

# Istanbul City Break

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**Country(ies):** Turkey

**Tour type:** City Break

**Transport:** A/C minibus

**Group size:** Min: 2 | Max: 20

**Days:** 4 Days

**Start location:** Istanbul, Turkey

**End location:** Istanbul, Turkey

**Departs On:** Fridays

**Meals:** Breakfasts - 3, Lunches - 0, Dinners - 0

**Highlights:**

Blue Mosque, Hagia Sophia, Topkapi Palace, Hippodrome, the Grand Bazaar, Bosphorous cruise, panoramic views from Camlica Hill

**Places Visited:** Istanbul



# Itinerary

## Day 1: Arrive in Istanbul, transfer to hotel

Welcome to Istanbul! On arrival we'll meet you at the airport and transfer you to your hotel in the centre of the city. The rest of the day is free to settle in and start exploring.

**OVERNIGHT:** Istanbul hotel

**MEALS:** None

**EXTRAS:** Single Room Supplement (TUTMIB) || Extra day in Istanbul - pre-tour

## Day 2: Istanbul, old city tour

Today we enjoy a full day city tour with a specialist local guide. We'll take in the beautiful Blue Mosque, and Hagia Sophia, sometimes described as the 8th Wonder of the World. This beautiful building, famous for its huge dome, was built as a Greek Orthodox cathedral in the 6th Century when Istanbul was still known as Constantinople, before becoming an Imperial Ottoman mosque, and now a museum. We'll also visit the Topkapi Palace (closed Tuesdays), which was the residence of the Ottoman Sultans in the 16th Century, and see the remains of the ancient Hippodrome. Our final visit is to Istanbul's Grand Bazaar (closed Sundays) which is one of the world's largest covered markets, and home to thousands of shops and stalls covering nearly 60 blocks. We may also have time to visit a carpet shop and learn how carpets are made by hand.

**OVERNIGHT:** Istanbul hotel

**MEALS:** Breakfast

**EXTRAS:** None

## Day 3: Bosphorous river cruise and Asian Istanbul

Istanbul, formerly Constantinople, has been a vitally important world city for many centuries due to its strategic location connecting Europe and Asia, and the Mediterranean and Black Seas. These are joined by a narrow strait of water called the Bosphorous, with the city spreading out from both banks. Today we'll take a boat cruise along the Bosphorous, seeing both the European and Asian sides, and learn more about the history of this fascinating city. In the afternoon we'll take a walk up to Camlica Hill on the Asian side of the city and enjoy its panoramic views.

The rest of the afternoon and evening are then free for you to explore the city more.

**OVERNIGHT:** Istanbul hotel

**MEALS:** Breakfast

**EXTRAS:** None

## Day 4: Istanbul, free time, transfer to airport

Your time in Istanbul is free today until we transfer you back to the airport for your departure. A range of optional tours are available today if you have a late afternoon or evening flight, or if you would like to extend your stay.

**OVERNIGHT:** N/A

**MEALS:** Breakfast

**EXTRAS:** Extra day in Istanbul - post-tour

## Included

- 3 nights hotel accommodation (upgrades available)
- Daily breakfast
- 24-hour airport arrival & departure transfer service
- Specialist local guide for sightseeing tours
- Entrance fees to various sites
- Meals as indicated in the itinerary (3 breakfasts)
- Tipping kitty

## Excluded

- International flights (available on request)
- Visa fees (e-visa available online before travel)
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for guide & driver
- Any other items not mentioned above

# Options

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Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting.

However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements.

Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

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

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## 1. Accommodation

Our tours in Turkey use a range of hotels at the local 3, 4 and 5-star level with some boutique style properties also used on some tours. Please check the Accommodation section for more information on the normal hotels used on this tour. This list is given as a guide though and hotels may change from time to time to others of a similar standard. Accommodation levels and hotels are slightly different in Turkey to general Western standards. We regularly inspect all the hotels we use to ensure that the service you receive is as close as possible to your expectations. Please check your hotel room when you first arrive (hot water, cleanliness etc.), as our rep or your guide will be available to assist in case of any problems.

