

Trails of Capri & the Amalfi Coast, Italy

Exhilarating walking including the 'Path of the Gods', on the spectacular Amalfi coast



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels
Grade	Gentle / Moderate
Duration	7 days from London to London
Trekking / Walking days	Walks on: 5 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader S Italy
Land only	Joining in Naples, Italy
Max altitude	1,281m/4,202ft, Mount Vesuvius, Day 4

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2025 Dates:

Sun 18 May - Sat 24 May

Sun 17 Aug - Sat 23 Aug

Sun 14 Sep - Sat 20 Sep

Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Insurance

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

Private Departures

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

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday.

If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



Our holidays on the Amalfi Coast are led by professional Italian guides who speak excellent English and know the area well.

Guides for this trip include Veronica Verde, an enthusiastic, licensed guide who speaks five languages in addition to her mother tongue, Italian. Veronica is a keen trekker who loves nature. Her favourite places to walk, outside Italy, are Iceland, New Zealand and Scandinavia.

Your trip highlights

- Enjoy a rich variety of coastal and mountain walks including the aptly named 'Path of the Gods'
- Walk on every day of the holiday to make the most of your week in this scenically stunning region
- Spend a full day exploring Capri on foot; the home of the beautiful people
- Discover the picture-postcard towns of Amalfi and Positano
- Climb Mount Vesuvius and visit the evocative ruins of ancient Pompeii
- Stay in a charming hotel near the peaceful village of Bomerano
- Take an optional extension to explore the fascinating old town of Naples

At a glance itinerary

Day 1	Fly to Naples airport. Group transfer to Bomerano, Agerola.
Day 2	Walk through the Valle delle Ferriere to Amalfi.
Day 3	Walk the Path of the Gods to Positano.
Day 4	Walk to the top of Mount Vesuvius. Explore Pompeii on foot.
Day 5	Monte Tre Calli walk, with views to the tip of the Sorrentine Peninsula.
Day 6	Ferry to Capri. Guided walk around eastern end of the island. Ferry to Amalfi and return to Bomerano.
Day 7	Group transfer to Naples airport.

Trip summary

The beautiful and dramatic Amalfi coast runs along the southern edge of the Sorrentine Peninsula: white, near vertical limestone cliffs rise from a brilliant turquoise sea, the deep valleys are wooded or steeply terraced with vines and lemon groves, and pretty pastel-coloured houses cling precariously to the cliffsides. This region is just made for walkers and this leisurely-paced holiday makes the most of the stunning scenery. Trails follow ancient mule tracks through fragrant woodland and into sleepy white-washed villages with cobbled streets, set against the backdrop of the picturesque Lattari mountains. Relaxing picnic lunches, replete with delicious local ingredients freshly selected by your guide, add a taste of La Dolce Vita.

The panoramic views from the trails are breathtaking, no more so than along the famed Footpath of the Gods which traces the rugged edge of the peninsula between Bomerano and Positano. To make the most of this celebrated walk, your guide will alter the itinerary if necessary so that you complete it on the day when the weather is at its best.

After a satisfying morning in the quiet hills away from the crowds, you will have ample time to wander the chic coastal towns of Amalfi and Positano with their numerous cafes, bars and limoncello shops. And, in the warmer summer months, you can also enjoy a refreshing dip in the enticingly clear sea from one of the small harbourside beaches.

Your base is high up in the pretty town of Bomerano on the Agerola plain. Here you stay in a small, friendly, family-owned hotel renowned for its excellent restaurant and pizzeria where all meals are freshly cooked. The hotel has its own garden, sun terrace and swimming pool - just perfect for relaxing at the end of the day.

Most of the walking is from the door of the hotel, but you will also spend a full day exploring the glamorous island of Capri on foot and another ascending the crater of Vesuvius before taking a peek into life in ancient times as you discover the fascinating excavations at Pompeii.

