

Inca Trail Trek to Machu Picchu, Peru

Explore the Sacred Valley of the Incas and trek one of the most celebrated trails in the world.



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: 4 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Peru
Land only	Joining in Cuzco, Peru
Max altitude	4,200m/13,780ft, Dead Woman's Pass, Day 7

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2023 Dates:

Wed 05 Apr - Sat 15 Apr
Wed 17 May - Sat 27 May
Wed 14 Jun - Sat 24 Jun
Wed 12 Jul - Sat 22 Jul
Wed 23 Aug - Sat 02 Sep
Wed 20 Sep - Sat 30 Sep
Wed 18 Oct - Sat 28 Oct

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.

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 and payments

A higher deposit is required to secure your booking on 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.

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

- Enjoy sightseeing and acclimatisation in the Sacred Valley of the Incas
- Visit the Inca ruins at Pisac and Ollantaytambo and the salt pans at Maras
- Learn about ancient Inca agriculture at Potato Park and Moray, and take lunch with a local community
- Trek the spectacular Inca Trail with first rate camping service on trek
- Enter iconic Machu Picchu at dawn through Inti Punku, the Sun Gate
- Option to climb Huayna Picchu peak or Macchu Picchu Peak

At a glance itinerary

Days 1-2	Fly to Cuzco and transfer to the Sacred Valley
Day 3-4	Acclimatisation and sightseeing in the Sacred Valley: Pisac, Ollantaytambo, Moray earthworks, the salt pans of Maras and traditional agrarian communities
Day 5	Begin Inca Trail at Piscacucho and trek to Ayapata
Day 6	Cross Warmihuañusca (Dead Woman's Pass), lunch at Pacaymayu, climb to Runkurakay and camp at Chaquicocha
Day 7	Trek to Phuyapatamarca and on to Intipata. Trek to Wiñay Wayña
Day 8	Trek to Intipunku, the Sun Gate, for sunrise. Arrive at Machu Picchu with an optional ascent of Huayna Picchu or Machu Picchu peaks.
Day 9	Time at leisure in Machu Picchu Pueblo. Train to Poroy and short bus ride to Cuzco
Days 10-11	Free time in Cuzco. Fly to London

Trip summary

The ultimate objective of this fantastic holiday is the famous Inca Trail, one of the best known and most popular trekking trails in the world. And rightly so! But before you step out on the Inca Trail, you will spend a couple of days enjoying the remarkable sights of the Sacred Valley of the Incas, including the citadels of Pisac and Ollantaytambo which stand sentinel at the eastern and western reaches of the Valley. You will also tour the impressive Inca terraces of Moray, see the salt pans at Maras and visit the pretty village of Chincheros where you can discover traditional Andean crafts. And, to learn more about this fertile region's most important crop, you visit 'Potato Park' before taking lunch with the Chawaytire Community who still practice the ancient farming methods of their ancestors.

Fully acclimatised you're now ready to begin your five day trek along one of the most celebrated trekking trails in the world. To make this unforgettable journey you follow in the footsteps of the original Inca inhabitants of Machu Picchu as you trek a centuries old trail through magnificent mountain scenery, enjoying sensational views, crossing several high passes and passing through forest, bright with orchids and butterflies and alive with bird song. Along the way you visit several impressive ruins before reaching the climax of the trip as you finally emerge through the famous Sun Gate, entrance to one of the most iconic and breath taking views on the planet. You will look down over Machu Picchu, spectacularly set on a high mountain ridge and overlooked by the peak of Huayna Picchu (which you have the option to climb). You will quite rightly feel a real sense of achievement at completing a wonderful journey to reach such a goal. After exploring the site, and some time at leisure in the small town of Machu Picchu Pueblo, you make the scenic rail journey to Cuzco where you can extend your time in this vibrant mountain town full of historic and cultural interest.

Special notes

Inca Trail Permits

You need an Inca Trail permit for this trip. Numbers allowed on the trail at any one time are limited and permits sell out many months in advance. Be sure to book early.

Your trip itinerary

Day 1: Fly London to Cuzco.

Depart London on your overnight flight to Cuzco.

Overnight: In flight

Day 2: Arrive Cuzco, 3,400m/11,200ft. Transfer to Urubamba in the Sacred Valley, 2,871m/9,419ft - 50km, 2 hours.

