

Makalu Base Camp Trek, Nepal

A truly magnificent Himalayan tea house trek crossing the Shipton La to reach the foot of the world's fifth highest mountain.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Tea houses
Grade	Strenuous
Duration	22 days from London to London
Trekking / Walking days	On trek: 16 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	5,300m, above Makalu Base Camp, Day 13

Private Departures & Tailor Made itineraries available



Watch related videos online: **Makalu Base Camp Trek**

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

Departures

Group departures

2021 Dates:

Sat 17 Apr - Sat 08 May

Sat 30 Oct - Sat 20 Nov

2022 Dates:

Sat 16 Apr - Sat 07 May

Sat 29 Oct - Sat 19 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



For our Makalu Base Camp Trek we will be using expert local guide, Mani Rai, to lead our trips.

Mani Rai is a very experienced, knowledgeable and qualified guide and has trekked this route many times. He speaks good English and is very personable, caring and informative. He has worked for our agent in Nepal for several years and is one of their most senior and well respected guides. He has also led many other treks throughout Nepal. You will be in very safe hands with Mani.

Mani Rai is pictured here (left) with our Operations Manager, Niki Morgan.

Your trip highlights

- Cross the Shipton La 4,200m, and three other high passes, on a single day of sublime trekking
- Wonder in awe at the immense natural spectacle of Makalu Base Camp and enjoy panoramic Himalayan views
- Encounter a huge variety of scenery ascending from lush lowlands through traditionally worked terraces to high mountain pastures
- Stay in tea houses on trek, experiencing Buddhist life in some of Nepal's remotest villages, and contributing directly to the local economy
- Trek through spectacular scenery on a challenging, little-trekged trail

At a glance itinerary

Days 1-3	Fly to Kathmandu. Fly to Tumlingtar. Drive to Num.
Days 4-5	Trek to Seduwa and to Tashigaon.
Days 6-7	Trek to Khongma Danda. Acclimatisation day.
Day 8	Trek across the Khongma La, Shipton La and Keke La to reach Dobate.
Days 9-11	Trek to Langmale via Yangle Kharka. Acclimatisation day.
Days 12-13	Trek to Makalu Base Camp. Exploration day.
Days 14-19	Return trek to Num. Drive to Khandbari.
Days 20-22	Drive to Tumlingtar. Fly to Kathmandu. Fly to London.

Trip summary

The spectacular trek to Makalu Base Camp has long been one of Nepal's best kept trekking secrets. Closed to the outside world until the 1950s, when Eric Shipton first trekked into the region, it has remained relatively inaccessible and little-known except to a handful of keen trekkers; camping en route. We are delighted to now be able to offer the trail to the foot of the world's fifth highest peak as a tea house trek, and although accommodation is simpler than in more established trekking areas, the tea houses offer a welcome place to stay along the way.

The trail to the foot of the world's fifth highest peak, takes you through the pristine wilderness of Makalu Barun National Park, recognised for its outstanding natural beauty and great diversity of flora and fauna. It also has great variety and contrast of scenery with every day bringing a rich selection of scenic rewards as you climb from 700m to over 5,000m.

The trekking is challenging but immensely rewarding. On a single day alone you cross four high passes, including the Shipton La (Eric Shipton's original expedition route) three of which are over 4,000m - a truly stunning day's trekking. And, if you do this trek in the spring when there may be lingering snow, crossing the passes is even more exciting. The final approach to Base Camp is undoubtedly one of the best and most scenically spectacular walk-ins anywhere in the world and, when you finally reach Base Camp, Mount Makalu utterly dominates with its majestic, monumental presence. It makes you realise how daunting it would be to climb this 8,416m beast. From a viewpoint above the base camp, you can enjoy an epic panorama of some of the Himalaya's highest peaks including Everest, 8,848m, Lhotse, 8,516m, Chamlang, 7,319m, and Baruntse, 7,129m.

