

## Hill Country Heights Trek, Sri Lanka

Experience remote hill country trekking, ascend Adam's Peak and discover the natural wonders of Uda Walawe National Park.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Trek
Accommodation	Hotels, Bungalows, Temple, Safari Camp
Grade	Moderate
Duration	14 days from London to London
Trekking / Walking days	On trek: 6 days Walks on: 2 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Sri Lanka
Land only	Joining in Colombo, Sri Lanka
Max altitude	2,243m/7,359ft, Adam's Peak, Day 9

**Private Departures & Tailor Made itineraries available**



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# Departures

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## Group departures

### 2022 Dates:

Sat 29 Jan - Fri 11 Feb

Sat 26 Mar - Fri 08 Apr

Sat 30 Jul - Fri 12 Aug

### 2023 Dates:

Sat 28 Jan - Fri 10 Feb

Sat 25 Mar - Fri 07 Apr

Sat 29 Jul - Fri 11 Aug

## 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.

## 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 4 people and for a maximum of 12. 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

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The trip will be led by an experienced English-speaking local guide, selected on the basis of their experience, levels of spoken English and helpfulness. Like the culture from which they come they are all very welcoming and have a love of showing you their country.

## Your trip highlights

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- A 'proper' trek in the remote hill country of Sri Lanka with virgin forest & verdant countryside
- Stay overnight in a genuine Buddhist temple
- Take in the mountains, cloud forest, and rich biodiversity of Horton Plains National Park
- Climb Adam's Peak
- See the elephants of Uda Walawe National Park

## At a glance itinerary

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Days 1-2	Fly from London to Colombo. Transfer to Ratnapura.
Day 3	Drive to Bandarawela. Afternoon village walk.
Days 4-7	Trek from Bandarawela to Bambarakanda Falls, the highest waterfall in Sri Lanka. Drive back to Bandarawela
Days 8	Trek to temple and overnight there.
Days 9-10	Trek to roadhead and drive to Dickoya. Early morning ascent of Adam's Peak. Return to Dickoya, remainder of day at leisure.
Day 11	Visit Uda Walawe National Park for a game drive and to see the elephants.
Days 12-13	Transfer to the coast. Time at leisure with local walk and boat ride.
Day 14	Transfer to airport for flight home.

## Trip summary

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Sri Lanka is a small island with an astonishing variety of scenery, flora and fauna. This trek offers a chance to explore the atmospheric hill country on foot, utilising local footpaths and trails, and getting thoroughly off the beaten track.

The hill country is a seemingly endless mass of steep-sided hills and valleys, with swirling-mists, virgin forest and manicured verdant tea estates. The trek starts at the old hill station of Bandarawela, and incorporates several days walking on paths and small tracks, with stupendous views. You are highly unlikely to encounter other trekkers in this little visited region as it sits well away from the main tourist honey pots.

After a night spent in a Buddhist temple (or outside in a tent for those who prefer it), you spend two nights in a restored tea bungalow and ascend Adam's Peak. You next visit the plains in the south of the country - a complete contrast to the hill country. Although in the 'dry zone' they are covered in dense, impenetrable jungle - brilliantly described in Leonard Woolf's novel 'A Village in the Jungle'. After visiting Uda Walawe National park to see the herds of wild elephants, you have two days relaxing by the sea.

The accommodation has been chosen for its character: from the charming old colonial Bandarawela Hotel, to the simple and rustic Misty Mountain bungalow, ending with a comfortable beach side hotel, you will enjoy a great variety of accommodation

We are pleased to be working with a superb, experienced guide, based in Bandarawela, who knows the local countryside, flora and fauna extremely well.

Sri Lanka is a fascinating combination of cultures and religions, and the welcome that you receive as a visitor is unfailingly friendly.

## Special notes

### Ascent of Adam's Peak

The opportunity to make an ascent of Adam's Peak applies to November - April departures only.

Should you wish to make the ascent of Adam's Peak on Day 9 please notify us no later than two months prior to your holiday (when the final balance payment is due for your holiday). There is no extra charge for taking this option but we will need to ensure that all transport and guiding arrangements are in hand for you.

