

Everest Base Camp Trek, Nepal

Experience the magic of Everest and trek the best known trail in the Himalaya to iconic Everest Base Camp



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotel, Tea Houses
Grade	Strenuous
Duration	19 days from London to London
Trekking / Walking days	On trek: 14 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Everest Sherpa Sirdar
Land only	Joining in Kathmandu, Nepal
Max altitude	5,545m/18,192ft, Kala Pattar, Day 13

Private Departures & Tailor Made itineraries available



Watch related videos online: [Everest Base Camp Trek](#)

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

Departures

Group departures

2022 Dates:

Wed 23 Mar - Sun 10 Apr
Wed 13 Apr - Sun 01 May
Wed 12 Oct - Sun 30 Oct
Thu 03 Nov - Mon 21 Nov With Mani Rimdu Festival
Wed 14 Dec 22 - Sun 01 Jan 23

This is the detailed itinerary for our 2022 departures only. A separate itinerary is available for our 2023 departures which can be downloaded from our website or requested from the Mountain Kingdoms office.

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.

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.

For a supplement, it is possible to request a single hotel room in Kathmandu. However, the option of a single room is not available in the tea houses on trek. 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.

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 trip highlights

- Trek to both Everest Base Camp and Kala Pattar
- Excellent acclimatisation, giving high success rates and greater enjoyment
- Highly experienced Sherpa leaders, some of whom are Everest summiteers
- Attend the Mani Rimdu Festival at Thyangboche Monastery on our 3rd November 2022 departure.
- Four-star hotel with time to relax Kathmandu

At a glance itinerary

Days 1-3	Fly to Kathmandu. Drive to Ramechhap. Fly to Lukla and begin the trek.
Days 4-5	Trek to Namche Bazaar and next day free to acclimatise.
Days 6-7	Trek up the Nangpo Drangpo valley to Thame. Visit the Thame Monastery before trekking to Khunde.
Days 8-9	Trek to Thyangboche monastery for panoramic views (attend Mani Rimdu Festival - 3 rd November 2022 departure). Trek to the village of Dingboche.
Days 10-11	Acclimatisation day before trekking to Lobuche.
Days 12-13	Ascend to Everest Base Camp, 5,300m/17,388ft, and Kala Pattar, 5,545m/18,192ft. Descend to Pheriche.
Days 14-15	Descend to Monjo and warmer climates. There are still wonderful mountain views.
Day 16	Trek to Lukla and finish the trek. On arrival you can relax and enjoy a celebratory beer.
Days 17-19	Fly to Ramechhap and drive to Kathmandu for sightseeing and souvenir shopping. Fly to London.

Trip summary

The classic trek to Everest Base Camp is probably the best known trek in the world and for many keen walkers it represents the dream of a lifetime. Over the years we have refined our Base Camp itinerary and trek service to ensure that you will have the best possible experience, with additional acclimatisation time and visits to some of the more off-the-beaten-track Sherpa villages.

It is a challenging trek which takes you to the heart of the Khumbu region, culminating with a visit to Base Camp and an early morning ascent of Kala Pattar, 5,545m/18,192ft, which overlooks the Base Camp area and offers superb views of Everest and the surrounding peaks. With between five and seven hours walking each day, this trip is suitable for fit trekkers looking for a memorable challenge and our careful acclimatisation programme ensures that the success rate for Mountain Kingdoms clients is excellent.

Good acclimatisation is a key factor in ensuring that you reach and enjoy your trek objective. Starting with a spectacular flight from Ramechhap to Lukla, you trek through the heart of Sherpa country. You will spend two nights in Namche Bazaar, the Sherpa 'capital' where you can enjoy a wander around the shops and even surf the internet. Our side trek to the lovely village of Thame then takes you away from the main trail and, more importantly, builds in additional acclimatisation time. While other companies may offer a standard up-and-back base camp route this diversion also takes you through the beautiful Sherpa villages of Kunde and Khumjung, a bonus which makes for a much more interesting route and importantly gives you better acclimatisation. On the return from Base Camp you also visit Phortse, an attractive village in a stunning location and also off the normal Base Camp trail. As an added bonus, the 3rd November departure in 2022 will attend the colourful Mani Rimdu Festival at Thyangboche Monastery.

