

## Gentle Walking Islands of Croatia

Wander the idyllic islands of the Dalmatian Coast and explore the magnificent historic cities of Split and Dubrovnik.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Walking
Accommodation	Hotels
Grade	Gentle
Duration	7 days from London to London
Trekking / Walking days	Walks on: 4 days (plus an optional walk)
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Croatia
Land only	Joining in Split, Croatia Departing from Dubrovnik, Croatia
Max altitude	778m/2,552ft, Vidova Gora, Day 3

**Private Departures & Tailor Made itineraries available**



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# Departures

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## Group departures

### 2024 Dates:

Sun 23 Jun - Sat 29 Jun

Sun 29 Sep - Sat 05 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 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

### Insurance

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

### Private Departures

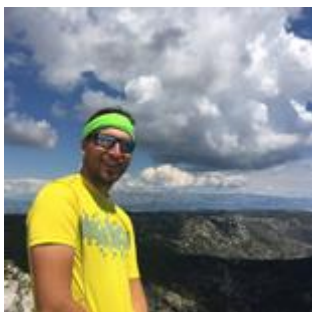
We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

### 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

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Your guide will speak good English, have guiding qualifications and in our experience, will guide you with great patience and charm.

Ilija Miloš is one of our leaders for this trip. Ilija is an experienced guide, certified by the Croatian Mountain Rescue organisation to lead walking, trekking and cycling trips. He is great company and enjoys sharing his extensive knowledge of all things Croatian, especially history, which he studied at university. When he's not working as a guide Ilija enjoys travelling, sea-kayaking, playing competitive football and rowing for his local clubs.

## Your trip highlights

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- Stroll along the waterside promenade in Split and walk the wonderful city walls of Dubrovnik
- Explore three distinctive Dalmatian islands on foot - Hvar, Mljet and Lopud
- Take in the sumptuous views as you hike to the best island view points
- Enjoy enchanting seaside towns, relax on beautiful beaches and swim in the incredibly clear sea

## At a glance itinerary

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Day 1	Fly to Split. Transfer to hotel. Group dinner with guide.
Day 2	Ferry to Hvar. Transfer to Velo Grablje. Hike to Milna via Malo Grablje and along coast towards Hvar with picnic lunch and swimming opportunities.
Day 3	Free in Hvar or optional walk to visit Fortica and Napoleon fortresses.
Day 4	Ferry to Mljet. Hike from Pomona to Malo Jezero. Boat to St Mary's Island. Boat to Pristaniste and lake walk, walk up to Veliki Skladin and Montokuc, descend to Soline and walk to Malo Jezero with opportunity for swimming.
Day 5	Ferry to Dubrovnik and walking tour of old town.
Day 6	Transfer to Gruz port and boat ride to Lopud Island and island walk. Return to Dubrovnik by boat and farewell dinner.
Day 7	Group transfer to Dubrovnik airport to fly to London.

## Trip summary

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You will journey north to south from Split to Dubrovnik as you explore Croatia's delightful Dalmatian coast on this relaxed one week island hopping holiday. Travelling on foot and by ferry you will stay in comfortable hotels as you explore one of the most beautiful and historic coastlines in Europe, where hundreds of sun-soaked islands rise out of crystal clear seas. The region is steeped in history yet Croatia has a cool, contemporary vibe with enchanting coastal towns now infused with bohemian bars, independent boutiques and a good dash of café culture.

Your adventure starts on the mainland in atmospheric Split, Croatia's second largest city, with its Roman ruins, café culture and spectacular mountain backdrop. Then it is on to glamorous, golden Hvar with its Gothic architecture, and marble streets that literally glow at sunset. Beyond the main town is an island of pine forests, olive groves, lavender fields and vineyards which you will explore on a lovely walk from the interior out along the glorious coastline, stopping to swim in the clear turquoise water. You will then have a full day to absorb the pleasures of Hvar with time for personal exploration or join a walk up to one of Hvar's two historic fortresses to look out over the island-studded coastline. From Hvar you travel by ferry to the sleepy island of Mljet. Over one third of this island has been designated as a national park and it has two beautiful salt water lakes, both wonderful for swimming. You will hike around the two lakes taking in several summits, with their far reaching views, as well as taking a boat out on the larger lake to visit a 12th century monastery on a tiny island.

