Definitive Cultural Tour of Nepal

Uncover the timeless allure of this ancient Himalayan nation.

Group departures

See overleaf for departure dates

Holiday overview

Style	Tour
Accommodation	Hotels, Safari Lodge
Grade	Tour
Duration	15 days from London to London
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Nepal
Land only	Joining in Kathmandu, Nepal
Max altitude	Nagarkot 2,194m/7,200ft, Day 11

Private Departures & Tailor Made itineraries available

tel: +44 (0)1453 844400 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

Last updated: 18 June 2026

Group Departure Dates and Prices

Group departures

2026 Dates:

Sat 14 Mar – Sat 28 Mar
Sat 28 Mar – Sat 11 Apr
Sat 10 Oct – Sat 24 Oct
Sat 31 Oct – Sat 14 Nov

This is the detailed itinerary for our 2026 departures only. We have a separate itinerary for our 2027 departures which be downloaded from the Mountain Kingdoms website or requested from the office.

Group prices
Visit the holiday page of our website for up-to-date land only and flight inclusive prices for all group departure dates https://www.mountainkingdoms.com/holiday/definitive-cultural-tour-of-nepal. Single supplement options can also be found here.

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

Whether it's a cultural tour, gentle walking holiday or strenuous trek, our holidays in Nepal are led by professionally-trained, English-speaking leaders. 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

- Visit three of Nepal's four UNESCO World Heritage Sites
- Tour the ancient cities of Bhaktapur, Kathmandu and Patan, and stay in pretty hilltop Bandipur
- Take a boat ride from lakeside Pokhara and visit Lumbini, the birthplace of Buddha
- Join a Nepali cookery class, have lunch with the locals and visit Newari wood and bronze workshops
- Explore traditional villages on foot, with stunning Himalayan mountain views of the Annapurnas and Everest
- Go wild for two days in Chitwan National Park, wildlife viewing and other activities all included
- Stay in boutique heritage hotels in Bhaktapur, Bandipur and Kathmandu, including the sumptuous Dwarika's Hotel

At a glance itinerary

Days 1-2	Fly to Kathmandu. Transfer to Bhaktapur.
Day 3	Sightseeing tour of Bhaktapur. Newari cookery demonstration with local women.
Days 4-5	Fly to Pokhara. Visit the Peace Pagoda, take a boat ride on Phewa Tal Lake and spend time at leisure.
Days 6-7	Drive to Bandipur. Village walks with mountain views of the Annapurnas. Visit Gorkha Fort and drive to Chitwan.
Days 8-9	Wildlife viewing activities at Chitwan National Park.
Days 10-11	Drive to Lumbini and visit Buddha's Birthplace. Fly to Kathmandu and transfer to Nargakot.
Day 12	Ridge walk for Everest views. Drive to Patan. Visit traditional Newari craftsmen.
Days 13-15	Guided tour of Kathmandu. Farewell dinner. Overnight flight to London.

Trip summary

Nepal has long been famed for its spectacular high mountain scenery but equally entrancing are the rolling Himalayan foothills and the open lowland Terai. These more accessible regions are where most of Nepal's historic towns and UNESCO World Heritage sites are to be found, set amongst the countryside where local people still go about traditional rural life.

On this trip you will be introduced to the architectural and artistic achievements of Newari craftsmen in the cities of the Kathmandu Valley, sample local cuisine, visit Pokhara with its stunning lakeside scenery, people watch in Newari Bandipur, one of the prettiest villages in Nepal, and search for wildlife on safari in the jungles of Chitwan. You will also take in far-reaching mountain views from the rim of the Kathmandu Valley and visit Lumbini, the birthplace of Buddha, UNESCO World Heritage listed, and one of the most important Buddhist sites in the world.

Your busy, but carefully paced tour begins in the ancient city of Bhaktapur where you will learn about the Newari people, the indigenous people of the Kathmandu Valley with their remarkable architectural achievements and long tradition of amazing woodcarving, stone sculpture and fine thankha painting. After exploring an array of fine palaces and temples, you will join a cookery class where local women in traditional wear will introduce you to some of Kathmandu's gastronomic delights.

