

Kyushu Trails - Island of Fire, Japan

Walk the ancient paths and volcanic mountain trails of verdant Nara, historic Kyushu, and the hauntingly beautiful island of Yakushima.



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels, Minshuku/Ryokan, Ferry
Grade	Moderate
Duration	15 days from London to London
Trekking / Walking days	Walks on: 7 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Japan Local Leader
Land only	Joining in Osaka, Japan
Max altitude	Mt Takachihonomine, 1,574m/5,165 ft, day 7

Private Departures & Tailor Made itineraries available



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

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

Departures

Group departures

2019 Dates:

Fri 10 May - Fri 24 May

Fri 27 Sep - Fri 11 Oct

Fri 08 Nov - Fri 22 Nov

Will the trip run?

This trip is guaranteed to run for 5 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts, who will have first-hand experience of the destination/s you want to visit. 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



Your trip will be led by an English-speaking Japanese guide. They are all highly experienced, and will greatly enhance your experience on holiday. They will both guide you on the trail, and accompany you on all train and road journeys.

Your trip highlights

- Explore an ancient rainforest with giant 2,000 year old trees on the beautiful island of Yakushima
- Enjoy superb walking between volcanic lakes and steaming fumaroles in the geothermally active Kirishima range
- Experience a Yamakawa hot sand bath and then relax in the hot spring pools in Ibusuki
- Stay in traditional ryokan, watch sacred Yokagura dances and sit down to a Japanese banquet
- Take the Bullet train from Kagoshima to Hiroshima

At a glance itinerary

Days 1-2	Fly to Osaka.
Day 3	Walking on 'Yagyu Kaido' and ferry to Beppu
Days 4-5	Transfer to Takachio, visit Mount Aso on the way. Loop walk of Takachio.
Days 6-7	Explore Kirishima area. Day walks in Volcanic Geopark.
Day 8	Train to Kagoshima. Visit Sangen-en Gardens.
Day 9	Train to Kaimon. Walk to Ibusuki hot sand baths.
Days 10-12	Jetfoil to Yakushima Island. Day walks and sightseeing on island.
Days 13-14	Ferry to Kagoshima. Bullet train to Hiroshima. Sightseeing. Transfer to Osaka.
Day 15	Fly to UK

Trip summary

Explore the islands of south Japan and experience the many different sides of this fascinating country, from the hustle and bustle of Osaka, to laid-back island living on Yakushima, with boats, bullet trains and Japanese baths in between.

Flying into Osaka, your adventure begins as you follow in the footsteps of ancient Samurai warriors and walk the historic Yagyu Kaido Trail. Then an overnight boat journey through the Inland Sea takes you to Kyushu Island, arriving early morning into Beppo, a city of natural steam plumes spectacularly set beneath a ring of mountains. Sub-tropical Kyushu is Japan's third largest island, and considered the cradle of Japanese civilization. The island has a wealth of natural treasures; active volcanoes, brilliant blue volcanic lakes, hot black sand beaches and natural hot springs. During your time on the island you will walk the stunning Kirishima volcanic range, an other-worldly landscape, and stay in minshuku and ryokan inns which offer a unique chance to experience traditional Japanese culture first hand.

Another ferry ride and you arrive on UNESCO listed Yakushima Island. Known as 'The Alps on the Ocean' the mountainous interior of this subtropical island has granite peaks which rise from the sea to just under 2,000m. Here you will hike into the mystical rainforest interior amongst the mighty Yakasugi cedar trees, many of them thousands of years old and some the width of a small car. The holiday concludes with a bullet train ride back to Osaka for a final celebratory dinner.

Special notes

Luggage

On four occasions we send the luggage ahead in order to make the long-distance transfers more relaxed, allowing you to carry just an overnight rucksack. On certain nights you won't have access to your main luggage, but the Japanese Inns you will be staying in provide cotton robes, warm jackets, indoor and outdoor slippers, towels, toothbrushes and paste, soap, shampoo and conditioner. It is normal to wear the cotton robes to eat dinner in, relax in your room and even wear outdoors, so you really can travel light! Please contact the office for further information.