Although this is an out and back trek, the vistas are superb in both directions, and you have the key advantage that if your views were obscured by cloud on your way out, you have a second chance to see them on your return. In fact, this trek has all the ingredients to make a truly memorable and thrilling journey; high passes, soaring 8,000m peaks, incredible scenery, a rewarding objective and splendid isolation.

Special notes

Tea houses

Until recently this trek was only feasible as a camping trip. There are now a few strategically placed tea houses which we take advantage of but please be aware that these tea houses are very basic, and there are not many of them, so you will need to be entirely prepared for this, and be flexible in terms of sleeping arrangements. Please see the accommodation section of this itinerary for further details.

Trek grade

This is a strenuous trek, sometimes on rough, uneven terrain, sometimes on snow (particularly in spring), and in a very remote area of eastern Nepal. It is therefore not a trek for the faint-hearted, inexperienced or out-of-shape trekker. You need to be fit, have an adventurous spirit, be comfortable on rough terrain, and be completely unphased by basic accommodation and fairly repetitive food.

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.

After arriving at Kathmandu airport you will be met and transferred to the Shangri La Hotel, a good quality property located near the British Embassy. Here you can relax and maybe go out for a meal in the evening.

Overnight: Shangri La Hotel, Kathmandu

Day 3: Fly to Tumlingtar. Drive to Num 1,560m - 3½ hours driving approximately.

You will be collected from your hotel and driven to Kathmandu airport for your domestic flight to Tumlingtar. The flight usually takes around 35 minutes and the views of the mountains are great if you are lucky enough not to have any cloud! You drive for about half an hour on a winding road uphill to Kandbari, a major town in the district which houses the government officials. There's plenty of rural life to observe as you head upwards with fields of corn, bamboo and sal trees. You continue on a winding, dirt road to the highest point at 1,960m before descending to Chicula at 1,900m, a small town with a police checkpoint where you have to present your trekking permit. There are pleasant views of the surrounding forested hillsides. The road deteriorates a bit from Chicula so it's a bumpy ride from here most of the way to Num. Don't be surprised if your vehicle gets temporarily stuck, either behind a grounded truck, or just stuck on the rocky, muddy road. Locals can usually be relied upon to help get you out of a tight spot!

Overnight: Tea House (Meals: BLD)

Day 4: Trek from Num to Seduwa, 1,560m - 800m descent / 800m ascent, 8km, 5-6 hours.

Today you have a big, steep descent to the Arun River, which takes around 2 hours, and a big climb to Seduwa, losing and regaining your height in one day. The walk down to the river is through cardamom crops (the largest cash crop in the area), and the path is on big stone steps all the way to the river at 770m. It's very hot, but the scenery is rural Nepal at its best. You cross the suspension bridge over the Arun River and begin the long, winding climb to Seduwa, passing groves of giant bamboo, and bustling village life. Your guide will need to visit the Makalu-Baron National Park checkpoint. There is a school in Seduwa, as well as many houses and small shops, and a few tea houses scattered across the hillside.



Overnight: Tea House (Meals: BLD)

Day 5: Trek from Seduwa to Tashigaon, 2,100m - 700m ascent, 8km, 5-6 hours.

It's a lovely day's walk today without the brutal ascents and descents of yesterday. You begin climbing on a path with many stone steps and pass several mani walls as you head into Sherpa country. You walk through many small farms dotted across the hillside, cardamom plantations and bamboo and rhododendron forests. It's certainly a varied, undulating walk today. After approximately two hours you reach the small settlement of Chyaksa Danda at 1,900m. There's a tea shop, a school and several houses here. You may hear barbets, cuckoos, drongos, and laughing thrushes calling through the trees. In some places you are walking through dense forest and have to cross a few streams on good log bridges. You can see your destination, Tashigaon, on the hillside ahead, although it takes longer than you might think to arrive, as you contour on an undulating path. Eventually you descend to a log bridge just before your final push on stone steps to reach Tashigaon. The lodges are all perched on the top so you have a bit of climbing through the village to earn your dal bhat!

