

Curzon's Trail & Kuari Pass, India

A stunning remote trek in the Garhwal Himalaya.



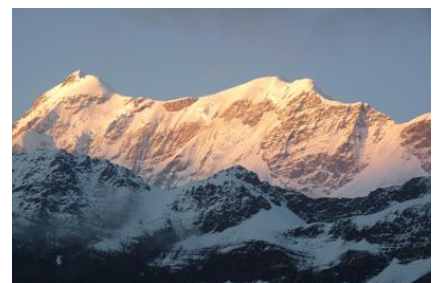
Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Camping, River Lodge, Train
Grade	Vigorous
Duration	17 days from London to London
Trekking / Walking days	On trek: 10 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader India
Land only	Joining in Delhi, India
Max altitude	3,658m/12,001ft, Kuari Khal, Day 13

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2021 Dates:

Sat 08 May - Mon 24 May

Sat 02 Oct - Mon 18 Oct

2022 Dates:

Sat 07 May - Mon 23 May

Sat 01 Oct - Mon 17 Oct

2023 Dates:

Sat 06 May - Mon 22 May

Sat 30 Sep - Mon 16 Oct

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



Your leader will be a knowledgeable, friendly, English-speaking Indian guide. We use one of the largest and oldest tour operators in India who have excellent, highly-trained staff.

Your trip highlights

- A stunning trek in the Garhwal Himalaya over the Kuari Pass
- High mountain passes, dense forest and wide open meadows, with few other trekkers
- Spectacular views of Trisul and Nanda Devi
- Fully supported camping trek to a little-visited area
- A train ride to Haridwar and rafting to Rishikesh along the Ganges

At a glance itinerary

Days 1-2	Fly to Delhi. Train to Haridwar. Drive to near Rishikesh
Days 3-4	Drive to Loharjang via Rudraprayag.
Days 5-6	On trek to Didana and Gorati Patal.
Days 7-8	Trek to near Sutol via Kunol.
Days 9-10	Trek through Dekhandhar to Ghunni. Continue to Jhinji.
Days 11-12	Continue trekking to Kaliaghat and on to Dhakauni.
Day 13	Trek across the Kuari Pass (Kuari Khal), 12,000ft/3,658m, to Kulara.
Days 14-15	End trek at Tapovan. Drive to Joshimath and near Rishikesh.
Day 16	Raft to Rishikesh. Transfer to Haridwar. Train to Delhi.
Day 17	Fly back to London.

Trip summary

This trek is truly one of India's hidden gems, offering spectacular views of the Garhwal Himalaya and taking you along trails through a remote region where few western trekkers come. You will be walking in the footsteps of Lord Curzon, who in 1905, when Viceroy of India, first blazed this trail. He was followed later by Shipton and Tilman on their way to Nanda Devi. Today, you may revel in the peace and breath-taking beauty of these mountains and enjoy the company of your friendly trekking crew and just a few passing pilgrims, local shepherds and only the occasional trekker. You will trek over mountain passes and through dense forests of oak, pine, rhododendron, fir and deodar, crossing many streams and traversing beautiful grassy 'bugyals', the wide open alpine meadows so typical of this region, which serve as high altitude summer grazing grounds. Camp sites on this trek are a delight - carpeted with grass and flowers and enjoying wonderful views. Throughout the trek you will get the most amazing views of the mountains of the Garhwal Himalaya, including Trisul, 7,120m/23,360ft, the trident Nanda Ghunti, 6,309m/20,699ft, the tooth like Changabang, 6,864m/22,520ft, the unmistakable pyramid of Kamet, 7,756m/25,446ft, and Nanda Devi itself at 7,817m/25,646ft.

The crossing of the Kuari Pass, 3,658m/12,001ft, described as having one of the finest views in the Himalaya, is a fitting climax to the trek and from here you will enjoy spectacular sunrise views of an array of the high peaks. Almost as superb are the views from the beautiful meadows at Gorson's Top, from where you will have a spectacular panorama of the legendary Nanda Devi, at 7,512m/25,648ft one of India's highest mountains, surrounded by an awesome 6,000m/19,800ft wall which forms the 'sanctuary'. The British spent decades attempting to penetrate the goddess's sanctuary, finally succeeding in 1934 when Eric Shipton and Bill Tilman crossed the Kuari Pass on their way to the Rishi Gorge and Nanda Devi. Nowadays the Sanctuary itself is closed but this trek is a fabulous alternative.

After descending from Gorson's Top to the pilgrim town of Joshimath, you complete your journey with a morning's rafting on the Ganges River by the holy city of Rishikesh, and a train ride back to Delhi.

