

EXPLORE!

Tour Notes



Sabah Naturewatch (BN 2015)



TOUR DURATION
10
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Tour Comfort: Standard

tour Code: BN

Tour Highlights - Sabah Naturewatch

- ✓ Kinabatangan River - Cruise the river to see proboscis monkeys and other wildlife
- ✓ Orang-utans - Encounter these fascinating creatures at Sepilok rehabilitation centre
- ✓ Homestay - Village stay in rural Borneo
- ✓ Mt Kinabalu - Climb South East Asia's highest mountain (4095m)
- ✓ Manukan Island - Boat trip to this protected tropical island with pristine beaches, excellent snorkelling and nature trails

Tour Essentials

Accommodation: 4 nights Standard Hotel
1 night Simple Lodge
2 nights Basic Homestay
1 night Simple Cabins
1 night Basic Hostel

Included Meals: 9 breakfasts, 1 lunch, 2 dinners

Start Point: Join tour: Kota Kinabalu

End Point: Tour ends: Berringgis Beach

Transport: Bus, Boat, Flight, Ferry

Countries: Malaysia, Borneo

Sabah Naturewatch

A classic wildlife adventure through Sabah, Borneo's northern wilderness. We visit the orang-utans at feeding time and watch proboscis monkeys swing through the treetops of the rainforest. We also have the chance to trek up mighty Mount Kinabalu, relax in bubbling hot springs and swim in the crystal waters of the South China Sea.



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.

Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

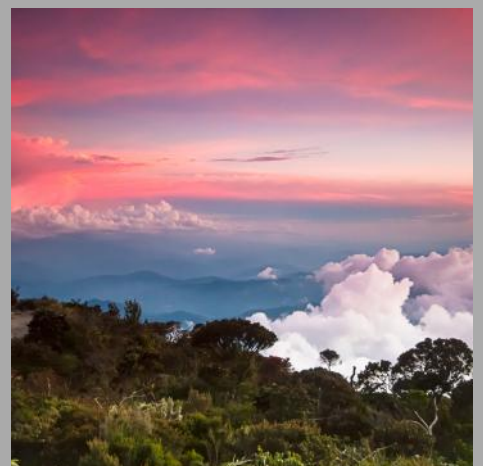
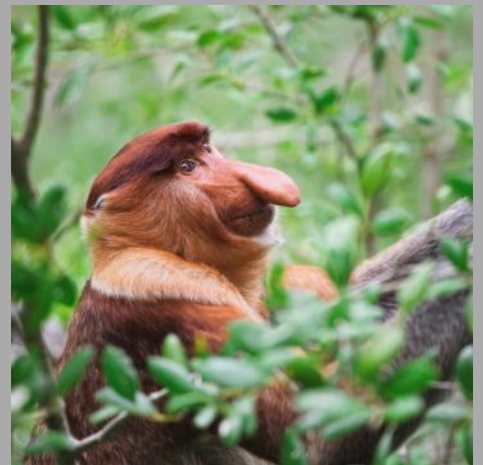
Your tour itinerary

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 Kota Kinabalu

We arrive in Kota Kinabalu and check in to our hotel. Known locally as KK, Kota Kinabalu is a burgeoning city with a blend of Malays, Europeans and Chinese: the result is a unique mixture of architecture, culture, high technology and ancient traditions.



Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Fly to Sandakan; drive to Sepilok and visit the orang-utan rehabilitation centre

This morning we fly to Sandakan on Sabah's east coast from where we make the short drive to Sepilok. Sepilok is home to the largest of the three orang-utan rehabilitation centres in the world. Covering over 4000 hectares of forest, the centre was established in 1964 to rehabilitate captured, injured or abandoned apes. The animals are taught how to make nests and how to survive in their natural habitat. We plan to visit the centre in time for feeding when, along with the permanent members, pregnant mothers who otherwise live in the jungle, often come to supplement their diet and return after the birth of their young. There is a small charge to bring your camera into the sanctuary area. In the evening you will have the opportunity to visit the jungle for an optional night time walk with a ranger.

Overnight: **Simple Lodge**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 3 Visit to Rainforest Discovery Centre or orang-utan centre; drive to Sukau

This morning you can choose to either re-visit the Sepilok Rehabilitation Centre at feeding time or alternatively enjoy a visit to the nearby Rainforest Discovery Centre, where you will learn about the conservation of the rainforest and the myriad animals and plants that rely on this incredible habitat. From the canopy walkway you'll be able to see the beautiful rain forest of Sepilok from up to 28 m above the forest floor! You might even catch a glimpse of the Bornean bristlehead bird, one of the rarest birds in Sabah! Apart from that, there are another 250 species of birds to look out for, including hornbills, pittas, kingfishers and broadbills. Later we continue our journey to Sukau. The freshwater swamp forest around Sukau is home to myriad wildlife such as tree snake and birds such as frogmouth, bulbul and hornbill. Later we continue to Bilit village, a tiny village along the Kinabatangan river where we will spend our next 2 nights as guests in the homes of the villagers. This is a great opportunity to gain a first-hand insight into village life. From the orang sungei tribe, our hosts make their living from fishing in the rivers and lakes of the Kinabatangan. In the late afternoon, we plan to cruise the river by boat, looking out for wildlife. Later in the evening, we plan an evening walk to listen to the sounds of the jungle at night.


