

EXPLORE!

TRIP NOTES



Historic Baltic Republics (HB 2017)



TRIPDURATION
15
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: HB

Trip Highlights - Historic Baltic Republics

- ✓ Three Baltic capitals - Explore the historic Medieval centres of Tallinn, Riga and Vilnius on foot
- ✓ Saaremaa - Discover timeworn windmills, sturdy churches and juniper groves on Estonia's largest island
- ✓ Rundale Palace - Visit the impressive 18th century palace, built by a Russian Empress for her lover
- ✓ Curonian Spit National Park - Search for moose and wild boar in this spectacular setting
- ✓ Regional cuisine - Enjoy the lively atmosphere and hearty food of local restaurants and cafes

Trip Essentials

Accommodation: 14 nights Standard Hotel
Included Meals: 14 breakfasts, 0 lunches, 0 dinners
Start Point: Join trip: Tallinn
End Point: Trip ends: Vilnius
Transport: Bus, Ferry
Countries: Estonia, Latvia, Lithuania

Historic Baltic Republics

Discover the historic Baltic Republics on this trip through Estonia, Latvia and Lithuania. We explore the maze of cobbled streets in Tallinn, visit the lively local market in Riga and admire the beautiful architecture and baroque churches in Vilnius. We also visit picturesque fishing villages, stunning countryside and sample delicious local cuisine on the way.

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.

Accommodation Grade: 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 trip 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

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

DAY 1 Join trip in Tallinn (Estonia)

Our trip starts in Estonia's enchanting capital of Tallinn. After checking in to our hotel and meeting the rest of the group, there may be time to explore some of the city at our leisure. With just half a million citizens, Tallinn is not a sprawling metropolis. This adds to its charm, as it is easy to explore on foot, with minimal traffic. Famed for its medieval architecture, the Old Town is one of the best preserved Hanseatic town centres in the world and a UNESCO World Heritage Site. The city also boasts a vibrant cafe, restaurant and nightlife culture, which you may choose to experience this evening. The majority of visitors to the Baltic States will be surprised by the quality, variety and value of food and drink on offer. The majority of food is locally sourced and part of the regions heritage is being able to forage for food and make local brews. Walking through the forests you will see locals passing the time picking mushrooms and gathering berries. There are a lot of traditional restaurants, with influences from Germany and Russia, serving locally produced dishes. There's a wide variety on the menu including soups, casseroles, salads, meat and fish dishes. Beer is locally brewed and you can find light and dark



beers, filtered or unfiltered all for a reasonable price. You can also find flavoured wines such as raspberry and cherry wine and each country has its own herbal liquor which is a popular after dinner tiple.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** None

DAY 2 Morning walking tour of Tallinn with a free afternoon

Only 57 miles across the water from Helsinki and midway between St Petersburg and Stockholm, Tallinn has come under several different cultural influences since the first stronghold was built in the 10th century. Linguistically and economically, Estonia's closest ties are to Finland, despite the best efforts of other nations. In 1561, as a coveted trading port, it was seized by the Swedes and held for 150 years until the Russians took over and industrialised much of the medieval town. Perched on a hill overlooking the sea, we'll explore the cobbled Old Town on foot this morning. The colourful houses of the crooked streets reflect the German, Scandinavian and Russian periods of Tallinn's history. We'll walk through the quarter where merchants once traded and take in the historical and architectural highlights. The busy town square is a hectic mix of pavement cafes and shops, dominated by the 14th century gothic Town Hall. The pink Parliament buildings and Toompea Castle lie near the imposing deep yellow Alexander Nevsky Cathedral, which is topped with 11 bells. This afternoon has been left free for you to explore further at your own pace. Estonia is well known for its traditional handicrafts. Keen shoppers might enjoy browsing for knitted mittens and lacy woollen shawls, along with colourful hand embroidered linen products.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 3 Tour of Saaremaa Island including Kaali Meteorite Crater

