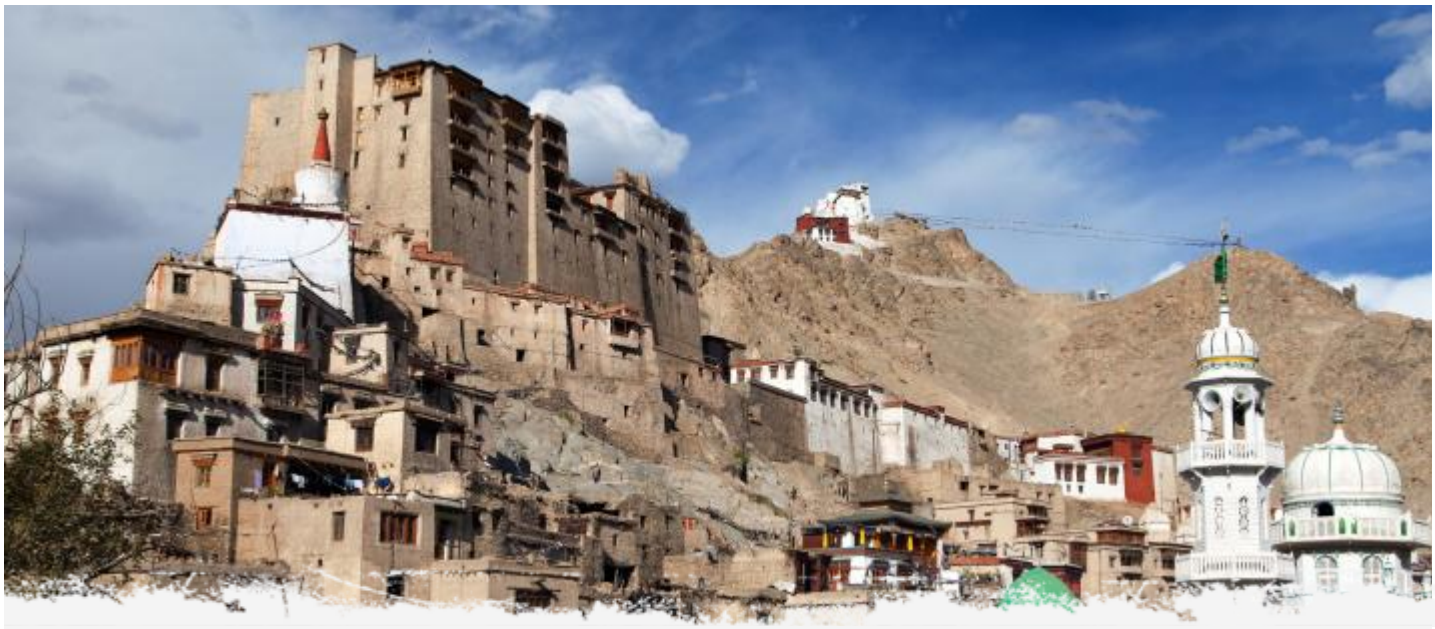
EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Little Tibet (LT 2016)

CULTURAL DISCOVERY

TRIPDURATI
16
DAYS



Tour Style: Classic
Tour Pace: Full On

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: LT

Trip Highlights - Little Tibet

- ✓ Leh - Explore Hemis, Tikse and Tak Tak monasteries
- ✓ Alchi - Stay in a picturesque village near mighty Indus river with day walks to local villages and monasteries
- ✓ Manali - Colourful town situated in a beautiful valley
- ✓ Dharamsala - Visit the home of Tibet's exiled religious leader, the Dalai Lama
- ✓ Amritsar - Soak up the incredible atmosphere at the Sikh's holiest shrine, the Golden Temple
- ✓ Delhi - Take a rickshaw through the narrow lanes of Chandni Chowk bazaar

