

EXPLORE!

Tour Notes



Cycle Sri Lanka (CSL 2015)



TOUR DURATION
14
DAYS



Tour Style: Classic
Tour Comfort: Standard

Tour Type: Small Groups
Cycling Grade: Moderate

tour Code: CSL

Tour Highlights - Cycle Sri Lanka

- ✓ Cycle Backroads and tea plantations - Ride through the rural villages and hill country of Sri Lanka's central highlands
- ✓ Sigiriya - The stunning cave temples at Dambulla and the mountain top fortress of King Kassapa
- ✓ Polonnaruwa - Explore the ancient city of Polonnaruwa by bike
- ✓ Kandy - Lovely gardens and the unique Temple of the Tooth
- ✓ Unawatuna - Relax beside the golden beaches and explore the UNESCO World Heritage Site of Galle fortress
- ✓ Nature and wildlife - A chance to take game drives through Udawalawe and Yala National Parks

Tour Essentials

Accommodation: 11 nights Standard Hotel
1 night Comfortable Camping

Included Meals: 13 breakfasts, 3 lunches, 2 dinners

Start Point: Join tour: Negombo
Tour ends: Colombo

End Point: Airport

Included Bike: 24 gear Conor Avenue hybrid bikes with front suspension

Transport: Bus, Bicycle

Countries: Sri Lanka

Cycle Sri Lanka

Completing a circular journey this tour takes in ancient temples and fortresses, cycling through tea plantations and across the scenic trails of the Knuckles Range. Leaving the coast behind we explore the ancient city of Polonnaruwa on two wheels before steadily climbing to the wide plains of the Knuckles. There is also the option to search for leopard in Yala National Park before making our way to the beach for a well-earned rest.

Why Book this tour

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

Cycling Information

On this tour we cycle 437 km over nine days (an average of 49 km per day). The terrain is mostly flat however there are steeper sections around Nuwara Eliya in the highlands. A support vehicle accompanies the rides throughout the tour. We have graded the route as moderate.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Standard

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

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Cycling Grade: Moderate

Medium length rides are suitable for cyclists who are used to undulating routes with occasional energetic climbs. You'll be cycling mainly on trails and quiet roads and you should have a reasonable level of fitness.

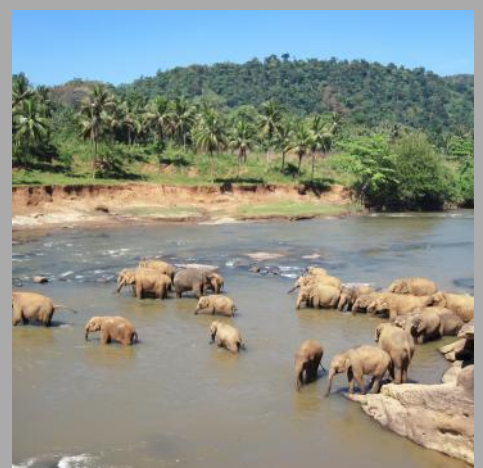
Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

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



DAY 1 Join tour Negombo

Our adventure begins in Negombo, just a short drive from the Sri Lankan capital, Colombo. After a chance to relax and freshen up we take our first ride this afternoon, exploring a little something of the island's western coast as we explore the beaches and villages that line the coast around Waikkal. A gentle introduction to Sri Lanka's beautiful landscapes, the ride covers some 10 kilometres, depositing us back amongst the palms and fishing boats of Negombo later this afternoon.

Overnight: **Standard Hotel**

Single Room Available

Swimming Pool Available 

 **Included Meals:** None

DAY 2 Visit Dambulla cave temple; cycle to Sigiriya

Leaving after breakfast we drive to Dankotuwa this morning, from where we begin our morning's cycle ride through small backroads, gravel roads and lovely forest to the outskirts of Kuliyaipitya. Arriving in Kuliyaipitya, we then transfer by bus, via Kurunegala, to Dambulla for a visit to the UNESCO World Heritage Site. This site has a great series of caves, which, hide an incredible collection of temples, Buddhist images and Hindu sculptures that date back to the 1st century BC. After our visit we continue on to Sigiriya for the evening. Our total cycling distance today is approximately 41 kilometres

Single Room Available

 **Included Meals:** Breakfast

DAY 3 Climb Lion Rock, then cycle to Polonnaruwa

This morning we climb to the imposing 'Sky Fortress' of King Kassapa, whose 5th century ruins are one of the country's major archaeological attractions. A UNESCO World Heritage Site, the fortress is accessed by way of a series of steep steps that take us past the famous frescoes of the 'Sigiriya Damsels'. Returning to the base of Lion Rock, we then ride on to the ancient city of Polonnaruwa by way of Moragaswewa and Giritale, following a series of relatively straight and flat back roads through a landscape dotted with forests and rural villages. Our total cycling distance today is approximately 59 kilometres