En route, you stay in traditional tea houses offering simple accommodation and excellent nourishing food. By staying in tea houses you are also contributing to the local community and giving something back to the people you meet as you make your way to the foot of the world's highest mountain.

If you would like to do this trek in even greater comfort look at our Everest Base Camp in Style trip which stays in luxury lodges where these are available and has the added bonus of a side trip to Ama Dablam Base Camp.

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.

Mount Everest - interesting facts

Height: 29,029ft/8,848m

Nepalese name: Sagarmatha

Tibetan name: Chomolungma

Location first recorded: 1841 by Sir George Everest

First ascent: 29 May 1953: British Expedition by Ed Hillary (New Zealand) and Sherpa Tenzing Norgay. Leader: Colonel John Hunt

First female ascent: 1975 - Junko Tabei of Japan

First Briton to summit: 1975 - Dougal Haston and Doug Scott

First ascent without oxygen: 1978 - Reinhold Messner and Peter Habler

First British female: 1993 - Rebecca Stephens

Most successful British expedition: 1993 - Himalayan Kingdoms Ltd put 16 people on the summit, Lead by Steve Bell

Fastest ascent: 2003 - Lhakpa Gyelu Sherpa, 10 hours 56 minutes from base camp to summit

Fastest descent: 11 minutes - Jean Marc Boivin by paraglider

Youngest ascent: 2010 - Jordan Romero, 13 years old

Oldest ascent: 2013 - Yuichiro Miura, 80 years old

Most ascents: Kami Rita Sherpa - 23 ascents (as at May 2019)

Your trip itinerary

Day 1: Depart London.

Fly to Kathmandu on an overnight flight.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to Mulkot - 3½-4 hours.

On arrival in Kathmandu you will be met at the airport and transferred to Mulkot. The drive takes around 4 hours (traffic dependant) and you will wind your way through Nepalese countryside before reaching Mulkot on the banks of the Sunkoshi river.

Overnight: Akshit Lodge, Mulkot

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

You will be transferred from your lodge to the airport in Ramechap for the flight to Lukla. This is one of the most spectacular flights in the world. As you fly east, the snow line of the Himalayan range to the north will be on your left, with the rugged foothills of Nepal immediately below and stretching away to the south on your right. Lukla is situated high above the river on a shelf at 2,800m/9,450ft, and arriving there is a one off experience because the runway is on a slope and there is a difference of almost 60 metres between its lower and upper ends which all makes for an interesting landing. On arrival you can have a cup of tea, while your staff collect your baggage.

From the airstrip you will head north-west, through the village of Lukla and descend to the Dudh Khosi River at Phakding (2,652m). The path leads upstream along the valley, through areas of conifer trees and several more small villages. Another 2-3 hours walking will bring you to Chumoa, (2,743m/8,997ft), a small and picturesque village of about 25 houses located below Thamserku Mountain, (6,618m) and close to the entrance to the Sagarmatha (Everest) National Park. Cross the Monjo Khola and you shortly arrive in the village of Monjo for your overnight stop.

Overnight: Tea House (Meals: BLD)

Day 4: Trek to Namche Bazaar, 3,445m/11,302ft - 6 hours.

A principal benefit of walking as far as Monjo on the first day is that you can walk up the steep hill to Namche when fit and fresh in the early morning. You leave Monjo and continue to the park gates of the Sagarmatha National Park at Jorsale where you complete entry formalities. You then walk on alongside the river to arrive at the confluence of the Imja Drangka and the Nangpo Drangpo, which combine to form the Dudh Khosi. Crossing the river on a high bridge you start the steep climb to Namche. Near the halfway point up the hill, if the sky is clear, your first views of Everest and Lhotse come into sight. You then continue the climb, less steeply now, to Namche.