Trip Essentials

Accommodation:	12 nights Standard Hotel 1 night Simple Camping 2 nights Simple Guesthouse
Included Meals:	15 breakfasts, 1 lunch, 5 dinners
Start Point:	Join trip: Amritsar
End Point:	Trip ends: Delhi
Transport:	4WD, Bus, Flight
Countries:	India

Little Tibet

Accompany us on a journey across the great Himalaya to Little Tibet: the ancient Buddhist enclave of Ladakh on India's northern border. Here we enjoy walks, discover mountain caves and visit Tibetan-Buddhist monasteries. We follow one of the world's highest roads through snow-covered peaks and temple towns from the hill station of Dharamsala, the home of the Dalai Lama, to the monasteries and barren landscapes of Leh.

Why Book this trip

This tour is ideal for those with a keen interest in Tibetan culture and a love of the outdoors. Following a classic route through the Indian Himalaya the days are filled with visits to monasteries and dramatic views as you cross high passes.

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

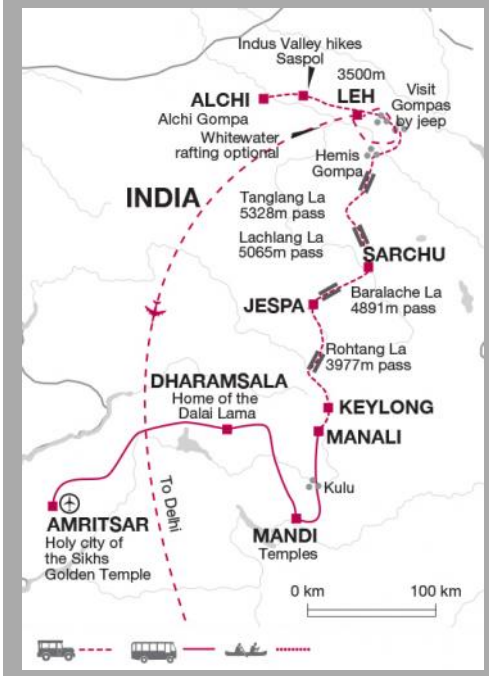
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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: Full On

These fast paced tours move on quickly from place to place and with lots of early starts and long busy days, they're packed with experiences.



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

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 in Amritsar

Our tour begins today in Amritsar, the Sikh's holiest city. After time to freshen up we visit the stunning Golden Temple. Shoes must be removed, feet washed and heads covered before we can enter (please bring a headscarf with you or buy one outside). The Golden Temple itself is a surprisingly small building surrounded almost entirely by tanks of holy water in which the Sikh pilgrims bathe. The atmosphere is one of incredible calm with devotees taking their turn to pass through the main shrine where there is a continuous and melodic recital (known as the Akhand Path) from the Guru Granth Sahib, the holy book. We also visit the

nearby Jalianwala Gardens, site of the notorious massacre under General Dyer in 1919 which led to 379 Sikhs being shot from point blank range by British troops.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: None

DAY 2 Travel to Dharamsala, home of the Dalai Lama

Today we drive out of Amritsar and cross the plains of the Punjab before making our way up to the old British hill station of Dharamsala. Until 1959 this was a quiet unassuming town, but that all changed when the Dalai Lama settled here after fleeing Tibet at the time of the Chinese invasion in October of that year. McLeodganj is the upper part of the town situated 500m above Lower Dharamsala and is the area with the greatest Tibetan influence. It is also where we base ourselves for our visit to the area. On arrival an orientation walk is organised which will include the Church of St John in the Wilderness, the Buddhist Namgyal Monastery known locally as Little Lhasa, and the Kalachakra Temple.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 A free day to explore Dharamsala's temples

We spend this morning in McLeodganj. If the Dalai Lama is giving one of his occasional public audiences we may be lucky enough to be granted permission to attend. This afternoon is left free for further personal exploration in the town. Alternatively you may wish to walk out to one of the temples in the surrounding hills, the closest being the Bhagsunath Temple with its small pool, attractive waterfall and spectacular views.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 4 Drive to Mandi and visit the Tilonath Temple

