

## Winter Walk in the Jebel Sahro, Morocco

What better way to enjoy some winter sun than amid stunning mountain scenery.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Trek
Accommodation	Hotels (riads), Camping
Grade	Moderate
Duration	8 days from London to London
Trekking / Walking days	On trek: 4 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Morocco Winter Walk In The Jebel Sahro
Land only	Joining in Marrakesh, Morocco
Max altitude	2,525m/8,284ft, Tasgdlit Pass, Day 5

**Private Departures & Tailor Made itineraries available**



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# Group Departure Dates and Prices

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## Group departures

### 2026 Dates:

Sat 31 Jan - Sat 07 Feb

Sat 07 Nov - Sat 14 Nov

### 2027 Dates:

Sat 30 Jan - Sat 06 Feb

Sat 06 Nov - Sat 13 Nov

## Group prices

Visit the holiday page of our website for up-to-date land only and flight inclusive prices for all group departure dates <https://www.mountainkingdoms.com/holiday/winter-walk-in-the-jebel-sahro>. Single supplement options can also be found here.

## 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.

## 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

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The trip will be led by a qualified guide who is ideally placed to give you an insight into, and information about, their country. Especially as much of this trip runs through the Berber or Tachelhit speaking parts of Morocco. Pictured here is one of our guides (right) with our M.D. Steve Berry, on his research trip in 2017.

The Moroccan government closely controls the appointment of both mountain and town guides. Your guide will have completed a year of training at the Centre for Mountain Guides in Tabant in the Central High Atlas. During their training, guides complete courses in first aid, geography, history and the natural science of Morocco as well as testing their fitness. 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

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- A wonderful trek in the scenically stunning Jebel Sahro Mountains
- Meet local villagers and nomadic peoples
- Drive through the beautiful Atlas Mountains
- Visit the historic kasbah of Aït Benhaddou
- Enjoy a fully-supported camping trek with first-rate equipment and experienced, licenced guides
- Stay in high quality, comfortable riads (converted heritage residences) before and after the trek

## At a glance itinerary

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Day 1	Arrive Marrakesh, transfer to hotel.
Day 2	Drive over the Atlas Mountains to Ouarzazate and on to Hanedour.
Day 3	Trek via Tiza Taggourt to Bab n Ali.
Day 4	Trek through the Aforar Gorges.
Day 5	Cross the Tasgdlt Pass to Imi n Ourag.
Day 6	End trek at Taghssa. Drive to Ouarzazate along the Route des Kasbahs.
Day 7	Visit Kasbah at Aït Benhaddou and drive to Marrakesh.
Day 8	Transfer to airport and fly to London.

## Trip summary

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The Jebel Sahro range in Morocco lies between the High Atlas Mountains and the Sahara. This location, combined with wonderful scenery and good trails, makes the area excellent for winter walking. Barely 3½ hours from the UK and here is a landscape more reminiscent of the Wild West than North Africa. This trek traverses the Jebel Sahro from south to north and over five days you will trek through spectacular gorges, under towering cliffs and beneath huge buttresses of red rock, variously called such names as ‘the camel’ and ‘the elephant’. You will see temporary nomad encampments with their bleating sheep and visit small villages, where you encounter friendly villagers and drink mint tea.

To begin with you fly into exotic Marrakesh to overnight. Then, the next day, you travel east and south crossing the Tizi n' Tichka Pass through the Atlas Mountains and drop, almost to the fringes of the Sahara, to begin your trek. You'll trek with a local Berber guide, a cook and a crew of muleteers, with mules to carry the camp equipment and your kit bags. Your route takes you through several small Berber villages and settlements, so there are opportunities to meet the local people and gain some insight into the way of life and the culture of this most friendly and welcoming of North African countries. Typically, you can expect to be trekking for 5-6 hours each day but there will also be time to rest and relax. Trails are usually rough and stony underfoot and there are occasional steep ascents and descents, but nothing too taxing for someone who is moderately fit.

After your trek you will return to Marrakesh via Ouarzazate with time on the way to visit the renowned Kasbah of historic Aït Benhaddou.