Namche is the largest and most prosperous village in the Khumbu. Thamserku, 6,618m, and Kwangde, 6,224m, loom to the east and west and the sacred mountain Khumbila, 5,707m, dominates the skyline to the north behind the village. The narrow streets at its centre are a mixture of traditional and modern, with Sherpa homes mingled with cafes, handicraft shops and shops selling or renting trekking and climbing equipment, foodstuffs and vegetables, tennis shoes and Tibetan boots. Don't be surprised if, after the exertion of the climb and the rise in elevation, you feel a little tired and head-achey. You will feel better after a cup of tea and a rest.

Overnight: Tea House (Meals: BLD)

Day 5: Acclimatisation day at Namche Bazaar

'Climb high, sleep low' is the mantra for good acclimatisation. To aid acclimatisation it is a good idea today to, at the very least, walk up the hill to the Park Headquarters and visit the interesting Sagarmatha National Park Museum. From here there are the first really good views of Everest and Ama Dablam - a wonderful panorama. If you are feeling energetic you might also make the worthwhile excursion to the Everest View Hotel, situated above the village of Khumjung. Although rather an ugly building and out of keeping with its surroundings, there are very good views from its terrace and you can have a cup of tea, or a glass of hot lemon there and enjoy the scenery.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Thame, 3,800m/12,467ft - 6 hours.

Today you head north-west, up the Nangpo Drangpo valley (Bhote Khosi). As you walk up the valley, to your left you have fine views of Kwangde, 6,343m, and the waterfalls cascading off its flanks. You continue high above the river, on a contouring trail through fine rhododendron forest. Watch out along here for colourful Impeyan Pheasant, the Nepalese national bird, and small deer. Just before the village of Thamo you cross a side valley (Kyajo Kola) and from there you can look back for fine views of Thamserku, 6,648m and Kusum Kangru, 6,370m. You might choose to visit the little nunnery passed just as you leave the village. Leaving Thamo you continue up the valley, still staying high above the river before descending to cross the river near some rock paintings of Buddhist figures. For the final part of the walk you climb alongside a small stream to arrive at the cultivated fields in front of Thame village. This is where Tenzing Norgay, the first Sherpa ever to climb Mt. Everest, lived for many years with his first wife.

If you are still feeling energetic on arrival, you could make the short climb of about 1 hour to Thame monastery clinging to the cliff side above the village in a truly spectacular location. The monks here have a Mani Rimdu festival every year in the late spring. To reach the monastery you climb to the top of the ridge above the village and then ascend left to the monastery. From the monastery terrace there are fantastic views back down the valley of the mountains beyond Namche. As you descend from the monastery it is worthwhile walking to the end of the ridge to look up the valley towards the Nangpa La, a pass leading to Tibet and a principal trade route between Nepal and Tibet for many hundreds of years.

Overnight: Tea House (Meals: BLD)

Day 7: Trek to Khunde, 3,840m/12,599ft - 6 hours.

In the morning, if you did not have time yesterday, you may visit Thame gompa. You then descend back down the valley. Crossing back over the Kyajo Khola you will take a high, scenic trail up to the left which by-passes Namche and ascends past the high airstrip at Syangboche and continues over the top of the ridge before descending to Khunde.

Overnight: Tea House (Meals: BLD)

Day 8: Trek to Thyangboche, 3,863m/12,674ft - 5 hours. 3rd November departure attends Mani Rimdu Festival.

The trail descends from Khunde and through Khumjung with chortens forming a dramatic frame to a view of Ama Dablam, 6,696m, and Kangtaiga, 6,779m, flanked by the towering heights of Sagarmatha (the Nepalese name for Everest), Lhotse and Nuptse. You might have time on the way to visit the ancient gompa situated in a grove of trees near Khumjung. This is where they keep the scalp of a Yeti locked in a case. As you descend from the village, first through walled fields and then through moss-covered rhododendron forest, watch out for blood pheasant and beautiful Impeyan pheasant scratching in the undergrowth. You then descend through forests of rhododendron and blue pine to the village of Trashinga and on down to cross the Dudh Kosi at Phungithanga, 3,250m/10,663ft, with its water driven prayer wheels. Finally, you climb through beautiful forests to reach Thyangboche, the main monastery of the Khumbu area, situated on a



high saddle.