Today we drive towards the Gulf of Riga, heading for the largest of the offshore islands, Saaremaa, reached by a short ferry ride from the mainland. The island remained isolated during the years of Soviet domination as it was a strategic military outpost and was perceived to be a possible escape route to the west. It therefore retains its own culture, traditions and simple way of life. En route, we'll break our journey on Muhu Island, where you will have the option to visit Koguva Museum - a fascinating ethnographical open air museum, providing a great insight into the old way of life. Once we arrive on Saaremaa we will stop at the Karja Church, with its rich medieval stone sculptured decoration, as well as the photogenic wooden Angla Windmills. Lastly we view the 4000-year old Kaali Crater - created by a meteorite with an impact comparable to the Hiroshima bomb, incinerating forests around it. Later this afternoon we arrive in Kuressaare and check-in to our hotel.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 4 Explore Kuressare including Saint Laurentius Church

Highly regarded by Estonians for its reputation as a crime free society, Saaremaa naturally attracts many summer visitors from the mainland. We plan to spend the day on this relaxed and fertile island, where long-standing windmills, solid churches and juniper groves provide an appealing landscape. Kuressare is the main town, with a fine 14th century castle and picturesque centre. During our time on the island, we'll visit the Town Hall and St Laurentius Church. In your free time, you have the option to visit Bishop's Palace - one of the best preserved medieval castles in Europe.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 5 Travelling to Tartu, the oldest town in Estonia

Today we take a short ferry ride to Tartu, the oldest town in Estonia and the country's second city. On the way, we will stop at the old town of Parnu for a lunch break and a chance to stretch our legs. Our free evening in Tartu allows us to explore this vibrant and leafy university city.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 6 Morning walking tour of Tartu including Toomemagi Hill

A walking tour allows us to explore the 18th century classical architecture of this cultural city, including the town square of Raekoja Plats, with its now famous 'kissing students' statue. We'll also visit Toomemagi Cathedral Hill, an Estonian stronghold in the 5th and 6th centuries and now the site of several university buildings alongside a beautiful park. Later you will have some free time to explore further. You may choose to return to Raekoja Plats, with its many shops and restaurants.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 See Cesis and Sigulda en route to Riga (Latvia)

On our journey into Latvia, we pass through an area which has many protestant links - one of the legacies of its German connections from the days of the Crusaders. On their return from the 13th century Holy Wars in North Africa, the Knights of the Sword were sent to convert the pagan Baltic people. Northwest Latvia provides some of the most attractive scenery in the country. This area is rich in archaeological sites, agricultural land and tranquil villages, dotted with rivers, forests and lakes. We will stop off at Cesis in the Gauja National Park where you have the chance to visit the ruins of the 13th century Order of Knight's Castle, as well as the soaring gothic tower of the 13th century Church of St. John. We will also have the opportunity to take in the evocative ruins of Sigulda Castle, once a formidable knight's stronghold. Before arriving in the capital, Riga, our base for the next two nights we visit Turaida Castle. The medieval castle is on the opposite bank of the Gauja River from Sigulda and the red brick structure is an imposing sight amidst the trees.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Walking tour of Riga's historic old town

Although one-third of Latvia's population live in Riga, most of the important sites are concentrated in a small area and so a walking tour is the most effective way to explore. The old Hanseatic city on the banks of the Daugava River is arguably the most beautiful in the Baltics. Its skyline is pierced with spires, towers and weather vanes, making the streets a joy to amble through. We will take in the Freedom Monument, Gunpowder Tower, St. Jacob's Church and the city's cathedral. Buildings have been painstakingly restored over the last twenty years and solemn gothic buildings are juxtaposed with baroque architecture. Art nouveau from the turn of the century reflects that period's affluence, with decorative architecture making every corner a delight. Riga also has a lively market, which sells traditional produce, such as smoked fish, sauerkraut, pickled garlic and crusty cheeses.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 9 Free day in Riga or the chance to visit Jurmala

