

Kangchenjunga North & South Base Camps, Nepal

A spectacular challenging trek in eastern Nepal.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Tea houses, Camping
Grade	Strenuous
Duration	23 days from London to London
Trekking / Walking days	On trek: 16 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Nepal Sherpa
Land only	Joining in Kathmandu, Nepal
Max altitude	5,190m/17,028ft, North Base Camp, Day 15

Private Departures & Tailor Made itineraries available



tel: +44 (0)1453 844400 fax: +44 (0)1453 844422 info@mountainkingdoms.com www.mountainkingdoms.com

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Departures

Group departures

2022 Dates:

Sat 26 Mar - Sun 17Apr

Sat 29 Oct - Sun 20 Nov

2023 Dates:

Sat 25 Mar - Sun 16 Apr

Sat 28 Oct - Sun 19 Nov

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

Please be aware that the option of a single room is not available in the tea houses. Please see the 'Your Accommodation' section of this itinerary for further information.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



This trek will be led by a professionally trained, English speaking Sherpa. They have an intimate and expert knowledge of the history, culture and nature of Nepal and will make your trip a memorable experience.

Your trip highlights

- Trek to the foot of the world's third highest mountain, Kangchenjunga, with excellent acclimatisation and ample time to explore
- Follow the trail through the most scenically stunning area in all of Nepal with wonderfully varied scenery and stupendous high mountain views
- Experience a genuinely off-the-beaten-track trail where few other Westerners venture
- Cross the Mirgin La and Sinion La to reach the northern base camp
- Relax in a 4* hotel in Kathmandu

At a glance itinerary

Days 1-2	Fly to Kathmandu.
Day 3	Fly to Taplejung. Jeep to Kande Bhanjyang.
Days 4-8	Trek to Tseram via Mamanke, Yamphudin, Lasiya Bhanjyang and Torongten.
Days 9-10	Trek to Kangchenjunga South Base Camp, 4,780m/15,682ft. Return to Tseram. Rest day.
Day 11	Cross the Sele La and on to Phedi.
Days 12-14	Trek to Kambachen and on to Lhonak.
Day 15	Trek to Pangpema, Kangchenjunga North Base Camp, 5,190m/17,028ft, return to Lhonak.
Days 16-19	Complete trek passing through Ghunsa, Gyabla and Sekathum. Drive to Taplejung/Suketar.
Days 20-23	Fly to Kathmandu. Day at leisure. Fly to London.

Trip summary

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. And, with the opening of basic tea houses along the trail, it is now possible to complete the trek with minimal need for camping.

Your adventure begins with a flight to Taplejung; the hub of the region and the start of the trail to Kangchenjunga's southern base camp. Only a day into the trek and you will be in glorious scenery with wonderful views of mighty Kangchenjunga and her satellites in their full glory. Steadily gaining altitude, your trail to base camp will take you through forests, cultivated, terraced fields and small, sparsely populated villages where the local Rai or Limbu people will be delighted to welcome you.

The wild scenery around South Base Camp is simply stunning and you will be surrounded by glaciers, mountain lakes and ice-fluted peaks. You will also enjoy fabulous views of the entire south and west sides of Kangchenjunga. From here, it will take six further days of trekking, across airy passes of the Mirgin La and Sinion La, to reach the northern base camp of Kangchenjunga. The incredible, panoramic vistas from above the mountain's glacier are worth the exertions alone but you will undoubtedly relish the feeling of being somewhere totally wild and remote as well as the sense of achievement in having successfully reached your final objective.

Returning to Taplejung by an alternative route, you still have several days of splendid trekking to enjoy before you re-enter civilisation and fly back to Kathmandu for a well-earned beer and time for rest and relaxation..

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 India. 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 8586m /28,169ft ranks it third, after Everest and K2. In addition to the main peak, four subsidiary summits of Kangchenjunga also exceed 8,000m. This cluster of peaks is highly glaciated and cradles five major glacial systems, contributing to the spectacular high mountain scenery enjoyed on this trek.

