

Realm of the Polar Bear in Depth, Arctic, Norway

Sail around the Svalbard Archipelago, with daily landings and guided exploration, to discover the region's exceptional wildlife and Arctic scenery.



Group departures

See overleaf for departure dates

Holiday overview

Style	Polar Cruising
Accommodation	Hotel, Expedition ship
Grade	Tour
Duration	13 days from London to London
Min/Max group size	1 / 20. Guaranteed to run for 1
Trip Leader	Local Leader, Arctic
Land only	Joining in Longyearbyen, Norway



Private Departures & Tailor Made itineraries available

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Last updated: 25 June 2026

Group Departure Dates and Prices

Group departures

2027 Dates:

Tue 23 Jun - Sat 04 Jul

Thu 09 Jul - Tue 21 Jul

This is the detailed itinerary for our July 2027 departure only. A separate itinerary for our June departure 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. 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 10 nights onboard the M/S Expedition enjoying international cuisine, well-appointed cabins and excellent facilities including a library, gym and sauna
- Enjoy high adventure as you circumnavigate the Svalbard Archipelago in search of polar bears in the wild
- Travel into the remote, northern pack ice of the Arctic ocean with its beautiful landscapes and amazing wildlife
- Make regular shore landings with the expert expedition team for close up wildlife viewing and to visit historic sites
- Stay in a 3* hotel before the cruise, with time to explore the interesting mining settlement of Longyearbyen

At a glance itinerary

Day 1	Fly to Longyearbyen. Transfer to hotel.
Day 2	At leisure in Longyearbyen.
Day 3	Luggage drop and time at leisure. Transfer to the M/S Expedition for late afternoon embarkation.
Days 4-12	Circumnavigate the Svalbard Archipelago. Enjoy wildlife watching, shore visits and Zodiac excursions.
Day 13	Disembark M/S Expedition. Transfer to airport. Fly to London.

Trip summary

Journey to the edge of the world on an unforgettable polar expedition around the Arctic realm of the Svalbard Archipelago. From the moment you arrive in Longyearbyen-the northernmost town on Earth-you'll feel the thrill of venturing into one of the planet's most remote and pristine wildernesses. Aboard the M/S Expedition, your home for this voyage, you'll sail through breathtaking fjords, immense glaciers, and vast stretches of sea ice, where polar bears roam and seals rest on drifting floes under the midnight sun.

The M/S Expedition has been fully refurbished to offer both comfort and adventure. Every cabin features sea-facing windows and private en suite facilities, while inviting common areas including a dining room serving exceptional international cuisine, a cosy pub and lounge, and even a gym, sauna, and library make life on board as enriching as your time on the ice. Expert guides in geology, ornithology, and marine biology, along with a resident photographer, will share their knowledge through engaging talks, films, and hands-on experiences that deepen your understanding of this remarkable environment.

Each day brings new discoveries as you explore by Zodiac boats and on foot, getting close to glaciers, icebergs, and the Arctic's abundant wildlife. Accompanied by expert naturalists, you may see Svalbard's unique reindeer, colonies of seabirds, and hopefully, the majestic polar bear in its natural habitat. Depending on the season, you may encounter dramatic ice formations, witness diverse marine life, and experience the profound stillness of the Arctic wilderness. This is truly a voyage of wonder, discovery, and unforgettable natural splendour.

Special notes

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

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

- 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: Fly London to Longyearbyen.

Fly from London to Longyearbyen. On arrival, look out for our local representative who will direct you to the shuttle bus waiting outside. It's a very short drive from the airport to your hotel in the centre of town.

Tonight will be your first experience of the midnight sun (or a polar day) as the sun doesn't set between mid-April and mid-August in these extreme latitudes. For the duration of your cruise you will have continuous daylight, which does take a little getting used to!

Overnight: Svalbard Hotell - The Vault, Longyearbyen

Day 2: At leisure in Longyearbyen

Longyearbyen is a unique and interesting place to spend some time. It is located on Spitsbergen, the largest island in the Svalbard Archipelago, and enjoys a scenic position on the shores of beautiful Adventfjord. The town is the biggest settlement in Svalbard with a population of about 2,060 people and about as many snowmobiles. It has a rustic charm and character, and you can easily spend a few hours visiting the town's museum, church and North Pole Expedition Museum; there are also shops, bars and cafes to enjoy.

Overnight: Svalbard Hotell - The Vault, Longyearbyen (Meals: B)

Day 3: Luggage drop and time at leisure. Embarkation in the afternoon.

