

Gentle Walking Patagonia in Style, Argentina

Premium accommodation and the finest day walks in the pristine landscape of Los Glaciares National Park.



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels, Eco-domes, Estancias
Grade	Gentle
Duration	14 days from London to London
Trekking / Walking days	Walks on: 6 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Patagonia
Land only	Joining in Buenos Aires, Argentina

Private Departures & Tailor Made itineraries available



tel: +44 (0)1453 844400 fax: +44 (0)1453 844422 info@mountainkingdoms.com www.mountainkingdoms.com

Departures

Group departures

2022 Dates:

Mon 14 Mar - Sun 27 Mar

Sun 30 Oct - Sat 12 Nov

2023 Dates:

Mon 13 Mar - Sun 26 Mar

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.

Deposits and payments

Please note that your final balance is due 90 days before departure for this holiday. For full details please contact the office or refer to our terms and conditions on our website <http://www.mountainkingdoms.com/essential-information>.

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



We use expert, English-speaking local guides who have an intimate knowledge of the area and an infectious passion for nature. They are very hard-working, attentive and helpful. You will have separate leaders for the Santiago, Torres del Paine and Argentinean elements of your trip.

Your trip highlights

- Walk to the base camps of both Mount Fitzroy and Cerro Torre - the two iconic peaks of Los Glaciares National Park
- Discover the real Patagonian wilderness at magical Estancia Cristina, a truly remote and historic landmark
- Immerse yourself in the natural beauty of Los Glaciares at the Patagonia Eco Domes
- Experience the remarkable sights and sounds of the spectacular Perito Moreno Glacier
- Option to extend your time in the lively Latin capital of Buenos Aires

At a glance itinerary

Days 1-3	Fly to Buenos Aires. Fly to Calafate. Drive to El Chalten.
Days 4-5	Walks to Fitzroy Base Camp and Cerro Torre Base Camp.
Day 6	Day walk to Lago Del Desierto. Transfer back to Calafate.
Day 7-9	Boat ride to Estancia Cristina. Walks and visit to the Estancia's museum.
Day 10	Sail back to Calafate and transfer to hotel.
Day 11	Visit Perito Moreno Glacier. Boat tour and viewing galleries/trails.
Days 12-14	Transfer to Calafate. Fly to Buenos Aires. Fly to London.

Trip summary

This captivating holiday combines superb accommodation with an active and varied programme of day walks to the most interesting places in the Los Glaciares National Park in Argentine Patagonia. During your time in Patagonia you will stay in a hotel, Eco-domes and an estancia surrounded by turquoise lakes, mountain peaks and icy glaciers. This varied and stylish accommodation offers the highest standard of comfort and cuisine, with bags of character and atmosphere, reflecting the culture and history of the region.

After a night in Buenos Aires, your Patagonian adventure begins in the 'trekking town' of El Chalten, located close to the iconic peaks of Cerro Torre and Mount Fitz Roy in the Los Glaciares Park - a World Heritage Site. Over consecutive days you will enjoy beautiful hikes to the base camps of both these mountains as well as taking a walk around scenic Lago del Desierto, close to the Chilean border. Next, a thrilling boat ride takes you past giant icebergs calved from the face of the Upsala Glacier to reach Estancia Cristina, a place so remote you can only get there by boat or a four-day horse ride! The estancia offers numerous walking options amidst breathtaking scenery, and you will have all to yourself. Known to some of the earliest explorers of the region, Cristina has a fascinating history captured in the numerous artefacts that are housed in its small museum. Estancia Cristina is a unique and enchanting place, and you will be amazed by the levels of service, comfort and cuisine that you will experience there.

Finally, you head back across the blue waters of Lago Argentino to spend time at the Perito Moreno Glacier, one of the wonders of the natural world. This is a truly memorable way to end your visit to Patagonia, and it will undoubtedly leave you longing to return.

Your trip itinerary

Day 1: Fly London to Buenos Aires

Fly overnight London to Buenos Aires.

Overnight: In flight

Day 2: Arrive Buenos Aires. Group transfer to hotel. Time at leisure.

