

# Scotland | HIGHLANDS & ISLANDS HIKING

FROM COAST TO MOUNTAINS | 8 DAYS

June 26-July 3, 2021

July 30-August 6, 2021 (Highland  
Games departure)

September 3-10, 2021

## TRIP ITINERARY



1.800.941.8010 | [www.boundlessjourneys.com](http://www.boundlessjourneys.com)

*How we deliver*

# THE WORLD'S GREAT ADVENTURES

**A passion for travel.** Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

**Unique, award-winning itineraries.** Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

**Insider connections.** There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

**Small groups.** Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

**Flexibility to suit your travel style.** We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

**Customer service that goes the extra mile.** Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.



# Scotland | HIGHLANDS & ISLANDS HIKING

Thank you for your interest in this fantastic journey to Scotland. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

## THE INSPIRATION FOR THIS JOURNEY

We have carefully crafted a hiking trip that leads you along Scotland's famed Highland trails and beyond... to the remote Orkney Isles in the north, and the breathtaking Isle of Skye. Our footfalls reveal the stunning coastal beauty of two jaw-dropping isles, Burray and Hoy, and we'll pause to marvel at the region's remarkably preserved Neolithic ruins. Scenic landscapes await in the Scottish Highlands and on the Isle of Skye: vast glens dotted with pines and graced by bonnie brooks, moors blanketed with moss, ancient castles once home to kings, and serene lochs which just may harbor a fabled monster or two. We invite you to strap on your boots for a hiking journey into Scotland like no other.

## HIGHLIGHTS

- Visiting two of Scotland's spectacular castles, Eilean Donan and Urquhart
- Trekking the gentle coastal slopes on the Isle of Skye, in the shadow of the soaring Black Cuillin Mountains
- Exploring the preserved Neolithic ruins of Skara Brae
- Hiking to the Old Man of Hoy in Orkney
- Tracing lakeside trails along Scotland's pristine, mountain-ringed lochs

TOUR OVERVIEW.....	4
THE JOURNEY.....	6
ACCOMMODATIONS .....	9
WHAT TO EXPECT.....	10
OUR SCOTLAND TEAM .....	12
NEXT STEPS .....	13
BOUNDLESS BEYOND.....	14



# TOUR OVERVIEW



## THE BASICS

Duration:	8-day trip
Tour start:	Inverness
Tour end:	Inverness
Accommodations:	7 nights in charming, first-class hotels
Trip rating:	1      2 <b>3</b> 4      5 Easy .....Strenuous (See page 10 for more details)
Land cost:	\$4,995 per person
Single Supplement:	First two singles per departure:\$140 Additional: \$640 (Must reserve at least 120 days ahead)



## WHAT'S INCLUDED

Just pack your bags—we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes:

- Expert leadership
- All accommodations
- All on-tour transportation
- All meals except one dinner (night 6)
- Local beer and wine with included dinners
- All gratuities except for those for your guide and driver, which are at your discretion
- Activities as noted in the itinerary
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

International airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly at (800) 941-8010 for a referral to our partners who will best fulfill your needs.



## ITINERARY AT-A-GLANCE

### DAY 1

We meet in Inverness, and catch the ferry to Orkney. Our destination is the island of Burray, an old fishing community. This is Old World Scotland with an authentic village atmosphere; only 400 or so people live here.

### DAYS 2-3

We explore the Orkney Isles with spectacular hikes, a visit to the Stone Age village of Skara Brae, a toast at the Scapa Whisky Distillery, and a ferry ride to the island of Hoy to view the Old Man of Hoy, a 449-foot tower of basalt soaring from a rocky point.

### DAYS 4-5

Back on mainland Scotland, we enjoy a scenic and leisurely drive through the West Highlands, pausing to hike to a cascading waterfall, where salmon often jump against the torrent. We'll head to the Isle of Skye, the northernmost and largest island of Scotland's Inner Hebrides and known for its craggy peninsula coasts, for some hiking.

### DAYS 6-7

We delve into the Highlands with a breathtaking hike up a modest summit nestled amidst idealic lochs and mountains before visiting Eilean Donan Castle, a Scottish icon set amidst magnificent vistas. We top off our trip on the trails of Glen Affric, one of Scotland's most beautiful valleys with countless hiking options, including a hike to a higher summit for an elevated panorama across the numerous peaks of the Highlands.

### DAY 8

After breakfast, we return to Inverness. En route, we stop to search for the lake's famed monster and explore Urquhart Castle.



