

EXPLORE!

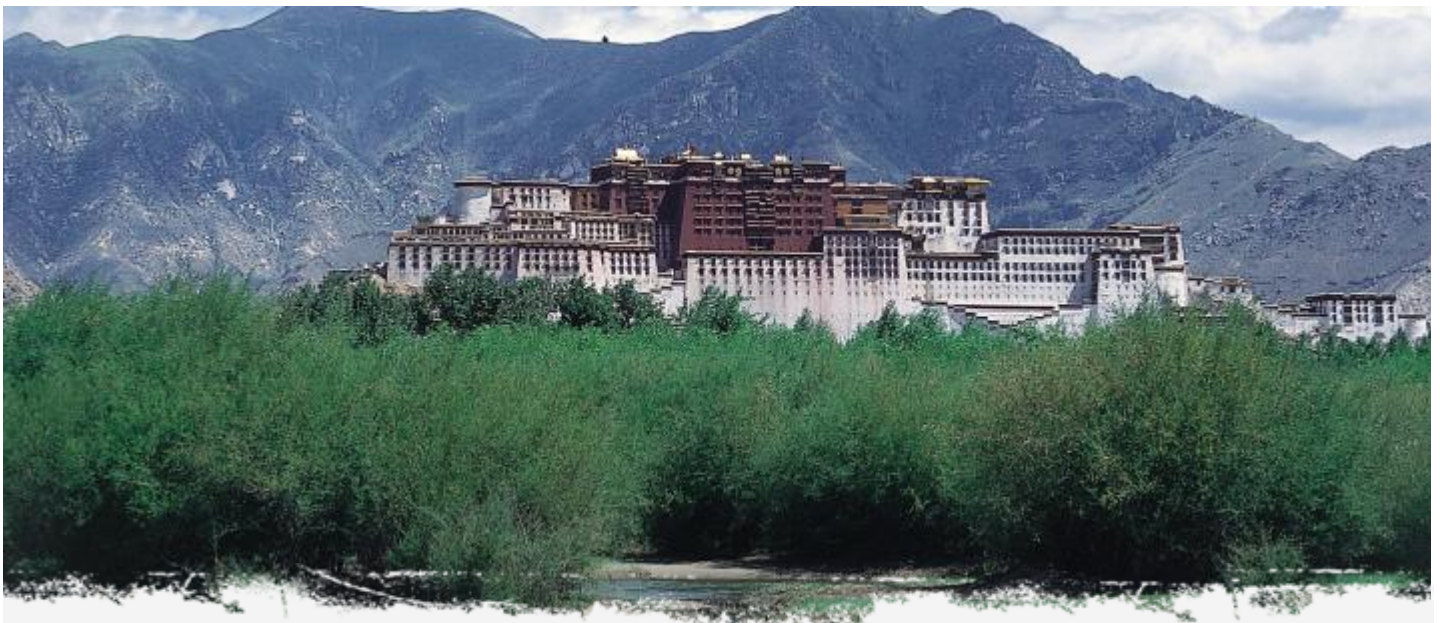
TRIP NOTES



Abode of the God-Kings (TB 2017)



TRIPDURATION
15
DAYS



Tour Style: Classic
Tour Pace: Full On

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: TB

Trip Highlights - Abode of the God-Kings

- ✓ Kathmandu - Explore the riverside temple complex at Pashupatinath and Buddhist Stupa at Bodnath
- ✓ Tsetang - Visit Yumbulagang Palace, the oldest dwelling place of Tibetan kings
- ✓ Samye - Take a ferry across the Tsangpo River to Tibet's first monastery
- ✓ Lhasa - Soak up at atmosphere at the dramatic Potala Palace, Jokhang Temple and Summer Palace
- ✓ Kumbum Stupa - View the famous paintings and sculptures inside this uniquely shaped stupa
- ✓ Tashilumpo - Reflect in the spiritual home of the Panchen Rinpoche.

