

Gentle Walking Armenia *New*

Discover majestic mountain landscapes and enthralling historical sights on this well-paced Armenia walking holiday.



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels
Grade	Gentle / Moderate (see Trip Summary)
Duration	9 days from London to London
Trekking / Walking days	Walks on: 7 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Armenia
Land only	Joining in Yerevan, Armenia
Max altitude	Mount Artanish, 2,461m / 8,121ft, Day 5

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2023 Dates:

Sat 16 Sep - Sun 24 Sep

2024 Dates:

Sat 20 Apr - Sun 28 Apr

Sat 04 May - Sun 12 May

Sat 14 Sep - Sun 22 Sep

This is the detailed itinerary for our September 2023 departure. A separate itinerary for 2024 can be downloaded from our website or requested from the Mountain Kingdoms office

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



For all our holidays in Armenia we used experienced local guides who are fluent in English.

Mary Mirzakhanyan (pictured) is one of the guides who leads our holidays in Armenia. Mary specialises in guiding walking and cultural tours and has over 10 years experience in leading groups, particularly those from the UK and Europe. Mary also worked as a trainer for guides between 2016 and 2020. She is hard-working, passionate about her job, has a good sense of humor, and excellent communication skills - in fact everything you could want in your holiday guide.

Your trip highlights

- Explore the main historical sites including UNESCO World Heritage listed monasteries
- Discover the vibrant capital Yerevan with its museums, markets and modern art
- Enjoy well-paced walks on scenic mountain paths with breathtaking views
- Walk a beautiful section of the Transcaucasian Trail to Goshavank Monastery
- Stay in comfortable, en suite accommodation throughout

At a glance itinerary

Days 1-2	Fly to Yerevan. Sightseeing.
Day 3	Drive to Dilijan with walk on the Transcaucasian Trail to Gosh Lake and Goshavank Monastery.
Day 4	Excursion to Sanahin with a walk to Hagphat via Guyan Fortress.
Day 5	Drive to lake Sevan. Walk on Mount Artanish. Drive to Yeghegis via Noratus.
Day 6	Hike to Smbataberd Fortress and Tsakhats Kar. Return to Yeghegis.
Day 7	Drive to near Noravank and walk to monastery. Drive to Yerevan via Khor Virap.
Days 8-9	Visit Geghard Monastery with walk to Garni Temple.
Day 9	Fly to London.

Trip summary

Armenia is a beautiful, mountainous country with a long and proud history. The numerous medieval monasteries, unique alphabet, stunning wildflowers, soaring mountains and welcoming people are just a few of the reasons to visit. When you add in the delicious food and wine, and the small number of visitors, we think this is a great country to explore on foot.

Set at the cusp of Europe and Asia, you feel as if you are stepping from one continent to the other at every turn. Yerevan, the vibrant capital where your Armenian walking holiday starts has a European feel and a lively café culture. Towering over the city is the snow-capped Mount Ararat, now in Turkey and inaccessible to Armenians, but their principle national symbol from earlier times when Armenia was a large and much more powerful country. When you leave Yerevan and travel into the countryside, the way of life seems unchanged for centuries, with many people living in small, traditional villages growing their own food and owning their own cows, sheep and pigs. The Armenians are unfailingly friendly and delighted to welcome visitors into their villages.

The walks on this itinerary are mainly on good paths, and are a maximum of 12km long. Armenia is a mountainous country, and all the walks will involve some ascent and descent - there is very little flat land! There are no high altitude issues on the holiday, as the maximum you will reach is Mount Artanish at 2,461m.

Special notes

Joining in Yerevan

If you are organising your own flights please check with the office to confirm that the trip is up and running and for the time of the single group transfer to/from Yerevan airport. If you book your own flights, or you book flights with Mountain Kingdoms that arrive at a different time from the main group and therefore require separate transfers, we can quote accordingly. We can also advise on public transport options if required.

Your trip itinerary

Day 1: Fly London to Yerevan

You will be met on arrival at Yerevan airport and transferred to your centrally located hotel in the city.

Overnight: Opera Suite Hotel, Yerevan

Day 2: Walking tour of Yerevan. Afternoon visit to Tsitsernakaberd and Vernissage market.

Today, with your expert guide, you will explore the capital of Armenia on foot, starting with a visit to Mother Armenia, the huge statue that dominates the city and gives a great overview of the area. This is followed by a visit to the Matenadaran museum which houses around 17,000 manuscripts.

