

M'goun Gorges Trek, Morocco *New for 2021*

An exciting remote trek across the High Atlas and through spectacular gorges



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Riad, Hotel, Camping
Grade	Moderate / Vigorous
Duration	10 days from London to London
Trekking / Walking days	On Trek: 7 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Morocco
Land only	Joining in Marrakesh, Morocco
Max altitude	3,450m/11,319ft, Tizi n Bouzou, Day 4

Private Departures & Tailor Made itineraries available



tel: +44 (0)1453 844400 fax: +44 (0)1453 844422 info@mountainkingdoms.com www.mountainkingdoms.com

Departures

2021 Dates:

Fri 08 Oct - Sun 17 Oct

2022 Dates:

Fri 20 May - Sun 29 May

Fri 07 Oct - Sun 16 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 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 a 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

- Explore a little known part of the High Atlas- You are unlikely to see any other trekking groups.
- Enjoy incredibly varied scenery - deep valleys and gorges, high level mountain plateau trekking and incredible vertiginous rock faces.
- Walk through the “funnel”, a trail created by the Berbers along the side of a gorge, an exciting route with great views at the top.
- See nomadic camel herders who come up to the high plateau from the Sahara in the summer - perhaps even join them for tea!
- Walk through the spectacular M’goun Gorges, carved into the mountains of the High Atlas.
- Highly experienced and fully qualified Berber guides
- Comfortable camping with good quality tents, chairs and dining table, tasty locally sourced food.
- Centrally located Riad hotel in Marrakesh

At a glance itinerary

Day 1	Fly London to Marrakesh
Day 2	Drive to Zaouit Ahancal. Meet trek crew. Trek to Taghia.
Day 3	Trek to below Tizi n Tighboula.
Day 4	Cross Tizi n Tighboula and Tizi Bouzou and descend to Tichki.
Day 5	Trek to Tarzout
Day 6	Trek through spectacular gorges of Achaabou to near Tiranimine.
Day 7	More gorge trekking to near Tamgallouna.
Day 8	Descend to Boutragharr to meet transport. Drive to Ouarzazate for overnight, with visit to Kasbah Amherdhil en route.
Day 9	Drive to Marrakesh with Ait Benhaddou visit on way.
Day 10	Transfer to airport for flight home.

Trip summary

On this exciting trip you will venture deep into a remote area in the heart of the High Atlas Mountains, trekking beneath the peak of Jebel M’goun, the third highest mountain in Morocco, and walking the spectacular deep M’goun Gorges. This is a trek of amazing variety and contrasts, featuring steep sided valleys, high level trekking over a mountain plateau and exciting gorge walking beneath towering cliff faces, often wading through rivers. At Taghia you will see one of the best rock climbing areas in Morocco and ascend an thrilling trekking route through the “funnel”, a path made by the Berbers along the side of the gorge, to emerge to great views at the top and the possibility of meeting nomadic camel herders up on the plateau who come up from the Sahara in the summer - you might even have the chance to join them for tea! Then, descending the Gorges of M’goun is an exhilarating and fun experience. In places the gorges narrow to just a few metres wide and you will need to wade the river between tremendous beetling cliffs. Finally as a contrast to the rocky M’goun Mountains you emerge at the foot of the southern High Atlas in the lush Valley of the Roses where you will see vast fields of pink roses and then the vivid greens of the palmeries of Skoura.

On your trek you will be accompanied by a local Berber guide, a cook and muleteers who look after the mules who carry the camp equipment and your kit bags. Typically, you can expect to be trekking for 5-7 hours each day and on some days you need to wade the rivers at the bottom of the gorges, with water possibly reaching up to or even above your knees, so you will need waterproof boots or trekking sandals, and a waterproof bag for your camera! This is a breath taking trek in every sense, offering stunning views and spectacular gorges, and the fun of numerous river crossings in an area which, in contrast to Jebel Toubkal, sees relatively few visitors. You will also have plenty of time to explore the fascinating Berber villages you pass through and to meet the friendly local people.

You will also have time to explore the city of Marrakesh and the town of Ouarzazate, known as ‘the gateway to the desert’ and famous for its film studios. You will also visit two of Morocco’s fascinating kasbahs, Kasbah Amherdhil, located deep in the lush palmeries of Skoura, and Kasbah Ait Ben Haddou, a striking example of the architecture of southern Morocco.

