

Laos & Cambodia Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destinations: Cambodia, Laos & South East Asia

Trip code: LSWHW

Trip Walking Grade: 3



HOLIDAY OVERVIEW

Enjoy and explore the mystique of ancient and modern worlds across two beautiful countries. The highlight is bound to be the mind-blowing site of Angkor – a sprawling complex of ornately decorated 12th century Buddhist temples. There are also walks in the peaceful Kulen Mountain Range to enjoy and the beautiful Kuang Si Falls. In Phnom Penh, Cambodia's recent bloody history is recalled and there is also time to enjoy a taste of local life at a market. You'll also visit grand Luang Prabang, former royal capital of Laos, and spot rare Irrawaddy freshwater dolphins amongst some 4,000 Islands in the mighty Mekong River.

WHAT'S INCLUDED

- 16 nights accommodation in en-suite rooms
- 15 breakfasts, 9 lunches and 4 dinners
- A full holiday programme led by specialist local guides and an HF Holidays' leader
- All entrance fees, transport and internal flights
- Tips

HOLIDAYS HIGHLIGHTS

- Enjoy the relaxing atmosphere of Luang Prabang
- Explore remote Kuang Si falls on foot
- Enjoy the peace of the 4000 Islands and spot the Irrawaddy dolphins
- Walk in the Kulen Mountains
- Discover the Khmer temples of Angkor Wat



ITINERARY

Day 1: Depart UK

Leave the UK for an over night flight to Laos.

Day 2: Arrival In Luang Prabang

We arrive in Luang Prabang, where you will be greeted and transferred to your hotel. After checking in, you have the afternoon to explore the hotel and local area at your leisure.

In the early evening, we head out for a welcome dinner in town and the visit of the night market.

Day 3: Luang Prabang: City Tour

An early bird? There is an optional dawn visit (5:30am) to witness the lines of orange-robed monks leaving their pagodas to receive offerings of food from Luang Prabang residents.

After breakfast, we tour old Luang Prabang town by vintage Tuk-tuk. The first stop of this original sightseeing tour is to explore the city of Luang Prabang with the Mekong River as our backdrop, confirming why it holds World Heritage status.

One of our more interesting visits of the morning is to the local market. Just two lanes, this market is used by locals to sell products grown or made at home.

We finish the morning with a drive to Wat Xieng Thong, the largest temple of Luang Prabang Royal City, best known for its impressive Tree of Life mural.

After lunch, we walk to the Mekong River and use a local ferry to reach Ban Xieng Mene . Here we enjoy the quietness of the afternoon, walk through lush green gardens, listen to birds singing and appreciate the pureness of a Lao afternoon stroll to Wat Long Khoun. We then finish with a heart pumping climb up 123 steps to Wat Chomphet, where we're rewarded with stunning scenic views over Phousi Mountain and the city of Luang Prabang.

Trekking distance: approx. 5 km

Trekking duration: approx. 2,5 hrs

Day grade: Easy

Day 4: Trekking To Kuangsi Waterfall

Today we leave Luang Prabang behind, and head out to Ban Long Lao, (Hmong minority village). As we wander, we'll learn more about life in this rural lowland Lao and Hmong community. Our hiking leads us through paddy fields before entering dense mixed growth jungle with a remarkable diversity of tree species. After an undulating hike through the forest, we reach Kuang Si Waterfall, where water tumbles over tiered limestone formations into crystal clear pools ideal for escaping the heat. Between cooling off in the pools, you can explore the lush forest setting around the falls. At the famous Kuang Si Waterfall, a short walk brings you down to the pool at the bottom of the waterfall with time for a swim or to enjoy relaxing by the water's edge. There's also the chance to visit the 'Free the Bear Project'.

Trekking distance: approx. 7.5 miles/ 12km

Trekking duration: approx. 3-4hrs

Day grade: Moderate

Ascent: 600ft/185m

Day 5: Cruise To Pak Beng (Visit Pak Ou Cave)

Enjoy a morning cruising up Mekong River to Pak Beng, taking in the beautiful countryside as you pass. We stop on the way to visit Pak Ou cave and possibly some of the numerous villages for a leisurely walk around. This is the perfect chance to learn more about the Laos villagers of the upper northern Mekong River.

Day 6: Pak Beng Explorer

In contrast to river life, today we soak up some genuine mountainous culture and atmosphere as we tread lightly between the town of Pak Beng and some remote ethnic villages.

We reach Ban Houey Ka village in the late morning and indulge in a picnic lunch on the riverbank near the village. In the afternoon, our walk takes us through magnificent countryside to another Khamu village before we return to the town and close our day with a visit to its temple.