Thyangboche lies on the forested ridge at the base of Kangtaiga and this position affords panoramic views of the main peaks of Khumbu including Everest, Lhotse, and Ama Dablam. It will probably be cloudy by the time you arrive in the early afternoon, but should normally be clear first thing in the morning, so it will be well worthwhile getting up early tomorrow morning for the sensational views. There should be time this afternoon to visit the monastery. Remember that a small donation is expected when you visit monasteries.

Mani Rimdu Festival

For those travelling in November 2022 you will arrive at Thyangboche Monastery in time 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 celebrations 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 ambiance. 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.

Overnight: Tea House (Meals: BLD)

Day 9: Trek to Dingboche, 4,350m/14,271ft - 6 hours.

You will probably be woken in the early hours, while it is still dark, by the sound of horns and cymbals as the monks have their first prayers of the day. You will have time to visit the monastery in the morning if you did not go yesterday.

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 picturesque 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, possibly 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. You continue from Pangboche and the path ascends above the village with the sparse landscape now reflecting the height. You pass some yak herders' cottages and walled fields at Orsho before crossing a stream and making a final steep ascent to Dingboche. The village of Dingboche is set in a stunning position, surrounded by high peaks. In summer months they grow barley here - possibly the highest altitude in the world at which this crop is grown. For acclimatisation you need to spend two nights around the 4,000m level and Dingboche, lying in a sheltered spot above the Imja Khola is generally more attractive for this than Pheriche, another settlement at similar altitude situated on the other side of the ridge.



Overnight: Tea House (Meals: BLD)

Day 10: Acclimatisation day, Dingboche.

There are several opportunities for interesting acclimatisation walks from Dingboche. It is possible to walk up the ridge behind the village to make an energetic ascent of Naga Dzong Ri. This is a steep, but not technically difficult ascent to a summit at 5,083 metres, from where there are stunning views of Makalu and Amphu Laptse. You can take in the small temple of Nagartsang Gumpa on the way down - there is a nice sheltered terrace here from where you can enjoy the views. You will descend in time for lunch in the village.

In the afternoon you might care to walk across to the village of Pheriche to visit the Himalayan Rescue Association clinic; one of the doctors there often gives a talk about high altitude acclimatisation in the afternoon. If these options don't appeal, it is possible to walk up the valley to the yak grazing pastures at Chukhung, 4,730m - a 4-5 hour round trip.

Overnight: Tea House (Meals: BLD)

Day 11: Trek to Lobuche, 4,931m/16,178ft - 5-6 hours.

This morning you ascend the ridge to a large chorten above Dingboche village and it is then an easy walk up a wide, grassy plateau. The peaks of Tawoche and Cholatse tower above you and it is possible to see Pheriche village in the valley below to your left. At the tiny hamlet of Duglha you reach a jumble of rocks which marks the terminal moraine at the base of the Khumbu glacier. You ascend steeply up this moraine to reach the top where there are many memorial cairns to those who have died on Everest. The landscape is now wild and rocky and there is a real feeling of being high in the mountains.

Following the stream (often frozen) at one side of the moraine you soon reach the cluster of houses at Lobuche. This rather bleak spot was once a yak grazing settlement and was then inhabited only during the summer months, but now it is open throughout the winter serving trekkers and climbers and is the jumping off point for Everest Base Camp and Kala Pattar. Sunset over Nuptse is particularly spectacular from here. It is worth walking over to the moraine to view the moraine covered glacier behind it.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Everest Base Camp, 5,300m/17,388ft, return to Gorak Shep, 5,165m/16,945ft. 6-7 hours.

This is the big day for the trek to Base Camp. An early start is essential to get there before any cloud comes down and it will probably be very cold when you set off. Make sure to have something for breakfast even if you don't feel like it as you will need the energy. You are at high altitude, so take some snacks to keep you going along the way and be sure to have your water bottle filled when you set off.

