

For tours departing beyond 2009, itineraries may be subject to change. This will be confirmed by the publication of the 2010 brochure (issued in Oct 09).

2009  
Tour Dossier

EXPLORE!  
ON FOOT

VENEZUELA Dossier Ref. VZ

## The Lost World

Amended 25 Sep 2009. Valid from 01 Apr 2009 to 31 Dec 2009  
Since first issue this dossier has been updated with amendments to the following sections: itinerary (day 4), visa, packing & sightseeing, taxes

As our itineraries may be amended from time to time, either for operational reasons or in response to feedback from customers, please ensure you have the most up-to-date copy of this dossier immediately before you travel. You can download the dossier from our website, [www.explore.co.uk](http://www.explore.co.uk). Of course we will notify you of any significant changes, but sometimes minor changes may simply be added to the tour dossier.

### JOINING TOUR ABROAD

15 days/14 nights Land Only  
Caracas back to Caracas

Join Caracas (day 1)

End Caracas airport (day 15)

Clients booked on 'Land Only' arrangements should make their own way to the joining point in Caracas. Please refer to separate 'Joining Instructions' for name and address of hotel and time of rendezvous with tour leader.

### GROUP TRAVEL FROM LONDON

16 days/15 nights tour Including  
Connecting Group Flight  
London-Caracas-London

Depart from London Heathrow Airport to join tour in Caracas (day 1 of Land Only Itinerary). Transfer to hotel.

Return from Caracas (day 15 of Land Only Itinerary) on overnight flight to arrive London Heathrow the following day.

Passengers with non-group flights booked through Explore should refer to their individual confirmation invoice for flight details. Transfers to and from the airport are not included unless purchased in addition to the tour package.

### SPECIAL HIGHLIGHTS

Among the many highlights of this trip we particularly mention:

- \* **RORAIMA HIKE** Walk up one of the oldest geological structures on earth.
- \* **ANGEL FALLS** From June to December, up the Churun river to within walking distance. From January to May (the dry

### CO<sub>2</sub> Offsets Included

The biggest environmental impact of your holiday with Explore is the CO<sub>2</sub> generated by your flights. As a responsible tour operator, we have included in our tour prices the costs of offsetting CO<sub>2</sub> emissions from all international and domestic flights forming part of the tour. Our chosen offset partner is Climate Care. If you are making independent flight arrangements to join one of our tours, may we urge you to take responsibility for your CO<sub>2</sub> emissions by offsetting through Climate Care, or a similar offsetting scheme.

season) we see them from the air only, as our flight to Kamarata includes spectacular views of Angel Falls (weather permitting).

- \* **4-DAY BOAT TRIP** down the little-travelled Akanan and Carrao rivers by dugout canoe, handled by Kamarata indians.
- \* **CARIBBEAN BEACHES** Relax on a beautiful white sandy beach.

This major expedition by small bus, 4-wheel-drive vehicle, motorised canoe, foot, light aircraft and plane, reaches deep into territory almost unknown to the outside world. We see the world's highest waterfall plunging into an immense jungle gorge and walk to Roraima, the eerie mountain that inspired Conan Doyle's 'Lost World'. We drive to Ciudad Bolivar beside the mighty Orinoco and drive through the 'gold rush' zone around El Dorado up onto the Gran Sabana, the plateau of the Guyana Shield. Here we begin a 6-day hike to Roraima, the remarkable table mountain steeped in Indian legend. Next we fly by chartered plane over the spectacular scenery of the Gran Sabana to Kamarata. Using a large motorised Indian canoe, we embark on a jungle river trip in the virgin forest along the Akanan and Carrao rivers, observe river fauna and flora, and sleep in hammocks in Indian huts overlooking the river. For much of the year (between June and December) it is possible to get right up the Churun river to within an hours' walk of Salto Angel, where we may bathe. We end with a chance to swim, relax and sunbathe on golden Caribbean beaches.

**NB.** Between January and May, the dry season, when the rivers are low, it may not be possible to navigate the Churun tributary to make the hike to the foot of the Angel Falls. However, we will still see the falls from the air, as during this period, we extend the flight to Kamarata to include Angel Falls (weather permitting).

### LAND ONLY ITINERARY

**Be Prepared:** Please bear in mind that some of the areas of Venezuela visited on this trip are still remote and conditions can change from one day to the next. As far as is practical we shall adhere to the day-to-day route as printed below, but overnight stops may vary from those suggested.

