

Langtang & the Laurebina La, Nepal

A beautiful tea house trek with incredible panoramic mountain views only a few hours' drive from Kathmandu.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotel, Tea houses
Grade	Vigorous / Strenuous
Duration	20 days from London to London
Trekking / Walking days	On trek: 15 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	4,984m / 16,352ft, Tsergo Ri, Day 9

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2021 Dates:

Wed 07 Apr - Mon 26 Apr
Wed 06 Oct - Mon 25 Oct
Wed 10 Nov - Mon 29 Nov

2022 Dates:

Wed 06 Apr - Mon 25 Apr
Wed 05 Oct - Mon 24 Oct
Wed 09 Nov - Mon 28 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.

Please be aware that the option of a single room is not available in the tea houses. 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.

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

- Discover towering Himalayan peaks, sacred lakes and hidden valleys - only a short drive from Kathmandu
- Enjoy a fabulous Himalayan tea house trek on lesser-known trails through the home of the Tamang and Yolmo Sherpa people
- Gain excellent acclimatisation with a gradual ascent and time to explore the beautiful area around Kyanjin Gumpa
- Trek through lush valleys and along high ridges with stunning views of the mountains of Tibet
- Cross the Laurebina La pass, pass the beautiful Gosainkund lakes and exit through the pretty villages of the Helambu region
- Wash away your sins in the sacred waters of Gosainkund Lake
- Stay in tea houses and support the local people rebuilding their lives and livelihoods after the 2015 earthquake

At a glance itinerary

Days 1-2	Fly to Kathmandu. Transfer to hotel.
Day 3	Drive to Syabru Besi.
Days 4-7	Trek up the Langtang Valley to Kyanjin Gumpa.
Days 8-9	Day walks to explore the area around Kyanjin Gumpa.
Days 10-12	Trek to Sing Gumpa via Thulo Syabru.
Day 13	Trek to Gosainkund Lake.
Day 14	Cross the Laurebina La, 4,600m/15,092ft. Trek to Ghopte Cave.
Days 15-17	Trek to Kakani via Melamchi Gaon, Tarke Gyang and Sermathang.
Day 18	Trek to Gyalthum Village. End trek and drive to Kathmandu.
Days 19-20	Time at leisure in Kathmandu. Transfer to airport. Fly to London.

Trip summary

The legendary Himalayan explorer and mountaineer Bill Tilman said of Langtang that it was 'one of the world's most beautiful valleys yet relatively few people seem to be aware of it' and Tilman's observation remains as true today as it was when he first discovered the region in 1949.

For somewhere so little known, the Langtang Himal is surprisingly close to Kathmandu - only a half day away by vehicle. Easily seen in the clear months from viewpoints within the capital it forms a beckoning backdrop beyond the valley rim. This easy accessibility coupled with the traditional tea houses along the trail make it a very attractive trekking proposition, especially for those looking for a quieter alternative to the ever popular regions of Everest and the Annapurnas. And, although Langtang suffered significant damage in the earthquake of 2015, the trails and tea houses are now fully open and the local people are keen to welcome back trekkers.

On this trek you pass through three different regions that each possess their own distinctive character; the snow-capped peaks of the high Langtang Valley, the rugged beauty of Gosainkund Lake and its satellites and the rich cultural heritage of the Helambu Valley. In fact it is more like three treks rolled into one!

You begin by trekking up the Langtang Valley to Kyanjin Gumpa which gives the best acclimatisation and the chance to walk through beautiful forest where, if you are really lucky, you may be able to spot the elusive red panda, or even langur monkeys. In spring the forest explodes into shades of red and pink with the flowering of the rhododendron trees, hence this trek is also known as 'the rhododendron trek'. The upper end of the valley, surrounded by peaks and inhabited by yaks, is a wonderful haven and you will have ample time to explore and gain further acclimatisation whilst enjoying the fabulous views across to the high peaks of Tibet. Descending, you may pass women carrying wood and locals weaving bamboo and cultivating their fields.

The trek up to Gosainkund and over the Laurebina La takes you through some of Nepal's most rugged country. You can emulate Hindu pilgrims and wash your face in the holy lake which washes away all your past sins. Then there is the thrill of crossing the Laurebina La, which is adorned with hundreds of prayer flags and surrounded by stone cairns, down into the Helambu Valley.