Trip Essentials

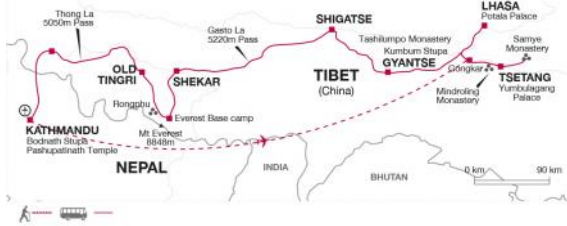
Accommodation: 4 nights Premium Hotel
8 nights Standard Hotel
2 nights Simple Guesthouse

Included Meals: 14 breakfasts, 0 lunches, 2 dinners

Start Point: Join trip: Kathmandu
End Point: Trip ends: Kathmandu
Transport: Bus, Flight, Ferry
Countries: Nepal, China
Minimum Age: From 16 years

Abode Of The God-kings

A spiritual and cultural journey across Tibet, crossing high passes and visiting peaceful monasteries. We visit the Potala Palace, the Dalai Lama's former residence and admire the sculptures of the Palkhor Choide Monastery. We also visit the Tibetan Everest Base Camp in the shadows of the mighty mountain before making our way down the Friendship Highway to Nepal.



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.

Accommodation Grade: 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.

Tour Pace: Full On

These fast paced tours move on quickly from place to place and with lots of early starts and long busy days, they're packed with experiences.

Your trip 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

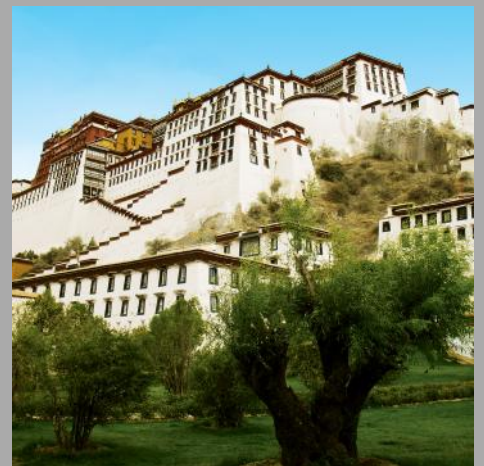
A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand 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 Kathmandu

Today we arrive in Kathmandu and check in to our hotel. After a briefing your Tour Leader will collect the groups passports ready for the permits to enter Tibet to be finalised.

Overnight: **Premium Hotel**
Single Room Available

Swimming Pool Available 



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 **Included Meals:** None

DAY 2 In Kathmandu

After breakfast, we'll make a walking tour visiting the bazaars and temples of Old Kathmandu accompanied by a local Nepali guide. Much of the everyday life of Kathmandu takes place in the local bazaars. There is a fascinating mixture of people selling spices and vegetables; potters spin their wheels to produce small household bowls and containers for temple offerings; pilgrims visit their favourite gods at small shrines dotted along the sides of the alleyways; rickshaw wallahs honk their horns and the ever-present sacred cow wanders among it all. On our second day here, a morning's sightseeing tour includes the Temple of Pashupatinath on the Bagmati river - the holiest Hindu shrine in Nepal - and Bodnath Stupa, the largest in the country and a destination for Buddhist pilgrims from all over Nepal. The afternoons are left free for individual sightseeing. There are a multitude of interesting places within easy reach of the Nepali capital. Perhaps you could take in Swayambunath, the monkey temple (a short taxi ride or about 40 minutes walk from the city centre). And there's also Patan, Nepal's one time capital situated just a short taxi ride from Kathmandu or Bhaktapur, one of the three ancient cities of the Kathmandu valley.

Overnight: **Premium Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 3 Explore Kathmandu

Today we continue exploring Kathmandu.

Overnight: **Premium Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 4 Fly to Gongkar; drive to Tsetang

Today we board a flight from Kathmandu to Gonkar in Tibet enjoying views of the Himalaya and sometimes even Everest piercing the clouds. We should arrive early afternoon local time (Tibet time is 2 1/4hrs ahead of Nepal time). After formalities, we'll drive eastwards to Tsetang. If time and conditions still allow, we'll visit Yumbulagang. Reputedly the oldest dwelling place of the Tibetan kings (5th century), it is erected on the rocky spur of a hill with panoramic views over the entire valley.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 5 In Tsetang; visit Samye Monastery