You will be met on arrival in Cuzco and transferred down to the Sacred Valley where you will check into your hotel in Urubamba. This is set at a lower altitude than Cuzco which will help with your initial acclimatisation. You will have the rest of the day to relax after your long flight and perhaps explore a little of the area near your hotel, which has good views of the valley and the snow-capped mountains. Your guide will organise a welcome briefing for the group in the evening to let you know about the arrangements for the next few days.

The Sacred Valley, or Vilcamayo to 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 famous 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: Hotel Augustos or Similar, Urubamba

Day 3: Full day sightseeing in the Inca Valley. Visit Pisac, Potato Park, the Chawaytire Community and the Inca ruins of Ollantaytambo.

This morning you 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 an extensive and impressive Inca 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 (a ritual stone associated with the astronomical clock or calendar) is equal to anything at Machu Picchu. 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.



You will then visit nearby 'Potato Park' where you can learn about this quintessentially Peruvian product. Peru has 4,000 types of potatoes and Potato Park is a great place to learn about them and traditional Inca agricultural practices. Here, people from local communities, such as the Qachum Waqchi and the Papa Arariwa, are working to preserve their native strains of potatoes and traditional cultivation techniques, and are proud to share this knowledge with visitors. From the Park you will travel on to visit the Chawaytire community. This is a community of small farms where they grow potatoes, beans and quinoa. They are also weavers and keep sheep, llamas and alpacas whose wool is used in the creation of the beautiful fabrics that can be found throughout the area. The Chawaytire will be your hosts for a tasty lunch made from local products including, of course, different types of potato which you will have seen earlier.

After lunch you travel to Ollantaytambo, an attractive little town located at the western end of the Sacred Valley. The town is built on top of original Inca foundations and is probably the best surviving example of Inca town planning. It is located at the foot of the spectacular ruins of an Inca fortress which protected the way to the lower Urubamba Valley. Here in 1536 Manco Inca managed to stem the tide of Spanish expansion. This victory was short-lived however when the Spanish returned with four times their previous force. Manco Inca retreated to his jungle stronghold in Vilcambamba and Ollantaytambo fell to the Spanish. The complex was still under construction at the time of the conquest and was never completed. The fortress and town represent some of the best of Inca architecture and construction, with fine examples of beautifully carved polygonal stones and monumental rocks.

Overnight: Hotel Augustos or Similar, Urubamba (Meals: B L)

Day 4: Visit Moray earthworks, Maras salt pans and Chinchero Village.

After breakfast you drive above the Sacred valley for further sightseeing. Firstly you visit the extraordinary Inca earthworks of Moray. There is no other 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 irrigations systems which enabled the Incas to grow more than 250 plant species.

You then travel the short distance to the ancient town of Maras with its vast church and distinctive colonial Spanish door arches. Maras was formerly renowned for its spies due to its strategic location above the Sacred Valley which enabled the local inhabitants to keep track of the movement of all travellers in and out of the valley. The town is now famous for its salt pans, where salt has been harvested since pre-Inca times. The hundreds of salt pans cover a whole hillside, and in sunny weather you will be dazzled by the white of the pools.

You will then visit Chincheros, a picturesque village which was an important Inca centre and is known for the traditional Andean weaving skills of its craftsmen. You will have the opportunity to see their wares in the main square where the people often gather to exhibit their merchandise.

Overnight: Hotel Augustos or Similar, Urabamba (Meals: B L)

Day 5: Start Inca Trail at Piscacucho, 2,680m/8,790ft. Trek to Ayapata, 3,000m/9,842ft - 6-7 hours.

After breakfast you drive twenty minutes to the trailhead at Piscacucho (Km 82). Here you meet the porters and cooks who will support your journey to Machu Picchu. For the trek your luggage will be carried by these porters, your tents are put up for you and you will have a cook team to prepare your food.

From Piscacucho you set off on an undulating trail above the Vilcanota River until you reach the spectacular ruins of Llactapata, 2,788m/9,146ft. You then climb in cloud forest, with good mountain views, including of the summit of W'akay Willca (Mount Veronica). You continue up the Cusichaca Valley passing archaeological excavations to reach the small hamlet of Huallayabamba, 3,000m/9,840ft, the last inhabited place on the trail. You will continue to camp at Ayapata, a beautiful quiet campsite.



Overnight: Camp (Meals: BLD)

Day 6: Cross Warmihuañusca (Dead Woman's Pass), 4,200m/13,780ft, continue to Chaquicocha, 3,600m/11,811ft, to camp - 7-8 hours.

