

Five High Passes - Dolpo to Mustang Trek, Nepal

An epic Himalayan trek crossing a region little changed by time; towering peaks, ancient villages and five of Nepal's finest 5,000m passes.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Camping
Grade	Strenuous
Duration	23 days from London to London
Trekking / Walking days	On trek: 16 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Local Trek Leader
Land only	Joining in Kathmandu, Nepal
Max altitude	5,700m/18,700ft, Ghami La, Day 17

Private Departures & Tailor Made itineraries available



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Departures

Group Departures

2025 Dates:

Sat 20 Sep - Sun 12 Oct

2026 Dates:

Sat 19 Sep - Sun 11 Oct

Will the trip run?

This trip is guaranteed to run for 5 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.

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 guide



These treks are led by professionally trained English-speaking Sherpas. We have many very experienced Sherpas living and working in the Annapurna region, for example:

Bhuwan K C

Affectionately called 'KC' and the 2006 winner of the Wanderlust 'Paul Morrison' Guide of the Year award

Durga Kattel

A very experienced guide, who has knowledge of Nepali flora & fauna

Jangbo Sherpa

Another experienced and knowledgeable guide

We cannot guarantee which Sherpa leader will be assigned to any particular departure but this gives you a taste of our Annapurna leaders.

Your trip highlights

- Trek for 16 days through the most impressive, wild and remote Himalayan scenery
- Camp by the fabled turquoise waters of Phuksundo Lake
- Cross five remote passes over 5,000m where very few others have trekked
- Visit monasteries and experience the ancient Tibetan culture of the region - virtually unchanged over time
- Look for wildlife including blue sheep, Tibetan antelope, wolves and even the elusive snow leopard
- Enjoy first rate camping and a four star hotel in Kathmandu before and after the trek

At a glance itinerary

Days 1-2	Fly to Kathmandu.
Days 3-4	Fly to Nepalgunj and on to Juphal. Trek to Rupagad.
Days 5-8	Trek to Phoksundo Lake. Rest/acclimatisation day.
Days 9-14	Trek over the Baga La, Numa La, Jhyarkoi La and Mo La to Chharka.
Days 15-19	Trek over the Ghami La, 5,700m/18,700ft, to Ghami. End trek.
Day 20	Drive to Jomsom.
Days 21-23	Fly to Kathmandu via Pokhara. Time at leisure. Overnight flight to London.

Trip summary

Both Dolpo and Mustang evoke images of remote mountain deserts shrouded in mystery, soaring snow-clad Himalayan peaks, breathtaking high passes, ancient Tibetan culture and the enigmatic snow leopard. With five passes over 5,000 metres, and 16 days of challenging trekking, this is a tough trek for the very fit and adventurous walker. The rewards are rich though, with scenery where the superlatives run out every day, and sustained cultural interest, where Tibetan Buddhism thrives.

The delights of Lower Dolpo include the fabled turquoise waters of Phoksundo Lake and the charming, picturesque settlement of Chharka, both featured in Eric Valli's film, Himalaya. Time has seemingly stood still here and the local people still live, cultivate the land and trade the way they have done for centuries. The area is also a spiritual sanctuary that still sees an early form of pre-Buddhist religion called Bon-Po practiced. Beyond is the true wilderness of Upper Dolpo, isolated by towering mountains and the highest of passes which are snowbound for many months of the year. There are extremely few people that pass this way, so you have a sense of being one of the privileged few to savour this almost uninhabited place, and admire the grandeur of this remote, high mountain country. Blue sheep, wolves, vultures, lammergeyers and your crew are likely to be your only companions. If incredibly lucky you may get a glimpse of an elusive snow leopard or, more likely their tracks - previously, one of our Operations Managers, Niki, followed a snow leopard's tracks towards the Ghami La for twenty minutes. It was a thrilling moment.

Due to the elevation of the trek, with several days spent near or above 5,000m, you may encounter snow - particularly on the approach to your final, and highest pass, the Ghami La at 5,700m. The snow will make progress more challenging, but also add extra magic to its crossing. Reaching the end of your trek in Mustang, you will no doubt experience mixed emotions: a touch of bewilderment as you return to civilisation, but also an immense sense of pride and achievement at having completed such an epic, demanding and awe-inspiring trek.

Your trip itinerary

Day 1: Depart London.

Fly overnight from London to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to hotel.

