

Clarée Valley - Undiscovered Alps, France

Explore wild mountains, alpine meadows and glacial lakes on this week-long walking holiday based in a tranquil French valley.



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotel
Grade	Moderate
Duration	8 days from London to London
Trekking / Walking days	Walks on: 6 days
Min/Max group size	4 / 8. Guaranteed to run for 4
Trip Leader	Local Leader Clarée Valley
Land only	Joining in Turin, Italy
Max altitude	2,753m/9,032ft, Gardiole Peak, Day 6

Private Departures & Tailor Made itineraries available



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Managing Director: Steven Berry. Registered in England No. 2118433. VAT No. 496 6511 08

Departures

Group departures

2024 Dates:

Sun 16 Jun - Sun 23 Jun

Sat 17 Aug - Sat 24 Aug

Sun 13 Oct - Sun 20 Oct

2025 Dates:

Sun 06 Jul - Sun 13 Jul

Sun 17 Aug - Sun 24 Aug

Sun 12 Oct - Sun 19 Oct

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.

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 8. 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, who 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



You will be met on arrival at Turin airport by your French guide, Antoine Allier. Antoine is a fully qualified mountain guide and has been guiding walking groups for over 18 years across France, Spain and Scotland. He lives in Névache with his family throughout the year and is very passionate about exploring the mountains. He is extremely knowledgeable about local history, mountain flora and the wildlife of the valley.

Your trip highlights

- Explore stunning mountain scenery on satisfying, high level daily walks to alpine lakes, cols, waterfalls and panoramic viewpoints.
- Discover the diverse wildlife of this protected area of the Alps, including ibex, marmots, butterflies and, if you're lucky, golden eagles.
- Immerse yourself in the peace and tranquility of the Clarée Valley with its ancient cultural heritage, distinctive local architecture and lack of modern-day development.
- Stay in a traditional, family run hotel where you will enjoy a warm welcome, delicious regional dishes and comfortable rooms.

At a glance itinerary

Day 1	Fly London to Turin. Single group transfer across the border to your hotel at Névache.
Day 2	Walk the Muandes Valley and lakes.
Day 3	Hike the Chardonnet Valley to Col du Chardonnet.
Day 4	Gardioles Valley and lakes walk
Day 5	Walk along the Clarée river to Névache. Explore Névache and continue to Les Combes.
Day 6	Hike around the Oule and Cristol valleys. Optional climb of Gardiole Peak.
Day 7	Trek the Cerces Valley to Col des Cerces.
Day 8	Single group transfer to Turin airport for your flight back to London.

Trip summary

The beautiful Clarée Valley is situated in France near the Italian border; a hidden Alpine gem that has remained remarkably unspoiled. With an abundance of wildflowers, variety of wildlife, traditional Névache architecture and a network of mountain trails, the protected Clarée Valley is a hiker's paradise.

On this excellent new walking holiday you will discover the full splendour of the Clarée Valley through a comprehensive programme of well-paced day walks in the company of a knowledgeable and highly experienced local guide who will readily identify the many different flowers, animals and birds you encounter. You will explore the varied landscapes, see several well-known peaks such as the Black Needle and the Hand, and immerse yourself in the spectacular scenery which rises from verdant valley floor to the towering backdrop of the Écrins mountains at over 4,000m.

Visit in summer to see the Clarée Valley carpeted by a dazzling kaleidoscope of wildflowers alongside glittering, blue glacial lakes. Whilst in the autumn months, the larch trees change to a gorgeous bright yellow, the mountain lakes freeze and, although rare, you may even enjoy a sprinkling of snow.

Throughout, your holiday you will stay at the welcoming family-run L'Echaillon hotel in Névache where you will find a well-equipped spa, comfortable accommodation and superb food with a daily menu of delicious local dishes; in fact everything you need to relax and replenish after a good day out on the trail.

Please note that this itinerary may vary based on weather conditions and/or the recommendations of your guide.

Your trip itinerary

Day 1: Fly London To Turin. Group Transfer to Hotel.

You will be met at Turin airport by your guide and transferred in a private minibus to your hotel across the border in the south-eastern part of France. This will be a group transfer and takes approximately 2 hours; if you are booking your own flights please contact us to confirm arrangements.

Once you have passed the French-Italian border you will enter the Névache district and start zigzagging your way down to the base of the valley, passing through short mountain tunnels and getting your first tantalising glimpse of what the week has in store. The Clarée Valley is a glacial valley in the French Alps situated at 1,600m above sea level and entering it is rather like stepping back in time. Indeed, as you drive into the valley you may even find yourself delayed by the local shepherd and his herd of sheep, goats and donkeys.

