

Mount Etna Volcanic Islands, Italy

An adventurous island-hopping walking holiday in the stunning Aeolian archipelago



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels
Grade	Moderate / Vigorous
Duration	8 days from London to London
Trekking / Walking days	Walks on: 6 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Italy Mt Etna
Land only	Joining in Catania, Italy
Max altitude	2,900m/9,514ft, Mount Etna, day 7

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2021 Dates:

Sat 22 May - Sat 29 May
Sat 04 Sep - Sat 11 Sep
Sat 02 Oct - Sat 09 Oct

2022 Dates:

Sat 21 May - Sat 28 May
Sat 03 Sep - Sat 10 Sep

2023 Dates:

Sat 20 May - Sat 27 May
Sat 02 Sep - Sat 09 Sep

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. 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



The trip will be led by a qualified local English-speaking guide who will know the area well. On Stromboli you will have an expert volcanologist mountain guide to lead you to the summit.

Your trip highlights

- Walk the five main islands of the Aeolian archipelago off Sicily
- Swim in azure-blue seas from black-sand beaches
- Summit fiery Stromboli - if volcanic activity allows
- Discover Mount Etna, walking on the highest active volcano in Europe
- Enjoy the delicious regional cuisine; fresh fish, capers, pasta and semi-frozen granita
- Relax in thermal springs and take a revitalising mud bath
- Explore the charming villages of the islands

At a glance itinerary

Day 1	Fly London to Catania. Single group transfer to hotel.
Day 2	Transfer to Vulcano Island. Walk to Fossa Crater. Transfer to Lipari.
Day 3	Visit Salina Island and climb Monte Della Felci. Return to Lipari.
Day 4	Hike on Mone Pelato and visit village of Canneto. Afternoon at leisure.
Day 5	Ferry to Panarea Island, explore on foot. Boat to Stromboli Island. Trek to the summit of Stromboli (dependent on volcanic activity).
Day 6	Ferry to Milazzo and transfer to Mount Etna. Visit the Silvestri Craters.
Day 7	Walk on Mount Etna. Transfer back to Catania.
Day 8	Single group transfer to the airport. Fly to London.

Trip summary

Seven small but stunning UNESCO World Heritage listed islands lie off the northeast corner of Sicily, their dark volcanic flanks rising dramatically from azure seas; these are the islands of the Aeolian archipelago. All have wild landscapes, sun and sea, making them heaven for hikers who love coastal walking. On your island hopping week you explore Stromboli, Vulcano, Lipari, Salina and Panarea on foot, travelling between them by boat and hovercraft. The islands are varied; each has its own distinctive personality and attractions but the excellent regional cuisine is a real highlight throughout; fresh fish, capers, lots of locally grown fruit and vegetables, and icy cold granita made from island oranges and lemons.

Mount Etna, 3,350m, dominates the horizon here and you will have the chance to walk between lava flows and extinct craters on her inhospitable smouldering flanks, and on a clear day take in the superb views across southern Sicily. On Stromboli we have included a guided climb to the spectacular summit, but as the volcano erupts violently on a regular basis this may not be possible on the day.

As well as the 'explosive' walking there will be the chance to cool down with swims in the inviting waters of the Tyrrhenian Sea.

During the eight-day trip you'll be based in pleasant three-star hotels on the islands of Lipari and Stromboli, and start and end in the vibrant town of Catania on Sicily's east coast.

Your trip itinerary

Day 1: Fly London to Catania

On arrival at Catania airport there will be a single group transfer to your hotel. The transfer is timed to fit the group flight, please check with us for further information.

There will be a briefing in the hotel by your guide where you will be able to ask any questions you might have. Your guide will be able to recommend a suitable restaurant for dinner.

Overnight: Hotel Valentino or Similar, Catania

Day 2: Transfer to Vulcano Island via Milazzo and walk to Fossa Crater. Time at leisure after lunch. Transfer to Lipari.

After an early breakfast you take a 2-hour private transfer to the port of Milazzo, situated on the northern shore of Sicily. Milazzo is the main port for departure to the Aeolian Islands and is very busy. You will catch a morning ferry to Vulcano, which is the nearest of the Aeolian Islands and famous for its black beaches, mud baths and hot springs. Your luggage will be stored while you hike up the crater.

It is an easy hike up to Vulcano's Fossa crater. With 391m of ascent the round trip will take about 3 ½ hours and there are wonderful views of the island from the top. The crater has been inactive since the 1880's but there are still some fumaroles and a pervading smell of sulphur throughout.

Returning to the shore, lunch will then be taken in the nearby restaurant. You will then have a couple of hours of free time to explore. You could enjoy the mud baths (there is currently a charge of 3 euros, which includes a shower) or you could visit either of the two beaches.

