

Naar Phu Circuit Trek, Nepal

An exhilarating trek to the isolated villages of Naar and Phu in the little-visited northern reaches of the Annapurna mountains.



Group departures

See overleaf for departure dates

Holiday overview

Style

Accommodation	Hotel, Tea Houses
Grade	Strenuous
Duration	18 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	Trek Leader Nepal
Land only	Joining in Kathmandu, Nepal
Max altitude	5,300m/17,389ft, Kang La Pass, Day 13

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2025 Dates:

Thu 03 Apr - Sun 20 Apr
Thu 16 Oct - Sun 02 Nov
Thu 06 Nov - Sun 23 Nov

2026 Dates:

Thu 02 Apr - Sun 19 Apr
Thu 15 Oct - Sun 01 Nov
Thu 05 Nov - Sun 22 Nov

2027 Dates:

Thu 01 Apr - Sun 18 Apr
Thu 14 Oct - Sun 31 Oct
Thu 04 Nov - Sun 21 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



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 (pictured left) - affectionately called 'KC' and the first winner of the Wanderlust 'Paul Morrison' Guide of the Year award. KC is an exceptional guide who has been leading Mountain Kingdoms groups for many years and consistently gets 5-star reviews.

Your trip highlights

- Trek in a truly remote region of Nepal far from the busier trails of the nearby Annapurnas
- Discover magnificent, varied and unspoilt scenery from lush river valleys to dramatic high-desert terrain
- Cross the Kang La Pass and enjoy sweeping vistas of the Annapurna Massif
- Explore the Tibetan-style villages of Naar and Phu where life has remained little-changed for centuries
- Stay in simple tea houses for an authentic Nepali trekking experience

At a glance itinerary

Days 1-3	Fly to Kathmandu. Walking tour of the city's main sights.
Day 4	Drive to Dharapani via Besihar.
Days 5-6	Trek to Chhaucha Odar via Koto.
Days 7-8	Trek to Kyang Via Meta.
Days 9-10	Trek to Phu. Rest and exploration day.
Days 11-12	Trek to Naar Gaon via Naar Phedi.
Days 13-14	Cross the Kang la Pass and descend to Ngawal. Trek to Upper Pisang and end trek.
Days 15-17	Return to Kathmandu via Besishar.
Days 17-18	Overnight flight to London

Trip summary

In the shadow of the Annapurna mountain range, just south of the Tibetan border, lie the wildly beautiful valleys of Naar and Phu. Only opened to trekkers in the year 2000, they remain largely unknown and virtually untouched by the roads and development that have blighted the nearby Annapurna Circuit.

From its starting point at Dharapani on the eastern edge of the Annapurnas, this adventurous trek begins by heading north, away from the busy circuit trail, following the steep-sided gorge carved by the Phu River. Waterfalls, cable bridges and rock-cut paths mark your progress as the trail gradually ascends into a vast, barren valley encased by sheer mountain walls and headed by lofty, snow-dusted Himalayan peaks. It's simply breathtaking!

Over the course of five days you trek as far north as the isolated village of Phu where the traditional stone houses are stacked close together on ascending rocky terraces. You have a day to explore, meet some of the hardy locals and walk to its brightly coloured gumpa perched high above the valley floor. You then retrace your steps for a day before turning west into a smaller river valley leading to the village of Naar. As with Phu, the strong Buddhist-Tibetan influence in the region is evidenced by mani walls, patterned chortens, ancient monasteries and the stone gateways that mark the village entrances. You'll also observe the timeless traditions of the local people, little-changed over many centuries.

From Naar, it's a steep climb to reach the dizzying heights of the Kang La Pass, but your exertions will be well rewarded by the remarkable panorama of mountain peaks that you can see from this 5,300m high viewpoint including mighty Annapurna II at almost 8,000m. A worthy successor to the Thorong La Pass of the Annapurna Circuit, you will gain an equal sense of fulfilment before heading sharply down to Ngawal and trek end at Upper Pisang beside the picturesque Marshyangdi River.

Staying in simple tea houses, the trekking on this trip is designed to give you the best acclimatisation with gradual ascent and a rest day before you reach the high pass. The trails are in a generally good condition although the path is narrow and exposed in places with challenging ascents and descents. The days vary from as little as 3 hours of walking to 6-9 hours on longer days. It is an excellent Himalayan adventure for the experienced trekker looking for something to rival the classic trails but that is genuinely off-the-beaten-track.

Your trip itinerary

Day 1: Depart London.

Depart London on your overnight flight to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Transfer to hotel.