You will be met at Buenos Aires airport and driven to your centrally located hotel. The rest of the day is yours to relax after your long flight and maybe head out to explore some of the local area.

Overnight: Casa Sur Art Hotel or Similar, Buenos Aires

Day 3: Transfer to domestic airport. Fly to El Calafate. Drive to El Chalten - 4 hours.

From the domestic airport in Buenos Aires you will fly today to El Calafate, and then transfer north to the small trekking town of El Chalten.

The drive from Calafate to Chalten is a good introduction to Patagonia as it takes you across vast barren steppes, where you may see guanacos and rheas. Gradually, and assuming clear weather, the striking peaks of the Fitz Roy massif, the blue waters of Lake Viedma and the mountains beyond will appear. The peaks make an incredible backdrop for the small trekking town of El Chalten which you will reach after approximately three hours.

Your unique accommodation is situated around 15km outside of the town, in splendid isolation with only the stunning views of Mount Fitz Roy to distract you. The accommodation consists of several spacious sleeping domes with private bathrooms, a restaurant dome serving gourmet cuisine, a chill out dome and also a wellness dome where optional massages and treatments are available for the ultimate in relaxation.

Overnight: Patagonia Eco Domes (Meals: B D)

Day 4: Fitz Roy Base Camp and Laguna de los Tres walk - 7-8 hours.

A short drive will take you to the starting point for this beautiful and classic walk in Los Glaciares National Park. You will begin by meandering through beech and lenga woods that border the Rio Blanco. Before too long you will reach the first main viewing point (or mirador) where you will enjoy fine views of the Piedras Blancas Glacier. As the landscape opens up before you, your views will become more expansive and dramatic and will include the towering peak of Mount Fitz Roy.



Soon you will reach Poincenot Camp, one of the two campsites where climbers wait out the weather before attempting to climb Fitz Roy or the other peaks in the massif. Close by you can cross the river by a suspension bridge to arrive at the 'White River' Base Camp itself which is only used by climbers. From this point, and if the weather is clear, there is the option to hike to the Mirador de Laguna de los Tres for the most fantastic, close-up views of Fitz Roy, the lagoon at its base and its many glaciers. It makes a wonderful lunch spot. The climb involves around 500m of ascent and takes about an hour.

Returning to the path you walk back across open ground beside high cliffs before descending into the Vueltas River Valley to El Chalten.

Although this walk is fairly long in distance at around 20km, the path is very good and there is little ascent aside from the walk up to Laguna de Los Tres. If you would prefer not to make this additional walk, you have the option to wait at the campsite and enjoy your packed lunch.

Overnight: Patagonia Eco Domes (Meals: BLD)

Day 5: Cerro Torre Base Camp and Lago Torre walk - 6-7 hours.

Another classic day hike to Lake Torre and Cerro Torre Base camp, where climbers wait for good weather to attempt their difficult ascent of the mountain. The trail starts from El Chalten and follows the Fitz Roy River valley along a good path until reaching the first lookout point where you'll enjoy great views of the Torre-Adelas mountain range and the unmistakable spire of Cerro Torre. You continue along the well-maintained trail, over flat terrain until you reach the de Agostini Base Camp - the temporary home of climbers attempting the daring ascent of Cerro Torre.



A little further along the path takes you to the moraine around Lake Torre which you climb up and over to view the lake itself and the Torre glacier tumbling into it. And, if clouds allow, you will see the thrusting silhouette of Cerro Torre rising directly in front of you flanked by the needle points of Mounts Egger, Standhardt, Bifida and the Cord of Adelas. This is another fantastic place to sit, rest and eat your packed lunch whilst enjoying the stunning views.

Your route back follows the same trail to El Chalten where your vehicle will be waiting to take you back to the Eco Domes.

Overnight: Patagonia Eco Domes (Meals: BLD)

Day 6: Lago del Desierto walk - 2-3 hours. Transfer to El Calafate - 4 hours.

