

EXPLORE!

TRIP NOTES



Canal du Midi (CCM 2018)



TRIPDURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Small Groups
Cycling Grade: Easy

Trip Code: CCM

Trip Highlights - Canal du Midi

- ✓ Canal du Midi - Cycle alongside one of the greatest works of civil engineering of the 17th century
- ✓ Béziers and Narbonne - Explore these fascinating medieval cities and their local markets
- ✓ Cathar Castles - Ride through the picturesque landscapes and historic villages of the Languedoc Region or up to the castles of Lastours
- ✓ Carcassonne - Discover this fascinating and impressively preserved walled fortress
- ✓ Local wines and cuisine - Enjoy sampling regional delicacies and sampling the excellent local wines

Trip Essentials

Accommodation: 7 nights Standard Hotel
Included Meals: 7 breakfasts, 0 lunches, 0 dinners
Start Point: Join trip: Carcassonne Airport
End Point: Trip ends: Carcassonne
Included Bike: 21 gear RTE 520 hybrid bikes
Transport: Train, Bicycle
Countries: France

Canal Du Midi

Cycling some of the tree-lined path along the Canal du Midi, this trip leads us from ancient roman cities to the Mediterranean coast. Ride through the natural beauty of the Corbières region and absorb the rich history of this region from the 12th century cathedral in Narbonne to the medieval fortress town of Carcassonne.

Why Book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

Cycling Information

On this trip we cycle 228 km over six days (an average of 38 km per day) with further optional rides available. Two of the cycling days are circular routes and therefore optional. We travel mainly on canal towpaths and country roads, on flat or gently undulating terrain. Maps are provided to cycle individually or in groups while the Explore Leader drives the support vehicle, except on circular routes when the Explore Leader will cycle with the group. We have graded the route as easy.



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.

Cycling Grade: Easy

Suitable for cyclists who enjoy easy and relatively short rides on flat or gently undulating terrain. Ideal if you simply want to explore a region by bike at a relaxed pace.

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

An Explore Leader is an integral part of any Explore trip and your trip will be led by one of our experienced Explore Leaders who have been handpicked and expertly trained. We believe that our Explore Leaders are the key to the success of our trips;



they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Explore Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this trip fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join trip Carcassonne Airport

We join our trip at Carcassonne airport where you are met by a local representative then drive to historic Béziers where you are met by your Explore Leader. Situated at the heart of a huge wine growing area, it has a colourful and fascinating history. The Gothic cathedral sits high above the canal on the site of the Romanesque building destroyed by the Crusaders' fires against the Cathars. The old centre is crisscrossed by narrow streets offering some great views over the Orb Valley, whilst in the distance the hills of the Cevennes rise up to form the start of the Massif Central. The town is also famous for its Poutous- a delicious treat made from honey, Bitterois- a cake made from almonds as well as some fine regional wines and chocolate. There will be a short briefing to introduce you to the itinerary for the days ahead. If you wish to drive to the start of the trip please ask us for parking details.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Optional ride to Valras Plage, circular route back to Beziers

After becoming acquainted with our bicycles, we cycle out along the Canal du Midi, crossing the River Orb by aqueduct. The Canal's 99 locks and 130 bridges constitute an engineering marvel and its tree-lined tranquil beauty affords us an ideal opportunity to explore the delightful countryside of this part of south-west France. Connecting old trade routes between Languedoc and Aquitaine, the canal was the brainchild of Pierre-Paul Riquet, a 17th century noble whose persistence and fortitude convinced both Louis XIV and his First Minister, Colbert, of the merits of linking the Atlantic with the Mediterranean. The project was begun in 1667 and took some 14 years to complete, eventually carving a trail some 240km in length, from the River Garonne to Agde on the Mediterranean coast. Unfortunately for Monsieur Riquet he died just six months short of the canal's completion, so never actually saw what came to be known as 'Riquet's Ditch' finished. River traffic brought immense prosperity to the towns along its course, until the arrival of the Sète-Bordeaux railway in 1857, which all but saw an end to the commercial importance of the canal. Following a route over the nearby hills we ride away from the canal through the undulating landscape and quiet country roads to Valras Plage. Here there is time for a leisurely lunch and the chance to relax on the seaside beach or take a swim before heading inland again to join the canal path back to Béziers for our second night. Our total cycling distance today is approximately 45 kilometres (Total 166 metres ascent and 164 meters descent)

