EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Tramuntana Traverse (OL 2015)

WALK & TREK

TOURDURAT
8
DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Small Groups
Trek Grade: Moderate
tour Code: OL

Tour Highlights - Tramuntana Traverse

- ✓ Palma - Vintage narrow gauge train journey to Puerto Soller
- ✓ Deia - Picturesque village with orange and olive groves on steep cliffs overlooking the Mediterranean
- ✓ Serra De Tramuntana - Walks through stunning Alpine-like scenery with valleys, ravines and rushing rivers
- ✓ Monestir de Lluc - Stay in a 13th century sanctuary nestled in a remote and serene valley
- ✓ Pollenca - Atmospheric traditional Mallorcan town with ancient narrow streets and an impressive plaza

Tour Essentials

Accommodation:	5 nights Standard Hotel 2 nights Standard Monastery
Included Meals:	7 breakfasts, 0 lunches, 0 dinners
Start Point:	Join tour: Palma Airport
End Point:	Tour ends: Palma Airport
Transport:	Bus, Train
Countries:	Spain

Tramuntana Traverse

This walking trip allows us to explore the rugged terrain of Mallorca's spectacular Tramuntana range from Port de Soller to the 18th century town of Pollenca. We walk along coastal pathways and historic merchant routes to traditional villages and beautiful lakes. We stay in Lluc Monastery, and hike to Tomir summit (1102m) for panoramic views of the coast and surrounding mountains.

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.

Trek Grade: Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

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 organization 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 Palma airport: bus and train to Puerto Soller

Arrive Palma, and transfer to Plaza de Espana Station. If there is time we will have a short orientation walk of the city. We board the vintage train to Puerto Soller. This narrow gauge railway first operated in 1912 to carry oranges and lemons to Palma, and retains its original turn of the twentieth century character with mahogany and brass fittings. Heading into the countryside we pass through citrus plantations and olive groves interspersed with farmhouses as the train heads towards the looming Serra de Tramuntana. The train negotiates a series of 13 tunnels as the track winds into the mountains. During Spring this journey is taken after nightfall because of flight schedules. We alight in Puerto Soller, an attractive small inland town set among some of the highest and most impressive peaks of the Tramuntana. Typical of many such settlements on the island, Puerto Soller was established away from the coast to have advance warning and better defences from pirate attacks, and later flourished in the 19th and 20th centuries as the centre of the citrus zone.The

landowners' wealth,derived from citrus production,is reflected in the elegant mansions built in town. The façade of the church was designed by Rubio, an apprentice of the extraordinary Catalan architect Gaudi, who later took over the building of the Sagrada Familia in Barcelona after Gaudi's death. Puerto Soller is ideally situated – set around a horseshoe bay, with views of the inland peaks as a backdrop, and makes for a great base for our next two days.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: None

DAY 2 In Puerto Soller; Bus to Deia: walk to Puerto Soller

Early this morning we take a public bus the short distance to Deia, a beautiful village and once the home of poet Robert Graves. We wander through Deia with its stone houses stacked one above the other, and continue through the stone-built terraces of olive trees, to the tiny Cala de Deia, a rocky fishing cove. We follow this dramatic Northern coastline with spectacular views along the way. Turning away from the coast, we have increasingly panoramic views as we follow the old wayfarer's route to Soller. Passing through woodland, full of wild flowers in spring, we look down upon the breathtaking Soller valley, surrounded by the highest peaks on the island. The final part of the walk takes us through olive groves and past Cap a Gos Lighthouse back to Puerto Soller, (approx 5 hours walk).

