

Gentle Walking Nepal

A journey into the mid hills of Nepal to discover its people, history and culture. Gentle walking on less travelled trails staying in a series of comfortable lodges



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels, Luxury Lodges
Grade	Gentle / Moderate
Duration	13 days from London to London
Trekking / Walking days	Walks on: 5 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	2,278m/7,473ft, Champa Devi, Day 3

Private Departures & Tailor Made itineraries available



tel: +44 (0)1453 844400 fax: +44 (0)1453 844422 info@mountainkingdoms.com www.mountainkingdoms.com

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Departures

Group departures

2021 Dates:

Sat 06 Mar - Thu 18 Mar

Sat 02 Oct - Thu 14 Oct

Sat 06 Nov - Thu 18 Nov

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, who will have first-hand experience of the destination/s you want to visit. 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 01453 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

- Spectacular views of the Kathmandu valley and Himalayan peaks from Haatiban and Champa Devi
- Relaxing at Summit River Lodge with the sound of the Trisuli River below
- Getting under the skin of the real Nepal, off-the-beaten-path, walking through untouched villages
- Staying at beautifully located lodges, comfy beds, hot showers and great food
- Sightseeing in Pokhara with the Annapurna range as a breathtaking back drop

At a glance itinerary

Days 1-2	Arrive Kathmandu. Transfer to Haatiban.
Day 3	Walk to Champa Devi. Visit local temples.
Day 4	Visits to Khokana, Bungamati and Patan Durbar Square.
Days 5-6	Drive or raft to Summit River Lodge. Village walk.
Days 7-8	Drive to Bandipur. Lunch at Old Inn. Walk to lodge. Village walks.
Days 9-10	Walk back to Bandipur via a different route. Drive to Pokhara. Sightseeing.
Days 11-12	Fly to Kathmandu. Sightseeing of Boudhanath and Pashupatinath. Depart Kathmandu.
Day 13	Arrive London.

Trip summary

Experience some of the best that Nepal has to offer in terms of tradition and cultural diversity as you journey into the middle hills on a path less travelled. On this captivating holiday, from Kathmandu to Pokhara and beyond, you will stay in comfortable lodge accommodation, all serving excellent food and set in beautiful natural locations. This is a relatively comfortable and easy paced exploration that both the first time visitor and seasoned trekker would enjoy. At first you will spend three nights just outside and perched high above the Kathmandu valley at Haatiban. Here there is a peaceful lodge with beautiful gardens looking down on the city below. From your lodge you walk up the ridge to the summit of Champa Devi with its fine views. You will also enjoy walks through mustard fields and terraces to discover local temples and heritage villages and you will head down to visit and marvel at Patan Durbar Square.

Leaving the Kathmandu Valley you have the option to drive or raft along the Trisuli River until you get to Brigands Bend and your superbly located river lodge for two nights. You will enjoy gentle treks along hills and valleys, above rivers and through untouched villages. Then you move onto to Bandipur which is like a living museum of Newari architecture. A walk of around three hours takes you to another sublimely located lodge where you will stay for two nights with superb views of Manaslu, Annapurna and Dhaulagiri.

Walking back to Bandipur for lunch you will then descend to travel the city of Pokhara, with its beautiful lakeside position, for two nights. Pokhara sits on Lake Phewa and on a clear day there are astounding views of the Annapurna range of mountains including most famously the holy Machhapuchare or 'Fishtail' Mountain. You will take a boat ride and visit the famous Tal Barahi Temple located in the middle of the lake. Returning to Kathmandu for your last night you will get to see the city in all its colour and vibrancy and visit two significant heritage sights in Pashupatinath and Boudhanath Stupa. There is also free time to enjoy the city, go shopping or just relax back at your hotel.

Your trip itinerary

Day 1: Depart London.

Fly overnight from London to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu airport. Group transfer to Haatiban, 1,852m/6,076ft.

You are met at the airport and then transferred to Himalayan Height Resort, Haatiban, around an hour's drive through the town and into the surrounding countryside. Located south-west of the city and around 400 metres above the valley, the last bit of the drive is a steep and bumpy climb through pine forest to the resort and is well worth it. The views from here and the peaceful environment are most welcoming after a long flight.

Overnight: Himalayan Height Resort, Haatiban (Meals: D)

Day 3: Walk to Champa Devi, 2,278m/7,473ft - 3-4 hours. Visit temples at Pharping and Dakshinkali.