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Cycle south along waterways and country lanes; ride to Narbonne

Leaving Béziers behind this morning we ride south along the course of the waterway, passing the famous nine locks at Fonsèranes. The locks comprise of eight water basins that extend 300m up a slope of 21.5m, a spectacular feat of civil engineering. There is an opportunity to visit ancient field structures at Montady, where you can get some stunning views across the Béziers plain and the Malpas tunnel. Measuring 173m in length the tunnel was dug below the Colline de Montady in just six days. This was the first tunnel of its kind to be used for the access of canal traffic. From here we turn away from the canal for a short time, taking a route that passes through a rural landscape of traditional village life, to the city of Narbonne, our final destination for today. Our total cycling distance today is approximately 35 kilometres (Total 89 metres ascent and 140 meters descent)

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 Free day or optional circular cycle route via Gruissan back to Narbonne

Today has been left free to explore Narbonne and its surroundings with optional rides on the flat or hillier terrain should you wish. There are options to cycle from Narbonne to either Narbonne Plage or Gruissan via the Canal de la Robine, past the sea lagoons and along the coastline. Closer to home, you can explore the city itself. Formerly the capital of Rome's first settlement in Gaul, Narbonne was once a thriving port and a major centre of commercial enterprise and communication during the middle ages until plague, the English and the silting up of the harbour saw an end to its importance and prosperity during the 14th century. Today its restored medieval quarter and dominating cathedral choir makes it an interesting place to soak up something of the atmosphere of its halcyon days and learn a little of the fascinating history of this region. Our total cycling distance today is approximately 30 kilometres (Total 7 metres ascent and 8 meters descent) or 46 kilometres (Total 98 metres ascent and 98 meters descent) depending on which route taken.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 5 Free day or optional circular cycle route via Fontfroide back to Narbonne

Our optional cycle heads south along the coast and takes in the sea lagoons of Bages and Peyriac. Here we may be able to view some of the birdlife that inhabit the lagoons including the seasonal flamingos, before taking a rest stop in Peyriac village. From here there is an option to climb over the hills on off road tracks to the Abbey of Fontfroide, a beautifully restored 12th century Romanesque structure that boasts some lovely cloisters, as well as a spectacular rose garden. The abbey survived the Cathar Wars, the Black Death and the Revolution and it was only the death of the last abbot at the end of the 19th century and the introduction of laws ending monastic communities that finally saw the monastery close. Extensive restoration has seen the buildings restored to something of their former glory, and with an optional guided tour you can see some spectacular stained glass, intricate reliefs and wall paintings which enhance the former quarters of the monks. Continuing our ride, we rejoin the Canal de Robine, another of Paul Riquet's projects, connecting the southern end of the Canal du Midi with the sea. We follow part of its delightful tree-lined course this afternoon as we return to Narbonne. Our total cycling distance today is approximately 56 kilometres (Total 301 metres ascent and 310 meters descent)

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 Cycle the vineyards, farms and towpaths; ride to Carcassonne

After a short train ride this morning to the wine producing town of Lézignan Corbières, our route brings us to one of the region's most visually spectacular settings, the walled fortress of Carcassonne. Once one of the most important and powerful cities in the south, before the all-consuming Albigensian Crusade against the Cathars saw the town fall to the notorious onslaught of the forces of Simon de Montfort. Our ride takes us along the towpath of the Canal du Midi, via a patchwork landscape of vineyards, farms and attractive villages. On the way, we pass the interesting Ecluse de L'Aiguille where the imaginative lock keeper has created some delightfully humorous sculptures from recycled wood and metal. We then finish the day's ride following the waterway into Carcassonne. Our total cycling distance today is approximately 55 kilometres (Total 123 metres ascent and 72 meters descent)

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 View the walled fortress of Carcassonne; cycle locally

