

Luxury Lodges to Ama Dablam Base Camp, Nepal

A two-week trip to one of Nepal's most beautiful mountains, Ama Dablam, staying in comfortable accommodation throughout.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Luxury lodges
Grade	Vigorous
Duration	16 days from London to London
Trekking / Walking days	On trek: 11 days
Min/Max group size	4 / 10. Guaranteed to run for 4
Trip Leader	Everest Sherpa Sirdar
Land only	Joining in Kathmandu, Nepal
Max altitude	4,576m/15,014ft, Ama Dablam Base Camp, Day 8

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 10 Apr
Sat 09 Apr - Sun 24 Apr
Mon 17 Oct - Tue 01 Nov
Sat 05 Nov - Sun 20 Nov

2023 Dates:

Sat 25 Mar - Sun 09 Apr
Sat 08 Apr - Sun 23 Apr
Sat 14 Oct - Sun 29 Oct
Sat 04 Nov - Sun 19 Nov

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 10. 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.

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.

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.

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, who will have first-hand experience of the destination/s you want to visit. 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



Your Everest trek will be led by one of our highly experienced Sherpa Sirdars, the majority of whom have climbed on, or summited Everest. They have an intimate and expert knowledge of the history, culture and nature of Nepal and will make your trip a memorable experience.

Phura Dorjee, on the summit of Everest and one of our popular guides for this trek.

Your trip highlights

- Stay in luxury lodges with excellent facilities, food and service
- Trek the main trails of the Everest region including the old Tibetan trade route towards the Nangpa La
- Meet climbers or simply explore the Base Camp of beautiful Ama Dablam
- Enjoy a walking tour of Kathmandu's key sights
- Stay in splendour at Dwarika's five star heritage hotel in Kathmandu
- Join the festivities at the Mani Rimdu Festival on our October departure

At a glance itinerary

Days 1-2	Fly to Kathmandu.
Days 3-4	Fly to Lukla. Trek to Monjo. Day walk from Monjo.
Days 5-6	Trek to Namche Bazaar. Trek to Tashinga.
Day 7	Trek to Thyangboche and on to Pangboche (16th October departure attends the Mani Rimdu Festival at Thyangboche).
Day 8	Day excursion to Ama Dablam Base Camp, 4,576m/15,013ft.
Day 9	Trek to Tashinga via the Mong La.
Day 10	Trek via Khumjung and Khunde to Mende.
Days 11-12	Trek to Thame, return to Mende then trek to Monjo.
Day 13	Trek via Gumila Monastery to Lukla.
Days 14-16	Fly to Kathmandu. Guided walking tour. Transfer to the airport for overnight flight to London.

Trip summary

On this superb trip you will visit the Everest region in comfort and style. On trek you will stay in luxury lodges which offer a higher standard of comfort than is normally available on trek and in Kathmandu you will stay in the wonderful Dwarika's Hotel. You will visit the delightful Sherpa villages of the Khumbu, enjoy spectacular views of Himalayan giants including Mount Everest, and as an added bonus on this trip you will visit the base camp of Ama Dablam, one of the most beautiful mountains in Nepal.

Your holiday begins in Kathmandu with a night in Dwarika's stylish, 5 star heritage hotel. From Kathmandu you fly to the airport at Lukla, high in the Himalaya, and begin your trek into the heart of Sherpa country - the Khumbu. This trip is designed to show you some of the prettiest villages within easy walking distance of the Sherpa capital, Namche Bazaar, and to offer some of the finest views, all this while enjoying the comfort and wonderful service of the Everest Summit Lodges. These lodges, set in superb locations, provide an unrivalled level of attentive, friendly service, delicious food, comfortable bedrooms and cosy dining rooms, hot showers, western style flush toilets and attractive gardens. In addition these lodges are ecologically sympathetic to the high mountain environment.

