

## Namun La, Annapurna Wilderness Trek, Nepal

A challenging wilderness trek in the heart of the Annapurna Massif, with fantastic mountain scenery.



### Group departures

See overleaf for departure dates

### Holiday overview

|                         |                                   |
|-------------------------|-----------------------------------|
| Style                   | Trek                              |
| Accommodation           | Hotels, Tea houses, Camping       |
| Grade                   | Vigorous / Strenuous              |
| Duration                | 16 days from London to London     |
| Trekking / Walking days | On trek: 9 days                   |
| Min/Max group size      | 4 / 12. Guaranteed to run for 4   |
| Trip Leader             | Local Trek Leader Nepal           |
| Land only               | Joining in Kathmandu, Nepal       |
| Max altitude            | 4,850m/15,912ft, Namun La, Day 10 |

Private Departures & Tailor Made itineraries available



tel: +44 (0)1453 844400 info@mountainkingdoms.com www.mountainkingdoms.com

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK  
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

# Departures

---

## Group departures

### 2026 Dates:

Sat 18 Apr - Sun 03 May

Sat 10 Oct - Sun 25 Oct

### 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.

### 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 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

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

## Your guide

---



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

**Bhuwan K C**

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

**Durga Kattel**

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

**Jangbo Sherpa**

Another experienced and knowledgeable guide

**Passang Tapling**

A very good leader and many people returning to us ask for him to be their leader again.

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

## Your trip highlights

---

- An accessible yet genuine wilderness trek - few trekkers, or even locals, use this trail.
- A wild trek with breath-taking scenery that fits into a two week holiday.
- Cross the remote and challenging Namun pass, 4,850m/15,912ft.
- Enjoy incredible views of the Lamjung Himal, Annapurnas, Machhapuchare and Manaslu.
- This is an uninhabited region rich in birds and wildlife. Sightings have included lynx, Tibetan snowcocks and black redstarts, and snow leopard footprints have also been sighted on the trail.

## At a glance itinerary

---

|            |  |
|------------|--|
| Days 1-3   | Fly to Kathmandu. Fly to Pokhara. Drive to Siklis.               |
| Day 4      | Start trek. Trek to Tasa.  |
| Days 5-8   | Trek to Thurju via Kori.   |
| Day 9      | Day walk to Dudh Pokhari.  |
| Day 10     | Trek across the Namun pass, 4,850m/15,912ft, to Dafne Kharka.    |
| Days 11-12 | Trek to Timang and on to Dharapani. End trek.                    |
| Day 13     | Drive to Bandipur. Time at leisure.                              |
| Days 14-16 | Drive to Kathmandu. Time at leisure. Overnight flight to London. |

## Trip summary

---

This spectacular trek in the Annapurna region follows an ancient Gurung trade route that ran between Lamjung and Manang and crosses a 4,850m/15,912m pass. The trail is also used by pilgrims walking up to the holy lake of Dudh Pokhari each August so footpaths are therefore well established. However the trek is not well known and you are unlikely to see any western trekkers until you join the main Annapurna Circuit at Timang for the final day of walking. With roads now encroaching on the traditional circuit at both ends, this new trekking trail is an inspired alternative for the discerning trekker.

Leaving Siklis village you begin your trek weaving through rhododendron and bamboo forests until you reach open meadows with superb views of Himalayan giants such as Fishtail Peak, the Annapurnas, and the Lamjung Himal rising above them. Every day the scenery is sublime, and it is incredible that a route so close to the busy Annapurna Circuit can be uninhabited, unspoilt and totally wild. Your high point on this trek, the Namun pass, at 4,850m/15,912ft, provides a tough and rewarding objective with superb views of Manaslu by way of reward. The descent from the pass is steep but offers a final taste of the wild - snow leopard prints have been seen here - before you return to tea house 'civilisation' in Timang. You break the journey back to Kathmandu with a stay in the charming old town of Bandipur, with time to explore the traditional Newari streets and soak up some final panoramic views.

For anyone seeking a relatively short but challenging Himalayan trek through genuinely wild mountain scenery, this little-known gem in the heart of the Annapurnas is the perfect choice.

