

EXPLORE!

Tour Notes



Tour du Mont Blanc (MBT 2014)



TOUR
DURATION
12
DAYS



Tour Style: Classic
Tour Comfort: Standard

Tour Type: Small Groups
Trek Grade: Challenging

Tour Code: MBT

Tour Highlights - Tour du Mont Blanc

- ✓ Completing the Tour du Mont Blanc - A great personal achievement
- ✓ Superb and varied mountain scenery - World class trekking through spectacular Alpine landscapes
- ✓ Chamonix and Courmayeur - Hang out and enjoy the views from restaurants and pavements cafés
- ✓ Food and Wine - Sample great local cuisine at our family-run hotels and guest houses

Tour Essentials

Accommodation:	7 nights Standard Hotel 2 nights Basic Hotel 2 nights Basic Auberge
Included Meals:	11 breakfasts, 8 lunches, 6 dinners
Start Point:	Join tour: Geneva airport
End Point:	Tour ends: Geneva airport
Maximum Altitude on Trek (m):	2537
Transport:	Bus, Public Bus
Countries:	France, Switzerland, Italy

Tour Du Mont Blanc

The Tour du Mont Blanc is one of the most spectacular treks in Europe. We hike 165km through France, Switzerland and Italy, across five major passes, staying along the way in comfortable hotels and traditional auberges. We walk among breathtaking mountain scenery on the flanks of Mont Blanc, with views of some of the Alps' most dramatic peaks.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organization throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join tour Geneva Airport

Arriving at Geneva Airport we transfer in just over an hour to our accommodation in Les Houches in the Chamonix Valley: there are spectacular views of the Mont Blanc range. Chamonix town centre is a short bus ride from Les Houches. There will be a short briefing by our Tour Leader about the week ahead, followed by dinner at a local restaurant.

Overnight: **Standard Hotel**

DAY 2 Les Houches, Lac Blanc, Argentiere

After breakfast we take a local bus for 25 minutes from Les Houches to Les Praz (1065m) and then take the Flegere cable car up to 1900m. From here we hike through open countryside for 1.5-2 hours to Lac Blanc (2352m). There are incredible views of the whole Mont Blanc range, including the Grandes Jorasses, Aiguille Vert and Le Dru. We then follow a beautiful path through the forest to Argentiere (1244m). You will have your main baggage delivered to the hotel tonight. Approx distance 12.5miles/19km, Ascent 550m, Descent 1110m

Overnight: **Standard Hotel**

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DAY 3 Argentiere, Col de Balme, La Forclaz (Switzerland)

From the hotel we walk through Old Argentiere and hike up to the Col des Posettes (1997m) for superb views of Mont Blanc and the Chamonix Valley. From here, we traverse to the Col de Balme (2191m) and look directly into Switzerland. We then descend through open country with views of glaciers to Trient (1297m) and then on to La Forclaz (1526m) where we spend the night. You will have your main baggage delivered to the hotel tonight. Approx distance 11miles/16.5km, Ascent 980m, Descent 894m

Overnight: **Basic Hotel**

DAY 4 La Forclaz, Bovine Route, Champex

We hike along the Bovine Route to Champex (1486m). The route winds its way through meadows, forests and open country with views of the great Sion Valley and the mountains of Verbier. There are no great ascents today and we arrive at the auberge set in a pretty forest. We are 1km from Champex Lake where you can head to for a sundowner. You will not have access to your main luggage tonight. Approx distance 9miles/13.5km, Ascent 540m, Descent 600m

Overnight: **Basic Auberge**

DAY 5 Champex, La Fouly

From here it is a gentle 5-6 hour trek to La Fouly (1600m) along the Val Ferret. We start our walk descending from Champex following the river along a pretty valley covered in trees to Praz-de-Fort. We then ascend in similar surroundings with wonderful views of Mt Dolent and the South Face of the Mont Blanc range. You will not have access to your main luggage tonight. Approx distance 12.5miles/19km, Ascent 540m, Descent 440m

Overnight: **Basic Hotel**

DAY 6 La Fouly, Grand Col Ferrett, La Palud, Courmayeur (Italy)