Today is the toughest day of the Inca Trail! You begin by climbing through amazing stunted cloud forest to Llulluchupampa, where there are more spectacular views down the valley. You then start up to the highest point of the trek to arrive at the impressive Abra de Warmiwañusca (Dead Woman's Pass). You can rest here for a while to savour your achievement! You then descend into the small and perfectly formed Pacasmayo ('Hidden River') Valley, 3,650m/11,975ft, where you will have lunch. This is beautiful walking with humming birds and other birds and an incredible variety of native plants and trees such as 'Polylepsis' which only grows in cloud forest at this altitude. After lunch you climb for a further 2 hours passing the dramatic circular Inca site of Runcu Raccay to reach the pass at almost 4,000m and continue to camp at Chaquicocha. This beautiful and quiet campsite offers great sunset views if the weather is clear.

Overnight: Camp (Meals: BLD)

Day 7: Trek to Winay Wayna, 2,600m/8,528ft - 4-5 hours.

Today you will find the walking easier, as well as being treated to incredible landscapes, lush and verdant cloud forest, unique Andean flora and a host of exotic, colourful birds. Continuing along a staggeringly engineered Inca stone path you pass Sayacmarca ruins, just one example of the fine Inca aesthetic seen in so many of their buildings, where a site is deliberately chosen for its dramatic views or beautiful situation. You continue along the ridge, passing through several Inca tunnels, corkscrewing backward and forwards over a ridge with fantastic views, until a slight ascent brings you to a pass at 3,658m/12,000ft, and then you descend slightly to Phuyupatamarca ruins - the 'place above the clouds'.



Now, as you walk along, you will enjoy fine views over to the Salcantay and Pumasillo ranges, with the Machu Picchu ridge below and the Urubamba River descending towards the Amazon. Your trail finally brings you through cloud forest to Wiñay Wayña, another interesting ruin of steep Inca terraces which is often full of orchids and swallows. Wiñay Wayña, means 'forever young' and this Inca site was only discovered in 1941. Your camp for tonight is nearby and you should arrive here by lunchtime or early afternoon. Once you have settled into your tents, you will have time for an extended tour of the ruins.

Overnight: Camp (Meals: BLD)

Day 8: Trek to Inti Punka (Sun Gate), 2,745m/9,006ft - 2 hours. Descend to Machu Picchu ruins, 2,429m/7,972ft. Option to climb Huayna Picchu or Machu Picchu

Full of anticipation of the treats to come you will have an early breakfast today before you head off on the final stage of the Inca Trail. You will reach the Inti Punku, the 'Gateway of the Sun', for your first mesmerising glimpse of Machu Picchu in the dawn light - one of the most magical and iconic views on the planet. Machu Picchu is a place that really lives up to all expectations. The setting is breathtaking and the ruins themselves are sensational.

You will descend to the UNESCO World Heritage Site where you can explore a little and have the opportunity for an optional ascent of Huayna Picchu. This is a climb of some 3,53m/1,158ft, taking about 1 hour to ascend and 45 minutes for the descent. It involves some steep sections of stone steps and you need a good head for heights. If you prefer you could instead climb to the summit of Machu Picchu Peak - this is also a fantastic climb if a little longer, with great views from the summit, but the way is slightly less precipitous than the Huayna Picchu ascent. If you wish to do either of these optional climbs please contact the Mountain Kingdoms office as soon as possible, and we will advise the cost. We need to know in advance because only a limited amount of people are allowed to climb the peaks each day.

Later you will catch a bus down to the colourful town of Machu Picchu Pueblo (also known as Aguas Calientes) and celebrate your return to civilisation. Later you might make a visit to relax in the hot springs. Image File Missing!

Overnight: Casa Andina or Similar, Machu Picchu Pueblo (Meals: B L)

Day 9: Morning at leisure. Afternoon train to Poroy and short bus ride to Cuzco.

You have a free morning today to explore Machu Picchu Pueblo before boarding a train for very a scenic ride along the Urubamba Valley towards Cuzco. Your journey ends at Poroy where a bus will speed you to Cuzco and your hotel.

Overnight: Casa Andina Cuzco Plaza or Similar, Cuzco (Meals: B L)

Day 10: Time at leisure in Cuzco. Group transfer to airport. Depart for London.

You will have the morning free for some exploration of Cuzco before you are transferred to the airport for your overnight flight back to London.

If you wish to have more time in Cuzco after your trek please speak to our office about arranging extra nights.



Overnight: In flight (Meals: B)

Day 11: Arrive London.

