

The Mountain Kingdom Awaits

Take an unforgettable journey that will change your life and the lives of others. Come on a trip to experience Help Lesotho in action. Travel to the beautiful mountain kingdom, and experience an intimate and profoundly moving adventure. You'll meet and relate with Basotho people, you'll experience the vast and compelling landscape, and witness the programming and engagement

Welcome!

March 17-24 2027

Come on an African journey...



**... a journey to remember
... a journey with purpose**



This is your chance to experience rural Lesotho, a rare African travel experience beyond the capital cities. Be moved and inspired as you play and laugh with, and learn from, children, youth and grandmothers. You are invited to step into the daily experience of Help Lesotho programs, and learn first-hand about the challenges of this incredibly beautiful country and the joy and resiliency of its people.

Join us, you are welcome!

Help Lesotho is a registered Canadian charity operating in Lesotho since 2004. Registered charity # 82246 8476 RR0001.



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Sample Activities

We'd love to welcome you and share Help Lesotho's work, spaces and participant communities. Activities will balance truly meaningful experiences with time to relax, have fun, and enjoy the countryside.



Hear from **young mothers** as they share their stories of overcoming hardship and building new life skills. Meet **herd boys** who are finally being given the opportunity to be seen as respected members of their communities. Play with new friends in small villages while helping families improve their homes.



Read English books to children at their schools in remote, mountainous communities. Sing and dance at a **Grandmother Day** with the grannies who are raising children orphaned by HIV/AIDS. Interact with Help Lesotho staff and get an understanding of the important work that happens at our centres.



"The Young Mother Program is so important because it teach me how to handle the family, how to communicate with other people, how to teach other young mothers at home what they should do, and how to start a project with other young mothers so we can make money. My life is so better.

- Ntlokholo



"Help Lesotho changed my life. Before [the Grandmother Support Program] I was very depressed, I had lost so much in my life, Help Lesotho helped me talk about my grief."

- Nkhono Mary

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Overview and Logistics

Dates: March 17 - 24 2027

Number of Guests: up to 12 people

Trip Duration: 7 nights

Location: Based in the small town of Hlotse, 1.5 hours north of the capital city of Maseru, with good services (hospital, grocery store, etc.).

Accommodation: Each couple/individual has their own bedroom in Help Lesotho's Leadership Centre apartments. Each of the two apartments has four bedrooms, a large shared kitchen, bathroom, common area, balcony, running/hot water, electricity and internet.



Food and Water: During your trip you will sample delicious traditional and fresh seasonal fruits and vegetables and local meats. Bottled and boiled water will be provided. Dietary restrictions can be accommodated.

In-Country Travel: All in-country transportation will be arranged by Help Lesotho with known drivers in safe vehicles.

Air Travel: Guests are responsible for making their own travel arrangements to get to Maseru, Lesotho's capital city.

Johannesburg: As you fly in and out of Johannesburg in order to get to Maseru, further travel in South Africa (safari, wine tours, etc.) is easily arranged.

Optional Hiking

Lesotho is a beautiful place to hike. Prior to your visit to Lesotho, let us know if hiking is something you would like to engage in. Hikes range from walks on rocky trails to steeper hillside climbs to get a great view. At times, we are able to combine opportunities for you to get to know our program participants on a shared hike.

For those who are not interested in hiking, there will always be a vehicle to transport you safely to the next destination and meaningful, more stationary, activities to enjoy.



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Overview and Logistics

Our team's goal when hosting guests is to share an authentic, inspiring experience. Whether over a quiet cup of coffee (or Lesotho rooibos tea!) while watching the sunrise or a lively conversation en route to a new experience, the opportunities to learn, share, and process are endless.



**Meet
your
host!**

Kate Lambert, Help Lesotho's Executive Director, will share her unique perspective gained over sixteen years of working with the organization. She is intimately familiar with the design of Help Lesotho's programs and looks forward to sharing the impact that your support has, saying, *"seeing our programs first-hand is unlike anything you can imagine, I hope you will join us!"*

March is an ideal time to visit Lesotho, with fields of beautiful pink cosmos in full bloom and (usually!) warm sunny days!



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Testimonials



Guests to the Mountain Kingdom form deep bonds within the group as well as with the staff and participants they meet.

