

EXPLORE!

Tour Notes



Guyana and Suriname Explorer (GE 2015)



TOUR DURATION
14
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Tour Comfort: Standard

tour Code: GE

Tour Highlights - Guyana and Suriname Explorer

- ✓ Iwokrama Rainforest - Search for wildlife from canopy walkways including howler monkeys and several species of birds
- ✓ Surama - Stay with an Amerindian community and enjoy eating local food
- ✓ Burro Burro River trip - Experience a dawn canoe trip searching for giant river otters, spider monkeys and more
- ✓ Anaula Nature Reserve - Spend three nights searching for caiman, visiting local villages and going on nature walks with local guides
- ✓ Capitals - Explore Paramaribo and Georgetown, the capitals of Suriname and Guyana

Tour Essentials

Accommodation: 6 nights Standard Hotel
2 nights Standard Lodge
2 nights Simple Guesthouse
1 night Simple Camping
2 nights Simple Lodge

Included Meals: 13 breakfasts, 7 lunches, 7 dinners

Start Point: Join tour: Paramaribo
End Point: Tour ends: Georgetown
Transport: Bus, Boat, Flight
Countries: Guyana, Suriname

Guyana and Suriname Explorer

Travel with us to Guyana and Suriname as we search for some of the world's rarest wildlife species, including many varieties of birdlife. From tree-top canopies to jungle walkways, mountain summits and dense virgin rainforest, we track the elusive jaguar. We will also visit the capitals of Georgetown and Paramaribo and discover some of Suriname's colonial past.

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 Paramaribo

Join tour Paramaribo and check in to the hotel.

Overnight: **Standard Hotel**
Single Room Available




 **Included Meals:** None

DAY 2 Drive to Atjoni, boat ride along the Suriname River to nature resort

This morning we depart Paramaribo and travel south towards where our nature and cultural adventure awaits us. We will arrive at the village of Atjoni and join a motorised boat for a 45 minutes boat ride along the Suriname River, passing various villages where we are greeted by children waving along the banks as the older locals go about their daily chores. Breathtaking scenery is interspersed with vast open savannahs as our skilled boatman passes the tempestuous Jaw Jaw rapid. Nestled on the bank of a beautiful island, at the foot of the Ferulassi Falls, lays the nature resort where we will spend the next two nights. After lunch we will have the opportunity to explore the resort heading out in a dugout boat to an island in the Ferulassi rapid which has a sandy beach where we can relax, swim and enjoy a natural jacuzzi. After dinner there is an exciting adventure to search for caimans. The night boat trip, by motorised dug out canoe, gives us the chance to enjoy the wonderful starry sky and the complete silence of the rainforest. Our guide will also provide more information about the Saramaccan culture.


Overnight: **Standard Lodge**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 3 Canoe journey to visit local villages

After breakfast we depart the resort by canoe for the village of Nieuw Aurora. During our guided tour through the village we will be introduced to the unique way of life of the local population and to the wonderful traditions brought from Africa by their ancestors. We will journey to see the Mission Station where there is a church, a primary school and a medical post. As we make our way to the village of Gunsu where our canoe awaits, we pass along cultivation fields with plants and crops of the local population before returning to the resort in time for lunch. After lunch there is the choice to swim or recline in a hammock by the river and simply enjoy the beautiful natural scenery and views from the island. If you are feeling more active, you can go for a nature walk within the forest that covers the island and see the forest through the eyes of the indigenous guide learning about medicinal plants and their uses in the Saramaccan culture. After dinner we can enjoy a traditional and cultural dance performance.

