

# STRATEGIES



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## T+L's Ultimate Guide to Trekking, Walking, & Hiking

There's no better way to explore a new destination than on your own two feet. Here, our region-by-region plan for your next great adventure.

**PLUS** Quick day trips, emerging regions, and more.  
**By Bree Sposato**

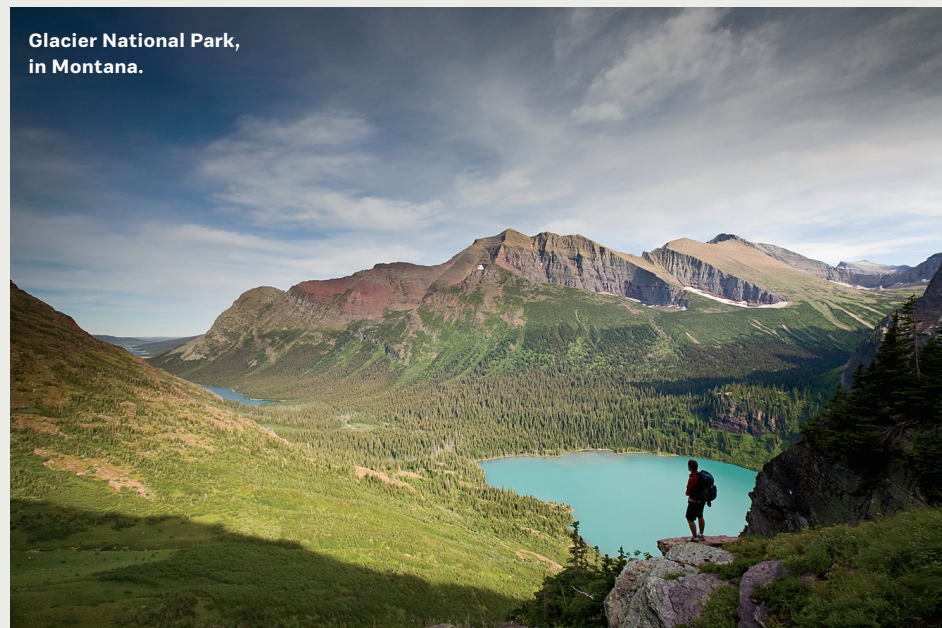
Giant sequoias  
in Yosemite  
National Park's  
Mariposa Grove.

MARC MUENCH/TANDEM STILLTS + MOTION



# North America

For 10 more scenic hikes in the United States, including Georgia, Hawaii, and Oregon, visit [travelandleisure.com/articles/americas-most-beautiful-coastal-walks](http://travelandleisure.com/articles/americas-most-beautiful-coastal-walks).



Glacier National Park, in Montana.

## Iconic Hikes Our top picks for tackling some of the most scenic U.S. landscapes.

### Yosemite National Park CALIFORNIA

On the *Yosemite Walking & Hiking* tour from **Backroads**, stroll beneath an 1,800-year-old giant sequoia in the park's Mariposa Grove and stay in the 123-room Ahwahnee hotel, a National Historic Landmark, before hiking to the roaring Lower Yosemite Falls alongside two naturalist guides. [backroads.com](http://backroads.com); six days from \$2,998. 🧡🧡

### Glacier and Yellowstone National Parks IDAHO, MONTANA, AND WYOMING

**Off the Beaten Path** creates bespoke trips that combine the ragged peaks and pristine lakes of Glacier National Park with the abundant wildlife of Yellowstone. This spring the outfitter is partnering with Airstream 2 Go to provide top-of-the-line trailers as part of custom itineraries in the Rocky Mountains. [offthebeatenpath.com](http://offthebeatenpath.com); nine days from \$2,900. 🧡🧡

### Appalachian Trail MASSACHUSETTS AND NEW HAMPSHIRE

Loop from Boston to New Hampshire's Mount Washington during prime leaf-peeping season with **G Adventures'** new *Autumn Along the Appalachian Trail*. The 27-mile route starts in Franconia State Park and continues to the scenic Arethusa Falls Trail. [gadventures.com](http://gadventures.com); six days from \$1,599. 🧡🧡🧡

## DAY HIKES GET A QUICK DOSE OF THE OUTDOORS.

### NEW YORK

At **Bear Mountain State Park** (below), 50 miles north of Manhattan, you can either walk around a placid lake or ascend to the top (1,300 feet) for views of the Hudson River. [nysparks.com](http://nysparks.com).