# 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 in Kathmandu you will be transferred to your hotel. Kathmandu is a wonderful mixture of the ancient alongside the modern. Crowded bazaars still throng with local ethnic people today as they have for the past hundreds of years while roads are crowded with rickshaws, cars, roaring motorbikes and buses. Ancient temples and crumbling shrines sit alongside modern offices, picturesque palaces slowly sag into dereliction while Buddhist stupas gaze over the bustling scene with their all seeing eyes. Although this is a crowded, noisy and polluted city it is also friendly, fascinating and vibrant. Tonight you may choose to eat at the hotel, or you could head off into Thamel to one of the famous restaurants there, such as the Rum Doodle Restaurant, a place frequented by trekkers and climbers alike, with pride of place given to a board with the signatures of many Everest summiteers.

**Overnight: Kathmandu Guest House or Similar, Kathmandu**

---

## Day 3: Fly to Pokhara. Drive to Sikkis, 1,800m/5,906ft - approximately 5 hours.

---

You will be met at your hotel and taken to the airport for your flight to Pokhara. This is a spectacular and exciting flight in its own right passing over the Himalayan foothills, with views of the main range. From Pokhara, it takes about 5 hours to reach Sikkis, although this dirt road is a challenging drive so the driving time totally depends on the road condition. The drive is highly scenic with great views of the Lamjung Himal and Fishtail Peak. The dirt road is rough and stony so be prepared for a long, slow, bumpy ride, but the fantastic scenery is ample compensation as the road twists and turns, mainly upwards, to Sikkis. On the 2017 recce of this route, two lynx were seen on this drive! Sikkis is a thriving, lively village populated by around 2,500 people. It's in a very picturesque setting. You will stay in a tea house overnight.

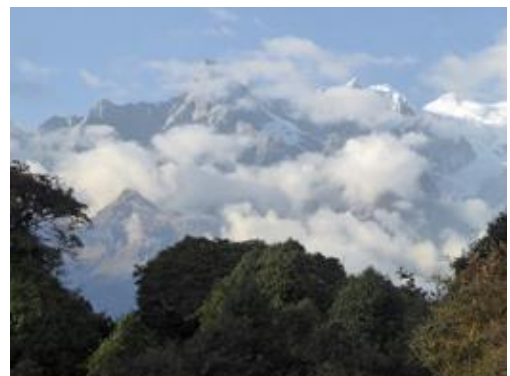
**Overnight: Tea House (Meals: BLD)**

---

## Day 4: Trek from Sikkis to Tasa, 2,350m/7,710ft - 5 hours.

---

Leaving Sikkis you begin the trek descending on a good trail with stone steps. There are fantastic views of the Lamjung Himal and Annapurna II as you head out the village. After about 1½ hours you reach a suspension bridge at 1,400m/4,593ft, cross it, and then begin climbing on a stony trail. You may see woodpeckers on the attractive wooded hillside here. It will take you approximately 2½ - 3 hours to reach your lunch spot, usually taken where there is a stone water tap for the crew to use, at around 1,850m/6,070ft. After lunch you weave your way up steep stone steps through forested hillside for 1½ - 2 hours until you reach a clearing - your campsite for the night is at 2,350m/7,710ft at Tasa. There is a stone shelter here built by ACAP. There are spectacular views at the edge of the campsite of Lamjung Himal and the Annapurna range. The distant rumbling of avalanches on Annapurna II and IV can often be heard.



**Overnight: Camp (Meals: BLD)**

---

## Day 5: Trek from Tasa to overnight camp at 3,500m/11,483ft - 6 hours.

---

You can enjoy the early morning views at your campsite before heading off on a trail which rises gently through the forest for 1-1½ hours to a clearing at 2,650m/8,399ft with a view of Fishtail Peak and a small shrine with prayer flags. You continue your gradual ascent through oak forest, passing the odd area of grazing land. This uninhabited region is home to Himalayan black bear, danfe, musk deer and Himalayan thar. After around three hours walking, you will have lunch in the forest near the water tank (as water is scarce here and the tap is lower down it is likely to be empty). This spot is at 3,175m/10,417ft and next to an ACAP sign to Dudh Pokhari

(the holy lake). The trail continues upwards through rhododendron and bamboo forest, passing sheep grazing clearings. You eventually reach a clearing at around 3,500m/11,483ft which will be your campsite for the night. There can be problems here with a lack of water, which may mean continuing to Kori at 3,850m/12,631ft.

