



Travel with the experts
Worldwide Small Group & Tailor Made Adventure

Mountain Kingdoms introduce a new tea house trek to Makalu Base Camp in Nepal



Previously, the remote trek to Makalu Base Camp has only been possible as a camping trek but, join the Himalayan trekking experts, Mountain Kingdoms, on their new trek, and you can enjoy the simple comforts of tea houses every night; without compromising on acclimatisation.

The trail to the foot of the world's fifth highest peak has long been one of Nepal's best kept trekking secrets. Closed to the outside world until the 1950s, when Eric Shipton first trekked into the region, it has remained relatively inaccessible and little-known, and yet it offers scenic splendour on par with anywhere in the Himalaya. Trekking through the pristine wilderness of Makalu Barun National Park from 700m to 5,000m it delivers a rich variety of natural rewards as well as a rugged trekking challenge. On one sublime day of trekking alone, there are four high passes to cross including the mighty Shipton La at 4,200m. But the exertions are all made worthwhile by the awe-inspiring views of the Himalaya's highest peaks and the monumental presence of Makalu itself when you reach base camp.

The tea houses en route may be more basic than those in the more established trekking areas, but they provide a warm bed and good meal at the end of each day. They also provide the opportunity to contribute directly to the local communities and to spend time with the Rai and Sherpa people of the area in their isolated mountain villages.

In fact, Mountain Kingdoms' new Makalu Base Camp Trek has all the ingredients for a Himalayan classic: challenging high passes, incredible high mountain scenery, tea house accommodation, cultural interest, a rewarding objective, and the joy of splendid isolation from the modern world.

Grade: Strenuous
Price from: £1,995 (land only) £2,780 (flight inclusive)
Duration: 22 days (London to London)
On Trek: 16 days
Departure: 9 November 2019

Price includes: Internal flights between Kathmandu and Tumlingtar; an English-speaking Sherpa leader and support crew; internal transfers and all transport by private vehicle; good standard hotel in Kathmandu on a twin-share, bed and breakfast basis; teahouse accommodation on trek; free hire of a down jacket, sleeping bag and fleece liner; all meals on trek including tea and coffee.

View full details: <https://www.mountainkingdoms.com/holiday/makalu-base-camp-trek>

About Mountain Kingdoms:

Mountain Kingdoms is an independent, UK based, small group holiday specialist with over 30 years' experience. Now offering worldwide walking holidays, pioneering and classic treks, trekking peaks, cultural tours, cycling holidays, walking safaris and adventure cruises. Mountain Kingdoms is committed to responsible tourism and offers value for money with an emphasis on quality.

Visit <http://www.mountainkingdoms.com> for all our new holidays for 2019 and updates on all our worldwide adventures.

-ENDS-

For media enquires & images contact:

Kerry Robins | kerry@mountainkingdoms.com | Tel: +44 (0)1453 844400