### NORTH CAROLINA

A 40-minute drive south of Asheville on the Blue Ridge Parkway, the **Mount Pisgah Trail** is a 1½-mile hike to the 5,721-foot summit. [blueridgeparkway.org](http://blueridgeparkway.org).

### COLORADO

The 3½-mile **Rustler Gulch Trail**, near Crested Butte, culminates in an 11,400-foot-high alpine meadow; creeks and mining ruins round out the experience.

### CALIFORNIA

Thirty minutes by car from L.A., the three-mile **Temescal Canyon Loop**, in the Pacific Palisades, passes a scenic waterfall.

### HAWAII (BIG ISLAND)

The four-mile **Kilauea Iki Trail** starts at the rim of the crater and descends 400 feet into a rain forest and lava lake. [nps.gov](http://nps.gov).

**T+L PICK: TREKKING POLE**

A good walking stick can provide better stability on rough terrain. **Black Diamond Equipment's** carbon-fiber *Ultra Distance* model ([blackdiamondequipment.com](http://blackdiamondequipment.com); \$160) is light and compact.

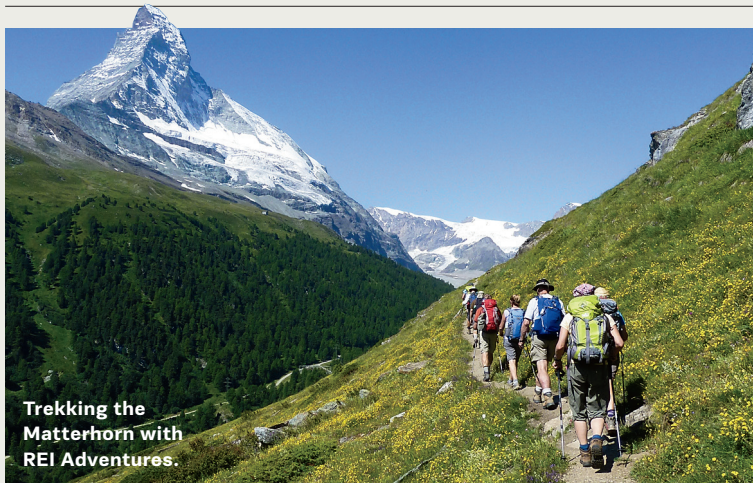
Folds down to 13 inches.



CLOCKWISE FROM TOP: IAN SHIVE/AURORA PHOTOS/CORBIS; ALAN SCHEIN PHOTOGRAPHY/CORBIS; COURTESY OF BLACK DIAMOND (2)

LEVEL OF DIFFICULTY: 🧡 Easy 🧡🧡 Intermediate 🧡🧡🧡 Challenging 🧡🧡🧡🧡 Rigorous

# Europe



Trekking the Matterhorn with REI Adventures.

## Best of the Alps Choose your own adventure in one of these four regions.

### MATTERHORN

#### The Draw

Located in the Pennine Alps, on the border between Italy and Switzerland, the area around this 14,692-foot-high mountain is known for its rich village life.

#### The Trip

**REI Adventures** leads a trek between Grindelwald and Zermatt that will have you hiking up to 11 miles a day and exploring medieval hamlets along the way. [rei.com](http://rei.com); nine days from \$4,775. 🍷🍷🍷🍷

### ENGADINE

#### The Draw

This valley in Switzerland's easternmost corner is known for wildflower meadows, Bronze Age ruins, glaciated peaks, and charming inns.

#### The Trip

An inn-to-inn tour with **Ryder-Walker Alpine Adventures** stops at cozy wood-paneled chalets and 17th-century houses. [ryderwalker.com](http://ryderwalker.com); seven days from \$3,740. 🍷🍷

### DOLOMITES

#### The Draw

Gastronomy rules in northern Italy's Dolomites, a UNESCO World Heritage site with dramatic limestone formations, crumbling castles, and Austrian-influenced cuisine.

#### The Trip

On an itinerary from **Whole Journeys**, the new travel arm of Whole Foods Market, you'll visit a farm where cheese and yogurt are made and hike past ancient shingle-roofed farmhouses. [wholejourneys.com](http://wholejourneys.com); seven days from \$4,595. 🍷🍷

### TYROLEAN ALPS

#### The Draw

Austria's history-filled North Tyrol has centuries-old palaces and pristine lakes.