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

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

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

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## 2. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time we want you to finish journeys refreshed enough to enjoy the next stage of the tour. The distances involved in Turkey mean that we use private vehicles and tourist coaches throughout this tour.

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## 3. Transfers

All our Turkey tours (except tours which feature Gulets) include an airport meet and greet and transfer service on the first day of your tour. This is available from/to both of Istanbul's airports; Istanbul Ataturk (IST) and Sabiha Gokcen (SAW). Our representative will be holding an Encounters Travel signboard with your name displayed for easy identification. If you can't find our representative, our emergency contact numbers are given in your tour confirmation voucher.

No refund is available on missed transfers or portions of your trip owing to incorrect flight details being provided or delayed flight arrival. Any additional cost incurred in order to meet up with your group is at your own expense.

If your flights arrive/depart before/after the tour starts/ends then we will be very happy to arrange additional accommodation and airport transfers for you. We will aim to book these in the same hotel as the main tour, though this will be subject to availability (upgraded hotels are also available on request). If you do not book your additional accommodation through us, then our arrival/departure service is not included and you will need to make your own airport transfer arrangements.

**Welcome meeting:** Our group tours will commence with a welcome meeting at 7pm in the reception of your hotel, where you will have the chance to meet your guide and the rest of your tour group. For those arriving after 7pm, details regarding Day 2 activities will be left at reception.

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## 4. International flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are

however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. Nearly all our Turkey tours start and finish in Istanbul and are served by Istanbul airport (IST). Transfers from other airports are also available on request but may incur an extra fee.

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

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

### **Flight CO2 Emissions:**

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

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

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

This tour is offered both as a small group departure, starting on Fridays with a maximum of 20 people per group, and also as a private tour available on any other dates. The two sightseeing tours are arranged on a sharing basis if you have booked a private tour, though they can be converted into private tours as well if you wish. Please contact us for details and prices.

In Turkey we provide a fully trained, local English-speaking guide for all of the sightseeing tours. Our local reps in some of the towns and cities en-route are also at your service. At Encounters Travel we try to use local Turkish guides and reps as much as possible. We feel this gives you the best experience of the country and the sites you are seeing.

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## **6. Entrance Fees**

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary . You will need to cover the cost of entrance to any other extra sites that you may wish to visit **(this excludes tours which feature a gulet - on these tours entrance fees are not included and any required entrance fees should be paid locally).**

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

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## **7. Tipping**

Tipping or Bahsis (bahk-sheesh) is common practice in Turkey, as a sign of appreciation for services provided for everything from table service in a restaurant to a massage in a Turkish bath. Wages for service staff in Turkey are very low and tips are a necessary supplement to meagre incomes.. Your tour price includes a contribution to various tips that your tour guide and driver will make along the way to ensure the smooth running of your tour.

This tipping kitty does not cover your tour guide or driver though. You may therefore wish to tip them at the end of the time they spend with you. You should not feel obliged to tip any particular amount, and should consider your personal budget and your satisfaction with the service provided. We are often asked to provide a guide however:

**Restaurants and taxis:** Local markets and basic restaurants - leave the loose change. For more up-market restaurants we suggest 5% to 10% of your bill.

**Local guides:** Throughout your trip you may at times have a local guide in addition to your tour guide or tour leader. We suggest around GBP 1.50 / EUR 2.0 / USD 2 per person per day for local guides.

**Drivers:** You may have a range of private 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 GBP 1.50 / EUR 2 / USD 2 per person per day is generally appropriate.

**Gulet Boat Trips:** If you are travelling through Southern Turkey on a Gulet boat trip we suggest GBP 1.50 / EUR 2 / USD 2 per person per day for the boat staff.

**Tour guide:** As a guideline we suggest around GBP 20-35 / USD 35-50 / EUR 25-45 per person for the whole tour, but this is ultimately up to you.

