

Japan Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destination: Japan

Trip code: JPWHW

Trip Walking Grade: 1



HOLIDAY OVERVIEW

Explore cultural contrasts in the Land of the Rising Sun. Journey through the ages as you explore Kyoto's gardens, temples, palaces and shrines and wander through Gion, the city's famous geisha district. Travel in the footsteps of ancient times as you walk in the Japanese Alps along the Nakasendo Path, visiting old post-towns, and along one of Japan's oldest roads, the Yamanobe no michi in the Nara area. Enjoy the vibrancy and vitality of modern Tokyo and visit the Meiji Shrine, which reflects its more traditional side. In Nara, an ancient capital of Japan, meet the local wildlife and visit UNESCO temples and shrines. A visit to the 'snow monkeys' in the hot springs of Yudanaka Onsen is sure to be a highlight. With the chance to stay in ryokan – traditional Japanese inns, which showcase regional cuisine with exquisite meals - you'll truly be immersing yourself in the rich cultural heritage of this fascinating nation.

WHAT'S INCLUDED

- 11 nights' accommodation in en-suite rooms (except in the ryokans, which usually have shared facilities*)
- Half board from dinner on arrival to breakfast on departure, less 1 dinner and plus 3 lunches
- A full programme of guided walks led by an experienced local leader
- All sightseeing and entrance fees
- Travel by coach/minivan, train and public transport

- Tips

*Please note on days 4 & 5 we stay in traditional Japanese inns. We cannot guarantee single rooms at these accommodations and guests may be asked to share with someone of the same gender within the group.

HOLIDAYS HIGHLIGHTS

- Walk the historic Nakasendo Path through the Japan Alps
- Explore the gardens and shrines of ancient Kyoto
- Walk by lakes and mountains in the shadow of Mt Fuji
- See the modern side of Japan in Tokyo and Kyoto
- Stay in a *ryokan*, a traditional Japanese inn, for an authentic experience
- Try delicious and varied Japanese food
- Option to extend your stay with Hiroshima & Miyajima. Please call 020 3974 8865 for more information.



ITINERARY

Day 1: Depart The UK

Day 2: Arrival

On arrival at Narita airport meet your local leader and transfer to central Tokyo (approx. 1½-2 hours, subject to traffic conditions). The rest of the day is at leisure, either to relax or explore the local area before you meet your guide in the lobby at 18:30 for your welcome dinner at 19:00.

Day 3: Tokyo

Today we enjoy a walking tour of the capital, a huge metropolitan area. Tokyo doesn't have a real city centre – it is more a collection of districts each with individual character.

As we walk, we see ultramodern Tokyo: neon lights, busy stations with trains running like clockwork, four-way pedestrian crossings, boutiques, grand department stores and the quirky young arts scene.

In contrast, we'll discover the more tranquil and spiritual side of Tokyo as we walk through the city today. We visit the Meiji Shrine, a Shinto shrine dedicated to the deified spirits of Emperor Meiji, the first Emperor of modern Japan, and his consort Empress Shoken. The Meiji period of Japan signified the end of Japan's isolation and the beginning of its modernisation to become a world power.

Located in a lovely wooded area, next to Yoyogi Park, this very traditional setting stands side by side with the trendsetting, fashionable and modern neighbourhood of Harajuku.

We enjoy a bird's-eye view of Tokyo from the Tokyo Metropolitan Government building – on clear spring and autumn days, you may catch a glimpse of Mt Fuji. We then visit the Ginza district, home to elegant department stores such as Mitsukoshi and Matsuya. Enjoy window-shopping at traditional craft shops, or at the food sections of these department stores.

Any remaining time today is free for further independent exploration or to relax before we meet again for dinner.

Day 4: Yudanaka Onsen And The 'Snow Monkeys'

Our journey through rural Japan begins with a drive from Tokyo by bus to this traditional hot spring village, nestled in the mountains of Nagano about three hours northwest of the capital. Our journey takes about 5 hours in total and there'll be some comfort stops on the way, including a stop for lunch.

