

Gentle Trekking & Luxury Lodges, Annapurna Foothills, Nepal

A superb trek between a group of high quality lodges situated in the Annapurna foothills, and stays in the two very best hotels in Kathmandu & Pokhara.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Luxury Lodges
Grade	Gentle / Moderate
Duration	12 days from London to London
Trekking / Walking days	On trek: 6 days
Min/Max group size	4 / 16. Guaranteed to run for 4
Trip Leader	Local Leader Luxury Lodges
Land only	Joining in Kathmandu, Nepal
Max altitude	2,400m/8,000ft, above Ghandruk, Day 5

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2021 Dates:

Sat 06 Feb - Wed 17 Feb
Sat 20 Feb - Wed 03 Mar
Sat 13 Mar - Wed 24 Mar
Sat 03 Apr - Wed 14 Apr
Sat 09 Oct - Wed 20 Oct
Sat 23 Oct - Wed 03 Nov
Sat 13 Nov - Wed 24 Nov
Sat 11 Dec - Wed 22 Dec

2022 Dates:

Sat 05 Feb - Wed 16 Feb
Sat 19 Feb - Wed 02 Mar
Sat 12 Mar - Wed 23 Mar
Sat 02 Apr - Wed 13 Apr
Sat 08 Oct - Wed 19 Oct
Sat 22 Oct - Wed 02 Nov
Sat 12 Nov - Wed 23 Nov
Sat 10 Dec - Wed 21 Dec

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 16. 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



Our Nepal 'lodge' treks are led by professionally-trained English-speaking Sirdars. They have an intimate and expert knowledge of the trekking regions of Nepal and will make your trek a memorable experience.

Your trip highlights

- Varied trekking through beautiful Himalayan scenery and delightful villages
- Enjoy a sightseeing tour of the cultural highlights of Kathmandu and a boat ride in Pokhara
- Stay at the best trekking lodges in the Annapurnas and the wonderful Fishtail Lodge in Pokhara
- Relax at Dwarika's superb heritage 5 star hotel in Kathmandu
- Extend your holiday with a range of exciting options

At a glance itinerary

Days 1-2	Fly to Kathmandu.
Day 3	Fly to Pokhara. Trek to Birethanti.
Days 4-5	Trek to Ghandruk. Village walk around Ghandruk area.
Days 6-7	Trek to Landruk and Majgaun.
Day 8	Trek to Dampus for lunch. End trek at Khare Khola roadhead. Drive to Pokhara.
Day 9	Morning boat ride on Phew Tal Lake. Afternoon at leisure in Pokhara.
Days 10-12	Fly to Kathmandu. Half day sightseeing tour. Fly back to London.

Trip summary

This holiday offers the perfect introduction to Nepal with an itinerary that has been carefully designed to give you a wide variety of experiences all enjoyed in comfort. There is time in Kathmandu, that medieval melting pot of every race, creed and colour and one time 'hippie' capital of the world, including a sightseeing tour with a guide.

Leaving the city, you take a mountain flight to the Annapurna region for six days of gentle trekking. This offers fabulous views of some of the highest peaks in the Himalaya, whilst staying in Ker & Downey lodges. The trek follows well-trodden village paths, allowing continual panoramic views of the Annapurna massif and its satellite peaks. You pass through a number of pretty villages and will certainly encounter the local people going about their everyday life as farmers of the Himalayan foothills. Mountain Kingdoms were the first British company to use the renowned Ker & Downey lodges and have enjoyed a special relationship with the owners ever since.

After your trek you will have two nights in Pokhara at the Fishtail Lodge. This hotel offers an excellent standard of accommodation in tranquil surroundings. Ideal for relaxing after your trek.

On your return from the Annapurnas you will have a half day exploring Kathmandu with a guide, and spend a final night at the beautiful five star Dwarika's Hotel. This is Kathmandu's most famous and luxurious Heritage hotel.

