

# EXPLORE!

**French Canada, Eastern Seaboard and Cape Cod**  
14 days

Canada, USA - Trip code NE



## French Canada, Eastern Seaboard and Cape Cod

Travel from French-speaking Montreal and Quebec City to Bar Harbor, and from there follow the dramatic Atlantic coastline down to Boston. Montreal's culinary delights and liberal, laid-back atmosphere contrast with the unspoilt wilderness of Baxter State Park and the scenic island of Martha's Vineyard. The rocky granite shore around Maine is punctuated with coves and sandy beaches to explore, and there are opportunities to search for wildlife including whales, beavers, black bears, deer and moose.

### Trip highlights

- ★ **French Canada** - discover the cosmopolitan city of Montreal and Quebec City, the only fortified city in North America
- ★ **Boston** - Discover the colonial and revolutionary history of one of New England's most beautiful cities
- ★ **National Parks** - Explore the pristine natural wilderness of Baxter State Park and the granite cliffs and cobblestone beaches of Acadia National Park
- ★ **Cape Cod** - Discover the rich heritage of Provincetown and the Atlantic Seaboard and take a boat trip to Martha's Vineyard

#### ACCOMMODATION GRADE:

##### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

**TRIP PACE:****Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

**GROUP SIZE:****8 - 12**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Join tour in Montreal (Canada)

Our tour begins today in Montreal.



**Accommodation: Hotel Le Faubourg Montreal** (or similar)



Standard Hotel



Meals Provided: None

## DAY 2 - Tour of Montreal including the Old Port and Notre-Dame Cathedral

Montreal is the world's largest inland port and the world's second-largest French-speaking city. Today we will discover Montreal with its 17th and 18th century streets and buildings, Old Port and Notre-Dame Cathedral. We will take a short walk on Mount Royal for a great view of the city before heading to Jean Talon Market, one of the largest outdoors farmers markets in North America. In the afternoon, we will continue to explore Montreal including the Little Italy and Mile End districts, perhaps tasting a couple of Montreal specialities such as the Montreal bagel or smoked meat sandwiches.



**Accommodation: Hotel Le Faubourg Montreal** (or similar)



Standard Hotel



Meals Provided: Breakfast

## DAY 3 - Travel from Montreal to Quebec City, afternoon discover the city

This morning, we will transfer to the UNESCO World Heritage city of Quebec City. Quebec City was a valuable prize sought after many times in the wars of the 17th and 18th centuries. When it finally fell to the English in 1759, New France became a British colony. Quebec City, the cradle of French civilization in North America, today is a busy seaport. This afternoon, we will explore the

city on a guided walking tour including the cobbled streets of the Old town, the Ramparts, the Abraham Plains, the Château Frontenac. You may wish to take the ferry across the St-Lawrence River for a view of Quebec City and the famous Chateau Frontenac from the river. The remarkable parliament buildings (Hotel du Parlement) are well worth a visit. The old quarter of Quebec City was declared a world heritage site by UNESCO in 1985. This is the only fortified city in North America, and from the top of its ramparts you can admire the maze of narrow winding streets and sloping roofs. Near the St. John Gate, one of four in the fortifications, Artillery Park features an impressive redoubt dating from the French regime. We will visit the newly revitalised St. Roch area for dinner. There are plenty of little bistros and brasseries filling the squares and terraces and we can enjoy the street entertainment.



**Accommodation: Royal William Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Visit Jacques Cartier Park or Montmorency Falls and Cap Tourmente

We leave the city behind and drive into the Laurentian Mountains chain to one of the most beautiful parks in the Quebec province; Jacques Cartier Park. Formed during the last glacial period, Jacques Cartier Park offers an incredible environment due to its U shaped valley where mountains crash into the river below. The Jacques Cartier River flows at the bottom of these 550m knife cut mountains and is a mecca for white water enthusiasts. Jacques Cartier is also home to moose, bears, deer and many bird species. Once arriving in the park, we head into the valley and choose an easy hike to offer a breathtaking view of the surrounding cliffs and mountains and the river flowing below. We return to Quebec City for the afternoon for some free time to stroll around the Old Quebec area. Some departures will differ on this date and follow the below itinerary - We leave the city behind and drive into the Laurentian Mountains chain to one of the most beautiful parks in the Quebec province; Jacques Cartier Park. Formed during the last glacial period, Jacques Cartier Park is a beautiful park due to its U shaped valley where mountains crash into the river below. Jacques Cartier is also home to moose, bear, deer and many bird species. Spotting a moose is not rare. Once arriving in the park, we head into the valley and choose an easy hike to offer a breathtaking view of the surrounding cliffs and mountains and the river flowing below. We return to Quebec City in the evening.



