

Morocco Coastal Trek & Essaouira

Explore Morocco's coastal trails and Berber villages and immerse yourself in local life in Essaouira and Marrakesh.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels (Riads), Camping
Grade	Gentle
Duration	8 days from London to London
Trekking / Walking days	On trek: 5 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Coastal Trek Local Leader Morocco
Land only	Joining in Marrakesh, Morocco

Private Departures & Tailor Made itineraries available



Watch related videos online: [Morocco Coastal Trek & Essaouira](#)

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Departures

Group departures

2025 Dates:

Sat 15 Feb - Sat 22 Feb

Sat 15 Nov - Sat 22 Nov

2026 Dates:

Sat 14 Feb - Sat 21 Feb

Sat 14 Nov - Sat 21 Nov

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.

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



The trip will be led by a qualified guide who is ideally placed to give you an insight into, and information about, their country. Pictured here is one of our guides (right) with our M.D. Steve Berry.

The Moroccan government closely controls the appointment of both mountain and town guides. Our Moroccan leaders are selected on the basis of their experience, levels of spoken English and helpfulness. Like the Berber culture from which they come they are all very welcoming and have a love of showing visitors their country.

Your trip highlights

- Wander picturesque coastal trails in a little-known area of Morocco
- Enjoy perfect winter walking and nights camping under the stars
- Drink mint tea in traditional Berber villages and relax in a hammam steam bath
- Trek with camels and then take the reins and try riding them!
- Stay in delightful riads and explore charming seaside Essaouira and flamboyant Marrakesh

At a glance itinerary

Day 1	Fly to Marrakesh. Transfer to riad hotel in the Medina.
Day 2	Drive across desert to village of Sidi Kakoui. Trek to Oued Tidzi.
Days 3-5	Trek to Aghbalou and on to Tassila via Sidi Ahmed Essaih
Day 6	End trek at Tafena and try camel riding. Drive to Essaouira. Hammam steam bath.
Days 7-8	Transfer to Marrakesh. Guided tour. Fly back to the UK.

Trip summary

Morocco's rugged Atlantic coastline is often neglected as a destination, but the beautiful long beaches, and rocky shoreline where Berber villages perch between desert and sea, offers delightful, easy winter trekking.

Starting in Marrakesh you soon leave the bustling souks and palaces of the city medina behind and head west to the Atlantic coast near Essaouira. The weather here is always cooler and fresh but you are still under an African sun. Your trek begins at the former hippy village of Sidi Kakoui from where you trek southwards, following the coastline. The route takes you along pristine beaches and through the oak and argan forests that grow on the limestone cliffs nearby. As the trekking is gentle and easy-paced you will have plenty of time and energy to enjoy the surrounding sights.

On the trail you will see places commemorating local saints known as Marabouts, villages where you may be invited to take tea with a Berber family, fishing settlements with wooden, hand-built boats dragged up on the foreshore, and lots of birds and wildlife. You are accompanied by camels on the trek, who carry your overnight essentials and luggage, and you will have a chance to try your hand at riding them. A team of cooks prepare traditional Berber food for you to enjoy in picnic lunches and in the evening, when you will eat your evening meal beside an open fire under the stars.

After the trek you head north to Essaouira, a picturesque coastal town with ramparts, a busy medina and a working harbour. Here you will experience the delights of a traditional hammam and have a little time for exploration. Finally, and hopefully fully relaxed after your immersion into Moroccan coastal life, you return inland to Marrakesh. A guided tour of the old medina and a final night out in this captivating ancient city bring your holiday to a close.

Foreword by our MD, Steve Berry

"I first travelled to Morocco in 1968 at the age of 19 yrs. I hitched across France and Spain and joined up with some friends in Madrid and from there we took a train to Algeciras where we took the ferry to Morocco. We carried on hitching down to Marrakesh and from there onward to Essaouira. I wore a bowler hat whilst hitching to grab people's attention. It most certainly helped me get lifts! These were the 'Flower Power' days and arriving in Morocco as young hippies we switched to wearing caftans and beads, and I sold the bowler hat to an American tourist. Essaouira stands out in my mind as one of the most beautiful, dreamy places I had ever been to. The Portuguese had fortified the port in the 1600's and the ancient town survives to this day, though in 1968 we did not stay in the town but lived in a hippie encampment by the beach. Jimi Hendrix bought a house here and it is rumored that he wrote 'Castles Made of Sand' here.

