Everest Base Camp in Style, Nepal

Trek to Everest Base Camp and Kala Pattar, staying in the Khumbu's very best lodges.

Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Luxury lodges, Tea Houses
Grade	Strenuous
Duration	20 days from London to London
Trekking / Walking days	On trek: 14 days
Min/Max group size	4 / 10. Guaranteed to run for 4
Trip Leader	Everest Sherpa Sirdar
Land only	Joining in Kathmandu, Nepal
Max altitude	5,545m/18,188ft, Kala Pattar, Day 14

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

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Group Departure Dates and Prices

Group departures

2026 Dates:

Sat 21 Mar – Thu 09 Apr
Sat 04 Apr – Thu 23 Apr
Sat 10 Oct – Thu 29 Oct
Sat 31 Oct – Thu 19 Nov
Sat 12 Dec – Thu 31 Dec

2027 Dates:

Sat 03 Apr – Thu 22 Apr
Sat 09 Oct – Thu 28 Oct
Sat 30 Oct – Thu 18 Nov
Sat 11 Dec – Thu 30 Dec

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/everest-base-camp-in-style.

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

Will the trip run?
This trip is guaranteed to run for 4 people and for a maximum of 10. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly – we advise you to book early if you want to secure a place(s) on the dates of your choice.

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 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your trip highlights

- For nine nights on trek stay in top quality trekking lodges with excellent facilities, food and service. Five other nights are spent in the best tea houses available on the trail
- Stay in Dwarika's Hotel in Kathmandu - a 5* heritage property
- Trek the main trails of the Everest region
- Set foot in the Base Camp of beautiful Ama Dablam and trek to both Everest Base Camp and Kala Pattar to gain the most stunning views of Everest
- Enjoy excellent acclimatisation and first rate leaders

At a glance itinerary

Days 1-2	Fly to Kathmandu.
Days 3-4	Drive to Manthali. Transfer to Ramechap and fly to Lukla. Trek to Monjo.
Days 5-6	Day walks in Monjo. Trek to Namche.
Day 7	Trek to Tashinga.
Day 8	Trek to Pangboche via Thyangboche.
Day 9	Walk to Ama Dablam Base Camp, return to Pangboche.
Days 10-11	Trek to Dingboche and day walk from Dingboche.
Day 12	Trek to Lobuche.
Day 13	Trek to Everest Base Camp, 5,300m/17,384ft. Descend to Gorak Shep.
Day 14	Ascend Kala Pattar, 5,545m/18,188ft and descend to Pheriche.
Days 15-17	Trek to Namche via Tashinga. Trek back to Lukla.
Days 18-20	Fly to Ramechap. Drive to Kathmandu. Sightseeing tour. Fly to London.

Trip summary

We have designed this trek to take you to the heart of the Khumbu region, with the ultimate objectives of visiting Everest Base Camp and standing on top of Kala Pattar for superb views of Everest and her surrounding peaks. You also trek to the foot of the region's most beautiful mountain, Ama Dablam. Ama Dablam means 'mother and necklace'. The perennial hanging glacier resembles a 'dablam' which is a piece of traditional jewellery worn by Sherpa women.

Your Everest adventure begins though with a spectacular flight from Ramechap to Lukla, gateway to the Khumbu and the start of your trek through the heart of Sherpa country. Good acclimatisation is the key factor in ensuring that you reach and enjoy your trek objective. You will spend a night at Namche Bazaar, the Sherpa capital where you can enjoy wandering around the shops and even surf the internet. As you trek ever closer to Everest you will take a 'side trail' to reach Ama Dablam Base Camp, the starting point for mountaineers attempting to summit this forbidding yet beautiful peak. Now, well-acclimatised, you make your way to Everest where you will set foot on the most iconic of all Base Camps and also climb the small peak of Kala Pattar, 5,545m/18,188ft, giving you breathtaking, panoramic views of Everest and other Himalayan giants.

You spend nine nights in four 'luxury' properties, which far surpass anything else that exists in the Everest region and will enable you to trek in the shadow of Everest in relative comfort. The luxury lodges employ local staff, are ecologically sympathetic and have a high level of service. Bedrooms have en suite bathrooms with flush toilets; there are landscaped gardens and a dining room/lounge/library for relaxation after your day's walk. For the nights in tea houses you will stay at the more regular, basic tea houses as currently no luxury lodges exist beyond Pangboche and we will supply good quality sleeping bags and down jackets for these nights.

Your guide

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

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

Your trip itinerary

Day 1: Depart London.

Depart London on your overnight flight to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to Dwarika's Hotel.

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

Overnight: Dwarika's Hotel, Kathmandu

Day 3: Drive to Manthali – approximately 4 hours.