Next you travel to Pokhara, beneath the towering Annapurnas, where a visit to the hilltop Peace Pagoda and an early morning boat ride on Phewa Tal Lake will give the best views of Nepal's most beautiful mountains.

Then it's on to Bandipur, one of the prettiest villages in Nepal and a veritable living museum of Newari architecture which offers an authentic taste of everyday life. Next comes the town of Gorkha which features a distinctive palace/fort located on the ridge top. Nepal was once made up of many small warring kingdoms. Back in the 18th century the army of King Prithvi Narayan Shah marched from Gorkha to conquer the peoples of the Kathmandu valley and beyond, unifying the kingdom to create the country we now know as Nepal.

Leaving this ridge-top eyrie you will drive south for a total contrast, with a visit to the jungles of Chitwan. Chitwan is home to a fantastic diversity of wildlife, including elephants, rhinos and even the fabled Royal Bengal Tiger. It is also a wonderful place for birdwatching. You will have two full days to relax here and explore, with activities included throughout your stay. From Chitwan you drive further south still towards the Indian border, to the town of Lumbini, famed as the birthplace of the Lord Buddha.

Returning to Kathmandu by air, you now stay above the capital city in nearby Nagarkot famous for its fine mountain views, and visit the city of Patan for an introduction to the magnificent craftsmanship of the town. You end your holiday with some sightseeing and free time in Kathmandu city itself and a superb six-course farewell dinner in Dwarika's traditional Krishnarpan restaurant.

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 Bhaktapur, 1,329m/4,360ft.

On arrival in Kathmandu you will drive the short distance to the city of Bhaktapur to your first hotel. If there is time you might like to take stroll to explore some of the fascinating streets of the old city.

Bhaktapur is one of three major cities built in the Kathmandu valley by the old Malla kings who ruled the Kathmandu valley hundreds of years ago. These cities, Kathmandu, Patan and Bhaktapur are repositories of traditional Nepalese architecture and local Newari craftsmanship where you will find ancient Hindu temples, Buddhist stupas, crumbling shrines, picturesque Rana palaces and crowded bazaars. Many of the buildings in Bhaktapur have their origins in the 15th Century and the side streets, being mostly brick paved, still have a really medieval feel to them. There is still plenty of evidence of the damage caused by the devastating 2015 earthquake, but although restoration has been slow this hasn't spoiled the Bhaktapur's ancient charm. This is still very much a lived in city, and, with much of it closed to traffic, walking around is a pleasure and you will get a feeling for how things must have been in medieval times.

Bhaktapur is quieter than Kathmandu city and still has quite a rural feel to it. The local people are predominantly farmers and the town is famous for its home-made yoghurt, as well as for its pottery made from the local red clay - you can see this production going on in the so-called 'pottery square' and other side streets.

Overnight: Heritage Hotel, Bhaktapur (Meals: D)

Day 3: In Bhaktapur – sightseeing and Newari cookery class.

Today you will have a tour of Bhaktapur. This city, located just nine kilometres from Kathmandu, is a real cultural gem. Built in the 15th century by the Malla kings who reigned up until the 18th century Bhaktapur has many outstanding examples of the exceptional architecture and craftsmanship of the local Newari ethnic group. You will see fine palaces and temples with gilded roofs, open courtyards and elaborate windows carved in wood. The main focus for the town is the central Durbar Square where many of the finest buildings are found, including the famous Palace of 55 Windows which shows some of the best examples of elaborately carved windows and doors. Bhaktapur is a centre for craftsmanship and teaching, and later you will have a cookery class where women in traditional dress will demonstrate how to cook some local specialities including the preparation of homemade yoghurt.

Overnight: Heritage Hotel, Bhaktapur (Meals: BLD)

Day 4: Fly to Pokhara, 1,400m/4,593ft, and transfer to your hotel. Drive up to the Peace Pagoda for views. Optional walk down to lakeside.

