



Responsible Tourism Policy

Mammoth Journeys Travel Code of Conduct

Mammoth Journeys Ltd endeavours to operate ethically within an economic, environmental and social basis.

All employees, destination suppliers and clients will be supplied with an electronic, PDF copy of this document.

Through the standards set in this policy, we aim for ourselves and our clients to differentiate between other companies and travellers by following the route less travelled. We aim to leave a positive impact on local communities and the environment following each Journey. We believe through this model clients will have a greater experience without any morals being compromised.

We encourage all of our riders to be conscious of their decision making while on tour. Mammoth Journeys avoids all practices which encourage animal cruelty and abuse, along with refraining from exploitation of locals in manufactured tourist traps.

During our time on tour we remind clients to treat the environment we travel through with respect. No littering, or damaging the ecosystem along the route.

We aim to be mindful during our stay in local B+B's and inform clients on the effects of multi day towel washing will have on water consumption. We encourage clients to choose showering over bathing in an evening also. Further information on this problem can be found: <https://pubs.acs.org/doi/pdf/10.1021/es1041755>

On each Journey we encourage clients to help and support local businesses and companies where possible. The majority of our time is spent in small villages and towns, supporting them through purchases of products will have a great impact on their local economy.

Mammoth Journeys also has a '10 Rules for the Road' which we ask our clients to read and adhere to whilst on the Journey. This can be found in the Welcome Pack each client will receive when they join a Journey. A copy can also be found at the bottom of this document.

If you feel that Mammoth Journeys has not adhered to our high standards, or if you have further suggestions where we could improve our practice, please inform us at info@mammothjourneys.com, or call directly on 07903461070

Economic Policy



Our aim is to support small and local organisations to allow the local economy to thrive. We achieve this through employing local services, the accommodation we stay and the restaurants we eat.

Mammoth Journeys employs 3 local guides for our Iranian trip; a driver, cycle guide and general tour guide.

For our Israel Tour (to be announced end of Oct), we have employed the use of a local driver and also a local cycle guide.

Mammoth Journeys achieves these goals by employing local guides, drivers, guides and general tour guides, and also aim to stay at family run B+B's en route. On some Journeys we even stay in local homestays rather than big chain hotels. We can confidently claim the produce is local given the location of our tours. Off the beaten track with a very hard to mouth lifestyle. When we attend major cities and towns within Europe we encourage our clients to seek the expertise of a local guide, versus an overseas seasonaire.

On our European routes we stay in family ran B+B's where possible. In cities we do not stay in any AirBnB's, as this encourages the market and damages renting availability for local residents. The family run B+B's will therefore also be employing local residents, rather than hotel chains where staffing may be acquired from abroad.

Breakfasts using family run B+B's make it easy to ensure the produce is local and at times even grown in their own garden, a real bonus.

Lunch and dinners are sought in small restaurants supplied with local produce, versus global chain eateries. This is achieved by attending places renowned for regular menu changes, depending on the season and also what is caught by the locals that morning. The same principle is applied for dinner.

In Iran we stay in mostly local homestay, away from big chain hotels. All of our meals are sourced with local produce, in small family run cafes and restaurants – with the exception of Tehran.

For our Middle Eastern Journeys, we rent our bicycles in the country, from a small company, versus a franchise shop such as Giant or Scott.

Environmental Policy

Our aim is to have minimal impact on the environment with our cycling Journeys. At Mammoth journeys we aim to take the road less travelled which therefore has less impact on local communities and environment. This is achieved by creating routes that are off the beaten track which will cause less tourist destruction and by making environmentally ethical decisions along the way.

This is achieved through daily practices within the Mammoth Journeys offices, along with ethical decision making while on tour.



Other ways in which we aim to reduce environmental impacts is by daily practices within our Mammoth Journeys office. Here, all contracts and client paperwork, including handbooks and brochures, are electronic therefore no paper or ink required.

Any hard copy maps for clients on the tour is printed on recycled paper and all paper products are recycled. This is the same process for receipts, we always ask for electronic copies. Our offices are also within our home, so no commuting footprint is created.

All cycling and sports clothing for staff and clients is produced by the company Owayo, a German based company with a reputable and robust environmental practice. Including paperless offices, made to measure and ordered jerseys, energy efficient offices, and a use of fabrics where they can ensure the origin for all fabrics used within a product. More information on their great work can be found at

https://www.owayo.co.uk/cycling/environmental_responsibility-en.htm.

