

# EXPLORE!

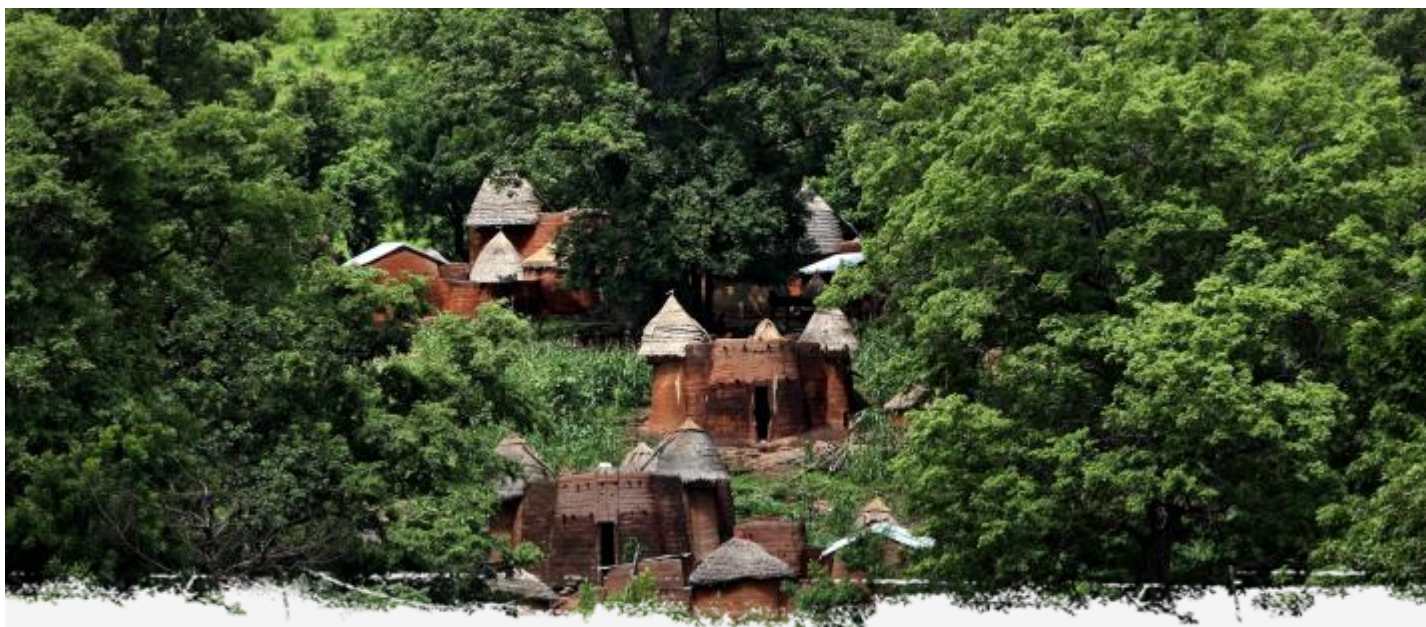
## Tour Notes



### Ghana and Togo on Foot (TWA 2014)



TOUR  
DURATION  
**15**  
DAYS



**Tour Style:** Classic  
**Tour Comfort:** Simple

**Tour Type:** Small Groups  
**Trek Grade:** Easy to Moderate

**Tour Code:** TWA

#### Tour Highlights - Ghana and Togo on Foot

- ✓ Kakum National Park - Explore the primeval rainforest in Ghana and walk on the highest canopy bridge in the world
- ✓ Atakora Mountains - Trek through remote villages where people live in fortified dwellings
- ✓ Traditional rituals - Witness a traditional fire dance
- ✓ From tropical vegetation to baobab forests - Walk through a variety of ecosystems and discover two contrasting countries
- ✓ Unique culture - Learn about local traditions, customs and rituals

#### Tour Essentials

**Accommodation:** 5 nights Simple Hotel  
4 nights Standard Hotel  
5 nights Basic Camping

**Included Meals:** 14 breakfasts, 12 lunches, 5 dinners

**Start Point:** Join tour: Accra  
**End Point:** Tour ends: Accra  
**Transport:** Bus  
**Countries:** Ghana, Togo

## Ghana and Togo on Foot

This adventure takes us to the pristine rainforest of Ghana to discover its lush vegetation and varied wildlife, such as the Mona monkeys and hundreds of species of colourful butterflies. We walk on the longest and highest suspended canopy bridge in the world, hike to the tops of waterfalls and meet local people living in the nearby villages farming cocoa and palm oil. In Togo the landscape becomes dry and rocky, and the verdant forest is replaced by baobabs and palm trees. Walking from village to village, we discover the remote Atakora Mountains where people live in fortified dwellings made of mud, similar to medieval castles. We also visit colourful markets, make our own glass beads and witness a traditional fire dance.