# THE JOURNEY



## DAY 1: Inverness to the Orkney Isles

**Activity Overview:** Transfer to ferry and ferry crossing

**Activity Length:** Driving time is approximately 4 hours, crossing is 1 hour

We meet in Inverness, gateway to the Highlands, before traveling to the north coast to catch the ferry to Orkney. The Orkney Isles, about ten miles off the northern coast of Scotland, comprise an archipelago of about 70 islands. They boast some of Europe's oldest and best-preserved Neolithic sites.

During our one-hour ferry crossing, we may spot a pod of dolphins riding the bow wave. Our destination is the island of Burray, just off the coast of Orkney's main island, appropriately known by the locals simply as "Mainland." We settle in at our lovely hotel, built in 1860 as a fish store before it was renovated and transformed into a hotel in 1997. We enjoy a welcome dinner this evening.

**Accommodation:** Sands Hotel, Burray

**Meals:** D

## DAY 2: Coastal Hike and Skara Brae

**Activity Overview:** Hiking

**Activity Level:** Easy to moderate with 650' elevation gain

**Activity Length:** 2 hours, about 2.5 miles

We begin our exploration with a spectacular hike along the dramatic coast from Brough Head to Marwick Head. Have your binoculars ready, as this is home to one of the largest seabird colonies in Scotland, including herring gulls, lesser-backed gulls and long-billed curlew. After our walk,

we visit Skara Brae, a Stone Age village which thrived for 600 years, between 3200 and 2200 BC. It remained buried under coastal sands for millennia until 1850, when a winter storm battered Orkney and stripped away the grass and sediment that had hidden it for so long. Its structures remained incredibly well-preserved under the sand.

We end our day at the Scapa Whisky Distillery, witnessing what goes into making Scotland's prized spirit and sampling a wee dram for ourselves.

**Accommodation:** Sands Hotel, Burray

**Meals:** B, L, D

## DAY 3: The Old Man of Hoy

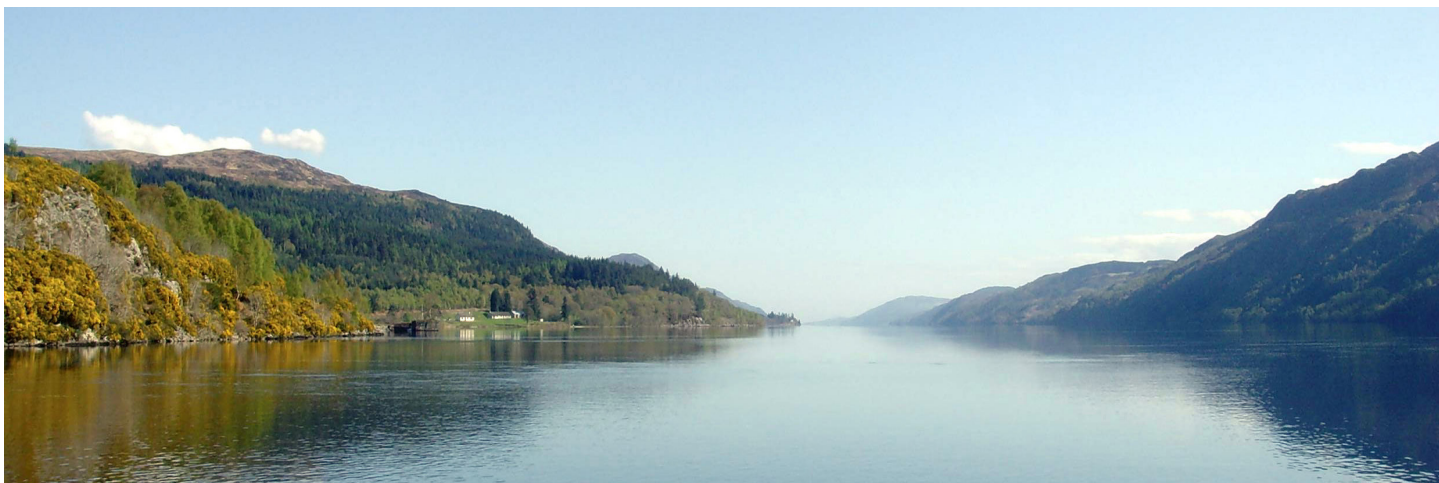
**Activity Overview:** Hiking

**Activity Level:** Moderate with 720' elevation gain

**Activity Length:** 4 hours, about 6 miles

A short morning drive takes us past Scapa Flow. Sheltered by five of the Orkney Isles, it is one of the world's great natural harbors, having hosted naval fleets from the Viking era to the time of World War II. But with its shallow, sandy bottom, it has also been witness to many shipwrecks. Upon arrival in Houton, we embark on a ferry to Hoy, the archipelago's second largest island.