Overnight: L'échaillon Hotel, Névache

Day 2: Muandes Valley and lakes walk, 2,580m/8,465ft - 700m/2,297ft ascent, 6-7 hours.

The day begins with a picturesque 20 minute transfer to the end of the valley travelling through several small hamlets that make up the Clarée Valley.

Your walk starts on a wide gentle track, passing by the Cerces mountain range and La Main de Crepin (the Hand) before starting to climb up the Muandes valley. The ascent is fairly steep to start with and the trail passes fresh water rivers, green-winged orchids and fluorescent lichen covered boulders. Looking back down you will enjoy breathtaking views of the Clarée Valley beneath you. After an hour and a half of steady climbing you will arrive at the first lake of the Muandes series - Lac Long.



After a short break to enjoy the glorious view and have a small snack, you will continue up to the next lake. A brief section of the trail requires you to scramble over rocks in order to reach Lac Rond where you may start to see glacier buttercups and patches of snow.

A further hour will take you up to the Lac des Muandes, 2,580m, where you will take a well-earned rest and enjoy your packed lunch. Here the guide will discuss the option to hike a little further up the valley to Lacs de Madeleine, 2,629m, and, together with your group, you will either continue up or start hiking back down on a slightly different trail.

Overnight: L'échaillon Hotel, Névache (Meals: BLD)

Day 3: Trek the Chardonnet valley up to Col du Chardonnet, 2,638m/8,655ft - 900m/2,953ft ascent, 6-7 hours.

Today's walk is in ibex territory and offers fantastic post-glacial scenery leading to a stunning viewpoint at the Col du Chardonnet. Following a short transfer to the Chardonnet Valley trailhead the path climbs up through pine woodland, bringing you out onto a wild flower meadow with a beautiful view of the Clarée Valley. You will pass by traditional log cabins, frothy waterfalls, the Chardonnet mountain refuge and simple shepherd huts on your way up the valley. During your ascent to the Col du Chardonnet, your guide will share some fascinating information about the glacier and how it has shaped this valley during your ascent to the Col du Chardonnet. Keep your eyes peeled, and ears open for the infamous 'whistling' marmots!

After walking for two and a half hours you will reach the Col du Chardonnet. Here you will stop for lunch giving you ample time to take in the exceptional panoramic view of the Roche Robert, Roche Colombe peaks and beyond. Once everyone is well rested, the guide may suggest exploring the col and show you remnants left over from old mine works before heading back down on an alternative path.

Overnight: L'échaillon Hotel, Névache (Meals: BLD)

Day 4: Gardioles Valley and lakes walk, 2,700m/8,858ft - 700m/2,297ft ascent, 6-7 hours.

Today you will discover the stunning Gardioles Valley and its many lakes, a really classic walk! The day begins with a short transfer to the trailhead before starting your climb up an old rocky trail surrounded by conifer trees and hundreds of wild flowers during the summertime.

You will see mountain dwellings, ruins and the Ricou refuge on your way up to Lac Laramon - the first lake in the valley. It will take around an hour and a half to get to Lac Laramon and a further 30 minutes of ascent to reach Lac Serpent; a beautiful little green lake with incredible views across the Ecrins range. The final cluster of tiny lakes, known as the Les Gardioles take you high up into the mountains where you can fully appreciate the awe inspiring views.

You will then make your way back down the valley with the option of stopping at the refuge for tea and cake - so remember to take some cash with you.

Overnight: L'échaillon Hotel, Névache (Meals: BLD)

Day 5: Walk along the Clarée river to Névache and up to Les Combes, 1,928m/6,325ft - 6-7 hours.

After breakfast, and a short 10 minute transfer, you will set off from the Laval refuge situated within the Clarée valley itself. This location was where the locals would once bring their cattle to be milked so that the produce could then be processed and shared amongst the community of the valley. You will follow the path along the Clarée river, a trail which has been trodden by the local people for hundreds of years. The route takes you past waterfalls, traditional homes and ancient pastures, and, depending on the time of year, you may see an abundance of currant bushes, butterflies and beetles.

The trail brings you into the village of Névache where you have time to explore and enjoy your picnic lunch before beginning the afternoon walk up to Les Combes.

From the village you follow the path known as the small balcony, rising above the village and across the terraces below the Grand Chalanche to Les Combes. Finally, you make your way down to arrive back at your hotel.

Overnight: L'échaillon Hotel, Névache (Meals: BLD)

Day 6: Trek around the Oule and Cristol Valleys - 900m/2,953ft ascent, 6-7 hours. Optional climb of Gardiole Peak, 2,753m/9,032ft - 2 hours.

Fortville bridge is the starting point for today's walk, just a short transfer from your hotel. From the bridge you climb up across terraces and through a larch forest which turns a brilliant shade of yellow in the autumn. Initially the climb is steep as the path rises over the main valley shoulder to reach the suspended Cristol Valley, where sparkling lakes and flowers await.

