

# Cycling In Mexico

Mexico



16  
MIN AGE

11 DAYS  
FLIGHT INC.

10 DAYS  
LAND ONLY

MAM  
TRIP CODE



## Summary

Mexico is home to idyllic beaches, lively music, astonishing archaeology, exciting food and friendly people, making it the perfect destination for a fantastic cycling holiday. Following Yucatan's backroads, we cycle through colourful villages, explore magnificent Mayan pyramids and temples, and swim in the transparent waters of enormous canyons. We end the trip on the idyllic Riviera Maya, where there is the opportunity to snorkel on one of the world's longest coral reefs, or simply relax on a palm-fringed Caribbean beach: the perfect way to unwind after a week of cycling!

## At a glance

- 6 days cycling with 100% vehicle support
- Group normally 5 to 18 plus leader. Min age 16 yrs
- 9 nights comfortable hotels all en suite
- All breakfasts and 1 dinner included

## Highlights

- Visit Chichen Itza, one of the new Seven Wonders of the World
- Other Mayan sites of Izamal, Coba, and Tulum
- Discover colourful colonial towns
- Ride through traditional Mayan communities
- Swim in underground cenotes
- Visit Sian Ka'an Biosphere Reserve
- Relax on the beautiful beach at Tulum on the Caribbean



## IS THIS TRIP FOR YOU?

This trip is classified Road.

Activity Level: 2 (Leisurely/Moderate).

Please see the introductory pages of the cycling holidays brochure for more important information on classification and grading.

6 days cycling with 100% vehicle support

90% tarmac, 10% unpaved track

Routes mainly follow quiet roads

Average daily distance: 58km (36 miles)

Number of days cycling: 6

The terrain on this trip is very flat as per the landscape of the region. We cover some large distances but overall the trip is not demanding. We cycle on quiet backroads that are generally free of heavy traffic, except in the towns. Most of the road surfaces are in good condition but you should expect occasional potholes on some sections. Please remember to drink lots of water when cycling as the heat and humidity can be high. We start the rides early morning in order to avoid the main heat of the day, and this allows more free time in the afternoons and evenings to enjoy our overnight destinations.

All ascents, descents and distances listed below have been measured by our local partners or tour leaders. Please note that different GPS measuring devices can give differing results dependent on the barometric pressures at the time. Measurements stated throughout these trips notes are given to help you understand the types of terrain and distances you will encounter.

## LAND ONLY ITINERARY

The entries in bold at the end of each day indicate the type of accommodation normally used and which meals are included. Please see the Accommodation section below for further information.

### Day 1

Fly to Cancun; transfer to family-run hotel in Cancun.

**Comfortable Hotel**

### Day 2 - Isla Mujeres

The day starts with a bike fitting which will take place adjacent to the hotel. Once everyone is ready to go we set off on a short ride to Puerto Juarez from where we'll be taken by boat over to Isla Mujeres (the Island of Women). We enjoy a leisurely cycle around this beautiful island and have a swim and some time relaxing on the beach. In the afternoon we will return to the mainland and there is time to go off and explore downtown Cancun should you wish. Cycle approx. 28km. **Comfortable Hotel (Breakfast)**

### Day 3 - Merida

This morning we transfer after breakfast to the bustling colonial city of Merida (approx. 3 hour drive). Our guide will give us an interesting historical overview of the Yucatan region and take us on a tour of the city featuring the markets and the governor's palace. Many of the buildings in Merida were constructed using stones from the Mayan city which existed on the site and these are still visible in the walls of the imposing cathedral. There is free time in the afternoon and a good choice of restaurants after the sun sets. **Comfortable Hotel (Breakfast)**

### Day 4 - Izamal

Today is our first proper day on the road and in the saddle! For the next few days we will enjoy cycling down quiet backroads and passing through occasional Mayan villages, plus visits to various cenotes in the coming days (picturesque sink holes to underground rivers). The terrain is flat and the riding fairly easy going but we will be covering some large distances nevertheless.

