

Lares Trek & Royal Inca Trail to Machu Picchu, Peru

Enter Machu Picchu through the Sun Gate, trek for three days across the beautiful Lares region and explore the impressive sights of the Sacred Valley of the Incas.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Camping
Grade	Moderate / Vigorous
Duration	11 days from London to London
Trekking / Walking days	On trek: 3 days Walks on: 4 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Local Leader Peru
Land only	Joining in Cuzco, Peru
Max altitude	4,450m/14,600ft, Huchayccasa Pass, Day 8

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:

Thu 21 Jul - Sun 31 Jul

Thu 06 Oct - Sun 16 Oct

2023 Dates:

Thu 20 Jul - Sun 30 Jul

Thu 05 Oct - Sun 15 Oct

Will the trip run?

This trip is guaranteed to run for 5 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.

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.

Deposit

A higher deposit is required to secure your booking on this holiday, this includes a prepayment for your Trek permit. For full details contact the office or refer to the 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.

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



You will be accompanied throughout your trip by a local English-speaking guide. These leaders are very knowledgeable and extremely charming and friendly and in their company you will enjoy an insider's view of Peru.

Your trip highlights

- Step back in time on a superb trek in the beautiful and remote Lares region
- Walk the final day of the Royal Inca Trail and arrive at Machu Picchu through the iconic Sun Gate
- Enjoy Sightseeing and acclimatisation walks in Cuzco and the surrounding hills
- Explore Inca ruins including Pisac, Moray and Sacsayhuaman
- Relax in the beautiful mountain city of Cuzco

At a glance itinerary

Day 1	Overnight Flight London to Cuzco
Day 2	Arrive Cuzco and transfer to hotel. Cuzco walking tour.
Day 3	Visit Inca ruins above Cuzco and transfer to Sacred Valley.
Day 4	Explore Pisac town and ruins. Acclimatisation walk Moray to Salt Pans.
Day 5	Drive to Totora to start Lares Trek. Trek and drive to Quishuarani.
Day 6	Cross Huchayccasa Pass to Chancacacha. Optional hot springs visit.
Day 7	Trek to Patacancha Valley. Transfer to hotel in Ollantaytambo.
Day 8	Transfer by train to Km104 and walk Royal Inca Trail to Machu Picchu.
Day 9	Tour of Machu Picchu and return by train/car to Cuzco.
Days 10-11	Free time in Cuzco and transfer to airport for overnight flight home.

Trip summary

An alternative to the classic Inca Trail, this superb holiday combines exploration of several key Inca sites, a three day trek away from the crowds in the beautiful Lares region, time in the vibrant mountain city of Cuzco and a single day hiking on the Royal Inca Trail to reach Machu Picchu through the iconic Sun Gate. Unlike the restrictive Inca Trail permits, those required for this trek rarely run out, so you can really relax and enjoy the best of all worlds.

You start your adventure at a gentle pace, adjusting gradually to the high altitude of Cuzco with a walking tour of the city, visits to the nearby Inca ruins of Sacsayhuaman and Tambo Machay and time to soak up the atmosphere of this delightful mountain city. Leaving Cuzco behind, you head down into the Sacred Valley spending time at the Inca hill top complex at Pisac as well as the lively artisans' market that the town is equally famed for. The following day you enjoy a scenic acclimatisation walk, descending from the site of the fascinating Inca crop nurseries at Moray, to the pre-Inca salt mines at Salinas.

Acclimatised to the thinner mountain air, you now set out on your three day trek in the Lares region. Immediately you feel that you've stepped back in time and into another world. The verdant landscape is cleft with deep valleys rising steeply into foothills then rising again to form the towering, snow-capped Urubamba mountains. Small hamlets and stone cottages nestle in the valleys and you will see the local Quechua people clad in hand woven red ponchos and felt hats, still tending their alpacas and farming their land using methods little changed since the time of the Incas. Your trail takes you from east to west crossing two high passes with spectacular views and descending past emerald blue lakes to camp in the valleys below until, finally, you end your trek in the beautiful the Patacancha Valley.

Your journey though is not yet complete. Catching a train along the Sacred Valley you alight at Km104 to walk the final day of the Royal Inca Trail, passing the ruins at Winay Wayna and arriving at Machu Picchu through the Sun Gate where you will experience one of the most iconic and impressive views in the world. You return to Machu Picchu the next day for a guided tour with ample time to explore this most remarkable of all Inca sites; a really memorable end to a thrilling adventure.

Your trip itinerary

Day 1: Fly London to Cuzco.