You will be met on arrival and transferred to your hotel. You might like to venture out to nearby Thamel for your evening meal, or eat in the restaurant if you are tired from your journey.

Overnight: Hotel Shanker, Kathmandu

Day 3: Fly to Nepalgunj - 1 hour flight.

This morning, you may have time for some sightseeing, or shopping in Thamel. In the afternoon you will take the flight to Nepalgunj. The flight will give good views of the Himalaya to the north.

On arrival you are transferred to your hotel. The town is situated 3km from the southern Nepalese border with India. Here it is quite hot and tropical.

Overnight: Kitchen Hut Hotel or Similar, Nepalgunj (Meals: B D)

Day 4: Fly to Juphal, 2,475m/8,120ft. Trek to Rupagad, 2,120m/6,955ft - 3 hours.

This morning you will enjoy a wonderful early morning, 35 minute flight, over the Himalayan foothills, with views of the major peaks including Annapurna and Dhaulagiri to the north east. After an exciting landing at the mountain airstrip at Juphal you meet your trek crew and Sherpa sirdar. It takes about an hour to descend through the village below the airstrip. Your path takes you through terraced fields to the Bheri River and you then walk for about an hour through the narrow gorge leading to Dunai until just before the big bridge over the river to Sulighat. Overnight camp in the garden of a lodge at Rupagad.



Overnight: Camp (Meals: BLD)

Day 5: Trek to Chhepka, 2,670m/8,759ft - 6 hours.

At the confluence of the Thuri Bheri and Suli Gad rivers you turn to the north and follow the Suli Gad. The trail is fairly undulating, but mostly up and the going is firm underfoot. You are never far from the river and can always hear its roar. You pass through an area which is overgrown with marijuana plants and there are also crops for the villagers and their animals including millet, pumpkin, potatoes, sweet corn and chillies. Many of the villages in this area are involved in the production of a lotus-like plant called 'chuk' that is used to make vinegar and medicines. It is dried and flown from Dolpo to Nepalgunj and exported to India.

You continue to track the river and eventually reach the settlement of Hanke, which is also the entrance to the Phoksundo National Park. The three villages you pass through have a strange name connection; Parel, meaning 'eyelash', Rahagaon meaning 'eyebrow' and Ankhe meaning 'eye'. You continue northwards, following the river to Chhepka.

Overnight: Camp (Meals: BLD)

Day 6: Trek to Jharna, 3,000m/9,845ft - 6-7 hours.

A good deal of improvement has been done on this trail with new river crossings. The trail keeps closer to the river, crossing it several times; even so, there are still some steep undulations and at times the path hugs the cliff face. Frequent stops to admire the scenery, or to take a breather become a necessity. You continue to track the river until you reach your night's stop at Jharna.

Overnight: Camp (Meals: BLD)

Day 7: Trek to Phoksundo Lake, 3,600m/11,811ft - 3-4 hours.

From Sumdo the trail goes very steeply uphill. Here you leave the river and follow the path high above the water. You ascend to a ridge, about 3,875m/12,713ft, from where you will have the most staggering views of a 300m/1,000ft waterfall, the highest in Nepal, and your first view of Phoksundo Lake, a study in turquoise. You then descend through birch forests to the upper reaches of the Phoksundo Khola and on to the picturesque settlement of Ringmo with its mud-plastered chortens and mani walls. The village now has solar panels helping to improve the quality of life of the villagers. From the settlement it is a short walk to the shores of Phoksundo Lake where you set up camp.

Overnight: Camp (Meals: BLD)

Day 8: Rest day.

Today is for rest and recuperation although if you're feeling energetic, the nearby Bon Monastery is well worth a visit, as is the village of Ringmo. A walk part way round the lake is also very relaxing. There will also be time to catch up with domestic chores if need be.

Overnight: Camp (Meals: BLD)

Day 9: Trek to Baga La Phedi, 4,200m/13,780ft - 5 hours.

