

# EXPLORE!

## Tour Notes



### Family Land of Ice and Fire (FIC 2015)



TOUR DURATION  
**8**  
DAYS



**Tour Style:** Classic  
**Tour Pace:** Moderate

**Tour Type:** Small Groups  
**Tour Comfort:** Standard

**tour Code:** FIC

#### Tour Highlights - Family Land of Ice and Fire

- ✓ Seljalandsfoss and Thorsmork Nature Reserve - Walk behind the Seljalandsfoss waterfall
- ✓ Reykjafoss Waterfall - take a zip-wire over a waterfall
- ✓ Reykjavik - Chance to join a whale-watching excursion and enjoy Iceland's bustling capital
- ✓ The Blue Lagoon - Relax in the famed thermal waters
- ✓ Snaefellsnes Peninsula - Walk amidst stunning scenery and see the Snaefellsjokull Glacier

#### Tour Essentials

**Accommodation:** 3 nights Standard Hotel  
2 nights Standard Guesthouse  
2 nights Simple Guesthouse

**Included Meals:** 7 breakfasts, 0 lunches, 0 dinners

**Start Point:** Join tour: Keflavik Airport

**End Point:** Tour ends: Keflavik Airport

**Transport:** Bus, Boat

**Countries:** Iceland

**Minimum Age:** From 5 years

## Family Land of Ice & Fire for Families

Iceland's volcanic landscape offers a dramatic mix of ice and fire: from snow-covered glaciers and thundering waterfalls to barren lava fields and steaming geysers. As we explore the island we try our hand at making a traditional Icelandic dish, visit a Viking heritage centre and even take a zip-wire over a waterfall. We also find time to unwind in the thermal waters of the Blue lagoon and explore the bustling capital, Reykjavik.

### Why Book this tour

This adventure is designed for families who want to see stunning landscapes and natural wonders with the added benefit of long days of sunlight. We have added a few additional activities this year including zip-wiring over a waterfall! There are also opportunities to understand the Viking culture further with visits to a heritage centre and learning how to cook a traditional Viking dish. Iceland really is an unusual volcanic island and this tour includes the country's natural highlights.

### 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.

### Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

## 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 organisation 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 Keflavik airport

Arrive in Iceland and join the tour at Keflavik airport. On arrival we transfer to our accommodation in Reykjavik. Note: On some departures the Blue Lagoon will be visited today on the way to the hotel from the airport. Please see joining instructions for details.

Overnight: **Standard Hotel**

**EXPLORE!** The Adventure Travel Experts available online 24/7



 **Included Meals:** None

## DAY 2 Visit Seljalandsfoss waterfall and Thorsmork Nature Reserve

Driving to Hvalsollur this morning we will stop to pick up some picnic supplies, before continuing to the stunning Seljalandsfoss waterfall. For an all-together different perspective, we have the unique opportunity here to actually walk behind the falls for an altogether different perspective. Continuing over the river Steinholtisa we take a walk into the narrow and breathtaking Stakkholtsgja gorge. Our main attraction today is the area of Thorsmork, a natural reserve shielded on three sides by glaciers and mountains and surrounded by ice caps and glacial rivers. Translating as the 'Woods of Thor', Thorsmork is without a doubt a highlight of our trip and certainly one of the most awe-inspiring locations in Iceland with a multitude of small gullies and valleys that snake down into the sea. There are some 170 species of plants, mosses and lichens in the reserve and in the upper reaches of the valley, surreal rock formations have earned the valley the name of 'Land of the Gods'. Later we head to the village of Laugarvatn, Iceland's National School for Sports which sits on extensive thermal springs that the region is famous for. We continue to Vatnsholt where we will spend the night. Please note: The vehicle used today for the Thorsmork trip is specifically chosen to manoeuvre over the terrain and also the river crossing which can all be bumpy although this is all worth it to see the amazing sights on offer.

Overnight: **Standard Guesthouse**

 **Included Meals:** Breakfast

## DAY 3 Half day trip to Gullfoss and Geysir with cooking lesson and zip-wire across a waterfall

Today we drive to Gullfoss, the Golden Waterfall, regarded by many as one of the most beautiful falls in the world. It cascades into a deep gorge with tremendous force, its spray forming colourful rainbows in the afternoon sun. En route we will also visit the Geysir Geothermal Area. This is the location of the first spouting hot spring to become known to Europeans and thereby originating the name given to all 'geysers'. There are some very small springs in the area which only reach about a foot in height, but the main attraction is Strokkur, meaning 'The Butter Churn', which spouts around every 10 minutes up to a height of some 30 metres. After our visit we will try our hand at a cooking lesson close to Selfoss where we make the traditional Icelandic dish of Kleina, a twisted donut, which we enjoy with some hot chocolate. Now for a real treat - how about zip-wiring over the Reykjafoss Waterfall, one of Iceland's major natural highlights. At 90 meters long, this is a great way to enjoy the adrenaline rush of zipping across the waterfall in Hveragerdi with all equipment and instruction included, this activity is sure to put a smile on everyone's faces (the zip-wire is weather dependant based upon wind conditions thus it could be included on another day during the holiday)

