EXPLORE! Tour Notes

Heights of Machu Picchu + Amazon Extension (PMA 2014)



TOUR **DURATION** 17





Tour Style: Classic

Tour Comfort: Standard

Tour Type: Small Groups

Grade: Moderate Trek to

Challenging

- Lake Titicaca The highest navigable lake in the world, visit Uros and Taquile islands (optional)
- The Inca Trail Four-day trek through stunning scenery visiting Inca ruins en route to arrive at the mountain citadel of Machu Picchu
- Machu Picchu One of the New Seven Wonders of the World
- Cusco Explore the ancient capital city of the Incas
- Altiplano Railway Journey From Puno to Cusco (optional), one of the great railway journeys in the world

Tour Essentials

Accommodation: 9 nights Standard

Hotel

3 nights Basic Camping

1 night Simple Hotel 3 nights Simple

Lodge

16 breakfasts, 7 **Included Meals:**

lunches, 6 dinners

Start Point: Ioin tour: Lima **End Point:** Tour ends: Lima

Maximum Altitude

4200 on Trek (m):

Transport: Bus, Train, Flight

Countries: Peru

Heights Of Machu Picchu + Amazon **Extension**

Explore the highlights of Peru on this fascinating two-week trip. Along the way we discover Lake Titicaca, the birthplace of the Inca civilisation. From Cusco, the ancient Inca capital, we travel into the Sacred Valley to begin our four-day trek along the trail to the impressive mountain citadel of Machu Picchu.

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 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.

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.

Join tour Lima

Overnight: Standard Hotel **Single Rooms Available**

Fly to Juliaca; drive to Puno

Arrive Lima and check-in at hotel.



Overnight: Standard Hotel Single Rooms Available



In Puno; optional boat trips to the Uros Islands and Taquile island

We fly up to Juliaca on the high Altiplano, then make a short drive to Puno on the shores of Lake Titicaca, the highest navigable lake in the world at an elevation of 3810m, and also the legendary birthplace of the Inca civilisation. The local Aymara, Quechua and Uros people have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles. This has enabled them to adapt to high altitude living. En route to Puno we visit the 'chullpas' (funeral towers) of Sillustani, which probably date from the 14th century.

Overnight: Standard Hotel **Single Rooms Available**



Bus to Cusco; optional train ride

From Puno we may take a boat trip on Lake Titicaca to explore the floating reed islands, home to the Uros people who live on the lake itself. Their islands are made from totora, a reedlike papyrus that grows in the shallows and is used in most aspects of their life, including the construction of their boats and homes. We then continue to the less visited island of Taquile which has preserved much of its Inca and pre-Inca heritage and the islanders still speak the language of the Inca - Runa Simi or Quechua. Alternatively, there is the opportunity to visit the British built Yavari Steamer now under restoration (optional).

Overnight: Standard Hotel **Single Rooms Available**



In Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. Driving up to the northern limit of the Altiplano we cross Las Raya pass (4335m) and descend to Cusco visiting the Inca temple ruins at Ragchi en route. Depending on time, those who wish may visit the colonial church at Andahuaylillas. The scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures. There is also the opportunity to take the classic train journey from Puno to Cusco (optional) - one of the great railway journeys of the world, the full day journey covers some spectacular scenery over the high altiplano. We arrive at this fascinating mountain city and check into our hotel. Please note: the train must be prebooked at time of booing and costs 115GBP per person.

Overnight: Standard Hotel Single Rooms Available



Inca Trail to Machu Picchu

The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. The interlocking stones, assembled so carefully that a knife blade cannot be forced between the multi-sided joints, were highly functional as well as beautiful - they are earthquake-proof! During our stay, we plan to visit the remarkable market at Pisac, perhaps the most famous indigenous market in Peru. We will also visit Cusco's temple-citadel Sagsaywaman which broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire. 20,000 conscripted workers toiled for 90 years to finish it. We also plan a walking tour of this lovely city to see important Inca monuments, such as the Inca wall of Hatunrumiyoc with its famous twelve-sided stone. The stone, measuring some 5 feet across, has the typical bevelled joints which create the patterns of light and shadow on Inca walls.

