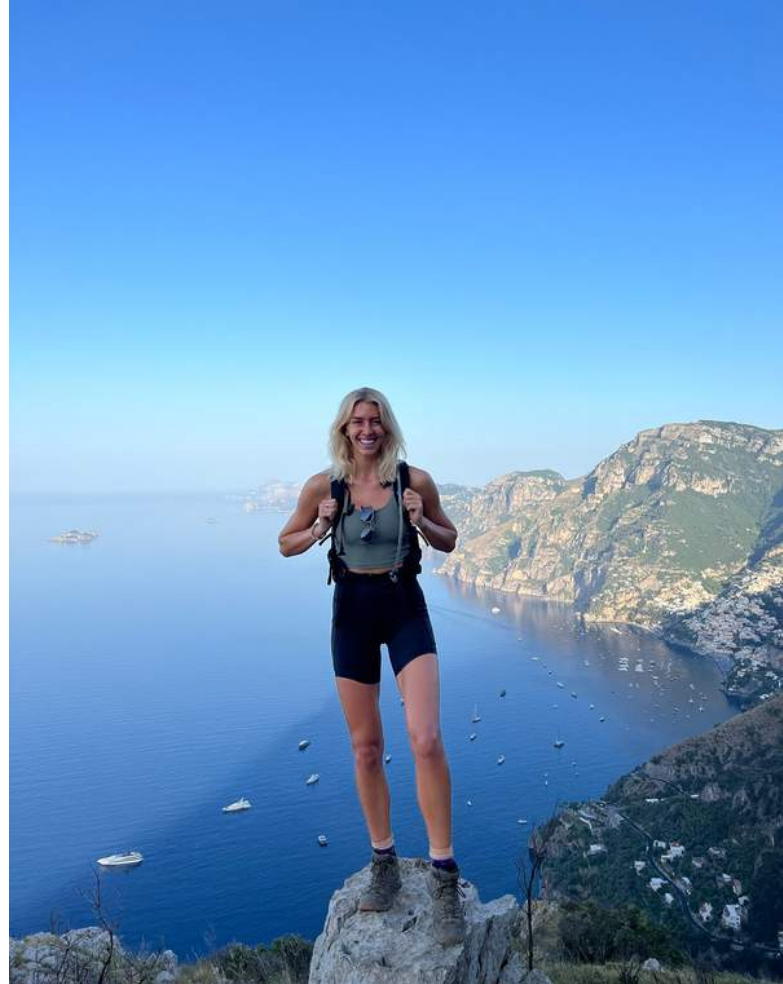




# CINQUE TERRE HIKING ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK  
IN PARTNERSHIP WITH **INTREPID TRAVEL**

# Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

## Zanna Van Dijk - Cinque Terre Hiking Adventure 6 days / 5 nights

### About Your Trip

**Start Location**

La Spezia / Levanto, Italy

**Finish Location**

La Spezia / Levanto, Italy

**Accommodation**

Hotel 5 nights

**Rooming Requirements**

Twin Share

**Included Meals**

5 Breakfasts, 1 picnic lunch,  
1 Dinner

**Transport**

Private vehicle, Train, Boat, On foot

**Leader/Guide**

1 English Speaking Leader  
throughout

**Included Activities**

Refer to the day by day itinerary  
below.

**Entrance/Admission Fees**

Where applicable with  
included activities

**Airport Transfers**

Arrival and departure transfers are  
included on a group basis which  
are based on Zanna's flight times

**Support**

24-hour support from our local  
office

**Exclusions**

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

## Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



### Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



### Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



### Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

## About Your Tour Leader

### Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

# Zanna Van Dijk - Cinque Terre Hiking Adventure Itinerary

**Day 1 / Date:** 11 May 2023

**Levanto**

**Meals included:** Dinner

Welcome to Italy. Upon arrival at the airport, you will be met and transferred to your hotel at the gateway to Cinque Terre on the Ligurian coast. No activities are planned for today until the welcome meeting around 6pm. During this meeting, your leader will give you a briefing on what lies ahead. Afterwards you will head out for dinner at a local restaurant.

