EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Burma Hilltribe Trek (HW 2015)

WALK & TREK

TOURDURAT
14
DAYS

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

Tour Highlights - Burma Hilltribe Trek

- ✓ Rangoon (Yangon) - British colonial heritage and the golden Shwedagon Pagoda
- ✓ Golden Rock - Hike up to one of Burma's most sacred pilgrimage sites
- ✓ Bagan - Breathtaking vast plain studded with over 2000 ancient temples
- ✓ Inle Lake - Floating gardens, stilted villages and leg-rowing fishermen
- ✓ Shan Highlands - Trekking the tribal highlands of the Akha, Lahu and Paluang ethnic minorities

Tour Essentials

Accommodation:	12 nights Standard Hotel 1 night Basic Monastery
Included Meals:	13 breakfasts, 5 lunches, 1 dinner
Start Point:	Join tour: Rangoon (Yangon)
End Point:	Tour ends: Rangoon (Yangon)
Transport:	Bus, Boat, Flight
Countries:	Burma

Burma Hilltribe Trek

Burma (Myanmar) has only recently opened up to visitors and after decades of relative isolation the way of life remains largely untouched by modern times. On this adventurous introduction to Burma we walk through remote lands and also spend time in the principal highlights of the country. We trek to remote hilltribes of the Shan state, admire the sunset across the temple plains of Bagan, join Buddhist pilgrims on our trek to Golden Rock and trek in the beautiful surrounds of Inle Lake.
Should I go?
Aung San Suu Kyi, the Burmese pro-democracy leader, gave her blessing to the return of tourism to Burma in November 2010. National League for Democracy (NLD) leader U Win Tin said: "We want people to come to Burma, not to help the junta, but to help the people by understanding the situation: political, economic, moral - everything." This marked the end of the tourism boycott started in 1995 and the return of small groups and individuals to Burma has been endorsed by Burma Campaign UK and the Free Burma campaign. Explore are delighted to return to Burma after pulling out in 1995 in response to the call for boycott. We use a privately-owned Burmese agent for all of our services, and whilst each itinerary has been carefully planned to try and avoid using any service owned by or affiliated with the government or former military junta, we accept that some money will make its way into their hands. We strongly believe that by operating tours in Burma we contribute to the local economy in a positive way, whilst providing our customers with an insight into the culture, through direct interaction with Burmese people.

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.

DAY 1 Join tour Rangoon (Yangon)

Arrive in Rangoon and check-in at the hotel.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: None

DAY 2 Hike up to Golden Rock

We make an early start this morning, driving to Kin Pun at the foot of Mount Kyaiktiyo (the Golden Rock). The five hour drive should get us to our destination around late morning and, after an early lunch, we begin the walk up the mountain to visit one of the most sacred sites in the country. We will carry our own overnight things in our daypacks. Believed to be held in place by a single hair of the Buddha, the Golden Rock perches precariously on the edge of the mountain, topped by a six metre high pagoda. We aim to arrive in time for sunset, after which we check into our hotel for the evening. Walking distance: approximately 12 kilometres, 4-6 hours. Ascent 1000 metres.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Descend from the Golden Rock; drive back to Rangoon via Bago

After watching the sunrise from the top of Kyaiktiyo we drive back to Rangoon this morning. The journey takes us by way of the historic town of Bago. Founded in 573AD, the town is home to a number of sacred shrines and pagodas including the Shwemawdaw Paya (the Golden God Temple) the tallest pagoda in the country. If time allows we'll pay a visit to the pagoda, as well as the Shwethalyaung Reclining Buddha (the second largest in the world) and the Kyaik Pun Pagoda. We may also have time to take a look around Bago's local market, before continuing on to Rangoon. We make a late afternoon visit to the magnificent Shwedagon Pagoda, the most revered Buddhist temple in Burma, whose golden stupa dominates the city skyline, making it the ideal spot from which to watch the sunset. The Shwedagon Pagoda Trustee has announced that a new layer of gold leaf will be applied to the main pagoda between September 2014 and February 2015. During the process the main pagoda will be clad in bamboo scaffolding and enshrouded in canvas with parts of the pagoda possibly visible depending on the timing of your visit. The Shwedagon complex is large with a number of surrounding statues and temples and locals will still visit and contribute to its special ambience as the holiest of Buddhist shrines. Walking Distance: approximately 12 kilometres, 3-4 hours. Descent 1000 metres.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 4 Fly to Bagan; explore the ruins by bicycle

