

# Kilimanjaro Summit, 5,895m/19,340ft - Lemosho Route, Tanzania

Reach the summit of Kilimanjaro with extended acclimatisation on the mountain.



## Group departures

See overleaf for departure dates

## Holiday overview

Style	Trekking Peak
Accommodation	Hotels, Camping
Grade	Strenuous
Duration	12 days from London to London
Trekking / Walking days	On trek: 8 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Tanzania
Land only	Joining in Kilimanjaro, Tanzania
Max altitude	5,895m/19,340ft, Mt Kilimanjaro, Day 9

Private Departures & Tailor Made itineraries available



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

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK  
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

# Departures

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## Group departures

### 2026 Dates:

Sat 07 Feb - Wed 18 Feb

Sat 18 Jul - Wed 29 Jul

Sat 01 Aug - Wed 12 Aug

## 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.

## 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

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Our Kilimanjaro treks are led by professional, English-speaking local guides. They have considerable experience of guiding on Kilimanjaro, with a required 7 years trekking/climbing experience, and have completed 'Wilderness First Responder' and 'Wilderness First Aid' training. They are supported by a professional, well-trained mountain crew with a porter to client ratio of 1:1.

## Your trip highlights

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- Trek the longer and more scenic Lemosho Route providing excellent acclimatisation
- Summit at sunrise for incredible views across African plains
- Led by professional, qualified guides supported by an experienced trek crew
- Stay in a comfortable, characterful hotel in a tranquil setting before and after the trek
- All park fees and meals on trek are included in the trip price

## At a glance itinerary

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Day 1	Depart London
Day 2	Arrive Kilimanjaro Airport and transfer to hotel.
Day 3	Drive to Londrossi gate, Kilimanjaro's Lemosho Route starting point. Trek to Mukuba/Big Tree Camp.
Days 4-5	Trek to Shira 1 Plateau and on to Shira 2 Camp.
Days 6-8	Trek to Great Barranco Valley, Karanga Camp and on to Barafu Camp.
Day 9	Climb via Stella Point to reach the summit of Kilimanjaro, 5,895m/19,340ft. Descend to Millenium Camp.
Day 10	Trek to Mweka Park Gate. Drive to hotel.
Days 11-12	At leisure. Transfer to Kilimanjaro Airport and fly to London.

## Trip summary

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When you stand on top of Kilimanjaro, you stand on the highest point on the African Continent. It is an extraordinary feeling to be walking on snow and ice, surrounded by huge glaciers, knowing that nearly 20,000 feet below are the hot, dusty plains of Tanzania.

Kilimanjaro is a mountain with relatively easy access - it even has its own international airport; therefore the temptation for many people is to try to fit the ascent into a one week holiday which can lead to inadequate acclimatisation. We have carefully researched the best way to increase your chances of succeeding on Kilimanjaro and offer two distinctive trips. Our Summits of Kilimanjaro & Meru trek (see separate itinerary) combines an initial trek up Tanzania's second highest peak, Mount Meru, 4,562m/15,054ft, with a trek following the Lemosho Route to the summit of Kilimanjaro itself. The ascent of Meru provides invaluable acclimatisation prior to tackling Kilimanjaro.

This shorter Kilimanjaro Ascent trip, actually spends more time on the slopes of Kilimanjaro and still offers very good acclimatisation, giving the best chance of making it to the highest point on the African Continent. Whereas many operators expect to reach the summit on the fifth day on the mountain, we take a fairly leisurely ascent via the unspoilt, less trekked and scenic Lemosho Route which gives us a full six nights on the mountain before the final summit push on the seventh day. This longer climbing time gives a greater chance of reaching the top with fewer problems.

The Lemosho Route climbs through beautiful, peaceful forest to reach the Shira Plateau, before walking around and gradually up the lower slopes of Kilimanjaro to the high camp at Barafu. From here your final ascent will start in the early hours of the morning, and it is a long, steady climb to the crater rim at Stella Point at 5,752m/18,871ft. Once you have reached Stella Point, the gradient becomes easier for the walk up to the summit, Uhuru Peak. Standing at 5,895m/19,340ft, watching the sun rise over the African plains, as the icy glaciers and peaks of Kilimanjaro gradually come into view, is a tremendous thrill and one that will stay with you for a long time.