Luxury lodge trekking

This is the ultimate in relaxation! You will be able to experience the foothills of the Himalaya and yet stay in wonderful trekking lodges. The lodges, all with comfortable bedrooms and en suite facilities, are located about five hours' easy walking apart, away from civilisation and roads. The lodges will be a welcome sight at the end of each day, being extremely well maintained and set in wonderful gardens. Here you can relax with a cool glass of lemonade, or take tea/coffee and biscuits in your room, while you look forward to a complimentary "Happy Hour" with drinks and appetisers in the dining room, followed by a three course evening meal; the menus are interesting and reflect the best in Nepalese cuisine. In line with conservation efforts in the mountains, meals are prepared using gas, all electricity supplied by generator and hot water is provided by solar energy. Wood for fires is provided from river driftwood.

Local schools may entertain guests with short cultural shows, funds from which go to the schools or communal village projects. During the trekking days you will walk from lodge to lodge with a sense of unhurried leisure, you have all day to get there so why rush! You will pass through many villages and you will be encouraged to go and explore and mingle with the residents. You will have all the time in the world to take photographs and savour the views and atmosphere that make up this wonderfully relaxing holiday.

Trek Grading

Gentle is of course, a comparative term where trekking is concerned and in the Himalaya there are inevitably long sections of climbing up or down between villages. For instance the climb to Ghandruk is 1,000 metres which is a considerable height gain. However, most paths have well-placed steps and if you are used to regular country walking you should have no difficulty in completing the treks which are always at your own pace, with porters carrying your kit bag.

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 Dwarika's Hotel, a luxurious and stylish hotel built in a traditional palace style and furnished with Nepalese antiques, carvings and statues. The hotel has a pleasant courtyard garden with a swimming pool, bar and several restaurants. The Toran restaurant serves very good continental, Indian and Nepalese food while the flagship Krishnarpan is a superb restaurant for a special occasion where you can enjoy a multi course menu of real Nepalese food served in delightful surroundings. Dwarika's is a peaceful haven away from the noise and pollution of the city and is an excellent place to unwind.



Overnight: Dwarika's Hotel, Kathmandu

Day 3: Fly to Pokhara. Trek to Sanctuary Lodge, Birethanti, 1,015m/3,330ft - 4 hours.

This morning you are transferred to the domestic airport for the short flight to Pokhara, 827m/2,730ft, Nepal's second city. This is an exciting flight in its own right passing over the terraced Himalayan foothills, with views of the main range to the north, overlooked by the stunning spire of Machhapuchare, known as the 'Fish Tail Peak'. The town of Pokhara is the start point for treks to the Annapurna region, Mustang, Dhaulagiri and Manaslu.

From Pokhara, the Sanctuary Lodge at Birethanti is situated to the north-west towards Dhaulagiri and the start of the Kali Gandaki Gorge. You first drive along the fertile Seti River valley before the road winds up into the mountains to the village of Lumle, 1,494m/4,900ft, which you reach after one hour. The trek starts here, following a well-paved path, with views of the mountains to the north and the expanse of the Pokhara valley. You climb gently up past terraced fields to reach Chandrakot at 1,555m/5,100ft after one hour. This is a good place to take a break, sitting on the shaded terrace of the Mountain View Café, enjoying the spectacular panorama of the valley below and eating your packed lunch. (Note that the packed lunch is provided to give flexibility in case of occasionally delayed flights to Pokhara). You may be lucky enough to meet the ex-Gurkha owner and hear about his exploits and those of his father, who won the Military Cross in World War One. The path then drops steeply down towards the Modi Valley, through sparsely forested hillsides, past the occasional rhododendron, tall bamboo stands and across wide terraces, with the calls of birds echoing from the surrounding mountain walls.