## **Group Airport Arrival Transfer**

- Included on group basis - please note that the transfer is based on Zanna's flight from the UK. Any arrivals outside of this there will incur a fee.

## **Included Activities**

- Welcome meeting with Tour Leader
- Welcome dinner

## **Accommodation**

Park Hotel Argento 4\* in Levanto (standard room)

**Day 2 / Date:** 12 May 2023

**Levanto**

**Meals included:** Breakfast, picnic lunch

Today you will embark on your first walk, which takes you along the coast from Levanto to Monterosso, the first of the five villages of the Cinque Terre. The first part of the walk leads you through the old town centre of Levanto, past the stunning cathedral and up to its castle. It then continues up to Punta Mesco, the most notable promontory in the region. Just short of this point, take a small detour to the ruins of an 11th-century hermitage and the nearby ruins of the lighthouse. Here you can enjoy marvellous views of the rugged coastline and find a nice spot to stop for a short break and picnic lunch. Then follow the fairly steep path down into Monterosso – a colourful village with blue, red and yellow houses that cluster along the beachfront. Take your time to explore this interesting little town before taking the local train back to the hotel.

## **Included Activities**

- Punta Mesca Hike, or similar

## **Special Information**

Walking distance: 10 km; approximately 3–4 hours

## **Accommodation**

Park Hotel Argento 4\* in Levanto (standard room)

**Day 3 / Date:** 13 May 2023

**Levanto**

**Meals included:** Breakfast

A short train ride brings you to Riomaggiore, the southernmost of the five villages. Here you will start the most famous of all walks in the area: the classic coastal walk that links the five villages. Begin with a short stroll through Riomaggiore and along a short stretch of the 'Via dell'Amore'. Next is a beautiful but strenuous trail through the vineyards (train ride optional). This takes you to Manarola, an attractive little village with steep multi-coloured houses overlooking a rocky port. From Manarola, make your way up through a stunning terraced landscape to the village of Volastra, then continue your walk along one of the most beautiful trails in the area. Through terraced

vineyards and the occasional bit of forest, you approach Corniglia, perched on a ridge overlooking the sea. Next is the little hamlet of Prevo, walking through terraced vineyards and the occasional citrus grove. Enjoy some of the best views in the region as you approach Vernazza, which is dominated by its old fortress. Follow the contours of the hillside on a narrow track that leads you up and down, before a fairly steep descent takes you into the village itself. After a day of walking, perhaps wind down with a drink in Vernazza, on the wonderful town square at the harbour, resplendent with its brightly painted boats. In the late afternoon you will take the train back to the hotel.

#### **Included Activities**

· Cinque Terre Hike, or similar

#### **Special Information**

Walking distance: 9 km; approximately 4 hours. Please note that due to recent landslides in the area, it's not possible to walk the full extent of the Via dell'Amore and the coastal section between Manarola and Corniglia. The alternative inland routes described above will be of a higher physical rating. If you would rather not walk these sections, it is possible to take the train instead.

#### **Accommodation**

Park Hotel Argento 4\* in Levanto (standard room)

**Day 4 / Date: 14 May 2023**

**Levanto**

**Meals included: Breakfast**

Begin your day with a short train ride back to the tiny village of Riomaggiore. Embark on a walk that leads you to Portovenere at the very end of the peninsula. Today's trail is the most challenging of the Ligurian walks; it's also perhaps the most rewarding. First you will walk up a rather steep flight of stairs, then along an undulating track to reach the sanctuary of the Madonna di Montenero (those who wish to opt out of this climb can catch a bus instead). After stopping at the sanctuary for a short break, continue your walk to Campiglia. Continuing uphill you will follow the contours of the coastal cliffs, passing terraced vineyards and enjoying wonderful views of the coastline. Pass the abandoned village of Lemmen and walk high on the ridge through vineyards and pine forest. Finally descend to the little village of Campiglia, where you can stop for lunch and some refreshments. Then continue towards Portovenere and enjoy even more spectacular coastal views. When you arrive at the 16th-century castle above the village, you might be able to catch a glimpse of the white marble peaks of the Apuan Alps before you descend a long staircase that takes you to St Peter's Point and then into the heart of the village. After some free time to relax in Portovenere, return by public boat to Levanto – a lovely way to see the coast from the water, and continue on foot or by train to the hotel.