Depart London on your overnight flight to Cuzco.

Overnight: In flight

Day 2: Arrive Cuzco. Group transfer to hotel. Walking tour and leisure time.

On arrival in Cuzco you will be met and transferred to your hotel. You are at 3,353m/11,483ft here so for the rest of the day you will need to take it easy to help your body acclimatise to the thin air at this altitude.

Cuzco is a fascinating city. It was formerly the capital of the extensive Inca Empire which stretched from Ecuador through to Chile. Today there are still reminders of this Inca city with many foundations and walls of Inca buildings still visible, even when overlaid today by Spanish architecture. Much fine Inca stonework has survived the ravages of centuries of earthquake and Spanish colonialism. Your hotel is located in the attractive San Blas area of Cuzco, formerly the artisans' quarter and located not far from the central square - the Plaza de Armas. There are plenty of excellent little cafés on the main square and in nearby streets, some with balconies overlooking gardens, fountains and cobbled streets.



To help get your bearings, you will have a gentle walking tour of the historic city centre. The elegant Plaza de Armas is dominated by the majestic cathedral and surrounded by fine colonial buildings. There are also impressive Inca remains and you will continue to the splendid Inca Temple of the Sun, the Coricancha, one of the most important and sacred temples in the whole of the Inca empire.

You can rest at your hotel in afternoon, and in the evening you may like to eat in one of the many good restaurants in the area, where really excellent food from a wide range of national cuisines is available. You may find you have the added bonus of sitting alongside a finely worked Inca wall while you eat your dinner.

Overnight: Quinta San Blas or Similar, Cuzco

Day 3: Full day to visit Cuzco's outlying ruins including Sacsayhuaman and Tambo Machay and drive to the Sacred Valley.

After breakfast you will travel up to visit Inca sites above Cuzco including two of the most celebrated of all, Sacsayhuaman and Tambo Machay. Firstly Sacsayhuaman, the most impressive of these sites, with its magnificent Inca walls built from huge rocks fitted together with such precision that not even a piece of paper will fit between them. The site was originally thought to be a fortress but more recent theories suggest a great temple to the Sun with evidence of an altar and seats cut into the rock. From Sacsayhuaman you can enjoy the fantastic views over Cuzco. Not far from Sacsayhuaman lie the ruins of Tambo Machay. These ceremonial Inca springs or baths are still in excellent condition and comprise several water fountains on three different levels and a rock pool which is ingeniously filled via a hidden channel. This is a very atmospheric spot.

You continue over the hills and descend into the Sacred Valley. The Sacred Valley, known as Vilcamayo by the Incas, is a beautiful, fertile valley carved by the Urubamba River which flows from the high Andes all the way to the Amazon Jungle. High above the valley, snow peaks glisten in the sun while in the fertile fields below local people harvest crops such as maize, quinoa and many kinds of potato - this valley was the breadbasket of the Inca Empire. Everywhere there is evidence of earlier Inca settlement with a host of terraces, walls, temples and burial towers in varying states of repair. And marking the opposite ends of the Sacred Valley stand the two remarkable Inca citadels of Pisac and Ollantaytambo.

Overnight: Villa Urubamba or Similar, Urubamba (Meals: BLD)

Day 4: Explore Pisac town and market and acclimatisation walk from Moray to Salinas.

This morning you will head along the Sacred Valley to the town of Pisac, which lies at the eastern end of the Valley. Here, situated above the town is found an extensive Inca hilltop complex clinging to the mountain top. The citadel at Pisac was originally positioned on a major Inca route into the Sacred Valley and controlled access to the eastern jungle. The ruins are set high above the valley floor and have tremendous views. Terraces, water ducts and steps are cut out of solid rock, and in the upper sector of the ruins, the main Intihuatana is equal to any of the Inca structures at Machu Picchu. Above the temple lie still more ruins, mostly unexcavated, and among the higher crevices and rocky overhangs several ancient burial sites are hidden. Pisac town itself dates back to colonial times and has an interesting artisan market where you can check out the local handicrafts and test your bartering skills. Ask your guide to show you the guinea pig 'castle' located in one of the town's bakeries!



Later you drive out of the valley and across the grassy plain to the extraordinary Inca earthworks of Moray. There is no other Inca site quite like Moray - three crater like depressions are lined with a series of concentric circular terraces disappearing down into the earth. Some think that this may have been the site of sophisticated Inca agricultural experiments with each terrace representing an altitude zone. It is thought that the terraces' containing walls were filled with fertile earth and watered by complex irrigation systems which enabled the Incas to grow more than 250 plant species.

