

General Trip info

Map

Trip Code: IQVRQC

Trip Length: 45

Trip starts in: Playa del Carmen

Trip ends in: Panama City

Meals: 1 Breakfasts included

1 Lunches included

1 Dinners included

Accommodation: Hotel (36 nights), Camping with facilities (1 night), Lodge (2 nights), Hostel Multishare (2 nights), Hostel (2 nights), Homestay (1 night)

Transport: Private vehicle, Public bus, Local bus, Taxi, Private boat, Shared boat, Ferry

Daily Itinerary

Day 1

Playa del Carmen

Hola! Welcome to Mexico! Your adventure begins with a welcome meeting at 6 pm today. If you are lucky enough to have extra time in this beachside playground, why not spend it snorkelling in freshwater rock pools (called cenotes), strolling along the white sands or reef diving on Cozumel. Check out the full range of recommended optional activities below for more inspiration. After the welcome meeting tonight, perhaps head out for a cocktail and a meal with your new travel buddies.

Day 2

Tulum

Leave behind one paradise for another, quieter version. Travel south by local bus to Tulum, where white-sand beaches and Maya ruins await after a mere 1.5-hour journey. Take an orientation walk with your leader around the small town when you arrive, then head to the cliffs or the shore to enjoy the sunshine at your own pace. The famous ruins that hug the cliff edge are no longer a well-kept secret, so if crowds aren't your thing it's best to get up early tomorrow to beat them. Enjoy free time to maybe grab a snack and a beer at a beach shack, then hit the sand and the water (rinse and repeat). In the evening, you could grab a few of your fellow travellers and find a spot to watch the sunset with a margarita in hand.

Day 3

Tulum

Today is as clear as the waters of the Caribbean, so you can spend it how you like. Perhaps start your morning by renting a bike and exploring on two wheels. Then maybe head to Akumal Bay for a change of scenery or check out one of the many local freshwater rock pools known as cenotes. You can buy an organised tour to each of these attractions or venture off on your own as both are easily accessible using local transport. Cenote Dos Ojos is perhaps the most spectacular of the natural pools, but it be prepared for a three-kilometre walk each way from the local bus drop off. Remember, pack plenty of water and snacks so you don't get caught out! If you haven't already, you might want to take the opportunity to head to Mexico's most famous archaeological site, Chichen Itza, which is about a 2-hour drive away. Chat to your leader about what's on offer and how to organise optional activities.

Day 4

Caye Caulker

Bid adios to Mexico early this morning and head south to Belize. Be prepared for a long day of travel on the road without a chance to stop for lunch, as the total driving time including the border crossing will be 8–9 hours. First, travel to the town of Chetumal by public bus (approximately 3.5 hours). Then jump on a local bus to the border (20 minutes). Undertake border formalities, then board the same bus to Belize City (approximately 3 hours). Once in Belize City take a water taxi to Caye Caulker (1 hour). Expect to arrive on Caye Caulker by 6 pm. Phew! What a day. But trust us, it's worth it. Perhaps go for an evening stroll to get your bearings on the island, then if you have the energy why not hit a beach bar and unwind. Belize is the only English-speaking country in Central America, which will make chatting with locals much easier.

Day 5

Caye Caulker

Good morning and welcome to heaven! Today is free for you to explore the island and surrounds or simply relax. Whatever you choose to do, it's pretty much impossible to keep the smile off your face when the scenery is this magic. If you feel like snorkelling, ask your leader about organising a trip to the colourful coral reef nearby, or perhaps head further afield to Hol Chan Marine Reserve, home to the world's second-longest coral reef. Manatee spotting is one option nature lovers should consider, as the chance to encounter these gentle giants is a special one. Of course, you could always take a stroll and find a swaying palm tree with your name on it. They make the perfect place to nap, read a book and soak up the island vibes.

Day 6

Caye Caulker

What's better than one day in paradise? Two, of course! Wake up when you like, because you've got another free day. Like any good seaside Eden, Caye Caulker is home to super fresh seafood, which you can dig into with your feet planted in the sand at one of the many 'floor free' outdoor restaurants. The island's famous lobsters are available between 15 June and 15 February, and you can expect to pay far less than at home (though more than your average island meal). Some of the best meals can be found by the roadside, so why not grab some grilled shrimp and a rum and coke made with firewater to really get into the spirit.

Day 7

San Ignacio

From the islands to the highlands, today you'll bid farewell to Caye Caulker and catch a ferry to Belize City (1 hour) and then take a local bus to San Ignacio (3.5 hours). Local buses in Belize are a little more basic and crowded than you may have experienced elsewhere in Central America. Get ready for a stop-and-go experience on the journey. There are very few official bus stops in Belize, so the bus will stop as required by roadside passengers. On arrival, your leader will take you walking tour of San Ignacio and its twin sister Santa Elena, which will give you a sense of how vibrant the local Garifuna and Maya communities are. Perhaps tonight head out in search of a classic Maya dish like cochinita pibil (slow-roasted pork marinated in citrus).

Day 8

San Ignacio

You have a full day at your leisure to discover San Ignacio. This beautiful town is surrounded by fast flowing rivers, waterfalls and Maya ruins, making it the ideal base. One optional activity that will appeal to history buffs is a day trip to Xunantunich, an impressive Maya ceremonial site positioned on a hill that overlooks the countryside. Getting to the site is half the fun, as you'll need to take a hand-cranked ferry to cross the river. Also nearby is the cave of Actun Tunichil Muknal, a living museum of Maya relics. Wade through cool waters to find ceramic pots and crystallised skeletons preserved by the calcium-rich environment of the cave for over 1400 years. Easily spooked? Maybe you'd prefer a cave with fewer (as far as we know) skeletons, like the one in Mountain Pine Ridge. In the late afternoon, the barbecue stalls of Santa Elena start to set up for the dinner rush. It's only a 15-minute walk, so consider wandering over to enjoy a juicy chicken leg and a chat with the locals.

Day 9

Tikal

Rise and shine for an 8 am taxi ride to the Belize-Guatemala border. Once you've crossed over, board a bus to Tikal National Park (approximately 2.5 hours). In Tikal there will be time to buy lunch before visiting the impressive archaeological site. Towering above the jungle, the five granite temples of Tikal are an imposing sight and one of the most magnificent Maya ruins. Hidden in the evergreen forest are a maze of smaller structures waiting to be explored. The energetic can climb to the top of the ruins for spectacular views over the canopy and the chance to spot toucans, macaws and other colourful birds. Choose to explore on your own or pay a little more for a guided tour (or maybe see the site from above on an optional zip-line ride). Tonight, set up the tents and mattresses and spend some time under the stars. The weather is always warm in this part of the world but a thin blanket is provided for extra comfort. There are also basic shared bathrooms and showers at the camp.

Day 10

Rio Dulce

If you can't get enough of Tikal, you have the option to visit the site again in the (very) early morning at your own cost before departing at 8 am to Flores. It's just a 1-hour ride away, and on arrival your leader will take you on a walking tour of the island of Flores. Continue by private minivan to Rio Dulce (approximately 4 hours). On arrival in Rio Dulce, transfer to the hotel by boat. The easiest way to get back into town is also on the water, a journey which can be organised through the hotel. Alternatively, a 40-minute jungle walk will get you there. The hotel is a great place to relax and look over the water, with reasonably priced meals and drinks served in the hotel restaurant. Now that you are back in a Spanish-speaking nation, why not join an informal Spanish lesson put on by your leader? Muy bien!

Day 11

Rio Dulce

With plenty of free time today, consider taking advantage of some of the optional activities available. Maybe take a scenic boat trip down the river to the coastal enclave of Livingston for a taste of Creole-Caribbean culture. This laidback town on the Caribbean coast feels very different from the rest of Guatemala thanks to its Garifuna population. Or perhaps go boating on the lake, take a tour to spot local manatees or explore nearby San Felipe Fort.

Day 12

Antigua

Leave the 'Sweet River' behind and travel by private minibus to the city of Antigua, a journey which should take around 8 or 9 hours, allowing time for lunch. The road between Rio Dulce and Guatemala City is one of the busiest in the country. Traffic is slow, there are frequent road works and many, many, many (seriously) slow trucks. Be armed with patience, music and a good book and the journey will be easier to handle. Spend the night in Antigua before heading to Lake Atitlan tomorrow. Though there's not much to do in Antigua today, you owe it to yourself to reward your patience with a tamale – meat and dough steamed in a corn leaf. You could also give the pepian a try, which consists of a rich dark sauce served with vegetables and meat (usually chicken). You may also want to take this time to purchase a few snacks for your time at the homestay on Lake Atitlan as the meals there can be very basic.