From Merida we cycle to the delightful town of Izamal, also known as La Ciudad Amarilla (The Yellow City) due to the colour of its buildings. Izamal was an important worship centre for the ancient Mayas. Here we'll explore the pyramids that were devoted to the gods and take in a 360 degree view across the surrounding jungle. We'll also have the opportunity to visit the impressive monastery built by the Spanish colonists in the main square. Cycle approx. 64km. **Comfortable Hotel (Breakfast)**

### Day 5 - Chichen Itza

Back on our bikes, we make our way across a flat landscape towards one of the largest Mayan ceremonial centres at Chichen Itza, one of the New Seven Wonders of the World. The impressive El Castillo Pyramid sits in the middle of the site and is surrounded by temples, palaces and ball courts.



The leader will give us a tour of the whole site. Nearby, we stop to visit the Cenote Sagrado ('Sacred Well'), dredged in the early 20th Century and found to contain precious gold, silver and jade artifacts as well as the remains of sacrifice victims. Our hotel for the night is located close by. Cycle approx. 73km. **Comfortable Hotel (Breakfast, Dinner)**

#### Day 6 - Valladolid

Today we ride from Chichen Itza to Valladolid passing through yet more picturesque Mayan villages, where locals still speak their ancestors' language. We have some time to explore the beautiful colonial architecture of Valladolid before heading to a nearby cenote (natural sinkholes in the limestone bedrock that reveal crystal clear underground lagoons and rivers) to cool off after another day in which we cover a large distance. Cycle approx. 71km. **Comfortable Hotel (Breakfast)**

#### Day 7 - Coba and Tulum

Continuing eastwards, we ride to the archeological site of Coba and afterwards stop for a refreshing swim in the nearby Tamcach Ha cenotes. Once in Coba, we climb to the top of the tallest Mayan pyramid in Mexico and enjoy sweeping views of the surrounding scenery. We then drive to the fantastic beach community of Tulum, which will be our picturesque home for the next 3 nights. Just outside the town lies one of the most photographed sites in the Yucatan; the ruins of an ancient Mayan city that overlook the turquoise waters of the Caribbean Sea. Cycle approx. 78km. **Comfortable Hotel (Breakfast)**

#### Day 8 - Sian Ka'an Reserve Coastal Ride

From our beachfront hotel we'll head towards Sian Kaan Biosphere Reserve on a coastal road (there may be sections of unpaved road) in a southerly direction. Along the way we'll learn from our guide the importance of protected areas in Mexico and all about the ecosystems and wildlife of the Sian Kaan Reserve. This area is home to an incredible variety of habitats and over 300 species of birds. Afterwards we will cycle back towards the archeological site of Tulum, where Caribbean and Mayan culture blend into beautiful landscapes. Tulum site has some impressive buildings. The most famous buildings in the complex are the ruins that overlook the lapping waves of the Caribbean, but there are

also several temples, ritual platforms and houses to be explored. In common with many other Mayan cities, the whole site is surrounded by a huge defensive wall. Cycle approx. 33km. **Comfortable Hotel (Breakfast)**

#### Day 9 - Free day in Tulum

Today is a free day, and you may wish to spend your time swimming in the Caribbean and relaxing on the golden sand beach. If you prefer to do an extra optional activity on this day then speak to your leader the night before and they will help to arrange and book something for you. There are several possibilities for marine excursions (dependent upon availability and time of year). **Comfortable Hotel (Breakfast)**

#### Day 10 - End Cancun

We depart Tulum and transfer to Cancun Airport where the trip ends. **(Breakfast)**

## ACCOMMODATION

Throughout the trip we use carefully sourced high quality hotels that provide comfortable bases for us each night. Some hotels have swimming pools. In Tulum we stay in a hotel situated on the stunning beach front. Rooms are on a twin share basis with air conditioning and en suite bathrooms.

#### Single Accommodation

We can arrange single rooms throughout the trip for a supplement (subject to availability) from £395. Please ask your sales consultant for details.

