

## Genghis Khan Trails & Nadaam Festival, Mongolia

Explore the Mongolian steppe, stay in ger camps and encounter its nomadic people.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Walking
Accommodation	Hotels, Ger Camps
Grade	Gentle
Duration	11 days from London to London
Trekking / Walking days	Walks on: 3 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Mongolia
Land only	Joining in Ulaanbaatar, Mongolia
Max altitude	Approximately 2,000m/6,000ft

**Private Departures & Tailor Made itineraries available**



tel: +44 (0)1453 844400 fax: +44 (0)1453 844422 info@mountainkingdoms.com www.mountainkingdoms.com

Mountain Kingdoms Ltd, 20 Long Street, Wotton-under-Edge, Gloucestershire GL12 7BT UK  
Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

# Departures

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## Group departures

### 2021 Dates:

Mon 05 Jul - Thu 15 Jul

### 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.

### 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.

### 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, who will have first-hand experience of the destination/s you want to visit. 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 trip highlights

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- Enjoy easy day walks across the steppe to important historical sights
- Visit the celebrated Nadaam Festival
- Try your hand at horse riding and camel riding
- Relax and go for a dip in the hot springs at Tsenkher and at Ugii Lake
- Witness the legendary Mongolian hospitality by visiting a nomadic ger camp
- Stay in cosy ger camps whilst travelling around the Mongolian wilderness
- See the key sights in central Mongolia including Erdene Zuu Monastery with its distinctive walled enclosure with 108 stupas

## At a glance itinerary

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Days 1-2	Fly London to Ulaanbaatar
Days 3-4	Drive across steppe to Khongo Khan. Gentle hike to Khogno Khan Mountain
Day 5	Hike to "Little Gobi". Camel ride in sand dunes
Day 6	Attend the Naadam Festival at Tsetserleg
Day 7	Visit the hot springs at Tsenkher Jiguur and bathe in rock pools. Meet a nomadic family and have a cup of tea
Day 8	Drive to Kharkhorin. Visit Erdene Zuu, early centre of Buddhism in Mongolia. Horse ride and/or walk to examine Mosaic Maps of the Asian Empire
Day 9	Drive to Khustain Nuruu National Park, passing Ugii Nuur Lake. Evening walk in valley
Day 10	Return to Ulaanbaatar. Afternoon City Tour with visit to Gandantechinlen Monastery. Evening Concert of music and dance
Day 11	Fly to UK

## Trip summary

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Outer Mongolia, a vast country more than six times the size of Great Britain, is one of the most sparsely populated places on earth. In fact the country is 604,000 square miles and is bigger than France, Germany, Spain, Great Britain and Belgium added together, yet its population is a little over two million compared with 220 million! Historically the people have lived a nomadic existence and even now nearly half of the population live in traditional round white tents or 'gers', many still moving frequently with their animal herds throughout the year. The country has regions of steppe, desert, mountain and forest, each of which provides its own unspoiled habitat for unique species of plants and animals. The summer months of July and August are the best times to visit as the weather is at its best (though still unpredictable), wild flowers are at their best and everyone is in holiday mood.

This highly varied itinerary provides a perfect mix of gentle walks with sightseeing in central Mongolia and the opportunity to visit some of the most important places of the great Mongol empire as well as the celebrated Nadaam Festival. Genghis Khan, who ruled with his sons and grandsons during the 13th and 14th centuries, established his capital at Kharkhorin ('Karakorum') in central Mongolia, although his grandson, Kublai Khan, moved the capital to Beijing a few decades later. At that time the empire stretched from Korea to Hungary, the largest empire the world has ever known.

Arriving in Ulaanbaatar (Ulan Bator) you stop only briefly in the capital before heading out to the countryside to experience the real glory of this vast country. For eight days you travel through steppe (grassland), desert and mountain regions, visiting local nomadic families and seeing wonders of both natural and man-made origin. You hike in the central Mongolian region on the edge of the Khangai Mountains, the second highest range in the country, take a dip in the hot stone bath at Tsenkher Jiguur springs and stroll around Erdene Zuu Monastery in Kharkhorin. Throughout, you will stay either in good quality hotels or in comfortable ger camps comprising gers with proper beds, a dining ger serving good food, and showers.