On arrival in Kathmandu you will be met and transferred to your hotel. The rest of the day is free for you to relax at your hotel or explore the local area. You're staying in the Thamel district of Kathmandu, the tourist heart of the city, so there are numerous shops, cafes, bars and restaurants to enjoy on your doorstep. Your hotel is also the home of the Museum of Nepali Art (MONA) and you may like to browse their interesting collection of artworks during your stay.

Overnight: Kathmandu Guest House or Similar, Kathmandu

Day 3: Morning at leisure. Afternoon guided sightseeing tour.

After a leisurely morning you will head out head on foot for an afternoon of guided sightseeing. Your tour will encompass the most important cultural and historic sights in central Kathmandu. These will include Durbar Square which houses many ancient palaces and temples built in the classic Newari style. The entire square is now a UNESCO World Heritage Site. You will also visit Swayambunath Temple (also known as the Monkey Temple) famed for its whitewashed dome and golden spire from which four all-seeing Buddha eyes look out in every direction. Once your tour is finished you will return to your hotel.



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

Day 4: Drive to Dharapani, 1,860m/6,102ft, via Besishar - 9-10 hours driving.

This morning you will be picked up from your hotel for the drive to Dharapani. Your journey takes you through deep gorges as you trace the Trisuli River westwards. You will pass through the small town of Mugling where the Trisuli and Marshyangdi rivers meet. The town also serves as the crossroads between Kathmandu, Pokhara and Chitwan in the south. Your road now follows the Marshyangdi River which will be your companion all the way to Dharapani, and soon you will gain your first sight of the Annapurna and Manaslu ranges.

Upon arrival at the town of Besishar you will swap to a 4x4 vehicle. The road becomes an exciting track which is quite rough and bumpy but offers spectacular scenery. As you are now on the traditional route of the Annapurna Circuit you will likely pass trekkers as you make your way to Dharapani.

It will be a welcome relief to get to Dharapani where your well-situated tea house looks out onto by a fast-flowing river, mountains and valley. There are great views across the river to the towering rock face that forms the other side of the valley. It will be an evening of anticipation and final preparations in readiness for the start of your trek in the morning.

Overnight: Tea House (Meals: BLD)

Day 5: Trek to Koto, 2,600m/8,530ft, 5-6 hours.

You will be woken this morning with tea in bed and the welcoming sight of the first morning rays of the sun on the high peaks. After breakfast you will start walking gently uphill, with the fresh morning air and the sights and sounds of nature all around you. As the sun warms the chill morning air you will hear birdcalls and see multi-coloured butterflies mimicking prayer flags gently fluttering in the breeze. Behind you the impressive sight of the snow-covered summit of Manaslu will come into view. From here the path zigzags and the views get better and better as you climb through the forest of towering pine trees. The trail soon opens up to a 360

degree panorama with Manaslu as the focal point. The eighth highest mountain on the planet, its distinctive 8,163m summit dominates the skyline.

For the rest of the afternoon your route contours around the valley until you reach Koto. This small village sits in the shadow of mighty Annapurna II which, when lit up by the moon, shines astonishingly brightly.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Chhaucha Oder, 3,010m/9,875ft - 4-5 hours.

This morning you will need your permits ready as you will be passing through the checkpoint that marks your official entry into the restricted Naar Phu region. It's important to be topped up with water before you leave today as there are very few places to fill up en route.

Heading northwards, you cross the Marshyangdi River on a cable suspension bridge (the first of several today) and start the ascent of the Naar Phu Khola Gorge. At this point you will be leaving the Annapurna Circuit trail and you will notice that the track quickly changes into a narrow path, cut into the rock wall of the gorge in places, requiring careful attention.



You ascend through beautiful pine forest crossing the Phu Khola three further times on suspension bridges. The walk is mostly in the shade of a deep gorge with the views of the Annapurna Massif behind you. Be aware that a small amount of road building has begun in this area but so far works have progressed very slowly and there is limited activity.

You will reach your overnight stop at lunchtime and have the afternoon to relax. You are at a place called Chhaucha Oder, in the middle of dense, mixed forest. This is not a village but was traditionally used as a place to shelter ('oder' means cave) by sheep herders and the people of Naar Phu travelling up the gorge. There is only one tea house here and you'll experience a real sense of peace and remoteness.

Overnight: Tea House (Meals: BLD)

Day 7: Trek to Meta, 3,560m/11,680ft - 5-6 hours.

Today's route meanders through a forest of pine and juniper trees and mixed scrub. You cross several suspension bridges and pass some hot springs to reach Dharmasala. From here you ascend through Juniper scrub to reach Meta Stream and pass beneath a waterfall which tumbles over a rock ledge above. You then climb to your first pass on loose moraine and glacier debris. From the pass you will be greeted by the welcome sight of tonight's stop in front of you, the remote mountain village of Meta.

