

EXPLORE!

TRIP NOTES



Pyrenees to the Med (CPM 2017)



TRIPDURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Small Groups
Cycling Grade: Easy to Moderate

Trip Code: CPM

Trip Highlights - Pyrenees to the Med

- ✓ Barcelona - Orientation tour of Catalonia's capital city
- ✓ Girona - Exploring medieval backstreets
- ✓ Foothills of the Pyrenees - Beautiful cycling along tranquil 'greenways'
- ✓ Volcano Natural Park - Calderas, forests and rivers
- ✓ St Feliu De Guixols - Relaxing on the Mediterranean Coast

Trip Essentials

Accommodation: 7 nights Standard Hotel
Included Meals: 7 breakfasts, 0 lunches, 0 dinners
Start Point: Join trip: Barcelona
End Point: Trip ends: Barcelona
Included Bike: 27 gear Stevens Galant SX or similar hybrid bikes.
Transport: Bus, Train, Bicycle
Countries: Spain

Pyrenees To The Med

Ride with us on scenic dedicated cycle paths from the foothills of the Pyrenees to the Mediterranean coast. We pedal through northern Spain's volcanic countryside and ancient walled villages to the port town of Sant Feliu de Guixols. We also stroll through the Ramblas in Barcelona, explore the medieval back streets in Girona and enjoy some delicious Catalan cuisine.

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 tour we cycle 164 km over four days (an average of 41 km a day) with a further optional 23 km available. We follow quiet dedicated cycle paths or dirt roads (85%) and some quiet country roads (15%). There is one day with a 390 metre ascent (support vehicle available) and two days with a little ascent (140-250m). Maps are provided to cycle individually or in groups while the tour leader drives the support vehicle, except on circular routes when the tour leader will cycle with the group. We have graded the route as easy to moderate.

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 to Moderate

This grade is ideal if you want to enjoy both easy and moderate rides on the same tour. You'll be cycling through flat or gently undulating terrain, with the occasional more energetic ascent.

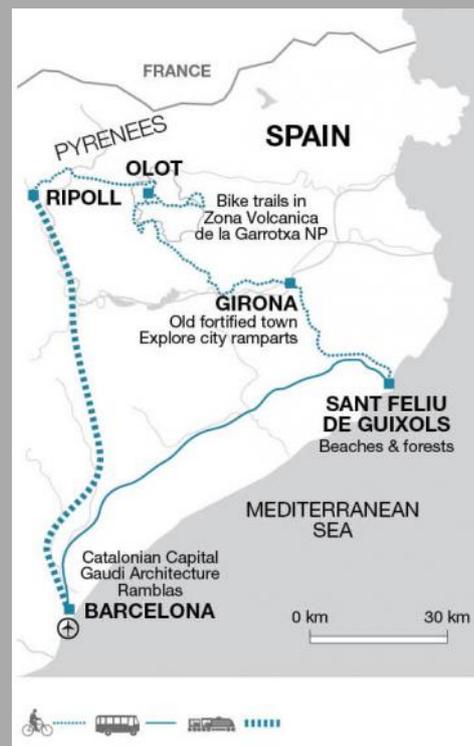
Your trip itinerary

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 Barcelona; city tour

On arrival in Barcelona after settling into our hotel in the city we can take an orientation tour. Founded over 2000 years ago, Barcelona truly has something for everybody. From the winding streets and alleys of the classical medieval Barrio Gotico (Gothic Quarter), to the contemporary architecture of the MACBA, a pedestrian visit of Barcelona allows you to discover the contrasts that make Barcelona one of the most exciting cities in Europe. Strolling up the famous Ramblas, passing street statues, flower stalls and bird stalls, and on to the Plaza Catalunya and then into the Eixample to catch a glimpse of some of the innovative architect Gaudi's most famous creations. Tonight we might opt to return to the Barrio Gotico to sample some of the local specialities.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Train to Ripoll and cycling to Olot

