

## Walking & Wellness Nepal

Escape the stresses of daily life and relax in some of the Himalaya's best boutique hotels with gentle walks and wellbeing activities to revive mind, body and spirit.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Walking
Accommodation	Boutique hotels
Grade	Gentle
Duration	11 days from London to London
Trekking / Walking days	Walks on: 5 days
Min/Max group size	4 / 8. Guaranteed to run for 4
Trip Leader	Local Leaders In Resort, Nepal
Land only	Joining in Kathmandu, Nepal
Max altitude	1,700m/5,578ft, Dwarika's Resort Dhulikhel,

**Private Departures & Tailor Made itineraries available**



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# Departures

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## Group departures

### 2021 Dates:

Thu 08 Apr - Sun 18 Apr

Thu 21 Oct - Sun 31 Oct

### Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

### No Surcharge Guarantee

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

### Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 8. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

### Insurance

We offer a travel insurance scheme - please contact us for details.

### Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

### Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts, 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 +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

# Your guide

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Your holiday will be led by the appropriate experts in each resort. All speak excellent English and are professionally trained.

## Your trip highlights

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- Enjoy gentle walks in stunning scenery with guides who will introduce you to Nepal's culture, wildlife and flora.
- Join yoga/meditation classes suitable for all levels, and relax in inviting spas with infinity pools.
- Enjoy a range of uplifting activities, from salt therapy to pottery, at Dwarika's Dhulikhel resort.
- See the sun rise over the snow-capped Annapurnas on a dawn boat ride in Pokhara.
- Explore the ancient Newar city of Bhaktapur in the Kathmandu Valley.
- Stay in four of the best boutique hotels in Nepal, with excellent wellness facilities.

## At a glance itinerary

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Day 1-2	Fly to Kathmandu. Transfer to Dwarika's Hotel, Kathmandu.
Day 3-4	Fly to Pokhara. Transfer to The Pavilions Himalayas, Pokhara for gentle walks, yoga/ meditation, spa and Pokhara visit.
Day 5-7	Dawn boat ride. Transfer to Tiger Mountain Pokhara Lodge for 3 nights, with village walks, birdwatching and yoga.
Day 8-9	Fly to Kathmandu and transfer to Dwarika's Dhulikhel. 2 nights at Dhulikhel with wellbeing activities, spa and farm walk.
Day 10-11	Bhaktapur sightseeing. Transfer to airport for evening flight. Arrive UK.

## Trip summary

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Nepal's incredible natural beauty makes it the perfect place for a wellness holiday; no-one can fail to find serenity watching dawn break over the Himalayas. A fantastically rich culture and a heritage which combines ancient Hindu and Buddhist traditions, provide the perfect environment for relaxation, reinvigoration and reflection.

After a night in the wonderful Dwarika's heritage hotel in Kathmandu you fly to lakeside Pokhara where on a clear morning the mirror-like waters of Phewa Tal perfectly reflect the surrounding peaks. Staying in a lush valley just outside town you will walk through the beautiful rural countryside, enjoy a Hatha yoga class, take a dawn boat ride on the lake and relax in the pool and spa. Moving on up into the foothills of the Annapurna's you will explore picturesque hill villages on foot and enjoy the seclusion of your Himalayan hilltop retreat here with its delicious organic food and spectacular mountain views. Mornings are spent birdwatching or practicing yoga, suitable for all levels.

Your final holistic eco-resort in hilltop Dhulikhel is a veritable temple to wellbeing complete with panoramic mountain views; sunrise and sunset are magical. There is superb range of wellness resources here which you can enjoy as part of the holiday; choose from crystal and salt therapies, yoga and meditation groups, pottery or traditional Nepalese art classes. A guided walk through terraced fields takes you to the lovingly tended organic farm which supplies the resort. Learn about the challenges of organic farming in the Himalaya and discover some extremely enterprising eco-initiatives which include a greenhouse built entirely of plastic water bottles and chicken-houses lit by recycled glass bottles!

