

Arctic Highlights, Norway

Sail from Spitsbergen to Greenland and south to Iceland, an unforgettable voyage through the Arctic.



Group departures

See overleaf for departure dates

Holiday overview

Style	Polar Cruising
Accommodation	Hotel, Expedition Ship
Grade	Tour
Duration	16 days from London to London
Min/Max group size	1 / 140 (maximum ship capacity). Guaranteed to run for 1
Trip Leader	Local Leader, Arctic
Land only	Joining in Longyearbyen, Norway

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2022 Dates:

Thu 18 Aug - Fri 02 Sep

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

Deposit and payments

A higher deposit is required to secure your booking on this holiday and your final balance is due 120 days before departure. For full details please refer to our terms and conditions on our website

<http://www.mountainkingdoms.com/essential-information> or contact us for a postal copy.

Single cabins - if you are travelling on your own and are willing to share, we will attempt to pair you up with another solo, same sex traveller.

If you would prefer a single cabin a supplement applies, price is available on application.

Cabin categories - there are 5 cabin categories on the M/S Expedition. Our price is based on twin share in a Category 2 cabin. Prices will vary according to departure date and grade of available cabin. Please contact us for details and availability.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Will the trip run?

This trip is guaranteed to run for 1 people and for a maximum of 140 (maximum capacity of the M/S Expedition). In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



On board are expert, English-speaking guides who have an intimate knowledge of the area and an infectious passion for nature. They are very hard-working, attentive and helpful. On your Expedition cruise, shore excursions and on board, lectures will be provided by knowledgeable, expert members of the crew.

The M/S Expedition has one of the highest ratios of expedition team members to guests - with one expert for every 10 guests there is always someone on hand to answer your questions and provide greater insight and appreciation of the world at its extremes. The expedition team is comprised of professional and highly skilled historians, marine biologists, and naturalists who offer keen insight and a unique personal perspective to each and every adventure. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions.

Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The Expedition staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

Your trip highlights

- Spend 14 nights on board the M/S Expedition enjoying international cuisine, well-appointed cabins and excellent facilities including a sauna, gym and library
- Cruise through the magnificent fjords of the Northeast Greenland National Park - the largest and most northerly in the world
- Explore the edges of an ice floe by Zodiac and walk on the tundra searching for birds and wildlife
- Keep an eye out for whales, walrus, dolphins and seabirds
- Learn about the Arctic from lectures and onsite briefings
- Visit a local Greenland community in remote Ittoqqortoormiit
- Stay at a 4* hotel before the cruise with time to explore the mining settlement of Longyearbyen

At a glance itinerary

Day 1	Fly to Longyearbyen.
Day 2	Arrive Longyearbyen. Morning at leisure. Embark on cruise in the afternoon.
Days 3-8	Discover Spitsbergen & the Svalbard peninsula and cruise the Greenland Sea.
Days 9-13	Sail the fjords of Scoresby Sund and the Denmark Strait along the coast of Northeast Greenland.
Days 14-15	Cruise through the Denmark Strait to Reykjavik.
Day 16	Disembark in Reykjavik and fly to London.

Trip summary

Sailing from Spitsbergen to Greenland, follow the ice's edge with an eye peeled to the horizon for wildlife. Navigating south, you'll explore this remote landscape not only by ship but also on foot and via Zodiac. This journey highlights the contrast and change in the Arctic as you move south, finally ending in Iceland, "the Land of Fire and Ice." An Inuit village, unique wildlife, and remote destinations are just some of the highlights on this truly unforgettable voyage down the coast of Greenland through the Arctic.

Having set sail on the M/S Expedition polar cruise ship you will soon appreciate the excellent facilities on board. Cabins are spacious and en suite and all have sea-facing windows. Dining is first rate with a high standard of international cuisine and even the chance for a fresco dining one evening. The highly experienced M/S Expedition crew comprises experts in geology, ornithology and marine biology as well as a resident photographer, and there are regular presentations to make sure you get the most out of your voyage. There's a gym, sauna, medical centre and library on board to keep mind and body active as well as a pub and lounge to relax in.

From the panoramic observation decks you can look out for exotic animals and you'll explore the Arctic landscape by foot and via Zodiacs. From close-up encounters with icebergs and glaciers to the region's plentiful wildlife, this is a voyage of non-stop highlights. It begins with The Svalbard Peninsula where polar bears roam, seals abound and unique reindeer graze alongside colonies of birds in a harsh land only navigable by sea a few months of the year.

