

# EXPLORE!

## TRIP NOTES



### Walks and Wine Tasting in Spain and Portugal (MWW 2017)



TRIPDURATION  
**12**  
DAYS



**Tour Style:** Classic  
**Accommodation**  
**Grade:** Standard

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

**Trip Code:** MWW

#### Trip Highlights - Walks and Wine Tasting in Spain and Portugal

- ✓ Segovia - UNESCO World Heritage city and easy walks in nearby Guadarrama National Park
- ✓ Penafiel - Wine tasting in a picturesque medieval hilltop town
- ✓ Zamora Region - Great wine and Romanesque architecture
- ✓ Lamego - Magnificent views with great food and wine in a charming architectural gem of a village
- ✓ Porto - UNESCO World Heritage city famous for its port wine

#### Trip Essentials

**Accommodation:** 10 nights Standard Hotel  
1 night Premium Hotel

**Included Meals:** 11 breakfasts, 0 lunches, 0 dinners

**Start Point:** Join trip: Madrid  
**End Point:** Trip ends: Porto

**Maximum Altitude on Trek (m):** 1350

**Transport:** Bus, Boat, Taxi

**Countries:** Spain, Portugal

## Walks and Wine Tasting in Spain and Portugal

This unique two country tour provides a fascinating journey from Madrid to Porto through the Ribera del Duero region of Spain and the Douro wine lands of Portugal. We sample regional vintages at local bodegas and enjoy the countryside exploring national parks and river gorges. Along the way we find beautiful historic cities full of culture along with picturesque villages. Ideal for those who enjoy wine, culture and easy countryside walks, this journey ventures off the beaten track and showcases a less visited part of Europe.

### Why Book this trip

Ideal for those who enjoy wine, culture and easy countryside walks this journey from Madrid to Porto ventures deep into wine country in both Spain and Portugal, getting off the beaten track whilst showcasing a less visited part of Europe.



### 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.

### Trek Grade: Easy

Suitable for most people in good health, these easy walks are predominantly on good paths, at low altitude and on undemanding terrain. Previous walking or trekking experience is not necessary.

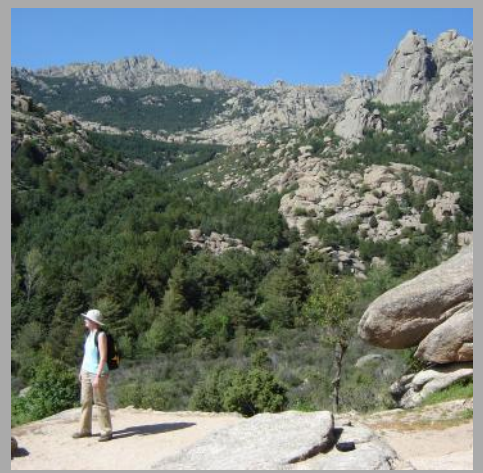
## Your trip itinerary

### 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 in Madrid

Join trip at the hotel in Madrid. The rest of the day is free to relax or see some of the city. Please note that the included free of charge airport transfer will depart from Terminal 1 of Madrid airport. If you arrive into other terminals, details of how to make your way to this terminal will be detailed in your final documentation.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** None

## DAY 2 Walking tour of Madrid

This morning we head out for an orientation walk of Spain's busy capital city and the third largest city in the European Union after London and Berlin. Located on the Manzanares River, Madrid has its share of historic sights, great architecture, nightlife, fine dining, culture and shopping. The afternoon is left free to enjoy this lively capital.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 3 Walk in Guadarrama National Park; explore Segovia

This morning we leave Madrid behind as we head north to Segovia. After an hour and a quarter we arrive at the village of Manzanares el Real, and the start of our walk into the Guadarrama National Park. This area of natural beauty is best known for the unusual granite rock formations of La Pedriza. Vegetation is sparse, however for rock-climbers it is a haven, as well as being a breeding colony for Griffon Vultures, which with a bit of luck we will spot on our walk. We continue by road for another hour until we reach the stunning UNESCO world heritage historic city of Segovia, with its huge 1st century Roman Aqueduct and Disney-like Alcazar Fortress. We have free time to explore on arrival. (3 hours walking, 10km +/-300m)

