag and cotton liner free of charge. Hire of certain other key items can also be arranged in advance.



# DAY-BY-DAY ITINERARY

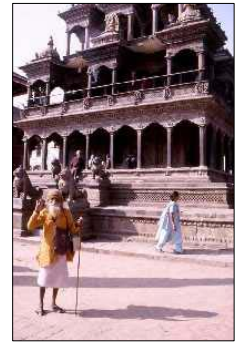


## **DAY 1 - FRIDAY: DEPART LONDON.**

Fly to Kathmandu.

## **DAY 2 - SATURDAY: ARRIVE KATHMANDU.** (4,380ft/1,335m).

You will transfer to the Shangri-la Hotel, a stylish four star property located near the British Embassy where you can relax in their lovely garden or have a dip in the hotel pool. Alternatively you may do some exploring in Kathmandu, Asia's 'hippy' capital. There will also be an opportunity at the end of the trek to enjoy the city. Overnight at Shangri-La Hotel.



## **DAY 3 - SUNDAY: DRIVE TO SHIVALAYA.** (5,741ft/1,750m).

You drive for 8-9 hrs, covering about 180 km along the Chinese Highway from Kathmandu, take the new road to Jiri before a good dirt track for approximately 10 kms to Shivalaya. Overnight tea house.

## **DAY 4 - MONDAY: TREK TO BHANDAR.** (7,000ft/2,134m). 7 to 8 hrs.

The route climbs steeply from Shivalaya up to a ridge from where the path eases slightly as it continues to climb. The first mani walls and chortens appear here, a sign that you are near a Buddhist area. The trail crosses a stream and climbs sharply into the forest as it approaches the pass, from where there are spectacular views to the east over the valley beyond. Drop down from the pass and descend to the large Sherpa village of Bhandar (Chyangma). There are stalls and shops in Bhandar that might sell you a few very last minute supplies. Overnight tea house.

## **DAY 5 - TUESDAY: TREK TO SETE.** (8,500ft/2,591m). 6-7 hrs.

Today from Bhandar you cross a stream and walk down to the river, after following its banks up for an hour or so you will cross a bridge to Kenja, a thriving village with several tea houses and stalls. After Kenja the trail climbs steeply up the valley side towards the Lamjura Lehk. Seti is a small sherpa village with a few tea houses and a ruined monastery. Overnight tea house.

## **DAY 6 - WEDNESDAY: TREK TO JUNBESI.** (8,800ft/2,682m). 7 hrs.

A long and steady climb today up to the Lamajura Pass at 11,500ft/3,505m. On each side of the pass there is an abundance of flower and bird life, as well as signs of human habitation in the form of shepherds' huts. From the top of the pass, the highest point between Jiri and Namche, you descend to Junbesi, a small and beautiful village. Overnight Tea house.

## **DAY 7 - THURSDAY: TREK TO TRAKSINGO.** (9,202ft/2,804m). 4 to 5 hrs.

From Junbesi the route crosses the Junbesi River and climbs up to a point where the first glimpses of the big peaks are possible, Everest, Makalu and Chamlang. Dropping to the Ringmo river the trail then climbs again to Ringmo itself 9,202ft/2,805m. From here the trail improves and climbs gradually to the Trakshingo La at 10,075ft/3,071m. Down from here is the magnificent monastery near which you will spend the night. Overnight tea house.

## **DAY 8 - FRIDAY: TREK TO KHARIKHOLA.** (6,575ft/2,004m) 5 hrs.

From Takshindo, the trail is mostly downhill to the Dudh Koshi River. The first hour's walk descends through the cool forest of hemlock, oak and rhododendron trees. After an hour and a half, you come to the village of Nunthala 7,450ft/2,270m. From here, it is another hour and a half downhill to the open fields of farm terraces and small villages. You finally reach the bottom near the fast raging Duh Kosi River, crossing a suspension bridge which leads to a gradual climb for an hour to the quiet small village of Jubing. From here the trail meanders uphill with a steep portion on the ridge which lasts about an hour, before reaching Kharikhola, 6,575ft/2,004m. From here it is an easy ten minutes' walk to the bridge. Overnight tea house.

## **DAY 9 - SATURDAY: TREK TO SURKHE.** (7,525ft/2,293m) 6 hrs.

After the bridge the trail continues steeply uphill for about an hour all the way to Bupsa, which has 5-6 tea houses/lodges and commands great views of the surrounding landscape. The walk winds uphill most of the way, through an alpine forest. After two to three hours, you reach the small Sherpa village of Payuin. From here the gradual uphill walk continues for an hour or two coming to the ridge overlooking Lukla and Surkhe. A 45 minute descent brings you to Surkhe, home of Pasang Lamu (the first Sherpa lady to climb Mt. Everest). Overnight tea house.