En route, after another hour, you pass the charming village of Tamijung at 1,371m/4,500ft, with its houses decorated with intricately-carved wooden eaves and window frames. Here you will see unusual cylindrical beehives suspended on the sides of the houses, awaiting the time when the bees will be smoked out and the honey extracted. The fertile terraces around the village support a variety of crops, including maize, as well as orange and banana trees. Your path continues down to where you cross the grey-green waters of the Modi River on a cable bridge. From there it is a gentle walk to the Sanctuary Lodge, where you will spend the afternoon relaxing in the lodge's attractive gardens, surrounded by darting birds and extravagantly-coloured butterflies. Alternatively, you may take an optional guided afternoon hike to the nearby village of Birethanti and its waterfall.

The Lodge is on a spur overlooking the River Modi, about twenty minutes from the village of Birethanti. It has a comfortable central lounge and dining area, with a reference library. After a three-course supper around the large dining table, it's off to bed, lulled to sleep by the rushing waters of the Modi River.

Overnight: Sanctuary Lodge, Birethanti (Meals: BLD)

Day 4: Trek to Himalaya Lodge, Ghandruk, 2,012m/6,600ft - 5-6 hours.

After breakfast you leave the lodge and walk briefly back along the Modi River valley, before beginning the long climb to Ghandruk. The steep steps lead across fertile terraces and up into forests of rhododendron and oak. All around are the friendly people of the foothills, tilling the fields with their buffalo-drawn ploughs and sharing your path with their cattle and flocks of multi-coloured goats. The trail gives splendid views across the terraces to the River Modi far below. Each village passed gives a fascinating glimpse of Nepalese life - with families using traditional tools to pound corn, weave cloth, re-thatch their roofs and build neat dry-stone walls and houses. After three hours, you pass through the village of Kimche, 1,554m/5,100ft; here you will have a spectacular view showing the height you have gained since leaving the river bank.



You continue your trek to Ghandruk and there are plenty of level sections where you can look down over the terraces and villages far below as hawks swoop and soar on the air currents rising from the valley. After two more hours you reach the welcoming arch of Ghandruk and a final climb, winding through the village streets, leads up to the Himalaya Lodge. Sitting on its terrace lawn, encircled by mountains and with a refreshing glass of lemonade in your hand, you can congratulate yourself on reaching the highest part of the trek. You will have been given a bag of snacks such as a sandwich, fruit and chocolate to munch on during your walk and will have a more substantial late lunch of hot soup and fried rice when you arrive at the lodge.

The lodge is constructed around a 19th Century Gurung village house, with a dining room and reception area, where you can sit around an open fireplace, and a pleasant bedroom wing with a covered verandah. All around are clues to the village's connections with the Gurkha people and soldiers.

Overnight: Himalaya Lodge, Ghandruk (Meals: BLD)

Day 5: Day in Ghandruk.

You wake up this morning with tea and coffee served in the garden and can watch the sunrise over Annapurna South, Annapurna 1, Hiunchuli, Gangapurna and Machhapuchare - the 'Fish Tail' mountain.

After enjoying a relaxing breakfast and the glorious views from the Himalaya Lodge, your guide will take you on an exploration of this mountain village and the surrounding countryside. You will trek through the forest before reaching a small temple with incredible views. You'll then return to the Lodge via an open hill side and passing through the old village. After lunch, you can further explore the village of Ghandruk, which is a major recruitment centre for the famous Gurkha soldiers. The women of Ghandruk maintain a local industry of weaving traditional Nepalese rugs. Your maximum altitude will be about 2,400m/8,000ft.

Overnight: Himalaya Lodge, Ghandruk (Meals: BLD)

Day 6: Trek to Landruk, 1,565m/5,115ft - 3-4 hours.

After again watching the sunrise illuminate the surrounding peaks, including Annapurna South and Machhapuchare, you enjoy a leisurely breakfast on the lodge lawn. You then start your day's trek crossing the valley to the village of Landruk which you see across and slightly below the level where you are now. Leaving Ghandruk, the trail descends steeply through terraces to the banks of the Modi River. Here, you'll be at the base of the cliffs where the famed honey hunters of Nepal climb on ropes to collect the honey. You then cross the Modi Khola by a sturdy suspension bridge from where you start a climb up switch backs and steps to reach the village of Landruk. From Landruk you will have more glorious views of the Annapurna range. Today's walk is about 4 hours and you arrive in time for lunch at your lodge. In the afternoon your guide will take you to explore around this interesting mountain village.