If you would also like to spend time in Naples, we offer an extension to this exuberant UNESCO World Heritage city with its many fascinating historic and cultural sights. Staying in a centrally located hotel you will take a morning walking tour of the old town to introduce you to some of the highlights after which you will have a free afternoon to visit the incredible Museo Archeologico, go underground in the catacombs or stroll the attractive downtown shopping area.

Your trip itinerary

Day 1: Fly London to Naples

You will be met on arrival at Naples airport by your guide for the transfer to Bomerano. Please note that there will be a single group transfer to your hotel. This is timed to fit the group flight, please check with us for further information.

Bomerano is one of three sleepy villages which merge together on the Agerola plain above the Amalfi coast, and it makes the perfect base for exploring the spectacular coastline right from the front door of the hotel. You will stay in a friendly, centrally located, family run hotel for the next five nights.

Overnight: Hotel Rabbit or Similar, Bomerano (Meals: D)

Day 2: Walk to Amalfi through the Valle Delle Ferriere - 900m ascent/descent, 6 hours.

A 10 minute bus ride around the Agerola plain will take you to the start point for today's walk, which is probably the most demanding of the holiday. You climb steadily for around 40 minutes through small farmsteads, on wide agricultural tracks, with good views back over Agerola. Toward the top of the pass you will see timber works where the support stakes are being produced for the region's many lemon trees and vines.

The initial descent from the pass is steep but you then contour around the valley on a narrow wooded track. This section of the route is rarely trekked; it can be slightly overgrown but is wonderfully tranquil. Listen out for the bells of grazing goats, and more importantly for the approach of mules laden with wood en-route to the timber works, and be sure to give them plenty of space to pass. The route is lined with orchids and wood roses; green salamanders scuttle away as you approach.

After a cleft in the rock, views of the valley open out ahead and you get a better sense of where you're heading. The mostly shady path takes you past a series of waterfalls, one of which makes for a perfect picnic spot, complete with pools to cool your feet in.

Continuing to contour round the hillside, you finally round a bend and the first tantalising glimpse of Amalfi set amidst cascading lemon tree terraces, appears beneath. The glorious vista remains with you as you descend through the lemon groves into the bustle of Amalfi proper. There will be time for a look round the pretty little town, or to enjoy a quick dip and an ice-cream before the group transfer back up to Bomerano.

Overnight: Hotel Rabbit or Similar, Bomerano (Meals: BLD)

Day 3: Walk the 'Path of the Gods' and descend to Positano - 700m descent, 4 hours.

Today's walk starts in front of the hotel heading out through the outskirts of the village. You cross over a small footbridge and then round a corner for the first of many spectacular views down over impossibly steeply terraced vineyards to the brilliant turquoise sea far below.

The vista just gets better and better as you head toward Positano, with a prospect, on a clear day, right along the Sorrentine peninsula to Capri. Wild geranium, purple orchids, pink and white rock roses, rosemary and other fragrant plants line the way. Occasionally the path pops briefly into welcome shade but mostly the walking is in the open, with steep drops down to the left. The trail is mostly good but there are a few rocky sections, and there is a handrail in places.



Allowing plenty of time along the way to savour the glorious views, you should arrive into the small hamlet of Nocelle after two and a half hours. It is worth descending to the Piazza Santa Croce where there is usually a small juice stall selling delicious freshly squeezed lemon and orange juice. Rest a while in the shade in front of the church and enjoy looking down over pretty Positano.

Now you're refreshed it is time to tackle the knee-crunching steps down into town - and there are well over 1,500 of them! However, the views, both above and below, more than compensate. Alternatively if your knees aren't quite up to the steep descent, then there is an hourly bus you can take from Nocelle to Positano instead.

Once down in pastel-washed Positano the afternoon is yours at spend at leisure. If you're after a swim we recommend heading up steps at the right hand side of the main beach, and walking over to the quieter Spiaggia del Fornillo - the first beach is a perfect little cove but has no lifeguard, the second is larger but still pleasanter than the main Positano beach. The water is crystal clear, but do keep an eye out for jellyfish in the summer months.