### Earth Matters

- Throughout this tour, we interact very closely with the local Indian populations. Where possible we work with local communities who act as hosts and support crew.

#### • The Travel Foundation

Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website [www.thetravelfoundation.org.uk](http://www.thetravelfoundation.org.uk)

#### • Tourism Concern

Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group [www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)

- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>



**Please note:** Participation in canoeing, kayaking, or rafting (including white-water) requires that you are able to swim 25 metres unaided.

**Accommodation and Included Meals:** please find the key to our accommodation ratings overleaf, and note that included meals are indicated in the itinerary below and are shown on the day they are provided (B = breakfast, L = lunch, D = dinner).

Some nights are in jungle shelters which tend to be corrugated shelters under which we sling our hammocks, with very limited facilities.

#### Day 1. Join tour in Caracas

Arrive Caracas and check into hotel. **Overnight hotel H+.**

#### Day 2. Drive to Ciudad Bolivar

We leave Caracas and head east through the cacao growing areas of Barlovento, past the criogenic industries of Piritu, then south across the plains, crossing the mighty Orinoco river to arrive in Ciudad Bolivar. Subject to our arrival time, we plan a brief orientation tour of old 'Angostura'. **Overnight hotel H+ (included meals: B).**

#### Day 3. Drive to Kawe (near Kamoiran)

From Ciudad Bolivar we drive for eight hours to Kawe near Kamoiran. Travelling south we pass through the area around El Dorado which is rich in gold. However the legend of the annual ritual when the body of a young Indian male would be entirely covered with gold-dust and sent down-river on a raft laden with offerings of silver, gold and precious stones actually hails from the other side of the Andes. Our route south climbs the escarpment on to the Gran Sabana (Guyana Shield) – so steep and so densely covered by forest that the Indians kept the trail a secret until 1937. We continue to our nightstop at Kawe. **Overnight camping C (included meals: B, L, D).**

#### Day 4. Drive to Peraitepui de Roraima; start of trek to Roraima

Today we transfer to San Francisco de Yuruani and change to 4WD vehicles for the drive to Peraitepui de Roraima, the start of our 6 day hike to Mount Roraima. This great table mountain reputedly inspired Conan Doyle's novel and the subsequent film, 'The Lost World'. This hike is graded as strenuous. We employ local porters to carry our food, tents and camping equipment but, as the availability of porters in the village is limited, participants

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must be prepared to carry their own personal gear (clothing, sleeping bags etc), and appropriate baggage is necessary. Normally, a porter can be hired between two people at an additional cost of **£45 per person** to carry personal gear (unnecessary gear can be left behind in Santa Elena). We begin our hike today with a walk to our first campsite at Tek. 4-6 hours walk. **Overnight camping C (included meals: B, L, D).**

#### Days 5 to 9. Roraima Hike

We trek for a day (3 to 5 hrs), to reach our base camp below the mountain. We then climb to the top of Roraima with marvellous views of the surrounding tepuis (sheer-sided table-topped mountains) and sabana. We camp on the high plateau under rocky overhangs. This ascent of one of the oldest geological structures on earth takes some 3 to 5 hours from our base camp. Some scrambling is necessary as it can be quite slippery underfoot. The summit, considered by the local Indians to be the abode of the gods, is an eerie place with eroded black moss-covered pillars, balancing rocks, ravines, quartz crystals and vast vistas out over sheer walls towards Kukenan Tepui, an adjacent table mountain, from which falls the second highest waterfall in the rainy season. We spend a day exploring the summit to observe the strange rock formations and unique flora. Nearly all the plant life – orchids, bromeliads, carnivorous plants etc – is endemic to the region. When the weather remains clear, the views are magnificent. It may be possible to make a fairly demanding full-day trek via weird rock sculptures, primitive vegetation and unnamed waterfalls to the 'Hito Geografico' (Triple Frontier), a point marking the meeting point of Venezuela, Brazil and Guyana (7-8 hrs round trip). In these parts, insect repellent, long sleeves and trousers are a must, as is warm, waterproof clothing and a hat. Nights are cold at this altitude. It takes us just two days to return from the top to the Indian village of Peraitepui from where we drive to our rustic accommodation at Santa Elena de Uaiari. **5 nights camping C, last night jungle shelter C (included meals: Bx5, Lx4, Dx4).**

#### Day 10. Fly and launch to Iwana Meru

We charter a small aircraft and fly northward across the Gran Sabana, with extraordinary panoramas on all sides (during the dry season we extend our flight to fly over the Angel Falls).

