

## Realm of the Polar Bear in Depth, Arctic

Discover the Svalbard archipelago in depth, with extra time to explore its exceptional wildlife and to see the mighty polar bear.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Polar Cruising
Accommodation	Hotels, Expedition ship
Grade	Tour
Duration	12 days from London to London
Min/Max group size	1 / 140 (maximum capacity of the M/S Expedition). 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

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## Group departures

### 2019 Dates:

Wed 26 Jun - Sun 07 Jul

Sat 13 Jul - Wed 24 Jul

Tue 30 Jul - Sat 10 Aug

Fri 09 Aug - Tue 20 Aug

### Will the trip run?

This trip is guaranteed to run for 1 person and for a maximum of 140 (the 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.

### Deposit and payments

A deposit of £750 is required to secure your booking on this holiday and your final balance is due 95 days before departure. For full details please refer to our terms and conditions on our website <http://www.mountainkingdoms.com/essential-information> or contact us for a postal copy.

**Single cabins** - if you are travelling on your own and are willing to share, 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.

### 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 guide

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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

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## Your trip highlights

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- Spend 10 nights onboard the M/S Expedition enjoying international cuisine, well-appointed cabins and excellent facilities including a library, gym and sauna
- Enjoy high adventure as you circumnavigate the Svalbard Archipelago in search of Polar bears in the wild
- Travel into the remote, northern pack ice of the Arctic ocean with its beautiful landscapes and amazing wildlife
- Make regular shore landings with the expert expedition team for close up wildlife viewing and to visit historic sites
- Stay in a 4\* hotel before the cruise, with a little time to explore the interesting mining settlement of Longyearbyen

## At a glance itinerary

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Day 1	Fly to Longyearbyen.
Day 2	Arrive Longyearbyen. Morning at leisure. Embark on cruise in the afternoon.
Days 3-11	Cruise around the Svalbard Archipelago / Spitsbergen on board the M/S Expedition Polar cruise ship. Enjoy wildlife watching, shore visits and Zodiac excursions.
Day 12	Disembark M/S Expedition. Fly Longyearbyen to London.

## Trip summary

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Similar to our 'Realm of the Polar Bear' itinerary but with three additional days of exploring. 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 cruise ship you will soon appreciate the excellent facilities. Cabins are spacious and en suite and all have and sea-facing windows. Dining is first rate with a high standard of international cuisine and even the chance for al 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 and film shows 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 lookout for exotic animals and you'll explore the Arctic landscape by foot and via Zodiac boats. 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 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) and camping excursions - 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.

### Free high-quality Mountain Kingdoms micro fleece

On this trip we offer a free high-quality Mountain Kingdoms micro fleece instead of our customary kit bag. You may take a wheelie bag as your luggage will be transported by vehicles throughout. On many of our other trekking trips we offer a free Mountain Kingdoms kit bag as they are essential due to being carried by porters, horses and yaks; however we realise taking a kit bag on some trips is not so convenient or necessary. Your trip dossier will contain more information on the size of bag you can take.

### Flights

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

# Your trip itinerary

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## Day 1: Fly London to Longyearbyen

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Fly from London to Longyearbyen via Oslo.

**Overnight: Radisson Blu Polar Hotel, Longyearbyen (Meals: B)**

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

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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.

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.

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.

All passengers are required to drop their luggage at the meeting point between 09:00-13:00. Conveniently the meeting point is the Radisson Blu Polar Hotel. 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: BLD)**

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## Day 3: Exploration of Svalbard & The Spitsbergen Archipelago

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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 us.

By not having a set itinerary, we take on an expedition spirit and are free to take advantage of the best that Svalbard has to offer.

**Overnight: M / S Expedition (Meals: BLD)**

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**Day 4: Exploration of Svalbard and the Spitsbergen Archipelago.**

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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 you 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)**

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**Day 5: Exploration of Svalbard and the Spitsbergen Archipelago.**

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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)**

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**Day 6: Exploration of Svalbard and the Spitsbergen Archipelago.**

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At one or more of your stops, you may see Svalbard's unique subspecies of reindeer. They are much smaller than their southern relatives, but still carry impressive antlers. You also have the possibility of seeing Arctic foxes. This is also a land of history: from whaling to reaching for the pole, to trapping, coal mining and war. You will visit some of these historic sites.

**Overnight: M / S Expedition (Meals: BLD)**

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

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Further exploration today with opportunities for wildlife viewing and Zodiac rides - weather permitting. You can also enjoy the onboard presentations from the expedition team or perhaps do a little research and reading in the library.

**Overnight: M / S Expedition (Meals: BLD)**

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

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

**Overnight: M / S Expedition (Meals: BLD)**

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**Day 9: Exploration of Svalbard and the Spitsbergen Archipelago.**

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

**Overnight: M / S Expedition (Meals: BLD)**

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## Day 10: Exploration of Svalbard and the Spitsbergen Archipelago.

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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)**

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## Day 11: Final day of exploration.

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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)**

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## Day 12: Disembark M/S Expedition. Transfer to Longyearbyen airport. Fly to London.

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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 Radisson Blu Polar hotel, 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 Radisson Blu Polar Hotel will be available until time of departure.

**(Meals: B)**

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## Our grading system

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Realm of the Polar Bear in Depth is graded as a Tour, as described below.

### Tours

Tours may include any of the following activities: sightseeing, visiting local villages, exploring temples, game viewing, birdwatching, husky sledding, mountain flights, city tours and dramatic journeys by road, rail, sea or river. Occasionally there will be short, gentle walks so that you can properly explore the cultural sites you are visiting.