The village provides a great vantage point with views stretching all the way back along the valley where you have walked, and in front to the Kang La Pass which you are heading towards. You will have the remainder of the day to relax and enjoy the sensational views.

Overnight: Tea House (Meals: BLD)

Day 8: Trek to Kyang, 3,800m/12,468ft - 5-6 hours

As the skies clear and the sun rises this morning the mountains slowly reveal themselves in their full glory. It's a magical way to start the day accompanied by a warming cup of chai. Stepping back out on the trail you again follow the Phu Khola on a fairly level or gently uphill path. As you progress, make sure to look to the left and you'll see the settlement of Naar Phedi which you will reach in a few days time.

You will stop for lunch in a tea house in the tiny seasonal village of Chyako after which you climb to Upper Chyakao to reach a vantage point that gives you truly stupendous views of the Phu Valley and its surrounding peaks.

As you descend, you'll be greeted with views of Kyang village which enjoys a spectacular location. Situated on a broad plateau, high above the river, Kyang is surrounded by parched grassland and sheer rock faces above which tower impressive, snowy peaks. A scattering of just few houses and a blue-stoned mani wall, the

settlement is mainly used by families who migrate down from the higher summer pastures with their small herds of yaks to avoid the harsh winter weather. For the remainder of the year Kyang provides a beautiful overnight stopping point for the few trekkers who pass through en route to Phu. If the skies are clear tonight look to the skies as you may get views of the Milky Way.

Overnight: Tea House (Meals: BLD)

Day 9: Trek to Phu, 4,080m/13,386ft - 4 hours.

You head out this morning towards Phu starting off by descending towards the valley floor then following the Phu Khola River upstream. Your path is narrow in places, carved out of the steep walls of the river gorge, so be careful of your step. You will notice how stark the landscape now is with little vegetation of note, although keep an eye out for blue sheep who may be spotted clambering nimbly over the rock face.



From the valley floor you face a short, sharp climb past several chortens and mani walls to reach the stone gates of Phu that mark the start of the village territory. Don't forget to add a stone to the cairn that has formed at the gate. From here it is a gentle walk into the beautiful village and your tea house accommodation for the next two nights. You'll have time to explore the buildings and houses of this relatively large village which are built citadel-like on rock tiers. It is a remarkable and timeless place set against the breathtaking backdrop of the Kangla Himal mountain range.

Overnight: Tea House (Meals: BLD)

Day 10: Acclimatisation/rest day and walk to Tashi Choling Gumpa, 4,746m/15,571ft - 2-3 hours walk.

Today you have time to rest and acclimatise with a leisurely walk around the village and up to the Tibetan style hilltop monastery (a second monastery lies on the opposite bank of the river), a sign of the shared history Phu has with Tibet. The border with Tibet is not much further north of Phu and in the past the local villagers would regularly trade with their neighbours. As a result the village is a fascinating mixture of cultures. The village itself resembles a hill fort and is a rabbit warren of little paths and tracks leading to people's homes and barley stores. The main crop here is barley which is harvested in early October, a time when the whole village is alive with activity. As you explore the village, and meet some of the local people, you may be offered a glass of raksi (barley liquor) or, alternatively, a cup of butter tea which is a Tibetan staple.

The walk up to Tashi Choling Monastery, sitting high above the village, is well worthwhile both for the cultural interest of the gumpa itself and the views of the summit of Pokharkan, 6,346/30,821ft. It's also valuable for acclimatisation ahead of your crossing of the Kang La Pass in a few day's time.

Phu is also the gateway for climbers aiming to summit nearby Himlung Himal and, if you are feeling particularly energetic, there may be the option for a longer walk today to Himlung Base Camp situated further along the valley at 4,850m.

Overnight: Tea House (Meals: BLD)

Day 11: Trek to Naar Phedi, 3,490m/11,450ft - 6-7 hours.

You retrace your steps this morning passing once again through Kyang and Chyako, but before reaching Meta you turn to the west and cross the Phu Khola following the path to Naar Phedi.

Tonight's accommodation is a little different as it's a tea house run by a nearby monastery. The rooms here are often used by the monks from the monastery.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Naar Gaon, 4,200m/13,780ft - 4-5 hours.

It's a half day walk to Naar Gaon, but the morning still involves a fair amount of climbing so take it steady and enjoy the views. Later in the morning you reach a large stone gateway, topped by prayer flags which marks the outer limits of Naar Gaon.