Landing in Lukla after an exciting flight, your trail then takes you up the valley of the Dudh Kosi River to Namche Bazaar, with time along the way to explore and acclimatise to the altitude and enjoy some spectacular mountain scenery. After your visit to Namche, you visit the famous monastery of Thyangboche with its fine views of Everest and continue to the pretty village of Pangboche. In Pangboche you will have the opportunity to make a day trip to the foot of Ama Dablam, one of the most loved mountains of the Everest region. The name Ama Dablam means 'mother's necklace' and is so named because the perennial hanging glacier on the mountain is thought to resemble a 'dablam', the piece of jewellery traditionally worn by Sherpa women. The base camp on Ama Dablam is set at 4,567m/14984ft and your visit there will literally be a highlight of your trip. It is a remote and stunning location, away from the main trekkers trail, and you will enjoy an enviable sense of isolation here. Your trek will then take you up the quieter trail north of Namche to visit the village of Thame, staying in yet another wonderful lodge in a superb, tranquil setting away from the main trail and offering spectacular mountain views.

On this trip you will visit lovely Sherpa villages and monasteries in one of the most beautiful settings on earth and what better way to do it than with the guarantee of returning to a truly comfortable base after all your exertions! In addition, to ensure your wellbeing on trek you will be supplied with a cosy down jacket for the duration of your visit.

On your return to Kathmandu you have time to relax at Dwarika's and to enjoy a walking tour to soak up the atmosphere of this most colourful of cities.

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 Dwarika's Hotel.

You will be met on arrival in Kathmandu and transferred to Dwarika's Hotel, a luxurious and stylish hotel built in local palace style and furnished with Nepalese furniture, carvings and statues. The hotel offers comfort and good service and features an elegant courtyard with a swimming pool and has several excellent restaurants. Dwarika's is a peaceful haven and an excellent place to unwind after the long flight from London.

Overnight: Dwarika's Hotel, Kathmandu

Day 3: Fly to Lukla, 2,743m/9,000ft. Trek to Monjo, 2,835m/9,301ft - 5-6 hours.

The early morning flight from Kathmandu to Lukla and the landing at the small mountain airstrip is something you will be talking about for many years to come. The scenery is fantastic and as you fly like an insect up the vast valleys towards Lukla, the giants of the world appear on the horizon.

It is then about 2 hours to walk to Phakding, 2,652m/8,700ft, where you will probably stop for lunch. First the path drops down a steep, stony path to meet the trail coming up through Chaurikhirka. You will encounter porters, sherpas, trekkers and the common beast of burden, the dzo. The path contours the mountainside, past lodges and the small hamlets of Ghat, 2,490m/8,169ft, and Chuthrawa, 2,591m/8,500ft. The trail takes you past large stones carved and painted with prayers, a couple of large new suspension bridges and under large cliffs with trickling waterfalls. From Phakding it is another 2-3 hours to Monjo, 2,835m/9,301ft, which lies just past Chumoa. Before you get to Monjo, there will be time for tea at Benkar, at a lovely lodge in a wild spot. Memories of the day will include the sounds of porters listening to radios, a cacophony of different languages, strange sounding birds, the sight of porters and loads resting on sticks outside tea houses, tired trekkers making their way back to Lukla, prayer flags, the gaudy colours of the tea houses and, of course, the dramatic scenery.



Overnight: Luxury Lodge (Meals: BLD)

Day 4: Day walk from Monjo.

Monjo is a picturesque small village comprising about 25 houses and located at a small, narrow valley at the base of the peaks Thamserku, 6,608m/21,680ft, and Kaysaro. It is also at the junction between the Thamserku & Dudh Kosi kholas and is just on the edge of the Sagarmatha National Park.

Today, to help you acclimatise, your Sherpa guide will take you on a day walk to Thakcho Hill, which lies a little above 3,000m/9,843ft. From this vantage point the views of the Kongde Ri, Thamserku and the Numbur Himal are quite spectacular. The total excursion should take about 4 hours.

Overnight: Luxury Lodge (Meals: BLD)

Day 5: Trek to Namche Bazaar, 3,445m/11,302ft - 3-4 hours.