Trekking duration: approx. 5-6 hrs

Day grade: Easy

Day 7: Pak Beng – Nam Kat Yorla Pa Resort

Today we head deep into the wilderness of North Laos. Departing Pakbeng, we hit the road to the Northeast towards Oudomxay province and Muang Xay town. Here we visit a temple and enjoy some nice views over the surroundings before continuing to our lodge. Nested in what feels like the middle of nowhere, this is a perfect base for fun outdoor activities.

Day 8: Full Day Forest Immersion

Today we explore the region further with a walk across the Namkat rain forest. It's an exciting adventure which

includes walking over a total of 13 flying bridges hanging deep in the lush jungle. We will stop by a scenic waterfall for a well-deserved picnic lunch and, if you fancy it, a refreshing dip in the natural pools.

In the afternoon, we continue walking in the shade of some giant trees until we reach the meeting point with our vehicle to transfer back to the hotel.

Trekking distance: approx. 15km

Trekking duration: approx. 6.5hrs

Day grade: Easy

Day 9: Oudomxay – Luang Prabang

After breakfast, we depart to Luang Prabang which will take approx 5 hours. We stop on the way to visit Ban Nayang village, where traditional weaving techniques are preserved for generations. Meet the craftsmen and observe them at work as we explore the village. When we reach our hotel in Luang Prabang, you'll have time on your own to go stroll around the peninsula or relax at the hotel.

Day 10: Luang Prabang - Siem Reap

Enjoy a morning of leisure. Around midday, we transfer to the airport for your flight to Siem Reap. Upon arrival, your local guide and driver will welcome you and take you to a beautiful hotel right in Siem Reap's center. Check-in and make yourself comfortable before gathering in the lobby where the guide will be waiting for you.

Tonight, we enjoy the vibe of Siem Reap's old quarter on a walking orientation tour. Our guide will take us to the riverbank and the old market, venturing along some narrow alleys filled with shops, cafés and restaurants with the time to stop and try some local foods along the way.

Day 11: The Temples Of Angkor

Get your camera ready for a day filled with amazing sights and experiences as we explore the UNESCO World Heritage site and temples of Angkor, where we visit the most-wanted temples of Angkor Park.

We explore the ancient city of Angkor Thom, surrounded by an 8m high wall. Angkor Thom was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. Continuing to Bayon Temple in the exact centre of the city, this 12th century masterpiece is a study in grandeur, its exterior gallery walls featuring extensive, superb bas-reliefs, particularly the East and South Galleries.

We also visit the Ta Prohm Temple which, unlike most other Angkor temples, has been left just as it was when rediscovered: a photogenic and atmospheric maze of trees growing out of temple ruins amidst jungle surroundings, making it one of Angkor's most popular temples with visitors.

In the afternoon there is the opportunity to further explore Angkor Wat, easily the most famous and best-preserved of all temples within the Angkor complex. It is a massive three-tiered structure crowned by five lotus-like towers rising 65 meters from ground level. The centerpiece of any visit to the temples around Siem Reap, Angkor Wat offers many iconic sights for amazing pictures.

This evening enjoy a special treat with a performance from PHARE, the Cambodian Circus. They have long been famous for their performances, and teaching streetkids to become circus artists is a regular at international circus conventions worldwide. Enjoy their interpretations of modern life and issues in Cambodian society.

Trekking distance: approx. 3-5 miles/ 6- 8Km

Trekking duration: approx. 3 hours

Day grade: easy, flat walking. To climb the temples for the views, you will need to climb stairs.

Day 12: Siem Reap – Kulen Mountain

We drive to the Kulen Mountain Range, approximately 60km from Siem Reap. Phnom Kulen is considered by Khmers to be the most sacred mountain in Cambodia and is a popular place of pilgrimage during weekends and festivals.

A small Wat at the summit of the mountain houses a large Buddha carved into the very sandstone boulder on which the structure is built. Arriving at the top, we move by foot on trails leading to the area's hidden villages. Enjoy the natural jungle setting while exploring the hidden remains of the Khmer Empire, such as life size elephant statues. Back from the jungle, we have the opportunity to visit a waterfall and take a refreshing dip in its pool.

Trekking distance: approx. 6.2 miles/11Km

Trekking duration: approx. 3-4hours

Ascent: 430ft/130m ascent

Day grade: Moderate

Day 13: Siem Reap – Sihanoukville (By Flight)

We catch a morning flight to Sihanoukville. Upon arrival we are transferred to the heart of the wild Cardamom Mountains. It's an approx 2.5-hour drive to the North and the lands of the Trapeang Rung's community. Freshen up at the lodge before embarking for the hour's trip over the Preak Tachan River to the hidden Cardamom Tented Camp. Make yourself comfortable in your private safari-style tent. Follow the guide on an exploratory hike in the jungle around the camp, the diversity of the fauna will amaze you.