Day 13

Chichicastenango/San Jorge La Laguna

Be up early and ready for an 8 am departure. Travel by private transport for 2.5 hours on winding roads to Chichicastenango. Home to perhaps the most colourful market in the country, on Thursdays and Sundays locals come from the surrounding villages to sell their wares and the streets are lined with stalls offering multi-coloured textiles and fresh produce. After doing a little shopping at the market, head to San Jorge La Laguna, a small Maya village overlooking Lake Atitlan (about 1.5 hours). Meet your host family and start getting to know each other. Locals in San Jorge La Laguna are both very friendly and very shy. In order to make the most of this experience, it may take a bit of effort from your side to break the ice first. Draw on your newly learnt Spanish and get ready for some serious hand signals. Enjoy dinner with your host family.

Day 14

Lake Atitlan/Panajachel

Say goodbye to your host family this morning and move on to the neighbouring town of Panajachel. Located on Lake Atitlan with distant volcanoes looming in the background, Panajachel has a thriving market, good eateries and many water-based activities to enjoy. Once you arrive in 'Pana' your leader will take you on a brief walking tour of town so you can get your bearings. The rest of the time is free for you to explore. Why not go for a swim, hike to San Pedro volcano or kayak on the lake, there aren't many places in the world that serve up active adventure in such a beautiful locale. The surrounding area is also dotted with villages which can be reached on foot or by boat. Watch women weaving at Santa Catarina Palopo or explore the colourful markets of Santiago Atitlan.

Day 15

Antigua

Hit the road again at 9 am and make the 3-hour journey back to Antigua by private vehicle. In 1773 the city was destroyed by an earthquake, but many of the colonial buildings have been carefully restored and the architecture from its glory days can still be seen. Your leader will take you on a walking tour of Antigua including Cerro de la Cruz lookout, the local market and the chicken bus station next door, where the colourfully-decorated American school buses you've probably seen on the roads come from. The rest of your time in Antigua is free for you to explore at your own pace. If you fancy a spin on the dance floor and want to learn some moves, Antigua is the place to be. Many dancing schools offer hourly lessons so you'll be able to perfect your moves. As always, ask your leader for details.

Day 16

Antigua

Enjoy a free day exploring this photogenic city. Perhaps check out the ChocoMuseo located on 4th Street West, two blocks away from central park. Learn all about chocolate, which was first documented by the Guatemalan Maya, as well as its historical importance. Or maybe grab a coffee from one of the myriad shops in central park and sit back, relax and enjoy Antigua's chilled-out vibes. If you want to learn more about Guatemalan coffee, you can go on a coffee tour, visit the plantations, do some coffee tasting and buy some to take home.

Day 17

Antigua

Enjoy a free day exploring the city. You could grab a coffee from one of the many coffee shops in central park and just sit back, relax and enjoy Antigua's city vibe. Be sure to check your Lonely Planet app for some more recommendations for Antigua. Keep in mind that there is another group meeting planned at 6 pm at the hotel this evening, where you'll get briefed of the next stage of your journey, plus meet some new travel pals joining you!

Day 18

Copan

Rise and shine for a day of travel, leaving at around 4 am to beat the rush-hour traffic around Antigua. All up you'll be spending around 8 hours driving to Copan by private vehicle, and while the scenery is breathtaking in sections, it's a good idea to pack a book or have some snacks ready to make the journey more comfortable. During the drive, your group leader will run an informal Spanish lesson, providing you some useful phrases to break the ice with the locals. Head into Honduras through the wild countryside of eastern Guatemala, arriving in the charming town of Copan in the early afternoon. While most people use Copan as a base to explore the nearby ruins, there are plenty of other points of interest, both along the cobblestone streets and set into the lush surrounds. Maybe get started in the Central Plaza and follow your nose to a cafe, or perhaps head to the nearby natural hot springs. This optional tour gives you hours of soak time in mud, steaming natural baths and refreshing pools in the lush jungle, with an included dinner.

Day 19

Suchitoto

This morning, take a visit with your group to the World Heritage-listed ruins of Copan, the remnants of the southernmost of the great Maya sites for which Central America is famous. It's unique because of the numerous elaborate stelae – carved columns – still intact on site, and there are also temples, excavated vaults and walls inscribed with ancient faces. Otherwise, nature lovers may wish to travel two kilometres out of town to the Macaw Mountain Bird Park and Nature Reserve. Dedicated to the conservation of the Central American macaw, the reserve also houses toucans, motmots, parrots, kingfishers and orioles. Wave goodbye to Copan early in the afternoon and head across the border to El Salvador by private vehicle. There's another substantial amount of time spent on the road this afternoon (approximately 7 hours). Depending on traffic and conditions, you are expected to reach the colonial town of Suchitoto in the evening, just in time for a late dinner.

Day 20

Suchitoto

Begin the day with a guided orientation walk of Suchitoto – widely considered the cultural capital of El Salvador. Stroll past gorgeous colonial facades and get your bearings. Birders will want to crane their necks – Suchitoto lies on a bird migration path. The rest of the day is all yours to relax or join the optional activities on offer. Suchitoto overlooks the Embalse Cerron Grande. Also known as Lago Suchitlan, this freshwater lake is a haven for the aforementioned migrating birds, particularly falcons and hawks. Maybe hustle a crew of four or more together and take a boat trip to Bird Island, or perhaps grab a historically-minded quartet for a guided walk through Cinquera Forest, where guerrilla fighters used the forest as cover during the civil war.

Day 21

San Miguel / El Cuco

This morning, get your chef's hat on with a pupusa making session in a private home. These thick cornmeal flatbreads are a classic Salvadorian recipe from the Pipil culture, and are stuffed with some delicious ingredients, like cheese or chicharron (fried pork). Later on, head to coastal El Cuco (approximately 5 hours). There are some great dark-sand beaches close to town, including the beautiful Playa El Esteron and Playa Las Flores – one of the best surf spots in the country. Maybe head to a beach for a swim or relax under the palms with a beer while you wait for sunset. As night falls, you could enjoy a seafood dinner along the water – the local crab are some of the tastiest in the country.

Day 22

El Cuco

Today you're free as a bird to explore the beautiful coast around El Cuco at your own pace. If you and a few others feel like getting active, you could take a trip to see nearby Conchagua Volcano. The views from the lookout are stunning, but you'll need a minimum of five people to take part. Alternatively, you might prefer to take a boat out on the ocean, find some inner peace during a free yoga class at the resort or simply relax in a hammock on the beach. Life's good.

Day 23

Leon

Rise early for a full day of travel by private vehicle. Leave El Cuco at around 8 am and drive to El Amatillo border crossing (approximately 1.5 hours), before a 2.5 hour drive by of Honduras (including a stop for lunch) to the next border crossing Guasaule, and finally reaching Leon after another 2.5 hours. Upon arrival your leader will take you on a walking tour of this charming city. Though it's the second largest in the country, Leon is relatively free of tourists, making strolling the mural-lined streets a real pleasure.

Day 24

Granada

Make the most of Leon in the morning. The street food behind the Lady of Grace Cathedral is some of the best in town, so why not grab a 'Nica taco'. Made with maize, rolled and then deep fried, these beauties are usually served with shredded cabbage and smothered in cream. Otherwise a thrilling volcano sand boarding adventure could be on the cards! In the afternoon, get ready for the 5-6-hour journey to the oldest city in the 'New World'. Featuring Moorish and Andalusian architecture and oozing colonial charm, Granada is set on the banks of Lake Nicaragua and is surrounded by active volcanoes. First, take a taxi from the hotel to the bus station, next board a local bus bound for Managua that will depart when it's full and takes around 2-3 hours depending on the amount of stops it needs to make and the complexity of unloading and offloading the passenger's luggage. There will be about a 30-45-minute transit in Managua before taking the next public bus to Granada with a duration of approximately 1.5 hrs, and finally taking a 20-minute taxi ride to the hotel. Upon arrival, your leader will take you through the leafy Parque Central and 'La Calzada' – a lively pedestrian street with plenty of bars and restaurants to choose from.

Day 25

Granada

Today is all yours, so explore the city at your own pace. You may want to take a more comprehensive self-guided tour of the city, bargain hard in the markets, or wander the cobblestone streets snapping photos of the colourful buildings. Hundreds of evergreen islets dot the waters of vast Lake Nicaragua, and you can spend a few hours exploring them by boat. Or perhaps hire a kayak and find your own way around, stopping to wave at fisherman who live in wooden huts on the islets, or the monkeys who live in the trees the huts are built from. Just remember not to take a dip, as freshwater sharks live in the water! Alternatively, you could take a day trip out to Mombacho or Masaya Volcano National Park.