Overnight: Bee Lodge, Landruk (Meals: BLD)

Day 7: Trek to Majgaun, 1,400m/4,620ft - 4-5 hours.

Today's walk from Landruk to Majgaun snakes along the valley through small untouched villages, through farm land, terraces and forest with some rugged sections and across three rivers that all descend down to the Modi Khola below.

The start is gentle with the sounds of birds chirping and far away cockerels cock-a-doodling as you pass through villages where very few trekkers come by, it is quite untouched on this side of the valley. After around an hour and a half you do inevitably have some steps and a section of steep descent leading down to a small river and bridge. Ascending again to around your previous level the path levels out and you can enjoy the stunning views. A little while later there is another steep descent to another small river. After you have ascended again the path becomes easy and gently winds round the hillside. Your last river crossing is on a sturdy suspension bridge which leads you onto the path into Majgaun. If you are staying at Gurung Lodge there is a quite steep walk up above the main village or to Mala Lodge around and through the village. Both lodges have commanding views down the valley and if the weather is still clear back towards Annapurna South.



After a very enjoyable walk you will be greeted by the lovely lodge staff, a glass of still lemonade and soon after, a hearty lunch, making it all even more worthwhile. In the afternoon you can visit the Himalayan cottage museum in the upper village about 30 mins walk away.

Overnight: Gurung Lodge or Mala Lodge, Majgaun (Meals: BLD)

Day 8: Trek to Damphus, 1,700m/5,577ft, and on to the roadhead at Khare Khola - 4½ - 5 hours. Drive to Pokhara.

After breakfast, you say farewell to the ever-attentive Lodge staff. Your path climbs steeply on well-placed steps up through forests of oak, rhododendron, silver birch and silk-cotton, with stone-built porter stops at convenient intervals for a welcome rest. There is a mass of bird life to look out for, as well as the incredible views of Annapurna South, Hiunchuli and Lamjung. After about an hour, the path begins to level out and you continue more gently upwards past shady woods and grassy banks of gentian violets. Eventually, you reach the busy village of Pothana at 1,981m/6,500ft, with its guest houses, restaurants and sellers of Tibetan silverware and other souvenirs. You then descend to the village of Damphus. You will have lunch in Damphus at the Basanta Lodge and enjoy some last close up mountain views. After lunch you start your final long descent to the Pokhara Valley road, passing through steeply terraced fields. You reach the road at Khare Khola at 1,006m/3,330ft, where a vehicle will be waiting to take you back to Pokhara. The one-hour journey takes you past a patchwork of rice fields, where farmers work with their buffaloes, surrounded by flocks of egrets.

On arrival in Pokhara you will drive to your hotel, the Fishtail Lodge, which is reached by boat or raft across an arm of Phewa Tal Lake.

Overnight: Fishtail Lodge, Pokhara (Meals: B L)

Day 9: Morning boat ride. Afternoon at leisure in Pokhara.

It is well worth getting up early to see sunrise on the mountains, as the moment when the first flush of pink colours the peaks the view is stunning; you might ask the hotel reception to arrange an early morning call for you, so that you do not miss this. After breakfast, you will have a boat ride out onto Lake Phewa Tal. This is a very relaxing experience and gives you good views of the mountains and the surrounding countryside and you will also be able to visit a temple on a little island.

The afternoon will be free to relax in Pokhara, either at the hotel or you may venture out into Pokhara town. Along the lakeside are numerous bars and places to shop for souvenirs as well as internet cafes. There are also some nice walks in the area, or you could visit the Tibetan camps at either Hyenja or Devis Falls - which is the closest. At Devis Falls be sure to take a look at the strange gorge and rock formation as well as the cute Tibetan kids in the kindergarten. Here you may also watch carpets been woven, or elderly Tibetan ladies spinning and dying the wool. There are good opportunities here to shop for souvenirs.