This morning we catch a train (2hrs) to Ripoll, a small town where the remains of the monastery remind us of the glorious days when this was the centre of power of the first Catalan counts, Guife el Pelos ('Willy the Hairy') is considered to be the founder of Catalonia when he started uniting the different counties in the 9th century and thus gradually creating independence from France. The monastery itself used to house one of the finest medieval libraries in Europe and still preserves the splendid Romanesque portal from 12th century. After receiving and familiarising ourselves with our bikes, we take the Camino de Ferro, the first section of the graded bike trail which was originally built in late 19th century as a railway line serving local coal mines. This incredibly green and lush valley is surrounded by mountains up to 2000 metres high. It leads all the way to Sant Joan de les Abadesses, another important site from early medieval days, and we will stop here briefly for a visit to the 9th century monastery with its delightful alabaster windows. Gradually ascending a mountain pass, with 390 metres in height gained over 7km of steady incline, we arrive in Olot in the late afternoon. The capital of the Garrotxa region, Olot is located between several dormant volcanoes. It is worth a walk through the old center of the town, especially after 5 pm when the shops open again and the narrow streets really begin to bustle with life. Our total cycling distance today is approximately 36 kilometres (total accumulated ascent 550 metres, total accumulated descent 800 metres) - longest ascent on this trip, the support vehicle is on hand.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Cycling between volcanoes

Today's ride is dedicated to exploring the volcanic scenery in the heart of the Garrotxa Natural Park. We start cycling through the Fajeda de n'Jorda, the largest beech wood forest on the Iberian peninsula, and eventually reach the Croscat volcano. Here it is possible to see the cross-section of the volcano in a unique way as decades ago a huge slice was cut for construction material. All the volcanoes in the area are covered by lush forest. We shall explore the volcanoes and surrounding countryside by bike on small roads, off-road bike trails and good forest tracks. Keen cyclists may be able to do an additional optional ride. Today's ride is guided by the Tour Leader. Our total cycling distance today is approximately 26 kilometres (total accumulated ascent/descent 450 metres).

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 Cycling to Girona; explore on foot

In the morning we continue following the old railway line on the cycle path. Apart from one little ascent this is the most serene and gentle downhill on the whole trip, taking us through the rich and fertile valleys with corn and palm tree plantations, surrounded by the dramatic rocks of the Collsacabra Mountains. The trail leads directly into the heart of Girona where we can enjoy first impressions of this ancient town, built on a hill between two rivers. Girona was one of the first Paleolithic communities in the region and, under the Romans, a major town on the 'Via Augusta' between Rome and Cadiz. It reached its zenith, however, during the Middle Ages when Catalanian seafaring expansion reached as far as Athens, bringing great wealth to the region. A great place to sit for an early evening coffee is on the Rambla or the Carrer de Forca. Our total cycling distance today is approximately 63 kilometres (total accumulated ascent 400 metres, total accumulated descent 770 metres).

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 5 Cycling to Sant Feliu de Guixos

This morning is left free to explore Girona further. You can ascend the ramparts of Girona's ancient city walls for fine views over the surrounding countryside, and then explore the backstreets on foot. Examples of the wealth from Catalanian seafaring days can be seen at the spectacular Cathedral, built between the 11th and 15th Centuries, which has a Romanesque cloister, Europe's widest Gothic Nave and a five-storey tower. Another suggestion is a visit to the Arabic Baths - built during in the 13th century by a noble family who wanted their private baths to be designed in the style of Moorish Spain. After lunch we head off on the bike trail towards the coast. Soon the scenery changes and the vegetation is increasingly dominated by pine and cork oak trees. A final descent brings us to the Mediterranean Sea and into Sant Feliu de Guixols. Our modernist hostel is perhaps the most original building in town, dating from the early 20th century. It's perfectly situated within a short 10 minute walk of Sant Pol beach. Our total cycling distance today is approximately 40 kilometres (total accumulated ascent 300 metres, total accumulated descent 340 metres).