At the end of the afternoon you will take the ferry back to Amalfi, retracing your walk along the coast, to meet your transport back up to Bomerano.

Please note that your guide will endeavour to choose the day with the best weather to walk the Path of the Gods.

Overnight: Hotel Rabbit or Similar, Bomerano (Meals: BLD)

Day 4: Transfer to Vesuvius to summit the crater, 1,281m/4,202ft - 200m ascent/descent. Drive to Pompeii and explore on foot.

An early morning departure by mini-bus will take you across the fertile Campania plain before winding up the side of Vesuvius. The walk to the top of the crater takes around 20 to 30 minutes from the parking area, on a broad dusty path with a steady gradient, and from the top you can see down into the 230m deep crater on one side, and miles out across the Bay of Naples on the other. There is little evidence to show that Vesuvius is the only active volcano on mainland Europe, other than the odd small plume of smoke wafting from a vent.



Vesuvius dominates both the landscape of the region and the lives of those who live in its shadow. The first known eruption was back in 79AD when it buried Pompeii, but there have been over a hundred eruptions since, with roughly one every 30 years since a big eruption in 1631. Vesuvius has been ominously quiet since 1944, and most experts consider that her next eruption is well overdue. Don't panic though - activity on Vesuvius and in the surrounding area is carefully monitored!

Leaving Vesuvius behind you drive to the town it famously buried in 79AD - Pompeii. There are excellent complimentary maps and mini-guides available in the ticket area, and you may also like to hire an audio guide for €5. After lunch - the Tempio Dorico makes a great picnic spot with plenty of shade - your guide will give you your bearings, and recommend the must-see-sights, but Pompeii is best explored at your own pace. Be aware that the complex covers a huge area, so plan a route and allow plenty of time to reach the excavations in the far corners. It is definitely worth the walk to the easterly boundary to see the amphitheatre and Palestra Grande (athletics fields). The buildings here have an attractive setting, and relatively few visitors, making it a delightful contrast to the busy area around the Forum. Navigating around Pompeii can be a challenge as there are always streets closed for excavation and restoration, and in addition to the key excavation numbers, there is also a secondary numbering system, and streets signs are shown in Roman numerals!

Overnight: Hotel Rabbit or Similar, Bomerano (Meals: BLD)

Day 5: Circular Tre Calli walk from Bomerano - 600m ascent/descent, 4-5 hours.

Walking from the door of the hotel, you head out of the village and then climb sections of stepped path, cutting between zig-zags on a deserted road. After around forty minutes you leave the road behind and ascend steeply on a small path for around an hour up to a promontory, with the Agerola plain spread beneath you on one side and dazzling airy views right down the Sorrentine Peninsula on the other. After pausing for breath you continue on Monte Tre Calli, traversing the flanks of Monte Catiello, 1,326m/4,350ft, before continuing around the ridge above Agerola on a somewhat overgrown path through scrub and holm oak woodland. Eventually you emerge from the trees, and at the high point of around 1,200m/3,937ft will be rewarded with views right across the Campania plain to Vesuvius, and to the Bay of Naples beyond. From here it is a steady descent back into Bomerano, passing mountains of stacked wood, spectacular vegetable beds and, in season, heavily laden cherry trees. If it is open you may like to pause at the small limoncello co-operative store - L'Alambicco - on the way back into town. This locally produced lemon liqueur is delicious and very good value.

Overnight: Hotel Rabbit or Similar, Bomerano (Meals: BLD)

Day 6: Take the ferry to Capri. Walking tour of the island - 150m ascent/descent, 4-5 hours.

After breakfast today, you will be transferred to Amalfi to catch the ferry to Capri. The ferry from Amalfi calls first at Positano, before heading down the Sorrentine Peninsula and out to Capri; the morning views from the right hand side of the top deck are magical.