One of the highlights of this trip is the day you attend the National Day celebrations - the Nadaam Festival. This wonderfully flamboyant occasion is a great summer celebration of sporting events and is an important opportunity for the nomadic people of the region to get together. Here you will watch a fabulous macho display of horse-racing, wrestling and archery. A truly memorable spectacle which completes this excellent introduction to the fascinating land of the Mongols.

## Your guide

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We use English speaking local leaders - they are certified/registered guides, and in their company you will certainly gain an insight into the way of life, traditions and culture of Mongolia.

# Your trip itinerary

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## Day 1: Fly London to Ulaanbaatar.

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Fly overnight from London to Ulaanbaatar.

**Overnight: In flight**

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## Day 2: Arrive Ulaanbaatar (Ulan Bator).

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On arrival at Ulaanbaatar there will be a group transfer to your hotel in the city centre. The rest of the day is free to relax and recuperate after your flight.

**Overnight: Bayangol Hotel, Ulaanbaatar**

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## Day 3: Drive to Khogno Khan Mountain, 1,967m/6,453ft - 290km, 5-6 hours.

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You drive out of Ulaanbaatar and then across the open steppe and rolling hills of Tuv Province. There are very few permanent buildings and apart from the small village of Lun, most of the population in the area live a nomadic existence. You arrive at a ger camp by a lake approximately 8 km from Khogno Khan Mountain. As with most ger camps, this one has several sleeping gers, a dining ger and a separate shower/toilet block. The sleeping gers are furnished in traditional style, have 2 or 3 single beds around the sides, a table, a couple of chairs, and a multi-fuel burning stove in the centre. You can make a request to have your stove lit after dinner so you have a nice, cosy ger to sleep in. Sheets, blankets and pillow cases are provided. You will have plenty of time in the afternoon to explore your immediate surroundings. You could swim in the adjacent lake, take a camel or horse ride, or simply relax and enjoy your peaceful surroundings.



**Overnight: Ger Camp (Meals: BLD)**

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## Day 4: Walk to Khogno Tarniin Ovgon Khiid Monastery - 12km, 2-3 hours.

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It is a gentle, predominantly flat walk towards Khogno Khan Mountain which is a massive granite rock that has been sculpted by the weather to form dramatic boulders, arches, caves and peaks. There are some trees, plants and wild flowers growing amongst the rocks and wildlife includes wolves, ibex and many birds of prey. Here you can see the ruins of Ovgon Khiid which was built in 1660 and destroyed by the communists in the 1940s. Tragically the monks were massacred. Two new monasteries and meditation places were built in the early 1990s after the Soviet withdrawal from Mongolia. You can have a look around the new monasteries where it is expected that you will be happy to leave a small donation plus approximately T2000 will be asked for if you are taking photos inside the monastery. A small shop nearby sells attractive paintings of Mongolian landscapes, amongst other things, and some of the proceeds go towards the upkeep of the monastery.

For the energetic there is a walk a further 2km up the valley which takes you to another ruined monastery. The return hike will take you approximately 1½ hours. After a picnic lunch you will walk for 3-4km to your ger for the night, situated at the foot of Khogno Khan Mountain and sheltered from the wind. The dining area is in a large ger with attractive wall-hangings of traditional Mongolian scenes.

**Overnight: Ger Camp (Meals: BLD)**

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## Day 5: Hike to Little Gobi - 13km, 4 hours.

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Today you will drive the short distance back to your original ger camp and start your walk from there. You begin hiking beside the lake where you are likely to see swans and possibly eagles. You are walking along an open plain to Elsen Tasarkhai, "Little Gobi", where an 80km long belt of desert zone cuts across the central steppe. The scenery is of big golden sand dunes and desert vegetation. You will see several ger camps en route although it is wise to make detours to avoid them as all have guard dogs to protect their animals. As well as the summer camps, you will also see some abandoned winter camps which will be reclaimed by the nomadic herders when summer finishes.