**Overnight: Camp (Meals: BLD)**

---

**Day 6: Trek to Kori, 3,850m/12,631ft - 3 hours.**

---

Today's walk involves approximately 3 hours of ascending through forest to reach Kori, which has a stone shelter, a goat hut and an ACAP sign. It's a wild, remote place with stunning views of the surrounding hillside and snow-capped peaks.

**Overnight: Camp (Meals: BLD)**

---

**Day 7: Trek to Thulo Lekh, 4,100m/13,451ft, or river camp at 3,900m/12,795ft - 3 hours.**

---

There are fantastic views of Fishtail Peak and surrounding snow-capped summits to be had on the ridge above the campsite. You follow a good undulating dirt trail contouring along the hillside through scrubland. The path is a little narrow and stony at times. After 1½ hours walking the trail opens out into a large meadow. Another hour or so brings you to an ACAP signpost to Dudh Pokhari at 4,080m/13,386ft. You continue following the red and white ACAP poles to Thulo Lekh.



Alternatively your guide may suggest a 15 minute descent to the river and overnight camp. If you stay down by the river at 3,900m/12,795ft, it makes a pleasant afternoon acclimatisation hike to the lake and back. For this you need to retrace your steps to the sign to Dudh Pokhari, then turn right following the sign and a couple of poles, before heading left up a couple of knolls, and after about an hour from camp you'll see the lake.

**Overnight: Camp (Meals: BLD)**

---

**Day 8: Trek to Thurju, 4,080m/13,385ft - 6 hours.**

---

Today's route is a spectacular one crossing two passes over 4,000m/13,123ft. You begin walking up the valley following the river on a trail which becomes a boulder field as you approach the high point of your walk - Rambrong ridge pass at 4,500m/14,764ft, adorned with prayer flags. It takes around 2 hours to reach the pass. From here there are superb views of the Manaslu range of peaks, Lamjung Himal, and Annapurnas towards the west. You then descend slightly on a good path, following the odd red arrow here and there, and contour around the hillside.

After 1-1½ hours from the first (highest) pass you reach the second pass at 4,380m/14,371ft - Furju Deurali, which is marked by some cairns and an ACAP sign. From here it's approximately 1-1½ hours descent to your campsite at 4,080m/13,385ft. There are stunning views of Manaslu from here. If there's any snow on the steeper sections of the descent path, you'll need to take care with your footing. You can see a lake to your right and four stone shelters where your campsite is.

**Overnight: Camp (Meals: BLD)**

---

**Day 9: Trek to Dudh Pokhari.**

---

For added acclimatisation, you can walk up to the holy lake where the pilgrims go in August - Dudh Pokhari.

**Overnight: Camp (Meals: BLD)**

---

---

**Day 10: Trek over Namun Pass, 4,850m/15,912ft - 4½ hours. Descend to Dafne Kharka , 4,250m/13,946ft - 2 hours.**

---

The big day! You begin by walking on the flat, before descending to the river, crossing it and beginning your long ascent to the pass. The trail is fairly steep to begin with - route-finding is made easy though even if snow has obliterated the path due to ACAP's helpful poles at regular intervals. A zig zag path goes up to your right underneath a huge rock wall. At the top of this (2 hours) there are a few prayer flags and it flattens out. You then head round to the left, gazing down at last night's campsite and a beautiful lake. There are fantastic views of snowy peaks all around. The path is never too steep and is well marked with poles. You will feel the altitude as you make your final climb to the pass at 4,850m/15,912ft, marked with prayer flags and an ACAP sign. There are superb views of Manaslu here. The descent to Dafne Kharka, 4,250m/13,946ft, gives glorious views and has some steep sections which require care if snow-covered. Snow leopard footprints were seen here in 2017.