After leaving the lake, you enter a beautiful pine forest on a lovely ascending trail, listening to the laughing thrushes. Eventually you emerge at a clearing where you have excellent views of your route into Phoksundo including the bandstand and snowy peak behind. You continue on a rising trail. You can see the small villages of Rikke and Maduwa below. The scenic high traverse continues rising gradually with good views of Norbung Kang's impressive snow dome 6,985m, until you reach Yak Kharka at 3,982m. It's 4½ miles and approximately three hours walking from Phoksundo Lake to Yak Kharka. Yak Kharka has a collection of tents, stone shelters, prayer flags and grazing yaks. You will probably have lunch here before an hour and a half's ascent to your campsite in a meadow with a big white prayer flag fluttering in the breeze. You are likely to spot choughs and lammergeyers here. You can see the start of your route upwards towards the Baga La the next day, and a trail towards Chhoital Tal (lake). For the energetic, you can walk up towards the lake in the late afternoon. It's good acclimatisation, and a pleasant excursion but it's quite a tough climb and will take between 1½ - 2 hours to walk to the high point where you can view the lake (lots of false summits!) - energy which you may find better conserved to cross the pass the following day!



Overnight: Camp (Meals: BLD)

Day 10: Trek over the Baga La, 5,214m/17,107ft, to beyond Danigar, 4,800m/15,748ft - 8-9 hours.

Soon after you leave the campsite it's a steep pull upwards along a trail which follows the Ghuchun Khola, in a canyon. There are good views of Norbung Kang behind. The path twists and turns and heads seemingly forever upwards, until after 4 hours you are greeted to the extremely welcome sight of prayer flags adorning a huge cairn, marking the Baga La at 5,214m. There are superb views from the top of the pass of the Tibetan-like mountain desert landscape before you. After the obligatory pass photos, the trail weaves downhill, gradually at first, but becoming steeper and a little rockier until you reach the meadow of Danigar at 4,631m. You will probably have a light lunch here. It takes approximately 6-7 hours to reach Danigar from your campsite. You will trek for another couple of hours to reach your campsite, which lessens the pull up to the Numa La the following day.

It's fairly flat walking on a high traverse for a while, and you can see the path to Saldang. A short descent to the river, then you follow it, ascending for half an hour or so to your campsite at approximately 4,800m.

Overnight: Camp (Meals: BLD)

Day 11: Trek over the Numa La, 5,238m/17,185ft to Tokyu, 4,200m/13,780ft - 8 hours.

You begin ascending to the pass quite steeply at first and then more gradually. You can see Kanjiroba mountain behind you. The trail weaves around and it seems a frustratingly long time before the pass reveals itself and you see those welcome cairns and prayer flags at 5,238m. You may see snow finches and mountain finches en route. You descend quite steeply at first before contouring around the hillside for a while. You then continue descending on a stony path on a spur until you reach the river. You cross this, then walk over boulders, and eventually you end up on a flat, easy path into Tokyu 4,200m. Tokyu is an attractive, rustic village with the Thakchiu Khola running through it, several houses, greenhouses, chortens, mani walls and gompas. You are likely to spot several choughs here and the very attractive Guldenstadt's redstart was spotted here. You will probably be here at barley harvesting time. You have a superb view of towering Dhaulagiri from the pass. Champa Monastery is well worth a visit for its statues of Sakyamuni, the future Buddha, and Guru Rimpoche.

Overnight: Camp (Meals: BLD)

Day 12: Trek to Do Tarap and on to Moran, 4,200m/13,780ft - 3½-4 hours.

It's approximately two hours of easy walking, on a fairly flat trail to Do Tarap 3,945m. En route you will see Crystal Mountain School and the Tarap Health Post. About 200 pupils receive free education every year up to 7 years of age. The health post and school are run by Action Dolpo France. Their goals are to have a higher secondary school and to run a modern primary health care centre and free medical care. It is recommended that you visit Ribo Bumpa Monastery which sits above Do Tarap. It is 1,000 years old and has a 3m high Guru Rimpoche statue. The Amchi, Dr Namgyal Rimpoche, helped with the publication of 'Dolpo: The Hidden Land' which you may find on sale in the monastery. From Do Tarap it's about 1½ hours walking to your campsite at Moran 4,200m, passing the villages of Shipchock and Dhoro. The Dhoro Monastery, with its red tin roof, is worth a look. Images in front of the altar are Guru Rimpoche, Green Tara and Vajrasattra. It's a very gradually rising trail from here to camp, in a grassy meadow. This is blue sheep country.

Overnight: Camp (Meals: BLD)

Day 13: Trek over the Jhyarkoi La, 5,360m/17,586ft, to reach camp at 4,600m/15,092ft - 8 hours.