Overnight: Tea House (Meals: BLD)

Day 6: Trek from Tashigaon to Khongma Danda, 3,637m - 1,400m ascent, 7.2km, 7 hours.

Be prepared for a lot of ascent today! You begin by ascending out of Tashigaon and head up on stone steps. After a while you cross a log bridge and continue ascending through stunning rhododendron forest. It's a steep climb but a lovely walk with verditer flycatchers, treepies and warblers tweeting through the trees, with sparrowhawks overhead. In April the rhododendrons and magnolia trees in bloom provide a colourful foreground with snow-capped summits to the east. As you look back you'll see Tashigaon way beneath you.

After approximately three hours you reach Dhara at 2,867m which has a tea shop, and you are likely to have your lunch here as it's your last chance to have a refreshment stop until you reach Khongma. Leaving Dhara it's a stiff climb of around one hour to Unshisa at 3,200m, where you pass a giant rock. There's a tea hut here (closed in April 2019) and prayer flags marking this pass. From Unshisa it's more relentless climbing on stone steps through rhododendron forest. In April 2019 there was quite a bit of snow on this section making the going somewhat trickier. Eventually after a couple of hours toiling upwards from Unshisa, you reach a stone rest stop with prayer flags, and another 15 minutes - ½ hour - brings you to Khongma Danda at 3,560m. There are three lodges at Khongma, and there may be quite a bit of snow here as well.

Overnight: Tea House (Meals: BLD)

Day 7: Acclimatisation walk to Khongma La.

It's essential to acclimatize properly, so we strongly recommend that you walk up to the Khongma La today. You leave your tea house and begin ascending on stone steps all the way to the pass at 3,890m through rhododendron bushes. It should take you an hour or so to reach the pass. You can go a little beyond if you are keen - your guide will advise. You then retrace your steps back to Khongma, fit and acclimatized ready to tackle the four passes tomorrow, the first one of course being the Khongma La.

Overnight: Tea House (Meals: BLD)

Day 8: Trek to Dobate 3,860m, over the Khongma La, Sano Pokhari Danda, Shipton La, and Keke La - 852m ascent / 599m descent, 7.6km, 6-8 hours.

Today is truly spectacular, crossing four high passes with airy traverses and dramatic ridge sections offering near-constant stunning views of snow-capped peaks. Be prepared for snow though if you are trekking in April. There is one lonely tea shop on the Shipton La, but it's likely that you won't have lunch until you reach Dobate so make sure you take plenty of snacks and water with you as it's a long, tough day (you may be given a packed lunch today). It takes around one hour of ascent through rhododendron bushes until you reach your first pass of the day - the Khongma La at 3,890m.

From there, if it's clear, you'll see Makalu and Chamlang. You descend for a short while before ascending towards your second pass. There are views of Kangchenjunga to be had as you traverse an airy ridge. Some steep stone steps bring you to Sano Pokhari

Danda at 4,105m with Sano Pokhari Lake below. To reach here from the Khongma La, takes around an hour, although it will be longer if negotiating your way through snow. More undulations bring you to the highest pass - the Shipton La at 4,200m. There's a tin shelter/tea shop here which serves thirsty, tired trekkers and pilgrims during the season. The pass is marked by a mani wall and cairn adorned with prayer flags near the shelter. It's quite a steep pull up to the Shipton La but not difficult.

You descend on less steep ground to Kalo Pokhari Lake at 4,080m. It's adorned with prayer flags and is visited by Hindu pilgrims during the Janai Purnima Festival. From the lake, it's an easier climb to your last pass of the day - the Keke La at 4,170m. Finally, a further 45 minutes or so of descent brings you to your lodge at Dobate - a very welcome sight after your four pass toils! There is a pretty good, clean lodge here with a friendly and welcoming owner. The dal bhat will taste especially good by way of reward for your exertions today.

