EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

The Lost World (VZ 2016)

WALK & TREK

TOURDURAT
15
DAYS

Tour Style: Classic
Tour Comfort: Simple

Tour Type: Small Groups
Trek Grade: Challenging

tour Code: VZ

Tour Highlights - The Lost World

- ✓ Roraima Hike - Walk up one of the oldest geological structures on earth and enjoy amazing views from the top
- ✓ Angel Falls - From June to December, up the Churun river to within walking distance. From January to May (the dry season) we see them from the air only, as our flight to Kamarata includes spectacular views of Angel Falls (weather permitting)
- ✓ 4-Day Boat Trip - Down the little-travelled Akanan and Carrao rivers by dugout canoe, handled by Kamarata indians

Tour Essentials

Accommodation:	3 nights Standard Hotel 9 nights Simple Camping 2 nights Simple Hotel
Included Meals:	14 breakfasts, 10 lunches, 9 dinners
Start Point:	Join tour: Caracas
End Point:	Tour ends: Caracas Airport
Transport:	Bus, Boat, Flight
Countries:	Venezuela

The Lost World

On this pioneering adventure to Venezuela we travel deep into territory virtually unknown to the outside world. Canoeing to Canaima we discover the awe-inspiring Angel Falls - the world's tallest waterfall. We also trek to the table mountain of Roraima and marvel at the spectacular views of tropical forest and lush grassland, which inspired Arthur Conan Doyle's novel 'The Lost World'.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Simple

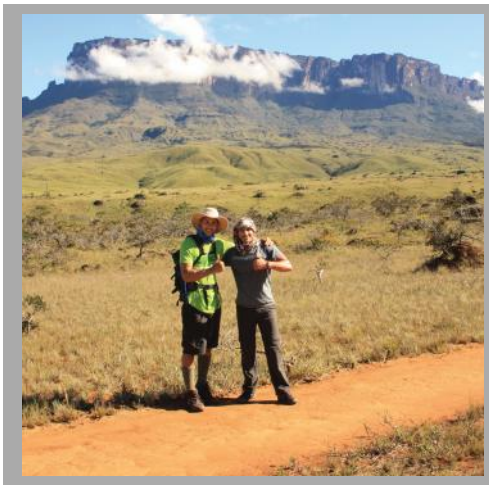
These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, typically with en suite facilities.

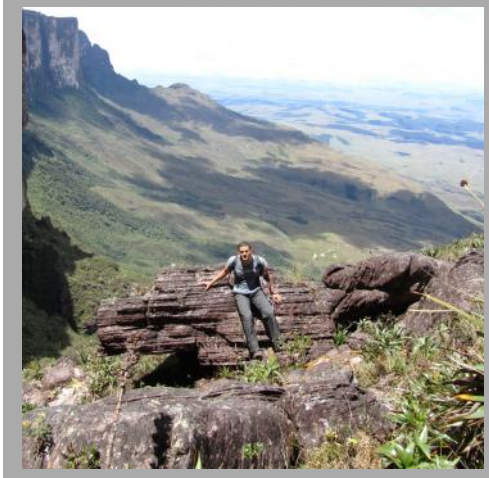
Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek Grade: Challenging

You need to have a good level of fitness and previous trekking experience is recommended. Trekking days are generally longer, challenging and at higher altitudes. Terrain may be difficult and ascents and descents are often demanding.





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 in Caracas

Arrive Caracas and check into hotel.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: None

DAY 2 Drive to Ciudad Bolivar

We leave Caracas and head east through the cacao growing areas of Barlovento, past the criogenic industries of Piritu, then south across the plains, crossing the mighty Orinoco river to arrive in Ciudad Bolivar. Subject to our arrival time, we plan a brief orientation tour of old 'Angostura'.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Travel to Kama

