



Thank you for your interest in Mountain Hiking Holidays. Below is the schedule of adventures for 2010/2011. Photographs, slide shows, and more information about each trip are on-line at www.MountainHikingHolidays.com Please call us at 1-888-743-0723 if you would like a detailed itinerary for any trip. You can reserve a spot now on-line or by phone for any of these trips. We look forward to traveling with you!

Amy + John

Amy and John Osaki, and the Mountain Hiking Team

Europe

Hiking Northern Greece & Mount Olympus, June 6-15, 2011

Hike ancient routes through cool forests, traverse one of Europe's most spectacular gorges, and scale mythic peaks! Visit perched monasteries and sleeping villages in mountainous northern Greece. 10 days, \$3,695.

Mountains of Bulgaria, June 18-26, 2011

A hiking journey through the glorious high country of the Rila, Pirin and Rhodope mountains. 9 days, \$2,995.

The Swiss Alps: Inn to Inn, July 21-27, 2011

An inn to inn adventure along a portion of the famous Alpine Pass Route. Encounter ice-draped peaks, flowery meadows, and quintessentially Alpine villages along the way. 7 days, \$3,695

Hiking the Dolomites of Italy, July 2-11, 2011

Hike among the most visually stunning mountains anywhere. 10 days, \$3,875 (7-day option available at \$3495)

Hiking the Pyrenees, July 2-11, 2011

Hike from France to Spain in mountains wilder than the Alps. Explore the trails of the Pyrénées and Monte Perdido national parks. 10 days, \$3,690. (6-day option available at \$3120)

Transylvanian Alps: Hut to Hut on Romania's Fagaras Traverse, July 15-22, 2011

Complete an exciting multi-day traverse along the main ridge of the Făgăraș Mountains—one of the longest continuous high mountain traverses in Europe. Medieval towns, castles, and monasteries round out your visit. 8 days, \$3,395

Hiking Fjord Norway, July 30 – August 8, 2010 and July 30 – August 7, 2011

Thrilling walks and hikes along the fjords and into the mountains of western Norway. Isolated summer farms, stave churches, lovely villages. 9 days, from \$4,195

Dolomites: Hut to Hut on the Alta Via 1, August 1-6, 2010

A hut-to-hut trek across the Dolomites along the Alta Via 1 from its start at Lago di Braies near Dobbiaco to the Passo Duran near the southern Dolomites town of Agordo. 6 days, \$3,495

Dolomites Hiking (Val Gardena), September 6-12, 2010

Discover one of the world's most spectacular mountain ranges at a more affordable price. 7 days, \$2,685.

Maritime Alps Inn-to-Inn: From the Mountains to the Mediterranean, September 9-17, 2010

Trek across the Alps starting in Italy and finishing at the Mediterranean Sea on the French Riviera. Explore classic, high alpine landscapes, Bronze Age petroglyphs, and the villages and hamlets of the Roya Valley. 9 days, \$3,150.

North America

Pacific Northwest Hiking: Olympic National Park, August 9-13, 2010

Hike the less-frequented trails of a mountain range tucked into Washington's far northwest. Trails lead through alpine meadows with far reaching views of glacier-clad Mt Olympus and a sea of peaks and valleys. 5 days, \$2,995.

Island-Style Hiking on Kaua'i, January 10-14, 2011

Take a short break from the cold days of winter and join us for a sun-drenched Hawaiian hiking getaway! Perhaps the loveliest of all the Hawaiian islands Kaua'i boasts some of Hawaii's most dramatic landscapes and finest hikes. 5 days, Price TBA.

Asia/South America/Pacific

Hiking Getaway Nicaragua, November 14-18-2010

Join us for a short, sunny hiking getaway in Nicaragua, an "up-and-coming" Central American destination. Explore trails on five volcanic peaks. Enjoy overnights in beautiful, Spanish colonial towns.

Hiking Patagonia (Argentina and Chile), February 23 – March 9, 2011

Discover the best mountain hikes in Argentine and Chilean Patagonia! Nahuel Huapi, Los Glaciares and Torres del Paine National Parks are on the itinerary! Iconic peaks pierce wind-scrubbed skies above the Patagonian icecap. Experience these wild lands at the end of the earth! 10 or 15 day options. From \$5,695 (15-days) and \$4,695 (10-days).

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Seller of Travel Registration: Oregon #183; Washington

Hiking in Northern Japan: Hokkaido Trails, September 10-19, 2010

Sample the mountain trails of four national parks—Shikotsu-Toya, Daisetsuzan, Akan, and Shiretoko—on Japan's beautiful and sparsely populated northern island. 10 days, \$4,895.