After a leisurely breakfast at the hotel, you should take your luggage to the meeting point/luggage drop which is currently at the Svalbard Hotell - Polfareren, in the centre of town. Luggage must be left here between 9:00-12:00. There will be a cruise representative at the luggage store who can provide information about the town and the embarkation process. Once you have dropped your luggage, you are free to explore Longyearbyen for a few hours.

Once you have dropped your luggage, you are free until 4:00pm when you will need to meet back at the Hotell Polfareren ready to embark. Make sure you have your passport to hand.



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

Day 4: Exploration of Svalbard & The Spitsbergen Archipelago

Svalbard is one of the few places on the planet that offers such a wealth and diversity of natural and cultural history sites. And you will spend the next nine days exploring this remote polar region. During your cruise you will visit ice-covered seas, sculpted fjords with breathtaking mountain scenery and glaciers flowing into the sea around you. You will spend time exploring pack ice edges in search of polar bear and walrus, and you may also see Arctic fox and the region's unique reindeer on your landings.

The cruise itinerary is flexible to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago, and as there are no open ocean crossings, the seas are normally calm. By not having a set itinerary, you take on an expedition spirit and are able to take advantage of the best that Svalbard has to offer. Krossfjord, Konigsfjord, Monaco Glacier, Hinlopen Strait, Northeast Land, Edgeoya, Hornsund and Bellsund are just a few of the places that you may visit on your journey around Svalbard.

Overnight: M / S Expedition (Meals: BLD)

Day 5: Exploration of Svalbard and the Spitsbergen Archipelago.

You will spend time steaming through the ice in search of polar bears hunting seals, and walrus hauled out on ice floes or on sandy beaches. Ivory gulls will be a highlight for the birders. Your Zodiacs will be primed and ready for one or two shore landings per day or to cruise around the ice flows.

Overnight: M / S Expedition (Meals: BLD)

Day 6: Exploration of Svalbard and the Spitsbergen Archipelago.

Ice conditions permitting, you will visit 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. Highlights on your shore stops will be tiny tundra flowers likely to be at the peak of their blooming at this time of year. The plant life here has adapted to survive in this terrain and you will have the opportunity to observe and discuss some of their adaptations to what is considered a harsh environment.

Overnight: M / S Expedition (Meals: BLD)

Day 7: Exploration of Svalbard and the Spitsbergen Archipelago.

At one or more of your stops, you may see Svalbard's unique subspecies of reindeer. They are much smaller than their southern relatives but still carry impressive antlers. You also have the possibility of seeing Arctic foxes. 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. The Expedition team will be on hand to answer any questions about this spectacular wilderness.

Overnight: M / S Expedition (Meals: BLD)

Day 8: Exploration of Svalbard and the Spitsbergen Archipelago.

Further exploration today with opportunities for wildlife viewing and Zodiac rides - weather permitting. You can also enjoy onboard presentations and lectures from the expedition team on anything from local wildlife to the history and exploration of the Arctic, or you could perhaps do a little reading in the library and conduct your own research.



Overnight: M / S Expedition (Meals: BLD)

Day 9: Exploration of Svalbard and the Spitsbergen Archipelago.

More opportunities to spot polar bears, walruses and other marine life while enjoying the magnificent scenery as you sail around Spitsbergen.

Overnight: M / S Expedition (Meals: BLD)

Day 10: Exploration of Svalbard and the Spitsbergen Archipelago.

Your cruise continues exploring around the archipelago, the crew will select the best options for the weather conditions which will include a landing or cruise in the zodiacs if at all possible. As always, be sure to visit the observation deck at regular intervals and keep your eyes open for wildlife!

Overnight: M / S Expedition (Meals: BLD)

Day 11: Exploration of Svalbard and the Spitsbergen Archipelago.

You may cruise in Zodiacs along the ice edge viewing seals or walrus, in fjords with glaciers spilling down to the sea or in front of spectacular seabird cliffs. You will have opportunities to walk on shore, observe and photograph the Arctic flora and fauna.

As you are in the land of the polar bear, your expedition staff will carry rifles and flare guns on shore for your protection.

Overnight: M / S Expedition (Meals: BLD)

Day 12: Sail to Longyearbyen.

As you sail back into Longyearbyen, this is your final day for exploration, and a last chance to see polar bears and the other amazing wildlife of the Arctic. The evening of your last full day of adventure will find the expedition ship anchored off Longyearbyen.

Overnight: M / S Expedition (Meals: BLD)

Day 13: Disembark M/S Expedition. Transfer to Longyearbyen airport. Fly to London.

