

# Your passport to adventure

# Zanzibar Escape

Country(ies): Tanzania

Tour type: Small Group

Transport: landcruisers

Group size: Min: 2 | Max: 7

Days: 6 Days

Start location: Stone Town, Zanzibar

End location: Stone Town, Zanzibar

Departs On:

Meals: Breakfasts - 5, Lunches - 5, Dinners - 5

#### Highlights:

The historic port of Stone Town, Changuu Island (aka. Prison Island), Spice Tour, Jozani Forest, Nungwi Beach, Free time for watersports options

Places Visited: Stone Town, Changuu Island, Nungwi



# Itinerary

## Day 1: Welcome to Zanzibar

Your Zanzibar island holiday starts today. You have the option of either flying directly into Zanzibar or choosing to arrive via ferry from the bustling city of Dar es Salaam.

We'll be there to meet and greet you before we whisk you away to your accommodation in Stone Town - Zanzibar's historic heart. Once we get there, we'll help you settle in and you have the rest of the day free to explore your new surroundings.

**OVERNIGHT:** Stone Town hotel **MEALS:** Dinner, Lunch **EXTRAS:** Single Room Supplement (TASGZE)

# Day 2: Exploring Stone Town

Steeped in history, Stone Town was once an important stop on both the Slave and Spice Trade Routes. We start our day with a visit to Changuu Island (often referred to as Prison Island), which was primarily supposed to be used as a prison, instead, it became a quarantine station for yellow fever epidemics.

We'll enjoy a short-guided tour of Changuu Island, where you may get the chance to see the giant land tortoises which call the island home. If there's enough time, snorkelling around the island is also a possibility.

**OVERNIGHT:** Stone Town hotel **MEALS:** Breakfast, Dinner, Lunch **EXTRAS:** None

## Day 3: Spice Tour, Jozani Forest and to Nungwi

After an eventful few days in Stone Town, we travel north towards Nungwi - famous for its palm-lined Nungwi Beach - and our home for the next three nights.

En-route to Nungwi, we will enjoy a Spice Tour and stopping along the way to experience a guided tour of the Jozani Forest, which was built for the conservation of the endangered Red Colobus monkeys, but be sure to keep an eye out for duiker and a variety of bird and butterfly species which reside in the forest.

**OVERNIGHT:** Nungwi hotel **MEALS:** Breakfast, Dinner, Lunch **EXTRAS:** None

# Day 4: Free time in Nungwi

You have the day free to enjoy all the attractions and activities that Nungwi has to offer. If you're a lover of water sports, then you're in luck - Nungwi offers fishing, snorkelling, scuba diving and a host of other oceanic activities.

Another idea is to rent a scooter and explore the many attractions along the beachfront.

Regardless of what you do though, be sure to create your own island memories!

**OVERNIGHT:** Nungwi hotel

# Day 5: More free time in Nungwi

Couldn't fit in all of Nungwi's activities yesterday? The good news is that you have another free day to do as you please, or to simply laze away on the sun-kissed beachfront.

**OVERNIGHT:** Nungwi hotel **MEALS:** Breakfast, Dinner, Lunch **EXTRAS:** None

# Day 6: Back to Stone Town

After a luxurious few nights in Nungwi, it's time to head back to Stone Town. You can opt to book additional nights in Stone Town or depart the island either via the seaport or airport.

OVERNIGHT: N/A MEALS: Breakfast EXTRAS: None

### Included

- 5 nights accommodation in hotels
- All transport by landcruiser or similar
- Entrance fees for included sightseeing
- · Local guides for sightseeing tours and activities as per the itinerary
- · Meals as indicated in the itinerary

## Excluded

- International flights (available on request)
- Visas
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Drinks, snacks, tips and other personal expenses (e.g. laundry)
- Tips for guides & drivers
- Entrance fees and activities not mentioned above
- Any other items not mentioned above

### Notes

This tour can be linked with our 6 Day Tanzania Wildlife Encounters Tour which explores the great plains of the Serengeti National Park and the Ngorongoro Crater.

# 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.

#### 1. Accommodation

Our Zanzibar Escape Tour uses a range of hotels at the local 3 and 4-star level. Please check the Accommodation section for more information on the normal hotels 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.

Accommodation levels and hotels are slightly different in Tanzania to general Western standards. 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 or your guide will be available to assist in case of any problems.

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

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

**Check-in Times:** Official hotel check- in times in Tanzania are between 14.00 and 15.00. 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 well before 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.

#### 2. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time we want you to finish journeys refreshed enough to enjoy the next stage of the tour. Whilst on Zanzibar, we'll use land-cruiser style vehicles.

#### 3. Transfers

Airport transfers are not included in the price of the tour and you should make your own way to the first hotel used on the tour. This will be reconfirmed on your tour confirmation voucher, sent a couple of weeks before the tour starts. Airport transfers are available on request if required.

#### 4. 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.

On our Tanzania Small Group Tours, airport transfers are not included in the price of the tour, but are available on a request basis.

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.