The wide, low, Helambu Valley with its rich Sherpa culture, offers some excellent ridge walking with superb views north to the Greater Himalaya chain and the forested hills to the south. The trail descends through attractive Buddhist villages with many fine gompas, and you may well hear the atmospheric sounds of Tibetan horns echoing through the valley as you head towards the end of your trek.

As Langtang re-emerges from the destruction of the earthquake, there is no better time to follow in Tilman's wake and rediscover its beautiful high passes, pristine valleys and wonderfully welcoming people.

Special notes

Langtang open for business

Following the earthquake and subsequent landslide which hit the Langtang region of Nepal in 2015 we now consider the time is right to return to these beautiful valleys. The trails have been fully repaired, teahouses having been rebuilt and it is now possible to trek in the Langtang Valley in the same way as in the past. It is still much quieter than it was, and the tea houses are more basic than those in the Khumbu or Annapurna regions, but by coming here you are providing the people of Langtang with much-needed income to rebuild in a sustainable and secure way.

Your trip itinerary

Day 1: Depart London.

Depart London on your overnight flight to Kathmandu.

Overnight: In flight

Day 2: Arrive Kathmandu. Group transfer to hotel.

On arrival in Kathmandu you will be transferred to the Shangri La Hotel. This is a very comfortable hotel situated to the north of Thamel, the tourist district of Kathmandu. It has a lovely garden with a swimming pool and several excellent restaurants. The bustle of Thamel with all its restaurants, shops and bars is a 20 minute walk or 10 minute taxi ride away.



Overnight: Shangri La Hotel, Kathmandu

Day 3: Drive to Syabru Besi, 1,420m/4,659ft - 6-7 hours.

In the morning, after an early breakfast, you will be picked up for the drive from Kathmandu to Syabru Besi, a small village on the banks of the Bhoje Khosi. This is quite a long drive taking around 6-7 hours. You drive first out of Kathmandu valley, over the valley rim and descend to the bustling town of Trisuli Bazaar. From Trisuli Bazaar you start the drive north up the valley of the Trisuli River. The road ascends from Trisuli Bazaar, 546m/1,791ft, to Dunche, 1,950m/6,397ft, making the climb in places by many zig-zags in the road. Just before Dunche you reach the gates of the Langtang National Park where you have to sign in. Dunche is the district administration headquarters and nowadays quite a bustling town. From here you descend all the way to the Trisuli River at the village of Syabru Besi, 1,420m/4,659ft.

Overnight: Tea House (Meals: BLD)

Day 4: Trek to Lama Hotel, 2,450m/8,038ft - 5-6 hours.

From Syabru Besi you start your trek to Lama Hotel. The trail crosses the Bhoje Khola using a suspension bridge and continues east. You encounter the Langtang Khola which will be your companion all the way to Kyanjin Gumpa. The trail starts as a moderate climb and zigzags up the broad valley. Continuing up, you will see the village of Thulu Syabru clinging to the high valley side. Shortly after this, you will join the trail which leads to and from Thulu Syabru. You will then enter a deep gorge which marks the start of the Langtang valley. From here you will start a steady descent through a bamboo forest to the valley floor. Red pandas and Langur monkeys inhabit this forest. Upon reaching the Langtang Khola you will follow it up stream. Passing through the hamlet of Pairo you will reach the village of Bamboo. This village is situated on the riverside and the trail here is constantly being rebuilt due to the river flooding and washing the trail away. After an hour or so you will cross a bridge to the northern side of the river and pass through the village of Rimche. Shortly after this you will climb out of the forest to reach the village of Lama Hotel.

Overnight: Tea House (Meals: BLD)

Day 5: Trek to Thyangsyap above Ghora Tabela, 3,104m/10,184ft - 5 hours.

Today is important for acclimatisation. Leaving the tea house at Lama Hotel, you continue your climb up the Langtang valley. The area here is forested and if you are very lucky red panda can sometimes be seen along this stretch. After a short while, the mighty peak of Langtang Lirung comes into view to the north. Passing a waterfall, you continue up the west bank of the Langtang Khola and pass through the hamlet of Gumnchok. After a further couple of hours the valley begins to widen and the trail flattens. You arrive at Ghora Tabela which means 'stable of the horse'.

