

Walking Holiday in Slovakia

Short walks in the High Tatras plus the fairytale castles and traditional villages of Europe's most overlooked destination.



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels
Grade	Gentle / Moderate
Duration	8 days from London to London
Trekking / Walking days	Walks on: 4 days
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Local Leader Slovakia
Land only	Joining in Krakow, Poland Departing from Vienna, Austria
Max altitude	Skalnate Pleso, 1,750m/5,741ft, Day 2,

Private Departures & Tailor Made itineraries available



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Group Departure Dates and Prices

Group departures

2026 Dates:

Sun 02 Aug - Sun 09 Aug

Sun 06 Sep - Sun 13 Sep

2027 Dates:

Sun 01 Aug - Sun 08 Aug

Sun 05 Sep - Sun 12 Sep

Group prices

Visit the holiday page of our website for up-to-date land only and flight inclusive prices for all group departure dates <https://www.mountainkingdoms.com/holiday/walking-holiday-in-slovakia>.

Single supplement options can also be found here.

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



Your holiday will be led by a professional local guide who speaks very good English and will know the history, culture, flora and fauna of their country inside out.

One of our guides in Slovakia is Peter Paľa (pictured here), who grew up in the Tatras and has been connected to the mountains since childhood. An active sportsman and triathlete, Peter combines his passion for endurance with a deep knowledge of the trails, peaks, and hidden corners of the region. He also works as a mountain rescuer, bringing not only expertise but also a high level of safety to every journey. With his friendly approach and professionalism, Peter will ensure that your experience in the Slovak countryside is both inspiring and secure.

Your trip highlights

- Enjoy scenic walks in the Tatra Mountains to lakes and waterfalls.
- Hike the Malá Fatra ridge with panoramic views
- Tour the fairy-tale castles of Orava and Bojnice
- Discover the painted wooden houses of Čičmany village.
- Sightseeing in Kraków and have time at leisure to explore Bratislava.

At a glance itinerary

Day 1 Fly London to Kraków. Guided sightseeing tour of The Old Town.

Day 2 Transfer across the border to Slovakia. Walk from Skalnaté Pleso to Hrebienok.

Day 3 Walk to Lake Popradské Pleso.

Day 4 Transfer to the Orava region. Traditional river raft and Orava castle tour. Transfer to Malá Fatra.

Day 5 Cable car to Chleb mountain. Ridge walk to Velký Kriván.

Day 6 Morning drive to Čičmany and walk into village.

Day 7 Visit Bojnice Castle and drive to Bratislava. Free time.

Day 8 Transfer to Vienna. Depart.

Trip summary

Walking in Slovakia is the perfect way to explore this beautiful, underrated country, tucked away between Austria, Poland and the Czech Republic.

Designed for those who prefer to take their time and truly soak it all in, this walking holiday in Slovakia combines scenic hikes in the High Tatras, Malá Fatra and Rajecka regions with historic cities, spectacular castles and culturally interesting villages. And the real selling point - Slovakia walking trails come without the crowds you might expect to find elsewhere in Europe.

Your journey begins in Kraków, a historic Polish city full of beautiful architecture and vibrant charm, before crossing into Slovakia and the soaring Tatras Mountains, where alpine peaks, glacial lakes and forested valleys create a spectacular backdrop. Your base here is the pleasant lakeside town of Štrbské Pleso, from which you head up into the hills, making use of a cable car and funicular, to soak up the panoramic views on relaxed and enjoyable walks.

Leaving the High Tatras behind, you continue south to discover some of Slovakia's most captivating cultural highlights. Perched high above a river on a rock, Orava Castle is steeped in legend and history, and a traditional wooden rafting trip below offers a tranquil way to soak up its dramatic setting. A walk to the traditional village of Čičmany, famous for its distinctive painted wooden houses, offers a glimpse into Slovakia's folk heritage and rural life, whilst in the Malá Fatra mountains, a cable car takes you high up to the ridgeline for a stunning walk with far-reaching views across central Slovakia. Finally, you visit fairy-tale Bojnice Castle before arriving in Bratislava, Slovakia's vibrant yet relaxed capital.

Throughout the trip, you'll stay in authentic pensions and comfortable hotels, enjoying warm hospitality and local charm, and by the end of the journey, you'll have seen many of the best places to visit in Slovakia. With a mix of gentle walks, beautiful scenery, and fascinating history, with plenty of time to pause and take it all in, we think that this is the best way to discover one of Europe's most overlooked and rewarding destinations.

Your trip itinerary

Day 1: Fly London to Kraków. Group transfer to Hotel.

