

EXPLORE!



Windward Isles and French Antilles

12 days

Dominica, Guadeloupe, St.Lucia - Trip code WI

Windward Isles and French Antilles

For those who traditionally associate the West Indies with sun, sea and sand, this exploration of three very different Caribbean islands will surprise and delight. Our journey begins in St Lucia, whose 'Pitons' provide a dramatic backdrop to its beaches and nature trails. We also visit Guadeloupe and Dominica, two contrasting islands where we hike through rainforest, marvel at Dominica's many natural wonders, discover spectacular waterfalls and taste the local rum. Along the way we have the opportunity to swim and snorkel in the warm Caribbean waters.

Trip highlights

- ★ **Crayfish Waterfall (Guadeloupe)** - Swim in a waterfall surrounded by nature in the National Park
- ★ **Morne Trois Pitons National Park (Dominica)** - Discover this scenic UNESCO World Heritage Site on foot, hiking two different trails
- ★ **Cabrits National Park (Dominica)** - Visit the site of Fort Shirley, an 18th century British garrison which once housed 600 soldiers, and is now the venue for Dominica's annual Jazz and Creole festival
- ★ **Soufriere (Saint Lucia)** - Stay in the traditional fishing village of Soufriere overlooked by the forest-clad volcanic cone of Petit Piton
- ★ **Beautiful beaches** - Relax on sandy beaches in Guadeloupe and Saint Lucia and snorkel in the Caribbean Sea

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:

12 - 18

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 Mon Repos (St Lucia)

Arrive in St Lucia and check into our hotel. Located in the foothills on the Atlantic side this is our base for visiting the south and east of this beautiful island.



Accommodation: The Fox Grove Inn (or similar)



Standard Hotel



Swimming pool available



Meals Provided: None

DAY 2 - Walk the Des Cartiers Rainforest Trail bird spotting

After a short drive to the Quillesse Forest Reserve, we will walk the famous Des Cartiers Rainforest trail, hoping to catch a glimpse of some of the 30 species of birds that are found here, including the St Lucia Oriole, the St Lucia Black Finch and the rare St Lucian Parrot (walk 2.5 kms). Our afternoon is free to relax, and you may wish to visit the nearby botanical gardens or the golden stretch of sands at Sandy Bay.



Accommodation: The Fox Grove Inn (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 3 - Morning visit of Morne Coubaril Estate, free afternoon

Today we head away from the Atlantic and across to the Caribbean side of the island, for our new two-night base at the town of Soufriere. Its French architecture and Catholic church reflects the island's history - St Lucia alternated between French and British control 14 times. This laid-back town is graced by old clapperboard buildings and its setting - dominated by the forest-clad volcanic cone of Petit Piton rearing a sheer 2450 metres out of the sea - is one of the most dramatic in the Caribbean. We will enjoy a morning excursion to the Morne Coubaril plantation estate, and Sulphur Springs where we see spectacular views of the Soufriere volcano. We will also watch the coconut dehusking and the processing of the cocoa bean. In the afternoon we are free to relax or to visit Anse Chastanet, famous for some of St Lucia's finest off-beach snorkelling - a 40 minute walk away from Soufriere, or a short water taxi journey. It is also possible to hire scuba equipment (certification required).



Accommodation: Villa Des Pitons (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 4 - Free day; optional snorkelling, diving or climb Gros Piton

Today is completely free to enjoy the surroundings of Soufriere. Optional activities include walking to Anse Chastanet for snorkelling or scuba diving, mountain biking, botanical gardens (a 10 minute walk from the hotel) or hiking the triangular peak of Gros Piton, a relatively tough 2 hour round-trip.



Accommodation: Villa Des Pitons (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 5 - Visit Pigeon Island National Park; Fly to Guadeloupe (France) and drive to Gosier

St Lucia is much more than a collection of beach resorts, and this morning we will be exploring one of its many national parks, which houses a fascinating array of historic landmarks. Pigeon Island has changed hands many times over the centuries, originally being occupied by the Carib people before being taken over by pirates, in turn followed by the French until their defeat at the hands of the British in 1778. Pigeon Island was strategically situated with an eye to the approach of enemy ships, and as such the views across the Caribbean Sea are stunning. We will visit the old British fort, as well as some of the other military ruins, before flying to Guadeloupe. The island has the nickname of the 'butterfly isle', due to the shape of its two main islands, which look like the wings of a butterfly and are joined together by bridges over a narrow strait. Although they are often referred to as one island, the two main islands that make up Guadeloupe are very distinct - Basse Terre is volcanically formed, covered with lush national park and centred by the volcano La Soufriere, while Grande Terre is flat, playing home to the majority of Guadeloupe's farmland and white sand beaches. An interesting historical quirk is that Britain had the choice of returning sugar-cane rich Guadeloupe or Canada to the French - and decided to keep Canada! Immediately on arrival we will note that French and the Euro have replaced St Lucia's English and the East Caribbean Dollar - as it is still part of France. We drive to the town of Gosier, our home on Grande Terre for the next 3 nights, where

we can spend the early evening discovering the marina area or enjoying the sunset on one of the nearby beaches.