This will be one of the harder days physically on your trek, so take it slowly. The path itself is full of interesting sights. Not least of these will be your first view of Everest as you get higher up the trail. From the lodge it is 15 minutes to the Everest National Park boundary and already the scenery is truly inspiring, with deep gorges, bare vertical rock faces, pine forests clinging to steep slopes and wispy waterfalls. Having completed the paperwork, it then takes 15 minutes following the right bank of the river to where the trail starts to climb to the Hillary Bridge, named after Sir Edmund of Everest fame. This is a tremendously impressive suspension bridge, spanning a deep chasm. The path then zigzags up through the forest where trees pack themselves in

between giant boulders and cliffs. If you are lucky, you may well see small herds of thar, a small deer-like animal. Eventually, you pull into Namche Bazaar. The Sherpa houses are built one above the other on the steep sides of a sloping mountain bowl. The narrow streets at its centre are a mixture of cyber cafés, souvenir shops and places where you can rent/buy any piece of equipment under the sun. Namche is a bustling place and the hub of everything that goes on in the Everest region. All expeditions pass through here on their way to the peaks and there is a huge cross section of nationalities staying in lodges, or camping.

Overnight: Tea House - Namche Hotel or Sherpaland (Meals: BLD)

Day 6: Trek to Tashinga, 3,360m /11,023ft - 2-3 hours.

It is only a short trek, less than two hours to Tashinga, on the classic route towards Everest. There is a very interesting museum housed in the ground floor rooms of one of the tea houses on the left hand side of the path; it is well worth a visit. First you have the steep pull up the hill out of Namche to the National Park HQ; you should have good views of Everest from here. Then the path is more or less level as it winds its way around the mountainside. Before it drops down the hill to the river before Thyangboche, and after a couple of lodges, the path breaks off to the small hamlet of Tashinga. The afternoon can be spent relaxing in the lovely lodge gardens.

Overnight: Luxury Lodge (Meals: BLD)

Day 7: Trek to Thyangboche, 3,863m/12,671ft - 2-3 hours and on to Pangboche, 3,860m/12,664ft - 2-3 hours. 16th October departure attends the Mani Rimdu Festival.

This morning, looking across the valley, you will be able to see the path sloping diagonally up towards the famous monastery of Thyangboche, but first you have to descend to the river. This takes half an hour to an hour, descending steeply in a series of zigzags to the Dudh Kosi River. Here you cross a suspension bridge in the lee of a gigantic overhanging cliff, 3,200m/10,498ft. A little way further on is a small hamlet, Phunki Tenga, where you could stop for a cup of tea. It is 2-3 hours from the bridge to reach the monastery at a slow, even pace. At first you climb steeply up through a pine forest, thankfully in the shade and then emerge to walk up a long gentle straight path that rises like a ramp to the monastery.



Emerging at the top, there is a mandala gateway and a huge chorten which you pass before your first sight of the gompa. The setting is nothing short of magic and it is incredible to think that the temple was burnt down only a few years ago and was re-built largely through the efforts of the Sir Edmund Hillary Trust. There is a very good Visitors' Centre and in the afternoon it is possible to sit down inside the temple for afternoon prayers. Conch shells are blown, the monks arrive and visitors are expected to sit quietly on the right hand side of the temple. A small donation is appreciated.

Mani Rimdu Festival - 16th October

For those travelling on the 16th October departure you will have time at Thyangboche Monastery on your way to Pangboche to attend the Mani Rimdu Festival. This Buddhist festival, the most important festival of the Sherpa people, celebrates the role of Guru Padma Sambhava in the founding of Tibetan Buddhism. The three days of the festival in Thyangboche begin on the first day with a special blessing ceremony by the re-incarnate lama of Thyangboche, followed on the second day by masked dances and celebration and concluding on the third day with the Fire Pooja Ceremony. The masked dances and various mystical ceremonies are performed to dispel evil spirits and to confer 'merit' to those attending. Long Tibetan horns blare, drums beat, black hat dancers twirl and the whole event has a magical ambience. Each day of the festival is interesting in its own right and besides the masked dances there is the creation of a sand mandala and the construction of butter tormas (symbolic offerings made of coloured butter and barley flour). Please be aware that the 'running order' of the festival and even the dates can sometimes change with little notice.