#### **Included Activities**

· Riomaggiore to Portovenere Hike, or similar  
· Boat Cruise Portovenere to Levanto

#### **Special Information**

Walking distance: 12–14 km; approximately 5–6 hours

#### **Accommodation**

Park Hotel Argento 4\* in Levanto (standard room)

**Day 5 / Date: 15 May 2023**

**Levanto**

**Meals included: Breakfast, Picnic Lunch, Dinner**

This morning travel by local train to Santa Margherita Ligure. Explore the best of the Portofino Peninsula with a mix of public transport and hiking on foot with beautiful views across the bay. First take a short walk through the historical centre of Santa Margherita Ligure, where you can do some shopping for your picnic lunch. Today you will also visit Portofino, which is one of the most typical Ligurian seaside villages and a popular resort for jet setters.

Make your way there on foot or by public transport. Upon arrival, explore this charming village and take the scenic hike to the church, castle and lighthouse, where you can look back on the inlet of Portofino (the name of which translates into 'fine harbour'). Afterwards you might want to enjoy a relaxed aperitivo on the beach, go for a swim or explore the village before returning to the train station by boat. Then take the train back to Levanto. In the evening, why not gather around a table at a local restaurant for an optional farewell dinner (not included)?

#### **Included Activities**

- Santa Margherita Ligure to Portofino and/or Portofino to San Fruttouso Hike, or similar
- Portofino Boat trip to Santa Margherita Ligure or Rapallo

#### **Special Information**

Walking distance: to be confirmed

#### **Accommodation**

Park Hotel Argento 4\* in Levanto (standard room)

**Day 6 / Date: 16 May 2023**

**Departure day**

**Meals included:** Breakfast

Your adventure comes to an end today. There are no activities planned for the final day, except the airport departure transfer.

#### **Airport Departure Transfer**

- Included on group basis - please note that the transfer is based on Zanna's flight from the UK Any arrivals outside of this there will incur a fee.

**END OF SERVICES**

# Important Information

- Travel is always an adventure and, as destinations reopen, there are a few challenges as everyone gets back up to speed and adjusts to the new normal. Our leaders are experts when it comes to dealing with anything unexpected along the journey, so pack your understanding and flexibility, sit back and relax while they take care of the rest.
- The quote and accommodation will be subject to availability at the time of booking
- This trip requires a good level of fitness and health for the hiking, biking and kayaking. Many of the walks involve steep hills and steps that you'll need to be able to walk up. Walking times vary between three and six hours a day, but the rewards are worth every step. Please note that recent landslides have affected many paths along the Cinque Terre coastal route. As maintenance is being carried out in some areas, some of the daily walks may vary, and sometimes will be replaced by walks of a higher physical rating. Your leader will update you and offer alternative walks.

## Booking Conditions

### Final Balance

- Final balance payment is require 70 days prior to travel.

### Cancellation by the traveller

- Cancellation prior to 70 days; we will hold the deposit amount as a credit.
- Cancellation 70days or inside prior to travel will incur 100% cancellation fees
- No shows will be treated as a cancellation and will incur 100% cancellation fees.

### Cancellation by Intrepid

- Cancellation is in line with those detailed in the standard Intrepid booking conditions in clause 8.

## Essential Trip Information

### Problems and emergency contact information

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 representative 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/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the number below:

In the case of a genuine crisis or emergency please call our Italian operator on the below number:

Intrepid's Local Operator: +39 089 79 1896, +39 393 9375299 or +39 328 64 81 735

## **Itinerary disclaimer**

### **ITINERARY CHANGES**

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you review this information prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays, or other factors, further changes may be necessary to your itinerary once in-country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any such changes once on tour.