Once you are at the entrance of the valley (around 2,100m/6,890ft), the path becomes gentler and the forest slowly disappears to make way for alpine meadows where Cristol Lake is. You continue your climb up above the lake on a trail that eventually brings you to the Oule Valley and lakes. Oule Lake is easy to identify with its distinctive heart-shape. After enjoying lunch you will make your way down the Oule valley and back to Névache.

Overnight: L'échaillon Hotel, Névache (Meals: BLD)



Day 7: Walk the Cerces Valley to Col des Cerces, 2,574m/8,444ft -700m/2,297ft ascent, 6-7 hours.

Once again, it is only a short transfer to the end of the valley road from where you will start your walk into the Cerces valley, climbing up to the three lakes that are the source of the Clarée river. On the way you will have superb views of the surrounding mountain ranges and Black Needle, walk pass the Drayeres refuge and an old military outpost carved into the mountain face, and enjoy the vibrant pink rhododendrons and great yellow gentians that carpet the trail in the spring and summer months.



Your climb continues up to the Col des Cerces, 2,574m/8,444ft, and down to another lake - Lac des Cerces - which is a great place to stop for lunch and look for Ibex that are often seen in this area. Well rested, you head back down the mountain to the Drayeres refuge for a drink and snack if you fancy.

Overnight: L'échaillon Hotel, Névache (Meals: BLD)

Day 8: Transfer to Turin airport. Fly to London.

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

Our grading system

Clarée Valley - Undiscovered Alps is graded as a Moderate trekking 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.

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

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 French guide
- ✓ Accommodation in a good quality hotel on a twin share, full board basis
- ✓ All breakfasts, evening meals and picnic lunches included from day 2
- ✓ Economy class return air fares from the UK (if booking our (flight inclusive option). If you are travelling land only, check with our office for transfer times at the airport.
- ✓ Single timed group transfers to/from Turin airport at the start and end of the holiday
- ✓ 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
- ✗ Tips
- ✗ Bar bills

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 [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

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.



L'Echaillon Hotel, Névache

Situated in a peaceful hamlet, L'Echaillon is a traditional two star mountain chalet hotel with comfortable guest rooms, stunning panoramic views of the mountains, dining and bar area and outdoor terraces. The great range of amenities includes sauna, hot tub, steam room, wifi and dry room. The hotel has maps, postcards and massage appointments available. A perfect base for your daily trekking in the Clarée valley.

Meal arrangements

All breakfasts, picnic lunches and evening meals included from day 2 onwards.

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.

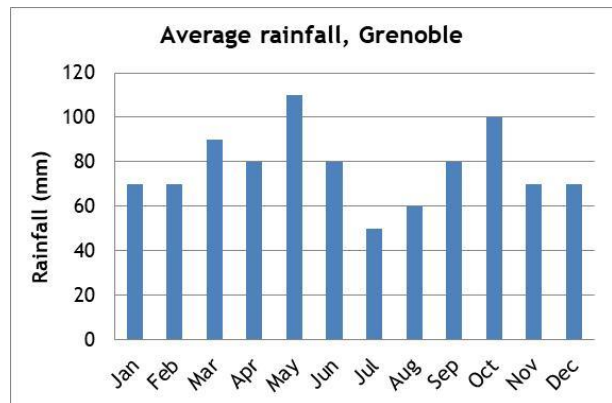
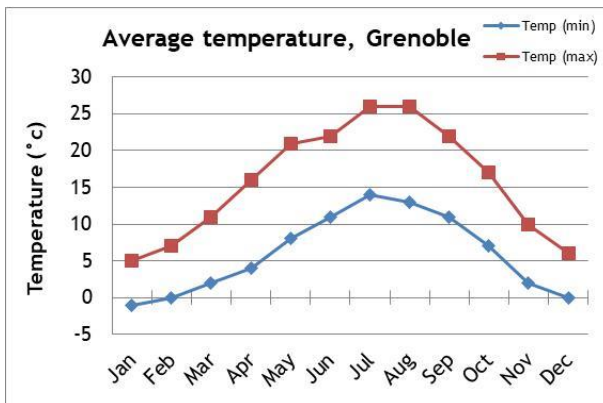
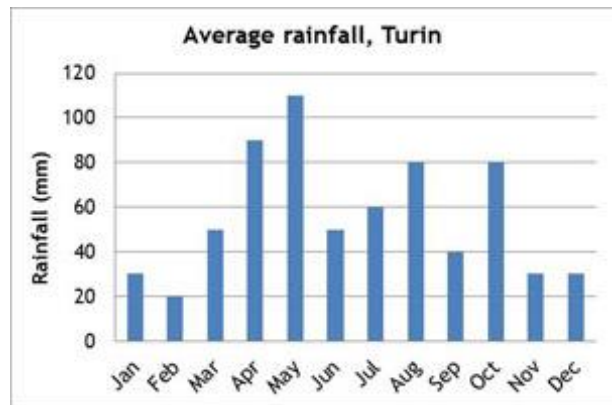
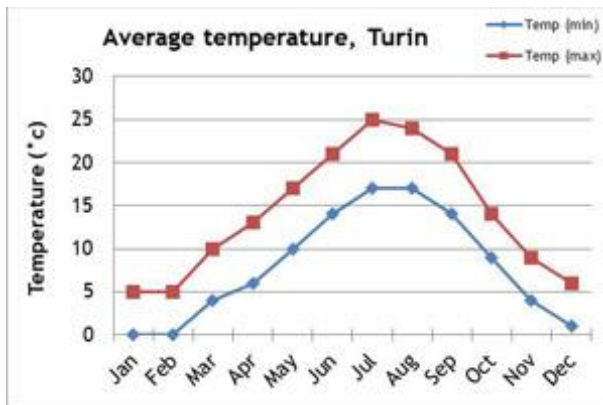
Further information