An early morning hike up the Champa Devi hill is a good way to shake off the jetlag. It's a good path laid with cut paving stone in the most part. From the ridge on one side there are views down the hills to nearby villages and from the other side down into the Kathmandu valley. Once at the top of the hill, it is possible to have views across the valley and of the mountains stretching from Mount Manaslu in the west all the way towards the eastern Himalaya. Here there is a modest shrine with some offerings but the quality of the path tells you that at certain times of the year this is an important pilgrimage site visited by many people from Kathmandu.

After some lunch, in the afternoon you will visit nearby Pharping, 1,680m, the site of Sekh Narayan Temple, dedicated to Vishnu; the temple is at the base of an over-hanging cliff. Above the village stands the 17th century Vajra Yogini Temple dedicated to the tantric Goddess Vajra Yogini or 'Durga'. Further up is the Padmasambhava Cave where Padmasambhava attained realisation. The Pharping Monastery comes under the Nyingmapa sect of Buddhism. On the way back visit Dakshinkali Temple, 550m, a shrine dedicated to the terrifying goddess Kali. The image of the goddess is not very big, but Hindus believe it possesses great power. Consequently, every Saturday and Tuesday, thousands of people descend on the shrine to make offerings to the goddess. Though many people bring offerings of fruits, rice, and flowers, Dakshinkali is better known as a place of animal sacrifices, primarily of young male goats and chickens. A walk back through the village for about an hour brings you to the parking lot beneath the lodge and return drive up to the resort.

Overnight: Himalayan Height Resort, Haatiban (Meals: BLD)

Day 4: Visits to Khokana, Bungamati and Patan Durbar Square.

Today you get to enjoy visits to UNESCO heritage villages of Khokana and Bungamati and then on to Patan Durbar Square. First drive down from Haatiban to Bansbari, 1,510m, then walk through to Khokana, 1,360m, and onto Bungamati a typical Newari village that dates back to the 16th century and is famous for its mustard oil mills. There is a Shikhara style temple in the middle of the village square and around the streets you will see women hand weaving and men playing board games and going about their daily lives. It is also the birthplace of Rato Machhendranath regarded as the patron guardian of the valley. In Patan there is a temple bearing his name and this is your next stop, arguably one of the oldest Buddhist cities in the world and believed to have been founded in the 3rd century AD. Patan Durbar Square is a living monument and all around are traditional crafts people at work and the architecture displays a rich artistic heritage. You will also have time to browse the craft shops in the vicinity and find some lunch. There are a variety of places in the nearby streets catering for all tastes. There is a good museum you might visit, yet it is fascinating to just sit on the steps of one of the temples and take in the sights and sounds.



Overnight: Himalayan Height Resort, Haatiban (Meals: B D)

Day 5: Raft or drive to Summit River Lodge, Brigands Bend - 100 km.

Today you have the option to drive or raft to your next lodge. In either case you drive out of the Kathmandu Valley and descend to the valley of the Trisuli River and drive downstream along the banks of the river.

After about two hours, if you are rafting, you will leave your transport at the put-in point and walk down to the river bank where you will meet your rafting crew. Here you will be given life vests and helmets and your rafting captain will give you a full briefing before you set off downstream. You will raft as far as Kurintar, a small village on the banks of the Trisuli River, where you will leave your rafts for the walk up to Summit River Lodge. If you prefer not to raft then it is about a three hour road journey to reach Kurintar which is located midway between Kathmandu and Pokhara.

In Kurintar porters will carry your luggage and you will follow them over a modern pedestrian suspension bridge across the rushing Trisuli River, and walk on to the village of Thuguwatar on the other side. An easy walk of about 30 minutes takes you through farmland and a number of small villages to reach the lodge, which is set in a spectacular location above the river with tremendous views down to sandbanks and the river in either direction, giving way to views of terraced farmland and forested hills. In the afternoon you are free to take a walk, enjoy the swimming pool and relax around the lodge. Later, make your way down through the lodge gardens to a beautiful fire pit, with the best views, to soak up the atmosphere and enjoy a drink before dinner.

Overnight: Summit River Lodge, Brigands Bend (Meals: BLD)

Day 6: Village walks - 3-4 hours.

Today you get to enjoy the surrounding hills behind the lodge, with a gentle walk passing through the tiny hamlets and farmsteads of the minority Chepang and Magar people. The start is steep but after just a few minutes you are in a rural landscape untouched by roads or machinery and where life goes on much as life has been here for centuries. Walking through rice paddies and hand tended fields the occasional interactions with villagers are a rare privilege, virtually untouched by tourism and blessed by the backdrop of the mid hills and narrow gorges cascading down to the Trisuli. People weave or tend to their animals and children make their way to school, always friendly and curious. There are some great photo opportunities but remember you should always ask to take someone's photo, you will rarely find anyone unwilling nor anyone not highly amused to see their picture if you have a screen on your camera to show them! You'll also ascend, following a small stream leading to a cascade of pools where at least one is deep enough to take a refreshing dip! Return along a lower route through fields and by the Trisuli's white sandy beaches to the lodge.

