

Snow Leopard Trek, Upper Dolpo, Nepal

A trek for true adventurers through wild and ruggedly beautiful high-mountain scenery, far removed from the outside world.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Camping
Grade	Strenuous
Duration	24 days from London to London
Trekking / Walking days	On trek: 18 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Sherpa Leader Nepal
Land only	Joining in Kathmandu, Nepal
Max altitude	5,300m/17,388ft, Kang La, Day 13

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2025 Dates:

Sat 20 Sep - Tue 14 Oct

2026 Dates:

Sat 19 Sep - Mon 12 Oct

This is the detailed itinerary for our 2026 departure only. A separate itinerary is available for 2025 which can be requested from the office or downloaded from our website.

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 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.

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



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.

Special note

There is currently a programme of road building throughout the Dolpo region. Wherever possible we will adjust the route for this trek, use alternative trekking trails and taking whatever steps necessary to avoid any roadworks.

Your trip highlights

- Genuinely remote and culturally distinct, this trek offers the opportunity to see a very different area of Nepal where few westerners ever reach
- Phuksundo Lake, Shey Gumpa and Crystal Mountain are just some of the spectacular scenic highlights
- Spend time with the people of Dolpo who have retained their ancient traditions and beliefs due to their geographic isolation
- A carefully planned itinerary that gives excellent acclimatisation and follows Peter Matthiessen's journey in search of the elusive snow leopard
- Enjoy first rate camping facilities on trek and a four star hotel in Kathmandu before and after the trek

At a glance itinerary

Days 1-3	Fly to Kathmandu and onto Nepalganj.
Days 4-8	Fly to Juphal and trek to Phoksundo Lake. Rest day by the lake.
Days 9-12	Trek to upper Phoksundo Khola, Phulbari and behind Crystal Mountain to Shey Gumpa. Rest day.
Day 13	Complete the kora of Crystal Mountain and cross Kang La.
Day 14	Trek to Sallaghari at Phoksondu Khola.
Day 15-16	Trek to Numa La BC, cross Numa La and trek to Tokyu.
Day 17	Trek to Langa
Day 18-20	Trek to Chhyugar, Kanigaon and Dunai
Days 21-22	End trek at Juphal. Fly to Kathmandu via Nepalganj.
Day 23	Day at leisure in Kathmandu.
Day 24	Fly to London.

Trip summary

Isolated by towering, snow-clad peaks and home to the rarest of all mountain creatures - the snow leopard - the wildly remote region of Dolpo retains an air of mystery alongside its stupendous Himalayan scenery.

Most of the Dolpo district is now covered by Shey Phoksundo National Park, the largest trans-Himalayan national park. This was created in 1984 to protect the endangered wildlife living here, including snow leopard, blue sheep, musk deer, Tibetan wolf, and many more. In addition to its spectacular landscapes and wildlife Dolpo is considered a last enclave of true Tibetan culture, locals still wearing traditional Tibetan-style clothes and jewelry and practicing their ancient Bon Po religions, shamanistic religions that predate Buddhism in Tibet.

Your adventure begins with a flight to the airstrip at Juphal from where you trek north following the route made famous by Peter Matthiessen in his powerfully evocative book 'The Snow Leopard'. Entering Phoksundo National Park you too will be moved by the breathtaking beauty of the luminous jade-blue waters of its central lake surrounded by jutting, jagged peaks.

From Phoksundo you trek to the Crystal Mountain, the sacred heart of Dolpo and the holiest mountain in Upper Dolpo and second only to Mount Kailash in spiritual importance. You will complete an exciting kora (circumambulation) of this fabled mountain, taking a route followed on one of the most important Himalayan pilgrimages of Nepal - a sacred kora traditionally completed by the people of Dolpo during the months of July/August before the barley harvest. You will also explore the remote eleventh century monastery of Shey Gumpa - the most important monastery in Dolpo.

After your completion of the kora of the mountain you cross the mighty Kang La, 5,279m/17,320ft, to experience some of the finest views in Nepal before trekking back across the Numa La, passing through the beautiful valley of the Tarap Chu and visiting Tokyu Gumpa and other gompas along the banks of the river. You will also visit Tarakot with its ancient dzong, formerly capital of the region and continue to Dunai and to the end of your trek in Juphal.

The sheer isolation of the region means that this Upper Dolpo trek is ideal for the experienced walker who would like a wild, yet culturally distinct, Himalayan experience.

Your trip itinerary

Day 1: Depart London.

Fly overnight from London to Kathmandu.