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 6 Free day on coast; optional cycle to Tossa del Mar

Today is free for you to choose whether you wish to take it easy on the local beaches, visit the old monastery and the historical center of Sant Feliu, or perhaps fancy some more cycling. A very rewarding but challenging ride is along the coastal road to Tossa del Mar. The road was built in the 1950s under Franco in order to attract more tourism to the Costa Brava. Tossa del Mar itself had emerged on the world map a few years before when it hosted the shooting of a major Hollywood production with Ava Gardner. The 23 kilometres along the rocky cliffs is probably the most scenic section on the entire Spanish Mediterranean, affording splendid views across little bays and the sea. You can either take the same road back or a pick up service can be organized by your tour leader. Our total cycling distance today is approximately 23 kilometres (total accumulated ascent 500 metres)(one way cycling, optional).

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 7 Transfer to Barcelona; free afternoon

After breakfast we travel to Barcelona by public bus (2hrs). After checking into our hotel you have the rest of the day free to explore Barcelona. You may choose to visit Antoni Gaudi's fascinating Park Guell where you can admire the beauty of his architecture and enjoy fantastic views across the city and the sea. Another of Gaudi's famous projects is the Sagrada Familia, the unfinished cathedral. Other examples of Gaudi's work not to be missed are the roof-top of La Pedrera and Casa Battlo both situated on Passeig de Gracia. Alternatively, take a stroll down to the port and the cable car across the harbour to the Jardins de Miramar, and then ascend to the Castell de Montjuic, dating back to the 17th century. Fantastic views are afforded out to the sea and back to the mountains. If you want to get back on two wheels (a great way to explore the city) please speak to your Tour Leader who will be able to advise on optional excursions (around 3 hours).

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 8 Tour ends Barcelona

The tour ends in Barcelona this morning 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.

Accommodation and service levels in Spain are generally very good. We try to use smaller, family-run hotels and pensions that might not offer the same luxuries as larger chain-style hotels, but they do provide a warm welcome, a comfortable place to stay and the chance to gain a better understanding of local life. One thing to be aware of in Spain is that breakfast tends to be a smaller affair, usually with fruit juice or coffee and a pastry.

In Barcelona we normally use a very good two star hotel, situated right next to the Art Nouveau Sant Pau Hospital and a few minutes

walking distance from Antoni Gaudi's masterpiece Sagrada Familia. In Olot our base is a good three star hotel some 3 km from the town centre and in the green outskirts of town providing easy access to both the Bicicarril and the Garrotxa Volcano Park. In Girona we stay in a three star hotel with easy access to the old town.

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.

Spain

Lunch £: 6.00 - 10.00

Dinner £: 12.00 - 16.00

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

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

Barcelona - Sagrada Familia basic entrance 15 Euros, Picasso Museum 10 Euros, Casa Mila 21 Euros, Casa Battlo 21 Euros

Girona - Entrance to the Cathedral Museum and cloister 7 Euros, Arabic Baths 2 Euros

Tipping - Tour Leader

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

Tipping - Local Crew

Although entirely voluntary, tipping is a 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 Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow Euros 20.

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.

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

EXPLORE! Share your experiences with us



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

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 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.

Preparing for your Trip

DAILY DISTANCES

Day 2		36km
Day 3		25km
Day 4		63km
Day 5		40km
Day 6		23km

 Optional Rides

Bike Details

Your included bike is a 27 gear Stevens Galant SX hybrid or a similar make and model and will be the correct frame size for your height. Female and male frames are allocated accordingly when booking unless you specifically request otherwise. A 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 tour 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

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.

Clothing

Bring cycling gear such as shorts, quick drying tops and cycle gloves. Remember weather is changeable in the mountains and it can be cool, especially at night, so bring a warmer jacket/fleece. Don't forget your swimming costume for the Mediterranean.

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 tours 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.

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

Electric Supply & Plugs

Spain

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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