After breakfast you will transfer to the airport for the short domestic flight to Pokhara, Nepal's second city. Pokhara has a wonderful location, being set on the banks of picturesque Phewa Tal (lake) and enjoying magnificent views of the Annapurna range of mountains. On arrival in Pokhara you will be taken to your hotel.

You will then drive up to nearby Anadu Hill where you'll find the white-domed Peace Pagoda - a Buddhist monument that enjoys a spectacular location. It's a great place to orient yourself to the city and surrounds and to enjoy wonderful, far-reaching views over Phewa Tal Lake, the Pokhara Valley and the mountains beyond.

If you would like a bit of a leg stretch it is possible to walk back to the lakeside from here, descending for an hour or so through a forest of chestnut trees, otherwise you will drive back to relax at your hotel for the remainder of the day.

Overnight: Barahi Hotel or Similar, Pokhara (Meals: B)

Day 5: Dawn visit to Phewa Tal Lake. Boat ride to Tal Barahi Temple. Rest of day at leisure.

It's an early start this morning to enjoy the fabulous mountain panorama from Phewa Tal Lake at first light. It's a quite beautiful sight as the sun illuminates the high peaks of the Annapurnas.

You'll then take a boat ride out across the lake where you can continue to soak up the wonderful views of the not-so-distant mountains and the lush, terraced hillsides around the lake. As daylight takes hold you will see the lakeside gradually coming to life; boats loaded with produce crossing from shore to shore, water buffalo wallowing up to their noses in the water and families preparing for the day ahead. Whilst on your boat ride you'll visit the two-storied pagoda style temple of Tal Barahi which is located on a small island in the lake.

Returning to the shore, you have the rest of the day to yourself to relax and explore Pokhara at your own pace.

Overnight: Barahi Hotel or Similar, Pokhara (Meals: B L)

Day 6: Drive to Bandipur, 1,030m/3,379ft, explore on foot.

Today you will leave Pokhara and drive eastwards to the village of Bandipur. Once a thriving Newari town on the trade route to India, Bandipur was left stranded when the main Pokhara to Kathmandu road was built far below in the valley. Nowadays Bandipur has found a new lease of life and is proud of its environmental credentials. The houses of the village have been carefully restored but at the same time a traditional lifestyle still continues. It's very pleasant to stroll around Bandipur as it is mainly pedestrianised and cafes, lodges and small hotels coexist with traditional temples and houses. The village commands panoramic views of the Himalaya and on a clear day, you can see the whole Annapurna range, as well as peaks in Langtang to the east and Dhaulagiri in the west. It is a real pleasure to just sit at a cafe and watch daily village life going on around you.

If you would like a leg stretch your guide will be happy to suggest a local walk. There are several pretty village walks starting from your hotel in Bandipur bazaar. You could visit Siddha Cave (30 minutes) or walk to Ramkot village (two hours), take a nature walk in the mixed Sal forest at Raniban east of the bazaar, or walk to Purano Kot, originally a fort, 20 minutes/500m west of the bazaar, where there is a small temple containing some old statues, and next to it a temple, where local people believe that praying to the god Mahadev during a drought will bring rain.

Overnight: The Old Inn Hotel, Bandipur (Meals: BLD)

Day 7: Drive to Gorkha, 1,000m/3,281ft - 53km, 1½ hours. Visit Gorkha Fort. Drive to Chitwan, 100m/330ft - 63km, 2½ hours.

After breakfast you will drive down from Bandipur to join the main Pokhara/Kathmandu road and then drive east, eventually taking a small road up to the town of Gorkha. Gorkha is famous as the birthplace of King Prithvi Narayan Shah, who unified the rival kingdoms of Nepal in 1769, founding the Shah dynasty that endured until the birth of the Republic of Nepal in 2008. Gorkha Durbar, the former palace of the Shahs, is perched on a high ridge top overlooking the town. It is a bit of a haul up steps to the palace but the views from there of the Annapurna range and over the valley of the Trisuli River are magnificent. Gorkha Durbar was built in the 16th century and is a fort, palace and temple all in one and it is regarded as a crowning achievement of Newari architecture. The annual festival of Dassain officially begins here with a procession to Kathmandu, and the town remains an important pilgrimage destination for Newar people.