#### The Trip

The **Wayfarers** offers a walk that stops at the original summer lodge of the Von Trapp family and passes the Imperial Palace of Empress Maria Theresa, the Hapsburgs' only female ruler. [thewayfarers.com](http://thewayfarers.com); seven days from \$3,995. 🍷🍷



## SPECIAL-INTEREST TRIPS



### FOR CULTURE MAVENS: IRELAND

The **Connemara & Galway Bay** trip from **CW** (formerly Country

Walkers) hits classic sites—such as the cliffs of Moher—on less-touristed paths. You'll also participate in a traditional céilidh dance and share a pint at a pub while taking in a seisiún with fiddlers. [cwadventure.com](http://cwadventure.com); seven days from \$4,198. 🍷🍷



### FOR NATURE LOVERS: THE FRENCH PYRENEES

The 142-acre Can Rigall estate, operated

by ecotourism group **Basecamp Explorer**, is modeled after a Catalan farmstead, with 11 rustic-chic rooms providing an ideal base for trekking into the Mount Canigou range. [basecampexplorer.com](http://basecampexplorer.com); doubles from \$340 per night. 🍷🍷



### FOR FOODIES: ALSACE, FRANCE

Bespoke trips from **Trufflepig** follow the Route des Vins between

Strasbourg and Colmar. Take an eight-mile walk through vineyards to sample Klevener de Heiligenstein (a rare Savagnin Rose), or go on a kitchen tour of the Michelin three-starred Auberge de L'Ill, in the town of Illhaeusern. [trufflepig.com](http://trufflepig.com); six days from \$3,000. 🍷



### FOR HISTORY BUFFS: TURKEY

Visit the ancient city of Ephesus and follow the

Silk Road to the cave churches of Cappadocia on **Turquoise Coast & Cappadocia** from **Classic Journeys** before spending four days based on a yacht on the Mediterranean Sea, exploring secluded coves. [classicjourneys.com](http://classicjourneys.com); nine days from \$4,695. 🍷



# South America

→ **TRAVEL ADVISORY** *At press time, the U.S. Embassy in Lima, Peru, was recommending increased security awareness when traveling to the region, including Machu Picchu. For updates and more information, go to [travel.state.gov](http://travel.state.gov).*



## PATAGONIA MADE EASY

It can take up to two days to reach South America's wild southern frontier from North America. If you've got limited time, Chile's northern Patagonia is the easiest way into the region. **Gray & Co.** ([grayandco.ca](http://grayandco.ca); from \$1,200 per person per day; 🏔️🏔️) has customized itineraries: take the two-hour flight from Santiago to Puerto Montt, where the six-villa Cliffs Preserve will be your base for expeditions to spot palm-size monito del monte monkeys and to visit the active Osorno Volcano. Have a few more days? A two-hour drive (plus a 30-minute ferry ride) south is tranquil Chiloe Island, filled with UNESCO-designated churches and untouched nature preserves. Stay at the new **Refugia** ([refugia.cl](http://refugia.cl); \$\$\$\$), left, where all 12 rooms have views of Chiloe's inland sea.

## Machu Picchu The Incas created hundreds of footpaths throughout the Andes. T+L charts three routes to Peru's most iconic site.

### CLASSIC INCA TRAIL

Best for Ancient ruins.

**Mountain Travel Sobek**

([mtsobek.com](http://mtsobek.com); four days from \$3,995;

🏔️🏔️🏔️) tackles the most famous road to Machu Picchu in four days; for a glamping experience, **Austin-Lehman Adventures** ([austinlehman.com](http://austinlehman.com); 10 days from \$3,898; 🏔️🏔️🏔️) offers portable showers and even a massage therapist. Book early with your outfitter: the government issues only 500 trail passes daily.

### APU HUAYLLANAY TRAIL

Best for Peace and quiet.

Trekkers here have the Andean landscape practically to themselves. On a private trip from **Aracari** ([aracari.com](http://aracari.com); eight days from \$1,822; 🏔️🏔️🏔️), you'll camp for three nights with a guide, a cook, and porters, and finish with a hot shower at the company's permanent site near Ollantaytambo before taking the 1½-hour train ride to Machu Picchu.

### SALCANTAY TRAIL

Best for Creature comforts.

Known as the back door into Machu Picchu, Salcantay is also the area's highest path (it reaches 15,200 feet). Mountain Lodges of Peru, a string of stone-and-timber inns along the trail, is the only lodge-to-lodge way to reach the lost city of the Incas: take this route on a trip with **Wildland Adventures** ([wildland.com](http://wildland.com); 11 days from \$3,800; 🏔️🏔️🏔️).



#### TECH TOOL

Looking for the name of that mountain? The GPS-enabled **Peaks** app (iTunes; \$2.99) has a database of more than a half-million summits around the world and automatically generates a tweet identifying the mountains that are closest to you.