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Walk from Cuber Lake to Puerto Soller

We drive inland to the Embalse de Cuber - set in the highest peaks of the sierra the still waters of the lake mirror the rocky crags around. Black vultures, red kites and eagles may be seen soaring above. Our walk starts in this rugged, open landscape in the heart of the Sierra, in the shadow of the highest peak on the island, Puig Major (1443m). We walk along an ancient cobbled track that zigzags steeply down the 'barranca' or ravine. In spring the sound of cascading water is everywhere as we cross the rushing streams on small bridges and pass by crystal clear rock pools. The citrus groves and occasional palm tree that cover the fertile valley are hemmed in by compact, dry stone walls. Our walk brings us to the idyllic village of Biniaraix, with terraced lands surrounded by the mountains. From here we make our way back to Soller, (approx 5 hours walk) from where you may wish to take the tram (optional) or continue walking down to the port. Alternatively you can opt out of this walk and take an easy 2 hour hike to the watchtower. Or choose to visit Valldemossa by public transport, depending on opening hours you may be able to visit the monastery where Chopin lived for a short while.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 4 Walk to Lluc. Stay in historic monastery

We return to the Embalse de Cuber by bus to continue our journey across the Tramuntana. The scenery is alpine-like with sheer peaks and racing rivers. Today's walk is our most challenging but we take our time to appreciate the amazing mountain scenery en route (approx 6-7 hours walk). Late in the afternoon we arrive at the remote valley where the Monestir de Lluc nestles. We spend the next two nights in this special place, staying in the monastery.

Overnight: **Standard Monastery**
Single Room Available

Included Meals: Breakfast

DAY 5 In Lluc; optional walks

The Monestir de Nostra Senyora de Lluc has been a sanctuary and place of pilgrimage since the 13th century and still takes in visitors. We can eat in the atmospheric wooden-beamed hall, formerly the monks' dining room. The impressive Basilica is well worth visiting, and the peaceful and beautiful setting is best appreciated by a short walk to the Mysteries of the Rosary which will take you up to the crucifix at the peak of a nearby hill. Look out for granite stations, some of which were worked on by Gaudi himself but never completed due to his sudden and unexplained departure from the island. There are a number of easy walks in the vicinity of the sanctuary if you wish to take it easy. You may choose to do the Caimari walk along a well-marked, little trodden and delightfully varied path, along the south side of the Tramuntana (approx 3 hours). For those keen to do a more strenuous scramble, it maybe possible to go to the imposing mountain of Puig Tomir (1103m). The views from the top, weather permitting, are some of the best on the island (approx 6 hours walk).

Overnight: **Standard Monastery**
Single Room Available

Included Meals: Breakfast

DAY 6 Walk to Pollenca; continue to Port de Pollenca

Following one of the oldest pilgrims trails on the island, dating back to the 13th century, we start our walk from Lluc passing through shady woodland, the imposing north face of Tomir looming over us at every turn, vultures often circling overhead. As the path starts to descend, we get our first stunning view of Pollenca Bay, built a few kilometres from the sea to protect against pirate attacks, and the port beyond, with the craggy tops of Cavall Bernat range forming a backdrop. Entering denser woodland, the steep, screecovered slopes of Tomir tower even nearer as we continue our descent. Finally we join a small lane going past pretty cottages and fields of almond and orange trees, a serene farming landscape with the mountain range rising majestically behind (approx 5.5 hours walk). Finally we arrive in Pollença, with its ancient narrow streets and impressive plaza. After a welcome refreshment break we recommend the short walk up the 365 Calvary steps - once the setting for public hangings - with excellent views over the surrounding area and town below. From here we travel the final six kilometres by public bus to the Mediterranean Port de Pollenca.

Overnight: **Standard Hotel**

Included Meals: Breakfast

DAY 7 In Port de Pollenca; relaxing, optional walks

Today is free to relax, swim, walk or take one of a number of excursions in and around the Peninsula de Formentor. For those who wish to explore on foot a little more, it is possible to walk to Cala Boquer. The route affords superb views into the bays and wind among the palms and pine trees. The peninsula is also popular amongst ornithologists due to its resident birdlife and in April to October it's location on the migratory routes. The largest marshland in the Mediterranean is located at the Natural Park of S'Albufera, just south of Port d'Alcudia and is criss-crossed by paths linking bridges and hides from which to view the varied birdlife. Alternatively you may choose to visit the historic walled town of Alcudia with its winding streets dotted with Renaissance mansions, or Mallorca's capital Palma. Palma dates back to pre-Roman times, the architecture shaped by the ebb and flow of trade. For many people the highlight is the warren of narrow streets, reminders of its prosperity before Spanish trade shifted to the New World.