Our hike today traces the island's dramatic coast, with sweeping views of some of Britain's highest and most spectacular cliffs. The day's highlight is the sea stack known affectionately as the Old Man of Hoy, a 449-foot tower of basalt soaring from a rocky point at the foot of the sea. It was first climbed in 1966, in a daring ascent led by mountaineers Sir Charles Bonington and Dougal Haston,



and televised by the BBC. We'll have amazing views of the Old Man from nearby cliffs, and might even spot some climbers clinging to its vertical walls. We return via the picturesque Rackwick Bay, with its crescent beach.

**Accommodation:** Sands Hotel, Burray

**Meals:** B, L, D

## DAY 4: Orkney to the West Highlands

**Activity Overview:** Hiking

**Activity Level:** Easy with 165' elevation gain

**Activity Length:** 1 hour, about 1.5 miles

We ferry back to mainland Scotland today, then enjoy a scenic and leisurely four-hour transfer through the West Highlands to the picture-perfect village of Plockton. Along the way, we pause for photo opportunities and for a short hike to a cascading waterfall, where we might catch sight of salmon jumping against the torrent to get upriver.

In Plockton, there will be time to explore the waterfront lined with palm trees, perhaps meeting one of the artists who gather here to capture the area's coastal charms on canvas. We close our day at the Plockton Inn, a cozy seaside spot boasting award-winning seafood and a friendly pub. If we're lucky, there'll be local musicians playing traditional folk songs here.

**Accommodation:** Plockton Inn, Plockton

**Meals:** B, L, D

## DAY 5: Isle of Skye

**Activity Overview:** Hiking

**Activity Level:** Easy to moderate with 400' elevation gain

**Activity Length:** 3 hours, about 4.3 miles

Today we take our cue from the beloved folk tune, "The Skye Boat Song," and speed "Over the sea to Skye" to the tiny settlement of Elgol. Here, we board a boat to the remote bay of Loch Scavaig, and cruise by harbour seals and cormorants resting on rocky islands, just as Queen Victoria herself once did. This beautiful body of water is surrounded by the Black Cuillin Mountains, which serve as the backdrop for our gently sloping hike along their base. The trail skirts the shores of Loch Coruisk, whose wild beauty and rugged mountains inspired Sir Walter Scott and Lord Tennyson to capture the gorgeous landscape in verse.

**Accommodations:** Plockton Inn, Plockton

**Meals:** B, L, D

## DAY 6: Plockton to Loch Ness

**Activity Overview:** Hiking

**Activity Level:** Easy to moderate with 1,000' elevation gain

**Activity Length:** 3-4 hours, 6 miles

Today unveils the mountain allure of the Scottish Highlands. Our day begins with a trail hike from our hotel in the village of Plockton. A steady and moderate ascent offering wonderful views of the Torridon mountains and Lochs Breac and Eich takes us the summit of Carn a Bhealaich Mhor. Here, we're rewarded with expansive views of the Isle of Skye and the fishing village of Applecross, with a glimpse of where our hike began in Plockton. Our descent takes us through

## THE BOUNDLESS JOURNEYS DIFFERENCE

We hike for several hours out into the Scottish Highlands—somewhere, alone—no one but our small group. It is so big and we seem so small. At one time the Highlands were filled with people, but now it is quiet and still, with just the wind touching our faces. The heather is all around us and the sun glistened on the loch.



forested land and along the shore of another lovely loch, where lie the remains of a crannog—an ancient island dwelling.

A short drive then delivers us to the Eilean Donan Castle. A Scottish icon set amidst magnificent vistas, it is easy to see why this is one of the country's most photographed spots. After a visit, we transfer to our delightful hotel in Fort Augustus—set at the southwest tip of the notable Loch Ness.