En route to Greenland, keep an eye out for majestic whales, which are known to feed here in the summer months. Spot orca, humpback and minke whales, as well as dolphins. Enjoy lectures by expedition staff. Spend a few days exploring the massive fjord system of Northeast Greenland National Park, which includes portions of Scoresby Sund. Visit the tiny Inuit settlement of Ittoqqortoormiit to see how these most northerly people live.

Sail through and land in some of the most spectacular fjord country in the world along the coast of Greenland, while exploring rarely visited glaciers, bays and inlets. This is the largest national park in the world, nearly impossible to reach except on expedition ships. Spectacular geology combined with glacial features create steep mountains rising directly from the sea. Keep a lookout for picturesque scenery, wildlife and other interesting landing sites in this unspoiled wilderness.

Special notes

Why has Mountain Kingdoms chosen the polar cruise ship the M/S Expedition?

There are many different polar cruise ships; some large, some small, some basic and some luxurious. We believe the M/S Expedition is the best choice because:-

- Smaller ships suffer in the Southern Ocean swells. M/S Expedition is fitted with powerful stabilisers to give comfortable cruising
- The larger polar ships are not so flexible. They cannot get so close to the shore and they suffer from being too impersonal. M/S Expedition carries a maximum of 140 passengers, making it a very friendly experience
- The ship was refurbished in 2009 and offers high quality accommodation
- It offers a high staff-to-passenger ratio - 1:10

Facilities, amenities and safety features:

- 360° top observation deck and raised forward observation deck
- All cabins with private en-suite facilities and outside views
- Large fleet of Zodiacs with four stroke engines
- Free expedition parka to use and keep and complimentary wellington boots for the duration of your cruise
- Fine dining - international cuisine in one sitting
- Large aft deck with barbecue facilities
- Gift shop and Polar Bear pub
- Medical clinic and cruise doctor
- Sauna & gym
- Library and computer room with internet where available
- Optional kayaking - all equipment provided (contact the office for details)
- Large drying room for clothes and boots
- Designed to 'Ice Class 1B' specifications for service in sea ice
- Four covered lifeboats provide capacity for all passengers and crew, while six life-rafts boast a capacity of 150 persons. Full immersion cold weather survival suits for all passengers and crew

Flights

All outbound flights to Longyearbyen currently stop at Tromsø to check passports. On arrival in Longyearbyen there is no immigration.

Your route



Your trip itinerary

Day 1: Fly London to Longyearbyen

Fly from London to Longyearbyen and arrive in the early hours.

Overnight: Svalbard Hotell Polfareren, Longyearbyen

Day 2: Arrive Longyearbyen in the early hours. Morning at leisure. Embarkation on M/S Expedition in the afternoon.

You will arrive in Longyearbyen soon after midnight. On arrival you will find a Flybuss shuttle service waiting outside the airport which will transfer you to your hotel. You need your transfer voucher to hand for this service which goes to all Longyearbyen hotels. On arrival at your hotel you will check in and get some rest.

After breakfast you are free to relax around your hotel and explore Longyearbyen at leisure. While not the main event Longyearbyen is an interesting place to spend a day.

The town is the largest settlement on the archipelago of Svalbard with a population of about 2,060 people and about as many snowmobiles. The Governor of Svalbard resides here. Most of the inhabitants are Norwegian, and some are Russian. Located in the Advent Fjord at the entrance of the Advent Valley, this community has an infrastructure fit for a much larger city. Within the islands, there are four inhabited settlements and some scientific stations. Barentsburg, a Russian coal mining settlement, has approximately 850 inhabitants. Sveagruva, the functional Norwegian mine, has around 100 inhabitants, and Ny Ålesund, a scientific settlement, has between 30 and 150 inhabitants, depending on the season. All settlements are found on the west coast, the part of Spitsbergen with the mildest climate due to the warm Gulf Current.



Longyearbyen is located at 78°13'N 15°33'E. Due to its location far north of the polar circle, it is polar night from mid-October to mid-February and polar day from mid-April to mid-August. Longyearbyen has an arctic tundra climate.

All passengers are required to drop their luggage at the meeting point between 09:00-13:00. Conveniently, the meeting point is the Svalbard Hotell Polfareren. All passengers will be transferred to the ship as a group for embarkation at 16:00. You can also walk down to the ship as it is only 10 minutes from the hotel. When you embark you are given a card which is your identification and used to swipe off and on the ship each day to ensure you are not left on shore at any point! It is also used for any purchases with the final bill paid at the end of the cruise.

Overnight: M / S Expedition (Meals: B D)

Day 3: Cruise Spitsbergen / Greenland Sea.