From Moray you then follow an old mule trail the short distance to the ancient town of Maras with its vast church and outstanding colonial Spanish door arches. Maras was formerly famous for its spies, due to its strategic location above the Sacred Valley enabling the local inhabitants to keep track of the movement of all travellers in and out of the valley. From Maras you will then walk back down into the Sacred Valley, a descent of a couple of hours. En route you will walk through the shimmering terraced salt-pans of Salinas where salt has been harvested since pre-Inca times. The salt pans cover the whole hillside and in sunny weather you will be dazzled by the white of the pools.

Overnight: Villa Urubamba or Similar, Urubamba (Meals: BLD)

Day 5: Transfer to Totorá for the start of the Lares trek. Trek and then transfer to Quishuarari.

A scenic two hour drive through the Sacred Valley of the Incas takes you to the start of your trek at the small village of Totorá. From here you start walking following an ancient Inca Trail into a narrow canyon where you will find Inca tombs perched high up in the cliffs. Emerging from the canyon you pass through tiny rural communities where it seems time has stood still before reaching a lovely spot where you will have a picnic lunch. After lunch you are transferred by vehicle to the small and very traditional community of Quishuarari, 3,700m/12,139ft, where you will be camping overnight.

Overnight: Camp (Meals: BLD)

Day 6: Trek to Cuncani via the Huchayccasa Pass, 4,450m/14,600ft. Bus to camp at Chancachaca, 3,440m/11,286ft.

This is a stunning day's trekking. You leave camp behind and climb past colourfully dressed locals, and up towards the native forests that our partners, Amazonas Explorer, have been heavily involved in re-planting. These forests harbour Andean deer, vizcachas and several rare species of birds and are essential to the future of this area.

A further push and you reach the stunning views from your highest pass of the trek, the Huchayccasa Pass, 4,450 m/14,600 ft. A chain of emerald blue lakes fills the hillside below you, and in the distance rise the snow clad Urubamba mountains. Descending through hand turned potato fields you come to the upper reaches of the ancient community of Cuncani at, 3,800m/12,460 ft. From here our bus takes you twenty minutes to your camp at Chancachaca, 3,440m/11,286ft. There is an option to visit the Lares hot springs after lunch.

Overnight: Camp (Meals: BLD)

Day 7: Trek to the Patacancha Valley via the Ipsaycocha Pass, 4,200m/13,780ft. End trek and transfer to hotel.

This is a day filled with encounters with locals. Men head off to work in the potato fields, wooden ploughs slung over their shoulder. Women sit, legs outstretched weaving their traditional clothes on wooden looms. And small children sit motionless guarding herds of alpaca and llama, their ever faithful dog by their side.

You start your trek this morning fifteen minute's drive from camp to begin towards the final pass. Lying at 4,200m/13,780ft the Ipsaycocha Pass marks the border between Lares and the Patacancha Valley. You start gently and then climb one final steep section to gain the summit. If you are lucky, you will have spectacular views of Mount Veronica. You take lunch by the beautiful Ipsay Lake then follow an ancient trail to the Patacancha Valley and the village of Patacancha where the trek ends. A vehicle takes down the valley and to your hotel for the night.

Overnight: Hotel Pakaritampu or Similar (Meals: BLD)

Day 8: Transfer by train to Km104 and trek the Royal Inca Trail to Machu Picchu.

From the station at Ollantaytambo you catch a train to km104, the starting point for those taking the short Inca trail to Machu Picchu. Your trek starts by visiting the recently restored ruins of Chachabamba before gradually ascending through tropical cloud forest up towards the base of the spectacularly situated Inca ruins called Wiñay Wayna (Forever Young). Here you climb more steeply on old Inca stairways through beautiful terraces, stopping to explore the various buildings and water features.

After a picnic lunch you continue on perhaps the loveliest part of the whole Inca Trail. Lush vegetation flanks you on either side, the scent of wild orchids fills the air, and brightly coloured tropical birds fill your ears with song. Soon you will reach a final set of stairs to arrive at Inti Punku, the gateway of the Sun. As you step through the old stone gate-way, Machu Picchu appears laid out before your eyes. A truly magical sight. After plenty of photos you carry on along the trail and then through the incredible ruins to catch the bus down to the lively town of Aguas Calientes, also known as Machu Picchu Pueblo.

Overnight: El Mapi Hotel or Similar, Aguas Calientes (Machu Picchu Town) (Meals: BLD)

Day 9: Return to Machu Picchu for a guided tour. Return to Cuzco by train and car.