After breakfast we leave Tsetang and head for the Samye ferry. Crossing the Brahmaputra (Tsangpo) River by flat-bottomed boat is a beautiful journey and an enjoyable experience that takes between an hour and 90 minutes depending on the water level. Finally, we reach Samye Monastery and village, an oasis of willows in a sandy desert. The monastery, designed to mirror the structure of the Buddhist universe, is built as a Mandala around the main shrine. (A mandala is a concentric symbol which represents Buddhist cosmic and individual psychic forces, sometimes expressed as here in threedimensional architectural form). Then we will visit Yumbulagang if not visited the day before. After our visit we return to our hotel in Tsetang for a second night.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 Drive via Mindroling Monastery to Lhasa

Today we drive westwards along a rugged road to Lhasa, the capital of Tibet which lies at an altitude of 3658m, in a bowl-shaped valley - the name means 'Abode of the Gods'. On our way we stop to visit Mindroling Monastery, one of the most important in Central Tibet and the seat of the Nyingma School of Tibetan Buddhism. We arrive in Lhasa in the afternoon and check in at our hotel. This evening, there will be time for a short introductory tour of the Tibetan capital.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 In Lhasa

Our next two days are dedicated to extensive sightseeing of Lhasa. The city's location is spectacular. Set in a ring of bare mountains (snow covered in winter), the valley is cut through by the gushing Kyi Chu (the Happy River), one of the headwaters of the mighty Indian Brahmaputra. For most of the year the sky above Lhasa is a deep intense blue, and the air is crisp and dry. Weeping willows wave over little streams and lakes, and peach trees blossom. Our sightseeing will include the Potala Palace, the former seat of the Dalai Lamas, where the genius of Tibetan architecture finds expression in the glistening white walls that seem to soar directly from every stone and rock face. The present (fourteenth) Dalai Lama, whose title has been carried through the centuries by an unbroken lineage of reincarnations, now lives in exile in India. On one of the days we plan to visit the famous Jokhang Temple, one of the oldest and most sacred shrines in the country and an object of circumambulation by devoted pilgrims. We will also spend time at the Norbulingka, the Dalai Lama's former summer palace. You'll also have free time to stroll around the colourful stalls in the market (Barkhor), or just sit back quietly and observe the noisy and jostling crowds of pilgrims and haggling merchants. We will also visit Ani Tsangkung Nunnery (the only active nunnery in Lhasa) and see the monastic university of Sera where the monks practice philosophical debates which take place in the Monastery garden and Gregorian -style ritual chanting in the assembly halls.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Explore Lhasa

Today we continue exploring Lhasa.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 9 Drive over the Kamba La & Karo La to Gyantse

Today we drive west across the high plains to Gyantse, one of the most beautiful places in Central Tibet. Our route climbs over the spectacular 4790m Kamba La and then follows the Yamdroq (Turquoise) Lake before climbing the 5045m Karo La, or pass. The whole journey to the old town of Gyantse, including stops takes about 5/6 hours. On arrival we will visit the famous Kumbum Stupa (1440), one of the most magnificent buildings in Tibet. Gold-capped with two bewitching eyes painted on its circular upper wall above the ascending symmetrical storeys, it is built in Newari (Nepalese) style. The monastery walls are covered with extraordinary paintings and sculptures.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 10 Visit Pala Manor; drive Shigatse (3890m)

This morning we visit the old feudal manor house of Pala Manor before continuing to Shigatse. In the afternoon we visit the monastic city of Tashilumpo, the largest & most vibrant religious centre in Tibet. As one of the Great Six centres of the Gelugpa Buddhist sect, it's adherents follow the moral & philosophical teachings of the Master Atisha (982-1054). The sacred red buildings topped by gleaming golden roofs form the spiritual home of the Panchen Rinpoche (Great Precious Teacher). We stay in nearby Shigatse for the night. Drive time of approximately 90km (2hrs).