**DAY 10 - SUNDAY: TREK TO PHAKDING.** (9,184ft/2,799m). 5 hrs.

The trail from Surkhe is uphill most of the way for an hour or two. The morning's walk starts with an easy trail crossing a wooden bridge over a small stream. The walk continues uphill on the winding trail to the lush agricultural villages of Muse and Chowri Kharka. From this village, the walk is quite gradual until the trail joins from Lukla to Namche Bazaar. After reaching Choplina a small settlement with a few tea houses by the side of the main trail, the road widens, and it is here that you will meet more trekkers and pack animals. You continue on the trail until you reach Phakding. Overnight tea house.

**DAY 11 - MONDAY: TREK TO NAMCHE BAZAAR.** (11,000ft/3,353m). 6 hrs.

From Phakding the trail climbs north towards Namche, staying close to the river and occasionally crossing it. There are forests of rhododendron and pine, and several villages and hotels strung along the route. After stopping in Benkar for lunch, you continue up the valley to the confluence of the Dudh and Bhotte rivers, above which is Namche Bazaar. After crossing the river there is a steep climb up to the town, where we stay the night. Overnight tea house.

**DAY 12 - TUESDAY: ACCLIMATISATION AND EXPLORATION IN NAMCHE BAZAAR.**

This is an important day for acclimatisation, which, taken with your steady climb up from Jiri, will put you in good shape for the next stage of the trek. Namche is the administrative centre of the region and is also an important focus for local trade and the trekking industry that has grown up in the Everest region. There are police, army and government offices, as well as forestry and hospital organisations and schools. There are lots of hotels and lodges for visitors, though as a trade and market centre the village does not revolve around the tourist industry. You will see every sort of deal being done in the village and there are enough facilities to supply you with film, postcards and any bits of gear you need. For the purposes of acclimatisation it is better to do something rather than just sit around. Take a walk up out of the village and do some exploring. Your Sirdar will no doubt have lots of suggestions. Overnight tea house.



**DAY 13 - WEDNESDAY: TREK TO KHUNDE** (12,598ft/3,840m) 4 hrs.

The walk up above Namche will include a visit to the Everest View Hotel, Khunde hospital and Khumjung school. Overnight Guest House.

**DAY 14 - THURSDAY: TREK TO THYANGBOCHE** (12,887ft/3,867m). 4 hrs.

Ascend the ridge from Namche and then follow a lovely contouring path with views across the valley to your day's destination and of course the snow-covered mountains behind. You will descend to the Dudh Kosi Valley and across the river on a large bridge. Perhaps you will take a short rest here by the river before you begin the steady climb up towards the famous monastery at Thyangboche. It is the biggest in the area and is still active and flourishing. As well as being a famous religious centre, it is famed also for its views and setting. There are not many facilities for trekkers around the Gompa, but what there are, are well-established and comfortable. Overnight tea house.

**DAY 15 - FRIDAY: TREK TO DINGBOCHE.** (14,000ft/4,267m). 6 hrs.

Today you follow the Imja Khola valley upstream through Pangboche and continue upstream underneath the beautiful mountain of Ama Dablam (22,500ft/6,856m) to the pretty village of Dingboche. There are outstanding views from this little side valley and several lodges and hotels. Overnight tea house.



**DAY 16 - SATURDAY: REST DAY.**

Today is devoted to acclimatisation, and you can do some exploratory walks around Dingboche. Pheriche is a good settlement to visit, or your Sirdar may suggest a walk along the eastwards valley towards Bibre and Chukhung or up Nagarzong Ri. Overnight tea house.

**DAY 17 - SUNDAY: TREK TO LOBUCHÉ.** (16,174ft/4,930m) 6 hrs.

From Dingboche the route is steadily uphill and the terrain becomes increasingly alpine and dramatic as you pass the last small settlements in the upper reaches of the valley. Once you reach Dugla, you are at the snout of the Khumbu Glacier, where the trail continues along the moraine of the glacier. You will have views of Kala Pattar and Pumori as the walk approaches your overnight stay at Lobuche (16,174ft/4,930m), which comes as a surprise as it is well-hidden and sheltered from the chill wind. Overnight tea house.