Another early start sees us flying on to Bagan this morning, to visit one of the most impressive religious sites anywhere in Asia. Bagan rose to prominence during the 11th to 13th centuries and at its height its 13,000 temples and pagodas presented a sea of colour and spectacle. Today just over 2,000 remain and include the Shwezigon Pagoda, the 13th century frescoes of Wetkyi-in-Gubyaukgyi and the Ananda Pagoda, one of the best preserved monuments in the entire city. After spending the day exploring the ruins by bike we take in the sunset from one of the upper terraces.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 5 In Bagan; villages and temples

Continuing our exploration around Bagan today we begin with a ride out to Phya Saw Village, presenting us with an ideal opportunity to observe something of the traditional ways of village life. From here we continue on to Manuha Temple and Nanpaya, Bagan's first gu-style (cave) shrine, before paying a visit to Gubaukgyi Temple in the old Bagan village of Myinkaba. Returning to the hotel after lunch we have a chance to relax a little before heading out again. A late afternoon bike ride then brings us to Minanthu Village, where we watch the sunset from the Tayok Pye Temple.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 6 Fly to Heho; drive to Pindaya, then begin trek to Yasakyi Village

After flying to Heho this morning we drive on to the limestone caves of Pindaya, home to a remarkable collection of over 8,000 Buddhist images. We take a short tour of the site before continuing on to the start of our trek. The rest of the day then sees us trekking through villages and past tea plantations and chive farms, as we make our way towards our overnight stop in the remote village of Yasakyi. Our accommodation will be basic, but the chance to interact with the villagers more than compensates for the rustic conditions. Walking distance: 12km, approximately five hours.

Overnight: **Basic Monastery**

Included Meals: Breakfast, Lunch, Dinner

DAY 7 Morning trek back to Pindaya; drive to Lake Inle

The trek back to Pindaya takes us by way of an alternative route, passing through Danu villages and on to Taung Paw Gyi, from where we can enjoy a panoramic view over Pindaya. Stopping to have lunch in this lovely spot, we then continue back to the bus for the 85 kilometre drive to the beautiful setting of Lake Inle, high up on the Shan Plateau. Surrounded by hills and populated predominantly by the Intha people, Lake Inle is one of the highest lakes in the country. Walking distance: 12km, approximately five hours.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 8 Inle Lake sightseeing by longtail boat

Devout Buddhists, the local population of Lake Inle are self-sufficient farmers and fishermen, living in simple stilted houses of wood and bamboo and growing their food on floating gardens of grass and seaweed. Today we have a chance to explore this idyllic spot by boat, heading first to an Indein village where we visit an enchanting 17th century pagoda. Afterwards we visit some of the local silk weavers and traditional paper makers, before continuing across the lake to witness some of the local fishermen practicing their uniquely distinctive rowing techniques.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 9 Trek Inle Lake

A short boat ride this morning brings us to the village of Tale-U, the starting point for our day's trek. Passing through the Pa-O villages of Pan Tha Pray and Inne, which is located on the high point of our walk and from where we get a bird's eye view down across the lake and its surrounding countryside. After a picnic lunch we return to Inle Lake by descending along a path that takes us through more rural villages, arriving in the market place at Nam-Pan we then take another boat ride back to the hotel. Walking distance: approximately 10 kilometres.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 10 Fly to Kengtung; sightseeing in Kengtung

Returning to Heho this morning we then take a flight on to Kengtung, situated in the remote mountain valleys of eastern Shan State. Part of the Golden Triangle that encompasses neighbouring Thailand and Laos, Kengtung is a cultural and scenic gem that is home to dozens of minority tribes. On arrival we pay a visit to the Naung Tong Lake and the standing Buddha (the spot where the town was found over a thousand years ago), before heading up One Tree Hill to watch the sun set over the surrounding valleys.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 11 Hiking around the villages of Ho Kyin