**Accommodations:** The Lovat, Fort Augustus

**Meals:** B, L

### DAY 7: Glen Affric

**Activity Overview:** Hiking

**Activity Level:** Moderate to strenuous with up to 1,300' elevation gain

**Activity Length:** 4-7 hours, up to 10 miles'

Today is one of our most scenic days as we hike the trails of Glen Affric, widely regarded as one of Scotland's most beautiful valleys. Blanketed by Scots pines, the glen's slopes reach up to resplendent peaks that overlook the pristine waters of Loch Affric. There are countless options for great hikes in this glen, so we're spoiled for choice. Our guide will decide on the best hike which will ensure magnificent views of this unique wilderness of pinewoods and moorland. If you're up for it, we may hike to a summit for an elevated panorama across the numerous peaks of the Highlands.

**Accommodations:** The Lovat, Fort Augustus

**Meals:** B, L, D

### DAY 8: Loch Ness to Inverness

After breakfast, we return to Inverness. But we can't visit Loch Ness without pausing to look for the elusive monster in its waters. After stopping for a search, we continue to the lakeside ruins of Urquhart Castle, once a stronghold of Robert the Bruce, and one of Scotland's largest medieval castles. A final scenic drive returns us to Inverness and our journey's end.

**Meals:** B

**PLEASE NOTE:** *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events, and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*



# ACCOMMODATIONS

Three excellent accommodations, each with their own charming character and style. All have private baths.



## NIGHTS 1, 2, & 3:

### **Sands Hotel**

Burray, Scotland

Tel 011-44-1856-731298 | [info@thesandshotel.co.uk](mailto:info@thesandshotel.co.uk)

Set in a 19th-century building, the charming Sands Hotel is along the shore of Scapa Flow in Burray village. The sea views overlook Burray Harbor and Watersound Bay.



## NIGHTS 4 & 5:

### **Plockton Inn**

Innes Street, Plockton, Scotland

Tel 011-44 -599-544222 | [info@plocktoninn.co.uk](mailto:info@plocktoninn.co.uk)

Set in the heart of Plockton village, in the West Highlands, the Plockton Inn is well known for its exceptional hospitality, award-winning seafood restaurant, and coastal views.



## NIGHTS 6 & 7

### **The Lovat**

Loch Ness, Fort Augustus

Tel 011-44-1456-459250 | [info@thelovat.com](mailto:info@thelovat.com)

The Lovat is a landmark Victorian Loch Ness hotel overlooking the lochside village of Fort Augustus. This exceptional Highland hotel sits at the southern tip of the mysterious, deep waters of Loch Ness.

# WHAT TO EXPECT



## TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. Highlands & Islands Hiking is rated 3, moderate, on a scale of 1-5 (with 5 being the most strenuous), with some challenging options. Our "moderate" walking adventures are designed to be enjoyed by all regular hikers, yet Scotland's more rugged terrain requires agility and stable footing. The hikes will be conducted at a leisurely pace but average 4-8 hours per day on a full day of hiking. The hikes are a mixture of coastal and loch paths, and through barren mountains and heather fields. Of course, some days are planned as half day hikes and these are a bit easier.

The terrain in the Highlands is mountainous and rugged, and there are typically daily ascents and descents between 500 and 1200 feet. Scotland has excellent walking routes, but not all trails have level footing. You will likely encounter roots, rocks, mud, and loose gravel. It is important that you are in generally-fit aerobic shape and have good balance. Our guides will select hikes that they feel will be enjoyable and at the correct ability level of the group. There is a wide variety of hikes available in each location making it easy for our guides to pick the perfect hike each day.

## PREPARING FOR THIS TRIP

It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45

minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). Please contact us if you have any doubts regarding your physical match with this tour.

## WEATHER

Scotland's weather conditions can vary greatly, even in the course of a single afternoon. It is not uncommon to have deep blue skies followed by "soft" weather (the local term for a bit of rain). Then the cycle begins again. Therefore, it is essential to be prepared for a variety of conditions—including dressing in layers and wearing quick-drying clothing. Waterproof hiking boots, jacket and pants are essential as you will likely encounter water and mud along the trails.

The following are average temperatures in Inverness during the months of our trip:

AVERAGE TEMPERATURE °F (HIGH/LOW) INVERNESS				
	JUNE	JULY	AUGUST	SEPT
Orkney Isles	57/46	60/50	61/52	57/49
Inverness	60/49	63/52	62/51	59/48

You may obtain more detailed weather information on [www.weatherbase.com](http://www.weatherbase.com).

## WHEN TO GO

Scotland enjoys a milder climate than you might expect, and spring comes quite early. We feel that spring and summer are ideal times to visit Scotland as the temperatures are comfortable for walking.