**DAY 18 - MONDAY:                    *TREK TO GORAK SHEP (17,345ft/5,288m) AND KALA PATTAR (18,192ft/5,545m) 7 to 8 hours OR TREK TO EVEREST BASE CAMP (5,300m) 8-9 hours***

You have a choice today to either ascend Kala Pattar for the magnificent views across to Everest, looking down over the Base Camp area, or take the tough walk up over rubble-strewn moraine to Base Camp itself. From Base Camp the Khumbu Icefall obstructs the summit of Everest, and most people prefer to climb Kalar Pattar for the superb views. However if you would like to trek to Base Camp please let your Sherpa leader know several days in advance so the necessary arrangements can be made.



Either way this is the day for the big views! 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.

From 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 to Kala Patar (4 hours return trek)**

Although not far this next stage is a tough ascent of approximately 3 hours until you finally reach the rocky summit of Kalar Pattar at 5,545m - quite literally the high-point of your trek! From here 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.

**From Gorak Shep to Base Camp (5-7 hours return trek)**

From Gorak Shep it is 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. Be warned, there are no views of Everest from Base Camp, just close-up views of the terrifying Khumbu ice-fall.

At this altitude the long return to Lobuche will still feel like quite a long way and will use up your remaining reserves of energy! Overnight Tea house.

**DAY 19 - TUESDAY:                    *TREK TO DZONGLA. (15,157ft/4,620m) 6 hrs.***

You will descend southwards on a familiar path for about an hour before turning westwards where you head towards the second part of your adventure. The trail then starts to climb up along the Chola Khola, and indeed at the head of this valley is the high pass of Cho La which you will be aiming to cross tomorrow. Having passed the pretty lake of Tshola Tsho, where you may well stop for lunch, you will continue to Dzongla. Overnight tea house.

**DAY 20 - WEDNESDAY:                    *CROSS THE CHO LA (17,782ft/5420m) 7-8 hrs. TO DRAGNAK (15,059ft/4,590m)***

The route starts to climb steeply to the high pass of Cho La. The pass is not difficult but it is a fairly strenuous climb. The trek involves a glacier crossing on the eastern side and occasionally an ice axe, crampons and a rope are required to negotiate the icefall at the foot of the glacier. However, in normal conditions, the route is straightforward, with no technical problems, but the pass is not suitable for yaks and dzos. On the pass you'll feel as if you are right in the midst of the mountains. The descent on the western side to your stay at Dragnak is still strenuous but very rewarding in these remote surroundings. Overnight tea house.

**DAY 21 - THURSDAY:                    *TREK TO GOKYO. (15,580ft/4,749m). 3-4 hrs.***

The route today will take you across the snout of the Ngazumpa glacier to the first of the five Gokyo lakes. From here a climb northwards will bring you to the second and largest lake with its small settlement of Gokyo. The views and surroundings are spectacular; the lakes are set amid the high summer yak pastures and underneath the walls of Cho Oyu 26,748ft/8,153m, at the head of the valley. The Ngazumpa Glacier stretches away to the north. Overnight tea house.





**DAY 22 - FRIDAY: TREK TO GOKYO RI** (17,585ft/5,360m) 4 to 5 hours.  
 From Gokyo the ascent of Kala Pattar/Gokyo Ri offers more fine views of Everest, Lhotse and Makalu among others. Many people say these views are better than those offered from above Everest Base Camp. Return Gokyo. Overnight tea house.

**DAY 23 - SATURDAY: TREK TO DOLE.** (13,254ft/4,040m) 5 hrs.  
 Today you will descend steadily down the Dudh Kosi valley, slowly moving out of the alpine regions and into vegetated ones. The first part is high pastures, but later increasingly through rhododendron and pine whilst passing through scattered shepherds' settlements. During the day you will have fantastic views up and down the valley, and many opportunities to reflect on the trekking you have done so far. Overnight tea house.

**DAY 24 - SUNDAY: TREK TO KYANGJUMA.** (11,319ft/3,450m) 5 hrs.  
 The route continues to descend, following the Dudh Kosi where it joins the Imja Khola flowing from the Dingboche area which you will have seen earlier in the trek. You stay close to a small forest with excellent mountain views. Overnight tea house.

**DAY 25 - MONDAY: TREK TO PHAKDING** (8,701ft/2,652m) **VIA NAMCHE BAZAAR** (11,286ft/3,440m). 6 hrs.  
 Today's walk is easier and is downhill all the way to the river near Jorsale, after crossing the same river twice over a suspension bridge. From Jorsale, a short walk leads to another suspension bridge over the Dudh Kosi River. After the bridge the trail gradually descends, except for a 10-15 minute climb to the entrance of the Sagarmatha National Park. From here the trek leads to the long suspension bridge near Benkar, and continues on an undulating trail until Phakding is reached. Overnight tea house.