# Your trip itinerary

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## Day 1: Fly London to Colombo

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Depart London by overnight flight for Colombo.

**Overnight: In flight**

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## Day 2: Arrive Colombo. Group transfer to Ratnapura - 2-3 hours.

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You will be met at the airport by your vehicle and transferred to your hotel. It is a couple of hours drive towards the bustling town of Ratnapura. Ratnapura means 'City of Gems', and it is to here that Sri Lankans flock to buy small plots of land to mine in the hope that they too will discover precious stones. Set outside the town, the hotel is in a peaceful, rural location and is a great spot to relax after the flight.

**Overnight: Lake Serenity Hotel or Similar, Ratnapur (Meals: D)**

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## Day 3: Drive to Bandarawela - 3 hours. Village walk in the afternoon - 2-3 hours.

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Today you continue your drive through the verdant foothills to Bandarawela, the starting point of the trek. Lunch will be at the atmospheric Bandarawela Hotel, where you will meet your trekking guide before a ten minute drive that takes you to the start of your two/three hour afternoon walk back to the hotel. This is a chance to stretch your legs, and view at first hand a small farming community. Ingenious use is made of every scrap of flat land. You will walk through village fields, rice paddys, and past village houses. Your guide will help identify the local flora and fauna - this area is a haven for birds. In the early evening it is well worth walking around Bandarawela, which is a typical, bustling hill town.



**Overnight: Bandarawela Hotel or Similar (Meals: BLD)**

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## Day 4: Trek to Haputale - 5-6 hours.

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This is the start of your trek, and you will walk gradually uphill to reach a ridge overlooking the town. The walking is on a mixture of small tracks and paths, and before very long you will start to experience the wonderful views across the jagged hills. Lunch will be a picnic before descending to your accommodation for the night.

**Overnight: Melheim Resort or Similar, Haputale (Meals: BLD)**

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## Day 5: Trek to Ohiya - 5 hours.

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The walk today starts through the manicured tea plantations typical of this region. The views are stunning, and after passing through the small town of Haputale, you climb gradually (after passing the colonial mansion of Adisham) to reach a fine ridgetop. Within a short distance you enter original highland pine forest - full of birds and bear monkeys - with signs of wild bear, eucalyptus forest and grassy hillsides. A feature of this part of Sri Lanka is the incredible railway, and the track gradually rises to meet your path. Sri Lankans use the railway track as a path, and you will join them along the next half mile. After a picnic lunch, today's walk is completed through tea plantations with fabulous views south to the plains.

**Overnight: Misty Mountain or Similar, Ohiya (Meals: BLD)**

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**Day 6: Horton Plains circular walk - 5-6 hours.**

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Today you will enjoy a circular walk that encompasses the main views and incredibly rich biodiversity of Horton Plains National Park, an area of mountain moorland and cloud forest.

From the park visitor centre a broad track leads you onto the plains and via locations with such evocative names as 'Chimney Pool' or 'Leg of the Mutton pool' to reach Baker's Falls. Although not especially high at 20m/65ft Baker's Falls is a picture postcard spot, where the rushing waters of the Belihul River plunge into a gorge filled with rhododendrons. You can view the falls first from an observation deck and then after a short climb down, from their base. Your next viewpoint will be the dramatically named World's End, where the plateau drops away in a vertical drop of some 1,000m/3,300ft to the plains below.



The paths around the plains vary from broad tracks to narrow dirt paths, and your leader will doubtless have his favourite route to follow.

**Overnight: Misty Mountain or Similar, Ohiya (Meals: BLD)**

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**Day 7: Trek to Bambarakanda Falls - 4 hours. Drive to Bandarawela.**

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The atmosphere of today's walk is very different, as you descend through spectacular mountain scenery and past several small waterfalls (there will almost certainly be a chance for a natural shower) to reach dramatic Bambarakanda Falls. These falls, with a total drop of 260m/853ft, are the highest in Sri Lanka. After finishing the trek you will drive to Bandarawela.