Then, leaving Thyangboche, your path descends through trees to Deboche where the small and atmospheric nunnery is well worth a visit. You pass further houses and 'mani' walls as the path continues along the river valley amongst the trees. After crossing a bridge over a picturesque gorge, the path gradually climbs, with stunning views of Ama Dablam ahead. There are numerous fantastic photo opportunities in both directions, and frequent chortens and mani walls are passed as height is gained to reach the village of Pangboche. This is a very photogenic village with stone walled fields and there is a very interesting monastery set in trees at the top of the village. This is probably the oldest monastery of the Khumbu region, possibility dating back as far as the

first introduction of Buddhism into the Khumbu. There used to be a 'yeti' scalp and claw kept here, but they were stolen some years ago.

Overnight: Luxury Lodge (Meals: BLD)

Day 8: Day excursion to Ama Dablam Base Camp, 4,576m/15,013ft - 6-7 hours.

Ama Dablam, 6,812m/22,349ft, is one of the most loved and admired mountains in Khumbu. After crossing the Imja Drangka River, via a steep descent, followed by a gradual ascent until Lhabarma, you are suddenly standing right in front of the mountain ridge. You can walk to its foot and absorb the enormity of the mountain. Ama Dablam Base Camp sits at 4,576m/15,013ft on an open yak pasture beneath the west face, with the summit some 2,300m/7,500ft almost straight up above. The climbing route follows the southwest ridge the right hand skyline as you look at it moving onto the face above the hanging glacier three-quarters of the way up. Base Camp affords particularly fine views of Kantega, 6,783m/22,254ft, Thamserku, 6,618m/21,712ft, and Tawoche, 6,542m/21,463ft. Well worth taking your picnic lunch here.



Your trek coincides with the main climbing season and it is more than likely that you will find climbing groups at Base Camp either acclimatising, or fixing the route. With a pair of binoculars it may well be possible to see climbers descending the 50/60 degree ice-slopes from the summit. In 1998 an Austrian paragoned off the summit reaching base camp in less than 10 minutes substantially quicker than the normal 2-day descent.

Ama Dablam, 6,812m/22,349ft

This beautiful mountain was initially deemed by early Everest explorers to be 'impossible', and was finally first climbed in 1961 by an Anglo-American-New Zealand expedition, eight years after Everest. After a failed 1958 summit attempt, British team leader Alfred Gregory wrote "a journey was made around the mountain and all ridges and possible routes were examined. We found no feasible way of climbing the mountain". Despite this slow start Ama Dablam is now one of the most popular Himalayan peaks in Nepal for mountaineers.

Overnight: Luxury Lodge (Meals: BLD)

Day 9: Trek to Tashinga, 3,360m/11,023ft, via the Mong La, 3,980m/13,058ft - 6-7 hours.

From Pangboche you take a wonderful high trail above the Imja Drangka River. This trail undulates along the valley side and you have fabulous views across to the mountains and Thyangboche perched on its ridge. Also, as you walk, look out for Himalayan thar grazing among the boulders and lammergeyer vultures, Himalayan griffon vultures and golden eagles flying overhead. Finally, after about 2-3 hours, you round a corner and the isolated village of Phortse lies below you, situated in a spectacular spot on a promontory overlooking the Dudh Kosi in one direction and the Imja Drangka in the other. You continue your trek from Phortse, 3,810m/12,500ft, towards Tashinga. You walk down to the valley and climb up the Mong La. This part of the trek is quite heavily forested. From Mong La the commanding views of the mountains are breathtaking. You then descend to Tashinga.

Overnight: Luxury Lodge (Meals: BLD)

Day 10: Trek via Khumjung and Khunde to Mende, 3,738m/12,264ft - 5 hours.

Today, you will trek by the villages of Khumjung and Khunde, across the top of Namche Bazaar and then up the Nangpo Dzangpo valley to the lodge at Mende. Leaving Tashinga Lodge you contour on a small path to reach the main trail leading to Khumjung, approximately one hour. The path leads gently up the shallow valley and Khumjung itself is another village built into a mountain bowl. The villages of Khumjung and Khunde are surrounded by mountains and regular patterned terraced fields. Khumjung has the best bakery in the Everest region and a stop for coffee and cakes is a must! The village of Khunde is a short walk further on and contains the famous medical centre instigated by the Sir Edmund Hillary Trust. You might also take time also to visit the Edmund Hillary School.

