

Summits of Meru & Kilimanjaro 5,895m/19,340ft, Tanzania

The ultimate Mount Kilimanjaro trek giving the best possible chance of reaching the elusive summit.



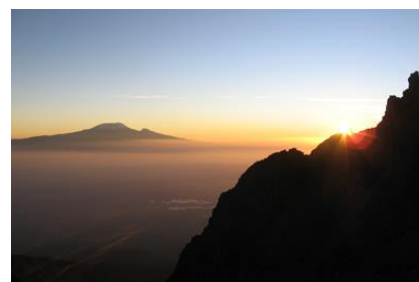
Group departures

See overleaf for departure dates

Holiday overview

Style	Trekking Peak
Accommodation	Hotels, Camping, Mountain Huts
Grade	Strenuous
Duration	15 days from London to London
Trekking / Walking days	On trek: 11 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Tanzania
Land only	Joining in Kilimanjaro, Tanzania
Max altitude	5,895m/19,340ft, Mt Kilimanjaro, Day 12

Private Departures & Tailor Made itineraries available



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Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Departures

Group departures

2024 Dates:

Sun 04 Feb - Sun 18 Feb

Sun 28 Jul - Sun 11 Aug

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 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.

Insurance

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

Private Departures

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

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



Our Kilimanjaro treks are led by professional, English-speaking local guides. They have considerable experience of guiding on Kilimanjaro, with a required 7 years trekking/climbing experience, and have completed 'Wilderness First Responder' and 'Wilderness First Aid' training. They are supported by a professional, well-trained mountain crew with a porter to client ratio of 1:1.

In addition, whilst on Mount Meru, you will also be accompanied by an armed national park ranger.

Your trip highlights

- The best possible acclimatisation with an initial trek up Mount Meru and the longer Lemosho route on Kilimanjaro
- Summit at sunrise for incredible views across African plains
- Close up views of wildlife on the trek in to Mount Meru
- Enjoy a first rate camping experience on trek with top quality equipment
- Stay in good quality hotels of character before and after the your trek
- All park fees and meals included in the price
- Options to extend your holiday on the exotic island of Zanzibar

At a glance itinerary

Days 1-2	Fly to Kilimanjaro International Airport.
Days 3-4	Drive to Arusha National Park. Start trek up Mount Meru. Ascend to Saddle Hut.
Day 5	Summit Mount Meru for sunrise, 4,556m/14,947ft. Descend to Miriakamba Hut.
Day 6	Descend to Park Gate. Overnight hotel.
Day 7	Drive to Kilimanjaro. Trek to Shira 1.
Days 8-9	Trek to Shira 2 and on to the Great Barranco Valley.
Days 10-11	Trek to Barafu via Karanga Camp.
Day 12	Ascent of Mount Kilimanjaro summit, 5895m/19,340ft. Descend to Millenium Camp.
Days13-15	Trek to park gate. Drive to hotel and fly to London.

Trip summary

When you stand on top of Kilimanjaro, you stand on the highest point on the African Continent. It is an extraordinary feeling to be walking on snow and ice, surrounded by huge glaciers, knowing that nearly 20,000 feet below are the hot, dusty plains of Tanzania. Indeed, the first explorers to report back to Europe after seeing Kilimanjaro in the 1840's were disbelieved when they said the mountain was covered with snow, and it was thought that the summit was covered with marble or clouds. Despite recent reports that the snow and ice has all but disappeared, there are still huge glaciers on top and regular snowfalls.

Kilimanjaro is a mountain with relatively easy access - it even has its own international airport. The temptation for many people therefore is to try to fit the ascent into a one week holiday leading to problems with acclimatisation. We have carefully researched the best way to increase your chances of succeeding on Kilimanjaro, which is essentially a summit that is achievable by any reasonably fit trekker. Without a doubt acclimatisation is the key and by climbing Mount Meru first and then by following one of the longer routes up Kilimanjaro, you dramatically increase your chances of success.

Mount Meru is a spectacular mountain in its own right and an excellent acclimatisation trek and preparation for the climb up Kilimanjaro. It is also an interesting contrast to Kilimanjaro, being situated in the Arusha National Park, home to leopards, giraffe, zebra and buffalo to name but a few of the animals that you will hopefully encounter on your trek up Meru's lower slopes. After a gradual start, Meru is an exciting scramble to the top, with a dramatic ridge walk and stupendous views of Kilimanjaro and the Tanzanian plains way below.