You begin ascending very gradually, heading into a very impressive canyon, with interesting rock strata on a grand scale. The path weaves around following the water course. There are some very narrow sections with a steep drop to one side, but these will present no problems for the confident and sure-footed. The trail steepens as you approach the pass, and the last 1½ hours, is quite a hard slog on a zig-zag trail. The pass is marked by a huge cairn and the obligatory prayer flags. It takes approximately 4½ - 5 hours to reach the top of the pass. You are rewarded for your considerable efforts with stunning views of the Dhaulagiri massif and surrounding peaks. The descent is fairly gentle and forgiving, if a little long. It takes approx. 2 - 2½ hours to reach your campsite from the pass. Where you camp will depend on the availability of water at the time. You may be exceptionally lucky and see bharal (blue sheep) en route. Redstarts and mountain finches are some of the few birds that inhabit this inhospitable but beautiful terrain. It's quite a long, tiring day so be sure to eat and drink plenty.



Overnight: Camp (Meals: BLD)

Day 14: Trek over the Mo La, 5,035m/16,519ft, to Chharka (Charkabhot), 4,100m/13,421ft - 6 hours.

You continue trekking in the Upper Panzang valley. The trail ascends up and around the hillside. It's not a difficult pass, and you should reach it in around 1½ - 2 hours. The gradient is easy. You may see lammergeyers, golden eagles, Himalayan griffin vultures, accentors, horned larks, marmots and yaks, and if you are very lucky, blue sheep. Prayer flags adorn the large cairn. You have wonderful views of surrounding ochre coloured hills. The descent is a pleasant, easy gradient, but is a long way! There is a grassy path about ½ hour from the top of

the pass which is a good lunch spot. From here it's a dusty, winding descent. After an hour or so you hit a ravine which is short but sharp. It takes a long time for the town of Chharka to reveal itself. There is a large entrance kani to the village, and when you emerge from the kani, the very attractive town lies before you.

Chharka is a delightful, quite sizeable, place and has a monastery, a school, many typical flat-roofed houses, lodges, a suspension bridge, barley fields, and even a 'shopping centre' where they sell beer, soft drinks and will (for a small fee) recharge your camera batteries. Make the most of this civilisation, as it will be your last until you reach Mustang! Chharka was featured in Eric Valli's film Himalaya, and because of its picturesque charm and remote location, it's easy to see why.

Overnight: Camp (Meals: BLD)

Day 15: Trek to camp at Nakhkham Khola, 4,600m/15,092ft - 7-8 hours.

Leaving Chharka at 4,100m and your last habitation until you reach Ghami, you head eastwards along the north bank of the Chharka Khola. After about 40 minutes the main path crosses a bridge and heads to Jomsom. Most trekkers take this route. Only a few trekkers and locals take the north bank and the path is often indistinct. The path rises and falls up and down canyons but always keeping to the north bank of the river. River crossings may be needed here as the path has been wiped away by landslides, so keep your sandals in your day sack today! After 2½ hours of undulating rough ground you will probably have lunch by the Chharka Khola. Crag martins and a low flying Himalayan griffin vulture were spotted here. After lunch you cross the river as the path now follows the south side of the river. In the past herds of blue sheep have been seen here, as were snow leopard tracks! 2½ hours after lunch you reach a high open valley by the Nakhkham Khola where it's likely you will camp at 4,600m. The day looks short on the map, but indistinct trails and broken ground make this day longer than it appears, with a lot more climbing.

Overnight: Camp (Meals: BLD)

Day 16: Trek to High Camp, 4,900m/16,076ft - 5-6 hours.

A short day to gain height before the pass the following day. You follow the river until the valley opens out at the top. Paths are indistinct here. Tibetan snowcock were spotted on the hillside above the camp. This high camp acts as a base for crossing the Ghami La the next day. Exactly where you camp will depend on the weather conditions and availability of water. If you have a free afternoon, you can go for an acclimatisation walk along the valley.



Overnight: Camp (Meals: BLD)

Day 17: Cross the Ghami La, 5,700m/18,701ft, and descend to camp near lake at 4,800m/15,748ft - 8-9 hours.