**Overnight: Camp (Meals: BLD)**

---

**Day 11: Trek to Timang 2,750m/9,022ft - 4 hours.**

---

After an initial 10 minute climb up to the ACAP sign at 4,280m/14,042ft, you descend on a good trail in open hillsides to begin with which then winds through the forest all the way to Timang. It's definitely a day for trekking poles to save the knees. At Timang you are very much returning to civilisation with tea houses and the jeep road through the Annapurna Circuit to Manang. Tonight you'll spend the night in a tea house and can enjoy such luxuries as a hot shower and/or a beer!

**Overnight: Tea House (Meals: BLD)**

---

**Day 12: Trek to Dharapani 1,900m/6,234ft - 2½-3 hours.**

---

It's a pleasant amble down from Timang to Dharapani, passing the occasional village and tea houses on the main Annapurna Circuit trail. You are definitely out of the wilderness now! You'll see the trail on the other side of the suspension bridge in Dharapani leading to the Manaslu Circuit trail.

**Overnight: Tea House (Meals: BLD)**

---

**Day 13: Drive to Bandipur - 5 hours.**

---

Today you drive from Dharapani to Bandipur. It's a bumpy, dusty, dirt road from Dharapani to Besisahar (approximately 2 hours) so the going will be slow here. You'll see lots of trekkers toiling up the trail on the start of their Annapurna Circuit trek. Once on the main road the going is much easier and quicker and you should arrive in the lovely Newari village of Bandipur in time for a late lunch.

You will stay here overnight to break the long drive to Kathmandu. Bandipur is a traditional Newari village, set high on a ridge, with pretty traditional houses and quiet paved streets. Once a thriving town on the trade route to India, Bandipur was left stranded when the main Pokhara to Kathmandu road was built far below in the valley. The village is proud of its environmental credentials and has been carefully restored while managing to maintain the traditional lifestyle of its inhabitants. Bandipur commands panoramic views of the Himalaya and on a clear day, from the village, you can see the whole Annapurna range in front of you, as well as peaks in Langtang to the east and Dhaulagiri in the west.

You should have time in the afternoon for a bit of exploration and a leg stretch. There are some easy, pretty walks starting from your hotel in Bandipur bazaar, such as the walk to Ramkot village (2 hours), a walk in the mixed Sal forest at Raniban east of the bazaar, or to Purano Kot, an old fort, 20 minutes (about 500m) west of the bazaar. There is a small temple containing some old statues and next to it a newly built temple. Local people believe that praying here during a drought to the god Mahadev will bring rain.

**Overnight: The Old Inn, Bandipur (Meals: BLD)**

---

---

**Day 14: Drive to Kathmandu - 5 hours.**

---

Today you drive to the town of Mugling, and then head east on the main Kathmandu-Pokhara road. On arrival in Kathmandu you have the rest of the day at leisure to relax or head out for some last minute shopping or sightseeing.

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

---

**Day 15: Time at leisure. Group transfer to airport. Depart for London.**

---

You will have time at leisure in Kathmandu 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 16: Arrive London.**

---

## Our grading system

---

Namun Pass Wilderness Trek is graded as a Vigorous / Strenuous trekking holiday, as described below.

### **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.

### **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](http://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
- ✓ 4\* hotel in Kathmandu on a twin-share, bed and breakfast basis
- ✓ 7 nights full-service camping with all meals, tea and coffee. Tents on a twin-share basis
- ✓ Hotel in Bandipur on a twin-share, full board basis
- ✓ English-speaking Sherpa leader and support team
- ✓ Sherpa/porters properly insured and equipped
- ✓ A good quality down jacket, 4 season sleeping bag and liner (supplied in-country)
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Park fees
- ✓ All internal flights and domestic airport transfers
- ✓ All road transport by private vehicles
- ✓ A satellite phone is carried by your guide in case of an emergency
- ✓ 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
- ✓ 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 Houses**

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.



### **Camp**

For the nights you will be camping the following are provided: a sleeping tent, a dining tent, a toilet tent exclusively for your group to use. The staff complement of cooks, put up and take down tents, make the tea, cook the food, wash the dishes, and load the porters or pack animals. Your kit bag is carried for you either by porters or pack animals and you just trek with a light day sack.



### **The Old Inn, Bandipur**

The Old Inn is a restored village house located in the heart of Bandipur bazaar. It was possibly a trader's house from Bandipur's heyday as an important town on the trade route to India and has lots of charm and character. Rooms are comfortable with many original features. Some rooms in the old part of the building may not have attached bathrooms. The main terrace has stunning views over the mountains.