Overnight: Fishtail Lodge, Pokhara (Meals: B)

Day 10: Fly to Kathmandu. Afternoon at leisure.

This morning you fly back to Kathmandu where you will be met and transferred to Dwarika's Hotel.

You will have the afternoon to relax at Dwarika's but you might also like to walk to nearby Pashupatinath, an important temple to the God Shiva which is just a 15 minute walk from the hotel. Pashupatinath has an important place in the lives of Kathmandu's Hindus and is one of the holiest pilgrimage destinations in Nepal. The temple is set on the banks of the holy Bagmati River and this is the principle place for cremations in Kathmandu which are thought to be particularly auspicious if performed here because the waters of the Bagmati eventually flow into the sacred Ganges. You could also visit the ancient Buddhist stupa at Boudhanath which is situated not far from Pashupatinath. Here you can join Tibetan and Sherpa pilgrims as they walk clockwise round the spectacular stupa, spinning their prayer wheels as they go round. Sunset at Boudhanath is particularly atmospheric.

Overnight: Dwarika's Hotel, Kathmandu (Meals: B)

Day 11: Sightseeing and lunch in Kathmandu. Transfer to the airport and depart for London.

You will have this morning at leisure.

Your afternoon sightseeing will begin in Thamel, the main tourist area of Kathmandu, where you will enjoy lunch at a local garden restaurant. From here an English speaking guide will accompany you on a half day's sightseeing tour first walking through Thamel, the main tourist area of Kathmandu with its many bars, restaurants and internet cafes and lots of opportunities for souvenir shopping. You will then visit Kathmandu's historic Durbar Square with its many ancient temples and palaces before driving on to visit Swayambhunath, the so called 'Monkey Temple', which sits on a prominent hillock to the west of Kathmandu city and is famous for the many families of monkeys which live round the temples. Its central stupa is surrounded by many ancient temples and the whole complex is an important pilgrimage site, being sacred to both Hindus and Buddhists.



Later there will be a group transfer to the airport for your overnight flight back to London.

Overnight: In flight (Meals: B L)

Day 12: Arrive London.

Our grading system

Gentle Trekking & Luxury Lodges, Annapurna Foothills is graded as a Gentle/Moderate trekking holiday, as described below.

Gentle

Trips within this grade typically mix sightseeing with easy-paced half and/or full day walks. On these trips, walks will be on relatively low altitude trails, for a duration of around 4-6 hours. On all of our Gentle graded trips, some ascent and descent should be anticipated, and there may occasionally be a longer walking day. Holidays within this grade generally use hotels and comfortable lodges although a few do have some nights camping.

These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

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.

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:

- ✓ Local leaders
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group transfer for international flights on arrival and departure
- ✓ All internal flights and domestic hotel/airport transfers
- ✓ Excellent hotel accommodation in Kathmandu and Pokhara, twin share, bed and breakfast basis
- ✓ Luxury lodge accommodation on trek
- ✓ All road transport by private vehicles
- ✓ All meals on trek
- ✓ Costs of all portering and their insurance
- ✓ Sightseeing where specified
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ A sun hat and scarf to keep as souvenirs
- ✓ Free use of a day sack, down jacket, trekking pole, rain poncho, umbrella, woollen hat and gloves for the duration of the trek.
- ✓ The opportunity to attend one of our pre trip meet 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 and Pokhara, except for lunch on day 11
- ✗ Optional trips
- ✗ 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.



Dwarika's Hotel, Kathmandu

Dwarika's unique 5* hotel is built in Nepalese style and features many architectural relics rescued from palaces and temples in the valley as well as Nepalese furniture, carvings and statues. The building has a palace-like atmosphere and you really feel as if you are stepping back into Nepal's history. Rooms are large and stylish and its elegant restaurant is one of the places to eat in Kathmandu. It also has a pleasant courtyard garden with swimming pool.