**Overnight: Bandarawela Hotel or Similar (Meals: BLD)**

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**Day 8: Drive to start of trek. Walk to temple - 4 hours.**

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After an early breakfast at the hotel, you will drive to start today's walk which is through a mixture of natural forest and paddy fields. There will be plenty of opportunity to take photographs and see local people in this more populated area. The walk culminates in a village and the night will be spent in the Bogoda Buddhist temple (although tents can be provided for those who prefer a little more privacy).

**Overnight: Buddhist Temple, Bagota (Meals: BLD)**

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**Day 9: End trek. Drive to Dickoya - 3 hours. Late evening optional ascent of Adam's Peak, 2,243m/7,359ft.**

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After ending your trek you will be met by your vehicle, and driven through the hills to Dickoya.

**Optional ascent of Adam's Peak (departures between November and April only). Please see Special Notes on Page 3**

There will be time to settle in to the hotel and have dinner before setting off to ascend Adam's Peak, 2,243m/7,400ft, to watch the sun rise. Although not quite the island's highest point, Adam's Peak is its most famous and held sacred by Buddhists, Hindus and Muslims alike. Atop the peak, now covered by a shrine, is reported to be the footprint in the rock which, depending upon your faith is believed to be that of Buddha, Adam or Shiva.

The peak is a major pilgrimage site and in the season many hundreds of people climb through the night to watch sunrise from the summit. Setting out from the base of the mountain at Dalhousie at around 2-2.30am, it takes between 2½-4 hours to cover the 7km/4½ miles and 5,200 stone steps, to reach the summit. Along the way you will pass a multitude of refreshment and souvenir stalls and the occasional rest area, all amongst the hubbub of monks, pilgrims and entire families making the climb. Watching the sunrise, and feeling its warming rays as they reach you, is certainly a memorable reward for one of the more unusual mountain walks you are likely to make.

**Overnight: Mandira Bungalow or Similar, Dickoya (Meals: BLD)**

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**Day 10: Return to accommodation. Rest of day at leisure.**

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Having walked back down the mountain you then make the return drive to the hotel. The rest of the day is yours to rest and relax. Dickoya is in the heart of Sri Lanka's tea country, and you can go for a gentle wander amongst the tea, or simply relax at your accommodation.

**Overnight: Mandira Bungalow or Similar, Dickoya (Meals: BLD)**

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**Day 11: Drive to Uda Walawe - 4 hours. Game drive.**

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You will leave the hill country today and make the scenic journey south towards the coast. After descending from the hills you'll arrive at Uda Walawe National Park, where you will have a Jeep Safari through the park. You are now in the dry zone, a lowland area of evergreen forests which in contrast to the ubiquitous rain forest, is one of the few dry forest areas in the whole Indo-Pacific region. Combined with the surrounding areas of thorny scrubland this environment supports a healthy population of elephants and over 70 other species of mammal. You will also have the chance to visit the elephant transit home.



**Overnight: Big Game Camp or Similar, Uda Walawe (Meals: BLD)**

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**Day 12: Drive to Waikkal - 5 hours. Rest of day at leisure.**

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Today you drive to the west coast to Waikkal. Just outside the village, and set between the sea, a lagoon and 2 rivers, lies the unique Ranweli Hotel. The final part of your journey to the hotel will be by passenger ferry.

**Overnight: Ranweli Holiday Village or Similar, Waikkal (Meals: BLD)**

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**Day 13: Local walk and boat ride.**

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Today will be taken at a leisurely pace. As well as time to relax by the pool, or on the beach, you can enjoy a two hour guided walk through the mangrove swamps and on a boat trip around the lagoons. There is plenty to see here; the area is home to 130 species of birds some of which you may be able to spot and nine species of amphibians, not to mention the Water Monitor Lizard.

**Overnight: Ranweli Holiday Village or Similar, Waikkal (Meals: BLD)**

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**Day 14: Group transfer to the airport. Fly to London.**

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After breakfast you will be transferred to the airport for your flight to London. **(Meals: B)**

## Our grading system

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Hill Country Heights Trek is graded as a Moderate trekking holiday, as described below.

### **Moderate**

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

## Trip altitude

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**Important** - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend [www.medex.org.uk](http://www.medex.org.uk) as a good source of information.



