

Wildlife Walks: Yellowstone & the American Rockies, United States

Awesome walking and thrilling wildlife encounters in three of America's finest national parks



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels, Lodges
Grade	Gentle / Moderate
Duration	12 days from London to London
Trekking / Walking days	Walks on: 9 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Usa
Land only	Joining in Denver, United States
Max altitude	3,713m/12,182ft, Rocky Mountain NP, Day 3

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2023 Dates:

Wed 17 May - Sun 28 May

Wed 20 Sep - Sun 01 Oct

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



The trip will be led by an experienced driver/guide, ideally placed to give you an insight into, and information about, the flora, fauna and history of this part of the United States.

In Yellowstone, you will be joined by a specialist wolf watching guide who is also a wildlife biologist.

Your trip highlights

- Immersive wildlife walks in Yellowstone, Grand Teton and Rocky Mountains National Parks
- Multiple days spent in each of the parks to maximise your wildlife spotting opportunities and enjoy good walks every day
- Wolf watching with an expert guide in the Lamar Valley in Yellowstone
- Opportunities to observe bear, elk, bison and moose, with departures timed to coincide with seasonal wildlife events
- Time to explore the unique thermal features of Yellowstone including Old Faithful and Grand Prismatic Spring
- Nights spent in comfort in well-appointed hotels and lodges, located close to the park entrances

At a glance itinerary

Day 1	Fly to Denver. Transfer to hotel.
Days 2-3	Drive to Rocky Mountain NP. Walks in the park searching for bears, eagles and elk.
Day 4	Wildlife walk looking for moose. Drive to Lander, Wyoming.
Day 5	Drive to Yellowstone NP. Walk to view Grand Canyon of the Yellowstone Falls. Drive to Cooke City.
Day 6	Morning walk with specialist wolf watching guide in Lamar Valley. Afternoon drive Beartooth Highway and return to Cooke City.
Day 7	Visit main geothermal areas of Yellowstone including Old Faithful and Mammoth Hot Springs.
Day 8	Visit Yellowstone Lake and walk in Pelican Valley looking for bears. Drive to Jackson, Wyoming.
Day 9	Drive to Teton Village. Gondola Ride to summit of Rendevoez Mountain, 3,185m, Walk back down.
Day 10	Explore sights of Grand Teton NP. Self-guided walk from String Lake to Jenny Lake. Drive to Salt Lake City.
Day 11	At leisure till departure for airport. Overnight flight to London.
Day 12	Arrive London.

Trip summary

This thrilling adventure explores three of America's greatest natural playgrounds where stupendous mountain scenery combines with an astonishing array of wildlife and remarkable hydrothermal features. And there's no better way to experience nature's great bounty than by taking to the trail where elk, moose and bison graze, and golden eagles wheel overhead. You will visit at times of peak animal activity - in the summer months the male bison battle for female attention and animals feed en masse on the abundance of food, whilst in autumn there is the fierce drama of the rut and the haunting bellows of the bull elks. With multiple days spent within each park and comfortable accommodation close to the park entrances, you can be sure you won't miss a moment of the drama.

Your journey begins in the Mile High city of Denver at the foot of the Rockies. From here you strike out west to reach the stunning environs of Rocky Mountain National Park where rolling tundra, rocky crags, crystal clear lakes and snow-clad mountains provide the breathtaking backdrop for an impressive array of birds and wildlife. The Rocky Mountains are one of the last remaining sanctuaries for mega fauna in the Northern Hemisphere and your carefully selected walks will take you in search of the bear and moose that frequent the lush meadows and forests of the park, whilst large herds of elk can be found along the higher trails.

Your next stop is Yellowstone, America's oldest national park, aptly described as 'mother nature's theme park'. Within its boundaries sit one unique sight after another. Vast herds of bison, grizzly bears and majestic moose are among the wildlife must-sees, and you will spend a day with an expert wildlife guide in search of Yellowstone's most sought after predator - the gray wolf. Alongside its wildlife stars sits Yellowstone's other great attractions: Old Faithful, Grand Prismatic Spring and the Grand Canyon of the Yellowstone. These are just some of the headliners among a vast cast of mindblowing natural phenomena.

