

## Nakasendo Trail Winter Walking Holiday, Japan **New**

Discover the stunning winter landscapes of rural Japan as you walk and snowshoe between the ancient post-towns and villages along the Nakasendo Trail.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Trek
Accommodation	Hotels, minshuku and ryokan
Grade	Gentle
Duration	11 days from London to London
Trekking / Walking days	On Trek: 5 days
Min/Max group size	4 / 13. Guaranteed to run for 4
Trip Leader	Local Leader Japan
Land only	Joining in Kyoto, Japan
	Departing from Tokyo, Japan
Max altitude	1,196m/3,9267ft, Torii Pass, Day 7

**Private Departures & Tailor Made itineraries available**



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# Group Departure Dates and Prices

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## Group departures

### 2026 Dates:

Sun 04 Jan - Wed 14 Jan  
Wed 21 Jan - Sat 31 Jan  
Sun 08 Feb - Wed 18 Feb  
Mon 23 Feb - Thu 05 Mar

### 2027 Dates:

Sun 03 Jan - Wed 13 Jan  
Wed 20 Jan - Sat 30 Jan  
Wed 10 Feb - Sat 20 Feb  
Tue 23 Feb - Fri 05 Mar

## 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/nakasendo-trail-winter-walking-holiday-japan>.

Single supplement options can also be found here.

## 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.

## Deposit

A higher deposit is required to secure your booking on this holiday. The amount can be seen on the the holiday page of our website or contact the office. For further details of our the deposit please refer to our terms and conditions at <http://www.mountainkingdoms.com/essential-information> or contact us for a postal copy.

## Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 13. 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

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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

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- Trek along the most scenic sections of Japan's Nakasendo trail with snowshoes provided for crossing the highest points
- Savour crisp winter landscapes, picturesque villages and historic post-towns without the tourist crowds of the summertime
- Stay in traditional Japanese inns in the country with hot spring baths and exquisite cuisine
- Time to explore Kyoto and Tokyo - two of Japan's most enthralling cities

## At a glance itinerary

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Days 1-3	Fly to Kyoto
Days 4-8	Trek the Nakasendo trail in the Kiso Valley crossing the Torii Pass to Magome.
Day 8	Travel to Matsumoto. Visit Matsumoto Castle.
Day 9	Travel to Tokyo. Guided sightseeing tour. Day at leisure.
Day 11	Fly from Tokyo to London

## Trip summary

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Winter is a terrific season to visit Japan and winter on the Nakasendo trail is a particularly magical experience. With snow-clad peaks and potentially snow-covered paths, the peace and serenity of this popular trail in the winter months is truly wonderful. Whilst the weather in Kyoto and Tokyo in winter is generally cool and dry with little snow, it is a different story in the Japanese Alps. Here, it is an enchanting experience to walk through glistening-white forests to arrive at a traditional inn where you can warm up in the hot spring baths (onsen) and experience traditional hospitality. On some days, you may need to use snowshoes to cross the higher parts of the trail. These will be provided for you and you will receive full instruction on how to walk in them - it's not difficult!

Starting your journey in Kyoto, with time to explore some of its fascinating streets and sights, you travel to the remote Kiso valley to start walking for five days on the Nakasendo Trail: one of Japan's principal trade routes during the time of the shoguns. The trail originated in the 8th century and linked Kyoto and Edo (now Tokyo), winding through secluded, wooded mountain scenery, across the heart of Honshu Island. Your trek ends near Matsumoto with the added bonus of a visit to its famous castle - one of the oldest in Japan it is known as the 'crow castle' due to its distinctive black exterior.

The final stop on your holiday is Tokyo, where you can visit the Nihonbashi which was once at the eastern end of the Nakasendo trail that you have just walked. You will also have a day free to explore this fascinating and dynamic city.

This itinerary has been carefully created to immerse you in Japanese life and culture - both traditional and contemporary. Led by your expert guide, you will travel on the efficiently run local trains and buses - an essential ingredient of modern-day Japan - whilst your main luggage will be sent by courier on a couple of occasions to make the road and train transfers more relaxed.

