

Manaslu Circuit Trek, Nepal

Enjoy soaring peaks, fantastic trekking and Tibetan-style villages on this superb Manaslu Circuit trek in Nepal.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Tea Houses
Grade	Strenuous
Duration	18 days from London to London
Trekking / Walking days	On trek: 11 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Nepal Sherpa
Land only	Joining in Kathmandu, Nepal
Max altitude	5,106m/16,752ft, Larkya La, Day 13

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2025 Dates:

Sat 29 Mar - Tue 15 Apr

Sat 18 Oct - Tue 04 Nov

Sat 08 Nov - Tue 25 Nov

2026 Dates:

Sat 28 Mar - Tue 14 Apr

Sat 17 Oct - Tue 03 Nov

Sat 07 Nov - Tue 24 Nov

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.

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

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Insurance

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

Private Departures

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

Tailor Made service

One of our well-travelled experts, will work with you to create your perfect holiday to any of our destinations. Please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



This trek will be led by a professionally trained, English speaking Sherpa. They have an intimate and expert knowledge of the history, culture and nature of Nepal and will make your trip a memorable experience.

Your trip highlights

- The classic Manaslu Circuit staying in tea houses with spectacular scenery from start to finish
- Excellent acclimatisation with rest days before crossing the Larkya La
- Explore picturesque Tibetan villages full of cultural interest
- A well-paced trek with tea house accommodation and a four star hotel in Kathmandu

At a glance itinerary

Days 1-3	Fly to Kathmandu and drive to Machhi Khola - the trailhead for the trek.
Days 4-5	Trek to Deng via Jagat.
Days 6-7	Trek to Shyala.
Days 8-9	Trek to Sama. Acclimatisation walk from Sama Gumpa.
Days 10-11	Trek to Samdo. Acclimatisation day.
Days 12-13	Trek to Dharmashala and cross the Larkya La, 5,106m/16,752ft. Continue to Bimtang.
Days 14-15	Trek to Gowa. End trek. Drive to Besisahar.
Days 16-18	Drive to Kathmandu. Fly to London.

Trip summary

This trek in the shadow of the eighth highest mountain in the world is the perfect alternative to the neighbouring Annapurna Circuit. It has equally spectacular Himalayan scenery, an abundance of wildlife and tea house accommodation, but sees far fewer trekkers and has not become blighted with roads.

Your trek starts at steamy Machhi Khola as you walk northward up the Buri Gandaki Valley, sometimes following the river along the valley, but more often climbing high as the trail snakes along the increasingly steep, forested gorge. From Ghat you start to climb steeply to reach your highest point, the impressive Larkya La, 5,106m/16,752ft. The route to the pass offers excellent acclimatisation as well as strong cultural interest with time to explore the attractive Tibetan villages of Sama Gaon and Samdo.

As you cross the Larkya La, you can enjoy both a great sense of achievement and the breathtaking views of the giant peaks of the greater Himalaya on all sides. Finally you descend to Gowa where you say a fond farewell to your Sherpa guide and trek crew, before returning to Kathmandu.

This is truly a special cultural adventure with unbeatable big mountain scenery from first step to last.

Special notes

Accommodation at Dharamasala

At Dharamasala (the place you spend the night before you cross the Larkya La), there are couple of very basic tea houses where you may stay. They also have tents for those who would prefer to camp for the night. Therefore, at this location, depending upon availability, accommodation will be either in a basic lodge or in a tent.

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 hotel.

On arrival at Kathmandu airport you will be met and transferred to your hotel.

Overnight: Kathmandu Guest House or Similar, Kathmandu

Day 3: Drive to Machhi Khola, 900m/2,952ft - 8-9 hours.

Today you have a full day driving west from Kathmandu passing through many villages and bazaars to reach the settlement of Machhi Khola.

Overnight: Tea House (Meals: BLD)

Day 4: Trek to Jagat, 1,350m/4,428ft - 6-7 hours.

You cross the Machhi Khola River and follow it upward to the small village of Khorlabesi. Continuing northward you pass the hot springs at Tatopani and head into a forested area before entering Doban. As you walk beyond Doban there are huge rapids down below on the Buri Gandaki. You cross the river again by suspension bridge at Lauri and continue up the valley to Jagat.

Overnight: Tea House (Meals: BLD)

Day 5: Trek to Deng, 1,895m/6,217ft, 6-7 hours.