Grand Teton National Park provides the fitting finale to your holiday. Abutting Yellowstone, it is famous for its picture-perfect scenery of jagged mountain peaks reflected in a string of glacial lakes, with swathes of bison feasting on rich, flower-filled, meadows. You spend two days exploring the best of the Tetons, taking walks from mountain top to lakeside, before heading north to Utah, and your journey's end in Salt Lake City.

Special notes

For this specialist wildlife trip we are joining forces with our partners in America, as such you may be joined by group members other than Mountain Kingdoms clients.

Your trip itinerary

Day 1: Fly London to Denver

You will depart London and fly to Denver today. Once you have cleared customs and collected your luggage you should ring to request the complimentary shuttle service to your hotel which is situated about 10 miles from the airport. An information desk is located within the terminal should you require assistance but the service is normally friendly and efficient.

If you have arrived ahead of the start of the group trip to give yourself extra days to explore Denver, the Aloft Hotel is located close to a station allowing convenient access to downtown Denver without the need to rent a car.

Overnight: Aloft Hotel or Similar, Denver

Day 2: Meet your tour leader for an orientation briefing. Drive to Grand Lake, Colorado - 100miles, 2 hours. Shoreline walk at Shadow Mountain Reservoir - 8miles/13-14km, 3-4 hours.

Your first day begins bright and early when you meet your tour leader (who will also be your driver) for an orientation briefing. After breakfast, you leave Denver heading to the remote western entrance of Rocky Mountain National Park. Whilst the eastern town of Estes Park receives the highest number of visitors, the western part of the park is far more peaceful, remote, and wild.

Climbing mountain roads you cross the Continental Divide at Berthoud Pass at 3,446m/11,307 ft. Here you may see a resident herd of bighorn sheep grazing near the road. Descending into the Fraser River Valley you pass the ski resort of Winter Park and several picturesque reservoirs created by the Colorado River. After a drive of around two hours you reach Grand Lake, your home for the next two nights. Nestled under steep mountains and on the shores of Colorado's largest natural lake, Grand Lake is an historic gold rush settlement situated at an elevation of some 2,600m/8,530ft. Known as the 'Western Gateway' to the Rocky Mountain NP, Grand Lake has a number of shops, restaurants and galleries to discover within easy walking distance of your centrally located hotel.

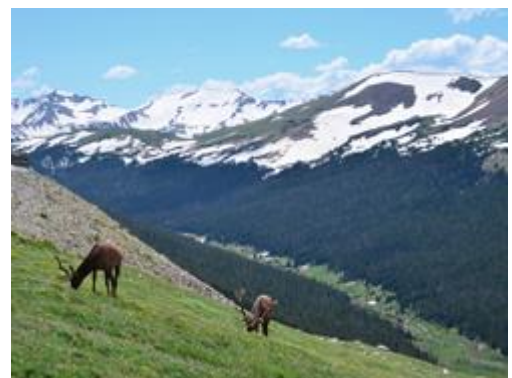
This afternoon you take your first walk which runs along the shore of Shadow Mountain Reservoir and through the adjacent meadows, which are home to elk, moose, and bear. It's also a good spot for bird watching and you may see gold and bald eagle, hummingbirds, and osprey. As the trail is virtually flat, it is a great place to stretch your legs and start sharpening your wildlife spotting skills.

Overnight: Spirit Lake Lodge or Similar, Grand Lake (Meals: B L)

Day 3: Walk the Ute Trail, 4-6 miles/7-10km, -300m, 3-4 hours. Evening wildlife drive.

Rocky Mountain National Park is famous for its huge herds of elk. The bull elk migrate from the valleys to the mountaintops in summer, returning to the montane meadows in the autumn at the start of the rutting season. At this time of year they are at their most impressive displaying their impressive racks of antlers and signalling their presence with a characteristic roar, or bugle. During the elk rut, the animals congregate in the meadows displaying their amazing strength as the bulls fight for their harem. Today's walk is focused on finding these imposing animals.