### 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: 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, typically 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.

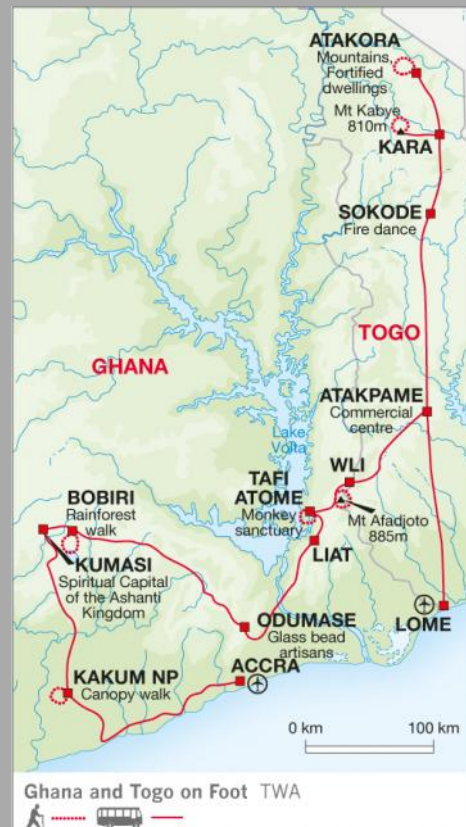
### Your Tour Leader

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.

### DAY 1 Join tour Accra

Those arriving independently can check in at the hotel in Accra today and start exploring the town. T will arrive from London in the early morning on Day 2.

Overnight: **Simple Hotel**  
**Single Rooms Available**



 **Included Meals:** None

## DAY 2 Accra city tour and transfer to Kakum

Today we take a city tour to discover the highlights of Accra, an intriguing city which has maintained its identity despite recent fast-paced development. We will visit artisans producing flamboyant hand-made coffins in shape of fruits, animals, fish, cars and planes, and learn about this eccentric form of design. Also on the agenda is a visit to the National Museum and to Elmina Castle, built by the Portuguese in the 15th Century and sadly used in the past as an administration centre to trade gold, ivory and slaves. Outside the castle, we'll see a picturesque fishing village displaying colourful fishing canoes which are used every day by skilled fishermen who confront the often rough ocean for their livelihood. The alleys in the old town have a lively atmosphere and have plenty of reminders of the time when Elmina was a colonial town. We then transfer to Kakum (approximately 5 hours), surrounded by rainforest.


Overnight: **Simple Hotel**  
**Single Rooms Available**

 **Included Meals:** Breakfast

## DAY 3 Trek in the rainforest and join an exhilarating canopy walk

Today we spend the day trekking in the primeval rainforest of Kakum, which covers an area of approximately 350sq km (approximately 6 hours walk on hilly terrain, graded moderate). We enjoy the sounds and smells of the forest, observe the majestic trees and learn about the flora and wildlife accompanied by a ranger who will also explain how plants are used by the indigenous people for cooking and as medication. As part of the tour we also take an exhilarating canopy walk. The canopy bridge is suspended high into the trees and is the longest and highest suspended rope bridge in the world. From an altitude of 120 to 150 feet, we enjoy incredible views over the forest. Approximately 6 hours walking.

Overnight: **Simple Hotel**  
**Single Rooms Available**

 **Included Meals:** Breakfast, Lunch

## DAY 4 Drive to Kumasi, capital of the old Ashanti Kingdom

After breakfast we drive to Kumasi (approximately 5 hours) through the forest, meeting farmers who work in cocoa and palm oil plantations and visit micro-units producing local liquors and palm oil. Around lunch time we reach Kumasi, the historical and spiritual capital of the old Ashanti Kingdom. The Ashanti people belonged to one of the most powerful kingdoms in Africa until the end of 19th century, when the country became a British colony. With nearly 1 million inhabitants, Kumasi is a lively city with a fantastic central market, one of the biggest in Africa. Every kind of Ashanti craft can be found here (leather goods, pottery, kente cloth) along with just about every kind of tropical fruit and vegetable. We visit the Ashanti Cultural Centre, which has a rich collection of artefacts housed in an Ashanti house. In the afternoon (if available) we go to a traditional Ashanti funeral attended by mourners wearing beautiful red or black togas. The chief arrives surrounded by the court and shielded by large umbrellas while the drums accompany the dancers. These funerals are a festive celebration according to the Ashanti culture as they believe that the deceased is still present in his family. Relatives and friends gather, socialise and celebrate in his honour.