Kilimanjaro by contrast, is a vast mountain with several summits, arising out of the plains of northern Tanzania. It is a slow, steady walk to the top and your guide will rightly advise you to go 'pole, pole' (slowly, slowly), and if you do so, with our carefully designed itinerary to maximise acclimatisation, you will have the best possible chance of reaching the summit. The Lemosho route climbs through beautiful, peaceful forest to reach the Shira plateau, before walking around and gradually up the lower slopes of Kilimanjaro to the high camp at Barafu. From here your final ascent will start in the early hours of the morning and it is a long, steady climb to the crater rim at Stella Point at 5,752m/18,980ft. Once you have reached Stella Point, the gradient becomes easier for the walk up to the summit, Uhuru Peak. Standing at 5,895m/19,340ft, watching the sun rise over the African plains, and the icy glaciers and peaks of Kilimanjaro gradually coming into view is a tremendous thrill, and one that will stay with you for a long time.

You may have heard that there are national park fees to pay for climbing Kilimanjaro and Meru. Please note that these are included in your trek price, and there are no extras to pay on entering any parks. You will also receive a certificate to prove your summit success.

Special notes

Experience and skills required to undertake Kilimanjaro and Meru

Both Meru and Kilimanjaro are high altitude non-technical trekking peaks.

What climbing them entails:

Meru:

- Walking is mainly on good paths
- On summit day, ridge walking with exposure and some scrambling with exposure

Kilimanjaro:

- Walking is mainly on good paths on rocky terrain.
- On summit day you should expect a steep walk on a good path up scree/rocky slopes that can be snow-covered.

Experience/skills required:

- Strenuous trekking, or hill-walking experience.
- Good head for heights.
- Good degree of physical fitness and stamina.

Equipment and portage

- No technical equipment is required, just good winter walking gear. We will send you a comprehensive kit list when you book.
- Your guide will carry oxygen, pulse oximeters and a first aid kit.
- We use first-rate camping equipment including North Face tents and comfortable sleeping mats (sleeping bags are not provided).
- For meals there will be a separate dining tent, table, chairs, cutlery and crockery.
- All equipment and baggage is portered. Each trekker will have a porter who can carry up to 15KG of personal baggage. You will therefore only need to carry a small daypack with your essential items.
- Our local partner is an officially registered as a KPAP Member (Kilimanjaro Porter Assistance Project). This ensures appropriate salaries, clothing and working conditions and is an internationally recognised association.

Your trip itinerary

Day 1: Fly London to Kilimanjaro

Depart UK for your flight to Kilimanjaro International Airport.

Overnight: In flight

Day 2: Arrive in Kilimanjaro. Group transfer to lodge.

You will be met on arrival at Kilimanjaro International Airport and transferred to your hotel, about an hour's drive from the airport. The hotel is set in stunningly beautiful gardens, and there are extensive grounds. Weather permitting you should get good views of Mount Meru from the lodge.

Overnight: Moivaro Coffee Lodge (Meals: D)

Day 3: Drive to Arusha National Park. Start trek up Mount Meru, 2,514m/8,248ft - 5 hours.

You will be picked up in the morning by your guide for the one hour drive to the entrance of the Arusha National Park. There is an excellent view of your objective, the dramatic and rocky Mount Meru from this spot. The half hour drive from here to the Momella Gate should give you glimpses of some of the diverse range of animals that you will be seeing over the next few days, including zebra, buffalo, giraffe and warthogs. At the Momella gate, 1,514m/4,975ft, you will meet your ranger and start the trek. The path is a well-graded track, winding gently uphill through pristine forest, with clearings, waterfalls and hopefully with plentiful sightings of animals. You will stop for lunch, possibly at Fig Tree Arch before continuing uphill to the Kitoto viewpoint with amazing views of the Momella Lakes to the east and the Ngurdoto crater. This area is home to giraffe and leopards. After a short descent you reach the Miriakamba hut.



Overnight: Mountain Hut (Meals: BLD)

Day 4: Ascend to Saddle Hut, 3,570m/11,713ft - 5 hours.

The start of your walk today is uphill through beautiful forest. The path is very well-maintained and, after a couple of hours (and hopefully spectacular views of Kilimanjaro), you reach Elephant Point. This is an excellent place to stop and admire the views of the crater plain that you crossed yesterday and which is now way below. The path continues to zigzag up the ridge and then the flank of the mountain, with gradual changes in vegetation as you reach the alpine zone. You will get your first sightings of heather, senecio and, if you are lucky, chameleons, in this region. After a break at the Saddle Hut, you can walk to the top of Little Meru 3,820m/12,533ft, improving your acclimatisation. It will be an early night before your very early morning start up Mount Meru tomorrow.

