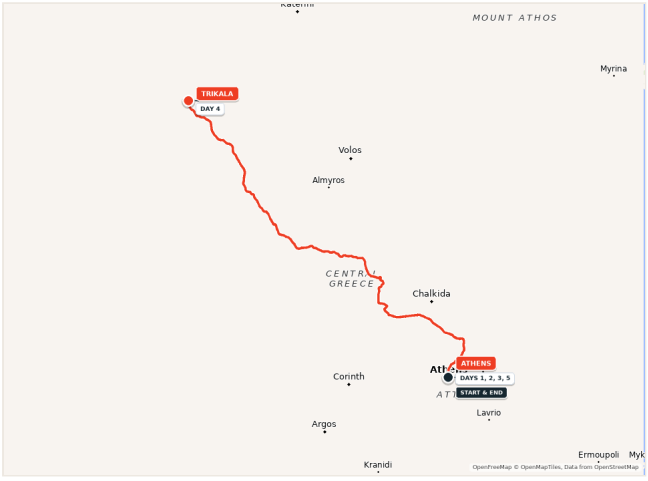
ENCOUNTERS TRAVEL

*Your passport to adventure*

# Greece on a Shoestring

| | |
|---|---|
| COUNTRY(IES) | Greece |
| TOUR TYPE | Shoestring |
| TRANSPORT | AC minibus/coach |
| GROUP SIZE | Min: 2 \| Max: 48 |
| DURATION | 5 days |
| STARTS | Athens, Greece |
| ENDS | Athens, Greece |
| MEALS | Breakfasts - 4, Lunches - 0, Dinners - 1 |

**TOUR ROUTE MAP** **5 Days**




**ROUTE:** **Athens** (Start) → **Trikala** → **Athens** (End)

**HIGHLIGHTS**

Athens tour including the Panathenaic Stadium, Acropolis & Parthenon, Thebes, Levadia, picturesque village of Arachova, Temple of Apollo at Delphi, spectacular mountain scenery & monasteries at Meteora

## Itinerary

### DAY 1 — Arrive in Athens, airport to hotel transfers included

Meet the transfer on arrival at Athens Airport and travel to the hotel. Once there, the rest of the day is free, giving you time to recover from the journey or head out independently for a first look around the city. The arrival remains easy and flexible, allowing you to settle into Athens before the more structured cultural and historical visits that follow.

**ACTIVITIES**

- **Arrive at Athens Airport**
  You arrive at Athens Airport in Athens, Greece, beginning your journey in the country's historic capital.
- **Drive from Athens Airport to Athens Hotel**
  You are transferred from Athens Airport to your hotel in Athens, Greece, settling in before sightseeing begins.
- **Free Time in Athens**
  You enjoy free time in Athens, Greece, to relax after your flight and explore the surrounding area independently.

| OVERNIGHT | MEALS | EXTRAS |
| --- | --- | --- |
| Athens hotel | None | Single room supplement (GRSHTG), Extra day in Athens - pre-tour (EXGR2S) |

## DAY 2 Exploring Athens

Spend time among central Athens' major historic and civic sites, including monuments associated with the classical and Roman periods as well as public areas that remain important today. The Acropolis provides the focal point, overlooking the modern city from its elevated position. Seeing these places together gives useful context to the way Athens has developed while retaining visible layers of its ancient past.

### ACTIVITIES

- **Explore Panathenaic Stadium in Athens**
  You visit the Panathenaic Stadium in Athens, Greece, learning about the first modern Olympic Games held here in 1896.
- **Explore Temple of Olympian Zeus in Athens**
  You visit the Temple of Olympian Zeus in Athens, Greece, one of the largest ancient temples ever built in the Greek world.
- **Explore Hadrian's Arch in Athens**
  You see Hadrian's Arch in Athens, Greece, marking the boundary between the ancient Greek and Roman city.
- **Visit Syntagma Square and Parliament – Athens**
  You visit Syntagma Square and the Parliament building in Athens, Greece, including the memorial to the Unknown Soldier.
- **Explore Acropolis in Athens**
  You explore the Acropolis in Athens, Greece, viewing the Parthenon, Erechtheion, Propylaea, and Temple of Athena Nike.
- **Discover the Athenian Trilogy: Academy, University and National Library**
  The three neoclassical buildings lining Panepistimiou Street, the Academy of Athens, the University of Athens and the National Library, capture the making of modern nineteenth-century Athens. Together with the classical monuments that surround them, they tell the story of a city reborn.

| OVERNIGHT | MEALS |
| --- | --- |
| Athens hotel | Breakfast |

## DAY 3 Travel to Delphi

Spend the first part of the day at Delphi, visiting the named sanctuary areas and Archaeological Museum before leaving for Kalambaka. The road journey crosses central Greece and finishes at the foot of Meteora. The source

identifies the Charioteer among the museum highlights. No monastery visit is included on this day, so the description should stop with arrival in Kalambaka and avoid moving the Meteora sightseeing forward.