### Booking a Single Room

All of our tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. On this particular tour we are pleased to be able to offer customers the option of pre-booking a guaranteed single room, available in Ciudad Bolivar and Santa Elena De Uaiari only.

Arriving at the missionary settlement of Kamarata, we commence our river journey. During the journey we stay in spartan accommodation, sleeping in hammocks with mosquito nets, so be prepared to rough it a bit – the experience is well worth it. Our first nightstop is at Iwana Meru. **Overnight jungle shelter C (included meals: B, L, D).**

#### Days 11 to 13. Motorised canoe towards Angel Falls

For the next three days we make our way round the imposing flat-topped bulk of Auyantepui by river – a journey relatively few people have experienced. We sleep in hammocks under simple jungle shelters, and facilities are simple. Our skilled Indian boatmen guide their 10m craft through the rapids and whirlpools of the river, whilst all around is virgin forest where brightly coloured birds break the eerie silence with their strident calls. In the wet season, when there is enough water, it is possible to reach a point where we can hike to the base of the Angel Falls. Discovered in 1933 by the pilot-adventurer Jimmy Angel who was searching for gold, the falls are a spectacle of extraordinary beauty as they leap some 975m off the top of the mesa and plunge to the foot of the gorge. The plummeting water vaporizes in mid-air forming a glistening white spray that collects in a pool below. This breath-taking cataract is one of the most amazing sights on the American continent. On our final day on the river, we continue to Canaima, located on a wide stretch of the Carrao river known as Canaima Lagoon. Facing us is the beautiful sweep of the Hacha Falls which continuously pours amber-tinted water (from the tannin leached from the rainforest) into the lagoon. With a backdrop of distant and mysterious tepuis and a foreground of a sandy beach and palm trees, this is a fitting final highlight to our journey of adventure. We also have the chance to visit Salto el Sapo nearby. At this waterfall, it is possible to walk behind the curtain of falling water as it tumbles into the lagoon. **3 nights jungle shelters C (included meals: Bx3, Lx3, Dx2).**

### Alternative Itinerary

**During the dry season (December to May), the itinerary may be modified slightly if there is insufficient water to navigate the Churun River towards Angel Falls. A brief itinerary is given below.**

**Days 1. to 10. As above.**

**Day 11.** Continue motorised canoe trip to mouth of Churun and return to camp Arenal. Overnight camping with all camp meals. **Day 12.** Canoe to Canaima. Overnight camping with breakfast and lunch included. **Day 13.** Fly to Caracas.

**Day 14.** Visit Caribbean beaches.

**Day 15.** Bus to Caracas airport (Maiquitea International) where tour ends.

#### Day 14. Fly to Caracas airport; bus to Caribbean beaches

Today we fly to Caracas and continue to the Caribbean for a chance to swim and relax. One such place is Chichirivichi de la Costa, with its horseshoe shaped, golden sand beach surrounded by coco nut palms and looking out into the Caribbean. Chichirivichi was founded by escaped slaves 150 years ago and now is mainly inhabited by their descendants. **Overnight hotel H (included meals: B).**

#### Day 15. Tour ends Caracas airport (Maiquitea International) at the time of departure of the group flight to London (included meals: B).

### PERSONAL EXPENSES

You'll also need some extra money to cover meals not included in the tour price, other sightseeing, **airport taxes (approx. US\$100)**, souvenirs and items of a personal nature.

#### Foreign Exchange

**Local Currency:** Venezuelan Bolivar.

**Recommended Currency for Exchange:** We advise that you change some spending money (minimum US\$300) into local currency at the airport on arrival in Venezuela. Carry all your funds in US\$ Cash NOT Sterling or Travellers Cheques which are more difficult to exchange.

**Where to Exchange:** Once outside Caracas there is little opportunity to exchange money.

**ATM Availability:** Limited.

**Credit Card Acceptance:** Limited.

**Travellers Cheques:** Can be difficult to exchange.

**Additional Information: NB: avoid bills smaller than US\$20 as these are often not accepted in out of the way places.**

Up-to-date information re: global exchange rates can be obtained at <https://www.currency-express.com/explore/>

#### Other Sightseeing

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations.