Today has been left free for you to enjoy Riga at your own pace. You may choose to relax and enjoy a long lunch at one of the many restaurants. Latvian cooking, as in other Baltic states, is wholesome, making use of the abundant dairy products, such as sour cream and yoghurt. Caraway seeds are often used, but otherwise food is hardly spiced. Cheese and meat filled pastries served with wild berry preserves are popular, especially when washed down with the local beer, which is sold from the tanker to the jar, bucket or bottle! Later in the day, we suggest a drink at one of Riga's lively street cafes. Alternatively, you may decide to visit Jurmala - a series of coastal villages with long sandy beaches and pretty cottages. The fascinating ethnographic museum of wooden architecture is also worth a visit.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 10 Rundale Palace and the Hill of Crosses en route to Klaipeda (Lithuania)

Heading south, we'll visit Rundale Palace, built in the 18th century by Anna, Empress of Russia, for her lover, Count Biron, later Duke of Courland. The architect, Bartholomeo Rastrelli, also built the Hermitage in St. Petersburg. The 138 room palace is richly decorated with some fine paintings and exquisite furniture and represents a classic example of the fusion of German and Russian society. The over ambitious Duke had to wait more than two decades to see the completion of the palace, as he was banished to Siberia on the Empress' death. We then cross into Lithuania, the largest of the three republics and distinguishable from its neighbours by its Catholicism, which acted as the mainstay of Lithuanian nationalism. Although Lithuania converted to Christianity almost 200 years later than its northern neighbours, the Church retained its power and today most people are devoutly religious. On our travels, we

are likely to see many wooden shrines and lavish churches. We visit the 'Hill of Crosses' near Siauliai where a vast number of rosaries and crosses adorn a small hill. In more modern times, German and Soviet troops tried to crush this symbol of national and religious fervour, but images of the Virgin and literally thousands of crosses always reappeared. We continue to Klaipeda, a major port and the third largest city in Lithuania, where we will spend the night.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 11 Visit Curonian Spit National Park with time on the beach

We spend the morning exploring the area around Curonian Spit National Park, where the forests are inhabited by moose, wild boar and many bird species. We visit the wooden sculptures at the 'Hill of Witches' and the little fishing town of Nida, situated on drifting sand dunes. Its constant movement has meant that the community has had to move with nature over the centuries. Walking along the beaches, you may be lucky enough to find a piece of amber, especially after a storm. Depending on the weather, we can either spend more time at the beach or drive back to Klaipeda to explore more of the city.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 12 Walking tour of Kaunas including the castle ruins

Today we journey to Kaunas - the country's temporary capital between 1920 and 1939 when Vilnius was forcibly annexed by the Poles. Situated in the heart of Lithuania, it is often regarded as the most typical city in the country. Many of its buildings date back to the 17th century, when the Jesuits bought tracts of land here and built a large monastery. Some buildings are older, with impressive examples of gothic architecture. After a tour of the town, the rest of the day will be free to relax and enjoy our surroundings.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 13 Vilnius via Pazaislis Monastery and Trakai Castle

Our drive to the capital of Vilnius takes us via Pazaislis Monastery, the largest monastic complex in the country and a fine example of baroque architecture. We will also visit Trakai, the former capital of the Grand Duchy of Lithuania. Set on an island in a lake, the splendid red brick castle dates back to the 14th century. The castle houses some interesting museums, including an exhibition on pre-war Lithuania. After checking in to our accommodation in Vilnius, the rest of the evening is free to start exploring the city.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 14 Tour of Vilnius including the Chapel of the Dawn

The Catholic influence on Vilnius is very evident from the numerous baroque churches. By the turn of the last century, Vilnius also had an 80,000-strong Jewish community. However, by the end of World War II it was completely decimated. During our morning sightseeing of the capital, we visit the ancient university founded by the Jesuits - a centre of the Counter Reformation and a source of Lithuanian culture. We will also see the cathedral and the Chapel of the Dawn, which is home to the Black Madonna. In the newer part of Vilnius lies the main shopping street with the opera, cafes and parliament building. This afternoon has been left free to explore at your own pace.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 15 Trip ends in Vilnius