## What the price includes

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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:

- ✓ 10 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
- ✓ One Expedition team member per 10 guests (the highest ratio amongst Polar ships 1:10)
- ✓ Carbon offset for clients taking our flight-inclusive option
- ✓ A free Mountain Kingdoms Water-to-Go bottle (see below) or Mountain Kingdoms fleece

### What's not included:

- ✗ Travel insurance
- ✗ Lunch in Longyearbyen
- ✗ Optional kayaking from the M/S Expedition (Only some departures and must be booked in advance, contact the office for details).
- ✗ 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.

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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### **Radisson Blu Polar Hotel, Longyearbyen**

The Radisson Blu Polar Hotel is a 4-star hotel and offers modern facilities. All rooms are en-suite and have free Wi-Fi. There is a sauna and also a small shop in the lobby. There is a nice restaurant in the hotel and also a pub which serves informal snacks and dinners.



### **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

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B&B at hotel, full board on cruise.

## 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.

## Further information

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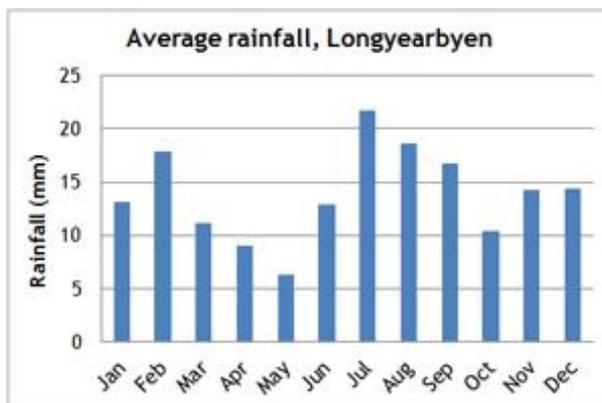
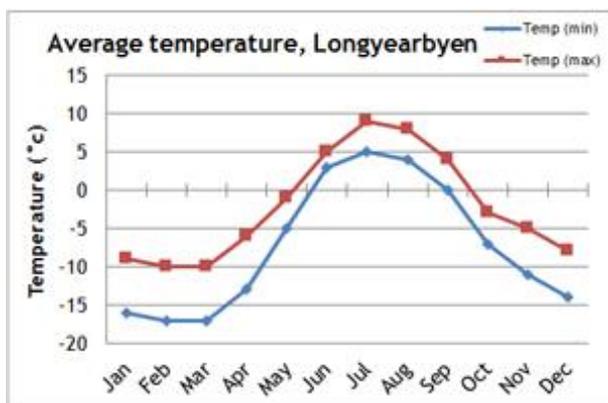
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## 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.

# Climate information



## Why book this holiday with Mountain Kingdoms?

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- 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 10 nights on board the excellent M/S Expedition with generous cabins featuring ocean-view windows or portholes and private, en suite bathrooms.
- There are large common areas and observation decks which provide superior views to enjoy the sweeping panoramas. The M/S Expedition also has a library, bar, gym and sauna.
- Zodiac excursions and regular shore landings are included
- Your expert English-speaking guides have excellent knowledge and experience of the geology, flora and fauna in this unique geographical region.
- An expedition guide to passenger ratio of 1 to 10.
- 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 we say

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

*- Liz Noakes, Mountain Kingdoms*



# 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.

# Mountain Kingdoms & Responsible Tourism

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## Our commitment

Mountain Kingdoms is committed to responsible tourism, through policies and practices which permeate all aspects of its business. Our policies aim to ensure that we and our clients act in a way which is socially, environmentally and culturally sound. We feel strongly that all Mountain Kingdoms holidays should benefit local communities, protect the environment by minimising pollution, and respect local traditions, religion and heritage. We tread lightly - low volume, low impact trekking/touring is the best way of preserving the beautiful and fragile places we visit.

We work with organisations such as Tourism Concern, International Porter Protection Group (IPPG), Ecoan, AITO and various charities, to help achieve our responsible tourism goals.

## Our initiatives

We support a range of projects around the world both on an ongoing basis and in response to disasters and emergencies.

Examples of our recent ongoing work are the Kerala Partnership helping flood victims in southern India, the Simien Mountains Mobile Medical Service in Ethiopia, the Ginette Harrison School in Nepal, a tree planting project in Peru, the Village Education Project in Kilimanjaro and Kidasha charity supporting children in crisis in Nepal, and many more.



If you know of a registered charity that does good 'hands on' work in a country that we operate in please send us details and we will consider adding it to the list of charities we support.

Further details of all our Responsible Tourism initiatives can be found at [www.mountainkingdoms.com/about/responsible-travel](http://www.mountainkingdoms.com/about/responsible-travel)

## 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.

Depending on the holiday booked, clients travelling with us may be eligible for a free Mountain Kingdoms Water-to-Go bottle (please see the What the Price Includes section of this itinerary), or to purchase a bottle from us at a discounted rate. For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

## Porter Protection

In the countries where we use porters we feel that the issue of porter protection is immensely important. We support the work and the aims of the IPPG (International Porter Protection Group) and as such we have a set of guidelines to adhere to and which we apply worldwide.



## Carbon off-setting

Working with Ecoan tree-planting project in Southern Peru we offset the carbon emissions for every Mountain Kingdoms holiday that includes an international flight.