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 4 Walk through canyon lands of Duraton River valley; drive to Penafiel

Late morning we drive around forty-five minutes to the spectacular limestone canyon lands of Duraton River Natural Park, and take a walk along the gorge to the charming medieval town of Sepulveda. We continue on to Penafiel, right in the heart of the Ribera de Duero wine region. The Ribera de Duero is one of several recognized wine producing regions along the Duero River. The region produces red wine from the Tempranillo grape. (3 hours walking, 12km +/-100m)

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 5 Free morning in Penafiel; wine tasting in afternoon

This morning has been left free in Penafiel for time to stroll through the medieval town centre with its square once used for bullfights or walk up to the Penafiel Castle. The land under the town is full of excavated caves traditionally used to store wine. You will be able to spot the chimney vents that dot the landscape. In the afternoon we enjoy a wine tasting at the Protos Bodega, one of Spain's most innovative wineries.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 6 Wine tasting in El Toro; visit the city of Zamora

This morning we drive around an hour and a half hour to El Toro in the province of Zamora, another top notch wine producing region on the Duero River. We will stop for wine tasting in the village, before continuing on to the city of Zamora for lunchtime. This delightful city is a real architectural gem and home to the most Romanesque churches in Europe. In the afternoon we will continue on the

Portuguese border, to our home for the next three nights - the medieval hilltop village of Fermoselle, right in the heart of the Arribes del Duero Natural Park. Fermoselle dates back to pre-Roman times and with its own micro-climate, a landscape similar to that of Tuscany in Italy, its narrow cobbled streets, rustic stone houses and, most importantly, delicious wines - it is a very pleasant place to stay!

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 7 Walk in Arribes del Duero Natural Park; wine tasting in Fermoselle

This morning we head into the Arribes del Duero Natural Park for a walk through its spectacular countryside. This afternoon we have a wine tasting in a local bodega, dug into the rock - one of around 900 granite bodega caves dating back to ancient times when wine production was large scale business in the area. (3 hours walking, 10km, +/-250m)

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 8 Walk to Fornillos; boat trip on Duero River

After breakfast we walk from the village through woodland and oak forest to the small village of Fornillos, where we have the opportunity to try local farmhouse cheese. We then drive to Miranda do Douro in Portugal for a walk around the historic centre followed by a boat trip into the spectacular gorge of the Duero River. Afterwards we drive back to Fermoselle. (4 hours walking, 12km, +/-150m)

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 9 Local train along Douro Valley; walk in Lamego village surrounds

Today we drive two hours into Portugal, to the village of Pocinhos, from where we board the local train for a two and a half hour journey along the Douro Valley to Peso da Regua. A short taxi ride uphill then brings us to the beautiful Renaissance and Baroque village of Lamego. We have time to walk around the historic centre and there is the option to see the famous Nossa Senhora de Remdios church, before taking a short walk in the surrounding area before dinnertime. (1.5 hours walking, +/-150m)

Overnight: **Premium Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 10 Visit Mateus Palace in Vila Real; walking tour and wine tasting in Porto

Today we drive to Vila Real and stop to visit the famous Mateus Palace; a stunning 18th century Baroque Palace with elegant manicured gardens. From here we drive to Porto. This afternoon we take an orientation walk in the town centre and enjoy a wine tasting at the Sandeman Bodega.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 11 Free day in Porto

Today has been left free to enjoy this lovely riverside city and its sights. Porto is Portugal's second largest city after Lisbon, and offers visitors a range of architectural and cultural attractions, such as the Palacio da Bolsa, with its spectacular Alhambra-like interior, a charismatic medieval quarter and the monumental central avenue, Avenida do Aliados.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 12 Tour ends Porto

Tour ends after breakfast. If you are staying on there is plenty to see and do, as well as plenty of wine to taste!