From Cuidad Bolivar we drive for eight hours to Kawe near Kamoiran. Travelling south we pass through the area around El Dorado which is rich in gold. However the legend of the annual ritual when the body of a young Indian male would be entirely covered with gold-dust and sent downriver on a raft laden with offerings of silver, gold and precious stones actually hails from the other side of the Andes. Our route south climbs the escarpment on to the Gran Sabana (Guyana Shield) - so steep and so densely covered by forest that the Indians kept the trail a secret until 1937. We continue to our nightstop at Kama.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 4 Drive to Peraitepui de Roraima; start of trek to Roraima

Today we transfer to San Francisco de Yuruani and change to 4WD vehicles for the drive to Peraitepui de Roraima, the start of our 6 day hike to Mount Roraima. This great table mountain reputedly inspired Conan Doyle's novel and the subsequent film, 'The Lost World'. This hike is graded as strenuous. We employ local porters to carry our food, tents and camping equipment but, as the availability of porters in the village is limited, participants must be prepared to carry their own personal gear (clothing, sleeping bags etc), and appropriate baggage is necessary. Normally, a porter can be hired between two people at an additional cost of £45 per person to carry personal gear (unnecessary gear can be left behind in Santa Elena). We begin our hike today with a walk to our first campsite at Tek. 4-6 hours walk.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Roraima Hike

We trek for a day (3 to 5 hrs), to reach our base camp below the mountain. We then climb to the top of Roraima with marvellous views of the surrounding tepuis (sheer-sided table-topped mountains) and sabana. We camp on the high plateau under rocky overhangs. This ascent of one of the oldest geological structures on earth takes some 3 to 5 hours from our base camp. Some scrambling is necessary as it can be quite slippery underfoot. The summit, considered by the local Indians to be the abode of the gods, is an eerie place with eroded black moss-covered pillars, balancing rocks, ravines, quartz crystals and vast vistas out over sheer walls towards Kukenan Tepui, an adjacent table mountain, from which falls the second highest waterfall in the rainy season. We spend a day exploring the summit to observe the strange rock formations and unique flora. Nearly all the plant life - orchids, bromeliads, carnivorous plants etc - is endemic to the region. When the weather remains clear, the views are magnificent. It may be possible to make a fairly demanding full-day trek via weird rock sculptures, primitive vegetation and unnamed waterfalls to the 'Hito Geografico' (Triple Frontier), a point marking the meeting point of Venezuela, Brazil and Guyana (7-8 hrs round trip). In these parts, insect repellent, long sleeves and trousers are a must, as is warm, waterproof clothing and a hat. Nights are cold at this altitude.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 6 Hiking Roraima

Today we continue climbing to the top of Roraima.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 7 Exploring more of Roraima

Today we continue trekking and exploring more of Roraima.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 8 Trek to Tek River

We continue our trek from the magnificent Roraima back toward the Tek River where will overnight this evening.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 AM trekking, PM Drive Santa Elena de Uarien

It takes us just two days to return from the top of Roraima to the Indian village of Peraitepui where we started our adventure 5 days previously. From here we drive to our rustic accommodation at Santa Elena de Uarien.

Overnight: **Simple Hotel**

Included Meals: Breakfast

DAY 10 Fly and launch to Iwana Meru

We charter a small aircraft and fly northward across the Gran Sabana, with extraordinary panoramas on all sides (during the dry season we extend our flight to fly over the Angel Falls). Arriving at the missionary settlement of Kamarata, we commence our river journey. During the journey we stay in spartan accommodation, sleeping in hammocks with mosquito nets, so be prepared to rough it a bit – the experience is well worth it. Our first nightstop is at Iwana Meru.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 11 Motorised canoe towards Angel Falls

For the next two days we make our way round the imposing flat-topped bulk of Auyantepui by river – a journey relatively few people have experienced. We sleep in hammocks under simple jungle shelters, and facilities are simple. Our skilled Indian boatmen guide their 10m craft through the rapids and whirlpools of the river, whilst all around is virgin forest where brightly coloured birds break the eerie silence with their strident calls. In the wet season, when there is enough water, it is possible to reach a point where we can hike to the base of the Angel Falls. Discovered in 1933 by the pilot-adventurer Jimmy Angel who was searching for gold, the falls are a spectacle of extraordinary beauty as they leap some 975m off the top of the mesa and plunge to the foot of the gorge. The plummeting water vaporizes in mid-air forming a glistening white spray that collects in a pool below. This breath-taking cataract is one of the most amazing sights on the American continent.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 12 Exploring more of Angel Falls area