Special notes

Tea houses on trek and camping nights

Please note that the tea houses in this area are basic. None of the lodges have attached bathrooms. There are common toilets. Hot showers are only available in a few places. Kangchenjunga is one of the least populated and remote areas so please accept that facilities will be very basic.

Please also note that at both Kande Bhanjyang and Lasiya Bhanjyang you will be camping as there are no suitable tea houses, and walking from Yamphudin to Torongten would make too long a day.

Domestic flights to Taplejung

Please note these are weather dependent. If weather delays result in additional costs for hotel accommodation and/or meals, these will be at your expense. If our agents have to arrange for a helicopter in order to fly the group to/from Taplejung in bad weather (in the event that the usual scheduled flights don't operate), then our agent would discuss any extra costs that would need to be paid, and get agreement from the group.

Your trip itinerary

Day 1: Depart London.

Depart London on your overnight flight to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to hotel.

You will be met on arrival at Kathmandu airport and taken to your hotel.

Overnight: Kathmandu Guest House or Shangri La Hotel, Kathmandu

Day 3: Fly to Taplejung, 1,787m/5,863ft. Jeep to Kande Bhanjyang, 2,170m/7,119ft - 4-5 hours.

You will be met at your hotel and taken to the airport for your morning flight to Taplejung. Taplejung is the hub of this region and has cobblestone streets, government offices, a police post and a small hospital. You will drive to the trek start at Kande Bhanjyang, on a dirt road. This should take around 4-5 hours.

Overnight: Tea House or Camping (Meals: BLD)

Day 4: Trek to Phumphe Dhanda, 1,890m/6,200ft - 6-7 hours. Ascent 470m. Descent 735m.

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. As you pass through terraced fields and 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.



Overnight: Tea House (Meals: BLD)

Day 5: Trek to Yamphudin, 1,980m/6,496ft - 7-8 hours. Ascent 960m. Descent 760m.

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.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Lasiya Bhanjyang, 3415m/11,204ft - 7-8 hours. Ascent 1,495m. Descent 150m.

This morning begins with a very long ascent to cross the Deorali Danda ridge at a col at about 3,292m/10,800ft. The path winds its way uphill, steeply at first, through rhododendron thickets to a clearing at Chittre. The col when reached is broad and contains a small pool.

Overnight: Camp (Meals: BLD)

Day 7: Trek to Torongten, 3,010m/9,875ft - 3-4 hours. Ascent 290m. Descent 670m.

There are views to the northwest of the summit of Jannu, and Kangchenjunga reveals itself at several points on the descent to the Simbu Khola. The initial part of the descent from the ridge has been subject to a 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 Simbu Khola.

A walk of about an hour along the bank leads to a small bridge, which provides access to the north bank and a clearing known as Torongten.

Overnight: Tea House (Meals: BLD)

Day 8: Trek to Tseram, 3,910m /12,828ft - 5-6 hours. Ascent 990m. Descent 60m.

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, 7,349m/24,111ft, Kabru 7,338m/24,075ft and Rathong 6,678m/21,909ft. Tseram is a pleasant grassy spot on a small terrace about 50m above the north bank of the river.

Overnight: Tea House (Meals: BLD)

Day 9: Trek to Oktang, Kangchenjunga South Base Camp, 4,780m/15,682ft, and return to Tseram - 9-10 hours. Ascent 900m. Descent 900m.

You will start early with hot drinks being served in your room before you hit the trail. The trail is steep for a short time until, after you have walked for an hour it turns into a more gentle slope and remains that way till the last point, Oktang Glacier. Some mild altitude will be felt but your crew will carry a portable gas stove to heat water for some hot drinks which, at that altitude, will be more than welcome.