**ACTIVITIES**

- **Drive from Athens to Delphi**
  You depart Athens and travel north toward Delphi, Greece, passing through central Greek landscapes. The journey connects the capital with one of the most important ancient sanctuaries.
- **Explore Delphi Archaeological Site**
  You explore the archaeological site of Delphi in Greece, including the Temple of Apollo, Oracle, and Castalian Spring.
- **Explore Delphi Archaeological Museum**
  You visit the Delphi Archaeological Museum in Greece, viewing masterpieces such as the bronze Charioteer of Delphi.
- **Drive from Delphi to Kalambaka**
  You travel inland from Delphi to Kalambaka, Greece, passing through traditional villages of Central Greece.

| OVERNIGHT | MEALS |
| --- | --- |
| Kalambaka hotel | Breakfast,Dinner |

## DAY 4 Exploring Meteora

This journey links dramatic landscapes with moments of deep historical symbolism. The experience begins at the Meteora monasteries, where centuries old religious communities were established atop towering rock pillars. travelling south from Kalambaka toward Athens reveals changing scenery and key routes through central Greece. A stop at Thermopylae highlights the Leonidas Monument, commemorating one of the most enduring stories of courage and sacrifice in ancient history. Together, the route blends spiritual heritage, natural formations, and classical legacy into a cohesive final passage.

**ACTIVITIES**

- **Explore Meteora Monasteries**
  You visit the monasteries of Meteora near Kalambaka, Greece, perched atop dramatic rock pillars above the valley.
- **Drive from Kalambaka to Athens**
  You return by road from Kalambaka to Athens, Greece, passing Trikala, Lamia, and historic Thermopylae.
- **Explore Leonidas Monument in Thermopylae**
  You stop at the Leonidas Monument in Thermopylae, Greece, commemorating the Spartan stand against the Persian army.

| OVERNIGHT | MEALS |
| --- | --- |
| Athens hotel | Breakfast |

## DAY 5 Your Greek adventure ends, hotel to airport transfers included

Spend your final hours in Athens independently and choose how to use the remaining time before departure. You may revisit nearby landmarks, shop, relax or simply enjoy the contrast between ancient surroundings and modern city life at your own pace. Later, transfer from your hotel to Athens Airport for the onward flight, bringing the organised journey to a simple and flexible close in the Greek capital.

### ACTIVITIES

- **Free Time in Athens**
  You enjoy free time in Athens, Greece, to relax after your flight and explore the surrounding area independently.
- **Drive from Athens Hotel to Athens Airport**
  You are transferred from your hotel in Athens to Athens Airport, Greece, for your onward flight home.
- **Departure from Athens Airport**
  Your tour concludes at Athens Airport, where you complete departure formalities and continue with your onward flight.

| OVERNIGHT | MEALS | EXTRAS |
|---|---|---|
| N/A | Breakfast | Extra day in Athens - post-tour (EXGR2E), Greek island extensions |

### INCLUDED

- All accommodation as stated in the itinerary in approx. 4-star level hotels
- All transport and transfers in AC non-smoking vehicles
- 24-hour airport arrival & departure transfer service
- Services of a professsional local tour guide for all sightseeing tours
- Entrance fees to sites visited during the tour
- Meals as indicated in the itinerary (4 breakfasts, 1 dinner)
- Tips except driver and guide

### EXCLUDED

- International flights (available on request)
- Visa fees (if applied)
- Travel insurance (compulsory, get a quote here)
- Meals not indicated in the itinerary
- Optional tours
- Any other items not mentioned above
- Hotel residence tax (see tour notes)
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for guide & driver

# Notes

Please note that whilst the above itinerary reflects our preferred routing, we may occasionally operate the Athens sightseeing at the end of your trip rather than on day 2.

# Tour Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements , full details are given on the tour reservation form or on request.

*No additional options available for this tour.*

# Important Notes

1 **Group Size/Tour Leaders/Guides**

This Greece shoestring level tour is designed to allow you to explore Greece in comfort but on a budget. To achieve this, we share departures on this tour with other operators and work with a larger potential maximum group size than on our small-group tours. The minimum group size is 2, and the maximum 45, with average numbers generally around 25-30. This is a 'seat in coach' style tour so some other travellers in the group may be doing a slightly different itinerary or not be with you for the entire trip. Pick ups and drop-offs may be required from more than one hotel in Athens subject to the final size and make-up of the group.

