

Arctic Highlights, Norway

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



Group departures

See overleaf for departure dates

Holiday overview

Style	Polar Cruising
Accommodation	Expedition Ship
Grade	Tour
Duration	15 days from Longyearbyen to Reykjavik
Min/Max group size	1 / 20. Guaranteed to run for 1
Trip Leader	Local Leader, Arctic
Land only	Joining in Longyearbyen, Norway Departing in Reykjavik, Iceland

Private Departures & Tailor Made itineraries available



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Group Departure Dates and Prices

2026 Dates:

Mon 03 Aug - Mon 17 Aug

Mon 31 Aug - Mon 14 Sep

2027 Dates:

Mon 02 Aug - Tue 17 Aug

Tue 31 Aug - Wed 15 Sep

This is the detailed itinerary for our 2026 departures only. A separate itinerary for 2027 can be downloaded from our website or requested from the Mountain Kingdoms office.

Group prices

Visit the holiday page of our website for up-to-date land only and flight inclusive prices for all group departure dates <https://www.mountainkingdoms.com/holiday/arctic-highlights>. Single supplement options can also be found here.

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, you will be paired up with another solo, same sex traveller, on board the M/S Expedition.

If you would prefer a single cabin a supplement applies. Contact the office for prices.

Cabin categories - there are 70 cabins in 8 cabin categories on the M/S Expedition. Our price is based on twin share in a Lower Deck Twin 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 20. 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, on 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. In addition to support staff there will be at least 14 expedition experts on board - specialising in everything from ornithology to marine biology. 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 route



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
- Look for whales, walrus, dolphins and seabirds from the large observation decks
- Learn about the Arctic from lectures and onsite briefings led by the ship's expert guides and naturalists
- Visit a local Greenland community in remote Ittoqqortoormiit

At a glance itinerary

Day 1	Arrive Longyearbyen. Transfer from airport to luggage drop point. Transfer to embark on cruise in the afternoon.
Days 2-5	Discover Spitsbergen and the Svalbard peninsula and cruise the Greenland Sea.
Days 6-12	Sail the fjords of Scoresby Sund and the Denmark Strait along the coast of Northeast Greenland.
Days 13-14	Cruise through the Denmark Strait to Reykjavik.
Day 15	Disembark in Reykjavik. Tour ends Reykjavik. Single morning transfer to the airport.

Trip summary

Venture into the high Arctic on a remarkable voyage from Spitsbergen to Iceland via Greenland's wild and seldom-visited coast. Your journey begins in Svalbard, a remote archipelago where towering cliffs host bustling bird colonies and polar bears roam the sea ice. From the ship's panoramic decks or during Zodiac excursions, keep watch for seals hauled out on ice floes and the unique Svalbard reindeer grazing along the shoreline.

As you navigate south, the dramatic beauty of the Arctic unfolds day by day. The transition is striking - from a world dominated by sea ice to the deep fjords and rugged peaks of Greenland. Along the ice's edge, summer brings rich feeding grounds for whales, and the chance to spot humpbacks, minke whales or even orcas adds excitement to each mile travelled.

Greenland's eastern coastline offers one impressive highlight after another. Sail into the vast, secluded fjord systems of Northeast Greenland National Park - the largest national park on Earth and a place almost entirely inaccessible except by expedition ship. Landings reveal landscapes shaped by glaciers and time: sheer mountains rising from the water, ancient rock formations, and the crisp silence of true wilderness. In the Inuit community of Ittoqqortoormiit, you'll gain insight into life in one of the most remote settlements anywhere in the world.

Throughout the voyage, the M/S Expedition provides a relaxing and convivial base. Fully refurbished with upgraded engines, refreshed cabins - all with ensuite facilities - and inviting shared spaces, the ship blends comfort with adventure. Enjoy excellent international dining, unwind in the lounge or sauna, and join expert-led presentations in geology, ornithology, marine biology, and photography to deepen your understanding of this extraordinary environment.

From close-up encounters with icebergs and wildlife to the thrill of stepping ashore in places few have set foot, this is an adventure defined by contrast - ice and fire, solitude and discovery, the untamed Arctic giving way to Iceland's volcanic shores. A voyage of constant wonder, it promises memories to last a lifetime.