To reach the trailhead for your walk you drive through the park on scenic Trail Ridge Road - the highest paved road in the States. Winding up through the mountains you cross the Continental Divide at Milner Pass at a dizzying 3,713m/12,183ft. Not only are the views spectacular, but up here you will find alpine tundra with plant communities descending from the last ice age when glaciers isolated these mountaintops. Setting out on your trail, you stay above the treeline and follow ancient Indian paths carved by the native Utes in search of food. Elk come to this elevation to escape the mosquitoes so you have a good chance of seeing them in numbers. You may also spot smaller creatures such as pika and marmot - and even if you don't see any marmots, you will no doubt hear their characteristic whistle. If you are travelling in September, and the weather is good, you may take a second walk today along the headwaters of the Colorado River where moose are known to come to drink and bathe.



At dusk the large herds of elk emerge from the forest to feed in the meadows so in the evening you will enjoy a 'wildlife drive' in the park.

Overnight: Spirit Lake Lodge or Similar, Grand Lake (Meals: B L)

Day 4: Walk in search of moose in Rocky Mountain NP. 7-10miles/11-15km, +/- 300-500m, 3-4 hours. Afternoon drive to Lander, Wyoming - 300miles, 5 hours.

Our wildlife focus today switches primarily to moose. These majestic beasts are often found along the East Inlet Trail that starts close to the eastern tip of Grand Lake. The trail is one of the oldest in the park and leads, eventually, to several lakes. The path initially winds from the trailhead through a beautiful valley where you will be on the lookout for moose grazing on the lush meadow grasses. You pass the overlook for Adams Falls (you may detour here for a 15 minute walk to see the falls) and continue along the valley floor before reaching a steeper section of the trail that eventually ascends to an amazing viewpoint above Grand Lake. Here you are surrounded by aspen forests and may see eagles soaring overhead. After time to savour the views, and perhaps stop to enjoy your picnic lunch, you return to your vehicle along the same route.

In the afternoon you leave Colorado and head to Wyoming. Passing through vast dry sagebrush deserts there is a good chance of spotting massive herds of wild antelope, America's fastest land mammal. Your hotel for the night is close to the historic downtown of the small Western town of Lander. Once a cowboy town it is now a haven for climbers and outdoor enthusiasts and is set against the backdrop of the high peaks of the Wind River Mountains.

Overnight: Rodeway Inn or Similar, Lander (Meals: B L)

Day 5: Drive to Yellowstone NP. Explore Grand Canyon of the Yellowstone area on the Waipiti Trail - 5miles/8km,+/- 200m, 3 hours. Drive to Cooke City. Total driving distance/time - 250miles, 5 hours.

This morning you drive across the mountains to reach Yellowstone National Park. Established in 1872, Yellowstone has the proud distinction of being the world's first national park and remains a very special place indeed. Renowned for its superb wildlife and glorious landscapes, Yellowstone also sits atop a supervolcano giving rise to the greatest concentration of geothermal features on the planet.



Your first explorations are along the Grand Canyon of the Yellowstone in the centre of the park. Here you will hike along the enchanting Wapiti Trail, a footpath skirting the rim of the canyon which was carved over millennia by the thunderous waters of the Yellowstone River. As you walk along the popular trail you will see huge waterfalls plummeting over cliffs into the canyon below. The finest views can be gained from Artist's Point which gives the most celebrated view of the Lower Falls as they cascade almost 100 feet over ochre and yellow coloured rock walls. Great close up views, and a real sense of the power and drama of the falls, can also be enjoyed from the bottom of the 328 steps of Uncle Tom's Trail as well as from the overlooks on the brink of both the Upper and Lower Falls.

Photos taken, you drive to the northeast entrance of the park where the gateway community of Cooke City provides your lodgings for the next three nights. Here, at the headwaters of the broad Lamar Valley, are found many of Yellowstone's animal herds of bison and elk as well as predators such as grizzly bears, coyote, mountain lions and wolves. For this reason it is sometimes referred to as 'North America's Serengeti'.

Overnight: Soda Butte Lodge or Similar, Cooke City (Meals: B L)

Day 6: Walk and wildlife observation in Lamar Valley with specialist 'wolf guide' - 3-5miles/5-8km, +/- 300m, 3-5 hours. Drive Beartooth Highway in search of mountain goats - 1-2 hours driving.