Day 26

Ometepe Island

Have a morning of leisure in Granada. Perhaps start the day with a classic Nicaraguan breakfast of eggs, rice and beans, soft cheese, plantains and strong coffee. Then maybe hit the Convento y Museo San Francisco and view the collection of indigenous stone statues. At 2 pm take a local bus to Rivas (approximately 1.5 hours) and transfer to the port of San Jorge to catch a 1-hour ferry across the seemingly endless waters of Lake Nicaragua to Ometepe Island. Hourglass-shaped Ometepe is formed by two volcanoes rising out of Lake Nicaragua, one active and one extinct. The island is home to fruit plantations, deep jungle and exotic wildlife such as howler monkeys, caiman and parrots. Spend the evening on the island, and maybe head out for a beer at one of the waterfront bars.

Day 27

Ometepe Island

Spend your free day however you wish on Ometepe. You can hike both Concepcion or Maderas Volcano, however, at 1700 and 1340 metres above sea level, the treks are no walk in the park. If you are going to tackle them, ask your leader for a recommendation for a local guide. You should also be aware that even for the very fit, both volcanoes will likely take all day (8–10 hours) to summit and then descend. Instead, you might prefer to splash around in the clear waters of the natural springs, soak up the sun on the beach or check out the ancient petroglyphs (rock carvings) scattered about the island. While the restaurants on the island are of decidedly mixed quality, your leader can give you the lowdown on which places to avoid and which to eat at. Stick to local fare and you'll have more luck – perhaps try indio viejo: a stew of corn, beef, onion, tomatoes and capsicum.

Day 28

Monteverde

Today is another early start in order to grab a 7 am ferry to the mainland (1.5 hours) and a 1.5-hour transfer to Penas Blancas before crossing the border into Costa Rica. Once in Costa Rica, travel by private vehicle for 5 hours to Monteverde. Phew – long day, but you made it! Welcome to beautiful Monteverde, which you can begin exploring straight away on a walking tour with your leader. Monteverde was founded as an agricultural community in 1951 by a group of North American Quakers. These environmentally-aware settlers also established a small wildlife sanctuary, which has since grown into the internationally-renowned Monteverde Cloud Forest Biological Preserve. Cloud forests are like rainforests, but instead draw their water from a semi-permanent cloud covering the region. This is truly a nature lover's paradise. More than 2000 plant species, 320 bird species and 100 mammal species call Monteverde home. Be sure to keep an eye out for the resplendent quetzal, one of the most elusive birds in the world.

Day 29

Monteverde

You'll have a free day to discover the lush reserve at your own pace. Perhaps take a hike through the cloud forest, check out the area by mountain bike or fly over the thick canopy on a zip line tour. Another way to see the forest from above is to take a Sky Walk tour along a series of suspension bridges. You can explore the park on your own or arrange for a local guide to accompany you. Guided tours are particularly helpful for those interested in learning more about the local flora and fauna, as well as the different roles wildlife play in Mesoamerican mythology. You can get guaranteed sightings of exotic insects and snakes at the Butterfly Garden or the Serpentarium.

Day 30

La Fortuna

Spend a final morning in the thickets of the Monteverde jungle, perhaps taking one last walk to search for wildlife. Depart in the early afternoon and head to La Fortuna. It takes about 1.5 hours to reach the shores of Lake Arenal, followed by a further 1.5-hour journey across the lake to the little town of La Fortuna. On a clear day you'll have fantastic views of the surrounding area, and watching the massive Arenal Volcano loom larger and larger as you approach is a spectacular sight. Once you reach La Fortuna take another vehicle to the hotel, then freshen up and head out on a leader-led walking tour. La Fortuna is a favourite among travel writers for a reason – words like picturesque and breathtaking spring to mind when trying to describe this town in the shadow of the volcano.

Day 31

La Fortuna

Why not start today with a smoothie and plan how you want to explore. Perhaps take a guided nature hike through the lush forest surrounding Arenal Volcano, keeping an eye out for rare plants and animals. You can also see the forest from a series of hanging bridges, which is a great vantage point for spotting wildlife like sloths and rainbow-coloured birds. The volcano's inner workings also mean that the area is home to several thermal hot springs, an ideal way to relax in the middle of nature. Or instead, check out the 70-metre-high La Fortuna waterfall set in the middle of evergreen rainforest. Active types might want to hit the lake on a stand-up paddleboard. Otherwise, a boat safari down the Celeste River offers the opportunity to see lizards, crocodiles and tropical birds in their natural habitat.

Day 32

San Jose

Watch the volcano fade into the distance as you begin the 5-hour local bus ride to Costa Rica's capital, San Jose. Head out on a walking tour with your leader on arrival to see the main highlights. Later, perhaps visit the Gold Museum, which has an amazing collection of pre-Spanish gold art. If you're in the mood for a bit of shopping, head to the outdoor market in the Plaza de la Cultura or the city's Central Market, where you can buy anything from handicrafts to seafood.

Day 33

San Jose

Today is all yours to choose your own adventure around San Jose. A good place to start your exploration is the main plaza. Artisan booths are common here, so you never know when an art fair will pop up. The Gold Museum has an amazing collection of indigenous gold art. If you're in the mood for a bit of shopping, head to the outdoor market in the Plaza de la Cultura or the city's Central Market, where you can buy anything from handicrafts to seafood. There's another group meeting at 6 pm tonight, where your group leader will fill you in on the details of the next stage of your adventure. Better yet, there'll be some new travellers joining you, so come and say hi!

Day 34

Puerto Viejo de Talamanca

Today take a 5-hour local bus to Puerto Viejo. On arrival, get to know this laid-back jungle town during a bicycle ride with your leader, then the rest of the day is yours to explore. Small and coastal, Puerto Viejo de Talamanca has a lively main street featuring dancehalls, reggaeton bars and modern restaurants. If you're after something more relaxed, you'll find great surf beaches and rainforest fruit farms. At some point today, your leader will take you through some must-have phrases during an informal Spanish lesson.

Day 35

Puerto Viejo de Talamanca

Enjoy a free day to ease into the vibes of the Caribbean coast. If you wish, take your time to explore Cahuita National Park, which is easily accessible from Puerto Viejo and home to sloths, monkeys, raccoons, snakes and a great variety of birds. Want to see adorable animals and support an organisation that's helping the vulnerable among them survive? Maybe check out the Jaguar Rescue Centre, where sick, orphaned and injured animals are rehabilitated. If the waves are calling but your footing isn't so sure, surf lessons are on offer in town. Alternatively, of course, you can always find a cool spot and relax with a beer in hand.

Day 36

Bocas del Toro/Isla Colon

Take a 1-hour local bus to the border, then walk across an old railway bridge into Panama. Continue by taxi or collective minivan to Almirante, where you'll take a short boat ride to Isla Colon in the Bocas del Toro archipelago. Rapidly becoming a Caribbean favourite, Bocas del Toro has it all – palm-shaded beaches with crystal-clear water, spectacular snorkelling and lots of wildlife. Culturally, Bocas is home to West Indians, Latinos and expats, resulting in diverse music, nightlife and food scenes. For the next three nights, you'll stay on Isla Colon, the main town in Bocas del Toro. It's a great spot to start your exploration of the archipelago from, with most bars, restaurants and local activity operators just metres from your hotel.

Day 37

Bocas del Toro/Isla Colon

Today is the first of two free days to explore this tropical archipelago. There are several beaches within reach from town, lying between 8 and 14 kilometres from your hotel. With azure waters, pristine coral reefs and a rollicking nightlife, it's easy to see why these islands are a favourite haunt for so many travellers. The safest beaches are Starfish, Sandfly and Big Creek. Be aware others may have strong riptides. When the sun goes down, why not head into town and check out the local bar and restaurant scene. Ask your leader about the best place to grab a drink.

Day 38

Bocas del Toro/Isla Colon

Enjoy another free day in the Caribbean sun. Maybe take the opportunity to do some surfing or snorkelling, to rent a bike and explore the main island, or simply soak in the chilled-out vibe while enjoying a cold one on the beach.

Day 39

Boquete

Travel by boat and local bus to Boquete, a lengthy journey that will take 8–9 hours. Be sure to have a book, podcast or daydream to keep you occupied just in case you get tired of swapping stories with your fellow travellers. Boquete is a picturesque town located in the highlands of Panama, surrounded by mountains, crystal-clear creeks and rivers, forest reserves, and colourful wildflowers, as well as coffee plantations and orange groves. Head out on an orientation walk with your leader on arrival. Tomorrow will be a free day, wide open for exploring. Most optional activities can be organised directly from the hostel, though it's a good idea book them on arrival tonight if you know what you want to do.

Day 40

Boquete

There's tonnes of ways for you to experience Boquete today, so be sure to chat to your leader and hostel front desk about the stuff you're interested in. You could discover the secret waterfalls only locals know about on a walking tour in the jungle. Or maybe you'd prefer to soak it up in the caldera hot springs. If you're a coffee lover, consider taking a visit to a plantation or simply kicking back in town with a cup of the local brew – some of the best coffee in the world is grown and processed right here in Boquete.

