

Luxury Lodges of Everest, Nepal

A thorough exploration of the Khumbu region staying in super comfortable lodges.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Trekking Lodges, Tea House
Grade	Moderate / Vigorous
Duration	16 days from London to London
Trekking / Walking days	On trek: 10 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Luxury Lodges
Land only	Joining in Kathmandu, Nepal
Max altitude	3,873m/12,707ft, Thyangboche, Day 7

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2025 Dates:

Sat 12 Apr - Sun 27 Apr
Sat 18 Oct - Sun 02 Nov
Fri 31 Oct - Sat 15 Nov

2026 Dates:

Sat 11 Apr - Sun 26 Apr
Sat 17 Oct - Sun 01 Nov
Sat 07 Nov - Sun 22 Nov

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.

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



Our Nepal 'lodge' treks are led by professionally-trained English-speaking Sirdars. They have an intimate and expert knowledge of the trekking regions of Nepal and will make your trek a memorable experience.

Your trip highlights

- En suite bathrooms, excellent food and top quality service - the Everest region in style
- Superb trekking with wonderful views of Mount Everest and many other Himalayan giants
- Dwarika's fabulous heritage hotel in Kathmandu
- A guided walking tour of the highlights of Kathmandu
- Join the colourful celebrations at the Mani Rimdu Festival (31st October departure)

At a glance itinerary

Days 1-2	Fly to Kathmandu.
Days 3-5	Drive to Manthali. Fly to Lukla from Ramechhap Airport. Trek to Monjo. Day walk from Monjo.
Days 6-7	Trek to Namche Bazaar and on to Tashinga.
Day 8	Trek to Pangboche via Thyangboche (attend Mani Rimdu Festival on 31st Oct departure)
Day 9	Trek to Phortse village (overnight in a tea house).
Days 10-11	Trek to Mende via Khumjung. Then to Thame and return to Mende.
Days 12-13	Trek to Lukla via Monjo. Visit the Gumila Monastery en route.
Days 14-16	Fly to Ramechhap and transfer to Kathmandu. Sightseeing tour. Overnight flight to London.

Trip summary

Your holiday begins with a night in Kathmandu at Dwarika's superb heritage hotel. From here you transfer to Manthali, close to Ramechhap Airport, and fly to Lukla in the the Himalaya. You now begin your trek in the heart of Sherpa country - the Khumbu - visiting some of the prettiest villages in the region and enjoying spectacular vistas at every turn of the trail.

You stay in delightful lodges that 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 lodges 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. To add to the comfort of the trekking experience you will be supplied with a down jacket for the duration of the trek. For just one night in Phortse, you will stay in a comfortable tea house as there aren't any luxury lodges in this village.

The trek has three main areas of focus. Firstly, Namche Bazaar, the colourful and vibrant 'heart' of Sherpa country; secondly, the Everest Trail and the monastery of Thyangboche and thirdly, part of the trail that leads ultimately over the old trade route to Tibet, the track that leads to the Nangpa La. There are good views of Everest, Ama Dablam, Nuptse and many other famous Himalayan giants as you walk up the Everest trail to the famous Tibetan Buddhist monastery of Thyangboche, and beyond to Pangboche. In fact the whole trek has magnificent mountain scenery throughout with one awe-inspiring view after another. For an added bonus, one of our autumn departures is timed to coincide with the annual Mani Rimdu Festival at Thyanboche - a vibrant Buddhist celebration. You also stay one night at the delightful village of Phortse where you may spot musk deer in the forest. Phortse is situated on a flat ridge overlooking Namche and confluence of the Dudh Kosi and Imja Khola rivers and you can walk up to the monastery there.

Returning to Kathmandu, there is time for a guided tour of some of the major cultural and historic attractions of this fascinating city before you reluctantly head home.

Special notes

Grading

As far as difficulty is concerned, most of the trek would be described as moderate (see our definitions in our brochure) but there are a couple of days that involve steep, uphill walking. The first is the path from Monjo to Namche Bazaar. This involves an altitude gain of some 700m. This takes 3-4 hours at a slow pace but nevertheless, it is a steep uphill walk. Similarly, the climb up to Thyangboche Monastery is quite tough. After the initial zigzags up through the forest above the Dudh Khosi River, the trail reaches the monastery on a much easier, angled slope. The difference between this Luxury Lodges Trek and the one we offer in the Annapurna foothills is that the altitudes on the Everest trek vary from 2,743m at Lukla to 3,863m at Thyangboche.

Your trip itinerary

Day 1: Depart London.

Fly overnight London to Kathmandu.

Overnight: In flight

Day 2: Arrive in Kathmandu. Group transfer to hotel.

You will be met at the airport and transferred to Dwarika's Hotel, a luxurious and stylish 5* hotel filled with Nepalese furniture, carvings and statues with a cool elegant courtyard where it is a pleasure to relax. The hotel has a superb restaurant, where you can eat in traditional style, as well as a swimming pool. It 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: BLD)

Day 4: Fly to Lukla, 2,743m/8,999ft. 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, 2,835m/9,301ft - 4 hours.

