

Dhaulagiri Sanctuary Trek, Nepal

Trek to the base of the world's seventh highest peak on a new, little-known route through unspoiled villages and magnificent mountain scenery.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Lodge, Camping
Grade	Vigorous
Duration	16 days from London to London
Trekking / Walking days	On trek: 12 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Nepal Sherpa Leader
Land only	Joining in Kathmandu, Nepal
Max altitude	4,100m, Seti Baraha Lake, Day 12

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2021 Dates:

Sat 03 Apr - Sun 18 Apr

Sat 16 Oct - Sun 31 Oct

2022 Dates:

Sat 09 Apr - Sun 24 Apr

Sat 15 Oct - Sat 30 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.

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



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

Your trip highlights

- Be among the first to trek this new trail up to Dhaulagiri South Base Camp over the Gauda Kharka pass and down into the Kali Gandaki Gorge
- Enjoy varied scenery and fantastic views of towering snow-capped peaks
- Trek into the heart of the high Himalayas without ascending to excessive altitude - high point 4,100m
- Observe traditional rural life as you walk through picturesque villages little changed by time
- Experience the comforts of a full service camping trek with first-rate equipment, good, nutritional food, and free hire of duvet jackets and sleeping bags

At a glance itinerary

Days 1-2	Fly to Kathmandu
Day 3	Fly to Pokhara. Drive to Beni and trek to Jamuna Kharka
Days 4-9	Trek to Dhaulagiri Base Camp via Todke Hill, Chhari and Sunga Thala Falls
Days 10-12	Trek to Seti Baraha Lake
Days 13-14	Trek to Ghasa and drive to Pokhara
Days 15-16	Fly to Kathmandu, and fly back to UK

Trip summary

West of the Annapurnas lies the world's seventh highest mountain, Dhaulagiri, named from the Sanskrit for 'beautiful white mountain'. No less beautiful are the villages which lie in the mighty mountain's shadow. Here, away from popular trekking routes, rural life has changed little for centuries and Dhaulagiri provides a perfect backdrop for our wonderful new trek. Until recently trekking in this region has been the preserve of only the hardest of trekkers, those willing to tackle the long, high and challenging Dhaulagiri Circuit. But now, with the addition of this newly opened route, it is accessible to those seeking a more achievable, yet still adventurous Himalayan trek.

A short drive from Pokhara brings you to the start of the trek. You ascend through pretty terraced fields and pine forest until the mountain views start to open up before you. There are almost no tea houses on this off-the-beaten-track route which means that despite the scenic grandeur you are unlikely to meet any other western trekkers. Along the way you'll find attractive villages and small settlements inhabited by local ethnic groups such as the Magars and Chhantiyals where lush terraces on impossibly steep hillsides are still farmed using back-breaking traditional methods.

The trail eventually leads you right into the heart of the Dhaulagiri Sanctuary to reach Dhaulagiri's southern base camp under the mountain's soaring south face. After soaking up the views you descend from the Sanctuary and then turn to the east towards the Annapurnas for the equally exciting trek out. Two days of steady ascent brings you to the long Gauda Kharka pass. Here, at the far end of the pass, you find the small lake of Seti Baraha and just above it, a superb viewpoint with breathtaking panoramic views of Manaslu, Annapurna South, Nilgiri, Annapurna I and Baraha Shikhar. Another day and a half and you will be back down in the dusty Kali Gandaki Valley, the mountain solitude left behind as you drive to bustling Pokhara and then fly back to Kathmandu.

This is a wonderful trek for the fit, enthusiastic trekker who wants to experience a rewarding Himalayan trek in relative solitude, and all within just two weeks.

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 the Shangri La Hotel. Kathmandu is a wonderful mix of the ancient alongside the modern. Crowded bazaars still throng with 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.

Overnight: Shangri La Hotel, Kathmandu

Day 3: Fly from Kathmandu to Pokhara. Drive to Beni Bazaar - 2½ hours. Trek to Jamuna Kharka, 1,470m - 4 hours.