### Foreword by Steve Berry, M.D. of Mountain Kingdoms

I must say I have a real soft spot for Morocco. I hitched there in 1968 at the age of 19 as a young hippy. I hitched through France and Spain with friends, took the ferry to Morocco, slept on the beach in Tangiers and continued hitching to Marrakesh. To attract attention, and to help me get lifts, I wore a bowler hat which I sold to an American in the main square in Marrakesh. It was a huge adventure and we explored some fabulous old towns such as Fes, Rabat, Casablanca, Marrakesh itself and my favourite the town on the coast called Essaouira. After a few days living in a hippy encampment near a Roman aqueduct, I took a lift to the edge of the Sahara reaching almost to Agadir. At the age of 19, it was such an enormous culture shock but I loved it!

I went back in the late 1980s to climb Mount Toubkal. By this time I could afford to travel by plane, train and local buses and I took a longer trek than the normal route to reach Mount Toubkal having lots of adventures on the way. At one point I sat down to have a picnic lunch on the top of a pass only to discover that beside me was the skeleton of a human. This turned out to be a local man who had died in a snowstorm whilst crossing the pass.

The exotic, almost Arabian, culture of Morocco is forever etched in my mind, and I have long wanted to trek the Jebel Sahro. Ever since Mount Toubkal it has been on my Wish List and finally an opportunity to do the trek arrived in February 2018. It did not disappoint! In fact it far exceeded my expectations. Morocco has changed a great deal since my first crazy adventure there in 1968 but the bazaars, kasbahs and markets are just as exotic as they always were, and the food just as delicious. Perhaps the main difference for me was that in 2018, I wore Rohan, Berghaus and Rab clothing and carried a trekking pole, and in 1968 I wore a kaftan and beads!!

Following my most recent trip, we decided to reverse the trekking route to maximise acclimatisation and make for the best possible experience.

I thoroughly recommend this as a tremendous trek through the most incredible and amazing desert scenery.

### **Special notes**

#### **Animal welfare**

We work with an excellent partner in Morocco who cares about the mules and horses that they use for portering gear on the trek. They apply strict weight limits and have specially designed harnesses to distribute weight evenly and to prevent saddle sores. They do not use metal mouth bits and make certain that the mules and horses are well fed and watered. All the horses and mules are regularly checked by a vet.

#### **An extra mule**

On this trek an extra mule is taken that can be occasionally used as a riding animal or as a back up for emergencies.

# Your trip itinerary

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## Day 1: Fly London to Marrakesh.

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Marrakesh airport is only 7km from the old city centre and it's therefore just a short transfer to your overnight hotel.

**Overnight: Riad in Marrakesh**

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## Day 2: Drive over the Atlas mountains to Ouarazazate. Drive through the valley of the Draa to Nkob and on to Hanedour - 9 hours. Camp at 1,136m/3727ft.

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After breakfast at your hotel you will board your vehicle and head east out of town across the plain of Marrakesh with its many olive trees, and then turn south and start the climb up into the Atlas Mountains. The road begins a steep and twisting ascent to reach the Tizi n' Tichka pass at 2,260m/7,415ft, approximately 2 hour's drive from Marrakesh.

The mountains on the northern side are surprisingly green and you will notice a difference as soon as you cross the pass to start the descent towards the Sahara Desert. A further couple of hours drive brings you to the town of Ouarzazate, centre of the burgeoning Moroccan film industry. Films such as Lawrence of Arabia, The Man Who Would Be King, Cleopatra, Asterix & Obelix, Kundun and Gladiator were all shot here and you pass several studios on your way through town. If you need any last minute snacks to take on trek with you ask your leader to stop off at the supermarket in the centre of town. After Ouarzazate the route will continue down the Valley of the Draa to Nkob and onwards, on a dirt track, to Hanedour. Here you will meet your trekking team and camp nearby.

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

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## Day 3: Trek via the plateau of Tizi Taggourt, and Tadout n Tablah to Bab n Ali, 1,631m/5,350ft - 6-8 hours.