This is a long, tough day, but very spectacular. The first hour from the campsite is gentle uphill walking. On a previous trip, a group saw snow leopard tracks here which they followed for a good twenty minutes. At the head of the Nakhkham Khola there are wonderful views into Tibet as the path veers south eastwards and rises sharply towards the Ghami La. At first the going is relatively easy and an upper cwm at about 5,200m is reached quickly. From here the going gets tougher as a number of boulder fields have to be crossed and route finding is difficult. The pass is long, though not particularly steep. You reach the top of a wide saddle after about 5½ hours. There is an indistinct trail with a few cairns but no obvious prayer flags. The trail then descends gently through boulder fields and on to a grassy hillside. You descend for a further two hours or so to a campsite by a lake. This is a tough day as paths are non-existent in places and the pass is rarely crossed, making this a real achievement.

Overnight: Camp (Meals: BLD)

Day 18: Trek towards Ghami, 3,490m/11,450ft - 7-8 hours.

Please note that a large landslide affected this route in 2018 so there may well be some diversions from the written itinerary for the walk between here and Ghami.

You leave the campsite and head eastwards, keeping the river on your right. It's a very gradual descent for a couple of hours and easy going trekking. Eventually, you head down to the Ghami Khola and you'll need to don your sandals to wade across the river. At its widest, it's shallow so you're unlikely to get your knees wet! After this you climb up the bank and continue walking eastwards. It's likely you'll enjoy your lunch half an hour or so after your river crossing. You then ascend for a while on a good path (narrow in places) and traverse across the hillside. Eventually you reach the highest point, adorned with prayer flags and a large cairn. From here you have wonderful, inspiring views of Mustang and the snow-capped peaks beyond.

From here it's all downhill to your campsite, gradual at first, and then very steep. You will also need to negotiate a small boulder field before regaining a good path that meanders around the hillside. The scenery becomes ever more dramatic with steep sided gorges, cascading waterfalls, giant rock pinnacles, and an ever present view of Mustang to tantalise you.

Overnight: Camp (Meals: BLD)

Day 19: Descend to Ghami, 3,520m/11,549ft - approximately 6-7 hours.

You continue traversing the hillside, passing a hermitage along the way. The scenery is constantly spectacular and dramatic with its towering rock peaks, rushing river, and Mustang's distinctive mountain desert landscape ahead. More snowy peaks reveal themselves as you snake around the hillside. There is a good trail to Ghami, although narrow in places. You keep the Ghami Khola to your left as you walk. As you descend to Ghami, there is a puja place adorned by many prayer flags, set high on the hillside. A zig-zag trail leads up to it. The time taken to reach Ghami will vary depending on your exact campsite location the previous night. Watch out for well camouflaged lizards darting around on the dusty trail. It's a stunningly beautiful vision as you approach Ghami - and the end of your trek. Fields of red (buckwheat) and yellow (barley) appear like an oasis in this desert landscape. You will see the caves hidden in the cliff-face beyond the fields and marvel at the incredible, 'organ pipe' rock sculptures. After so long in the wilderness, with no habitation, it is quite a shock to see local people tending to the fields, domesticated animals, houses and lodges.

Overnight: Camp (Meals: BLD)

Day 20: Drive to Jomsom.

Today you will take jeeps to drive south to Jomsom. Now is the time to celebrate your achievement with a party for your trusty Sherpas, as tomorrow you fly back to 'civilisation'.

Overnight: Camp (Meals: BLD)

Day 21: Fly to Kathmandu via Pokhara.

Today you fly from Jomsom, through the Himalayan Mountains, down the Kali Gandaki Gorge, feeling like an insect in such grand surroundings, to land in Pokhara. From Pokhara you will fly to Kathmandu where you will be met and transferred to your hotel. No doubt you will be shell shocked on returning to 'civilisation'!

Overnight: Hotel Shanker, Kathmandu (Meals: B)

Day 22: At leisure in Kathmandu. Transfer to the airport. Depart Nepal.

Kathmandu, Asia's former hippie capital, has a wonderful mixture of crowded bazaars, Hindu and Buddhist temples, shrines and stupas, colonial and ancient architecture as well as more modern buildings. You could explore the bazaars and temple complexes of Durbar Square to best absorb the myriad impressions assailing your culture-shocked senses.

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



Overnight: In flight. (Meals: B)

Day 23: Arrive London.

