**Adventure Trail Hikes**

Fulfil your wanderlust

Welcome to Adventure Trails Hikes! We aim to offer the most exciting, challenging, educational, and cultural extreme hikes, in exhilarating locations around the globe. We have a variety of standard packages, as well as offering specialized tours that will cater to your specific requirements.

# **Our Hikes**

**Short hikes**

Our short hikes are perfect for weekend getaways or teambuilding trips. Normally these are day trips from a local base, and do not require camping equipment.

*Weekend in the Pyrénées*

Wildlife Park Parc Naturel Régional des Pyrénées Catalanes. The trip includes a visit to a Cathar castle as well as an exhibition of local birds of prey.

*Seven Mountains, Bergen*

The "Seven Mountains" are the peaks surrounding the Norwegian city of Bergen. The Bergen Hiking Club offers an annual tour of these. Be sure to bring rain gear!

*Monte Capanne, Tuscany*

Located on the island of Elba, Monte Capanne is one of the highest peaks in Tuscany. Visit the Hermitage of San Cerbone, as well as the fort near the medieval village, which is over 800 years old. Spectacular views of other Islands of the archipelago, including Corisca, from the summit.

**Camping hikes**

Camping hikes are longer than short hikes and include 3 or more nights camping. You may bring your own camping equipment, or we can supply it for you.

*Camping in the Atlas Mountains of Morocco*

M’Goun Massif is not the tallest mountain in Morocco, but the surrounding area is one of the more beautiful areas of the Atlas Mountains. Picturesque and physically challenging.

*Yurt camping in Mongolia*

Experience Mongolian herding culture first-hand in this exciting two-week tour. Included are a short trip on the Trans-Siberian Railway and two days of horseback riding.

*Camping excursion in Yellowstone Park*

Sleep under the stars in one of USAs largest wilderness parks. Yellowstone has exhilarating canyons, forests, rivers, as well as hot springs and geysers. The park is also home to a multitude of animal species.

**Long Hikes**

These are the most extreme of all of our extreme hikes, and are usually two weeks or longer. They include trekking, local culture and food, as well as nature excursions. These are our physically demanding hikes, so if you are planning to do one of these you should be in reasonably good physical shape!

*Larapinta Trail, Australia*

A 12-day trek on the Larapinta trail starting from and concluding at Alice Springs.

*Patagonia, Argentina/Chile*

# A two-week intense tour, including Refugio Frey, Cerro Castillo, and Exploradores Glacier. This is a demanding tour, but well worth the effort!

*Jammu and Kashmir, India*

Some of the most breathtaking views of Northern India are included on this three-week tour, with an increasingly demanding hiking itinerary.

# **Our Guides**

At Adventure Trails Hikes, we employ local guides who know and understand the local terrain, but also have insight into the culture and history of the area. We believe in working with local communities to offer once-in-a-lifetime adventures that benefit everyone.

Our guides are passionate about hiking and exploring the world by taking time to appreciate nature's small wonders and magnificent beauty. They will point out areas of interest, and will answer questions about flora and fauna found along the trail.

All of our guides have extensive training and experience in leading hiking groups, and can adjust the hike and itinerary to match different skill levels. All have first-aid certification and are expert navigators of the various routes.

# **Sustainability**

Sustainable tourism is important to us. Our world has amazing natural resources, and it is important that future generations can enjoy them as well. Not only do we want to ensure we don’t damage natural resources and local communities, but we want to work together to help them flourish.

*Ethical travel*

Our trips are planned with both environmental and cultural sustainability in mind, with the goal of leaving the smallest ecological footprint on the hiking area. Participants are expected to respect their hiking trail and behave accordingly.

*Local connections*

Adventure Trails works closely with local organizations to ensure that much of the profit goes back to the local communities. This may be in the form of infrastructure and trail maintenance to supporting local businesses and communities.

*Respect for nature*

Many of our hikes include extra activities such as bird watching and short courses on edible local plants.

*Culture*

In the interest of cultural exchange and sustainability Adventure Trails also includes cultural activities, which include experiences of various local customs, dress, theatre, dance, and music.

# **Health & Safety**

*Be prepared*

Adventure Trails has your enjoyment in mind, and this is also based on your safety and well-being. While we will always do our utmost to ensure an pleasurable trek, it helps if you prepare yourself. Read up on the trip you are going to take, look at the links we provide, and make sure you come with suitable clothing and footwear.

*Be realistic*

Scaling a 2,000 meter summit may seem possible from the perspective of your living room, but you need to make sure you are in good enough shape to do so! While it may be tempting to book the most demanding trail for your first hike, it may make sense to start with something a little easier. If you have a medical condition this also should be taken into account. Some trips may require vaccinations, be sure to check on the details provided.

*Be humble*

Some cultures may frown on certain forms of dress or behaviour, and it is expected that our travellers respect these customs, regardless of whether or not one agrees with them.

Our environmental policy is "leave a place tidier than you found it". It is taken as a given that our guests show respect for the environment, such that future travellers also may enjoy it.

# **FAQ**

**How do I book a tour?**

You can go to the contact page to get in touch, or you can call us on 555 1000.

**Prices**

Our tours are most often created with a specific group of people in mind, so our prices vary. Contact us for more information.

**What do I need to bring?**

We encourage hikers to pack sensibly and bring their own appropriate clothing and gear. We are always well-stocked and prepared, just in case you have forgotten something or would rather travel light. Be aware that our package prices do not include extra equipment!

**Insurance**

We offer a special all-inclusive insurance package which covers all aspects of a tour. Contact us for more information about this.

**Accessibility**

We also offer tours for people with disabilities. Contact us for more information.