## Meal arrangements

---

✓ 13 x breakfasts, 11 x lunches, 11 x dinners. Breakfast in Kathmandu. All meals elsewhere.

## Flight arrangements

---

### **Flight inclusive from price**

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

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

### **Flight upgrades and regional Airports**

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

## Further information

---

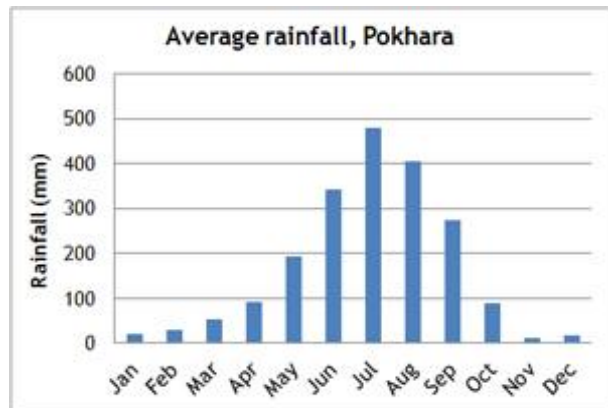
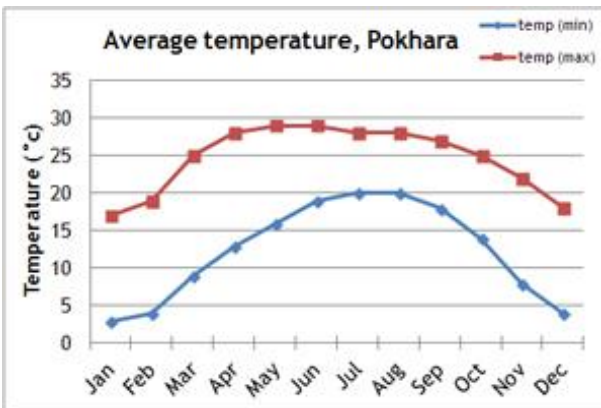
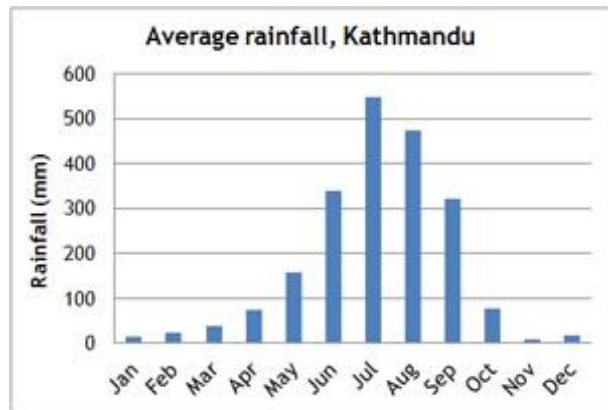
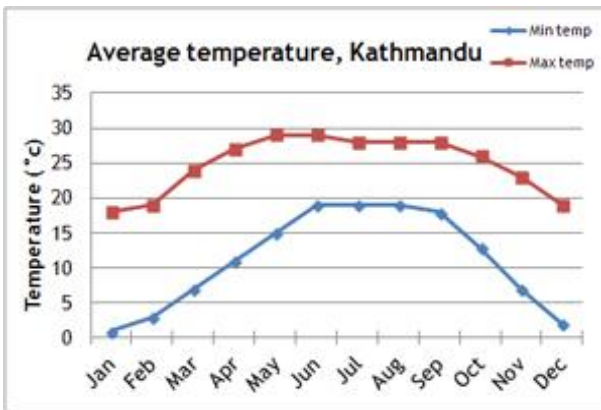
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## The nature of adventure travel

---

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

# Climate information



# Extensions

---

## Extending your holiday

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



### Extra nights in Nepal

If you would like to extend your stay in Nepal, you can add extra nights at your group tour accommodation or choose from our range of distinctive properties in Pokhara and the Kathmandu area. We can offer luxury resorts, heritage hotels, tranquil lodges and characterful cottages. Our selection includes Dwarika's hotel in Kathmandu and its sister property - Dwarika's Resort at Dhulikhel, Pavilions Himalaya at Pokhara, Tiger Mountain Pokhara Lodge and Shivapuri Heights Cottage. Individual extension leaflets for all these options can be downloaded from our website or requested from our office.