The forwarding takes place as follows:

Day 3, from Osaka to Takachiho

Day 5, from Takachiho to Kagoshima

Day 9, from Kagoshima to Yakushima

Day 13, from Yakushima to Osaka

Itinerary and grading

Please bear in mind that this trip visits volcanic areas that are active and the trip's itinerary can change depending on the local conditions.

We have graded this trip as moderate but please be aware that the walk on day 7 to the summit of Mt Takachihonome is a little more demanding. If you would prefer to miss out this walk, just let your guide know and they will suggest alternative activities.

Your trip itinerary

Day 1: Fly London to Osaka

Fly overnight from London to Osaka.

Overnight: In flight

Day 2: Arrival in Osaka. Group transfer to hotel. Welcome dinner.

Upon arrival at Osaka airport you will be met and transferred to your hotel. You will have some time to explore the city before meeting up in the evening for a traditional Japanese meal. Welcome to Japan!

Overnight: Monterey Grasmere Hotel or Similar, Osaka (Meals: D)

Day 3: Walk the historic Yagyu Kaido Trail to Nara. Overnight ferry to Beppu on Kyushu Island -12km walk, 240m of ascent / 535m of descent - 5 hours.

Today you will travel by train and bus to the historic Yagyu Kaido trail which linked the sword-making village of Yagyu with Nara. You will walk a 7.5 miles/12km section of the trail from Enjo-ji Temple to Nara, following in the footsteps of Samurai warriors of old. The hike ends with a wonderful stroll through Nara Park, with its famous deer and temples. After you finish the walk, you will take the train to the ferry port and board a ferry for the overnight journey to Kyushu, through the Seto Inland Sea. On board the ferry there is a fine Japanese 'Sento' (bath) and a good restaurant.

Your luggage will be sent on ahead today to Takachiho, so you will carry your daypacks with the things you need for the next 2 days.

Overnight: Overnight Ferry to Beppu (Meals: B)

Day 4: Disembark at Beppu. Transfer to Takachiho via visit and walks at Mount Aso.

This morning you will either have an early breakfast on board before the ferry docks or after you have disembarked. Arriving in Beppu by sea can be a dramatic and memorable experience. The city is surrounded by mountains and steam from the abundant hot springs can rise skyward to give it an otherworldly feel.

You will then board your coach for the journey to Aso, this town is set inside a massive volcanic caldera stretching 25km x 18 km and is the second largest caldera in Japan. You will visit the Volcano Museum near to the crater of Mount Aso. After an interesting visit to the museum you will head out on the walking trails around Mt Kijimadake and the Furumi-Ike Craters. You will then board your bus for the transfer to Takachiho. Dinner will be another Japanese feast, prepared by the ryokan chef and presented as a multi-course banquet.



Your luggage sent from Osaka will meet you in Takachiho.

Overnight: Ryokan (Meals: B D)

Day 5: Loop walk around Takachiho -12km walk, 5-6 hours.

After breakfast at the ryokan, you will visit the shrine of Amanoiwato, literally the 'Shrine of the Sun Goddess'. From there, you visit Takachiho gorge, astride which sits the town of Takachiho, and make a loop walk of the town. The gorge features a number of strange rock formations created by volcanic activity, which have become part of local folklore. After dinner at the ryokan you visit Takachiho shrine to watch the Yokagura sacred dances which tell the mythical story of Japan's creation.

Overnight: Ryokan (Meals: B D)

Day 6: Travel to Kirishima Geopark. Walk in Ebino Kogen area - 5.5km walk, 3 hours.