## What the price includes

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**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:

- ✓ An English speaking Sri Lankan leader
- ✓ Additional experienced trekking guide
- ✓ All meals included from dinner on Day 2 to breakfast on Day 14
- ✓ All accommodation as specified
- ✓ All transport and transfers by private vehicles
- ✓ Sightseeing where specified
- ✓ Carbon offset with the Ecoan Tree Planting Project for clients taking our flight inclusive option
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ The opportunity to attend one of our pre trip meets in the Cotswolds

### 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:

- × Travel insurance
- × Visa fees
- × 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 [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign)

## Your accommodation

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We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



### Lake Serenity Hotel or Similar, Ratnapur

In a beautiful lake-side setting, Lake Serenity is a mid-range hotel, all rooms en-suite, with a swimming pool.



### Bandarawela Hotel or Similar

The hotel started as a club during the colonial era, and the rooms are small and simple with original iron bedsteads and old fashioned bathrooms. The food is excellent and sitting areas very comfortable. Set in the centre of town with attractive gardens. All rooms en-suite



### Melheim Resort or Similar, Haputale

Very comfortable modern en-suite accommodation, with great mountain views, and a swimming pool.



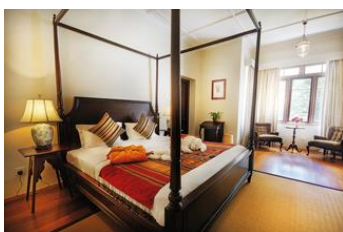
### Misty Mountain or Similar, Ohiya

Very simple shared accommodation with great views



### Buddhist Temple, Bagota

Very simple accommodation. You have the option of sleeping in a communal room in the temple, or outside in a tent if you prefer more privacy.



### Mandira Bungalow or Similar, Dickoya

A very comfortable restored bungalow, with en-suite rooms.



### Big Game Camp or Similar, Uda Walawe

Close to a lake and surrounded by bush on the eastern edge of Uda Walawe NP, Big Game Camp provides ample opportunity for good wildlife viewing. Daily jeep safaris make the most of the animal-rich location. Tented rooms are comfy with private bathrooms that have a hot shower, sink and toilet, plus there's space to sit out while you look for wildlife. Meals are served al fresco with regular BBQs, and there's a nightly campfire for sharing tales from the bush with your fellow travellers.



### **Ranweli Holiday Village or Similar, Waikkal**

Set on a small island and accessible by passenger ferry, this is a unique eco hotel with comfortable en suite bungalow rooms on the beach.

## **Meal arrangements**

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12 Breakfasts, 11 Lunches, 12 Dinners.

## **Flight arrangements**

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### **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**