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After a great breakfast of cake, porridge, bread, coffee and mint tea, start out for a great day's trekking! From camp, contour off to the right past a school and the path leads you past low cliffs and occasional houses and farms with almond blossom. There are lots of palm trees, swifts and small flycatchers along with the occasional moped. As you proceed the cliffs get bigger and the houses more remote. You follow a dry river bed for miles and miles past dry bamboo, small fields and some donkeys. You come to a small village of a few houses called Saf Saf and beyond here there is a rather magnificent Kashbah. Beyond here is a huge bend in the river which turns abruptly to the left. This brings you out into more open country with hamlets and surrounded by messas and fine cliffs. You will probably have a picnic lunch here before the climb of the day.



To this point there has hardly been any height gain but now you turn right and follow a path upwards at a slightly steeper angle. You have now climbed out of the lower lands where there were farmsteads, palms and almond trees and up into high, unforgiving country whose heights are crowned with strange vertical towers and eroded pinnacles. Some of these are like 'plugs' - vertical-sided islands of rock whose summits look completely inaccessible. They are incredible, impressive formations. You now head up to a very large one that sits astride the horizon. The closer you get, the more impressive it becomes. Rounding the corner of this Leviathan rock, the structure becomes even more awesome. Giant rounded towers lean on its flanks, weird colossal cones of rock sprout at its base, chimneys and cracks beckon the climber to try his luck. You now walk dumbstruck to find more cliffs of even greater proportions ahead of you. You cross a shoulder which brings you to a cirque of these cliffs. Over millions of years they have eroded into incredible pinnacles, cylindrical towers, and tottering turrets. There are a few houses below but this is a good place to camp and if you are lucky to have a clear night, the stars give a show worthy of this place.

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

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**Day 4: Trek through the Aforar Gorges to Igli Village, 1,676m/5,499ft - 7-8 hours.**

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Another fantastic day! You descend a little from your wild camp past a couple of rough shelters and after half an hour cross a 'pass'. Great views back to last night's campsite. You now head on and turning right, cross over a shoulder and having done so look back to see five pointed towers like a set of rotten teeth to your left. You now drop down and orbit two lonely towers of stone sitting on messas. These are like Monument Valley miniatures. Passing the second, larger monolith you walk round and past it to come to a water tank set into the ground next to four or five palm trees, and just above a rough road, some three hours from camp. Just down this track are a couple of houses and beyond this you turn left to enter a magnificent gorge. This has a rushing stream and some enticing pools and requires some easy scrambling to get through the gorge. It is narrow with vertical cliffs on both sides and takes about an hour to pass through. At the end of the gorge, it widens out and another rough track connects scattered houses above the floor of a cultivated valley. There is a patchwork of simple fields, occasional trees and scrub, and a palm tree or two.



The path now breaks away from the main valley and climbs approximately 1,000ft, some of it on zigzags, back in towards the mountains. There are great expansive views to the east of mountains and arid country. Then ahead there are big mountainsides and the last 'pass'. Beyond the top of the zigzags you look down to a house below with a walled courtyard and a few fields to the left. Beyond this there are two gigantic castles of rock guarding the horizon.

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

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**Day 5: Trek to the Imi n Ourag, 2,015m/6,611ft - 6 hours.**

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From this camp it takes an hour steeply on zigzags to just below the castle rock that towers above camp. As you climb up you can see to the left a lone tower of rock that resembles an elephant. You also pass some enormous boulders and strange formations like conglomerate crystal balls. The path now rises at an easier angle following the magnificent flanks of this castle rock. You will not be able to resist stopping every few minutes to admire the cliffs. Again you climb to a false pass but after that it is easier beyond to the Tasgdl Pass 2,525m/8,284ft. This is approximately four hours from camp, a climb of 785m/2,575ft. You will probably have a picnic lunch just beyond this point, and the pass is the highest point of the trek.

There now follows a long descent of some 468m/1,500ft on switchbacks to relative civilization and a small hamlet.

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

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**Day 6: End trek at Taghssa - 2 hours. Drive the Route des Kasbahs and the Valley of the Roses at Boulemane du Dades. Continue to Ouarzazate.**

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Your trek ends with a pleasant two hour walk along an attractive valley to Taghssa where you will say goodbye to the muleteer and trekking team. Back in your vehicle you drive along the Route des Kasbahs and the Valley of the Roses at Boulemane du Dades. Your journey ends today at Ouarzazate, the movie capital of Morocco.