After your visit to the fort you will return to the main road and drive through Mugling, and head south alongside the river to reach the town of Narayanghat before continuing to your Chitwan lodge.

Overnight: Barahi Jungle Lodge, Chitwan (Meals: BLD)

Day 8: Activities in Chitwan National Park.

Chitwan is located in the lowlands Terai region of Nepal. The Chitwan National Park is home to a rich diversity of wildlife with elephant, rhinos, leopard, sambar, spotted deer, wild boar and Royal Bengal Tiger all being found in the park, along with sloth bear, gaur (wild cattle) and crocodiles. Chitwan is also a wonderful place for birdwatching especially in the spring when the park rings to the calls of several different kinds of cuckoo.

During your stay you will have the opportunity to go on nature walks to look for animals and birds, and will learn about the plants and trees of area. You may explore in open topped 4-wheel drive vehicles, take a canoe trip on the river, and although we no longer advocate riding elephants, it may be possible to spend some time with these wonderful creatures. The local indigenous group are the Tharu people and their villages are interesting to visit. In the middle of the day when most animals and birds will be sheltering from the heat, follow their example and relax in the shade with a book or cold drink. Your lodge may also organise entertainment in the evening such as a slide show or a talk on the wildlife of the park, or they may invite local Tharu villagers to come to dance for you.

Overnight: Barahi Jungle Lodge, Chitwan (Meals: BLD)

Day 9: In Chitwan.

You have a second full day to relax in Chitwan, and for further jungle related activities.

Overnight: Barahi Jungle Lodge, Chitwan (Meals: BLD)

Day 10: Drive to Lumbini, 150m/492ft - 130km, 3-4½ hours. Visit Buddha's birthplace.

Today you leave the jungle behind and drive further south to Lumbini, close to the Indian border. It is said that Siddhartha Gautama, the historical Buddha, was born here in 623 BC. Lumbini is now a major pilgrimage centre for Buddhists from all over the world - indeed by the time of the Indian Emperor Ashoka, an early convert to Buddhism, it was already a place of pilgrimage and his visit in 249 BC is commemorated by an inscribed pillar. The actual spot where Buddha was born in is marked by the Mayadevi Temple, named for his mother Queen Mahamayadevi. In addition to the many archaeological sites in Lumbini, Buddhists from all over the world have built temples and monuments here, and come to study and meditate.

Overnight: Buddha Maya Garden or Lumbini Hokke Hotel Or Similar, Lumbini (Meals: B)

Day 11: Drive to Bhairahawa - 22km. Fly to Kathmandu. Transfer to Nagarkot, 2,194m/7,200ft. Visit Changu Narayan. Afternoon at leisure.

After breakfast you will drive to Bhairahawa airport for the short 35 minute flight to Kathmandu. Here you will be met and driven out of the city to the small resort town of Nagarkot, built on the rim of the valley and famous for its fine mountain views. On the way you will visit the ancient temple of Changu Narayan located on a hilltop above the town of Bhaktapur. This temple is thought to be one of the oldest in Nepal and is built in traditional Nepali Hindu temple style and features many fine traditional sculptures and carvings. Although damaged in the 2015 earthquake the temple has been restored. The Changu Narayan Temple is one of seven structures cited by UNESCO as demonstrating the historic and artistic achievements that make the Kathmandu Valley a World Heritage Site.

Overnight: Hotel Country Villa, Nagarkot or Similar (Meals: BLD)

Day 12: Morning in Nargakot then visit Patan. Drive to Kathmandu city.

You will want to be up early this morning for the fabulous mountain views, including, if you are lucky, a distant view of Everest. You might also take an interesting early morning walk through the village of Telkot.