Overnight: Tea House (Meals: BLD)



Day 9: Trek from Dobate to Yangle Kharka 3,630m - 430m ascent / 600m descent, 9.7km, 5-6 hours.

You have a really pleasant descent through rhododendron and pine forests this morning. Look out for Guldenstadts redstarts, minivets, tragopans and magpies in the trees. There is a steep descent towards the Barun River through the forest and this can be tricky with lingering snow. Eventually you reach the river and then begins your walk on a path underneath a substantial landslide area. You catch glimpses of Chanlang and Tutse en route this morning.

After a brief ascent you reach the tea shop at Themathang Kharka, 3,500m. It takes around four hours to reach this spot from Dobate. There is an impressive waterfall just before you reach Themathang. From here you walk for a short while until crossing the Barun Khola on a wooden bridge. The trail undulates, and you have the river now on your left. Quite a bit of work has been done to construct a stony path in places approaching Yangle Kharka. It takes about 1½ hours from the tea shop at Themathang to reach the meadows of Yangle Kharka and your lodge for the night. It's a wild, remote, windy spot.

There is a monastery (which is closed) just down from the lodge, providing an attractive foreground for photos with the snowy mountains behind.

Overnight: Tea House (Meals: BLD)

Day 10: Trek from Yangle Kharka to Langmale, 4,420m - 758 ascent, 10.5km 5 hours.

You descend from your hut to the river and small monastery. It's a pleasant, flatish start keeping the river on your left, with the arresting scent of juniper as you walk. You pass many colourful prayer flags lining the trail. The dramatic cliffs soar either side of you, and the views ahead are dominated by Peak 4, Peak 6, Peak 7 and Yaupa. It really is a fabulous day, with jagged snow-clad summits, vertical cliffs, waterfalls, and sacred caves as a visual feast.



The trail opens out as you walk past the pastures of Jhak Kharka, Yak Kharka and eventually Merek where a welcome tea shop appears after about 2½ hours of walking. You'll doubtless indulge in a cup of chai here before continuing upwards. Take it slow and steady here as you will no doubt be feeling the altitude as you toil upwards towards Langmale. It takes around 2 hours to reach your tea house at Langmale from Merek. The views here are sublime, with Peak 7 providing a breath-taking backdrop to the lodge rooms. A mani wall adorned by prayer flags sits just in front of the row of rooms. Black redstarts and choughs are quite commonplace here.

Overnight: Tea House (Meals: BLD)

Day 11: Acclimatisation walk from Langmale.

There are a few options for acclimatisation today. There's a good hill and viewing point behind the tea house and you can extend this walk as far as your guide suggests.

Overnight: Tea House (Meals: BLD)

Day 12: Trek to Makalu Base Camp 4,800m - 473m ascent / 115m descent, 8.7km, 5-6 hours.

A truly sublime day on the trail today; Peak 7 is an almost constant companion whilst Peak 6 sits directly ahead, looking quite Ama-Dablam-esque. You begin ascending on a good path - the going feels tough at this altitude so take it very easy. You'll be keeping the river on your left as you snake your way around the valley. As you round each bend you'll have another dramatic aspect to marvel at. In parts you'll be hopping from boulder to boulder, but mostly you're on a reasonable, sandy trail. Obviously you are gaining 400m of height to your destination, but the trail undulates gently and there are only a few steeper sections to get you puffing.

Peak 4 comes into view as you progress. After a couple of hours walking, you reach a wide, flat area with a locked small stone hut - this is called Shershong, at 4,630m, making a good camping area. Eventually Makalu comes tantalisingly into view. Its formidable face with its icefalls, crevasses, jagged edges and seracs makes you gaze up in awe. As you round a few bends, you wonder when the base camp will reveal itself. Eventually you will see the lodges and (if in spring) a huddle of tents which mark the base camp. You descend, cross the

river, and in five minutes you arrive at your long-awaited destination. As you would expect, the world's fifth highest mountain, Makalu, completely dominates the view. Many Tibetan snowcocks, hill pigeons, black redstarts and mountain finches may be seen around the base camp.