There is time for a last morning of wellbeing activities in Dhulikhel before the drive to Kathmandu airport via the ancient city of Bhaktapur. Here you will stop to walk the 15th century streets, explore ancient Newari temples and palaces and admire the artistic skill of the local people who are famous for their skill in painting Buddhist thankas.

Alongside the easy walks an optional yoga class, suitable for all, is included at each of the Himalayan resorts. And to complement your wellness activities each resort offers delicious food - fresh, seasonal and produced using the best local ingredients, usually sourced from the hotels' own organic farms or from local farmers. You will return home replenished in both body and soul, full of peace, harmony and happiness.

# Your trip itinerary

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## Day 1: Depart London.

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Depart London on your overnight flight to Kathmandu.

**Overnight: In flight**

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## Day 2: Arrive Kathmandu. Group transfer to Dwarika's Hotel. Relax at Dwarika's, Kathmandu.

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On arrival you will be met and transferred to Dwarika's Hotel, a lovely place to stay with its beautiful courtyard garden and pretty swimming pool. This delightful heritage hotel is built in local palace style and is furnished with Nepalese furniture, carvings, statues and other works of traditional art. It is a peaceful haven away from the hub-bub of the city and an excellent place to unwind after your flight from London. Depending on your arrival time you may have time to visit the spa for a massage or other treatment or have a swim in the attractive pool. Dwarikas has several excellent restaurants including the wonderful Krishnarpan Restaurant, renowned for its traditional Newari cuisine served in local style. This restaurant serves great food and has a fantastic ambience.

**Overnight: Dwarika's Hotel, Kathmandu**

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## Day 3: Fly to Pokhara and transfer to your hotel.

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After breakfast you will be driven to the airport for the short domestic flight to Pokhara, Nepal's second city. Pokhara has a wonderful location, being set on the banks of picturesque Lake Phewa Tal and enjoying magnificent views of the Annapurna range of mountains.

On arrival you will be taken to the Pavilions Hotel, just outside Pokhara. The Pavilions is a luxury resort set in a tranquil rural location amid paddy fields and enjoying the most fabulous mountain views. The hotel is wonderfully quiet and peaceful, an oasis of calm that makes it a great place to relax.

Facilities at the resort are excellent and include a lovely infinity swimming pool and a spa. The beautiful rooms are set in garden villas and are large and comfortable, all having whirlpool baths, separate rain shower cubicles, enormous beds and offering wonderful hand-made soaps and shampoos made with herbs from their own garden.

The Pavilions Himalayas prides itself on its environmental credentials and is considered one of the most eco-friendly hotels in Asia with solar photovoltaics, solar water heaters, rainwater harvesting, greywater and blackwater recycling systems, biogas generation and heat pumps. In addition most of the delicious organic food served in the restaurant is grown on their own farm or is bought from local producers.

From the resort it is just a short drive to explore Pokhara and there are pleasant walks from the hotel in addition to all the facilities of the spa and wellness centre. The philosophy of the hotel is that your visit should be a retreat from daily life, with an opportunity for some pampering, leaving you with a feeling of wellbeing and peacefulness. Personal yoga and meditation classes are available while in the spa trained therapists can provide luxurious treatments using custom-made products. In addition the hotel offers cookery classes, tours of their organic farm and walking and birdwatching.

In the afternoon or evening you will have a group Hatha yoga/meditation class (included) and later enjoy a delicious dinner in the beautiful dining room.

**Overnight: The Pavilions Himalayas, Pokhara (Meals: BLD)**

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**Day 4: In Pokhara, guided walk - 2-4 hours. Visit to the lakeside.**

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On a clear day, there are astounding views of the Annapurna range of mountains from the hotel terrace, including famous Machhapuchare or 'Fishtail' Mountain. It is well worth while getting up early to see sunrise on the mountains, as the moment when the first flush of pink colours the peaks the view is truly stunning; you might ask the hotel reception to arrange an early morning call for you so that you do not miss it.

After breakfast, you will head out for a walk with a guide from the lodge through beautiful rural countryside. Your guide will discuss the various walk options with you; these include a visit to the nearby village of Chisapani, further afield to the village of Khalse or a longer walk up to Shanti Stupa (the World Peace Pagoda) and back.

