

EXPLORE!

BEST SELLER

Discover Belize
14 days

Belize, Guatemala, USA - Trip code BL



Discover Belize

Exotic wildlife, jungle rivers, tropical forests and lost civilisations are all part of this trip to Belize. We visit lesser-known Maya sites such as Xunantunich and explore the impressive temples of Tikal (Guatemala). There are opportunities to see howler monkeys, toucans, parrots, crocodiles and much more in their natural environment. We end the trip on the island of Caye Caulker, unwinding and snorkelling in the warm waters of the Caribbean Sea.

Trip highlights

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:

Full on

Full on paced trips are for travellers who like their holidays packed with activities and experiences, moving on quickly from place to place with lots of early starts and long, busy days. Some may find them tiring, but others get a buzz from packing their precious holiday-time as chock-a-block full of new experiences as possible!

GROUP SIZE:**10 - 16**

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 trip in Belize City

Tour only clients will arrive and check in at the first nights' accommodation in Belize City. Clients who have booked flights through Explore, will spend the first night of the tour in Miami. Please be aware that single rooms are not available whilst in Miami. Belize City was the capital of Belize until 1970 and is a typical Caribbean town. Parts of the town are still largely built of wood and galvanised iron, with many of the original colonial style houses in an elegant state of disrepair. There is also a canal system through the old part of town. Creole English is widely spoken.



Accommodation: Holiday Inn Express Miami Airport (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - To Crooked Tree Wildlife Reserve via Altun Ha

We drive along the coastal road to pick up the people joining from London at the international airport, before stopping at the Community Baboon Sanctuary. Here we have a chance to watch troops of black howler monkeys swinging from the trees in their natural habitat. Later in the afternoon, we arrive at Crooked Tree Wildlife Sanctuary, where we settle down for two nights enjoying the hospitality of our local hosts on the shores of the Crooked Tree Lagoon.



Accommodation: Birds Eye View Lodge (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Boat trip to the jungle ruins of Lamanai birdwatching en route

Rising early this morning or tomorrow morning, we explore the lagoon by boat. In this birdwatchers paradise we may spot wood stork, boat-bill heron, vulture, kingfisher, grebe, hawk, snail kite, jacana and, perhaps most notable of all, the rare jabiru - the largest flying bird in the hemisphere with a wingspan of up to 4 metres. We return to the lodge for breakfast and then set off by vehicle to the New River for the boat ride upstream to the 2000 year old jungle ruins of Lamanai. Water birds are abundant in the ancient

rainforest cover and crocodiles may be spotted lurking along the river bank. Lamanai, the original name of these Maya ruins, means Submerged Crocodile, which helps to explain the numerous carved crocodile representations at the site. The ruins are located some distance off the beaten track and are still not reconstructed or cleared. We approach on foot following rough trails. The surrounding rainforest with its thick canopy of huge trees, and humid atmosphere adds an aura of mystery to the scattered and overgrown relics. A cache of children's bones has been unearthed from beneath one of the stelae, suggesting that the Maya practiced human sacrifice here.



Accommodation: Birds Eye View Lodge (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 4 - Dawn bird watching, drive to Placencia

An optional early bird walk and sunrise along the Crooked Tree Lagoon can be an unforgettable experience in this important wetland sanctuary. After breakfast, we visit the Community Baboon Sanctuary in search of howler monkeys. Here we have a chance to watch troops of black howler monkeys swinging from the trees in their natural habitat, before we begin our journey south along the scenic Hummingbird Highway, where orange and grapefruit groves are surrounded by a backdrop of lush jungle clad limestone hills - The Maya Mountains. We will visit a local organic farm and tree planting project along the way in this beautiful setting. Our day ends in the beach resort of Placencia, a town located at the end of a narrow peninsula between mangrove lagoons and the Maya Mountains and the Caribbean Sea.



Accommodation: Sea Spray Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - In Placencia; free to explore, snorkel or relax on beach

Surely one of Belize's best beach spots, the Placencia peninsula is still beautiful, despite the damage caused by Hurricane Iris in October 2001. Today is left free for you to relax on the beach or to take an optional day trip. Both Silke Caye and Laughing Bird Caye are ideal places to swim and snorkel. The other option is to explore the Monkey River by motor launch, accompanied by a local guide. Although there is still some evidence of the hurricane, the community is working hard to re-build itself and you're sure to find the relaxed atmosphere agreeable. We are happy to return to Placencia and see it as a positive contribution to the re-building work.



Accommodation: Sea Spray Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Visit Cockscomb Basin Jaguar Preserve; head to San Ignacio

This morning we visit the Sanctuary at Cockscomb Basin. This is the world's first and only jaguar reserve; the magnificent cats are a protected species here in their natural habitat and are no longer hunted as big game: however we would have to be extremely fortunate and quiet to spot one. They can grow up to six feet in length and weigh some 159 kilograms. The reserve has a variety of other wildlife including jaguarundis, peccary, brocket deer and iguanas. Toucan, king vulture and scarlet macaw are among the resident bird species. We allow some time here to walk the trails and experience the forest. Driving on towards San Ignacio on the hummingbird highway, we can stop at the \other\ Blue Hole - a collapsed limestone cavern - for a welcome swim in fresh water.