Overnight: **Standard Guesthouse**

 **Included Meals:** Breakfast

## DAY 4 Visit Thingvellir National Park and Viking Heritage Centre en route to Hof

Leaving Vatnsholt today we drive to Thingvellir, meaning Parliament Plains. This was the site of Iceland's first National Assembly in the year 930 AD. It lies in a rift valley which is about 5 kilometres wide with Lake Thingvallavatn bordering it on the south side and a mountain range to the north. Originating in a nearby volcano, it flows into the rift valley over the edge of a 9,000 year old lava field. The largest of the ravines bordering the rift valley is called Almannagja Ravine near where the Parliament was held. Having spent some time walking through the area we continue to Hof via Hvalfjordur (the whale fjord) and then on to the Viking Heritage settlement at Borgarnes. A unique innovative multimedia experience, the centre brings to life the world of the Vikings and allows you to experience first-hand the thrill and excitement of a voyage back in time.

Overnight: **Simple Guesthouse**

 **Included Meals:** Breakfast

## DAY 5 Visit Snaefellsnes Peninsula

Today is spent driving on the Snaefellsnes Peninsula, locally known as the peninsula of the snowy mountain. At 1,000 kilometres in length, the peninsula is dominated by the imposing Snaefellsnes Glacier, made famous by Jules Verne in his book: Journey to the Centre of the Earth. It may be possible to snow-mobile (optional) according to snow conditions. We drive along the south coast of the peninsula, visiting Buthir where we take a short walk on the light coloured beach (a rarity in this part of the world) given that much of Iceland is made up of black basalt lava. Continuing to Arnastapi, a tiny coastal village with an equally tiny harbour, we take a scenic walk in search of some of the numerous birds that nest and feed along this coast including kittiwakes and arctic terns. Further along the coast at Djuparlonssandur, we see the bizarre rock formations of the rocks which have been sculpted over time by the sea. With the glacier dominating on the landward side we drive through the villages of Hellissandur and Rif.

Overnight: **Simple Guesthouse**

 **Included Meals:** Breakfast

## DAY 6 Morning boat trip on Breidafjordur; drive to Reykjavik via hot springs

We enjoy a boat trip around the islands of Breithafjordur (the wide fjord) this morning, once home to Eric the Red, a Viking of such dubious moral character who was actually expelled from both Norway and Iceland for dispatching his enemies on a less than fair manner and actually went on to discover Greenland. We end our trip with a little fishing as the crew cast their nets overboard to bring in fresh scallops and sea urchins straight from the sea. We then drive to the valley of Borgarfjordur, the setting of Egil's Saga, where we explore a multitude of natural springs under a birch covered lava field. These springs create the magnificent Hraunfossar (lava falls), a waterfall hundreds of metres wide that seemingly appears out of nowhere. A ten minute walk farther up the river brings us to the Barnafoss (Children's Fall), which has carved out strange figures from the rock. Then it is back to Reykjavik, via Deildartunguhver, one of the largest hot springs in the world.

Overnight: **Standard Hotel**



**Included Meals:** Breakfast

## DAY 7 Free day in Reykjavik; optional whale watching

Today we are free to explore Iceland's thriving capital city. You might like to take a self-guided walk around the colourful streets of Reykjavik (a map and general information will be provided locally). The world's most northerly capital was established by the Norse chieftain Ingolfur Amarnson around the year 874AD. The oldest part of the town is near the harbour around the lake known as Tjornin. Ducks, geese, swans and Arctic terns can be observed at close quarters and the harbour is always busy with trawlers and other vessels. The city has numerous options for children to enjoy, including the Volcano Show and Saga Museum. Alternatively you may prefer to try whale watching (optional). There can be few experiences on earth to top the sight of one of these mighty leviathans in their natural habitat and what better way to finish our tour.

Overnight: **Standard Hotel**



**Included Meals:** Breakfast

## DAY 8 Visit Blue Lagoon; tour ends Keflavik airport

From the hotel we drive to the Blue Lagoon where we unwind in the relaxing thermal waters before transferring to Keflavik airport, where the tour ends. Note: On some departures the Blue Lagoon will be visited on day 1 instead of day 8 please see joining instructions for details.



**Included Meals:** Breakfast

## Ability to swim required

Whether in swimming pools, rivers, lakes, the sea or the ocean, participation requires that you are able to swim unaided for your safe enjoyment

## Accommodation and Meals

### Accommodation Rating

While in Reykjavik we use a hotel which is located in the outskirts of the city. Set in beautiful surroundings with the Atlantic Ocean on all sides, the hotel is a great introduction to the island. All rooms have private facilities with two outdoor Jacuzzis. There is also a swimming pool within a 10 min walk. In South Iceland, we stay in a renovated country farm lodge (which used to host life stock) with shared toilet facilities. This is a very charming place and great for kids with a variety of animal's ensuite such as dogs, cats, horses, goats and other farm animals. In Snaefellsnes, we stay at a guesthouse with shared facilities located on the southern side of the peninsula. A unique swimming pool is within walking distance with warm geothermal waters of up to 35°C.