**KAMARATA** Kavak canyon and caves US\$50.

**CANAIMA** Overflight of Angel Falls (during wet season) US\$65.

#### Meal Plan

Where we camp, food is included and prepared by our tour leader – breakfast, picnic lunch and dinner (except dinner in Canaima). Snacks are not provided. Meals other than those included in the itinerary are paid for separately by the traveller. 14 breakfasts, 10 lunches and 9 dinners are included on this trip; please be

**EXPLORE ACCOMMODATION RATINGS :** An important feature of many Explore tours is the wide range of accommodation used, and since the beginning our philosophy has been to select accommodation to suit the itinerary - not the other way round.

To help gauge the comfort level on your chosen tour, we have graded the accommodation standards at all night-stops using the rating guide below. Please keep in mind however that standards can vary from one trip to the next, and occasionally we may need to change a night-stop without advance warning.

#### Hotels / lodges / guesthouses - or similar

**H++ :** Comfortable hotels, lodges or guesthouses with twin or single rooms and en suite facilities. With air-conditioning/heating where appropriate and with reliable hot and cold water. Generally good levels of service and often with added amenities such as restaurant, bar, gardens or swimming pool.

**H+ :** Standard hotels, lodges or guesthouses, usually with twin or single rooms and en suite facilities. These are generally standard, no-frills hotels with adequate amenities and service standards. Whilst comfort levels are perfectly acceptable to most, please don't expect too much! These are often small, family run establishments.

**H :** Basic hotels, lodges or guesthouses (also village houses, mountain huts, hotels etc often come into this category). Accommodation may be communal or dorm-style, and WC / washing facilities are usually shared. Running hot and cold water may be unreliable or even unavailable. These can be the most rewarding and memorable places to stay, but comfort levels are low.

#### Camping

**C++ :** Comfortable, full service camping generally in permanent, fixed camps with walk-in tents, proper beds and often with en-suite facilities and other amenities such as dining area, bar, gardens and a swimming pool. Your bed-linen is provided.

**C+ :** Standard camping in private or public campsites, usually with WC and washing / showering facilities in a shared ablutions building. Typically in two person tents, and some level of participation is often required. Generally bed linen or sleeping bags are not provided.

**C :** Basic camping in wild camps where facilities / amenities may be limited or non-existent. Generally there is no running water, and we dig a temporary bush toilet. Two person tents are often used, but occasionally we sleep under the stars. Participation normally required and sleeping bags usually not provided.

**Note:** other accommodation, for example, aboard boats or on overnight sleeper trains is described individually at the appropriate point in the tour itinerary above.

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prepared to pay for all other meals. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations. Please note that costs for drinks and meals can vary depending on location and the prices below are given as an average guide only.

	UK	Venezuela
Coffee/Tea	£1.20	£0.70
Soft drink	0.80	0.70
Bottle of Beer	2.50	0.70
2 Course Meal*	10.00	7.00
3 Course Meal**	18.00	10.00
Bottle of wine	10.00	7.00

\*Cheap local fare in a small cafe or restaurant.

\*\*Typical food in a simple, reasonably comfortable mid-range restaurant.

### Tippling

**Local Staff:** In this area, tipping is a recognised part of life; local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow US\$50 for tipping.

**Tour Leader:** At your discretion you might also consider tipping your tour leader in appreciation of the efficiency and service you receive.

## PRACTICAL INFORMATION

### Seasonal Climate

Tropical with little seasonal change in temperature, but great variation with altitude. It can be hot at midday, but cold at night. The rainy season is from June to November. Caracas can be cool at night, especially December to February.

Additional information and climate charts can be accessed at <http://www.explore.co.uk/> weather. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

### Visa Requirements

A Venezuelan Tourist Card required by citizens of UK, AUS, NZ, CAN and USA. Obtained from consular offices or at check-in desk of airline to Venezuela. Other nationalities should consult the relevant consulate.

**Please note:** Please note that flights on the tour may transit through the USA. According to US law, passengers may have to disembark, collect luggage and clear immigration before re-boarding for the onward flight.

Holders of the UK, AUS, NZ, CAN and several EU country passports can enter the United States without a visa under the Visa Waiver Program (VWP) if they hold a machine readable passport. They must also be entering the country by sea or air on a carrier participating in the visa waiver scheme, holding a return/onward ticket. As well as being machine readable, if your passport was issued on or after 26 October 2005, it must contain both a digital photograph of the holder and also an integrated circuit chip that stores biographic information.