When we arrive, we walk to visit the famous 'snow monkeys'. The Japanese short tail monkeys started coming here to warm themselves in the outdoor hot springs fifty years ago and a local lodge owner, feeling sorry for them in the cold winters, built them their own bath. Distance: 3 ½ miles (6km) with negligible ascent on a gravel path.

Our accommodation in nearby Yudanaka is a long-established ryokan. Here, you'll enjoy the delights of kaiseki dining: this is a meal which includes lots of small dishes showcasing different styles of cooking; for example, stewing, grilling, frying etc.

Day 5: Nakasendo Path To Tsumago

This morning we travel into rural Japan and the remote Kiso valley. Nearby are the Japanese Alps, an area of high peaks and volcanoes, fertile valleys, mountain and ski resorts and traditional villages. Our journey to Nagiso will take about 4½ hours, including a lunch stop and comfort breaks.

Over the next two days we walk by day from village to village, staying in small, family-run country inns (minshuku). Our luggage will be sent ahead to Kyoto and we'll be carrying a daypack with overnight items.

We start near Nagiso, one of the eleven 'post-towns' along the Kiso valley section of the Nakasendo. Post-towns were resting places, where travellers could find accommodation and food as they walked between Kyoto and Edo (as Tokyo was then called).

Passing through bamboo forests, we walk to the charming post-town of Tsumago, one of the prettiest towns in the area, before continuing on foot to O-Tsumago for the night. Our lodgings will be an atmospheric and traditional minshuku. Here, you'll enjoy the peace and quiet of your rural setting. Distance: 4 miles (6½km) with 650 feet (200m) of ascent.

Day 6: Nakasendo Path To Magome

This morning we enjoy a lovely walk to the village of Magome over the Magome Pass. The walk passes through cedar forests and ascends gently through hilly terrain. Distance: 5 miles (8km) with 1,200 feet (365m) of ascent and 590 feet (180m) of descent.

Once in Magome, we have some free time and will have lunch here – we recommend you try the Gohei mochi. Later, we journey by bus or coach and train (including the bullet train) to Kyoto, the western end of the Nakasendo Path, and transfer to our accommodation where our luggage will be waiting for us.

Day 7: Around Kyoto

Kyoto was the capital of Japan from the 8th century until 1868 when it was moved to Edo (now Tokyo). It was spared much of the bombing that was inflicted on Tokyo. As such, more historic buildings have survived, and it has more historic buildings and gardens than most other Japanese cities and towns. This has resulted in the listing of the historic monuments of ancient Kyoto as a UNESCO World Heritage Site.

In the morning we enjoy a walk along the Philosopher's Pathway, a delightful walk beside a canal in eastern Kyoto lined with cherry trees. This is a peaceful walk to Nanzenji temple, which has an excellent example of a zen garden. Along the path we'll also pass a number of other temples.

Later we explore Gion, Kyoto's best-known geisha district on foot. In Kyoto, geisha are known as geiko. If luck is with us, we may see a geisha/geiko or maiko (an apprentice geisha, distinctive in the kimono and hairstyles traditionally associated with this revered profession) making her way through the narrow streets.

Day 8: The Temples Of Kyoto

Today we'll explore Kyoto on foot and by public transportation. The order of visits may change, but we'll be sure to spend time at each location. We'll visit the Myoshin-Ji temple complex, a real hidden gem of Kyoto. Here, we'll see traditional buildings and shrines and learn more about Buddhism. This is a practicing temple, so it's likely we'll see monks while we're here.

A visit to Kinkakuji, also known as the Golden Pavilion, is sure to be highlight. Surrounded by a Japanese garden, it was originally built by the Ashikaga Shogun at the end of the 14th century.