## FOOD AND TRANSPORT

#### Food

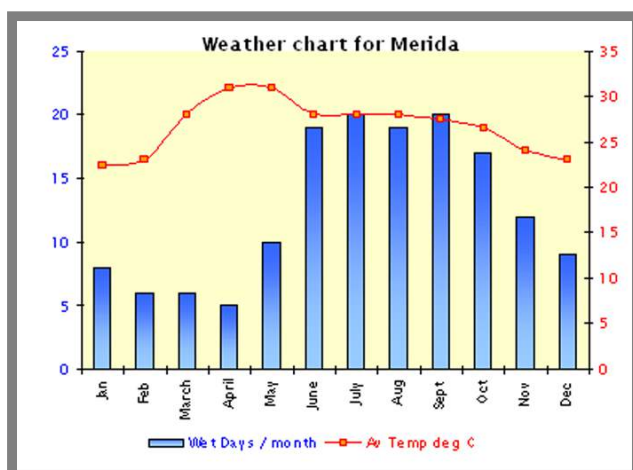
9 breakfasts and 1 dinner included, allowing the option to try some local restaurants on the other evenings. Water is included on cycling days. Many Mexican dishes are already known and loved around the world but you will also encounter lots of

new delicious dishes on this trip. Each day the guide will suggest local dishes specific to the area that we are in, for example pollo pibil from Merida cooked in a banana leaf, and the grilled grouper in Tulum.

### Transport

The support vehicle will carry all your luggage and personal belongings. The vehicle will follow the riders all of the time, allowing you to cycle as much or as little as you like (although not everyone can travel in the support vehicle at once).

## WEATHER AND SEASONALITY



On the coast there is little variation in temperatures between the seasons. These are likely to be 28C to 33C average daytime maximum and 18C to 23C night time minimum. The heat and humidity are moderated by sea breezes, but inland it is likely to be quite humid between May and October. Cycling during these hotter months can be tiring - most rides take place in the first half of the day to account for this. The wet season is from June to October, when it normally rains on average one day in three. The rains tend to be short and heavy, alternating with pleasant clear spells. During the other months rain is much less likely, but there is the chance of an occasional storm at almost any time.

## TULUM BEACH EXTENSION

If you would like to extend your stay on the golden sands of Tulum beach then contact us and ask for extra nights at the end hotel. Activities such as snorkelling and boat trips can be booked locally, or you may just prefer to relax in the sun with a good book! Spaces in the hotel are subject to availability and you are advised to book early. Contact your Sales Consultant at Exodus for prices.

## JOINING THE TRIP IN THE UK

11 days, normally depart London Sat, return Tue

### Itinerary Start

The group flight from London is a daytime flight departing on Day 1 of the itinerary.

### Flights from London

We normally use the scheduled services of British Airways (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

### UK Regional Flights

The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. Please visit [www.exodus.co.uk/regionaldepartures](http://www.exodus.co.uk/regionaldepartures) for a useful overview of the options available, and contact our sales team for expert advice.

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1½ hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

### Airport Transfers

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus has booked it. Those arriving from London on non-group flights should read the airport transfer section below for information on reaching the start point. Please check with the Exodus office.

## JOINING: CANCUN

10 days, normally start Cancun Sat, end Cancun Mon

### Itinerary Start

Your trip normally starts at our accommodation in Cancun in the evening of Day 1 of the itinerary. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

### Airport Transfers

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.



Please contact us if you are not planning on using the included group transfers and would like us to book an additional private transfer on your behalf. For example if you have booked 'Land Only' and your flight times do not match those of the group flights.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

## RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

### A Fair Deal:

We employ local tour leaders for their insider knowledge and passion for the area and in exchange for this expertise, we provide steady employment, fair wages and fair treatment for all our staff. For over 15 years we have also been working with various Mayan communities, hiring them as guides, captains, boat service providers and hosts. This collaboration on our tours has real benefits for the Mayan people which have proven to improve their economic and educational position. These communities now know the effects of over hunting and fishing on the environment and so this initiative has improved conservation efforts too.