Overnight: Summit River Lodge, Brigands Bend (Meals: BLD)

Day 7: Drive to Bandipur - 1-2 hours. Lunch at Old Inn. Walk to lodge, 1,011m/3,316ft - 3 hours.

Soon after breakfast it is time to move on. Porters will collect your bags and take them back along the path and over the bridge to where your vehicle will be waiting to take you to Bandipur. The journey should only take around 1½ hours. Lunch will be at the Old Inn where you will meet your guide for the next couple of days. You will also have time to explore Bandipur, a well preserved and maintained traditional Newari village. It's very pleasant to stroll around as it is mainly pedestrianised and cafes and lodges coexist with the temples and traditional Newari houses.



After lunch, with porters carrying your luggage, the walk to the lodge takes around three hours. There is an initial descent followed by a walk through the valley which is in parts forested and in parts farmed. There are several hamlets and schools along the route. The final 40 minutes involve a steady climb to the lodge which is located on a small ridge at an altitude of 1011m or 3316ft. After settling into your room and having a hot shower, drinks will be served around the central fireplace before dinner is served in the dining room.

Overnight: 3 Mountain Lodge, Ghamalchhap (Meals: BLD)

Day 8: Village walks - 3-4 hours.

You will be woken with a cup of tea or coffee at your room. If the mountains are clear, you can sit on your private veranda and enjoy views of the spectacular mountain ranges of Dhaulagiri, Annapurna and Manaslu. After breakfast you will set off to visit two local schools passing two large orange groves on the way. There may also be the option to include a walk to a higher peak from where there are mountain views to the North and views to Chitwan in the south. You will then make your way back to the lodge. After lunch at the lodge, you will visit two local villages. To date few tourists have visited this area so it retains much of its charm. Over the years many Gurkhas have been recruited from these villages over the years and you will hopefully have the opportunity to visit the house of one of these retired Gurkhas.

Overnight: 3 Mountain Lodge, Ghamalchhap (Meals: BLD)

Day 9: Walk back to Bandipur via a different route - 3 hours. After lunch drive to Pokhara - 2-3 hours.

After breakfast, you will leave the lodge and trek for around three hours via a different route to Bandipur where you will have lunch. After lunch you will meet up with your driver and main guide for the drive to Pokhara and check into your hotel for the next two nights. The rest of the day is yours to explore this lakeside town with lovely views of the Annapurna range.

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

Day 10: Pokhara sightseeing.

An early start this morning for a sunrise view. You will be transferred to the entry point for Sarangkot, followed by a short walk to Sarangkot. This viewpoint offers a fabulous view back over Pokhara but even more impressive are the mountain views of Annapurna, Dhaulagiri, Machapuchare, Lamjung Himal and more.

After such a great start you will return to the hotel for breakfast. Afterwards you will take a boat ride across Phewa Lake and visit the famous Tal Barahi Temple set in the middle of the lake and later take a walk to the Peace Pagoda from where on a clear day another a great view of the Annapurna range can be had. After Lunch your sightseeing continues visiting Brindawasini Temple, Devis Falls and the old town of Pokhara.

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

Day 11: Fly to Kathmandu. Afternoon at leisure.

This morning you will take the short and, when the skies are clear, very scenic flight back to Kathmandu. On arrival at the domestic terminal you will be met and transferred to your hotel. You will then have time to explore the city, do some souvenir shopping and of course if you wish just relax at the hotel pool and savour the adventure you have just taken.

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

Day 12: Half day sightseeing of Pashupatinath and Boudhanath. Transfer to airport and depart for London.

Pashupatinath is one of the holiest pilgrimage destinations for Hindus. Situated on the banks of the holy Bagmati River, it is also one of the oldest temples. The main temple is dedicated to Lord Shiva, one of the holy trinity and one of the guardians (similar to a patron saint) of Nepal.