This is where our Coastal Trek starts from, and where the camels will be waiting for your arrival. I myself and another group of more mature friends did this trek in February 2019. We thought it was fantastic. A really relaxing ramble down the coast for 5 days with bags of winter sun and a lot of varied walking.

Sometimes you walk on hard sand on empty beaches, and sometimes along the tops of rocky headlands. There are straightforward cliff paths, walks through groves of Argan trees, sand dunes, and descents to magical bays where you will find ammonites and where you can have a go at camel riding. On two nights you camp next to shrines built in honour of local holy men, and on at least one day you will share mint tea in a local farmhouse. Finally you return to Essaouira to stay in a very atmospheric riad and wander the souks, bazaars, and narrow streets soaking up the sights and sounds of 'old Morocco'. The food is amazing, the scenery like something out of Lawrence of Arabia, and the riads we use ooze character and charm. I highly recommend this trek for a relaxing adventure."

Your trip itinerary

Day 1: Fly London to Marrakesh.

Arriving in Marrakesh you will be met at the airport and transferred to your riad accommodation in the heart of the Medina. The journey takes about 15 minutes to get to the old city walls and your driver will get you as near as possible to your overnight accommodation. Riads are converted town houses in the old parts of Moroccan cities and are often down small lanes where no cars or traffic can get to, so often a porter will help you with your luggage and his small cart will be able to take luggage to the riad from the minibus. Riads are built with rooms facing out onto a central courtyard and a garden/pool which is open to the sky; this is for coolness in the heat of the summer. The windows open to the courtyard and there are no windows to the street, as that would be noisy and hot. Often the riad is a haven from the heat and bustle outside, with a terrace where you can relax and enjoy views over the city and the High Atlas Mountains in the distance.



In the evening there will be a traditional dinner to welcome you to Morocco (paid locally).

Overnight: Riad Palais De Princesses or Riad Challa or Similar, Marrakesh

Day 2: Drive to start of the trek at Sidi Kakoui - 3½ hours. Trek to near Oued Tidzi - 1½ hours.

Leaving your riad after breakfast you meet your guide and transport and start on the journey to the coast which will take about 3½ hours. As you leave Marrakesh behind, you encounter the edges of a dry, rocky desert near Agafay. There are no sand dunes here, but it has still been the location for various films such as the Prince of Persia. As you drive closer to the coast the landscape gets greener and more fertile with fields of wheat and poppies in spring and white limestone walls surrounding argan tree orchards.

Near the town of Essaouira, the road goes south down the coast for about 20 minutes to the village of Sidi Kakoui with its cafes, long sandy beaches and oak and argan scrub on the dunes. Sidi Kakoui is where Jimi Hendrix and the Rolling Stones hung out in the 1960s. Here, you leave your vehicle and meet your camel team near the wadi (seasonal river). When all the bags and kit are loaded on the camels you start your walk along the beach heading southwards.

Today is just a short trek over relatively flat terrain, (with maybe small ascents for sand dunes) to reach the site where you will be camping above the Oued Tidzi ; a small river flows into the sea at this point although it is not always full of water depending on the amount of rain that has been falling.

You arrive into your excellent campsite for the night where your camp crew will have everything organised and ready waiting for you. The cook will serve your evening meal and you can get to know the team better around the camp fire. The camp itself is among trees and bushes and you may well see goats climbing into the trees to nibble the leaves. The sound of the Atlantic rollers is very evocative as you drift off to sleep.

Distance: 3 km. Virtually no ascent or descent.

Overnight: Camp (Meals: BLD)

Day 3: Trek from Oued Tidzi to Aghbalou near Bizergane - 4-5 hours.

After breakfast you continue along the coastline with no real ascent except for some small sand dunes along two beaches. As the heat of the day increases you will divert slightly inland to get some welcome shade while walking through coastal trees and small farms and fields. The coastal scrub will sometimes open out into argan trees and it is possible to see goats feeding on the argan nuts and comically climbing the trees to get the best crop.