Sanctuary Lodge, Birethanti

A small, comfortable lodge. Accommodation is in charming 'cottages' set in terraced gardens. There are excellent mountain views of the Annapurnas.



Himalaya Lodge, Ghandruk

Located at over 6,500 feet, the Himalaya Lodge, in the shadow of the Annapurna overlooks Ghandruk, once a popular recruitment location for the Gurkha soldier regiment.



Bee Lodge, Landruk

This is one of the newest Ker and Downey Lodges offering the same comfort and great service as their other lodges in this area. Set above the village of Landruk it is the last lodge you come to having walked through the village and has tremendous views back down the valley and across to Ghandruk. The rooms here are a bit bigger and the bathrooms more modern than the other lodges. The main restaurant and bar is also grander but the atmosphere is still cosy and very welcoming.



Gurung Lodge or Mala Lodge, Majgaun

The Gurung Lodge in Majgaun is built along the lines of a traditional Nepalese village. Every room has antique carved windows and spectacular views of the surrounding valley and mountains.

Mala Lodge is a newer lodge built in local style and set amongst rice terraces. It has 18 twin bedded rooms with attached bathrooms.



Fishtail Lodge, Pokhara

The Fishtail is Pokhara's oldest established hotel which continues to offer a high standard of comfort and service. Although close to the bustling Phewa Tal lakefront, the Fishtail is situated on peninsula and can only be reached by a rope-drawn pontoon, so is very secluded. It has lovely tropical gardens, fabulous mountain views and a swimming pool. Rooms are in bungalows with individual terraces so you can sit out and enjoy the peace and quiet.

Meal arrangements

Bed and breakfast in Kathmandu & Pokhara, all meals elsewhere. Lunch on day 11 (sightseeing in Kathmandu) is provided.

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.

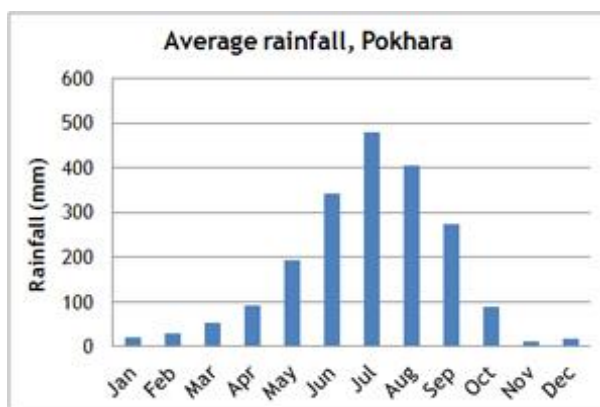
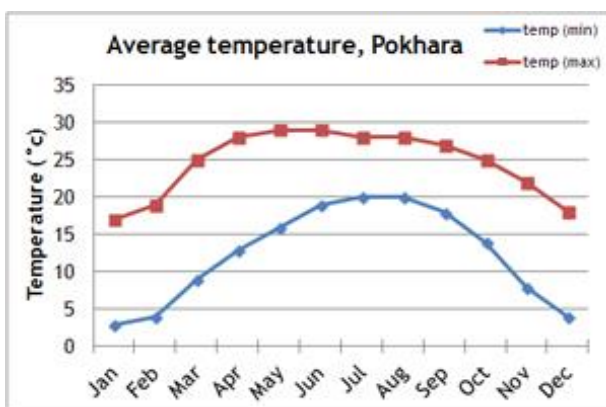
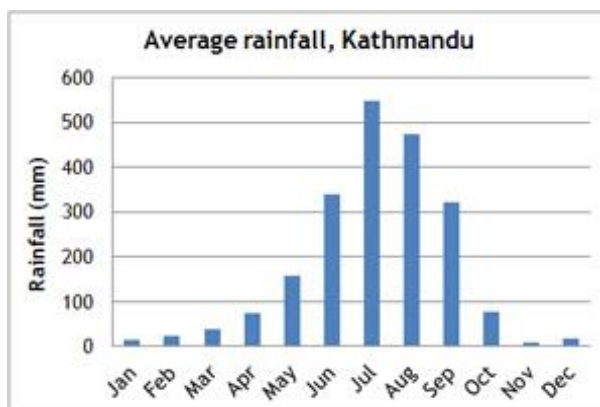
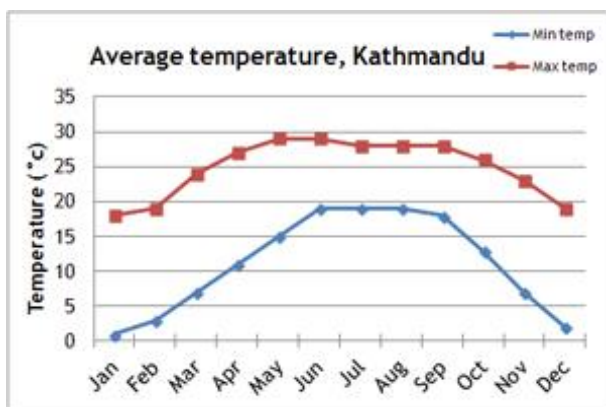
Further information