After breakfast you will drive to Patan, the third of the ancient Malla cities of the Kathmandu Valley. Patan, also called Lalitpur, "the city of fine arts", is another showpiece of Newari architecture with its own spectacular Durbar square, palaces and temples. It also has a good museum housed in an old Malla palace where there are excellent displays of the traditional crafts for which the craftsmen of Patan are famous, including cast bronzes and gilt copper repousse work. Before visiting the museum where you will see some traditional masterpieces of Newari craftsmanship showcased you will visit one or two workshops where you will see some modern day craftsmen working in wood carving, stone sculpture and the making of bronzes. You will then visit Durbar Square and will have lunch at the Patan museum.

Later you will drive into Kathmandu where you will stay at the lovely Dwarikas Hotel.

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

Day 13: Day at leisure. Farewell dinner at Dwarika's.

The day is free for you to do some exploration on your own in Kathmandu. You may want to visit some of Kathmandu's most famous sights such as historic Durbar Square or Swayambhunath, the so-called 'Monkey Temple', situated on top of a hill to the west of the city. Or you could take a stroll through the ancient bazaar and labyrinthine streets of the old city or head to Thamel known for its tourist shops, bars and cafes. Alternatively, you can just relax and enjoy the facilities at your fabulous hotel.

In the evening you will have a six-course farewell dinner in Dwarika's superb Krishnarpan restaurant - a fabulous way to end your tour of Nepal.

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

Day 14: Sightseeing in Kathmandu – Pashupatinath and Boudhanath. Transfer to the airport for evening flight.

You begin the day with a short drive from your hotel to the important Hindu temple complex of Pashupatinath. Here there is a large temple to the god Shiva and nearby, on the banks of the sacred Bagmati River, are burning ghats where Hindus bring their dead to be cremated.

You will drive on to Boudhanath where you will visit its important and ancient Buddhist stupa. Pilgrims from all over the Indian subcontinent come to visit Boudhanath where they circle the stupa in a clockwise direction, turning prayer wheels as they pass, or visit one of the many Buddhist temples which have been built around the stupa. If you are in Boudhanath just before sunset a pleasant way to end the day, and your trip to Nepal, is watching the sun go down over the stupa from the rooftop terrace of a café, while sipping a cold beer.

In the late afternoon or early evening there will be a group transfer to the airport for your overnight flight to the UK.

Overnight: In flight (Meals: B)

Day 15: Arrive London.

Our grading system

The Definitive Cultural Tour of Nepal is graded as a Tour, as described below.

Tours
Tours may include any of the following activities: sightseeing, visiting local villages, exploring temples, game viewing, birdwatching, husky sledding, mountain flights, city tours and dramatic journeys by road, rail, or river. Occasionally there will be short, gentle walks so that you can properly explore the cultural sites you are visiting.

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:

- ✓ 12 x breakfasts, 8 x lunches, 7 x dinners
- ✓ All safari activities in Chitwan
- ✓ Newari cookery class in Bhaktapur
- ✓ 5* hotel in Kathmandu and high quality hotel/lodge accommodation elsewhere on a twin-share basis
- ✓ Local English-speaking guide/s
- ✓ All sightseeing as per itinerary
- ✓ All internal flights and hotel/airport transfers
- ✓ All road transport by private vehicle
- ✓ Economy class return air fares from the UK and UK departure tax (flight inclusive only)
- ✓ Single, timed, group airport transfer for international flights on arrival and departure
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ Free Mountain Kingdoms gilet

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:

- × Some meals (as indicated in the itinerary)
- × Travel insurance
- × Visa fees
- × Tips
- × If you're travelling alone, and we're unable to pair you with a same sex client on this holiday, a single supplement will apply

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.

Heritage Hotel, Bhaktapur

Situated just a few minutes walk from the historic heart of the once royal city of Bhaktapur, the handsome Heritage hotel reflects the rich artistic traditions of the Kathmandu Valley. Built from reclaimed materials from ancient palaces and residences, and fitted out with antiques and hand-carved furnishings, it offers an authentic taste of Nepali culture, but without sacrificing modern-day comforts. Well-appointed rooms come with big bathrooms, Wi-Fi and lots of homely touches and the hotel has its own bar, fine dining restaurant and al fresco eatery.