Accommodation: Canella Beach (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 6 - Swim in Crayfish Waterfall; Botanical Garden visit

This morning we drive over to Basse Terre to discover Guadeloupe's volcanic island. Due to the forests that cover the majority of Basse Terre, there is only one road around the circumference of the island and one road that cuts directly through the forest. We take the latter, and are immediately sheltered from the Caribbean heat by the wild canopy of Guadeloupe's national park. Our first stop is Cascade aux Ecrevisses, or 'Crayfish Falls', so named due to the once-abundant crayfish found swimming in the pool and river below. We have the opportunity for a dip in the falls, or we can wander a little further down the river and enjoy the peace of the forest. Continuing our drive we arrive at the Botanical Garden of Deshaies, an enormous site that houses more than 1000 species of endemic and non-endemic birds, plants and flowers, set along 1.5km of pathways through 15 different 'zones'. Flamingos, parakeets, and parrots are found not far from breadfruit and avocado trees, baobab, jacaranda and bougainvillea and a large orchid collection among many other species. After exploring the many zones of the garden, we head into the pretty village of Deshaies, setting of the BBC's 'Death in Paradise', where our day ends on the majestic beach of Grande Anse. There is a short but steep walk here up to a viewpoint over the water, where you can still find an old cannon dating back to the late 1800s, or you can choose to simply relax on the beach and try a classic and cooling Antillaise delicacy, coconut sorbet. We later head back to our accommodation in Gosier.



Accommodation: Canella Beach (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 7 - Visit the cemetery at Morne a L'eau; walk to Pointe des Chateaux

Today we discover some of the island of Grand Terre, whose rocky cliffs and sandy beaches contrast sharply with the lush greenery of Basse Terre. We drive first to Morne a L'eau to discover the famous cemetery, with its ramshackle array of crypts, almost all of which are decorated in a unique checkerboard pattern of black and white tiles. The oldest dates back to 1847, when only the richest inhabitants would have been buried here, but these days the elite are buried alongside the working-class population who have noticeably less ostentatious tombs. After a short visit, we head to the Damoiseau rum distillery, giving us an opportunity to see how 'rhum agricole' is produced, a style of rum originating in the French Caribbean from freshly squeezed sugar cane juice rather than molasses. Locals mix this alcohol with lime juice and sugar to make a refreshing (but deadly!) cocktail called a ti'punch. After our distillery visit we head towards the eastern tip of Guadeloupe at Pointe des Chateaux, where we discover the rugged shoreline and secluded beaches on an approximately 2km walk around the peninsula. The striking limestone cliff formations look out over some of the other islands in the Guadeloupe archipelago, including La Desirade (an old leper colony), Petite Terre and Marie Galante.



Accommodation: Canella Beach (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 8 - Ferry to Dominica; explore Roseau on foot

Today we drive to the port at Pointe a Pitre, and take the 2 hour ferry journey to our next destination - Dominica. This island was originally French, a fact that is evident in the everyday language of most of the people - Creole - a French based patois interspersed with English and words of African origin. Dominica is an independent state (not to be confused with the Dominican Republic) and is known as 'The Nature Island' - approximately 75% of the country is covered with rainforest, and we will explore this over the next 3 days. This afternoon, we discover the colourful capital of Roseau on foot, the most picturesque of the Caribbean's often grim capital cities, including its beautiful botanical gardens and heading up to Morne Bruce for a panorama of the city.



Accommodation: Garraway Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 9 - Visit Cabrits National Park; Syndicate Rainforest walk and Indian River rowboat trip

Not only is Dominica rich in fauna and flora, but it boasts some intriguing historical sites, and this afternoon we will visit the Cabrits National Park in the north-east of the island. Here we pay a visit to Fort Shirley, a military outpost built by the British to defend northern Dominica. At one point it housed over 600 men, and several of the original buildings are completely restored. After discovering the historical significance of the fortress and enjoying the spectacular views down to the sea, we take a trip to the Indian River, named after the Carib people who were the original inhabitants of Dominica and who used this river as an access route to the Caribbean Sea. There are still 3000 Caribs living on the island, and it is the only Caribbean nation where they have their own territory. Our rowboat trip is an opportunity to spot heron, hummingbird and egrets amongst the swampy mangroves. We also head to the trails of the Syndicate Rainforest, where we hope to spot the national bird, the Sisserou, or the jacquot, the country's other endemic parrot, as well as the many species of giant trees found in abundance in the forest.