Leaving Jagat you descend to the river and follow its course, on an undulating trail amongst fields typically sown with grain such as maize or millet. Passing through the settlement of Sulleri you'll catch your first, distant glimpse of Phillim which you'll reach in a further 1½-2 hours trekking. There's a custom post in the village here, checking and levying taxes on goods imported from Tibet. Even though your permits may have been checked earlier in the day they are likely to be checked again here.

Leaving Phillim you continue on the main track passing some superb waterfalls on both banks, as you trek up the narrow western gorge of the Buri Gandaki heading towards Manaslu. There is some impressive scenery as you walk up the gorge, sometimes high above the river, while at other times you descend to cross and re-cross it on an incredible variety of bridges. After around 4 hours of trekking you reach a stone "arch" or Kani, through which you pass to arrive in Deng shortly thereafter.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Namrung, 2,650m/8,694ft - 7-8 hours.

Whilst your trek today follows a similar pattern to previous days, descending to, crossing, and then climbing up from the river waters there is a noticeable change in the scenery. The narrowest and most impressive gorges are now behind you and the valleys open out. Upon reaching the entrance to the village of Ghap, after 3-4 hours trekking, look out for beautifully decorated kani and close by an intricately carved mani wall.



The final leg of today's trekking takes you through forest of pines, rhododendrons and bamboo - a marvellous playground for the resident monkeys. You exit the forest on the edge of Namrung, your overnight stop.

Overnight: Tea House (Meals: BLD)

Day 7: Trek to Syala, 3,500m/11,483ft - 6-7 hours.

From Namrung you will climb to Li Gaon 2,905m/9,531ft, set in a delightful spot at the foot of a side valley. The village has numerous chortens and intricately decorated mani walls. You're likely to enjoy your first clear views of Manaslu today along with those of some neighbouring Himalayan giants. You trek to Sho, and this is the first viewpoint for Manaslu.

A little further on, across another bridge, is Lho (3,100m/10,230ft) which has a small temple containing two complete sets of the Tibetan canon in the Narthang and Lhasa prints, a fine gilded terracotta image of Sakyamuni and painted panels of the Five Buddhas and of "Lotus-Born" with different ritual cycles of divinities and lamas. Continuing on you pass through a stone gate and along a mani wall of the village, to head straight towards Peak 29 which is ahead of you. Your overnight stop is at Syala.

Overnight: Tea House (Meals: BLD)

Day 8: Trek to Sama Gaon, 3,499m/11,480ft - 2-3 hours.

Following the lateral moraine of Pungen Glacier towards Sama, you reach the village and it takes a further 20 minutes to reach the monastery. There are excellent views of Manaslu from here.

In the afternoon, there are a number of possible walks to aid your acclimatisation including the walk to Phug-yen Monastery, which was rebuilt after an avalanche destroyed it in the 1950s. The monastery is located on a ridge south of Sama Gaon.



Overnight: Tea House (Meals: BLD)

Day 9: Acclimatisation walk from Sama Gompa.

Today the guide will suggest a suitable walk to help you acclimatise.

Overnight: Tea House (Meals: BLD)

Day 10: Trek to Samdo, 3,850m/12,631ft - 3-4 hours.

You cross a high plateau now and skirt around the ridge of lateral moraine heading towards Karmo Kharka and Kermo Mamam. (If you were doing the trek to Manaslu Base Camp you would turn off at Karmo Kharka). You climb a terraced hillside on the opposite bank of Budhi Gandaki and from here you reach one of the most remote permanent settlements in Nepal, Samdo. It is quite a sizeable village of some 40 houses containing 200 villagers who live year round in this harsh and at times hostile environment. Depending on the time you arrive at Samdo, and how energetic you are feeling, there may be time for an short acclimatisation walk in the afternoon.

Overnight: Tea House (Meals: BLD)

Day 11: Acclimatisation day.

A day to rest and acclimatise in preparation for crossing the high pass the day after tomorrow.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Duwang (Dharmashala), 4,460m/14,629ft - 4-5 hours.

Today you descend the wild mountain path from Samdo until you cross the Gyala Khola. You then ascend again to the ridge overlooking the remains of the once thriving Lyarke Bazaar and cross two small streams before Larke Glacier. From here you ascend to collection of huts, locally known as Dharmashala. There are a couple of very basic tea houses here where you may spend the night, but they also have tents for those who prefer to camp.

Overnight: Tea House (or camping) (Meals: BLD)

Day 13: Cross the Larkya La, 5,106m/16,752ft - Trek on to Bimtang, 12,202ft/3,760m - 9-11 hours.