As you pass through the gateway you will see a brightly coloured mani wall and get your first glimpse of Naar. It's very different from Phu with several colourful gompas and a broad sweep of surrounding agricultural land. The houses themselves are built into the hillside, stacked one on top of the other and linked by small wooden ladders and narrow paths. It is fascinating to go for a walk, meet the friendly local people and see them living lives little changed over time.

Yaks play a central role in the livelihood of the local people, and you will therefore encounter a lot of yaks in the village; they are big creatures and should be treated with respect - don't get too close!

Overnight: Tea House (Meals: BLD)

Day 13: Trek to Ngawal, 3,660m/12,008ft, via the Kang La Pass 5,300m/17,389ft - 8-9 hours.

Today you'll cross the Kang La Pass so an early start is a good idea. It's going to be a long, hard day so be sure to take plenty of water as there are limited options once you set off. It's also a day for using trekking poles both to help propel you up and to lessen the impact of the downhill on your knees.

Leaving Naar through the village gates you soon start climbing, and the next four hours or so will be spent heading slowly up to the pass - a climb of around 700m. As you get higher you may encounter snow on the path and need to wear Yak-Trax over your walking boots. Your trek leader will supply these if necessary. Upon finally reaching the summit you will see a multitude of prayer flags that surround the sign marking the pass and the highest point of your entire trek.



As you reach the jagged crest at the top of the Kang La Pass you will have time to stop, rest and enjoy the truly spectacular views. Laid out before you is a sweeping panorama embracing the villages and peaks of the Upper Manang Valley and the looming giants of the Annapurna Massif: Annapurna II, Gangapurna and Tilicho Peak. Your camera will be working overtime!

From here it's downhill all the way to Ngawal. The trail is quite steep and scree-like to start with so take care, but it does eventually level out somewhat. As you look back up to the pass it's hard to grasp the scale of how far you've come as there are no trees to judge distances. You should expect a good three hours or more of descent to reach Ngawal and your welcoming tea house for the night.

Overnight: Tea House (Meals: BLD)

Day 14: Trek to Upper Pisang. Visit gumpa in the afternoon - 4-5 hours 3,284m/10,774ft.

Today is the final day of your trek but there's still plenty to savour. The scenery is now green and lush, especially as you descend to the picturesque Marshyangdi River Gorge. You'll also notice the trail getting busier with other trekkers as you meet back up with the popular Annapurna Circuit trail. Your final overnight stop is at Upper Pisang where you will celebrate the end of your trek with your crew who will by now have become firm friends.

Overnight: Tea House (Meals: BLD)

Day 15: Drive to Besishar - 5-6 hours driving.

Saying farewell to your trek crew, it's time to begin the long journey back to Kathmandu. You will be in 4x4 vehicles today as you make the return drive to your overnight stop in Besishar.

Overnight: Tea House (Meals: BLD)

Day 16: Drive to Kathmandu - approximately 7 hours driving.

Switching to more comfortable vehicles, you drive to your hotel in Kathmandu today. It will feel like pure luxury in comparison to the tea houses you've been staying in on the trail. The evening is free for you to enjoy a meal and perhaps a celebratory drink or two in Thamel as you reflect on your great adventure.

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

Day 17: Transfer to airport. Depart Nepal.

You will have much of the day free before a late afternoon transfer takes you to the airport in time for your overnight flight home.

Overnight: In flight (Meals: B)

Day 18: Arrive UK.

Our grading system

Naar Phu 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, 13 x lunches, 12 x dinners
- ✓ 4* hotel accommodation in Kathmandu on a twin- share, bed and breakfast basis
- ✓ 11 nights in tea houses, on a twin share, full-board basis plus tea and coffee
- ✓ English-speaking Sherpa leader and trek support team.
- ✓ Full portage and porter insurance
- ✓ A good quality down jacket, 4 season sleeping bag and liner (supplied in-country)
- ✓ Kathmandu half day sightseeing tour
- ✓ All road transport by private vehicles
- ✓ Park and permit fees
- ✓ All hotel/airport transfers
- ✓ Economy class return air fares from the UK & UK departure tax (flight inclusive option only)
- ✓ Carbon offset for flights (flight inclusive option only)

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 and
- ✗ Domestic departure tax if applicable
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

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

For further information about our campaign visit [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign)

Your accommodation

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



Kathmandu Guest House or Similar, Kathmandu

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



Tea 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.

Meal arrangements

15 x breakfasts, 13 x lunches, 12 x dinners. All meals on trek, bed and breakfast in Kathmandu.

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.

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.

