

EXPLORE!

TRIP NOTES



Pedalling in Poland (CPP 2017)



TRIP DURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Small Groups
Cycling Grade: Easy to Moderate

Trip Code: CPP

EXPLORE! Share your experiences with us



Trip Highlights - Pedalling in Poland

- ✓ Cycle the 'Pieniny Way' - Pedal through the spectacular cliff-cut path in the Dunajec Gorge
- ✓ Krakow - Wonderful gem of a city with magnificent medieval square
- ✓ Untouched traditional villages - Cycle places where time has stood still
- ✓ Zakopane - Charming wood-built mountain town in the Tatra Mountains
- ✓ Stary Sacz & Nowy Sacz - Two of Poland's most lovely and historic villages
- ✓ Lopuszna village- Historic centre of Gorale people

Trip Essentials

Accommodation: 6 nights Standard Hotel
1 night Simple Hotel

Included Meals: 7 breakfasts, 0 lunches, 2 dinners

Start Point: Join trip: Krakow Airport

End Point: Trip ends: Krakow

Included Bike: 21 gear Bird custom hybrid bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday (£105). You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Transport: Bus, Bicycle

Countries: Poland, Slovakia



Pedalling In Poland

Poland is an idyllic location for a cycle holiday and we meander through its unspoilt landscapes, medieval towns and traditional timber-framed villages. Surrounded by the Beskid Mountains, we cycle on cliff-cut paths along the picturesque Dunajec Gorge and into Slovakia. We will sample some delicious local cuisine and experience a warm welcome from the locals.

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 206 km over six days (an average of 34 km per day). The terrain is mostly flat or downhill with several short uphill sections on country lanes, gravel lanes (15%) or cycle tracks. The rides are not accompanied by a vehicle (available in case of emergencies). 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

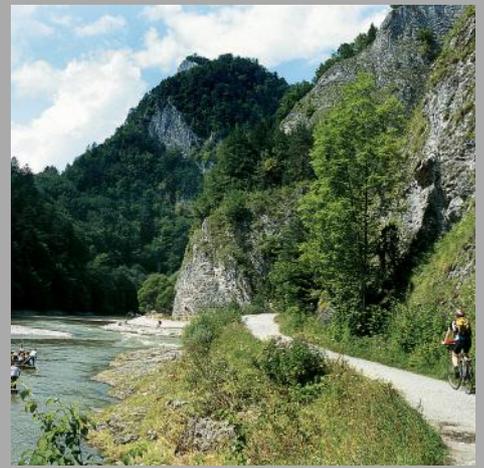
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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

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 Krakow Airport; drive to Zakopane

We begin our exploration by driving from Krakow Airport straight to Zakopane in the Tatras. Zakopane has developed a very distinctive cultural character. The folk culture of the people who live in the Tatras, the Gorale is preserved in their music, their songs and their local costume. The characteristic 'Zakopane Style' of timber architecture, which developed around the turn of the twentieth century, is found nowhere else in Europe and has an unforgettable charm. 'Oscypek', a delicious smoked ewes milk cheese, is manufactured in this part of the world.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Cable car and cycle via Chocholow to Nowy Targ

We begin our day by visiting some interesting sites in Zakopane, such as the atmospheric Old Graveyard. We then take the cable car to the top of Gubalowka Mountain and ride down through the long village of Dzianisz as far as Chocholow, a village which is now a living open-air museum of timber architecture. We can take our lunch in the village inn. After lunch we cross the Slovak-Polish border for the first time and head to the little village Sucha Hora. A newly built cycle path on the former railway track brings us through wild forests and marshy landscapes towards Ludzmerz (with its famous Marian pilgrimage shrine), and on to the town of Nowy Targ, the main centre for the Gorale region. Not far from Nowy Targ, we cycle past the point where the White and Black Dunajec rivers meet. The route then runs for part of the way along a riverside path, to the historic villages of Waksmund and Nowy Targ. Nowy Targ is where we spend the night in a pension at the edge of the forest and Gorce National Park. Nearby is one of the biggest centres in Europe for breeding the 'huchen' fish. Our total cycling distance today is approximately 54 kilometres (mostly downhill).