By not having a set itinerary, we take on an expedition spirit and are free to seek out the best that Svalbard has to offer. Each day will be planned to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago and seas relatively calm. Svalbard is one of the few places on the planet that offers such a wealth and diversity of natural and cultural history sites. You will visit ice-covered seas, fjords with breathtaking mountain scenery and glaciers flowing into the surrounding sea.

Overnight: M / S Expedition (Meals: BLD)

Day 4: Cruise Spitsbergen / Greenland Sea.

Over the next four days you will explore a small portion of the western coast of Spitsbergen. Entering the autumn, the days are getting shorter so try to take advantage of all of the sunlight possible to search for wildlife.

You will spend these days in search of the elusive polar bears as they hunt seals. You will also keep a close lookout for Arctic foxes and Svalbard's unique subspecies of reindeer - although much smaller than their southern relatives, they still carry impressive antlers. The Zodiacs will be primed and ready for one or two shore landings per day or to cruise around the ice floes. Ice permitting, spectacular bird cliffs filled with thousands of murres (guillemots), as well as kittiwakes and glaucous gulls. A little auk colony will also be on your agenda.



The plant life here has adapted to survive in this terrain and you will have the opportunity to observe and discuss some of their adaptations to what is considered a harsh environment.

This is also a land of history: from whaling to reaching for the pole, to trapping, coal mining and war, and you will visit some of these historic sites.

Overnight: M / S Expedition (Meals: BLD)

Day 5: Cruise Spitsbergen / Greenland Sea.

You continue sailing through the Greenland Sea and exploring the coast of Spitsbergen.

Along with time for wildlife observation the ship, the M/S Expedition has a range of other resources you can enjoy during your cruise. Below deck, the ship's library has an array of literature to expand your knowledge, whilst a sauna and gym are available for those looking to keep fit and active. The Polar Bear pub is a great place to relax and share the events of each day with your fellow travellers, and you may also enjoy live music in the evenings as well as many presentations throughout the voyage.

Meals are served in the spacious dining room and food is both plentiful and prepared to a very high standard.

Overnight: M / S Expedition (Meals: BLD)

Day 6: Cruise Spitsbergen / Greenland Sea.

As you continue your cruise, there will be time to enjoy the many facilities on board the M/S Expedition Polar cruise ship. The two large observation decks give superb views of the surrounding land and sea and the aft deck even provides an opportunity for an al fresco BBQ if the weather holds good. You can even venture onto the bridge and meet the Captain and crew at any time.

Overnight: M / S Expedition (Meals: BLD)

Day 7: Cruise Greenland Sea / Scoresby Sund

Keep an eye out for whales, which are known to feed here in the summer months. You may spot orca, humpback and minke whales, as well as dolphins.

Frigid waters drain from the Arctic Ocean in a southwest current along the coast of northeast Greenland. Often drifting pack ice is pushed along the coast. Your vessel will attempt to approach and follow the pack ice edge to explore the polar seascape. Along with sea mammals you should also expect sightings of many sea birds such as kittiwakes and fulmars.

Overnight: M / S Expedition (Meals: BLD)

Day 8: Cruise Greenland Sea / Scoresby Sund.

Along with wildlife viewing from the observation decks and Zodiac tours, you can enjoy daily lectures presented by experts from the M/S Expedition team on a range of subjects including wildlife, geology, photography and the history and exploration of the Arctic.

Overnight: M / S Expedition (Meals: BLD)

Day 9: Cruise Scoresby Sund / Denmark Strait.

The ship will sail through and land in some of the most spectacular fjord country in the world, down the coast of Greenland, while exploring rarely visited glaciers, bays and inlets. This is the Northeast Greenland National Park - the largest and most northerly national park in the world. It is nearly impossible to reach except on expedition ships.

Spectacular geology combined with glacial features create steep mountains rising directly from the sea. Look out for picturesque scenery, wildlife and other interesting landing sites in this unspoiled wilderness. Depending on ice, spend these days exploring the massive fjord system of the region, which includes portions of Scoresby Sund. These intricate fjord systems are everything from wide and unimaginable to narrow and steeply spectacular with some of the best mountain scenery in the world. Walking over lush stands of colourful autumn tundra may lead to opportunities to see muskox grazing nearby.



You may visit the tiny settlement of Ittoqqortoormiit for a look at how these most northerly people live. This isolated town in Greenland is far from any other inhabited settlements and is only accessible by expedition ships three months of the year. The town's population of 450 rely on hunting and fishing as they only have one grocery store. Locals enjoy the warmer spring weather and sunshine by taking dog sled or snowmobile trips as well as camping.