A picnic lunch will be carried and served to you by your crew once you reach Ramche, either on the way up or on the way down depending on the group's progress. From Ramche you make a further trek to South Base 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 over fairly level and easy going ground. At the corner a tremendous view opens up to include the entire south and west faces of Kangchenjunga which have previously been 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 which include Kangchenjunga main summit, 8,686m/28,169ft, Yalung Kang, 8,505m/27,903ft, and Kamgbachen Peak, 7,903ft/25,928ft, at the head of the valley.



You retrace the same way back to your base at Tseram. This day is pretty long but you will have a rest day tomorrow.

Overnight: Tea House (Meals: BLD)

Day 10: Rest day.

Today is time to rest and relax. You may like to do some washing or simply enjoy the scenery and recuperate ready for the next section of your trip.

Overnight: Tea House (Meals: BLD)

Day 11: Cross the Mirgin La, 4026m/13,209ft, the Sinion La, 4,663m/15,298ft, and Sele La Pass, 4,200m/13,776ft and on to Sele Camp, 4,200m/13,779ft - 8-9 hours. Ascent 900m. Descent 630m.

Today you should be fresh after your rest day and ready for the exciting day. There is a vertical uphill immediately in front of Tseram and you will have a tough ascent of some two hours to reach Chhuchung Pokhari, a tiny icy lake. From here it is just a few minutes to reach the top of Sinelepcha Pass, and you will now have completed the toughest part of the ascent. From here there are stunning 360 degree views of the highest snow-capped peaks to the north and east and endless horizons of foothills to the south and west - a fabulous reward for a strenuous morning. From Sinelepcha Pass, the trail becomes comparatively easy and more gentle, crossing numerous passes including the Sele La.

After you have crossed several passes the trail then slowly starts to descend, with Kumbhakarna massif towering ahead of you, to Phedi.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Ghunsa 3,140m, 11,187ft 3-4 hours

It is a long descent to Ghunsa through beautiful forest to a clearing on the lip of the Yamatori Valley. You then continue descending through pine and rhododendron forest to the village of Ghunsa. Ghunsa is a well-kept village of some thirty stone houses and has a police post. There is also a small Tibetan monastery here. This is the last proper village in the valley.

Overnight: Tea House (Meals: BLD)

Day 13: Trek to Kambachen, 3,930m/12,894ft - 6-7 hours.

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 rock fall 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.

Overnight: Tea House (Meals: BLD)

Day 14: Trek to Lhonak, 4,575m/15,010ft - 6-7 hours.

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 Pyramid Peak rises, 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. 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.



Overnight: Tea House (Meals: BLD)

Day 15: Trek to Pangpema, Kangchenjunga North Base Camp, 4,903m/16,086ft. Return to Lonak.

Today is a spectacular day. 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. You continue to Pangpema where the view to the south opens up to reveal the Twins and, finally, the great north faces of Kangchenjunga and Yarlung Kang. Pangpema is located on a small grassy shelf above the glacier, the panoramic views are breathtaking from here. Prayer flags adorn a large boulder and there is a small plaque in memory of the American climber, Chris Chandler. You retrace your steps to Lonak.

Overnight: Tea House (Meals: BLD)

Day 16: Trek to Ghunsa 3,410m/11,187ft - 6-7 hours.

You retrace your steps to Kambachen. It's about a four hour walk to Ghunsa from Kambachen. You walk along the west ridge of the Kambachen valley and hike down to the Ghunsa Khola, where there is a newly built suspension bridge over the river. There are superb views of the Kumbhakarna massif towering to the left side of the trail, and you have this glorious view for about half an hour, until the trail is enveloped in golden pine and various species of rhododendron.

Overnight: Tea House (Meals: BLD)

Day 17: Trek to Gyabla, 2,725m/8,940ft - 4-5 hours.

You cross the Ghunsa Khola for one more time and walk on the trail alongside it. It's a pleasant walk through lush forest of pine, rhododendron, birch and Himalayan bamboo. There are small mani walls to be passed by every now and then. The small nomadic-type settlement of Phale is about an hour's distance away from Ghunsa. Phale is a tiny valley in the middle of nowhere.