Later you will be driven into Pokhara to visit the lakeside area for lunch and some free time in town. The lakeside in Pokhara is the tourist centre of town where you will find hotels, cafes, bars, restaurants and countless shops and road side stalls. It is a great place for souvenir hunting and people watching. If you fancy venturing further afield you could visit the centre of town to see the Mountaineering Museum which has interesting displays on expeditions in the Annapurna Range and on the mountain people living in the region.

Later you will be brought back to the hotel with time to enjoy an additional treatment or class (payable locally) or just to relax by the pool and soak up the sublime setting.

**Overnight: The Pavilions Himalayas, Pokhara (Meals: B D)**

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**Day 5: Dawn boat ride on Phewa Tal. Transfer to Tiger Mountain Pokhara Lodge. Village walk - 2-3 hours.**

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Another chance to see dawn over the mountains as you head off early for a boat ride on the lake. Weather permitting, on this excursion you will enjoy wonderful views of the not so distant mountains and of the terraced hillsides around the lake. You can also see local people going about their daily lives along the shores; boats loaded with produce crossing the lake, water buffalo wallowing up to their noses in the water and children splashing about in the shallows. You will pay a visit to the two-storied pagoda style temple called Tal Barahi which is located on a small island and have a picnic breakfast by the lake.



Later you will drive to Tiger Mountain Pokhara Lodge in time for lunch. Tiger Mountain Pokhara Lodge is a magnificent property perched 1,000 feet above the Pokhara valley and enjoying the most stunning views of the Annapurna range. Luxury at Tiger Mountain is not in shiny fixtures and fittings, it is all about simplicity. The luxury of being able to stop and admire a magnificent view or a small flower, to breathe in the scent of the forest or enjoy an exciting new cuisine. The lodge has a central lodge, bar and dining room and the comfortable rooms are arranged in clusters of cottages resembling a Nepali village. All have attached bathrooms, private verandas and mountain views. The lovely, award-winning swimming pool reflects the distant white peaks of the Annapurna and in the spa a range of Ayurvedic and Shiatsu therapy is available as well as yoga and meditation sessions.

After lunch you will have a guided walk from the lodge. Your guide will take you through pretty countryside to visit some nearby villages, passing through fields of millet, mustard, potatoes and other crops. Along the way you will meet friendly local villagers and smiley school children on their way home from school. You might also see some of the prolific local bird life. Walking in the countryside around Tiger Mountain Lodge offers a wonderful insight into local culture, flora and fauna as well as being pleasant exercise.

Later back at the hotel you may like to indulge in a sunset cocktail on the terrace or round the fire, followed by a three course dinner.

**Overnight: Tiger Mountain Pokhara Lodge (Meals: BLD)**

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**Day 6: Early morning guided birdwatching. Guided walk with picnic lunch - 3-4 hours.**

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This morning before breakfast you can go on a birdwatching walk with a local guide. This area is fantastic for birdlife and on just a short walk you are sure to see an amazing variety of species. Bulbuls, Barbets, Babblers and other species typical of the middle hills of Nepal are regularly seen. The diversity of butterfly species at the lodge is impressive too with a checklist of species found in the grounds alone standing at over 275. The lodge can provide a checklist of the birds and butterflies of the area and field guides are available in the lodge library.

After breakfast on the lodge terrace you will head out for a longer walk taking a tasty picnic lunch with you. The lodge employs local guides from the community who like nothing more than taking guests out to explore the forest, farmland and villages of the area. These guides are very knowledgeable on the local culture, flora and fauna and also work together on their own research programmes, be it recording the waterfowl of the Pokhara Valley Lakes or studying the butterfly species around the lodge grounds, so you are sure to have a rewarding walk. There are many good walks from the lodge and your guide will tailor your route to suit the interests and inclinations of the group.

After returning from the walk you may wish to relax by the pool, perhaps indulge in a massage or take a private yoga session (local charge).