You may have heard that there are national park fees to pay for climbing Kilimanjaro. Please note that these are included in your trek price and there are no extras to pay on entering the national park. You will also receive a certificate to prove your summit success.

## Special notes

### Kilimanjaro trek

- This trek is a high altitude non-technical trekking peak.
- Walking is mainly on good paths on rocky terrain.
- On summit day you should expect a steep walk on a good path up scree/rocky slopes that can be snow-covered.

### Experience/skills required:

- Strenuous trekking, or hill-walking experience.
- Good head for heights.
- Good degree of physical fitness and stamina.

### Equipment and portorage

- No technical equipment is required, just good winter walking gear. We will send you a comprehensive kit list when you book.
- Your guide will carry oxygen, pulse oximeters and a first aid kit.
- We use first-rate camping equipment including North Face tents and comfortable sleeping mats (sleeping bags are not provided).
- For meals there will be a separate dining tent, table, chairs, cutlery and crockery.
- All equipment and baggage is portered. Each trekker will have a porter who can carry up to 15KG of personal baggage. You will therefore only need to carry a small daypack with your essential items.
- Our local partner is an officially registered as a KPAP Member (Kilimanjaro Porter Assistance Project). This ensures appropriate salaries, clothing and working conditions and is an internationally recognised association.

# Your trip itinerary

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## Day 1: Fly London to Kilimanjaro

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Today you will depart the UK for your flight to Kilimanjaro Airport.

**Overnight: In flight**

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## Day 2: Arrive Kilimanjaro Airport. Group transfer to hotel.

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You will be met on arrival at Kilimanjaro International Airport and transferred to your comfortable hotel which is situated just 30 minutes from the airport in the foothills of Mount Kilimanjaro. You will have time for a dip in the hotel's pool or just to relax and enjoy the views of the mountain you will soon be climbing.

**Overnight: Aishi Machame Hotel or Similar**

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## Day 3: Drive to Londrossi gate, Kilimanjaro's Lemosho Route starting point. Trek to Mukuba/Big Tree Camp, 2,650m/8,694ft - 3-4 hours.

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You will be picked up this morning for the 3 hour drive to the Londrossi Gate. The gate is set right on the edge of beautiful forest and it is here that you will meet your trek crew and porters. After signing the book it is a short drive up a muddy track, past fields of potatoes and carrots, to the start of the trek. The path sets off climbing gradually through thick forest, full of birds and black and white Colobus monkey and the more common blue monkeys. It is a 3-4 hour walk to tonight's campsite at Big Tree Camp (aka Mti Mkubwa).



**Overnight: Camp (Meals: BLD)**

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## Day 4: Trek to Shira 1 Plateau, 3,480m/11,417ft - 5 hours.

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Today you set off through thick forest on a narrow trail, with the trail undulating and eventually reaching the bottom of a ridge. The vegetation gradually changes as you ascend up the shoulder of a hill, the big trees are left behind and the vegetation becomes like moorland as you reach the Shira Plateau, a vast rock strewn area. Ahead will be the first views of the snow covered peak of Kibo.

**Overnight: Camp (Meals: BLD)**

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## Day 5: Trek to Shira 2 Camp, 3,840m/12,598ft - 4 hours. Acclimatisation trek towards Lava Tower Camp.

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There are a variety of routes that you can take today to reach the next campsite. All are designed to maximise your acclimatisation. The route chosen will be at the discretion of your guide. After around 3 to 4 hours of trekking you will reach the campsite at Shira 2 - one of the best places for views of Mount Meru if the weather is clear.

After lunch at camp and a couple of hours of rest, you will complete an acclimatisation hike towards Lava Tower camp giving an additional 200m of ascent today.

**Overnight: Camp (Meals: BLD)**

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## Day 6: Trek to Great Barranco Valley, 3,985m/13,074ft - 5 hours.