Immediately after Phale, there is a huge expanse of landslide to go across, although there are no falling stones, making the passage safe. The remaining trail up to Gyabla is through dense and beautiful forest. It takes about 4 hours to reach Gyabla from Ghunsa and 3 hours from Phale.

Gyabla is a neatly kept tiny village where there are some small houses, a few great teahouses and a huge lodge with 40 rooms in it. There are high waterfalls in the distance, greenery everywhere and some cultivated landscape. You will notice the increase in oxygen here after being at high altitude.

Overnight: Tea House (Meals: BLD)

Day 18: Trek to Sekathum, 1,650m/5,413ft - 7-8 hours.

Today you have gentle downhill walking of around two hours, followed by 1½ hours of steep uphill, then two hours of moderate and steep downhill to the Ghunsa Khola, then a flat trail of 1½ hours. You enter a dense forest and fields where cardamom is harvested. You remain on the banks of Ghunsa Khola until Sekathum.

Overnight: Tea House (Meals: BLD)

Day 19: Trek to Tapethok, 1,322m/4,337ft - 3 hours. Drive to Suketar - 4 hours.

Today you have three hours of trekking on a flat and straight path. You will be picked up by the vehicle at Tapethok and driven to Suketar on a dirt road (this is the village close to the Taplejung airstrip).

Overnight: Tea House (Meals: BLD)

Day 20: Fly to Kathmandu.

You take the early morning flight to Kathmandu where you will be met at the airport and taken back to your hotel. Tonight you might like to go into the vibrant tourist hub of Thamel and eat out at one of the district's many restaurants.

Overnight: Kathmandu Guest House or Shangri La Hotel, Kathmandu (Meals: B)

Day 21: Day at leisure in Kathmandu.

Today provides a useful buffer day should your return flight from Taplejung be delayed. Alternatively you have a full day to rest and recuperate at your hotel or to head out and discover the many temples, bazaars and modern-day shops of Kathmandu. Sightseeing excursions to the impressive ancient cities of the Kathmandu Valley are also recommended.

Overnight: Kathmandu Guest House or Shangri La Hotel, Kathmandu (Meals: B)

Day 22: Time at leisure. Late afternoon group transfer to the airport. Depart Kathmandu.

You have a final chance this morning for some sightseeing or some last minute shopping. Later in the day, you will be transferred to the airport for your overnight flight back to London.



Overnight: In flight (Meals: B)

Day 23: Arrive London.

Our grading system

Kangchenjunga North & South Base Camps is graded as a Strenuous trekking holiday, as described below.

Strenuous

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

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

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ A local English-speaking leader
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ All internal flights
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, twin share, bed and breakfast basis
- ✓ Tea house accommodation on trek on a twin share basis plus a couple of nights full-service camping
- ✓ Best available hotels/lodges in outlying towns, on full board
- ✓ All road transport by private vehicles
- ✓ Free use of a good quality down jacket and sleeping bag with liner on trek.
- ✓ All meals on trek
- ✓ Costs of all portage and porter
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ The opportunity to attend one of our pre trip meet in the Cotswolds

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Lunch and evening meals in Kathmandu
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), we offer a free Water-to-Go bottle. If you would like to purchase a Water-to-Go bottle they are available from us at a discounted rate.

For further information about our campaign visit [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign).

Your accommodation

Hotels

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



Kathmandu Guest House, Kathmandu (2022 and spring 2023 departures)

The Kathmandu Guest House is a 4* hotel situated right in the heart of Thamel - the tourist hub of the city. Known as Kathmandu's 'original hotel' it has been extensively renovated over recent years and has good quality rooms, a spa, gardens and a restaurant. The hotel also houses the excellent Museum of Nepali Art (MONA) which showcases traditional and contemporary works of art - admission is free for Mountain Kingdoms guests.