You will be met on arrival at Kraków airport and transferred to your hotel located in The Old Town.

This afternoon you'll enjoy a guided sightseeing tour of the Old Town. Wander the charming streets, take in the historic squares, and admire landmarks such as St. Martin's Cathedral and the Main Square. Along the way, your guide will share fascinating stories about the city's history and culture, bringing the Old Town's rich heritage to life, before finishing the day with a welcome dinner with your group.

Overnight: Hotel Lavander or Hotel Puro or Similar, Kraków (Meals: D)

Day 2: Transfer to Tatranská Lomnica in Slovakia - 2½-3 hours. Cable car ride to Lomnický Peak, 1,750m/5,741ft. Walk down to Hrebienok - 6½km, 3 hours. Funicular to Starý Smokovec. Transfer to hotel.

Today you will leave Kraków behind and take the scenic drive across the border into Northern Slovakia, arriving at the picturesque resort town of Tatranská Lomnica, which is nestled in the Tatra mountains.

On arrival you will take a cable car ride up to 1,750m to Lake Skalnaté Pleso which sits under Mount Lomnický Štít, the second highest peak in Slovakia. Here you can enjoy breath-taking panoramic views of the surrounding Tatras wilderness. You will descend on foot following the famous Tatranská Magistála trail across undulating valleys, granite peaks and lush forests to reach Cold Creek Waterfall. The trail ends at Hrebienok, where you will take the modern funicular down to the pretty and popular resort town of Starý Smokovec. Here, you will have some free time to explore the town, relax, or grab a coffee in one of the many restaurants and shops.



It is a short road transfer to your hotel in Štrbské Pleso, a quiet village set beside a calm lake and surrounded by impressive mountain scenery. A great place to unwind after a day on the trail.

Overnight: Hotel Solisko or Panorama Resort or Similar, Štrbské Pleso (Meals: B D)

Day 3: Day walk to Lake Popradské Pleso - 400m/1,312ft ascent and decent, 12km, 4-5 hours.

This morning, you'll set out on a walk to Lake Popradské Pleso, a beautiful mountain lake nestled in the heart of the quiet Mengusovská Valley. The walk will take you through a peaceful pine forest, and as you emerge on the other side, you'll be greeted by stunning views overlooking the Solisko Mountain ridge and Ostrva Mountain. Upon reaching the lake, you can take in the breathtaking scenery and stop at the nearby mountain hut for a well-earned rest before making your way back. The locals call this route "the cherry on top" because it offers a big reward with relatively little effort.

After the walk, you'll return to your hotel and have a free afternoon to relax. You might choose to unwind with a drink on the terrace overlooking the lake, take a gentle stroll along the water's edge, or simply rest and recharge.

Overnight: Hotel Solisko or Panorama Resort or Similar, Štrbské Pleso (Meals: B D)

Day 4: Drive to Orava Castle - 1 hour. Traditional wooden raft ride on the Orava River and castle tour.

The day starts with a scenic drive into the Orava region, home to a striking medieval castle perched high above the Orava River. You'll enjoy a leisurely one-hour downstream journey aboard an open-sided wooden boat to reach the castle, a local tradition known as pltníctvo. Oarsmen dressed in traditional Slovak clothing will guide the boat along the river, moving at a relaxed, easy pace, perfect for taking in the surroundings. Think of it as a Slovak version of a Venetian gondola ride! From the water, you'll get a unique view of the castle, dramatically perched like an eagle's nest atop a sheer cliff. Along the way, your guides will share stories about the region's rafting history.

After the rafting, there will be time for lunch, and you'll be taken to a nearby restaurant where you can buy some authentic Slovakian dishes. This afternoon, you'll take a tour inside the castle and learn about its fascinating history. Built in the 13th century, it has been extended and remodelled over the centuries into a stately home for noblemen. The castle has even made its mark on the big screen, featuring in the 1922 silent film *Nosferatu* and, more recently, in the 2020 *Dracula* TV series.

Once your tour concludes, you will drive west to the Malá Fatra mountains, where you'll settle into a cozy mountain pension near the village of Terchová for a restful evening.

Overnight: Penzion Sagan or Similar, Terchova (Meals: B D)

Day 5: Malá Fatra Ridge hike - 7.5km, 5 - 6 hours.

The day begins with a scenic cable car ride from Terchová up to the ridge of the Malá Fatra mountains, a popular hiking area in northern Slovakia near the cities of Martin and Žilina, and not far from the Polish border.