### Accommodation & Meals:

Throughout the trip we use carefully sourced, good quality hotels which hire local people and use local suppliers and produce. Where possible, we also select accommodation with environmental policies which match our own ethos e.g. El Rey de Caribe hotel uses solar hot water heaters and clothes driers, strict recycling regulations, composting of garden and kitchen wastes, and capturing of rain water. Where meals are not provided, our guides will be able to recommend the best cafes, markets and restaurants to try. This way we can

ensure that smaller businesses benefit, whilst also giving clients the most authentic culinary experiences. One of the best ways to do this is to frequent the street food vendors throughout the trip-try tacos with carnitas or tamales with mole sauce at Izamal town market.

### Activity:

Few holidays have as little detrimental impact on the environment and local residents as a cycling trip. Erosion on and adjacent to popular paths is a growing problem in certain places and therefore our trip leaders encourage clients to stick to advised routes in order to minimise this. We do believe in leaving no more than footprints (or tyre tracks!) although this tour actively encourages guests to talk to local people, visit local cafes and restaurants, use markets to purchase traditional gifts and crafts and get a real impression of the Mexico. In order to give back to the environment which we enjoy so much, we also support The Coral Reef Alliance, which develops a series of conservation projects and practices involving sealife.

### Water:

Water is a really important issue with cycling trips and whilst we must stay hydrated, it is also vital that we have a system for providing clean water without causing lots of waste with plastic bottles. We suggest that instead of repeatedly buying bottled water, guests should re-fill a singular bottle. We can provide 20 litre containers and advise where to fill them and where to recycle in order to minimise waste.

For full details of our Responsible Tourism Policy please visit:

[www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)

## PRACTICAL INFORMATION

### Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance

with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Holders of British, Australian, New Zealand, US, Canadian and most EU passports do not require visas for Mexico.

If you are travelling via the USA and are eligible to transit under the Visa Waiver Programme (most British and western European citizens with a machine readable passport are), you are now required to register in advance for an Electronic Travel Authority (ESTA). There is a US\$14 charge for the ESTA, which is only payable online with a credit card. Please see our website [www.exodus.co.uk/usvisa](http://www.exodus.co.uk/usvisa) for further information. All other non-residents passing through the US must get a visa in advance. Check with your local embassy or consulate for more details on how to obtain a visa.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

#### Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no mandatory vaccination requirements for this trip.

Recommended vaccinations for this trip are: Tetanus, Typhoid, Hepatitis A.

The risk of malaria on this trip is slight, but you may wish to consult your GP or travel health clinic for further advice.

Dengue fever and/or Chikungunya are known risks in places visited on this trip. Both are tropical viral diseases spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for either, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Zika fever is a mosquito-borne viral disease and a known risk in places visited on this trip. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. For the latest information please visit [www.exodus.co.uk/zika-virus-q-a](http://www.exodus.co.uk/zika-virus-q-a).

If you are arriving from an area with risk of Yellow Fever infection, both Guatemala and Belize require you to have a Yellow Fever certificate.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

#### Insurance - are you adequately covered?

You must have adequate travel insurance, and if you are joining a trip which goes to high altitude, you must check that you are covered up to the maximum altitude of the trip. If you are resident in the UK we strongly recommend Exodus travel insurance, which is specifically designed to cover all activities on your trip.

#### Local Time

GMT -6 hours

#### Group, Staff and Support

The group will generally be between 5 and 18 people. There will be a local leader and drivers and local guides where needed.

The minimum age of clients on this trip is 16 years. Please note that anyone aged under 18 must be accompanied by (and share accommodation with) a parent or legal guardian.

## MONEY MATTERS

#### Currency Information

The national currency of Mexico is the Mexican Peso (MXP), with an exchange rate at the time of publication of approximately 25 to the UK£ and 19 to the US\$.

Exchange rates are correct at the time of publication.

