



Travel with the experts

Worldwide Small Group & Tailor Made Adventure

Two High Passes & Everest Marathon



Complete the ambition of a lifetime by running the world's highest marathon.

This new adventure holiday combines a superb Himalayan trek with the ultimate mountain racing challenge. Trek over two of Nepal's most spectacular passes to reach the foot of Mount Everest, and then run the world's highest marathon in the shadow of the world's tallest mountain.

The two-week trek before race day provides excellent acclimatisation as you cross two spectacular passes over 5,000 metres: the Renjo La and the Cho La. Having crossed the two high passes you continue towards Everest Base Camp and summit Kalar Pattar, 5,545m/18,193ft, for further acclimatisation. From the top of Kala Pattar there are outstanding views of Everest and many other peaks. Well acclimatised you have a full day to rest and enjoy at Base Camp so you're raring to go on race day.

The 26.2 mile race takes place on 29th May, Starting early you leave base camp and race down to Namche Bazaar. There are checkpoints, water and medical stations along the way but most of the running is through open terrain. The race is a huge challenge but the remarkable views and support from locals and trekkers are sure to encourage you to finish.

Grade: Strenuous

Duration: 23 days (London to London)

Departure: 12 May 2020

Land Only Price from: £2425

Flight Inclusive Price from: £3050

Price includes: An English-speaking local guide, transfers and all road transport by private vehicles; 4 star hotel accommodation in Kathmandu on a twin share, bed & breakfast basis, free use of a good quality down jacket, sleeping bag and liner, lodges and two nights camping at Everest Base Camp, with all equipment provided, water & food stations on the race, trek staff and full portorage, all meals on trek, a free high quality Mountain Kingdoms kit bag.

View full details: <https://www.mountainkingdoms.com/holiday/two-high-passes-everest-marathon>

Colours of India - Gujarat Textiles



Enjoy a unique, specialist tour in the company of Sue Lawty, one of Britain's foremost artists.

This new specialist tour led by acclaimed textiles artist, Sue Lawty, allows you to thoroughly explore Gujarat's rich artistic and cultural heritage. From village markets and local museums to artisan workshops and demonstrations of age-old techniques, you will gain an in-depth insight into the central role that textiles have played in Gujarat's history.

During your time in Ahmedabad, the Hindu Navrati festival will be taking place and you will join the celebrations as the streets come alive with music and dance. In Gondal you visit the Navlaka Palace with its fine collection of crafts and learn about the textiles of this area. In Jamnagar you see traditional wood-block printing and fabulous tie-dye fabrics, before moving on to the desert town of Bhuj, where you visit local markets and palaces.

A real highlight of the trip is a jeep safari across the Little Rann (desert) of Kutch in search of rare wild asses and other birds and wildlife. And for a final fabulous flourish you visit the master craftsmen of Patan Patola, who create the most magnificent Double-Ikat silk textiles.

Grade: Tour

Duration: 14 days (London to London)

Departure: 17 Oct 2020

Land Only Price from: £3095

Flight Inclusive Price from: £3745

Price includes: Services of Sue Lawty as trip leader, an English-speaking local guide, transfers and all road transport by private vehicles; good standard accommodation and all meals included from Day 2 to Day 14, a free Mountain Kingdoms Water-to-Go bottle or Mountain Kingdoms fleece.

View full details: <https://www.mountainkingdoms.com/holiday/colours-of-india-gujarat-textiles>

About Mountain Kingdoms:

Mountain Kingdoms is an independent, UK based, small group holiday specialist with over 30 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 our new holidays for 2020 and updates on all our worldwide adventures.

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