Leaving Takachiho early, you will travel by private vehicle to the Kirishima Volcano range. Today you will enjoy some walking in the Ebino Kogen area beside the gloriously blue volcanic lakes of Byakushi and Rokkannon. This area is breathtakingly beautiful and is relatively untouched by western tourism. You will arrive at the fascinating Ebino Eco Museum visitor centre. Here you will find lots of interesting maps, videos and information about the walks you will be undertaking. Ebino Kogen was part of the first National Park in Japan and is known for its fumaroles releasing clouds of steam. In the autumn, the pampas grass gently swaying in the wind provides the impression of a truly living landscape. The highland is at an altitude of around 4,000 feet/1,200m above sea level. The cobalt blue volcanic lakes shimmer in sunshine.



From the centre you will head out on one of the walks, the exact route will depend on the weather conditions and the status of the volcanoes in the region. The routes around the caldera of Mt Karakunidake and Onbami Pond are two great options of the many different trails you could take. After your walk you will head to your accommodation in the small town of Kirishima. This town has plentiful hot springs and you will see the steam rising from various Onsens inviting you in.

Your luggage will be sent ahead from Takachiho to Kagoshima so you may travel hands-free for the next two nights. Please bring an overnight bag for your essentials.

Overnight: Minshuku (Meals: B D)

Day 7: Visit Kirishima Shrine. Walk to caldera of Mt Ohachi and the summit of Mt Takachihonimine and return to Kirishima - 8.5km walk, 475m of ascent and descent, 4 hours.

This morning you will visit the Kirishima Shrine for mountain worship. It was built around the 6th century. Originally it was at the foot of the sacred mountain Takachiho-no-mine but repeatedly burnt down due to volcanic eruptions and was moved to the current location. The current shrine buildings are reconstructions made in 1715 and designated as Important Cultural Property of Japan. You will visit both locations on today's walk and will understand why the shrine was moved!

From the Shrine you will drive uphill to get to the trailhead at the Takachio visitor centre. Your route along the side of the volcano at Takachihonimine, 1,574m/5165ft, takes you through an area associated with the Japanese creation myth as it is said that at this location, Ninginnomikoto, the grandson of the sun goddess Amaterasu, descended to earth.

The trail climbs steadily, starting on stone steps before you make your way up on volcanic rock to the stunning caldera of Mt Ohachi. As you carry on from the Caldera you will arrive at the original site of the Kirishima Shrine. You are now at around 1,400m and you get a bit of an understanding how committed the worshippers must have been 1,500 years ago as they would have started their walk all the way back down from Kirishima at sea level. From here you continue up the short distance to the summit of Mt Takachihonimine. From the top you will get 360 degree views of the surrounding area with its smouldering volcanoes and expansive views towards Kagoshima.

When you have taken in all the views you will walk back down to the visitor centre and meet your transport back to Kirishima for a well-deserved hot spring bath.

Overnight: Minshuku (Meals: B D)

Day 8: Train to Kagoshima. Visit Sangen-en Gardens.

Today you will travel to the city of Kagoshima, dramatically situated on Kagoshima Bay opposite Sakurajima, an active volcano. Kagoshima used to be the home of the Shimazu clan, southern Kyushu's most powerful feudal family.

After checking into your hotel you will visit Sangen-en (also known as the Iso Teien), the Shimazu clan's lovely villa and gardens. Across the bay is the impressive backdrop of Sakurajima. The gardens are quite expansive and there are some lovely walks inside to enjoy.

You will then head back to town. Dinner is not included tonight leaving you free to explore the many restaurants offering delicious local delicacies. Your guide will be able to make some great suggestions.

Your luggage sent ahead from Takachiho will be waiting for you at the hotel.

Overnight: Solaria Nishitetsu Hotel Or Similar, Kagoshima (Meals: B)

Day 9: Train to Kaimon, walk to hot sand baths - 10km walk, 3 hours.

You will travel south this morning, by train along Kagoshima Bay and walk along the coast from Kaimon to Yamakawa, where thermally-heated mineral water bubbles up through the black volcanic sand on the beach. Locals mix the sand to ensure a steady temperature. You will be provided with a cotton yukata robe to lie in the warm sand. Very relaxing! Kagoshima Bay is a beautiful natural harbour, crowned at one end by Kaimondake, the 'Little Fuji' of Satsuma. You will then return to Kagoshima for dinner.