You should take all of your spending money either in Mexican Pesos, or US Dollars since it is difficult to change Sterling or Euros and exchange rates are generally less favourable for these currencies.

Goods and services can be paid for in some establishments in US dollars, but change will usually be given in the local currency and good rates of exchange aren't always available. It is suggested that you take a couple of copies of your passport with you as these are useful when changing cash in banks. It is good to budget spending an average of US\$30-50 per day on meals and drinks.

#### ATM availability/Credit Card Acceptance/Travellers cheques

ATMs are increasingly available in most major towns throughout the region, although are generally difficult to find in rural areas. A flat fee of up to US\$3 and a small commission usually applies with debit card withdrawals. Credit card withdrawals generally attract a 1% charge. You should check with your bank before departure to ensure your card will be accepted in ATMs. Most major credit cards are accepted in larger shops and more expensive restaurants, but their use is not widespread in smaller establishments and so cash is recommended.

Travellers' cheques (in US Dollars also) can be quite difficult to change throughout Central America and there will be limited time on the trip to do this. It is certainly much more convenient to carry as much of your money in US dollars as possible, so long as you are security conscious. We recommend that you bring some small denomination notes (\$1 and \$5 notes) since getting change is often a problem when paying for small items.



### Extra Expenses and Spending Money

Please retain the Tourist Card given on entry into Mexico, as you will need it to leave the country. If for some reason your card is missing, you can buy a replacement for 295 Mexican Pesos at any international Mexican airport. If you have purchased your own flights as part of a 'Land Only' booking then check with the airline as to whether the Mexico Departure Tax is included in the price of the ticket.

### Optional Excursions (approximate costs, depending on group sizes)

The following optional excursions are possible on the free day in Tulum. Prices are correct at the time of writing and all activities are dependent on availability and weather conditions. They are all run by our local partner in the Yucatan, who specialise in marine wildlife tours. Your tour leader will give more info on each option and assist anyone with plans that they would like to make for this free day. Payments should be made locally in cash.

#### Sian Ka'an boat trip - 35 USD per person

Take a boat tour through the nearby biosphere reserve of Sian Ka'an to encounter the mangroves and learn more about the environment.

#### Marine Turtles - 89USD pp

Swim with turtles in their natural habitat and snorkel at the second largest coral reef in the world (Mesoamerican reef). Here you will also see an array of colourful fish and rays.

#### Snorkelling at cenotes - 69USD pp

Cenotes are fresh water sinkholes where you can enjoy crystal clear snorkelling.

#### Day trip to Cozumel Island and Playa del Carmen - 129USD pp

Visit the clear waters of Cozumel island for some snorkelling at the coral reef followed by a chance to visit the handicraft stores and food stalls of Playa del Carmen town.

#### Akumal and Yal-Ku - 89USD pp

Discover two of the most beautiful and calm bays on the Mayan Riviera.

### Tipping (leader and local staff)

While tipping is not compulsory, it is a large part of the Latin American service culture. Certified guides will accompany us to each ruin visit, and it is customary to tip them approx. US \$4 - \$5. For the tour leader and drivers, we suggest around US\$50 to be shared between them, in favour of the tour leader. You may wish to form a 'tip kitty' with other group members to facilitate the distribution of tips. By definition, gratuities are not something we can include in the tour cost.

## WHAT TO TAKE

### Local Bike Details

Trek hybrid bikes, included in the trip price. Discount for bringing your own bike - £90.

A quality local hire bike is now included in the overall price of our cycling holidays. At the time of booking we will take your height in order to reserve equipment. There may on occasions be insufficient bikes available in the correct size; we will endeavour to find suitable alternative equipment but this cannot be guaranteed. We will tell you before you book whether suitably sized bikes are available.

### Conditions

1. The equipment remains the property of the supplier and you may not sell, hire out or part possession with the equipment.
2. You must not misuse the equipment and must return it in the same condition as when received (ordinary wear and tear excepted). The supplier is entitled to charge for any damage caused to the equipment during the period of hire.
3. You must ensure that the equipment is adequately secured when not in use. In the event of the equipment being lost or stolen, you may be liable for the replacement value of the equipment
4. You must not use the equipment whilst under the influence of drink or drugs and should immediately notify the Supplier in the event of breakdown or loss.