You will then take a short drive to Boudhanath Stupa. A spectacular ancient stupa of the Kathmandu Valley, this is venerated exclusively by Buddhists. It is an iconic sight of Kathmandu, approximately 100m in diameter and nearly 40m high and among the largest stupas in the world. Here you will join Tibetan and Sherpa pilgrims as they walk clockwise round the stupa, spinning their prayer wheels as they go round. After 1959 many Tibetans came and settled in this area of Kathmandu. If you opt to spend more time here, it is easy to find a café or bar and while away some time people watching. Sunset at Boudhanath is particularly atmospheric.



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

Overnight: In flight (Meals: B)

Day 13: Arrive London.

Our grading system

Gentle Walking Nepal is graded as a Gentle/Moderate walking 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 English-speaking guides and porters where required
- ✓ Good standard hotel & lodge accommodation
- ✓ A free Mountain Kingdoms Water-to-Go bottle (see below) or a Mountain Kingdoms fleece
- ✓ 10 breakfasts, 6 lunches, 7 dinners
- ✓ All road transport by private vehicles
- ✓ Sightseeing as specified in the itinerary
- ✓ National Park fees where applicable
- ✓ Costs of all portage and their insurance
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ 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)
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ The opportunity to join one of our pre-trip meets in the Cotswolds

Airport transfers

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

What's not included:

- ✗ Some meals (as indicated in the itinerary)
- ✗ Travel insurance
- ✗ Visa fees
- ✗ 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.

For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle 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.



Himalayan Height Resort, Haatiban

Nestled on a pine clad hill is this delightful retreat located south-west of the city of Kathmandu and around 400 metres above the valley. Tastefully decorated, the modern well equipped rooms are dotted around the superbly maintained gardens. A pleasant and serene escape from the city of which there are great views down into the valley below and as well the snow-capped mountains beyond. There is a central circular building attached to the reception housing the restaurant set on a mezzanine level. Downstairs there is a small library and lounge with comfortable seats and sofa, the perfect spot for a drink before dinner.



Summit River Lodge, Brigands Bend

The lodge has rooms arranged around attractive gardens and a colonial-style main building that sits on a ridge amidst tropical forested middle hills, sloping down to the sand beaches of the Trisuli River below. It is around 100kms from Kathmandu. The rooms are simple but comfortable all with en-suite shower and toilet. The main building houses the restaurant where lovely meals are prepared. There's a very nice swimming pool to enjoy and a marvellous fire pit, a great place to relax and watch the river below.



3 Mountain Lodge, Ghamalchhap

Three Mountain Lodge (3316 ft.) is situated on a small hilltop settlement above Bandipur village which has preserved its old time cultural atmosphere and is a living museum of Newari culture. The lodge offers a magnificent views of 3 mountains - Manaslu (8,156m), Annapurna (8,091m) and Dhaulagiri (8,167m). This is a newer addition to Ker & Downey lodges in addition to those we use on our Gentle Trekking & Luxury Lodges, Annapurna Foothills trip and has 12 rooms with traditional touches, comfortable rooms and good food.



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.



Shangri La Hotel, Kathmandu

In Kathmandu we use the Shangri La Hotel, a four star hotel of character, a 20 minute walk from the tourist area of Thamel. It has a swimming pool and a lovely garden, plus a choice of restaurants and bars.