Our grading system

Inca Trail Trek 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:

- ✓ An English-speaking local leader
- ✓ Inca Trail permit
- ✓ Good standard hotel accommodation (3 star) in Cuzco, the Sacred Valley and Machu Picchu Pueblo on a twin share, bed and breakfast basis
- ✓ 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
- ✓ Economy class return air fares from the UK & UK
- Departure Tax (flight inclusive only)
- ✓ 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 high-quality Mountain Kingdoms kit bag

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 5 dinners (as per the itinerary)
- × Airport departure taxes, excepting UK Departure Tax
- × Optional trips
- × Tipping
- × Ascent of Huayna Picchu Peak or Machu Picchu Peak

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.



Hotel Augustos or Similar, Urubamba

The Augustos is a 3 star hotel located near the town of Urubamba in the Sacred Valley, approximately one hour's drive from Cuzco city and 30 minutes from Ollantaytambo. The hotel's spacious and comfortable rooms have good facilities and a terrace or balcony which give onto lovely views of the mountains and the gardens.



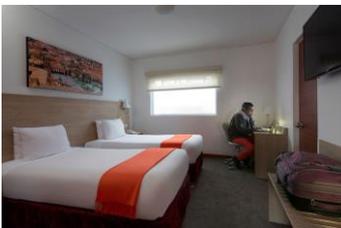
Camp

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.



Casa Andina or Similar, Machu Picchu Pueblo

Casa Andina Hotel in Machu Picchu Pueblo is a modern, clean and friendly hotel located near the train station at Machu Picchu town (Aguas Calientes). The hotel has 53 new and comfortable rooms with attached bathrooms, some of which offer views of the Urubamba River. There is free Wi-Fi in the hotel lobby.



Casa Andina Cuzco Plaza or Similar, Cuzco

Casa Andina is well located in central Cuzco just one block from Plaza de Armas and close to many bars, shops and restaurants. The hotel has modern, comfortable rooms with all facilities including Wi-Fi.

Meal arrangements

8 x Breakfasts, 7 x Lunches, 3 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.

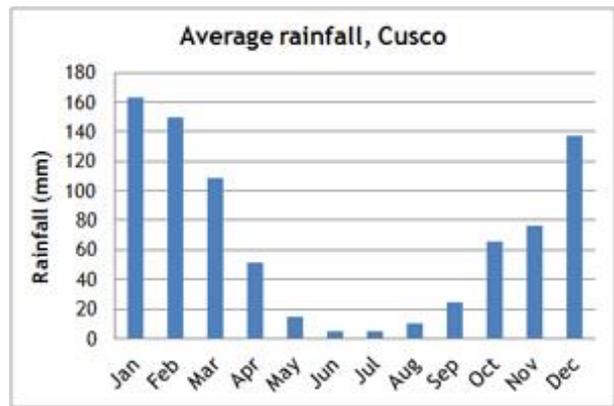
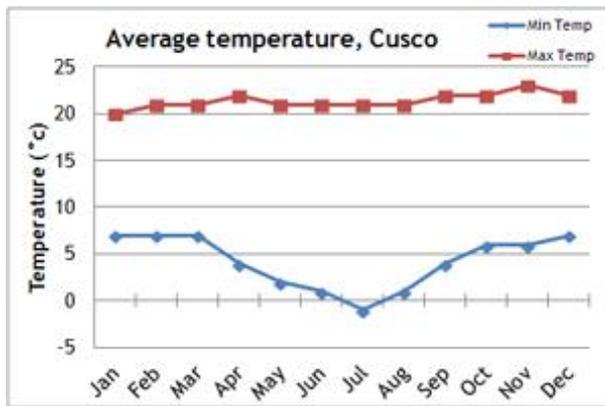
Further information

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?

- We include two days sightseeing in the Sacred Valley which is full of cultural interest and provides excellent acclimatisation for your Inca Trail Trek.
- We use excellent English-speaking guides who are knowledgeable, well trained and great fun.
- Our Inca Trail trek is done in comfort with all camp facilities provided. Your gear will be portered for you so all you need to carry is a small daypack.
- Our office team have extensive experience of travel throughout Peru and South America. We would be glad to talk to you about the detail of either this trip or any of the other tempting tours and treks we offer in this part of the world.
- Our maximum group size is 12 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting 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.
- 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



The Inca Trail is a great trek with really varied scenery, ancient Inca sites to explore and some challenging ascents that give you a real sense of achievement. Walking through the Sun Gate to see Machu Picchu below in all its glory was truly a 'wow' moment - one I'll treasure for a very long time.

-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.

