



Thank you for your interest in Mountain Hiking Holidays. Below is the schedule of adventures for 2011/2012. 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 Western Ireland, May 19-26, 2012

Journey through the lake and woodland landscape of the Killarney National Park, and sample the trails of the MacGillicuddy's Reeks. On the Dingle Peninsula ramble through heather-covered moors, across windswept ridges, past standing stones and ancient monuments, and along the shores of lakes nestled in glacially-scoured cirques. 8 days, Price \$3,895.

Hiking Northern Greece, June 4-12, 2012

Hikes in the "hidden" region of Zagori in northwestern Greece. Mountain villages, graceful stone bridges, and the meadows of the high Pindos Mountains await you. Also included are hikes at Meteora as well as a hike to the summit of Mount Olympus, home of the gods. 9 days, \$3,695.

Mountains of Bulgaria, June 16-24, 2012

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 19-25, 2012

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, June 30 – July 9, 2012 & September 8-17, 2012

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

Hiking the Pyrenees, September 8-17, 2012

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)

Hiking Fjord Norway, July 28 – August 5, 2012

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

Hiking Around Mont Blanc, August 30 – September 5, 2012

Circumnavigate this iconic alpine peak. This is one of the world's classic trail adventures. On your journey around the mountain you'll revel in views of craggy pinnacles, ice-encrusted summits, picturesque mountain villages and farms, and glaciers descending into broad, verdant alpine valleys. 7 days, Price \$3,895.

Hiking in Slovenia – The Julian Alps, September 21-28, 2012

Hike amidst quintessential Alpine landscapes—soaring peaks, deep forests, lovely mountain villages and flower bedecked meadows in a less-frequented corner of the Alps. 8 days, Price \$3,595.

North America

Hiking the Chisos Mountains of Big Bend National Park, March 18-24, 2012

Celebrate the end of winter with this sun-charged, early spring hiking getaway to the Chisos Mountains of Big Bend National Park, Texas. Spring bloom begins in March, a special moment in the park when cacti and other desert plants display their floral finery. Beautiful trails lead into the cool, mountain landscapes of the high Chisos. 7 days, \$2,885.

Asia/South America/Pacific

Hiking Patagonia (Argentina and Chile), February 22 – March 7, 2012

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. \$5,695 (15-days) and \$4,695 (10-days).

Hiking the Japan Alps, July 15-22, 2012

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! 8 days, \$3,995.

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 "Other Destinations" pages at www.MountainHikingHolidays.com.

- Maritime Alps of France and Italy
- Romania
- Madeira & the Azores
- Picos de Europa of Northern Spain
- Carpathian Mountains: Hungary, Slovakia & Poland
- Great Wall of China
- Olympic National Park

Walking Softly Adventures: Art, History and Architecture Trips

Art in Italy, April 17-24, 2012

Join award-winning art educator Amy Osaki for an exploration of the art treasures of Italy in April 2012. Immerse yourself in the Medieval and Renaissance splendor of Florence and Venice, the gem cities of Tuscany and the Veneto. Explore the renowned hill town of Siena. Experience the art of Donatello, Giotto, Michelangelo, Brunelleschi, Fra Angelico, Titian, Rubens, Raphael, and Piero della Francesca. Savor the great art repositories of the Uffizi, Bargello, Pitti Palace, and the Accademia. And throughout the trip, revel in the joys of being in Italy in the springtime. In addition to an unforgettable immersion into the art of Italy, images of the Ponte Vecchio reflected in the waters of the Arno River and gondolas on the canals of Venice add sparkle to this art adventure. 8 days, \$3,495