

Realm of the Polar Bear, Arctic

Discover the Svalbard archipelago, its exceptional wildlife and the mighty polar bear.



Group departures

See overleaf for departure dates

Holiday overview

Style	Polar Cruising
Accommodation	Hotel, Expedition ship
Grade	Tour
Duration	9 days from London to London
Min/Max group size	1 / 140 (maximum capacity of the cruise ship) Guaranteed to run for 1
Trip Leader	Local Leader, Arctic
Land only	Joining in Longyearbyen, Norway

Private Departures & Tailor Made itineraries available



Watch related videos online: [Realm of the Polar Bear & the Arctic](#)

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Departures

Group departures

2021 Dates:

Fri 11 Jun - Sat 19 Jun

Fri 18 Jun - Sat 26 Jun

Mon 05 Jul - Tue 13 Jul

2022 Dates:

Sat 11 Jun - Sun 19 Jun

Sat 18 Jun - Sun 26 Jun

Tue 05 Jul - Wed 13 Jul

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.

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 contact the office or refer to our terms and conditions on our website <http://www.mountainkingdoms.com/essential-information>.

Single cabins - if you are travelling on your own and are willing to share, we will attempt to pair you up with another solo, same sex traveller.

If you would prefer a single cabin a supplement applies, price is available on application.

Cabin categories - there are 5 cabin categories on the M/S Expedition. Our price is based on twin share in a Category 2 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 person and for a maximum of 140 (maximum capacity of the M/S Expedition). In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide

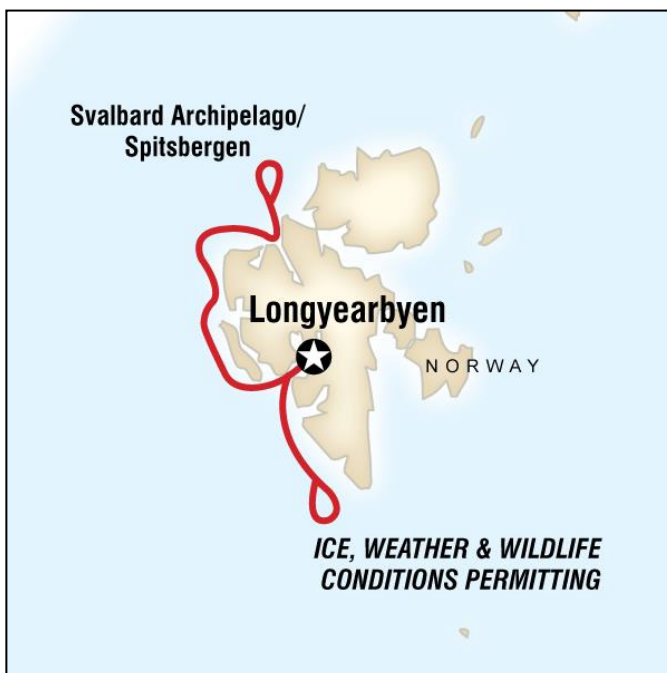


On board are expert, English-speaking guides who have an intimate knowledge of the area and an infectious passion for nature. They are very hard-working, attentive and helpful. On your Expedition cruise, shore excursions and on board, lectures will be provided by knowledgeable, expert members of the crew.

The M/S Expedition has one of the highest ratios of expedition team members to guests - with one expert for every 10 guests there is always someone on hand to answer your questions and provide greater insight and appreciation of the world at its extremes. 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 7 nights onboard the M/S Expedition enjoying international cuisine, well-appointed cabins and excellent facilities including a library, gym and sauna
- Make regular shore landings with the expert expedition team for close up wildlife viewing and to visit historic sites
- Voyage into the remote northern pack ice of the Arctic ocean with its beautiful landscapes and amazing wildlife
- Enjoy high adventure in the high Arctic as you search for Polar bears in the wild
- Stay in a 4* hotel before the cruise, with a little time to explore the interesting mining settlement of Longyearbyen

At a glance itinerary

Day 1	Fly to Longyearbyen.
Day 2	Arrive Longyearbyen. Morning at leisure. Embark on cruise in the afternoon.
Days 3-8	Cruise around the Svalbard Archipelago / Spitsbergen on board the M/S Expedition Polar cruise ship. Enjoy wildlife watching, shore visits and Zodiac excursions.
Day 9	Disembark M/S Expedition. Fly Longyearbyen to London.