### **OPTIONAL ACTIVITIES**

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability, and maybe on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested in the Group Meeting and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high-risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

### **MUSEUM VISITS & OPENING TIMES**

Please note that many sights, attractions and museums are closed on Mondays (and sometimes even Tuesdays). We recommend you carefully consider which sites and museums you are going to want to visit and that you do some research and make your reservations in advance where required/possible.

### **Feedback**

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

<http://www.intrepidtravel.com/feedback/>

## **Passports, visas and entry requirements**

### **PASSPORT**

You'll need a valid passport to travel internationally and check the expiry date, most countries require a minimum of 6 months validity. We also need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We also recommend carrying a copy of the photo page of your passport and leave a copy at home with family or friends too.

### **VISAS**

Many countries require a visa and getting the right visa is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. That way, you'll have plenty of time to get your documents ready and time for the application process. Entry requirements can change, and are different depending on your nationality so please refer to your governments foreign travel advisories, along with the consular website for the countries you're travelling to as well as those you may transit through. Always follow visa advice from official websites; not all visa information found on-line may be valid.



You can also head to Intrepid's Entry & Health requirement page to get the latest information on travel documents and visa requirements, plus local government COVID-19 vaccination and quarantine policies:  
<https://www.intrepidtravel.com/au/visa-health-requirements>

Visas for Italy are not required for passport holders of the European Union, Australia, New Zealand, USA and Canada. All other nationalities should check with the relevant authorities.

## **Medical and health information**

### **GENERAL HEALTH**

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained while travelling.

### **COVID-19**

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

### **VACCINATION POLICY**

From 1 January 2023, Intrepid will no longer require travellers to provide proof of vaccination against COVID-19 for this trip. However, we continue to strongly recommend that all travellers get vaccinated to protect themselves and others.

Specific proof of testing or vaccination may still be required by your destination or airline. Please ensure you check travel and entry requirements carefully. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>.

### **HEALTH SCREENING**

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

From 1 January 2023, Intrepid will no longer require travellers to complete a self-screening health form at the group meeting for this trip.

If you are displaying any COVID-19 symptoms or have any health concerns during the trip, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required.

Travellers who test positive while taking part in an Intrepid trip will need to leave the group for a minimum of five days and may only rejoin the group if presenting as asymptomatic – our team will assist them in arranging a place to self-isolate and any onward journey.

It's quite possible that the destination country may have different or more strict protocols than your home country regarding COVID-19. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

### **Food and dietary requirements**

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting

flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

## **VEGETARIANS**

Vegetarians might find the menu selection in Europe less varied than they would see at home. Vegetarianism is not as common in this region and generally the choices are basic, involving vegetables, soups, salads, bread, cheese, fruit, yoghurt, eggs etc. Vegans and those on gluten-free diets may find this region very challenging and may need to supplement meals with their own supplies from supermarkets and markets. Wherever possible we will cater for dietary needs for any included meals, but there may be times when those with special requirements may need to provide their own.

## **BREAKFASTS**

There are some continental breakfasts included on this trip which may simply include bread/toast or pastries, butter, jam, coffee/tea/juice (or similar).

## **Accommodation**

### **OCCASIONAL ALTERNATIVE ACCOMMODATION**

The style of accommodation indicated in the day-to-day itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances.

## **TWIN SHARE BASIS**

Accommodation on this trip is on a twin/multishare basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports. Please note there may be times where facilities will be shared rather than ensuite and rare occasions when you share a room with passengers travelling on different Intrepid trips than your own.

## **CHECK-IN TIME**

Throughout the trip we request that our hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination.

## **PRE/POST TRIP ACCOMMODATION**

If you've purchased pre-trip or post-trip accommodation (if available), you may be required to change rooms from your trip accommodation for these extra nights.

## **FACILITIES**

Your accommodation may not always have private en suite facilities or air-conditioning. European hotels generally don't provide kettles or fridges.

## **Transport**

### **TRANSPORT IN EUROPE**

Half the fun of travel is the travelling itself, that's why we like to travel the local way – whether that means mingling with commuters on a local train, watching the scenery roll by from the window of a long distance bus, arriving on a high speed train in the city centre of your next destination, or navigating each city's public transport system. In Europe, you are guaranteed to travel by genuine local public transport wherever possible, which puts you right in the centre of the action.