A highlight of the holiday is the traditional accommodation you will enjoy whilst trekking. Villagers have converted local houses into inns or minshuku and ryokans - these have Japanese-style rooms with tatami mat floors and futon beds and many have communal hot spring baths for your relaxation. At the end of each day's trek, you will be warmly welcomed by your local hosts who take great pride in their beautifully kept accommodation and provide the highest levels of service. Exquisite meals are prepared using the freshest local ingredients that showcase the very best regional cuisine. At each inn, a cotton robe (yukata) and slippers are provided for your comfort and it is normal to wear these for dinner as well as whilst relaxing in the evening. There will also be toiletries in your room. This means, that on the few nights that your luggage is being couriered to your next destination, you will only have to carry a minimal change of clothes in your day pack (please see 'Special notes' and the 'Accommodation' section of this itinerary for further information).

## Special notes

### Group composition

Please note that we sell in to our partner's regular Winter Nakasendo departures, and therefore, it will not just be Mountain Kingdoms clients on this trip. The regular departures have a minimum group size of 4 and a maximum of 13.

### Luggage

Your main luggage will be transported on two occasions, 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 speak to Seraphina Berry in the office for further information.

### Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single, timed transfer which is arranged to coincide with the arrival/departure of the group flights. If you book your own flights which arrive/depart at a different time to this, or we book flights for you that have different timings, we will be happy to provide a quote for a separate transfer.

# Your trip itinerary

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## Day 1: Fly London to Kyoto

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Fly to Kyoto in Japan on an overnight flight from London.

**Overnight: In flight**

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## Day 2: Arrive Itami Airport. Group transfer to hotel.

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On arrival at Itami Airport you will be met and transferred to your hotel, conveniently located in the Central Business District. Please note that you may not be able to check in to your hotel until 2pm. However, you will still be able to use the hotel's luggage storage facilities as well as the hotel's bar/restaurant. You may also like to go out to explore what the city has to offer.

**Overnight: Royal Park Hotel Kyoto Sanjo or Similar**

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## Day 3: Day at leisure. Group welcome dinner.

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On your first full day in Japan you are free to explore the welcoming and easily navigated city of Kyoto. From your centrally located hotel you can explore the traditional areas such as Gion and maybe some of the temples that are often surrounded by traditional Japanese gardens. We would highly recommend visiting the Nishiki food market, and perhaps one of the very popular vintage shops selling second-hand kimonos.

You are of course free to spend the day relaxing and recovering from the long flight! In the evening you will meet your guide who will take you out to a welcome dinner.

**Overnight: Royal Park Hotel Kyoto Sanjo or Similar (Meals: B D)**

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## Day 4: Transfer to Nakatsugawa, Walk to Magome - 8.3km/5.2miles, 400m ascent/200 m descent, 3 hours.

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Today you begin your journey along the Nakasendo Trail, starting in the remote Kiso Valley region. Over the next five days you will walk or snowshoe from village to village, staying overnight in small, family-run country inns (ryokan and minshuku).

Firstly, today you travel by bus from Kyoto to the town of Nakatsugawa, one of the old post towns on the Nakasendo Trail. The original main street through the centre of the town retains its historical sake shops, restaurants and old wooden storehouses. From town you will walk to the next post town of Ochiai. From here you will climb through cedar forests and walk a section of ancient cobblestones from the original trail, dating back to the historical Edo period. You descend to Magome and the charming family run inn, where you will stay for the night.



Your luggage will be sent ahead this morning from Kyoto to Kiso-Fukushima (where you will stay on Day 6) allowing you to carry just a light daypack for a couple of days, with your overnight essentials.

**Overnight: Minshuku**

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## Day 5: Walk from Magome to Tsumago - 8.3km/5.2miles, 325m ascent/1,070ft, 3 hours.