Descending from the scrubland to the beach you eventually reach the small cove of Oued Aghbalou where another wadi enters the sea. In this pretty location you will camp near the bay. The deserted house here is really a shrine to a local man who was renowned for his healing powers. His tombstone is actually inside the house and locals come here to pray. There is also a nice cove here to explore and enjoy. But be warned, the sea currents are dangerous so do not attempt to go swimming.

Later, you may like to help the cook prepare the bread for the evening meal by heating flat stones and baking the bread in a sand oven.

Distance: 8-9km. Ascent: approximately 60m.

Overnight: Camp (Meals: BLD)

Day 4: Trek from Aghbalou to Sidi Ahmad Essaih - 7½ miles, 4½ hours.

Today's trek begins by following the lovely coastline along a small path past the village of Ait Idir. Then you climb for around 160m as the beach terrain changes to a rocky coast and the trek follows a path above the low cliffs. The path here is mainly a mule track and is easy to follow as it winds through Berber villages of small houses built from the local limestone surrounded by fields. The trek passes lots of beautiful coves and cliffs with great views out to sea and then descends to Iftane Bay - a fishing bay where boats and nets are hauled up onto the beach when they are not out at sea. You may well meet fishermen along this stretch fishing from the shore.



Passing the boats and a few buildings you continue along the beach to the marabout of Sidi Ahmed Essaih (a white painted shrine to a local saint).

Distance: 9-10 km. Ascent: 160m-200m.

Overnight: Camp (Meals: BLD)

Day 5: Trek from Sidi Ahmed Essaih to near Tassila - 4-5 hours.

This morning you head slightly inland to avoid the sea cliffs of the Taskssout-n-Tahra, passing a small village and then ascending to the plateau of Awgzmir, climbing up to about 200m. There is then a descent to the valley of Dou Oussaggawr with its argan forests and fields of barley. You continue onwards on faint mule tracks to a campsite near to the small village of Tassila which you reach by ascending and descending past stream inlets and coves. This is one of the best days walking with stunning coves and sea arches.

Distance: 8-9 km. Ascent approximately 250m.

Overnight: Camp (Meals: BLD)

Day 6: Trek to Tafena - 1-1½ hours. Camel ride - 1 hour. Drive to Essaouira - 1-1½ hours. Visit a hammam.

It is just a short walk today to reach the end of your trek. You begin by trekking slightly inland again to avoid the cliffs as you descend from the plateau. Here you reach a track which will take you to the port of Tafena - a very small village next to a sheltered beach and cove.

Your trek comes to an end here, but instead you hop aboard the 'ship of the desert' for a short camel ride up the coast. Alternatively you may prefer to relax on the beach for an hour or so before saying a fond farewell to your camel team and cooks. Your transport will then take you northwards along a small road, past Smimou, and onwards to the coastal town of Essaouira.

You will have the afternoon at leisure and to settle in to your riad before visiting the local hammam. The Moroccan people have visited public steam baths since ancient times and a regular hammam trip to cleanse, socialise, relax and rejuvenate is still very much part of modern day life across the country.

Distance: 3km. Descent approximately 100m.

Overnight: Riad Dar Liouba or Similar, Essaouira (Meals: B)

Day 7: Drive to Marrakesh - 3 hours. Guided tour. Farewell dinner.

In the morning you will be driven back to Marrakesh, perhaps visiting an Argan oil cooperative on the way to see how the nuts are processed and to try a sample. The cooperatives are mainly run by women and they spend a lot of the day grinding the nuts to make a paste and oils. The oil is delicious with fresh bread and also can be made into various beauty products.

After arriving in Marrakesh, you'll take a short break to freshen up before heading out on a guided tour of the souks and palaces of the old medina. Marrakesh is famous for its souks and it's not possible to visit everything in a short tour, however you should have a chance to see the main sights and perhaps do some haggling in the silver, magic or clothing souks.



In the evening there will be a farewell meal in Palais Dar Es Salam, a traditional restaurant in an old converted palace.