Day 41

Santa Catalina

Catch an 8-hour bus to Santa Catalina, situated on the Pacific coast of Panama. Remote and somewhat undeveloped, this region offers some of the best surfing in Central America, as well as relaxed vibes. Enjoy free time upon arrival. It's going to be late afternoon or early evening by the time you get in, so perhaps find a spot to share a drink and fresh seafood dinner with your fellow travellers, or head to the beach for a sundown swim.

Day 42

Santa Catalina

Aside from surfing, the main way to pass the time in Santa Catalina is relaxing, preferably in a hammock. Enjoy a free day around the area and hunt down some activities in the process. Keen for something active? Perhaps take a trip out to Coiba National Marine Park, where you can snorkel with turtles, angel rays and schools of colourful fish. Alternatively, half-day fishing trips or surfboard hire is available in the town. Lessons are readily available, so there's no reason to fear the waves.

Day 43

Panama City

Trade in the beach for the city and travel to Panama City, Central America's glitziest capital (about 6 hours). Arrive late afternoon and head to the city's gorgeous waterfront promenade, the Cinta Costera, for a walking tour with your leader. Take in great views of the historic Casco Viejo (Old Town) and the Panama City skyline as you stroll past crowded waterfront soccer fields, running paths and food carts. Stop at the nearby Fish Market, and perhaps grab some fresh ceviche. Afterwards, enjoy free time to sample Panama City's thriving nightlife.

Day 44

Panama City

Today is free for you to discover Panama City. Perhaps explore the historic Casco Viejo (Old Town), which features an unusual combination of restored buildings, low-income housing, churches and ruins. You may also like to visit the engineering marvel of the Panama Canal, or take a stroll through the rainforest in the Metropolitan Nature Park. Panama City is also famous for its shopping centres, the biggest being Albrook Mall. For more traditional souvenirs, head to the National Artisan's Market.

Day 45

Panama City

Your adventure ends today, there are no activities planned. If you plan on staying on to check out some more of Panama City, why not do it on an Urban Adventure. With day tours like Taste of Panama City, you can sample local cocktails, craft beers and ceviche under the guidance of someone who knows the city well. Go to urbanadventures.com and search 'Panama' for more.

Additional Information

Notes for Belize

Belize is a small country of many cultures in an idyllic location on the Caribbean Sea. A major highlight of Belize to see with Imaginative Traveller, is the wonderful island of Caye Caulker and its stunning blue water and marine life. The Great Blue Hole near Ambergris Caye is the breathtaking sight of a 300-metre-wide circular underwater sink hole. On the mainland there are a myriad of caves to explore, and some of the finest Mayan ruins in Central America.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Belize as a tourist for up to 30 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance. A valid yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission.

Notes for Costa Rica

Costa Rica is every outdoor-adventurist's dream, and is packed full of spectacular scenery, incredible wildlife, and fascinating culture to visit with Imaginative Traveller. Costa Rica is one of the most bio-diverse countries on Earth, and is home to many iconic animals such as hummingbirds, quetzals, tree frogs, monkeys, sloths and sea turtles. Complimenting this is some of the most wonderful natural scenery, including incredible coastlines, forests, lakes and volcanoes. Costa Rica is also home to some of the best outdoor activities in the world, with a plethora of opportunities for rafting, trekking, canyoning and horse riding.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Costa Rica as a tourist for up to 90 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance. A valid yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission (including transiting through an airport in an area of risk).

Notes for El Salvador

With some of the most beautiful areas in the whole of Central America, El Salvador is one of the most captivating places in the world to visit with Imaginative Traveller. Less visited than some of its equally wonderful neighbours, El Salvador has a unique serene charm, and features some stunning volcanoes and forests to explore, as well as a beautiful coastline and inland coffee plantations.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit El Salvador as a tourist for up to 90 days. Certain nationalities will need to buy a tourist card on arrival at the border for USD10. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance. A valid yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission (including transiting through an airport in an area of risk).

Notes for Guatemala

With breathtaking mountains, volcanoes and the amazing crater Lake Atitlan dominating the landscape, Guatemala is the perfect place to get out and explore some stunning natural scenery with Imaginative Traveller. The country is bursting with vibrant culture, from the music and art of the beautiful colonial town of Antigua to the evocative local markets of Chichicastenango. Guatemala is also home to some of the finest ancient ruins in the world.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Guatemala as a tourist for up to 90 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance. A valid yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission (including transiting through an airport in an area of risk).

Notes for Honduras

Honduras has an amazing coastline spanning hundreds of miles along the Pacific coast. The Bay Islands is the place to be for snorkelling and scuba diving. The Mesoamerican Barrier Reef is the second longest in the world, and submerged below the clear waters lie unspoilt coral and an array of colourful underwater life. With bright fish, manta rays, sea turtles and even white sharks split into 3 isles, the Bay Islands are the perfect place to explore with Imaginative Traveller. Away from the coastline are the fantastic mountains that soar above the country and the fantastic ruined Mayan city of Copán.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Honduras as a tourist for up to 90 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance. A valid yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission (including transiting through an airport in an area of risk).

Notes for Mexico

Home to the Aztec and Mayan empires, Mexico is a country full of culture and history to visit with Imaginative

Traveller. The architecture left behind is nothing short of magical – with Imaginative Traveller you can explore the iconic sites of Chichen Itza, Palenque, Teotihuacan and many more. Mexico also offers an incredible variety of food, music, art and culture, and is home to some wonderful natural scenery from the deserts of the north to the canyons and forests of the centre, to the beaches and cenotes of the south.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Mexico as a tourist for up to 180 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance. Citizens of Russia, Ukraine and Turkey will need to apply for an Electronic Authorisation before travel.

Notes for Nicaragua

The rugged beauty of Nicaragua makes it one of the most interesting places in Central America to visit with Imaginative Traveller. The landscape is lined with stunning volcanoes which you can climb and explore, such as the scenic crater of Masaya and the challenging trek up Volcán Concepción on Ometepe Island. You can explore the incredible colonial towns of Granada and León, take part in many outdoor activities, and relax on the beautiful beaches of the Pacific coast.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Nicaragua as a tourist for up to 90 days. All visitors will need to buy a tourist card on arrival at the border for USD10. Citizens of other countries should check with the relevant consulates as to whether a visa is required, and whether it will be necessary to obtain it in advance. A valid yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission (including transiting through an airport in an area of risk).

Notes for Panama

Panama is world-famous for its canal linking the Pacific and Atlantic Oceans, which has had a monumental effect on world history and trade. However, there is much more to the country itself, such as amazing mountainous and coastal scenery, a myriad of exhilarating outdoor activities, incredible wildlife and wonderful coffee plantations to explore with Imaginative Traveller.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Panama as a tourist for up to 180 days. Certain nationalities will need to buy a tourist card on arrival at the border for USD5. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance.

Important Notes

The routes, activities and places visited as described in these trip notes are intentions and are meant as a rough guide only.

These trip notes have been compiled to help you prepare for your journey once you have booked. They include the full itinerary and dates, and information about kit lists, meeting hotels, insurance, vaccinations, visas, and other information that will help you get ready for your trip.

These notes are updated regularly, so please ensure you have an up-to-date version of these trip notes.

The planned route and itinerary is the intention, but exact night stops and inclusions cannot be guaranteed. It occasionally happens that there must be a change to our planned itinerary - this may be for a variety of reasons, such as climatic, road or bureaucratic conditions. By their very nature, adventure travel needs to be approached flexibly and some regions can be unpredictable. Some Imaginative Traveller journeys go through off the beaten track areas, which often have poor infrastructure and less stringent safety standards than we are used to at home.

Our Groups

Our groups are made up of people from around the world and are usually an interesting mix of nationalities and ages. On average there is a pretty even split, males to females and between solo travellers, couples and small groups of friends. We believe that adventure travel should be open to as many people as possible and so although some trips have a minimum age limit, as long as you are fit, healthy and passionate about travel, we are happy to take you. One of the highlights of group travel is the camaraderie and friendships that are formed along the way, and as well as the variety of people that you will meet.

The maximum group size depends on the operator and the style of transport, but will usually be a maximum of 15-16 or up to 21-22 on our overland journeys.

Accommodation

Imaginative Traveller trips are designed for shared accommodation, whether staying in hotels, hostels, homestays or campsites, and therefore do not involve a single supplement. Single travellers will share with people of the same sex for the duration of the trip and those that book together will usually be able to share accommodation.

The type, variety and standard of accommodation will vary greatly depending on what options are available in the region you are travelling; hotels can vary from very basic rooms without electricity or running water to high standard hotels with good facilities! Generally in hotels most rooms will be twin-share. Hostels, gers and yurts are nearly always multi-share.