Your trip itinerary

Day 1: Fly London to Delhi.

Fly overnight from London to Delhi.

Overnight: In flight

Day 2: Arrive Delhi. Group transfer to the Broadway Hotel for lunch. Afternoon train to Haridwar - 6 hours. Transfer to Bull's Retreat - 1½ hours.

You will arrive in Delhi in the morning, and will be met and transferred to the Hotel Broadway for a wash and change and lunch will be provided in the hotel's unusual restaurant. After lunch you will be transferred to the Old Delhi railway station to take the afternoon train to Haridwar, a journey of about 6 hours. You will then be transferred to Bull's Retreat near Rishkesh. Bull's Retreat is a lovely resort set on the edge of forest just a short walk from the River Ganges.

Overnight: Bull's Retreat River Lodge, Near Rishikesh (Meals: L D)

Day 3: Drive to Rudraprayag.

After breakfast, you drive eastwards, up river, for about 4 hours to Rudraprayag. Rudraprayag is situated at the holy confluence of Alaknanda and Mandakini rivers and the area is famous as the spot where the famous colonial hunter, Jim Corbett, killed with his last bullet, the Man-Eating Leopard of Rudraprayag, which had reportedly killed more than 125 local people over an 8 year reign of terror. The book is a classic read.

You will stay overnight at the Monal Resort Hotel, near Rudraprayag.

Overnight: Monal Resort Hotel (Meals: BLD)

Day 4: Drive to Loharjang, 6,561ft/2,000m - 5-6 hours.

After an early start you follow the River Ganges until Deoprayag, the confluence of the rivers Alaknanda and Bagirathi. The road then follows the Alaknanda River, and finally the Pindar River up to Tharali. You are at the mercy of road conditions and while the road is good up until Karnprayag, there are often rough sections to cross up to Debal. From Debal the road runs up to Loharjang. You are likely to be woken to the gentle cries of the myna birds roosting in the nearby trees.

Overnight: Camp (Meals: BLD)

Day 5: Trek to Didana, 8,202ft/2,500m - 4-5 hours.

You start trekking down into the Gyan Ganga valley, entering rhododendron and oak forest, with parties of laughing thrushes, drongos and magpies. After an hour or so you reach a clearing with panoramic views of steep forested hillsides where you may spot soaring birds of prey and in spring hear the distinctive sound of the cuckoo. You continue to the river valley which takes around 2 hours from the start of your walk, and you follow the river valley before crossing the river and making the steep climb on a good path to the small village of Didana. Your first camp is above the village just below the forest, a very scenic spot in an open grazing meadow.



Overnight: Camp (Meals: BLD)

Day 6: Trek to Gorati Patal, 11,000ft/3,354m - 6-7 hours.

The day starts with a steep climb up through the forest. After three hours you will emerge above the tree line for wonderful views of Chaukhamba and Nilkanth as you walk along high grassed ridges before reaching the meadows of Bedni Bugyal. This high meadow is the main camp used by travellers on the great pilgrimage to Roop Kund that takes place every 12 years. It is a beautiful place dotted with shrines and temples and the morning gives awesome views of Trisul, as well as of the mountains of the Garhwal such as Nilkanth to the northwest. You will continue for 30 minutes to reach Gorati Patal where you will camp tonight.



Overnight: Camp (Meals: BLD)

Day 7: Trek to tourist bungalow above Wan, 8,045ft/2,437m - 3-4 hours.

The track makes a long, steep descent through a fine forest of firs and rhododendrons and across a beautiful clearing with much of the track being paved. After another drop, you reach the river 2 hours later. After a climb you reach the main valley, at the head of which is Wan. You camp above the village, by a tourist bungalow, on a wide tree-fringed terrace. Just above the bungalow is the sacred grove of Latu, another famous local devta (spirit), whose temple lies under one of the biggest Deodar trees in India. Unfortunately some of its branches have snapped off near the top. Wan is a fascinating old village where the men and women continue to wear traditional Garhwali brown, homespun wool blankets pinned across the chest. There are lovely views across the valley of small hamlets amongst the steep terraces and forested hillside. The fine forest is a perfect habitat in which to find hooded oriole, laughing thrushes and flycatchers.

Overnight: Camp (Meals: BLD)

Day 8: Trek to near Sutol via Kunol, 7,500ft /2,300m - 6-7 hours.

Walking on past Latu's temple the path climbs gently up through magnificent cypress trees to the beautiful Kukin Khal pass at 10,070ft/3,069m, reached in about 1¾ hours. There are two graves of holy men here. The path drops down to broad meadows with the track marked with stone rows on either side. Another 45 minutes takes you to the end of the broad meadows to near Kunol. From here the track drops down east again on a long undulating traverse through magnificent forest, filled with monkeys, to the confluence of two rivers where you will camp below Sutol after a further 2½ hour walk. You may get views of Trisul through the trees.