Overnight: In flight

Day 2: Arrive in Kathmandu, 1,300m/4,265ft. 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 right on the doorstep to enjoy. 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: Fly to Nepalganj, 150m/500ft.

This morning, you may have time for some sightseeing or shopping in Thamel. In the afternoon you will take a one hour flight to Nepalganj. The flight will give good views of the Himalaya to the north. Transfer to your hotel. The town is situated 3km from the southern Nepalese border with India. Here it is quite hot and tropical.

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

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

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



Overnight: Camp (Meals: BLD)

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

At the confluence of the Thuri Bheri and Suli Gad rivers you turn to the north and follow the Suli Gad. The trail is fairly undulating, but mostly up and the going is firm underfoot. You are never far from the river and can always hear its roar. You pass through an area which is overgrown with marijuana plants and there are also crops for the villagers and their animals including millet, pumpkin, potatoes, sweet corn and chillies. Many of the villages in this area are involved in the production of a lotus-like plant called 'chuk' that is used to make vinegar and medicines. It is dried and flown from Dolpo to Nepalganj and exported to India. You continue to track the river and eventually reach the settlement of Hanke, which is also the entrance to the Phoksundo National Park. The three villages you pass through have a strange name connection; Parel, meaning 'eyelash', Rahagaon meaning 'eyebrow' and Ankhe meaning 'eye'. You continue northwards, following the river to Chhepka.

Overnight: Camp (Meals: BLD)

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

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

Overnight: Camp (Meals: BLD)

Day 7: Trek to Phoksundo Lake, 3,600m/11,811ft - 6-7 hours.

From Sumdo the trail goes very steeply uphill. Here you leave the river and follow the path high above the water. You ascend to a ridge, about 3875m/12,713ft, from where you will have the most staggering views of a 300m/1,000ft waterfall, the highest in Nepal and your first view of Phoksundo Lake, a study in turquoise. You then descend through birch forests to the upper reaches of the Phoksundo Khola and on to the picturesque settlement of Ringmo with its mud-plastered chortens and mani walls. The village now has solar panels helping to improve the quality of life of the villagers. From the settlement it is a short walk to the shores of Phoksundo Lake where you set up camp.



Overnight: Camp (Meals: BLD)

Day 8: Rest day.

The nearby Bon Monastery is well worth a visit, as is the village of Ringmo. A walk part way round the lake is also very relaxing. There will be time to catch up with domestic chores as well, if need be.

Overnight: Camp (Meals: BLD)

Day 9: Trek to Upper Phoksundo Khola, 3,680m/12,074 - 6-7 hours.

From the lakeside you follow the trail that skirts the edge of the lake itself. This airy trail, featured in the movie 'Himalaya', is in places suspended on a gangway of wood supported on pegs driven into crevices in the rocks and signals the remoteness of the area you are about to enter. You go very steeply up, to approximately 4,100m/13,450ft and then plunge down again to the valley bottom to enter the flood plain of the Phoksundo Khola and trek to your night stop alongside the river, but within the confines of the forest to avoid the worst of the wind which is prevalent in the valley bottom.

Overnight: Camp (Meals: BLD)

Day 10: Trek to Phulbari - 6-7 hours, to start of the 'kora' of Crystal Mountain.

Today you trek for two hours beside the Phuksonso Khola. You then cross the river and head north with the river on your left. You come to two rivers and cross a small river which originates from the Kang La Pass. You will have lunch on the other side.

After lunch you start following the route taken each year by the people of Dolpo - on the day of the full moon in July/August - to begin their traditional kora of Crystal Mountain. You climb steadily on a zigzag trail for 3-4 hours to reach your campsite at Phulbari.

Overnight: Camp (Meals: BLD)

Day 11: Trek round the Crystal Mountain to Shey Gompa - 6-7 hours.

Crystal Mountain is situated to the west of Shey monastery. It is considered the holiest mountain in the Dolpo region and is very important in the Tibetan culture of Dolpo. It is a very strange mountain indeed. Its contorted cliffs are laced with quartz and embedded with a rich variety of marine fossils. Your trek today starts with a gradual climb, keeping the crystal mountain on your right hand side and heading to the west side of the mountain. After the climb you will descend and get a first sight of the hill above Shey Gompa. From this point you can see a trail coming from Bijer to Shey Gompa in the far distance.

You then continue walking on a gradual trail all the way to Shey Gompa.

Overnight: Camp (Meals: BLD)

Day 12: Rest day at Shey Gompa.

