



**Travel with the experts**  
Worldwide Small Group & Tailor Made Adventure

### **New Adventure Specials for 2020**

Adventure travel specialists, Mountain Kingdoms, have been offering pioneering and inventive treks for over 30 years. From high mountains to vast desert, they are always looking to discover little-known regions or find alternative routes that will inspire, challenge and delight the more intrepid trekker. With over 150 exciting holidays to choose from in 2020, these are just a taste of some of their most special trekking adventures.



#### **Ancient Kingdoms of Tibet - NEW**

22 days | Moderate Trek

Travelling to the remote, far west corner of Tibet, this unique new adventure visits the ancient and little-known kingdoms of Guge and Shangshung. Long abandoned to the elements, these desert cities are an atmospheric delight of crumbling castles, cliff top palaces, cave dwellings and ruined temples. Exploration is on foot and, to acclimatise to Tibet's high altitudes, there is a short trek in the Nepalese foothills. Time in Lhasa and an exciting drive across the Tibetan Plateau brings this remarkable journey to an end.

<https://www.mountainkingdoms.com/holiday/ancient-kingdoms-of-tibet>

#### **Dhaulagiri Sanctuary - NEW**

16 days | Vigorous Trek

Reaching the foot of the world's seventh highest peak is a fantastic and satisfying achievement, but you don't need to be an extreme adventurer to complete it. Taking only two weeks, and with relatively low altitudes, this new trekking route into the heart of the Dhaulagiri Sanctuary still gives you magnificent high mountain scenery and a rewarding tick-box objective – but without the really tough demands of other Himalayan treks, or the crowds.

<https://www.mountainkingdoms.com/holiday/dhaulagiri-sanctuary-trek>

#### **Five High Passes – Dolpo to Mustang Trek, Nepal - NEW**

23 days | Strenuous Trek

This challenging and remote trek crosses five of Nepal's finest 5,000m passes taking the intrepid trekker from the fabled turquoise lakes and isolated villages of Lower Dolpo, through the wild, untamed landscape of Upper Dolpo to reach the high-desert scenery of Mustang. A breathtaking trek that takes you far from civilisation and delivers an immense sense of achievement.

<https://www.mountainkingdoms.com/holiday/five-high-passes-dolpo-to-mustang-trek>

### **Grand Annapurna Traverse, Nepal - NEW**

27 days | Strenuous Trek

Destined to become a classic, this magnificent new trek crosses three high passes over 5,000m to traverse the mighty Annapurna Massif in three sublime weeks. With roads and crowds now marring the traditional Annapurna Circuit, this route offers a superb alternative. The trail leads from the eastern foothills along an ancient trading route to the dramatic high desert scenery close to the Tibetan border. Only briefly touching the route of the Annapurna Circuit, there is a splendid sense of wilderness with few other trekkers yet to discover one of Nepal's rare, hidden treks.

<https://www.mountainkingdoms.com/holiday/grand-annapurna-traverse>

### **Makalu Base Camp Trek, Nepal - NEW**

22 days | Strenuous Trek

The spectacular trek to Makalu Base Camp has long been one of Nepal's best kept secrets, and Mountain Kingdoms are the first company to offer it as a tea house trek – providing a welcome place to stay each night on the trail. Starting at 700m, the route ascends steadily through varied and magnificent scenery, to reach a high point of 5,300m. On one day alone there are four high passes including the famous Shipton La, before making the final, breathtaking, approach to Base Camp itself.

<https://www.mountainkingdoms.com/holiday/makalu-base-camp-trek>

### **Lares Trek, Peru**

13 days | Moderate/Vigorous Trek

With demand for Inca Trail permits ever high, Mountain Kingdoms offer a superb alternative adventure to the classic Inca Trail trek. After day walks to acclimatise in the Sacred Valley, a fantastic three day camping trek takes you away from the crowds, through pastoral, mountain scenery, to discover the timeless Lares region; home to the Quechua people in their striking red ponchos and felt hats. The adventure ends by trekking the final day of the Royal Inca Trail, passing the ruins at Winay Wayna, before finally emerging through the iconic Sun Gate to experience one of the most iconic and impressive views in the world – Machu Picchu in all its glory.