In the late afternoon, you will collect your luggage for the onward journey to Lipari and take a 30 minute boat ride to Lipari, where you stay for the next 3 nights. There is a short walk to your hotel, you need to carry your own luggage.

The evening is yours to enjoy the typical Mediterranean atmosphere of this historical village, sampling fantastic food and wine.

Overnight: Hotel Oriente or Similar, Lipari (Meals: B L)

Day 3: Boat to Salina Island and bus to Malfa. Walk to Monte Delle Felci and back to the harbour. Return to Lipari.

Salina has a steep, rugged coastline and is the most unspoilt of the Aeolian Islands. It is formed by two extinct volcanoes, "Monte Fossa delle Felci and "Monte dei Porri". The saline lake after which the island is named was originally used as a salt works, with the salt being traditionally used since Roman times in the preservation of fish and capers.

From Lipari Harbour you take a 30 minute boat crossing to Santa Marina, Lingua, at the west end of Salina Island. There is a short walk to the local bus stop, where you take the local bus to Malfa, which takes 20 minutes.



You will hike in the unique archipelago forest, above vineyards, to Monte Delle Felci. The first 500m is steep in ascent, but, there are plenty of opportunities to stop and take photographs and the views are absolutely amazing. On reaching the top you will have a picnic lunch, then take a pleasant walk back to the harbour in Rinella. You will go through the XVII century sanctuary named Madonna del Terzito, the name referring to legendary tinkling of a bell heard when the ruins of the ancient church were discovered.

Besides its natural beauty, the island is renowned for the production of capers and "Malvasia", a distinctive wine with a very sweet flavour and aroma vaguely similar to raisins. From Rinella harbour the taxi boat will take you back the Lipari.

If there is enough time the boat will stop for about 15 minutes to allow those who wish take a swim off the back of the boat. Your evening will be at leisure. You can either eat as a group or choose to dine elsewhere.

Overnight: Hotel Oriente or Similar, Lipari (Meals: B L)

Day 4: Bus to Cavallo Arena. Walk to the summit of Monte Pilato volcano and descend to Canetto beach. Afternoon at leisure.

There is a short walk to the bus stop where you catch the local bus to Lipari's north eastern corner, Cavallo Arena.

The volcano Monte Pilato is a mountain of pumice and obsidian formed by a volcanic explosion in AD 700. You start your walk in Cavallo Arena to reach the top Monte Pilato. Along the way you will find obsidian deposits. In addition the path leads you close to a recently closed pumice quarry. Towards the top, the main path has been washed away, so the climb is a little more awkward and at times you will need to clamber across small crevices. But the views when you reach the top are panoramic.

The easy hike down takes you past beautifully manicured gardens, and whitewashed buildings to reach the beach at Canneto, where you will have a picnic lunch before departing back to Lipari on the local bus.

You will have a free afternoon in Lipari for sightseeing. Definitely worth visiting is the Archaeological Museum in Lipari's old walled citadel and maybe a spot of shopping! This is your last night on the Island of Lipari.

Overnight: Hotel Oriente or Similar, Lipari (Meals: B L)

Day 5: Ferry/hovercraft to Panarea Island, explore on foot. Boat to Stromboli Island. Trek to the summit of Stromboli for evening views. (924m/3,031ft)

Today you leave the island of Lipari to continue your journey to another two of the Aeolian Islands. The first of these islands is the exclusive and expensive Panarea. This is the smallest and most fashionable of the Aeolians. You then continue to Stromboli Island.

Firstly you take a 10 minute walk to the port to catch the early morning ferry or hovercraft to Panarea, a journey of 45 minutes. In Panarea, a typical Aeolian island, white houses are perched around the churches next to lava rock or hidden amongst century-old olive trees and offer the most beautiful contrasts of colour. With an absence of cars and its rich and colourful sub-tropical vegetation, Panarea is a good example of how life can still be lived at nature's pace.



From the harbour you will take your luggage to a local restaurant and then explore on foot the prehistoric village and Junco creek with its beautiful colours or walk to the highest point on the island. You will have lunch on the beach and a chance to take a dip in the sea, but be careful of the jellyfish (locally called 'Medusa').

Later you walk back to the harbour, collect your luggage and then take the ferry for the onward journey to Stromboli, a journey of about 55 minutes. From the harbour your luggage will be transported to the next hotel. The walk is about 15 minutes up a slight incline. On arrival you will be shown to your rooms where you can have a quick freshen up before meeting your guide to make your way on foot to the base of Stromboli. You will be given a brief safety talk by the local guide and be issued with a hard hat. Your path follows a regular incline from the centre of the village to reach the slopes of the volcano, where the steeper incline starts. The eruption of Stromboli has been going on for 2,500 years and during the hike, wherever you are, you can regularly hear roaring sounds from this living mountain. You will stay at the top of Stromboli until night fall (about 1 hour) so that you can enjoy the magnificent spectacle of a shower of rocks of lava exploding in to the night air and then watch as they roll down the slopes of the volcano into the sea below. After your night time viewing, your descent from Stromboli will take about 2 hours, back to your starting point.