We continue from La Fouly along the Val Ferret and cross the impressive Grand Col Ferret (2537m). From here, the descent is slightly steeper but rewards us with outstanding views of two of the Alps most iconic mountains – Le Grandes Jorasses and Mont Blanc. We stay at La Palud (1350m), 3 km from Courmayeur and you will have your main baggage delivered to the hotel tonight. Hiking time is about 7-8 hours in total. Approx distance 18miles/27km, Ascent 830m, Descent 1170m

Overnight: **Standard Hotel**

DAY 7 Rest day in Courmayeur

Courmayeur is one of Italy's premier ski resorts and is full of pretty shops, cafés and restaurants. Close by, there is the hot spring spa at Pre St Didier, the Helbronner cable car and plenty of other walking opportunities.

Overnight: **Standard Hotel**

DAY 8 Courmayeur, Val Veny, Col de la Seigne, Les Chapieux

We take 2 public buses (approx 10 and 20 minutes each) and travel to Val Veny under the spectacular South Face and ridges of Mont Blanc. We trek along a wide glacial valley surrounded by glaciers and high peaks to the Col de la Seigne (2516m) which marks the border between France and Italy. We then descend to Les Chapieux (1549m). Today is quite a long day, although it is not steep. Hiking time is approximately 7 hours in total. You will not have access to your luggage tonight, so you will want to pack accordingly. Approx distance 16 km, Ascent 860m, Descent 967m

Overnight: **Basic Auberge**

DAY 9 Les Chapieux, Col du Bonhomme, Les Contamines

We make a steep ascent above Les Chapieux through marmot country and on through open meadows to more barren scenery. We cross 2 cols (2479m and 2329m) in wild surroundings with fabulous Alpine Flowers and marmots, weasels and chamois. We then head down through open country and a narrowing valley. Our destination is Les Contamines (1167m) – a pretty ski village with an interesting church. We will stay approximately 2 km beyond the village of Les Contamines. Once again, there will be no access to your main luggage tonight. Hiking time is approximately 8 hours. Approx distance 13miles/19.5km Ascent 850m, Descent 1320m

Overnight: **Standard Hotel**

DAY 10 Les Contamines, Les Houches

We ascend through pretty forests and meadows to the Chalets du Truc perched under the great west-face of the Mont Blanc range. There is a small peak we can climb before descending to the Chalet de Miage at 1559m. We then make a steep and tough climb to the Col du Tricot (2120m) and then on towards the plateau above Les Houches. This is a fitting end to our trek with the most outstanding views of the Chamonix Valley, the Chamonix Aiguilles and the Mont Blanc massif. We descend quickly by cable car and head to our hotel in Les Houches and are reunited with our luggage. The hotel has a pool and a nice garden with great views of the Chamonix Aiguilles. Hiking time is about 7 hours. Approx distance 12miles/18km, Ascent 1160m, Descent 650m

Overnight: **Standard Hotel**

DAY 11 Free day in the Chamonix Valley

Today you can take a 2-hour walk with the leader, along the Petit Balcon Sud, to Chamonix in time to visit the traditional Saturday market. Alternatively, you can take a 15-minute bus ride from Les Houches to Chamonix, relax in the hotel's swimming pool or take part in some optional activities. Activities include a ride up the spectacular cable car to the Aiguille du Midi at 3842m for arguably the finest view in the Alps. At this height you are among the great Alpine peaks and glaciers with unimpeded views from Mont Blanc to the Matterhorn almost 100km away. Other activities include rock climbing, mountain biking, rafting and visiting Chamonix's Alpine museum. There will be a 'farewell meal' in the evening.

Overnight: **Standard Hotel**

DAY 12 Les Houches, Geneva

Transfer to Geneva Airport where our tour ends.