Please do not book any connecting travel (eg. international flights) until we confirm your booking.

This tour includes a professional multilingual tour guide to escort you on all the sightseeing tours in and around Athens, Delphi and Meteora.

2 **Dates & Prices**

We run weekly group departures on this tour all year round starting on a Monday between January and March, and on Saturday throughout the summer months from April to October. All departures are guaranteed to run with a minimum of 2 travellers (maximum 45).

Departure dates and prices are listed on our website and on a separate dates and prices sheet available on request.

## 3 Transport

Our Greece tours use a mix of air conditioned minivans, minibuses and coaches depending on the size of the group.

Ferry journeys to the Greek islands are booked in advance and approximate timings are given in our tour itineraries or on request. These are subject to change however, and any tour that visits the islands is subject to adjustments and amendments based on the available ferry schedules. While it does not happen often, sometimes ferry schedules are changed without notice and ferries may also be cancelled completely due to poor weather conditions. In this event the program may need to be adjusted and you may end up spending more or less time in one location than originally planned. This is the nature of travel between the islands and we thank you for your patience and understanding in the rare event of this occurring.

Where internal flights are used these will be detailed in the itinerary and fares will be included in your tour price unless otherwise specificed.

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## 4 Accommodation

Our tours in Greece use a range of hotels mainly at the local 4-star level with some more boutique style properties or deluxe guesthouses also used where possible, especially on the Greek Islands. Please check the Accommodation section for more information on the normal accommodation used on this tour. This list is given as a guide though and hotels may change from time to time to others of a similar standard. If you have specific requests for individual hotels, please contact us about a private/tailor-made tour.

We regularly inspect all the hotels we use to ensure that the service you receive is as close as possible to your expectations. Please check your hotel room when you first arrive (hot water, cleanliness etc.), as our rep will be available for a short time to help in case of any problems.

We will contact you with your arrival hotel details normally a couple of weeks before departure.

**Check-in Times:** Official hotel check-in times in Greece are between 14.00 and 15.00 and from 17.00 on our Greek Gulets. However, we do always try to ensure that if you arrive early, you can check into your room as soon as possible. We can nearly always get you into your hotel rooms by midday, but please understand that it is out of our control if the hotel is full and it takes a little longer. You will have full use of the hotel facilities while you wait if there is a short delay.

**Greek Islands:** The winter season on the Greek islands (November to March on Santorini, October to April on quieter islands) is very quiet, with many hotels closing completely. When necessary we therefore book alternatives that we feel provide a good experience suitable to the season. This generally means we aim more for smaller boutique style hotels and guesthouses that have a better location, being much closer to the shops and restaurants that are still open, rather than larger more properties further out that may have swimming pools and more space (which would not generally be used in winter anyway due to the cool weather, even were they to remain open).

**Greek Gulets:** Our Greek gulets generally carry up to 25 passengers, accommodated in 9 cabins (on our Mykonos Gulet, we use a larger vessel carrying up to 46 passengers. All cabins are ensuite, including comfortable mattresses, reading lights, a hair dryer, a wardrobe and an A/C device (on our Mykonos gulet, cabins have an electric fan rather than A/C). Please note that the shower in Standard cabins is in the form of a wet room, whereas the Premium Cabins have a separate shower cubicle.

**Shoestring tours:** On our shoestring tours hotel upgrade options may be available and due to the potential larger group sizes sometimes more than one hotel may be used in each location. This may mean that more than one hotel pick up and drop off is required at the start and end of each day. If necessary, these are timed so that the overall sightseeing time planned for the day is not affected.

Please check the Single Room Supplement option for details on room sharing options and charges for solo travellers on this tour.

## 5 Tipping

Tipping is common practice in Greece, though not as extensive as in nearby Turkey. For basic restaurants, taxis and local markets, leave the loose change. For more up-market restaurants we suggest 5% to 10% of your bill. We include a 'tipping kitty' in your tour price which your tour guide/leader will use to tip a wide range of people along the way to help ensure the smooth running of the tour. This does not include your tour guide/leader, driver(s) or transfer staff though.

**Drivers:** You may have a range of private drivers on your trip. For those you see for at least several days and who are more involved with the group, a tip of around EUR 1-2 per person per day is generally appropriate.