Overnight: **Standard Lodge**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 4 Free morning to relax or go for walks, return to Paramaribo

This morning is free to go on a tour to see the various agricultural plots of the local people, go swimming, go for a stroll in the forest or relax in a hammock and just enjoy the peace and quiet of nature. After lunch we will return to Atjoni by boat and travel back to Paramaribo.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 5 City tour of Paramaribo, optional sunset dolphin cruise

After breakfast, we depart the hotel for a guided tour of the Surinamese capital which has been placed on the UNESCO World Heritage list of historical monuments since 2002. The tour is done by vehicle and on foot, along the most prominent historic locations in downtown Paramaribo during which you will be impressed by its unique architecture. The guide will give information about the former 'Fort Zeelandia', the Presidential Palace, the Independence Square and many other monuments. The monumental buildings are a true representation of the colonial history of Suriname. We drive across the bridge over the Suriname River into the Commewijne district for an idea of how life must have been on the plantations during colonial times. Most plantations are now no longer active. We make our first stop at Meerzorg, formerly the cross-over site from Paramaribo to Commewijne, which was once a coffee plantation. We continue our trip towards the open-air museum at Nieuw Amsterdam. Then we continue to Marienburg, a former sugar plantation to view a stylish plantation residence from the golden days, and where the first group of Javanese indentured labourers were put to work. We drive further along the old plantations of Ellen, Leliendaal and Alkmaar and we enjoy a delicious lunch (optional) in a typical Javanese restaurant (warung) in Tamanredjo. After lunch, we visit Plantation Peperpot, this former plantation is one of the oldest plantations in Surinamese history. Peperpot was established by the English and already existed before Suriname was conquered by the natives from Zeela command of Abraham Crijnsen in 1667. This is one of the last plantations still in its former original state. On the plantation we can still see coffee and cocoa plants as well as an ancient shed and factory, the manager's residence and a kampong (workers' living area). Peperpot is renowned for the many birds which can be spotted. Then there is the opportunity for a sunset dolphin tour (optional). Often groups of up to 20 dolphins can be seen. Sometimes they're very curious and if we are lucky they will jump and play close to the boat.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 Travel to Georgetown via the Mangrove Heritage Trail

Leaving Paramaribo early this morning, we transfer by bus along the coast of Suriname to Nieuw Nickerie to the border with Guyana. Crossing the newly constructed floating bridge across the Berbice River, we arrive at the oldest town New Amsterdam where we will have a short tour. En route to Georgetown, we will also visit the Mangrove Heritage Project. Turning towards the Atlantic Ocean, the scenery includes an old Dutch Koker used to drain the agricultural lands along the low lying coastline. The serene temples of the Hindu Ashram at Cove and John then come into view from across the lake. We are now in the heart of Guyana's first mangrove reserve, owned and managed by the community. Along this coastal strip, we will see four different mangrove species and a wide wetland area, teeming with birdlife and tropical fish. If we're lucky, we will see local fishermen beating the pond water to chase fish into their nets. In the middle of the wetland is a small island of lush, black mangroves where beekeepers produce the distinctive golden mangrove honey. Along the trail, local tour guides point out the array of medicinal plants found in nature's pharmacy right in their backyard and we will learn of the traditional remedies effectively used by Guyanese for generations. Continue to Georgetown, the capital and largest city in Guyana. Situated on the right bank of the Demerara River Estuary, it was chosen as a site for a fort to guard the early Dutch settlements of the Demerara River. The city of Georgetown was designed largely by the Dutch and is laid out in a rectangular pattern with wide tree lined avenues and irrigation canals that criss-cross the city.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 7 Free day in Georgetown, optional Kaieteur Falls trip

Today has been left free to explore Georgetown or take an optional trip to Kaieteur and Orinduik Falls. The Kaieteur Falls, first seen by a European on April 29, 1870, is situated in the heart of Guyana on the Potaro River, a tributary of the Essequibo. The water of Kaieteur, one of the world's natural wonders, flows over a sandstone conglomerate tableland into a deep gorge - a drop of 822 feet or 5 times the height of Niagara Falls. The Orinduik Falls is where the Ireng River thunders over steps and terraces of solid jasper, a semi precious stone. With a backdrop of the rolling grass covered hills of the Pakaraima Mountains, this is truly one of the most beautiful locations in Guyana's hinterland. The trip departs from Ogle Airstrip in Georgetown and lasts approximately 7 to 8 hours with two hours spent on the ground at each waterfall.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 8 Drive to the Amerindian village of Surama