You make an early morning start to cross the highest pass on the route. First you climb slowly towards Cho Canda and then slowly head on from here steeply uphill towards the pass. From the top there are magnificent views of the greater Himalaya in every direction and peaks including Himlung Himal, 23,379ft/7,126m, Cheo Himal, Gyaij Kang, Kang Guru, 22,998ft/7,010m, and Annapurna II. It is a steep descent again on the other side of the pass. The length of the day is very much dependent upon conditions but it will certainly be challenging and you will no doubt be tired when you arrive at your lodge, at the foot of the pass, at a place called Bimtang, 12,202ft/3,760m.



Overnight: Tea House (Meals: BLD)

Day 14: Trek to Gowa, 2,515m/8,251ft - 5 hours.

A shorter day today. Leaving the meadows of Bimtang you continue your descent initially with glorious mountain views then into pine and rhododendron forest. You then climb the lateral moraine for a while until this ends in a river bed at the hamlet of Karcha, which is also known as Dovan. After the river, you climb gently through the terraced fields and then descend through numerous fields and pine forests to Gowa.

This is your last night on the Manaslu Circuit so there will no doubt be an end of trek celebration and a chance to say a fond farewell to your trek crew.

Overnight: Tea House (Meals: BLD)

Day 15: Jeep drive to Besisahar - 4-5 hours.

As you make the drive to Besisahar along the Marshyangdi River Valley, you will see plenty of trekkers beginning the Annapurna Circuit. There are also numerous tea houses along the route offering tempting apple pie and beer to the trekkers. It's a bumpy, dusty, dirt road from Gowa to Besisahar (approximately 4-5 hours) so the going will be slow here.

Overnight: Tea House (Meals: BLD)

Day 16: Drive to Kathmandu - approximately 8 hours.

Today you drive from Beshisahar back to Kathmandu and back to the Shangri La Hotel. Now there is time to relax and reflect on the many memories from your trek.

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

Day 17: At leisure. Afternoon transfer to airport. Depart Kathmandu.

You will have time at leisure in Kathmandu today when you may do some sightseeing or shopping, or simply relax at your hotel. Later there will be a group transfer to the airport for your overnight flight back to the UK.

Overnight: In flight (Meals: B)

Day 18: Arrive London.

Our grading system

Manaslu Circuit 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:

- ✓ 15 x breakfasts, 14 x lunches, 13 x dinners
- ✓ Special area trekking permits
- ✓ 4* hotel accommodation in Kathmandu
- ✓ 13 nights tea house accommodation
- ✓ A local professional English-speaking Sherpa guide
- ✓ Free use of a good quality down jacket and sleeping bag with liner on trek
- ✓ A free high quality Mountain Kingdoms kit bag
- ✓ All road transport by private vehicles
- ✓ Full portage on the Manaslu Circuit trek route, and costs of all portage and porter insurance
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ 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

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.



Kathmandu Guest House, Kathmandu

The Kathmandu Guest House is a 4* hotel situated right in the heart of Thamel - the tourist hub of the city. Known as Kathmandu's 'original hotel' it has been extensively renovated over recent years and has good quality rooms, a spa, gardens and a restaurant. The hotel also houses the excellent Museum of Nepali Art (MONA) which showcases traditional and contemporary works of art - admission is free for Mountain Kingdoms guests.



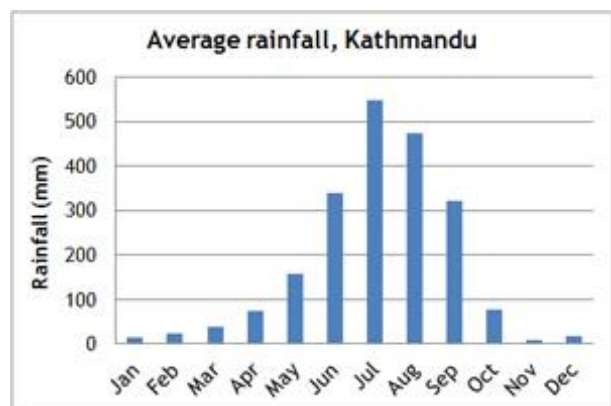
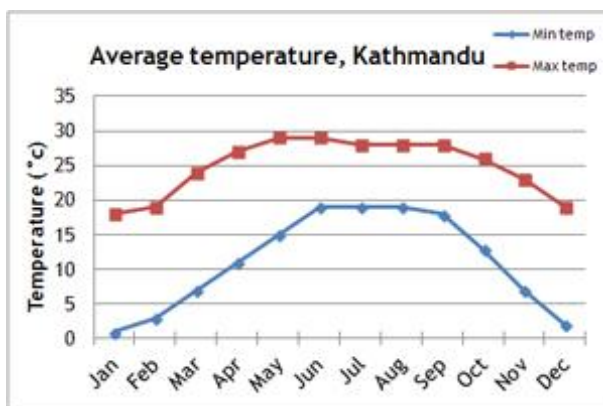
Tea House