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 11 Drive to Shegar (4350m)

Today we have a long drive along the 'Friendship Highway' to Shegar, also known as New Tingri. We reach a height of 4350m above sea level for our stay tonight.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 12 Visit Everest Base camp; overnight in Old Tingri (4480m)

This morning we leave the main highway behind and drive via the Pang La (5120m) to Everest Base Camp (approx 5150m). En route to Base Camp, we will stop off in Rongphu where we'll have lunch and explore an ancient monastery. Please note: tonight's accommodation will be in a very basic guesthouse which is the only accommodation available here.

Overnight: **Simple Guesthouse**
Single Room Available

 **Included Meals:** Breakfast, Dinner

DAY 13 Drive to Kerung (2800m)

Today we have a long day's drive towards the Nepal border. Heading north up the Dzakar Chu valley on the very bumpy base camp road through villages and terraced mountain sides, we cross Gya-u La (5,090m) from which on a clear day we can see the panoramic views of all the main peaks of the Himalayan range. Rejoining the Friendship Highway for few kilometres, we head west toward to Mt. Shisapangma and Peiguo Tso Lake then to south towards the Kerung, our last nightstop in Tibet, after a drive of approximately 6/7 hours.

Overnight: **Simple Guesthouse**
Single Room Available

 **Included Meals:** Breakfast, Dinner

DAY 14 Drive Kathmandu

We continue our journey today following a series of steep switchbacks to the sub-tropical landscapes of the Nepali border . (Depending upon road conditions and landslides, we may have to walk for several hours on the way down- porters will carry our luggage.). We cross the border before driving on to Kathmandu through the Langtang National Park. (Approximately 7-8hrs drive).

Overnight: **Premium Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 15 Tour ends Kathmandu

Our tour ends this morning after breakfast.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 14 breakfasts, 0 lunches, 2 dinners included in the price of this trip. 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 Trip

You will need some extra money to cover meals and drinks not included in the trip 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.

Nepal

Lunch £: 7.00

Dinner £: 10.00

China

Lunch £: 5.00

Dinner £: 6.00 - 10.00

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.

Nepal

Bottle of Beer £: 3.00

Water £: 0.30

China

Bottle of Beer £: 2.00

Water £: 1.50

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

Bhaktapur - US\$ 35 (minimum 4 people)

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

In this area, tipping is a recognised part of life. Some local staff will look for personal recognition of particular services provided. Accordingly, you should allow £40 for tipping. Your tour leader will account to you for any organised tipping.

Foreign Exchange

Nepal

ATM Availability: Although you may occasionally find cash machines these are very unreliable – do not rely on plastic!

Credit Card Acceptance: Credit cards are not generally accepted except in larger establishments in Kathmandu.

Travellers Cheques: Travellers cheques are not accepted as a valid mode of payment in Nepal.

Local Currency: Nepali Rupee.

Recommended Currency for Exchange: US\$ or GBP.

Where to Exchange: In major cities and towns

China

ATM Availability: All major towns.

Credit Card Acceptance: Most major restaurants and stores.

Travellers Cheques: Travellers cheques can be changed in Hong Kong and at the Bank of China in all major cities but only during bank opening hours. Please note this is very time consuming and is not recommended.

Local Currency: Renminbi/Yuan

Recommended Currency for Exchange: Either EUR, USD or GBP.

Where to Exchange: In all towns - your Tour Leader will advise you on arrival. When changing money ask for a receipt so you can change Yuan back into your own currency when leaving China.

Joining your Trip

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.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

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>.

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.

Travel Aware

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

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

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

Nepal: Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu. A passport sized photograph is essential in order for you to arrange your visa. All Nepalese visas are multiple entry, they are available to cover 3 different durations. The approximate costs on arrival for; a 15 day visa; US\$25, a 30 day; US\$40 and a 90 day visa; US\$100. Please ensure you purchase the duration sufficient to cover your whole visit including days of entry and exit. Please note that these durations refer to each entry into Nepal e.g. 15 days for each entry.