After an early breakfast, you drive the short distance back up the zigzag road to Machu Picchu to get there before the main crowds and also when the light is better for those all-important photos. Machu Picchu is a place that really lives up to expectations; the setting is breath-taking and the ruins themselves are sensational.

For years it was lost to the jungle. Rediscovered in 1911 by the Yale professor Hiram Bingham, declared a UNESCO World Heritage Site in 1983 and one of the New Seven Wonders of the World in 2007, Machu Picchu exceeds all expectations.

You will enjoy a guided tour lasting around two hours covering all the main points of interest such as the Temple of the Sun, the Royal Tomb, the Sacred Plaza and Intihuatana - 'the hitching post of the sun'. Before the tour you have a few hours free to wander amongst the old Inca walls and just sit and take in the scale of the place on your own.

Eventually the time comes to catch the bus down to Aguas Calientes and board your train back along the Urubamba River. The scenery is beautiful and the train jolts softly along, allowing you to sit, stare out the window and reflect on a wonderful adventure. You alight from the train and make the final stretch of the journey back to Cuzco by car.

Overnight: Quinta San Blas or Similar, Cuzco (Meals: B L)



Day 10: Morning free in Cuzco. Group transfer to airport for return flight to UK.

This morning is free to enjoy a final wander through the streets of Cuzco and perhaps buy some souvenirs to take home. In the afternoon you will be transferred to the airport for your return flight to the UK.

Overnight: In flight (Meals: B)

Day 11: Arrive UK.

Our grading system

Lares Trek & Royal Inca Trail to Machu Picchu is graded as a Moderate/Vigorous trekking holiday, as described below.

Moderate

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

These holidays would suit enthusiastic hill/mountain walkers.

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

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:

- ✓ A Local English-speaking leader
- ✓ Good standard hotel accommodation (3 star) in Cuzco, Ollantaytambo and Aguas Calientes on a twin share, bed and breakfast basis
- ✓ Lunches in Cuzco and Aguas Calientes (except on day 10)
- ✓ All camping facilities and all meals on trek
- ✓ Camp staff to carry out all camp work
- ✓ All road transport by private vehicles
- ✓ Sightseeing where specified
- ✓ Trail permit for Royal Inca Trail
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive bookings)
- ✓ Single, timed, group airport transfers for international flights on arrival and departure
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free Mountain Kingdoms kitbag

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
- ✗ Sleeping bag
- ✗ 2 lunches and 1 evening meal
- ✗ Optional trips
- ✗ Airport departure taxes (if applicable), excepting UK Departure Tax
- ✗ Tipping

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.



Quinta San Blas or Similar, Cuzco

Located in the charming neighbourhood of San Blas, the Quinta San Blas is a converted Colonial-Republican hotel within easy walking distance of the Cuzco's central sights. Comfy, en suite rooms have Wi-Fi and the hotel provides a buffet breakfast and has a cafe.



Villa Urubamba or Similar, Urubamba

Villa Urubamba is a quietly situated 3 star hotel in the Sacred Valley just outside the town of Urubamba. The hotel is landscaped in lovely gardens with lots of birds and good mountain views. The large, en suite rooms are attractively decorated in local style and the hotel has a restaurant and free wifi in public areas.



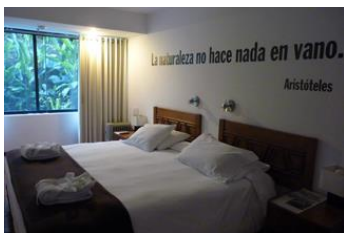
Camp

We believe in camping and trekking in style. Whilst walking all you need to carry is your daypack. Your support team of traditional porters carry all camping equipment and perform all camp chores. All your meals will be prepared by your cook.



Hotel Pakaritampu or Similar

This attractive hotel is situated in the small town of Ollantaytambo in the Sacred Valley. It has a restaurant, bar and terraces whilst the well appointed rooms have Wi-Fi, hairdryers and a small safe.



El Mapi Hotel or Similar, Aguas Calientes (Machu Picchu Town)

This is a contemporary hotel, located in the heart of Machu Picchu town (Aguas Calientes) just a few steps from the main square and the train station. The hotel is friendly and rooms are comfortable with all facilities.

Meal arrangements

8 x breakfasts, 7 x lunches, 6 x 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.