**Accommodation: Royal William Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 5 - Drive to Baxter State Park (USA)

Today we take the scenic route from Quebec City into the USA and the state of Maine. We travel to the American border via Old Canada Road Scenic Byway. We continue to Millinocket, meaning 'Land of Many Islands'. This region of the state of Maine (most people are surprised to find such amazing wilderness here) contains thousands of ponds and lakes, miles of hiking trails across the famous Appalachian trail and Baxter State Park. Baxter State Park is home to Mount Kathadin, which at 1606m towers over the park. Arriving at the park in afternoon, we settle into our cabins overlooking Millinocket Lake. The afternoon is free to relax and enjoy the calm ambience. Later, we can watch the sunset over Mount Katahdin from the shores of Lake Millinocket.



**Accommodation: New England Outdoor Centre** (or similar)



Standard Cabins



Meals Provided: None

## DAY 6 - Explore the scenic Baxter State Park on foot

Today is a full day to explore Baxter State Park. It is a wilderness area with more than 200,000 acres. The park is named in honour of former Maine Gov. Percival P. Baxter, the land's original owner. There are approximately 200 trails that are maintained by the park. Depending on the fitness of the group fitness, the Explore Leader will find the best hike foreveryone. Those who are interested can join a three hour Moose viewing safari (optional).



**Accommodation: New England Outdoor Centre** (or similar)



Standard Cabins



Meals Provided: None

## DAY 7 - Travel to Bar Harbor

This morning we will drive down the coast to Bar Harbor where we spend the next two nights. This afternoon is left free to enjoy some of the optional walks or trips in the area.



**Accommodation: Edenbrook Motel** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 8 - Explore Acadia National Park

Bar Harbor lies off Maine's northeast coast on Mount Desert Island, a short distance from Acadia National Park, the only national park in the state. We aim to spend the next two days enjoying the blanketed hills and trails of this sumptuous natural haven, where pine and birch forests cover the rolling downs, providing an idyllic setting for beaver and bald eagles, whilst the waters off shore provide rich hunting grounds for seals and cetaceans. Encompassing some 35,000 acres, the park is made up of granite cliffs and cobblestone beaches, lying in the shadow of glacier-carved mountains and covered in dense forests. Our second day affords an opportunity to spend time following some of the many trails that crisscross this wilderness, or perhaps enjoy a range of optional activities in the park, that include horse riding, fishing, whale watching excursions and boat trips. Or perhaps you might like to hire bicycles and enjoy venturing farther afield, following the carriage roads built in 1913 by John D. Rockefeller in protest of the introduction of cars onto the island.



**Accommodation: Edenbrook Motel** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 9 - Continue down the Maine coast to Ogunquit

Transferring onto the mainland we follow the Maine coastline today, passing through a landscape that is peppered with beautiful old harbour towns that testify to the colonial influx of French and British settlers. We will pass through towns that have been built on the influx of some of North America's selfproclaimed aristocracy, where the homes of America's 'old money' occupy locations overlooking some of the best real estate in the country. We will pass by Portland, Maine's largest city and a community that has a rich heritage of trade and ship building. At Old Orchard Beach we pass one of the best beaches in the state, that take us down towards Kennebunk Port, famed as the domicile residence of former president George Bush Senior. Here you may take an optional visit to the Brick Store Museum. Our destination today is the town of Ogunquit, which in the language of the indigenous natives translates as beautiful place by the sea. During its heyday the town attracted the rich and famous to these stunning shores, affording it a genteel ambience that is still evident beneath the surface even today. It was also once a vibrant haven for artists and its Museum of American Art is still home to an enviable collection of 19th and 20th century works from some of the country's foremost artists.



### Accommodation: Ogunquit Wells Resort (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 10 - Transfer to Boston, drive or take ferry to Provincetown; then travel to West Yarmouth

We start this morning driving through New Hampshire and onto Massachusetts and the coastal city of Boston, probably one of the east coast's most famous cities, steeped in the history of the county's colonial development and its fight for independence, before heading to Cape Cod. You can choose to pay extra and enjoy the scenery from the ferry if you wish to. A pleasant and welcoming resort town today, the settlement has an historic pedigree to match any of its more renowned mainland rivals. Both the Vikings and the Pilgrims stopped here en route to pastures new and the town's importance as a fishing and whaling port saw its fortunes rise out of all proportion to its small size, making it at one point in the latter years of the 19th century the richest town per capita in the whole state. On arrival many shops and galleries, or just enjoying the afternoon people watching outside one of its numerous cafes. Later this afternoon we will head out to the beach, before continuing on to West Yarmouth for the evening.