**DAY 26 - TUESDAY: TREK TO LUKLA.** (9,660ft/2,944m) 3 hrs.  
 It takes approximately 3 hours to reach Lukla from Phakding. It is a pleasant walk with a few ups and downs near Ghat, and the last half an hour is uphill before you reach Lukla, passing through farm villages and fields. Overnight tea house.

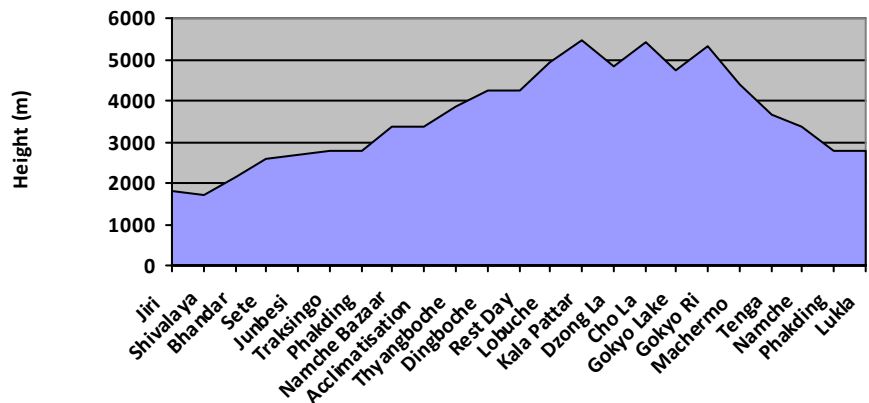
**DAY 27 - WEDNESDAY: FLY TO KATHMANDU FROM LUKLA.**  
 A short flight from the small airstrip back to Kathmandu and transfer from the airport to the Shangri-La Hotel.

**DAY 28 - THURSDAY: AT LEISURE IN KATHMANDU.**  
 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 Swayanbunath, visiting Asan Tol, Kathmandu's busy main bazaar, and Thamel en-route.

You will have time in the afternoon for a chance to look beneath the surface of this fascinating city which has a wonderful mixture of crowded bazaars, Hindu and Buddhist temples, shrines and stupas, colonial and ancient architecture as well as more modern buildings. A trip out to Bhaktapur, the third of the ancient cities of the valley, is well worth the hour or so journey. Overnight Shangri-La Hotel.

**DAY 29 - FRIDAY: 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:** In 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 very top hotels in the city.

**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 direct flights are not available.

### 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 the day 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:**

- ✓ A Sherpa 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
- ✓ All road transport by private vehicles
- ✓ All meals on trek
- ✓ Costs of all portering and their insurance
- ✓ Sightseeing tour of Kathmandu
- ✓ All meals on trek, plus tea, coffee and drinking water
- ✓ Supplementary snacks and drinks on trek
- ✓ Morning 'bed' tea on trek
- ✓ 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
- ✓ Carbon offset for clients taking our flight-inclusive option
- ✓ Best quality lodges booked in advance
- ✓ Sherpa sirdar, staff and full portering
- ✓ 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
- × Domestic airport departure taxes, excepting UK Departure Tax
- × Bar bills and laundry
- × Optional trips
- × Tips

**OPTIONAL SINGLE ROOM SUPPLEMENT**  
 (Kathmandu only): **£75**

**INSURANCE:** From: **£109**  
*(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:

A really brilliant holiday made very special by the exceptional sherpa. He changed the itinerary to suit and he used his contacts in such a way as to make us feel 'part of' rather than total outsiders.

*Mr & Mrs E, W Midlands*

I was extremely happy with the trek and the experience - what a wonderful place! I felt that Himalayan Kingdoms was more experienced and less inclined to rush the ascent than other groups we saw and found this reassuring when we saw a number of other trekkers with altitude problems etc. Thank you for a great trek!

*Miss G, Gwent*

A great trip! *Ms K, Farnham*

## TEN REASONS TO BOOK YOUR TREK WITH MOUNTAIN KINGDOMS

1. 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.
2. Very few UK tour operators offer this extended, original route into the Everest region.
3. This route visits Kala Pattar, Gokyo Ri and crosses the exciting Cho La - all 3 objectives over 5000m.
4. We use the best tea houses available.
5. Unlike many of our competitors we impose a maximum group size of 12. As our minimum group size is 2 on this trek, it is extremely likely to get "up and running". Some of our competitors have larger minimum group sizes and therefore regularly cancel under-subscribed treks.
6. We provide sleeping bags and liners.
7. No hidden costs. We don't impose surcharges for being a small group or for 'meal packages'.
8. We have a wealth of Himalayan experience in the company and staff members who have done this trek.
9. We use a reputable IATA airline.
10. We don't cut corners on service- you will get only the best!