Overnight: **Standard Hotel**  
**Single Rooms Available**

 **Included Meals:** Breakfast

## DAY 5 To Bobiri, walk in the forest and visit a butterfly sanctuary

In the morning we visit Kumasi central market, the largest outdoor market in West Africa, where 10.000 people meet every day to sell and buy products. We then move on to Bobiri Reserve and take an easy walk through the forest (approximately 3 hours) walking on a canopy bridge and observing several species of trees. We visit a Butterfly Sanctuary where 300 species of butterflies can be observed. We then set our bush camp in the forest. Approximately 3 hours walking

Overnight: **Basic Camping**  
**Your own tent available**

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

## DAY 6 To Krobo, visit artisans producing traditional glass beads and make your own

We leave Bobiri and drive down to Krobo land (approximately 4 hours drive) where we meet the artisans who produce traditional glass beads. These are famous around the world and are used for religious and aesthetic purposes. We learn how these are produced and make our own glass beads which we will take home as a souvenir of our trip. The artisans make use of scrap glass, which is ground into fine powder, following the same tradition for centuries. The glass powder is then carefully placed into hand-made clay moulds

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covered in kaolin. The beads are then fired, further decorated, washed and strung. We set our bush camp near the manufactory, which is surrounded by green land.

Overnight: **Basic Camping**  
**Your own tent available**



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

DAY

## 7 To the Volta Region, visit the Tafi-Atome Monkey Sanctuary

We end our workshop in the morning and drive to the Volta Region to visit the Tafi Atome Monkey Sanctuary. For the past 200 years the monkeys have been protected by the local residents who believed they were messengers of the divinities. In 1996 the community increased their efforts to protect the monkeys and started offering tours for visitors. As a result, the monkey population has increased by about 200 and the forest ecosystem is being preserved. We take a 2 hour easy walk with a guide through this beautifully green rainforest. During the walk there might be the chance to get close up and personal with the monkeys. Although wild, they are often curious and might come out and play in front of us. Late in the afternoon we head to Liaty where we set our camp. Approximately 2 hours walking

Overnight: **Basic Camping**  
**Your own tent available**



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

DAY

## 8 Climb Afadjato Mountain and visit the sacred river and waterfalls

Today we climb Afadjato Mountain (3-4 hours, moderate), the highest mountain in Ghana with a modest altitude of 885m. It's part of the Agumatsa range along the Ghana-Togo border. From the top, we enjoy panoramic views of surrounding villages, forests, mountains, valleys and the Lake Volta. The mountain is covered with lush tropical forest and the area is well known for its rich biodiversity. 300 different species of butterflies have been recorded as well as 33 species of mammals. Mona and Spot-nosed monkeys are regular sights. Although the path is steep, the effort is rewarding. During the hike we visit the Tagbo waterfall which flows from an almost circular cliff formation with lush vegetation climbing the sides into a refreshing plunge pool. The forefathers of the current villagers considered the Tagbo river sacred and still today a number of taboos are associated with it. No fishing is allowed in the pool as the spirit of the ancestors is thought to live in it. Bathing isn't allowed on Fridays as on this day the spirit of the river and his children bathe. In the afternoon we drive to Wli where we spend the night. Approximately 3-4 hours walking

Overnight: **Simple Hotel**  
**Single Rooms Available**



**Included Meals:** Breakfast, Lunch

DAY

## 9 Visit Wli waterfall and transfer to Atakpame in Togo in the afternoon

Today we visit Wli, the highest waterfall in Ghana. We admire the grandeur of the fall and the spectacular white water of the Agumatsa River thundering about 60 metres down steep cliffs into a large pool below. We observe the magnificent mountain formations with soaring peaks and rock walls. Starting early in the morning, we take a half day moderate hike and visit the Upper Fall. In the afternoon we cross the Togo border and reach Atakpame. This pretty city, surrounded by hills, was first settled by the Ewe and Yoruba people and developed as a commercial centre on a major north-south caravan route. It is the centre of an important cotton-growing area and trades in both cocoa and coffee. We visit the market, the heart of town, rich in fruit and vegetables coming from the forest. Approximately 4 hours walking

Overnight: **Simple Hotel**  
**Single Rooms Available**



**Included Meals:** Breakfast, Lunch

DAY

## 10 Transfer to Kara stopping en route to visit villages and colourful markets

Today we have a long transfer to Kara (approximately 5 hours) stopping in villages and visiting colourful markets, which gives us a good insight into the country's culture and provides fantastic photo opportunities.