Leaving Khumjung behind there is a short climb out of the valley to where the path descends towards Namche. You in fact take the high level path across the top of the township, turning the corner to head north again. The valley ahead is extremely beautiful and you wander along a dappled forest track or in the open with wonderful

views. Again, you may see monal pheasant or small herds of thar. Having turned the corner above Namche, after an hour you come to the small village of Phurte where there is a Sir Edmund Hillary forestry project, a large chorten and some very attractive mani walls (prayer walls).

The path continues quite gently and, rounding a corner, you look down at the small hamlet of Tshro. You now turn off the main trail and make your way slowly up a closed valley. This valley is closed off by the holy peak of Khumbui Yul Lha, 5,761m/18,900ft; massively impressive and awe inspiring. As you move up to the head of the valley you come to one or two lone houses and small fields and then you will cross the river and climb steeply up the hillside to the hamlet at Mende. This is the sting in the tail at the end of the day! The lodge has a commanding position and very fine views and once reached you will feel the effort has been worth it.

Overnight: Luxury Lodge (Meals: BLD)

Day 11: Trek to Thame, 3,801m/12,470ft. Return to Mende - 5 hours.

A small path contours off, passing above the much larger villages of Dramo and Thomde. After approximately an hour, you connect with the Tibetan trade route and may well in fact meet Tibetan people who come over the Nangpa La, 5,716m/18,753ft, to trade in Namche Bazaar, or to seek escape from the Chinese occupation of Tibet. The path then becomes an airy traverse with big dark cliffs above and large drops to the river below. The path, however, is well formed and wide but do stand on the uphill side if there are trains of yaks passing through. The path then descends to a bridge over a narrow fissure with water roaring below. Here, there are large wall paintings of Guru Padmasambhava. The path up to Thame requires a very determined final push, (time to Thame is about 2 hours).



Zig-zagging across ancient moraine you come to a lovely stream with inviting pools on the left. Suddenly you breast a slope and there is the village of Thame, one of the prettiest villages you will visit. It has scattered houses, enclosed fields and a backdrop of massive snow and ice peaks. Rest and have a cup of tea in one of the lodges. Incidentally, Sherpa Tenzing Norgay's house is situated near the top of the village where he lived with his first wife.

If you have the energy the walk up to the monastery at 3,940m/12,926ft is well worthwhile. It takes about one hour. At over 600 years old the monastery is one of the four oldest in Sherpa country. The main temple has a fantastic atmosphere, and not surprisingly, the monks that live here smile permanently.

The walk back to Mende in fact now only takes about an hour as it is mostly downhill, but you could opt to take the higher level traverse to visit another interesting monastery where Guru Rinpoche meditated. It is not occupied but well worth a visit if you can find the energy. Today you may well see Griffon Vultures.

Overnight: Luxury Lodge (Meals: BLD)

Day 12: Trek to Monjo Lodge, 2,835m /9,301ft - 4 hours.

We would highly recommend the ½ hour steep walk up to the monastery above Mende. The main temple is only 40 years old and was used until recently as a school for Western Buddhists. It has a remarkable meditation room built underneath a huge rock. The main temple is also beautiful, the main figure being Chenrizig, the Buddha of Compassion, and there is a full set of Buddha's works. A handful of people still live here and a stout, old nun may well serve you tea in her house.

From Mende you will return to the lovely lodge at Monjo. You will take the lower path to trek back to Namche. There will be time for a short stop in Namche to do some last minute shopping before making the descent to Monjo. You will cross the Edmund Hillary Bridge and will soon be in the familiar surroundings of the Monjo Lodge.

Overnight: Luxury Lodge (Meals: BLD)

Day 13: Trek via Gumila Monastery to Lukla, 2,743m/9,000ft - 5 hours.

Today you will trek back to Lukla. You will pass through the village of Phakding where you'll have a chance to view the monastery at Gumila above Phakding. Within the monastery reside 12-15 monks from the Gelukpa Sect; it is also a Buddhist teaching monastery. It takes about 30-45 minutes to reach the monastery from the main trekking route. There is also a local school which is worth a visit. From here you will retrace your steps back to Lukla.

