

Ganesh Himal Trek, Nepal

Breathtaking trekking through a little explored area of Nepal, stunning scenery and friendly villagers



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Camping, Tea House
Grade	Moderate / Vigorous
Duration	16 days from London to London
Trekking / Walking days	On trek: 11 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Nepal
Land only	Joining in Kathmandu, Nepal
Max altitude	4,050m/13,288ft, Sing La Pass, Day 12

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2021 Dates:

Sat 03 Apr - Sun 18 Apr

Sat 09 Oct - Sun 24 Oct

2022 Dates:

Sat 02 Apr - Sun 17 Apr

Sat 08 Oct - Sun 23 Oct

2023 Dates:

Sat 01 Apr - Sun 16 Apr

Sat 07 Oct - Sun 22 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.

Please be aware that the option of a single room is not available for the night you spend in a tea house. Please see the 'Your Accommodation' section of this itinerary for further information.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

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



Whether it's a cultural tour, gentle walking holiday or strenuous trek, our holidays in Nepal are led by professionally-trained English speaking leaders. 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

- Climb airy stone staircases, and trek along exhilarating mountain ridges
- Trek through verdant farmland and explore unspoilt forests
- Marvel at the incredible mountain panoramas from the Pansang La and Sing La
- Visit remote Gurung and Tamang villages
- Relax after the trek in a four star hotel in Kathmandu

At a glance itinerary

Days 1-2	Travel to Kathmandu
Days 3-4	Drive to Arughat and trek to Manbu
Days 5-6	Trek above Budhi Gandaki to Lamadhunga and continue to Nauban Kharka.
Days 7-8	Cross Myangal Bhangang and Magne Goth to Khading or Laba, continue to Rachyat and Tiragaon.
Days 9	Trek to Shertung.
Days 10-12	Trek to Sing La Phedi and cross Sing La Pass to Gongoo Danda
Day 13	Trek to Kaule Village.
Day 14	End trek and drive to Kathmandu.
Days 15-16	At leisure and overnight flight home.

Trip summary

The Ganesh Himal, named for the elephant-headed Hindu god, is home to four peaks over 7,000m and many over 6,000m. The region has spectacular scenery - deep canyons and snow-topped, soaring mountains are criss-crossed by local village paths. The trek traverses this area from west to east, with the high point of the Sing La pass offering fabulous views of the entire Nepalese Himalaya.

This trekking holiday combines impressive scenery, excellent walking and an interesting cultural mix of Gurung and Tamang villages to visit. Added attractions are the relatively low altitude of the trek - the high point is 4,050m/13,288ft, and the accessibility of the region, both the start and end of the trek can easily be reached by road from Kathmandu.

Despite the relative accessibility of the area, once you start trekking you may well not encounter any other trekkers. From day one of the trek you will wake up to views of stunning snow peaks, and be walking through traditional villages surrounded by verdant terraces. A couple of days are spent trekking in indigenous forests, with beautiful old trees, lichens and ferns. The views from Sing La are really outstanding with spectacular mountain panoramas.

We are delighted to be able to offer a traditional trek, with plenty of excellent walking, that is of a moderate grade and yet is well off the beaten track.

Your trip itinerary

Day 1: Depart London.

Depart London on your overnight flight to Kathmandu.

Overnight: In Flight

Day 2: Arrive Kathmandu. Group transfer to hotel.

You will be met at Kathmandu airport and taken to the Shangri La Hotel on the group transfer. The Shangri La is a pleasant and comfortable 4* hotel located near the British Embassy where you can relax in its lovely gardens or have a dip in the hotel pool.

Overnight: Shangri La Hotel, Kathmandu

Day 3: Drive to Arughat - 4-5 hours.

You will be picked up from your hotel in the morning for the drive to Arughat. This is an interesting drive, initially on the main road that leads to Pokhara, before turning off north and crossing the Trisuli river to Dhading Bazaar. What has been a very good road deteriorates at this point and progress slows for the final hour or so.

The small town of Arughat is divided into two, old and new, and you should have time in the afternoon to cross the Budhi Gandaki river on the suspension bridge to explore the old town.

Overnight: Tea House (Meals: BLD)

Day 4: Trek along the Budhi Gandaki to Arakhet. Continue towards Manbu, 1,300m/4,265ft - 5-6 hours.