Overnight: Mountain Hut (Meals: BLD)

Day 5: Summit Mount Meru, 4,556m/14,947ft - 8 hours. Descend to Miriakamba Hut, 2,514m/8,248ft.

Your guide will wake you up in the very early hours for your start up Mount Meru. (This is excellent practice for Kilimanjaro). The aim will be to reach a good viewpoint on Mount Meru for the sunrise. The trek starts gradually, crossing the saddle before reaching a ridge at Rhino Point. The path then climbs to follow the edge of the crater rim. After 3 or 4 hours you reach the first of several false summits, and the final scramble to the top comes not a minute too soon. You return by the same route to the mountain hut, where you will have lunch before descending to 2,514m/8,248ft for the night.

Overnight: Mountain Hut (Meals: BLD)

Day 6: Descend to Park Gate, 1,514m/4,960ft - 3 hours.

After the efforts of the previous three days, you have a pleasant walk back down to the park gate today. This follows a different route from the ascent and is a stunningly beautiful walk through parkland, hopefully containing much wildlife. Amongst the many animals you may well see close by are baboons, giraffe, warthogs, and buffalo. A short detour takes you to the Tululusia Falls for a break before you walk across the plain at the bottom of the mountain. Your vehicle will meet you at the park gate before a one hour drive back to the hotel.

Overnight: Moivaro Coffee Lodge (Meals: BLD)

Day 7: Drive to Kilimanjaro - 3-4 hours. Trek to Shira 1 Camp, 3,505m/11,499ft - 1-2 hours.

After breakfast your Kilimanjaro guide will meet you at your hotel for a pre-trek briefing after which you will drive to Londorossi Gate at the National Park's western entrance. The gate is set right on the edge of beautiful forest and it is here that you will meet your trek crew and porters. After signing the book it is a short drive up a muddy track, past fields of potatoes and carrots, to the start of the trek. The path sets off climbing gradually through thick forest, full of birds and black and white Colobus monkey and the more common blue monkeys. After only a couple of hours you will reach your camp for the night.

Overnight: Camp (Meals: BLD)

Day 8: Trek to Shira 2 Camp, 3,840m/12,598ft - 4 hours. Acclimatisation trek towards Lava Tower Camp.

There are a variety of routes that you can take today to reach the next campsite. All are designed to maximise your acclimatisation. The route chosen will be at the discretion of your guide. After around 3 to 4 hours of trekking you will reach the campsite at Shira 2 - one of the best places for views of Mount Meru if the weather is clear.

After lunch at camp and a couple of hours of rest, you will complete an acclimatisation hike towards Lava Tower Camp giving an additional 200m of ascent today.



Overnight: Camp (Meals: BLD)

Day 9: Trek to Great Barranco Valley, 3,985m/13,074ft - 6-8 hours.

The route to the Great Barranco Valley today is via the Lava Tower. It is a steady walk uphill, around huge lava blocks and through sparse vegetation to reach the Lava Tower 4,640m/15,223ft, a huge block on the end of a cliff. There is a cold and windswept campsite here, but you will just have a lunch stop before descending to the Great Barranco Valley. The valley is a lovely spot, with giant lobelia and senecio and the magnificent views of the Heim Glacier, Kili's southern face and the Western breach. You will also be able to view your route up the Great Barranco wall tomorrow.

Overnight: Camp (Meals: BLD)

Day 10: Trek to Karanga Camp, 4,040m/13,254ft - 4-5 hours. Acclimatisation walk.

The start of today's trek is one of the most exciting, as you ascend the Barranco wall. This is an easy scramble, and at the top you are rewarded with views of your route ahead and the Southern Ice-fields. You descend from the wall and then climb once more, on the south-eastern flank of Kibo to reach Karanga Camp in time for lunch. This afternoon you will take a short hike out and back from the camp in order to aid acclimatisation.

Overnight: Camp (Meals: BLD)

Day 11: Trek to Barafu Camp, 4,640m/15,223ft - 4-5 hours. Acclimatisation hike.

From Karanga, the path leads upwards across volcanic scree, which you follow to reach the Barafu campsite by mid-afternoon. After some time to rest and recuperate there is a further acclimatisation hike towards the intermediate Kosovo Summit Camp, 4,800m/15,748ft, before returning to Barafu.