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 sirdar 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/11,303ft - 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 inspiring, with deep gorges, bare vertical rock faces, pine forests on some steep slopes and wispy waterfalls. Having completed the paperwork, it then takes 15 minutes following the right bank of the river to where it 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, its Sherpa houses 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/11,024ft - 2 hours.

It is only a short trek, less than 2 hours, to Tashinga, on the classic route towards Everest. First you have the steep pull up the hill out of Namche to the national Park HQ (good views of Everest here). Then the path is more or less level as it winds its way around the mountainsides. It then drops down the hill to the river below 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, 3,873m/12,707ft and on to Pangboche - 5-6 hours. 31st October departure attends the Mani Rimdu Festival in Thyangboche.

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 gumpa. 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.

For those travelling on the 31st October 2025 departure you will spend some time at the Mani Rimdu Festival. This Buddhist festival, the most important festival of the Sherpa people, celebrates the role of Guru Padma Sambhava in the founding of Tibetan Buddhism. The three days of the festival in Thyangboche begin on the first day with a special blessing ceremony by the re-incarnate lama of Thyangboche, followed on the second day by masked dances and celebrations and concluding on the third day with the Fire Pooja Ceremony. The masked dances and various mystical ceremonies are performed to dispel evil spirits and to confer 'merit' to those attending. Long Tibetan horns blare, drums beat, black hat dancers twirl and the whole event has a magical ambiance. Each day of the festival is interesting in its own right and besides the masked dances there is the creation of a sand mandala and the construction of butter tormas (symbolic offerings made of coloured butter

and barley flour). Please be aware that the 'running order' of the festival and even the dates can sometimes change with little notice.

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.

Overnight: Luxury Lodge (Meals: BLD)

Day 9: Trek to Phortse 3,810m/12,500ft - 4 hours.

Today, you head south out of Pangboche along the high trail. You have a leisurely trek through a rocky landscape dotted with scrub junipers, great great views over the Imja Khola valley. The trail skirts around the ridge and drops down to the potato fields of Phortse at 3810m/12,500ft. This is a lovely village, with a monastery that you can visit. There are musk deer in the forest and you might be lucky enough to spot a Himalayan monal - Nepal's national and very colourful bird. One of Phortse's biggest charms is that it lies just off the main trekking trail, so feels like an authentic Sherpa village. You will stay in a tea house tonight as there is no luxury lodge here.

Overnight: Tea House (Meals: BLD)

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

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

Leaving Khumjung behind, there is a short climb out of the valley and the path then descends towards Namche. You in fact take the high level path across the top of the township, turning the corner to head north again. The valley ahead is extremely beautiful and you just wander along a dappled forest track, or in the open with wonderful views. Again, you may see monal pheasant or small herds of thar. Having turned the corner above Namche, after an hour you come to the small village of Phurte where there is a Sir Edmund Hillary forestry project, a large chorten and some very attractive mani walls (prayer walls).

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

Overnight: Luxury Lodge (Meals: BLD)

Day 11: Trek to Thame, 3,801m/12,471ft and return to Mende - 5 hours.

A small path contours off, passing above the much larger villages of Dramo and Thomde. After $\frac{1}{2}$ - $\frac{3}{4}$ hour, you connect with the Tibetan trade route and may well meet Tibetan people who come over the Nangpa La, 5,716m/18,754ft, to trade in Namche Bazaar. The path then becomes an airy traverse, with big dark cliffs above and large drops to the river below. The path is well formed and wide, but do stand on the uphill side if there are trains of yaks passing through. The path then descends to a bridge over a narrow fissure with water roaring below. Here there are large wall paintings of Guru Padmasambhava. The path up to Thame requires a very determined final push, (the time to Thame is about 2 hours).



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

The walk up to the monastery, 3,940m/12,925ft, which being over 600 years old is one of the four oldest in Sherpa country, may take about one hour. The main temple has a fantastic atmosphere, and not surprisingly, the monks who live here smile permanently. The walk back to Mende in fact now only takes about an hour as it is mostly downhill, but you could opt to take the higher level traverse to visit another interesting monastery. It is not occupied, but well worth a visit if you can find the energy.

Overnight: Luxury Lodge (Meals: BLD)

Day 12: Trek to Monjo Lodge - 4 hours.

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

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

Overnight: Luxury Lodge (Meals: BLD)

Day 13: Trek via Gumila Monastery to Lukla, 2,743m/8,999ft - 5 hours

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

Overnight: Luxury Lodge (Meals: BLD)

Day 14: Fly to Ramechhap. Drive to Kathmandu. Time at leisure.

This morning you will take the small fixed wing flight back to Ramechhap, 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 15: Half day sightseeing in Kathmandu. Afternoon at leisure. Transfer to airport.

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

After the tour you will have some free time before the group transfer to the airport for your overnight flight home.



Overnight: In flight (Meals: B)

Day 16: Arrive London.

Our grading system

Luxury Lodges of Everest is graded as a Moderate/Vigorous trekking holiday, as described below.

Moderate

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

Vigorous

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

These holidays would suit enthusiastic hill/mountain walkers.