Overnight: Riad Palais De Princesses or Riad Challa or Similar, Marrakesh (Meals: B D)

Day 8: Group transfer to airport for flight back to London.

After breakfast you will be transferred to the airport for your flight home. (Meals: B)

Our grading system

Morocco Coastal Trek & Essaouira is graded as a Gentle walking holiday, as described below.

Gentle

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

These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ 7 x breakfasts, 4 x lunches, 5 x dinners
- ✓ Comfortable riad accommodation in Marrakesh and Essaouira on a twin-share, bed and breakfast basis
- ✓ All camping facilities and all meals on trek with camelteers and camp staff to carry out all work
- ✓ Triple tents with twin occupancy and sleeping mattresses
- ✓ An English-speaking Moroccan leader
- ✓ Farewell dinner in Marrakesh
- ✓ Costs of all portorage
- ✓ All road transport by private minibus
- ✓ Hammam in Essaouira
- ✓ Guided tours in Essaouira and Marrakesh with sightseeing as specified
- ✓ International flights from London (flight inclusive only)
- ✓ Single, timed, group airport transfers for international flights on arrival and departure
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)

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:

- × Tips
- × Travel insurance
- × Visa fees
- × Lunch and evening meals in Essaouira and Marrakesh (except farewell dinner in Marrakesh)
- × Moroccan airport departure taxes

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.



Riad Palais De Princesses or Riad Challa or Similar, Marrakesh

This exceptional riad is well located; it is just an easy walk from here to the main square and souks of Marrakesh. It was formerly a princely residence and was restored five years ago with great care and to a very high standard. It is a lovely example of 'old Morocco' and has won many awards. It has 23 rooms, a pool, spa, hammam and roof terrace overlooking the High Atlas Mountains. If this Riad is not available we will use Riad Challa or another riad or hotel of a similar standard.



Camp

On this trek you will wild camp close to the coast in campsites which are put up for you by a team of camelteers. There will be a large mess tent where you can relax, a toilet tent, and for sleeping, triple-size tents which each accommodate two people (single tents are an optional extra). Foam sleeping mattresses are provided in each tent. The camp cooks will rustle up traditional Moroccan fare, eaten in the mess tent or around the campfire.



Riad Dar Liouba or Similar, Essaouira

The atmospheric Dar Liouba is situated in the heart of Essaouira's Medina. The riad has just seven rooms all of which have richly-coloured, Arabian inspired decor and are well-equipped with the addition of free Wi-Fi. The riad has a rooftop terrace where breakfast is served, as well as a library and solarium.

Meal arrangements

7 x breakfasts, 4 x lunches, 5 x dinners. Full board on trek, bed and breakfast in Marrakesh and Essaouira plus a farewell dinner on day 7.

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.