Accommodation: Garraway Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 10 - Rainforest walks in Morne Trois Pitons National Park

Today we have a full day to explore the UNESCO World Heritage site of the Morne Trois Pitons National Park, home to dense primary rainforest. We take on three different walks today, and the paths can be slippery and muddy so good shoes are essential. Our first walk is to the long drop of Middleham Falls (3 hours). The path clings to the hillside and takes us deep into the forest, where hummingbirds are found flying amid the majestic Chataignier trees with their huge buttressed roots. We also take on the gentler,

undulating trail leading us to the impressive views around Freshwater Lake, located in a collapsed volcano. On our return we may (weather permitting) take a dip in the cold and refreshing waters of the Titou Gorge.



Accommodation: Garraway Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 11 - Free day; optional snorkelling, diving, whalewatching or hiking

Today we are completely at our leisure to discover the other natural wonders that Dominica has in abundance. There is the chance to do the tough eight-hour hike to the Boiling Lake, passing sulphurous steaming rocks in the 'Valley of Desolation'. Alternatively, go snorkelling at Champagne Beach, so called due to the tiny bubbles coming from the hot springs located around the rocky outcrops, giving the impression of swimming in a glass of champagne. You can also go to the south of the island at Scotts Head, and bathe in the 'hot sea water' in Soufriere village. Alternatively, if there is a large enough group we may be able to go whale watching in the Caribbean Sea. Sightings of sperm whales are most common between November and March, and pygmy whales, short-fin pilot whales and dolphins can also be spotted in the area.



Accommodation: Garraway Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - Trip ends in Roseau

Our trip ends today in Roseau, Dominica. If you are returning on a flight organised by Explore, you will have a long layover via Barbados. We have included a day pass to a hotel in order for you to use their services, including their beach, pool, restaurant, baggage storage etc. It does not include access to a room or private shower facilities, but depending on availability you may be able to organise this on arrival if you wish.



Meals Provided: Breakfast

Why book this trip

Explore's Windward Isles trip is the only trip that visits three distinct islands including one of the French Overseas Departments, with many included walks and site entrances. It is an unbeatable opportunity to explore the true Caribbean, away from the large hotel complexes and beach holiday-makers.

What's included?



Included meals

Breakfast: 11



Transport

Bus
Ferry
Flight



Trip staff

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



Accommodation

11 nights standard hotel

Trip information

Country information

Holidays to Dominica

Climate

Daytime temperatures are in the 70's December to March and in the 80's April - June. Whatever the season, the climate is tempered by off shore breezes and the sea is pleasant to swim in year round. When visiting the rainforest be prepared for short sharp downpours at any time of the year. The hurricane season in the Caribbean officially runs from June to November, often peaking in September. However, as the frequency and intensity of the hurricanes is impossible to predict from year to year, we still plan operate our tours during this period. In the event of a hurricane occurring during your trip, your safety is our top priority. In accordance with local regulations and with the assistance of our local groundhandling agents, we may have to evacuate to another part of the island or have to remain in the same place for a number of days while the storm passes. This could result in a certain amount of disruption to the itinerary of your tour on the ground, or to your flights and, on very rare occasions when a hurricane is predicted to hit in advance of travel, we may even have to cancel your tour.

Time difference to GMT

-4

Plugs

3 Pin Flat

Religion

Mainly Christian

Language

English

Holidays to Guadeloupe

Climate

Daytime temperatures are in the 70's December to March and in the 80's April - June. Whatever the season, the climate is tempered by off shore breezes and the sea is pleasant to swim in year round. When visiting the rainforest be prepared for short sharp downpours at any time of the year. The hurricane season in the Caribbean officially runs from June to November, often peaking in September. However, as the frequency and intensity of the hurricanes is impossible to predict from year to year, we still plan operate our tours during this period. In the event of a hurricane occurring during your trip, your safety is our top priority. In accordance with local regulations and with the assistance of our local groundhandling agents, we may have to evacuate to another part of the island or have to remain in the same place for a number of days while the storm passes. This could result in a certain

amount of disruption to the itinerary of your tour on the ground, or to your flights and, on very rare occasions when a hurricane is predicted to hit in advance of travel, we may even have to cancel your tour.