We'll also visit the beautiful temple complex of Ryoan-ji, a UNESCO heritage site with its famous rock garden of raked gravel and fifteen moss-covered boulders. It is not possible to see all fifteen boulders at once from any place in the garden – but, it is said that if do manage this, then you have achieved enlightenment.

Transfers within the city will take around 2 hours in total, but local traffic conditions may mean this is different. There'll be some free time to relax and refresh before this evening's dinner.

Day 9: Independent Exploration Of Kyoto

Today is free to explore Kyoto. Your leader will be happy to help with suggestions for places to visit. Some places we'd recommend, and which may be of interest include:

Nara – A short train journey takes you to a town famous for its UNESCO World Heritage shrines and temples. A visit here simply must include hand-feeding the tame deer.

Fushimi Inari shrine – On the southern fringes of the city you'll find this Shinto shrine, where hundreds of torii gates snake up the hillside, is easily reached by light rail.

Nijo castle – a fascinating UNESCO site, this palace style of castle (rather than defensive) provides some insight into the days of the shogun in Kyoto.

Higashiyama district – In addition to the beautiful 'Yasaka pagoda', these atmospheric back lanes offer a wonderful opportunity to shop for traditional crafts and souvenirs.

Kiyomizu temple – While the temple is currently undergoing restoration works and is hidden under tarpaulin, you can still enjoy stunning views over Kyoto from the temple and visit the inside.

Day 10: Nara

This morning we'll send our luggage ahead by vehicle as we travel by train (approx. 1 hour) to Nara, Japan's first permanent capital.

Established in 710 and known as Heijo, Nara abounds in cultural heritage – it is home to a number of stunning

UNESCO World Heritage temples and shrines - and easy access to wonderful nature. We'll explore along a route of shops – we may see mochi being made in the traditional way – and visit Todaiji Temple.

This UNESCO-listed temple contains an enormous bronze Buddha, and the wooden temple building is the largest of its kind – even though its current structure is only a fraction of its original size.

We also spend some time in Nara Park, where tame deer – seen as messengers from the gods – wander freely and walk at Wakakusayama. If time permits, we'll walk the approach to Kasuga Taisha or we may visit the Naramachi district, where we can see craftspeople producing traditional items.

Day 11: Walking Ancient Roads

Today we get out to explore the area around Nara with a walk along a section of one of Japan's oldest roads. Celebrated in the Nihon-shoki – the ancient histories of Japan, similar to the Domesday Book – the Yamanobe no michi skirts the mountains and meanders through villages and past ancient temples and shrines. Walking on a mixture of paved and dirt trails and village roads, we'll take a step back into another element of Japan's fascinating heritage. Distance: 6 miles (10km) with negligible ascent.

We return to the hotel, where any remaining time today is at your leisure before our final dinner this evening, where we can share all the amazing experiences we've enjoyed together.

Day 12: Departure Day

After breakfast, we travel by coach as a group to Kansai International Airport – your local guide will not accompany you. The journey time is dependent on local traffic conditions, and plenty of time will be allowed.

For guests joining the Hiroshima & Miyajima extension, you will transfer separately.

ACCOMMODATION

Shiba Park Hotel, Tokyo - Japan

In Tokyo we stay at the Shiba Park Hotel, a 3-star hotel with a good range of facilities. It is well located in central Tokyo, and even walking a few blocks there are interesting things to see to get a taste of modern Tokyo. Near the hotel is Shiba Park, the Tokyo Tower, and the lovely Hama Rikyu Garden, a pleasant oasis in the city on the edge of the bay, looking over to the impressive Rainbow Bridge.

Yudanaka Onsen, Nakasendo Path - Japan

Ryokan are traditional Japanese-style inns, though these may be in a modern building. The rooms are in the Japanese style with tatami (straw) matting and futons laid out in the evening by the ryokan staff. Evening meals are served together, usually in the dining room, and are exquisitely prepared multi-course meals. The ryokan has its own onsen, natural hot spring baths (communal, but divided by sex). You can relax in large bathrooms, indoor and outdoor, completely hidden from other parts of the facility. Guests are given cotton yukata robes to wear around the ryokan during your stay, both indoors and outdoors and to meals; they can also be worn as pyjamas, and their versatility allows you to pack lightly for the walking sections.