As Shey means crystal, this monastery is also known as the Crystal Monastery. The lama of the monastery resides at a red hermitage known as Tsakang Gompa which is west of Shey. It is not really a monastery, but a retreat and has been a meditation centre of many famous lamas from Tibet. Shey Gompa belongs to the Chaiba community, followers of the Padma Sambhava and Kagyu sects. It was the first Kagyupa monastery and its founder was the lama Tenzin-Ra-Pa. The monastery was founded during the 11th century. Shey is famous for its ancient Buddhist culture. In Dolpo the ancient Tibetan way of life combines animism with the teachings of Buddha. The Buddhist master Drutup Yeshe, famous for his meditations at Mount Kailash, travelled to Dolpo in the 12th century and is revered as introducing Buddhism in the Dolpo valley. When he arrived in Dolpo he is said to have come across a wild people whose supreme God was a 'fierce mountain spirit'.



You have the day to relax at the camp or do a little exploration of the area.

Overnight: Camp (Meals: BLD)

Day 13: Complete the kora of Crystal Mountain and cross the Kang La Pass, 5,300m/17,388ft.

Well rested after a day at Shey Gompa, you will complete your kora of the Crystal Mountain today and cross the Kang La Pass. From Shey you set off uphill, keeping the Crystal Mountain on your right and enjoying great views of Kanjiroba and Kagmara mountains. It's then a steep ascent to the Kang La Pass, the final stretch to the col being particularly steep and shaley making it very hard work indeed. The views from the Kang La of wild valleys and mountains are magnificent and well worth all the effort. You descend in one and a half hours to camp.

Overnight: Camp (Meals: BLD)

Day 14: Trek to Sallagarhari at Phoksundo Khola.

From the camp below the pass you trek downhill, crossing small rivers that originate from the Kang La in five or six places. Finally you cross a metal bridge over a big river that originates from Kanjiroba Himal and then you continue gradually downhill to reach your campsite at north Phoksundo Lake.

Overnight: Camp (Meals: BLD)

Day 15: Trek to Numa La Base Camp - 5-6 hours.

Your trek continues today by crossing the river from flowing from the Kanjiroba Himal and keeping the lake on your right. You then walk on the left bank and ascend on a gradual trail. You will then cross the river from the Numa La to reach the tree line. You leave the river on the north side and begin the climb towards the Numa La Base Camp.

Overnight: Camp (Meals: BLD)

Day 16: Cross Numa La Pass, 5,190m/17,027ft, and trek to Tokyu 4,350m/14,271ft.

You begin by trekking uphill this morning for around 1½ hours to reach the top of the Numa La Pass which separates the Phoksundu region and the Tarap Chu. From the top of the pass there are good views of the Dhaulagiri Massif, glittering in the morning light. Your trail descends towards the Tarap valley and leads you by a pleasant track down towards the Tarap Chu. Tarap is a broad fertile valley within high mountains, extending 20km along the river Tarap Chu. It has ten villages with cultivated fields, many gompas and chortens of both sects. You then descend downhill most of the way to reach your overnight camp at Tokyu where you will camp above Tokyu Monastery. This monastery belongs to the Chaiba sect.



Overnight: Camp (Meals: BLD)

Day 17: Trek to Dho Tarap, 4,040m/13,255ft - 2 hours, and continue to Langa. 3,870m/12,697ft - 3 hours.

Before leaving Tokyu this morning you can make a short visit to the Chaiba Gumpa. You then head east, along the downward course of the Tarap Chu, in a wide valley with patches of lush verdant grass on both sides of the river; the landscape here is completely different from other parts of Inner Dolpo. The trail is broad and well-travelled, making the going easy and there is much evidence of work in the fields where the women will be bringing in the harvest - the men will be away bringing down the herds of animals for the coming winter. There are many mani walls, but some of the chortens are in a bad state of repair. Dho is surrounded by an irregular stone wall and consists of thirty-four houses, divided into three clusters and built in a haphazard way.

Tarap is inhabited mostly by Magars who have lived here for generations, but also by a few Tibetans. They wear home-spun clothing that is sometimes dyed maroon and they favour Tibetan style somba (boots with upturned toes) for footgear. Men and women often wear both religious amulets and strings of coral and turquoise. The inhabitants of this village are both Bon Po and Buddhist (Nyingmapa).

You continue your day's trekking on a gradually descending trail that follows the banks of the Tarap Khola river. Where the Tarap Khola meets the Klang Khola river at Langa, you will camp for the night.

Overnight: Camp (Meals: BLD)

Day 18: Trek to Chhyugar, 3,440m/11,286ft - 6 hours.