Time difference to GMT

-4

Plugs

3 Pin Round

Religion

86% Roman Catholic.

Language

French.

Holidays to St.Lucia

Climate

Daytime temperatures are in the 70's December to March and in the 80's April - June. Whatever the season, the climate is tempered by off shore breezes and the sea is pleasant to swim in year round. When visiting the rainforest be prepared for short sharp downpours at any time of the year. The hurricane season in the Caribbean officially runs from June to November, often peaking in September. However, as the frequency and intensity of the hurricanes is impossible to predict from year to year, we still plan operate our tours during this period. In the event of a hurricane occurring during your trip, your safety is our top priority. In accordance with local regulations and with the assistance of our local groundhandling agents, we may have to evacuate to another part of the island or have to remain in the same place for a number of days while the storm passes. This could result in a certain amount of disruption to the itinerary of your tour on the ground, or to your flights and, on very rare occasions when a hurricane is predicted to hit in advance of travel, we may even have to cancel your tour.

Time difference to GMT

-4

Plugs

3 Pin Round

Religion

Christianity

Language

English

Budgeting and packing

Optional activities

Mon Repos - Botanical gardens US\$12; Sandy Bay US\$10 per person (min 4) Soufriere - Anse Chastanet water taxi US\$15; snorkelling equipment US\$11; Scuba US\$80 per dive plus equipment; Botanical Gardens US\$10; Gros Piton Hike US\$35 plus taxi US\$25; Half day sailing US\$60; Sulphur Springs entrance US\$5 Roseau - Kayak at Freshwater Lake US\$10 pp; Tias's Spa (hot springs) inc. entrance and transport US\$35-\$40 pp (depending on numbers); Boiling Lake and Tia's Spa (min. 2 pers) US\$ \$50-\$82 pp (depending on numbers); Whale Watching US\$74 pp; Snorkel US\$40 pp; Diving US\$140 pp (2 tank dive)

Clothing

Pack for warm weather, including swimwear and a sarong. Waterproofs are essential for national park visits, and an umbrella will also be handy.

Footwear

Walking or trail boots are essential if you wish to go on any of the walks in Dominica's national park, plus comfortable trainers and/or sandals. Water sandals may also be useful for swimming in waterfalls.

Luggage

20kg

Luggage: On tour

One main piece of luggage and a daypack. Remember you are expected to carry your own baggage on and off the ferries as no porters are available - so don't overload yourself.

Equipment

We recommend you bring a sunhat and sunscreen as the sun can be strong, and insect repellent. A water bottle is essential. Snorkelling equipment is normally available for rent: US\$10. A torch, a beach towel or travel towel and an umbrella may come in useful. You may wish to consider walking poles for the walks in the Morne Trois Pitons national park in Dominica.

Tipping

Explore leader

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

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow US\$40 for tipping. In order to make things easier for you, the Explore Leader may organise a group tips kitty and if this is the case, they will account for it throughout the trip.

Country Information

Holidays to Dominica

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

£12

Dinner price

£21

Beer price

£1.7

Water price

£1

Foreign Exchange

Local currency

East Caribbean Dollar/USD

Recommended Currency For Exchange

We recommend that you bring US dollars cash and some Euros. Although the currency of St Lucia and Dominica is the East Caribbean dollar. US dollars are readily exchangeable and accepted everywhere.

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

Holidays to Guadeloupe

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

£10

Dinner price

£25

Beer price

£3.5

Water price

£1

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

We recommend that you bring Euros.

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

Holidays to St.Lucia

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

£11

Dinner price

£23

Beer price

£1

Water price

£1

Foreign Exchange

Local currency

East Caribbean Dollar/USD

Recommended Currency For Exchange

We recommend that you bring US dollars cash and some Euros. Although the currency of St Lucia and Dominica is the East Caribbean dollar, US dollars are readily exchangeable and accepted everywhere.

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

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Transport, Accommodation & Meals

Transport Information

Bus, Ferry, Flight

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.

We stay in a variety of accommodation, avoiding the all-inclusive package resorts found in the Caribbean.

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

Dominica: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Guadeloupe: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. St Lucia: 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 Dominica

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 Guadeloupe

Vaccinations

Nothing compulsory. Tetanus recommended. 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. A yellow fever vaccination certificate is required by travellers over one year of age arriving from an infected or endemic zone within six days. 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 St.Lucia

Vaccinations

Nothing compulsory. Tetanus recommended. 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.