Today you will make the drive from Kathmandu to the small town of Manthali which is conveniently located close to Ramechap Airport. The drive takes around 4 hours (traffic dependant) and you will wind your way through the Nepalese countryside before reaching the town and your hotel for the night.

Overnight: Freedom Resort or Similar, Manthali (Meals: B L D)

Day 4: Drive to Ramechap. Fly to Lukla, 2,743m/9,000ft. Trek to Monjo, 2,835m/9,301ft - 5-6 hours.

You will have an early start for the 45 minute drive to Ramechap to catch your flight to Lukla. The early morning flight from Kathmandu to Lukla and the landing at the small mountain airstrip is something you will be talking about for many years to come. The scenery is fantastic and as you fly like an insect up the vast valleys towards Lukla, the giants of the world appear on the horizon.

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

Overnight: Luxury Lodge (Meals: BLD)

Day 5: Day walk from Monjo.

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

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

Overnight: Luxury Lodge (Meals: BLD)

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

This will be one of the harder days physically on your trek, so take it slowly. The path itself is full of interesting sights. Not least of these will be your first view of Everest as you get higher up the trail. From the lodge it is 15 minutes to the Everest National Park boundary and already the scenery is truly inspiring, with deep gorges, bare vertical rock faces, pine forests clinging to steep slopes and wispy waterfalls. Having completed the paperwork, it then takes 15 minutes following the right bank of the river to where the trail starts to climb to the Hillary Bridge, named after Sir Edmund of Everest fame. This is a tremendously impressive suspension bridge, spanning a deep chasm. The path then zigzags up through the forest where trees pack themselves in between giant boulders and cliffs. If you are lucky, you may well see small herds of thar, a small deer-like animal. Eventually, you pull into Namche Bazaar. The Sherpa houses are built one above the other on the steep sides of a sloping mountain bowl. The narrow streets at its centre are a mixture of cyber cafés, souvenir shops and places where you can rent/buy any piece of equipment under the sun. Namche is a bustling place and the hub of everything that goes on in the Everest region. All expeditions pass through here on their way to the peaks and there is a huge cross section of nationalities staying in lodges, or camping.

Overnight: Trekking Lodge - Namche Hotel or Sherpaland (Meals: BLD)

Day 7: Trek to Tashinga, 3,360m /11,023ft - 2-3 hours.

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

Overnight: Luxury Lodge (Meals: BLD)

Day 8: Trek to Thyangboche, 3,863m/12,671ft - 2-3 hours, and on to Pangboche, 3,860m/12,664ft - 2-3 hours.

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

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

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

This is probably the oldest monastery of the Khumbu region, possibility dating back as far as the first introduction of Buddhism into the Khumbu. There used to be a 'yeti' scalp and claw kept here, but they were stolen some years ago.

Overnight: Luxury Lodge (Meals: BLD)

Day 9: Day excursion to Ama Dablam Base Camp, 4,576m/15,013ft - 6-7 hours.

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

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

Ama Dablam, 6,812m/22,349ft
This beautiful mountain was initially deemed by early Everest explorers to be 'impossible', and was finally first climbed in 1961 by an Anglo-American-New Zealand expedition, eight years after Everest. After a failed 1958 summit attempt, British team leader Alfred Gregory wrote "a journey was made around the mountain and all ridges and possible routes were examined. We found no feasible way of climbing the mountain". Despite this slow start Ama Dablam is now one of the most popular Himalayan peaks in Nepal for mountaineers.

Overnight: Luxury Lodge (Meals: BLD)

Day 10: Trek to Dingboche, 4,360m/14,305ft - 4 hours.

You leave Pangboche on a path which ascends above the village with the height reflected in the sparse landscape. 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, which is possibly the highest altitude in the world at which this crop is grown. Depending on the time you arrive here and your energy levels, there may be time for an optional afternoon walk around Dingboche.

Overnight: Tea House (Meals: BLD)

Day 11: Rest/acclimatisation day in Dingboche, 4,360m/14,305ft.

There are various options for day walks from Dingboche to help with your acclimatisation, for example you could take a walks towards Chukking. Your guide will discuss the possibilities.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Lobuche, 4,931m/16,174ft - 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 often frozen stream 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 13: Trek to Everest Base Camp, 5,300m/17,384ft. Descend to Gorak Shep, 5,165m/16,941ft - 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 most of your remaining reserves of energy.

Overnight: Tea House (Meals: BLD)

Day 14: Ascend Kala Pattar, 5,545m/18,188ft, descend to Pheriche, 4,280m/14,042ft - 7-8 hours.

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/18,192ft and 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/23,442ft, the Tibetan peak Changtse, 4,501m/14,767ft, Nuptse, Lhotse and countless other needles and snow fluted ridges. You can also look down on the Khumbu glacier to base camp.

You will then 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 15: Trek to Tashinga, 3,450m /11,023ft - 5-6 hours.