**Overnight: Riad Dar Chama or Dar Amoudou or Similar, Ouarzazate (Meals: BLD)**

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**Day 7: Visit the kasbah at Aït Benhaddou - ½ hour's drive. Drive to Marrakesh - 3½ hour's drive.**

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After breakfast you drive the short distance to Aït Benhaddou, a striking example of the architecture of southern Morocco, with mudbrick houses crowded together within defensive walls. You can climb to the top of the hill for breathtaking all-round views. This atmospheric and picturesque place was an important staging post on the trade route south and is one of the best preserved kasbahs in Morocco. Many movies have been shot here including 'Gladiator', and it was declared a World Heritage Site by UNESCO in 1987.

After your visit to Aït Benhaddou, you travel back to Marrakesh, climbing once again to cross the Tizi n' Tichka pass and then descending back to Marrakesh.

**Overnight: Riad in Marrakesh (Meals: B L)**

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## Day 8: Fly to London.

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After breakfast today you will be transferred to the airport for your flight back to London. **(Meals: B)**

*If you would like to extend your time in Marrakesh with extra days to explore the city, we can arrange additional nights accommodation and guided tours.*

## Our grading system

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Winter Walk in the Jebel Sahro is graded as a Moderate trekking holiday, as described below.

### **Moderate**

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

## 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:

- ✓ 7 x breakfasts, 6 x lunches, 5 x dinners
- ✓ Comfortable riad/hotel accommodation in Marrakesh (B&B) and Ouarzazate (full board) on a twin-share basis
- ✓ 4 nights full-service camping on trek with all meals. Tents on a twin-share basis.
- ✓ An English-speaking Moroccan leader
- ✓ All road transport by private vehicles
- ✓ Costs of all portering
- ✓ Sightseeing where specified
- ✓ A free high-quality Mountain Kingdoms kit bag
- ✓ Economy class return air fares from London & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfer on arrival and departure
- ✓ 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:

- ✗ Travel insurance
- ✗ Tips
- ✗ Lunch and evening meals in Marrakesh

## 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.



### Riad in Marrakesh

The riads that we have selected in Marrakesh are within easy walking distance of the main square and souks of the old city, making them a great location to head out for some sightseeing. Each riad offers its own balance of traditional styling with modern amenities. Rooms have en suite facilities and Wi- Fi. All properties have their own in-house spa. Riads that we use include:

Riad Bahia Salam  
Riad Nesma  
Riad Sultan Suleiman  
Riad Dar Sohanne

We will confirm the specific accommodation you will be using in Marrakesh prior to your departure.



### Camp

On trek you will sleep in good sized two-person ridge/dome tents equipped with foam mattresses. A dining tent with table and stools/chairs will be provided, along with a toilet tent and separate cook tent.



### Riad Dar Charma or Dar Amoudou or Similar, Ouarzazate

Built in traditional Moroccan style, the Riad Dar Charma offers delightful views of the Atlas Mountains which can be enjoyed from the outdoor pool with its large sun terrace. Rooms at the Riad are of a generous size and have air conditioning and private bathrooms. Dar Charma has a tea room, restaurant and bar and an attractive inner courtyard with fountain. Alternatively, we may use the Dar Amoudou which has similar facilities to the Dar Charma.

## Meal arrangements

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7 x breakfasts, 6 x lunches, 5 x dinners. Bed and Breakfast in Marrakesh. All meals elsewhere.

