



Torres del Paine National Park, Chile

Walking the Wild Side

Ngorongoro Crater, Tanzania

Trekking in the highlands above the Ngorongoro Crater is a rare chance to explore the wilderness of northern Tanzania on foot. While big game abounds in the crater below, outside animals tend to shy away from humans. Rather, this is an opportunity to walk with the Maasai in their own land, moving from camp to camp through the dramatic volcanic landscape. Guests stay in simple tents, with campfires outside and stars up above, with only the laugh of a distant hyena to disturb the evening's quiet. Highly recommended for lovers of Africa with adventurous spirits!

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Maria Island, Tasmania

Situated on the east coast of Tasmania, Maria Island is a place for solitude and reflection, for rejoicing in nature and being enraptured by tales of old. This guided four day walk takes in a contrasting landscape that includes rugged coastline, deserted beaches, striking mountains,

beautiful forests with abundant wildlife and the former convict settlement of Darlington. Walking between four to thirteen kilometres per day along beaches and tracks you will need to be relatively fit and healthy. Your first two nights are spent in environmentally sensitive camps with a final night spent in the colonial splendour of Bernacchi House. Steeped in history and surrounded by the bounties of nature there is no better place to relax and unwind.

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The Akha Experience, Northern Laos

Northern Laos is not the first place that springs to mind when thinking of trekking. This little visited area, remotely sited on the fringes of the border with China, is where you can trek through small villages truly untouched by modern life. The Akha Experience, a project set up by a German charity in collaboration with our local operator, allows you to trek through the countryside, amble across rice fields, wander through lush tropical forests, take a dip in refreshing waterfalls and meet the people in

the ethnic minority villages. The scenery may not be quite as spectacular as other areas in Asia but this is trekking for those who wish to gain an insight into and appreciation of the lives of the local people.

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Kyrgyzstan

The Central Asian Republic of Kyrgyzstan is a walker's paradise. More than 90% of the country is mountain wilderness, a mixture of rolling alpine steppe and glaciated valleys, culminating in the highest peaks of the Tien Shan range ("Mountains of Heaven"). The highlight of any trek is the opportunity to meet nomads, whose yurts dot the landscape. Many nomadic families welcome visitors, providing them with an insight into a life only tenuously connected to the modern world. For those looking for serious adventure it is possible to trek to the Inylchek Glacier, one of the largest on earth, sited high on the wild and snowy Chinese border.

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Walking in the Ngorongoro Highlands



Annapurna Range, Nepal



The landscapes of Maria Island



Jebel Toubkal, Morocco

Exploring on foot is undoubtedly the best way to experience the people, wildlife and landscapes of a region. From the sedate to the strenuous, from a few days to a week or longer, our specialists have chosen some of their favourites.

Jebel Toubkal, Morocco

The highest peak in North Africa, Jebel Toubkal in Morocco is 4,167 metres high and presents a trek that is challenging but requires no particular mountaineering skills, just good fitness. The recommended ascent is on the fourth day of a five day trek, allowing you time to acclimatise on the way up, although it is possible to do a two day ascent. Most ascents set off from Imlil which is the trekking centre in the High Atlas and the nearby Kasbah Du Toubkal is a wonderful converted kasbah where you can relax and unwind after your return from the summit.

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Torres del Paine National Park, Chile

Undoubtedly one of the highlights of Patagonia, Torres del Paine is famous for its massive granite towers, glaciers, stunning valleys and huge variety of wildlife. It has become something of a Mecca for trekkers of all levels. The 'W-trek' takes walkers up three different valleys and to the base

of the towers themselves. Whilst it is hard work at times and the weather a little unpredictable, the rewards as you walk alongside glaciers and crystal clear streams while condors soar overhead are more than worth it.

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Nepal

Nepal must be one of the most spectacular places in the world to undertake a trek. From a couple of days of gentle walking to a week or more of high altitude stuff, the choice is endless, and the mountain views, the hill-side villages, and the tenacity and friendliness of the local hill people never fail to amaze. Stay in comfortable but simple lodges in the hills miles from any road and wake early with a cup of tea to see some of the highest mountains in the world bathed in a fiery sunrise.

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Ala Archa, Kyrgyzstan