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The route to the Great Barranco Valley is via the Lava Tower. It is a steady walk uphill, around massive lava blocks and through sparse vegetation to reach the Lava Tower 4,640m/15,223ft, a huge block on the end of a cliff. There is a cold and windswept campsite here, but you will just have a lunch stop before descending to the Great Barranco Valley.

The valley is a lovely spot, with giant lobelia and senecio and the magnificent views of the Heim Glacier, Kili's southern face and the Western breach. You will also be able to view your route up the Great Barranco Wall tomorrow.

**Overnight: Camp (Meals: BLD)**

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**Day 7: Trek to Karanga Camp, 4,040m/13,254ft - 4-5 hours. Acclimatisation walk.**

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The start of today's trek is one of the most exciting, as you ascend the Barranco wall. This is an easy scramble, and at the top you are rewarded with views of your route ahead and the Southern Ice-fields. You descend from the wall and then climb once more, on the south-eastern flank of Kibo to reach Karanga Camp in time for lunch. This afternoon you will take a short hike out and back from the camp in order to aid acclimatisation.

**Overnight: Camp (Meals: BLD)**

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**Day 8: Trek to Barafu Camp, 4,681m/15,357ft - 4-5 hours. Acclimatisation hike.**

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From Karanga, the path leads upwards across volcanic scree which you follow to reach the Barafu campsite by mid-afternoon. After some time to rest and recuperate there is a further acclimatisation hike towards the intermediate Kosovo Summit Camp, 4,800m/15,748ft, before returning to Barafu.

**Overnight: Camp (Meals: BLD)**

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**Day 9: Ascend Kilimanjaro, via Stella Point, 5,895m/19,340ft - 7-8 hours. Descend to Millennium Camp, 3,820m/12,533ft - 2-4 hours.**

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You will set off at about midnight in order to hopefully reach the crater rim for sunrise.

The path climbs gradually before reaching a steeper section and then well-graded and seemingly unending zigzags up the main face. Your guide will advise you to walk very slowly and, if you do so, you greatly increase your chances of reaching your goal. Reaching the crater rim at Stella Point is a huge achievement and it is a great relief to know that the hardest part of the climb is now over. The final gradual trek from Stella Point to the Uhuru Summit takes about 45 minutes.



The effort for this final push is well rewarded with superb 360° views of the Southern Ice-field, the Ice Cathedral, the Northern Ice-field and down into the crater and ash pit. It is well worth staying on the summit for as long as you can, before starting the descent. The walk back down the scree to the campsite is relatively quick, and you can marvel at what you have climbed a few hours previously. After a rest and lunch at Barafu, you descend for a further two hours to reach Millennium Camp at 3,820m/12,533ft.

**Overnight: Camp (Meals: BLD)**

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**Day 10: Trek to Mweka Park Gate, 1,640m/5,381ft - 4-5 hours. Drive to hotel.**

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Your final day on trek is down a well-maintained path, with the vegetation becoming gradually more extensive and big trees appearing for the first time since you approached the Shira Plateau on Day 4. The forest is full of tree ferns, impatiens and monkeys. After a 3-4 hour walk you reach the Mweka Park Gate at 1,640m/5,381ft and say a sad farewell to your trek crew and porters. A vehicle will meet you to drive you to your hotel and a welcome shower.

**Overnight: Aishi Machame Hotel or Similar (Meals: BL)**

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**Day 11: At leisure. Group transfer to Kilimanjaro Airport. Fly to London.**

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The morning is free for you to relax in your hotel before transferring to the airport for your afternoon flight back to London.

**Overnight: In flight (Meals: B)**

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**Day 12: Arrive UK.**

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Today you will arrive back in London.

## Our grading system

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Kilimanjaro Summit - Lemosho Route is graded as a Strenuous trekking peak holiday, as described below.

**Strenuous**

Our strenuous trekking holidays can involve anything from 10 to 30 days on trek and are often in remote areas, far from 'civilisation'. Rest days are interspersed but there may be up to 7 consecutive days of hard walking. Most treks reach altitudes of at least 4,900m/16,000ft and there will be a great deal of ascent and descent. The majority of our strenuous treks utilise camping, tea house or mountain lodge accommodation.