Tibet: A Tibetan Travel Permit (TTP) must be obtained on arrival in Kathmandu and will be processed with the help of our ground agents. You will need to bring one passport photograph with you to apply and will also be required to submit a copy of the photo page of your passport to Explore, prior to departure. Allow \$130, payable in USD for your permit. Note: US Citizens are currently required to pay 216USD and Canadian citizens 210USD. Any passenger with a current Chinese visa for planned future travel should note this will be cancelled on entering Tibet. Any passengers with sensitive occupations, (e.g. media, defence etc.) must contact Explore before departure. Currently holders of any British, EU member state, US, Canadian, Australian or New Zealand passport are eligible for entry into Tibet, subject to approval by the Tibetan authorities. Certain other nationalities have been barred from entry and you should therefore inform Explore of your nationality at time of booking so we can confirm your eligibility. Due to the restrictions in place it is not possible for anyone to leave the group whilst in Tibet, everybody must enter and leave Tibet as a group. It is not unusual for the Tibetan authorities to amend the entry requirements with little or no warning. Should this happen Explore will do all possible to run the tour but in extreme circumstances we may be forced to cancel a tour. All passengers should arrive in Kathmandu on Day 1 of the tour to allow sufficient time for the Tibet Travel Permit to be processed. For customers with multiple passports please note that your Nepalese Visa and the Tibetan Travel Permit MUST be on the same passport.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on **0208 5431846**.

Vaccinations & Protection

Nepal

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, typhoid, tetanus, polio and Japanese encephalitis. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Although not compulsory, travellers may wish to take immunisation against meningococcal meningitis.

China

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, typhoid, tetanus and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may wish to take immunisation against Japanese Encephalitis. 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 Trip

Altitude Description

The altitude of several passes, e.g. Gyatso La (5220m), raises the possibility of altitude sickness. Extreme cases of Acute Mountain Sickness are rare, but if it becomes necessary for someone to abandon the tour in the interests of safety, the tour leaders decision on this is final.

Insurance: Please ensure that your insurance policy covers you to the altitude indicated below in the section entitled 'Medical examination' before you come on tour. If you have Explore insurance, you will be covered to this altitude.

Medical Examination: You should visit your GP and specifically mention the maximum altitude the tour reaches, i.e. 5220m.

Climate

Nepal

Temperatures in the lower altitude regions are extremely pleasant. At Pokhara variations in temperature are very limited: from the coldest recorded of 8°C (46°F) to the highest of 31°C (88°F). The mountains are best admired, with greater air clarity, from October to January, while from February to May the skies may be hazy. Monsoon rains are strongest in June, July and August. The coldest months are December and January.

China

China has primarily a temperate climate, with a wide spectrum of extremes due to its huge area. Summer months are hot and rainy though in the south the climate is tropical and we can experience rain at any time of the year, often falling in sharp tropical rain-storms which are heavy but short lived. Winter is colder and drier, temperatures in Beijing can be as low as -12c.

Clothing

In the Kathmandu Valley, you can wear shorts and a shirt during the day but it can get cool (or cold) in the evening. In Tibet, you'll need a set of warm clothes and a windproof jacket. You may wish to carry a Down Jacket as it will be cold throughout the year in Shegar, Rongbuk and Gyantse. (possible to hire in Kathmandu).

During the day it can be hot and dry in Tibet and humid in Nepal, hence it is recommended to bring light clothing for daytime and warm clothing for evening. Long trousers are preferable, Lycra fittings are not allowed in Nepal/ Tibet.

Equipment

A sheet sleeping bag is useful but not essential for the overnight guesthouse on Day 12 & 13. A torch is useful in case of powercuts/emergencies. You should also bring a sunhat, suncream and a water bottle.

Footwear

Comfortable walking shoes. You should be prepared to walk through wet and muddy terrain in the event of road blockages and landslides.

Luggage: On Tour

One main piece of baggage and a small daysac. It is handy to carry a small daysac during sightseeing excursions.

Luggage allowance on trip: 20kg

General Information

Country details

Nepal

Population: 29,331,000

Size of Country: 147,181 sq km

Major Language: Nepali

Religion: Hinduism

Time Difference to GMT: +5:45

China

Population: 1,339,724,852

Size of Country: 9,640,821 sq km

Major Language: Mandarin

Religion: Mainly Buddhist

Time Difference to GMT: +8

Electric Supply & Plugs

Nepal

2 Pin Round

China

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 & 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, 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.

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

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, 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) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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.

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 2016 and 31st December 2017.

Trip 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 30/05/2017 05:42:07