Special notes

Flights

If booking your own flights, you must arrive by 2:00pm, at the very latest, on embarkation day. We strongly encourage you to arrive the day before you embark. We can book additional night's accommodation in Longyearbyen and also in Reykjavik.

On the last day, if you are flying home that day, your flight must depart no earlier than 2:00pm.

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:-

- The ship was extensively refurbished for 2025 and offers high-quality accommodation and facilities
- 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 128 passengers, making it a very friendly experience
- M/S Expedition offers a high guest-to-expert ratio of 1:10. In addition to support staff there will be at least 14 expedition experts on board - specialising in everything from ornithology to marine biology

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
- First rate dining - international cuisine in one sitting
- Large aft deck with barbecue facilities
- Gift shop and bar
- Medical centre and cruise doctor
- Library, gym and two jacuzzis
- Large drying room for clothes and boots
- Laundry service (charges apply)
- Designed to 'Ice Class 1A' specifications for service in sea ice
- Six life-rafts with a capacity of 150 persons. Full immersion cold weather survival suits for all passengers and crew

Please note that Wi-Fi is available although a data usage charge will apply.

Your trip itinerary

Day 1: Arrive Longyearbyen. Transfer to Svalbard Hotell Polfareren to drop your luggage at the meeting point. Free time in Longyearbyen. Return to the meeting point by 4:00pm for group transfer to the M/S Expedition. Embarkation.

On arrival in Longyearbyen you will be met and either taken into town to drop off your luggage or transferred directly to the cruise terminal (depending on your flight arrival time). The luggage drop is at the Svalbard Hotell Polfareren between 09:00am and 1:00pm. You will then be free to explore Longyearbyen till embarkation at 4:00pm



The town of Longyearbyen is the largest settlement on the archipelago of Svalbard with a population of about 2,060 people and about as many snowmobiles. Longyearbyen is located at 78° 13' N 15° 33' E and has an arctic tundra climate. Due to its location, far north of the polar circle, it experiences polar night from mid-October to mid-February and polar day from mid-April to mid-August. While most of the inhabitants are Norwegian 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. All settlements are found on the west coast, the part of Spitsbergen with the mildest climate due to the warm Gulf Current. Within the islands, there are four inhabited settlements and some scientific stations. Barentsburg, a Russian coal mining settlement, has approximately 850 inhabitants. Sveagruba, the functional Norwegian mine, has around 100 inhabitants, and Ny Ålesund, a scientific settlement, has between 30 and 150 inhabitants, depending on the season.

At 4:00pm there will be a passenger transfer from the meeting point to the M/S Expedition. Make sure you have your passport to hand.

If you are arranging your own flights, please ensure that they arrive by 2:00pm at the latest to ensure being on time for the embarkation.

Overnight: M / S Expedition (Meals: D)

Day 2: Cruise Spitsbergen / Greenland Sea.

Over the next four days you will explore the Northwest Spitsbergen National Park, a small portion of the western coast of the Svalbard Archipelago. The itinerary is not fixed so that each day the cruise can take advantage of local ice and weather conditions seeking out the best that Svalbard has to offer. Distances are relatively short and seas relatively calm, allowing for a thorough exploration of the wealth of natural, historic and cultural sites in the area. 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 3: Cruise Spitsbergen / Greenland Sea.

You will spend much of your time around Spitsbergen 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 we 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. You will visit some of these historic sites.

Overnight: M / S Expedition (Meals: BLD)

Day 4: 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 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 ship's bar 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 5: Cruise Spitsbergen / Greenland Sea

In between land and water excursions, be sure to make use of the large observation decks on the M/S Expedition. They will give superb views of the surrounding land and sea so keep your binoculars to hand.

As autumn is approaching, the days are getting shorter, so you'll need to take advantage of all the sunlight to look for wildlife.

Whilst on deck, you can also venture onto the bridge and meet the Captain and crew at any time.

Overnight: M / S Expedition (Meals: BLD)

Day 6: Cruise Greenland Sea / Scoresby Sund.