There is a rough track that leads from Arughat to Arkhet. The relatively flat walk is full of interesting sights and is a great opportunity to stretch your legs after all the travelling. There are beautiful wooded hills, paddy fields stretching to the river and numerous locals walking to school and work. It is about two hours to the small settlement of Arkhet where you leave the road and cross the Budhi Gandaki to start climbing up towards Manbu. The path is excellent, as it winds up between terraced fields and small settlements. You will camp just before the village of Manbu, a large spread out settlement surrounded by terraced fields.



Overnight: Camp (Meals: BLD)

Day 5: Trek to Lamodhunga via Dunchet, 2,200m/7,260ft - 5-6 hours.

Hopefully you will wake up to stunning views of the Budhi Gandaki valley with the eastern face of Himalchuli, 7,893m, soaring above, and the Tibetan peak of Serang Himal dominating the head of the valley. To start the day you contour northwards following high above the river valley before starting the climb to the large village of Dunchet. You will probably stop for lunch in Dunchet and there will be time to explore the picturesque village with its stone houses. In the afternoon, it is initially a climb on a well-constructed stone staircase to pass by upper Dunchet before emerging on the upper terraces and briefly entering the forest to ascend to the uppermost terraces. These top terraces are used both for growing barley and by cowherds who live here in small shelters. At the edge of the forest is a rock outcrop, and you will camp on the terraces near here.

Overnight: Camp (Meals: BLD)

Day 6: Forest walk to Nauban Kharka, 2,750m/9,075m - 5-6 hours. Sunset views of the Annapurnas.

Today is a complete contrast as you spend much of the day walking in the forest. This is a fabulous experience as you trek on small trails used by herdsman and woodcutters through the virgin forest. There are exotic ferns

and lichens and hanging rattans. It is likely that the only sounds you will hear are cicadas and monkeys. The trail is at times steep and involves a small amount of scrambling. There are clear, rushing streams to cross on stepping stones and small clearings used by cowherds. The path contours and climbs eventually reaching Nauban Kharka, a large clearing with temporary shelters for herders and amazing views of Machhapuchare, Annapurna South and Annapurna 2, Boudha Peak and Himalchuli.

Overnight: Camp (Meals: BLD)

Day 7: Trek across two passes - the Myangal Bhanjyang, 2975m/9821ft, and Magne Goth, 2,936m/9,680ft. Continue to the village of Khading - 6 hours.

After admiring the early morning mountain views, it is about a one hour climb to the first pass of the trek, the Myangal Bhanjyang at 2,975m/9,812ft. New views are opened up below the pass, as you contour along the grassy hillsides, dipping in and out of forest. It is a couple of hours walk to the second pass, the Magne Goth pass at 2,936m/9,680ft. (Depending on conditions, you may cross a slightly lower pass at 2,780m/9,174ft). There are fabulous views of the Ganesh peaks and Paldor. From here a newly renovated path descends past a couple of small kharkas, or clearings, to reach the beautiful and vibrant village of Khading. This is a substantial stone settlement, with a school. Depending on time, you will either stay the night here or continue for an hour to camp at Laba school.



Overnight: Camp (Meals: BLD)

Day 8: Trek to Lapchet and Rachyet Village. Follow high trail to camp at Timla school 1,760m/5,800ft (or continue to Tiragaon) - 6 hours.

This is a really superb day's trek, with a relatively easy morning as you contour high above the river valley with great views of the valley far below, and terraced hillsides stretching into the distance. The path is newly renovated and excellent. You pass through several tiny settlements perched on the hillside, growing wheat, millet and lentils. You may well see people weaving bamboo into baskets, mats and even house walls and muzzles for goats! A couple of bluffs are crossed before you make a short descent to the village of Lapchet where you may have lunch at the school. From here you can see the large school on the hillside opposite that is your objective for the day. You descend to the river before climbing to Rachyat. There are several beautiful old chortens along this part of the trail, and the villages, a mixture of Gurung and Tamang are well kept. Water permitting you will camp at the secondary school, set high above the valley floor in a small area of forest.

Overnight: Camp (Meals: BLD)

Day 9: Trek to Shertung, 1,920m/6,299ft - 6 hours.

It's a lovely gentle walk this morning, passing through several small villages en route and stopping for lunch after about 3 hours. After lunch you cross a bridge and start a gentle climb through beautiful tree dotted grassland to reach the village of Chalise. You will get good views of Ganesh Himal and other smaller peaks from here. You then continue climbing gently on stone steps through fields to reach the pretty village of Shertung.

There is a lovely spot for camping in the heart of the village.

Overnight: Camp (Meals: BLD)

Day 10: Morning in Shertung with exploration of village and excursion to monastery. Afternoon trek towards Sing La Phedi - 3 hours.