You then travel on to Dubrovnik where you will have a walking tour of the old town while the next day you will take the ferry to the historic island of Lopud, now a quiet back water but once a strategically important port squabbled over by various powerful nations. You will have a final island walk before returning to Dubrovnik to celebrate the end of your Croatian sojourn.

The walking on this holiday varies but is mostly extremely gentle following a combination of footpaths, tracks and occasionally where they cannot be avoided, rural roads. There are plenty of opportunities to swim when the water is warm.

# Your trip itinerary

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## Day 1: Fly London to Split.

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

Your guide will meet you late afternoon for a brief orientation meeting followed by a welcome dinner together.

Split is Croatia's second largest city; here contemporary architecture sits alongside UNESCO palaces, old city walls and a beautiful palm-lined waterside promenade (the Riva), all set beneath a spectacular mountain backdrop. At the UNESCO protected heart of Split is Diocletian's Palace. This living museum, built for the Emperor Diocletian, is undoubtedly the grandest Roman ruin in Europe and a wonderful place to wander and explore.

After regrouping in the evening you'll head out to one of the many fantastic restaurants that are to be found in this town.

**Overnight: Art Hotel or Similar, Split (Meals: D)**

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## Day 2: Ferry to Hvar - 30 minutes. Walk from Veliko Grabje to Hvar - 3-4 hours.

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Today you travel to your first Croatian island... and what an island! You take the ferry to glamorous Hvar with its beautifully restored historic buildings, chic shops and excellent restaurants. Beyond the town there are secluded emerald coves, white pebble beaches and groves of wild lavender, rosemary and olive trees to explore.



After a quick stop to buy your picnic lunch, probably from one of the excellent bakeries, you head up the stone steps through the old town to Fortica Španjola, the 16th century hilltop fortress which dominates the bay. After exploring the fort, you have a short road transfer into the interior of the island to the small village of Veliko Grabje where you start today's walk. You descend toward Malo Grablje, an abandoned stone village which dates back to the 9th century, and is built in traditional Croatian style. There is a short unavoidable section on a rarely used tarmac road before you continue on small footpaths following the dazzling coastline back round towards Hvar. You'll stop for your picnic lunch in one of the many beautiful bays en route and there will be a chance to take a swim from the beach at either Mekicevica or Pokonji Dol. Finally the walk concludes under the fragrant shade of dwarf Aleppo pines and past desirable seafront properties back into the delights of Hvar harbour.

Total walking distance approximately 12km with negligible ascent and 360m/1,181ft descent.

If you prefer to spend more time to relax on the beach at Mekicevica or Pokonji Dol, the walk back round the headland and into Hvar is easy and simple to find.

Hvar's strategic location in the Adriatic has made the island an important trade base over the centuries. The Venetians in particular played a crucial part in the development of the town from the 1400s, building churches, monasteries and palaces whilst the Venetian fleet overwintered in Hvar's sheltered harbour. Their influence can still be seen everywhere.

The remainder of the day is at leisure for you to explore the town, maybe visit the small museum and stroll the harbour promenade lined with the elegant yachts of the rich and famous. Alternatively you may like to take a taxi-boat across to one of the tiny islets opposite the harbour.

**Overnight: Dea Hvar Heritage Hotel or Villa Nora, Hvar (Meals: B)**

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**Day 3: In Hvar - at leisure or optional walk through old town to Fortica and Napoleon Fortress.**

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You have a day in Hvar town when you may either relax, do your own exploration, or join a walk up to one or both of Hvar's two historic forts. One was built by the Venetians in the 16th century and the other by the French in 1812, and both offer a pleasant walk up out of Hvar town and good views.

The fort closest to town is the Fortica or Spagnola Fort. Although this fort was originally built by the Venetians in the 16th century, Spanish engineers were later employed to work on the fortifications which is how the fort is said to have acquired its nickname, Spanjola. The fort enjoys a striking position set high above the town. Higher still is the Napoleon Fort, approximately a 45 minute walk up through pine forest. From here you can enjoy extensive views of Hvar town and numerous nearby islands such as the Pakleni islands, Vis, Brac, and Šolta. (Entry fees to the forts are not included in the tour price).