Hiking China's Great Wall, October 11-19, 2010

From Laolongtuo where the wall plunges into the Bohai Sea to the wilder wall at Dongjiakou to the magnificent stretches of the Simatai and Jinshanling walls this journey is designed with the hiker in mind! 9 days, \$3,895.

Hiking Australia: Snowy Mountains & Victorian Alps, November 12-21, 2010

Hike the trails of the Australian Alps in the national parks of the Great Dividing Range. You'll have an opportunity to hike to the highest point on the Australian continent! Trip extensions to Australia's "red center" and/or the Tasmanian Wilderness World Heritage Area are also available. 10 days, from \$4,295.

Hiking the Japan Alps, July 2011

Enjoy a hut-to-hut adventure in the Japan's Northern Alps. Immerse yourself in an environment filled with rushing forest streams, deep woodlands, windswept mountain ridges and craggy pinnacles!

Hiking in Turkey: The Kaçkar Mountains, September 2011

Hike Turkey's Kaçkar Mountains, the highest portion of the Pontic Alps which stretch along Turkey's Black Sea coast. The Kaçkar Mountains, protected in a national park, are rugged and glaciated with a true alpine character.

More Destinations

Over the years, Mountain Hiking Holidays has developed and operated mountain hiking trips to a variety of destinations either as scheduled departures or custom-designed itineraries for groups. We can design and operate trips to the following destinations as a private departure for your group of friends, family or colleagues. Visit our "Private Trips" and "More Destinations" pages at www.MountainHikingHolidays.com.

- Maritime Alps of France and Italy
- Fjord Norway
- Romania
- Madeira & the Azores
- Peru Trekking: Ausangate & Machu Picchu
- Ireland
- Picos de Europa of Northern Spain
- Hiking in Southern Japan: Kyushu Trails
- Carpathian Mountains: Hungary, Slovakia & Poland
- Nicaragua Volcano Challenge

Walking Softly Adventures: Art, History and Architecture Trips**Japan Art Now! July 21-30, 2010 and June 29 – July 8, 2011**

Discover the art that is being made and exhibited right now in Japan! Experience art inspired by the centuries-old culture of this island nation! Follow in the footsteps of Europeans and Americans who for over a century were drawn to the often exotic and alluring art of Japan. 10 days, \$4,895.

Japan: Temples, Gardens, Castles & Villages, October 26 – November 4, 2010

Behind contemporary Japan's facade of modernity lies an alluring, centuries-old culture that's yours to discover! In Kyoto, experience a treasury of temples and gardens. Visit Himeji-jo (or Hikone Castle), two of the best preserved samurai castles in Japan. Stay in traditional Japanese temple lodgings at Koyasan before exploring Nara, Japan's ancient capital. Enjoy a home-stay in a thatched-roof farmhouse in Shirakawago. Visit Nagoya's impressive Tokugawa Museum, and take a day trip back in time on a walk on the ancient samurai path from Edo (now Tokyo) to Kyoto. 10 days, \$4,895.

San Francisco Art Adventure, December 2-4, 2010

If you can't make it to Paris, come to San Francisco where the masterpieces from the Orsay Museum are on display at the de Young Museum. Works by Van Gogh, Gauguin, Cezanne and Renoir are on a "once-in-a-lifetime" tour. Enjoy three days of exceptional experiences with expert guide, Amy Osaki, focusing on what is new and changing in San Francisco's art world. Visit as many as eight museums, gain new insights into the power of art, and marvel at masterpieces of human creation. 3 days/2 nights. \$895.

Art in Paris, April 2011

Immerse yourself in the art and history of Paris! The Louvre and a wealth of other museums—including the Orsay, Picasso, and Rodin Museums—will be "in your backyard." Day trips from Paris will let you experience Claude Monet's home at Giverny, the palace of Versailles, and the chateau and gardens at Vaux le Vicomte. Sip a café au lait; stroll down a shaded allée; feel the chic of the Champs Elysées! Paris is a city like no other! Prices and dates TBA.

Silk Road Adventure, September 2011

Since ancient times, the Silk Road was the major trading route between East and West serving as a conduit for the exchange of ideas and technologies. Journey along the eastern portions of this ancient trading route beginning in the city of Xi'an, imperial capital of two Chinese dynasties and often referred to as the eastern terminus of the Silk Road. Other highlights include Jiayuguan (the westernmost portion of the Great Wall of China), the imposing sand dunes of the Gobi Desert at Dunhuang, and the impressive Mogao grottoes filled with statues and paintings spanning a thousand years of Buddhist art. The oasis town of Turpan, the Bezeklik grottoes, the stunningly beautiful alpine lake of Tianchi and the fabled bazaars of Kashgar are also on the menu as is a side trip to Lake Karakul from where you'll see the tallest peaks in the Pamirs and Kunlun mountain systems. Itinerary in development. Prices and dates TBA.