Early morning transfer by private bus from Georgetown through the Bauxite Mining township of Linden and into the rainforest. The laterite road is easy traveling to Mabura Hill and then it becomes an adventurous drive on rainforest trails to the Essequibo River, which we will cross on pontoon. The trail continues through the million acres of the Iwokrama Rainforest. Along the road jaguars are often seen crossing into the forest. No promises, but many have been lucky! We will also watch for the myriad of bird species that frequent the forest edge, including Crimson and Purple-necked Fruit-crow, and Gray-winged Trumpeter. This road is the only north-south access in Guyana and links the country to Brazil. If we take our time, the road also offers excellent opportunities to spot a host of birds, sloths, snakes, flowers. From time to time, river otters are spotted in the small creeks that pass under the wooden bridges. We'll explore both from the vehicle and on foot. Eventually we arrive at the Amerindian village of Surama. The village is set in five square miles of savannah and surrounded by the densely forested Pakaraima Mountains. Surama's inhabitants are mainly from the Macushi tribe and still observe many of the traditional practices of their forebearers. Our accommodation will be in 'benabs' (thatched sleeping shelters) and our meals will feature excellent local produce. There is great birding leading to the village and the surrounding savannah and you may see White Throated Toucans, Pearl Kites, Great Potoo and White-tailed and Savannah Hawks. Another of the special birds which can be found around Surama is the Rufous-winged Ground-cuckoo. Whilst Neomorphus ground-cuckoos are undoubtedly amongst the toughest family of birds to locate anywhere in the Neotropics, Surama offers one of the best-known chances for seeing Rufous-winged Ground-cuckoo and to maximise the odds of us finding one, we will use expert local guides to assist us. We will, however, still count ourselves as extremely fortunate if we succeed in getting a good look at this extremely elusive species. Tonight we will enjoy an educational walk to observe wildlife and experience the mystique of the forest after dark.

Overnight: **Simple Guesthouse**



Included Meals: Breakfast, Dinner

DAY 9 Walk up Surama Mountain for incredible views

Today we rise before dawn for a walk across the savannah and then climb up Surama Mountain in the cool morning air. This is the best time to observe birdlife along the trail. Breakfast will be served at a look out point which affords incredible views across the village and savannah to the Pakaraima Mountains. Then we return to the village for lunch and then in the cool of late afternoon, we will take a 1.5 mile walk across the savannah and through the rainforest to the Burro Burro River. Overnight in a hammock.


Overnight: **Simple Camping**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 10 Burro Burro River trip searching for wildlife

At dawn the local guides will paddle us on the Burro Burro River for opportunities to observe birdlife and wildlife in their natural habitat, including Giant River Otters, Tapir, Tira, Spider Monkeys and many more species, before returning to the village for lunch. As the afternoon cools you may opt to rest and relax around the cabins, with the added option of an escorted tour along the trails to observe the forest and bird life. See the forest through the eyes of your indigenous guide and learn about the medicinal plants and their uses in the Amerindian culture.


Overnight: **Simple Guesthouse**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 11 Transfer to the Iwokrama Canopy Walkway