## TRAVELER'S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following the health and safety guidelines of Boundless Journeys, local authorities, and/or the CDC. At their discretion, a guide may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly recommend purchasing travel insurance with supplemental "Cancel for Any Reason" coverage. If you feel unwell during the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.

## SMALL GROUP TRAVEL

Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 6-8 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that is comfortable for the entire group, with a spirit of flexibility and adventure are all part of this intimate experience.

## DRINKS WITH MEALS

At Boundless Journeys we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we typically include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

## DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where safe to do so. This will be the case in much of Europe, as well as a few other destinations, where tap water is safe to drink (please review Immunizations & Health Concerns for more information). In parts of the world where water must be purified, bottled water may be our only option. Here, we do our best to provide purified water from larger containers to refill your

bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP's efforts at [www.travelersagainstplastic.org](http://www.travelersagainstplastic.org).

## CUISINE

Scottish cuisine has come a long way in the past decades, from a time when fish and chips, haggis, and meat pies where the only items to be found on the menu. Modern Scottish cuisine has grown from these traditional dishes and uses fresh local ingredients (seafood, lamb, and root vegetables) in culinary creations that are sure to delight. Vegetarians can be accommodated with advance notice, though choices tend to be more limited. Please inform us of specific dietary restrictions by completing your Guest Questionnaire.

## TRANSPORTATION

All on-tour transportation is provided in private, air-conditioned, passenger vans.



# OUR SCOTLAND TEAM

## TRIP MANAGER



### **Michelle Cournoyer**

Originally from Rhode Island, Michelle spent many years guiding cycling tours in Vermont and France before moving into a Destination Manager role. She joined Boundless Journeys in 2014 and her portfolio includes Slovenia, Scotland, the Dolomites, the Haute Route, the Tour du Mont Blanc, and Argentina. Michelle is our office Francophile and speaks fluent French. She is most at home in the mountains (no matter the continent) and runs, skis, hikes, and cycles with her family.

## GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.



### **Mark Cox**

Mark has a love for all things outdoors in Scotland, and is always amazed by its wealth of opportunities. While he's guided trips all over the world, Scotland has been Mark's home for the last 25 years. He currently resides in the heart of the Cairngorms National Park, where he can be anywhere in the Highlands within just a couple of hours. Whether mountain biking, sea kayaking, or heading to the hills on a trip, for Mark, every day is different. "I've come to realize that we really have got it all right here," he says. "The trick is to just stop for long enough to take it all in." He has a lively personality and is not only a very professional and experienced guide, but also a fun and dynamic companion on the trail.

# NEXT STEPS



## TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card.

## ONCE YOU RESERVE

As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

## CANCELLATION & REFUND POLICY

Please check our Terms & Conditions page on our website for our comprehensive cancellation and refund policies: [www.boundlessjourneys.com/terms-and-conditions](http://www.boundlessjourneys.com/terms-and-conditions).

## TRIP CANCELLATION INSURANCE

In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing Trip Insurance.

## QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?

Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at [info@boundlessjourneys.com](mailto:info@boundlessjourneys.com). Our travel experts look forward to helping you select the perfect adventure.

## VISIT US ONLINE

[www.boundlessjourneys.com](http://www.boundlessjourneys.com) for:

- additional departures
- special promotions
- detailed itineraries
- inspiring photography
- guide bios

## ENJOY FOOD & WINE?

Check out. . .

- ITALY: Discovering Puglia
- CROATIA: Dalmatian Coast  
Kayaking & Hiking
- SLOVENIA: Julian Alps  
Hiking

## EXTENDING YOUR TRIP?

Consider. . .

- IRELAND: Custom Journey
- ICELAND: Hiking the Land of  
Fire & Ice

## PREFER A PRIVATE TRIP?

The perfect option for alumni and family reunions, birthdays and anniversaries, or just to catch up with friends in fabulous destinations. Mark your calendar and leave the planning to us! Call our travel experts today: 800-941-8010.

# BOUNDLESS BEYOND



## RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

## WE ARE COMMITTED TO

**Making connections.** Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

**Going local.** Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

**Respecting people and the environment.** We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

## HOW YOU CAN HELP

**Give back.** Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

**Learn more.** Visit [boundlessjourneys.com/responsible-travel](https://boundlessjourneys.com/responsible-travel) to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

**Join us.** Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at [travelersagainstoplastic.org](https://travelersagainstoplastic.org).

## CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