Overnight: **Standard Hotel**  
**Single Rooms Available**



**Included Meals:** Breakfast, Lunch

DAY

## 11 Climb Mount Kabye walking through local villages and baobab trees

The scenery in Togo is completely different to Ghana and the lush rainforest is replaced by dry land with baobab and roniers (palm trees), which are two of the few species able to survive in this arid environment. Today we hike Mont Kabye (810m, 4 hours, moderate)

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visiting villages on the way where we meet skilled farmers, blacksmiths and women making traditional pottery. We then transfer to the Atakora Mountains, where we set our camp. Approximately 4 hours walking

Overnight: **Basic Camping**  
**Your own tent available**



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

## DAY 12 Meet the Tamberma, living in fortified dwellings in the remote Atakora Mountain

We spend the day walking from village to village in the remote Atakora Mountains (6-7 hours, moderate) and we meet with the Tamberma who live in fortified dwellings. Similar to medieval castles, these are some of the most beautiful examples of ancient African architecture. Their style impressed Le Corbusier, who used the expression 'sculptural architecture' to describe them. The houses are made of mud and their structure is a projection of people's beliefs. The first floor with its darkness represents death and is the place of the ancestors, while the second floor, open to the sky, represents life. Food and animals are kept inside the house in case of attacks from enemies. For centuries these populations have been seeking refuge in the mountains to escape from the slave trade and the functionality of this architecture reflects this sad page of human history. This area is listed as World Heritage by UNESCO. Late in the evening we set our campsite. Approximately 6-7 hours walking

Overnight: **Basic Camping**  
**Your own tent available**



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

## DAY 13 Take a half day walk in the mountains and witness a traditional fire dance

We take another half day walk in the mountains (3 hours, moderate) enjoying scenic views before we head to Sokode. Here we witness a traditional and spectacular fire dance. Approximately 3 hours walking.

Overnight: **Standard Hotel**  
**Single Rooms Available**



**Included Meals:** Breakfast, Lunch

## DAY 14 Drive to Lome

This morning we drive to Lome, the vibrant capital of Togo. Being the only capital city that has been colonized by Germans, British and French and because of its position bordering Ghana, Lome has developed a peculiar identity which is reflected in its culture and architecture. Arriving in Lome mid-late afternoon we will have the opportunity for a short city tour.

Overnight: **Standard Hotel**  
**Single Rooms Available**



**Included Meals:** Breakfast, Lunch

## DAY 15 Tour ends in Lome

Your tour ends after breakfast. Many of the flights departing from Lome do so very early in the morning, and so you may find yourself leaving the hotel before breakfast is served.



**Included Meals:** Breakfast, Lunch

## Accommodation and Meals

### Food & Drink

Included meals: 14 breakfasts, 12 lunches, 5 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.

### Tipping - Local Crew

You should allow approximately £50 for gratuities for local staff.

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## Foreign Exchange

### Ghana

**ATM Availability:** Cash can be drawn at ATMs in major towns but these should not be relied upon.

**Credit Card Acceptance:** In major restaurants.

**Travellers Cheques:** Dollar or Sterling Travellers Cheques (Thomas Cook or American Express) can be exchanged in major towns but this can be time consuming and should not be relied upon. Up-to-date information re: global exchange rates can be obtained at <https://www.currencyexpress.com/explore/>

**Local Currency:** Cedi.

**Recommended Currency for Exchange:** You should take the majority of your spending money in U.S Dollars, or Sterling, mixed denomination bills in good condition. Higher rates of exchange are available for larger US\$ bills.

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

### Togo

**ATM Availability:** Limited to Lome and very unreliable.

**Credit Card Acceptance:** Credit cards are of little use in the rural areas visited on this trip, though take one along anyway as they can be used in bigger hotels and large shops in the cities.

**Travellers Cheques:** It is very hard to change Travellers Cheques and we don't recommend them.

**Local Currency:** Communaute Financiere Africaine Franc (commonly known as CFA). The responsible authority is the Central Bank of the West African States.