Overnight: Camp (Meals: BLD)

Day 9: Trek to Ghunni, 8,200ft/2,500m, via Dekhandhar, 6,955ft/2,120m - 9 hours.

A short climb brings you to Sutol, a lovely village with paved alleys and heavy slate roofs. There is a post box here should you wish to post letters. The track now traverses along the valley with a number of ups and downs and huge drops to the river gorge below, through forests smelling of fir trees. After dropping to a river, crossed by a green girder footbridge there is a long steep climb to a little temple on a col at 8,200ft/2,499m. From here, passing fields and small holdings and dropping once again to a side river, there is a good place for lunch after a total of about four and a half hours. A very steep upper track leads you to a bridge and then after a gradual climb through forest you will emerge near farms and fields up to Dekhandhar at 6,955ft/2,120m, on a ridge with amazing views of Trisul, one and a quarter hours from the lunch stop. As you pass through the village of Ala you will see a house with magnificent carvings on the porch. After about four hours you reach your camp by the school of the small village of Ghunni.

Overnight: Camp (Meals: BLD)

Day 10: Trek over the Ramani Pass to Jhinji - 5 hours.

From Ghunni you will climb steeply over 1,000ft/305m from the camp on a good zigzagging track to emerge on open grassy grazing meadows. Snow peaks begin to emerge above the forest to the north. You then begin to climb steeply again as the path moves diagonally through forests of rhododendrons, pines and holm oak with more pastures for summer grazing, with shepherd huts below to your right. You may meet flocks of sheep and

goats moving along the track. The highest point, reached in two and a quarter hours from the camp, at 3,064m/10,053ft, is the Ramani Pass, also called Binayak Top. There are magnificent views of Trisul through the trees. It is also possible to make out the Kuari Pass which you cross on day 13. From now on there may be a chance to see the multi-coloured monal pheasant but they are very shy, being hunted by the locals for the pot.

You then trek gently down for a while across more pastures and open glades, then into lovely forests of horse chestnuts and walnut trees with waterfalls. The track now starts a steep and long zigzag descent, reaching the colourful village of Jhinji.

Overnight: Camp (Meals: BLD)

Day 11: Trek from Jhinji to Kaliaghat, 7,500ft/2,300m - 5 hours.

From Jhinji the trail today carries on down, past small farms through woods. The trail carries on down past small farms through woods to the spectacular suspension bridge at 6,037ft/1,840m across the Birehi Gorge, currently inhabited by a large number of monkeys. From here a very steep climb takes you back to 2,250m/7,382ft where the track eases after one and a half-hours ascent. From here the path is almost flat passing through fine rhododendron forest, with long-tailed magpies flitting about. There are many streams and waterfalls as the route contours round many deep re-entrants. If you look down to the deep gorge below, you can see the landslide and the Gauna Lake, which burst to flood the whole of the Ganga Valley down to Rishikesh in 1898. After going round the head of a horseshoe valley you reach two lovely rivers cascading down under the path. From here there is a short climb to a spot called Kaliaghat, a good campsite near the village of Pana.

Overnight: Camp (Meals: BLD)

Day 12: Trek to Dhakauni via Sartoli and Domabhati, 11,000ft/3,353m - 7 hours.

This is another long, but spectacular day. The route traverses above the village and then starts a steep climb up into rhododendron forest, with many zigzags - it is a broad, well-made track but after quite a number of false summits, a col is reached at 9,842ft/3,000m. The path now descends gently, traversing along the valley, to open meadows with views across to the Kuari Pass. The track then traverses down around the side of the valley, across several streams, before it plunges down a very steep and loose section, much of which has been washed away by the monsoons - an awkward and loose descent. At the bottom, you will see to your right that the river has cut through a deep rocky dramatic gorge. This is wild country with no settlements, and blue sheep and Himalayan black bear are said to be roaming here. From the river, it is a very steep climb of about 3,000 feet/900m with a small break about half the way up to cross a large stream. A final climb brings you above the tree line to the campsite on the large pastures where sheep and goats graze in summer, with the Kuari Pass towering above.

Overnight: Camp (Meals: BLD)

Day 13: Trek from Dhakauni, across the Kuari Pass (Kuari Khal), 12,000ft/3,658m, to Tali - 5-6 hours

The day starts early today - so you don't miss out on the magnificent early morning views at Kuari Pass. The trail from Dhakauni climbs through the forest, past the tree-line...and then you wait. Wait for the spectacular Himalayan views that the early morning sunrise will bring!