From here it is a further gradual climb of around half an hour to reach Thyangsyap where you will spend the night.

Overnight: Tea House (Meals: BLD)

Day 6: Trek to Mundu via Langtang, 3,450m/11,319ft - 2-3 hours.

There will be no rush to leave today as it is a short walk to your next overnight lodge. However it is important for your acclimatisation to the ever increasing altitude not to ascend too high too fast. Leaving Thyangsyap you will continue through the forest until you climb above the tree line at around 3,150m/10,335ft. You are now approaching the area where the village of Langtang used to be. It is now a huge landslide which you will cross on one of the many paths which have been constructed to allow passage up the valley. There is a memorial to all those who lost their life where you can pause and pay your respects. Continuing on up the valley you soon arrive in Mundu where you will spend the rest of the day resting and acclimatising.

Overnight: Tea House (Meals: BLD)

Day 7: Trek to Kyanjin Gompa, 3,870m/12,699ft - 4-5 hours.

From Mundu you continue up the ever-widening valley to Kyanjin Gompa. To the east you will gain great views of the peak, Dorji Lakpa, with Urkinmang peak to its left. Also to the south, the peaks of Naya Kanga and Pongen Dopku will come into view. After a steep, undulating trail you will cross a rise and Kyanjin Gompa will appear. Kyanjin Gompa lies in an elongated amphitheatre surrounded by high, snow-capped peaks. After lunch, your guide might suggest a hike up the small hill to the north of the village at the height of about 4,300m/14,108ft. This offers great views of Langtang Lirung, the Langtang glacier, Kimshing peak with its glacier and, to the south, a long ridge on top of which is the Ganja La, a high pass to Helambu.

Overnight: Tea House (Meals: BLD)

Day 8: Day hike to Langshisa Kharka, 4,060m/13,320ft - 5-6 hours.

Today is a great alpine experience. After breakfast, you leave the village of Kyanjin and walk east towards Langtang Khola. You cross a small stream and walk close to the abandoned airport. You can see yaks grazing in the valley and several yak herders' shelters (Goths). Once you reach Langshisa Kharka, you can see views of Langshisa Ri, 6,310m/20,702ft, Morimoto Peak, 6,750m/22,146m, and nearby glaciers. You then return to Kyanjin Gompa.

The people of Langtang & Helambu:

There are two major groups in this region. They are the Tamangs of the Langtang valley and the Sherpas of the Helambu valley.

The Tamangs are an ancient tribe who originally came from Tibet hundreds of years ago. They not only occupy the Langtang valley, but also areas to the east and west of Kathmandu and the countryside you passed through on the drive from Kathmandu to Syabru Besi. The name is said to derive from the Tibetan 'ta-mang' which means 'horse trader'. Their religion is Tibetan Buddhism, but it also combines more ancient beliefs in earth spirits and evil spirits. There are no monasteries in the region with celibate monks as the lamas belong to the Nyingmapa sect of Tibetan Buddhism.

As such they are also family men and farmers who inherited their religious role from their fathers.



The Sherpas of the Helambu valley also known as 'Yolmo Sherpas' are a group distinct from their cousins in the Everest region. Their language is different as is their culture and traditional dress. They originally migrated from Tibet around 500 years ago. The name 'Sherpa' derives from the Tibetan- 'Shar Pa' which means 'easterner'. Their primary occupation is farming, but their income is supplemented by tourism. They are followers of Tibetan Buddhism and celebrate Tibetan festivals. This Buddhism also has more ancient beliefs interweaved within it.

Overnight: Tea House (Meals: BLD)

Day 9: Day hike to Tsergo Ri, 4,984m/16,352ft - 5-7 hours.

Today you have a challenging hill walk up Tsergo Ri - a local peak just short of 5,000m/16,404ft. It is quite a tough little climb, but you will be amply rewarded at the top, with breath-taking views of the surrounding snow-capped summits. You descend the same way back to Kyanjin Gomba.