Due to the recent considerable rise in tourism in Iceland, hotels are experiencing very high demand for rooms and there have been some occurrences of overbookings, which are often notified to us at a late stage. For this reason, we would like to emphasise that hotel accommodation is subject to change, which may result in the need to alter your night stops with little or no notice. Explore are working closely with our team on the ground to minimise changes to accommodation, although in the case of unavoidable hotel changes, we will endeavour to always provide accommodation of the same or a higher standard.

### Food & Drink

Included meals: 7 breakfasts, 0 lunches, 0 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.

### Food

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.

#### Iceland

**Lunch £:** 17.50

**Dinner £:** 35.00

### Drink

The prices for 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.

#### Iceland

**Bottle of Beer £:** 6.50

**Water £:** 2.00

### 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

Vatnsholt - 1/2 day bike rental ISK 3,500. 1 hour horseriding ISK 7,000. 1/2 day fishing ISK 1,000. 2 hour boat rental ISK 3,000.

Reykjavik - Whale Watching including pick up 0-6 yrs free, 7-12 yrs ISK 4,000, adults ISK 10,000. Horse riding including pick up ISK 10,200.

### Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive. Tipping is not compulsory. Service charges are included in bills and tipping is not expected.

### Foreign Exchange

#### Iceland

**ATM Availability:** Cash can be drawn on credit cards from ATM's in Reykjavik and at the airport.

**Credit Card Acceptance:** Most shops and restaurants take credit cards.

**Travellers Cheques:** Can be exchanged at banks and post offices.

**Local Currency:** Icelandic Krona (ISK).

**Recommended Currency for Exchange:** Both GBP and USD are readily exchanged at banks and post offices.

**Where to Exchange:** Both GBP and USD are readily exchanged at banks and post offices

## 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

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

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## 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. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour.

We are delighted to include FREE travel insurance **for all qualifying customers** who book an Explore trip from 01 January 2015.

For more information about Travel insurance and to check whether you are eligible to receive free cover, please visit [www.explore.co.uk/insurance](http://www.explore.co.uk/insurance). Explore Worldwide Ltd are an Appointed Representative of Campbell Irvine Limited, who are authorised and regulated by the Financial Conduct Authority. The registration number can be checked by visiting the the FCA's website [www.fca.gov.uk](http://www.fca.gov.uk) or by contacting them on 0800 111 6768.

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### Visa Information

Iceland: Visas are not required by UK, 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.

### Lone Parents

#### Iceland

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Icelandic embassy for further information on exactly what may be required.

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### Vaccinations & Protection

#### Iceland

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.

## Preparing for your Tour

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### Climate

#### Iceland

Iceland has a cool and temperate climate and, despite its location just south of the Arctic Circle, its northerly latitude is counteracted by the warm waters of the North Atlantic Drift which encircles the island. Temperatures in winter can fluctuate between about 10°C and -10°C and precipitation in the form of rain, sleet or snow is to be expected at any time. Days will be short, with daylight often only guaranteed between about 11 am and 4 pm in December. The best time for seeing the Aurora Borealis is October to March. Summer is generally cool with average temperatures for June and July around 12 - 15 degree centigrade in Reykjavik, although is known to be warmer in other parts of the country. In June and July you can enjoy continuous daylight and see the Midnight Sun, whilst late spring and early autumn offer long twilights.

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## Clothing

July-August are the warmest months; but summer tends to be cool, especially inland at higher elevations. Weather conditions can change rapidly – sunshine, drizzle, rain and snow may all occur in the same day. You'll need warmer clothing for outdoors and cool evenings. A wind and waterproof jacket and trousers are essential.

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## Equipment

Suncream, sunglasses, a water bottle, torch, warm hat, gloves, warm and waterproof clothing, sturdy shoes, swimming costume, a fleece and/or warm layers.

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## Footwear

Walking boots/shoes and trainers. Soft indoor shoes are recommended as it is normal in Iceland to have special house shoes.

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## Luggage: On Tour

One main piece of baggage, a soft grip bag is ideal (not a framed rucksack) and a small daysac.

Luggage allowance on tour: 20kg

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# General Information

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## Country details

### Iceland

**Population:** 318,452

**Size of Country:** 103,001 sq km

**Major Language:** Icelandic

**Religion:** National Church of Iceland

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## Electric Supply & Plugs

### Iceland

2 Pin Round

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# 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, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- 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.

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## 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: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

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## Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants,

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allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

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## 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](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/>

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## 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.

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### 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.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

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

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### 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 2014 and 31st December 2015.

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### 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: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

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