This morning, your luggage will be sent ahead to Yakushima.

Overnight: Solaria Nishitetsu Hotel Or Similar, Kagoshima (Meals: B)

Day 10: Jetfoil to Yakushima Island. Time at leisure.

From Kagoshima you travel by jetfoil to Yakushima Island, a UNESCO World Heritage Site. The small population lives around the coast of this mountainous island, while the interior is almost totally undeveloped. Giant cedars - Yakusugi - stand tall in the moss-laden forest, some of them thousands of years old. Two other endemic species are found here; the Yakushika Deer, and Yakuzaru Macaque. Around the coast are stunning beaches and hot springs. You will stay at a local guesthouse to enjoy the local hospitality and evening meals prepared from the day's catch. There will be some free time in the afternoon today to explore the surroundings.



Luggage sent on from Kagoshima will be waiting for you at your Minshuku.

Overnight: Minshuku (Meals: B D)

Day 11: Walk in the interior of Yakushima Island - 5km walk, 350m of ascent/250m of descent, 3 hours.

Today you will visit the Yakusugi Shizenkan to learn about the nature of the island. Then you will hike into the interior, walking amongst the giant yakusugi trees, and if you are lucky spot some of the macaques. The oldest tree on Yakushima has been dated as at least 2,000 old, but some experts believe it could be more than 5,000 years old. Many of the trees have huge trunks, wider than a car. The centre of the island is a temperate rain-forest, and the highest peak on Yakushima is the tallest mountain in the south of Japan. It's a unique ecosystem and has escaped any significant development.

You will return by bus to your guesthouse in the evening.

Overnight: Minshuku (Meals: B D)

Day 12: Hot Springs and sightseeing on Yakushima.

Your second day on Yakushima will be spent visiting some of the lovely beaches and one of the most spectacular hot springs in Japan built into the rocks lapped by the waves. In the afternoon, you'll enjoy a cultural discovery as you tour the village of Harumaki and visit the local people. You may notice that the people living on the island have a much more 'laid back' attitude to life compared to people living in the often frenetic urban areas of Japan. You may also have an opportunity to visit the local shochu brewery and visit a local craftsman of the islands native cedar wood.

Overnight: Minshuku (Meals: B D)

Day 13: Ferry back to Kagoshima. Bullet Train to Hiroshima - 3 hours 17 minutes.

Leaving Yakushima by ferry you will arrive back in Kagoshima in time for a relaxed lunch before you board the Shinkansen (Bullet Train) to Hiroshima. The Shinkansens are still very space-age looking even though they have been around since the 80's. The onboard experience is very relaxing with spacious seats and a hostess selling hot drinks and Shinkansen paraphernalia.

On arrival at Hiroshima you will transfer to your hotel before heading out for dinner. There are a number of restaurants to choose from within convenient walking distance of your hotel.

Your luggage will be sent ahead from Yakushima to Osaka, allowing you to carry just a light daypack or small case with your overnight essentials.

Overnight: A N A Crowne Plaza or Similar, Hiroshima (Meals: B)

Day 14: Morning sightseeing in Hiroshima. Afternoon Bullet Train to Osaka - 2½ hours. Farewell Dinner.

This morning you will be taken to the Peace Memorial Park at Hiroshima. Designated a UNESCO World Heritage site in 1996, this can be quite an emotional place to visit and if you would prefer not to visit then there are lots of other options.

After lunch you will board the Bullet Train and continue onto Osaka for your last night in Japan. You will say farewell with a delicious meal at a local restaurant.



Overnight: Monterey Grasmere Hotel or Similar, Osaka (Meals: B D)

Day 15: Group transfer to the airport. Fly to London.

After breakfast you will be transferred to the airport for your flight back to the UK.