**Overnight: Tiger Mountain Pokhara Lodge (Meals: BLD)**

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**Day 7: Yoga Class. Morning walk - 3 hours. Afternoon at leisure.**

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Today you will have an early morning yoga class with a local guru, suitable for all levels.

After your breakfast with a view, you will head out on another nature walk through villages, farmland and forest, returning to the lodge for lunch. The afternoon will be free for you to relax by the pool or in the lovely lodge gardens. Or why not try an optional traditional Asian massage - Ayurvedic, Hara, Shiatsu or Reiki massage are all available.

In the evening you will have your last dinner at the lodge.

**Overnight: Tiger Mountain Pokhara Lodge (Meals: BLD)**

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**Day 8: Fly to Kathmandu and drive to Dwarika's, Dhulikhel - 1 hour. Afternoon wellness activities.**

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Another sunrise over the Himalayas before you say a sad farewell to the staff at the lodge and drive to the airport for your flight to Kathmandu. On arrival you will be met and driven the 20 miles or so to Dhulikhel. Dwarika's Resort in Dhulikhel is a charming holistic hotel, quite unlike any other. Set on a ridge above the town at an altitude of 1,700m/5,600ft it enjoys panoramic views of the mountains. It is the perfect place to spend your last few days in Nepal. Dwarika's Dhulikhel promises 'a Himalayan approach to wellbeing in rustic luxury'. Built almost entirely from natural materials in Dwarika's own inimitable style, the resort really does have a wonderfully relaxing atmosphere in the tradition of ancient Buddhist and Hindu beliefs.

In the afternoon you will be able to take part in some of the activities offered by the hotel, and which are included in your holiday. While at Dwarikas you will have full access to a whole range of holistic activities including: an incredible Himalayan salt room, chakra sound therapy chamber, meditation maze, group yoga session, group meditation session, group pottery session, infinity pool (equally wonderful swimming and admiring mountain reflections!), fitness centre, sauna, hot tub, garden of nine planets, art & painting session and crystal house. Time passes all too quickly at Dwarika's Dhulikhel and we recommend planning your stay to ensure that any 'must-do' activities aren't missed.

The hotel also prides itself on its tasty home-grown organic food, both western and Nepali, and served in three different specialist restaurants.

**Overnight: Dwarika's Resort, Dhulikhel (Meals: B D)**

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**Day 9: Morning walk to Dwarika's Farm - 3-4 hours. Afternoon wellbeing activities.**

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Today you might like to sign up for one or more of the activities offered by the hotel: The resort offers two Chakra Sound Therapy sessions a day, at 11am and 2pm, as well as morning and evening yoga and group meditation sessions to which anyone is welcome, or you may join a pottery session, art and painting or cinetherapy.

After breakfast you will have a walk to see the hotel's organic farm at Darimbot, a walk of about 1½ hours downhill, where you will be shown round by the gardener. The farm is about 13 acres and all manner of seasonal fruit, vegetables and herbs are grown there and they also rear domestic animals such as goats, cows etc. The walk back to the hotel is uphill! If you would prefer a shorter walk you may visit the New Land Farm, a smaller farm which is located within the grounds at the top of the resort, where they also rear chickens, quails and ducks housed in an innovative building using recycled glass bottles.



In the afternoon you may take part in some of the activities offered by the hotel. Or why not explore the lush landscaped grounds, reflect on the many uplifting and affirming signs which are scattered between the trees, or laze in the sun on a swinging day-bed contemplating the distant Himalaya. Bliss.

In addition to the included activities you might also like to sign up for one of the optional extra activities such as a cooking class with the hotel chef, who will teach you to make dumplings with a dipping sauce and Nepalese masala tea, or book a massage or a therapy in the Pancha Kosa Himalayan Spa. To avoid disappointment these popular activities and personal wellness sessions should be booked on your arrival at the resort.

We recommend heading up to the glass-walled lounge at the very top of the resort for inspiring views of the pink-hued Himalaya at dawn and dusk.