Overnight: Basic Camping



Inca Trail to Machu Picchu

We drive to 82km, stopping at the Inca site of Ollantaytambo. The major highlight of the trip is without doubt the trek along the Inca Trail. The trail was first explored by Hiram Bingham in 1911 and opened for walkers in 1970. The famous ruins of Machu Picchu are not the only historical remains within the area: many other interesting sites are hidden in places which can only be reached on foot, and have scarcely been explored. Our trek starts by crossing the Urubamba river, then follow its rapids down the Sacred Valley of the Incas to Llaqtapata (2700m). Here we camp below the ruins of Llaqtapata. 1st Camp (6km 2.5 hours)

Overnight: Basic Camping



Inca Trail to Machu Picchu

Following the course of the Kusichaca river the trail leads to Huayllabamba, a quiet village of Inca origins and the last settlement on the route. We continue to Llulluchapampa (3800m) which affords stunning views of the snowy peaks around us. Here we set up camp for the night. 2nd Camp 3,800m (10km 5.5 hours)



Overnight: Basic Camping



Inca Trail to Machu Picchu

Today we trek over the Warmiwanusca (Dead Woman) Pass (4200m), to the valley of the Pacamayo river with its tropical vegetation. We then cross the Runkuraqay Pass (3950m). Here the selva (jungle) becomes visible on the slopes of the mountains. Sayacmarca ruins are on a rocky promontory. They command an imposing view and have only one means of access, a narrow granite stairway. Our trail goes through cloud forest with vines, exotic flowers (among them orchids) and luxuriant trees, then on through an Inca tunnel and along a ridge above the Urubamba river to the lovely Phuyupatamarka ruins (3579m). The views of the Urubamba and (if we are lucky) the snowcapped peaks of Veronica (5750m) and Salkantay make these ruins one of the most beautiful places on the trail. 3rd Camp 3600m (15km 8 hours)

Overnight: Simple Hotel Single Rooms Available



In Machu Picchu; train to Cusco

We descend to Winay-Wayna ruins (2591m), a small Inca city which, like Machu Picchu, was abandoned for unknown reasons. Then from Inti Punku - the Gate of the Sun - there is a sudden and fantastic view of the Lost City itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. We walk down through the site, then travel down to our simple accommodation in the town of Aguas Calientes situated on the valley floor below Machu Picchu. (11km 6 hours)

Overnight: Standard Hotel **Single Rooms Available**



In Cusco

Our final morning is spent at Machu Picchu, probably the most astounding feat of engineering in all of ancient America. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. Train permitting, there may be time to climb the steep peak of Wayna Picchu to look down on the Temple of the Sun. Later we return to Cusco by train and then by bus.

Overnight: Standard Hotel **Single Rooms Available**

Continue exploring Cusco

We have time for personal exploration, perhaps visiting some of the sites within a bus ride of the city.

Overnight: Standard Hotel **Single Rooms Available**



★ Fly to the Amazon

For those interested in archaeology, the Inca sites of Qenko, Puka Pukara and Tambo Machay are readily accessible. A longstanding favourite is to do some exciting white water rafting (grade 2-3) on the Urubamba river (optional). No previous experience is necessary as instruction is given and all safety equipment is provided.

Overnight: Simple Lodge **Single Rooms Available**

Discover the Amazon

Transfer to airport for a short flight to the southern Amazon area of Peru, then a boat trip along the Madre de Dios or Tambopata river to the jungle lodge. We do an orientation walk on arrival and a sunset walk in the evening

Overnight: Simple Lodge **Single Rooms Available**

Discover the Amazon

We have two full days to explore, which will include jungle walks where in the deeper parts of the forest, toucans, monkeys, picuros, boars and other jungle animals may be heard or seen.

Overnight: Simple Lodge Single Rooms Available



EXPLORE The Adventure Travel Experts available online 24/7

Boat and Fly to Lima; PM free

We will have the opportunity to observe wildlife on the river during a boat excursion.

Overnight: Standard Hotel **Single Rooms Available**

Tour ends Lima

The tour ends in Lima this morning after breakfast.

Accommodation and Meals

Food & Drink

Included meals: 16 breakfasts, 7 lunches,6 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.

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

Puno - Boat trip to Taquile island including Uros island en route US\$ 35; Yavari Steamer US\$ 5; Andean Explorer train to Cusco GBP£115 - must be paid at time of booking.

Cusco - Rafting on Urubamba River US\$ 40/45 (depending on numbers); Outlying sites US\$ 36; Sleeping bag hire US\$ 20.