The Armenians are rightly proud of the stylish Cascades area that you visit next. The Yerevan Cascade is a giant stairway of 572 steps that links the city centre with the upper parts of Yerevan. It is divided into several levels with a memorial to the 50th anniversary of Soviet Armenia at the top - the views of the city from here are extensive. The Tamanyan Sculpture Park is in the lower part of the Cascade complex and features modern works of art. In the afternoon you will walk to Tsitsernakaberd to visit the genocide memorial and museum before returning to the centre to enjoy a stroll through the famous Vernissage street market set in a classic Yerevan square.



Overnight: Opera Suite Hotel, Yerevan (Meals: B D)

Day 3: Drive via Lake Sevan to Dilijan and Parz Lake. Walk to Goshavank Monastery - 12km, 5 hours, 150m ascent, 400m descent. Drive to Dilijan.

You leave Yerevan today to travel north to the province of Tavush. You will pass Lake Sevan before entering a road tunnel - when you emerge the other side it is into a totally different landscape of soaring limestone peaks and heavily forested hillsides.

Today you walk along a part of the Transcaucasian trail, hiking through beautiful forest to end at Goshavank Monastery. The undulating trail is on good paths and starts at Parz Lake, a popular local recreation area. From here you walk uphill through the cool forest, sometimes passing open areas of haymaking fields before re-entering the forest. You will occasionally pass old khachkars or stone crosses. Towards the end of the walk there are fabulous views of Goshavank Monastery below. Goshavank is one of Armenia's most well-known monasteries and is situated in a very picturesque location. The buildings date back to the 12th or early 13th centuries and are made from black tufa stone, although the colour of the external walls is a pleasing ochre red. A statue of its founder, Mkhitar Gosh, stands (or sits) outside. The monastery complex comprises several chapels and churches, a bell tower, and a ruined school building, all of which are attached to each other.

Having explored Goshavank you will drive on to Dilijan which is your base for the next two days. Dilijan is known locally as 'Armenia's Switzerland' and was a 19th century spa town.

Overnight: Best Western Plus Paradise Hotel or Similar, Dilijan (Meals: BLD)

Day 4: Drive to Sanahin. Walk to Haghat monastery via Gyan Fortress - 11km, 5 hours, 200m ascent, 400m descent.

Today you drive further north for a walk between the 10th century monasteries of Sanahin and Haghat, both UNESCO World Heritage Sites, and arguably Armenia's most important monasteries.

The World Heritage Trail starts at the Sanahin Monastery Complex, dramatically situated overlooking the Debed River Canyon. Take your time exploring the complex's many chapels, the academy building (once a medieval high school), book depositories, refectories, and galleries. From Sanahin, the original trail taken by medieval monks and scholars, will lead you to another one of Armenia's iconic monasteries - Haghat. Between Sanahin and Haghat, a short spur trail going north first leads you to the ruins of the 13th century Kayan Fortress, also

known as Aknaberd, which was originally built as a bastion to protect Haghpat Monastery. From here you continue through hardwood forests to the old university complex of Haghpat. There are dramatic views all around of the rocky gorges, and it is amazing to think of the large complexes being built in such a remote location all those years ago.

Overnight: Best Western Plus Paradise Hotel or Similar, Dilijan (Meals: BLD)

Day 5: Drive to Lake Sevan. Mount Artanish walk - approximately 6km, 3 hours, 580m ascent, 580m descent. Drive via Selim Caravanserai to Yeghegis.

This morning you drive via the shores of picturesque Lake Sevan to the mountain village of Artanish. The small peak of Mount Artanish, 2,641m, is right next to the lake at the point where greater and lesser sections of Lake Sevan meet between the Artanish and Noratus peninsulas. It is a very pleasant, gradual walk to the top along small paths and up grassy meadows. As you ascend you may well see large flocks of sheep and goats grazing. The views from the top are spectacular! Below you stretches the whole of Lake Sevan - one of the largest high altitude lakes in the world at 1,900m - and there are stunning views all round of the Geghama Mountains. You descend on the opposite side and then walk along the lakeside to re-join your vehicle.

The next stop is on the opposite side of the lake where you visit the 'field' of khachkars (carved stone crosses) near the town of Noratus. The site, containing about 900 khachkars all facing west and dating from medieval times, is quite amazing. From here you drive over the Selim pass, 2,410m, on the old Silk Road, stopping to visit Orbelian's caravanserai - built in 1332 and the best preserved in Armenia. You will continue your journey through the mountains to reach Yeghegis.