A relaxing day today with an excursion to the north of El Chalten to the area around Lago del Desierto. The lake lies approximately 40km, 1½ hour's drive, north of El Chalten at the northern end of the Vueltas River Valley. Del Desierto Lake sits outside of the Los Glaciares National Park and offers scenic trails through Andean-Patagonian forests. The climate is more humid here than around El Chalten and the views of the lush green woods offers a great contrast to the barren and dry plateaux of eastern Patagonia. Once at the lake there is a relatively short walk through lenga forest to a moraine ridge from where you will have delightful views of the del Huemul lagoon and glacier. Here you can enjoy your lunch before returning to the start of the walk. You will then transfer to El Calafate, a drive of around 4 hours.

On arrival at your hotel in the late afternoon, you will have time to settle in before heading out to dinner in nearby El Calafate, the primary town of the region, and where there are many shops, cafes and bars to enjoy.

Overnight: Hosteria La Estepa or Similar, El Calafate (Meals: BLD)

Day 7: Boat to Estancia Cristina via the Upsala Glacier - 3 hours. Afternoon walk.

After a short early morning drive to Puerto Banderas harbour, you board the boat that will take you to Estancia Cristina. The 3 hour cruise takes you past the snout of the Upsala Glacier from which huge chunks of ice calve forming giant icebergs.

Estancia Cristina is located on the most remote arm of Lago Argentino and is only accessible by boat or horse - a ride of around four days from the nearest civilisation. For many years English settlers lived here and it became well-known amongst explorers, climbers and adventurers who used the estancia as a starting or finishing point to venture into the Southern Patagonian Ice Field and the unexplored peaks of the area. Padre Agostini and Eric Shipton are just two of the famous explorers/mountaineers who spent time here. A fascinating small museum contains many artefacts from Cristina's past. Nowadays boats bring tourists for a day visit to the estancia and Upsala Glacier. Some may choose to stay in the well-appointed lodge, but very few have the chance to walk the valleys and trails and explore the pristine natural surroundings that make it such a very special place.

After lunch you will have the option to take a short walk to explore your beautiful surroundings. The walk begins at Cristina's central 'Octagon' and ascends through woods of nires and lenga trees to reach a first viewpoint looking out across the valley floor from Lago Argentino to Lago Pearson. Continuing up, your walk ends at the picturesque los Perros Waterfall before returning to the estancia for afternoon tea.

Overnight: Estancia Cristina (Meals: BLD)

Day 8: Canadon de los Fosiles walk - 6-7 hours.

A superb day walk that begins with a 10km drive from the Estancia, in a 4WD vehicle, to near the Feruglio ridge. During the ride you will pass several landmarks including the base of the Continental Ice Institute, the 'lengas cemetery' and the Bosque de Loros (Parrot's Forest). En route you will stop at a mirador to take in the magnificent vistas to Laguna Anita, Mount Norte and the valley surrounding the estancia.



Leaving the vehicles behind, you start your walk in an area that once was covered by the Upsala Glacier and the effects of glacial erosion are evident in the polished black and red coloured rock beneath your feet. Walking on for just a short distance you will stop at the Upsala Refuge, the base camp for expeditions venturing onto the ice zone. Continuing, you ascend up and onto the ridge from where you will get the most fantastic panoramic view of the Upsala glacier flowing from the Southern Patagonian Ice Cap into Lake Argentino. The ice cap is the third largest amount of ice in the world and the biggest outside polar latitudes. Reluctantly leaving behind this awe inspiring view you begin your descent into fossil canyon. Many of the rocks in the area show numerous embedded fossils from the past marine ingressions when the Pacific Ocean covered most of Patagonia and some of these sedimentary rocks were formed. All this happened long before the Andes Range existed. Much later the landscape was sculpted by the incredible force of huge ice caps, and what you see today is a tiny memory of the last glaciation.

The colourful rock, deep water pools and scattered fossils make for a fascinating and absorbing walk and before you know it you will have reached the valley floor and the end of your hike. You then return to the Estancia for afternoon tea.

Overnight: Estancia Cristina (Meals: BLD)

Day 9: Walk to Mount Carnero, 650m/2,133ft - 4-5 hours.