Overnight: Tea House (Meals: BLD)

Day 13: Exploration day at Makalu Base Camp.

One option today which assures the most glorious panoramic views is to climb to the ridge - around 5,300m - above the base camp. You cross the river on the log bridge and ascend on a vague, slightly indeterminate path for around 3 hours. From this viewpoint you can see Everest, Lhotse and Nuptse as well as close-up, dramatic views of Makalu, Peak 7, Peak 6 and Peak 4. Re-trace your steps to the base camp when you've had your fill of mountain drama. The round trip should take around 4-5 hours. It's a strenuous undertaking as it's steep and the altitude will surely bite above 5,000m.



There are some softer options, which include following a path to view the lakes beyond base camp. There is also a much shorter ridge climb you can do just above base camp, and there's a small hill at the head of base camp marked with prayer flags which is around an hour's walk out and back. Your guide may also have other suggestions.

Overnight: Tea House (Meals: BLD)

Day 14: Return to Yangle Kharka - 122m ascent / 1,214m descent, 16km, 6-7 hours.

It's with a heavy heart that you leave behind the overwhelming spectacle that is Mount Makalu, and begin re-tracing your steps to Yangle Kharka. It takes around 1½ hours to reach the meadow of Shershong, marked with a hut with bright orange tarpaulin. A further hour or so brings you back to Langmale, where you may have tea and possibly lunch. About 1¼ hours walking downhill brings you next to the tea shop at Merek. It's good to chill here with a cup of chai before weaving your way through pine forests back to Yangle Kharka. It takes approximately 2-2½ hours to reach here from the tea shop at Merek. A welcome hot shower awaits if you pay 200 rupees!

Overnight: Tea House (Meals: BLD)

Day 15: Return to Dobate - 640m ascent / 412m descent, 9.3km, 6 hours.

It's a really pleasant gentle meander following the river down to the tea shop at Themathang, passing many rhododendron bushes as you approach. There's a wooden bridge adorned by prayer flags to cross just before Themathang. It'll take around 1½ hours to reach here.

After a short while you will have to negotiate the landslide area, which takes around 1½ hours. Take care on this as there are some narrow sections to pass. After an undulating stretch, you start climbing steeply through the rhododendron forest. If you're lucky you may see a Himalayan monal here - Nepal's national bird, resplendent in its rainbow colours. The going eventually eases and the ascent becomes more gradual as you approach the hut at Dobate. Take note that after the tea shop at Themathang, which comes early in your walk, there are no other refreshment stops until you reach Dobate, so make sure you take plenty of snacks.

Overnight: Tea House (Meals: BLD)

Day 16: Return to Khongma - 600m ascent / 852m descent, 7.6km, 6-7 hours.

Today is your last chance to get captivating views of the high mountains, including Kangchenjunga. You begin ascending to the Keke La at 4,170m, which should take around 1½ hours. It's a further 1½ hours to reach your highest point today - the Shipton La at 4,200m. Enjoy your stop here at the tea house. Another hour or so of contouring round the mountainside will bring you to the large cairn that marks Sano Pokhari Danda at 4,105m.

A further hour of undulations brings you back to the final pass - the Khongma La at 3,890m, marked by a mani wall. Approximately 250m of descent, mainly on stone steps, brings you back to your lodge at Khongma. Look out for blood pheasant which can occasionally be seen wandering in the snow between the rhododendron bushes.

Overnight: Tea House (Meals: BLD)

Day 17: Return to Tashigaon - 80m ascent / 1,450m descent, 6.4km, 5 hours.

You descend from Khongma down to Dhara Kharka which takes around 2 hours. You'll no doubt stop for a cup of tea here. The descent to Tashigaon then takes a further 3 hours.