Special notes

Animal welfare

We work with an excellent partner in Morocco who cares about the mules and horses that they use to carry 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

Day 1: Fly London to Marrakesh.

You will depart London on the flight to Marrakesh. On arrival in Marrakesh you will be met and transferred to your hotel. Marrakesh airport is only 7km from the old city centre and it's therefore just a short transfer to your hotel. Dinner tonight is included.

Overnight: Riad Palais de Princesses or Similar, Marrakesh (Meals: D)

Day 2: Drive to road head at Zaouit Ahancal - 6 hours. Meet trek team and mules. Trek to Taghia and camp at foot of Oujdad, 1,850m/6,069ft - 2½ hours.

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, towards the Atlas Mountains. You will reach the town of Azilal, the provincial capital and capital of the M'goun Conservation Area, where you may stop for tea before driving on into the heart of the High Atlas. This is a beautiful journey with stunning views of the Moroccan countryside. You drive to Ait Bougamez and onwards to the small town of Zaouit Ahancal where you will meet your trekking team and mules. After lunch you will set off on your trek, taking a track along the side of the valley following the river Aqqa n Tazarte to reach your camp near the small and remote village of Taghia, which is located at the foot of the enormous tooth-like cliffs of Oujdad. These spectacular limestone walls are famous with rock climbers. The world famous American climber, Alex Honnold of 'Free Solo' fame has climbed these spectacular walls without ropes!!

Overnight: Camp (Meals: BLD)

Day 3: Trek to below Tizi N Tighboula - around 7 hours, 12km, 900m ascent. Camp at 2,700m/8,858ft.

After a good breakfast in camp you walk through Taghia village and then take a narrow, vertiginous path, called "the funnel" (Araras N Inifif) which takes you up through the cliffs. This trail, which you cannot see from below, was created by the local Berber people to reach the plateau above.

At the top of the gorge you reach the plateau where there is a great view over the mountains of Agdoudal-N-Llamchane and back down the gorge.

The mules cannot follow this route, so, along with the cooks, they take different tracks away from the gorges and meet up with the group at the end of the afternoon. This means that anyone who would prefer to avoid the gorge route can go with the mule team instead.

Once your group is reunited you will continue to your camp at the foot of Tizi N Tighboula pass, where you overnight.

These images illustrate the nature of the paths through the gorges.



Overnight: Camp (Meals: BLD)

Day 4: Cross Tizi N Tighboula, 3,030m/9,941ft and descend to Tichki - 7-8 hours, 16km, with 800m ascent and 100m descent. Camp at 2,200m/7,218ft.

Today you have a beautiful walk through pastures often frequented by Ait Atta nomads who bring their herds of sheep, goats and camels up from the Sahara to this area in the summer months. You reach the Tizi n Tighboula and then continue past Adrar n'Ouchane mountain and cross the Jebel Illitou by a higher pass, the Tizi n Bouzou (3,450m/11,319ft), the highest point on your trek. You will have lunch after the pass and then descend to the village of Tichki to camp.

Overnight: Camp (Meals: BLD)

Day 5: : Descend to Tarzout and camp at 1,780m/5,840ft - 5 hours, 12km.

Today is an easier day of mostly gradual descent after the preceding couple of harder days. As you are now on the southern side of the Atlas Mountains you will find it to be warmer and with more sun exposure. Firstly you descend to the valley of Ouzirimte, past the villages of Igherm Izdarn and Imi n'Irkte. The valley becomes more and more narrow and the stream fills the gorge. You will camp near the village of Tarzout.

Overnight: Camp (Meals: BLD)

Day 6: Trek through Achaabou Gorges to camp near Tiranimine at 1,780m/5,840ft - 5 hours, 10km.

Waterproof boots or trekking sandals are a good idea for the next few days as you trek through the winding M'goun gorges where you will have to wade in the river for much of the time, with the water sometimes reaching up to or even above your knees. Today you walk through the spectacular Gorges of Achaabou, the most impressive and exciting section, which at its narrowest is just a few metres wide. Here colourful sandstone and limestone walls tower for hundreds of feet above you. After an exciting day's walking you arrive at the village of Tiranimine where you will camp. The time it will take for today's walk will depend on the level of the water in the gorge.