Today we continue exploring Auyantepui by river.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 13 Launch to Canaima

On our final day on the river, we continue to Canaima, located on a wide stretch of the Carrao river known as Canaima Lagoon. Facing us is the beautiful sweep of the Hacha Falls which continuously pours amber-tinted water (from the tannin leached from the rainforest) into the lagoon. With a backdrop of distant and mysterious tepuis and a foreground of a sandy beach and palm trees, this is a fitting final highlight to our journey of adventure. We also have the chance to visit Salto el Sapo nearby. At this waterfall, it is possible to walk behind the curtain of falling water as it tumbles into the lagoon.

Overnight: **Simple Hotel**

Included Meals: Breakfast, Lunch

DAY 14 Fly to Caracas airport; bus to Caribbean beaches

Today we fly to Caracas and continue to the Caribbean for a chance to swim and relax. One such place is Chichirivichi de la Costa, with its horseshoe shaped, golden sand beach surrounded by coco nut palms and looking out into the Caribbean. Chichirivichi was founded by escaped slaves 150 years ago and now is mainly inhabited by their descendents.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 15 Tour ends Caracas Airport

The tour ends in Caracas airport.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 14 breakfasts, 10 lunches,9 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.

Venezuela

Lunch £: 3.00 - 5.00

Dinner £: 8.00 - 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.

Venezuela

Bottle of Beer £: 1.50

Water £: 0.90

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

Kamarata - Kavak canyon and caves US$ 50.
Canaima - Overflight of Angel Falls (during wet season) US$ 65.
Chichirivichi - Snorkelling equipment US$ 12.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow US$ 70 for tipping.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Foreign Exchange

Venezuela

ATM Availability: Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance: Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques: Travellers Cheques can be awkward or expensive to change.

Local Currency: Venezuelan Bolivar.

Recommended Currency for Exchange: Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US$400-$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where to Exchange: Consult with the TL before changing

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

Venezuela: Citizens from UK, New Zealand, Australia, New Zealand and Canada require a Venezuelan Tourist Card to enter. This is obtained from the consular office or at the check-in desk of the airline you are travelling with and will need to be kept until exit. Other nationalities should consult the relevant consulate.

On March 3 2015, the Venezuelan Embassy in Washington, DC posted updated tourist visa information for U.S. citizens planning travel to Venezuela. All U.S. citizens must have a tourist visa and should plan to apply for a visa three months in advance of travel and expect to pay $30 for a one-year, multiple-entry visa good for a 90 day stay in Venezuela.

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

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

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

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

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

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

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

On the 21st of December 2015 a bill was passed by the US Congress that will no longer allow citizens of the 38 countries (including the UK) which are included in the Visa Waiver Programme - who have either travelled to Iraq, Syria, Iran or Sudan in the past five years or are dual nationals of these states, to travel to the US without having an official visa (the ESTA in these circumstances will not be sufficient).