Minshuku, Nakasendo Path - Japan

Minshuku are family-run Japanese-style guest houses. The rooms are Japanese style with tatami mats and futons are laid out yourself in the evening. The buildings are 200-year-old historical machiya, former merchants' houses, which have been restored. Guestrooms do not have en suite bathrooms, however communal bathing and washing areas are a short walk from each room. The group will be split between two minshuku in O-Tsumago. Breakfast and dinner are in the dining area, and all food is locally sourced. Guests will be given

cotton yukata robes which they can use around the inn. Minshuku have smaller rooms and the service is less formal than ryokan, but you are assured a very personal welcome and a very traditional Japanese experience.

Royal Park Hotel Kyoto Sanjo, Kyoto - Japan

The Royal Park Hotel Kyoto Sanjo is a modern hotel with a boutique feel and is in a great location.

Shin Miyako Hotel, Kyoto - Japan

Shin Miyako is a large modern hotel with ample facilities including restaurants and shops. Rooms are modern featuring designs inspired by traditional Kyoto style. Both hotels are conveniently located to walk or travel by public transport to Nijo Castle, Kiyomizu Temple, Kinkakuji Temple, Ginkakuji Temple and the Imperial Palace.

Yumoto Fujiya Hotel, Hakone - Japan

The Yumoto Fujiya Hotel is a Japanese style resort hotel with both indoor and outdoor hot springs.

Yama No Hotel, Hakone - Japan

The Hakone Hotel & Hakone Yama no Hotel has an excellent location on the shores of the picturesque Lake Ashi with views towards Mount Fuji from the grounds.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

Japan lies on a similar latitude to France and Southern Canada, but has a temperate climate due to its maritime influences. Summers tend to be hot, wet and humid, with cold and clear winters. The best times to visit are spring and autumn when temperatures are usually mild with sunny days, although there can be some rain. Temperatures in the mountains are generally cooler than the cities and plains.

Joining Instructions (With Flights)

For those travelling on our HF Holidays' group flight, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim, when you arrive at your destination. Your leader or local leader will assemble the group in the arrivals hall. Look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 8732 1261. They will have a list of the relevant transfer costs.

What To Bring

What To Wear

Casual clothing would be suitable throughout for this tour, even for dining in cities. Japanese sized slippers

(sometimes small for guests with larger feet) are often supplied at the inns. Guests may wish to bring comfortable socks to use inside Japanese accommodation

Yukata (simple cotton kimonos) are provided at each accommodation, and you can wear this during your stay in the Japanese style accommodation both indoors and outdoors. Yukata and slippers provided by regular hotels are normally only used in the private rooms. This will allow you to pack lightly for the walking sections.

Bathing suits cannot be used in the public bathrooms or onsen. Bathing is done naked. There are separate onsen for men and women

Spring and autumn tours: Long sleeves are recommended during the Nakasendo walking, but you will not need heavy sweaters. You should have a light windbreaker or rain jacket.

Summer tours (September): We recommend light long sleeves during the Nakasendo walking as the sun can be strong, however short sleeves are better for the cities where it is more humid. You should have a light windbreaker or a rain jacket.

As you'll be carrying your own luggage at airports and between your transport and hotels we recommend you try to keep your luggage to a minimum. These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. You'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

Suggested Kit List

- Walking boots (worn in), with good ankle support and spare bootlaces
- Walking socks
- Walking sandals
- Lightweight fleece, waterproof trousers and jacket
- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved lightcoloured shirts with collars to protect from the sun.
Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).
- Warm fleece, scarf/buff hat and gloves
- Torch
- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Universal travel plug
- Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets

Essential Equipment

- Passport (and copies)
- booking confirmation
- insurance cover note
- HF Holidays' registration form.