Overnight: Tea House (Meals: BLD)

Day 10: Trek to Lama Hotel, 2,450m/8,038ft - 6 hours.

After your time spent in Kyanjin Gomba, you now return down the valley. As the next two days are mostly downhill you are able to cover a lot of distance. You will gain great views returning down the valley, especially once you have re-entered the forest with the sun filtering through the leaves.

Overnight: Tea House (Meals: BLD)

Day 11: Trek to Thulo Syabru, 2,230m/7,316ft - 5- 6 hours.

From Lama Hotel you continue down the valley crossing the Langtang Khola just before the village of Bamboo. You will contour round the head of the valley and Thulo Syabru will come into view perched atop of a ridge. You drop down to cross a bridge and then climb up through terraced fields and farm houses to reach this pretty village.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Sing Gomba, 3,300m/10,827ft - 5 hours.

From Thulo Syabru you head south to Sing Gomba. The trail zigzags uphill and after 45 minutes you will reach a stupa. There are spectacular views of the valley below with Ganesh Himal reaching up to the west and to the north a range of unnamed peaks just over the border in Tibet. There are a few teashops on the way and after about 3½ hours of climbing you reach the top of the ridge where you will be pleased to have refreshments and lunch at Phoprang Hill. From here you head south contouring around the western side of the ridge. The trail leads you through a forest, over another ridge before climbing a ladder to cross a wall and into Sing Gomba itself, which is a small village with a few lodges, a gompa (from which the village derives its name) and its own cheese factory. 'Sing' is the Tibetan name for the trees in the area.



Overnight: Tea House (Meals: BLD)

Day 13: Trek to Gosainkund Lake, 4,400m/14,436ft - 7-8 hours.

Leaving Sing Gomba you head northeast. There is a 30 minute climb before reaching a more level stretch. You then cross to the other side of the forested ridge you are following. After another short climb you pass through the hamlet of Chalang Pati. From here you continue climbing and rise above the tree-line just over 3,500m/11,483ft. After another few hundred metres climb, you will gain stunning panoramic views of the mountains around. Ganesh Himal rises up to the north and Langtang Lirung is to your east. To the left of Ganesh Himal you will be able to see Manaslu and even the Annapurnas including Machhapuchare (the 'fish tail' peak) and Annapurna II. You pass through Laurebina Yak, which means 'yak without a stick' and after a moderate climb you will reach a stupa, again with stunning views all around. The land becomes more rugged as you follow the trail, passing a lake on your right called Saraswate Kund. After crossing the shoulder of a ridge, you descend a little and another lake comes into view, this one is called Bhairav Kund. In Nepali there are several words meaning lake, the most common is "tal", however "kund" is used when a lake has a sacred property. After another short climb you crest a ridge and the sacred lake Gosainkund opens out before you.

Gosainkund

Each summer thousands of Hindu pilgrims from all over Nepal and India make the trek up to Gosainkund Lake during the Janai Purnima festival to nullify their sins. Hindu legend states that the lakes at Gosainkund were formed when Shiva pierced a glacier with his trident. There is also another legend that states that the water from Gosainkund emerges at a spring at the Kumbeshwar temple in Patan. The lake has a black rock in the middle, which is said to be the head of Shiva.

Overnight: Tea House (Meals: BLD)

Day 14: Trek to Ghopte Cave, 3,440m/11,286ft, via the Laurebina La, 4,600m/15,092ft - 6-7 hours.

You follow the trail around the edge of Gosainkund and start to climb past assorted prayer flags and even a trident, allegedly left by Shiva. You will pass smaller lakes to your left and then a coal-black lake to your right. The Laurebina La, 4,600m/15,092ft, just past this lake, is decorated with hundreds of prayer flags which flutter in the icy breeze and you will have excellent views of the Helambu valley below. From here it is a long descent to the river which you will cross. You then follow a boulder-strewn trail which climbs in and out of ravines for a few hours before arriving at Ghopte Cave.

Overnight: Tea House (Meals: BLD)

Day 15: Trek to Malamchi Gaon, 2,560m/8,399ft, via Thare Pati, 3,510m/11,516ft - 5-6 hours.