Overnight: Luxury Lodge (Meals: BLD)

Day 14: Fly to Kathmandu.

This morning you will take the small fixed wing flight back to Kathmandu, to be met on arrival and transferred to your hotel, for some well-earned relaxation.

Please note that flights into and out of Lukla are sometimes delayed due to weather conditions either in fog-bound Kathmandu, or windy Lukla; be reassured that our staff in Lukla and in Kathmandu will be doing everything possible to minimise the inconvenience caused if this happens. Your patience in the trying circumstances which can occur, will be greatly appreciated.

Overnight: Dwarika's Hotel, Kathmandu (Meals: B)

Day 15: Half day sightseeing in Kathmandu. Transfer to airport. Depart Nepal.

Today you will be able to enjoy the medieval atmosphere of Asia's former hippy capital which has a wonderful mixture of crowded bazaars, Hindu and Buddhist temples, shrines and stupas, colonial and ancient architecture as well as modern buildings. We include a half day sightseeing tour of Kathmandu with an English speaking guide visiting the Monkey Temple, Durbar Square and Boudhanath Stupa.

Later in the afternoon there will be a group transfer to the airport for your overnight flight back to London.



Overnight: In flight (Meals: B)

Day 16: Arrive UK.

Our grading system

Luxury Lodges to Ama Dablam Base Camp is graded as a Vigorous trekking holiday, as described below.

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

These holidays would suit enthusiastic hill/mountain walkers.

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:

- ✓ An English-speaking Sherpa leader
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ All internal flights and domestic airport transfers
- ✓ High quality hotel accommodation in Kathmandu, bed and breakfast, twin share basis
- ✓ Luxury lodge accommodation on trek
- ✓ All road transport by private vehicles
- ✓ All meals on trek
- ✓ Costs of all portage and their insurance
- ✓ Free use of a good quality down jacket on trek plus a sleeping bag for nights in tea houses
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ The opportunity to attend a 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), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle from us at a discounted rate.

For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

Your accommodation

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.



Dwarika's Hotel, Kathmandu

Dwarika's unique 5* hotel is built in Nepalese style and features many architectural relics rescued from palaces and temples in the valley as well as Nepalese furniture, carvings and statues. The building has a palace-like atmosphere and you really feel as if you are stepping back into Nepal's history. Rooms are large and stylish and its elegant restaurant is one of the places to eat in Kathmandu. It also has a pleasant courtyard garden with swimming pool.



Luxury Lodges

The luxury lodges at Monjo, Mende, Tashinga, Pangboche, and Lukla have been built in the last few years by a large, well-known trekking company that has been operating in Nepal for over 35 years and is owned jointly by one of the wealthy Bhutanese families. The lodges surpass anything else in the Everest region in terms of quality and have the very definite advantage of en suite bathrooms and flush toilets for all bedrooms.



Hotel - Namche Hotel or Sherpaland

In Namche Bazaar, where there is no Everest Summit Luxury Lodge, we generally use either the Sherpaland or the Namche Hotel. These typical trekking lodges are conveniently situated in the centre of town. They have electricity, good food, en suite bathrooms, and bedding is provided.

Meal arrangements

Bed and breakfast in Kathmandu, all meals elsewhere.

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.