Accommodation: Windy Hill Resort (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 7 - Explore the Xunantunich archaeological site

San Ignacio, a traditional Belizean town, is an ideal place to base ourselves for the next couple of days. Straddling the Macal River which was once a critical transportation artery for the Maya and later the European settlers it is now a centre for many adventurous activities. Today we make a visit to the great classical Maya site of Xunantunich, Mayan for \Rock Stone Maiden\, perhaps for phallic or fertility reasons. We go by bus and then cross the Macal by traditional hand-winchered ferry to arrive at the site. Occupied until about AD 850, the main plaza is dominated by an awesome structure called El Castillo - a massive pyramid which rises to 40 metres. On the top is a partially restored stucco frieze representing the Sun God and astronomical signs of the Moon and Venus. The superb view from the summit looks out over the forest with the Maya mountains to the south and the lowlands of Guatemala to the west. The afternoon is free for personal exploration or perhaps to go canoeing.



Accommodation: Windy Hill Resort (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 8 - Free day, choices include canoeing on the Macal River

Today is free to relax in town or take any one of the many optional day trips available. One possibility is to hire a canoe, either with or without a guide, and paddle along the Macal river, rich in birdlife, butterflies and iguanas.



Accommodation: Windy Hill Resort (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 9 - Explore the great Mayan metropolis of Tikal (Guatemala)

Leaving Belize today we drive to Tikal, just over the border in Guatemala. Arriving at Tikal we spend the day exploring this great Mayan metropolis, which can justly be compared with Egyptian and Greek masterpieces. Initially settled about 600 BC, Tikal was abandoned by its rulers around AD 890 and totally deserted a hundred years later. The city covered an area of 16 square kilometres. Re-discovered in 1848, only a few of its great temples and pyramids have yet been excavated. Accessible by foot are a number of outlying and little known temples still covered by a tangle of undergrowth, and for those with a head for heights, the views from the temple tops out over the jungle and the hidden city below are mesmerising.



Accommodation: Tikal Inn (or similar)



Standard Lodge



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 10 - Optional re-entry to Tikal

Today we rise to the sounds of the surrounding jungle coming to life. Unaccompanied, we have a chance to return to the site for a further exploration of the jungle encroached ruins. It is possible to go into the site to watch the sunrise from atop of Temple 4, the highest structure in the site at more than 200ft above the forest floor. Clear sunrises are uncommon however owing to the humidity the rainforest generates. Witness instead the roof combs of the surrounding temples reveal themselves as a forest wakes and the sounds of toucans, parrots, spider and howler monkeys fill the air. Alternatively you can enjoy the day relaxing, excellent bird watching and wildlife can be seen around the hotel pool! There are also two small museums located close to the hotel or you may wish to take the option to visit the Island of Flores.



Accommodation: Tikal Inn (or similar)



Standard Lodge



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 11 - Boat journey to the idyllic island of Caye Caulker

This morning we drive to Belize City and take a water taxi to Caye Caulker. Once a pirate lair, this tiny but enchanting tropical island lies 34km northeast of Belize City and about 1.6km inside the greatest barrier reef in the Western Hemisphere. The water taxi transfer takes about an hour and is a highlight in itself, speeding through the turquoise waters. The island remains uncrowded, and unluxurious, with relatively modest prices in restaurants and bars, owned and run by the friendliest of local people. The local fishermen produce lobster, conch, fish and crab to supply the domestic and foreign markets. Fresh seafood is readily available and

lobster is the best buy when in season from Jun to Feb. There's time to relax - our hotel has a beach, which is rare on the island - as well as to enjoy a number of optional trips. You may take a snorkelling trip out to the nearby Hol Chan Marine Reserve & Shark and Ray alley, or take a full day trip out to Goff's Caye to observe the Manatees in their natural mangrove habitat. Scuba diving is also available.



Accommodation: Anchorage Resort (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - Free time in Caye Caulker; relax by sea or snorkel boat trip

Today we spend some time either relaxing or we can participate in one of many of the optional activities available on the island.



Accommodation: Anchorage Resort (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 13 - Relax on Caye Caulker; optional trip to observe manatees

Today we have another day to enjoy the various activities Caye Caulker has to offer.