#### 5. Group Size/Tour Leaders/Guides

This **small-group tour** in Tanzania runs with a minimum of 2 and maximum of 7 travellers in the group.

In Tanzania we provide fully trained, local English-speaking guides for all of the sightseeing tours. At Encounters Travel we aim to only use local guides and reps. We feel this gives you the best experience of the country and the sites you are seeing.

#### 6. Entrance Fees

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. You will need to cover the cost of entrance to any other extra sites that you may wish to visit.

#### 7. Tipping

Tipping isn't part of Tanzanian culture, however there's never any harm in rounding up a bill by a few shillings if you've been particularly pleased with the services you've received. In upmarket hotels, porters will generally expect a small tip and in many restaurants a service charge of around 10% is often added.

At the end of a tour it's common to tip your tour guide/safari guide if you feel that you've received good service from them and whilst there is no set amount for this, we're often asked for recommendations. On our Tanzania tours an average tip would be around \$5-\$10 per person per day, however you shouldn't feel oblidged to tip any specific amount. We do have different recommendations for tipping on our Kilimanjaro treks, please check the tour specific tour notes for these details.

#### 8. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

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. In addition, additional courses or boosters normally recommended for the countries in this region are:

South Africa: Additional vaccinations: Hepatitis A. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Namibia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if

arriving from an infected area.

<u>Botswana</u>: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. <u>Malaria map</u>. Yellow Fever certificate: Required if arriving from or having transitted or travelled through an infected area.

<u>Zimbabwe</u>: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. <u>Malaria map</u>. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Zambia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. <u>Malaria map</u>. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

<u>Malawi</u>: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. <u>Malaria map</u>. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

<u>Tanzania</u>: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. <u>Malaria map</u>. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Kenya: Additional vaccinations: Diphtheria, Hepatitis A, Poliomyelitis, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from an infected area.

<u>Uganda</u>: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid, Yellow Fever. <u>Malaria map</u>. Yellow Fever certificate: Required if arriving from an infected area.

<u>Sudan</u>: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid, Yellow Fever. <u>Malaria map</u>. Yellow Fever certificate: Required if arriving from or having transitted through an infected area. A certificate may also be required for those departing Sudan.

<u>Morocco</u>: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria not normally present. Yellow Fever certificate not required.

The above information can change at short notice. For up to date health information & vaccination requirements we recommend that you contact your medical practitioner or a travel clinic.

**Malaria**: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting.

**Yellow Fever:** This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vacinnation is often required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this <u>US CDC information</u> about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate organised in advance and with you and to hand during the trip.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

If you are travelling on an Overland tour or your trip includes wildlife safaris then please bear in mind that you may be travelling on bumpy roads and/or rough ground for several hours at a time. This can be very uncomfortable or painful if you have a bad back, and make such conditions worse. Please contact us if you have any concerns.

#### 9. 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. Encounters Travel will not be held responsible if travellers are denied entry because they are not in possession of the relevant visas. We therefore recommend you re-check requirements with the relevant embassy/consulate around 4 weeks before travel.

You should also be in possession of a valid onward or return flight ticket, or proof of other means of transport enabling you to leave the country that your tour passes through or finishes in. In addition you should carry proof of

sufficient funds to cover you during your time in the country (eg. credit card).

Should your tour be re-entering a country, please ensure that you have a multiple entry visa that allows this. Some countries have a visa on arrival service which can be more convenient and cheaper. However, for peace of mind and to speed up the border crossing process, Encounters Travel advises that you to get your visas prior to your trip if possible.

#### 10. Time

The time in Tanzania is GMT plus 3 hours. Daylight saving adjustments are not observed.

#### 11. Voltage

Sockets are three rectangular pronged and 220 volts (British BS-1363). Universal adaptors are available in most airport shops if you don't have one already. If you've travelled to the UK previously and have an adaptor for here or if you are travelling from the UK then the plugs in Tanzania are the same. 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.

#### 12. Money

The local currency in Tanzania is the Tanzanian Shilling (TZS). Tanzania Shillings can be ordered from most major currency suppliers prior to departure or hard currency can be easily exchanged in all major cities, the currency of preference being US Dollars however Sterling and Euros are also widely accepted.

Credit cards are accepted in Tanzania but aren't widely used. ATM's are available in larger cities but aren't generally widely available outside of cities. Travellers cheques are slowly being phased out so instead, travellers are advised to bring sufficient hard currency.

Bank opening hours are generally Monday & Friday 0830-1400, Saturdays 0900-1200.