**Overnight: Dea Hvar Heritage Hotel or Villa Nora, Hvar (Meals: B)**

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**Day 4: Ferry to Mljet - 30 minutes. Explore island on foot and by boat. 5-6 hours walking.**

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Today you move on to another island - lush Mljet, which is sparsely populated and completely different in character to your last island. Over one-third of Mljet is protected as national park, and the landscape here is heavily forested with Holm oak, tall stands of Aleppo pine and dense evergreen maquis. Legend has it that Odysseus chose secluded Mljet to hide away for seven years with the nymph Calypso, and it is easy to understand why.



Mljet receives relatively few visitors, and most don't venture far beyond the shoreline of the two salt water lakes. You arrive into sleepy Pomena and after entering the national park your walk starts on the smaller of the two lakes, following a small footpath alongside the cool turquoise water. The path is lined with flowers and this is a favourite spot for some of the many butterfly species found in the park.

Reaching the second and larger of the two saltwater lakes, Veliko Jezzero, you hop aboard a small boat to the visit the 12th Century monastery on the islet of Sv Marija. This is a pleasant spot for your picnic lunch. The boat takes you back across the lake to Pristaniste where you continue your walk up away from the main trail to the small peaks of Veliki Sladin and Montokuc for far-reaching views over the lakes and beyond. You complete the circuit of Veliko Jezzero, returning to Malo Jezzero along the lakeside for a swim in the brilliant blue water before checking into your hotel in Pomena.

Total walking approximately 15km, with around 280m/900ft of ascent and descent.

**Overnight: Hotel Odisej, Mljet (Meals: B D)**

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**Day 5: Ferry to Dubrovnik - 80 minutes. Transfer to hotel. Walking tour of Dubrovnik Old Town - 2 hours. Rest of day at leisure.**

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There is a final ferry south this morning, this time back to the mainland. On arrival you transfer to your hotel and orientate yourself before your guide escorts you to the Old Town. Your guide will also show you how to get back to the hotel so that you have the flexibility to return at any time.

You arrive outside the city walls at the impressive Pile City Gate, and as you pass through the daunting 6m thick ramparts it feels like stepping into another world. Dubrovnik's spectacular limestone thoroughfare, the Stradun, stretches out in front of you beyond the Onofrio's Fountain, the gleaming street lined with baroque stone buildings on either side.

After lunch you will join an official walking tour around the streets of Dubrovnik old town.

The Old Town of Dubrovnik (UNESCO), surrounded by ramparts and fortresses, is a treasure of architectural and cultural masterpieces, almost all well preserved over the centuries. Your walking tour will be led by a city guide who will introduce you to some of the Old Town highlights; the Franciscan Church and Monastery, the cathedral with its treasury housing the relics of St. Blaise, St. Blaise's Church, and of course the City Walls.



The remainder of the day is free for you to explore further and are free to wander at leisure - you may like to walk the city walls, visit the Rector's Palace, take the cable car above the city to the Napoleonic fortress on Mt Srd, or make the steep climb up to the Lovrijenac Fortress.

Your guide will arrange a time late afternoon to meet for the return journey to your hotel or you may prefer to linger in the Old Town into the evening. Sunset over the red roofs of the city is unforgettable.

**Overnight: Hotel Lero or Similar, Dubrovnik (Meals: B)**

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**Day 6: Transfer to Gruz port and boat ride to Lopud Island (55 minutes). Island walk. Return to Dubrovnik by boat and farewell dinner.**

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After breakfast you will make the short transfer to Gruz port to catch a boat across to Lopud Island, a crossing of just under an hour. Nowadays Lopud is a charming and relatively quiet place with good beaches and without cars or traffic, home to a permanent population of under 300 people. In the past however, Lopud was a very important port, with great strategic importance - in the 17th century it is said to have had a population of 14,000 people, mostly involved in seafaring. Formally part of the Republic of Dubrovnik, from the 18th to the early 20th centuries, the French, English and Austrians took turns controlling this strategically located little island. Nowadays there are reminders of the island's more momentous maritime past with the atmospheric ruins of a fortress and palace, churches dating back to the 15th and 16th centuries and a restored Franciscan monastery.

You will have the day to walk around the island and enjoy its beaches before returning to Dubrovnik in the afternoon and enjoying a farewell dinner in the evening.

**Overnight: Hotel Lero or Similar, Dubrovnik (Meals: B D)**

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**Day 7: Group transfer to Dubrovnik Airport. Fly to London.**

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After breakfast there will be a group transfer to the airport.

We can organise separate transfers to fit other flight departure times or alternate airports, and are also happy quote for extra nights in Dubrovnik if you are looking to extend your time in Croatia. Please contact the office for further information and hotel/transfer prices.