You will have lunch at the Bayangobi ger camp which is where you will spend the night. There are plenty of options for your afternoon's activity.

You can take a horse ride, a camel ride, a hike to the river or around the sand dunes, or simply relax and enjoy the serene atmosphere at Bayangobi. For the really energetic, there is a rocky ridge just beyond the river and this makes a pleasant two hour hike. If you don't fancy going all the way to the summit, just ascend to the nearest knoll and admire the impressive situation of your ger camp.

The dining area at the ger camp is housed in a large ger decorated with Buddhist festival masks. There are a couple of resident, colourful birds which make frequent appearances in the dining ger. The food is good here and you are likely to be served four courses comprising salad, soup, a meat-based main dish with rice or potatoes (or vegetarian option if you don't eat meat), and a small dessert. Water and tea are also provided. There will usually be water and electricity in your sleeping ger. The toilet/shower block is nearby. The people at the Bayangobi ger are very friendly and some speak good English.

**Overnight: Ger Camp (Meals: BLD)**

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### **Day 6: Attend the Nadaam Festival.**

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Today you start early in the morning to drive to Tsetserleg town to see the Nadaam Festival. As much a sporting competition as a festival. Celebrating Mongolia's nomadic culture and athletic traditions there are competitions in the three 'manly' sports of wrestling, archery and horse riding with displays of strength, speed and agility.

The Festival is a colourful, exciting and fun event, and is hugely popular amongst the locals, who mostly attend on horseback both to watch and compete. Initially you will see the opening ceremony and then the fun starts with wrestling and archery. Later on you will see the long distance horse racing.



It will doubtless rank as the highlight of your trip, so make sure you have fully charged camera batteries.

**Overnight: Ger Camp (Meals: BLD)**

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### **Day 7: Drive to Tsenkher Hot Springs. Visit nomadic family.**

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Today you drive the short way to Tsenkher Jiguur where boiling hot mineral water bubbles out of the ground and has been channelled into rock pools at the nearby ger camp. Enjoy a dip in the hot tub, relax and enjoy the view of the surrounding hills.

In the afternoon, there will be time to visit a nomadic family and see how they live this ancient and fascinating lifestyle. Try their summer diet of a variety of milk products (fermented mare's milk, tea, clotted cream, yoghurt, cheese, curds, etc.) and perhaps have a ride on their yak and cart. In the evening you can relax again in the outdoor hot bath at the ger camp.

**Overnight: Ger Camp (Meals: BLD)**

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### **Day 8: Visit Kharkhorin and Erdene Zuu Monastery.**

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Another early start today as you drive to Kharkhorin (Karakorum), the place where Genghis Khan established the capital of the Mongol Empire. You are likely to see cranes, hawks and eagles soaring ahead as you cross from sandy desert-like terrain to vast grassy steppe. A number of earlier central Asian empires were centred within 50km of here and on the hill beside the ger camp, there is a new monument, a map of the largest three empires, created from mosaic tiles.

In the afternoon you visit Erdene Zuu Monastery, the presence of which dominates the town with its distinctive walled enclosure comprising 108 stupas.

Erdene Zuu was the original centre of Buddhism in Mongolia. It was founded in the sixteenth century on the site where Genghis Khan had his capital nearly 400 years earlier. The monastery is surrounded by a massive wall composed of 108 white stupas. Many of the temples within were destroyed during the Communist era, but the

monastery is again active and one can spend several hours wandering around the temples and appreciating the atmosphere.

There is a lovely walk along the Orkhon valley and around the surrounding hills, or you can drive up the hill to examine the mosaic maps of the Asian Empires. No doubt your guide will also take you to see the stone turtle (representing eternity) which was one of four protecting the ancient capital's boundaries. There are many possibilities, so it is advisable to speak to your guide about the best options for the time available. If you would prefer a ride on horseback across the steppe, your guide can arrange this.