An hour's drive out of Kengtung lies the village of Pan Kwai and the start of our trek through the Ho Kyin (Hochin) region. Leaving our vehicles behind, we hike out to the explore the villages of the Akha and Lahu people, hill-tribes who can trace their ancestry back to the Yunnan province of neighbouring China. Returning to Pan Kwai later in the day we then return to Kengtung via the village of Mong Zine Khun, where we have a chance to watch a traditional Lahu blacksmith at work.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 12 Explore the villages around Kyaing Tong

This morning we follow the main highway that runs between China and Myanmar, heading towards the tribal villages of the Akha, Lahu and Ann. The hour's drive deposits us in Pin Tauk (Kyaing Tong), from where we hike out to the outlying villages. The people in this region still adhere to the old traditions, both in their dress and their customs and we have ample opportunity to enjoy this cultural goldmine before heading back to Pin Tauk. If time allows after lunch we'll also visit some of the Paluang villages before returning to Kengtung.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 13 Morning market visit; fly to Rangoon

Before we return to Rangoon we pay a visit to Kengtung's morning market, where we can bargain for traditional clothing, lacquerware and other souvenirs from China, Thailand and the valleys of eastern Shan. We also visit the Wat Jom Khan this morning, a tall, gilded chedi that can date its origins back to a visit by the Gautama Buddha. The stupa is topped by a golden umbrella which is inlaid with silver, rubies and diamonds and decorated with tiny golden bells. This afternoon we then fly back to Rangoon for our final evening.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 14 Tour ends Rangoon

Tour ends after breakfast.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 13 breakfasts, 5 lunches,1 dinner 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.

Burma

Lunch £: 3.00

Dinner £: 5.00

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.

Burma

Bottle of Beer £: 1.80

Water £: 0.70

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

Bagan - Sunrise visit to Temples from US$ 8; Mount Popa Excursion approximately US$ 42 (based on 3-4 participants); Traditional Massage US$ 10;
Hot Air Balloon US$300-350 depending on Regular or Premium service and time of the year. Due to high demand, if you are planning on taking the optional hot air balloon excursion you may wish to consider booking this in advance to secure your place on the flight. Please refer to your tour notes or personalised itinerary to check which days you will be waking up in Bagan and therefore able to do the excursion. We do not recommend booking on the day you are due to leave Bagan in case an early departure is planned. The balloon excursion does not form part of your included Explore holiday package. Please book and pay with the balloon operator directly: http://www.easternsafaris.com/balloonsoverbagan_home.html
Rangoon - Scott Market and sunset visit to Shwedagon Pagoda US$4 transfer plus US$ 5 entrance fees
Inle Lake - Winetasting US$ 9; Traditional massage US$ 8

Tipping - Tour Leader

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

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 approximately US$40 for this purpose.

Foreign Exchange

Burma

ATM Availability: ATMs are becoming more widely available and some hotels may have them, including the Panda Hotel in Yangon. You are more likely to find them in the larger cities, but they are now starting to appear in some of the smaller towns and villages. Please be aware that they are prone to occasional breakdowns so you would be wise to top up your cash before it runs out completely.

Credit Card Acceptance: Credit cards are becoming more widely accepted but you should not rely on them. The places where you are most likely to be able to use them are in the cities of Yangon and Mandalay and there may be a charge.

Travellers Cheques: Not accepted.

Local Currency: Kyat.

Recommended Currency for Exchange: Carry all your funds in U.S. Dollars cash, larger denominations tend to get better exchange rate. NB - PLEASE ONLY BRING NEW U.S. DOLLAR BILLS (BIG HEADS INSTEAD OF SMALL) AND THEY SHOULD BE NEW AND IN A PRISTINE STATE. ANY OLD, TORN OR MARKED NOTES WILL NOT BE ACCEPTED. U.S. Dollar bills with the series CB will not be accepted for exchange.