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 4 Pedal to Polonnaruwa archeological site and village

Polonnaruwa reached the height of its glory in the 12th century and the city is still blessed with a number of ancient monuments, including the spectacular ruins of its Royal Palace and the Circular Relic House, a curious structure with a beautifully preserved 'moonstone' carved at the foot of a flight of steps. We spend this morning cycling around some of the area's major archaeological sites, before continuing after lunch to explore the villages near Parakkrama Lake, one of the country's most spectacular ancient reservoirs. Our total cycling distance today is approximately 30 kilometres

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 5 Cycle and drive to Kandy, visit spice gardens en route

Today we cycle through the Knuckles Range and on to Kandy, one of Sri Lanka's cultural highlights. Transferring by bus to Giritale, we begin our day's ride by cycling south towards Pallegama. From here we then drive onto Riverston Point, home to the Knuckles Mountain Range. These striking landscapes and isolated cloud forests provide a haven for a rich diversity of flora and fauna. Rejoining our bus again we then drive to the Matale Spice Gardens, before continuing on to Kandy. Our total cycling distance today is approximately 68 kilometres

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 6 Explore Kandy on foot

With no cycling planned for today we have some free time to enjoy one of the country's cultural gems. Lying in the mountains to the north-east of Colombo, Kandy is renowned as a centre of spiritual and cultural importance. The city is home to the famous 'Temple of

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the Tooth', whose jewelled shrine is believed to hold the left canine of the lord Buddha. It was also the last capital of the Sinhala Kings and still retains much of its old world charm; its wonderful mix of colour and vibrancy making it an ideal spot to explore at our own pace.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 7 Cycle along the plantation roads to Nuwara Eliya

Leaving Kandy this morning we drive first to Nawalapitya by bus, a beautiful drive along the tea plantation roads that crisscross the landscape. There is the option to cycle from Nawalapitya towards Walapane through a picturesque landscape of rolling, verdant hills towards Nuwara Eliya in Sri Lanka's central highlands. From Walapane we continue the rest of the way by bus. Nestling amongst the lush, cool hills, nearly 1,900 metres above sea level, Nuwara Eliya was once a summer retreat for the British and still retains a distinctly colonial feel that harks back to its 19th century origins. Today we will walk into the tea plantations and through Tamil hamlets meeting families of tea pickers. Our total cycling distance today is approximately 18 kilometres

Overnight: **Standard Hotel**

Single Room Available


 **Included Meals:** Breakfast

DAY 8 Ride to Bambarakanda waterfall

In the morning we leave the hotel, cycling out through Highlands towards Badulla. Later changing direction to cycle through the tea estates to Haputale. We continue downhill, and if time allows we will stop at Bambarakanda Waterfall, the highest in Sri Lanka, before arriving at the hotel. Our total cycling distance today is approximately 60 kilometres

Overnight: **Standard Hotel**

Single Room Available


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

DAY 9 Cycle to Udawalawe, optional elephant safari

Today we begin by cycling through the spectacular southern slopes of the Highlands via Rajawaka and Palledbedda until reaching Highway 18. We then transfer to the Elephant Transit home for the chance to see the feeding of baby elephants. After that we will drive or cycle to our hotel for the night or alternatively do an optional jeep elephant safari in Udawalwe National Park. This evening dinner is included. Our total cycling distance today is approximately 38 kilometres

Overnight: **Comfortable Camping**

Single Room Available

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

DAY 10 Cycle country roads to Yala National Park, optional safari

Turning south-east this morning, we head next for the pleasant town of Tissamaharama, once the capital of the Sinhalese Kingdom of Ruhuna. Lying close to the beautiful and abundant landscapes of Yala National Park, our afternoon arrival provides us with a chance to enjoy an optional game drive through the park. One of Sri Lanka's premier reserves, Yala is home to a rich diversity of ecosystems and is blessed with a staggering abundance of wildlife, including sea turtles, sloth bears, one of the world's highest concentrations of leopards and over 215 species of birds. Our total cycling distance today is approximately 46 kilometres

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 11 Ride along the coast through Bundula National Park

This morning we take a short transfer to the coast and then cycle the first 23km section along the sea and Bundula National Park, giving us a good chance to spot crocodiles. We then transfer to beyond Tangalla and cycle again following back roads heading to the west. Once at Matara we get back on the bus again and drive to the hotel in Unawatuna. Our total cycling distance today is approximately 65 kilometres