Today's walk starts from Estancia Cristina and follows a trail heading southeast that was used in days gone by as a cattle trail. The trail is rocky underfoot but has good views of Lago Argentino throughout. As you ascend, the Cristina Channel, Estancia Cristina and the entire valley below, comes gradually into view. Your path takes you through a forest of lenga trees and past waterfalls formed from the ice melt off the mountain, until, eventually, you reach your final destination - Mount Carnero. From here you will enjoy magnificent, panoramic vistas of the Southern Andean mountain range, the Southern Patagonian Ice Field and the Mariano Moreno mountains.

Your trail back to the estancia follows a different route which goes around the Cristina Channel.

Back at Cristina, you will have time to relax after your walk and perhaps visit the museum to browse through the many fascinating artefacts it holds.

Overnight: Estancia Cristina (Meals: BLD)

Day 10: Morning walk. Transfer by boat back to El Calafate.

You will have time this morning for a further walk and exploration at Cristina if you like. Or you can simply relax and enjoy your wonderful surroundings before boarding the boat back to Puerto Banderas Harbour,

Returning to Puerto Banderas you will then transfer back to your hotel. Later, you will travel in to Calafate for your evening meal.

Overnight: Hosteria La Estepa or Similar, El Calafate (Meals: BLD)

Day 11: Full day at Perito Moreno Glacier with 'Nautical Safari' and time at the viewing galleries/trails.

Leaving El Calafate after breakfast, you will drive to the Perito Moreno Glacier - a journey of 80km taking around an hour. You will initially pass Lake Argentino with its Redonda Bay. The bay is home to a variety of birds including black-neck swans, flamingoes, vapor ducks, coot and cauquen (sheldgeese). During the first half of your drive you travel through the Patagonian Steppe then enter the National Park where you will see several varieties of trees and vegetation mostly made up of the “notofagus” family (ñires, guindos and lengas), seldom cinnamon trees, and flowers of different colors. Among the flowers the “notro” stands out because of its intense red color that corresponds to the Patagonian Andean Forest.



You arrive at the “Curva de los Suspiros” (‘Curve of Sighs’), named because it is the first panoramic viewpoint of the Perito Moreno Glacier. You will stop briefly here to take photos before moving on to Bajo las Sombras Port. Here you will board a boat for your ‘Nautical Safari’ - a one hour long cruise through the southern arm of the iceberg channel that will give excellent views along the dramatic 60ft high front wall of the Perito Moreno Glacier wall. This will enable you to get a real sense of the sheer scale and power of this impressive natural wonder as the glacier calves slabs of ice into the waters in front of you. But don’t worry, your boat captain will keep you at a safe distance. Back to the port, you next head to the footbridges, viewing galleries and walking trails around the glacier, that allow you to enjoy spectacular close-up views of the glacier. After some free time for walking and a lunch stop, you make your way back to El Calafate.

Overnight: Hosteria La Estepa or Similar, El Calafate (Meals: BLD)

Day 12: Fly to Buenos Aires. Transfer to hotel.

Depending on the time of your flight, you may have time in El Calafate for some last minute souvenir shopping and lunch in a local restaurant, before being transferred to the airport for your flight to Buenos Aires. On arrival in Buenos Aires you will be transferred to your hotel. In the evening there will be a final, farewell dinner at a local restaurant.

If you wish to extend your time in Buenos Aires to explore this cosmopolitan and lively Latin capital, we are happy to arrange additional nights.

Overnight: Casa Sur Art Hotel or Similar, Buenos Aires (Meals: BLD)

Day 13: Group transfer to airport. Fly to London.

Today you will be transferred to the international airport for your overnight flight to London.

Overnight: In flight (Meals: B)

Day 14: Arrive London.

Our grading system

Gentle Walking Patagonia in Style is graded as a Gentle walking holiday as described below.