The guide will have arranged for you to go to the local pizzeria for your evening meal.

Overnight: Casa Pergola or Similar, Stromboli (Meals: B L)

Day 6: Take the ferry to Milazzo and transfer to Mount Etna. Walk the Silvestri Craters.

You will have a slightly later start this morning; your luggage will be transported back down to the harbour where you will catch the ferry back to Milazzo. The ferry journey is 2½ hours. You will then take a private bus transfer to Mt. Etna, with a picnic lunch taken along the way.

You will check in at the hotel and then meet up with your guide again for your first walk on Mt. Etna. Depending on your arrival time it is hoped that there will be time for you to walk around the Silvestri Craters which are situated below the top of Mount Etna at 1,900m. They all originated from the massive eruption in 1892. The scenery just shows how immensely destructive the power of Mother Nature can be!

Overnight: Hotel Corsaro or Similar, Mount Etna (Meals: BLD)

Day 7: Walk on Mount Etna. Descend through Valle del Bove. Transfer to Catania.

Mt. Etna is the highest volcano in Europe. It extends for approximately 1,250 square km and reaches a height of 3,350m. With all its repeated eruptions over the last few years, it can be considered to be one of the most active volcanoes in the world.

If you wish to go above 2,900m on Mt Etna a local guide is mandatory at a charge of 70 euros per person, paid locally. Your guide will let you know first thing in the morning whether it is possible.

Today's walk will start at 1,900m. The first part of the hike will take you to 2,500m and will take about 90 minutes, if you would prefer to take the cable car for this part then the cost is around €30 one way/€45 return (subject to change). On reaching the 2,500m point, it's time to catch your breath and take a look at the stunning views, before continuing to 2,900m where you will be able walk on the edge of the craters, in the huge lunar plateau. You walk down following the Valley Del Bove, overlooking Catania and the sea.



Your walk will finish around mid-afternoon when you will be transferred back to Catania.

In the evening your guide will co-ordinate a farewell group meal. This will be at your own expense, or you are welcome to choose to dine elsewhere. There are plenty of choices.

Overnight: Hotel Valentino or Similar, Catania (Meals: B L)

Day 8: Group transfer to the airport. Fly to London.

After breakfast, there is a single, timed group transfer to the airport for your flight home to London.

Our grading system

Mount Etna Volcanic Islands is graded as a Moderate/Vigorous walking holiday, as described below.

Moderate

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

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

These holidays would suit enthusiastic hill/mountain walkers.

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:

- ✓ An experienced English-speaking Italian leader
- ✓ Transfers by boats and vehicles between destinations throughout
- ✓ 7 nights accommodation on a bed and breakfast basis
- ✓ All breakfasts plus lunches on 6 days and dinner on day 6
- ✓ All excursions and applicable entry fees as described in the itinerary
- ✓ Economy class return air fares from the UK (flight inclusive option).
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (flight inclusive only)
- ✓ Single, timed group transfers to/from Catania airport at the start and end of the holiday
- ✓ The option to attend one of our pre-trip meets in the Cotswolds
- ✓ A free 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
- ✗ Items of a personal nature
- ✗ Tips
- ✗ Optional cable car on Mount Etna
- ✗ Mandatory guide if you wish to climb above 2,900m on Mt. Etna
- ✗ Optional sightseeing / activities
- ✗ Locally paid bar bills and laundry
- ✗ Evening meals (except on day 6) and lunch on day 8

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

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

Your accommodation

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.



Hotel Valentino or Similar, Catania

Situated in an elegant 19th century building in the heart of Catania, the Hotel Valentino has many historic features such as vaulted ceilings, hand painted terracotta floors and antique furniture. The rooms have Baroque-style decor as well as modern conveniences such as wifi, minibars and safes. Breakfast is served in the hotel's attractive, internal courtyard.



Hotel Oriente or Similar, Lipari

Located in the centre of Lipari, the Hotel Oriente is within a 5 minute walk of Contrada Diana Archaeological Park and Lipari Castle. The owner collects local crafts and curios. These sometimes bizarre objects give the hotel a very eccentric character. The rooms are comfortable, the grounds are delightful and there is plenty of seating for a nice relaxing drink.



Casa Pergola or Similar, Stromboli

Mrs Vicenzina will welcome you at the Casa Pergola. The rooms are comfortable. The hotel is about 10 minutes' walk from the harbour up a slight incline.