**Tour guide/tour leader:** If you think you tour guide and/or tour leader has worked hard and provided a good service then s/he will appreciate a tip of a few Euros. How much you tip is subject to your satisfaction with their service and your personal budget. You should not feel pressured to tip any particular amount. As a guideline, we can suggest that for good service, a tip of EUR 3-5 per day for local tour guides or local tour leaders would be fine.

## 6 Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation. UK travellers visiting other European Union countries including Greece should also carry the European Health Insurance Card (EHIC) as it entitles travellers to reduced cost, sometimes free, medical treatment in most European countries.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination.
You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. No additional courses or boosters are normally recommended for Greece though you could conside Tetanus and Tick-borne Encephalitis.

More information is available here: Greece
Malaria map - there is low to no risk of malaria in Greece, none in tourist areas.
Yellow fever certificates are not required.

## 7 Entrance fees, Hotel fees & permits

**Escorted tours and tailor-made trips** generally always include site entry fees in the price - please check the Inclusions/Exclusions section for details.

However, our Greece **Small group (including Greek Gulets)** and **Shoestring** tour prices do not include entrance fees to the tourist sites mentioned in the itinerary. You will need to cover the cost of these as you go along. Current prices are shown below, though these are subject to change by the local authorities at any time. A 50% discount is currently available on some fees during the winter months of November to March. Not all of the entrance fees below apply to all tours - please check your itinerary and the inclusions/exclusions section for a budget for your trip.

Athens - Acropolis - Summer EUR 20, Winter EUR 10

Athens - Acropolis Museum - Summer EUR 5, Winter EUR 5

Athens - Hadrian's Arch - Free

Athens - Panathenaic Stadium - Free

Athens - Parthenon - Free

Athens - Propylaea - Free

Athens - Temple of Athena Nike - Free

Athens - Temple of Olympian Zeus - Free

Corinth Canal - Free

Delphi Ancient Site & Museum - Summer EUR 12, Winter EUR 6

Delphi - Temple of Apollo - Free

Delphi - Treasury of Athens - Free

Epidaurus Theatre - Summer EUR 12, Winter EUR 6

Mycenae - Tomb of Agamemnon - Summer EUR 12, Winter EUR 6

Nafplio - Palamidi Fortress - EUR 4

Olympia Ancient Site & Museum - Summer EUR 12, Winter EUR 6

Olympia - Temple of Zeus - Free

Meteora - 2 monasteries - Summer EUR 6, Winter EUR 6

**Camera Fees:** Photography may be restricted in various ways at different sites. Often flash photography is often forbidden to protect the exhibits and ancient pigments, and sometimes cameras are not allowed in at all. Please respect these rules as they are there partly for your benefit. Tickets are not generally required for normal cameras, but if you have a video camera, if its use is permitted there will sometimes be a charge.

**Hotel Residence Fees:** The Hellenic National Tourism Organization has announced that a residence fee will be applied on all hotel accommodation, starting from 1st January 2018. The fees must be paid by guests directly to the hotel before the end of their stay and are therefore not included in the tour price. Fees are per room per night (not per person) and have been set at EUR 1.50 for 3* hotels, EUR 3.00 for 4* hotels and EUR 4.00 for 5* hotels.

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## 8 Time

Greece Time is GMT plus 2 hours. Daylight saving adjustments of 1 hour are applied, starting at the end of March and finishing at the end of October. Exact dates vary from year to year.

## 9 Language - Greece

The Greek language is ancient and has a documented record which spans three and a half thousand years and has contributed much to all Western languages. As such it is a strong element of national continuity and pride.
You'll find you won't have much of a problem with the language barrierr as English is well communicated by many Greeks, especially in the Islands.

Below you will find some important phrases that will have you sounding like a Greek in no time!

Good afternoon / evening= Kalispera (kah-lees-PEH-rah)

Good night = Kalinikta (kah-lee-NEEK-tah)

Goodbye = kherete (KHE-reh-tay)

Hello = Yassou (YAH-sue)

How are you? = Ti kanis? (tee-KAH-nis)

Well / good = Poli kala (po-LEE kah-LAH)

Thank you = Efkharisto (eff-kah-rees-TOH)

You're welcome / please = Parakalo (pah-rah-kah-LOH)

Sorry = Signomi (seegh-NO-mee)

Yes = Ne (neh)

No = Ohi (OH-hee)

What's your name? = Pos se lene? (POHS seh LEH-neh)

My name is... = Me lene... (meh LEH-neh...)