From 12 January 2009 all passengers travelling to the USA under the Visa Waiver Programme must provide their details online no later than 72 hours prior to travel. British travellers who have not registered before

their trip are likely to be detained and sent home. In addition to passport information, you must also supply the full address of your first night's accommodation in the USA. This information can be obtained from your joining instructions which are sent out approximately 3 weeks before travel.

For more information, and to apply online, please visit the following website at <https://esta.cbp.dhs.gov>. Once obtained, the application will be valid for a period of two years, or for the validity of your passport (whichever is shorter). At present, US authorities do not propose to levy a charge for this service, although they have reserved

### 'I found myself a waterfall'

The spectacular Angel Falls, called Parecupa Vena by the Indians, were discovered completely by accident by an American pilot and adventurer who was searching for gold.

Jimmy Angel, after flying off course on November 16, 1933, spotted a huge table top mountain below him with a magnificent waterfall cascading from the top. Angel landed his flamenco monoplane, named 'Rio Caroni 2' on top of the mountain on Oct 11 1937 where it became mired in marshy ground.

He made his way back to civilisation but his plane remained embedded on the mountain until the Venezuelan air force extracted it in 1969.

It is presently intact and on display outside the airport at Ciudad Bolivar where a tree, a bus and a car have since crashed into it! A corresponding entry in Angel's log book reads 'I found myself a waterfall'. The 'waterfall' which he had found happened to be the highest ever discovered at 3000 feet.

the right to consider doing so in the future. For more information about who is eligible for the VWP, or any other questions you may have regarding your eligibility, or machine readable passports, please contact your local consular office, or visit [www.usembassy.org.uk](http://www.usembassy.org.uk)

Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

## SUPPORTING OUR PORTERS

The welfare of everyone on trek is of utmost importance to us and this includes our team of porters. Porters are the backbone of our trekking trips and their hard work and enthusiasm is a key to the success of your trek. We feel strongly that they should enjoy decent working conditions and that their working practices should be fair. We follow the guidelines of the International Porter Protection Group and monitor standards annually with our suppliers to ensure we are working to best practice.

### How you can help

It can be difficult to get good quality mountain clothing in Venezuela. If you have any spare kit which is in clean and in good condition we collect this and share amongst the porters. The most useful items are water and wind resistant jackets and pants, rain ponchos, wool socks, hiking shoes, wool or warm hats (no baseball hats), gloves, sunglasses, and fleece jackets; essentially any kit you would wear yourself when climbing.

For more information see [www.ippg.net](http://www.ippg.net)

## What to pack, when and where? ...

**Luggage:** You will need 3 bags for this trip. Before starting the Roraima hike, there is plenty of time to re-sort luggage into what you need on trek and what can be left behind in Santa Elena (please see packing list on page 4). Advice on how to pack will also be given at the trek briefing:

- ◆ **One main piece of luggage.**  
Total allowance 14kg/30lbs.
- ◆ **A rucksack** – minimum capacity 50 litres. This needs to be large enough to carry everything you need (essentials only) on the Roraima hike – including your sleeping bag. You must be able to carry this yourself unless you wish to hire a porter. The rest of your luggage will be forwarded by road to the start of the river journey in Kamarata. Please also note that due to several river crossings during the trek – this bag **will** get wet, so remember to pack plastic bags (bin liners are ideal) to keep the contents dry!
- ◆ **Small rucksack/Daysac**  
If you choose to hire a porter, you will not have access to your rucksack during the course of a trekking day. Therefore you will need a daysac that is large enough to carry items such as your water bottle, camera, sunscreen, packed lunch etc. Camera equipment can be heavy so think carefully when deciding what to take – remember to take spare film with

you during the day. Other optional items might be binoculars, a diary or a book to read at lunch time.