# Africa + The Middle East



A wildlife-viewing walk led by Robin Pope Safaris, in South Luangwa National Park, Zambia.

## Africa: Walking Safaris

Step out of the jeep and into the wild.

### Zambia

In the home of the walking safari, veteran Zambian outfitter **Robin Pope Safaris** offers a mobile camping trek through a remote part of South Luangwa National Park. You'll spend days tracking lions or observing buffalo along the Mupamadzi River bank, and evenings at a roving camp with walk-in tents and Mara campfires. [robinpopesafaris.net](http://robinpopesafaris.net); eight days from \$4,388. 🦁

### Tanzania

**Ker & Downey's Tanzania Walking Safari** focuses on elephant- and giraffe-spotting in private concessions adjacent to Tarangire National Park and on Rubondo Island in Lake Victoria; you'll also visit

northwestern Serengeti National Park. A team will escort you to each of the three destinations, where you'll stay at top-notch lodges and tents with en suite bathrooms. [kerdowney.com](http://kerdowney.com); 10 days from \$10,165. 🦁

### Kenya

Excursions on foot are the focus of Dorobo, a camp located on the Masai-owned Naboisho Conservancy and operated by sustainability-minded **Basecamp Explorer**. The site has 10 canvas tents with open-air showers and a well-stocked bush bar. Use the camp as your starting point for daily wildlife walks with naturalist Masai guides. [basecampexplorer.com](http://basecampexplorer.com); from \$340 per person, all-inclusive. 🦁

**CULTURE SPOTLIGHT** *The Meket Community Tourism Walk in Ethiopia* from **Journeys by Design** ([journeysbydesign.com](http://journeysbydesign.com); seven days from \$4,500; 🦁🦁) heads north from Addis Ababa along the Meket escarpment, where you'll encounter remote highland communities and sleep in rustic inns. → *Wild Walk in Palestine* from **Wild Frontiers** ([wildfrontiers.co.uk](http://wildfrontiers.co.uk); nine days from \$2,782; 🦁🦁) visits sites on the biblical path of Abraham between Nablus and Jerusalem. → *A Morocco trip* from **CW** ([cwadventure.com](http://cwadventure.com); 11 days from \$5,298; 🦁🦁) goes from Fez to Marrakesh and into the High Atlas Mountains.



**CONQUERING KILIMANJARO**  
AFRICA'S HIGHEST PEAK (19,340 FEET) IS ATTAINABLE—CHOOSE THE PACE THAT'S RIGHT FOR YOU.

### I JUST WANT TO GET TO THE TOP

#### Machame Trail

The Mount Kilimanjaro climb from **Micato Safaris** takes the Machame trail (the fastest and most straightforward route), ascending 14,000 feet over the course of a week. You need to be in good shape, but afternoon tea and fireside chairs keep things comfortable. Also in your party? A guide, a chef, porters to carry your gear, and waitstaff. [micato.com](http://micato.com); seven days from \$4,750. 🦁🦁🦁

### I'VE GOT TIME, AND LOTS OF IT

#### Lemosho Trail

If you have the vacation days to spare, take the 11-day Lemosho route, which gently ascends to the summit at a relaxed pace, making it easier to acclimate. **Alpine Ascents** pairs this route with a visit to Tanzania's Tarangire National Park and Ngorongoro Crater. [alpineascents.com](http://alpineascents.com); 16 days from \$6,600. 🦁🦁🦁

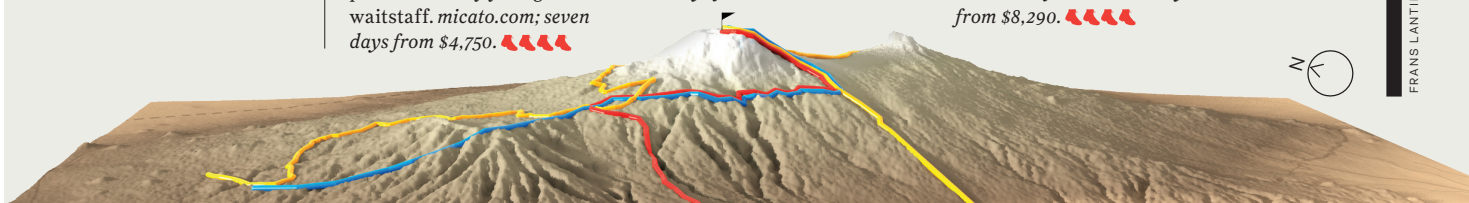
### EXTREME IS MY MIDDLE NAME

#### Grand Traverse

You'll need extra training to conquer the Grand Traverse route, which circumnavigates the mountain. A trek with **Thomson Safaris** begins on the western side and cuts east to the Mawenzi Volcano before making camp inside Kili's crater at 18,802 feet. [thomsonsafaris.com](http://thomsonsafaris.com); 10 days from \$8,290. 🦁🦁🦁🦁

### T+L TIP

→ For advice on how to avoid altitude sickness, visit the Altitude Research Center ([altitude.research.org](http://altitude.research.org)).