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



For various reasons, it is not possible to guarantee single rooms in tea houses. If you are travelling without a companion and would like a single this may sometimes be possible upon payment of a small supplement on the spot (usually around \$10). Alternatively, if the tea house has an odd number of guests on the night you may be lucky and find yourself in a room on your own. However it is more likely you will share with someone (of the same sex obviously). This would most likely be someone within your group but when the tea houses are busy, it could even be someone else. Be prepared for this! We do however offer the option of a single room in your hotel in Kathmandu for a supplement.

Climate information



Meal arrangements

Bed and Breakfast in Kathmandu, lunch on day 16, all meals on trek. 15 x breakfasts, 14 x lunches, 13 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.

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.



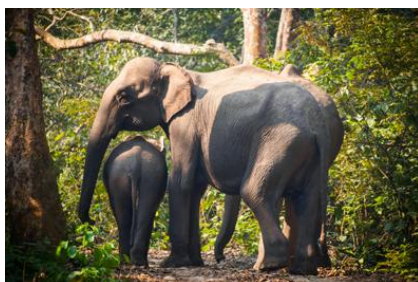
Kathmandu Valley sightseeing excursions

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 now operate this classic, stunning trek as a tea house trek for a bit more warmth and comfort.
- By staying in tea houses you will have closer contact with the Nepalese people and are directly contributing to the local economy.
- Your trek will be led by a knowledgeable, well-trained English-speaking guide. 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.
- In Kathmandu we use the four star Shangri La hotel which has lovely gardens, a choice of restaurants and a swimming pool.
- We impose a maximum group size of just 12 trekkers 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 our company and routinely research and make a reconnaissance of our new trips ourselves. If you have any questions about this trip, please contact our Operations Manager, Niki Morgan who has previously led this trek.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- 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 trip was beyond all my wildest dreams. I have not been back to The Himalayas for 30 years and it seems very difficult for me to find the right words to summarize the many layers of wonderfulness! The enormity and huge variety of the landscapes, the deep history, the many religions, the incredible Nepalese and Tibetans who live in such harsh demanding places. We had a truly exceptional local team who made the magic happen. I am so so grateful.

-Clare Knowles, London



A fantastic trip. Our guide and Sherpas had everything well organized and made the experience both fun and greatly contributed to our knowledge of mountain life. The porters were amazing. The lack of roads in the valley highlights the remoteness, and the scenery fabulous. The tea houses were a good standard, the food tasty and plentiful. All transport was great fun. The team could not have done more to make it go well. The trek grading is correct, and I would thoroughly recommend it.

-Martin, Staffs



Fabulous trek with the most stunning views, interesting unspoilt Nepalese villages, friendly group of people. Informative guides, huge diversity of landscapes, flora & fauna.

-Kate Whitley,

Scenery was exceptional and greater opportunity to see how local people lived than other treks in Nepal. Absence of roads and cars was an absolute bonus!

-John Gray



Your trips are always very well organised and the staff in Kathmandu are always very attentive and helpful. As with this kind of travel, all concerned while on trek need to show flexibility, and the guides and porters were only too willing to make the trek a wonderful experience.

-Mr D W, Cwmbran

Your company...has immeasurably enhanced my travels and my life. Thank you so much for all you do.

-Mr C L, Minnesota, USA



A well-organised trip with excellent attention to our health/welfare (e.g. diet and acclimatisation). Everything worked! The guides/sherpas were clearly well equipped for emergencies (not needed fortunately).

-Mr D, Somerset

I was very impressed with the trek, it was all (and more) that I had hoped it would be. A serious, longish trek into remote mountains. Loved it! Big thank you to all concerned. Well organised trip. If anything had gone wrong (which it didn't) I would have been in safe hands. Wonderful mountain walking in remote areas. Hardly saw other trek groups until we re-joined the Annapurna Circuit in last few days.

- Mr O, Gloucestershire.

The most beautiful place I have ever seen.

-Philip from Devon

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.