## Accommodation and Meals

### Food & Drink

Included meals: 11 breakfasts, 0 lunches, 0 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.

#### Spain

**Lunch £:** 6.00 - 10.00

**Dinner £:** 12.00 - 16.00

#### Portugal

**Lunch £:** 10.00 - 12.00

**Dinner £:** 15.00

### 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.

#### Spain

**Bottle of Beer £:** 1.50 - 2.50 (depending on the region/area in Spain)

**Water £:** 1.40

#### Portugal

**Bottle of Beer £:** 2.00 - 3.00 depending on your location, well touristed areas are usually slightly more expensive.

**Water £:** 1.40

### 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

Additional wine tasting in Panafiel from €8pp

Boat trip on Douro River in Porto from €10pp

### Tipping - Tour Leader

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

### Tipping - Local Crew

Local Crew: Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, we recommend approximately 15€ per person for tipping. 10% is recommended at meal times.

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## Foreign Exchange

### Spain

**ATM Availability:** In cities and most major towns.

**Credit Card Acceptance:** Visa and Mastercard are generally accepted in larger restaurants and some shops.

**Travellers Cheques:** Not recommended.

**Local Currency:** Euros

**Recommended Currency for Exchange:** We recommend you take the majority of your spending money in Euros cash.

**Where to Exchange:** We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

### Portugal

**ATM Availability:** Cash-point machines are available in all major towns. Bankcards with the Cirrus logo are accepted.

**Credit Card Acceptance:** Visa and Mastercard are generally accepted in larger restaurants and some shops.

**Travellers Cheques:** Travellers cheques can be exchanged in all major towns but are not recommended due to the high rate of commission.

**Local Currency:** Euro.

**Recommended Currency for Exchange:** Take the majority of your spending money in Euros cash.

**Where to Exchange:** We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

## 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](http://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](http://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](http://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](mailto: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

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

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](http://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

### Spain

Nothing compulsory but Tetanus is usually recommended as a precaution. 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. Vaccination requirements are subject to change and should be confirmed before departure.

### Portugal

Nothing compulsory but Tetanus is usually recommended as a precaution. 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. Vaccination requirements are subject to change and should be confirmed before departure.



## Preparing for your Trip

### DAILY DISTANCES

Day 3	10km	3hrs
Day 4	10km	3hrs
Day 5		
Day 6		
Day 7	10km	3hrs
Day 8	13km	4hrs
Day 9	4km	1.5hrs

### Maximum Altitude on Trek (m)

1350

### Trekking Details

There are included walks on five days. The walks are between 1.5 to 3 hours and the terrain is gently undulating. We have graded this tour as easy.

### Climate

#### Spain

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

#### Portugal

Overall, spring, early summer and autumn are ideal times for a trip to Portugal - though the weather varies enormously from region to region. The northern high plains has both extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. The islands have very different weather patterns due to their positioning and can have sudden rain falls throughout the year so waterproofs are recommended even in the summer.

### Equipment

We also recommend taking a water bottle, insect repellent, and sun cream. You may find a walking pole useful.

### Footwear

Walking/hiking boots with good ankle support, trainers and/or sandals for travelling and general wear.

### Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself. Luggage allowance on trip: 20kg

## General Information

### Country details

#### Spain

**Population:** 46,030,109

**Size of Country:** 504,782 sq km

**Major Language:** Castilian Spanish, Catalan, Galician, Basque

**Religion:** Roman Catholic

**Time Difference to GMT:** +1



## Portugal

**Population:** 10,647,763

**Size of Country:** 92,090 sq km

**Major Language:** Portuguese

**Religion:** Roman Catholic

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## Electric Supply & Plugs

### Spain

2 Pin Round

### Portugal

2 Pin Round

## Why Choose Explore

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

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, 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.

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### 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.

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### 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](http://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.

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## Reserving your place

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

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

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## 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

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## 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 22/07/2017 02:58:06