At the top, you'll take a well-marked undulating trail along the ridge. The trail takes you over three peaks, which includes Velký Kriváň (1,709m / 5,606ft), the highest point in the range. The ridge offers stunning views; on one side, you can look back down towards Terchová, and on the other enjoy sweeping vistas across the Váh Valley towards the Veľká Fatra mountains.



After reaching Velký Kriváň, assuming conditions are good, you will continue on the trail along the main ridge to the peaks of Chleb and Hromové. Rather than retracing your steps, you'll descend via a lower path that winds through wildflowers and shrubs, stopping for lunch and refreshments at a charming chalet with a terrace overlooking the valley.

After lunch, you'll follow the trail back to the cable car, completing the loop hike, and descend back to Terchová.

Overnight: Penzion Sagan or Similar, Terchova (Meals: B D)

Day 6: Morning drive to Čičmany - 1.5 hours. Walk into Čičmany village - 395m/1295ft ascent and decent, 9.9km, 4 hours.

In the morning, you will drive to a trailhead near the traditional Slovak folk village of Čičmany in the Rajecka Valley, located in the Žilina region.

Rather than heading straight into the village, you will begin with a walk through the surrounding countryside, gradually approaching Čičmany on foot.

The walk winds along quiet forested paths, gently climbing up Javorina hill, where you'll be rewarded with views over the rolling hills and meadows. From there, you'll descend into the village itself, with the striking rooftops of Čičmany coming into sight as you approach the village. Čičmany has preserved a collection of traditional wooden houses, which are decorated with geometric patterns. Since World War II, many wooden houses throughout the country have been rebuilt using concrete and brick, so Čičmany serves as a living museum.

Your guide will arrange a traditional local restaurant, after which you'll explore the village, learning more about its history, architecture, and cultural significance. Although Čičmany is not a UNESCO World Heritage Site, it was granted protected monument status in 2013, and the unique patterns decorating the buildings are included on UNESCO's Intangible Cultural Heritage list.

Depending on availability at the local château, you may stay there overnight. If not, you will drive to Bojnice, around 45 minutes away.

Overnight: Kastiel Čičmany or Hotel Bojnicky Vinny Dom In Bojnice (Meals: B D)

Day 7: Guided tour of Bojnice Castle. Transfer to Bratislava - 2 hours. Free afternoon.

If you are not already in Bojnice, you will drive here this morning, for a guided tour of Bojnice Castle, famed for its fairy-tale appearance. The castle dates to the early 12th century but has been extensively remodelled and extended over the centuries.

After the tour, you will have a little free time to explore the town on your own.

Later you will drive back to Bratislava for your last night. You will have the remainder of the day to explore the city independently, and there is plenty to see and do. You might stroll through the charming Old Town, visit Bratislava Castle for panoramic views over the Danube, explore St. Martin's Cathedral, or relax at one of the city's many cafés. For those interested in history and culture, the Slovak National Gallery and the Blue Church are also worth a visit and don't miss the chance to try Makovník, a soft, sweet poppy seed roll that's a true local favourite.

Your holiday ends with a final group dinner at a local restaurant and a chance to reflect on your time in Slovakia.

Overnight: Hotel Arcadia or Similar, Bratislava (Meals: B D)

Day 8: Group transfer to Vienna Airport. Fly to London.

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 to quote for extra nights in Bratislava if you are looking to extend your time in Slovakia. Please contact the office for further information and hotel/transfer prices. **(Meals: B)**

Our grading system

Walking Holiday in Slovakia 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:

- ✓ 7 nights in 3* and 4* hotels with half-board.
 - ✓ All breakfasts and dinners.
 - ✓ Two cable car and one funicular tickets.
 - ✓ Entry fees to Bojnice and Orava castles.
 - ✓ Traditional raft ride on Orava River.
 - ✓ Guided tour of the Kraków Old Town.
 - ✓ All group transfers.
 - ✓ Guiding by a professional English-speaking guide throughout.
 - ✓ Economy class return air fares from the UK
- (flight inclusive option).
 - ✓ 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
- × All lunches
- × Items of a personal nature
- × 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 Lavander or Hotel Puro or Similar

PURO Hotel Kraków Old Town is a modern, design-focused hotel located just steps from the main Square. It offers stylish, comfortable rooms and has a restaurant, cafe and spa. Alternatively, we may use the charming 3* Hotel Lavendar. Equally well-located within the Old Town, the rooms have a good range of amenities including minibars and kettles. The hotel has a bar and an on site restaurant serving Polish cuisine.