Later on, chill at the riverside restaurant as the sun sets over Botum Sakor.

Day 14: The Big Outdoors Of The Cardamoms

After an early breakfast, Wildlife Alliance Rangers will meet us and, together with an English speaking guide, embark on a patrol over a network of abandoned poaching and logging trails through the dense forest. Keep your eyes peeled for wildlife like Macaque, Gibbon or Hornbill.

The half day trip will stop by the Ranger Station, where confiscated snares, traps and improvised hunting rifles are on display. After taking lunch at the station, you can choose to use one of the kayaks, or hike back to the camp.

Day 15: Drive To Phnom Penh

Enjoy breakfast at your leisure. If you are an early riser, there are plenty of self-guided hiking trails around the camp, or other activities such as the early morning wildlife boat ride which can be arranged with the guide.

Mid-morning we board the boat back to Trapeang Rung, then head towards Phnom Penh (approx. 4-5 hours), the capital of Cambodia.

Day 16: Phnom Penh Behind The Scene

Phnom Penh is an Asian capital; the kind of destination you need to scratch the surface and explore beyond its classic sites to really know what it's made of. Get ready for a fun and experiential day around some popular but also lesser known corners of the city. The guide picks us up at the hotel and we take off by local remork to an off-center district. Have a coffee on the street, visit a true local market, wander around narrow alleys and immerse yourself into some fascinating daily life. A van loaded with bicycles will pick us up and take us on a ferry to a big island of the Mekong River. There we start a 15-kilometer ride on a small concrete road around the island; the opportunity to soak up a bit of rural life just outside Phnom Penh and to visit a silk weaving workshop.

We stop for lunch at a local home and are hosted by a charming couple of islanders. We return to the city

afterwards and will devote some time to dive into History at the Tuol Sleng museum.

We end the day with a stroll in the garden complex of the Royal Palace and the Silver Pagoda before ending our journey in style. Following our exploration of the city, we hop on a small wooden boat for a sunset cruise. Make yourself comfortable while the boat goes gently along the Tonle River. Our final dinner is on the other side of the river, a floating lounge and restaurant, which offers unique views over the city's skyline. Sip a cocktail while the chef preps the barbecue.

Day 17: Phnom Penh Departure

We have the morning at leisure before transferring to the airport for the flight home.

ACCOMMODATION

Sada Hotel - Luang Prabang, Laos & Cambodia

Sada Hotel captures the essence of the descendant's Lao ancestry that subtly appears in its architecture and interior décor. The hotel is located near of the historical place of the city and only few minutes away from the Luang Prabang Airport and the city's popular Luang Prabang night market. A Lao traditional style property furnished mainly by real timber and teak wood promoting a real sense of comfort and class. Every piece of furniture in the hotel is exclusively designed and traditionally handmade by Lao craftsmen enhancing the overall local concept. All the 33 rooms guestrooms features private balconies, Air conditioning, fan. Wide screen LCD televisions, WIFI hi-speed Internet and bathrooms with bathtubs.

Sanctuary Pakbeng Lodge - Pak Beng, Laos & Cambodia

Sanctuary Hotels and Resorts is an award winning 3* hotel group. Sitting on the banks of the Mekong, the Sanctuary Pakbeng Lodge is midway between the World Heritage Town of Luang Prabang, and Huay Xai, the main border crossing between northern Thailand and northern Laos. The Lodge has 20 superior rooms, in two buildings bordering the Mekong. Decorated with bamboo, Hmong wall hangings, and with parquet floors of rosewood, they have a traditional feel. The en-suite bathrooms have hot showers. Each room has a large, private balcony with a coffee table and deckchairs, overlooking the Mekong. From this vantage point, you have a great view of the last boats returning to port, while the sun dips behind the mountains at the river's edge.

Namkat Yorlapa - Oudomxay, Laos & Cambodia

The luxury resort's design draws heavily from the architectural and cultural influences of the historic Oudomxay region. Namkat Yorla Pa offers some of the world's most spacious accommodations, from our beautiful setting to our acclaimed restaurants and outstanding spa. We stay in superior rooms which are modernly furnished with 2 twin beds with private bathroom, with walk-in shower and private balcony.

Shinta Mani Resort, Siem Reap - Laos & Cambodia

The Shinta Mani Resort is a newly renovated boutique property centrally located in the leafy French Quarter between The Royal Gardens and the Old Market Area just 15 minutes from Angkor Wat. The courtyard-style resort's 62 rooms enjoy direct access or first floor balcony views to the stunning swimming pool and flourishing tropical gardens.