Overnight: Camp (Meals: BLD)

Day 12: Ascend Kilimanjaro, via Stella Point, 5,895m/19,340ft - 7-8 hour trek. Descend to Millennium Camp, 3,820m/12,533ft - 2-4 hours.

You will set off at about midnight in order to hopefully reach the crater rim for sunrise.

The path climbs gradually before reaching a steeper section and then well-graded and seemingly unending zigzags up the main face. Your guide will advise you to walk very slowly and, if you do so, you greatly increase your chances of reaching your goal. Reaching the crater rim at Stella Point is a huge achievement and it is a great relief to know that the hardest part of the climb is now over. The final gradual trek from Stella Point to the Uhuru Summit takes about 45 minutes. The effort for this final push is well rewarded, with superb 360° views of the Southern Ice-field, the Ice Cathedral, the Northern Ice-field and down into the crater and ash pit. It is well worth staying on the summit for as long as you can, before starting the descent. The walk back down the scree to the campsite is relatively quick, and you can marvel at what you have climbed a few hours previously. After a rest and lunch at Barafu, you descend for a further two hours to reach Millennium Camp at 3,820m/12,533ft.



Overnight: Camp (Meals: BLD)

Day 13: Trek to Mweka Park Gate, 1,640m/5,381ft - 4-5 hours. Drive to hotel.

Your final day on trek is down a well-maintained path, with the vegetation becoming gradually more extensive, with big trees appearing for the first time since you approached the Shira Plateau on Day 4. The forest is full of tree ferns, impatiens and monkeys. After a 3-4 hour walk you reach the Mweka Park Gate at 1,640m/5,381ft and say a sad farewell to your trek crew and porters. A vehicle will meet you to drive you to your hotel and a welcome shower.

Overnight: Aishi Machame Hotel or Similar (Meals: BLD)

Day 14: At leisure. Group transfer to Kilimanjaro Airport and fly to London.

The morning is free for you to relax in your hotel before transferring to the airport for your afternoon flight back to London.

Overnight: In flight (Meals: B L)

Day 15: Arrive UK.

Today you will arrive back in London.

Our grading system

Summits of Meru & Kilimanjaro is graded as a Strenuous trekking peak 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.

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.

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:

- ✓ A Local English-speaking Leader
- ✓ Carbon offset flights (flight inclusive only)
- ✓ Good standard hotel accommodation (usually 4 star)
- ✓ All mountain hut facilities on Meru
- ✓ All camping facilities and all meals on trek
- ✓ Camp staff to carry out all camp work
- ✓ All road transport by private vehicles
- ✓ Full board throughout
- ✓ All National Park fees
- ✓ Costs of all portage and their insurance
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ A free high-quality Mountain Kingdoms kit bag

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 | Tax |
| ✗ Visa fees | ✗ Tips |
| ✗ Airport departure taxes, except UK Departure | |

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.



Moivaro Coffee Lodge

Moivaro Coffee Lodge is situated in a rural setting, with beautiful gardens and a swimming pool. The en-suite bedrooms are dotted around the grounds in small cottages. There is a restaurant, bar and veranda with great views of Mount Meru.



Mountain Hut

Huts on Mount Meru are very similar to alpine mountain huts, with bunk bedded quadruple rooms. Hot water is provided for washing, and there are toilets, cold showers and basins situated outside the huts. Meals will be cooked by your cook and served in the large dining room. Singles are not available in these huts and as with all alpine huts up to four people may need to share.



Camp

The tents are roomy 2 person tents (interior pictured here), there is a mess tent for all your meals with table and chairs, a toilet tent and staff to do all the work.



Aishi Machame Hotel or Similar

Situated in the tranquil foothills of Mount Kilimanjaro, a 30 minute drive from Kilimanjaro Airport, the Aishi Machame Hotel is far from the hustle and bustle of city life. Surrounded by wilderness, and with panoramic mountain views, it is the perfect place to unwind. The hotel offers cosy garden view rooms, a swimming pool with a lounge zone, a bar, restaurant and free Wi-Fi.

Meal arrangements

All meals where stated are included. 12 breakfasts, 12 lunches & 12 dinners.