After taking your time to admire the views and take your photos you begin your descent. The trail descends to a fork where you follow the path to Tali that leads eventually to a ridge with a temple and prayer flags fluttering in the wind. From here the two massifs of the divine Nanda Devi (Bliss-Giving Goddess) come into view. On a clear day you would be able to see Dronagiri, Trishul, Changabang, Hathi Parbat and Rishikot as well. This is where you will settle for the night - in a meadow with rhododendron trees, gazing up at this panoramic view of the Himalaya.

Overnight: Camp (Meals: BLD)



Day 14: Trek to Auli via Gorson's Top. Drive to Joshimath, 6,562ft/2,000m.

The trail from Tali is a gradual climb across the mountain ridge which narrows down until it reaches three grassy dunes, collectively called Gorson's Top. Here the Himalaya achieve a kind of perfection; the view is of a formidable fortress standing guard over the Nanda Devi Sanctuary, a place Sir Edmund Hillary once called a "God-gifted wilderness", and from the centre rises the divine Nanda Devi, all 7,817 meters of her! Time stands still here and you now understand why the Himalaya enthralled Lord Curzon as much as it did.

Trek completed, you meet your driver at Auli and drive to Joshimath for your overnight stay.

Overnight: Dronagiri Hotel (Meals: BLD)

Day 15: Drive to Bull's Retreat near Rishikesh - approximately 8 hours.

A long but excellent journey with fabulous scenery, especially for the first 50 km or so. Cliffs, waterfalls, rainbows, jungle, views of Elephant Parbat and Horse Parbat. It becomes more tropical the lower you descend with monkeys, palm trees, huge butterflies, and of course it is becoming hotter all the time.

Overnight: Bull's Retreat River Lodge, Near Rishikesh (Meals: BLD)

Day 16: Rafting in Rishikesh. Evening transfer to Haridwar. Train to Delhi.

Rishikesh is the ancient road-head for all pilgrim traffic and this small town, in the season, is bursting with groups of villagers from all over India, clamouring for seats on the buses to the four hill shrines. The northern part of the town is called Muni-ki-Reti and refers to the silver shores of the river where the rishis of old meditated. Across the Ganga, large, sprawling but well-maintained ashrams teach yoga and publish books on the scriptures. There will be time for a morning's rafting before driving on to Haridwar in time for your train to Delhi. Your train arrives Delhi in the late evening and you will be met and transferred to your hotel.



Overnight: Red Fox Hotel or Similar, Delhi (Meals: BLD)

Day 17: Group transfer to the airport. Fly to London.

After breakfast you will be transferred to airport for your flight back to the UK. **(Meals: B)**

Our grading system

Curzon's Trail & Kuari Pass is graded as a Vigorous 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.

These holidays would suit enthusiastic hill/mountain walkers.

Trip altitude

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

What the price includes

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

What's included:

- ✓ Good standard hotel accommodation on a twin share basis
- ✓ Bed and breakfast in Delhi, all meals elsewhere
- ✓ All train fares and rail travel in air-conditioned carriages
- ✓ A free Mountain Kingdoms kit bag
- ✓ All camping facilities and all meals on trek
- ✓ Camp staff to carry out all camp work
- ✓ All park fees and permits
- ✓ Rafting to Rishikesh
- ✓ Costs of all portage and their insurance
- ✓ All road transport by private vehicles
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ Single, timed group airport transfers on arrival and departure
- ✓ Opportunity to join one of our pre trip meets in the Cotswolds

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
- ✗ Tips
- ✗ Visa fees

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>.

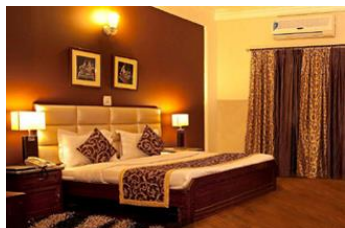
Your accommodation

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.



Bull's Retreat River Lodge, Near Rishikesh

Bull's Retreat is an 18 room resort named after Colonel Narindar 'Bull' Kumar, one of India's most celebrated mountain climbers. All rooms are air-conditioned with en suite bathrooms. The resort is built on the edge of the forest and just a short walk from the River Ganges.



Monal Resort Hotel

This hotel has a lovely situation with fabulous views up the valley near Rudraprayag.



Camp

On our camping treks, the following are provided: sleeping tents, 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 just trek with a light day sack.



Dronagiri Hotel

Dronagiri is the best hotel in Joshimath, offering good food and service. The hotel is away from the main town but close enough for you to be able to walk to it if you feel like stretching your legs.



