

# EXPLORE!

## TRIP NOTES



### Malta and Gozo Discovery (MLA 2017)



TRIPDURATION  
**8**  
DAYS



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

**Tour Type:** Small Groups  
**Accommodation**  
**Grade:** Standard

**Trip Code:** MLA

#### Trip Highlights - Malta and Gozo Discovery

- ✓ Gozo - Two full days of varied sightseeing and short walks on Malta's unspoilt sister island
- ✓ Dwejra - Spectacular coastal scenery
- ✓ Megalithic Temples - Visit the UNESCO World Heritage Sites of Ggantija, Hagar Qim and Mnajdra
- ✓ Old Valletta - Walking tour of this historic fortified port including the Grand Master's Palace and Saint John's Co-Cathedral
- ✓ Grand Harbour Cruise and the Three Cities - Tour by boat of the spectacular Grand Harbour in Valletta and visits to the ancient cities of Senglea, Vittoriosa and Cospicua
- ✓ Mdina - Visit this beautifully preserved Medieval city

#### Trip Essentials

**Accommodation:** 7 nights Standard Hotel  
**Included Meals:** 7 breakfasts, 1 lunch, 0 dinners  
**Start Point:** Join trip: Malta International airport  
**End Point:** Trip ends: Sliema  
**Transport:** Bus, Boat, Ferry  
**Countries:** Malta

## Malta and Gozo Discovery

Join us and explore the Mediterranean islands of Malta and Gozo. We discover some of the most impressive and best preserved ancient sites in the Mediterranean, including the temple ruins of Hagar Qim and Mnajdra. We explore the capital Valletta and admire its impressive fortifications, bastion walls and imposing churches. We also discover the island of Gozo on some easy and rewarding walks and get to enjoy a local food and wine tasting.

### Why Book this trip

This cultural tour of Malta and Gozo will have you cover the majority of these two fascinating islands. Travelling by ferry between the two you will get to experience two days on Malta's sister island taking in wonderful coastal scenery and experience the many ancient sites that Malta has to offer.

### 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.

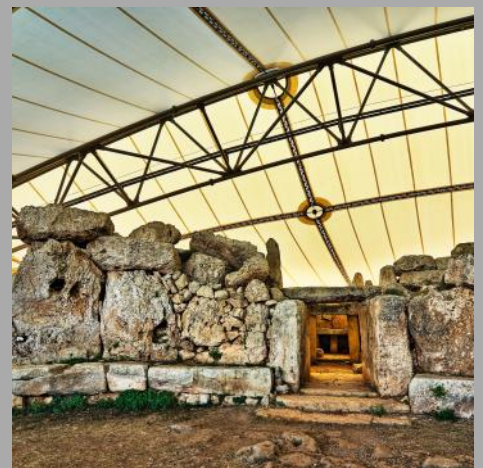
### Your Tour Leader

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 at Malta airport and take the ferry to Gozo

The trip starts at Malta International airport from where we drive to Cirkewwa and catch the ferry across to the island of Gozo. Gozo is fertile and picturesque and has retained much of its traditional character. Only 15 kms in length and 7 kms wide, all parts of the island are easily accessible, and for its size the variety of scenery is incredible.

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



 **Included Meals:** None

## DAY 2 Walking tour of Victoria and the Ggantija temples at Xaghra

We start our exploration in Xlendi, on the south coast, for a short photo stop and walk along the promenade before heading to the island's capital, Victoria; a tiny city named after Queen Victoria in 1887 but locally known as Rabat. After climbing up to the imposing Citadel we'll have a fantastic view of the whole island. We'll explore the old prison where the Knights of Saint John would send their rowdier members to cool off within. The graffitied walls give a fascinating insight into the lives of those who were incarcerated here. Descending to the graceful central square, It Tokk, we have time to wander the cobweb of narrow streets and take some time for lunch. Heading to the town of Xaghra, we reach Ggantija, a megalithic temple complex dating back to 3600 BC and thus named as it was believed only giants could have moved the stones. Some of the colossal stones are over 5 meters long and weigh over 20 tons and the temple still reaches a height of over 7 metres. Predating the Pyramids, this UNESCO World Heritage Site is believed to be the world's oldest free-standing structure. We continue to Calypso's Cave, alleged to be the cave referred to by Homer in The Odyssey. In the afternoon we'll get the chance to stretch our legs on a walk from the area of Calypso's Cave to Ramla Bay where we can enjoy a refreshing dip at the beautiful red sandy beach, if the weather is permits, before heading back to the hotel.