Many trips will feature a stay in a local homestay or community tourism initiative, allowing us to experience a slice of local life in the areas we travel through. On our overland trips, we will sometimes camp in campsites ranging from rather basic or even wild camps to those with excellent facilities, including swimming pools, restaurants and bars.

Dietary Requirements

If you have any dietary requirements please tell us at the time of booking and also remind your leader at your welcome meeting. Our crew will try to cater for any particular dietary requirement or food intolerance whenever possible.

Health

You need to be in good physical health in order to participate fully in our trips. When selecting your trip

please make sure you have read through the itinerary carefully and assessed your ability to cope with the style of travel on that trip. We are always happy to give extra advice if you have additional concerns. Please note that if, in the opinion of our leader, you are unable to complete the itinerary without undue risk to yourself and/or the rest of the group, Imaginative Traveller or our partner operators reserve the right to exclude you from all or part of the trip.

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. We also advise you to declare any pre-existing medical conditions to your travel insurers upon purchase.

Altitude

Imaginative Traveller offers some trips that travel to above 2,800m altitude above sea level - it is imperative at high altitudes to drink lots of water to stay hydrated, be careful not to get burned by the sun, and try not to exert yourself too much. Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude; please discuss these options with your doctor.

Yellow Fever

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate - please see each country's note above for details. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Malaria and other mosquito-borne diseases

Some areas we travel to have the risk of contracting malaria. If this applies to your trip, please get expert advice before travelling about types of malaria pills and take them as instructed. Recommended types do change from time to time and from area to area. Consult your GP / travel clinic for the most up-to-date requirements and to find the right option for you. If advised by your doctor to take a course of anti-malarial tablets, please complete the course as instructed as malaria can often manifest itself upon your return home if the course is not followed.

Other mosquito-borne diseases such as Dengue Fever, Chikungunya and Zika are continuing to spread and becoming a bigger problem around the world. Bite prevention is vital to avoid contracting any of these diseases as there are no vaccines or specific treatments available. Health professionals have issued warnings for pregnant women travelling to areas affected by the Zika virus.

The mosquito usually bites between the hours of dusk and dawn and so covering up by wearing long-legged and long-sleeved clothing, preferably light coloured and buttoned at the wrists, can help. Do not sleep without closing windows, use a mosquito net where possible and use mosquito repellent applied directly to your skin or soaked into your clothing.

Vaccinations

Recommended vaccinations and other health protection vary according to different regions and recent bulletins issued by health authorities. It is essential to get the latest advice on the region(s) you are planning to travel in so please check with either your doctor or travel clinic in good time before you travel.

We also recommend you check out any specific health advice for the country you are travelling to either via your GP or the following websites: www.nathnac.org or www.fitfortravel.nhs.uk

In the UK, we have been working with Nomad Travel for many years and their website has comprehensive,

up-to-date vaccination and health information. You will receive a 10% discount off all vaccinations given at Nomad Travel clinics.

Activities

Included activities are listed in the day-to-day itinerary, all other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not necessarily be refunded; this is something you will need to check with your leader.

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Please note that certain activities may not be available on your particular visit if they are overbooked, underbooked, out of season, or for any other reason - the list of activities is made according to our latest information and in the best faith, but please be aware that things may change between our last visit and your arrival. Please also note that it may not be possible to do all the activities listed in the time available at each destination, and it is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there.

If you do any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities.

Insurance

It is a condition of booking that you have comprehensive travel insurance. Without evidence of valid travel insurance you will not be allowed to start the trip. This can be arranged by Imaginative Traveller through our website or by contacting our team of travel consultants.

If you prefer to arrange your insurance independently, it should have a minimum medical (including repatriation) cover of £2,000,000. We recommend that any policy also has a minimum level of cover for Personal Liability of £2,000,000 and for Cancellation and Curtailment of £5,000. Cover for loss of baggage, personal effects, money and other inclusions are down to personal choice although please bear in mind that personal effects are more likely to go missing whilst travelling and you should ensure that your policy is adequate to cover the value of your personal effects e.g. cameras, tablets, phones etc. Please note that Imaginative Traveller and our partner operators are not responsible for your personal effects and are not insured for their loss.

If you prefer to arrange your insurance independently, it should cover you for any activities that you may wish to participate in, such as white-water rafting, trekking, horse-riding, etc. and the 24-hour Emergency Assistance Company must be experienced in handling situations in developing countries if applicable (e.g. they have the ability to arrange repatriation from remote areas such as the Sahara or trekking in the Andes). If you are travelling to high altitude (such as embarking on a trek to the summit of Kilimanjaro), please make sure that this is also covered.

Please double check if you have annual travel and/or credit card policies to ensure they have the cover you require, as many of these policies are not suitable with adventure travel to remote areas. Many credit card medical insurance policies are not valid for travelling outside your country of residence or outside the EU.

Please also check the age limits on any policy you wish to take out and make sure that you thoroughly inform the insurance company of any pre-existing conditions.

Passports

Check that your passport will still be valid for 6 months after the end of the trip - this is important as some countries WILL refuse entry to anyone whose passport is due to expire. A temporary or emergency passport is not valid on our trips. You will need to provide us with your passport details prior to departing for your trip. If you change your passport please remember to inform us.

Pre and Post Trip Accommodation and Transfers

At Imaginative Traveller we believe you should make the most of the places you visit, so if you would like to see more of the joining or finishing point cities, why not book additional accommodation to extend your stay? We can take away the hassle of time zones and language barriers by making the booking for you. This accommodation is only available at the joining or finishing city of your trip, immediately before or after the trip you are travelling on. Please note our rates do not reflect last minute walk-in rates or internet specials.

We can also book arrival airport transfers for you as long as we have your flight arrival details. These are normally payable in cash upon arrival; however we do have pre paid transfers in a few destinations.

Please contact our reservations team for details of the accommodation and transfers that we can offer, as not all hotels offer this service.

Responsible Tourism

Imaginative Traveller is committed to ensuring that we have a positive impact on local communities and that we implement policies to minimise any negative impact on the local environment. We recognise that we are guests of local communities and strive to make them benefit directly from our visit. You can find full details of Imaginative Traveller's responsible tourism policy on our website.

Issues on the trip

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on

customer-relations@imtrav.net

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us to understand what we are doing well and what we could be doing better, and it allows us to make improvements for future travellers.

Trip Suitability

At Imaginative Traveller, we want you to enjoy your trip to the fullest extent possible, so we ask you to take a moment to read through the following information and make sure you're fully aware of the kind of trip you will be joining.

Imaginative Traveller trips and adventure travel in general can be quite demanding and there are risks and hazards that are inherent in such trips. Long driving days can sometimes be uncomfortable and tiring. Many of the places we visit are off the beaten track and so do not have the infrastructure that we are accustomed to in western society. Accommodation can vary greatly in standards and when wild camping on an Overland trip we rely entirely on our own provisions.

You will have the opportunity to take part in many exciting activities and excursions, some of which are included whilst others are optional (i.e. hiking the Inca Trail, trekking to see Mountain Gorillas) these require a certain level of fitness, so it's important that you read through the trip notes thoroughly and make your own conclusions as to whether you feel that you are fit and healthy enough to enjoy this trip to its fullest. Some activities may have higher risks than you are used to and you must judge whether or not you wish to, or have the physical ability to take part. All travellers are also required to carry their own bag and lift it into storage areas, get on and off public transport or if on an Overland trip - be able to manage the 2-foot step on and off the Overland truck.

Weather conditions in certain areas can also make physical activity more challenging. This also applies to our trips that travel at altitude.

It is extremely rare for us to have to refuse anyone a space on our trips for medical reasons. If at the time of booking you have any concern at all about a medical condition that may prevent you from participating fully in the trip, please let your travel agent or Imaginative Traveller know as soon as possible. If upon disclosure, our operator is of the opinion that the trip is not suitable for you, then we reserve the right to cancel your booking or alternatively to limit your participation in certain activities.

Whilst we don't want to put anyone off experiencing one of our trips, we ask that you read through the trip notes for the trip you have selected carefully and realistically self assess your ability to complete the trip as described. Please consult with your Dr and/or us if you have any doubts.

A positive attitude and an open mind are just as important as your ability to get involved and fully participate on your group trip.

Booking Conditions

Valid from 1st May 2019
(updated on 23 April 2019)

Terms Used

1. a) These conditions apply to all tours sold by or through Imaginative Traveller (hereinafter called 'Imaginative Traveller'), but operated by Intrepid Travel Group UK Ltd.