You will be met at your hotel and taken to the airport for your 25 minute 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.

You will be met on arrival and driven directly to Beni Bazaar, 81km west of Pokhara. Although very small, Beni Bazaar is a busy, bustling market town and the district headquarters of Myadgi district. Here you will meet your trekking crew and set straight off on trek taking a track that climbs out to the north of Beni Bazaar. The dirt road almost immediately becomes a small foot-trail that is used by the villagers to commute to and from the bazaar below. You follow the trail as it climbs steeply up into the terraced fields and pine forest overlooking Beni Bazaar.



After walking for a further hour or so, you come to the small hilltop of Jamuna Kharka. On the edge of the hill you will find a tiny, newly built temple in honour of the Goddess Durga. Continuing uphill from the temple you enter the main village of Januma Kharka from where there are great views down to Beni Bazaar and the surrounding verdant hills. You make your way to the primary school in the centre of the village where you will camp tonight in the grounds.

Overnight: Camp (Meals: BLD)

Day 4: Trek from Jamuna Kharka to Todke Danda, 2,478m - 8 hours.

Your first few hours of trekking this morning will be through the small settlements of Baskot, Jagannath and Tori Pani where you will see the local people going about their traditional rural lives using farming methods little changed over the generations. Next you climb the steep hill of Kot Danda and enter a dense forest full of a rich variety of trees and plants and alive with the sound of birdsong. The forest walk is steep in places as you climb small hills which give good vantage points. You will stop on one to enjoy a picnic lunch overlooking the distant villages now behind you and the mountain peaks that lie beyond.

The last leg of today's trek is more easy-going as you walk over small hilltops covered with aromatic flowering plants and herbs until you eventually reach the small summit of Todke. From here, if the weather is clear, there are far-reaching views towards the towering, snow-clad giants of Dhaulagiri, Nilgiri, Mana Pathi and many others. Close to the top of the hill is a newly built and well equipped lodge, Todke Hill Resort, where you will stay for the night. This cosy lodge, with 12 comfortable rooms, was built as a joint Japan-Nepal venture.

Overnight: Todke Hill Resort Lodge (Meals: BLD)

Day 5: Trek from Todke Hill to Rayakhor, 2,190m - 8 hours.

Today you begin by descending well-paved stone steps. The trail then disappears into lush rhododendron forest which is bursting with colourful blooms in the springtime. The first half of the morning passes quickly by as you walk downhill through numerous fields and pastures. Below you can see the distant village of Jhi with its pleasingly uniform slate roofs, but your trail takes you in a different direction heading north eastwards away from Jhi to the village of Pakhapani. You will probably have your lunch at the lower reaches of Pakhapani, a pretty area where there are numerous waterfalls and streams.

The trail continues, undulating up and down, passing fields and terraces where it is interesting to observe the local people cultivating their tiny pockets of land in the age-old way using ploughs pulled by a pair of bulls.

Your day ends with steps up into the village of Rayakhor, dramatically situated on a ridgetop. This is another great point to savour views of the Dhaulagiri Massif with Dhaulagiri seeming much broader from this viewpoint than from other locations. Your campsite for the night is in the grounds of Rayakhor Primary School.

Overnight: Camp (Meals: BLD)

Day 6: Trek from Rayakhor to Chhari, 2,446m - 7 hours.

After a quick descent in the morning, the trail comes to the small village of Patle Pani. There you cross the famous Rahu Khola (river) for the first time. The Rahu Khola originates at the south base camp of Dhaulagiri, and the process of criss-crossing this river begins here. You cross and re-cross this river more than 25 times before reaching the base camp. You will stop for lunch at Ghyasi Kharka, a small village densely populated by an indigenous ethnic group called Chhantyal who have their own ancient culture and religious practices. Historically, the Chhantyal people were skilled miners of copper ore but when this became unsustainable they turned to farming instead, primarily in the Dhaulagiri area.