Leaving Lobuche you head north-east, along the side of the Khumbu Glacier through jumbled moraine and shattered rock. There is almost no vegetation here. Even so, small coveys of the delightful Tibetan Snow Cock can often be seen along the way or heard calling from the hillsides. You make several energetic ups and downs across the moraine and descend to Gorak Shep where it is worth having a reviving cup of tea and a snack.

From Gorak Shep it is still a long, fairly arduous trek to base camp, initially following the top of the moraine and then descending onto the boulder-strewn glacier. In the climbing season you may follow mountaineering groups, or yaks carrying supplies, but at other times there are just a series of small cairns along the route. After a couple of hours you reach the base camp area from where, although you do not have views of the actual summit of Everest, there are sensational close-up views of the terrifying Khumbu ice-fall and the surrounding scenery of ice seracs and tumbled rocks. At this altitude the return to Gorak Shep will feel like quite a long way and will use up your remaining reserves of energy.

Overnight: Tea House (Meals: BLD)

Day 13: Ascend Kala Pattar, 5,545m/18,192ft, trek down to Pheriche, 4,371m/14,340ft - 7 hours.

At Gorak Shep you will be ideally placed for an ascent of Kala Pattar in the clear of the morning before cloud comes in to obscure the summit of Everest. Although not far this is a tough ascent of approximately 2-3 hours until you finally reach the rocky summit of Kala Pattar at 5,545m - quite literally the high-point of your trek. From the summit of Kala Pattar there are great views of the summit of Everest as well as other Himalayan giants - Pumori, 7,145m, the Tibetan peak Changtse (4,501m), Nuptse, Lhotse and countless other needles and snow fluted ridges. You can also look down on the Khumbu glacier where base camp is located during the climbing season in late spring. You will then descend to Gorak Shep and take the trail back down to Lobuche.



From Lobuche you follow the path down as far as Dughla and then instead of taking the trail back to Dingboche you descend to the flat valley bottom. It is then quite a short distance on the flat to reach Pheriche where you will stay for the night.

Overnight: Tea House (Meals: BLD)

Day 14: Trek from Pheriche to Pangboche and on to Phortse, 3,810m/12,500ft - 5-6 hours.

Today will seem more relaxed than the past few days as you will be descending! You descend to Pangboche for lunch. If you did not have time to visit the gompa on your way up you should have time now. After lunch, from Pangboche you take a wonderful high trail above the Imja Drengkha River. This trail undulates along the valley side and you have fabulous views across the mountains and Thyangboche perched on its ridge. 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 Drengkha in the other.

Overnight: Tea House (Meals: BLD)

Day 15: Trek to Monjo, 2,835m/9,301ft - 6-7 hours.

From Phortse village you descend steeply through birch and rhododendron forest to the river (look out for musk deer and pheasants in these lovely quiet woods). You cross the river and then passing a couple of isolated houses there is an hour's ascent to the Mong La, 13,035ft/3,973m, a small pass marked by a chorten, birth place of Lama Sagwa Dorje. Mong La looks down on the junction of the Dudh River coming down from the Ngozumpa Glacier up in the Gokyo Valley and the Imja Drengkha which comes down from Everest. At the pass there is a large chorten and prayer flags. The views from here are absolutely magical, particularly of Ama Dablam, 22,355ft/6,814m.

From Mong La you traverse across the hillside and then descend on steep stone steps to Tashinga (last chances for souvenir shopping with the Tibetan ladies!). You then climb to Kangzhuma and take a wonderful high trail which roller coasters round the hillside high above the Dudh Kosi River. Again you have fabulous views of the mountains across the valley - principally Thamserkhu and Kang Taiga. You descend into Namche for lunch. After lunch you start the knee crunching descent back down to the valley. The warmer climate should offer a good opportunity to finally shed a layer or two. You will still have wonderful views, and the chance to relax in slightly warmer valley surroundings. Trek back down the Dudh Kosi valley for a short way past the checkpoint at Jorsale to Monjo.