Accommodation: Anchorage Resort (or similar)



Standard Hotel



Single room available



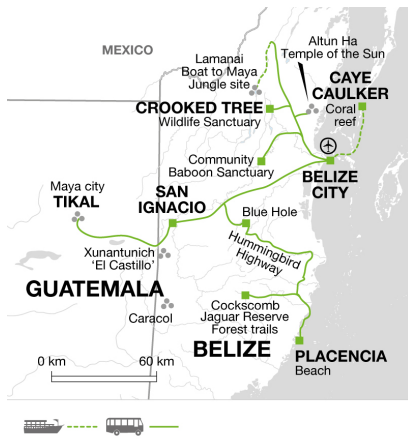
Meals Provided: None

DAY 14 - Tour ends Belize City

Return mid-morning by boat to Belize City where the Land Only tour ends. Clients on the group flights to London transfer to Belize City International airport.



Meals Provided: None



Why book this trip

This tour has it all - culture, nature and relaxation. Belize is a beautiful, often overlooked country. Discover Maya sites, view wildlife at Crooked Tree Wildlife Reserve, stay in a jungle lodge at Tikal (Guatemala) and enjoy time at the end to relax on Caye Caulker.

What's included?



Included meals

Breakfast: 10
Lunch: 1
Dinner: 1



Transport

Bus
Boat



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)
Local Guide(s)



Accommodation

12 nights standard hotel
2 nights standard lodge

Trip information

Country information

Holidays to Belize

Climate

Sub-tropical with a brisk prevailing wind from the Caribbean. Summer highs are rarely above 35°C, winter lows rarely below 15°C. Annual rainfall ranges from 107cm in the north to 364cm in the south and humidity can be high at any time of year. The rainy season extends from June through October with a short dry period in August, but some rain can be expected throughout the year.

Time difference to GMT

-6

Plugs

2 Pin Flat

Religion

Christian

Language

English

Holidays to Guatemala

Climate

In the high plains (1524m-1981m) the climate is temperate all year round. In lower areas the climate is semi-tropical. The mountains can be cool especially at night. In general, the dry season in Guatemala lasts from Nov - April. From May to October there are often fine mornings and clear evenings but afternoon rains tend to be heavy. The Peten lowlands tend to be rainy all year round though less so from February to April.

Time difference to GMT

-6

Plugs

2 Pin Flat

Religion

Catholic and Protestant

Language

Spanish

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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

Placencia - Full day boat excursion to Laughing Bird Caye US\$80. Scuba diving available at approx US\$75-125. San Ignacio - Caving/ canoeing at Barton Creek, half day US\$40; Guided botanical garden self guided tour plus 3hr canoe trip and lunch US\$60 (full day), Botanical garden night tour and meal US\$55; Cahal Pech US\$5 Tikal - 2nd visit to ruins US\$21; Sunrise tour US\$35; Visit the Island of Flores US\$40 Caye Caulker - Snorkel / boat trip to Caye Caulker Marine Reserve US\$40, Snorkel / Boat trip to Hol Chan Marine Reserve US\$70, Scuba diving is approx US\$90 for a single tank dive on barrier reef. Sea Kayak Bird Watching tour US\$20; Full day Manatee Search and Snorkel with BBQ lunch - US\$110 (min 4 pers)

Clothing

Bring lightweight, informal clothing. A jumper or fleece is advisable for cool evenings and you'll need a good waterproof jacket all year round. Long sleeved shirts and long trousers give protection against thick forest growth and insects on jungle walks. A swimming costume and sun hat are essential.

Footwear

Lightweight trail boots are preferable for jungle paths, and you'll want to bring sandals. Bring shoes you don't mind getting wet for exploring caves and wet beach landings.

Luggage

20kg

Luggage: On tour

One main piece of luggage and a daysack. Remember, you are expected to carry your own baggage so don't overload yourself.

Equipment

Insect repellent, a torch, water bottle, and suncream. Binoculars are essential for bird watching.

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 is a recognised part of life across the service industry, including restaurants, activity suppliers, taxis and guides. Local staff will look to members of the group for personal recognition of particular services provided. To assist with this the Tour Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour. For this we suggest US/CAN\$ 40. For all non-included services and meals on your North American trip, we recommend tipping at around 15%.

International Departure Taxes

Land departure tax from Belize to Tikal is 20US\$ (payable day 9), entry tax to Guatemala 2US\$ (payable day 9)

Country Information

Holidays to Belize

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

Dinner price

£20

Beer price

£1.5

Water price

£1

Foreign Exchange

Local currency

Belize Dollar

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling. We recommend to take a minimum of US\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange. USD are legal currency in Belize and can be used to pay everywhere

Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques

We do not recommend Travellers cheques, they are difficult to exchange.

Holidays to Guatemala

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.

Dinner price

£8.00 - 10.00

Beer price

£2.00 - 4.00

Water price

£1.00 - 2.00

Foreign Exchange

Local currency

Quetzal

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

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

Bus, Boat

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

Belize: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Guatemala: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate. USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding. 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 Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will 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. (Not necessary if in transit) For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html> Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information 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.

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 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.

Non refundable permits

Holidays to Belize

Vaccinations

Nothing compulsory, but we recommend protection against typhoid, tetanus, TB, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. 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.

Holidays to Guatemala

Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is

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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.