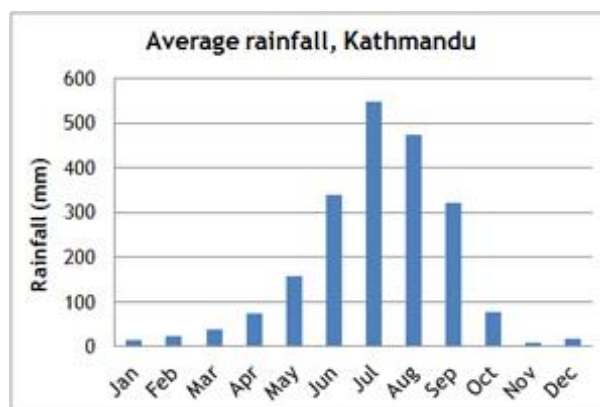
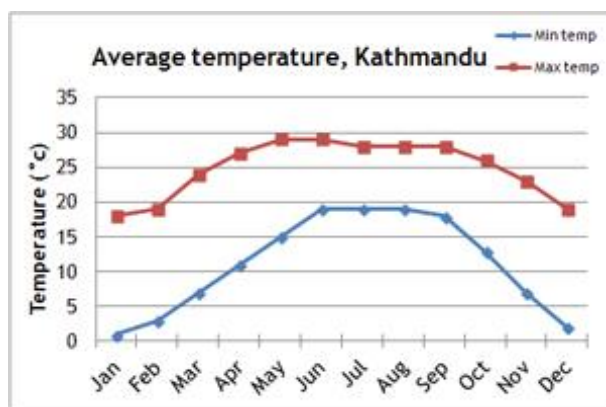
Further information

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.



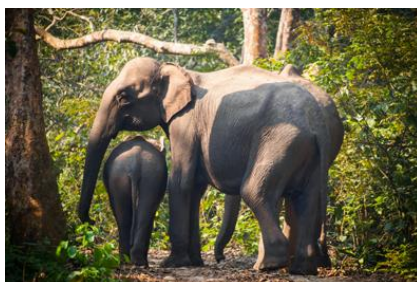
Kathmandu Valley sightseeing excursions

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?

- A superb itinerary which takes you to Ama Dablam Base Camp in the heart of the Khumbu.
- Our route is carefully planned to allow for excellent acclimatisation.
- Your trek will be led by knowledgeable, well-trained English-speaking guides who will be delighted to share their expert knowledge of the history, culture and nature of their home country.
- Down jackets are provided when you need them.
- We use the best trekking lodges in the Khumbu and Dwarik'as five star, heritage hotel in Kathmandu.
- We include a half day's sightseeing tour in Kathmandu.
- Our maximum group size is 10 to ensure you get all the benefits of a genuine small group trekking experience.
- We have a wealth of Himalayan experience in the company and a number of staff members who have trekked the trails featured in this itinerary. For more information or if you have any questions do not hesitate to give us a call on 01453 844400.
- 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 Flightsteam 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



Having just returned from your Luxury Lodges trip to Ama Dablam we feel that we must say what an excellent trip it was. It was our eighth trek in the Himalayas, our second with you, and was in every way outstanding. The lodges and food being a revelation and the guides superb in every way.

-Mr & Mrs B, Norwich



Good successful trip, good weather, great views - so many mountains I have read about. Getting to Ama Dablam BC was special especially as five expeditions were there. Lots of birds and animals. The Summit Lodges were very comfortable and the staff excellent.

-Ms L, Bristol



Fantastic trek. Well organised, We really enjoyed it, had a wonderful time, and we are already considering another one with Mountain Kingdoms. Very well organised trek, well staffed, and very well run. Trek was a good pace, but not forced. Lodges were of a superior quality to those we have used previously. Overall a very personal service.

-Miss W, Bristol



Amazing holiday, it was everything I had hoped for. For starters the trip was well organised, it is important to have that level of trust in the company you are travelling with. In terms of the destination, amazing! The scenery was mind blowing, it was fantastic to be so close to the great mountains of the Khumbu region. Most people were heading to Everest Base camp but Ama Dablam is a beautiful mountain too! I felt this holiday was perfect for me as I suffer a lot from the cold. As the trail does not go as high as Everest base camp the temperatures are lower but lodges do offer a level of comfort that aids relaxation and aids recovery from the days exertion. I loved the small quiet side trails, off the main busy EBC trail. They were beautiful and quiet with less tourists.

-Ms E, Cork, Ireland

This was an excellent and well thought out itinerary. We particularly enjoyed the variety of walking and experiences gained. The scenery on the trek was both spectacular and varied... We were introduced into Nepalese culture, met with Nepalese families and shared an understanding of their religious beliefs. The kindness of the people we met will stay with us.

-Mr & Mrs H, Lancashire

Excellent trek, best in 20yrs of trekking. A really great guide and team.

-Mr R, UK

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.