You arrive into the hustle and bustle of busy Marina Grande, where fishing boats bob in the glittering harbour in front of a cluster of colourful houses and cafes. Leaving the touristy port behind, you head upwards through cool white-washed alleyways - be sure to look back as you climb for bougainvillea framed picture-postcard views to the sea.

Capri is only 6km long and 2.8km at its widest stretch, but is unbelievably picturesque - the impressive natural features, turquoise coves, soaring limestone cliffs, sea stacks and fragrant vegetation provide a brilliant backdrop to the luxuriant gardens, charming houses and roman ruins.

Your walking tour will explore the eastern end of this glamorous island, on tiny car-free paved lanes and footpaths, passing briefly through the elegant, boutique lined streets of Capri town and then out past beautiful wisteria and vine-trellised villas to take in the highlights - natural and historic - which many visitors fail to find.

In the late afternoon you will return to Marina Grande and take the ferry to Amalfi and transfer back to your hotel in Bomerano.

Overnight: Hotel Rabbit or Similar, Bomerano (Meals: BLD)



Day 7: Group transfer to Naples airport. Fly to London.

After breakfast there will be a single group transfer from the hotel to Naples airport to fit with the group flight time. (Meals: B)

Our grading system

Trails of Capri & the Amalfi Coast is graded as a Gentle/Moderate 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.

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.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ An experienced English-speaking Italian guide.
 - ✓ Economy class return air fares from the UK (flight inclusive option). If you are travelling land only, check with our office for joining time at the airport.
 - ✓ Single timed group transfers to/from Naples airport at the start and end of the holiday.
 - ✓ Private road transfers throughout (there is one short 10-minute public bus ride on Day 2).
 - ✓ A ferry from Positano to Amalfi on Day 3, and from Amalfi to Capri, and from Capri to Amalfi on Day 6.
 - ✓ All meals from dinner on Day 1 to breakfast on
- Day 7
- ✓ A pleasant family run hotel in Bomerano, full board (picnic lunches)
 - ✓ Entrance to Vesuvius and Pompeii.
 - ✓ A free Mountain Kingdoms Water-to-Go bottle or a Mountain Kingdoms fleece
 - ✓ Carbon offsetting with the Ecoan Tree Planting Project in Peru (for those taking our flight inclusive option)

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:

- ✗ Optional bus ride, Nocelle to Positano (day 3)
- ✗ Travel insurance
- ✗ Drinks
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

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

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

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

Your accommodation

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



Hotel Rabbit or Similar, Bomerano

The base for our walking on the Amalfi coast is the charming village of Bomerano (pictured) on the Agerola plain. Here we stay in the small, friendly, family-owned Hotel Rabbit, a short walk from Bomerano's central piazza. The convenient location means most of your walks are straight from the door. The hotel has simple but comfortable rooms with air-con. The Rabbit is well-known for its excellent restaurant and also has a bar, outdoor pool, garden and sun terrace overlooking the hilly surrounds.

Meal arrangements

All meals are included from dinner on arrival to breakfast on departure. All lunches are delicious locally sourced picnic lunches.

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.

