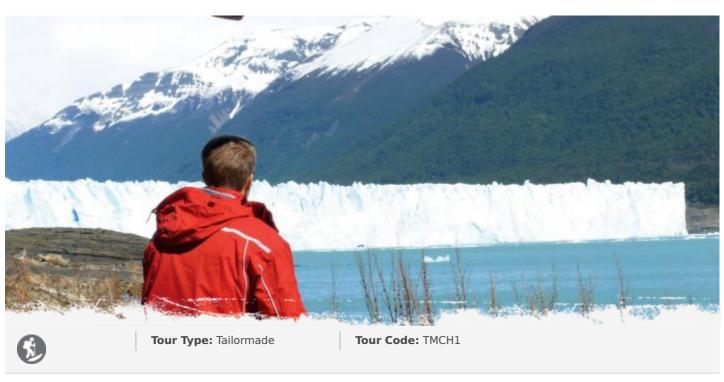


Comfort Itinerary Version (TMCH1)

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TOUR DURATION 15



Tour Essentials

Accommodation:

Included Meals: 13 breakfasts, 0

lunches, 0 dinners

Transport:

Countries: Cyprus

Tailormade Patagonian Adventures

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

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 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.

I to 2 Fly to Buenos Aires

Fly to Buenos Aires and have an afternoon free to start to explore or relax.

City tour of Buenos Aires

Enjoy an afternoon tour of the city's captivating sights. You'll see the historic Plaza de Mayo Square, 'Casa Rosada' Government House, Cabildo (the Old City Hall) and cathedral, before a trip along elegant 9 de Julio Avenue. In the south of the city are La Boca district with its colourful "Caminito" street and San Telmo, one of the oldest and most traditional neighbourhoods in Buenos Aires.

El Calafate

After breakfast you will be collected from your hotel and transferred to the airport for your domestic flight to El Calafate. Upon arrival you will be met and transferred to your hotel for a little relaxation. El Calafate is a picturesque village by Lago Argentino, one of Patagonia's largest and most stunning lakes. The region is also home to the famous myriad of mountains and the immense ice-caps of Los Glaciares National Park which was added to the World Heritage List in 1981.

Experience Control of Los Glaciares National Park and Perito Morneo

Spend two full days exploring Los Glaciares National Park (optional) and the marvellous Perito Moreno Glacier. The Perito Morneo Glacier originates at the Continental Ice Field and descends through colossal mountains to the waters of Argentino Lake. This unique landscape is framed by green forests and colourful flowers.







$\gtrless 7$ Torres del Paine National Park

Transfer to Torres del Paine National Park. Torres del Paine has one of the most famous and beautiful landscapes in the whole of Patagonia. The park's name comes from the Native American word 'payne' meaning pale blue: acknowledgment of the striking turquoise lakes that adorn this astonishing environment. Sail around the chain of icebergs to the glacier on Lake Grey or walk beneath the towering granite peaks of the immense Paine Massif.

₹ 8 The Las Torres Ascencio trail

Today is free – you may want to trek the Las Torres Ascencio trail. You will walk through beautiful lenga forests and get up-close to the astounding Towers of Paine. Throughout the excursion you will walk through bushes, streams and moraines. Then you will continue by foot up towards the base of the towers...

₹ 9 Punta Arenas

Transfer to Punta Arenas, via Puerto Natales. Flamingos, penguins and ñandus (ostrich) can be seen at close range. Your evening is at leisure.

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Drive to Ushuaia. Ushuaia, the world's southernmost city, is spectacularly located on the Island of Tierra del Fuego at the very tip of the South American continent. It enjoys a wonderful setting on the famous Beagle Channel.

$\stackrel{>}{ ext{d}}$ 1 Lapataia National Park and Beagle Channel

In the morning you will be collected from your hotel for a short drive west to the Lapataia National Park - this borders the Beagle Channel across the valley of the Pipo River. In the afternoon board a comfortable and speedy catamaran which moves off along the Beagle Channel. The catamaran passes many estancias as well as the historic lighthouse Les Eclaireurs which inspired Jules Verne's novel The Lighthouse at the End of the World.

₹ 12 Free day

Enjoy a day at leisure.

₹ 13 Buenos Aires

Fly to Buenos Aires. Argentina's vibrant capital is located on the southern shores of the Rio de la Plata. Since its founding by Pedro de Mendoza in 1536, the city has thrived on trade and its vibrant streets are filled with an eclectic mix of European architectural styles; Spanish, French and Italian classicism rub shoulders with remnants of Victorian grandeur.

${ m 36}\,14$ ${ m to}\,\,15$ Fly to the UK

Fly to the UK.

Accommodation and Meals

Food & Drink

Included meals: 13 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.

Foreign Exchange

Cyprus

ATM Availability: Most tourist centres will have some ATM availability. Credit Card Acceptance: Larger hotels, restaurants and some shops.

Travellers Cheques: Cash will certainly get you a better exchange rate, although some exchange houses will also cash Travellers

Cheques, but for a slightly lower rate.

Local Currency: Euro

Recommended Currency for Exchange: GBP/Euro and USD are all easily changeable.

Where to Exchange: Money exchange houses are generally better than banks.

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

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if

Joining Tour Abroad

Clients booked on 'Land Only' arrangements should make their own way to the joining point. Please refer to separate 'Joining Instructions' for time and place of rendezvous with tour leader

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.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Vaccinations & Protection

Cyprus

Nothing compulsory. Tetanus and polio are recommended. 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. Visa and vaccination requirements are subject to change and should be confirmed before departure.



Preparing for your Tour

Climate

Cyprus

Cyprus has an intense Mediterranean climate with long dry summers from mid-May to mid- October and normally mild winters from December-February. Summer is a season of high temperatures and long sunny days tempered in the mountains by refreshing breezes. It has an ideal climate for walking. Rain falls rarely in the summer with only the occasional mid-day shower in the mountains. The winter season sees some rain though sunny days are common. During this time there is snow on the mountains which can last through till as late as April on the higher slopes. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Luggage allowance on tour:

Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company

General Information

Food

The prices for meals and 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. 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.

Cyprus

Lunch £: 11.00 **Dinner £:** 15.00

Drink

Cyprus

Bottle of Beer £: 2.90 Water £: 0.70

Country details

Cyprus

Population: 75,000.

Size of Country: 3,335 sq. km

Major Language: Greek and some English.

Religion: Greek Orthodox Time Difference to GMT: +2

Electric Supply & Plugs

Cyprus

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 & 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: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which support AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

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.

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 2013 and 31st December 2014.

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: 1 itinerary versions are applicable to tours departing in 1. 2/ itinerary versions are applicable to tours departing from 1st January to 31st December 2.

These tour notes were printed on 14/03/2014 23:29:54