Overnight: **Basic Homestay**

 **Included Meals:** Breakfast, Dinner

DAY 4 In Bilit village; visit ox-bow lake

Unlike other areas in Sabah, the Kinabatangan river has remained relatively unaffected by the rapacious logging unfortunately so prevalent elsewhere, mainly because the land is permanently waterlogged and there are few commercially valuable trees there. The river meanders through a flood plain and creates many ox-bow lakes making an ideal environment for wildlife viewing. On our cruise this morning, we may see crocodiles warming themselves in the morning sun and some of the other birdlife such as egret, storm's stork, oriental darter and oriole. Later in the afternoon as the sun starts to go down on our second boat cruise of the day, we hope to spot the long nosed proboscis monkeys which converge on tree tops by the river banks to settle for the night.

Overnight: **Basic Homestay**

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

DAY 5 Drive to Kinabalu National Park via Poring hot springs

Today we head to Kinabalu N.P. stopping off at the Poring Hot Springs, a popular spot with locals. At 450m we are in tropical lowland forest, dense with vegetation and thick bamboo, with a humid misty atmosphere. You can cross a tree top walkway 60m above the forest floor or perhaps you prefer to take a relaxing soak in a hot spring bath, looking out for hornbills, mynah birds and monkeys. The rafflesia grows in the forest - the largest flower in the world, it produces a red bloom over one metre wide which lasts for just one week. Nearby is a butterfly and orchid farm.

Overnight: **Simple Cabins**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 In Kinabalu National Park; walk to Laban Rata (base camp)

This morning we make an early start. We hope to get a good view of Mt Kinabalu which towers over the jungle below before driving to the park entrance and the starting point of the trail at about 1900m. Leaving our main baggage behind at the park headquarters but carrying our daypacks, we trek upwards for 5-6 hours to reach a mountain hostel situated at around 3272m, surrounded by

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magnificent scenery. The lower part of the trek is through dense tropical vegetation and mist shrouded rainforest with giant ferns and luxuriant mosses, a botanist's paradise. Rare orchids and pitcher plants abound. Brightly coloured butterflies are everywhere. The hostel at base camp has common facilities, and there is a canteen where you can buy a simple meal. It is possible to opt out of the trek to Laban Rata base camp and stay an additional night at our pre-trek hotel. Those opting out will be charged an extra night's accommodation (please ask your tour leader for details at the start of the tour).

Overnight: **Basic Hostel**



Included Meals: Breakfast

DAY 7 Summit of Mount Kinabalu; return to Park HQ and drive to Beringgis Beach

The trip to the summit is a hard trek and should only be attempted by those who are very confident about their level of fitness. We rise at approximately 02.30 and trek to the summit for sunrise (about 05.45). We walk in the dark and it is necessary to wear warm clothes and gloves and to carry a torch (head torches are the most practical). The view from the top of Mt Kinabalu (4095m) is exceptionally fine as we watch the sun rising over the misty jungle lowlands. For those who choose not to make the summit ascent, the views from around the base-camp hostel will keep you and your camera occupied until the whole group make the descent on foot and then by truck back to the Park Headquarters. We then drive from the park to Beringgis Beach our base for the following few days.

Overnight: **Standard Hotel**

Single Room Available



Included Meals: Breakfast

DAY 8 Manukan island

Manukan Island is the second largest of the beautiful islands making up the Tunku Abdul Rahman National Park. This paradise island is the ideal place to relax for the day although there is also plenty on offer for the more active traveller. The snorkelling and diving opportunities are excellent, or perhaps take a boat excursion to some of the other islands in the National Park, such as Gaya or Sapi.

Overnight: **Standard Hotel**

Single Room Available



Included Meals: Breakfast

DAY 9 Free day in Beringgis Beach with optional excursions

Today is left free for personal exploration. Optional trips possible include white water rafting, a visit to Kudat at the tip of Borneo including the Rungus tribal village and of course last minute shopping nearby Kota Kinabalu. For your own safety you should be able to swim at least 25m unaided if you wish to participate in white water rafting.

Overnight: **Standard Hotel**

Single Room Available



Included Meals: Breakfast

DAY 10 Tour ends Beringgis Beach

The tour ends this morning after breakfast. Passengers travelling on the group flight back to London usually depart early morning and breakfast is not included at the hotel before departure.



Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 9 breakfasts, 1 lunch, 2 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.

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.

Malaysia

Lunch £: 4.00

Dinner £: 8.00

Borneo

Lunch £: 3.50

Dinner £: 6.00

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.

Malaysia

Bottle of Beer £: 2.00

Water £: 0.80

Borneo

Bottle of Beer £: 3.00

Water £: 0.25

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

Sepilok - Entrance to Sun Bear sanctuary £6.00, camera fees £6.00

Manukan Island - Snorkelling equipment rental £4.00; boat transfer to Gaya or Sapi Islands £8.00

Beringgis - Trip to the tip of Borneo £50.00; Rafting at Kiulu £36.00.