From Ghopte Cave you climb for a couple of hours to the village of Thare pati which sits on a ridge. After this the trail makes a rapid descent through fir forest, then through oak, rhododendron and juniper. At one point you will have a good view of the peak Dorji Lakpa. The descent will take you at least a couple of hours, after which you cross a suspension bridge with a waterfall to your left before climbing to the village of Malamchi Gaon. The gompa here is particularly impressive with brightly painted walls and statues of Guru Rinpoche and his consorts. Locals believe that Guru Rinpoche meditated in a cave above the village wearing robes made by female angels or 'dakinis'.

Overnight: Tea House (Meals: BLD)

Day 16: Trek to Tarke Gyang, 2,560m/8,399ft - 5-6 hours.

After passing through the tended fields of Melamchi Gaon you continue to descend through jungle before crossing the Melamchi Khola on a suspension bridge. You climb through the terraced fields of Paraghang - this village is spread out over the valley side and surrounds an ornate Gompa. You have to climb to reach the village of Tarke Gyang, which is one of the largest in the Helambu region, where you will spend the night. The gompa here has a large brass prayer wheel you can go and spin to gain merit.



Overnight: Tea House (Meals: BLD)

Day 17: Trek to the village of Kakani, 2,590m/8,497ft, via Sermathang - 7-8 hours.

Today is quite a long day but mostly quite gentle. From Tarke Gyang the trail is gentle and gives great views of the Helambu valley below. Keep an eye out for the Langur monkeys which inhabit the valley. After a short while you will see the terraced fields of Gangjwal stretching down the hillside. After passing through Gangjwal you will continue round the valley side passing a 'peace' stupa, to arrive in time for lunch in Sermathang, the last large village of the Yolmo community. The trail to Kakani is then wide and obvious and you pass a huge statue of Guru Rinpoche which is situated on top of a little hillock. The views are superb - you can see Dorje Lakpa and Gangchenpo and other peaks in the range. You now walk downhill through the Tamang and Yolmo villages towards Kakani which is the last Sherpa village on this trek.

Overnight: Tea House (Meals: BLD)

Day 18: Trek to Gyalthum, 848m/2,782ft - 3 hours. Drive to Kathmandu - 3 hours.

After breakfast, you walk down to the village of Gyalthum passing several villages en route. A road has recently been constructed into this area and while your route today avoids this, as far as possible, you will need to cross it on occasions. You will have lunch along the way and then meeting your vehicle you will drive back to Kathmandu for a well-earned hot shower and beer.

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

Day 19: At leisure in Kathmandu. Transfer to airport and depart for London.

You will have most of the day free in Kathmandu to do some sightseeing or 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 London.

Overnight: In flight (Meals: B)

Day 20: Arrive London.

Our grading system

The Lantang & the Laurebina La Trek is graded as a Vigorous/Strenuous trekking holiday, as described below.

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

Strenuous

Our strenuous trekking holidays can involve anything from 10 to 30 days on trek and are often in remote areas, far from 'civilisation'. Rest days are interspersed but there may be up to 7 consecutive days of hard walking. Most treks reach altitudes of at least 4,900m/16,000ft and there will be a great deal of ascent and descent. The majority of our strenuous treks utilise camping, tea house or mountain lodge accommodation.

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:

- ✓ An experienced, English-speaking Sherpa leader
- ✓ Free hire of a down jacket, 4 season sleeping bag and fleece liner (supplied in country)
- ✓ Good standard hotel in Kathmandu, twin share, bed and breakfast basis
- ✓ All meals on trek including tea and coffee
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfer arranged to coincide with the timings of the group flights
- ✓ All road transport by private vehicles
- ✓ Morning bed-tea on trek and an evening fill up of your water bottle with drinking water
- ✓ Sherpas/porters properly insured and equipped
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Park fees
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ The opportunity to attend a 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
- ✗ 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.



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

The rooms in tea houses are simple but comfortable. Most bedrooms have twin beds and mattresses. Sleeping bags are provided by our agent. There is a communal dining area, warmed by a wood or yak-dung burning stove, where most trekkers relax for the evening. There are also simple toilets and, in most cases, the opportunity to have a hot shower.