This morning will seem much easier as you are descending and are at a lower altitude than you have been at for the last five days. From Pheriche you descend to join the valley of the Imja Khola and retrace your steps past Orsho and down the pleasant trail to Pangboche. If you did not have a chance to visit the gompa in Pangboche on the way up it would be worth a quick visit now.

Leaving Pangboche you descend to cross a bridge over a terrifying gorge before making a short climb in forest to Thyangboche - watch out for musk deer and pheasants in the woods along here. From Thyangboche you descend to the river at Phunki Tenga and then make the final climb of the day up through pine forest to reach the

lodge at Tashinga. It will seem delightfully warm at this altitude and the air positively packed with oxygen.

Overnight: Luxury Lodge (Meals: BLD)

Day 16: Trek to Namche, continue to Monjo, 2,850m/9,301ft - 4-5 hours.

From Tashinga you walk to the little hamlet of Kyanjuma and take a delightful undulating trail with some of your last high altitude mountain views of the trek, looking across to the summits of Thamserkhu and Kangtaiga. You reach a corner in the trail and then you will find Namche below you. You descend into Namche and have time for a bit of souvenir shopping before making the knee crunching descent back down to the valley. If you arrive in Namche on a Saturday you will be able to enjoy the lively market where many traders will be selling their wares. 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: Luxury Lodge (Meals: BLD)

Day 17: Trek to Lukla, 2,804m/9,336ft - 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 perhaps enjoy a celebratory beer.

Overnight: Luxury Lodge (Meals: BLD)

Day 18: Fly to Ramechap. Drive to Kathmandu.

This morning you will take the small fixed wing flight back to Ramechap, to be met on arrival and transferred back to Kathmandu, for some well-earned relaxation. Please note that flights into and out of 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.

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

Day 19: Sightseeing and time at leisure in Kathmandu.

There will be time today to relax and reflect on your adventures and for sightseeing and last-minute shopping. In the morning there is a half-day guided sightseeing tour. You will visit Boudhanath Stupa then Kathmandu Durbar Square with its many temples and palaces. You will end your tour in Kathmandu's busy main bazaar, Thamel.

Later you might also have time to visit the important Hindu temple complex of Pashupatinath on the banks of the Bagmati River not far from Dwarika's Hotel.

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

Overnight: In flight (Meals: B)

Day 20: Arrive UK

Our grading system

Everest Base Camp in Style 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:

- ✓ 17 x breakfasts, 15 x lunches, 15 x dinners
- ✓ 2 nights in a 5* hotel in Kathmandu on a twin-share, bed and breakfast basis
- ✓ 9 nights in luxury trekking lodges on a twin-share, full-board basis
- ✓ 5 nights in tea houses on trek on a full-board basis
- ✓ 1 night in a hotel in Manthali on a twin-share, full board basis
- ✓ English-speaking Sherpa leader
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfer for international flights on arrival and departure
- ✓ All internal flights and domestic hotel/airport transfers
- ✓ All road transport by private vehicles
- ✓ Free use of a good quality down jacket on trek plus a sleeping bag and liner for nights in tea houses.
- ✓ Costs of all porterage and porter insurance
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)

Airport transfers

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

What's not included:

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

Your accommodation

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

Dwarika's Hotel, Kathmandu

We use the 5-star Dwarika's Hotel. It 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. It is filled with fascinating original carvings and artefacts. Its elegant restaurant is one of the places to eat in Kathmandu. It also has a pleasant courtyard garden with swimming pool.

Freedom Resort or Similar, Manthali

Flights for Lukla now depart from the small airstrip at Ramechap and we use the Freedom Resort in nearby Manthali as a convenient stopover on the night before the flight. The Freedom Resort offers simple yet comfortable en suite rooms and also has a swimming pool, bar and in-house dining.

Luxury Lodge

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

Trekking lodge - Namche Hotel or Sherpaland

In Namche Bazaar we generally use either the Sherpaland or the Namche Hotel. These typical trekking lodges are conveniently situated in the centre of town. They have electricity, good food, en suite bathrooms, and bedding is provided.

Tea House

In Dingboche, Lobuche, Gorak Shep and Pheriche you will stay in tea houses. These are more basic than the 'luxury lodges' although they still have twin-bedded rooms and plentiful good food. Sleeping bags will be provided for these nights.

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.