### Accommodation: Mariner Motor Lodge (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 11 - Take a ferry to explore Martha's Vineyard

A ferry to Martha's Vineyard this morning brings us to one of the most famous, prestigious and popular of all New England's attractions, where we will spend the day exploring this delightful haven. Probably more famous for the curse it seems to hold over the Kennedy clan (Chappaquiddick and the death of John Kennedy Jr are still very much to the fore), the island is in fact a beautiful collection of rolling hills and serene meadows, interspersed with tiny communities of genuine historic importance. Discovered by a British explorer at the turn of the 17th century, this was the traditional home of the Wampanoag Native Americans, before its purchase from the Earl of Stirling (for apparently £40 and a beaver skin hat!) saw an influx of Puritan settlers arriving on the island. Growing rich on the proceeds of whaling, the island still retains a vestige of the elegance and grandeur of those halcyon days amongst its old sea captain's houses, whilst the influence of its farming stock can be found amongst the colourful 'gingerbread' cottages of Oaks Bluff. After our visit we will return to West Yarmouth by ferry later this afternoon.



**Accommodation: Mariner Motor Lodge** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 12 - Free day on Cape Cod; optional Nantucket excursion

Today has been left free to continue exploring at your leisure. You may wish to stay around the area and spend time relaxing on the beach, enjoy some tranquil cycling, or perhaps take a whale-watching excursion. One possibility for today, and one that is highly recommended, is a visit to nearby Nantucket, where New England's whaling heritage is probably at its strongest. Once one of the largest cities in Massachusetts, Nantucket still harbours some vestige of its old traditions, with beautifully restored old houses and wharves gracing the cobbled streets of its centre and waterfront. For a century and a half, from the early years of the 1700s, whaling ships from these shores traversed the oceans in search of fame and fortune. At its height the harbour was home to over 100 sea going vessels, until the introduction of larger whalers and a devastating fire in 1846 saw the sad decline of its prosperity. A visit to the Museum of Nantucket History, or the Nantucket Whaling Museum will help to better explain this fascinating history, whilst the island is also peppered with beaches and hiking trails, cultural artefacts and historic monuments that will make any visit an enchanting insight into this region's diverse past.



**Accommodation: Mariner Motor Lodge** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 13 - Journey to Boston; afternoon free

Following a relaxing start to the day we transfer back to Boston, where the rest of the afternoon is free to enjoy this beautiful city at your leisure. Settled by Puritan settlers in the 17th century, the city went on to become a hotbed of revolutionary zeal against the interference of the British Crown. This culminated in the infamous Boston Massacre and Boston Tea Party, events that went on to ignite a fermenting powder keg and initiate the start of America's War of Independence. The port's growing fortunes after the war saw it inundated with immigrants from all across the globe and the city today still thrives on the rich influences of the Irish, Italian and Chinese settlers who flocked to these shores over 200 years ago. A great way to absorb some of this rich history is to take a walk along the \Freedom Trail\, which links some of the most significant points in the city's historical development, including the site of the Boston Massacre, the old State House and even the 19th century warship the USS Constitution (Old Ironside), the oldest commissioned warship still afloat anywhere in the world.



**Accommodation: The Constitution Inn** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 14 - Tour ends in Boston

Today the tour ends in Boston.



Meals Provided: None



## Why book this trip

Our late September departure is planned to coincide with fall (autumn) in New England. This area is well known for its glorious foliage as billions of leaves change from green to a kaleidoscope of colours including red, orange and gold.

## What's included?



### Included meals

Breakfast: 2



### Transport

Ferry  
Minibus



### Trip staff

Explore Tour Leader / Driver



### Accommodation

2 nights standard cabins  
11 nights standard hotel

## Trip information

### Country information

### Canada Trips

#### Climate

May-Sep is the best time to visit, when the weather is usually warm, dry and pleasant. Temperatures can be a little cooler on the

coast and in the mountains; rain can be expected at any time. Early in the season, there can be snow in some areas which may limit walking possibilities.

**Time difference to GMT**

-7

**Plugs**

2 Pin Flat

**Dress codes**

Clothes

**Religion**

Roman Catholic, Protestant

**Language**

English and French

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## USA Holidays & Tours

**Climate**

There are great variations in the altitude and terrain of the areas visited and this is reflected in the temperatures. Desert areas can be extremely hot in the summer months (49°), though temperatures can drop dramatically at night. The mountains are cooler and wetter especially in the north of the Rockies. At the beginning and end of the season there may still be some snow around in the high passes and it can be cold, whereas in mid-summer the day time temperatures can soar.