As you sail further south, into the Scoresby Sund, keep an eye out for whales, which are known to feed here in the summer months. You may spot Spot orca, humpback and minke whales, as well as dolphins.

Along with sea mammals we should also expect sightings of many sea birds such as kittiwakes and fulmars.

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. The ship will attempt to approach and follow the pack ice edge to explore the polar seascape. .

Overnight: M / S Expedition (Meals: BLD)

Day 7: 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 8: 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 raising 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 9: 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 10: 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 11: Cruise Scoresby Sund / Denmark Strait.

Continue to sail south along the east coast of Greenland.

Overnight: M / S Expedition (Meals: BLD)

Day 12: Cruise Scoresby Sund / Denmark Strait.

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

Overnight: M / S Expedition (Meals: BLD)

Day 13: 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 14: Cruise to 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 15: Disembark M/S Expedition. Morning transfer to airport Fly Reykjavik to London.

Today, after breakfast you will sadly say farewell to the M/S Expedition and disembark in Reykjavík at the cruise terminal. There will be a complimentary transfer to Keflavik Airport at 8:00am for all passengers who have flights booked today. If you are arranging your own flights, please do not book them before 12:00pm today.

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 - prices based on twin-share in a Lower Deck Twin cabin
- ✓ Zodiac excursions and shore visits led by the expert M/S Expedition team
- ✓ All meals included on board the M/S Expedition: 14 x breakfasts, 13 x lunches, 14 x dinners
- ✓ Tea, coffee and water during the cruise
- ✓ Use of on board sauna, gym and library
- ✓ Lectures and educational presentations
- ✓ Free high performance expedition parka jacket
- ✓ Waterproof boots supplied for men's UK sized 7-13 & women's UK sized 3-7
- ✓ Airport transfer in Longyearbyen.
- ✓ Single, timed airport transfer in Reykjavik
- ✓ A free Mountain Kingdoms Water-to-Go bottle
- ✓ 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:

- × Drinks on board other than coffee, tea and water
- × Laundry service charge
- × Meals in Longyearbyen and Reykjavik
- × Tips
- × Wi-Fi data usage charge

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



M / S Expedition

Completely refurbished in 2025, the M/S Expedition boasts spacious cabins, each featuring ocean-facing windows or portholes and private en suite facilities. There are eight general categories of cabin aboard - our per person price is based on sharing in a Lower Deck Twin Cabin with 2 lower berths, a porthole, private en suite bathroom and ample storage. Other cabin types may be available on request:

Triple: Located on main deck with 2 lower and 1 upper berth and a porthole, and en suite bathroom.

Main Deck Twin porthole: Located on main deck with 2 lower berths, one porthole and en suite bathroom.

Main Deck Twin window: Located on main deck with 2 lower berths and 2 windows and en suite bathroom.

Superior: Located on Captain's deck with 2 lower berths, large view window and en suite bathroom.

Deluxe: Located on Captain's deck with 2 lower berths and a large view window and en suite bathroom.

Suite: Located on the Captain's deck includes a double bed (comprised of 2 twin berths), a couch and sitting area and a large view window and en suite bathroom.

Owner's Suite: Located on the bridge deck at the stern. Includes a double bed (comprised of 2 twin berths), large sitting area with couch, panoramic window and en suite bathroom.

Meal arrangements

All meals included on board the M/S Expedition. All meals included on board the M/S Expedition: 14 x breakfasts, 13 x lunches, 14 x dinners