Our grading system

Kyushu Trails - Island of Fire 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.

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, English-speaking, Japanese guide,
- ✓ Economy class return air fares from the UK (flight inclusive option).
- ✓ Single, timed group airport transfer on arrival and departure
- ✓ All baggage transfers as per the itinerary
- ✓ All road transport by train, bus and private vehicles
- ✓ Ferry crossings
- ✓ Sightseeing and activities as specified
- ✓ Good standard accommodation in a variety of accommodation styles
- ✓ Meals as specified - 13 breakfasts, 9 dinners
- ✓ The option of joining one of our pre-trip meets in the Cotswolds
- ✓ A free Mountain Kingdoms Water-to-Go bottle (see below) or a free Mountain Kingdoms micro fleece

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:

- × Lunches and four dinners
- × Travel insurance
- × Locally paid bar bills and laundry
- × Optional activities
- × 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.

For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle 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

Accommodation in the main cities is in western style hotels, with twin or single rooms available. Please be aware that in Japan double rooms are much smaller than twin rooms. We will therefore automatically book a twin room for couples. If you would prefer one of the smaller double rooms, you just need to inform us when you make your booking.

In other places the traditional ryokan and minshuku have tatami mat flooring, futon beds, and western bathrooms either en suite or shared. Many have communal hot spring style baths, and all have delicious Japanese food. In the ryokan or minshuku single rooms are not generally available and single travellers will be paired with another traveller of the same sex from the Mountain Kingdoms group.



Monterey Grasmere Hotel or Similar, Osaka

Conveniently located in Namba, central Osaka, Hotel Monterey Grasmere is a modern hotel within walking distance of many popular areas within the city. The hotel is also directly connected to Namba Station. The guest rooms are located on floors 24 through 31 and have air-conditioning, Wi-Fi and great views over the city.



Overnight ferry to Beppu

The ferry features a large communal Sento (Bath) so you can relax before or after dinner. The rooms are basic but clean and have shared facilities. The evening meal is a buffet with many options, allowing you to be as brave or cautious as you wish.



Ryokan

Ryokans always have Japanese style accommodation, with tatami mat flooring and futons laid out in the evening for sleeping. Some ryokan rooms have en-suite bathrooms, although older style ones with have shared bathrooms.



Minshuku

Minshuku are either traditional wooden buildings, or more modern constructions. The rooms are traditional Japanese style, with tatami matting floors and futons laid out in the evening. The food is Japanese and always beautifully presented and delicious! Bathrooms are generally shared, and there are often communal hot spring style baths segregated by gender.



Solaria Nishitetsu Hotel or Similar, Kagoshima

The Solaria Nishitetsu Hotel is located in front of the JR Kagoshima Chuo station for easy access. All rooms have en suite bathrooms, an air purifier and tea making facilities. The hotel has a restaurant and free Wi-Fi.



A N A Crowne Plaza or Similar, Hiroshima

This modern hotel features comfortable rooms of a good size. There is a gym with a swimming pool and a restaurant with great views overlooking the city and the bay. It's centrally located with lots of sights a short walk out of the door.

Meal arrangements

All Breakfasts, no Lunches, 9 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.