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.



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?

- There are no other lodges in the Annapurna region of a quality equal to those we use for this trek. With their en suite facilities, tasty food, richly adorned dining rooms and friendly staff your stay will be one to remember.
- After your trek you will be able to relax at Pokhara's oldest established quality hotel with splendid mountain views and a lakeside location.
- In Kathmandu you will stay at 5-star Dwarika's Hotel - the best hotel in the city.
- We include a lot of little extras for your trek including the use of a day sack, down jacket, trekking pole, hat and gloves
- Your trek will be led by knowledgeable, well-trained English-speaking guides who will be delighted to share their expert knowledge of the history, culture and nature of their home country.
- Our maximum group size is 16 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We have a wealth of Himalayan experience in the company, most of our staff have visited Nepal and several staff members have trekked in the Annapurnas.
- 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



Everything ran like clockwork and our group of 8 bonded together really well, The food at the lodges was excellent and we particularly enjoyed 'happy hour!' and the fires.

- Mr J G, Yorkshire

A marvellous trek, the accommodation and food are excellent and we had a truly wonderful holiday. I would advise people to prepare themselves for a day of climbing stone steps on the route to Ghandruk and then treat yourself to a foot massage (offered at the lodge) once you get there!

-Mrs C, Lincolnshire



Felt totally looked after from the moment we stepped off the plane til the moment we were dropped off back at the airport. Everyone we came into contact with really cared about our comfort and safety. The quality of the lodges ,staff ,food, comfort was beyond my expectations. To cap it all the first night and last nights at the Dwarika's hotel were perfect. The whole experience was joyful , beautiful and special.

- Mrs H B, Cumbria



The organisation, accommodation, food, guide, porters, in fact absolutely everything was spot on and contributed to making the whole experience magical. The awe-inspiring mountain vistas, lush vegetation, perfect weather and the friendliest people ever just made this whole experience absolutely magical.

-Mrs A M, Northumberland

Wow what a holiday we loved every second of it. We have to admit that there were more steps than we thought but our family party of four all mid sixties plus managed it well. Everything exceeded our expectation and all ran smoothly like a well oiled machine. Hotels, lodges and staff were fantastic. A special mention must go to the porters who not only carried the luggage of two people but were so attentive in keeping us safe and helping us all when the path became a little more challenging. We cannot recommend the holiday enough and it has given us the appetite to choose another adventure now with Mountain Kingdoms.

-Mr & Mrs D, West Sussex



I loved everything about it: the lodges, the staff, the route, the scenery, the views... The Mountain Kingdoms organisation was excellent and gave us the best of both worlds with a superb trek and city/cultural visits with delightful hotels in Kathmandu and Pokhara.

-Mrs M, Berkshire

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.