Can you help me? = Borite na me? (boh-REE-teh nah)

What time is it? = Ti ora ine? (tee OH-rah EE-neh)

Where is...? = Pou ine? (POO EE-neh)

I want... = Thelo (THEH-loh)

How much is it? = Poso kani (poh-soh KAH-nee)

Left = Aristera (ah-rees-teh-RAH)

Right = Dexia (thek-see-AH)

Open = Aniktos (ah-neek-TOHS)

Closed = Klistos (klees-TOHS

Do you speak English? = Milas Anglika? (mee-LAHS Ang-lee-KAH?)

I don't understand = Den Katalaveno (then-kah-tah-lag-VEH-no)

## 10 Passports and Visas

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

Some foreign nationals require a visa to enter Greece, though many do not (including UK, EUR, US, CA, AU, NZ, SA). More information is available at visas for foreigners.

## 11 Money

The currency in Greece is the Euro (EUR). 1 Euro = 100 Euro cents. Banknotes: 5, 10, 20, 50, 100, 200. Euros Coins: 1, 2, 5, 10, 20, 50 Euro Cents and 1, 2.
Credit Cards and Travellers Cheques are widely accepted in major cities and tourist resorts. ATMs are also accessible at all our destinations and generally offer the best exchange rate. A mixture of debit, credit cards and cash are the best forms of currency. You should split this up and keep some separately as a backup in case you lose your main money/cards.

It is difficult for us to specify the amount of money that you will spend per day, however, as a general rule EUR 25 to 50 per day can provide you with additional meals, tipping, snacks & drinks. Should you wish to purchase many souvenirs or other luxuries, of which there is a diverse range, you will have to budget for these.

**Greek Sailing Tours:**
Please note that there are no card payment facilities available onboard our Greek gulets, payments should be made onboard in Euro cash. Whilst many of the locations visited on our sailing trips do have ATM facilities, these cannot be guaranteed in all locations, particularly on smaller islands, therefore we always recommend having a supply of cash.

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## 12 What to take

**Luggage:** Suitcases, rucksacks or fabric holdalls are all fine to bring with you to Greece. You should also bring a small daypack/bag to take out during the day. Your main luggage will normally be left in the hotel during your sightseeing trips - you will not need to carry it far, and there are nearly always hotel porters to assist.

**Luggage limits:** There is no luggage limit for this tour. However, most airlines restrict you to between 20kg and 25kg for your hold luggage and between 5kg and 10kg for hand luggage. Please check with your airline before travelling to the airport.

**Clothing:** Greece's climate changes drastically, with cold winters and hot summers. In Greece from late March to May, spring brings with it average temperatures of around 15C, though the weather does gradually warm up with sunny days interspersed with rain showers. From May to the end of October, the climate is hot and sunny, getting cooler as the year progresses. By the end of October you can expect the first of the winter snows. So you must pack for cool and potentially wet conditions late in the year.

**Other items:** We also recommend you bring a sun hat, sunscreen, sunglasses, a basic first aid kit, toiletries, money belt, small torch, camera & charger.

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## 13 Transfers

Our onland tours in Greece include your arrival and departure airport-hotel transfers and all other transfers. Airport transfers are not included on our Greek Gulet tours.

On tours where transfers are included, airport transfers are only included on the first and last day of the set tour itinerary, plus on any additional days if you book your hotel room with us. If you make your own arrangements for additional accommodation at either the beginning or the end of the tour then you will need to arrange your own airport transfers on these days.

## 14 International flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don’t include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we’ll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. Most of our Greece tours start and finish in Athens and are served by Athens international airport (ATH). Transfers from other airports, including on the Greek islands may also be included if your tour starts/finishes there - please check the tour inclusions/exclusions for details.

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

**Flight CO2 Emissions:**

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

## 15 Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please contact us if you would like any more information or have any questions before making a booking.

## 16 Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see our website or booking conditions for more information.

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## 17 Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

## 18 Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

https://x.com/encounterstravl (yes, without the 'e')

## 19 Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? World Nomads Travel Insurance offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

*IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.*

**Covid-19**

**Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.**

## 20 Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small

print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current official government travel advice for your destination. We are registered partners with the UK Foreign Office's 'Travel Aware' campaign which provides further useful and invaluable information.

travel aware
gov.uk/travelaware

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## 21 Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

**How Water-to-Go Technology works:**

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

**The three technologies used in a Water-to-Go filter are:**

- Mechanical filtration – A tiny pore size, so small contaminants can’t fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon’s efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

**Water-to-Go filter bottles deliver safe, healthy water worldwide**

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

**Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!**

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

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## 22 Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please contact us.

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## 23 Voltage

Sockets are two round pronged and 220 volts (Type C). Universal adaptors are available in most airport shops if you don't have one already. Standard European adapters will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are normally available on request from the hotel reception if not in your room already.

If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

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