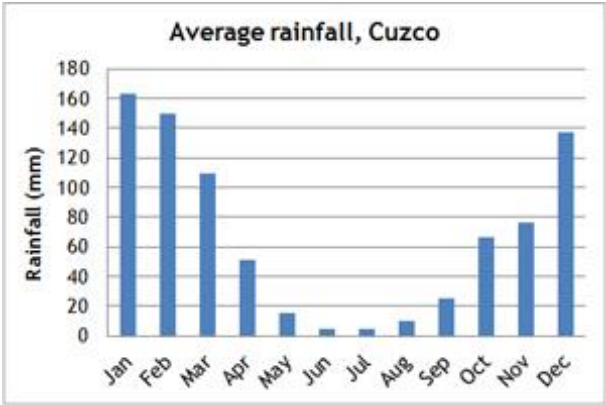
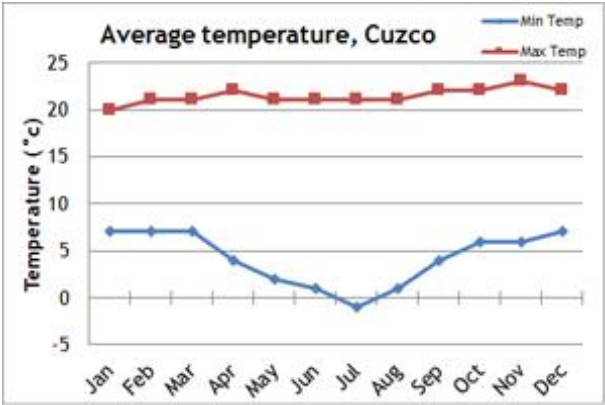
Further information

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.



Additional hotel nights

If you would like to stay longer in Cuzco we can book extra nights or upgrades from our selection of hotels. We can also arrange a personal sightseeing tour or other exciting activities.

Amazon jungle

For a complete contrast to your trek or tour in the Andes why not visit the lush Amazon jungle? A short but spectacular flight will take you to the city of Puerto Maldonado from where you will travel down river to your jungle lodge. We offer a selection of lodges with a range of fantastic wildlife experiences. Stay for 2 or 3 nights or we can book an even longer, more adventurous 5 day expedition for you, to the Tambopata Research Centre.



Lake Titicaca

Lake Titicaca is the largest lake in South America and is generally considered to be the highest navigable lake in the world. Our two night extension begins with a ride on the tourist bus from Cuzco to Puno stopping en route to see several cultural attractions. At Puno, which lies on the shores of Lake Titicaca, you will spend a full day exploring the beautiful landscape and visiting the fascinating people of Taquile Island and the Uros Islands.



Galapagos Islands

A cruise amongst the Galapagos Islands is an unforgettable experience and we can organise this for you from Peru. You can join a cruise that best matches your interests and budget. We work with a variety of different sizes of boat, with cruises typically of four to eight days duration.

Why book this holiday with Mountain Kingdoms?

- Unique to Mountain Kingdoms, this superb holiday is an excellent alternative to the classic Inca Trail. It combines trekking in the remote Lares region, walking to Machu Picchu on the final day of the Royal Inca Trail and exploring key Inca sites in less than two weeks.
- Our carefully planned itinerary allows for gradual acclimatisation to the high altitude and time to relax and enjoy the attractive mountain city of Cuzco.
- This holiday avoids the issues of restricted trail permits on the classic Inca Trail. None are required for the Lares region and permits for the one day Royal Inca Trail almost never run out.
- The Lares trek is fully portered and done in comfort with all camp facilities provided. You only need to trek with your daysack.
- We use excellent English-speaking guides who are well-educated and great fun.
- We have a wealth of experience within the company and staff members who have travelled in Peru and done this trek. If you have any queries about this holiday then contact Seraphina Berry who will be happy to help.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting tours and activities.
- 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 our clients say



Everything went like clockwork from first to last. Our local guides looked after us amazingly well and were mines of information about everywhere we visited. We saw fantastic sights - from remote mountain villages on the Lares Trek, to tourist hot-spots around the Sacred Valley and Machu Picchu, to city sophistication in the Miraflores district of Lima. We met interesting people, encountered amazing wildlife, ate (too much!) wonderful food and all in all had the most memorable experience on a continent we had never visited before.
- Mr K Siddle, Rutland



It was great to visit mountain communities and to trek traditional ancient paths once used by the Incas and still in constant use by the local farmers today. The high passes that you cross feel wild and remote, but one of the great pleasures of the trek was meeting locals along the way, herding their llamas and tending to their high pastures. The Sacred Valley, with its amazing Inca remains, can at times feel quite busy, but out on the Lares trek you really do get away from it all.
- Seraphina Berry, 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.