Continuing after lunch, the good trail follows the Rahu River and the going is pretty gentle. Eventually you reach Chhari, a small plateau situated on the bank of the Rahu Khola. This is the last human settlement until you reach the other side of the mountain pass. There is one house that belongs to a member of the Chhantyal tribe. It appears abandoned but there is a family living there, making a living hunting for Yarcha Gumba, the prized aphrodisiac fungus.

Overnight: Camp (Meals: BLD)

Day 7: Trek from Chhari to Sunga Thala Falls, 2,780m - 6 hours.

In the morning you will begin by crossing the Rahu Khola again and then tracking its north east bank for about half an hour. The trail then climbs over a small cliff and descends into forested terrain, and you will walk for the remainder of the day beneath tall trees of alder, needle-wood, pine and and birch.

Your lunch stop is at a tiny, grassy pasture surrounded by tall trees called Lower Bhedi Kharka. After lunch you continue to follow the Rahu Khola upstream, and mostly uphill. You are now at higher altitude so you may experience some shortness of breath.

After walking beneath the canopy of the forest for a further three hours, you reach a large open grassy area, Sunga Thala pasture, which will be your home for the night. This beautiful place is surrounded by trees and hills with many streams and tumbling waterfalls. One of the most dramatic is Sunga Thala Falls, which cascades from the overhanging cliff just opposite the camp site. It is a great place to rest and relax after your long walk through the forest.

Overnight: Camp (Meals: BLD)

Day 8: Sunga Thala Falls to just beyond Kali Barah Dovan, 3,469m - 4 hours.

There is a steep climb in store for you this morning, passing lots of bamboo as you ascend to Odar Camp, an area sometimes used for shelter by yarcha hunters.

Yarcha Gumba (*Cordyceps synensis*), or caterpillar fungus, is a highly prized herbal medicine reputed to be worth more than gold. This valuable fungus is actually a parasite that grows from the head of a caterpillar, and is only found in the Himalaya on the edge of certain permafrost areas above 3,500 meters. The fungus is widely used in both Chinese and Tibetan medicinal traditions, and is prized for its reputed properties as an aphrodisiac.

After Odar Camp, the trail becomes gentler, almost flat until you once again encounter the Rahu Khola at Dovan. The river, now almost at its source, thunders down the rocky moraine. In the 2018 monsoon, there was a big avalanche on Dhaulagiri South that triggered a huge flood on the Rahu Khola and many of the wooden bridges downstream were washed away.

After crossing the river and keeping to the left hand side of the moraine for about 40 minutes, the trail again crosses the river, leading on towards Dhauagiri South Base and Kali Baraha Lake. You will camp around this area tonight.

Overnight: Camp (Meals: BLD)

Day 9: Trek from just beyond Kali Barah Dovan to Dhaulagiri Base Camp, 3,810m - 4 hours.

After a hearty breakfast you leave camp, keeping to the right side of the moraine. The trail climbs steadily and you will soon be above the tree line; only small clumps of high altitude adapted vegetation now punctuate the rock. It takes around another three hours of steady ascent to reach tonight's campsite which is known as the trekker's base camp for Dhaulagiri. The main base camp, used by mountaineers making an ascent of the mountain, is another 90 minutes uphill and you will visit this early the next morning, however it is better to camp a bit lower down.



There are multiple peaks in the Dhaulagiri Himal which stand at over 7,600m, the highest of which is Dhaulagiri I, the world's seventh highest mountain at 8,167m/26,795ft. The colossal southeast face rises over 4,000m vertically above base camp, and was first properly climbed in 1981 by three mountaineers from former Yugoslavia.

You will have time to explore around base camp this afternoon after arriving into camp.

Overnight: Camp (Meals: BLD)

Day 10: Trek to Dhaulagiri Expedition Base Camp and on to Phedi Kharka, 2,975m - 8 hours.