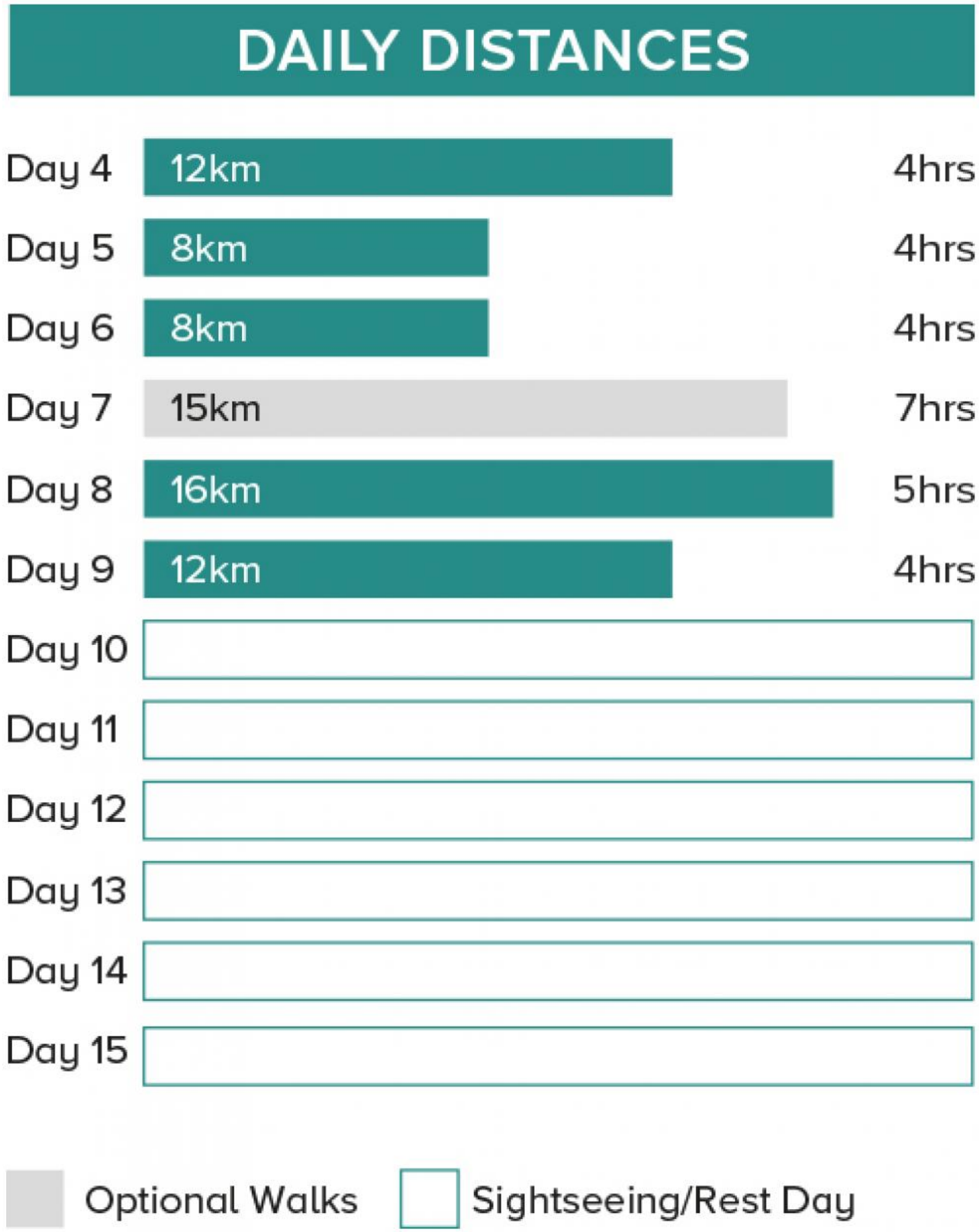
If you have visited one of these countries in the past five years, you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

For further information please check out the US embassy website.
Visa applications - http://london.usembassy.gov/niv/apply.html
Visa Waiver Programme - https://travel.state.gov/content/visas/en/visit/visa-waiver-program.html

Vaccinations & Protection

Venezuela

Nothing compulsory, but we recommend protection against yellow fever, malaria, tetanus, infectious hepatitis, typhoid, and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. 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.



Trekking Details

This is a 6-day trek with about 5-7 hours walking each day. We reach our highest point at the summit of Mount Roraima at 2810m. We have graded this trek as challenging.

Trekking Terrain

To enjoy any trek such as the hike up Roraima on this Lost World Trip, it is essential to be in shape before you arrive. It is not wise to regard a trek as a means of getting into shape or losing excess weight. Start a programme of conditioning well before departure – in

fact as soon as you book – and be aware that short walks on the flat do little to prepare you for the gradients involved on this trek. Running, hill walking and other more active sports are suitable.