These holidays are suitable for fit individuals who have regular experience of mountain walking.

## Trip altitude

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**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](http://www.medex.org.uk) as a good source of information.

## What the price includes

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**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:

- ✓ 9 x breakfasts, 8 x lunches, 7 x dinners
  - ✓ Good standard hotel accommodation (usually 4\*) on a twin-share, bed and breakfast basis
  - ✓ Full-service camping on Kilimanjaro with camp staff. Tents on a twin-share basis
  - ✓ All National Park fees
  - ✓ A Local English-speaking Leader
  - ✓ All road transport by private vehicles
  - ✓ Costs of all portering and their insurance
  - ✓ Economy class return air fares from the UK & UK
- Departure Tax (flight inclusive only)
  - ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
  - ✓ Single, timed group airport transfers for international flights on arrival and departure
  - ✓ 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
- × Tips
- × Lunches & dinner at hotel

### 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

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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.



### **Aishi Machame Hotel or Similar**

Situated in the tranquil foothills of Mount Kilimanjaro, a 30 minute drive from Kilimanjaro Airport, the Aishi Machame Hotel is far from the hustle and bustle of city life. Surrounded by wilderness, and with panoramic mountain views, it is the perfect place to unwind. The hotel offers cosy garden view rooms, a swimming pool with a lounge zone, a bar, restaurant and free Wi-Fi.



### **Camp**

The tents are roomy 2 person tents (interior pictured here), there is a mess tent for all your meals with table and chairs, a toilet tent and staff to do all the work.

## Meal arrangements

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9 x breakfasts, 8 x lunches and 7 x dinners.

## Flight arrangements

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### 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

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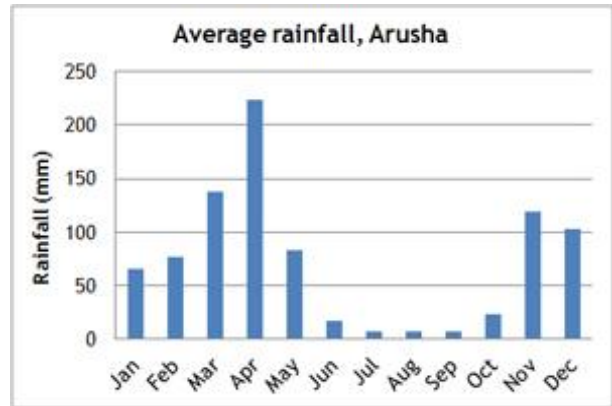
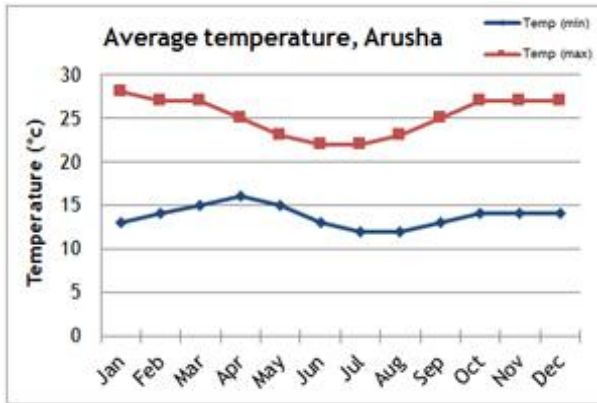
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## The nature of adventure travel

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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](http://www.mountainkingdoms.com).



### Safari

Tanzania is one of the best safari destinations in Africa and we offer a three night safari extension that you can take at the end of your trek. The extension includes time at Tarangiri National Park, Lake Manyara National Park - famed for its tree climbing lions - and the Ngorongoro Crater, one of Africa's premier safari destinations. Accommodation is in a luxury tented camp and a colonial era farmhouse. This safari option can also be combined with an extension on the spice island of Zanzibar. Please see our Tanzania extension leaflet detailing all these options.