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From Magome, you walk to Tsumago along one of the prettiest and best-preserved parts of the Nakasendo Trail. You may encounter snow crossing the Magome-toge Pass but you will be rewarded with opportunities for some fine photographs. In Tsumago you will have lunch - gohei mochi, skewered sticky rice covered in a sweet paste of miso, sesame and walnuts are recommended. Tsumago is known as one of the best preserved post towns of the Edo period in Japan.

In the afternoon you will have time to explore its picturesque main street with its many small shops and lovely old wooden architecture. Tsumago has been preserved by strict self-imposed rules that prohibit the sale, rental or destruction of these handsome houses, and power lines are hidden to maintain its charm.

It's a living museum, but one which is still inhabited by the families who may well have lived here for many generations.

**Overnight: Minshuku (Meals: B D)**

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**Day 6: Explore Tsumago. Walk to Nagiso - 3.7km/2.3miles, 100m ascent/120m descent, 1 hour. Train to Kiso-Fukushima.**

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In the morning you may explore Tsumago further including a visit to the Wakihonjin Museum. This museum, housed in a building dating back to the 19th century and formerly an inn, has exhibits on the region's history, including the Nakasendo Way.

After lunch your walk is a short but enjoyable stroll from Tsumago to Nagiso along country lanes. Nagiso is an attractive small town with many pretty buildings.

In Nagiso you will board a local train for the brief journey to Kiso-Fukushima. Kiso-Fukushima is a delightful post town, once the location of a checkpoint on the Nakasendo Trail and one of the most important in all Japan. You may stroll through the town before heading out to your comfortable ryokan. Your ryokan tonight prides itself on its wonderful cuisine and its terrific thermal baths - a perfect way to warm up on a winter evening. Your luggage will be arriving here today.

**Overnight: Ryokan (Meals: B D)**

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**Day 7: Train from Kiso-Fukushima. Walk or snowshoe from Yabuhara to Narai over the Torii-toge Pass - 6.2km/4miles, 345m ascent/270m descent, 3 hours.**

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On this, your fourth day on the Nakasendo Trail, you take the 15 minute train journey to Yabuhara to start the day's walk. (Your luggage will be sent ahead ready for your arrival in Tokyo on day 9).

The path from Yabuhara to Narai is the most demanding section of your walk. You climb on an ancient stone path up to the Torii-toge Pass, through dense forest and passing various shrines and monuments along the way. Along this stretch you may encounter some of the deepest snow on the trip; if the snow is deep enough, you will be provided with snowshoes to make the crossing of the pass easier. There is then a delightful, gentle walk down in beautiful forest, finally passing the red shrine of Shizume Jinja, welcoming you as you reach the charming village of Narai. You will arrive in time to explore Narai, a beautiful traditional village and to have lunch at one of the small local restaurants.



Your overnight accommodation in Narai is at a family-run inn in the village.

**Overnight: Minshuku (Meals: B D)**

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**Day 8: Walk from Narai to Kiso-Hirasawa - 2.5km/1.6miles, 1 hour. Travel by train to Matsumoto. Visit Matsumoto Castle.**

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Your trek on the Nakasendo Trail ends today with a short stroll from Narai to Kiso-Hirasawa, a walk which takes just an hour. Kiso-Hirasawa is famous for its locally produced lacquerware, simple but elegant and considered some of the finest in the region - a fact which is reflected in the high prices. There are many small shops selling beautifully crafted tableware and furniture and there may be a chance to see these skilled artisans at work.

You then travel by train to Matsumoto, a town nestled in Japan's Central Alps region. Here you will visit the town's main attraction: Matsumoto Castle (Matsumotojo). This castle is one of the oldest in Japan being one of the most complete and beautiful among Japan's original [castles](#). Unsurprisingly it has been designated a national treasure. Built in the late 16<sup>th</sup>, early 17<sup>th</sup> centuries, the castle features a beautiful, unique, black exterior with lacquered walls. Hence, it is often referred to as the 'Crow Castle' or Black Castle'.