Gentle

Trips within this grade typically mix sightseeing with easy-paced half and/or full day walks. On these trips, walks will be on relatively low altitude trails, for a duration of around 4-6 hours. On all of our Gentle graded trips, some ascent and descent should be anticipated, and there may occasionally be a longer walking day. Holidays within this grade generally use hotels and comfortable lodges although a few do have some nights camping. These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

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:

- ✓ English-speaking local leader in Patagonia
- ✓ All internal flights and domestic airport transfers
- ✓ Good standard hotel accommodation (4 star) in Buenos Aires on a twin share basis
- ✓ Superior accommodation in Patagonia on a full board basis
- ✓ 11 breakfasts, 9 lunches, 10 dinners
- ✓ All road transport by private vehicles
- ✓ Nautical Safari at the Perito Moreno Glacier
- ✓ Economy class return air fares from the UK (flight inclusive option)
- ✓ Single, timed, group airport transfers for international flights on arrival and departure
- ✓ UK Departure Tax
- ✓ Carbon offset flights with the Ecoan Tree Planting Project (flight inclusive option)
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ Opportunity to join one of our pre-trip meets in the Cotswolds

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
- ✗ Visa fees
- ✗ Lunch and evening meals in Buenos Aires and lunch on Day 3
- ✗ Airport departure taxes, excepting UK
- ✗ Departure Tax
- ✗ Any optional activities
- ✗ Tips

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.



Casa Sur Art Hotel or Similar, Buenos Aires

This appealing boutique hotel is situated in the Recoleta District of the city. The elegantly styled rooms come complete with mini-bar, ipod dock, air-conditioning and free Wi-Fi. The hotel has its own spa, restaurant and lobby bar.



Patagonia Eco Domes

This unique accommodation is situated outside El Chalten on the edge of the Los Glaciares National Park and consists of a series of permanent, eco-friendly geodesic domes. The sleeping domes have private bathrooms, fireplaces and far-reaching views of the surrounding mountains. There are also several communal domes including a dining dome, a chill out dome and a wellness dome where you can indulge in relaxing massages and treatments (payable locally).



Hosteria La Estepa or Similar, El Calafate

Designed to reflect the style of traditional Patagonian houses, this comfy hotel is located close to the town of Calafate and Banderas Harbour. The stunning views of Lago Argentino can be enjoyed through the panoramic windows along the front of the lodge whilst a garden terrace and games room provide areas of relaxation.



Estancia Cristina

Estancia Cristina is steeped in history and surrounded by wild, beautiful scenery. The large, comfortable guest rooms have panoramic views and the estancia has a central lounge area in the 'Octagon' as well as a dining room serving a very high standard of traditional Patagonian cuisine. Many walks and other activities are available from the estancia and there is also a small museum, full of interesting artefacts, to explore.

Meal arrangements

11 breakfasts, 9 lunches, 10 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.