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## 8. ANZAC Day Departures

ANZAC Day means many different things to different people. To some it is a true memorial service to pay respects to and remember family members or countrymen who lost their lives defending their homeland in World War I, while to others it symbolises a sense of community or belonging to the New Zealand and Australian way of life. For non Anzac nationals it remains a moving and important ceremonial day that brings thoughts of the sacrifices that previous generations have made for us, wherever we may come from.

Whichever may apply to you, this is a very special event that brings together many thousands of people every year on the shores of the Gallipoli peninsular on the western coast of Turkey.

We run special ANZAC day departures on all of our Turkey tours. The standard itineraries for each tour are adjusted slightly on these departures to coincide with the memorial services and to make the most of your time at Gallipoli. These special departures are indicated on the dates & prices table for each tour. Due to demand, group sizes on these dates may increase to a maximum of 45.

All of our ANZAC departures arrive at Gallipoli Cove early in the afternoon on the 24th giving us enough time to visit the museum and secure space for our groups. We then spend the night outdoors at the Cove waiting for the evocative dawn service to start. Afterwards, depending on the makeup of our group, the Australians will head to Lone Pine and the New Zealanders to Chunuk Bair for their country's individual memorial service. Rest assured though that these special departures are not just about the ANZAC service. They all have their standard itineraries built around the service so you will still get to experience the history, culture and amazing sites that Turkey has to offer.

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## 9. Health and Vaccinations

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

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination.

You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for Turkey are Hepatitis A and Tetanus.

More information is available here: [Turkey](#)

[Malaria map](#) - there is low risk malaria in some south eastern regions, not visited on our tours.

Yellow fever certificates are not required.

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## 10. Passports and Visas

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

Most foreign nationals require a visa to enter Turkey, and need to obtain it in advance online through <http://www.evisa.gov.tr>. Applicants just need to log on to the following link, provide the requested information, (after the application is approved) make online payment and download their e-Visa. More information is available here <http://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

From the 2nd March 2020 all UK nationals **will not** need to obtain a visa for Turkey (for visits of up to 90 days in each 180 day period). This will also apply to citizens of the Schengen area countries Austria, Belgium, the Netherlands, Spain and Poland.

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## 11. Money - Turkey

The Turkish lira was re-valued at the end of 2004 to become the 'New Turkish Lira'. The word 'New' has now been dropped, and we are back to 'Turkish Lira' again (TRY).

It is normally cheaper to convert money to Turkish Lira in Turkey than at home. Using an ATM or a credit card will often get you the best possible exchange rates; the post and telephone office (PTT) and banks offer very reasonable rates, too. Try to use ATM machines that are attached to banks while they are open, so that if your card is swallowed you can go into the bank and get it released back to you.

It is difficult for us to specify the money that you will spend per day, however, as a general rule USD 20-50 per day can provide you with additional meals, tipping, snacks & drinks. Should you wish to purchase many souvenirs or other luxuries, of which there is a diverse range, you will have to budget for these.

A mixture of cash and credit cards are the best forms of currency. Credit cards are accepted in most restaurants, bars and pubs. MasterCard and Visa are most welcomed; American Express cards work at some ATMs and AmEx offices. Credit cards are also useful for cash advances, which allow you to withdraw Lira instantly from associated banks and ATMs throughout Turkey. Cash cards and ATM's are widespread in most of Turkey including in Istanbul, Canakkale, Selcuk, Marmaris, Pamukkale, Fethiye, Kas, Cappadocia, and Ankara.

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## 12. Time

Turkey Time is GMT plus 2 hours. Daylight saving adjustments of 1 hour are applied, starting at the end of March and finishing at the end of October.