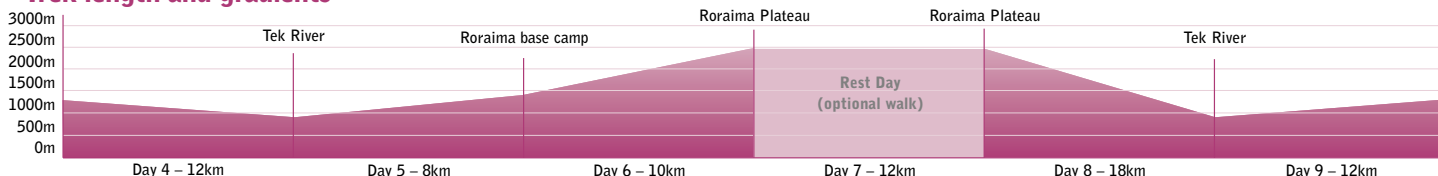
### Porters:

- ◆ Porters carry all of the camping equipment, food etc. They will generally put up and take down the tents, apart from on the first night when we put up our own tents. The cooking is usually done by the tour leader, aided on occasion by the porters. Please expect food to be simple but nourishing.
- ◆ It is also possible to hire porters to carry your rucksack on trek. They charge about \$70 per **7kg** for the whole trek and are quite strict on this limit. One porter is usually shared between two people. If you are carrying your own pack there is no specific limit, but on the flight from Santa Elena to Kamarata village there is a weight limit of 14kg per person.

### River Crossings:

- ◆ There are approximately six river crossings on the trek and water can be up to about waist height. Sandals (with good grip) are particularly useful for these crossings – as are plastic bags (see above). It can occasionally be necessary to get out and push the canoe if it gets stuck on rocks during the canoeing part of the trip.

## Trek length and gradients



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## Vaccinations & Protection

Nothing compulsory, but we recommend protection against yellow fever, malaria, tetanus, infectious hepatitis, typhoid, and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria.

**Special note:** Visa and vaccination requirements are subject to change and should be confirmed before departure. The above is not an exhaustive list.

Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

## Electric Supply and Plugs

For comprehensive information regarding voltages and plug types in use in the countries visited, follow the relevant link at <http://www.explore.co.uk/Traveladvice/>

## GRADING & FITNESS FOR THE LOST WORLD

To enjoy any trek such as the hike up Roraima on this Lost World Trip, it is essential to be in shape before you arrive. It is not wise to regard a trek as a means of getting into shape or losing excess weight. Start a programme of conditioning well before departure – in fact as soon as you book – and be aware that short walks on the flat do little to prepare you for the gradients involved on this trek. Running, hill walking and other more active sports are suitable.

### Walking Grades and Fitness:

Grading is a somewhat difficult topic as much depends on the individuals own perception of his or her abilities. The following is intended as a **general guide to our walking grades**. This is rated **Grade C**.

**Grade C walks (Strenuous):** are for the more serious hill walker and a higher level of physical fitness is required. Walking days are normally 6-8 hours and may involve up to 900m or more of ascent and descent. You should be prepared for several consecutive days walking, often at higher altitudes, so stamina is important.

## EQUIPMENT PROVIDED

The following equipment is provided by Explore once you are on the trek:

- \* 2-man tents.
- \* All cooking and kitchen gear.

**Altitude:** The maximum altitude reached is 2810m, so acute mountain sickness is not normally encountered on this trip.

## EQUIPMENT TO BRING

Being properly equipped is one of the keys to a successful trek. Use the Explore '**General Information Booklet**' for guidance for day-to-day but use the following check list and notes to be sure that you have what you need for the actual trek.

## Luggage

### ☆ Trek Kit Bag/Rucksack

This is the bag which you will be taking on the Roraima Hike with you. It must be large enough to carry your sleeping bag and everything else you need on trek. You will be carrying this yourself unless you decide to hire a porter (see previous page for details), so be careful not to overload. A slightly larger pack which is not full is more comfortable to carry than a small pack with 'bits' tied on the outside.

### ☆ Daysac

If you do decide to hire a porter then a daysac is essential. It should be large enough to carry your water bottle, sunscreen, insect repellent, toilet roll etc. A small rucksack is probably best; a shoulder bag is simply not a practical alternative.

### ☆ Plastic Bags

There are approximately six river crossings during the trek and a canoe journey afterwards. Be aware that your rucksack **will** get wet – so packing everything in plastic bags helps to keep things dry. A bin liner is ideal. Also it will make it easier to sort through – the less you unpack in the evening, the less you will have to repack each morning!

## Clothing/Footwear

### ☆ Thick sweater/fleece jacket

A thick sweater or fleece jacket is necessary as nights can be cold. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

### ☆ Trainers or Trekking sandals

Useful around camp, in towns, when travelling and for river crossings on trek.