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

 **Included Meals:** Breakfast

## DAY 3 Visit Dwejra and take a scenic walk to Xwejni Bay; ferry to Malta

Dwejra is perhaps Gozo's most spectacular natural landmark. Here, geology, time and sea have worked together to produce some of the most remarkable scenery on the island. We'll see Fungus Rock, notable as the habitat of a rare fungus which was highly prized by the Knights of Saint John for its medicinal properties. You will then have the option to take a boat ride along the coast from the Inland Sea (weather permitting) - a shallow inland lagoon linked to the sea via a 30-metre tunnel. From Dwejra we continue to the Ta Pinu Basilica, renowned for the miraculous cures reported by its supplicants. We drive past neat, well-tended fields with their dry-stone walls and enjoy glorious views on our way to Zebbug; perched on a hilltop above the patchwork of green fields below. As with all these fortified hilltop villages, the far reaching views across the island and beyond are spectacular on a clear day. From Zebbug, we'll take a walk to nearby Xwejni Bay. The coastal scenery along the way is varied - at times we pass limestone outcrops eroded by the wind and sea into unusual shapes, where traditional salt pans dominate the view. This section of the coast is one of the most remote and rugged on the island but our walk is relatively steep downhill. There may be a chance to swim (weather permitting) before we visit to the seaside resort of Malfarsorn, our chosen location for lunch. We head back to Mgarr, via Nadur for a brief photo stop of Comino and the Blue Lagoon, to catch the ferry to Malta where we transfer to our hotel in Sliema near the capital. The capital stretches east from Valletta along scenic bays with busy marinas. A seafront promenade skirts around the coast of this busy town and is great for people watching. Our hotel is in Sliema where many restaurants and bars can be found.

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

 **Included Meals:** Breakfast

## DAY 4 Tour of Valletta Old City and visit Saint John's Co-Cathedral

This morning we plan to drive from the hotel for a walking tour around the impressive and heavily fortified Old City. Originally built by the Knights of the Order of Saint John in the 16th Century, Valletta, UNESCO World Heritage Site, is built on the steep slopes of the Sceberras Peninsula and surrounded by two huge natural harbours which have helped to make it such an important strategic port at the crossroads of the Mediterranean. Fort Saint Elmo guards the entrance to the harbours. Walking down Triq ir Republika - the main thoroughfare in the centre of the city, we visit the elaborately decorated Saint John's Co-Cathedral and the grandiose Grandmaster's Palace with its fine collection of artworks. We'll also admire the classic views across the Grand Harbour from the Upper Barrakka Gardens. Your afternoon is free for your own personal exploration.

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

 **Included Meals:** Breakfast

## DAY 5 Walking tour of the Three Cities and Grand Harbour cruise

This morning we head to the historic Three Cities of Senglea, Vittoriosa and Cospicua, considered to be 'the cradle of Maltese history' as settlers and rulers from the Phoenicians to the British all made use of the defences here. The Knights of the Order of Saint John settled in Vittoriosa in 1530 and used the city as their headquarters. The Three Cities have retained much of their romantic medieval charm and we'll see the Inquisitor's Palace in Vittoriosa and admire the views from the Gardjola Gardens - a look-out post to guard the harbour entrance - in Senglea. Driving on to Marsaxlokk, we will take some free time for lunch and exploration. This charming town is Malta's largest fishing port with its colourful boats and excellent fish restaurants. After lunch we will transfer to Sliema for a harbour cruise because the best way to explore the creeks and dockyards is by boat. Only by travelling across the water does one appreciate the sheer magnitude of the ramparts and forts that protect the city.

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

 **Included Meals:** Breakfast

## DAY 6 Visit to Mdina, San Anton Botanical Gardens and the Mosta Dome

This morning we'll take a short transfer to Malta's Medieval old capital, Mdina, for a tour on foot around this beautifully preserved city. Its warren of winding, narrow alleys (mostly too narrow for cars) and fortified walls contain a number of impressive buildings such as the Palazzo Falzon and cathedral dedicated to the Conversion of Saint Paul. We'll also take time to see Domus Romana (a townhouse usually belonging to Roman dignitaries) and Saint Paul's eerie catacombs (underground). After our visit to Mdina, we'll drive to Mosta Dome and San Anton Botanical Gardens; the private residence of the President of Malta.