Accommodation and Meals

Accommodation Rating

We stay at small, family-run hotels for 9 nights and in dormitory style accommodation in traditional auberges (guesthouses) for 2 nights. The hotel in Les Houches in the Chamonix Valley has a pool. For 8 of the 11 nights we aim to have twin rooms: some will have private bathrooms, others will have shared bathrooms along the corridor. There is the chance that occasionally there will be more than 2 to a room (triple or quad). The hotel at Les Contamines has mostly twins with a couple of triples and quads with bathrooms along the corridor. At Champex and Les Chapieux we stay at auberges: these are traditional mountain inns that are clean, friendly, full of fellow trekkers and have a great atmosphere. At an auberge you may be in a dormitory that will have up to 6 people in a room. At Chapieux we try to get twin rooms, but you may find yourself in a larger dormitory. The bathrooms are shared. All bedding is provided. Most meals are taken at the hotels and auberges and will be a fixed 3-course meal with vegetarian options. Drinks are not included, but all hotels have a selection of wines, beers and soft drinks.

Food & Drink

Included meals: 11 breakfasts, 8 lunches, 6 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Other Sightseeing & Activities

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 these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Aiguille du Midi - Panoramic views of Alps Cable Car €39
Mountain biking - Full day bike hire €25
Rock climbing - Half day from €40
Rafting - 1.5 hour / €40-60 per person (depends on number of people taking part)
Public swimming pool - (3 pools, jacuzzi, death slide) €6
Paragliding - 1000m vertical descent €100 / 2550m vertical descent €220

Tipping - Tour Leader

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

Tipping - Local Crew

Service is included in French restaurants, although it is polite to tip 10% if the service has been very good. Bar staff and café waiters expect a small tip or loose change.

In Italy service is not included – allow 10% - and they also have a cover charge, or coperto, of 1 or 2 euros which is obligatory and literally pays for you to sit down.

Foreign Exchange

France

ATM Availability: Most major towns – your Tour Leader will advise you on arrival.

Credit Card Acceptance: In major restaurants (make sure you have informed your credit card company that you are travelling abroad as some companies will reject payments)

Travellers Cheques: These can be cashed at virtually any bank and urban post office in France. Outside of major tourist regions very few shops or hotels accept travelers checks as payment.

Local Currency: Euro

Recommended Currency for Exchange: Pounds Sterling and US Dollars can be easily exchanged in France.

Where to Exchange: Most major towns – your Tour Leader will advise you on arrival.

Switzerland

ATM Availability: Local currency can be obtained using credit cards in ATM's.

Credit Card Acceptance: In major restaurants.

Travellers Cheques: Not recommended.

Local Currency: Swiss Franc.

Recommended Currency for Exchange: Euros. You can either take some cash Swiss Francs to avoid having to change or most places will accept Euros as payment.

Where to Exchange: Most major towns - your Tour Leader will advise you on arrival

Italy

ATM Availability: Major towns.

Credit Card Acceptance: Larger hotels and restaurants.

Travellers Cheques: Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Local Currency: Euro.

Recommended Currency for Exchange: GBP.

Where to Exchange: Banks or 'Forex' offices in main towns/cities.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

Joining Tour Abroad

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

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of joining **any** of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Visa Information

France: Visas are not required by UK, EU nationals, Australian, New Zealand, US and Canadian citizens.

Italy: Visas are not required by UK, EU nationals, Australian, New Zealand, US and Canadian citizens.

Switzerland: Visas are not required by UK, EU nationals, Australian, New Zealand, US and Canadian citizens.
Other nationalities should consult their local embassy or consular office.

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

Vaccinations & Protection

France

Nothing compulsory. Tetanus recommended. 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.

Switzerland

Nothing compulsory; Tetanus recommended. 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.

Italy

Nothing required. Tetanus recommended. 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.

Preparing for your Tour



Trekking Details

This is an 8-day Trek with an average of 5 to 7 hours of walking a day. We will climb and descend distances of 1000m on 5 of these days, reaching a maximum altitude of 2537m. We have graded this trek as challenging.

Walking Boots

Walking boots with ankle support and good tread. Trekking shoes are not good enough for the walks as they do not give ankle support. In addition, you should avoid cheap boots found in high-street shops that are merely trainers with a higher canvas side sewn on. Make sure that your boots are worn-in and comfortable before the start of the trip. We recommend that you wear/carry your walking boots as hand luggage on the international flight: should your luggage be delayed, your well broken-in boots will be irreplaceable.