Our final day's riding allows the option to do as much or as little as you want. There are a number of optional rides out from Carcassonne, with a chance to cycle along the canal towards Bram and Villepinte and visit the red-roofed streets of these attractive towns, or perhaps take a more energetic option and head into the surrounding hills to visit the old Cathar castle of Chateaux de Lastours, nestling amongst the wild lands of the Orbier Valley. Actually consisting of four defensive fortresses these are the northernmost citadels of the Cathars, built to protect the route between Carcassonne and Mazamet. Dominating the landscape of scrub, cypress and wildflowers that blanket the river valleys, these ancient keeps present a majestic and poignant reminder of a time when upheaval and religious intolerance blighted this tranquil countryside. Of course you may decide to explore the delights of Carcassonne itself, immersing yourself amongst its medieval remains and enjoying the unique delights of what is surely one of the most perfectly preserved towns of its kind anywhere in France. The city holds a wealth of delights, from the twin towers of the Porte Narbonnaise, to the spectacular Chateau Comtal in the heart of La Cite, whilst at the Basilique St-Nazaire you can find samples of some of the best medieval stained glass in the Midi. Our total cycling distance today is approximately 35 kilometres (Total 350 metres ascent and 349 meters descent) or 70 kilometres (Total 104 metres ascent and 105 meters descent) depending on which route taken.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Trip ends Carcassonne

The trip ends in Carcassonne after breakfast.

 **Included Meals:** Breakfast

Accommodation and Meals

Accommodation Notes

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.

EXPLORE! Share your experiences with us



Food & Drink

Included meals: 7 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.

France

Lunch £: 11.00

Dinner £: 16.00 - 18.00

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.

France

Bottle of Beer £: 4.00

Water £: 1.30

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

N/A

Tipping - Tour Leader

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

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

Foreign Exchange

France

ATM Availability: In cities and most major towns

Credit Card Acceptance: In major restaurants (make sure you have informed your credit card company that you are travelling abroad as some companies will reject payments)

Travellers Cheques: Travellers Cheques are no longer commonly accepted and can only be changed in larger airports with a Bureau de Change.

Local Currency: Euro

Recommended Currency for Exchange: Pounds Sterling and US Dollars can only be changed in larger airports with a Bureau de Change. Please change currency into Euros prior to arriving in France.

Where to Exchange: Bureau de Change can only be found in major cities and large airports. Many French banks no longer exchange Foreign currency.

Joining your Trip

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

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

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

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

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



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

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

Travel Aware

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

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

Under 18 immigration guidance

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

Visa Information

France: Visas are not required by UK, EU, 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 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

France

Nothing compulsory. Tetanus recommended. 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.

Preparing for your Trip

DAILY DISTANCES

Day 2		45km
Day 3		35km
Day 4		33/56km
Day 5		56km
Day 6		55km
Day 7		35/70km

 Optional Rides

Bike Details

Your included bike is a 21 gear RTE 520 hybrid and will be the correct frame size for your height. Women's frames are available, but are limited in number and size - please request at time of booking. A 16-litre pannier and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle carries the luggage from point to point and is driven by the Explore Leader. Maps are provided to cycle individually or as a group. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Climate

France

Across France, from April - August, weather conditions are generally warm and pleasant with moderate rainfall; Autumn temperatures are a bit lower and the winter months (though colder) remain mild. The summer months on the Mediterranean Coast in the south tend to be warmer than the rest of France and have less rainfall, and also more mild winters; freezing conditions are nearly unheard of. The mountainous areas of the Alps, Juros and Pyrenees can be quite different. During summer the morning and evening temperatures are considerably cooler and it becomes much colder in winter with heavy snowfall. Western France, along the English Channel, there can be very strong winds and frequent rain during the winter months Nov - Apr. Wine harvesting takes place in late August/early September.

Clothing

Pack essentially for hot weather. During the day you can expect to live in T-shirts and shorts, but you may wish to bring smart casual wear for the evenings. Bring a warm fleece for cool evenings and raingear for occasional rain. May, June and September may be slightly cooler. Please note that French health regulations require that men wear 'proper' (Lycra) swimming trunks in pools and not shorts.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage: On Tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike. Remember, you are expected to carry your own luggage - don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

France

Population: 65,821,885

Size of Country: 674,843 sq km

Major Language: French

Religion: Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

France

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.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

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

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

Reserving your place

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

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

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

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2018 itinerary versions are applicable to tours departing in 2018. 2019/20 itinerary versions are applicable to tours departing from 1st January to 31st December 2019.

These trip notes were printed on 21/09/2017 17:25:29