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 12 Cycle the coastal backroads and visit Galle

We take a drive to Mirissa this morning and cycle from here through the backroads, with a possible option to visit a Ayurvedic snake doctor. The ride then finishes later at Weligama Bay. From here we will return to Unawatuna by train or bus, in time for an evening stroll in Galle. Our total cycling distance today is approximately 30 kilometres

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 13 Day at leisure in Unawatuna

Today has been left free to enjoy the laid back ambience and turquoise waters of Sri Lanka's southern coast. Rich in biodiversity, colonial history and golden beaches, the area offers a wealth of options to make the most of our last day in the country. You could take a walk through the landscapes of the Rumas Sala Nature Reserve, or explore the coast on a relaxing boat trip. There are also snorkelling trips available, ayurvedic massages and even the possibility of enjoying a whale-watching trip during the migrating season (December to April).

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 14 Tour ends at Colombo airport

After breakfast we drive to Colombo airport where the tour ends.

 **Included Meals:** Breakfast

Accommodation and Meals

Accommodation Rating

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.

Simple - These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

Food & Drink

Included meals: 13 breakfasts, 3 lunches, 2 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Sri Lanka

Lunch £: 4.00

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.

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Sri Lanka

Bottle of Beer £: 2.00

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

Optional Jeep safari in Udawalawe - approximately 40 USD per person

Optional game drive in Yala NP - approximately 40 USD per person

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. 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

Sri Lanka

ATM Availability: Yes, usually in major towns.

Credit Card Acceptance: Credit cards can usually be used in most large shops and restaurants. Please note that Foreign Office advice warns about the problem of credit card fraud in Sri Lanka so please consider this when deciding if to pay by card while on tour.

Travellers Cheques: Are not easy to change and where they can be changed the exchange rates can be poor.

Local Currency: Sri Lankan Rupee.

Recommended Currency for Exchange: US\$ and UK£ are equally good

Where to Exchange: In most major towns.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

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

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

Joining Tour Abroad

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

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

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

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

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour.

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

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

Visa Information

Sri Lanka: A visa is required by all nationalities. All customers, including those in transit must apply online for travel authorization, prior to departure. You should visit <http://www.eta.gov.lk> to apply for the ETA (visa). It is strongly recommended that you print and bring a copy of the ETA approval notice with you.

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



Vaccinations & Protection

Sri Lanka

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus, infectious hepatitis and polio. Good mosquito repellent containing DEET is advisable. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Tour

DAILY DISTANCES

Day 1		10km
Day 2		41km
Day 3		59km
Day 4		30km
Day 5		68km
Day 6		
Day 7		18km
Day 8		60km
Day 9		38km
Day 10		46km
Day 11		65km
Day 12		30km

Bike Details

Your included bike will be a 24 gear Conor Avenue hybrid with lockable front suspension and will be the correct frame size for your height. A pannier and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Climate

Sri Lanka

Year round high temperatures in coastal regions: Colombo averages 27°C. It is much cooler in the hills with Kandy averaging 20°C and Nuwara Eliya down to 16°C. Springlike temperatures in the hill country, but chilly evenings. Two monsoon periods: Apr-Sep when rain is confined to the southwest; and Oct-Mar when it falls in the northeast.

Clothing

In general pack for warm and hot weather. However, you must bring a warm sweater or jacket for cycling on cool days and for wearing during the evenings. We recommend you bring padded cycle shorts, cycle gloves and quick drying cycle shirts. In case of rain, waterproofs are essential.

Equipment

A puncture repair kit and lock are provided – we recommend you bring your own helmet. We strongly advise that helmets are always worn whilst cycling. Bring a water-bottle that fits into the water bottle holder on the bike. Wraparound sunglasses help protect your eyes. For added comfort you may like to bring a gel seat cover. A torch is useful in case of powercuts/ emergencies.

All bed linen is supplied on our 2 nights simple camp – there is no need to bring any extra equipment or sleeping bags. We recommend you bring along a torch.

Footwear

Trainers for cycling plus comfortable shoes for around town.

Luggage: On Tour

One main piece of baggage and daypack. Total allowance: 44lb/20kg. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on tour: 20kg

General Information

Country details

Sri Lanka

Population: 20,238,000

Size of Country: 65,610 sq km

Major Language: Sinhala, Tamil

Religion: Buddhism

Time Difference to GMT: +6

Electric Supply & Plugs

Sri Lanka

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 & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditions, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

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

Earth Matters

- [The Travel Foundation](#)

Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk

- [Tourism Concern](#)

Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk

- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety>

Booking Your Holiday

Peace of mind - book with confidence

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

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

Reserving your place

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

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

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

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

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

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