In 1926 the last gray wolf was killed in Yellowstone. Without this keystone predator Yellowstone's elk herds increased greatly creating imbalances in the ecosystem. After decades of legal battle, the gray wolf was finally reintroduced in 1995. Once extinct, there are now 134 wolf packs in the region's western forests, numbering about 1,000 animals. About 320 wolves are found in Yellowstone alone. The broad sweep of the

Lamar Valley is one of the park's premier wildlife viewing areas and the best place to see wolves.

Early in the morning you will meet your local guide who is a wildlife biologist and wolf expert. Together, your mission today is to find and observe the park's wolf packs in the Lamar Valley. You may climb up to the Petrified Forest ridge, the largest petrified forest in North America, or head along the trails leaving Lamar Valley. Your route will be determined by your guide and the latest information about the whereabouts of the wolves. As you hike the valley, your guide will give you a great deal of insight about the biology and behaviour of wolves as well as the history and ongoing controversies surrounding Yellowstone's wolf packs.

In the late afternoon you drive to the top of the winding Beartooth Highway - an official 'National Scenic Byways All-American Road'. Considered one of the most scenic drives in all the United States, the highway offers breathtaking views of the soaring Absaroka and Beartooth Mountains. The road passes through the Beartooth Corridor, which is surrounded by over a million acres of pristine wilderness. As such it is a wonderful wildlife haven and you will hopefully see large herds of mountain goats above the treeline.

Overnight: Soda Butte Lodge or Similar, Cooke City (Meals: B L)

Day 7: Explore the main geothermal features of Yellowstone at Norris Geyser Basin, Upper Geyser Basin and Mammoth Hot Springs. Beaver Ponds walk - 6miles/9km, +/-170m, 2-3 hours.

After a leisurely morning you head out for a full day in the park. Even when you're in your vehicle you should stay on the lookout for wildlife which is often seen right next to the road, or even crossing it. Yellowstone 'bear blocks' are a regular feature when touring the park - as cars park up to get a sighting of grizzly or black bears meandering along in search of food.



Your first destination this morning is Norris Geyser Basin - a remarkable and surreal landscape which is Yellowstone's oldest, hottest and most dynamic thermal area. Boardwalks are built over boiling, sulphurous mud pots and steaming, multi-colored hot springs. Depending on the temperature of the springs, different algae inhabit the waters colouring the springs in dazzling hues of blue, yellow, or orange. Geysers gurgle and spurt clouds of steam and the ground temperatures here reach such incredible extremes that the boardwalks occasionally need to be moved. You will now realise how close you are to the lava dome of Yellowstone's supervolcano beneath your feet!!

Your next stop is a little further south at Midway Geyser Basin. Here you find Grand Prismatic Spring - the largest hot spring in the park and one of the most beautiful of them all. It is named after its incredible rainbow of dazzling, colours from fiery red to psychedelic yellow and deep turquoise blue. Although best viewed from above, you will still see flashes of bright colours through the steamy mist, as you circuit the spring on a boardwalk. Alongside Grand Prismatic is Excelsior Geyser, a huge bubbling crater which dramatically spews thousands of gallons of boiling water into the river below.

A little further along the road and you arrive at Upper Geyser Basin. The world's highest concentration of geothermal features is found here including the most famous of all, Old Faithful. Erupting at regular and predictable intervals every 90 minutes or so, Old Faithful propels 14,000 to 32,000 litres of boiling water 100-200 feet into the sky to whoops of delights from the watching crowds.

Once you have finished exploring the many geysers and hot springs of the basin, you drive north to Mammoth Hot Springs. Here you will find travertine terraces of dissolved limestone deposits cascading down the hillside. Thermophiles (heat loving micro-organisms) create tapestries of colour where the water flows across the terraces. You will walk around the boardwalks marvelling at the weird and wonderful formations. The Mammoth area is also known for its large population of elk and deer which you may encounter on the Beaver Ponds Trail. This delightful loop walk ascends up and away from the crowds into a picturesque area of ponds and woods where birds and creatures abound.

After your hike there is a chance to take a dip in the Boiling River before heading back to your lodging in Cooke City.

Overnight: Soda Butte Lodge or Similar, Cooke City (Meals: B L)

Day 8: Drive to Yellowstone Lake. Walk in Pelican Valley - 6miles/10km, +/-100m, 3-4 hours. View geysers at West Thumb. Drive to Jackson. Total driving distance/time - 150miles/240km, 3 hours.