Leaving Dharamsala we continue on to Mandi, once an important town on the salt route to Tibet, now a small temple town held sacred by both Hindus and Buddhists. On arrival we walk to see some of the 81 temples in the town, many of which are huddled on the banks of the Beas River.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 5 Visit Nagar Castle en route to Manali

Today we follow the Beas River north through the lovely Kulu Valley. A slight detour takes us up to the quirky Naggar Castle which overlooks the valley. Our destination is the picturesque town of Manali, surrounded by forests and mountains.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 6 Take a walk through villages to aid acclimatisation

The day is free to explore the town and the many picturesque villages nearby. Your tour leader will organise an optional half day walk to some of the traditional villages to the north of Manali. Alternatively you can also visit the Hadimba Devi Temple or Vashisht village on the other side of the Beas River. Later perhaps you may bargain for colourful souvenirs in the local bazaar.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 7 Transfer to Keylong and visit the Khardang Monastery

Today we have a very short drive to the town of Keylong, the administrative centre of the Lahaul and Spiti district. We will visit the Khardang Monastery, set on the slopes facing back towards Keylong. The monastery follows the Drukpa sect of Tibetan Buddhism and is one of the largest monasteries in Lahaul.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 8 Cross the Rohtang La Pass (3977m) on the way to Jespa

Our full day's drive today takes us over the Rohtang Pass (3977m) today to the small settlement of Jespa. Along the way we are treated to impressive views of the Himalaya and we can watch the scenery change as we increase in altitude and the reduced oxygen level impacts the flora and fauna that inhabit the area.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Dinner

DAY 9 Drive to Sarchu via the Baralacha La Pass (4891m)

We climb higher today as we head for Sarchu. We climb to the top of the Baralacha La Pass (4891m) and then descend to our campsite for the night. The large pre-erected tents are set up each summer when the Leh to Manali highway is open and are fully equipped with beds and bedding with ensuite toilet facilities.

Overnight: **Simple Camping**
Single Room Available

Included Meals: Breakfast, Dinner

DAY 10 Experience the Gata Loops on the road to Leh

We set off for the long drive to Leh. We wind our way up through the Gata loops, an amazing series of 21 hair-pin bends before crossing the Tanglang La Pass at 5328m - the highest point of our journey. Leh was once a staging post on the Silk Road from China and is a small, picturesque town of about 8,000 people. Sited at 3500m, the summer days are dry and sunny but nights can be cold. The people of this harsh land are Tibetan and have maintained their strong sense of tradition. On arrival in Leh we take it easy and have a short orientation walk through the town.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 11 Visit the monasteries at Thiksey, Tak Tak and Hemis

The predominant faith of the local residents here is the Lamaistic form of Buddhism of Tibet. This is seen clearly in the monastery (gompa) architecture and by the extraordinary number of gods and demons that order the daily life of the community. Today we plan a full day of sightseeing to visit the gompas of Thiksey, Taktak and Hemis. Hemis Gompa, situated some 48km outside Leh, is the largest and most important monastery in Ladakh, a treasure house of golden statues, gem-studded stupas, rare books and fine paintings of the Buddha.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Dinner

DAY 12 A chance to raft on the Indus River on the way to Alchi

This morning we have the opportunity to do some white water rafting (optional) on the Indus River, if water levels permit before driving on to Alchi village. Whilst lifejackets are provided we recommend you are able to swim a minimum of 25 metres unaided. In the afternoon we visit historic Alchi Gompa. Alchi is renowned for its magnificent Kashmiri Buddhist artwork which dates from an earlier period and is quite different from the other frescos in Ladakh.

Overnight: **Simple Guesthouse**
Single Room Available

Included Meals: Breakfast, Dinner

DAY 13 Explore Saspol Caves and Rizong Monastery

Today we have a number of optional walks planned. The first takes us back across the river to Saspol, then up to the nearby Saspol caves with glorious views across the Indus Valley. This afternoon we can take a slightly longer and very scenic walk back down to the Indus Valley after a visit to Rizong Gompa and nearby nunnery where we may see the nuns sorting and toasting barley (depending on the season).