Overnight: M / S Expedition (Meals: BLD)

Day 10: Cruise Scoresby Sund / Denmark Strait

The ship will continue sailing along the east coast of Greenland, making frequent stops and exploring the sea and land, by Zodiac and on foot. Each day will undoubtedly bring new and exciting wildlife sightings and endless opportunities for photographing the beautiful ice-clad landscape.

Overnight: M / S Expedition (Meals: BLD)

Day 11: Cruise Scoresby Sund / Denmark Strait.

Your cruise continues south along the eastern coast of Greenland with plenty of opportunity for exploration and observation along the way.

Overnight: M / S Expedition (Meals: BLD)

Day 12: Cruise Scoresby Sund / Denmark Strait.

Continue to sail south along the east coast of Greenland.

Overnight: M / S Expedition (Meals: BLD)

Day 13: Cruise Scoresby Sund / Denmark Strait.

Continue your voyage sailing south along the east coast of Greenland.

Overnight: M / S Expedition (Meals: BLD)

Day 14: Cruise the Denmark Strait to Reykjavik.

Cruising now through the Denmark Strait, the ship is nearing Iceland and the steaming hot springs of Reykjavík.

Although, sadly coming towards the end of your Arctic adventure there is still time for more wildlife spotting. Views from the large observation decks are often complemented by passing whales and soaring birds including fulmars, kittiwakes, gannets, guillemots and razorbills.

Overnight: M / S Expedition (Meals: BLD)

Day 15: Cruise to Reykjavik.

This is your last day on board the M/S Expedition and your last chance to enjoy the great facilities onboard and to take some final photos of the wildlife and scenery.

Overnight: M / S Expedition (Meals: BLD)

Day 16: Disembark M/S Expedition. Fly Reykjavik to London.

Shortly after breakfast you will disembark in Reykjavík, within walking distance from downtown.

Transfers to the airport are available to all passengers who have flights booked on the disembarkation day. Immediately upon disembarkation there will be a transfer to the airport, that includes a stop en route at the Radisson Blu 1919 Hotel. Passengers planning on staying in Reykjavik post trip, may take this transfer, or hire a taxi at the pier for transfer to their accommodations.

For those with flights later in the day, you will be offered a luggage storage area at the pier, until 2pm, (timings to be confirmed on-board), at which time a transfer will be provided to the airport for those passengers with early evening and evening flights. Passengers taking advantage of this opportunity, will be able to explore downtown Reykjavik in the morning, and early afternoon.

All transfer arrangements will be confirmed while onboard prior to departure, to ensure that all needs are met.

If you wish to extend your time in Reykjavik we can book hotel nights and suggest activities to enjoy in this cosmopolitan and lively city.

(Meals: B)

Our grading system

Arctic Highlights is graded as a Tour, as described below.

Tours

Tours may include any of the following activities: sightseeing, visiting local villages, exploring temples, game viewing, birdwatching, husky sledding, mountain flights, city tours and dramatic journeys by road, rail, sea or river. Occasionally there will be short, gentle walks so that you can properly explore the cultural sites you are visiting.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ 14 nights aboard the M/S Expedition in twin-share cabins (all with en suite bathrooms and porthole window). Please note that all cabins consist of twin-size berths and are ocean-facing.
- ✓ Prices based on Category 2 cabins
- ✓ Zodiac excursions and shore visits with our expert Expedition team. Lectures and educational programs
- ✓ Free high performance expedition parka jacket
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ Use of on board sauna, gym and library
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Airport transfers in Longyearbyen
- ✓ 4* hotel accommodation in Longyearbyen before cruise
- ✓ Waterproof boots supplied for men's UK sized 7-13 & women's UK sized 3-7
- ✓ All meals included on board the M/S Expedition. Breakfast in hotel on Day 2
- ✓ One Expedition team member per 10 guests. (the highest ratio amongst Polar ships 1:10)
- ✓ Carbon offsetting with the Ecoan Tree Planting Project for clients taking our flight-inclusive option

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- ✗ Lunch and dinner in Longyearbyen
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

Your accommodation



Svalbard Hotell Polfareren, Longyearbyen

The Svalbard Hotell Polfareren is located in the heart of Longyearbyen with its accommodation spread over several buildings. The hotel has a cool, Nordic vibe with an attractive lobby, terrace and restaurant. Rooms are designed to reflect the Arctic setting and come complete with a full range of amenities. Free Wi-Fi is available throughout.