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional Equipment

- Trekking poles (especially if you find these useful for descents)
- camera
- umbrella
- binoculars
- high energy food bars.

Please note that the HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety

Safety On Your Holiday

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk. There is no extra charge for pre-existing illnesses.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary. Generally, this should include cover for walking at altitudes over 2,000m - the highest point on the harder walks may go up to 2,700m.

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (see page 8) and let us know there is a problem.

Dietary Requirements

Most meals will be Japanese cuisine. Vegetarian options are available, but limited. Strict vegetarian diets, vegan diets, or gluten free diets may not be accommodated due to the pervasiveness of the fish-based stock dashi and the use of soy sauce and miso in Japanese cuisine. We will request special diets at all accommodations, however these must be received at the time of booking. Please note it may not be possible to offer any special meals to clients who inform us of this on arrival.

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & Health

Before booking, you should check with your doctor to see if any health precautions are needed.

The following websites provide a wealth of information on travelling and health:

<http://www.travelhealthpro.org.uk/> www.redplanet.travel/mdtravelhealth

Vaccines: Tetanus vaccination is recommended.

Passports & Visas

Passports

A full passport is required with at least 6 months validity from date of entry into Japan.

Visas

Visas are not required for UK, Australian, Canadian & USA passport holders. Other nationalities please consult your nearest Japanese embassy or consulate.

Useful Information

Japanese is the national language and spoken by more than 125 million people.

Japanese pronunciation is relatively easy to master for English speakers as many of its sounds are also found in English. Your local guide will happily help you learn some common phrases, but to get you started here are some basics:

'Kon-ni-chi-wa' – Hello

'Sa-yo-na-ra' – Goodbye

'Hai'/'I-e' – Yes/No

'Ku-da-sai' – Please (when asking)

'Do-zo' – Please (when offering)

'A-ri-ga-to' – Thank you

'It-a-tak-i-mas' – I gratefully receive (when receiving a meal)

'Go-chi-so-sa-ma-des-ka' – Thank you for the feast (when you have finished eating)

'Su-mi-ma-sen' – Excuse me (to get attention)

'Go-men-na-sai' – Sorry

'E-go ga ha-na-se-mas ka?' – Do you speak English?

Luggage

Luggage Allowance

1 piece checked-in luggage (max 30kg)

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Please note we only include the baggage delivery for one bag or suitcase per person. This must be no more than 160cm in total size (L + W + H) and weigh no more than 25kg. Extra bags may be sent but are subject to an extra charge payable locally: this approx. ¥2,000 per bag, per transfer. In cases where luggage is oversized on collection, you will be required to divide the contents across two bags and pay for the additional bag.

Lost Or Damaged Luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

The unit of currency in Japan is the yen (¥). Japan is very much a cash-based society and it is quite safe to carry around a lot of cash.

We suggest that you will need ¥5,000 per person, per day to pay for meals which are not included in the cost of your tour, plus any drinks with meals, snacks and any gifts or souvenirs which you may wish to buy.

Local Time

GMT/UTC +9 hours

Electricity

Japanese electricity supply is an unusual 100V, flat 2 pin plugs.

ATM Availability

It can be difficult to find ATM machines that accept foreign-issued credit cards, although it is becoming easier in Tokyo. However, Postal ATMs which you can find in almost all post offices do accept most international networks.

Suggested Reading & Maps

Lonely Planet, Japan (Sep 2015, 14th edition)

Christopher Goto-Jones, Modern Japan: A Very Short Introduction (2009)

Although you won't need them, if you'd like any maps of the destination, you can obtain some in advance from The Map Shop: www.themapshop.co.uk

Tipping

Tips are included on this holiday. It is not advised to add additional tips as this is taboo in Japanese culture.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person

and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be

updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

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

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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