“I’ve always wanted to go to Africa. When I heard about the Help Lesotho trip, I thought it would be a great opportunity to see the grassroots work Help Lesotho is doing—especially with the grandmothers. I was so impressed by the people I met and the programs I witnessed. Help Lesotho is making such a difference. Everything about the trip surpassed my expectations—I wished it was longer!”

- M. Turnbull



“When youth discuss grief over the loss of parents and family members, when you see poverty and how it affects people, you begin to appreciate the impact HL is having and how it is building for the future.”

- B. Austin

“Seeing is believing. Intellectually we realise the value in helping people in need but having the opportunity and privilege of seeing and meeting the people of Lesotho where they live makes it impossible not to be driven to help in any way possible.”

- J. Sullivan



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Commitment Details

Cost: \$5,500 donation per person or \$10,000 donation for couples sharing a room.

Tax Receipts: Canadian tax receipts will be issued for \$4,800 for individuals and \$8,600 for couples.

Exclusions: Airfare and insurance are NOT included and are the responsibility of individual guests.

Payment Schedule: 50% deposit upon confirmation of participation. Remaining 50% due by departure date. Other payment plans, including monthly donations, can be discussed.

Fundraising: Guests may fundraise to cover the cost of their trip by soliciting friends and family for donations to Help Lesotho. Help Lesotho can support your efforts with a personal webpage for accepting donations, fundraising letters, and access to photos and sharable resources.



“Most importantly, I have learned self-esteem in my time at Help Lesotho. My self-esteem improved so much. It helps me communicate freely. I am very very shy but now I can be brave.”

- Diamond, 18-years-old (on the left)

“After coming to Help Lesotho, now I make good decisions. I can accept myself. Looking back, I would have done things differently in my life, but now I am focused on the future.”

- Felicia, 22-years-old (on the right)

Purpose: **BUILDING LEADERS**

By visiting The Mountain Kingdom on this special trip, you will support Help Lesotho’s work to equip, empower and mobilize children, youth and grandmothers as leaders who are motivated to take action for the benefit of others.

Help Lesotho’s programs assist participants to develop new skills, develop knowledge that empowers healthy decisions, build confidence to lead and mobilize others to affect change in their families and communities. Your donation will support our programs that enable youth to finish high school, learn practical life skills, and become engaged as strong community advocates and influencers for positive social change.

Please join us in this life changing work!

For more information about visiting Lesotho, please contact:

Kate Lambert, Executive Director
kate@helplesotho.org
613-369-5864

Extend your stay in Southern Africa

If you're looking to add another adventure to your trip to Lesotho, consider exploring Africa's beauty with one of our preferred travel agents.

African Leisure



African Leisure Safaris is a small, bespoke safari and African travel company. As a proudly South African company, we love nothing more than sending people on unforgettable holidays in Southern and East Africa as well as the spectacular surrounding islands such as Mauritius, Seychelles and Madagascar.



We love what we do; and our only aim is for our clients to have the best possible experience whilst on holiday in Africa. - Julia Naughton

For more information, visit www.africanleisuresafaris.com or reach out at julia@africanleisuresafaris.com or kate@africanleisuresafaris.com

Jewel of Africa Safaris is a family-owned luxury tour operator based in South Africa, specializing in private, tailor-made safaris and cultural journeys across Southern and Eastern Africa.

They are ready to transform dreams into deeply personal adventures.



As a qualified safari ranger, I lead and design each journey to blend authentic encounters with seamless luxury—because your safari should feel as unique as you are. - Neil de Jonge

For more information, visit www.joasafaris.com or reach out at travel@joasafaris.com



Jewel of Africa

Africa Dynamics



Africa Dynamics offers personalized, sustainable safaris and custom itineraries that go beyond traditional travel experiences. With a commitment to positively impacting the environment, wildlife, and local communities, they ensure Africa's treasures remain preserved for generations to come.



My vision was not just a business venture; it was a chance to share the magic of Africa with others and give back to the place I love. - Sandra Collier

For more information, visit www.africadynamics.com or reach out at info@africadynamics.com

They are ready to support our Lesotho trip guests with bookings and itinerary suggestions!