Huayna Picchu - approximately US\$ 64 subject to availability.

Aguas Calientes - Hot springs US\$ 3.

Lima - City tour approximately US\$ 30; Larco Herrera Museum US\$ 35 guided, US\$ 11 unguided; Lima detour - alternative view of the city of Lima US\$ 35 (price may go up if less than 4 passengers).

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. Accordingly, you should allow at least US\$ 45 for tipping. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. It is customary to tip our Porters, Cooks and Trail Guide at the end of the Trek, although this is entirely at your discretion.

Foreign Exchange

ATM Availability: ATM's for major credit/debit cards available in La Paz, Cusco and Lima.

Credit Card Acceptance: In major restaurants.

Travellers Cheques: Travellers Cheques are not always easy to exchange.

Local Currency: Nuevo Sol

Recommended Currency for Exchange: In South America, carry all your funds in U.S. Dollar Travellers Cheques/ Cash, NOT Sterling, which is almost impossible to change. It is advisable to take at least US\$300-400 of your total spending money in cash, in mixed denominations. Old, dirty or marked notes are not accepted locally. Best to travel with brand new notes. Note: US \$100 Dollar bills with the series CB-B2, year 2001, will not be accepted for exchange.

Where to Exchange: Most major towns - your Tour Leader will advise you on arrival.



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 required.

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.

Visa Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens.

Other nationalities should consult the relevant consulate.

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

USA (If flights transit): According to US law, passengers will have to disembark, collect luggage and clear immigration before reboarding for the onward flight.

Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP). This applies if you enter the country by sea or by air on a carrier participating in the visa waiver scheme, holding a return/ onward ticket. The passport requirements are that it must be machine readable, and must contain a digital photograph of the holder and also an integrated circuit chip that stores biographic information.

All passengers travelling to the USA under the Visa Waiver Programme must provide their details online no later than 72 hours prior to travel. British travellers who have not registered before their trip are likely to be detained and sent home.

When completing an application for transit you should enter the words 'In Transit' with your final destination location in the address line. Anyone applying for an Electronic Travel Authorisation (ESTA) to travel under the Visa Waiver system will be charged a fee of 14USD (9GBP).

For more information, and to apply online, please visit the following website at https://esta.cbp.dhs.gov. Once obtained, the application will be valid for a period of two years, or for the validity of your passport (whichever is shorter).

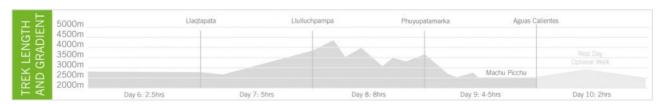
For more information about who is eligible for the VWP, or any other questions you may have regarding your eligibility, or machine readable passports, please contact your local consular office, or visit www.usembassy.org.uk



Vaccinations & Protection

We recommend protection against typhoid, tetanus, polio, infectious hepatitis and malaria. Consult your travel clinic for latest advice on different prophylaxis available against malaria. 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



Trekking Details

This is a 4-day trek with about 5-6 hours walking each day. Generally we walk between 3000m and 4000m, reaching 4200m at the highest point. We have graded this trek as moderate to challenging.

Walking Boots

Walking Boots - We strongly recommend walking in good boots. Trainers, tennis shoes etc simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex or leather boots sold under the brand names 'Karrimor', 'Berghaus' or similar and these are usually satisfactory. They have the advantage that they take

little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops which are simply cheap trainers with a higher canvas side sewn on - they give little support and will probably not last the trek. Above all, your boots must be well broken-in and comfortable. We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them - should your luggage be delayed, your well broken-in boots are the one thing which will be irreplaceable..

Maximum Altitude on Trek (m)

4200

Climate

Peru

On the coast it rarely rains. Jun-Oct is damp and misty, but temperatures never drop below 10°C. The highlands experience sunny days and very cold nights. All year and there is a rainy period from Dec-Mar. Bear in mind that at high altitudes temperatures can drop dramatically, and conditions can change suddenly.

Clothing

In the highlands, conditions are generally dry and sunny during the day. Nights can be very cold at altitude so it is essential to bring adequate warm clothing for the trek especially between May and August. It can drop as low as -10°C at night. Be prepared for rain. Take your swimming costume for the thermal baths at Aguas Calientes.