Red Fox Hotel or Similar, Delhi

This is a pleasant, modern hotel conveniently located next to Delhi airport. Rooms are comfortable with all facilities.

Meal arrangements

All meals are included from lunch in Delhi on Day 2 to breakfast on departure day: 15 breakfasts, 15 lunches, 15 dinners.

Flight arrangements

Flight inclusive from price

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

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

Flight upgrades and regional Airports

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

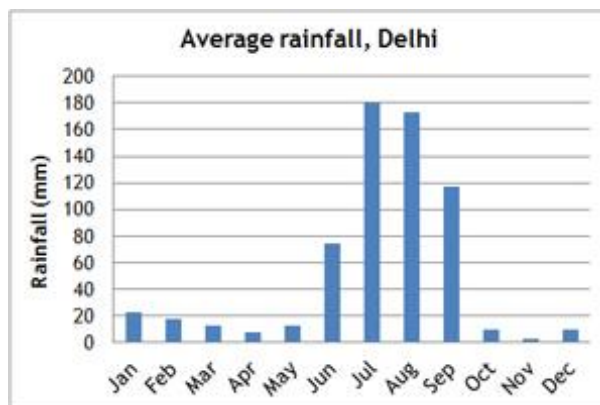
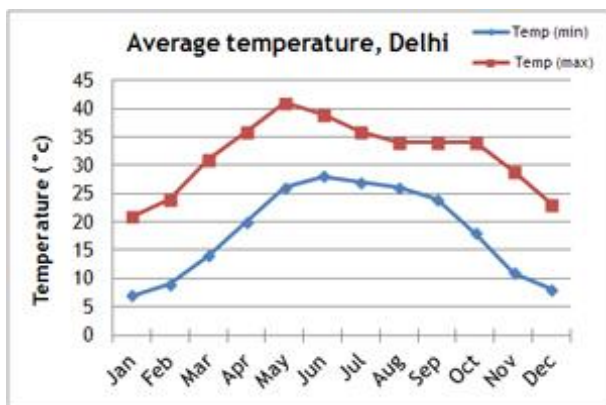
Further information

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

The nature of adventure travel

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

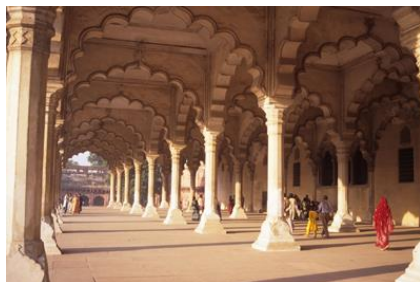
Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



Additional accommodation in Delhi

If you would like to stay longer in Delhi we can arrange additional nights and upgrades from our selection of first rate hotels such as the Oberoi Maidens in the city or Claridges Hotel in New Delhi.

Agra, Taj Mahal & Jaipur

We offer various extensions to Agra, from a one-day visit to see the majestic Taj Mahal to a six-day trip to visit both the Taj and the Amber Fort at Jaipur. All options travel to Agra on the Shatabdi Express and include the services of an English speaking guide, sightseeing and private transport.



Ranthambore National Park

Ranthambore National Park in Rajasthan is one of the finest national parks in northern India. It has a diverse range of habitats attracting a fantastic variety of wildlife including tigers, leopard, bears and monkeys as well as a large number of exotic birds. We can arrange a three night stay at a jungle camp from where you can enjoy many wildlife watching activities such as nature walks, jeep safaris and bird watching.



Corbett National Park

Corbett was India's first national Park and hosts a spectacular range of mammals, reptiles and birds including a large population of Royal Bengal tigers, elephants and leopard. For this extension, you take the train to Ramnagar for a three night stay at a lovely lodge with a full programme of elephant-back and jeep safaris, jungle walks and bird watching.

Why book this holiday with Mountain Kingdoms?

- This is a unique itinerary including the Kuari Pass trek where you will have a very rewarding experience with spectacular scenery and hardly a western trekker in sight.
- Your trek will be led by a knowledgeable, well-trained English-speaking guide supported by an experienced trekking crew who will provide an excellent standard of service. Your gear will be portered for you so all you need to carry is a small daypack.
- We include a rafting trip on the Ganges and train rides to/from Haridwar for a varied range of activities.
- We have a maximum group size of 12 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 travel experience at Mountain Kingdoms. If you have any questions about this holiday, contact Steve or Niki on 01543 844400 who have both trekked in this region.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting tours and 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.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

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

What our clients say



The overall package, from arrival to departure, we were looked after...
- Mr & Mrs L, Wiltshire

This trek is one of India's hidden gems...
-Niki Morgan, Operations Manager

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.