This morning you have a welcome rest day in Shertung. The name Shertung means "place of gold" and the story is that two brothers in search of gold were led here by a dream and were inspired to found the settlement. The village is largely inhabited by Tamangs who follow a religion which mixes elements of Hinduism and Buddhism along with shamanistic beliefs. In the morning you will have time to explore round the village, including having a look at the school and hospital. You may also have time to visit Phyangchet Monastery, situated about an hour's ascent above the village below a beautiful forest and at the start of one of the major trekking routes to the Sing La pass. If the caretaker is around you should be able to go inside the monastery, but in any case there are fabulous views from here, so it is well worth the climb up.

You then begin walking towards Sing La Phedi on the trail which avoids the road. Originally this trail was part of a route used by locals from Shertung village to reach Trisuli Bazaar. Your walk today climbs, mostly through jungle, rhododendron, oak and bamboo, and passes through several clearings called kharkas, where local animal herders graze their sheep, cows and goats. Along the way you have occasional views of the mountains. You will camp in a suitable spot between Shertung and Sing La Phedi.

Overnight: Camp (Meals: BLD)

Day 11: Trek to Jungle Camp at Sing La Phedi, 3,546m/11,634ft - 3 hours.

Today you continue on the trail, finally reaching Sing La Phedi, its name meaning the foot or base of the pass, and you will camp here for the night.

Overnight: Camp (Meals: BLD)

Day 12: Cross Sing La Pass, 4,050m/13,288ft, and descend to Gongoo Danda, 2,900m/9514ft - 5-6 hours.

You start this morning with the climb to the Sing La Pass, from where the views are really outstanding. As you make the final uphill climb to the pass, Langtang looms overhead to the north and the peaks of Ganesh appear. Sing La is really less a pass than the side of a peak, the top of which is only another 20 meters up a very gentle slope. From the pass the world seems to fall away in three directions. To the west is the Manaslu massif, with Manaslu, 8,163m/26,780ft) poking up from behind the Ganesh Himal and the peaks of the Annapurna Himal beyond. To the northwest is the Ganesh Himal where Ganesh, 7,406m, 24,296ft, and its satellites create a stunning panorama of peaks, glaciers, rock, snow and ice.



From the pass you will descend all the way to the large grazing meadows at Rupchet for lunch. This is a lovely spot with great views but due to lack of water here you will need to continue for a further half an hour to reach Gongoo Danda for your overnight camp.

Overnight: Camp (Meals: BLD)

Day 13: Trek to Kaule Village, 1,800m/5,905ft - 5-6 hours.

After breakfast, you begin with a shortish uphill walk and then make a long gradual, downhill descent - in the far distance you will see the small town of Dunche with Gosainkunda Danda beyond. You walk through rhododendron and pine forest to the open grazing area near the Gompa at Kaule and then through a picturesque landscape of mixed forest, farm land and scattered villages. You will have lunch in camp and will be able to relax for the afternoon before celebrating your last night on trek with your trekking crew.

Overnight: Camp (Meals: BLD)

Day 14: Trek to Roadhead - 1 hour. Drive back to Kathmandu - 5-6 hours.

You walk for about half an hour to reach the road head at Kaule village where you will meet your transport for the drive back to Kathmandu, passing through the village of Betrawati and the town of Trisuli Bazaar.

Overnight: Shangri La Hotel, Kathmandu (Meals: B)

Day 15: At leisure in Kathmandu. Transfer to airport and depart for London.

You will have time at leisure in Kathmandu today when you may do some sightseeing and shopping or simply relax by the pool at your hotel. Later there will be a group transfer to the airport for your overnight flight back to the UK.

Overnight: In flight (Meals: B)

Day 16: Arrive London.

Our grading system

Ganesh Himal Trek is graded as a Moderate/Vigorous trekking holiday, as described below.