Imaginative Traveller is a trading name for Dragoman Overseas Travel Ltd. The "Company", is Dragoman Overseas Travel Ltd. a company registered in England with limited liability. Registered office: Camp Green, Debenham, Suffolk, IP14 6LA. UK Reg. Number: 2732524. Dragoman Overseas Travel Ltd. is a UK based company and all contracts are subject to English law. Dragoman Overseas Travel Ltd is a member of The Dragoman Travel Ltd Group of Companies. The tours described are sold by Imaginative Traveller as an agent. They are operated on the ground by Intrepid Travel Group UK Ltd.

1. b) The "Client", "you" and "your" is all persons named on the booking (including anyone who is added or substituted at a later date) or any of them, as the context requires.
2. c) "Us", "We", "Our" below in the Intrepid Travel Group UK Ltd. Booking Conditions refers to Intrepid Travel Group UK Ltd.
3. d) The "lead name" is the person who makes the booking on behalf of everyone travelling on the booking. The lead name must be at least 18 at the time of booking.
4. e) A "tour" is any expedition, safari, tour, trip or combination of sectors which you book through us as an agent located in the UK and which is operated by Intrepid Travel Group UK Ltd. A "flight inclusive tour" is any tour which includes international flights booked through us at the same time as the rest of the tour arrangements.
5. f) "Force majeure" is a situation beyond the control of the Company or the supplier of the service(s) affected and the consequences of which could not have been avoided even if all reasonable measures had been taken. Such events may include, whether actual or threatened, war, riot, civil strife, terrorist activity, industrial dispute, natural or nuclear disaster, adverse weather or road conditions, fire, bureaucratic obstacles, changes in schedules or mode of transport by ferry companies, airlines, bus or train operators and all similar events outside our control.
6. g) The Contract. The contract is the contract between you, (the client), and the Intrepid Travel Group UK Ltd. as outlined in clause 1 below of the Intrepid Travel Group UK Ltd. Booking Conditions

Intrepid Travel Group UK Ltd. Booking Conditions

1. The contract

All bookings are made with Intrepid Travel Group UK Ltd (**us/we**), trading as Intrepid Travel. By booking a trip with Intrepid, you are deemed to have agreed to these Booking Conditions (which constitutes the entire agreement between you and us) and your booking will be accepted by us on this basis. The services to be provided are those referred to in your booking confirmation invoice.

Your booking is made in the first instance through Imaginative Traveller, who are the agent in the contract.

2. Validity

Dates and itineraries are valid until 31 December 2019. Beyond 31 December 2019 dates and itineraries are indicative only.

3. Deposit requirement

You are required to pay a non-refundable deposit of £200 per person per trip for your booking to be confirmed. If your booking is made within 56 days of the departure date then the full amount is payable at the time of booking.

Please note that different deposits amounts are required for selected trips including Polar and Adventure Cruising bookings as follows:

- If you book 181 days before the departure date or earlier, you must pay a deposit of 20% of the land cost of the tour. The balance of the tour must be paid no later than 181 days before the departure date, otherwise we are entitled to treat the booking as cancelled by you In which case the cancellation charges shown in clause 4 will be payable.
- If you book your tour less than 181 days before the departure date, you must pay the full tour cost at the time of booking.

4. Acceptance of booking and final payments

If we accept your booking we will issue a confirmation invoice. A contract will exist between us from the date we issue the confirmation invoice or if you book within 30 days of departure the contract will exist when we accept your payment. Please refer to your booking confirmation invoice for details regarding final payments.

Payment of the balance of the trip price is due 56 days before the departure date. Please note that full payment is required earlier for Polar and Adventure Cruising bookings (see 3. above). If this balance is not paid on or before the due date we reserve the right to treat your booking as cancelled.

Payments for international flights (to and from the land tour) are not included in the land cost. The international flight element must be paid in full at the time of booking.

5. Prices & surcharges

Our trip prices are subject to variable and seasonal pricing, both of which are standard practice within the travel industry. This means our trip prices may vary at any time in accordance with demand, market conditions and availability. It is likely that different passengers on the same trip have been charged different prices. Your best option if you like the price you see is to book at that time. Once you have received a quote the price will be locked in provided you pay the required deposit prior to the quote's expiry. Any reduced pricing or discounts that may become available after you have paid your deposit will not apply. If you wish to cancel your booking to take advantage of a cheaper price, full cancellation conditions apply. The most up to date pricing is available on our website. Prices are based on currency exchange rates as of June 2018; note that prices may vary depending on which currency the booking is made. We reserve the right to impose surcharges up to 56 days before departure due to unfavourable changes in exchange rates, increases in airfares or other transportation costs, increases in local operator costs, taxes, or if government action should require us to do so. In such instances, we will be responsible for any amount up to 2% of the trip price and you will be responsible for the balance. If any surcharge results in an increase of more than 10% of the trip price you may cancel the booking within 14 days of notification of the surcharge and obtain a full refund. Should the cost of your trip decrease by more than 2% due to the changes mentioned above then any refund due will be paid to you. Please note that travel arrangements are not always purchased in local currency and some apparent changes have no impact on the cost of your travel due to contractual and other protection in place. Air Passenger Duty is included in the price of your air inclusive trip. Please note that a surcharge may be applied to all purchases made by credit card.

6. Your details

In order for us to confirm your travel arrangements you must provide all requested details with the balance of the trip price. Necessary details vary by trip; they include but are not limited to full name as per passport, date of birth, nationality, passport number, passport issue and expiry date and any pre-existing medical conditions you have which may affect your ability to complete your travel arrangements. On some more demanding trips we also require you to complete and forward a Self-Assessment form. Failure to provide requested details may result in additional charges or non-refundable cancellation of your trip.

7. Cancellation by the traveller

If you cancel some or all portions of your booking cancellation fees will apply. A cancellation will only be effective when we receive written confirmation of the cancellation.

If you cancel a trip:

- 56 days or more prior to departure, we will retain the deposit;
- between 31 and 55 days prior to departure, we will retain the deposit or 50% of the total booking cost; whichever is greater, and
- 30 days or less prior to departure, we will retain 100% paid by you in connection with the booking.

Note that different cancellation conditions including higher charges apply to some styles of trips and additional services including Polar and Adventure Cruising bookings.

Days % charge

181 or more Loss of deposit

180 or less 100%

Your booking consultant will advise if differences apply and details can be found in the Essential Trip Information relating to your trip.

You are strongly advised to take out cancellation insurance at the time of booking which will cover cancellation fees. Depending on your reason for cancellation and your travel insurance terms these charges may be recoverable under your insurance policy.

If you leave any trip for any reason after it has commenced we are not obliged to make any refunds for unused services. If you fail to join a tour, join it after departure, or leave it prior to its completion, no refund will be made.

The above cancellation fees are in addition to fees which may be levied by accommodation providers, travel agents or third party tour and transport operator fees, including

- Cancellation fees for air tickets issued by or on behalf of Imaginative Traveller or Intrepid will apply as determined by Airline Tariff Regulations and will vary depending on the type of ticket issued. This can be as much as 100% after purchase. In addition, Imaginative Traveller cancellation charges may apply.
- Hotels, transfers and other add ons will incur cancellation charges depending on circumstances but may be up to 100%.

8. Cancellation by us

Our trips are guaranteed to depart once they have one fully paid traveller unless minimum group size specifically states otherwise. We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to an alternate departure date or receive a full refund. In circumstances where the cancellation is due to external events outside our reasonable control refunds will be less any unrecoverable costs. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, travel insurance excess or non-refundable flights.

9. Booking amendments

If you wish to transfer from one trip to another or transfer your booking to a third party you must notify us at least 56 days prior to the proposed departure date more (181 days or more for Polar trips to the Arctic or Antarctic). A fee of £125 per person per change will apply (in addition to any charges levied by hotels, ground operators or airlines). If you notify us less than 56 days (181 days for Polar trips to the Arctic or Antarctic) prior to the proposed departure date the refund policy applicable to cancellations will apply. Transfers to a third party are only permitted where the transferee meets all the requirements in relation to the trip, and transfers to another departure can only be made to a departure within the current validity period.

Amendments to any other arrangements made in conjunction with your trip will incur a £75 administration fee per booking per change. This fee is in addition to any charges levied by hotels, ground operators or airlines. No amendments are permitted to your booking within 10 days of departure.

10. Inclusions

The land price of your trip includes:

- all accommodation as listed in the Essential Trip Information
 - all transport listed in the Essential Trip Information
 - sightseeing and meals as listed in the Essential Trip Information
 - the services of a group leader as described in the Essential Trip Information

11. Exclusions

The land price of your trip does not include:

- international or internal flights unless specified
 - airport transfers, taxes and excess baggage charges unless specified
 - meals other than those specified in the Essential Trip Information
 - Visa and passport fees
 - travel insurance
 - Optional activities and all personal expenses

12. Age & Health requirements

Minimum Age: For the majority of our trips the minimum age is 15 at the time of travel. All travellers under the age of 18 must be accompanied by a legal guardian, or in lieu of a legal guardian, by an escort over the age of 18, appointed by their legal guardian. The legal guardian or their designee will be responsible for the traveller under the age of 18's day to day care. If a legal guardian elects to designate an escort in their lieu, they will be required to complete and sign a relevant document, to delegate their authority.