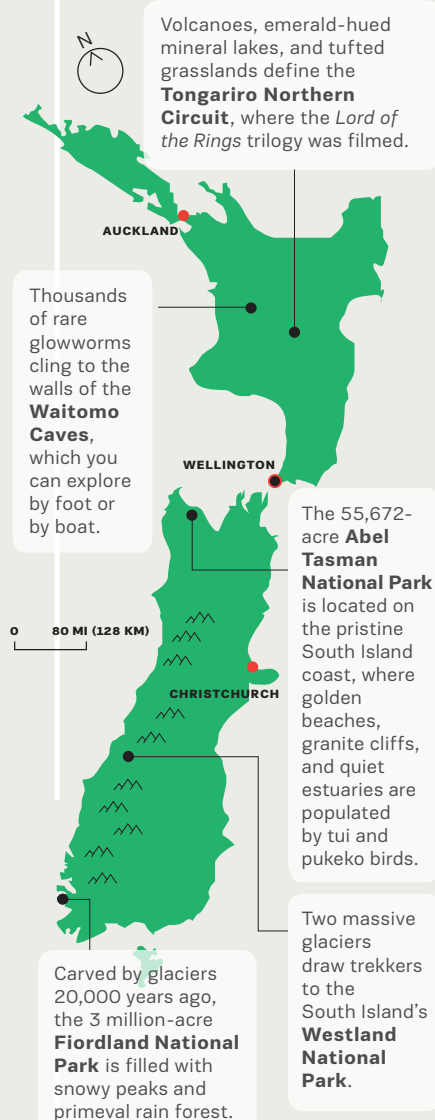




# Asia + The South Pacific

## NEW ZEALAND: TOP TO BOTTOM

Five ideas on how to explore the country's diverse terrain from **Active Adventures New Zealand** ([activeadventures.com](http://activeadventures.com)).



Prayer flags at Namgyal Tseno monastery, in Ladakh, India.

## Himalayas The world's highest mountain range is the spiritual heart of many cultures, all of which offer unique on-the-ground experiences.

**Cultural Immersion: India** A one-hour flight north of New Delhi, the arid Ladakh region is filled with villages and Buddhist monasteries. **Shakti Himalaya** runs six homestays with large, comfortable beds and a private staff; guests use them as a base for visiting nearby communities and sites on foot. [shaktihimalaya.com](http://shaktihimalaya.com); eight days from \$4,290. 🍷🍷

**Physical Challenge: Nepal** Snow-cloaked peaks rise out of deep valleys and narrow gorges in the Nepalese and Tibetan stretches of the Himalayas. **Epic Tomato** runs a trek on Nepal's Annapurna Circuit and along the less-visited Nar Phu Valley, before crossing into Tibet. [epictomato.com](http://epictomato.com); 15 days from \$7,880. 🍷🍷🍷

**Spiritual Retreat: Bhutan** This carefully preserved landscape is steeped in Buddhist culture. The **Merak-Sakteng Trek** from **Asia Transpacific Journeys** goes to the country's east, where you'll pass hillsides filled with wild rhododendrons to reach remote monasteries. [asiatranspacific.com](http://asiatranspacific.com); six days from \$2,700. 🍷🍷🍷

### ETIQUETTE TIPS

- Always walk to the left of monuments and shrines.
- Photography in the main hall of temples and monasteries is often forbidden; ask before you shoot.
- Use both hands to receive food, drink, or a gift.
- It's rude to step over someone's outstretched legs; draw yours up if someone is passing by.



**EMERGING DESTINATIONS** Custom trips to Sri Lanka by **Red Savannah** ([redsavannah.com](http://redsavannah.com); 14 days from \$5,352) might include walks between tea plantations or hikes up the 7,360-foot-high Adams Peak. → Mongolian Vistas from **Nomadic Expeditions** ([nomadicexpeditions.com](http://nomadicexpeditions.com); 15 days from \$5,795) starts in the vast Gorkhi-Terelj National Park and ends in the Gobi desert.