## **Money matters**

### **CURRENCY**

The Euro (EUR) is the official currency in the following destinations: Andorra, Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Kosovo, Latvia, Lithuania, Luxembourg, Malta, Montenegro, the Netherlands, Portugal, Slovakia, Slovenia and Spain. All other European countries still have their own national currencies.

## **CASH**

You can use your credit/debit card in ATMs, which are common throughout Europe. Before leaving home, check if your bank will charge fees for using your card internationally. Card payments are not always accepted in stores and restaurants. We recommend you carry some cash for these purposes.

## **SPENDING MONEY**

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

## **BUDGET**

Please budget for additional meals and expenses while on your trip. We suggest EUR 525.00 for meals not included on this trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

## **TIPPING**

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. The following amounts are per person suggestions based on local considerations and feedback from our past travellers: In local markets and basic restaurants and cafes - round your bill up to the nearest €1. In more up-market restaurants we suggest 5% to 10% of your bill. Throughout your trip you may at times have a local guide in addition to your tour leader. We suggest €2-€3 per day for local guides. You may also have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group, however we suggest €1-€2 per day for drivers. You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline €4-€5 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service. In total, we recommend you budget approx €5-€10 per day of your trip to cover tipping.

## **CONTINGENCY FUNDS**

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. 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 itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

## **PACKING**

On this trip you must pack as lightly as possible because you will be expected to carry your own bag and although you won't be required to walk long distances with your luggage (max 30 minutes), we strongly recommend keeping the weight under 10kg / 22lb. Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps to accommodate the cobbled streets, uneven surfaces, stairs and steps you are likely to encounter while carrying your luggage. You'll also need a day pack/bag to carry water and a camera etc for day trips. You can find Intrepid's Ultimate Packing List on our website. It should be used as a guide only and isn't intended to be a complete packing list.

## **WALKING EQUIPMENT**

In addition to your 'normal' daily clothes, you will need the following essential items:

- Walking boots with good ankle support and tread
- Good quality waterproof/windproof jacket and trousers
- Sun hat, sun cream and sunglasses
- A warm sweater or fleece
- Day pack

## **WATER BOTTLE**

Please bring your own water bottle to refill along the way. Although it can be difficult to avoid bottled water when travelling, please use the water dispensers which are provided on some of our vehicles and at some of our accommodation. Your leader will advise whether tap water is safe to drink in your destination, if it is you can simply refill with tap water. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day.

## **Climate and seasonal information**

### **SUMMER**

Summer temperatures can be extreme in many of the regions visited (over 40°C/104°F), which can be uncomfortable. It's important to use sun protection and drink plenty of water. Please carefully consider the time of the year you wish to travel and your suitability to that season.

### **SHOULDER SEASON**

In contrast, weather in shoulder season can be unpredictable, and snow is not unheard of at higher altitudes. If you travel at the start or towards the end of the European season please pack accordingly with warm and/or waterproof clothes (preferably layers). The advantage of travelling during this time is that there are less tourists around.

### **Group Leader**

All Intrepid group trips in Europe are accompanied by one of our local European group leaders. 'Local' in this context means a leader who is European or lives in Europe. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders. Your leader takes care of logistics, will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

At Intrepid we also aim to support local guides in the individual cities or locations we travel to. If you are interested in delving deeper into the local culture at a specific site or location then your leader can recommend an optional local guide service in most of the main destinations of your trip.

### **Safety**

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and

Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

#### **FIRE PRECAUTIONS:**

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

#### **TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:**

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

#### **PETTY THEFT AND PERSONAL SAFETY**

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

#### **A couple of rules**

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. 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.

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.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

### **Travelling on a group trip**

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

### **SOLO TRAVELLERS**

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

### **Travel Insurance**

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

### **Responsible Travel**

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

### **DRESS CODE**

In general, there are few dress restrictions in Europe. When visiting churches, monasteries or other religious sites modest dress is required - shorts or sleeveless tops may not be permitted, for both men and women.

### **The Intrepid Foundation**

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>

# Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.