Today you rise early and trek uphill for around an hour and a half until you reach Dhaulagiri South Base Camp, the base for climbers making a summit bid. Here you will have time to explore the dramatic surroundings. Known also as the 'White Mountain', Dhaulagiri was first summited by a team of Swiss, Austrian and Nepali mountaineers in the spring of 1960, since when there have been many successful climbs. There is a vast plateau sitting at the base of the Dhaulagiri Massif and you will really get the sense of the challenge involved for climbers setting out to reach the summit. Dhaulagiri is a very impressive sight indeed!

You return to last night's camp after your excursion, and then retrace your steps back to Sunga Thala Falls - where you might break for lunch - and then continue down for a further 90 minutes until you reach Phedi (Bhedi) Kharka - not to be confused with nearby Lower Phedi Kharka where you had lunch on Day 7. This Phedi Kharka is the base camp for your trail up and over the Gauda Kharka pass to Seto Baraha Lake and then down into the Kali Gandaki Valley, technically one of the deepest valleys in the world as the Dhaulagiri Massif rises above it on one side and the Annapurna Himal on the other. Again, you will enjoy good views of Dhaulagiri from here.

Overnight: Camp (Meals: BLD)

Day 11: Trek from Phedi (Bhedi) Kharka to Pairo Kharka, 3,210m - 7 hours.

A hearty breakfast is required this morning as today there is only one direction - up, up and up! It's not too steep, or the distance too long, but due to the terrain through the forest, it's quite an arduous day and takes longer than you might expect. You will stop for a welcome lunch break roughly half way through your ascent.

Relief comes at the end of the day as the trail finally levels out. It leads to Pairo Kharka, initially hidden between the sharp folds of the hills, where you make camp for the night.

Overnight: Camp (Meals: BLD)

Day 12: Trek from Pairo Kharka to Seti Baraha Lake, 4,100m - 4 hours.

Today you begin by walking fairly steeply uphill for an hour or so. After that the valley widens and numerous gentle hilltops unfold before you. Make sure you also stop to look back the way you have come to catch the last views of Dhaulagiri.

You continue more gently uphill now, over the long Gauda Kharka pass. At the far end of the pass you reach the small lake of Seti Baraha - a truly wonderful spot and the highest point of your trek. It is worth walking a few minutes beyond the lake to the magnificent viewpoint from where there are superb views of Manaslu, Annapurna South, Nilgiri, Annapurna I and Baraha Shikhar. You have all afternoon for resting and soaking up the views here. Or if you're feeling energetic do some exploring; perhaps attempt Kachhuwa Chuli (Tortoise Peak), which is a solid dome-like hilltop on the other side of the lake. It will provide further superb views of the Himalayan peaks.

Overnight: Camp (Meals: BLD)

Day 13: Trek from Seti Bahara Lake to Bahisi Kharka, 2,210m - 4 hours.

After the uphill exertions of the last couple of days, today is a relatively easy day of descent down into the forest. You can take your time and take as many photos as you like before leaving the campsite, hopefully capturing some wonderful panoramic sunrise pictures. Since it is downhill all the way today, you could possibly make it directly to Ghasa, but it's a long and fairly steep descent so better to stop at Bahisi Kharka and save the knees!

Your campsite at Bahisi Kharka is amidst rhododendron and juniper forest, and below you can see the Kali Gandaki Valley with the villages of Lete, Kalopani, Kobang and Ghasa.

Overnight: Camp (Meals: BLD)

Day 14: Trek from Bhaisi Kharka to Ghasa, 750m - 3 hours. End trek and drive to Pokhara - 6 hours. Time at leisure.

Prepare to confront civilization after a week of complete wilderness. In the morning you continue your descent, walking down to Ghasa Bazaar where you say a final farewell to your trek crew. Your vehicle will be waiting to make the drive back to Beni and on to Pokhara. The road from Ghasa to Beni is on a rough and dusty track so expect that section to be a bit bumpy!