Pelican Valley is famous for its grizzly bear population. Near the shores of Lake Yellowstone in the southern section of the park, a remote trail (closed until early July due to bear activity) leads you into Pelican Valley, prime habitat for the endangered grizzly. Your trail heads north, crossing a few bridges and passing through a meadow before entering a forest. Leaving the forest you ascend a small hill for views over the valley to the Absaroka Mountains. Turning east, you then pass through a small, fragile thermal area, before crossing a small creek and climbing a bank from where you can look down onto Pelican Creek. The trail ends a mile or so from here and your return the same way. Keep your eyes peeled at all times as you have a good chance of seeing bison, trumpeter swan, pelicans, elk and moose, as well as bears.



Returning to your vehicle, you drive to West Thumb on the shores of Lake Yellowstone where a string of hot blue pools fizz and gush into the tranquil waters of the lake. Your guide will point out the famous Fishing Cone - a hot spring on the lake's edge where early visitors to the park cooked fish they'd caught straight from the lake!

Leaving Yellowstone, you follow the road south to Jackson Hole. Cutting through Grand Teton National Park, this a marvellously scenic drive and will whet your appetite for the days to come. Jackson is a bustling tourist town on a western theme, packed full of boutiques, bars, restaurants and galleries. Make sure you saddle up at its most famous establishment - the Million Dollar Cowboy bar! Your hotel is centrally located so you can take advantage of this and its many other attractions.

Overnight: Quality Inn 49er or Similar, Jackson Hole (Meals: B L)

Day 9: Drive to Teton Village. Aerial tram to summit of Rendevous Mountain, 3,185miles/10,450ft. Walk back down to Teton Village - 7miles/11km, -1200m, 4-5 hours.

The Grand Tetons are a spectacular mountain range rising abruptly out of the Jackson Hole Valley to an impressive height of 4,199m/13,775 ft. Relatively young in geological terms, the jagged peaks, canyons and lakes of the Teton range were sculpted by the action of massive glaciers some two million years ago.

To fully appreciate the scale and beauty of the park, your day begins with the short drive to Teton Village, just outside of the southern entrance to the park. Here you take the aerial tram that whisks you up 1,200m in 15 minutes to an elevation of 3,185m at the summit of Rendevous Mountain. From this vantage point, on the crest of the Tetons, you can enjoy a 360 degree panoramic view of the soaring peaks of the range as well as the Snake River Valley and Jackson Hole below.

Many hiking trails lead from the summit and you may also see adventurous paragliders launching themselves into the biggest vertical drop in America. Your trail is far more sedate and descends steadily back to the valley floor enjoying expansive views and, hopefully, some wildlife spots. If you would prefer less of a descent there is the option to stop at the Bridge Gondola Station, about a third of the way down, and catch a ride in the gondola back to Teton Village. When everyone is back at ground level, you return to Jackson with time to relax and explore at leisure.

Please note that the tram operates between mid-May and early October and at other times may be closed due to snow.

Overnight: Quality Inn 49er or Similar, Jackson Hole (Meals: B L)

Day 10: Explore sights of Grand Tetons including Mormon Row. Self-guided walk from String Lake to Jenny Lake - 4-5miles/6-8km, +/-100m, 2-3 hours. Drive to Salt Lake City - 300miles/480km, 4-5 hours.

For your final day in Wyoming, you will tour the sights of Grand Teton NP and enjoy a lakeside walk. The park is quite compact so it's easy to complete a driving circuit in just a couple of hours. One of the park's most iconic and popular sights is Mormon Row; a stretch of historic barns built by homesteaders in the early 1900s, most of whom were Mormons escaping drought conditions in Utah. The two most striking structures with their gabled roofs - known as the Moulton Barns - must be the most photographed barns in the country. With the sawtooth peaks of the Tetons behind and surrounded by flower-strewn meadows and grazing bison, there is no more photogenic image of the park to capture.