Meal arrangements

10 x Breakfasts, 6 x Lunches, 7 x Dinners

Flight arrangements

Flight inclusive from price

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

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

Flight upgrades and regional Airports

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

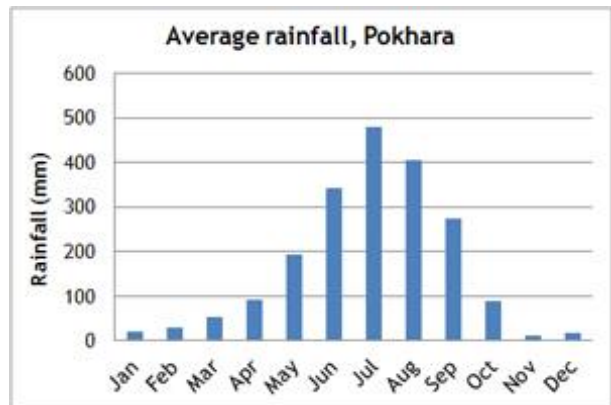
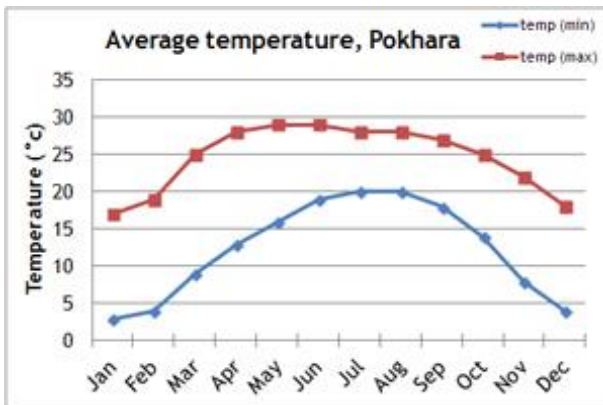
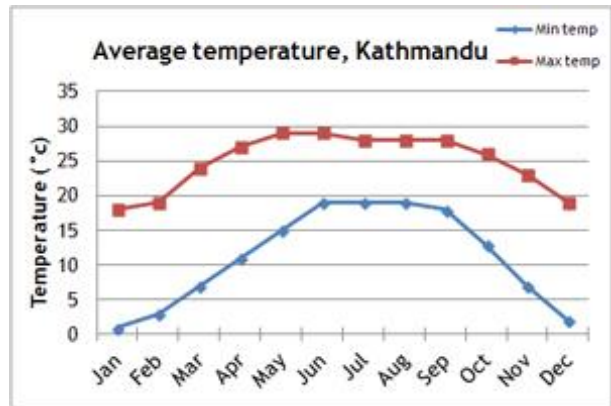
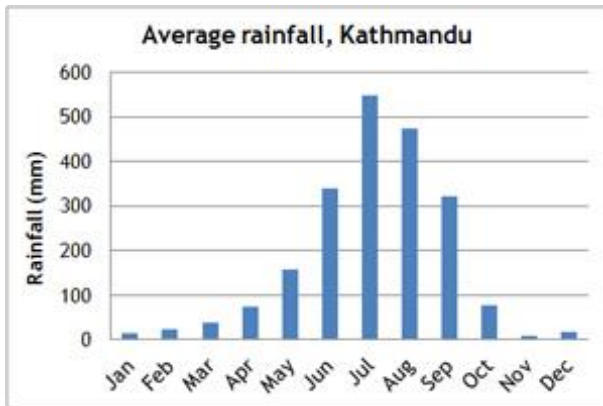
Further information

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

The nature of adventure travel

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

Climate information



Extensions

Extending your holiday

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



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.



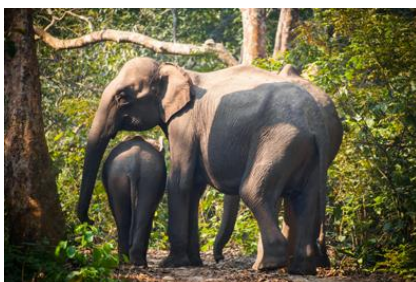
Kathmandu Valley sightseeing excursions

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 have selected comfortable lodges set in beautiful locations, with lovely gardens in which to relax. All serve great food!
- You will see Kathmandu and Pokhara as well as smaller villages and more rural areas to give you the chance to really get under the skin of this most enchanting of countries.
- This is a well-paced itinerary giving ample time to enjoy the walks and views you experience but also to relax and have time at leisure.
- Walks are all on low level trails so there are no altitude issues with this trip - but you will still enjoy superb Himalayan views.
- We use excellent, knowledgeable, English-speaking local guides.
- We have a wealth of Himalayan experience in the company, most of our staff have visited Nepal and love the country and several of us have walked in the areas covered by this trip. If you have any questions about any aspect of this holiday please don't hesitate to give us a call on 01453 844400.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting 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



We loved the contact with the villagers - it was a real education and insight. The lodges and their locations were well chosen - both peaceful, comfortable and interesting.

-Mr C Gee, UK

The itinerary was well put together, a good mix of sightseeing and walking in non-touristy rural areas. The lodges were well-chosen - I love especially the locations of Himalaya Height Resort and 3 Mountain Lodge - fabulous views! Our trip leader was wonderful, and the staff at the lodges were delightful.

- Ms M, Berkshire



Excellent guide - knowledgeable, pleasant manner and flexible. Good choice of accommodation.

- Mr W, Fife

The trekking is relatively easy going and takes us through many small villages in the mid-hills of Nepal. As a consequence we gain a far greater insight into regular village life largely untouched by tourism and get to see how the majority of Nepali's live. Off-the-beaten-path, incredible landscapes, plenty of interaction with friendly locals, and lovely lodges. This is for anyone who wants to get under the skin of Nepal in a degree of comfort with a good balance of exploring on foot with time to relax and savour the surroundings.

- J Shillibeer, Former Mountain Kingdoms General Manager



We like the mix of sightseeing and walking and also the small groups.

-Mr & Mrs H, Cumbria

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.

