



Travel with the experts
Worldwide Small Group & Tailor Made Adventure

First Time Treks



For many people, walking has been one of the few pleasures of lockdown; a chance to get out, discover their local area, meet new friends and enjoy some much needed exercise. Proven to be beneficial for both mind and body, walking has been a real saviour for many suffering from lockdown fatigue. Now that the world is opening up again, there's no reason to stop walking, in fact, it's time to step out, step up, and transform a good walk into a glorious trek.

But where to start for first time trekkers? Mountain Kingdoms, the walking and trekking holiday specialists, offer a great range of treks that are ideal for first timers, from a gentle trek staying in luxury lodges in the Annapurna foothills of Nepal to a pilgrimage route along the Camino de Santiago in Spain, or from a camping trek along Morocco's rugged Atlantic coastline, to a scenic mountain hike in Bhutan. Each day on the trail brings splendid vistas, rewarding encounters and new experiences plus a huge sense of achievement at the end of the trail.

With accommodation sorted, baggage transported, highly experienced leaders, and lots of tasty local food, there's nothing to distract from the unadulterated pleasure of trekking for the very first time.

Here's just a small selection of what's on offer. For details of all of Mountain Kingdoms recommended First Time Treks visit <https://www.mountainkingdoms.com/inspiration/holidays/first-time-treks>

Morocco Coastal Trek

Morocco's Atlantic coastline is often neglected by visitors to this increasingly popular destination, but this gentle five-day trek makes an excellent introduction to its unspoilt beaches, rugged shoreline and welcoming Berber villages where you may be invited to take tea with the locals. Camels carry your baggage and a team of cooks prepare delicious Berber food to enjoy each evening beside an open fire. Trek-box ticked, there's time to enjoy the many sights and sounds of the attractive coastal town of Essaouira where you could join a cookery class and experience the delights of a traditional hammam.

Prices from: £895 land only, £1,225 with flights

Duration: 9 days London to London

Group departures: Nov 2021; Feb & Nov 2022; Feb 2023

<https://www.mountainkingdoms.com/holiday/morocco-coastal-trek-essaouira>

Camino de Santiago – the Northern Way

You don't have to be on a pilgrimage to enjoy this tranquil trek through rural northern Spain on the final stage of the Camino del Norte. The journey starts on the coast at pretty Ribadeo then turns inland through picturesque rolling hills, quaint villages and fertile rural scenery before ending at the great cathedral of Santiago – where you can collect your 'Compostela Certificate'. Unlike the original pilgrims, you will experience a good deal of comfort en route with accommodation in characterful paradors, hotels and pensions including a medieval tower and an exquisite country house.

Prices from: £1,695 land only (flight prices available on request)

Duration: 9 days London to London

Group departures: Sep 2021; Apr, Aug & Sep 2022; Apr, Aug & Sep 2023

This holiday can also be arranged as a private departure

<https://www.mountainkingdoms.com/holiday/camino-de-santiago-the-northern-way>

Gentle Trekking & Luxury Lodges Annapurna Foothills

With this 12 day holiday, the Himalayas are well in reach of the first time trekker. Staying in super comfy lodges along the trail there's happy hours, en suite rooms and three course meals to soothe away any strains from the trail. Walking between the lodges on well-established paths there are panoramic views of the soaring Annapurna peaks and picturesque villages to transport you to another time and place. At the end, you can relax in style at the Fishtail Lodge in Pokhara and Dwarika's superb heritage hotel in Kathmandu.

Prices from: £1,895 land only, £2,845 with flights

Duration: 12 days London to London

Group departures: Dates available - autumn and spring 2021 and 2022

This holiday can also be arranged as a private departure

<https://www.mountainkingdoms.com/holiday/gentle-trekking-luxury-lodges-annapurna-foothills>

Druk Path Trek, Bhutan

The Druk Path is the introductory trek par excellence. The route follows an ancient, high-level mule trail that winds its way through the mountains between Bhutan's two main towns of Paro and Thimphu. The fully supported five-day trek takes in sacred lakes, quaint villages and even a haunted monastery. There are passes to cross with panoramic views and each night you camp in picturesque locations, looked after by a friendly, efficient trekking crew. Before your trek you stretch your legs with the walk up to the Tiger's Nest Monastery, Bhutan's most famed attraction, and afterwards you'll have time to explore beautiful Punakha Valley.

Prices from: £2,695 land only, £3,495 with flights

Duration: 14 days London to London

Group departures: Oct & Nov 2021; Apr, Sep and Nov 2022

<https://www.mountainkingdoms.com/holiday/druk-path-trek>

Visit <http://www.mountainkingdoms.com> for details of all of our group holidays, Tailor Made options and updates on all of our worldwide adventures.

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