Overnight: Tea House (Meals: BLD)

Day 16: Trek to Lukla, 2,880m/9,450ft - 6-7 hours.

Most people head towards Lukla with a heavy heart. There is something very special about the setting, the villages and the people of the high Khumbu hills and valleys and these memories will help you up the deceptively long, final climb into Lukla. The trail to Lukla follows the main trail as far as Chablung, and then turns off above the village of Chaunrikharka towards Lukla. There are signs beyond the stream at Chablung pointing you in the direction of Lukla. The broad trail, leading uphill to the left, climbs steadily past a few bhattis and the school, then through scrub forests above the school and houses of Chaunrikharka. After a steep final climb there is a collection of houses and bhattis in Tamang Tole, a new settlement a short distance from the airport. As you approach the airstrip the houses and hotels rapidly proliferate. On arrival you can finally relax and enjoy a celebratory beer.

Overnight: Tea House (Meals: BLD)

Day 17: Fly to Ramechhap. Drive to Kathmandu - 3½-4 hours.

Please note that flights into Lukla are sometimes delayed due to weather conditions; 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.

Your final full day of leisure in Kathmandu does of course provide a valuable 'cushion' against missing your flight home to the UK should the Lukla flight be delayed.

On arrival in Ramechap from Lukla you will be transferred back to your hotel in Kathmandu.

Overnight: Kathmandu Guest House or Similar, Kathmandu (Meals: B)

Day 18: Day at leisure in Kathmandu. Group transfer to airport. Depart Nepal.

Today will be at leisure for some shopping, sightseeing or simply relaxing after your trek. If sightseeing, you might like to visit the important Hindu temple complex of Pashupatinath on the banks of the Bagmati River or the magnificent stupas of Swayambhunath or Boudhanath. You could also take a taxi in the morning (hotel reception can help you organise this) to visit one of the two old towns of the Kathmandu Valley, Bhaktapur or Patan.

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

Overnight: In flight (Meals: B)

Day 19: Arrive London

Our grading system

Everest Base Camp Trek 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:

- ✓ An English-speaking Sherpa leader
- ✓ Economy class return air fares from the UK & UK departure tax (flight inclusive only)
- ✓ All internal flights and domestic airport transfers
- ✓ Single, timed group airport transfer for international flights on arrival and departure
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, twin share, bed and breakfast basis
- ✓ 1 night Lodge in Mulkot - bed and breakfast basis
- ✓ All road transport by private vehicles
- ✓ All meals on trek including tea and coffee and morning bed-tea on trek
- ✓ An evening fill of your water bottle with drinking water
- ✓ A good quality down jacket, four-season sleeping bag and fleece liner (supplied in-country)
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Trek staff and full portage
- ✓ Sherpa/porters properly insured and equipped
- ✓ Park fees
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ 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
- ✗ Optional trips
- ✗ 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.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased 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

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 or Similar, Kathmandu

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.



Tea Houses

Tea houses are a long established tradition in the trekking regions of Nepal, providing an important source of income for the local people. They vary in size and quality. Tea houses offer simple accommodation comprising twin bedded rooms and basic toilets - not usually en suite. Many tea houses also offer rudimentary hot showers for a small fee. Some tea houses have a limited supply of solar powered electricity but this is not always the case so have a head torch handy. Meals are taken in a communal dining area which is warmed by a wood or yak-dung burning stove. Most trekkers relax here for the evening.



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.

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.