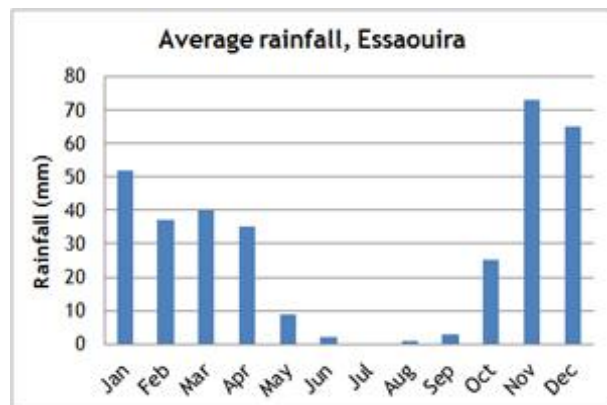
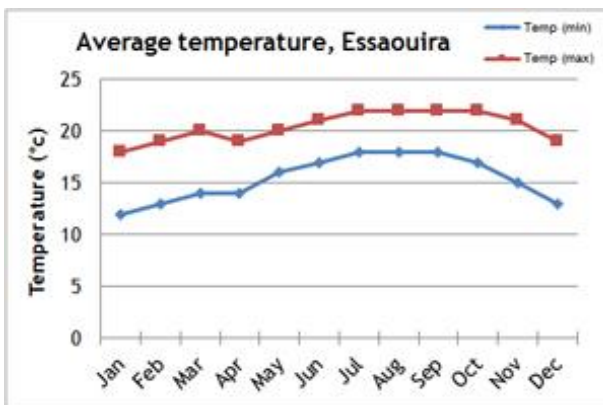
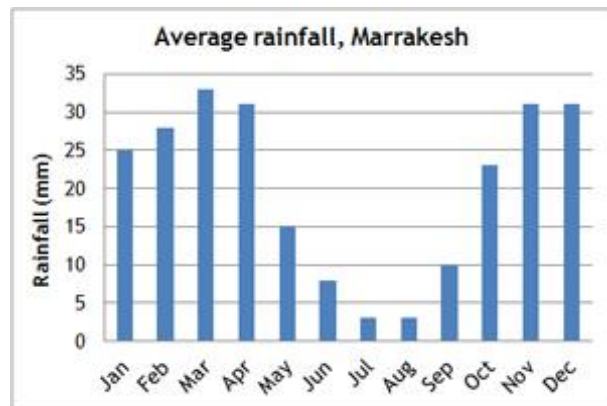
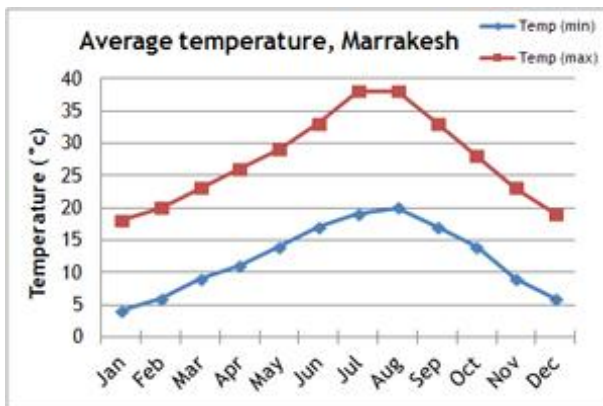
Further information

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.

Please contact
one of our
experts for
extension ideas

Additional accommodation in Marrakesh

If you would like to extend your trip to Morocco, we would be happy to arrange additional nights' accommodation in Marrakesh for you, either at the Riad Palais de Princesses, the Riad Challa, or one of the other luxuriously appointed Riads that have opened up in recent years.

Why book this holiday with Mountain Kingdoms?

- This holiday is unique to Mountain Kingdoms, taking you to the coast rather than the mountains, and offers an insight into traditional Moroccan life.
- We include a camel ride and also visit to a hammam in Essaouira
- We use quality riad accommodation in Essaouira and Marrakesh, and enjoy the peaceful sanctuary these historic residences provide from the hustle and bustle of city life.
- This is an ideal trek to do in the winter months when the days are warm and sunny but not uncomfortably hot.
- Our full service camping experience includes triple-person tents with foam mattresses (that sleep two) and a large dining tent with table with chairs. The camp cook will produce delicious Moroccan fare which you can enjoy around the campfire.
- Your trek will be led by a knowledgeable, well-trained English-speaking guide supported by an experienced crew who will provide an excellent standard of service. Your camp will be set up for you and your gear will be portered by camels so all you need to carry is a small daypack.
- 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 have a number of staff who know Morocco well and would be pleased to answer any questions you may have about travelling there.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and 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 team 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 exactly according to plan from the moment of our arrival to our departure. We couldn't have wished for better accommodation in Marrakech and Essaouira. The guide (Hussein) and cook (Hassan) were great and the trekking was just right for us (easy but not too short). The camping was comfortable, trip companions friendly and stimulating, and the scenery along the coastline and the beaches were stunning. Perfect weather too! The farewell meal was the cherry on the cake. Memorable.

-John & Manuela



Trekking along the rugged cliffs and beautiful beaches of the Atlantic Ocean was visually stunning and camel riding among the sand dunes was a memorable treat! Hussein was a fantastic guide, one of the best, and his organisational skills, knowledge and charm greatly enhanced our adventure. I enjoyed the company of our small but select group and I thought we slipped into a very comfortable team. Trekking with Mountain kingdoms is always a pleasure and a privilege.

- Ms V Parker, Hampshire

Good choice.

- Mr J Harvey, Cheshire

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.