Barahi Hotel or Similar, Pokhara

Only a five minute walk to the Phewa Tal Lake front and the nearby bars and cafes, the Barahi enjoys an enviable location and good facilities. It has a landscaped outdoor pool and an all-day restaurant serving a range of Nepali and international dishes. Rooms are light and well-proportioned and come with a balcony, tea/coffee making facilities, mini bars and free Wi-Fi.

The Old Inn, Bandipur

The Old Inn is a restored village house located in the heart of Bandipur bazaar. It was possibly a trader's house from Bandipur's heyday as an important town on the trade route to India and has lots of charm and character. Rooms are comfortable with many original features. Some rooms in the old part of the building may not have attached bathrooms. The main terrace has stunning views over the mountains.

Barahi Jungle Lodge, Chitwan

Sitting directly opposite Chitwan National Park, on the banks of the Rapti River, the Barahi enjoys an excellent location for making the most of any visit to the area. Accommodation is in permanent 'huts' that have thatched roofs, rustic, jungle inspired décor and terraces for wildlife viewing. The lodge has a pool and restaurant and offers a number of activities for exploring the park and local area.

Buddha Maya Garden or Lumbini Hokke Hotel or Similar, Lumbini

The Buddha Maya Garden is a quiet resort situated just a five minute walk from the main temples of Lumbini. The hotel has pleasant gardens, an international restaurant, large, comfortable rooms and friendly staff. Rooms have air-conditioning (important in this steamy part of Nepal), private sit-out balconies and attached modern bathrooms.

Alternatively we may use the Lumbini Hokke Hotel. This elegant, Japanese owned hotel offers both western style and Japanese accommodation. It is located within walking distance of the Sacred Garden. All rooms are well equipped with comfortable twin beds and king-sized bed in Western Style room and roll away beds in Japanese Tatami style rooms. All rooms have attached bathroom, shower, bath tubs, hot and cold water and facilities such as air conditioners and heating, television, mini fridge and in-room tea / coffee making facilities.

Hotel Country Villa, Nagarkot or Similar

This modern resort-style hotel has a unbeatable location on top of Nagarkot Hill. The tasteful rooms are bright with light wood furnishings, high ceilings and hand-woven Nepali rugs. Air-conditioning and Wi-Fi are standard and many have balconies. The hotel has a bar and restaurant with outside dining space where you can enjoy the breathtaking mountain views.

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.

Meal arrangements

12 x breakfasts, 8 x lunches, 8 x dinners.

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.

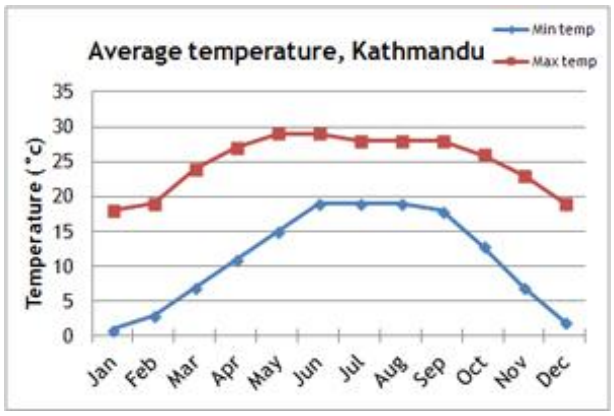
Further information

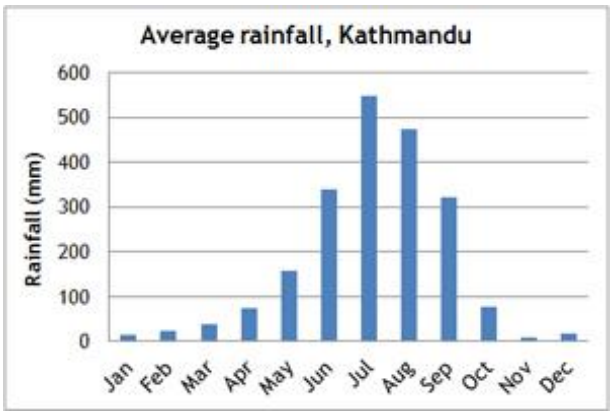
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