Our trip ends in Vilnius this morning, after breakfast. Please note on our HB 08 July, 15 July and 22 July 2017 departures, we will be flying out of Kaunas airport rather than Vilnius airport due to the closure of Vilnius airport for runway maintenance. The drive from Vilnius to Kaunas airport will take around 90 minutes

 **Included Meals:** Breakfast

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Accommodation and Meals

Accommodation Notes

Please note that the majority of hotels in the Baltics don't have air-conditioning.

Food & Drink

Included meals: 14 breakfasts, 0 lunches, 0 dinners included in the price of this trip. 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 Trip

You will need some extra money to cover meals and drinks not included in the trip 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.

Estonia

Lunch £: 10.00

Dinner £: 15.00

Latvia

Lunch £: 10.00

Dinner £: 15.00

Lithuania

Lunch £: 10.00

Dinner £: 15.00

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.

Estonia

Bottle of Beer £: 2.40

Water £: 0.50

Latvia

Bottle of Beer £: 3.0

Water £: 0.50

Lithuania

Bottle of Beer £: 1.50

Water £: 0.50

International Departure Taxes

Airport Embarkation Tax

Local Departure Tax is levied on all passengers from Vilnius Airport: €18.00.

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

Tallinn: Maritime Museum Seaplane Harbour €15.00 per person plus €85.00 for a local guide per group; Bastion Tunnels €7.00 including local guide

Kuressaare: Bishop's Palace €5.00; visit to a local farmhouse with food tasting €40.00.



Tartu: Estonia National Museum of History €12.00.

Riga: Castle Complex €6.00; observation deck at the Academy of Science €4.00; KGB Museum free admission and from €3.50 for a guided tour; Riga Canal Boat Tour €18.00 for one hour including audio guide; excursion by local train to Jurmala €15.00 for 10 participants or more including a guide and train tickets.

Kaunas: Holocaust Memorial €3.00 with local guide; Sugihara House €3.00.

Vilnius: Amber Museum free entrance; TV Tower €10.00 including audio guide; KGB Museum €5.00 or €20.00 for a guided tour.

In Tallinn, Riga and Vilnius, it may be possible to attend an evening performance at the ballet, opera or a concert (except during July and August when the majority of the companies are on tour abroad); please check with your Explore Leader on arrival and allow €60.00 per performance.

Tipping - Tour Leader

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

Tipping - 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. Accordingly you should allow approximately £20.00 for tips.

In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Foreign Exchange

Estonia

ATM Availability: Cash can be drawn from ATM's in most cities.

Credit Card Acceptance: Credit cards are generally accepted only in the larger hotels and restaurants.

Travellers Cheques: Travellers cheques are not always easy to exchange.

Local Currency: Euros.

Recommended Currency for Exchange: EUR, GBP or USD

Where to Exchange: US Dollars, GBP Sterling and Euros can be changed in most places.

Latvia

ATM Availability: Cash can be drawn from ATM's in all major towns.

Credit Card Acceptance: In major restaurants and shops.

Travellers Cheques: Are very difficult to cash on this tour.

Local Currency: Euro

Recommended Currency for Exchange: We suggest you take most of your spending money in cash (in small denominations). US Dollars and Euros are more easily converted than Pounds Sterling. N.B. US\$ notes should be in good condition (not torn or marked). Notes prior to 1990 (of any currency) are often not accepted.

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

Lithuania

ATM Availability: Cash can be drawn from ATM's in most cities.

Credit Card Acceptance: Credit cards are generally accepted only in the larger hotels and restaurants.

Travellers Cheques: Travellers cheques are not always easy to exchange.