Please note we cannot guarantee triple or adjoining rooms for families; accompanying adults may be required to share with others in the group on a twin share basis.

Variations: A minimum age of 18 applies to many Overland adventures, while a lower minimum age applies to Family trips and Short Break Adventures. Please check with your consultant at the time of enquiry. All bookings for our Family trips must include a child under the age of 18.

Maximum Age: For the majority of our trips we have no upper age limit though we remind you that our trips can be physically demanding and passengers must ensure that they are suitably fit to allow full participation. We are able to provide details on mandatory health requirements; however, we are not medical experts. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination.

You must be older than 18 years and younger than 30 years on day 1 of your trip to travel on our 18 to 29s Adventures.

Pre-existing medical conditions: If at the time of booking or at any time before departure you have a medical condition that may prevent you from participating fully in the trip, or may affect others on the trip, you must let us know as soon as possible. You will be required to provide evidence that this condition has been disclosed to your travel insurance company.

13. Small groups & combination trips

At times we can have groups with small numbers of travellers. Many of our trips are designed to fit with other departures to create a longer "combination" trip; this means that some of your group may have already been travelling together for some weeks when you commence your trip. If you would like to know how many people are booked on your trip or any combination trip it is part of please ask prior to making your booking.

14. Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries which you will visit during your trip. Your passport must be valid for 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your trip; please refer to the Essential Trip Information for details. We are not responsible if you are refused entry to a country because you lack the correct passport, visa or other travel documentation.

15. Travel insurance

Travel insurance is mandatory for all our travellers and should be taken out at the time of booking. Your

travel insurance must provide cover against personal accident, death, medical expenses and emergency repatriation with a recommended minimum coverage of US\$200,000 for each of the categories of cover. We also strongly recommend it covers cancellation, curtailment, personal liability and loss of luggage and personal effects. You must provide your travel insurance policy number and the insurance company's 24 hour emergency contact number on the first day of your trip; you will not be able to join the trip without these details. We also require evidence that any medical conditions have been disclosed to your travel insurance company prior to the start of the trip. If you have travel insurance connected to your credit card or bank account please ensure you have details of the participating insurer, the insurance policy number and emergency contact number with you rather than the bank's name and credit card details.

16. Flexibility

You appreciate and acknowledge that the nature of this type of travel requires considerable flexibility and you should allow for alternatives. The itinerary provided for each trip is representative of the types of activities contemplated, but it is understood that the route, schedules, itineraries, amenities and mode of transport may be subject to alteration without prior notice due to local circumstances or events.

17. Change of itinerary

While we endeavour to operate all trips as described we reserve the right to change the trip itinerary. Please refer to our website before departure for the most recent updates to your itinerary.

Before departure: If we make a major change we will inform you as soon as reasonably possible if there is time before departure. The definition of a major change is deemed to be a change affecting at least one day in five of the itinerary. When a major change is made you may choose between accepting the change, obtaining a refund of money paid on the land portion of the trip only or accepting an alternative tour offered.

After departure: We reserve the right to change an itinerary after departure due to local circumstances or events outside of our control. In such emergency circumstances the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itinerary such as visas, vaccinations or non-refundable flights.

18. Authority on tour

Our group trips are run by a group leader. The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our responsible travel guidelines.

19. Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However it is also your own responsibility to acquaint yourself with all relevant travel information and the nature of your itinerary. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

20. Limitation of liability

1. We will accept liability for the negligence of our staff or agents causing death or physical injury to persons or loss or damage to personal property only to the extent it is obliged under the applicable law. Our obligations, and those of our suppliers providing any service or facility included in your holiday, are to take reasonable skill and care to arrange for the provision of such services and facilities. This acceptance of liability is subject to clause c. below.
2. In other circumstances we are responsible to you for the proper performance of this contract. This acceptance of liability is subject to clause c. below.
3. We shall not be liable for any damage or loss if the failure to carry out the contract is:
 - attributable to you.
4. Except in cases involving death, injury or illness, any liability covered under clause b. above is limited to a maximum of 3 times the price paid. In the case of damaged property the liability is limited to a maximum of the value of the property or, if the property is destroyed, to 3 times the price paid. In the case of damaged property the liability is limited to a maximum of the value of the property or, if the property is destroyed, to 3 times the price paid. In all cases the Company specifically excludes all liability for indirect or consequential loss or expense including loss of profits and in all cases our liability will be limited in accordance with and/or in an identical manner to the terms of the companies that provide the transportation for your travel arrangements.
5. Where your trip arrangements involve travel by air, rail or sea, or hotel accommodation, the compensation is limited by the following international conventions respectively: Warsaw Convention as amended 1955, Bern Convention 1961, Athens Convention 1974 and Paris Convention 1962. We are to be regarded as having all benefit of any limitation of right to claim or compensation contained in these or any conventions..
6. our acceptance of liability in clauses a and b above is subject to assignment by you of your rights against any agent, supplier or sub-contractor which is in any way responsible for the unsatisfactory arrangements or your death or personal injury.
7. Flight Notice, Flight Information and EU Blacklist.

This is a notice required by European Community Regulation (EC) No.889/2002. This notice cannot be used as a basis for a claim for compensation, nor to interpret the provisions of the Regulation or the Montréal Convention, and it does not form part of the contract between the carrier(s), us and you, nor part of a claim. No representation is made by the carrier(s) or us as to the accuracy of the contents of this notice.

Air carrier liability for passengers and their baggage:

This information notice summarises the liability rules applied by Community air carriers as required by Community legislation and the Montréal Convention.

Compensation in the case of death or injury: There are no financial limits to the liability for passenger injury or death. For damages up to 100,000 SDRs (approximately £80,000 / €120,000) the air carrier cannot contest claims for compensation. Above that amount, the air carrier can defend itself against a claim by proving that it was not negligent or otherwise at fault.

Advance payments: If a passenger is killed or injured, the air carrier must make an advance payment, to cover immediate economic needs, within 15 days from the identification of the person entitled to compensation. In the event of death, this advance payment shall not be less than 16000 SDRs (approximately £13,000 / €19,300).

Passenger delays: In case of passenger delay, the air carrier is liable for damage unless it took all reasonable measures to avoid the damage or it was impossible to take such measures. The liability for passenger delay is limited to 4150 SDRs (approximately £3,300 / €5,000).

Baggage delays: In case of baggage delay, the air carrier is liable for damage unless it took all reasonable measures to avoid the damage or it was impossible to take such measures. The liability for baggage delay is limited to 1000 SDRs (approximately £800/€1,200).

Destruction, loss or damage to baggage: The air carrier is liable for destruction, loss or damage to baggage up to 1000 SDRs (approximately £800) In the case of checked baggage, it is liable even if not at fault, unless the baggage was defective. In the case of unchecked baggage, the carrier is liable only if at fault.

Higher limits for baggage: A passenger can benefit from a higher liability limit by making a special declaration at the latest at check-in and by paying a supplementary fee.

Complaints on baggage: If the baggage is damaged, delayed, lost or destroyed, the passenger must write

and complain to the air carrier as soon as possible. In the case of damage to checked baggage, the passenger must write and complain within seven days, and in the case of delay within 21 days, in both cases from the date on which the baggage was placed at the passenger's disposal.

Liability of contracting and actual carriers: If the air carrier actually performing the flight is not the same as the contracting air carrier, the passenger has the right to address a complaint or to make a claim for damages against either. If the name or code of an air carrier is indicated on the ticket, that air carrier is the contracting air carrier.

Time limit for action: Any action in court to claim damages must be brought within two years from the date of arrival of the aircraft, or from the date on which the aircraft ought to have arrived.

Basis for the information. The basis for the rules described above is the Montreal Convention of 28 May 1999, which is implemented in the Community by Regulation (EC) No. 2027/97 (as amended by Regulation (EC) No. 889/2002) and national legislation of the Member States.

In accordance with EU directive (EC) no. 2111/2005, Article 9, we are required to bring to your attention the existence of a 'Community list' which contains details of air carriers that are subject to an operating ban within the EU Community. The Community list is available for inspection at www.air-ban.europa.eu. In accordance with EU Regulation 2111/2005 we are required to advise you of the actual carrier operating your flight/connecting flight/transfer. We do this by listing carriers to be used or likely to be used on our confirming documents. The airline may use wide and narrow-body jets. Any changes to the actual airline after you have received your tickets will be notified to you as soon as possible and in all cases at check-in or at the boarding gate.

21. Optional activities

Optional activities not included in the trip price do not form part of the trip or this contract. You accept that any assistance given by your group leader or local representative in arranging optional activities does not render us liable for them in any way. The contract for the provision of that activity will be between you and activity provider.