**(Meals: B)**

## Our grading system

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Gentle Walking Islands of Croatia is graded as a Gentle walking holiday, as described below.

### **Gentle**

Trips within this grade typically mix sightseeing with easy-paced half and/or full day walks. On these trips, walks will be on relatively low altitude trails, for a duration of around 4-6 hours. On all of our Gentle graded trips, some ascent and descent should be anticipated, and there may occasionally be a longer walking day. Holidays within this grade generally use hotels and comfortable lodges although a few do have some nights camping.

These holidays are suitable for people who enjoy easy-paced walks in the British countryside or exploring on foot rather than in a vehicle.

## 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:

- ✓ 6 nights hotel accommodation on a twin share, bed and breakfast basis.
- ✓ 6 x breakfasts, 3 x dinners.
- ✓ A single, timed group transfer on arrival at Split and departure at Dubrovnik.
- ✓ Economy class return air fares from the UK (flight inclusive option).
- ✓ All road transport and the passenger ferries as described in the itinerary
- ✓ Entrance fees for Mljet National Park.
- ✓ A qualified local trekking guide throughout.
- ✓ All excursions and applicable entry fees as described in the itinerary.
- ✓ 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
- × Lunches and 3 dinners
- × Items of a personal nature
- × Entrance fees to Hvar forts
- × 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 [For further information about our campaign visit https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign.](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign)



## Your accommodation

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



### **Art Hotel or Similar, Split**

The Art Hotel is centrally located, close to the historic heart of Split and is a stylish, boutique property. The décor is uber-chic and the hotel has an inviting roof-top pool with terrace as well as a restaurant, bar and wellness centre. Rooms come complete with kettles, fridges and free Wi-Fi.



### **Dea Hvar Heritage Hotel, Hvar**

The Dea Hvar is a welcoming heritage hotel situated in the heart of Hvar Island just a few steps from the theatre and historic St Stephen's Square. It is also just a few km from Stipanska Beach. Along with its great location, Dea Hvar has a garden, comfy, well-equipped rooms and an attractive restaurant specialising in Mediterranean and Dalmatian inspired dishes.

Alternatively we use the Villa Nora on Hvar. The villa is housed in a former 14th century palace very close to the harbour and the Bishop's Palace. The hotel offers a very warm welcome and friendly service and has its own restaurant serving local specialities. Rooms are large, with a good level of comfort and come complete with coffee/tea making facilities, minibars and free Wi-fi.



### **Hotel Odisej, Mljet**

Accommodation options are limited on Mljet and here you will stay in the 3\* Hotel Odisej, located on the pretty waterfront in Pomena. Decor is slightly dated but rooms are perfectly comfortable and have large balconies. There is an extensive buffet breakfast and facilities include limited Wi-Fi, sauna and steam rooms, and access to a swimming area and tennis court. The entrance to the national park is a one minute walk away.



### **Hotel Lero or Similar, Dubrovnik**

Only a 15 minute walk from the old city of Dubrovnik and just 5 minutes from Maramare Beach, the Hotel Lero is very well located. A large, modern hotel, it has a pool, spa, piano bar and two restaurants. All rooms feature mini bars, kettles and free Wi-Fi, some have partial sea views.

## Meal arrangements

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6 x breakfasts, 3 x dinners.

Lunches are not included on this trip but your guide will assist you each day in purchasing a picnic lunch. The small supermarkets in each town supply an excellent range of fresh bread, savoury snacks, pastries, fruit, vegetable and local cheese and meat specialities.