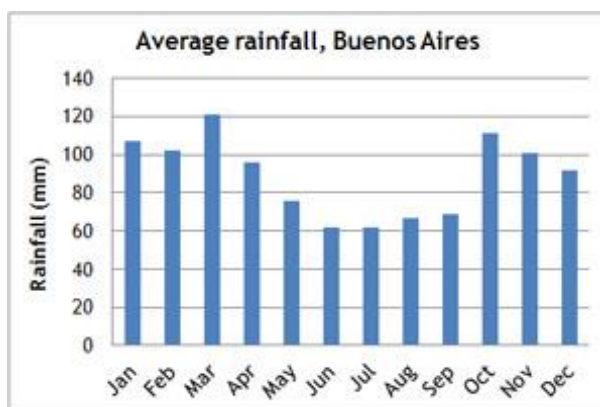
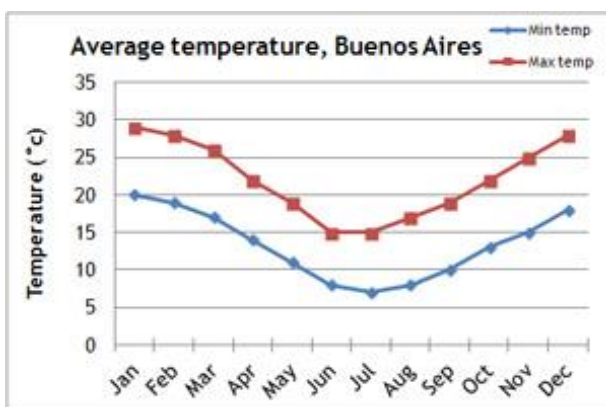
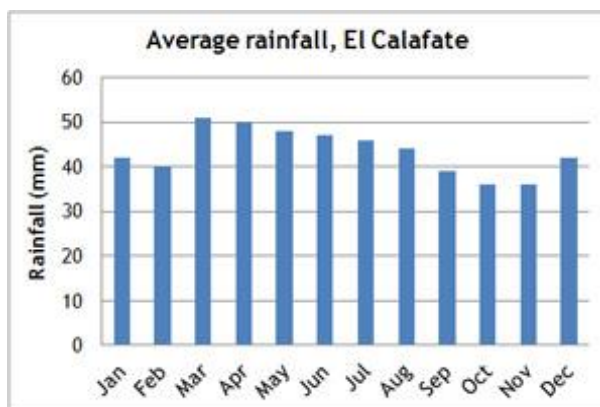
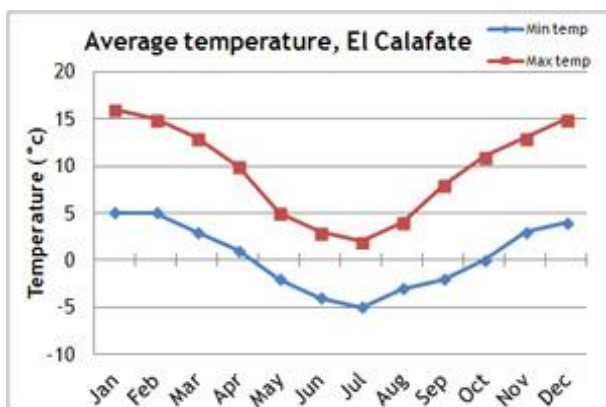
Further information

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.

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.

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.



There are many ways you can extend your holiday with Mountain Kingdoms: you could book extra hotel nights in Buenos Aires at the start or end of your trip, arrange a personal sightseeing tour or enjoy some other exciting activities. In fact, whatever's available we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements. We can also assist with flight and hotel upgrades.



Iguazú Falls, Argentina

Visit one of nature's most awe-inspiring sights on a 2 or 3 night extension to Iguazú Falls. Fly from Buenos Aires to Puerto Iguazú and visit both the Argentine and Brazilian sides of the Iguazú National Park in the company of an expert guide. Walk along the park's many trails that wind through rainforest, and feel the raw power of the falls from numerous viewing points. The extension includes accommodation in a good quality hotel in Puerto Iguazú, flights and all airport transfers.

Why book this holiday with Mountain Kingdoms?

- This itinerary is unique to Mountain Kingdoms and has been carefully designed to ensure that you will experience the best that this beautiful and unspoilt region has to offer.
- We include an excellent variety of day walks that take you close to the iconic mountains and glaciers of the region.
- You will enjoy varied, stylish, well-located and characterful accommodation that immerses you in the culture and landscapes of Argentine Patagonia and adds another dimension to your holiday.
- You will be accompanied at all times in Patagonia by a highly knowledgeable and experienced local guide who will ensure that your holiday runs smoothly, and give you a real insight into the local history, geology and wildlife.
- You will enjoy excellent food produced with fresh, local ingredients to give you an authentic taste of the region. All meals are included during your time in Patagonia.
- Our maximum group size for this holiday is just 12, which greatly enhances the adventure experience.
- If you have any questions about this trip, please contact Kirsty Parsons at the Mountain Kingdoms office. Kirsty has visited Argentine Patagonia and is familiar with most elements of this itinerary. She will be happy to answer any queries you may have.
- 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.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

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 we say



Argentine Patagonia was a sublime combination of breathtaking scenery, varied walking, exceptional accommodation and the most delicious food and wine. Best of all though was Estancia Cristina with its fascinating history of early exploration and indulgent levels of comfort, yet surrounded by a truly wild and unspoilt landscape.
- Kirsty Parsons, Marketing, Mountain Kingdoms

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.