22. Claims & complaints

If you have a complaint about your trip please inform your group leader or our local representative at the time in order that they can attempt to rectify the matter. If satisfaction is not reached through these means then any further complaint should be put in writing to us within 30 days of the end of the tour. If we can't resolve your complaint, go to www.abta.com to use ABTA's simple procedure.

23. Severability

In the event that any term or condition contained in these Booking Conditions is unenforceable or void by operation of law or as being against public policy or for any other reason then such term or condition shall be deemed to be severed from this contract or amended accordingly only to such extent necessary to allow all remaining terms and conditions to survive and continue as binding.

24. Photos and marketing

You consent to Intrepid or Imaginative Traveller using images of you taken during the trip for advertising and promotional purposes in any medium we choose. You grant us a perpetual, royalty-free, worldwide, irrevocable licence to use such images for publicity and promotional purposes.

25. Privacy policy

Any personal information that we collect about you may be used for any purpose associated with the operation of a Trip or to send you marketing material in relation to our events and special offers. The information may be disclosed to our agents, service providers or other suppliers to enable us to operate the

Trip. We will otherwise treat your details in accordance with our privacy policy (available for viewing on our Website).

26. Financial protection

The Package Travel, Package Holidays and Package Tours Regulations 1992 & the and The Package Travel and Linked Travel Arrangements Regulations 2018 (what about the 2018 Regs???) require us to provide security for the monies that you pay for the package holidays booked from us and for your repatriation in the event of our insolvency.

We, Intrepid Travel Group UK Ltd., will provide you with financial protection for any ATOL protected air package or flight that you buy from us (through our agent Imaginative Traveller) by way of our Air Travel Organiser's Licence number 6352 administered by the Civil Aviation Authority ('CAA').

When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate for Intrepid Travel Group UK Ltd. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

Imaginative Traveller will provide you with financial protection for any ATOL protected air package or flight that you buy from Imaginative Traveller, where Imaginative Traveller are providing the flight and packaging it with an Intrepid Travel Group UK Ltd. tour, by way of Dragoman Overseas Travel Ltd Air Travel Organiser's Licence number 4157 administered by the Civil Aviation Authority ('CAA'). In this case you will receive an ATOL Certificate for Dragoman Overseas Travel Ltd (Imaginative Traveller). This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

Further, The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under ABTOT Combined and The Package Travel and Linked Travel Arrangements Regulations 2018 for Dragoman Overseas Travel Ltd. (Imaginative Traveller), and in the event of their insolvency, protection is provided for the following:

- non-flight packages – land Only Intrepid Travel Group UK Ltd. tour sold via the Imaginative Traveller
- flight inclusive packages that commence outside of the EU, which are sold to customers outside of the EU

ABTOT Combined cover provides for a refund in the event you have not yet travelled or repatriation if you are abroad. Please note that bookings made outside the EU are only protected by ABTOT when purchased directly with Dragoman Overseas Travel Ltd, (Imaginative Traveller).

In the unlikely event that you require assistance whilst abroad due to Dragoman Overseas Travel Ltd, (Imaginative Traveller) financial failure, please call the 24/7 helpline on 01702 811397 and advise you are a customer of an ABTOT protected travel company.

In addition, we, (Intrepid Travel Group UK Ltd.) or the suppliers identified Imaginative Traveller on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we, (Intrepid Travel Group UK Ltd.) nor Imaginative Traveller the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable).

When you buy an ATOL protected flight or flight inclusive holiday, all money accepted from you by a travel agent (Imaginative Traveller) acting as our agent is held by that agent on behalf of and for the benefit of the Trustees of the Air Travel Trust at all times, but subject to the agent's obligation to pay it to us for so long as we do not fail. If we do fail, any money held at that time by the agent, or subsequently accepted from you by the agent, is and continues to be held by that agent on behalf of and for the benefit of the Trustees of the Air Travel Trust without any obligation to pay that money to us.

When you buy arrangements other than an ATOL protected flight or flight inclusive holiday, all money

accepted from you by a travel agent acting as our agent is held by that agent on our behalf at all times.

We (Intrepid Travel Group UK Ltd.) will provide you with financial protection for any package holidays you buy from us that do not include travel by air by way of a bond held by ABTA. For further information, visit the ABTA website at www.abta.com. If you book arrangements other than an ATOL protected flight or a package holiday, the financial protection referred to above does not apply.

The price of all ATOL-protected flight inclusive Packages includes the amount of £2.50 per person as part of the ATOL Protection Contribution (APC) we pay to the CAA. This charge is included in the advertised prices.

We, (Intrepid Travel Group UK Ltd.) are a Member of ABTA, membership number Y0766. We are obliged to maintain a high standard of service to you by ABTA's Code of Conduct."

For further information visit the ATOL website at www.atol.org.uk, the ABTOT website at www.ABTOT.com, or the ABTA Website at www.abta.com

27. Applicable law

The laws of the United Kingdom govern these Booking Conditions to the fullest extent allowable. Any disputes in connection with a trip or these Booking Conditions must be initiated in the courts of the United Kingdom.

28. Registered address for Intrepid Travel Group UK Ltd.

4th Floor, Piano House, Brighton Terrace, Brixton, London, United Kingdom, SW9 8DJ.

Package Travel and Linked Travel Arrangement Regulations 2018

Package Travel Protection

The combination of travel services offered to you is a package within the meaning of the Package Travel and Linked Travel Arrangements Regulations 2018.

Therefore you will benefit from all EU rights applying to the packages. Intrepid Travel Group UK Ltd. will be fully responsible for the proper performance of the package as a whole.

Additionally, as required by law, both Intrepid Travel Group UK Ltd. and Dragoman Overseas Travel Ltd. (Imaginative Traveller) have protection in place to refund your payments and, where transport is included in the package, to ensure your repatriation in the event that it becomes insolvent.

Key rights under the Package Travel and Linked Travel Arrangements Regulations 2018

- Travellers will receive all essential information about the package before concluding the package travel contract.
- There is always at least one trader who is liable for the proper performance of all the travel services included in the contract.
- Travellers are given an emergency telephone number or details of a contact point where they can get in touch with the organiser or the travel agent.
- Travellers may transfer the package to another person, on reasonable notice and possibly subject to additional costs.

- The price of the package may only be increased if specific costs rise (for instance fuel prices), and if expressly provided for in the contract, and in any event not later than 20 days before the start of the package. If the price increase exceeds 8% of the price of the package, the traveller may terminate the contract. If the organiser reserves the right to a price increase, the traveller has a right to a price reduction if there is a decrease in the relevant costs.
- Travellers may terminate the contract without paying any termination fee and get a full refund of any payments if any of the essential elements of the package, other than the price, has changed significantly. If before the start of the package the trader responsible for the package cancels the package, travellers are entitled to a refund and compensation where appropriate.
- Travellers may terminate the contract without paying any termination fee before the start of the package in the event of exceptional circumstances, for instance if there are serious security problems at the destination which are likely to affect the package.
- Additionally, travellers may at any time before the start of the package terminate the contract in return for an appropriate and justifiable termination fee.
- If, after the start of the package, significant elements of the package cannot be provided as agreed, suitable alternative arrangements will have to be offered to the traveller at no extra cost. Travellers may terminate the contract without paying any termination fee, where services are not performed in accordance with the contract and this substantially affects the performance of the package and the organiser fails to remedy the problem.
- Travellers are also entitled to a price reduction or compensation for damages or both where the travel services are not performed or are improperly performed.
- The organiser has to provide assistance if the traveller is in difficulty.
- If the organiser or the retailer becomes insolvent, payments will be refunded. If the organiser or, where applicable, the retailer becomes insolvent after the start of the package and if transport is included in the package, repatriation of the travellers is secured.
- Intrepid Travel Group UK Ltd. has taken out insolvency protection with ABTA, 30 Park Street, London, SE1 9EQ. Phone 020 3117 0599 – lines are only open between 09:30-16:30 Monday to Friday
- Dragoman Overseas Travel Ltd. (Imaginative Traveller) has taken out insolvency protection with The Association of Bonded Travel Organisers Trust Limited (ABTOT), 117 Houndsditch, London, EC3A 7BT, United Kingdom, phone 020 7065 5311 (during office hours), helpline 01702 811397 (24/7). Travellers may contact this entity or, where applicable, the competent authority (The Insolvency Service, website: <https://www.gov.uk/the-insolvency-service>, email: insolvency.enquiryline@insolvency.gsi.gov.uk, phone: 0300 678 0015) if services are denied because of Dragoman's or Intrepids insolvency.

A copy of The Package Travel and Linked Travel Arrangements Regulations 2018 may be found on: www.legislation.gov.uk/ukSI/2018/634