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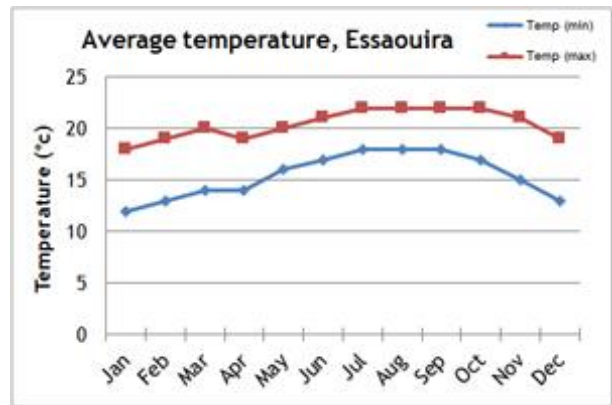
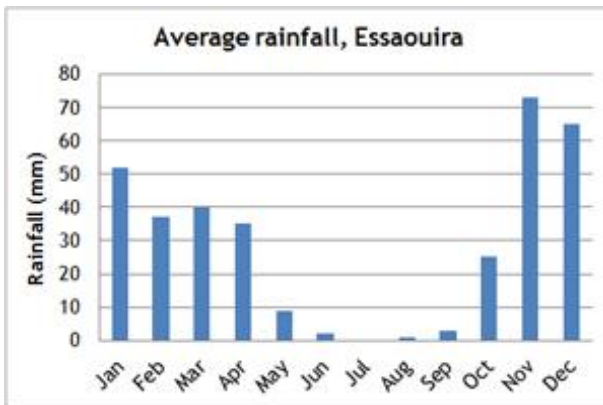
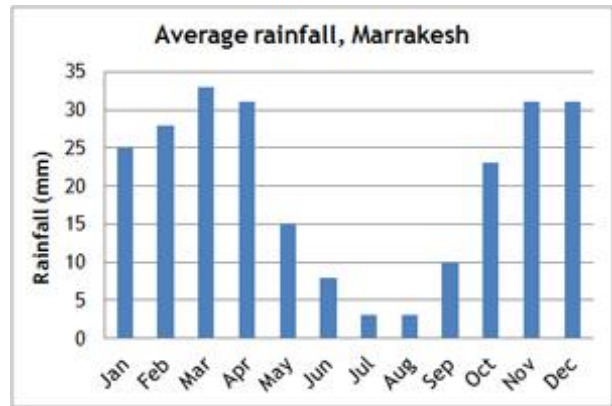
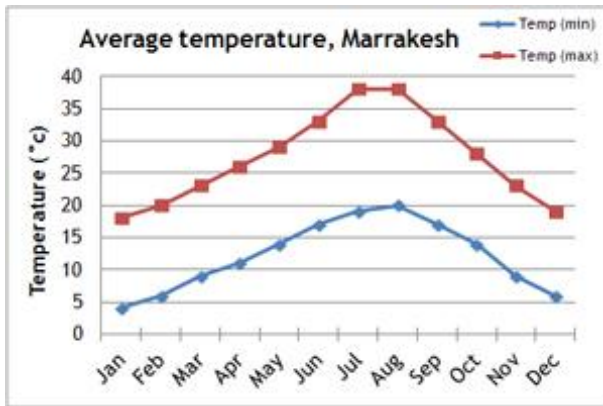
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## 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.



#### 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 or Riad Challa, or one of the other luxuriously appointed Riads that have opened up in recent years.

#### Essaouira

If you would like some seaside relaxation after your trek why not head to the atmospheric town of Essaouira located on Morocco's wild Atlantic coastline. Essaouira has a laid back atmosphere, long sandy beaches, a picturesque fishing port and an impressive ancient fortified Medina. Our Essaouira extension includes hotel options by the beach or in the Medina and all transfers to and from Marrakesh.



## Why book this holiday with Mountain Kingdoms?

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- We start the trek in the south and finish in the north. This is much the best way to do this trek giving better acclimatisation and the steady rise to the highest point, the Tasgdlit Pass 2,590m/8,497ft on Day 5. The route is also spectacular!
- In Marrakesh and Ouarzazate, we use riads of real traditional Moroccan character, and of high quality that will really enhance your holiday experience.
- We use modern, comfortable, spacious minibuses.
- On camp, we have a large mess tent and separate kitchen tent, modern dome tents, tables and chairs, lighting and a toilet tent. The mules/donkeys are well looked after and have specially designed harnesses for load carrying. We carry out our rubbish.
- We include some sightseeing in both Marrakesh and Ait Benhaddou.
- In a country where there are many unqualified guides operating, we employ only trekking guides and city guides, as appropriate, who are fully licenced by the Moroccan authorities.
- We have a maximum group size of 12. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We have extensive experience within our own office team, and this particular trek has been researched by our Managing Director, Steve Berry. If you have any questions, please call Steve on 01453 844400
- 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](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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*Fantastic trip in an amazing landscape! At times it looked as if we had landed on an alien planet, jagged, red rocks and very little in the way of vegetation. At dawn and sunset the colours were fabulous. The support team (guide, cook and two muleteers) were wonderful people and great company. Omar, our cook prepared tasty, healthy meals three times a day, no small feat when the area hadn't had a drop of rain all year. It was reassuring to find that there are still some lovely parts of the world where you really can get away from it all; we saw one other walking group in the distance and one couple with their guide, over a four day period.*

