



Travel with the experts
Worldwide Small Group & Tailor Made Adventure

Travel Less but Longer



For travellers concerned about their carbon footprint and who have the time to really explore a destination in-depth, Mountain Kingdoms now offers 16 different three to four week small group holidays, plus two which stay in Bhutan and India for over a month, including the epic Lunana Snowman Trek.

Choosing a longer small group holiday allows you to completely switch off from everyday life whilst you really get to know a destination and the people who live there, stepping off-the-beaten-track rather than barely having time to tick off the must see sights. An immensely rewarding way to travel it's also an opportunity to achieve long held ambitions: to reach a summit, complete a classic trek or to get to places that you never thought you'd have the time to discover.

Many of these longer adventures are treks that stay in simple local lodges that have a minimal carbon footprint, or they camp which provides the trek support crew with critical local employment.

So travelling less but longer is good for the environment, good for sustaining local communities and good for mind, body and soul.

Below are three examples of how you can travel less but longer with Mountain Kingdoms, details of other group holidays of three weeks or more can be found at <https://www.mountainkingdoms.com/inspiration/holidays/travel-less-but-longer>. Alternatively, Mountain Kingdoms can create a bespoke in-depth tailor made itinerary for complete cultural immersion.

Lunana Snowman Trek, Bhutan

The ultimate trekking challenge, it crosses 14 high mountain passes and enters the remote regions of Laya and Lunana before trekking back to civilisation 28 days later on a route pioneered by Mountain Kingdoms through a wild and uncharted landscape. More people have summited Everest than have completed the Snowman Trek – it doesn't come more remote and demanding than this!

The trek is led by a highly experienced Mountain Kingdoms leader along with a local guide and support crew. Full service camping is included with good hotel accommodation before and after the trek.

Duration: 36 days London to London

Prices from: £7,095 land only, £7,945 with flights

Group departures: 1st October 2022 & 30th September 2023

<https://www.mountainkingdoms.com/holiday/lunana-snowman-trek>

Long Trek to Everest Base Camp, Nepal – NEW

All too often people want to tick off bucket list objectives as quickly as possible. This new trek allows you to fulfill a lifelong dream by standing at the foot of Everest but without the usual rush to get there. Instead of flying into Lukla you drive from Kathmandu to the foothills village of Dhap and then take a leisurely route over 18 days through the delightful Sherpa villages of Solu, following in the footsteps of the early Everest pioneers.

A local Sherpa guide will lead the trek accompanied by a support crew, and accommodation is in traditional tea houses en route, plus a 4* hotel in Kathmandu.

Duration: 24 days London to London

Group departures: 25th March 2022 & 4th Nov 2023

Prices from: £2495 (land only), £3345 (with flights)

<https://www.mountainkingdoms.com/holiday/the-long-trek-to-everest-base-camp>

Ancient Kingdoms of Tibet

Be among the very first westerners ever to visit the ancient kingdoms of Shangshung and Guge in the remote western end of Tibet where there are the remains of once great monasteries, crumbling castles and the ruins of mountain cities made up of more than a thousand caves apiece. The scenery is otherworldly, mystical, and set against a backdrop of the Himalaya.

Unique to Mountain Kingdoms, the adventure begins with a short trek in Nepal for acclimatisation before flying past Everest and on to Lhasa. The return journey to Kathmandu is by vehicle across the vast Tibetan plateau passing sacred mountain Kailash on the way. Accommodation is a mix of hotels and camping.

Duration: 22 days London to London

Prices from: £4,995 land only (flight prices available upon request)

Group departure: 7 August 2022

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

Mountain Kingdoms is an independent, UK based, small group holiday specialist with over 33 years' experience. We offer an extensive range of 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 group holidays, Tailor Made options and updates on all our worldwide adventures.

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