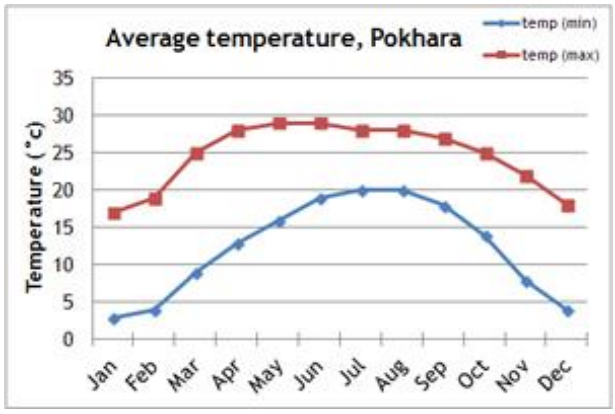
The nature of adventure travel

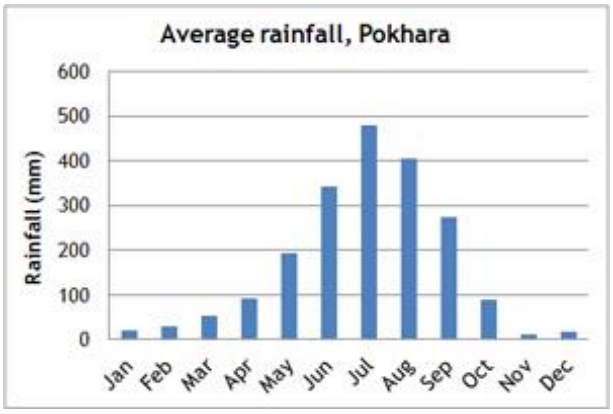
Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather 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.

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 Resort at Dhulikhel and Shivapuri Heights Cottage. Individual extension leaflets for all options can be downloaded from our website or requested from our office.

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.

Koshi Tappu Reserve

Visit the renowned Koshi Tappu Wildlife Reserve - one of the finest birdwatching and wildlife areas in all Asia.

Why book this holiday with Mountain Kingdoms?

- This trip has been carefully designed to provide a good overview of Nepal's many cultural, scenic and natural treasures.
- The tour is well-paced, balancing sightseeing with opportunities to immerse yourself in the culture and also ample time at leisure.
- The accommodation has been carefully selected for interest and variety and includes two nights at the Dwarika's hotel in Kathmandu. This boutique heritage hotel is a great favourite with our clients.
- There are two full days with activities included in Chitwan National Park.
- We use excellent, knowledgeable, English-speaking local guides.
- We have a wealth of Himalayan experience in the company, most of our staff have visited Nepal and love the country and have visited the areas covered by this trip. If you have any questions about any aspect of this holiday please don't 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 responsible tourism commitment, we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- 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

This trip is perfect for the opportunity to see some of the sensational landscapes and cultural treasures of Nepal without the need for discomfort. Historic towns, picturesque villages, traditional rural life and exotic wildlife were just some of the attractions of this lovely trip and it was all enjoyed from the comfort of some wonderfully comfortable hotels. The warmth and friendliness of the local people was just the cherry on the cake. It was an inspiring journey at the same time as being a very relaxing experience.
-Ann Sainsbury, Wiltshire

We visited really lovely, varied and interesting locations. Very well organised.
-C Fr, Oxon

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 a 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

For almost four decades, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now have trips to all corners of the globe but are conscious that our holidays can have a detrimental impact on the world around us and want to do all we can to reduce that.