Overnight: **Simple Guesthouse**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 14 Take a walk to Likir Gompa before returning to Leh

This spectacular walk is the last of the optional walks in this area and takes us up to Likir Gompa which contains some beautiful murals and is seemingly guarded by a 10 metre golden Buddha (please note: some may find this walk strenuous). There is also a small museum of religious artefacts here. This afternoon we drive back to Leh, with the remainder of the afternoon left free. You may opt to walk to the Shankar Gompa, a small but interesting monastery housing an impressive Dukar figure (Avalokiteshvara), complete with 1000 arms all holding weapons, and 11 heads. There may also be time to visit the ruined 17th century Old Palace, which hangs tier by tier on the hillside above the town.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 15 Fly to Delhi and explore the city

Today we take an early morning flight to Delhi and transfer to our hotel. After checking in we begin a city tour of some of the main sights of New and Old Delhi. The Indian capital has long been a phoenix rising again and again out of its own ruins. New Delhi was the creation of the British Raj of the 30's and our tour includes viewing the President's Palace, Lok Sabha (Parliament), India Gate and the Rajpath. We then continue to Old Delhi with its hub at Chandni Chowk Bazaar, a jamboree of deafening barter. A short cycle rickshaw takes us to the Jama Masjid Mosque and we pass by the Red Fort en route.

Overnight: **Standard Hotel**
Single Room Available **Swimming Pool Available**

Included Meals: Breakfast

DAY 16 Tour ends Delhi

Our tour ends this morning after breakfast in Delhi.

Included Meals: Breakfast

Accommodation and Meals

Accommodation Rating

With its rapidly expanding economy, accommodation choices in India are expanding. Whatever the level, from basic guesthouse to high end city centre hotel, you should always be prepared for standards to be different than in the West. Plumbing and electricity supplies can be somewhat erratic and although the welcome is always warm, service levels may be less efficient than you may be used to. As you might expect from their mountainous and in some instances remote locations, accommodation in Ladakh and Himachal Pradesh is generally fairly simple with basic facilities. In Leh we stay in a small hotel which is new but built in traditional Ladakhi style. Our guesthouse in Alchi is family-run. The tented camp at Sarchu on the Leh to Manali highway is specially erected each summer for travellers - it has walk-in fixed tents for two people with beds and all bedding provided. A small bathroom with western-style toilet and running cold water is attached to each tent and there is a separate large dining tent. Our hotels in Jespa, Manali, Mandi, Dharamsala and Amristar are all graded standard. Please note that due to high rainfall during the summer months, hotels can sometimes feel a bit damp - due to construction standards this is unavoidable.

Accommodation in India is as varied as the country itself. On our tours we stay in a mix of hotels, heritage properties, camp sites and homestays. Standards do not equate to standards in the UK and it's best to approach each type of accommodation with an open mind. Service can be slow in places especially when travelling with a group. For the most part hotels do not have heating so in the winter months it can be chilly and if you feel the cold you may wish to ask for extra blankets. Hot water is not always available 24

hours a day in some of the smaller properties, and with a group staying you might find if you are showering last you may miss out on the hottest water.

Food & Drink

Included meals: 15 breakfasts, 1 lunch,5 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.

India

Lunch £: 6.00

Dinner £: 8.00

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.

India

Bottle of Beer £: 1.40

Water £: 0.50

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

Phey To Nimu - White water rafting on Indus River £18.00

Tipping - Tour Leader

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

Tipping - Local Crew

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 £25 for tipping.

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

Foreign Exchange

India

Major Language: Hindi and English.

ATM Availability: ATMs are available in most large cities in India but they are very limited elsewhere so please do not rely on this.

Credit Card Acceptance: Very rarely, only in the larger outlets.

Travellers Cheques: Opportunities to exchange are limited.

Local Currency: Indian Rupee

Recommended Currency for Exchange: GBP/US$ are the best currency to change into local currency.