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast, Dinner

DAY 3 Countryside cycling to Niedzica; explore the castle

Today we head south and follow the course of the Bialka, a third mountain river flowing into the Dunajec. Here we see its small but impressive gorge near Nowa Biala. On the way we can also have a look in the church at Debno, one of the oldest wooden churches in Poland (built around 1500) with an impressive painted interior. We are now in the Spisz region, which has rich history and a remarkable folk culture. Until 1918 this area was part of Hungary, and for many centuries it was home to several ethnic groups: Gorale and Ruthenians lived in the villages, Germans in the towns, and the Hungarian nobility in the castles. Weather permitting we can stop for a well deserved picnic by the reservoir, where you may choose to go for a swim. Following the bank of the reservoir, we reach one of these castles at Niedzica and spend the night nearby. Our total cycling distance today is approximately 38 kilometres

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 Cycle the Dunajec gorge to the spa town of Szczawnica

In the morning we ride to the Spisz village of Kacwin, whose unusual architecture is reminiscent of some Hungarian villages. At about midday we cross the border into Slovakia. First we ride to the village of Cerveny Klastor (Red Monastery), above which rise the three peaks of Trzy Korony (Three Crowns), the highest point in the Pieniny range. Here we can take our lunch and visit the local museum. Next is a real highlight of the trip as we cycle along the 'Pieniny Way', a cycle path carved out of the cliff running the whole length of the Dunajec Gorge. Only walkers and cyclists are allowed to use this path. The limestone cliffs and luxuriant greenery along the way are breathtaking and as we cycle we can wave to those on wooden rafts being steered down the river by Gorale. Unlike the rafters we can choose to stop at any time to take photographs. Also very beautiful is the gorge of the Lesnicki Potok, a stream which flows into the Dunajec from the Slovakian side, passing through the sleepy village of Lesnica. Here some might take the opportunity to do a little shopping before we head back into Poland and the small spa town of Szczawnica. In the late afternoon we can ride along the elegant promenade in the valley of the Grajcarek and explore the paths in the lower and upper Kurpark. Our total cycling distance today is approximately 24 kilometres

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 5 Pedal through old villages and fruit gardens to Rytro

Today we follow what is known as the 'green Dunajec Gorge', where the river passes between two ranges of Beskid Mountains, the slopes of which are lined with beech woods. Leaving the main road, we turn across a suspension bridge to the right bank and make our way between the paths among the farms of the village of Tylmanowa. We can catch a glimpse through the open doors of the old barns, granaries and hen houses. One stretch of river at Wietrznice has been artificially prepared for whitewater canoeing. After lunch, we ride through Lacko, known for its Slivovitz, and then alongside more fruit gardens on the valley slopes. At Golkowice we leave the Dunajec and ride uphill to Rytro, an old feudal village at the foot of castle ruins. The night is spent in a small hotel on the shady banks of the Poprad, a tributary of the Dunajec. Tonight for something really special we have a camp fire with grilled trout fresh from the water. Our total cycling distance today is approximately 52 kilometres

Overnight: **Simple Hotel**
Single Room Available

 **Included Meals:** Breakfast, Dinner

DAY 6 Explore historic Stary Sacz by bike; drive Krakow

After taking a ride around the Rytro area we cycle 10 km through the Poprad Valley to Stary Sacz. This historic little town is one of the most beautiful in Southern Poland and we take some time to breathe the atmosphere of past times and discover the maze of narrow streets by bike. Boarding our bus we head to the neighbouring town of Nowy Sacz, which still has something of the Habsburg Empire about it. The neo-Baroque town hall in the beautiful market square dates from that period, and the streets are lined with well-restored art nouveau houses. From Nowy Sacz we return to Krakow (about 2 hours). Our total cycling distance today is approximately 18 kilometres

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 Cycling tour of Krakow Old Town and local area