*-Peter Jennings, Kent*



*Brilliant, friendly, knowledgeable guide.*

*-Ms S, Wiltshire*

*Excellent itinerary with a very high standard of trekking support; helpful and responsive staff.*

*-Mr S Berkshire*



*The trip was excellent, as was the travel arrangements and meals - comfortable mattresses in the tents.*

*-A & C, Yorkshire*

*A skilfully devised trek linking footpaths to provide variation and interest. Hassle free organisation, good guides, food and service. Special praise to the camp staff!*

*-Mr & Mrs B, Wiltshire*

*We think it's well organised and we enjoyed the mixture of walking and culture.*

*-D & M, Hertfordshire*

# 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

**For almost four decades, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now have trips to all corners of the globe but are conscious that our holidays can have a detrimental impact on the world around us and want to do all we can to reduce that.**

**We have focused our main responsible tourism efforts on reducing the carbon emissions produced by our holidays, and counterbalancing 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**

Since 2007, we have donated a percentage of our client and staff flight costs to the Ecoan tree planting project in Peru. Ecoan are a trusted local NGO who use the funds directly to purchase seedling trees with the long-term goal of restoring 2.5 million acres of Andean land.

Ecoan maintains over 100 tree nurseries across Peru where their tree saplings are grown and then transported to planting sites during the rainy season. They use native trees such as the Polylepis, as these can survive at high altitudes. As well as sequestering carbon, they help protect against soil erosion, landslides and the effects of extreme weather on local crops. As such, they are enormously beneficial to the economic well-being of the surrounding communities. This is very much a community-led conservation project, with the local Quechuan people coming together to plant tens of thousands of saplings in the Andean highlands where they live. During the annual Queuña Raymi (tree festival), over 150,000 native trees can be planted in a single day!

For every person booking a long-haul, flight inclusive holiday with us, Ecoan can purchase and plant 20 trees in Peru, and for short-haul flights, 7 trees. Typically, we send over \$7,000 per year to Ecoan, which is over 7,000 trees.

### **Reducing carbon emissions**

- ✓ We offer the majority of our clients a free, filtered Water-to-Go bottle to help reduce the need for single-use plastic bottles during their travels.
- ✓ We predominantly use locally-owned hotels and guesthouses rather than multinational chains. In some of our destinations, such as Bhutan, we use homestays. Not only does this type of small-sized, locally-owned accommodation have a much-reduced carbon footprint, but it also helps support communities.
- ✓ We evaluate our flights to make sure we are using the most fuel-efficient airlines with the youngest fleets and, where possible, choose direct flights for each trip.
- ✓ We have stopped offering unnecessary optional flights, such as Everest sightseeing. We try to minimise internal flights where possible.
- ✓ We recycle as much of our office waste as possible and have introduced a client portal to reduce paperwork and to make it easier for clients to manage their trips online.

### **Wider commitment to responsible and sustainable tourism**

- ✓ We are signatories to the Tourism Declares a Climate Emergency initiative to stand alongside other like-minded travel companies to initiate best practices to make tourism as sustainable as possible.
- ✓ We will continue to support several charities with whom we have a long-standing relationship, such as Shiva Charity in Nepal.
- ✓ Over the years, we have given sizeable payments to emergency relief when a disaster has occurred in the countries we operate in. We always try to ensure that these funds go directly to those who need them most to help rebuild their lives.