**Overnight: Ryokan (Meals: B D)**

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**Day 9: Travel to Tokyo by train. Half day walking tour of Tokyo.**

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After breakfast, you leave your accommodation and travel by train to Tokyo.

Arriving in Tokyo, you will enjoy a half-day walking tour of the city. You will visit Nihonbashi, the starting point of the Nakasendo Trail. The Nihonbashi Bridge marks the beginning of five of Japan's major historical highways, including the Nakasendo, and it is the point from which all distances are measured to the capital. Nihonbashi district served as a thriving post town and major mercantile centre where people and cultures from all over the country would come together. You will also visit some areas around Tokyo's older districts before continuing to your hotel to check-in. Your luggage should be waiting for you.

In the evening, there is a farewell dinner with your guide.

**Overnight: The Gate Kaminarimon by Hulic or Similar, Tokyo (Meals: B D)**

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**Day 10: Day at leisure in Tokyo.**

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Today you are free to explore Tokyo.

This huge city has numerous museums and temples to explore, or you may prefer to visit some of the famous shopping areas.



**Overnight: The Gate Kaminarimon by Hulic or Similar, Tokyo (Meals: B)**

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**Day 11: Transfer to airport and fly to UK.**

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

## Our grading system

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### Gentle

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

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

## What the price includes

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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:

- ✓ 9 x breakfasts and 7 x dinners
  - ✓ Good standard hotel accommodation in the main towns on a twin-share basis
  - ✓ Traditional minshuku, ryokan and shukubo (temple) accommodation, in outlying places, on a twin-share basis
  - ✓ An English-speaking Japanese leader
  - ✓ Baggage transfers as per the itinerary
  - ✓ All road transport, by private vehicles, buses and trains
  - ✓ Sightseeing as specified
  - ✓ Economy class return air fares from the UK & UK
- Departure Tax (flight inclusive only)
  - ✓ Single, timed group airport transfers for international flights on arrival and departure
  - ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
  - ✓ A free Mountain Kingdoms Water-to-Go bottle
  - ✓ Use of snowshoes, over-gloves, gaiters & walking poles

### 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 for Japan
- ✗ No lunches included and 4 dinners not included
- ✗ Airport transfers (if your flights do not coincide with the group flights)
- ✗ Tips

### Water-to-Go Reusable Bottle Campaign

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

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

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

## 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.



### Royal Park Hotel Kyoto Sanjo or Similar

A stylish, modern hotel in Kyoto that offers space, comfort and convenience both in the communal areas and guest rooms. Standard guest rooms have a full range of amenities including kettles, fridges and Wi-Fi whilst the hotel has a lounge bar and western restaurant. There are lots of shops, bars and sights within easy walking distance along with a rail station.



### 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.



### 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 will have shared bathrooms.



### The Gate Kaminarimon by Hulic or Similar, Tokyo

The Gate Hotel is centrally located close to the Ginza district of Tokyo. A designed hotel, the highlight of the Gate is its top floor sky bar and rooftop terrace which gives fabulous city views. The hotel also displays contemporary artworks in its lobby and restaurant. Compact, yet stylish guestrooms come complete with kettles, coffee machines, fridges and Wi-Fi. The Gate is just one of the hotels we may use in Tokyo, all are equally well-located and offer a similar level of comfort and facilities.

## Meal arrangements

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All breakfasts and 7 dinners are included. Lunches are not included and your guide will help you organise your lunches which may be picnics or meals taken in local restaurants or cafes.