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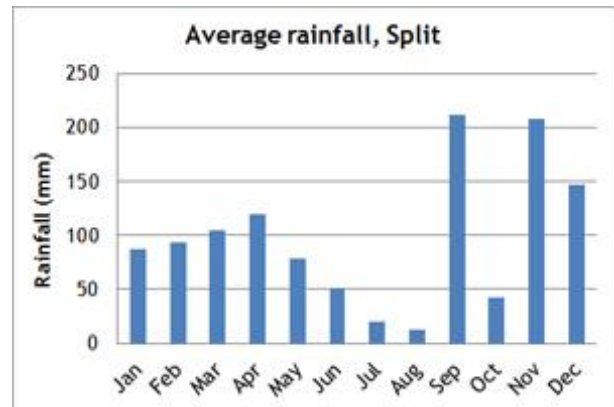
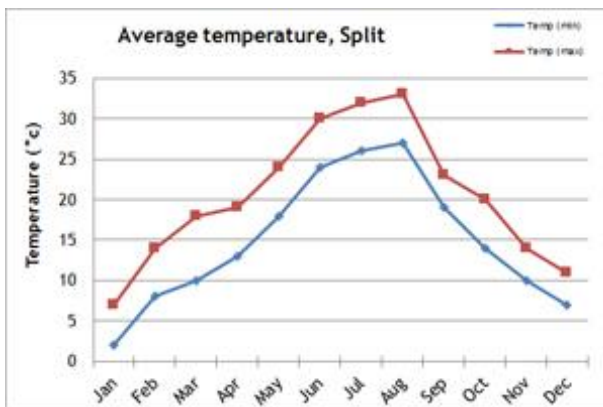
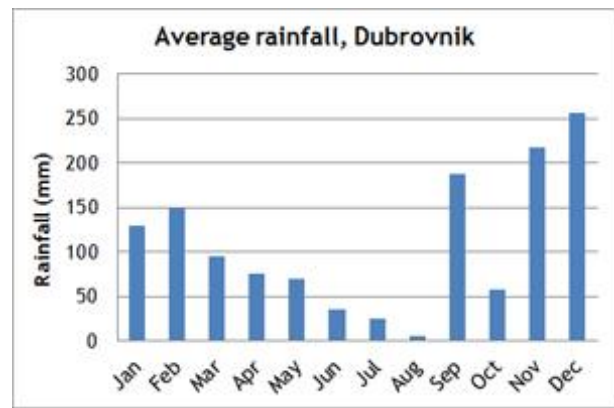
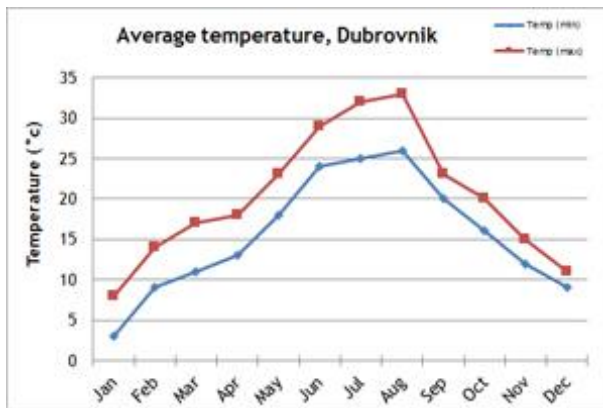
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## 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



## Extensions

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### Extending your holiday

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



There are many ways you can extend your holiday with Mountain Kingdoms: you could book extra hotel nights at the start or end of your trip in Dubrovnik, arrange a personal sightseeing tour or enjoy some other exciting activities. In fact, whatever's available we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements.

We can also assist with flight and hotel upgrades.

## Why book this holiday with Mountain Kingdoms?

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- The itinerary has been designed to show you some of the best of the Croatian Islands in addition to the must see mainland highlights of Split and Dubrovnik.
- You will stay on two different islands, and visit another, with gentle walks to explore their distinctive character, and the opportunity to swim most days where the sea is warm.
- Accommodation on this trip is in comfortable, well-located, three star hotels.
- Your local English speaking guides have excellent knowledge and experience of the varied walks you will undertake Croatia.
- We research all our holidays ourselves and Jude Limburn Turner visited Croatia in 2018. Please contact her if you have any questions.
- We offer a flexible service and can extend your holiday with extra hotel nights in Dubrovnik.
- 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.
- 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](http://www.mountainkingdoms.com) or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

## What our clients say

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*A wonderful introduction to the islands of Croatia bookended with guided walks around the cities of Split and Dubrovnik. Marko was a brilliant guide.*

*-JHM, Herts*

*Easy walking, good food and wine, beautiful beaches and historic cities - these are a few of my favourite things, and this holiday delivered them in spades! Croatia surpassed my expectations on every level, with Dubrovnik the icing on the cake - one of those rare destinations which fully justify the hype.*

*- Jude Limburn Turner, 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.



## RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



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

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

### Carbon Offsetting

#### Already doing:

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

#### Will do:

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

### Reducing Carbon Emissions

#### Already doing:

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

#### Will do:

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

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

