

EXPLORE!

TRIP NOTES



Heart of Cambodia (CD 2017)



TRIPDURATION
13
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: CD

Trip Highlights - Heart of Cambodia

- ✓ Phnom Penh - Learn about the dark history of the Khmer Rouge in Cambodia's buzzing capital
- ✓ Kep - Sleepy coastal town famous for its delicious seafood
- ✓ Kratie - Cruise to spot the rare and endangered Irrawaddy freshwater dolphins
- ✓ Skuon - Nibble on a deep fried tarantula
- ✓ Siem Reap - Gateway to the iconic and awe-inspiring Khmer temple complex of Angkor

Trip Essentials

Accommodation: 10 nights Standard Hotel
1 night Simple Hotel
1 night Hotel

Included Meals: 12 breakfasts, 0 lunches, 0 dinners

Start Point: Join trip: Phnom Penh
End Point: Trip ends: Siem Reap
Transport: Bus, Boat
Countries: Cambodia

Heart Of Cambodia

An exploratory trip that delves deep into Cambodia - a little visited but hugely rewarding country. We discover its traditional villages dotted around the beautiful countryside and travel deep into the jungle to discover the ancient temple city of Angkor. We also take a boat trip in search of the rare Irrawaddy dolphin and sample delicious local cuisine on Rabbit Island.

Why Book this trip

This in depth tour not only showcases the iconic Angkor Temples and the capital city of Phnom Penh, but also takes you out into the provinces in search of fresh water dolphins, and down to the tropical coast on the Gulf of Thailand. This adventure holiday give you the opportunity to not only see Cambodia's main highlights but really get under the skin of the destination and sample some local specialities such as Kampot Pepper Crab or deep fried Tarantula!

Suitability

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

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

Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

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

Tour Pace: Moderate

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



Your 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.

DAY 1 Join tour in Phnom Penh; afternoon sightseeing

Arrive in Phnom Penh and check-in at the hotel. Located on the Mekong River the city has been the capital since 1440s. It is now a lively city with many French colonial buildings, busy markets, art galleries, temples and museums. This afternoon we'll enjoy a guided visit to the National Museum, which houses some of the best works of art rescued from Angkor, along with an exciting 'remork' (tuk tuk) trip to Wat Phnom temple.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 In Phnom Penh, journey by boat and bus to French colonial Kampot

This morning we head south from the capital and stop at the town of Takeo and board our speedboats. Phnom Da is spectacular in its remoteness, a small hilltop with the main shrine overlooking the flooded plains below. Sometimes during dry season (Mar- Apr), when the water levels are low, it may not be possible to visit Phnom Da. We pass through a pre Angkorian system of canals that spreads right up to the Vietnam border. Hundreds of kilometres of canals were dug out around the 8th century and provided water to the Funan Kingdom. Before reaching the sight, we stop at the small museum in the old capital Angkor Borei exhibiting a few of the uncovered finds from this pre-angkorian era. Returning by boat to Takeo we continue south by bus for about 2hrs to Kampot town.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Travel by local transport through countryside to coastal Kep

In the morning we swap our bus for rural 'remorques'; a peculiar local form of transport based on a cart pulled by a motorbike. We spend the morning travelling through the fascinating countryside, observing typical Cambodian scenes on our journey, to Phnom Chnork Prassat. Our presence in this little visited area never fails to amuse the friendly locals! We then continue a short distance by bus to Kep in time to enjoy sunset in this small seaside town.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 In Kep; day trip to explore Rabbit Island

Today we head out by boat to the small island Ko Tonsay, or Rabbit Island as it is commonly known. Located just 3 miles off shore from Kep, it is a small and peaceful island with a fishing hamlet, a handful of low scale tourist developments and two sand beaches. The sea here is shallow and has a long slope, making it excellent for swimming. We spend our time exploring the island by foot, just 2km square, relaxing and swimming. Kep Crab with Kampot pepper is a local speciality and we recommend trying it at one of the local seafood restaurants. Rick Stein featured one of these shack restaurants and the marvellous food it produces on TV. We return to Kep by boat in the late afternoon.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 5 Drive to Phnom Penh; visit Tuol Sleng Genocide Museum and the 'Killing Fields'