### Kathmandu Valley sightseeing excursions

We can arrange half day or full day sightseeing tours taking you to the key cultural attractions of central Kathmandu or the Kathmandu Valley including the World Heritage Sites of Bhaktapur and Patan. Your tour will be led by an English-speaking guide and you will have a private vehicle and driver.



### Bhutan and Tibet extensions from Nepal

Whilst in the Himalaya, why not extend your Nepal holiday with a tour of the cultural highlights of Bhutan or Tibet. We offer several extension packages that include all accommodation, meals and sightseeing or we can tailor an itinerary to suit your exact requirements. Download extension leaflets for our Bhutan and Tibet extensions from Nepal, or contact the office to discuss various options.



### Wildlife extensions in Nepal - Chitwan, Bardia & Koshi Tappu

Visit Chitwan or Bardia National Parks home to a rich variety of birds and animals including elephant, rhinos, leopard and Bengal tiger. Stay in a comfortable lodge and enjoy a range of wildlife viewing activities. Alternatively visit the renowned Koshi Tappu Wildlife Reserve - one of the finest birdwatching and wildlife areas in all Asia.



### Lumbini

Enjoy a three day extension to the birthplace of Buddha, one of the most important Buddhist pilgrimage sites in the world. Take the short flight from Kathmandu, and spend two nights in a comfortable 3\* hotel, just steps from the Lumbini temple complex, with a full day to explore the fascinating UNESCO World Heritage Site in the company of your expert local guide.

## Why book this holiday with Mountain Kingdoms?

---

- This trek is unique to Mountain Kingdoms and offers a genuine wilderness experience.
- The itinerary has been carefully designed to ensure good acclimatisation.
- You'll be provided with a free, good quality sleeping bag and duvet jacket for the duration of your trek.
- This is a full service camping trek and you will be royally looked after by the trekking crew.
- The last two nights of the trek will be spent in tea houses at Timang and Dharapani where you will be able to take a hot shower.
- You will stay in good quality hotels in Kathmandu and Bandipur.
- We have a maximum group size of 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.
- Our Operations Manager, Niki Morgan, has completed this trek. If you have any questions about this trip please contact Niki or the Mountain Kingdoms office where one of our experts will be happy to help.
- 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 team 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](http://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 truly memorable holiday. We trekked in the Annapurna region but it was a true wilderness trek. We didn't see a fellow Westerner until the last 2 days of the trek when we joined the Annapurna circuit. The scenery of Fishtail and the Annapurna range was breathtaking. Our guide Suman and assistant guide Lakpur were excellent especially helping out on difficult ascents and descents. This trek is not for the feint-hearted, it was labelled vigorous for a reason! Mountain Kingdom came up trumps again in finding a holiday that ticked all the boxes!*

*-Sam Westlake, Cornwall*



*It was described as a Wilderness Trek and it certainly lived up to it. Was brilliant to trek in an area where we did not see any other trekkers. The views were fantastic and although cold it was the views that took your breath away. Our Local Guide Mr Hom was so caring and knowledgeable, a great support team and excellent food (amazing what Cook comes up with whilst on trek). Bandipur is a great find and really enjoyed the stay at The Old Inn before hitting the buzz of Kathmandu and sadly our farewell to Nepal.*

*-Mrs B-H, England*



*We loved the 'wilderness' of the trek as at other points the area was very busy.. Our guide and assistant guide were brilliant and did everything they could to make our trek enjoyable.. The morning scenery was stunning but otherwise we were a bit unlucky with the weather ,as it clouded over by lunch time quite often. also we had snow at the pass which for me made the descent a bit tricky as the paths weren't visible (and it was pea-soup). anyway we're in the mountains and its unpredictable. It was a vigorous trek. the first 2 days being all up hill. the descriptions were accurate and I would highly recommend this trek to anyone who appreciated the remoteness.*

*-Karen, Falmouth*

# 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](http://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](http://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.