From Mormon Row you make your way to String Lake, stopping en route to enjoy the views and take photos, from different lookout points. As guided walks or not permitted within the Grand Teton NP, you will set off on a straightforward self-guided walk that leads from String Lake to the back of Jenny Lake. The hike gives stupendous views of the central spires of the Tetons as well as Mount Moran and Teewinot Mountain. When you reach Jenny Lake, a ferry takes you back to the road and the busy Jenny Lake visitor centre. It is here you say a sad farewell to the Tetons and make the long drive to Salt Lake City in neighbouring Utah state.

Overnight: Crystal Inn or Similar, Salt Lake City (Meals: B L)

Day 11: Time at leisure. Transfer to airport and depart for London.

Depending on the time of your flight home, you may have time to explore the shops and sights of downtown Salt Lake by taxi from your hotel. The hotel provides a free airport shuttle to the airport, and you should arrange your departure time in advance with the front desk.

Overnight: In flight (Meals: B)

Day 12: Arrive UK.

Our grading system

Wildlife walks of Yellowstone & the Rocky Mountains is graded as a Gentle/Moderate trekking 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.

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.

Trip altitude

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

What the price includes

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

What's included:

- ✓ A local driver/guide
- ✓ Specialist wolf guide for 1 day in Yellowstone
- ✓ Hotel/lodge accommodation on twin share basis
- ✓ All road transport by private vehicle
- ✓ National park entrance fees
- ✓ Jenny Lake ferry in Grand Teton
- ✓ Breakfast and picnic lunches each day
- ✓ Complimentary hotel/airport transfers
- ✓ 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 offset 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
- ✗ Evening meals
- ✗ USA airport departure taxes
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



Aloft Hotel or Similar, Denver

Situated 12 miles from Denver Airport in the Aurora district of the city, the Aloft has a convenient complimentary airport shuttle service. The hotel also has an indoor pool, lounge bar, snack bar and free Wi-Fi along with well-equipped modern rooms that include fridges, ipod docks and tea/coffee making facilities.



Spirit Lake Lodge or Similar, Grand Lake

This rustic lodge in Grand Lake is a great base for exploring the Rocky Mountain National Park and for enjoying the attractions of the town. The many shops, cafes and restaurants of Grand Lake are just steps away and it is only a block from the lake itself. Rooms are large and have fridges, microwaves, coffee makers and Wi-Fi access.



Rodeway Inn or Similar, Lander

Close to the historic downtown of Lander, this riverside lodge offers a comfortable night's stay with free Wi-Fi and a complimentary continental breakfast. There is also a hot tub and a deck that overlooks the Popo Agie River.



Soda Butte Lodge or Similar, Cooke City

Offering typical western style accommodation close to Yellowstone's Northeast Entrance, the Soda Butte Lodge is situated in downtown Cooke City with views of the jagged Beartooth Mountains and Soda Butte Creek. Rooms are large with full amenities including free Wi-Fi. The lodge has a welcoming lobby, a saloon bar and the western themed 'Prospector Restaurant'.



Quality Inn 49er or Similar, Jackson Hole

Right in the heart of the charming western town of Jackson Hole, the 49er Inn is really well located and offers a good standard of accommodation. All rooms are equipped with fridges and coffee-making facilities and the hotel has an indoor pool, hot tub and free Wi-Fi throughout the property.



Crystal Inn or Similar, Salt Lake City

The Crystal Inn & Suites has an indoor pool, free buffet breakfast and complimentary airport shuttle. Generous rooms come complete with fridges, microwaves, tea/coffee makers, cable TV and free Wi-Fi.

Meal arrangements

10 x breakfasts and 9 x lunches are included. Lunches will be self-made picnic lunches enjoyed on your walks in the parks which are self-made