Climate

Venezuela

Tropical with little seasonal change in temperature, but great variation with altitude. It can be hot at midday, but cold at night. The rainy season is from June to November. Caracas can be cool at night, especially December to February.

Clothing

Thick sweater/fleece jacket A thick sweater or fleece jacket is necessary as nights can be cold. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

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

Waterproofs Breathable waterproofs made from material such as Goretex not only protects against rain and wind but also stops you from overheating. They 'breathe' and avoid condensation which you will experience from nylon waterproofs.

Shorts Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold and to protect against sand flies in the morning and early evening.

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

Long Trousers For everyday walking, light cotton trousers are the most suitable. These help protect from sunburn and the cold and also from sand flies. Jeans are not recommended as they are often difficult to walk in over longer distances and are cumbersome when wet.

Swimming costume

Equipment

The following equipment is provided by Explore once you are on the trek:
2-man tents.
All cooking and kitchen gear.

We ask you to bring:

Trekking poles

Sleeping Bag This may be down or synthetic, and should be 2/3-season. A cotton liner helps to keep your bag clean and can be used to sleep in if hot. 2 season (temperature 0°C to 5°C), 3 season (temperature –5°C to 0°C).

Sleeping Mat or Thermarest A good quality sleeping mat or a thermarest is essential and is NOT available locally. Bring your own.

Water Bottle Water during the hike must never be considered as drinkable. Take a 2 litre personal water bottle.

Water Purifying Tablets. If you dislike the taste of sterilised water, it is a good idea to add some powdered fruit juice. Also energy snacks including chocolate and sweets are recommended whilst on trek.

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

Sun Hat, High Factor Sun Cream/Block and Lipsalve Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun. A combination sunblock/ lipsalve is ideal for facial protection.

Torch/Batteries A small torch is essential for finding things at night etc. Often a head torch is useful. Remember to bring some spare batteries.

Travel Towel Useful – fast drying and compact.

Toiletries Try to keep heavy cosmetics to a minimum. Essentials are toothbrush/paste, soap, small towel, toilet roll, small nail brush. 'Wet Wipes' are great for a quick clean up, so bring a pack of those (nonperfumed to avoid rashes). Due to the environmentally sensitive areas we visit, bio-degradable soap is recommended. Insect repellent is essential in the jungle though mosquito nets are provided. Bring 50-100% deet.

Footwear

Trainers or Trekking sandals Useful around camp, in towns, when travelling and for river crossings on trek.

Walking Boots Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes etc simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex or leather boots. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops which are simply cheap trainers with a higher canvas side sewn on – they give little

support. Above all, your boots must be well broken in and comfortable. We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable.

Luggage: On Tour

You will need 3 bags for this trip. Before starting the Roraima hike, there is plenty of time to re-sort luggage into what you need on trek and what can be left behind in Santa Elena . Advice on how to pack will also be given at the trek briefing. You will also need a rucksack - minimum capacity 50 litres. This needs to be large enough to carry everything you need (essentials only) on the Roraima hike – including your sleeping bag. You must be able to carry this yourself unless you wish to hire a porter. The rest of your luggage will be forwarded by road to the start of the river journey in Kamarata. Please also note that due to several river crossings during the trek – this bag will get wet, so remember to pack plastic bags (bin liners are ideal) to keep the contents dry!

It is also suggested you bring a small rucksack/daypack - If you choose to hire a porter, you will not have access to your rucksack during the course of a trekking day. Therefore you will need a daypack that is large enough to carry items such as your water bottle, camera, sun cream, packed lunch etc. Camera equipment can be heavy so think carefully when deciding what to take. Other optional items might be binoculars, a diary or a book to read at lunch time.

Luggage allowance on tour: 15Kg

General Information

Country details

Venezuela

Population: 29,106,632

Size of Country: 916,445 sq km

Major Language: Spanish

Religion: 92% Roman Catholic

Time Difference to GMT: -5

Electric Supply & Plugs

Venezuela

2 Pin Flat

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, 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, 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, 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 2016 and 31st December 2017.

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: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

These tour notes were printed on 01/05/2016 18:53:38