It is only a 2 hour climb to reach the top of the Jang La. The trail is generally well-compacted making the going underfoot easy, much easier than loose shale, but it is steep. From the top of the pass there are good views of the Dhaulagiri massif, glittering in the morning light. A rough track descends towards the Tarap valley. By the afternoon you find a green valley which leads you by a pleasant track down towards the Tarap Chu. Tarap is a dream valley with vast plains in high mountains extending 20kms along the river Tarap Chu. It has ten villages with cultivated fields, many gompas and chortens of both sects. You halt for the night above Tokyu Monastery. This monastery also belongs to the Chaiba sect.

Overnight: Camp (Meals: BLD)

Day 19: Trek to Khanigaon, 2,700m/8,858ft.

Today it's gradual walk to the hilltop and then a continual descent to Laini Odar and on to Khanigaon.

Overnight: Camp (Meals: BLD)

Day 20: Trek to Tarakot 2,150m/7,054ft and continue to Dunai - 2,103m/6,900ft.

You leave Khanigaon by the new suspension bridge and then walk alongside the river, sometimes going very high before reaching down to the water again. Some of the going is quite demanding and one bridge, said to

have been unusable for six years, may necessitate crossing on wet stepping-stones. Coming into the broad fertile valley of the Barbung Chu, you walk amongst the various crops of millet, sweet corn, barley, buckwheat, green beans, chillies and marijuana. Your lunch and night stop is high above the river, but there is a standpipe for water. Tarakot is an old fortress town known by the local people as Dzong, meaning 'fort'. Before the Gorkha dynasty Tarakot was the capital and had a dzong. The famous Sandul Gompa, which lies 8km east of Tarakot and at the junction of Barbung Khola and Tarap Chu, stands on a knoll to the south of Bheri River and at one time supervised collections of tolls for the trading caravans traversing an area called Tichu Rong.

To reach Dunai, the trail is mostly down though fairly firm underfoot. Walking beside the Bheri River you use the ingenious path built twenty feet above the river. Dunai is a much larger village, or small township, and is the administrative headquarters of the Dolpo region.

Overnight: Camp (Meals: BLD)

Day 21: Trek to Juphal, 2,475m/8,120ft - 3 hours.

Your trek continues today, once again following the Tarap gorge. The path goes mostly down hill although there is a small ascent to bring you to a small Stupa. From here continue walking downhill to Nawarpani and on to Chhyugar. This small settlement has a seasonal tea shop so you may be able to find a welcome treat or two!

Overnight: Camp (Meals: BLD)

Day 22: Fly to Kathmandu via Nepalganj. Transfer to hotel.

It's an early start this morning for your flight to Nepalganj. This is a wonderful 35 minute flight over the Himalayan foothills, with fine views of the main peaks including Annapurna and Dhaulagiri to the north. Depending on the flight time from Juphal, you may have time to grab lunch at the Kitchen Hut Hotel before your connecting flight to Kathmandu. On arrival in Kathmandu you will be met and transferred back to your hotel.

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

Day 23: At leisure in Kathmandu.

You may just want to relax at your hotel today but there will be time for sightseeing and some souvenir shopping if you're in the mood. No doubt, you will also want to celebrate your long and exciting journey.



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

Day 24: Fly to London.

After breakfast you will transfer to the airport for your flight home. **(Meals: B)**

Our grading system

Snow Leopard Trek, Upper Dolpo 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:

- ✓ 22 x breakfasts, 20 x lunches, 19 x dinners
- ✓ 4* hotel accommodation in Kathmandu on a twin-share, bed and breakfast basis
- ✓ Best available hotels in Nepal on a twin-share, full-board basis
- ✓ 18 nights full-service camping with good quality equipment. Tents on a twin-share basis.
- ✓ Restricted area permits
- ✓ An experienced, English-speaking Nepali trek guide and support team
- ✓ Free use of a good quality down jacket and sleeping bag with liner on trek
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ All internal flights and hotel/airport transfers
- ✓ A satellite phone is carried by your guide in case of an emergency
- ✓ Costs of all portage and their insurance
- ✓ All road transport by private vehicles
- ✓ Carbon offsetting with the Ecoan tree-planting project for clients taking our flight-inclusive option
- ✓ A free high-quality Mountain Kingdoms kit bag

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Lunch and evening meals in Kathmandu
- ✗ 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 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.



Kitchen Hut Hotel or Similar, Nepalgunj

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



Camp

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

Meal arrangements

- ✓ 22 x breakfasts, 20 x lunches, 19 x dinners. Bed and breakfast in Kathmandu, all meals on trek and in Nepalganj.

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.