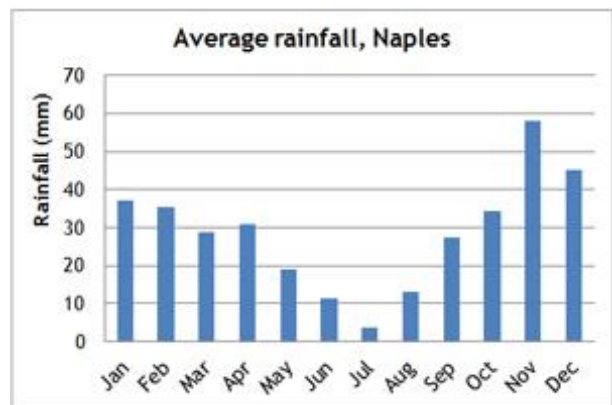
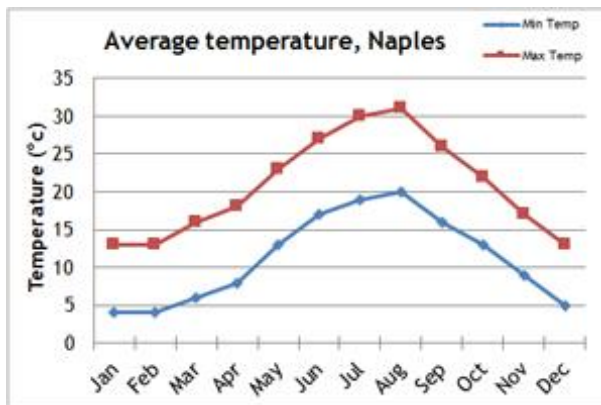
Further information

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.



Naples extension

Often overlooked by visitors to the region, Naples is a UNESCO World Heritage city with many fascinating historic and cultural attractions.

Staying in a good quality, centrally located hotel you will enjoy a guided walking tour of the key sights including Via Tribunali, the Duomo and the port. You will then have an afternoon at leisure giving you the opportunity to visit the impressive Museo Archeologico, go underground in the catacombs or simply take a stroll around Naples' excellent shops, cafes and bars.



This extension includes one night's accommodation in Naples on a twin share bed and breakfast basis, all transfers (from Bomerano and to Naples airport) and a guided city tour. Contact us for further details and prices.

Why book this holiday with Mountain Kingdoms?

- An English speaking Italian walking guide will lead your holiday.
- The hotel in Bomerano is centrally located and renowned for its excellent restaurant.
- We schedule 'The Path of the Gods' walk early on in the week, which means there is the option to swap the walk to another day if necessary to ensure that you get the best weather with the best views for this highlight.
- We include a full day trip to beautiful Capri with a 4-hour guided walk to explore the eastern end of the island.
- There is the option to extend your holiday in Naples with time to discover the many cultural and historic sights of the city.
- The holiday has a relaxed pace with plenty of time to explore the attractions. There will be lots of rest stops on walking days to take in the incredible views, and hour long lunch breaks, Italian-style!
- A fixed group transfer to/from the airport is included at the start and end of the trip. If you require separate transfers we can quote you. Feel free to contact us for further information.
- Jude Limburn Turner researched this walking holiday, so if you want to talk to someone in the office with first-hand experience of the route, call Jude on 01453 844400.
- We have a maximum group size of 12 so that you can enjoy all the benefits of a genuine small group experience.
- 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 or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



The hotel was an absolute gem...end of the season and Nicola, owner and chef, has an absolute passion for food that made you feel it was his opening week and everything had to be perfect. The scenario is magnificent and the local guide fantastic with a real deep understanding of their environment. Pompeii was stunning though a authorised tour guide would probably have been advisable over the hand held audio guide.

-Dave



Our guide Veronica was a delight to be with, nothing was too much trouble for her. I just loved the picnic lunches - lots of local delicious delicacies. What I enjoyed was the small group size and going to place off the tourist trail.

-Mrs F, Middlesborough

We met very interesting people and all got on well together. The walking, although difficult, was beautiful. Our guide Veronica was excellent and made our trip.

-Mrs D S, West Yorkshire



We cannot praise Veronica enough for her professionalism and attention to detail regarding her clients' comfort and needs, she also made us amazing lunches.

-Mr F, West Midlands

Excellent guide provided local produce for lunches and an excellent local knowledge.

Mr J P, Gloucestershire

An excellent holiday walking through breathtaking scenery every day, with our guide providing plenty of information on both the scenery and the history of the region. The Rabbit Ristorante was very comfortable and the chef, who is very passionate about his job, supplied a wide variety of very tasty food - not the surfeit of pasta and pizza that I was anticipating.

-Anonymous

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.