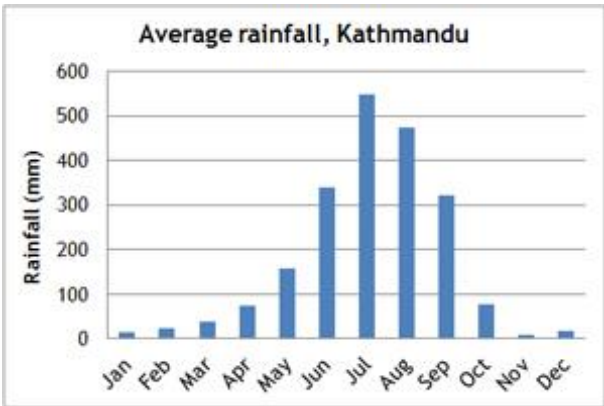
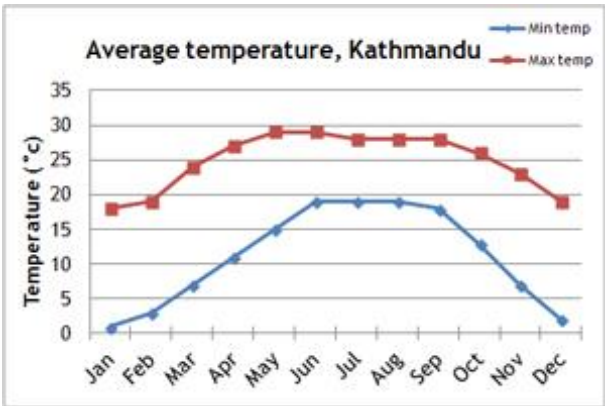
Further information

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.



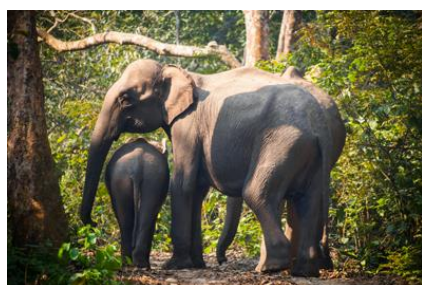
Kathmandu Valley sightseeing excursions

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 don't just follow the standard Everest Trail - our itinerary visits some lovely lesser known villages and takes in stunning viewpoints that many other trekkers may not see.
- Our carefully designed route offers the best possible acclimatisation and therefore has an excellent success rate.
- Our Sherpa leaders are second to none! Many are Everest Summiteers themselves.
- We endeavour to use the best tea houses available at each overnight stop on our route. By staying in tea houses you will have closer contact with the Nepalese people and are directly contributing to the local economy.
- One of our autumn departures is timed to coincide with the flamboyant festivities of the Mani Rimdu Festival at Thyangboche Monastery
- We include free hire of a down jacket, four-season sleeping bag and fleece liner that are supplied in-country.
- We have a wealth of Himalayan Experience in the company and several members of staff have completed the Everest Base Camp trek and know the Khumbu region very well and so have first-hand knowledge which they can share with you.
- 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



The holiday was an amazing experience - everything we hoped for and more. From the moment we first booked our trip to the end of our trek we were incredibly well looked after both by the Mountain Kingdoms staff and by their partners in Nepal. We trekked to Everest Base Camp over the Christmas period so it was very cold, especially at higher altitudes, but we had free hire of a duvet jacket, 4-season sleeping bag and fleece liner to keep us warm and our trek crew made sure we had hot water bottles and lots of tea and dahl to keep us going. The landscape and views were just incredible. Standing at the top of Kala Pattar on Boxing Day, looking across to Everest and all the surrounding Himalayan peaks, was a very special moment.

- Mrs Parsons, South Glos



An experience never to be forgotten. So glad I made the trip. All credit to Mountain Kingdoms for this marvellous holiday.

- Mr E, Cornwall

The organisation was fantastic, everything was thought of and we all felt extremely confident in the guide. Also the trek was very enjoyable.

-Mr B & Mr H, Staffordshire



I had a fantastic time that I will remember for the rest of my life! The guides and the porters were excellent. Overall it was a great experience and I enjoyed every moment!

- Mr B, Buckinghamshire

I had an amazing trip of a lifetime which was fantastically organised. The routes and free days were superbly balanced which was geared to getting us to almost the top of the world. Mountain Kingdoms' route scored head and shoulders above its competitors, we loved going to Thame and Khunde. Nima, our guide, was superb; patient and very attentive.

- Ms E, Exeter

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, gear and clothing list and lots of useful information. In fact, everything you need to be at ease 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.