Trip summary

The journey to the start of your trip at Longyearbyen makes you immediately aware of how remote an area you are travelling to, and adds to the sense of anticipation and excitement of going to the Arctic.

Having set sail on the M/S Expedition polar cruise ship you will soon appreciate the excellent facilities on board. Cabins are spacious and en suite and all have sea-facing windows. Dining is first rate with a high standard of international cuisine and even the chance for a fresco dining one evening. The highly experienced M/S Expedition crew comprises experts in geology, ornithology and marine biology as well as a resident photographer, and there are regular presentations to make sure you get the most out of your voyage. There's a gym, sauna, medical centre and library on board to keep mind and body active as well as a pub and lounge to relax in.

From the panoramic observation desks you can look out for exotic animals and you'll explore the Arctic landscape by foot and via Zodiacs. From close-up encounters with icebergs and glaciers to the region's plentiful wildlife, this is a voyage of non-stop highlights. Roaming polar bears, lounging seals, Svalbard's unique reindeer grazing and colonies of birds all co-exist in this harsh land only navigable by sea a few months of the year.

You will experience the midnight sun, weather permitting, while gazing at breathtaking fjords and massive glaciers. You'll also learn about Arctic history and ecology from expert guides and you might even brave the Arctic waters and take a polar plunge. In this feast for the senses you will also experience the impressive silence of the Arctic tundra. Early season voyages often provide the greatest opportunity to see large ice floes in the Arctic pack ice, which usually means excellent wildlife viewing. Later in the season, you'll cover more territory, which may allow you to explore the entire archipelago. This can lead you into the less explored regions of Nordaustlandet and Kvitøya, or the continental edges where large whales are attracted by nutrient rich upwellings.

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:-

- As smaller ships can move more in 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 140 passengers, making it a very friendly experience.
- The ship was refurbished in 2009 and offers high quality accommodation
- It offers a high staff-to-passenger ratio - 10:1

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
- Fine dining - international cuisine in one sitting
- Large aft deck with barbecue facilities
- Gift Shop and Polar Bear pub
- Medical clinic and cruise doctor
- Sauna & gym
- Library and computer room with internet where available
- Optional kayaking (some departures only) all equipment provided (contact the office for details)
- Large drying room for clothes and boots
- Designed to 'Ice Class 1B' specifications for service in sea ice
- Four covered lifeboats provide capacity for all passengers and crew, while six life-rafts boast a capacity of 150 persons. Full immersion cold weather survival suits for all passengers and crew.

Flights

All outbound flights to Longyearbyen currently stop at Tromso to check passports. On arrival in Longyearbyen there is no immigration.

Your trip itinerary

Day 1: Fly London to Longyearbyen

Fly from London to Longyearbyen and arrive in the early hours.

Overnight: Svalbard Hotell Polfareren, Longyearbyen

Day 2: Arrive Longyearbyen. Morning at leisure. Embarkation on M/S Expedition in the afternoon.

You will arrive in Longyearbyen soon after midnight. On arrival you will find a Flybuss shuttle service waiting outside the airport which will transfer you to your hotel. You need your transfer voucher to hand for this service which goes to all Longyearbyen hotels. On arrival at your hotel you will check in and get some rest.

After breakfast you are free to relax around your hotel and explore Longyearbyen at leisure. While not the main event Longyearbyen is an interesting place to spend a day. Longyearbyen is located at 78° 13' N 15° 33' E. Due to its location far north of the polar circle, it is polar night from mid-October to mid-February and polar day from mid-April to mid-August. Longyearbyen has an arctic tundra climate.