Our grading system

Five High Passes - Dolpo to Mustang 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:

- ✓ 20 x breakfasts, 17 x lunches, 18 x dinners
- ✓ 4* hotel accommodation in Kathmandu on a twin-share, bed and breakfast basis
- ✓ Best available hotel in Nepalganj on a twin-share, full-board basis
- ✓ 17 nights full-service camping with good quality equipment. Tents on a twin-share basis.
- ✓ Mustang and Dolpo special area permits and ACAP permit
- ✓ An experienced, English-speaking Nepali trek guide and support team
- ✓ Free use of a good quality down jacket and sleeping bag with liner on trek
- ✓ Economy class return air fares from the UK & UK
- Departure Tax (flight inclusive only)
- ✓ All internal flights and hotel/airport transfers
- ✓ A satellite phone is carried by your guide in case of an emergency
- ✓ Costs of all portage and their insurance
- ✓ All road transport by private vehicles
- ✓ Carbon offsetting with the Ecoan tree-planting project for clients taking our flight-inclusive option
- ✓ A free high-quality Mountain Kingdoms kit bag

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 <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.



Hotel Shanker or Similar, Kathmandu

The Shanker is a 4* heritage hotel situated just a 10-15 minute walk from the tourist area of Thamel. It has an outdoor swimming pool, a spa and a lovely garden, plus a choice of restaurants and bars. Rooms are large, elegant and well-equipped. The hotel is a converted royal palace with a fascinating history which in recent years has undergone a thorough and tasteful renovation.



Kitchen Hut Hotel or Similar, Nepalgunj

We use the Kitchen Hut Hotel. An uninspired name for a hotel but this is the best hotel in Nepalgunj. Failing getting in here, we will use either the Hotel Batika, or the Sneeha Hotel.



Camp

On our camping treks, the following are provided: a sleeping tent, a dining tent, a toilet tent exclusively for your group to use, and a kitchen tent. There are camp chairs or stools, a kerosene / gas lamp or candles for reading in the dining tent at night, a dining table, crockery and tableware. The staffs put up and take down the tents, make the tea, cook the food, wash the dishes, and load the porters or pack animals. Your kit bag is carried for you either by porters or pack animals and you trek with just a light day sack.

Meal arrangements

B&B in Kathmandu, all meals on trek - 20 x Breakfasts, 17 x Lunches, 18 x Dinners.

Flight arrangements

Flight inclusive from price

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

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

Flight upgrades and regional Airports

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

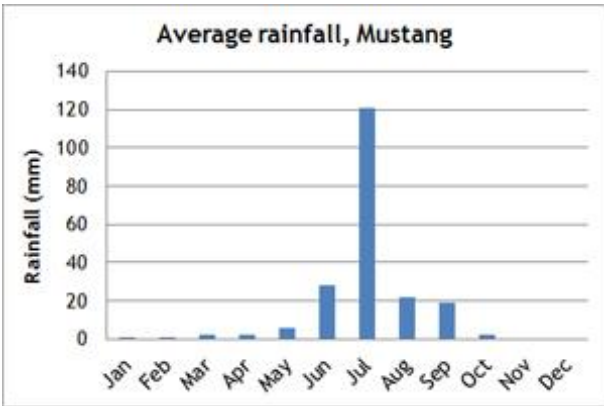
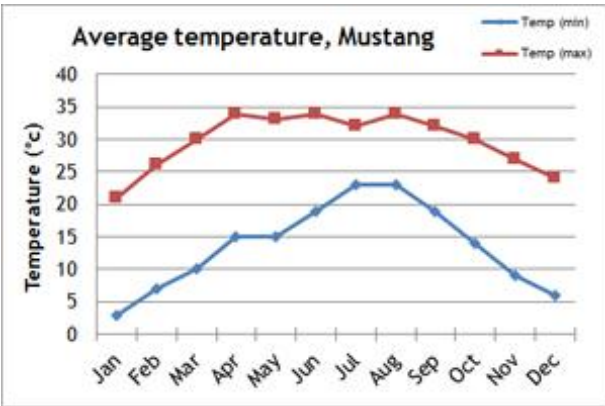
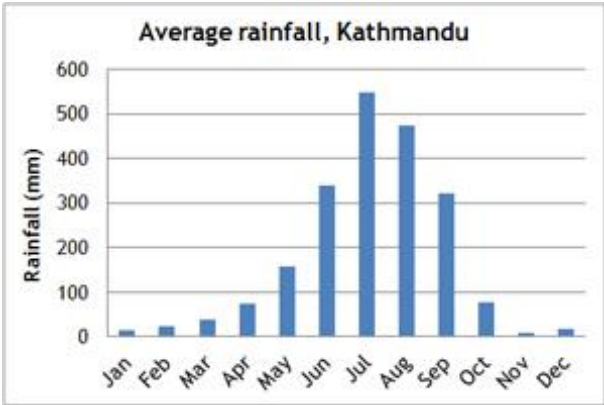
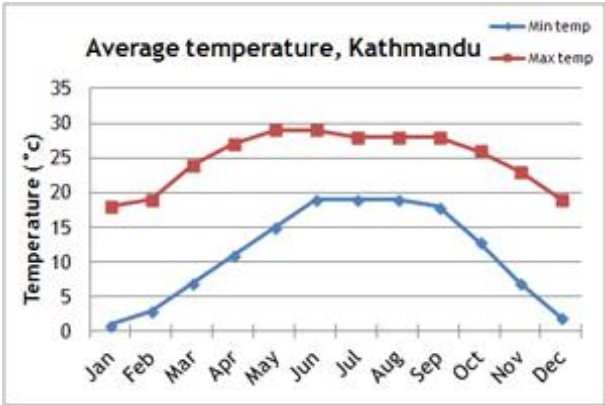
Further information