Overnight: Tea House (Meals: BLD)

Day 18: Return to Seduwa - 150m ascent / 700m descent, 8.9km, 4-5 hours.

Retracing your steps back to Seduwa today will take around 4-5 hours.

Overnight: Tea House (Meals: BLD)

Day 19: Trek to Num - 800m ascent / 800m descent, 8km, 5-6 hours. Drive to Khandbari.

It's a long, fairly steep climb, mainly on stone steps, all the way down to the Arun River at 770m. It will be feeling very warm now as you head deep into the forest lower down. You cross the river and endure the 800m climb all the way back to Num. It's a good idea to have lunch at the Nishan 'Hotel' - a tea house approximately 300m below Num. Now you can congratulate yourself on the successful completion of a challenging and rewarding trek!

Finally, you return by vehicle to Khandbari where you spend your last night in the mountains.

Overnight: Arati Hotel or Similar, Khandbari (Meals: BLD)

Day 20: Drive to Tumlingtar. Fly to Kathmandu.

After breakfast you transfer back to Tumlingtar to make the return flight to Kathmandu airport where you will be met and transferred to the Shangri La Hotel. The rest of the day is yours to relax and recuperate from your exertions.



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

Day 21: Day at leisure in Kathmandu. Transfer to airport. Depart for London.

You have a free day to explore some of the sights of Kathmandu, do some last-minute shopping or simply chill out at your hotel. Late afternoon or early evening there will be a transfer to the airport ready for your flight back to London.

Overnight: In flight (Meals: B)

Day 22: Arrive London.

Our grading system

Makalu Base Camp Trek is graded as a Strenuous trekking holiday, as described below.

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.

These holidays are suitable for fit individuals who have regular experience of mountain walking.

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
- ✓ Domestic flights and transfers
- ✓ 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
- ✓ All road transport by private vehicles
- ✓ Simple tea house accommodation on trek on a full board basis. Mainly twin share, but possibly some quad or dorm rooms.
- ✓ Morning bed-tea on trek and an evening fill up of your water bottle with drinking water
- ✓ Sherpas/porters properly insured and equipped
- ✓ 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
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ The opportunity to attend 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 [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign)

Your accommodation

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



Shangri La Hotel, Kathmandu

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 tea houses on this trek are very basic, and there are not many of them, so you will need to be entirely prepared for this, and be flexible in terms of sleeping arrangements.

We don't offer single supplements as there are too few rooms/beds. Often there is only one lodge in a particular location and other trekkers will doubtless be vying for space for those precious few rooms. Your guide will do his best to accommodate you in twin bedded rooms with your friend/partner or another member of the same sex. Having said this, our Operations Manager, Niki Morgan, was pleasantly surprised by the quality of some of the tea houses, particularly higher up the trail, although they fall way short of those on the more established trails such as the Annapurna and Everest regions.

You should also note that these tea houses do not have menus so dal bhat features very heavily, although potatoes and pasta may be offered as alternatives to those weary of rice and lentils!



Arati Hotel or Similar, Khandbari

We have chosen to stay in Khandbari rather than Tumlingtar because the temperature is much more pleasant - due to the cooler, higher elevation - and also because the Arati Hotel is much better than any of the hotels in Tumlingtar. The rooms are spotlessly clean, spacious, and have large beds. Bathrooms are en suite with hot showers and western-style toilets. The hotel has a dining room and bar and, in future, they are planning on building a gym and a swimming pool with gardens and a courtyard area.

Meal arrangements

All meals on trek. Breakfasts in Kathmandu.

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.