The town is the largest settlement on the archipelago of Svalbard with a population of about 2,060 people and about as many snowmobiles. The Governor of Svalbard resides here. Most of the inhabitants are Norwegian, and some are Russian. Located in the Advent Fjord at the entrance of the Advent Valley, this community has an infrastructure fit for a much larger city. Within the islands, there are four inhabited settlements and some scientific stations. Barentsburg, a Russian coal mining settlement, has approximately 850 inhabitants. Sveagruba, the functional Norwegian mine, has around 100 inhabitants, and Ny Ålesund, a scientific settlement, has between 30 and 150 inhabitants, depending on the season. All settlements are found on the west coast, the part of Spitsbergen with the mildest climate due to the warm Gulf Current.

All passengers are required to drop their luggage at the meeting point between 09:00-13:00. Conveniently the meeting point is at your hotel, the Svalbard Hotell Polfareren. All passengers will be transferred to the ship as a group for embarkation at 16:00. You can also walk down to the ship as it is only 10 minutes from the hotel. When you embark you are given a card which is your identification and used to swipe off and on the ship each day to ensure you are not left on shore at any point! It is also used for any purchases and the final bill paid at the end of the cruise.

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

Day 3: Exploration of Svalbard and the Spitsbergen Archipelago.

Each day will be planned to take advantage of local ice and weather conditions. Distances are relatively short in the Archipelago and as there are no ocean crossings, the seas are normally calm.

Svalbard is one of the few places on the planet that offers such a wealth and diversity of natural and cultural history sites. During these six days you will visit ice covered seas, fjords with breathtaking mountain scenery and glaciers flowing into the sea around you.

By not having a set itinerary, there is an expedition spirit and the ship is free to take advantage of the best that Svalbard has to offer.

Overnight: M / S Expedition (Meals: BLD)



Day 4: Exploration of Svalbard and the Spitsbergen Archipelago.

You will spend time steaming through the ice in search of polar bears hunting seals. Ivory gulls will be a highlight for the birders, while we keep a constant lookout for walrus hauled out on ice floes or on sandy beaches. 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 5: Exploration of Svalbard and the Spitsbergen Archipelago.

You will visit, ice permitting, spectacular bird cliffs filled with thousands of murre (guillemots), as well as kittiwakes and glaucous gulls. A little auk colony will also be on your agenda. Your shore stops will be highlighted with flowers nearing, or at the peak of, their bloom. 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 6: 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 a land of history: from whaling to reaching for the pole, to trapping, coal mining and war. We will visit some of these historic sites.

Overnight: M / S Expedition (Meals: BLD)

Day 7: 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 8: Exploration of Svalbard and the Spitsbergen Archipelago.

Krossfjord, Konigsfjord, Monaco Glacier, Hinlopen Strait, Northeast Land, Edgeoya, Hornsund and Bellsund are just a few of the places that you may visit.

The evening of your last full day of adventure will find the expedition ship anchored off Longyearbyen.

Overnight: M / S Expedition (Meals: BLD)

Day 9: Disembark the M/S Expedition. Transfer to the airport. Fly to London.

Today you will disembark the M/S Expedition for your flight back to London.

Those passengers with early flights departing Longyearbyen around 04:00-05:00 will be offered an early morning disembarkation and transfer to the airport (dependent on airline schedules).

For passengers disembarking at our regular time of 08:00, you will be transferred to either the airport or the Svalbard Hotell Polfareren, depending on the time of your flight. Those transferred to the hotel will have an opportunity to explore the town centre on their own, and then be transferred to the airport later in the day as per flight schedules. Transfer times will be confirmed, and communicated onboard prior to departure. Luggage storage at the Svalbard Hotell Polfareren will be available until time of departure. **(Meals: B)**

Our grading system

Realm of the Polar Bear 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:

- ✓ 7 nights aboard the M/S Expedition in twin-share cabins (all with en suite bathrooms and porthole window). Please note that all cabins consist of twin-size berths and are ocean-facing
 - ✓ Prices based on Category 2 Cabins
 - ✓ Zodiac excursions and shore visits with our expert expedition team. Lectures and educational programs
 - ✓ Free high performance expedition parka jacket
 - ✓ Use of on board sauna, gym and library
 - ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
 - ✓ Airport transfers in Longyearbyen
 - ✓ Hotel accommodation (4 star) in Longyearbyen
- before the cruise
 - ✓ Waterproof boots supplied for men's UK sized 7-13 & women's UK sized 3-7
 - ✓ All meals included on board the M/S Expedition. Breakfast included at the hotel on Day 2
 - ✓ One Expedition team member per 10 guests (the highest ratio amongst Polar ships 1:10)
 - ✓ 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 advance, contact the office for details).
- ✗ Lunches in Longyearbyen
- ✗ Optional kayaking from the M/S Expedition (Only some departures and must be booked in
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

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

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

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

Your accommodation



Svalbard Hotell Polfareren, Longyearbyen

The Svalbard Hotell Polfareren is located in the heart of Longyearbyen with its accommodation spread over several buildings. The hotel has a cool, Nordic vibe with an attractive lobby, terrace and restaurant. Rooms are designed to reflect the Arctic setting and come complete with a full range of amenities. Free Wi-Fi is available throughout.



M / S Expedition

The M/S Expedition provides an intimate small-ship cruising experience. Completely refurbished in 2009, she boasts spacious cabins, each featuring ocean-facing windows or portholes and private en-suite facilities. Large common areas and observation decks provide panoramic views of the distinctive landscapes of some of the world's most remote regions. The Expedition's spacious confines can hold up to 140 passengers. Many expedition cruise operators offer you a choice of space, comfort or expertise; the M/S Expedition delivers all three at a price few can top. There are five general categories of cabin aboard - our per person price is based on sharing in a Category 2 twin cabin (with a porthole window, private en-suite and ample storage for all your kit!), other cabin types are available on request:

Category 1A Quad (4 people sharing); Category 1 Triple (three people sharing); Category 2 Twin (as above); Category 3 Twin (slightly roomier with picture book window); Category 4 Twin (much roomier with larger window and larger en-suite); Category 5 Double (a junior suite with separate living area as well as larger bedroom and bathroom and the only double bed on the ship).

Meal arrangements

All meals included on board the M/S Expedition. Breakfast included at the hotel on Day 2. Lunches not included on Days 2 & 9.

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.

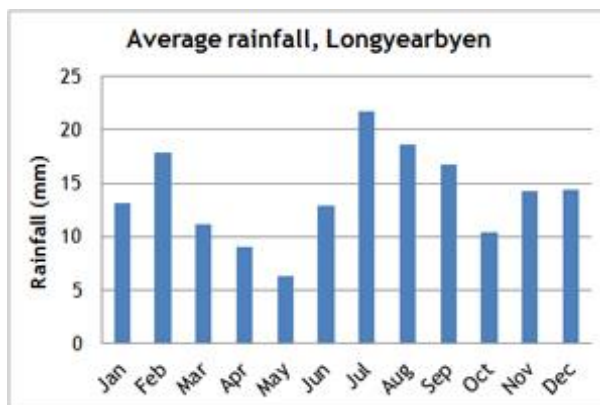
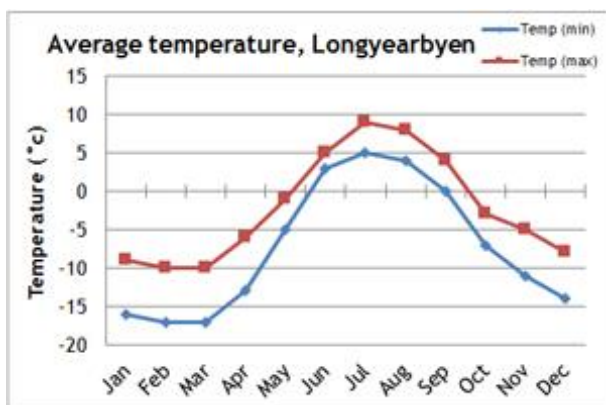
Further information

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 4* 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 7 nights on board the excellent M/S Expedition with spacious 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 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 we say



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

- L 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 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.