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### 13. What to take

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

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

**Clothing:** Turkey's climate changes drastically, with cold winters and hot summers. In western Turkey from late March to May, spring brings with it average temperatures of around 15C, though the weather does gradually warm up with sunny days interspersed with rain showers. From May to the end of October, the climate is hot and sunny, getting cooler as the year progresses. In Central Turkey around Cappadocia, the climate is cold with regular snowfalls from the end of November until late February. With spring the weather warms and the snow disappears altogether, though it still remains cold at night and first thing in the morning. Summer starts from May onwards, with temperature reaching around the mid 30's. The East of Turkey from late May has warmed up considerably, and stays hot until late September with sunny days, but the night time temperatures start to drop. By the end of October you can expect the first of the winter snows. So you must pack for cool and potentially wet conditions late in the year. Modesty rates highly in some parts of Turkey, especially for women and in the East, so please ensure clothes are loose fitting and not too revealing. Loose shorts are OK in tourist sites, as are T-shirts, but these should not show too much bare flesh (your shoulders should remain covered). In Eastern Turkey villages, and any mosques throughout the country, legs and arms should be covered. Attitudes are more relaxed in the seaside resorts.

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

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### 14. Language - Turkey

The official language of Turkey is Turkish. In addition, between 10 per cent and 15 per cent of the population speaks a different mother tongue, usually Kurdish or Arabic. Turkish words are spelled with an adapted Roman alphabet. The language is phonetic; each letter has only one sound that is always pronounced distinctly.

You'll find you won't have much of a problem with the language barrier. English is well communicated by many Turks. Below you will find some important phrases that will have you sounding like a Turk in no time!

Yes = Evet (eh-vet)	No = Hayir (hah-yuhr)
Maybe = Belki (behl-key)	Please = Lutfen (loot-fen)
Thank you = Tesekkür (tesh-eccur)	Pardon me = Pardon (phar-don)
Who = Kim (kim)	When = Ne zaman (neh zah-mahn)
Today = Bugun (boo-ghoon)	Yesterday = Dun (dhuen)
Tomorrow = Yarın (yar-in)	I'm sorry = Özür dilerim (oz-oor del-eh-rim)
Help = İmdat (eem-daht)	Police = Polis (po-lis)
Hello = Merhaba (mehrhaba)	Goodbye = Hoscakal (hosh-cha-khal)
Good night = İyi geceler (ee-yee geh-jeh-lehr)	How are you ? = Nasılsın ? (nah-sil-sihn)
Open = Açık (ach-oek)	Closed = Kapalı (kap-ah-lee)
Bad = Kötü (koh-too)	Good = İyi (eeh-yea)
Hot = Sıcak (sijark)	Cold = Soğuk (sooh-ook)
Bill, please = Hesap lütfen (hesarp, lewtfen)	My name is Paul = İsmim Paul (Eas-meem Paul)
I am a vegetarian = Vejeteryanim (vej-e-tar-ian-eam)	I need a doctor = Doktor ihtiyacım (dohk-tor-ah eeh-tee-yajum)
Do you speak English ? = İngilizce biliyor musun (een-geal-je bee-leh-your-moe-sean)	
I don't speak Turkish. = Türkçe bilmiyorum (Terkche-bil-me-you-room)	
I don't understand = Anlamıyorum (ahn-luh-mee-your-room)	

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## 15. Booking & Payment

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

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## 16. Dates & Prices

This tour is available all year round, with group departures starting on Fridays and private departures available starting on any day of the week. Pricing is seasonal and is based on a minimum of 2 people travelling.

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## 17. Financial Security

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

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

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## 18. Responsible Tourism

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

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

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

experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).

- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

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

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## 19. Follow Us Online

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

[www.facebook.com/encounterstravel](http://www.facebook.com/encounterstravel)

[www.twitter.com/encounterstravl](http://www.twitter.com/encounterstravl) (yes, without the 'e')

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## 20. Travel Insurance

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

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

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

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

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

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

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

## Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable. Details about our own policies cover levels are given [on our website](#).

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### 21. Before you travel

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

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

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

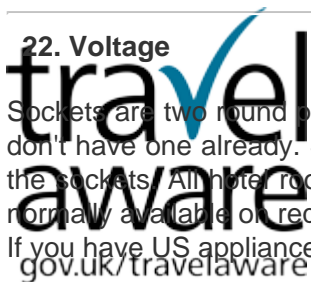
Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's '[Travel Aware](#)' campaign which provides further useful and invaluable information.

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### 22. Voltage

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

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



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**Note:** Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.

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