### ☆ Socks

It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

### ☆ Waterproofs

Breathable waterproofs made from material such as Goretex not only protects against rain and wind but also stops you from overheating. They 'breathe' and avoid condensation which you will experience from nylon waterproofs.

### ☆ Walking Boots

Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes etc simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex or leather boots. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops which are simply cheap trainers with a higher canvas side sewn on – they give little support. **Above all, your boots must be well broken in and comfortable.** We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable.

### ☆ Shorts

Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold and to protect against sand flies in the morning and early evening.

### ☆ Track suit

Comfortable around camp and much more practical (and warmer) to sleep in than pyjamas.

### ☆ Long Trousers

For everyday walking, light cotton trousers are the most suitable. These help protect from sunburn and the cold and also from sand flies. Jeans are not recommended as they are often difficult to walk in over longer distances and are cumbersome when wet.

## Other Equipment

### ☆ Trekking poles

Trekking poles are recommended.

### ☆ Sleeping Bag

This may be down or synthetic, and should be **2/3-season**. A cotton liner helps to keep your bag clean and can be used to sleep in if hot. *2 season (temperature 0°C to 5°C), 3 season (temperature -5°C to 0°C).*

### ☆ Sleeping Mat or Thermarest

A good quality sleeping mat or a thermarest is essential and is NOT available locally. Bring your own.

### ☆ Water Bottle

Water during the hike must never be considered as drinkable. Take a 2 litre personal water bottle.

### ☆ Water Purifying Tablets.

If you dislike the taste of sterilised water, it is a good idea to add some powdered fruit juice. Also energy snacks including chocolate and sweets are recommended whilst on trek.

### ☆ Sunglasses

A good pair of sunglasses are essential for protection against UV rays and glare.

### ☆ Sun Hat, High Factor Sun Cream/Block & Lip Salve

Choose a high factor sunscreen (Factor 15 or more) to protect your skin against the sun. A combination sunblock/ lipsalve is ideal for facial protection.

### ☆ Torch/Batteries

A small torch is essential for finding things at night etc. Often a head torch is useful. Remember to bring some spare batteries.

### ☆ Travel Towel

Useful – fast drying and compact.

### ☆ Toiletries

Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, soap, small towel, toilet roll, small nail brush. 'Wet Wipes' are great for a quick clean up, so bring a pack of those (non-perfumed to avoid rashes!).

### ☆ Bio-degradable soap

Due to the environmentally sensitive areas we visit, bio-degradable soap is recommended.

### ☆ Insect Repellent

Insect repellent is **essential** in the jungle though mosquito nets are provided. Bring 50-100% DEET.

### ☆ Personal First Aid Kit

On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin etc. (Please do **NOT** give medicines to local people without consulting the trek leader.) See the list in our General Information Booklet.

### Need help on clothing or equipment?

Then we suggest you contact Nomad Travel, our equipment partner, who specialise in kitting people out for adventurous travel. You receive a special 10% discount in-store or online. Visit one of their stores, phone 0845 260 0044, or visit their website [www.nomadtravel.co.uk/explore](http://www.nomadtravel.co.uk/explore) for further information.

## Packing List

### What to pack in your trek kit bag/rucksack for the Roraima hike:

- ☆ Rain coat
- ☆ Swimming costume
- ☆ Hat
- ☆ Insect repellent
- ☆ Sun protection
- ☆ Camera & film
- ☆ Water bottle
- ☆ 2x trousers
- ☆ 2x shorts
- ☆ 2x T-shirts
- ☆ 2x long sleeved shirts
- ☆ 1x fleece
- ☆ Boots
- ☆ Tennis shoes/trainers
- ☆ 4x socks
- ☆ 4x underwear
- ☆ Sleeping bag
- ☆ Mattress/mat
- ☆ Towel
- ☆ Torch/spare bulb/batteries
- ☆ Toilet roll
- ☆ 2x plastic bags
- ☆ Tooth brush & paste
- ☆ Soap
- ☆ Shampoo
- ☆ Medicines
- ☆ Wash kit
- ☆ Passport
- ☆ Tickets & money

**To book please call 0844 499 0901 • [www.explore.co.uk](http://www.explore.co.uk)**

For bookings outside the UK please contact your local travel agent representing Explore.

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