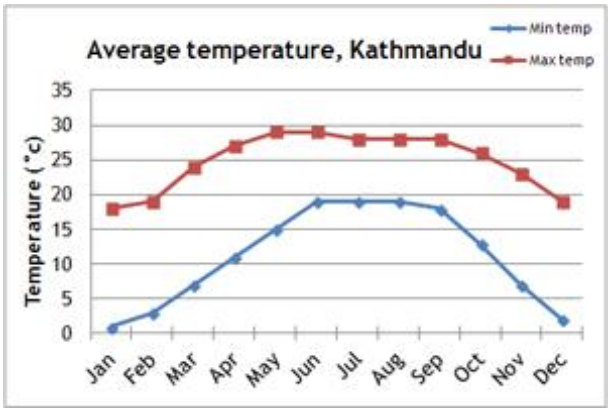
Further information

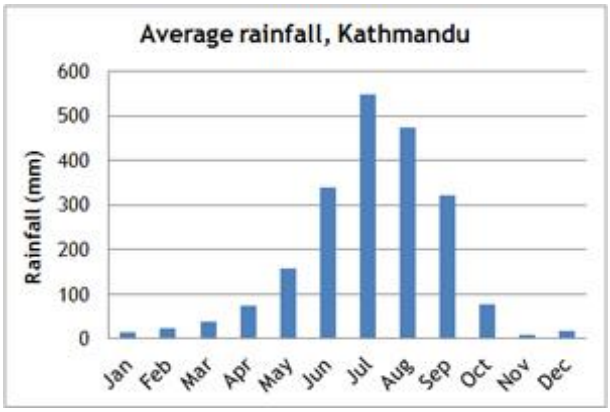
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

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.

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?

- There are no other lodges in the Everest region of the same quality as the ones we use for this trek. With their en suite facilities, tasty food, richly adorned dining rooms and friendly staff - your stay will be one to remember.
- We provide a good quality down jacket for your trek plus a 4 season down sleeping bag and liner for the nights you are staying in tea houses.
- We give you the chance to visit Ama Dablam Base Camp, Kala Pattar and Everest Base Camp.
- Your trek will be led by knowledgeable, well-trained English-speaking guides who will be delighted to share their expert knowledge of the history, culture and nature of their home country.
- A half day's sightseeing tour in Kathmandu is included.
- We use the 5* Dwarika's Hotel in Kathmandu – in our opinion the best hotel in the city.
- Our maximum group size is 10 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We have a wealth of Himalayan experience in the company, most of our staff have visited Nepal and several staff members have trekked the trails featured in this trip.
- 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.
- As part of our responsible tourism, we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.

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

Wonderful trek. Amazing views. Acclimatisation days were well spaced out and timed to make sure we all made it to EBC. The luxury lodges were comfortable, clean and welcoming with plenty of good Nepalese food. We had an excellent guide in Dambe, - friendly, genuinely keen that we saw everything, knowledgeable, very good English, nothing was too much trouble. Couldn't have been a better trek.
-Hermione Roff, Lancashire

Took my breath away from start to finish, was even better than I had hoped for. Great guides and porters and the Nepalese are such a beautiful people you can't help but fall in love with the place. I saw things and places on the trek that I will think of daily.
-Andrew Tomlinson, Lancashire

Personal first class service from lovely people, well done everyone, we will be back and would not hesitate to recommend. The holiday was fantastic, I thought the itinerary and acclimatisation program was spot on. Our Guide deserves a special mention, he was outstanding and saw to our every need.
-Mr C, Essex

Our guide, Kami, was not just our guide, he is more like a long lost friend, a teacher, part of the group. His depth of knowledge and infectious passion for just about everything brightens your day, lightens your load and makes the trek more than you ever imagined it could be. The whole team of porters and guides did everything they could to help us enjoy our trek and The Mk team were always on hand to help with any questions we had or arrangements that needed making or changing - exceptional.
-Shareen & Rob, Cumbria

It exceeded our expectations because of the knowledge of the Tour Guide. The hike was a journey during which we learned so much about the Nepalese culture, people, foods, plants, animals, etc. I am glad we did this trip, the Luxury Lodges were amazing and such a bonus compared to what other places people had to stay in.
-Mr B, South Africa

The Everest Base Camp in Style trek was outstanding, and made even more so by our excellent guide, Damber. The weather could not have been better - sunny days and blue skies - and although the nights were cold, we were very well looked after by lots of hot food, hot showers, electric blankets and hot water bottles - so truly spoiled. The "In Style" version is more expensive than the regular Base Camp trek also offered by Mountain Kingdoms but It is well worth paying a little more for these comforts, especially in December. We really looked forward to the Everest Summit Hotels along the way as they were superb with wonderful staff and fantastic food. The trail made for very good walking amidst spectacular scenery - the Himalayas are hard to beat - and the Everest region is unbelievably beautiful.
-Miss G, London

The trip to EBC was simply wonderful. We were in very good hands with our guide Jigme. He did everything thinkable to make this trip the experience of a lifetime. Staying in the lodges certainly makes a difference at the end of a trekking day and is well worth paying a little extra. I would recommend it to everyone who comes to visit the Khumbu region.
-Mrs W, Austria

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.