Overnight: **Standard Hotel**

Included Meals: Breakfast

DAY 8 Drive to Palma airport where tour ends

Tour ends at Palma airport.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 7 breakfasts, 0 lunches,0 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.

Spain

Lunch £: 8.00

Dinner £: 15.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Spain

Bottle of Beer £: 2.5

Water £: 1.40

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

Soller - Tram from Soller to Port €5
Lluc - Caimari walk, return taxi €5 (based on 4 people sharing a taxi), local bus €1.10; Lluc museum €4
Port De Pollenca - Half day mountain bike hire €12; Half day visit to Natural Park of S'Albufera €20 (based on 4 people sharing taxi); Bus to Alcudia €3; Sea Kayaking €45 (seasonal); Bus to Palma €5
During Easter and some local Fiestas some of the options mentioned may not be available.

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 recognized 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.
Accordingly, you should allow at least €5 for tipping.

Foreign Exchange

Spain

ATM Availability: In cities and most major towns.

Credit Card Acceptance: Visa and Mastercard are generally accepted in larger restaurants and some shops.

Travellers Cheques: Not recommended.

Local Currency: Euros

Recommended Currency for Exchange: We recommend you take the majority of your spending money in Euros cash.

Where to Exchange: We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

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

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

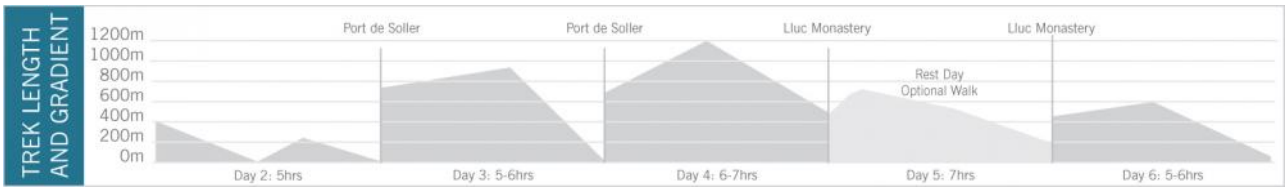
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Vaccinations & Protection

Spain

Nothing compulsory but Tetanus is usually recommended as a precaution. 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. Vaccination requirements are subject to change and should be confirmed before departure.

Preparing for your Tour



Trekking Details

On this tour there is 4 days walking included with an average of 5-6 hours a day. There is also an additional fifth optional walk, however there is the option to opt out of any walks. We can reach a maximum altitude of 1102m. We have graded the walking on this tour as moderate.

Climate

Spain

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round.

Clothing

As in other mountainous areas the weather in the Serra de Tramuntana can change suddenly. It is therefore essential that you bring waterproofs and a fleece. We also recommend a hat and gloves early and late in the season when the weather may be variable.

Equipment

We recommend you bring a water bottle, sunhat, sunscreen, sunglasses and trekking poles for steep descents, full waterproofs (Autumn departures). Please note that the walk on day 3 is mostly downhill.

Footwear

Walking or trail boots with ankle support are essential, plus comfortable trainers or sandals for relaxing.

Luggage: On Tour

One main piece of luggage and a daypack. Remember you are expected to carry your own baggage as we travel using public transport between hotels so don't overload yourself.

Luggage allowance on tour: 20kg

General Information

Country details

Spain

Population: 46,030,109

Size of Country: 504,782 sq km

Major Language: Castilian Spanish, Catalan, Galician, Basque

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Spain

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & 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, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

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

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

Cool Earth

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

Earth Matters

- The Travel Foundation

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

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety andÂ security, entry requirements, health, local laws and customs. ForÂ UK Foreign and Commonwealth Office Advice follow the link atÂ 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 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 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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