Moderate

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

Vigorous

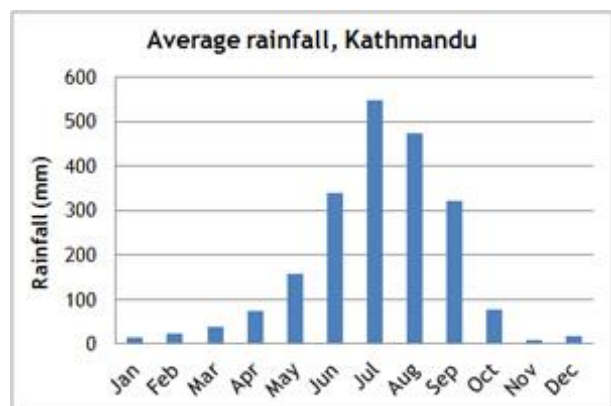
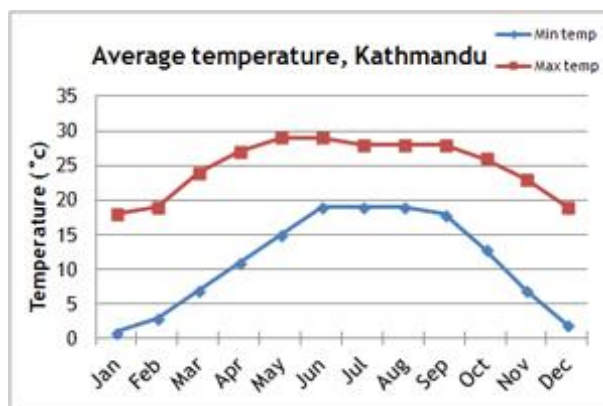
Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents 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.

Climate 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:

- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers on arrival and departure
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, twin share, bed and breakfast basis
- ✓ Best available tea-house in Arughat
- ✓ All road transport by private vehicles
- ✓ All camping facilities and all meals on trek
- ✓ Camp staff to carry out all camp work
- ✓ Free use of a good quality down jacket and sleeping bag with liner on trek.
- ✓ Costs of all portage and porter insurance
- ✓ Carbon offset for clients taking our flight-inclusive option
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ The opportunity to attend 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
- ✗ 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.



Shangri La Hotel, Kathmandu

The Shangri La Hotel is a 4* hotel of character, just a stone's throw from the British Embassy and only a 20 minute walk or short taxi ride into the popular tourist area of Thamel. The hotel has a swimming pool, a lovely, landscaped garden, and a choice of restaurants and bars. Recent entertainment additions include a casino and fitness centre.



Tea Houses

Tea houses are a long established tradition in the trekking regions of Nepal, providing an important source of income for the local people. They vary in size and quality. Tea houses offer simple accommodation comprising twin bedded rooms and basic toilets - not usually en suite. Many tea houses also offer rudimentary hot showers for a small fee. Some tea houses have a limited supply of solar powered electricity but this is not always the case so have a head torch handy. Meals are taken in a communal dining area which is warmed by a wood or yak-dung burning stove. Most trekkers relax here for the evening.



For various reasons, it is not possible to guarantee single rooms in tea houses. If you are travelling without a companion and would like a single this may sometimes be possible upon payment of a small supplement on the spot (usually around \$10). We do however offer the option of a single room in your hotel in Kathmandu for a supplement.



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 / solar lamp or candles for reading in the dining tent at night, a dining table, crockery and tableware. The trek staff 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.

Meal arrangements

Bed and Breakfast in Kathmandu, full board elsewhere and 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.

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.

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?

- This is a superb trek in a pristine area, offering fabulous walking at relatively low altitude.
- Our itinerary offers the best possible acclimatisation to help you get the very most out of your trek.
- 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 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 provide a good quality down jacket, sleeping bag and liner to be used, free of charge, on trek.
- You will stay at the four star Shangri La hotel in Kathmandu, which has lovely gardens, a choice of restaurants and a swimming pool.
- We have a maximum group size of just 12 trekkers for this trip. This provides for a genuine small group experience and helps reduce the negative aspects often associated with larger trekking groups.
- We have a wealth of Himalayan experience in our company and routinely research and make a reconnaissance of our new trips ourselves. If you have any questions about this trip, please contact our Reservations Manager, Seraphina Berry who recce'd this trip for us.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- 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



Wonderful trek in this 'little known' region. Overall, well organised. The trek had stunning scenery/interaction with local villagers/getting to know our porters and how they live. Excellent camping facilities.

-Ms H, Herefordshire

Lovely trek in remote area. Great to see people at work and play. Great views.

-Mrs L, Surrey



Our group got on very well. Having a small number is, I think, a considerable advantage in terms of smooth running etc. It also made it easy to talk to local people. The trek was very much as described and expected. The route was beautiful; we saw monkeys and mongoose and many different birds.

- Mr D Hill, Shropshire



I loved the combination of lots of views of big, snowy mountains with trekking through interesting and remote villages. The people are genuinely delighted (and amazed) that you have made the effort to visit their villages, and give you a very warm welcome.

-Seraphina Berry, Mountain Kingdoms

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