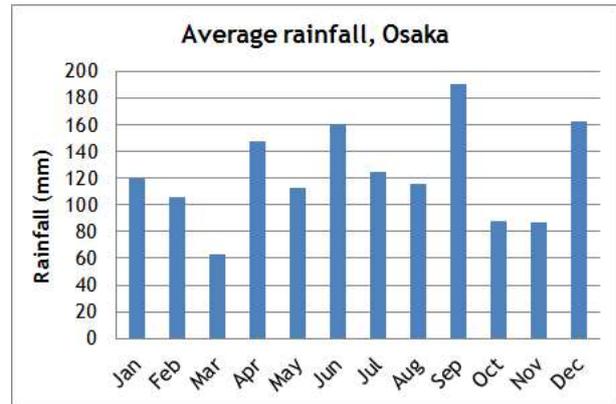
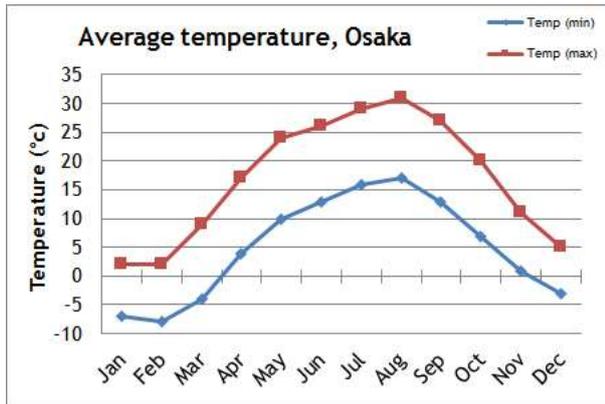
Further information

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.



There are many ways you can extend your holiday in Japan with Mountain Kingdoms: you could book extra nights at a hotel at the start or end of your trip, take a personal sightseeing tour or enjoy some other exciting activity. 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?

- This itinerary has been carefully researched and designed especially for Mountain Kingdoms to give a real insight into many aspects of Japanese life and culture.
- You will experience a wide variety of natural, cultural and historic sights and several different modes of transport including a bullet train.
- You stay in traditional ryokan and minshuku inns with fantastic food, as well as good quality hotels in the towns
- You will be accompanied by an English-speaking Japanese guide throughout.
- We apply a maximum group size of 12, thereby offering a genuine small group experience.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting tours and 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 our clients say



My time in Japan was amazing; it is an incredible country for so many different reasons. The first thing that struck me was how exotic and different it was in comparison to anywhere I have ever travelled to before. I felt very at home during my time in Japan, the people were extremely welcoming, the culture and history both interesting and fascinating and the scenery was beautiful, unlike any I have ever experienced. All in all, Japan is such a wonderfully diverse country - perfect for an unforgettable holiday.

- Mr D, Gloucestershire



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.

Mountain Kingdoms & Responsible Tourism

Our commitment

Mountain Kingdoms is committed to responsible tourism, through policies and practices which permeate all aspects of its business. Our policies aim to ensure that we and our clients act in a way which is socially, environmentally and culturally sound. We feel strongly that all Mountain Kingdoms holidays should benefit local communities, protect the environment by minimising pollution, and respect local traditions, religion and heritage. We tread lightly - low volume, low impact trekking/touring is the best way of preserving the beautiful and fragile places we visit.

We work with organisations such as Tourism Concern, International Porter Protection Group (IPPG), Ecoan, AITO and various charities, to help achieve our responsible tourism goals.

Our initiatives

We support a range of projects around the world both on an ongoing basis and in response to disasters and emergencies.

Examples of our recent ongoing work are the Kerala Partnership helping flood victims in southern India, the Simien Mountains Mobile Medical Service in Ethiopia, the Ginette Harrison School in Nepal, a tree planting project in Peru, the Village Education Project in Kilimanjaro and Kidasha charity supporting children in crisis in Nepal, and many more.



If you know of a registered charity that does good 'hands on' work in a country that we operate in please send us details and we will consider adding it to the list of charities we support.

Further details of all our Responsible Tourism initiatives can be found at www.mountainkingdoms.com/about/responsible-travel

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.

Depending on the holiday booked, clients travelling with us may be eligible for a free Mountain Kingdoms Water-to-Go bottle (please see the What the Price Includes section of this itinerary), or to purchase a bottle from us at a discounted rate. For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

Porter Protection

In the countries where we use porters we feel that the issue of porter protection is immensely important. We support the work and the aims of the IPPG (International Porter Protection Group) and as such we have a set of guidelines to adhere to and which we apply worldwide.



Carbon off-setting

Working with Ecoan tree-planting project in Southern Peru we offset the carbon emissions for every Mountain Kingdoms holiday that includes an international flight.