**Recommended Currency for Exchange:** We suggest you take the majority of your spending money in mainly Euros cash. Take mixed denomination bills in good condition.

**Where to Exchange:** Your Tour leader will advise you where Euros cash can be exchanged.

## 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. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour. Your insurer may charge an additional premium for certain activities.

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 Conduct 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.

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## Visa Information

Ghana: Visas are required by UK, US, Canadian, New Zealand and Australian citizens and should be obtained before departure.

Togo: A single entry visa is required by UK, New Zealand, Australian, US and Canadian citizens and must be obtained prior to departure, from your embassy of residence. You will need an accommodation letter from Explore which is provided within your confirmation pack. Your passport must be valid for a minimum period of one year from the date of exit from Togo.

Visas can be obtained through Explore's recommended visa service in the UK. Please contact: Visaswift, at <http://www.visaswift.com/explore.aspx>. For UK residents, Togo visas will be processed in Brussels due to there not being an embassy in the UK. For this reason visa costs are more expensive and take more time to process.

For both visas you will need to have three blank pages in your passport. In order for you to arrange your visas in time we recommend you to submit your visa applications at the earliest possible time of 2 months before the start date of the holiday as visas take at least 25 working days to process for both countries.

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.

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## Vaccinations & Protection

### Ghana

A valid Yellow Fever vaccination certificate is required for entry into Ghana. We recommend protection against malaria, hepatitis A, diphtheria, tetanus, typhoid and polio. Although the risk is low you may also consider immunisation against rabies and meningococcal meningitis. Consult your travel clinic for latest advice on different prophylaxis available against Malaria. We also recommend that you take your vaccination certificates with you as they may be requested on entry to Ghana. 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.

### Togo

Although rarely checked, a Yellow Fever vaccination and certificate is a compulsory requirement for entry into Togo and Benin. We recommend protection against malaria, hepatitis A, diphtheria, tetanus, typhoid and polio. You may also want to take immunisation against meningococcal meningitis. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Take all your vaccination certificates with you as they may be requested on entry to any of the countries visited. 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

### Trekking Details

Easy to moderate walks (approximately 2 to 6 hours). 5 rest days. Maximum altitude 885m. The terrain can be steep and the weather conditions can be hot and humid.

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### Climate

#### Ghana

Ghana has a mostly tropical climate with more rain falling inland. Central and Southern Ghana have two rainy seasons from May-June and mid-Sept to early October. Rain usually falls in short bursts in the afternoon or early evening. Travel is generally unaffected by the rains except on some of the less wellmaintained roads. Temperatures are usually in the high 20's °C all year round, but can reach the mid 30s from December though to April. Humidity is high. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>. 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.

#### Togo

The climates in Togo are mostly tropical with two main rainy seasons in the central and southern regions - May to June and September to November. This should not adversely affect the trip as the tour operates outside the main seasons. Average temperatures range from the mid to high 20s Centigrade, with little change at night.

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### Clothing

Make sure you pack light as temperatures are warm and humidity is high all year round. Warm clothing is needed particularly at night and in the early morning. Lightweight, hard wearing gloves are useful for protecting hands during the treks. Long-sleeved shirts and long trousers are recommended for protecting arms and legs as well as a raincoat, as showers can be unpredictable in the rainforest.

## 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.

#### Ghana

**Lunch £:** 6.00

**Dinner £:** 10.00

#### Togo

**Lunch £:** 6.00

**Dinner £:** 8.00

### Drink

#### Ghana

**Bottle of Beer £:** 2.50

**Water £:** 1.00

#### Togo

**Bottle of Beer £:** 1.30

**Water £:** 0.50

### Country details

#### Ghana

**Population:** 24,233,431

**Size of Country:** 238,535 sq km

**Major Language:** English

**Religion:** Christian

#### Togo

**Population:** 6,619,000

**Size of Country:** 58,785 sq km

**Major Language:** French

**Religion:** The majority of the Togolese Republic have indigenous beliefs.

### Electric Supply & Plugs

#### Ghana

3 Pin Flat

#### Togo

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 & 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

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authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

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## 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: 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.

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## 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](http://www.coolearth.org)

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## 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](http://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](http://www.tourismconcern.org.uk)

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

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## 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.

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### Reserving your place

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

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

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### **100% No Surcharge Guarantee**

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2013 and 31st December 2014.

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### **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.

These tour notes were printed on 18/04/2014 14:22:24