Overnight: Camp (Meals: BLD)

Day 7: Trek to camp near Tamgallouna, 1,630m/5,348ft - about 6 hours, 14km, 100m of descent.

From Tiranimine you follow the M'goun River through more small gorges to reach the village of Aguerzka and then continue through the gorges of Issoumer. Your route today varies between gorge walking beneath high cliff walls and crossing through more open areas where there is flattish land which makes it possible for villagers to grow crops, with apple orchards and date palms. For many such settlements the river is the only connection with the main road. From Issoumer you reach the village of Igherm Akdim (1,650 m) and continue to camp near the village of Tamgallouna.

Overnight: Camp (Meals: BLD)

Day 8: Descend to Boutraghar - 2 hours, 4km. Meet transport and drive to Ouarzazate with visit to Kasbah Amherdhil on the way - 2 hour's drive.

Today you descend through the valley of Boutraghar, leaving behind the palmeries around Tamgallouna and following the river course, past dry mountainsides and down to the greener fields and palms around Boutraghar. Here your minibus will be waiting and you will say a sad farewell to your trekking team and mules.

You then drive to Ouarzazate. Firstly you will drive down through the Valley of the Roses, famous for its fields of pink roses, best seen in all their full glory in May. Further on, at Skoura, you will see the immense lush palm groves of this fertile oasis, and visit nearby Kasbah Amherdhil, hidden away in the fields of palms. This famous ancient Kasbah, now a living museum showcasing traditional kasbah life over the centuries, was once home to a powerful local landowner. It was formerly featured on the old 50 Dirham bill.

You then continue to the town of Ouarzazate, centre of the lively 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.

Overnight: Dar Amoudou Hotel or Similar, Ouarzazate (Meals: B L)

Day 9: Drive from Ouarzazate to Marrakesh, with visit to Ait Benhaddou on the way - approximately 3-4 hour's drive.

After breakfast you will drive the short distance to Ait Benhaddou, a striking example of the architecture of southern Morocco, where mudbrick houses are crowded together within defensive walls. You can climb to the top of the hill for breath taking 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 has also featured in Game of Thrones.

After your visit to Ait Benhaddou you will drive over the High Atlas, crossing the Tizi n' Tichka pass at 2,260m/7,415ft, before descending to reach Marrakesh.

In Marrakesh, after freshening up at your hotel, you should have time to take a stroll around the Djemma el Fna before dinner. As the evening draws in, this enormous square on the edge of the souk, begins to fill with open-air food stalls, snake charmers, story tellers and dancers. Here a nightly ritual of exotic sounds and smells draws locals and tourists alike. You may take a wander through the crowds or enjoy people watching from one of the cafes overlooking the spectacle. Your guide will be able to suggest a suitable restaurant for a final celebratory dinner.

Overnight: Riad Palais de Princesses or Similar, Marrakesh (Meals: B)

Day 10: At leisure in Marrakesh till group transfer to the airport for flight home.

Depending on your flight time, you may have time to for a little exploration of Marrakesh. You could visit the Jardins Majorelle, the celebrated gardens of Yves St Lauren or visit the Marrakesh's famous souk, where medieval-style backstreets and alleyways will transport you to a different age. Here traders offer a wealth of goods such as wood carvings, metalwork, clothing, carpets and spices, aimed at locals as well as tourists. This is a good place for souvenir and gift shopping, although if you have not already practised some haggling you might visit one of the city's 'fixed price' shops first to get a rough idea as to the prices you should expect to pay.

The transfer time to Marrakesh airport is between 20 and 30 minutes depending on traffic, but you will be transferred from your Riad in good time to check-in for your flight to London.

(Meals: B)



Our grading system

The M'goun Gorges Trek is graded as a Moderate/Vigorous trekking holiday, as described below.

Moderate

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

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

These holidays would suit enthusiastic hill/mountain walkers.