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

 **Included Meals:** Breakfast

## DAY 7 Explore Hagar Qim Temples and enjoy a local food and wine tasting

A short drive brings us to Hagar Qim and Mnajdra; another incredible Megalithic temple complex and UNESCO World Heritage Site. For three millennia, from around 3600 - 3200 BC, the Maltese archipelago was home to a unique, temple-building civilisation. The discovery of many fat lady statuettes in the vicinity of Hagar Qim has shown it to have been built to worship the Venus of Malta, the sleeping goddess of fertility. Mnajdra is probably the most atmospheric of all of Malta's temples, occupying an isolated position overlooking the rocky coastline. We walk between the two temple groups along a short well laid path before continuing a short distance along a rough country path to the Tal Hamrija costal 17th century tower to enjoy breathtaking scenery as the cliffs rise out of the blue Mediterranean Sea. We return to our bus where we drive down to the Blue Grotto where we have the option of taking a boat trip (weather permitting) to see a series of natural caverns which glow with brilliant corals and sea sponges. We'll then spend the afternoon sampling a range of local food specialities. We'll learn how sun dried tomatoes and the local wine is produced and then get to sample these along with a selection of other vegetables farmed in the region as well as maltese bread and olive oil.

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

 **Included Meals:** Breakfast, Lunch

## DAY 8 Trip ends in Sliema

The trip ends today at the hotel after breakfast.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Accommodation Notes

In Sliema the hotel we use is in a great location on the main promenade and just across the road from the nearest public beach. The hotel has two swimming pools, a restaurant, pizzeria, two bars and a cafe. The bedrooms have simple decor and they vary in size and layout. All are equipped with air conditioning, TV, telephone, hairdryer, safe (additional charge payable locally) and have an en suite bathroom. Some rooms also have a balcony and the view from the rooms varies - some are internal facing or have a street or partial or full sea view. Rooms are allocated on a run of house basis. The hotel does have single rooms, which are smaller than the twin rooms and may be allocated to you if you book our Single Room Option.

### Food & Drink

Included meals: 7 breakfasts, 1 lunch, 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.

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## Malta

**Lunch £:** 14.00 - 18.00

**Dinner £:** 24.00 - 28.00

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## 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.

## Malta

**Bottle of Beer £:** 2.00 - 4.00

**Water £:** 1.00 - 2.00

## Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

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

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## Optional Excursions

Blue Grotto - Boat trip 8 Euros

Xwejni Bay - Boat trip 3.50 Euros

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## Tipping - Tour Leader

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

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## 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 £20.00.

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

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## Foreign Exchange

### Malta

**ATM Availability:** ATM's are widely available in Gozo, Malta and Sicily

**Credit Card Acceptance:** Large shops and restaurants.

**Travellers Cheques:** Are not recommended due to the high rate of commission and limited opening times of banks. Changing them can be very time consuming.

**Local Currency:** Euro.

**Recommended Currency for Exchange:** Since there is relatively little opportunity to change money on this trip, it is advisable to arrive with a supply of Euros to avoid inconvenience.

**Where to Exchange:** Money can be exchanged in the hotels in Gozo and Malta, Catania Airport, Agrigento, Palermo and Taormina in Sicily.

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## 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.

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### Booking a land only package with Explore

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

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

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### 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.

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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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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](http://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 Introducing 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](http://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](mailto: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

Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

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](http://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.

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## Vaccinations & Protection

### Malta

Nothing required. Tetanus recommended. Special Note: Vaccination requirements are subject to change and should be confirmed before 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

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### Climate

#### Malta

April/May and October/November are pleasantly warm. June/September are the hottest months.

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### Clothing

Women should avoid bare arms and shoulders in churches (scarf or stole recommended). Dress for hot conditions although light rainwear and warm fleece/jacket for nights when temperatures can drop (especially in March and Oct/Nov).

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### Equipment

Sunhat and sunscreen are recommended. You should bring a 2 litre water bottle, torch, as well as insect repellent, a swimming costume and towel.

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### Footwear

Comfortable walking shoes and sandals.

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### Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

## General Information

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### Country details

#### Malta

**Population:** 417,608

**Size of Country:** 316 sq km

**Major Language:** Maltese and English

**Religion:** Roman Catholic

**Time Difference to GMT:** +1

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### Electric Supply & Plugs

#### Malta

3 Pin Flat

## 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.

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## Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

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## Earth Matters

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](http://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.

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## Booking Your Holiday

### Peace of mind - book with confidence

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

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

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### Reserving your place

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

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

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

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### 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

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### 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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