We have focused our main responsible tourism efforts on reducing the carbon emissions produced by our holidays, and counterbalancing 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

Since 2007, we have donated a percentage of our client and staff flight costs to the Ecoan tree planting project in Peru. Ecoan are a trusted local NGO who use the funds directly to purchase seedling trees with the long-term goal of restoring 2.5 million acres of Andean land.

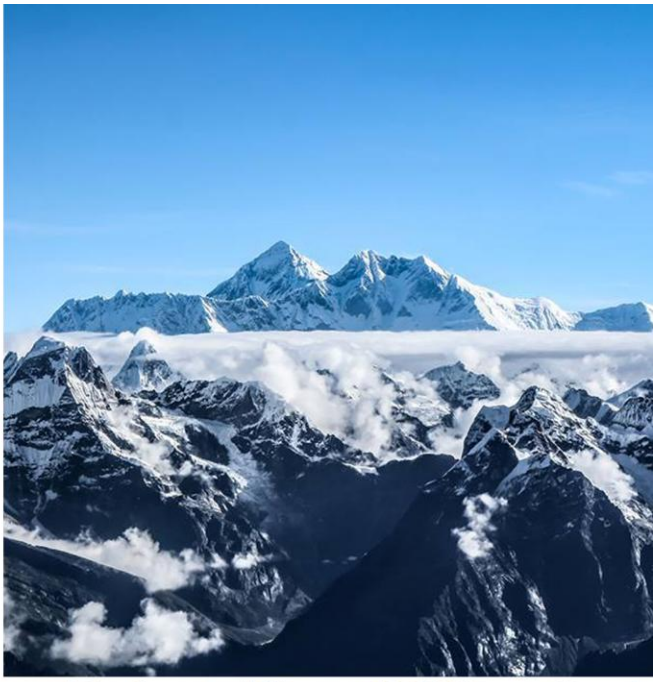
Ecoan maintains over 100 tree nurseries across Peru where their tree saplings are grown and then transported to planting sites during the rainy season. They use native trees such as the Polylepis, as these can survive at high altitudes. As well as sequestering carbon, they help protect against soil erosion, landslides and the effects of extreme weather on local crops. As such, they are enormously beneficial to the economic well-being of the surrounding communities. This is very much a community-led conservation project, with the local Quechuan people coming together to plant tens of thousands of saplings in the Andean highlands where they live. During the annual Queuña Raymi (tree festival), over 150,000 native trees can be planted in a single day!

For every person booking a long-haul, flight inclusive holiday with us, Ecoan can purchase and plant 20 trees in Peru, and for short-haul flights, 7 trees. Typically, we send over $7,000 per year to Ecoan, which is over 7,000 trees.

Reducing carbon emissions

- ✓ We offer the majority of our clients a free, filtered Water-to-Go bottle to help reduce the need for single-use plastic bottles during their travels.
- ✓ We predominantly use locally-owned hotels and guesthouses rather than multinational chains. In some of our destinations, such as Bhutan, we use homestays. Not only does this type of small-sized, locally-owned accommodation have a much-reduced carbon footprint, but it also helps support communities.
- ✓ We evaluate our flights to make sure we are using the most fuel-efficient airlines with the youngest fleets and, where possible, choose direct flights for each trip.
- ✓ We have stopped offering unnecessary optional flights, such as Everest sightseeing. We try to minimise internal flights where possible.
- ✓ We recycle as much of our office waste as possible and have introduced a client portal to reduce paperwork and to make it easier for clients to manage their trips online.

Wider commitment to responsible and sustainable tourism

- ✓ We are signatories to the Tourism Declares a Climate Emergency initiative to stand alongside other like-minded travel companies to initiate best practices to make tourism as sustainable as possible.
- ✓ We will continue to support several charities with whom we have a long-standing relationship, such as Shiva Charity in Nepal.

Over the years, we have given sizeable payments to emergency relief when a disaster has occurred in the countries we operate in. We always try to ensure that these funds go directly to those who need them most to help rebuild their lives.