M / S Expedition

The M/S Expedition provides an intimate small-ship cruising experience. Completely refurbished in 2009, she boasts spacious cabins, each featuring ocean-facing windows or portholes and private en-suite facilities. Large common areas and observation decks provide panoramic views of the distinctive landscapes of some of the world's most remote regions. The Expedition's spacious confines can hold up to 140 passengers. Many expedition cruise operators offer you a choice of space, comfort or expertise; the M/S Expedition delivers all three at a price few can top. There are five general categories of cabin aboard - our per person price is based on sharing in a Category 2 twin cabin (with a porthole window, private en-suite and ample storage for all your kit!), other cabin types are available on request:

Category 1A Quad (4 people sharing); Category 1 Triple (three people sharing); Category 2 Twin (as above); Category 3 Twin (slightly roomier with picture book window); Category 4 Twin (much roomier with larger window and larger en-suite); Category 5 Double (a junior suite with separate living area as well as larger bedroom and bathroom and the only double bed on the ship).

Meal arrangements

All meals included on board the M/S Expedition. Breakfast in hotel on Day 2

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

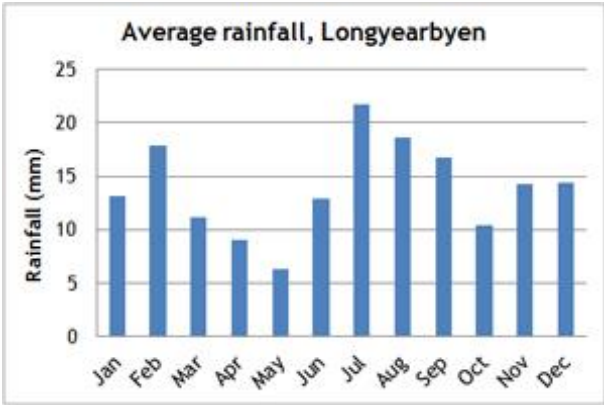
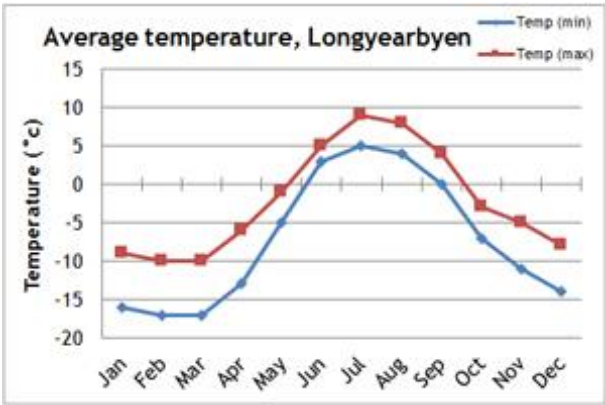
Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



There are many ways you can extend your Arctic holiday with Mountain Kingdoms. You could book hotel accommodation in Reykjavik, arrange a personal sightseeing tour or enjoy some other exciting activities. In fact, whatever's available we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements. We can also assist with flight and hotel upgrades.

Why book this holiday with Mountain Kingdoms?

- We use good quality 4* hotel accommodation before the cruise in Longyearbyen, and include all transfers.
- Your trip is guaranteed to run - Arctic cruises are extremely popular, please book early!
- This superb Arctic cruise includes 14 nights on board the excellent M/S Expedition, among the most comfortable and spacious expedition ships in its class with excellent facilities.
- The M/S Expedition boasts generous cabins, each featuring ocean-view windows or portholes and private en suite bathrooms.
- Zodiac excursions and regular shore landings are included
- There are large common areas and observation decks which provide superior views to enjoy the sweeping panoramas.
- Your expert English-speaking guides have excellent knowledge and experience of the geology, flora and fauna in this unique geographical region.
- An expedition guide to passenger ratio of 1 to 10.
- We offer a flexible service and can extend your holiday in Reykjavik with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.
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If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



A wonderful adventure and experience which far exceeded our already high expectations. The expedition leader, ships captain and all the support staff were excellent, very professional, knowledgeable and caring. An excellent itinerary which had the right balance of activities including zodiac cruises, walks or hikes over the tundra, wildlife watching and informative lectures. Highlights were seeing seven polar bears, numerous walruses, Wales and seals, arctic fox and hare, lots of sea birds and the Aurora Borealis.

- Mr D Tyrrell, Devon



A cruise which heads south enabling you to witness the contrast and change

in the Arctic from Spitsbergen to Greenland and finally Iceland.

Travelling on a warm and comfortable ship, with excellent and plentiful food, you pass through the dramatic scenery with regular trips off the ship both by zodiac and on foot. There are plenty of lectures to fill your day when you are not on deck looking for whales, dolphins and the numerous sea birds. A truly amazing experience.

- Liz Noakes, former Operations Manager, Mountain Kingdoms

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