Reaching Pokhara you check into your hotel which will no doubt feel like luxury after your time on trek. The rest of the day is free for you to explore this charming lakeside town set against the stunning backdrop of the Annapurna mountains. You may like to walk down to Phewa Tal (lake), and along the lakeside with its many cafes, bookshops and gift shops. Or you may prefer to simply relax by the pool at your hotel.

Overnight: Shangri La Village Hotel or Similar, Pokhara (Meals: B)



Day 15: Morning flight from Pokhara to Kathmandu. Transfer to airport and depart for London.

After breakfast you'll take a flight back to Kathmandu. On arrival you will be met and transferred to the Shangri La Hotel where day rooms will be ready for your use. The rest of the day is at leisure until you leave for the airport for your overnight flight home.

Overnight: In flight (Meals: B)

Day 16: Arrive London.

Our grading system

Dhaulagiri Sanctuary Trek 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.

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.

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:

- ✓ An English-speaking Sherpa leader
- ✓ Economy class return air fares from the UK & UK departure tax (flight inclusive only)
- ✓ All internal flights and domestic transfers
- ✓ A single, timed group airport transfer for international flights on arrival and departure
- ✓ Good standard hotel accommodation in Kathmandu and Pokhara, bed and breakfast, twin share basis
- ✓ One night in a lodge at Todke Danda
- ✓ All road transport by private vehicles
- ✓ A good quality down jacket, 4 season sleeping bag and fleece liner (supplied in-country)
- ✓ All meals on trek plus tea and coffee
- ✓ All camping facilities and trek staff to carry out all camp work
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Full portage with Sherpa/porters properly insured and equipped
- ✓ Park fees
- ✓ The opportunity to attend a pre-trip meet in the Cotswolds
- ✓ 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
- ✗ Tips
- ✗ Lunch and evening meals in Kathmandu and Pokhara

Water-to-Go Reusable Bottle Campaign

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

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

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

Your accommodation

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



Shangri La Hotel, Kathmandu

In Kathmandu we use the Shangri La Hotel, a comfortable four star hotel of character. The hotel is located in the diplomatic area of the city near the Royal Palace; it is a 20 minute walk or short taxi ride into the popular tourist area of Thamel. There is a swimming pool and a lovely garden with an outdoor café/coffee shop and bar, a very pleasant spot to while away an evening. The restaurant serves a choice of Indian, Chinese, Continental and Nepali cuisine. Rooms have wifi, USB charging points, safes and tea/coffee making facilities.



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.



Todke Hill Resort Lodge

Recently built near the summit of Todke Hill this small, peaceful lodge offers superb views of the surrounding mountains including Dhaulagiri. With 12 rooms offering western style toilets, hot and cold showers and cosy beds, the lodge provides a good standard of comfort for a night on the trail.



Shangri La Village Hotel or Similar, Pokhara

Beautifully situated close to Pokhara, the four star Shangri La offers wonderful mountain views both from the landscaped gardens and bedrooms. The well designed rooms are light and airy and feature a balcony as well as a mini bar and safe. The hotel has free Wi-Fi, an outdoor pool, spa, restaurants and bars.

Meal arrangements

13 x breakfasts, 11 x lunches and 11 x dinners. Breakfasts in Kathmandu and Pokhara. All meals on trek.