This morning it is possible to do an optional tour to a nearby Harpy Eagle nest assuming this is active. The nest itself is located in a huge emergent tree only a couple of miles from the village and if we are extremely fortunate, we may see one of the adult birds bringing a sloth or monkey to the nest to feed their chick. The trek into the nest site is about an hour each way on a reasonable trail. Continue your trip with a visit to a rainforest trail to a special locality where Guianian Cock-of-the-Rocks are known to display and nest. The trail is through interesting forest and the guides will demonstrate the use of the plants. The trip continues to the Iwokrama Canopy Walkway. The Canopy Walkway is a series of suspension bridges and observation decks of up to 30 meters (98 ft) in height and 154 meters (505 ft) in length. The state-of-the-art construction allows trees to grow normally by using adjustable cables and braces throughout the support structure. The four observation decks enable visitors to view the mid and upper-level forest canopy and allow wildlife to remain relatively free from human intrusion. We will be looking for a procession of striking, canopy-dwelling birds such as Screaming Piha, Caica Parrot, White-throated Trogon, Golden-winged Parakeet, Guianan Toucanet and many more. If we are lucky we may even see the stunning and highly south-after Pompadour Cotinga. A notoriously shy species of monkey, the shaggy Guianan Saki, is sometimes seen here, along with families of spider and howler monkeys feeding on the fruits of nearby trees. Every day brings a new surprise to guests on the Canopy. We will also take time to explore Amerindian petroglyphs and pottery shards along the access trail. The mountain behind the canopy walkway was one of several lookout points in what seems to be an interconnected network of trails and observation points all of which feature carvings to guide travellers.


Overnight: **Simple Lodge**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 12 Wildlife spotting from canopy walkways

Today we will spend the day wildlife spotting from walkways and trails in area. Another area where we will want to spend some time is the clearing around the lodge, as this is one of the best places to see another of Guyana's 'must see' birds, the Crimson Fruitcrow. This species is seen here on a reasonably regular basis, as it often comes to feed in some of the nearby trees. We can spend the day birdwatching from the mid and upper canopy on the walkway as flocks travel past and also look for Paradise Jacamar, White-necked Puffbird, the clearing is also a reliable site for Black Curassow, as there is a family party which has become habituated to people and regularly passes through the clearing. With reasonable luck, we should be able to add this bird to the impressive list of species we hope to see around the lodge and walkway.

Overnight: **Simple Lodge**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 13 Early morning on the walkway or jungle trails, fly back to Georgetown

Early this morning, it is possible to explore the walkways or jungle trails for one last time. After breakfast, we transfer to Annai for a flight back to Georgetown. The afternoon is free to explore the city.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 14 Tour ends Georgetown

Tour ends Georgetown.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 13 breakfasts, 7 lunches, 7 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.

Guyana

Lunch £: 7.00

Dinner £: 13.00

Suriname

Lunch £: 2.50

Dinner £: 10.00

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.

Guyana

Bottle of Beer £: 2.00

Water £: 0.60

Suriname

Bottle of Beer £: 1.00

Water £: 1.00

International Departure Taxes

Airport departure taxes are approximately US\$25.

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

Georgetown - Optional steel pans evening US\$40

• Kaieteur and Orinduik Falls - US\$290 (dependent on numbers).

Please note: Flights to Kaieteur and Orinduik Falls are operated on chartered aircraft and all flights have a minimum passenger restriction. Therefore, any booking to Kaieteur and Orinduik Falls is subject to a minimum of 8 passengers being available to travel. In most cases the local operator is able to fill flights, especially if scheduled for a weekend. However, in the rare case that they cannot meet the required numbers they may offer you the option of rescheduling the trip to another day during your stay, a full refund for that portion of the trip, or an alternative trip. In many cases the local operator can offer a trip to Kaieteur Falls and Baganara Island Resort as an alternative, which means you see the major falls of Kaieteur, but miss Orinduik. The Kaieteur and Orinduik excursion can be paid for by credit card for a small admin fee directly to the local operator when in Guyana.

Tipping - Tour Leader

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

Tippling - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly you should allow US\$50 for tipping.

Foreign Exchange

Guyana

ATM Availability: Available in Major towns. Always have some cash as back-up as they are not always reliable.

Credit Card Acceptance: Credit cards are only accepted in the cities. Some places may charge a 5% fee.

Travellers Cheques: Travellers Cheques can be awkward or expensive to change

Local Currency: Guyanese Dollar.