### Bringing Your Own Bike

If you prefer the familiarity of your own bike, you may of course bring it along. Please advise us at the time of booking and you will receive a discount off the price of the holiday, as specified above. Any clients bringing their own bike should ensure they have adequate cover for loss, damage or theft under their travel, home contents or a specialist insurance policy. If Exodus is confident that we have taken all reasonable care to ensure the safety of your bike, in the rare event of loss, damage or theft you will need to claim under your own insurance policy.

### Extra Bike Bits

You may like to bring your own pedals and saddle (excluding the seat post) or gel saddle cover to fit to the hire bikes. We encourage this, if it is your preference. However, please note that you are responsible for your own equipment, and removing your saddle/pedals at the end of the trip. We cannot guarantee the return of any bike parts left behind.

### Exodus Policy on Cycling Helmets

Wearing a helmet is mandatory for anyone taking part in any guided Exodus cycling holiday. Group members must bring their own helmets, as they are not available for hire, even if they are hiring a bike from Exodus.

For self-guided cycling holidays wearing a helmet is a highly recommended. Customers who choose to ignore our advice do so entirely at their own risk and on the understanding that it may affect the validity of their travel insurance. It should also be noted that in some countries we travel to wearing a helmet is already a legal requirement.

Cycling of all kinds has its dangers and accidents can happen from time to time. Please ensure that you are properly prepared for the riding you are going to undertake.

### Recommended Cycling Clothing

Padded cycling shorts (with loose 'over-shorts' where recommended), breathable clothing, and a lightweight waterproof/windproof top. Shoes with relatively stiff soles are better for biking, but are not essential unless you are cycling long distances.

Most people want to carry certain items with them during the day while cycling, for this we recommend a large bum-bag or small close-fitting daysack.

Please be aware that you will be passing through some remote villages where the locals are unaccustomed to seeing people in tight lycra - we recommend you wear baggy shorts or loose 'over shorts' so as not to cause offence.

### Essential Equipment and Clothing

Cycling helmet (compulsory on this trip)  
Water bottle(s)  
Cycling shorts  
Waterproof jacket

High factor sun cream  
Sun hat  
Sunglasses

### Optional items

Your own saddle  
Cycling gloves  
Walking shoes

### Baggage and Baggage Allowance

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check the airline's website for the latest information prior to your departure.

### Reading List

#### Ancient Kingdoms of Mexico

N. Davies (Penguin)  
Good general introduction.

#### Lost Cities of the Maya

C. Baudel & S. Picasso (Thames & Hudson)  
Interesting and relevant.

#### Time Among the Maya

Ronald Wright (Grove Press)  
Recommended.

## JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Community you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

<http://www.exodus.co.uk/community>

## IMPORTANT INFORMATION FOR ALL CLIENTS

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Exodus office and ask to speak to one of the experts on this itinerary.



Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 16 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0)1582 640 045.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at [www.exodus.co.uk/about-exodus/essential-information?](http://www.exodus.co.uk/about-exodus/essential-information?)

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

The UK Foreign and Commonwealth Office (FCO) Travel Advice Service advises British tourists on the potential dangers they might experience when travelling overseas. We liaise closely with them and adhere to their travel advice. For up-to-date advice on all countries, please visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice). Should there be any change to advice prior to or during travel, we may have to cancel or curtail a tour at short notice, or re-route an itinerary part way through.

*Prices and exchange rates were correct at the time of publication. The most up-to-date prices can be found on the Exodus website.*

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## HOW TO BOOK YOUR TRIP

### 1. Check availability

Go online to check availability, or contact us by phone or email.

### 2. Secure your place

You can provisionally hold a place on this trip, usually for between three and seven days.

### 3. Complete your booking and payment

When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque. Book with confidence: Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.