**Overnight: Ger Camp (Meals: BLD)**

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**Day 9: Drive to Khustain Nuruu National Park - 120km, 4-5 hours. Evening walk.**

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Today you will drive to Khustain Nuruu National Park with a stop by Ugji Nur Lake on the way. The lake is famous for its diversity of birdlife.

Khustain Nuruu National Park is a 50,620-hectare reserve formed to protect the steppe environment and Mongolia's wild horse, the takhi. While nomads have used the park as a pasture reserve for their stock, the park has never had a permanent settlement or been used for agriculture. This limited use has allowed the preservation of one of the world's most threatened ecosystems. The National Park is a fine example of the wide river valleys separated by hilly terrain that characterize forest steppe and there are dozens of wild animals such as wolves, deer, and Przewalski horse, which was reintroduced in 1990.



You will take a walk through this protected area and with luck be able to view some of the wildlife.

**Overnight: Ger Camp (Meals: BLD)**

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**Day 10: Return to Ulaanbaatar - 95km, 2-3 hours. Sightseeing in the afternoon and a concert in the evening.**

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Drive back to Ulaanbaatar to your hotel. A last chance to enjoy the Mongolian steppe as you leave the wilderness and approach the city.

In the afternoon you will have a city tour including a visit to Gandantechinlen Monastery where the 13th Dalai Lama lived in 1904 when fleeing the British. You will also go to Chojin Lam Temple with its bizarre yet beautiful exhibits of Buddhist art. Time to reflect on your adventure.

In the evening you will attend a concert of traditional music and dance at a local theatre. Your leader will suggest a restaurant for dinner for your last night in Mongolia.

**Overnight: Bayangol Hotel, Ulaanbaatar (Meals: B L)**

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**Day 11: Transfer to the airport. Fly to the UK.**

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After breakfast there will be a group transfer back to the airport for your flight to London. **(Meals: B)**

## Our grading system

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Genghis Khan Trails is graded as a Gentle walking 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.

## Further information

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

## The nature of adventure travel

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



## What the price includes

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

### What's included:

- ✓ An English-speaking local leader
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ A single timed group airport transfer on arrival and departure
- ✓ Good standard hotel in Ulaanbaatar (4\*) on bed and breakfast, twin share basis
- ✓ Ger camp accommodation on full board basis
- ✓ All road transport by private vehicles
- ✓ Sightseeing where specified
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ 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
- ✗ Visa fees
- ✗ Tips
- ✗ Lunch on day 2 and evening meals in Ulaanbaatar

### 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.

For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle from us at a discounted rate.

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

## Your accommodation

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



### **Bayangol Hotel, Ulaanbaatar**

We use the Bayangol Hotel, a good standard, 4 star hotel, with all the amenities. It is modern and smart with good service and is one of the best hotels in town.



### **Ger Camps**

A great way to experience life in a ger, the ger camps set up for tourists have proper beds, wood stoves, with washing facilities (usually hot showers) and toilets in a separate tent. There will be a cosy bar/dining tent and various activities available within the camp.

## Meal arrangements

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Bed and Breakfast in Ulaanbaatar plus lunch on day 10, all meals elsewhere in Mongolia.

## Flight arrangements

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### **Flight inclusive from price**