#### 13. What to take

**LUGGAGE ALLOWANCES:** Most international airlines restrict you to between 20kg and 23kg per person of luggage to go in the hold of the plane. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure about luggage allowances on your tour. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

**OVERLAND AND SAFARI TOURS:** Please keep in mind that these are adventure tours in an adventure vehicle (truck or 4x4) and luggage should not include any solid Samsonite style suitcases. On our accommodated overland tours most of our trucks have lockers for the luggage (locker sizes: 37,5 cm high, 32 cm wide, 80 cm deep). Only a soft bag will fit in these lockers. A suitcase is far more difficult to store and make secure in our vehicle and this is part of the reason we ask for a backpack or tote bag to be used as your luggage. The other reason is that you need to walk from the truck to the accommodation and often over sand or uneven terrain. Your luggage on our Overland tours is limited to ONE backpack and ONE daypack weighing no more than 20kg. As a general rule, if you cannot lift your own luggage - you've got too much stuff! Most people make the mistake of bringing too many clothes. A quick reminder - **suitcases are not suitable on our overland tours** – especially huge Samsonite-style cases! **Small** 

wheeled cases are OK for safari tours.

**SUGGESTED PACKING LIST:** Kit for all weather conditions including: • 2/3 shorts/skirts • 1 jacket/anorak • Tracksuit/pullover • 2 pairs of long pants/jeans • 2 pairs of walking shoes/boots/trainers • 1 pair of sandals • 3 or 4 T-shirts/short sleeve shirts or sundresses • 2/3 Long Sleeve Shirts • Smart casual change of clothes • Swimwear • Underwear & socks • Sun Hat – preferably that covers the back of your neck. • Raincoat • Kikoi/sarong

Your clothing should be easy to wash and dry and should preferably not need ironing. Avoid synthetics, which can be very uncomfortable in hot weather. Many people underestimate how cold Africa can be – remember that jersey/jacket! There are also nights that are warm but you must still wear clothes that cover arms and legs from mosquitoes. Take a set of casual but smart clothes for the occasional evening out in a restaurant or club. If you wear glasses (or contacts) it is also advisable to bring a spare pair.

While on wildlife safaris it is important to wear dull coloured clothing - olive, mushroom, brown, khaki, stone are ideal.

You should avoid white (stands out too much), black or blue (attracts tsetse flies), and camouflage (illegal in many countries for civilians)

Additional Items: • Towel & facecloth • Baby wipes/ Wet Wipes • Personal toiletries • Sleeping bag • Torch & enough spare batteries • Camera & spare batteries and memory cards • Water bottle. (A 2-litre Coke bottle works well...) • Penknife • Insect and Mosquito repellent • Suntan lotion, sun block & after sun lotion • Sunglasses • Watch • Biodegradable laundry detergent • Passport (plus a copy of your passport & visas) • Extra passport photos • Vaccination certificate • Money • Travel plug • Neck pillow • Small sewing kit • Plastic bags • Clothes line and pegs • Small scrubbing brush • a small padlock for your luggage locker in the truck • Small basic First Aid kit (painkillers, band aids, after-sun lotion, eye drops, anti-diarrhoea tablets etc.)

**DAY PACKS:** Please check the itinerary for your specific tour if you will need a little daypack. For example on our Cape Town to Vic Falls overland tour you will need a smaller bag, big enough to bring basic equipment (toiletries and clothes) for 2 nights. The daypack is for your Okavango Delta Excursion, where you cannot bring your entire luggage.

#### 14. Dates, Prices & Private Tour Options

Our small-group tours in Tanzania have a range of departures through the year. All departures are guaranteed to run with a minimum of 2 travellers. Departure dates and prices are listed on our website and on a separate dates & prices sheet available on request.

This tour is also available privately starting on any date through the available seasons for a small supplement if you do not want to join one of our group departures. Please contact us for a customised quote based on the number of people in your party.

#### 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 <u>contact us</u> if you would like any more information or have any questions before making a booking.

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). More information...

You may arrange your own insurance, or you can take advantage of a comprehensive policy that we can arrange for you through Endsleigh Insurance which has been designed to be suitable for our tours. The policy is available to travellers of all nationalities and you do not need to live in the UK to take out the policy. For full details of cover provided, prices and to apply for one of our policies, please complete travel insurance application form.

Note: Any country that borders the Mediterranean is considered as 'Europe' for the purposes of travel insurance (including Turkey, Israel, Egypt and Morocco). If you are doing a tour that visits one country in 'Europe' and one that is 'Worldwide' (for example, an Egypt and Jordan tour), then you need a 'Worldwide' policy. When completing the form you should enter your travel dates including any extra days involved in overnight flights or connecting travel between your home and the tour. Our policies are not able to cover any extra time or activities other than your tour and options booked with us and your travel to & from home.

Note - to comply with insurance sales regulations, our travel insurance policies are only available to customers booking directly with us. If you have booked through a travel agent you will need to arrange your own insurance.

If your tour includes car hire, ior 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. Details about our own policies cover levels are given <u>on our website</u>.

#### **17. 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 <u>our website</u> or <u>booking conditions</u> for more information.

#### 18. 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).

#### 19. 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

www.twitter.com/encounterstravl (yes, without the 'e')

#### 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 <u>official government travel advice</u> for your destination. We are registered partners with the UK Foreign Office's <u>'Travel Aware' campaign</u> which provides further useful and invaluable information.



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**Note:** Please <u>download an up-to-date copy</u> of these tour notes shortly before you travel as itineraries and information does change from time to time.