Hotel Corsaro or Similar, Mount Etna

Situated at 2,000m, on the slopes of Mount Etna and inside the Etna Natural Park, the Hotel Corsaro enjoys a spectacular location and is ideally located for exploring the dramatic volcanic landscape of the area. The hotel has a restaurant which serves traditional regional cuisine, and the simple yet spacious rooms offer wifi and private bathrooms.

Meal arrangements

7 Breakfasts, 6 Lunches, 1 Dinner.

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.

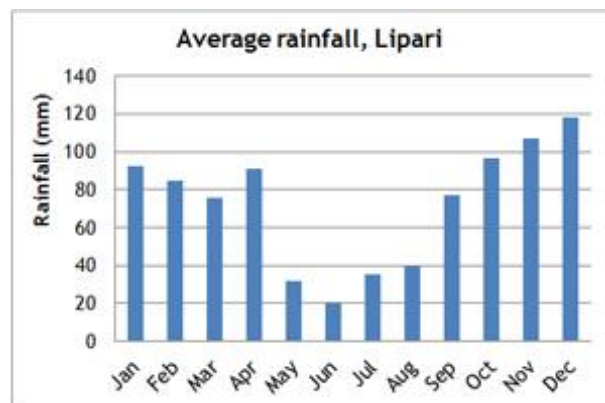
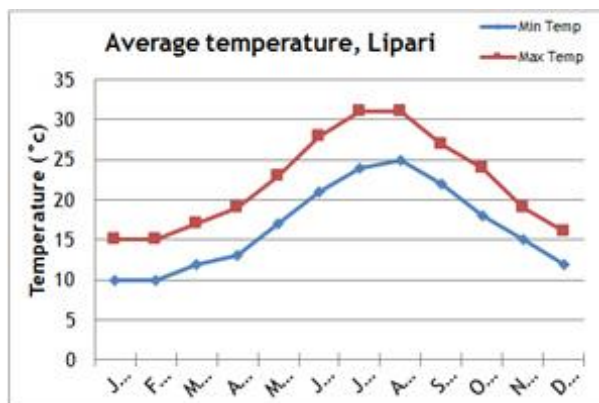
Further information

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.



Additional time in the Aeolian Islands

If you would like to extend your time in the Aeolian Islands you could book extra hotel nights, arrange a personal sightseeing tour or enjoy some other exciting activities. In fact, whatever's available we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements. We can also assist with flight and hotel upgrades.

Why book this holiday with Mountain Kingdoms?

- Your trip will be led by a local English-speaking guide with excellent knowledge and experience of the walks and sightseeing you will undertake.
- There are a really good variety of walks in our itinerary with a different walk on every day of the holiday.
- We use good quality, well located hotels that have plenty of local character.
- We have designed this trip to take no longer than one working week.
- A group airport transfer is included at the start and end of the trip.
- We have a maximum group size of 12 to ensure all the benefits of a genuine small group travel experience.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com 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



The trip was extremely well organised by Alessandro whose extensive range of local contacts made all the difference. He was a very knowledgeable and comparable guide and we can't speak too highly of him.

-Mr G & Mrs M, Gwynedd

The views were incredible and well worth the hike to the summits. Each summit being totally different and getting higher across the week, I felt a wonderful sense of achievement each time.

- Mrs O, Gloucestershire



This is just to say it was a most splendid trip, flawlessly planned and designed and a great delight. Everything worked perfectly and we enjoyed fine weather. The Aeolian Islands were exquisite: Vulcano, wreathed in sulphurous emanations; Salina, green and luxuriant, Lipar; rich in history and glistening with obsidian; Stromboli, rumbling with fire and brimstone and a great night-time ascent followed by Panarea, a most beautiful island of Alma-Tadema-like settings in sun and colour. Etna on the mainland was very impressive. We climbed to the summit at 10,000ft from the Refugio Sapienza which itself was an extremely well-appointed refuge. Catania and Siracusa were both interesting and photogenic. A very fine educational and interesting holiday!

-Mr H, Cumbria



Combination of nice walks and some swimming in the sea. What I enjoyed was the attention to detail and not feeling part of a herd!

-Mrs T, Herefordshire



What a super time we had with our two fellow walkers and the fabulous Federica. The islands are beautiful and the volcanic experience was magic. The walking was just challenging enough to give me a sense of achievement, and never so challenging I felt it was too much, Federica (our guide) was informative and fun. She looked after us brilliantly, but the whole trip still felt like an adventure. A great adventure - this was a week I will always remember!

-Fiona, Scotland

There are no other places in Europe where you can experience the real power and majesty of live volcanoes like Stromboli and Etna. Hiking both of them is a tremendous feeling. When you add in great scenery, great food and a great guide, you have an unbeatable mix. There are not so many holidays where you come away feeling privileged (as well as happy) to have had the experience but this is one of those.

-Mr s & Ms B, Wales

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.