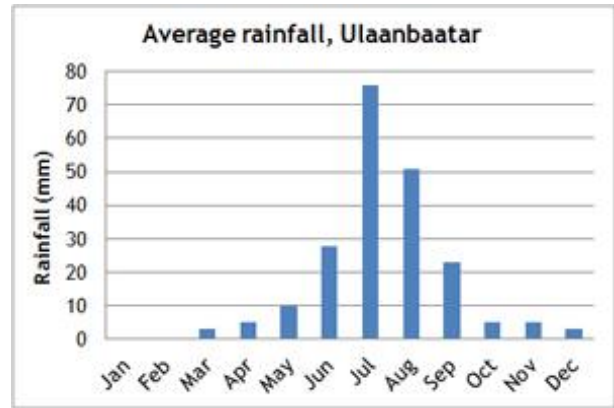
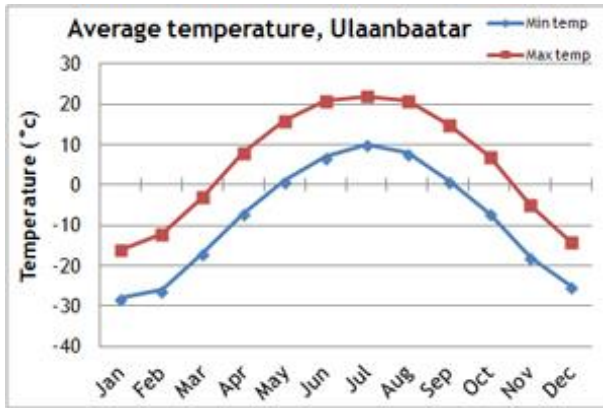
Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember,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

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

### **Flight upgrades and regional Airports**

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

# Climate information



## Extensions

### Extending your holiday

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



There are many ways you can extend your holiday with Mountain Kingdoms: you could book extra nights at a hotel at the start or end of your holiday, 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?

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- We use a reputable, experienced, quality operator in Mongolia, with excellent standards of service.
- Your trip will be led by a professional, English-speaking guide who will be delighted to share their expert knowledge of the history, culture and nature of their home country.
- The holiday has been carefully designed to give a balance of touring and easy walking, and includes a full day at the thrilling Nadaam Festival
- The itinerary is flexible so you can do extra walks, try activities such as horse riding or simply relax and enjoy your surroundings.
- There is real contact with nomadic families giving you a true insight into nomadic Mongolian life
- We use one of the best hotels in Ulaanbaatar and show you the most interesting sights in this fascinating city.
- Out in the country you sleep in very comfortable gers (yurts) for an authentic experience.
- We have a wealth of travel experience at Mountain Kingdoms. If you have any questions about this holiday, contact Niki on 01543 844400 who researched this trip and would be very happy to help.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: [www.mountainkingdoms.com](http://www.mountainkingdoms.com) or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

## What our clients say

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*We were looked after and pampered, yet independent enough to enjoy the challenges and the outdoor life. The itinerary was perfect - a mix of tents and gers, good walking distances, a crew that made us feel one of the family - as the nomadic families did do - horse and camel riding and varying landscapes.*

*-Mr & Mrs B, Bridgend*

*This was my second holiday with Mountain Kingdoms and it won't be my last. Thanks to all involved.*

*-Mr P, Lanarkshire*



*It was an amazing holiday and we enjoyed every minute of it. It was made even more special as our guide and driver were such lovely people. Having travelled with your company many times we know we can rely on you to give us the best possible experience on our holidays.*

*-Mr & Mrs G, Guernsey*

*A good adventure trip. Good small group size and great customer service.*

*-Mr H, Hertfordshire*



*What we liked was that you use local people with their specialised knowledge and love of their country so we experience a more in-depth view of a place and its people. It was such a relaxing holiday because from the very beginning we had complete confidence in both our driver and tour guide. It was refreshing that they both ate and shared meals with us and we were able to treat and call each other friends. It was an excellent trip!!*

*-Mr K, Guernsey*

# Mountain Kingdoms - distinctly different

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## **Truly independent**

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

## **Value for money prices with an emphasis on quality**

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

## **Complete financial security**

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

## **No Surcharge Guarantee**

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

## **Award winning Responsible Tourism**

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

## **Genuine small group travel**

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

## **Loyalty Discount**

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

## **Booking your holiday - it couldn't be easier**

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

## **Comprehensive information**

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



## RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



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

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

### **Carbon Offsetting**

#### **Already doing:**

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

#### **Will do:**

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

### **Reducing Carbon Emissions**

#### **Already doing:**

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

#### **Will do:**

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

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