After an early departure we leave the coast behind and head back to Phnom Penh. En route to the city we stop at the 'Killing Fields' of Choeung Ek (the memorial stupa is a huge glass tower filled with human skulls - a sombre reminder of the scale of Pol Pot's atrocities). We'll also visit Tuol Sleng Genocide Museum, also known as S-21 (a High School which became the Khmer Rouge's main torture and interrogation centre). You should be aware that many people find Tuol Sleng and the 'Killing Fields' quite an emotional place to visit. The afternoon is free to enjoy the vibrant capital.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 In Phnom Penh visit Royal Palace; drive via Skuon for deep fried tarantulas to Kampong Cham

We spend the morning visiting the impressive Royal Palace and Silver Pagoda. After lunch we continue our adventure and drive to the town of Skoun, where we can try the local delicacy of fried spiders! Our journey then continues by bus to Kampong Cham where we make visit to Wat Nakor just before sunset. The temple houses a modern working wat inside the 11th century Khmer temple ruins. Originally constructed as a Mahayana Buddhist Shrine, it was rebuilt in the 15th century and converted to a Theravadan temple.

Overnight: **Simple Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 In Kampong Cham, free morning; afternoon drive to Kratie for dolphin boat safari on Irrawaddy River

This morning we organise a cycle ride (optional) to visit the villages on the beautiful island of Koh Paen. The island is reached by a bamboo bridge or a local ferry depending on the water level of the Mekong River. Alternatively you may choose to hire a local tuk tuk to drive up to Phnom Pros and Phrom Srei; two hills which offer great views along the Mekong. This afternoon we head to Kratie which was quite well preserved during the wars and one can still see an array of older Khmer and French houses around the town. Here we will have a unique opportunity to spot the rare Irrawaddy dolphins. These are some of the last freshwater dolphins that live in the Mekong River and we take to small boats for a peaceful sighting session. We strongly recommend bringing your own cycle helmet for the cycle ride, our local supplier are unable to provide any helmets for customers use.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Drive to Kompong Thom via silk farm and stonemason's village

This morning we travel to Kompong Thom, passing through Kampong Cham and across the Kizuna Bridge en route. We also get to visit Santuk Silk Farm to learn more about the silk production process and visit a speciality stone masons village.

Overnight: **Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 9 Journey to Tonle Sap Lake for boat trip around floating villages; continue to Siem Reap

This morning we drive to the beautiful pre- Angkorian temples at Sambor Prei Kuk. Sambor Prei Kuk was the capital of the Chenla kingdom around the 6th-7th century. Today over 100 temples are scattered around the forest giving one the sense of a 'lost city'. We continue our journey towards Siem Reap and visit one of the floating villages of the massive Tonle Sap inland lake at Kompong Khleang. We enjoy a boat trip to see how the water is so important in the lives of these predominately fisherfolk. We arrive at Siem Reap, where we base ourselves in the small town for the next three nights, a few kilometres south of the incredible temple complex of Angkor.

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 10 From Siem Reap, visit Angkor; explore Ta Prohm at dawn

Over the next three days we will explore this fascinating ruined city (actually a series of cities), built between the 9th and the 13th centuries by the Khmer kings. Situated deep in the Cambodian jungle it is spread out over some 155 square kilometres, scattered with magnificent carved stone temples, elegant sculptures and highly detailed bas reliefs. We start today with a dawn visit to Ta Prohm - a temple half consumed by the Cambodian jungle and famous in the west as the spectacular film location for 'Tomb Raider'. Afterwards we make our way to Takeo, built in 975 this imposing sandstone temple was never finished due to a lightning strike being perceived as an unlucky omen. After a break from the midday sun we return to the temples to visit Preah Khan, a massive 12th century ruined temple complete with moss covered stonework, carvings and dark corridors. Nearby we visit Neak Pean located on an island in a 'baray' or pool, a small Hindu temple that was originally dedicated to Buddha.

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 11 From Siem Reap, visit Angkor; discover Banteay Srei; visit to Land Mine Museum in Siem Reap

Today we drive a little way outside of Siem Reap to make a visit to Banteay Srei, also known as the 'ladies temple' - with the most stunning carved lintels at Angkor. We also stop at Banteay Samre, a fortified temple built by Suryavarman II and located far away from the normal temple crowds. We return to Siem Reap to visit the Cambodian Landmine Museum, where education and support are provided for dozens of children whose bodies, hearts and minds have been affected by landmines. This afternoon our sightseeing will take us to the 2nd Angkor capital which includes the temples of Prasat Kravan, Sra Srang, and Banteay Kdei.