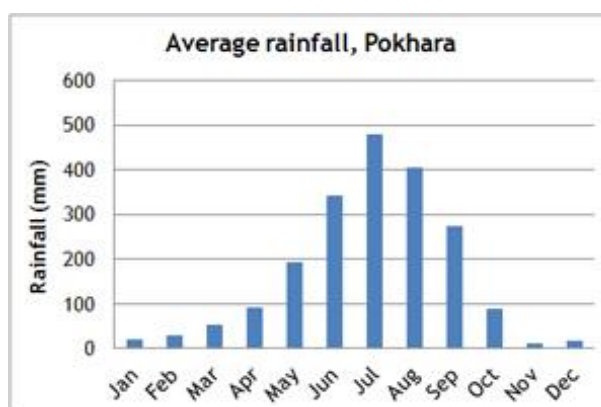
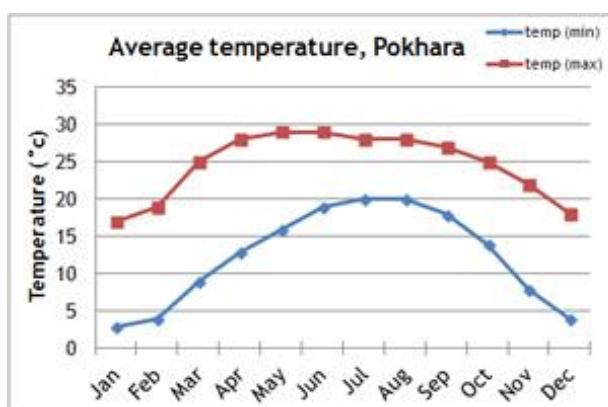
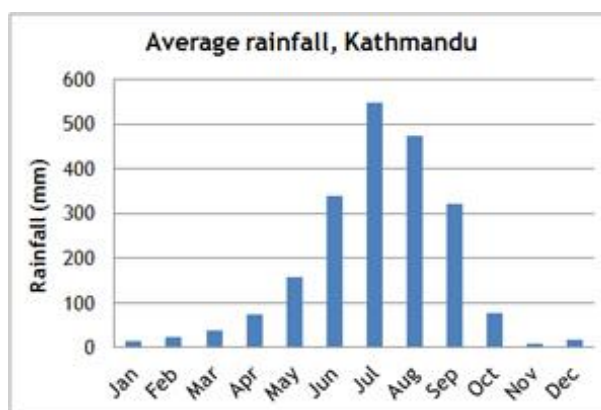
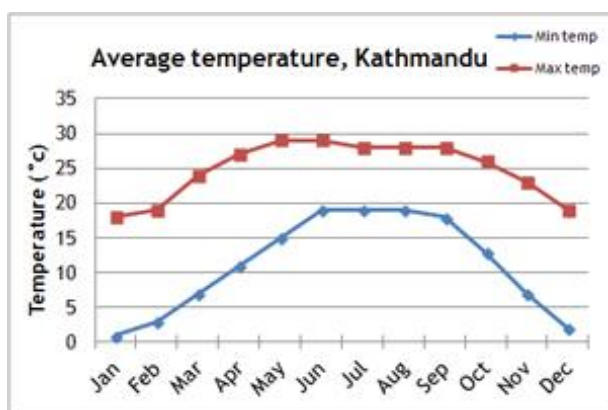
Flight upgrades and regional Airports

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.

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?

- Trekkers are not permitted to travel to Naar and Phu without a guide. Our Nepalese guides have expert trail knowledge and experience - they are second to none.
- Your gear will be portered for you so all you need to carry is a small daypack.
- We organise the special permit you need to trek in the restricted area of Naar Phu.
- We provide a good quality down jacket, sleeping bag and liner to be used, free of charge, on trek.
- You will stay at a four star hotel in Kathmandu
- We have a maximum group size of just 12 for this trip. This provides for a genuine small group experience and helps reduce the negative aspects often associated with larger trekking groups.
- We have a wealth of experience in the company and several members of the Mountain Kingdoms team have travelled extensively in Nepal. Harry Gray, Operations Manager, completed this trek in 2023 and rates it as one of the best he's ever done. He would be happy to help with any questions you may have.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager for 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 we say



The Naar Phu Circuit Trek was nothing short of epic, and undoubtedly my best trek to date. The remoteness, scenery and welcoming nature of the locals was second to none. The climb over the Kang La Pass was challenging, but the views from the top were sublime. I would highly recommend this trek to anyone with a sense of adventure and those wanting to explore a lesser-known trekking route in Nepal.
-Harry, Operations Manager, 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.