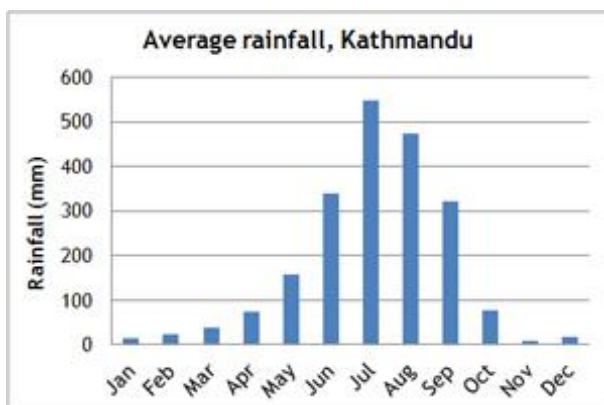
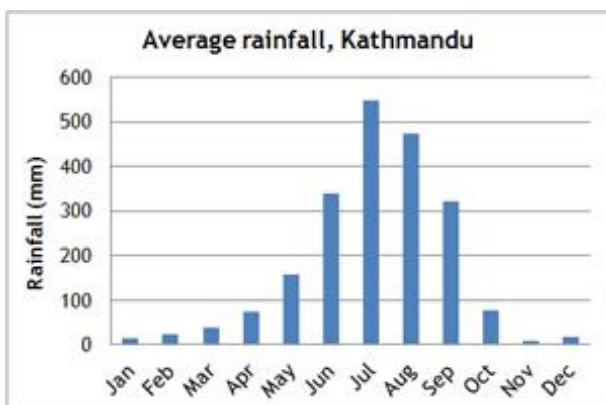
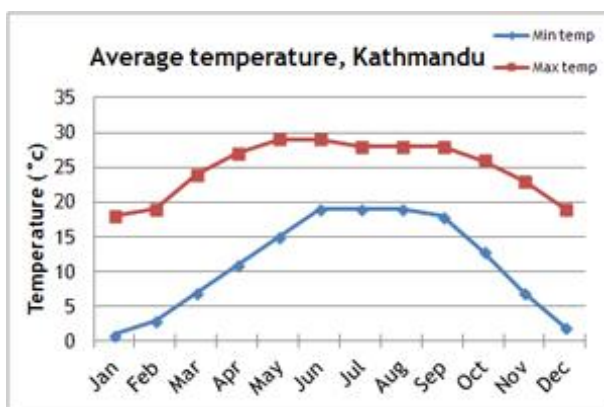
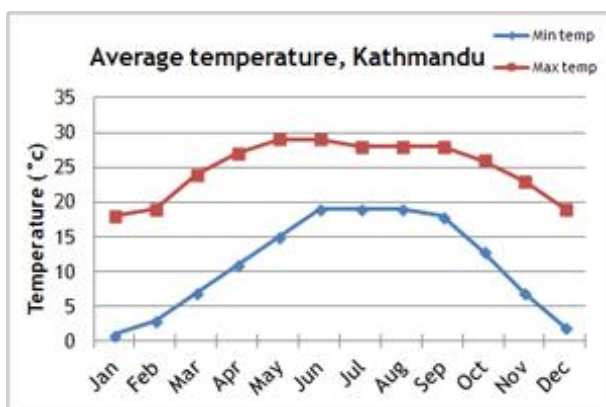
Further information

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?

- A superb route with excellent acclimatisation following Peter Matthieson's original journey in search of snow leopards.
- We include a kora of the fabled Crystal Mountain and a visit to Shey Gumpa. To maximise the cultural interest we also include visits to important monasteries and several villages.
- We provide a good quality down jacket, sleeping bag and liner to be used, free of charge, on trek.
- We use the best camping equipment available and include many small touches that add greatly to the level of comfort you will experience on this trek.
- We use well-located, 4-star accommodation in Kathmandu.
- We have a wealth of Himalayan experience in the company. Our Operations Manager, Niki Morgan, has completed this trek so call her on 01453 844400 if you want to know more.
- 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



Loved everything. Upper Dolpo is so so so remote and so so so spectacular. Every day was incredible. Scenery so varied over the three weeks trek. Villages very individual and varied with extensive crops or animals. Very welcoming locals and stunningly beautiful (& many ancient) monasteries (though very few monks). New "roads" arriving to connect these remote areas although most only useable by mule and motorbikes in dry conditions and will likely always be hindered by land slips.

-Clare, London



A fantastic trip, road building is continuing at a rapid pace, go now before it's too late to see the beauty and remoteness of this stunning area and meet it's wonderful people.

-Zoe, Cheshire

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.