Hotel Solisko or Panorama Resort or Similar, Štrbské Pleso

Hotel Solisko is a 4-star hotel situated on the banks of the Štrbské Pleso Lake in the High Tatras. It offers well-equipped, modern rooms that enjoy views of the surrounding mountains. The hotel has its own restaurant along with a spa and wellness centre. Wi-Fi is available throughout. Our other choice in the heart of Štrbské Pleso is the Hotel Panorama. It has a striking, modern design and a good range of facilities including an outdoor terrace, bar and restaurant. Rooms are large and come complete with their own balcony to enjoy the superb mountain views.



Penzion Sagan or Similar, Terchova

Penzión Sagan is a friendly, family-run guesthouse located in the picturesque village of Štefanová, at the foot of Rozsutec Peak in Malá Fatra National Park. Built in a traditional style the rooms feature, pine walling, wooden furniture and hardwood floors and each has a fridge and tea/coffee maker. The pension has its own bar and restaurant serving traditional Slovak cuisine, and there is also a sauna and outdoor hot tub.



Kastiel Čičmany or Hotel Bojnicky Vinny Dom in Bojnice

Located in the centre of the pretty village of Čičmany, the Kastiel Čičmany is a cosy and welcoming place to stay. You can enjoy village or mountain views from the rooms and there is also a terrace to sit outside and enjoy the peaceful surrounds. The hotel has a small restaurant and Wi-fi is available throughout. Another option in this area is the Hotel Vojinicky Vinny Dom in Bojnice. This is a charming boutique hotel on Bojnice's main square, just a short walk from the castle. Inspired by local wine growing traditions, each room is named after a wine variety, and the hotel's restaurant has a good selection of regional wines.



Hotel Arcadia or Similar, Bratislava

Hotel Arcadia is a beautifully restored 13th-century boutique hotel in the heart of Bratislava's Old Town. Spacious rooms combine antique furnishings and wooden beams with modern conveniences, and the hotel has a bar, breakfast room and wellness area.

Meal arrangements

7 breakfasts and 7 dinners are included.

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.

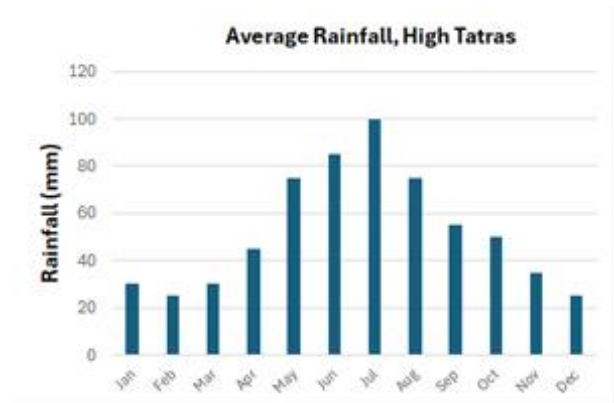
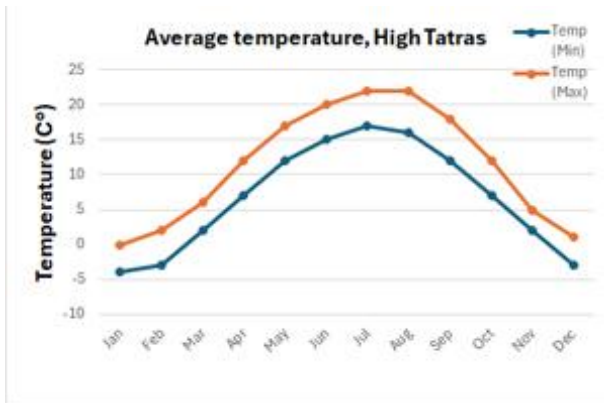
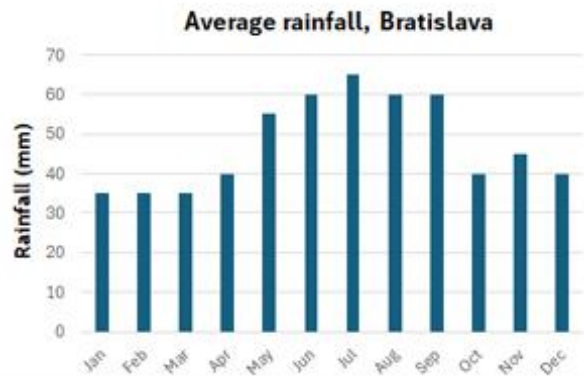
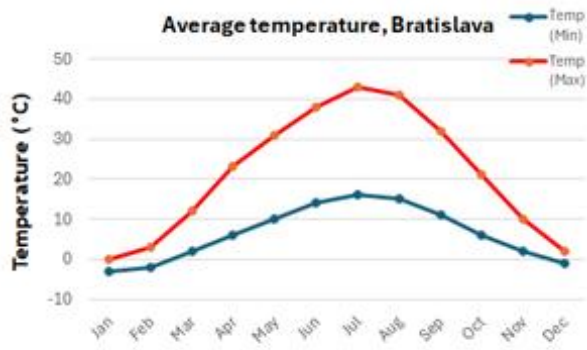
Further information

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.