Thermals: Comfortable around camp and much more practical (and warmer) to sleep in than pyjamas.

Socks: It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

T-shirts: We recommend polyester/polypropylene fabrics which keep you warm even when wet.

Waterproofs: Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They 'breathe' and avoid condensation which you will experience from nylon waterproofs.

Thick sweater/fleece jacket A thick sweater or fleece jacket is necessary as nights can be very cold at altitude, especially in July. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

Shorts: Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold! Please remember we shall be passing through the occasional remote areas and villages and short shorts (especially on ladies) can give offence to the local inhabitants. Longer, looser fitting shorts are, in any case, more comfortable to walk in.

Gloves & Hat: Especially useful around camp in the morning and in the evening at higher altitudes.

Equipment

You will need a good insect repellent, suncream, a small torch and a personal water bottle.

Equipment Provided: On Trek

The following equipment list is provided by Explore once you are on the trek:

2-person tents.

Dining tent.

Thermarest.



Stools, table.

All cooking and kitchen gear. Personal Equipment: On Trek

Trekking poles Trekking poles are recommended. NB. Metal tipped trekking poles are NOT permitted in order to reduce erosion - please ensure they have rubber/plastic tips. Wooden poles are readily available locally.

Sleeping Bag As you do not carry it yourself this may be down or synthetic, but it must be 4-season (temperature -10°C to -5°C). A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. Note: it is possible to hire a down sleeping bag locally for US\$20 for the whole trek. Let your tour leader know at the beginning of the tour.

Water Bottle Water along the trail must never be considered as drinkable. The camp staff provide purified water each day with which to fill your own bottle. 1 litre is the minimum size suitable as disposable plastic bottles are not allowed on the trail. It is a good idea to add some powdered fruit juice for flavouring. Note: Metal bottles can also double up as hot water bottles.

Torch/Batteries/Bulb A small torch is essential for finding things in your tent, visiting the toilet in the night etc. Often a head torch is the most practical option as it allows you to have both hands free. Remember that in most developing countries only a limited selection of batteries is available. The most common are pen cells (or AA size) and SP/HP2 (D size).

Plastic Bags If you pack bits and pieces in plastic bags inside your kit bag they will stay dry in case of rain and it will be easier for you to sort through in camp. Remember, the less you have to unpack in the evening, the less you have to repack each morning. A binliner to pack inside your daysac is also a good idea.

Toiletries Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, soap and a small towel. Wet wipes are great for a quick clean up in your tent, so bring a pack of those.

Personal First Aid Kit On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin etc. (Please do not give medicines to local people without consulting the trek leader.)

Footwear

Good walking boots, comfortable shoes/trekking trainers for relaxing and sandals. If participating in rafting, old trainers (as they get wet) are useful.

Luggage: On Tour

Main Baggage: Your main piece of baggage - suitcase or rucksack - must be lockable as this becomes the receptacle for anything you don't want on the trek and this is stored at the hotel in Cusco while you are trekking.

Trek Kit Bag: Before leaving Cusco there is plenty of time to re-sort luggage into what you need on trek and what can be left in Cusco (see above). Your trek luggage, including sleeping bag, needs to be packed into a kit bag (provided) to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much. Advice on how to pack will be given at the

Small Rucksack/Daysac: During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should, therefore, be large enough to carry the following: Waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sunhat, sun cream, water bottle (at least 2 litre or 2 1litre bottles), tissues and your packed lunch. Most people normally find that this adds up to about 6kg. Camera equipment can be heavy so think carefully when deciding what to take. Remember to carry spare film with you during the day. Other optional items in a day pack might be a diary or a book to read at lunch time.

When travelling to the Amazon, main bags are left in Puerto Maldonado. An overnight bag is required for the jungle. A sunhat is essential.

Luggage allowance on tour: 20kg

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.

Peru

Lunch £: 9.00 **Dinner £:** 13.00

Drink

Bottle of Beer £: 1.50 Water £: 1.00

Country details

Population: 29,496,000

Size of Country: 1,285,216 sq km

The Adventure Travel Experts available online 24/7

Major Language: Spanish Religion: Catholicism Time Difference to GMT: -5

Electric Supply & Plugs

Peru

2 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% nonrefundable 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: 2014 itinerary versions are applicable to tours departing in 2014. 2015/16 itinerary versions are applicable to tours departing from 1st January to 31st December 2015.

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