Local Currency: Euros

Recommended Currency for Exchange: EUR, GBP or USD

Where to Exchange: US Dollars, GBP Sterling and Euros can be changed in most places.

Joining your Trip

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.

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

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>.

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 booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

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The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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 www.explore.co.uk/travel-safety

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

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

Visa regulations in the Baltics are often subject to frequent change so ensure you check before you travel.

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If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on **0208 5431846**.

Vaccinations & Protection

Estonia

Nothing compulsory, but we recommend protection against tetanus and hepatitis A. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Latvia

Nothing compulsory, but we recommend protection against tetanus, typhoid, hepatitis A, polio and diphtheria. Consult your travel clinic for further advice. tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Lithuania

Nothing compulsory, but we recommend protection against tetanus and hepatitis A. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Check latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Trip

Climate

Estonia

Summer days in Estonia are warm though changeable with the occasional thunderstorm. Temperatures are commonly around 20-25°C, but can reach 30°C or more especially in July. At night temperatures are cooler. Winters can be harsh with very low temperatures, especially in January. Sometimes it drops as low -30°C, but more commonly it'll be around -5°C. Snowfall usually starts in November and lasting through to March. Being a maritime climate it can rain at any time of the year and it can be foggy in the autumn.

Latvia

Summers in Latvia are generally hot and sunny and less humid than in Central Europe, with temperatures commonly around 18-22°C, but can reach 30°C. Summer is normally the rainiest time of year on a count of the afternoon thunderstorms that occur on some days. It can be windy on the coast at any time of year. Temperatures begin to drop in autumn and September can quite cold with temperatures between 8-15°C. Winters are normally below freezing with the first snows starting in November and lasting to the end of February. Temperatures regularly reach as low as -5°C, but can go down as far as -35°C.

Lithuania

Summer days in Lithuania are warm though changeable. Temperatures on the coast are usually around 19°C and between 22-23°C further inland, but they can reach over 30°C. At night temperatures are cooler. Winters are cold, with temperatures regularly below freezing, so be prepared for snowy and icy conditions. Temperatures regularly reach as low as -5°C, but can go down as far as -35°C. Snowfall usually starts in November and lasting through to March. Being a maritime climate it can rain at any time of the year.

Clothing

In spring and summer, lightweight clothing is best during the day plus warmer clothing for colder nights. We also recommend taking a lightweight raincoat and an umbrella, as rainfall is possible at any time of year. During autumn and winter layers work best. We recommend taking a hat, gloves, scarf and a fleece/jumper. In winter a thick waterproof and windproof jacket is required and you may also find thermals useful. There are plenty of chances for a swim in the sea, so you may like to bring a swim suit and towel.

Ladies should take a headscarf to cover their head when entering religious sites.

Equipment

We recommend taking insect repellent (especially if travelling in summer), a water bottle, sunscreen, sunglasses, a personal first aid kit and a torch in case of emergencies. An eye masks may also be useful for sleeping during the white nights (midnight sun). Most importantly don't forget your camera.

Footwear

Comfortable shoes and sandals for relaxing and walking shoes for walking tours and optional walks.

Luggage: On Tour

One main piece of baggage and a daypack for personal items. Remember that you'll have to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Estonia

Population: 1,340,194

Size of Country: 45,227 sq km

Major Language: Estonian

Religion: Evangelical Lutheranism

Time Difference to GMT: +2

Latvia

Population: 2,245,357

Size of Country: 64,589 sq km

Major Language: Latvian

Religion: Christian

Time Difference to GMT: +2

Lithuania

Population: 3,203,857

Size of Country: 65,200 sq km

Major Language: Lithuanian

Religion: Roman Catholic

Time Difference to GMT: +2

Electric Supply & Plugs

Estonia

2 Pin Round

Latvia

2 Pin Round

Lithuania

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.
- 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, 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.

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

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, 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) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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 2016 and 31st December 2017.

Trip 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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