Shangri La Hotel, Kathmandu (Autumn 2023 departures)

The Shangri La Hotel is a 4* hotel of character, just a stone's throw from the British Embassy and only a 20 minute walk or short taxi ride into the popular tourist area of Thamel. The hotel has a swimming pool, a lovely, landscaped garden, and a choice of restaurants and bars. Recent entertainment additions include a casino and fitness centre.



Tea Houses

The rooms in tea houses are simple but comfortable. Most bedrooms have twin beds and mattresses. Sleeping bags are provided by our agent. There is a communal dining area, warmed by a wood or yak-dung burning stove, where most trekkers relax for the evening. There are also simple toilets and, in most cases, the opportunity to have a hot shower.



For various reasons, it is not possible to guarantee single rooms in tea houses. If you are travelling without a companion and would like a single this may sometimes be possible upon payment of a small supplement on the spot (usually around \$10). Alternatively, if the tea house has an odd number of guests on the night you may be lucky and find yourself in a room on your own. However it is more likely you will share with someone (of the same sex obviously). This would most likely be someone within your group but when the tea houses are busy, it could even be someone else. Be prepared for this! We do however offer the option of a single room in your hotel in Kathmandu for a supplement.

Camping

For the nights you will be camping the following are provided: a sleeping tent, a dining tent, a toilet tent exclusively for your group to use. The trek staff put up and take down tents, make the tea, cook the food, wash the dishes, and load the porters or pack animals. Your kit bag is carried for you either by porters or pack animals and you just trek with a light day sack.

Meal arrangements

Bed and breakfast in Kathmandu, all meals on trek.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

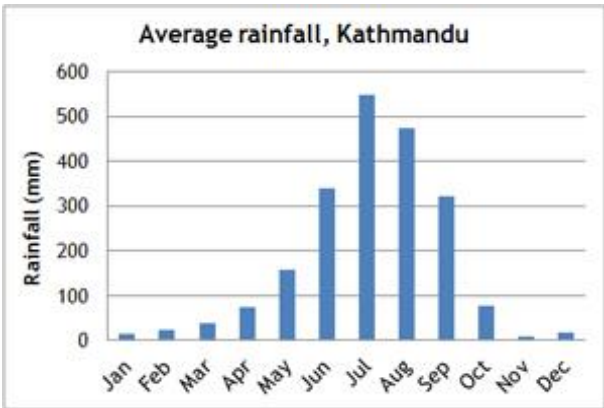
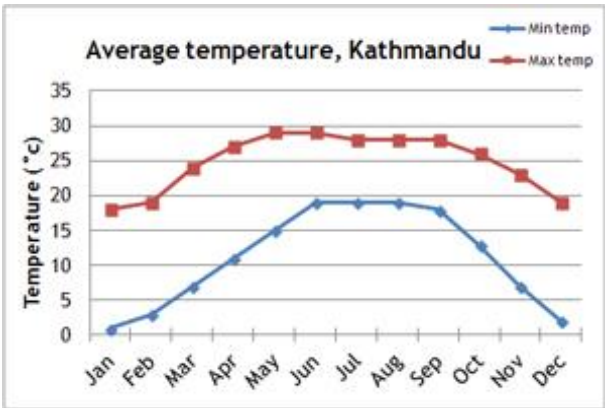
Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



Extra nights in Nepal

If you would like to extend your stay in Nepal, you can add extra nights at your group tour accommodation or choose from our range of distinctive properties in Pokhara and the Kathmandu area. We can offer luxury resorts, heritage hotels, tranquil lodges and characterful cottages. Our selection includes Dwarika's hotel in Kathmandu and its sister property - Dwarika's Resort at Dhulikhel, Pavilions Himalaya at Pokhara, Tiger Mountain Pokhara Lodge and Shivapuri Heights Cottage. Individual extension leaflets for all these options can be downloaded from our website or requested from our office.