Additional time in Bratislava or Vienna

If you would like to extend your holiday, we can book extra hotel nights in Bratislava or Vienna for you and arrange sightseeing tours or other activities. 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?

- Visit world class sites like Kraków, Orava Castle, and Bojnice Castle, while also experiencing authentic, off-the-beaten-track locations like Čičmany village and Velký Kriván.
- Stay in hand-picked 3 and 4 star hotels and charming local pensions, each selected for comfort, character, and location.
- From the painted wooden houses of Čičmany to the lesser-visited Malá Fatra mountains, we include places and experiences not found on standard Slovakia itineraries.
- Our Marketing and Operations Administrator, Jess, enjoyed travelling to Slovakia to research this holiday for Mountain Kingdoms. 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 or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What we say



Slovakia really surprised me in the best way. One day I was wandering Bratislava's cobbled streets, enjoying the city's charm, and just a couple of days later I was up in the Mala Fatra mountains, surrounded by wildflowers, hidden alpine lakes, and jaw-dropping views. What stuck with me the most when I got back home was how overlooked Slovakia is. Sandwiched between Austria and the Czech Republic, it somehow doesn't get the attention it deserves. And honestly, that's part of the magic. The trails are quiet, the towns un-touristy, and the landscapes are basically untouched. It still very much feels like a hidden gem.
-Jess Sully, Mountain Kingdoms

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT

For almost four decades, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now have trips to all corners of the globe but are conscious that our holidays can have a detrimental impact on the world around us and want to do all we can to reduce that.

We have focused our main responsible tourism efforts on reducing the carbon emissions produced by our holidays, and counterbalancing 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

Since 2007, we have donated a percentage of our client and staff flight costs to the Ecoan tree planting project in Peru. Ecoan are a trusted local NGO who use the funds directly to purchase seedling trees with the long-term goal of restoring 2.5 million acres of Andean land.

Ecoan maintains over 100 tree nurseries across Peru where their tree saplings are grown and then transported to planting sites during the rainy season. They use native trees such as the Polylepis, as these can survive at high altitudes. As well as sequestering carbon, they help protect against soil erosion, landslides and the effects of extreme weather on local crops. As such, they are enormously beneficial to the economic well-being of the surrounding communities. This is very much a community-led conservation project, with the local Quechuan people coming together to plant tens of thousands of saplings in the Andean highlands where they live. During the annual Queuña Raymi (tree festival), over 150,000 native trees can be planted in a single day!

For every person booking a long-haul, flight inclusive holiday with us, Ecoan can purchase and plant 20 trees in Peru, and for short-haul flights, 7 trees. Typically, we send over \$7,000 per year to Ecoan, which is over 7,000 trees.

Reducing carbon emissions

- ✓ We offer the majority of our clients a free, filtered Water-to-Go bottle to help reduce the need for single-use plastic bottles during their travels.
- ✓ We predominantly use locally-owned hotels and guesthouses rather than multinational chains. In some of our destinations, such as Bhutan, we use homestays. Not only does this type of small-sized, locally-owned accommodation have a much-reduced carbon footprint, but it also helps support communities.
- ✓ We evaluate our flights to make sure we are using the most fuel-efficient airlines with the youngest fleets and, where possible, choose direct flights for each trip.
- ✓ We have stopped offering unnecessary optional flights, such as Everest sightseeing. We try to minimise internal flights where possible.
- ✓ We recycle as much of our office waste as possible and have introduced a client portal to reduce paperwork and to make it easier for clients to manage their trips online.

Wider commitment to responsible and sustainable tourism

- ✓ We are signatories to the Tourism Declares a Climate Emergency initiative to stand alongside other like-minded travel companies to initiate best practices to make tourism as sustainable as possible.
- ✓ We will continue to support several charities with whom we have a long-standing relationship, such as Shiva Charity in Nepal.

Over the years, we have given sizeable payments to emergency relief when a disaster has occurred in the countries we operate in. We always try to ensure that these funds go directly to those who need them most to help rebuild their lives.