**Time difference to GMT**

-9

**Plugs**

2 Pin Flat

**Religion**

Christian

**Language**

English

## Budgeting and packing

### Optional activities

There are a number of exciting optional excursions you can do on your trip. These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract. Bar Harbor - Whale watching US\$ 56 (3 hours), Fishing US\$ 40 August only, Bike hire US\$ 28, Sea kayak US\$ 50 half day. Ogunquit - Museum of American Art US\$ 7. Cape Cod - Ferry US\$58. W Yarmouth - Nantucket ferry US\$ 33, High speed ferry US\$ 75, Nantucket history site US\$ 6, Whaling museum US\$ 17, Nantucket walking tour US\$ 10. All optional excursion costs are subject to change at the discretion of the local supplier.

### Clothing

A warm fleece and sweater are essential in September/October. Nights can be cold at this time and thermals are recommended, also include a long sleeved shirt and warm trousers. Bring swimwear and lightweight waterproof trousers and jacket.

### Footwear

Lightweight hiking boots, trainers and/or sandals for travelling and quick drying sandals for canoeing.

### Luggage

20kg

### Luggage: On tour

Bring only the bare essentials - one main bag plus a daysac for walking and for personal items. Main luggage cannot be accessed



during the day. Soft luggage is more practical. Bring plastic bags to keep things dry. As it may be stored on the roof rack or in a trailer and you must be able to lift it.

## Equipment

Water bottle, high factor sun block, and a small torch are all essential. Binoculars are useful and do not forget your camera.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

In North America tipping 15%-20% is a recognised part of life across the service industry, including restaurants, activity suppliers, taxis and guides. Local staff will look to you for personal recognition of particular services provided. Unlike other Explore trips, during our trips in North America our Explore leaders will not operate a tips kitty. However, they will be more than happy to provide guidance throughout the trip on who to tip when and to suggest appropriate amounts.

## Country Information

### Canada Trips

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

##### Lunch price

£13.00

##### Dinner price

£20.00

##### Beer price

£3.00

##### Water price

£1.10

#### Foreign Exchange

##### Local currency

Canadian Dollars.

##### Recommended Currency For Exchange

Bring your money in Canadian Dollars or US Dollars cash or Travellers Cheques which can be used almost everywhere, although local stores are not keen to change anything over \$50.

##### Where To Exchange

Banks or 'Forex' offices in main towns/cities. Your tour leader will advise you on arrival.

##### ATM Availability

There are ATMs in the towns.

##### Credit Card Acceptance

Widely accepted just about everywhere.

##### Travellers Cheques

Canadian Travellers Cheques are the most convenient.

### USA Holidays & Tours

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

**Lunch price**

£15

**Dinner price**

£21

**Beer price**

£Varies for different towns, average £4.00

**Water price**

£1.1

## Foreign Exchange

**Local currency**

USDollars.

**Recommended Currency For Exchange**

Bring your money in US\$ cash.

**Where To Exchange**

Banks or 'Forex' offices in main towns/cities. Your tour leader will advise you on arrival.

**ATM Availability**

Widely available.

**Credit Card Acceptance**

Widely accepted just about everywhere.

## Transport, Accommodation & Meals

### Transport Information

Ferry, Minibus

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

In Millenocket you will be staying in shared cabins, with 6-8 people per cabin in twin rooms and shared bathroom facilities. For those who have paid a single supplement, you will have a single room but with shared bathroom facilities.

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

**Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check

requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## Visa Information

Canada: Citizens of the UK, New Zealand, Australia and passport holders from several EU countries can enter Canada with an Electronic Travel Authorisation (ETA). An electronic travel authorisation (ETA) is required when flying into Canada or transiting via Canada. For more information and to apply see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>. Other nationalities should consult their local embassy or consular office. Please note you must also ensure you get an entry stamp when going through immigration on arrival. In most cases the border agents will provide this stamp automatically but if for any reason they do not provide one, please ensure you request one as you are crossing into the USA via land border and stamped entry will be required. USA: On this trip you will enter the USA by land through an authorised border crossing. Entry requirements are as follows - ESTA - Citizens of the UK, New Zealand, Australia, and passport holders from several EU countries can apply online for an ESTA (Electronic System for Travel Authorisation), here <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel into the USA. Travellers who have not registered before their trip may be refused entry or held up at the border. You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Libya, Iran, Iraq, Somalia, Sudan, Syria or Yemen since March 2011 or are dual nationals of these countries, you cannot travel with an ESTA. If you are a citizen of a country not included in the VWP you cannot apply for an ESTA. In both cases, you will instead need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (This is not necessary if only transiting through the USA) I-94 - The i94 is a history of entries and exits to the US. You can get this online here for \$6: <https://i94.cbp.dhs.gov/I94/#/home>. Each i94 accessed is only valid for border crossing for 7 days. Entry requirements for the USA can change regularly, therefore, please ensure you have the most up to date information before you travel by checking the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Canada Trips

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

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## USA Holidays & Tours

### Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, diphtheria, polio and hepatitis A. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

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