Poring hot springs - Camera fees £3.00

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. 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 £20 for tipping.

Foreign Exchange

Malaysia

ATM Availability: Major towns and cities.

Credit Card Acceptance: In major restaurants.

Travellers Cheques: Major towns and cities.

Local Currency: Malaysian Ringgit.

Recommended Currency for Exchange: GBP or USD.

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

Borneo

ATM Availability: In all major towns.

Credit Card Acceptance: In major restaurants and department stores.

Travellers Cheques: Can be exchanged at international banks in Miri and Kota Kinabalu.

Local Currency: Malaysian Ringgit.

Recommended Currency for Exchange: It's easy to change British pounds and USD into Ringgit once in Borneo

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

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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 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.

We are delighted to include FREE travel insurance **for all qualifying customers** who book an Explore trip from 01 January 2015.

For more information about Travel insurance and to check whether you are eligible to receive free cover, please visit www.explore.co.uk/insurance. Explore Worldwide Ltd are an Appointed Representative of Campbell Irvine Limited, who are authorised and regulated by the Financial Conduct Authority. The registration number can be checked by visiting the the FCA's website www.fca.gov.uk or by contacting them on 0800 111 6768.

Visa Information

Malaysia: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. All passports must have at least 6 months validity after departure from Malaysia.

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.

Vaccinations & Protection

Malaysia

Nothing compulsory, but we recommend protection against malaria, tetanus, infectious hepatitis, typhoid, diphtheria and polio. Consult your travel clinic for latest advice on different prophylaxis available against Malaria. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Borneo

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus, diphtheria, infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria. The above is not an exhaustive list.

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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

The trek to the base-camp of Mount Kinabalu (Laban Rata) is a fairly arduous ascent from about 1900m to 3272m. There are some steep parts and it is tiring due to the elevation. For those who wish to attempt to reach the summit at 4095m we make an early morning rise. You should definitely be in good physical shape to attempt the climb and come well prepared with warm clothing, gloves and good boots as the summit is very cold. Accommodation at Laban Rata is in a hostel and has basic dormitory style accommodation. If you do not wish to climb Mt Kinabalu at all you may prefer to stay a second night in the hotel we use on day 6 at your own expense. Please advise your tour leader on arrival in Borneo should you wish to arrange this.

Altitude Description

As this tour reaches altitudes of 4,095 meters, we strongly recommend that travellers with heart or lung conditions, anaemia, asthma, high blood pressure or on the pill should seek the advice of their GP.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

Climate

Malaysia

Temperatures are uniform throughout the year, with conditions on the coast more humid. Day-time temperatures reach around 31°C and then drop at night to about 23°C. There is no clearly defined wet and dry seasons, though the southwest monsoon (September to November) and the northeast monsoon (November to February) bring rather more rain. On the west coast rain tends to fall mainly in short lived thunderstorms, and the sky clears quite quickly.

Borneo

Temperatures are high all year round, between 23°C at night to 32°C during the day. Borneo is tropical and only lies a few degrees north of the equator. Rainfall can be expected at any time of year though will be greater between November and January. Seasonal weather patterns can be unpredictable. For up-to-date information on the weather worldwide please visit www.bbc.co.uk/weather.

Clothing

Pack essentially for hot conditions as there is year round humidity in the lowlands and take a warm sweater/fleece and windproof/waterproof jacket, gloves and a hat for the Mount Kinabalu trek. Lightweight rainwear/umbrella is essential all year. Plastic ponchos can be purchased locally. Don't forget your swimming costume.

Equipment

Bring a torch (preferably a head torch), a water bottle, insect repellent, suncream and a towel. Binoculars are useful for wildlife viewing. Walking poles are recommended for the Mount Kinabalu trek.

Footwear

Light-weight walking boots are the best for walking in jungle and the Kinabalu trek though expect them to get wet and muddy as we may have to cross some streams. Also bring trainers or canvas shoes for wearing when travelling. Sandals are useful when relaxing.

Luggage: On Tour

One main piece of baggage and a rucksack for the Kinabalu trek (we recommend at least 30 litres capacity). Please note: pack light. The international carrier will usually allow 44lbs/20kg or more and our preferred domestic airline in Borneo also allows 44lbs/20kg. However some domestic airlines allow a maximum of 33lbs/15kg for your checked in luggage and occasionally we may have to use these airlines so we recommend you stick to that limit to avoid excess charges. Remember you are expected to carry your own luggage so don't overload yourselves. Hard suitcases are not suitable.

Luggage allowance on tour: 15Kg

General Information

Country details

Malaysia

Population: 28,334,135

Size of Country: 330,803 km sq

Major Language: Malaysian

Religion: Islam

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Time Difference to GMT: +8

Borneo

Population: 18.59 million

Size of Country: 743,330 km²

Major Language: Malaysian

Religion: Muslim, Christian

Time Difference to GMT: +8

Electric Supply & Plugs

Malaysia

3 Pin Flat

Borneo

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, 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 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: 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 <http://www.explore.co.uk/ResponsibleTourism/>

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety>

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

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

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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