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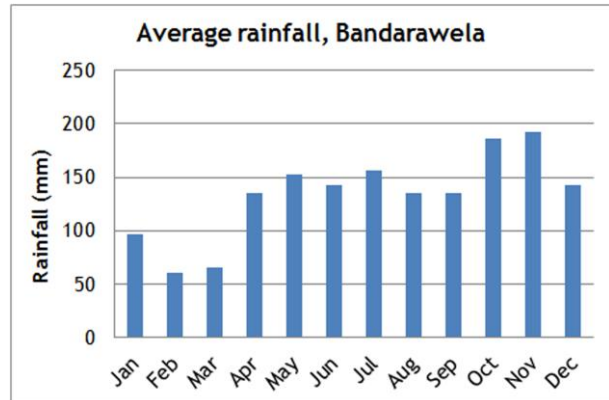
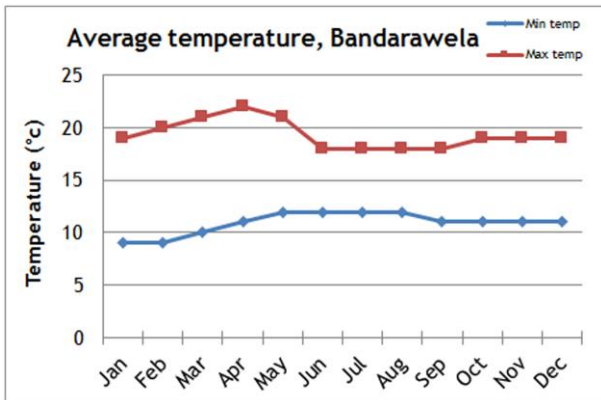
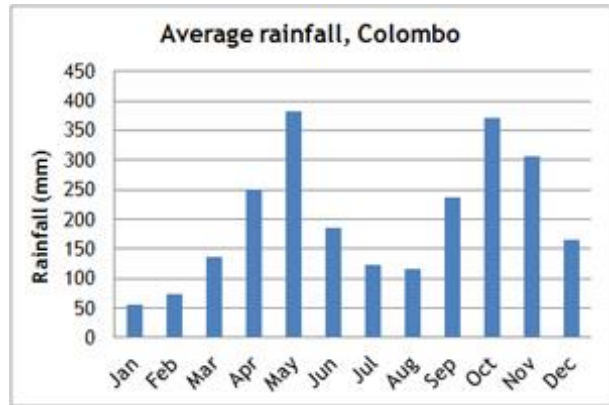
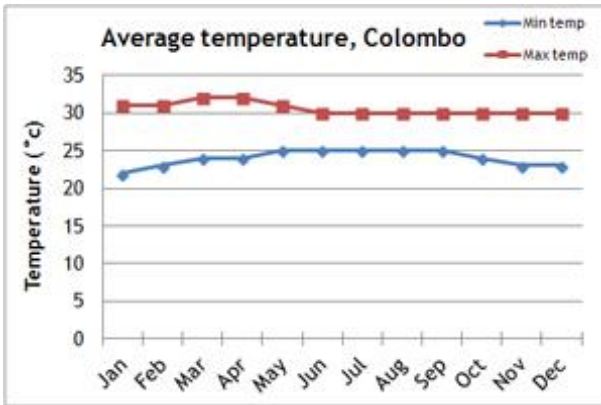
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## **The nature of adventure travel**

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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](http://www.mountainkingdoms.com).



There are many ways you can extend your holiday with Mountain Kingdoms: you could book extra nights at a hotel, relax at a beautiful beach resort, arrange a personal sightseeing tour or enjoy some other exciting activities such as a safari, rafting or birdwatching. 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?

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- This is a well-paced itinerary giving ample time to enjoy the walks and views you experience but also to relax and have time at leisure.
- We have carefully chosen accommodation of character in beautiful locations.
- We use excellent, knowledgeable, English-speaking local guides.
- We have a maximum group size of 12 for this trip which provides for a genuine small group experience and helps reduce the negative aspects often associated with larger groups.
- We have a wealth of experience in the company and several members of the Mountain Kingdoms team have travelled throughout Sri Lanka. If you have any questions about any aspect of this holiday please don't hesitate to give us a call, on 01453 844400.
- We offer a flexible service and can extend your holiday 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.

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](http://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

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*Our feeling is that the ethos of your business is remarkably genuine, and you have attracted like-minded people to help you. Thank you very much! A unique holiday and better than anyone else could offer in Sri Lanka!*

*- Mr G D, Bristol*



*Sri Lanka is such a beautiful and welcoming country, it has such a variety of places to visit from cool tea plantations, stunning beaches, fascinating temples, mountains, a plethora of wildlife and some excellent hotels. And did I mention the food? It is almost worth going there for that alone! Having just returned from the country I cannot recommend it highly enough.*

*-Ms N, Gloucestershire*



*The whole experience was the type of trip we were looking for to gain an insight into rural Sri Lanka away from the tourist areas with a particular emphasis on pristine scenery, fauna and flora and the opportunity to meet local and varied villagers. The accommodation was interesting and exciting, we always selected the local food and were never disappointed by random service stations for lunch to top of the range hotels. Every Sri Lankan we encountered couldn't have been more welcoming. A particular mention should go to Hafeel our young trekking guide whose friendly nature has rewarded him with a wealth of contacts along the way. He was able to give us an insight into the homes of Tamil tea pickers, paddy field workers..... over many cups of tea. His experienced eyes spotted so many birds and other animals and countless interesting plants.*

*- Mrs H, Wiltshire*

# Mountain Kingdoms - distinctly different

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## **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](http://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](http://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.