Where to Exchange: The official rate is far different from the market rate, we recommend you consult your tour leader for advice regarding the best place to exchange. The exchange booth at airport offers a very poor rate so we recommend you wait until getting into town (taxis accept dollars if agreed beforehand).

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 booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Burma: An e-visa is required to enter Burma and must be arranged prior to travel through the following website: http://evisa.moip.gov.mm/. Visas are valid for 90 days from issue and allow a 28-day, single-entry visit.

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

Vaccinations & Protection

Burma

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and hepatitis A and B. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Although not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. If travelling from a country in the yellow-fever zone within 6 days prior to entering Burma you will be required to produce a yellow fever vaccine certificate.

Preparing for your Tour

Trekking Details

We trek on 7 days with an average of 5 hours walking each day. The trekking is in four different locations. We have graded this trek as moderate.

Climate

Burma

Burma is a tropical country and has three seasons. Temperature and rainfall varies across the country; Rangoon, Bagan and coastal areas tend to have higher temperatures and rainfall. Cool season = October to February with average temperatures from 18-24C; at higher altitudes (Inle Lake, Kalaw) the temperature is slightly cooler and temperatures can drop down to about zero at night. Hot season = March to mid-May 25-38C; particularly hot in Bagan and Rangoon. Rainy (Southwest Monsoon) = mid-May to September 23-33C; practically all of the country's rain falls in this period. Monsoon period means that the beach extension is only possible from October to April.

Clothing

You will need loose fitting, comfortable clothes for hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirt essential for protection from the sun. Warm weather clothing is suitable for Rangoon, Mandalay and Bagan. The Shan highlands, Inle Lake and Kalaw are cooler and in the winter season temperatures may reach near zero at night. Please dress respectfully when visiting temples and religious sites, covering your torso, shoulders and legs to below the knee and easily removable footwear for convenience as you can only enter sacred sites barefoot. In general, as Burma is a traditional, conservative and largely Buddhist culture we recommend you do not wear revealing clothing.

Equipment

Mobile phones: Your mobile will not work in Burma. It is possible to buy a local SIM card for $20 in order to make/receive international calls, as long as your phone is un-locked. SMS messaging is not possible. WiFi is available in most hotels.

Bedding provided in Yasakyi Village: For the night spent in the basic monastery you will be provided a sleeping mat or mattress, pillow, mosquito net and blanket or sleeping bag. You may choose to bring a sleeping sheet liner.

Walking Poles: These may be useful for the steeper sections on trek. Not available locally.

Sunglasses: A good pair of sunglasses are essential for protection against UV rays.

Sun Hat, High Factor Sun Cream/Block & Lip Salve: Bring suncream (Factor 15 or more) to protect your skin against the sun. A combination sunblock/ lipsalve is ideal for facial protection.

Torch/Batteries/Bulb: A small torch is essential for the overnight in Yasakyi. Street lighting in cities and rural areas can be very poor so a torch is useful to help light your way while out at night. Additionally power cuts can occur from time to time, particularly in rural areas. Remember to bring some spare batteries.

Cycling Helmets: We strongly advise that you bring your own helmet with you. Helmets are not available locally.

Footwear

We recommend you bring waterproof walking/hiking boots with good ankle support, plus trainers and/or sandals for travelling.

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

On the overnight treks to Golden Rock and Yasakyi Village your main luggage will be left in secure storage and you will be required to carry your rucksack, large enough to carry essential items for the two days (bedding is already provided). In Golden Rock it is possible to arrange for a porter to carry your bags and this can be arranged and paid for locally.

Daypack
On the trekking days at Inle Lake and Kyiang Tong you will only be required to carry your day pack or light rucksack, large enough to carry essential items such as water, snacks and sun/weather protection.

Luggage allowance on tour: 20kg

General Information

Country details

Burma

Population: 60,282,000

Size of Country: 676,568 sq km

Major Language: Burmese

Religion: Theravada Buddhism, Hinduism

Time Difference to GMT: +6

Electric Supply & Plugs

Burma

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, 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 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 www.explore.co.uk/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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