Where to Exchange: The Indian rupee is a restricted currency and it is best not to obtain in the UK as rates are very poor. You can either change money at the airport on arrival or in major towns during the tour. Your Tour Leader will advise you on the best places in each town.

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.

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 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.

EXPLORE!
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.

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

India: Holders of passports endorsed 'British citizen' may be eligible for the e-Tourist Visa to enter India. The visa can be applied for through the official Indian government visa website only - https://indianvisaonline.gov.in/visa/tvoa.html. Please check all eligibility criteria that can be found on the website but important points are listed below –

You must be arriving into one of 16 selected entry points, however, you can exit from any of the authorised immigration check posts in India. Entry points are – Bengaluru, Chennai, Delhi, Goa, Kochi, Kolkata, Mumbai, Hyderabad, Thiruvananthapuram, Jaipur, Amritsar, Gaya, Lucknow, Trichy, Varanasi and Ahmedabad.
Passports must have at least 6 months validity from the date of arrival in India and at least two blank pages for stamping.
The visa application will take approximately 4 days to process.
It is only valid for 30 days and is only allowed for a maximum of two visits in a calendar year.
The visa costs $60.
Biometric data will be collected on arrival in India.

If you are not eligible for the e-Tourist Visa, please refer to VFS Global to apply for your Indian visa - http://in.vfsglobal.co.uk/how_to_apply.html.

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

Vaccinations & Protection

India

Nothing compulsory, but we recommend protection against Tetanus, Infectious Hepatitis, Typhoid and Polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria (eg. Paludrine, Chloroquine, Mefloquine etc.). 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

India

There is considerable variation between the different regions of India but, in general, the climate is tropical. Summer temperatures on the plains are very hot, but cooled by the South-West Monsoon, which lasts from June- September. During these months it can be very wet and therefore very humid. At altitude, temperatures can become quite cool at night even in the summer and may drop below freezing between December and February so warm clothing is necessary. In the winter, northern and mid India can be very cool, with cold evenings, so warm clothing, including plenty of layers, are essential. The south of India remains warm and sunny during the winter months.

Clothing

Because of the high altitude temperatures in Ladakh can drop dramatically at night, please make allowance for warmer clothing accordingly. It is essential to bring waterproofs, sweater, long trousers (if walking in shorts), warm hat, gloves and sun hat.

Equipment

Sunglasses, sun cream, water bottle (at least 1 litre) and a torch. Swimwear is useful for the optional rafting.

We carry a Portable Altitude Chamber (PAC Bag) on this tour and have a supply of oxygen available if required in an emergency for anyone suffering from altitude sickness.

Footwear

We strongly recommend walking in good boots. Although all the walks are day walks and optional it is worth noting that trainers and tennis shoes simply do not give the ankle support afforded by a decent pair of boots. Please bring comfortable shoes for relaxing in/evenings.

Luggage: On Tour

One medium size rucksack or holdall and a day sack for the day. Suitcases are not recommended.
There are strict restrictions on the flight from Delhi to Leh of 15kgs for check in bags and 7kgs for hand luggage.

Luggage allowance on trip: 15Kg

Transport

The flight from Leh to Delhi is included in the cost of your tour. It is important that we have your passport information at the time of booking in order to book the flights. The flight ticket will be issued locally and will be given to you by your Tour Leader shortly before the flight.

General Information

Country details

India

Population: 1,210,193,422

Size of Country: 3,287,263 sq km

Major Language: Hindi and English.

ATM Availability: ATMs are available in most large cities in India but they are very limited elsewhere so please do not rely on this.

Religion: Catholicism, Hindu, Muslim and Sikhism

Time Difference to GMT: +5

Electric Supply & Plugs

India

3 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 & tailormade holidays.
- 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, 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, 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 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 www.explore.co.uk/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 LicenceÂ granted by the Civil Aviation Authority.Â 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: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

These trip notes were printed on 30/05/2016 17:01:53