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 12 From Siem Reap, visit Angkor; sunrise at Angkor Wat and visit The Bayon

This morning we visit the iconic Angkor Wat for sunrise - the best known and most breathtaking of all the sights and a highlight of any visit to Angkor. Originally built as a funerary temple for Suryavarman II in honour of Vishnu, the temple is unique as it faces west - symbolically the direction of death. It is a very grand and imposing structure but its most stunning features are the extensive and intricately carved bas reliefs that stretch throughout the galleries and inner temples. Here we have the chance to enjoy a monk blessing - a moving experience for some. This afternoon we continue our exploration with a visit to the temples of King Jayavarman VII, reputedly Angkor's greatest king. The fortified city of Angkor Thom which he had built at the end of the 12th Century is enclosed by a square wall 8 metres high with five 20 metre high monumental gates decorated with stone elephant trunks. Originally the moat was said to be inhabited by crocodiles and each gate was protected by huge statues of 54 different gods. The city contains another of Angkor's true gems - The Bayon. Not nearly as impressive as Angkor Wat from a distance, The Bayon is nevertheless incredible for its maze of corridors, gothic style towers and magical central temples with 1200 metres of the finest bas reliefs depicting scenes of everyday life in 12th Century Cambodia. From Angkor Thom we will walk to Phimeanakas, located in the middle of the old Royal Palace area, and to the Terrace of the Elephants and the Leper King.

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 13 Tour ends in Siem Reap

Tour ends after breakfast. If you have time you may choose to browse the Old Market for some last minute bargains.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 12 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.

Cambodia

Lunch £: 6.00

Dinner £: 10.00 - 12.00

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.

Cambodia

Bottle of Beer £: 1.30

Water £: 0.60

International Departure Taxes

Airport taxes in Siem Reap/UK are US\$25.

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Phnom Penh - Sunset cruise US\$ 10

Kompong Cham - Cycle ride US\$ 5; Tuk Tuk ride US\$ 6

Siem Reap - Scenic helicopter flight over Angkor temples from US\$ 135-260; Apsara traditional khmer dance and dinner US\$ 22, Tonle Sap boat optional US\$ 14; cookery class US\$ 12; National Museum Culture Show US\$ 12 (limited availability during low season May - September)

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 please allow about US\$50.

Foreign Exchange

Cambodia

ATM Availability: There are ATMs in most towns and cities.

Credit Card Acceptance: Credit cards are accepted in some large shops and restaurants in Phnom Penh and Siem Reap.

Travellers Cheques: They can be hard to change outside of Siem Reap and Phnom Penh; we recommend them for emergencies only.

Local Currency: Riel.

Recommended Currency for Exchange: In Cambodia, US\$ is the most commonly used currency (small denomination notes are easier to use).

Where to Exchange: Large towns.

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.

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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

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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

Cambodia: A single visa is required by UK, New Zealand, Australian, USA & Canadian citizens and can be obtained on arrival. A passport sized photograph for immigration will also be required. Alternatively you can now obtain an e-visa prior to departure from www.mfaic.gov.kh

All visa information should be confirmed with the relevant consulate.

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

Cambodia

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, tetanus, typhoid, diphtheria and polio. Consult your GP regarding tablets advised for malaria. Though not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Trip

Climate

Cambodia

Cambodia is a hot and tropical country, being hottest in April and coolest in January (still high 20s). Although rainfall is at its maximum in October, Phnom Penh and Siem Reap receive very little rain compared to the coastal areas, and when it does rain it tends to be in the form of sporadic mid afternoon downpours. There is normally very little rain between December and March.

Clothing

Shorts and bare arms are not permitted in certain temples. A waterproof jacket is a must.

Equipment

Bring a torch, towel, binoculars (dolphin spotting and some temples).

Footwear

Comfy shoes or trainers with a good grip. Trekking sandals are a good compromise.

Luggage: On Tour

Should consist of a main piece of baggage and a daypack. You may have to carry your baggage on and off boats so don't overload yourself. We recommend a soft bag or rucksack as there are some journeys where hard cases are impractical.

Luggage allowance on trip: 20kg

General Information

Country details

Cambodia

Population: 14.805,358

Size of Country: 181,035 sq km

Major Language: Khmer

Religion: Buddhism

Time Difference to GMT: +7

Electric Supply & Plugs

Cambodia

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: 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.

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