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 hotel nights

The Clarée valley is such a magical place and has so much to offer, why not stay longer! If you would like to add extra hotel nights at the beginning or end of your holiday, we can book this for you.

Mont Thabor Summit

Why not take on Mont Thabor and spend the night at the mountain refuge. Mont Thabor is an outstanding summit, 3,181m, featuring a small chapel and offers a superb panoramic view of many of the Alps infamous peaks such as the Barre des Ecrins, Meije and Mont Viso.



Turin, Italy

You could spend more time in Italy with a night in Turin known for its elegant architecture, cuisine and wine culture.

Why book this holiday with Mountain Kingdoms?

- This walking holiday is unique to Mountain Kingdoms and gives you the chance to thoroughly explore the outstanding beauty of the Clarée Valley through a varied programme of day walks.
- Your trip will be led by an English-speaking French guide who is extremely experienced in mountain trekking and can share a great deal of fascinating information about the area.
- You will stay in a traditional alpine hotel with excellent local food and spa facilities.
- A fixed group transfer to/from the airport is included at the start and end of the trip.
- We have a wealth of travel experience at Mountain Kingdoms with a team of friendly and knowledgeable travel experts. If you have any questions about any aspect of this holiday please don't hesitate to give us a call on 01453 844400 or email info@mountainkingdoms.com.
- Our maximum group size is just 8 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger walking groups.
- 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 team 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



Excellent walking with beautiful, varied and unspoilt mountain scenery. October was a great time to visit with the brilliant autumn colours, and it was very quiet. Antoine Allier, our friendly and knowledgeable guide, was outstanding.

-Derek and Sheila, Cambridgeshire (Tailor Made holiday)



The Claree Valley far exceeded my expectations as a walking destination. Every corner we turned revealed another astonishing vista. The autumnal colours were so bright, the trees seemed to glow. The trip covers two valleys and each day begins in a different area. There are walks in the valleys, along the ridges, down through gorges and to high mountain ponds. The paths were well marked, if challenging in places. Our guide Antoine Allier was excellent - enthusiastic and knowledgeable.

-Mandy C



A beautiful unknown valley. We discovered so many wild flowers - new ones each day. Our guide, Stephanie, was very knowledgeable and friendly, adapting our itinerary due to changeable weather. The hotel was very good - excellent food and friendly staff.

-Paul & Margaret, Tyne & Wear



This was such a wonderful trip and a very special place! The Clarée Valley has got to be one of the most beautiful areas I have been to. It is hiking and photography heaven. Antoine is a brilliant guide, very friendly and a fountain of knowledge. I would love to go back!

- Ms McQuilton, Gloucestershire

Hiking in the Clarée Valley was one of the best holidays I has ever had. Constantly surrounded by beautiful flowers and wildlife and rewarded by spectacular views and lakes. Our guide Antoine was fantastic and was able to answer all manner of questions about the area and flora and fauna. I would definitely go back and can't recommend it enough.

- Miss L Eveleigh, Gloucestershire

If you like alpine walking, and have any interest in the flowers, this is the trip for you. The walks are satisfying in their own right, but there is also enough time to find out about and photograph the stunning variety of flowers that you will see. The guide, Antoine, has an encyclopedic knowledge, great enthusiasm and perfect English. The hotel is friendly, with good food. We visited the Claree Valley last October for the autumn colours. The change of season complemented this experience.

-Jane & Roger, Surrey (Tailor Made holiday)

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.