Trip altitude

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

What the price includes

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

What's included:

- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive bookings)
- ✓ Single, timed, group airport transfers for international flights on arrival and departure
- ✓ All sightseeing where specified
- ✓ Comfortable riad accommodation in central Marrakesh, on a twin share B&B basis
- ✓ Comfortable hotel in Ourzazate, on a twin share B&B basis
- ✓ A local English-speaking leader/guide
- ✓ All camping facilities and all meals on trek
- ✓ Camp staff to carry out all camp work
- ✓ 9 breakfasts, 7 dinners, 7 lunches.
- ✓ All road transport by private vehicles
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free Mountain Kingdoms Kit bag
- ✓ The opportunity to attend one of our pre trek meets in the Cotswolds

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 where applicable
- ✗ Lunch and evening meals in Marrakesh and dinner in Ouarzazate,
- ✗ Optional trips
- ✗ Airport departure taxes (if applicable), excepting UK Departure Tax
- ✗ 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.

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 accommodation is not available we will book an alternative of a similar standard.



Riad Palais de Princesses 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.



Camp

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



Dar Amoudou Hotel or Similar, Ouarzazate

Dar Amoudou is a small hotel in the old district of Ouarzazate that features a garden, shared lounge and roof-top terrace. It also has a restaurant where a daily continental buffet breakfast is served. The nine en suite rooms come complete with hairdryers, satellite TV and free Wi-Fi.

Meal arrangements

Bed and breakfast in Marrakesh, full board whilst on trek.
9 x breakfasts, 7 x lunches, 7 x dinners

Flight arrangements

Flight inclusive from price

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

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

Flight upgrades and regional Airports

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

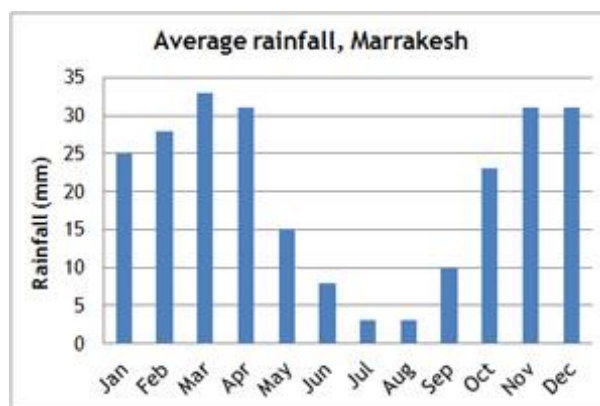
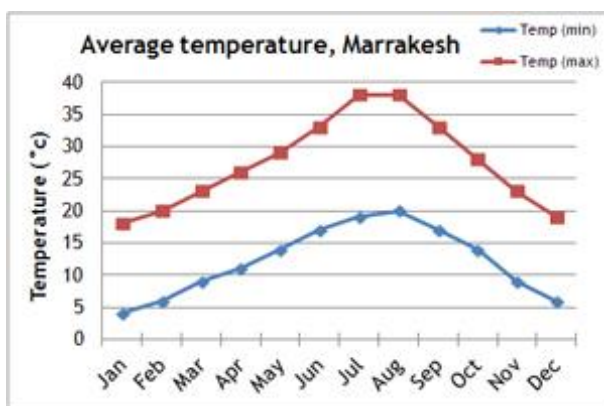
Further information

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

The nature of adventure travel

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

Climate information



Extensions

Extending your holiday

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



Additional 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?

- This itinerary will take you to a remote area visited by few trekking groups.
- The trek offers a remarkable opportunity to make a spectacular trek from Zaouit Ahancal in the north, across mountains and through gorges, to descend to the lush palmeries at the foot of the southern High Atlas
- Trek in comfort. We do not cut corners on our service. Our camp equipment includes chairs/stools and table for meals, making for more relaxing and comfortable evenings.
- In a country where there are many unqualified guides operating, we employ only trekking guides and city guides, as appropriate, who are fully licensed by the Moroccan authorities.
- Animal welfare is paramount to us and our local partners. The mules and horses used for portering gear on this trek are extremely well looked after and have strict weight limits, special harnesses and bits. They are also regularly checked by a vet.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting activities including time in the coastal town of Essaouira.
- The extensive experience of our office team, combined with the knowledge, contacts and attention to detail of our local partners, means you are assured of a high quality holiday. We would be glad to talk to you about the detail of either this trip or any of the other tempting tours and treks we offer in this part of the world.
- Our maximum group size is 12 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We 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.
- 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 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.

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.