<https://www.mountainkingdoms.com/holiday/lares-trek-royal-inca-trail-to-machu-picchu>

### **Sahara Camel Trek, Morocco**

9 days | Gentle Trek

For those seeking a true sense of adventure, but without the time or budget for an epic trip, this is the perfect alternative. Trek across the wild, uninhabited landscapes of the world's largest desert, escorted by camels and led by local guides amidst classic desert scenery of palm groves, deep-cut wadis and tamarisk oases. Towering sand dunes offer the perfect vantage point to enjoy spectacular Saharan sunsets whilst nights are spent camping Bedouin style under vast starry skies.

<https://www.mountainkingdoms.com/holiday/sahara-camel-trek-morocco>

### **Three Peaks of the Balkans, Albania, Montenegro & Kosovo**

18 days | Strenuous Trek

A challenging, varied and rewarding trek that follows the best sections of the Balkans Peace Trail, criss-crossing the invisible mountain borders of Albania, Montenegro and Kosovo. The route encompasses beautiful hidden valleys carpeted by wild flowers in the spring, high mountain passes and three non-technical summits with far-reaching views, including Gjeravitza, the highest in Kosovo. Nights are spent in simple family run guesthouses as well as a mountain hut and traditional

shepherd's hut, and you can be assured of the warmest of welcomes from the local people renowned for their generous hospitality.

<https://www.mountainkingdoms.com/holiday/three-high-passes-to-everest>

### **Wild Mustang Trek, Nepal**

25 days | Vigorous/Strenuous Trek

Remote, wild and shrouded in mystery, the 'Forbidden Kingdom' of Mustang, in the far north of Nepal, has all the ingredients for an authentic trekking adventure. Hermit caves, cliff dwellings, ochre-striped chortens, ancient cliff temples and isolated villages are set against a starkly dramatic, high desert landscape of contorted rock formations, deep gorges and soaring snow-clad peaks. A two week trek explores all the scenic and cultural wonders of the region including the capital, Lo Manthang, the wilder northern villages and the Tiji Festival (in the spring).

<https://www.mountainkingdoms.com/holiday/wild-mustang-trek>

### **Curzon's Trail & Kuari Pass, India**

17 days | Vigorous Trek

This fully supported camping trek, ventures into the Garwhal Himalaya, a spectacularly scenic region of India, little discovered by western trekkers. Here, mountains soar to over 7,000m and dense forest contrasts with wide open meadows and crystal clear streams - a trekker's idyll. The crossing of the Kuari Pass provides a fitting climax with breathtaking, panoramic views of the legendary peak of Nanda Devi and other Himalayan giants.

<https://www.mountainkingdoms.com/holiday/curzons-trail-kuari-pass>

### **Gangkar Punsum Wilderness Exploration Trek, Bhutan**

24 days | Strenuous Trek

Trekking doesn't get much more remote and challenging than on this exploration of the wild and uncharted mountains and valleys at the base of the world's highest unclimbed peak. The trek starts in the sacred Bumthang Valley, working its north towards the towering presence of Gangkar Punsum where there are two days to fully explore, and perhaps even hunt for the elusive yeti! The return includes a thrilling crossing of the largely untrodden Thole La completing this exhilarating and pioneering trek.

<https://www.mountainkingdoms.com/holiday/gangkar-punsum-wilderness-exploration-trek>

### **Simien Mountains Trek & Ras Dashen, Ethiopia**

14 days | Strenuous Trek

This two-week adventurous trek showcases the best of Ethiopia's celebrated Simien Mountains. Trekking around the escarpments of Sankaber, Geech and Chenek there are sumptuous views to enjoy at every turn of the trail and ample time to observe the amazing endemic wildlife of the region. The high point of the trek, in every way, is the summit of Ras Dashen, Ethiopia's highest peak, with a pre-summit rest day to give the best chance of success. And, for the perfect all-round adventure, visits to the rock-hewn churches of Lalibela and the ancient wonders of Gondar are also included.

<https://www.mountainkingdoms.com/holiday/simien-mountains-trek-ras-dashen>

**About Mountain Kingdoms:**

Mountain Kingdoms is an independent, UK based, small group holiday specialist with over 31 years' experience. Now offering worldwide walking holidays, pioneering and classic treks, trekking peaks, cultural tours, cycling holidays, walking safaris and adventure cruises. Mountain Kingdoms is committed to responsible tourism and offers value for money with an emphasis on quality.

Visit <http://www.mountainkingdoms.com> for all of our new holidays for 2019 and updates on all our worldwide adventures.

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