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

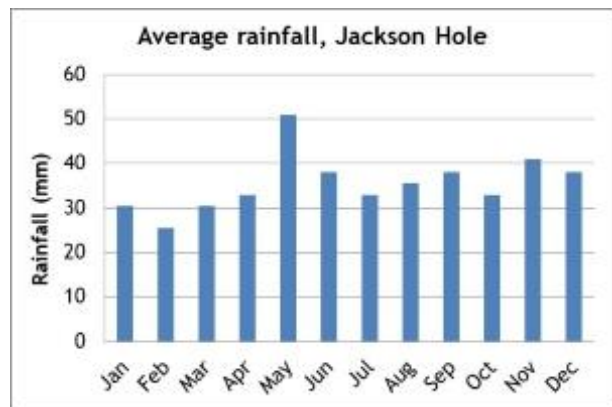
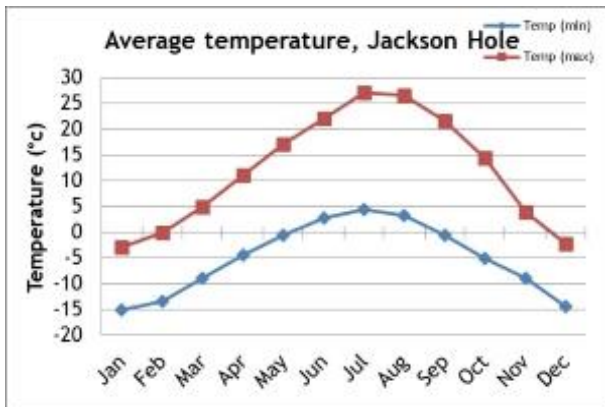
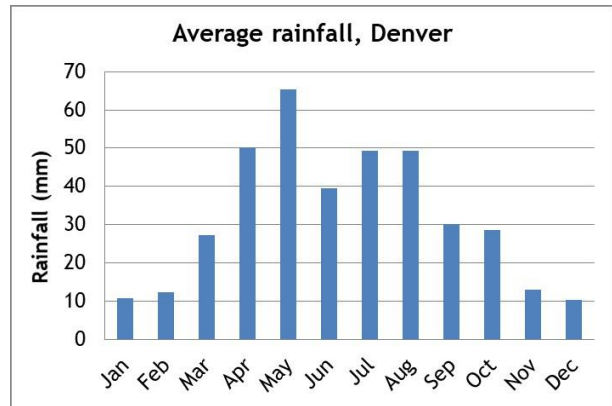
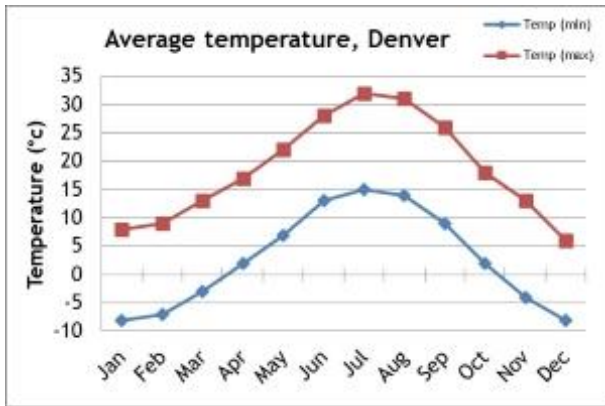
Further information

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

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



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

We can also assist with flight and hotel upgrades.

Why book this holiday with Mountain Kingdoms?

- Our itinerary showcases three of America's great national parks: Rocky Mountains, Yellowstone and the Grand Tetons, with a good walk on every day of the itinerary.
- Our holiday dates are selected to coincide with seasonal wildlife events.
- Your holiday will be led by a professional local guide. You will also enjoy a day in the company of an expert 'wolf guide' whilst in Yellowstone.
- The hotels and lodges we use have been selected for their location and comfort. We have kept the number of one-night stays to a minimum, in order to help you relax and enjoy your holiday.
- We have a maximum group size of 14 (for this trip), which greatly enhances the adventure experience and reduces the negative aspects often associated with larger groups.
- Mountain Kingdoms Marketing Assistant, Kirsty Parsons, has visited Yellowstone and the Tetons, and she is passionate about this region of the United States. If you have any questions about any aspect of this holiday please don't hesitate to give her a call on 01453 844400.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting activities.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What we say



I've travelled extensively in the States, and Yellowstone and the Tetons remain my very favourite place. I've watched bears cross the road just in front of me, had a bison blocking the door to my lodge, watched a pack of young wolves try to take down a bull elk and stared in wonder at erupting geysers and brilliantly coloured hot springs. Combined with glorious mountain walks in the Tetons, and scenery that can only be described as 'awesome', there really is nowhere quite like it.
-Kirsty Parsons, Marketing Assistant, 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.