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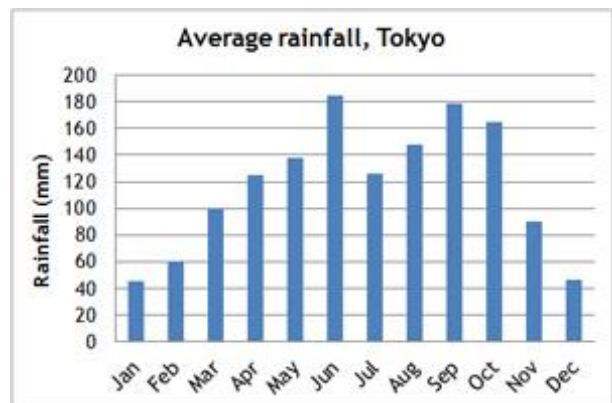
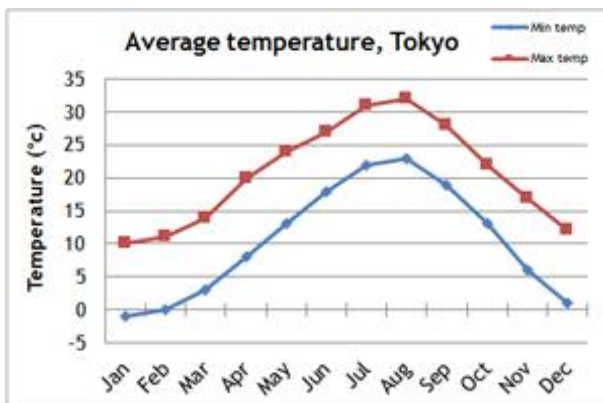
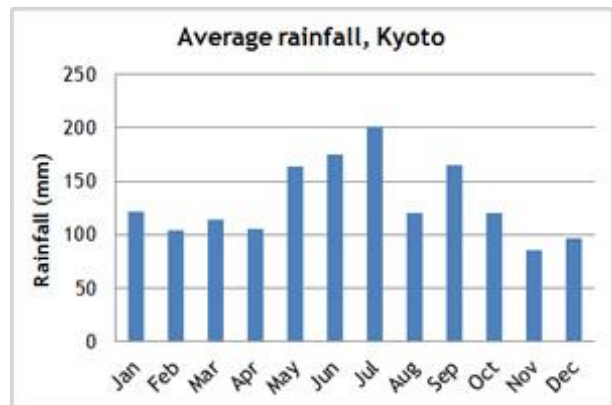
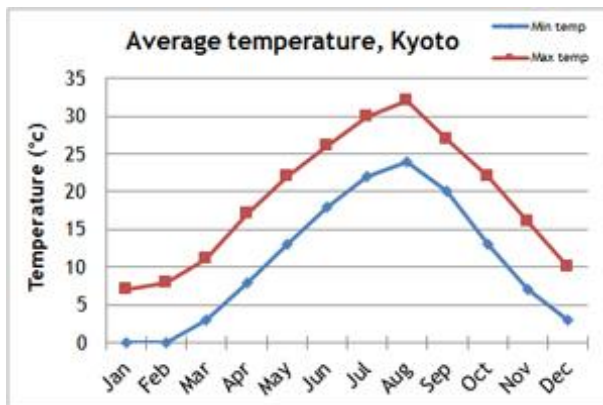
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## 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

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## Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400.



### Additional time in Kyoto or Tokyo

If you would like to extend your holiday, we can book extra hotel nights in Kyoto or Tokyo for you and arrange sightseeing tours or other activities. 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?

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- This itinerary has been carefully designed to make a varied, but not too strenuous, walking holiday with much scenic, cultural and historic interest.
- We include quality hotels in the main towns and cities chosen for comfort and their convenient location. On the Nakasendo Trail we use traditional inns of character giving you the chance to be immersed in traditional Japanese life.
- We use the efficient public transport system in Japan and transfer your main luggage for you to make travel easier.
- 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 trekking experience.
- 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 we say

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*After the high-tech bustle of Japanese urban life, trekking the Nakasendo Trail is like travelling back in time. The old postal towns have beautiful wooden architecture and in the winter the backdrop of snow-covered mountains make walking there a joy. After the crisp, cold mountain air, relaxing in an onsen (spa bath) is a very special experience.*

*-Seraphina Berry, Mountain Kingdoms*

# 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.