Cardamom Tented Camp - Koh Kong, Laos & Cambodia

The eco-camp is equipped with nine comfortable safari-style tents located inside Botum Sakor National Park that minimize the human footprint on nature and promote sustainable tourism. Each of the nine tents provides visitors with a fully-enclosed and mosquito-protected 32.6m² canvas tent. In-tent amenities include Twin, Double or Triple beds; standing fans; bamboo and rattan furniture; bathroom facilities with hot water, rain

showers, and locally-sourced soaps and shampoos; and spacious patios with sun chairs. This camp, which opened in November 2017, sees a percentage of its revenues go directly to Wildlife Alliance and its conservation efforts in the park. Any additional profits are then reinvested locally. Wildlife Alliance is also supported by the Golden Triangle Asian Elephant Foundation, an initiative of The Minor Group.

Aquarius Hotel & Urban Resort - Phnom Penh, Laos & Cambodia

Splurge into an authentic Cambodian escape at Aquarius Hotel and Urban Resort. This modern serenity of calm is nestled in the heart of Phnom Penh surrounded by the famous and momentous landmarks. The hotels have an infinity glass walled; salt-water swimming pool with an open air sky bar and restaurant overlooking the charming city of Phnom Penh.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

Both Laos and Cambodia are tropical countries and generally hot all year round with a high level of humidity. There are two seasons – wet and dry – so it can be hot and wet, or hot and dry.

The average temperature in north Laos can vary from 23°C in November, to 29°C in March. Temperatures in Cambodia follow a similar pattern with November being the coolest month to travel. All of our travel dates are in the dry season.

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.

Essential Information

Essential Equipment

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.

- Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.
- Passport (and copies); booking confirmation; insurance cover note; HF Holidays' registration form.
- 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
- 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 195 Laos or 119 Cambodia. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

Dietary Requirements

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

The following vaccinations are recommended, Hepatitis A, Polio, Tetanus, Typhoid. Some may also want to consider Cholera, Hepatitis B, Japanese Encephalitis, Rabies, Tuberculosis. Laos & Cambodia are both malaria zones, so please ensure you take measures to avoid being bitten by mosquitoes, and you will need to take anti-malarial tablets.

Passports & Visas

Passports

Your passport should be valid for a minimum period of 6 months from the date of entry into Laos.

Visas

Visa conditions change regularly. For the most up to date information, contact the nearest Lao Embassy or Consulate and the Royal Cambodian Embassy, or the Cambodia Ministry of Foreign Affairs & International Co-operation website.

You can get a visa on arrival in Laos for around US\$35 or Thai Baht 1,500.00. You will need one passport photo. Alternatively, you can get a visa by contacting the Lao Embassy in London. You can get a visa on arrival at most ports of entry to Cambodia. Payment is in \$US only. Bring 2 passport photos. A 'T-class' visa costs US\$30 for 30 days.

Useful Information

In Laos, the language spoken is Lao; more specifically, it is the dialect spoken and written in Vientiane. Many identical syllables are differentiated by their tone only – there are six tones in Vientiane Lao.

Some Lao basics include:

'Sabai dee' – Hello / Goodbye

'Kor toht' – Excuse me

'Ga-lu-nah' – Please

'Korp jai' – Thank you

In Cambodia, the official language is Khmer although English is widely spoken – it is fast becoming Cambodia's second language – and some French.

Some Khmer basics include:

'Johm riab sua' – Hello

'Lia suhn hao-y' – Goodbye

'Sohm toh' – Excuse me/sorry

'Sohm' – Please

'Aw kohn' – Thank you

The currency in Laos is the Lao kip (LAK). It is better to pay with small notes when buying from vendors because they often lack sufficient change. Laos currency cannot be obtained outside of the country, and prices are often quoted in US dollar (£1 = 11,064 LAK)

The currency in Cambodia is the riel (KHR), which similarly cannot be obtained out of the country (£1 = 5,356 riel). US dollars are widely accepted.

Credit cards are widely accepted in major towns and cities, but ensure you have enough currency when you're staying in more rural areas.

Note - if taking dollars, they must be clean, and not ripped, or bent.

The Cambodian authorities have issued an official dress code for visiting Angkor Wat and other religious sites.

Visitors should not wear skirts or shorts above the knee or tops that reveal bare shoulders; visitors not following the dress code are liable to be refused admission to the sites.

Local Time

Laos and Cambodia are GMT + 7.

Electricity

Laos: 230v, flat and round pins

Cambodia: 220v, mostly two flat pins

All hotels on this tour have a variety of plugs.

Round pin plugs European style, and two pin flat plugs, US style. Some also have the world plug configuration, so we recommend a universal plug adaptor.

Power cuts are the norm in both countries, but hotels have back up generators for these situations.

Tipping

Tips are included on this holiday.

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: 9am – 1pm Sunday & Bank Holiday Monday: closed

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 £30 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.

Document produced: 11-04-2021