On our Journeys we only have one vehicle, the rest of the travel is done using human power, resulting in a low carbon footprint for our travel. We also offer the option for clients to return to UK with the support vehicle, versus a flight, to further reduce their CO2 omissions. To further help, we direct you to an amazing website with some great projects, where you can further offset your carbon footprint from your time on our trips -

<https://www.carbonfootprint.com/>

In our workshops and on each Journey, we only use biodegradable oils, lubes and degreasers. Any worn and usable inner tubes and tyres are disposed of through a local bicycle shop recycling programme. Also, any old equipment or kit not suitable for our tours, is given to free to a similar incentive for bike building schemes.

Any route which goes onto gravel trail or into wooded areas, we inform and educate our clients to stick to the designated path, so not to disturb the local ecosystem. This is continually enforced and clients are reminded by the cycle guide during the ride.

While on tour we have a small water tank in our support vehicle which gets filled from the B+B in the morning. Clients water bottles are then refilled from here, versus buying plastic bottles. We encourage clients to recycle any snacks and drinks bought on Journey and the support van has coffee keep cups and metal straws, to avoid single use takeaway coffee cups and plastic straws, respectively.

Clients are educated not to have towels washed daily to help conserve water, as with opting for a shower over a bath.

Social Policy

Prior to departure all clients are emailed a PDF pre-Journey handbook explaining and highlighting the values and morals of Mammoth Journeys, along with the 10 rules of cycling whilst on a Journey. We aim to create a transformative experience where each client can take away valuable lessons learnt in regards to responsible travel.



These include being an ambassador for your country, and respecting the host country we are visiting with regards to the environment and culture. No foul language to be used, no physical or verbal assault to anyone and no littering.

When riding in Turkey, Morocco and Iran, we ensure both our female and male clients are dressed appropriately in loose fitting clothing covering the body. Also women are to wear a tunic when riding to maintain modesty.

On all of our Journeys we do not offer any animal-based entertainment. No local entertainment where people, especially children, are exploited. The local guides we use in Iran and Israel, also have a local project they are supporting.

We endeavour as much as possible to travel on quiet routes which are not often frequented by tourists. This is made possible due to the fact when cycling we can stop often, whereas coaches of 50-100 people cannot do this. Travel is always better by bike!

Our European tours are limited to a small group size of a maximum of 10 people. This is to allow us to sleep in small family run B+B, and eat at smaller non-commercialised cafes and restaurants, avoiding the cruise ship style tourism.

When our cycle guides bikes have reached the end of their shelf life and no longer appropriate for work. We take advantage of the 'Re-Cycle' project which donates old bikes to individuals in Africa. A superior social and environmental option versus taking the bike to a landfill. All staff and clients are made aware of this project, and advised to consider this option in the future. Details of where to drop your old bike, and how the scheme work can be found at: <http://www.re-cycle.org/>

At a local level within UK, Richard is currently Level 2 certified by British Cycling, to lead the Let's Ride cycles events. This allows a great opportunity for those not comfortable, or physically or mentally unable to ride independently, to participate in cycling. We encourage staff and clients who want to help make a difference to individuals looking to participate in cycling, to volunteer at such an event by marshalling. Further information can be found at: <https://volunteer.britishcycling.org.uk/>



10 Rules for the Road

1. Prepare physically for 3 months leading up to the Journey so that you can handle the demands of cycling over 100km on consecutive days
2. Ensure your passport is valid and will not expire for at least 6 months from the planned finish date of the Journey
3. Ensure appropriate insurance before you leave that includes Cycle Touring and will cover personal belongings, medical and unforeseen circumstances.
4. Organise kit over a month before departure and have your bike serviced.
5. Arrive ready for an adventure, embracing the strange, weird and wonderful.
6. Be an ambassador for your country, and respecting the host country we are visiting with regards to the environment and culture.
7. Cycle defensively. Be cautious on the roads of other users and ride to arrive.
8. Explore the local towns, villages and cities along the route with an open mind.
9. Regularly service kit, your bike and yourself. Maintain a healthy lifestyle and carry out regular repairs on your equipment.
10. No foul language to be used, no physical or verbal assault to anyone, and no littering.