Poland's former capital (until 1596) has a very distinctive character and is on the UNESCO World Heritage list. Its historic architecture came through the Second World War unscathed and the city has preserved its rich culture to the present day. It was the residence of Polish kings, and has nearly a hundred churches, as well as Poland's oldest university. Among its most important architectural treasures are St Mary's Church, which contains the world-famous altarpiece carved by Veit Stoss, the medieval buildings of the Jagiellonian University, and Wawel Castle with the Cathedral. Taking a cycle tour of the city we shall visit the 'Planty' (the attractive gardens laid out around the Old Town on the site of the medieval city walls), Europe's biggest medieval town square, Kazimierz (the former Jewish quarter) and the promenade along the River Vistula at the foot of Wawel Castle. Not far from the old town centre we can cycle across the Blonie, Krakow's large green open space, to reach the Kosciuszko Mound (optional), which has a fine view over Krakow and its environs. An optional evening of 'Klezmer' music is a fitting way to bring our trip to a close. Our total cycling distance today is approximately 20 kilometres

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Trip ends Krakow

The trip ends in Krakow 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.

Food & Drink

Included meals: 7 breakfasts, 0 lunches, 2 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.

Poland

Lunch £: 08.00

Dinner £: 18.00 - 22.00

Slovakia

Lunch £: 07.00

Dinner £: 15.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Poland

Bottle of Beer £: 1.50 - 3.00

Water £: 0.80

Slovakia

Bottle of Beer £: 2.00

Water £: 1.00

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

Niedzica Castle - 12 Zloty

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 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 Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip. Accordingly you should allow approximately £20 for tipping.

Foreign Exchange

Poland

ATM Availability: Available in all major cities

Credit Card Acceptance: Credit cards are widely accepted in all major cities

Travellers Cheques: Easily exchanged

Local Currency: Polish Zloty

Recommended Currency for Exchange: British Pounds Sterling, US Dollars and Euros are all accepted at exchange offices and banks

Where to Exchange: Most major towns - your Tour Leader will advise you on arrival

Slovakia

ATM Availability: Your Tour Leader will advise you on arrival, but please be aware that some ATMs will charge 5% commission and outside of the main cities ATM's can sometimes be difficult to find

Credit Card Acceptance: At most shops and restaurants

Travellers Cheques: Travellers Cheques can be difficult to exchange

Local Currency: Euro

Recommended Currency for Exchange: British Pounds Sterling, US Dollars and Euros are accepted at exchange offices and banks

Where to Exchange: Your Tour Leader will advise you on arrival

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 Introducing 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

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

Slovakia: 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

Poland

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tickborne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. 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. Visa and vaccination requirements are subject to change and should be confirmed before departure.

Slovakia

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. 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. Visa and vaccination requirements are subject to change and should be confirmed before departure.

Preparing for your Trip

Bike Details

Your included bike is a 21 gear Bird custom hybrid and will be the correct frame size for your height. A 40 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 but cannot always access the cycle routes. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Climate

Poland

Poland has a temperate, changeable climate. September and October are cooler and gradually become damper until late November when temperatures fall below freezing with snowfall, particularly in mountainous areas. Cold temperatures last through to March, but are tolerable. Snow can lie for up to three months in the mountains.

Slovakia

Summers are short in the mountains. July to August is the hottest period, when daytime temperatures average 20-22°C, though it may be much cooler in the early morning or late evening. During the winter, snow and ice is not uncommon, with snow generally starting in December and continuing to early February. Mountain weather is notoriously changeable and it can be cold at any time of year, so be prepared.. Early July is the best time for flowers.

Clothing

Bring cycling gear such as gloves, cycle shirts and shorts. Remember weather is changeable in the mountains and it can be cool, especially at night, so bring a warmer jacket/fleece. A raincoat is essential at all times in case of rain.

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 so don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Poland

Population: 38,186,860

Size of Country: 312,685 sq km

Major Language: Polish

Religion: Roman Catholic

Time Difference to GMT: +1

Slovakia

Population: 5,440,078

Size of Country: 49,035 sq km

Major Language: Slovak

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Poland

2 Pin Round

Slovakia

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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