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ 13 x breakfasts, 11 x lunches, 11 x dinners
- ✓ 5* hotel accommodation in Kathmandu on a twin-share, bed and breakfast
- ✓ 9 nights luxury trekking lodges and 1 night hotel in Manthali on a twin-share, full-board basis
- ✓ 1 night tea house accommodation on a full-board basis
- ✓ An English-speaking Sherpa leader
- ✓ Sightseeing tour of Kathmandu
- ✓ All road transport by private vehicles
- ✓ Costs of all portering and porter insurance
- ✓ All internal flights and domestic transfers
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ Free down jacket hire for trek (available in Monjo for the duration of the trek, you may use your own if preferred)
- ✓ 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.



Dwarika's Hotel, Kathmandu

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



Freedom Resort Or Similar, Manthali

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



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. 13 x breakfasts, 11 x lunches, 11 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.

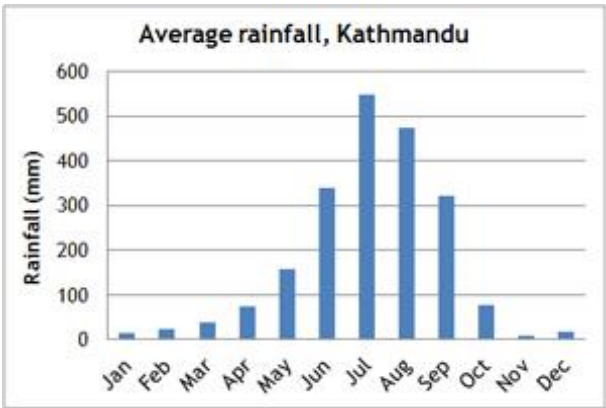
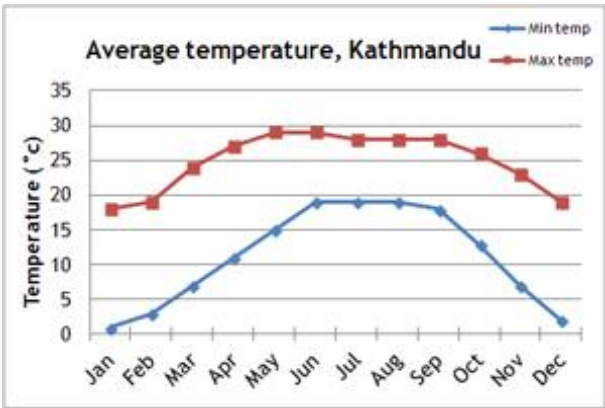
Further information

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.



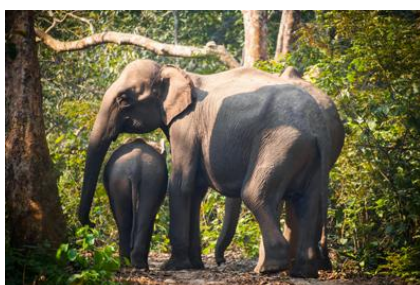
Kathmandu Valley sightseeing excursions

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.

Why book this holiday with Mountain Kingdoms?

- Our itinerary has a relaxed pace and allows for ample acclimatisation.
- We use the best trekking lodges in the Khumbu and Dwarika's 5* heritage hotel in Kathmandu.
- We include a half day's sightseeing tour in Kathmandu.
- One of our autumn departures visits the Mani Rimdu Festival at Thyangboche Monastery.
- Down jackets are provided free of charge when you need them.
- 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.
- Our maximum group size is 12 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.
- We are an IATA accredited agent and work directly with some of the world's major airlines. 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 Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



This was a wonderful experience which I would recomend to anyone who is reasonably fit [I am 77]. It opened my eyes to many important matters, social, environmental and personal. The scenery is breath takingly magnificent, the people wonderful, friendly and kind. The whole trip was perfectly organised. The guides excellent Good value.
-Mr W, Gloucestershire



This was a fantastic holiday! The route was just right- challenging but do-able and magical scenery every day. Pace and acclimatisation were both very well judged by our trek leader, who could not have done more to ensure that we had the best possible experience. Absolutely no complaints - more holidays of this type please.
-Mr & Mrs T, London

The organisation, the leader, the professionalism, everything was covered. We met so many interesting people (guest summiteers, visits to Sherpa houses), so apart from the wonderful scenery we gained knowledge of the culture.
-Mr D, Cambridgeshire



This was our first experience of a holiday like this and we were far from disappointed. We were lucky enough to have perfect weather and the best guide, Nima, a group could ask for. He was truly inspirational and made our trip very memorable, such a credit to your company.
-Mr & Mrs F, Gloucestershire

This was a well organised trek with as good accommodation as could possibly be expected in the Everest region. The whole trip was enhanced by a superb leader whose knowledge and organisational skills really contributed to its success - and his three support staff all of whom could not have been better.
-Mr & Mrs R, Lancashire

Fantastic holiday - expectations from the brochure and pre-trek information were met, on the ground services in Nepal were good, always there, always on time. Lodges were fantastic with hugely friendly staff.
-Ms P & Mr B, Warwickshire

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.