### Zanzibar

The exotic, white-sanded spice island of Zanzibar is just a short flight from Arusha airport. We can arrange a variety of accommodation, from luxurious beach hotels to townhouses in Stonetown, the atmospheric main town. Zanzibar is the ideal place to relax but is also a superb diving and snorkelling destination. An extension to Zanzibar can also be combined with a safari in Tanzania. Please see our Tanzania extension leaflet detailing all these options.

## Why book this holiday with Mountain Kingdoms?

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- Our excellent acclimatisation programme gives you the best chance of summiting on Kilimanjaro.
- Our price includes all National Park fees and all meals on trek.
- Your trek will be led by a professional, qualified English-speaking guide supported by an experienced trekking crew who will provide an excellent standard of service.
- Your gear will be portered for you so all you need to carry is a small daypack.
- Your guide will carry oxygen systems, pulse oximeters and a first aid kit.
- We use first-rate camping equipment including North Face tents and thick sleeping mats.
- Our local partner is an officially registered as a KPAP Member (Kilimanjaro Porter Assistance Project). This ensures appropriate salaries, clothing and working conditions and is an internationally recognised association.
- Your hotel accommodation, before and after trek, is in a comfortable, peaceful property located away from noisy centres.
- We have a maximum group size of 12 to ensure all the benefits of a genuine small group experience without any the negative impact often associated with larger trekking groups.
- If you have any questions about this trip, please contact Seraphina Berry or Harry Gray at the Mountain Kingdoms office who have both summited Kilimanjaro.
- 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 would like to extend your holiday we can offer a safari in Tanzania or a beach break in Zanzibar.

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](http://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

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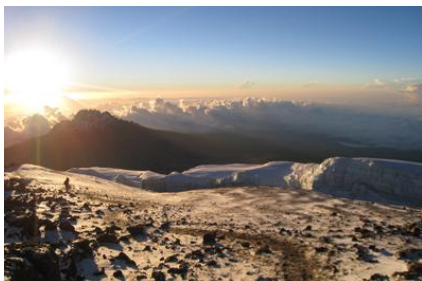
*I trekked the Lemosho Route up Mount Kilimanjaro on February 2022. It was a great experience. Mountain Kingdoms did an excellent job sorting out the arrangements, which had to be changed several times because of the Covid pandemic. On the ground in Tanzania everything worked excellently well and the trek team did an outstanding job of looking after us, both in terms of taking very good care to get us properly acclimatised and just generally in the friendly, good-humoured way they looked after us. The trek is not for the faint-hearted and deserves its 'strenuous' rating, but with good preparation and taking account of the first-class advice from the guides we made it to the top, which gave a real sense of achievement and is something I shall remember for a long time - a high point in every sense!*

*-Nick Hinton, Hertfordshire*



*Both the trek team and the safari company were very professional and gave us wonderful service. The guides and porters were a pleasure to be with and gave us good insight of life in Tanzania as well as detailed info about Kili. Thank you Steve and Mountain Kingdoms for organising the trip for us, it all ran very smoothly. A very well organised trip. We loved the small group, three of us plus one other, we got on well and moved at a similar pace.*

*Ms A, Wiltshire*



*We feel we can trust and rely on MK. You use excellent local guides and hotels.*

*-Mr & Mrs T, Nottinghamshire*

*The holiday ran like clockwork. The add on safari and Zanzibar was outstanding. You did us proud. We appreciated this.*

*-Mr & Mrs W, Buckinghamshire*



*The scenery was fantastic throughout the different stages and with such vast blue skies. The guides and support crew were incredible, the encouragement and help we got from them made sure there was no doubting our abilities. From our morning cups of tea, our morning tea stops in some glorious location, to the delicious food that the cook prepared and the thoughtful hot water bottles at night - this was a well organised trek. The summit morning was so worth it. Thank you MK.*

*- Claudia Reynolds*

*I loved the group experience, being with and trekking with other people. We had 11 on our trek - just the right number. It was constantly interesting and entertaining. I loved the camping (without having to think about it).*

*-Mr H, Ireland*

# Mountain Kingdoms - distinctly different

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## **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](http://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](http://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.