Flight arrangements

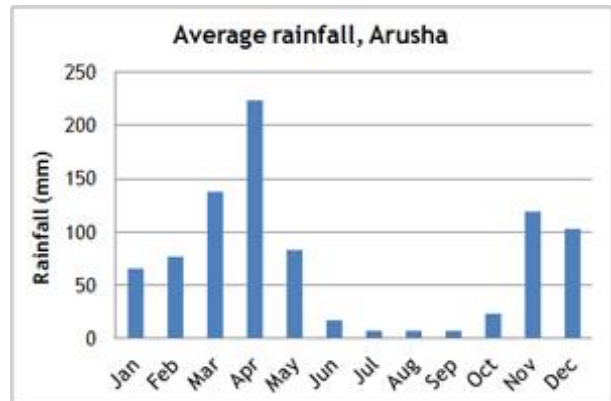
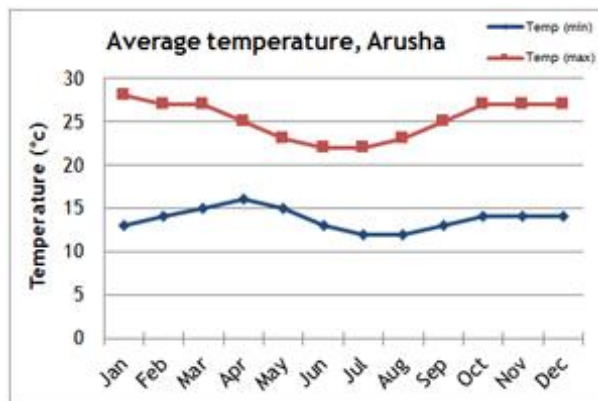
Flight inclusive from price

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

Flight upgrades and regional Airports

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

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.



Safari

Tanzania is one of the best safari destinations in Africa and we offer a three night safari extension that you can take at the end of your trek. The extension includes time at Tarangiri National Park, Lake Manyara National Park - famed for its tree climbing lions - and the Ngorongoro Crater, one of Africa's premier safari destinations. Accommodation is in a luxury tented camp and a colonial era farmhouse. This safari option can also be combined with an extension on the spice island of Zanzibar. Please see our Tanzania extension leaflet detailing all these options.



Zanzibar

The exotic, white-sanded spice island of Zanzibar is just a short flight from Arusha airport. We can arrange a variety of accommodation, from luxurious beach hotels to townhouses in Stonetown, the atmospheric main town. Zanzibar is the ideal place to relax but is also a superb diving and snorkelling destination. An extension to Zanzibar can also be combined with a safari in Tanzania. Please see our Tanzania extension leaflet detailing all these options.

Why book this holiday with Mountain Kingdoms?

- Our extensive acclimatisation programme gives you the best chance of summiting on Kilimanjaro and Meru.
- Our price includes all National Park fees and all meals.
- Your trek will be led by a professional, qualified, English-speaking guide supported by an experienced trekking crew who will provide an excellent standard of service.
- Your gear will be portered for you so all you need to carry is a small daypack.
- Your guide will carry oxygen systems, pulse oximeters and a first aid kit.
- We use first-rate camping equipment including North Face tents and thick sleeping mats, and you will enjoy a high standard of food on trek with three good meals each day and plenty of fresh fruit and vegetables.
- We use first-rate camping equipment including North Face tents and thick sleeping mats.
- You will enjoy a high standard of food on trek with plenty of fresh fruit and vegetables.
- Our local partner is an officially registered as a KPAP Member (Kilimanjaro Porter Assistance Project). This ensures appropriate salaries, clothing and working conditions and is an internationally recognised association.
- Your hotel accommodation, before and after trek, is in comfortable, peaceful properties located away from noisy centres.
- We have a maximum group size of 12 to ensure all the benefits of a genuine small group experience without any the negative impact often associated with larger trekking groups.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you have any questions about this trip, please contact Seraphina Berry or Harry Gray at the Mountain Kingdoms office who have both summited Kilimanjaro.
- If you would like to extend your holiday we can offer a safari in Tanzania or a beach break in Zanzibar.

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



The holiday ran like clockwork. The add on safari and Zanzibar was outstanding. You did us proud. We appreciated this.

-Mr & Mrs W, Buckinghamshire

This was excellent in every respect, from accommodation to the guides knowledge and friendliness.

-Mr MG, Lancashire

I loved the group experience, being with and trekking with other people. We had 11 on our trek - just the right number. It was constantly interesting and entertaining. I loved the camping (without having to think about it)

-Mr H, Ireland



We feel we can trust and rely on MK. You use excellent local guides and hotels.

-Mr & Mrs T, Nottinghamshire

Climbing Kilimanjaro was a fantastic experience, the guides were supportive, friendly and organised everything perfectly. Summiting Kilimanjaro is a memory that I and my fellow trekkers will cherish for a long time to come.

-Harry Gray, Mountain Kingdoms



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.

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.