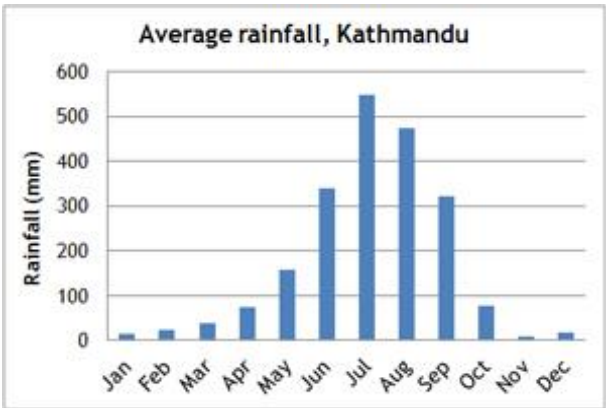
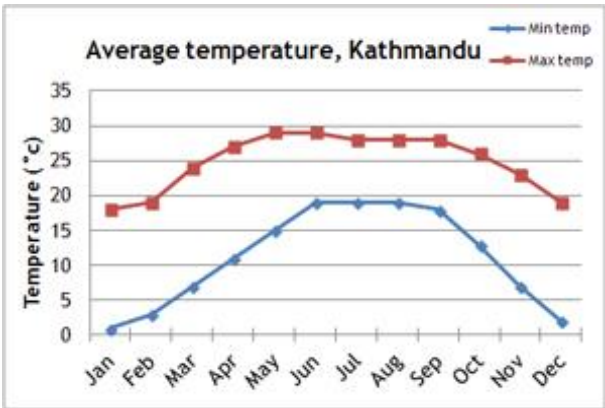
Further information

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.



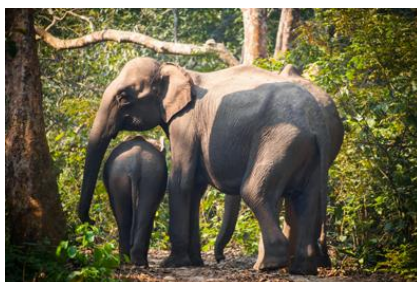
Kathmandu Valley sightseeing excursions

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 are one of the few tour operators to run this truly spectacular, challenging and remote trek
- We run this trip as a tea house trek instead of a camping trek, which contributes more to the local economy and gives an insight into remote village life in Nepal
- We offer good acclimatisation on this trek with well-spaced acclimatisation days
- We include a full day to explore Makalu Base Camp and its surrounds
- We work with an excellent local agent who have highly experienced, knowledgeable, caring and well trained guides with a good standard of English
- We have first-hand experience of this route as Operations Manager, Niki Morgan, completed the recce for this trek in 2019. She would be very happy to answer any queries you may have
- We provide a good quality down jacket, sleeping bag and liner to be used, free of charge, on trek
- We include all meals on trek including tea at mealtimes and a daily refill of your water bottle
- We provide two nights at Makalu base camp for full exploration and the opportunity to trek to other fantastic viewpoints
- 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 we say



Quite simply this is one of the best, most spectacular and rewarding treks in the world. The scenery as you approach the base camp is mesmerising in its grandeur and scale. Makalu gradually reveals itself to you as you weave your way round the hillside on your day walking to the base camp, and the view from your lodge at MBC is breath-taking. Crossing the four high passes from Khongma to Dobate is another highlight, providing scenic delights and challenging walking on both the approach and return from the base camp. For the fit, adventurous trekker who seeks out the remoter places and more challenging treks, this one definitely ticks all the boxes and more. Staying in the tea houses was for me, a big benefit too. What they may lack in amenities and sophistication, they gain in charm, character, with warm, friendly hosts and good, simple and nutritious food.

- Niki Morgan, Operations Manager, Mountain Kingdoms

Mountain Kingdoms - distinctly different

Truly independent

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

Value for money prices with an emphasis on quality

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

Complete financial security

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

No Surcharge Guarantee

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

Award winning Responsible Tourism

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

Genuine small group travel

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

Loyalty Discount

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

Booking your holiday - it couldn't be easier

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

Comprehensive information

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



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



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

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

Carbon Offsetting

Already doing:

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

Will do:

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

Reducing Carbon Emissions

Already doing:

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

Will do:

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

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