**Overnight: Dwarika's Resort, Dhulikhel (Meals: B D)**

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**Day 10: Morning wellbeing activities. Afternoon sightseeing in Bhaktapur. Group transfer to airport.**

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A last chance to enjoy the facilities and activities at Dwarika's Resort and then in the late morning you will drive to the town of Bhaktapur where you will have lunch and a sightseeing tour. Bhaktapur is one of the three cities built in the Kathmandu valley by the ancient Malla kings. The town is rather more laid back than Kathmandu city and has quite a rural feel to it, being a town mainly of farmers and craftsmen. The people of Bhaktapur are famous for their skill in painting thankhas, paintings on cotton or silk usually depicting a Buddhist deity, scene, or mandala. Despite a number of buildings being badly damaged in the 2015 earthquake Bhaktapur's Durbar Square area still has some wonderful examples of Newari craftsmanship in its temples and palaces. Many of Bhaktapur's buildings have their origins in the 15th Century and the side streets have a really medieval feel to them with streets being mostly brick paved. It is still very much a lived in city, and with much of it being closed to traffic walking around is a pleasure and you will get a real taste of how things must have been in medieval times.

Later you will drive to the airport to check in for your flight home.

**Overnight: In flight (Meals: B L)**

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**Day 11: Arrive UK.**

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## Our grading system

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Walking & Wellness Nepal is graded as a Gentle 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.

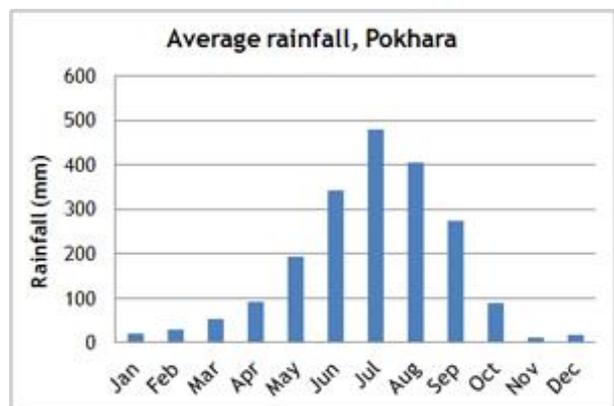
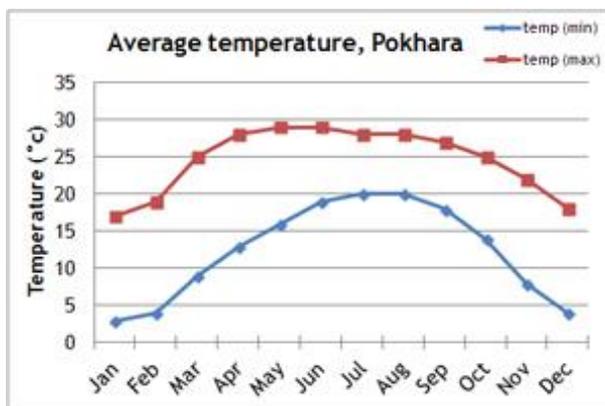
## Trip altitude

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**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](http://www.medex.org.uk) as a good source of information.

## Climate information

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## 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 guide/s in each resort
- ✓ All domestic flights and transfers
- ✓ 1 night at Dwarika's Hotel, Kathmandu on twin share bed and breakfast basis.
- ✓ 2 nights at The Pavilions Hotel in Pokhara on twin share basis with gentle walks, a yoga/meditation classes, Pokhara visit and dawn boat ride. All meals at the Pavilions except lunch on Day 4
- ✓ 3 nights at Tiger Mountain Pokhara Lodge on a full-board twin share basis with walks, birdwatching and a yoga class
- ✓ 2 nights at Dwarika's Resort, Dhulikhel on half-board twin share basis with access to wellbeing facilities including yoga and meditation classes and a walk to the organic farm
- ✓ Bhaktapur sightseeing
- ✓ Meals as indicated in itinerary
- ✓ Economy class return air fares from the UK and UK departure tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights
- ✓ All road transport by private vehicle
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ 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:

- ✗ Travel insurance
- ✗ Nepal visa fees
- ✗ Dinner in Kathmandu on Day 2, lunch in Pokhara on Day 4 and lunches in Dhulikhel on Days 8 and 9
- ✗ Additional optional meditation/yoga classes.
- ✗ Spa treatments and therapies - book and pay locally.
- ✗ Cooking class with chef and Pancha Kosha Himalayan Spa and therapies at Dwarikas Dhulikhel - payable locally.
- ✗ 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

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



### **Dwarika's Hotel, Kathmandu**

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



### **The Pavilions Himalayas, Pokhara**

The Pavillions Himalayas is a luxury eco-resort set in a tranquil valley near Pokhara. Guest rooms are sumptuous individual villas with floor to ceiling picture windows, private terraces and huge bathrooms. The hotel has its own organic garden producing fruit and veg for the restaurant as well as herbs for the hotel's unique toiletries. With a focus on wellness, the Pavillions has a state of the art spa and yoga studio, and there's also a lovely outdoor pool with mountain views and poolside refreshments.



### **Tiger Mountain Pokhara Lodge**

From its ridgetop location above the Pokhara Valley, Tiger Mountain Lodge enjoys enviable Himalayan views. Rooms are cottage-style, clustered throughout the grounds to resemble a Nepali village. Interiors are stylish and understated incorporating a range of natural materials and calming tones. Each room has large picture book windows and private verandas to make the most of the stunning mountain vistas. The main lodge houses a library, bar and restaurant where you can enjoy international and Nepali cuisine made from fresh, organic ingredients. Tiger Mountain has a fabulous outdoor pool, whilst guided walks and nature rambles are available from the lodge, as well as a range of relaxing treatments and therapies at the excellent spa centre.



### **Dwarika's Resort, Dhulikhel**

Set on a ridge, high above the town of Dhulikhel, on the outer fringes of the Kathmandu Valley, Dwarika's is a resort of understated luxury dedicated to health and wellbeing. Super-stylish guest suites are scattered around the picture-perfect gardens with each having a large outdoor living space and daybeds to make the most of the spectacular mountain views. The resort has an infinity pool, bar, lounge and three restaurants serving fresh, locally-sourced, organic meals. Spa facilities are extensive and include crystal therapy, Chakra sound therapy a Himalayan salt room and meditation maze, plus there's a wide selection of treatments and activities to promote holistic wellbeing.

## Meal arrangements

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As indicated in itinerary, 8 breakfasts, 5 lunches, 7 dinners

## Flight arrangements

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### 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

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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

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

## Extensions

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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](http://www.mountainkingdoms.com).



### **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?

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- You will stay in some of the best hotels in the Himalayas.
- This holiday has been carefully crafted to offer relaxation through a blend of wellbeing activities, gentle wildlife walks through inspirational mountain scenery and guided insight into Nepal's unique culture and heritage.
- A yoga/meditation class is included at The Pavilions and Tiger Mountain Pokhara Lodge, and a whole range of yoga, meditation and wellness activities are included at Dwarika's Dhulikhel
- Mountain Kingdoms are Himalayan experts and have been organising holidays to We have a maximum group size of 12 to ensure you enjoy all the benefits of a genuine small group experience.
- Jude Limburn Turner has stayed at The Pavilions, Dwarika's Kathmandu and Dwarika's Dhulikhel, and other members of the Mountain Kingdoms team have also stayed at these properties. Please email [jude@mountainkingdoms.com](mailto:jude@mountainkingdoms.com) or call 01453 844400 if you have any questions about the resorts on this holiday.
- Mountain Kingdoms has an award winning Responsible Tourism Policy, and we work hard to ensure all our local agents and hotels adhere to our standards and procedures.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: [www.mountainkingdoms.com](http://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

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*The early morning magic of a Himalayan dawn followed by the most delicious breakfast, a calming hour of meditation and then a gentle walk through brilliant green terraced fields and pretty Newari villages. I have never felt so serene and at one with the world. When can I go back?!*

*- Jude Limburn Turner, Mountain Kingdoms*

# Mountain Kingdoms - distinctly different

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## **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](http://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](http://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.