Overnight: Hotel Lucy Tour, Yeghegis (Meals: BLD)

Day 6: Walk to Smbataberd Fortress and Tsakhats Kar - 13km, 5-6 hours, ascent 550m, descent 450m.

The beautiful Yeghegis valley in the Vayots Dzor province, was once an important political centre, hence the dramatically situated Smbataberd Fortress looming over the valley. The fortress dates from the 5th century and is built on the southern end of a ridge with three of its sides protected by precipitous cliff faces. There is a good path from the farming village of Yeghegis that gradually ascends to the western end of the fort. Inside the fort itself little remains, but the views down three sides are spectacular. From here you descend along the ridge to pick up the path to Tsakhats Kar. Set in a very remote spot, this monastery and church was apparently built as a burial place for those killed by the Persians whilst defending the fortress. Parts have been re-built and there are some interesting carvings still remaining. From here you descend back by an alternative route to Yeghegis.



Overnight: Hotel Lucy Tour, Yeghegis (Meals: BLD)

Day 7: Drive to Noravank. Walk to monastery - 3km, 2 hours, 160m ascent, 180m descent. Drive to Khor Virap and Yerevan.

Today you drive to Amaghu village to start the hike to Noravank Monastery through the Gnishik Canyon. Gnishik is a very scenic canyon which showcases many of the natural highlights of Vayots Dzor province. Its cliffs, caves, forests and rivers are home to hundreds of species of flora and fauna including the indigenous bezoar goats. Your trail winds down into a beautiful, narrow gorge, following a river that leads through vertical, crimson-red rocks until you eventually reach Noravank Monastery. Sometimes called the 'red monastery', after the colour of the surrounding cliffs, it is one of Armenia's most captivating sights. The monastic complex was founded in 1205 although the surrounding walls weren't added until the 18th century. The two churches and chapel of the monastery underwent some renovation work in the late 1990s and early 2000s.

Leaving Noravank you drive to Yerevan via Khor Virap. This is another ancient monastery and pilgrimage site but the spectacular backdrop of snow-draped Mount Ararat, give it extra 'wow' factor.

Overnight: Opera Suite Hotel, Yerevan (Meals: BLD)

Day 8: Drive to Geghard and Gort. Walk to Havustar and Garni - 7km, 5 hours, 160m ascent, 330m descent. Return to Yerevan

Your first stop this morning is at Geghard Monastery, once an important ecclesiastical centre and now a UNESCO World Heritage site. Situated at the head of the Azat Valley the churches and tombs at Geghard are cut into the surrounding rock, whilst towering cliffs add to the sense of drama. It is an extremely well-preserved example of medieval Armenian architecture as well as being exceptionally photogenic.



Continuing your journey you drive to Gort village to start today's walk. The first part of the walk leads gradually uphill to reach Havuts Tar - a ruined monastery situated on top of a peak aside the Azat River. Once a religious centre, Havuts Tar was partially destroyed by an earthquake in 1679. Its evocative, chequerboard-fronted ruins now provide far-reaching views of the Azat Gorge.

Leaving the ruins behind you now descend through the Gorge of Garni where you see some basalt rock formations known as 'the symphony of stones'. These are long, vertical, hexagonal-shaped pillars reminiscent of the pipes of a church organ, hence the name.

Reaching the outskirts of the small town of Garni you arrive at the only remaining Greco-Roman colonnaded building in all of Armenia - Garni Temple. It is thought to have been built in the first century and, although devastated by the 1679 earthquake, it was reconstructed between 1969 and 1975 using the original stonework. It is an impressive and unexpected sight and is one of Armenia's most-visited cultural attractions.

Drive back to your hotel in Yerevan at the end of the day.

Overnight: Opera Suite Hotel, Yerevan (Meals: BLD)

Day 9: Transfer to airport and fly to London.

After breakfast there will be a group transfer Yerevan airport to catch your flight home. **(Meals: B)**

Our grading system

Gentle walking Armenia is graded as a Gentle/Moderate trekking holiday, as described below.

Gentle

Trips within this grade typically mix sightseeing with easy-paced half and/or full day walks. On these trips, walks will be on relatively low altitude trails, for a duration of around 4-6 hours. On all of our Gentle graded trips, some ascent and descent should be anticipated, and there may occasionally be a longer walking day. Holidays within this grade generally use hotels and comfortable lodges although a few do have some nights camping.

These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

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.