Today, after breakfast, you will sadly say farewell to the M/S Expedition. General disembarkation is at 08:00 but for those with earlier flights, there will be an early morning disembarkation and transfer to the airport.

For passengers disembarking at the regular time of 08:00, shuttle transfers will be available to the airport to coincide with flight departures. Timings and luggage arrangements will be confirmed and communicated on board before departure. **(Meals: B)**

Our grading system

Realm of the Polar Bear in Depth 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:

- ✓ 10 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. 12 x breakfasts, 9 x lunches, 10 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
- ✓ Hotel in Svalbard on a twin-share, bed and breakfast basis
- ✓ Airport transfers
- ✓ A free Mountain Kingdoms gilet
- ✓ 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:

- ✗ Travel insurance
- ✗ Lunches in Longyearbyen
- ✗ Tips

Your accommodation



Svalbard Hotell - The Vault, Longyearbyen

With a name inspired by the Svalbard Global Seed Vault, which stores seeds from around the world, the Vault is one of the newest hotels in Svalbard. It has 35 comfortable, modern rooms with tea and coffee-making facilities and free Wi-Fi. A good buffet breakfast is served daily, and there is also a bar and terrace at the Vault. Dining options can be found within just a few minutes' walk, along with shops and the town's interesting museum.



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. Breakfast included at the hotel on Days 2 & 3.

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.

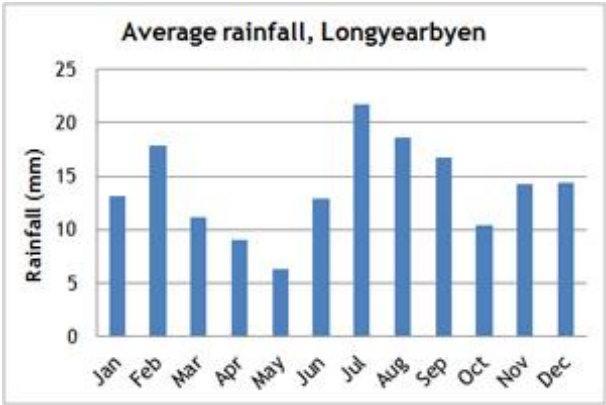
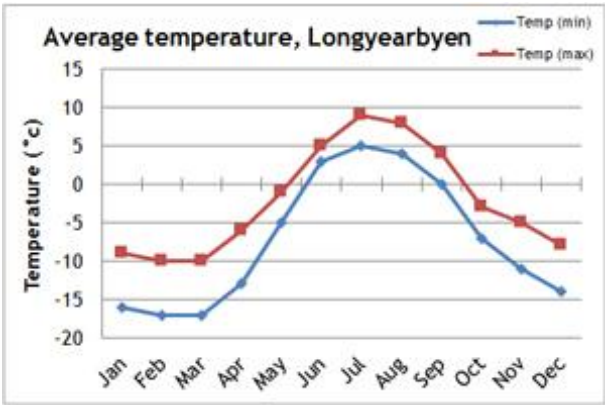
Further information

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



Why book this holiday with Mountain Kingdoms?

- We use good quality 3* hotel accommodation before the cruise in Longyearbyen and include all transfers.
- Your trip is guaranteed to run - Arctic cruises are extremely popular, please book early!
- This superb Arctic cruise includes 10 nights on board the excellent M/S Expedition with generous cabins featuring ocean-view windows or portholes and private, en suite bathrooms.
- There are large common areas and observation decks which provide superior views to enjoy the sweeping panoramas. The M/S Expedition also has a library, bar, gym and sauna.
- Zodiac excursions and regular shore landings are included
- Your expert English-speaking guides have excellent knowledge and experience of the geology, flora and fauna in this unique geographical region.
- An expedition guide to passenger ratio of 1 to 10.
- 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



Trust in MK to get everything right. More than met our expectations, brilliant sights, exploring and information. And service on board was much more than we expected and up to posh cruise standard.
- Mrs A C, York

Most enjoyable.
- Mr A W, North somerset

A superb adventure to explore Svalbard via expedition ship, zodiacs, landings and talks. The service, care, and expertise, provided by the guide team and crew was outstanding and ensured we had amazing experiences every day.

Mr & Mrs C, York



An amazing and varied itinerary. Each day is so different showcasing all the the Arctic has to offer. A must for anyone interested in wildlife, Polar exploration, geology or just looking to experience an extraordinary environment.

- 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.