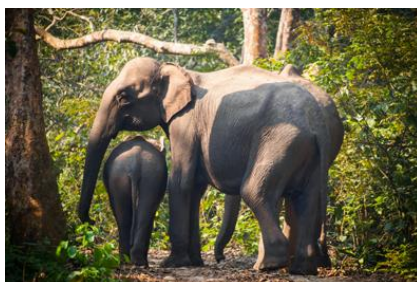
Kathmandu Valley sightseeing excursions

We can arrange half day or full day sightseeing tours taking you to the key cultural attractions of central Kathmandu or the Kathmandu Valley including the World Heritage Sites of Bhaktapur and Patan. Your tour will be led by an English-speaking guide and you will have a private vehicle and driver.



Bhutan and Tibet extensions from Nepal

Whilst in the Himalaya, why not extend your Nepal holiday with a tour of the cultural highlights of Bhutan or Tibet. We offer several extension packages that include all accommodation, meals and sightseeing or we can tailor an itinerary to suit your exact requirements. Download extension leaflets for our Bhutan and Tibet extensions from Nepal, or contact the office to discuss various options.



Wildlife extensions in Nepal - Chitwan, Bardia & Koshi Tappu

Visit Chitwan or Bardia National Parks home to a rich variety of birds and animals including elephant, rhinos, leopard and Bengal tiger. Stay in a comfortable lodge and enjoy a range of wildlife viewing activities. Alternatively visit the renowned Koshi Tappu Wildlife Reserve - one of the finest birdwatching and wildlife areas in all Asia.



Lumbini

Enjoy a three day extension to the birthplace of Buddha, one of the most important Buddhist pilgrimage sites in the world. Take the short flight from Kathmandu, and spend two nights in a comfortable 3* hotel, just steps from the Lumbini temple complex, with a full day to explore the fascinating UNESCO World Heritage Site in the company of your expert local guide.

Why book this holiday with Mountain Kingdoms?

- We have built in thorough acclimatisation for this varied trek which takes you from lush rice terraces to majestic mountain scenery.
- We take you truly off-the-beaten track, on a route very rarely trekked compared to Nepal's classic other treks.
- We provide a good quality down jacket, sleeping bag and liner to be used, free of charge, on trek.
- Your trek will be led by a knowledgeable, well-trained English-speaking guide supported by an experienced trekking crew who will provide an excellent standard of service. Your gear will be portered for you so all you need to carry is a small daypack.
- We use tea house accommodation on trek that helps support local communities, plus a couple of nights camping where tea houses are not available.
- At the start and end of the trek we use a 4-star hotel in Kathmandu for that bit of extra comfort.
- We have a maximum group size of 12 people for a genuine, small group, trekking experience
- We have a wealth of Himalayan experience in the company and staff members who have done this trek including Niki Morgan. Please call or e-mail niki@mountainkingdoms.com if you would like to know more.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



As my second trip to Nepal after Everest Base Camp, I must say it has been an incredible adventure. This trek takes you to a very remote region, with very different landscapes (from tropical rainforests to dramatic Himalayan peaks), passing through low-populated valleys where people are friendly and genuine. Be prepared to long days with many ascents and descents. The route to the Base Camps is blessed with incredible autumn colours in Oct-Nov. Kangchenjunga is well hidden behind a curtain of incredible rocky walls towering 7.000 mt (Chang Himal face is amazing and very close, when you walk on the edge of the glacier). Our guide Raj, the 2 sirdars and the cook were very attentive, and all the porters did a great and tough job. Finally, MK was very good in solving the logistic difficulties related to the remoteness of the region. Definitely recommended if you want to experience remote far Eastern Nepal.

-Mr S Z, Italy



What I enjoyed was the fact that the standard of care was as good, if not better, than all the times I have been to the Himalaya, particularly Nepal. Our guide was excellent, we were well looked after.

-Mr B, Wales



The other guys on the trek were very good company as was our trek leader Cshiring Sherpa who was most attentive to us. He was always cheerful, helpful and informative and appeared to have the respect of the cooks and porters. The local people were friendly and interested in us and sometimes enjoyed testing their limited English.

-Mr C, Surrey

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 MK's 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

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