Recommended Currency for Exchange: Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where to Exchange: Once outside Georgetown there is no opportunity to exchange money. There will be little time to exchange money in Georgetown and it is suggested you change money at the hotel.

Suriname

ATM Availability: Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance: A few hotels and companies accept credit cards such as 'Visa' and 'Mastercard' Payments by travelers' cheques and credit cards are charged with administration costs and are not always generally accepted.

Travellers Cheques: Travellers Cheques can be awkward or expensive to change

Local Currency: Surinamese Dollar

Recommended Currency for Exchange: Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where to Exchange: Your Tour Leader will advise you on arrival.

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, 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.

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. 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 or by contacting them on 0800 111 6768.

Visa Information

No visa required in Guyana for citizens of UK, Australia, New Zealand, Canada and USA. Valid passport required.

British passport holders arriving into Suriname via the international airport do not need to apply for a visa beforehand. A single entry tourist card can be obtained on arrival for US\$25.

All other passport holders please refer to the relevant embassy for entry requirements.

Please note: Please note that flights on the tour may transit through the USA. According to US law, passengers will 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.

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.

Anyone applying for ESTA (Electronic Travel Authorisation) to travel under the Visa Waiver system will be charged a fee of 14USD (9GBP).

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).

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

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.

Vaccinations & Protection

Guyana

Nothing compulsory except for Yellow Fever if you are travelling from an infected area. However, we recommend malaria, typhoid, yellow fever, tetanus, infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria. 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.

Suriname

Nothing compulsory however we do recommend protection against hepatitis A, tetanus and yellow fever. A yellow fever vaccination certificate is required for anyone travelling from an area with a risk of yellow fever transmission. The above is not an exhaustive list and you should always consult your local healthcare provider for the most up to date information.

Preparing for your Tour

Climate

Guyana

The climate is warm and humid; temperatures average about 27° C (81° F). Even at night, the temperature rarely drops below 24° C (75° F). At midday during the dry seasons the temperature may reach 36° C (96° F) in the shade. The constant trade winds bring some cooling relief. Short dry season beginning of February to end April; long rainy season: May to August; long dry season: August to November; short rainy season: November to January.

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Suriname

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Clothing

You will need loose fitting, comfortable clothes for hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirts are essential for protection from the sun.

Equipment

Head or small torch, water bottle, high factor sunscreen, insect repellent, and large plastic bags to keep personal equipment dry are useful. Mosquito nets are provided wherever necessary including for hammocks during camping. An umbrella is very practical in the tropics, giving protection against the rain (without having to wear stifling raingear) and also against the sun. If you do not want to sleep in a hammock, bring a thermarest/ karrimat. Please ensure you have enough personal prescription medicine for the duration of the tour.

Footwear

Sturdy trail boots and sandals for travelling.

Luggage: On Tour

One main piece of luggage (a medium sized backpack is recommended) and a smaller day pack for cameras, water bottle etc.

For the internal flight from the interior back to Georgetown, you are only allowed 9kg of luggage. If you exceed this, you will be charged a fine. This means that for days 8-13 you will need a smaller bag for your belongings for those days. Any excess luggage can be left in Georgetown. You are also allowed a small handbag for personal items or a small camera, this cannot exceed 2kg.

Luggage allowance on tour: 20kg

General Information

Country details

Guyana

Population: 752,940

Size of Country: 214,970 sq km

Major Language: English

Religion: Christian

Time Difference to GMT: -4

Suriname

Population: 524,000

Size of Country: 163,270 sq km

Major Language: Official language is Dutch but English is widely spoken

Religion: Christianity, Hindu and Islam

Time Difference to GMT: -12

Electric Supply & Plugs

Guyana

2 Pin Flat

Suriname

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, self-guided, private journeys & tailor-made holidays.

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- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one 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 traditional, 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.

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, 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.

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.

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

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.

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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