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

The nature of adventure travel

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

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400.



Extra nights in Nepal

If you would like to extend your stay in Nepal, you can add extra nights at your group tour accommodation or choose from our range of distinctive properties in Pokhara and the Kathmandu area. We can offer luxury resorts, heritage hotels, tranquil lodges and characterful cottages. Our selection includes Dwarika's 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.



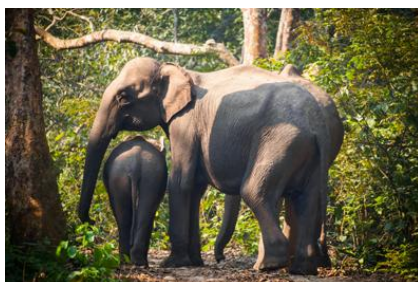
Kathmandu Valley sightseeing excursions

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 follow the trail beyond Chharka that crosses the very remote Ghami La into Mustang - a route that few other trekkers take.
- To maximise the cultural interest we include visits to important monasteries and several villages.
- Excellent acclimatisation with a rest day at Phoksundo Lake.
- Your trek will be led by a knowledgeable and highly experienced Nepali guide, who will be supported by a trekking crew. They will provide an excellent standard of service.
- Your gear will be portered for you so all you need to carry is a small daypack.
- We provide a good quality down jacket, sleeping bag and liner to be used, free of charge, on trek.
- We use the best camping equipment available and include many small touches that add greatly to the level of comfort you will experience on this trek.
- Our Operations Manager, Niki Morgan, has completed this trek and believes it to be one of the best she's ever done in the Himalaya. If you have any questions about the trek, please contact Niki who will be happy to have a chat with you.
- We have a wealth of experience running treks in both Dolpo and Mustang having taken our clients there since 1994.
- 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 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 we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



This is a fabulous adventure. It is a long trek visiting remote Upper Dolpo and Mustang. It crosses five 5,000 m passes so a real sense of achievement on completing it...The Sherpa and crew were professional and food excellent. The itinerary gives plenty of time to acclimatise with a rest day by the side of the beautiful Lake Phoksundo. For me the highlight of the trip was the crossing of the Ghami La at 5,700 m. We followed fresh Snow Leopard tracks and saw wolves in this area. For a true mix of wilderness and culture this was an outstanding trip and I would recommend it unreservedly.

- Mr O, Gloucestershire



This hidden part of Nepal is still a treasure for the trekker and remains unspoilt - but visit soon before the new road projects alter the remote peace and isolation of this ancient kingdom. Unforgettable scenery and strong Tibetan influence surviving in the harsh climate add to its uniqueness and our Nepalese trekking crew described it as like being on the moon!

- Dr W, Yorkshire



I loved the remoteness of this trip; it felt like a true wilderness experience, and following in a snow leopard's snowy footsteps up to the Ghami La pass was exceptionally memorable.

- Niki Morgan, Mountain Kingdoms

Mountain Kingdoms - distinctly different

Truly independent

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

Value for money prices with an emphasis on quality

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

Complete financial security

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

No Surcharge Guarantee

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

Award winning Responsible Tourism

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

Genuine small group travel

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

Loyalty Discount

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

Booking your holiday - it couldn't be easier

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

Comprehensive information

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



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



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

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures.

Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

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

Will do:

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

Reducing Carbon Emissions

Already doing:

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

Will do:

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

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