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:

- ✓ A local leader
- ✓ Economy class return air fares from the UK (flight inclusive option). If you are travelling land only, check with our office for joining time at the airport
- ✓ Single timed group transfer to/from Yerevan airport at the start and end of the holiday
- ✓ All other transfers as per the itinerary
- ✓ All road transport by private vehicles
- ✓ Good twin share, en suite hotel in Yerevan
- ✓ Hotel accommodation elsewhere on a twin-share basis
- ✓ 8 x Breakfasts, 6 x lunches, and 7 x dinners
- ✓ Sightseeing and activities as specified
- ✓ A free Mountain Kingdoms Water-to-Go bottle

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
- ✗ Locally paid bar bills and laundry
- ✗ Optional activities
- ✗ 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

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.



Opera Suite Hotel, Yerevan

This is an elegant, Italian-styled hotel in central Yerevan. The rooms are spacious suites with furnishings, kitchenettes and city views. The hotel has buffet restaurant for breakfasts and a smart dining room for evening meals. Other facilities include a lobby bar with terrace and a small gym.



Best Western Plus Paradise Hotel or Similar, Dilijan

The Best Western Hotel Paradise is a large, comfortable hotel set in wooded grounds. There is a bar, cafe and restaurant offering Armenian and international dishes. It has a large, outdoor swimming pool as well as a smaller roof-top pool with sun terrace. All rooms are en suite and come well-equipped with fridges, tea/coffee makers and Wi-Fi. Some here rooms come complete with balconies.



Hotel Lucy Tour, Yeghegis

The Lucy Tour enjoys a peaceful and picturesque setting in the Yeghegis valley. The rooms are small and simple yet comfortable and many have their own terrace area with a hammock so you can relax and enjoy the views. There is an in-house restaurant as well as an indoor pool and sauna.

Meal arrangements

All meals except for lunch on Day 2 in Yerevan.

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.

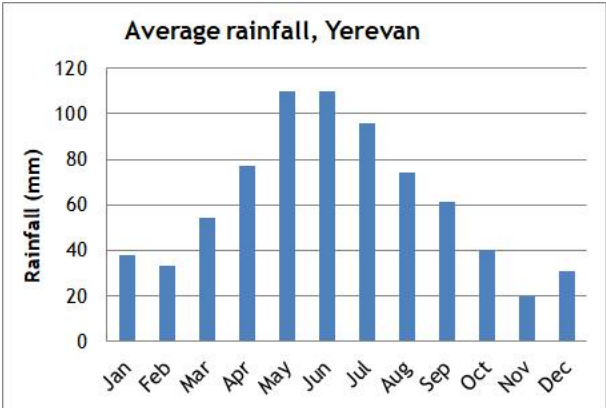
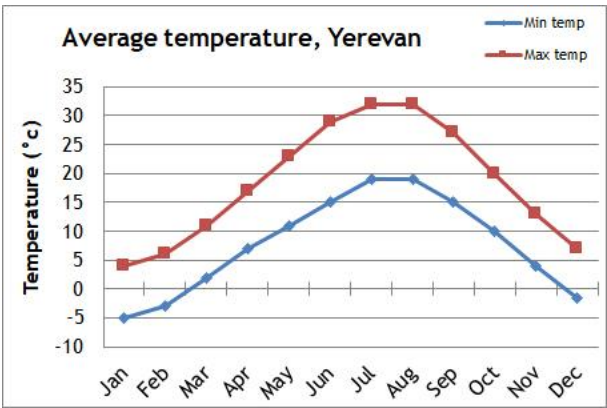
Further information

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 holiday with Mountain Kingdoms: you could book extra hotel nights at the start or end of your trip, 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?

- This itinerary is unique to Mountain Kingdoms.
- There are interesting walks on all days including a small section of the newly established Transcaucasian Trail.
- Your local English-speaking guide will have excellent knowledge of the local history and culture.
- You stay in comfortable accommodation throughout and all meals, except on lunch in Yerevan, are included.
- Group airport transfers and a guided walking tour of Yerevan are included in the price of your holiday.
- We research our new holidays ourselves and staff member, Seraphina Berry, researched this trip in the spring of 2020. If you have any questions about it please contact Seraphina on 01453 844400, she will be very happy to help.
- We 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 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 we say



Armenia was at the top of my wish list of countries to visit, and it did not disappoint when I finally got there. Land-locked and set on the edge of Europe and fought over by large, powerful neighbours on all sides for hundreds of years, Armenia is proud to be independent again. Dotted all over the mountainous terrain are the stunning ruined monasteries and churches that speak of its illustrious history. But it is not all about history - Armenia's geographic location and climate has enabled it to create its own delicious cuisine, and even more importantly wine!
-Seraphina Berry, 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.