Single rooms in tea houses:

The tea houses we use usually have twin sharing rooms. For a variety of reasons, e.g. size, unreliable communication, it is not a reliable or practical possibility to guarantee single rooms in tea houses. Additionally, during the trekking season tea houses are very busy, and it goes against the ethos of mountain trekking to turn people away from shelter in lodges. If you are travelling without a companion and would like a single room in a tea house this may sometimes be possible upon payment of a small supplement on the spot (usually around \$10.) Alternatively if the tea house has an odd number of guests on the night you may be lucky and find yourself in a room on your own. However it is more likely you will share with someone (of the same sex obviously). This would most likely be someone within your group but when the tea-houses are busy, it could even be someone else. Be prepared for this!

Meal arrangements

Bed and breakfast in Kathmandu, all meals on trek.

Flight arrangements

Flight inclusive from price

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

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

Flight upgrades and regional Airports

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

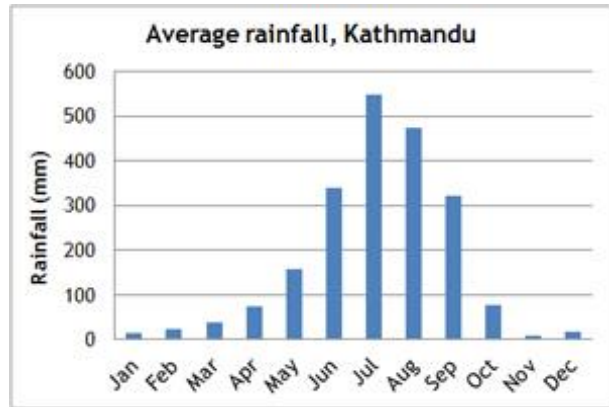
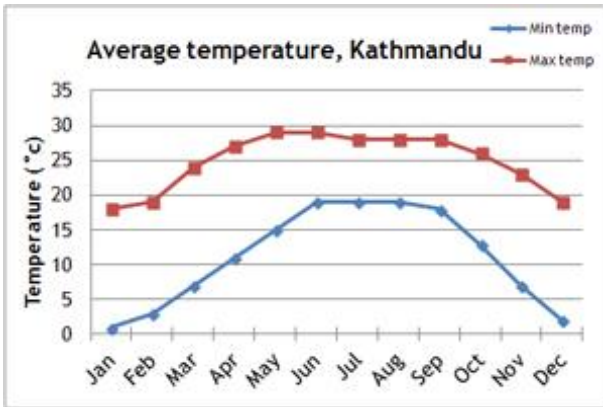
Further information

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

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?

- Our carefully designed route offers the best possible acclimatisation with a gradual ascent and day walks to explore the beautiful area around Kyanjin Gompa
- We use tea houses for this trek which give closer contact with the Nepalese people and are directly contributing to the local economy. This is helping the local people to rebuild their livelihoods after the 2015 earthquake
- We have a maximum group size of 12. This provides for a genuine small group experience and helps reduce the negative aspects often associated with larger trekking groups.
- We include free hire of a down jacket as well as a four-season sleeping bag and fleece liner.
- We have a wealth of travel experience at Mountain Kingdoms. If you have any questions about this holiday, contact Harry on 01543 844400 who researched this trip in 2018 and would be very happy to help.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting tours and activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

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

What our clients say



I really enjoyed this holiday - excellent route through spectacular scenery and interesting villages. The leader was excellent, informative and helpful. Because it was such a small group we got to know the porters too. Really great experience. Also liked trekking where there weren't too many other people, especially during second half of trek.
-Dr T, Wiltshire

I've trekked many times in Nepal and elsewhere - this was by far the most well organised.
-Mr M, Yorkshire



It was a wonderful trek - I wouldn't hesitate to recommend this trek to anybody. I'm already planning my return to Nepal with HK (now MK).
-Mr C S, Exeter

This was an excellent trekking experience. The combination of high mountain experience in Langtang and Laurebina La, with the slower paced but just as strenuous trek in Helambu, was ideal.
- Dr F, Oxfordshire



We felt we always had excellent care throughout the trip.
-Mrs R, Kent

Good route - lots of variety - scenic, ethnic and walking
- Mr A H, Cardiff

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.