Maximum Altitude on Trek (m)

2537

Climate

France

Across France, from April - August, weather conditions are generally warm and pleasant with moderate rainfall; Autumn temperatures are a bit lower and the winter months (though colder) remain mild. The summer months on the Mediterranean Coast in the south tend to be warmer than the rest of France and have less rainfall, and also more mild winters; freezing conditions are nearly unheard of. The mountainous areas of the Alps, Juros and Pyrenees can be quite different. During summer the morning and evening temperatures are considerably cooler and it becomes much colder in winter with heavy snowfall. Western France, along the English Channel, there can be very strong winds and frequent rain during the winter months Nov - Apr. Wine harvesting takes place in late August/early September.

Switzerland

Summers are generally warm, or even hot, with a three-month period when rain rarely falls. When it does rain in this season, it is heavy and often accompanied by thunder. There are as much as eleven to twelve hours' sunshine a day in summer, but as with anywhere in mainland Europe it can occasionally be cold and wet. Early and late summer is generally the best times to visit this region.

Italy

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Clothing

The following are essential for your tour: Good quality waterproof jacket and trousers (eg. Goretex / e-Vent), a pac-a-mac is not good enough, Fleece jacket, comfortable walking trousers, shorts, warm hat and gloves, sunhat, sunglasses and high factor sunscreen. Although you should expect to live in T-shirts and shorts for the holiday, please be aware that temperatures can change dramatically at altitude and at night. There is swimming pool at the hotel in Les Houches and a good public swimming pool in Chamonix – French health regulations require men to wear proper swimming trunks, not loose Bermuda / boxer-style trunks. For around-town wear in Chamonix, you should bring some slightly smarter clothes.

Equipment

You will need a water bottle (preferably 2 litres), torch, insect repellent and high factor sun cream. You may like to bring trekking poles. It is a good idea to line your daysac with a good quality plastic bag. This will go a long way in protecting your gear from any rainstorms we encounter.

Tap water is safe to drink from the hotels and auberges, but water sources along the trail may not always be drinkable. We recommend you bring a 2 litre personal water bottle. Using tap water rather than bottled water will help avoid creating plastic bottle waste. Energy snacks including chocolate and sweets are recommended whilst on trek. Towels are not provided at Champex or Chapieux though you can hire one at Chapieux for €1: we suggest that you bring an easi-dry towel as they are lightweight and easy to carry. You may also wish to bring a sleeping bag liner for the stays at the auberges.

Footwear

Please bring comfortable shoes/sandals for relaxing in the evenings.

Luggage: On Tour

One main piece of baggage and a waterproof daypack. A capacity of 40 litres is recommended as you will need to carry enough overnight clothes (spare underwear, T shirt and toiletries etc) for the nights when you will not have access to your main luggage (days 4,5,8,9). There are showers at every night stop.

Luggage allowance on tour: 20kg

General Information

Food

The prices for meals and drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive. The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

France

Lunch £: 11.00

Dinner £: 23.00

Switzerland

Lunch £: 16.00

Dinner £: 23.00

Italy

Lunch £: 23.00

Dinner £: 32.00

Drink

France

Bottle of Beer £: 4.00

Water £: 1.30

Switzerland

Bottle of Beer £: 5.20

Water £: 1.50

Italy

Bottle of Beer £: 4.00

Water £: 2.20

Country details

France

Population: 65,821,885

Size of Country: 674,843 sq km

Major Language: French

Religion: Catholic

Time Difference to GMT: +1

Switzerland

Population: 7,866,500

Size of Country: 41,285 sq km

Major Language: German

Religion: Catholic

Time Difference to GMT: +1

Italy

Population: 60,681,514

Size of Country: 301,338

Major Language: Italian

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

France

2 Pin Round

Switzerland

3 Pin Round

Italy

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years experience, we are passionate about what we do.
- Pioneering small group adventures & tailor-made holidays.
- Award winning tour leaders who you can trust.

EXPLORE! The Adventure Travel Experts available online 24/7

- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditions, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which supports AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

Earth Matters

- [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

- [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

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

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety>

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2013 and 31st December 2014.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2014 itinerary versions are applicable to tours departing in 2014. 2015/16 itinerary versions are applicable to tours departing from 1st January to 31st December 2015.

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