Flight arrangements

Flight inclusive from price

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

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

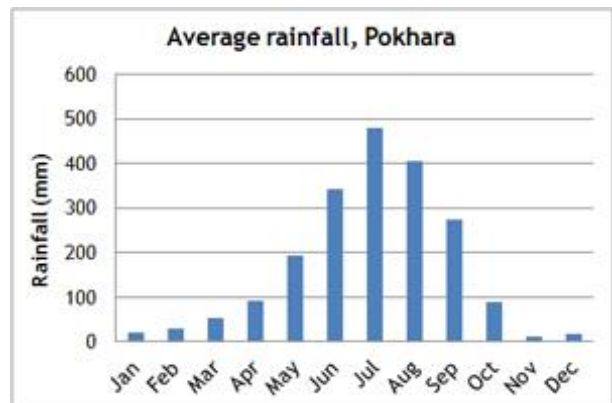
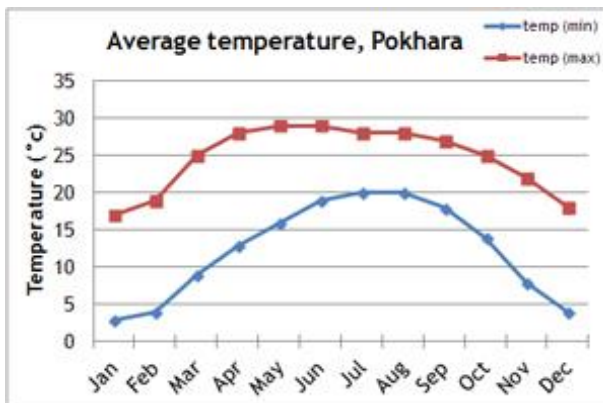
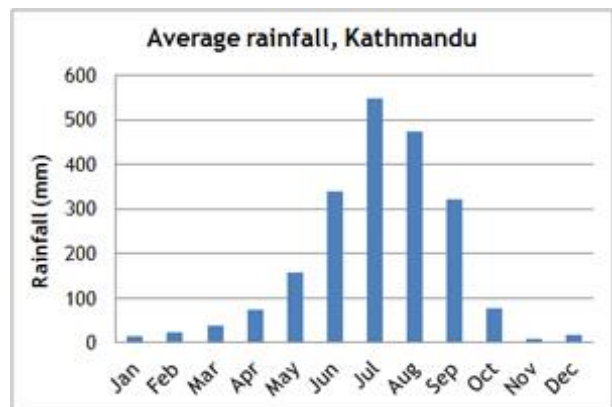
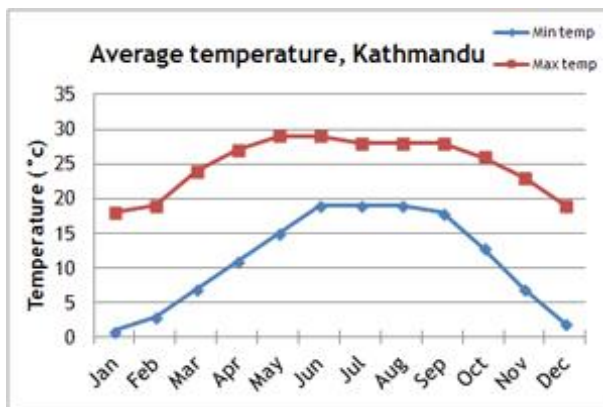
Flight upgrades and regional Airports

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

Further information

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

Climate information



Extensions

Extending your holiday

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



Extra nights in Nepal

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



Kathmandu Valley sightseeing excursions

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



Bhutan and Tibet extensions from Nepal

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



Wildlife extensions in Nepal - Chitwan, Bardia & Koshi Tappu

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



Lumbini

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

Why book this holiday with Mountain Kingdoms?

- We are the only UK tour operator offering this unique, off-the-beaten-track gem where you are highly unlikely to see other western trekkers.
- We provide a fully supported camping trek including good quality sleeping tents, dining tent, table, chairs, plentiful nutritious food, and a toilet tent.
- We include free hire of a sleeping bag and down jacket and give you a free Mountain Kingdoms kit bag
- The trek is fully portered so you only need to carry a light day sack
- We researched this new trekking route in 2018 and if you have any questions you can speak to Niki, our Operations Manager.
- 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 offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting tours and activities.
- 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.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.

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

What our clients say



This trek is a real gem and one of the Himalaya's best kept secrets. It has all the ingredients for a fantastic adventure - remote wilderness, hardly another trekking soul there, mind-blowingly dramatic high mountain scenery, stunning villages with lush rice terraces and culturally distinct. It fits nicely into a two week holiday and you don't need to trek too high, with the maximum altitude being just 4,100m.
- 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.