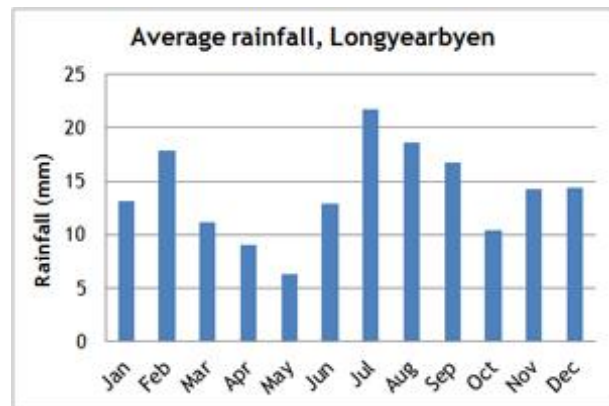
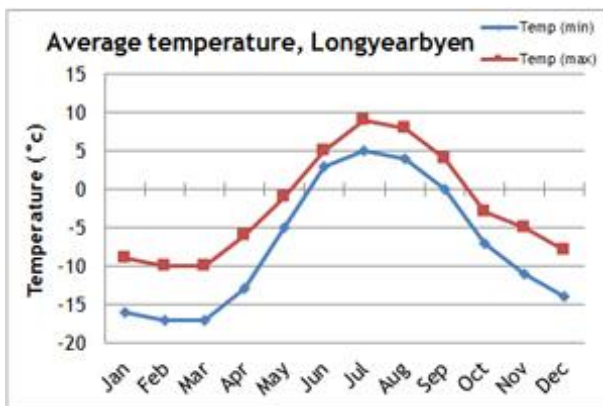
Further information

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.

Please contact
one of our
experts for
extension ideas

There are many ways you can extend your Arctic holiday with Mountain Kingdoms. You could book hotel accommodation in Longyearbyen and 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?

- 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 guest-to-expert ratio of 1 to 10.
- We offer a flexible service and can extend your holiday in Reykjavik or add hotel nights at Longyearbyen before your cruise.
- As part of our responsible tourism commitment, we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- 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 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

For almost four decades, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now have trips to all corners of the globe but are conscious that our holidays can have a detrimental impact on the world around us and want to do all we can to reduce that.

We have focused our main responsible tourism efforts on reducing the carbon emissions produced by our holidays, and counterbalancing 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

Since 2007, we have donated a percentage of our client and staff flight costs to the Ecoan tree planting project in Peru. Ecoan are a trusted local NGO who use the funds directly to purchase seedling trees with the long-term goal of restoring 2.5 million acres of Andean land.

Ecoan maintains over 100 tree nurseries across Peru where their tree saplings are grown and then transported to planting sites during the rainy season. They use native trees such as the Polylepis, as these can survive at high altitudes. As well as sequestering carbon, they help protect against soil erosion, landslides and the effects of extreme weather on local crops. As such, they are enormously beneficial to the economic well-being of the surrounding communities. This is very much a community-led conservation project, with the local Quechuan people coming together to plant tens of thousands of saplings in the Andean highlands where they live. During the annual Queuña Raymi (tree festival), over 150,000 native trees can be planted in a single day!

For every person booking a long-haul, flight inclusive holiday with us, Ecoan can purchase and plant 20 trees in Peru, and for short-haul flights, 7 trees. Typically, we send over \$7,000 per year to Ecoan, which is over 7,000 trees.

Reducing carbon emissions

- ✓ We offer the majority of our clients a free, filtered Water-to-Go bottle to help reduce the need for single-use plastic bottles during their travels.
- ✓ We predominantly use locally-owned hotels and guesthouses rather than multinational chains. In some of our destinations, such as Bhutan, we use homestays. Not only does this type of small-sized, locally-owned accommodation have a much-reduced carbon footprint, but it also helps support communities.
- ✓ We evaluate our flights to make sure we are using the most fuel-efficient airlines with the youngest fleets and, where possible, choose direct flights for each trip.
- ✓ We have stopped offering unnecessary optional flights, such as Everest sightseeing. We try to minimise internal flights where possible.
- ✓ We recycle as much of our office waste as possible and have introduced a client portal to reduce paperwork and to make it easier for clients to manage their trips online.

Wider commitment to responsible and sustainable tourism

- ✓ We are signatories to the Tourism Declares a Climate Emergency initiative to stand alongside other like-minded travel companies to initiate best practices to make tourism as sustainable as possible.
- ✓ We will continue to support several charities with whom we have a long-standing relationship, such as Shiva Charity in Nepal.
- ✓ Over the years, we have given sizeable payments to emergency relief when a disaster has occurred in the countries we operate in. We always try to ensure that these funds go directly to those who need them most to help rebuild their lives.

