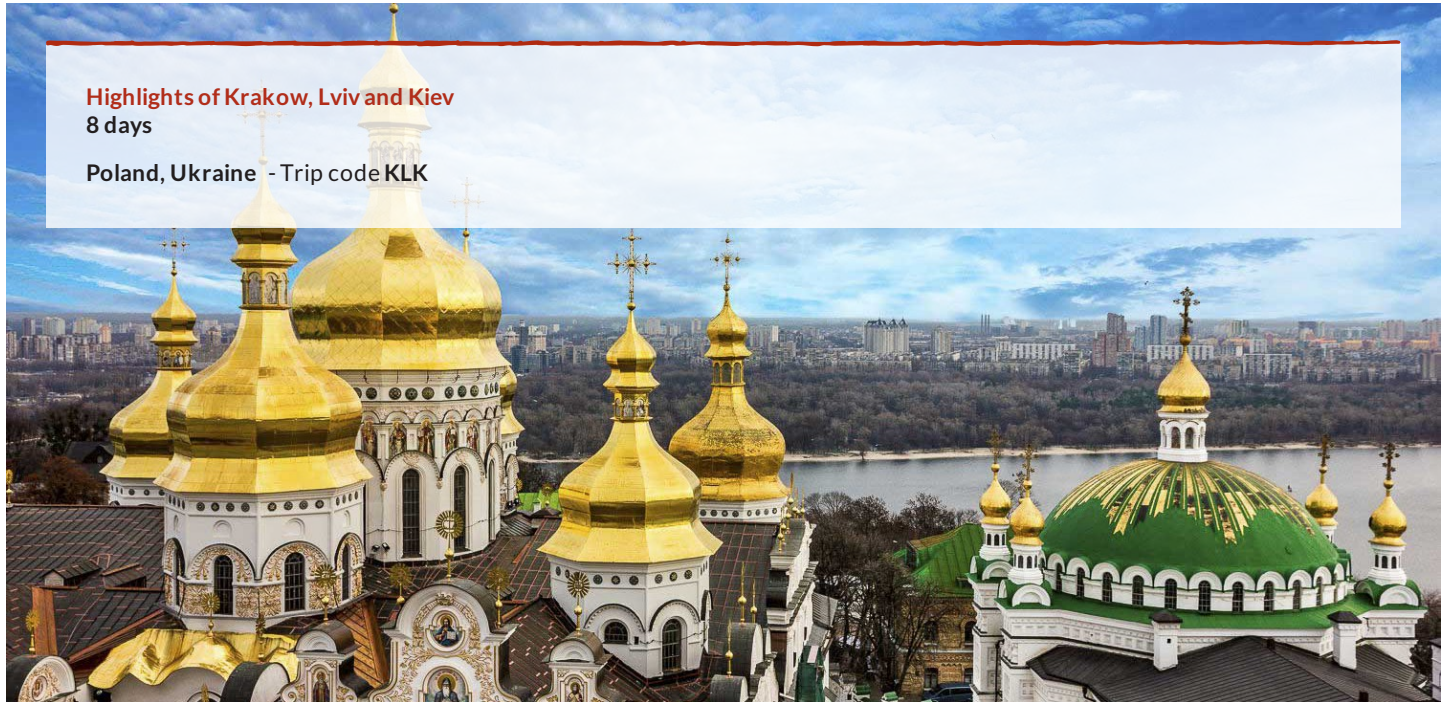


EXPLORE!



Highlights of Krakow, Lviv and Kiev

8 days

Poland, Ukraine - Trip code KLK

Highlights of Krakow, Lviv and Kiev

On this fast paced trip we travel from Krakow in Poland to Lviv in Ukraine by overnight train and from here we go by road to the capital city of Kiev. Along the way we will discover the winding cobbled streets in Lutsk historical centre, spend the night in Zhytomyr and stroll through the Tunnel of Love at Klevan. In Krakow there's the chance to walk to Liban Quarry, where you can see an abandoned replica of the Nazis' Plaszow Labour Camp that was built for Steven Spielberg's film 'Schindler's List'. There's the opportunity in Lviv to take part in a chocolate making masterclass. Whilst in Kiev we'll visit the deepest metro station in the world, Arsenalna, and explore the Lavra Historical and Cultural Reserve.

Trip highlights

- ★ **Walking tours** - Discover the historical cities of Krakow, Lviv and Kiev on foot
- ★ **Tunnel of Love** - Wander through the foliage along this former railway line
- ★ **Lviv** - Chance to experience the city's popular chocolate culture on a chocolate making masterclass
- ★ **Lavra** - Explore this ornately decorated monastic complex best known for its expansive catacombs
- ★ **Lutsk** - Visit to this picturesque city on the Styr River to see its well preserved old town and more recent Soviet architecture

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:

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 Krakow, Poland

Our adventure begins in the charming city of Krakow, which was Poland's capital up until 1596. Later this afternoon our Explore Leader will take us on an orientation walking tour to familiarise us with the main sights. We'll discover Rynek Glowny, Europe's largest Medieval square, and see the grand architecture that the city is known for. We will wander down the narrow cobbled streets of the Old Town, a UNESCO World Heritage Site, and see its best known landmarks - the fairy-tale Wawel Castle and Wawel Cathedral, which watch over the city. If we have time, then we will also visit the second UNESCO World Heritage Site of the day, the Jewish Podgorze District. This was the Jewish Ghetto area during World War II and was the setting for the film 'Schindler's List'. You may choose to stop off here for dinner this evening in one of the traditional restaurants or grab a 'zapiekanka', an open faced toasted baguette sandwich, which is a popular local fast food option. In the city centre you will find numerous good Polish restaurants and the 'pierogi', Polish dumplings, are especially tasty. There are also many bars selling a range of local beers and of course a wide range of vodkas. Such as Chmiel, which is a basement bar beneath the forecourt of Wawel Castle, C.K. Browar, which is a popular micro-brewery or Starka Restaurant and Vodkas where you can try out an array of homemade flavoured vodkas.



Accommodation: Hotel Kazimierz III (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Free day in Krakow; overnight train to Lviv, Ukraine

Today is free for you to explore more of Krakow. You may like to return to Wawel Castle and go inside to see the exquisite treasures collected by the monarchy of Poland over the years or perhaps you'll want to return to the Jewish District to visit the Old Synagogue, Schindler's Factory or Museum of Jewish Life, which provides a fascinating insight into the Krakow Jews and the war

years. A more unusual attraction in the city is the Rynek Underground, here you can go beneath the market square and explore the labyrinth of long forgotten chambers from the Middle Ages. For something else that is a bit out of the ordinary you may like to take a walk to Liban Quarry, which is one of the least visited spots around the city centre. Here you'll find an abandoned replica of the Nazi's Plaszow Labour Camp that was built for Steven Spielberg's film 'Schindler's List' in 1992. It was constructed from the original blueprints from the actual camp and the quarry is just a few hundred metres from where it was located. The inmates of Plaszow worked in this quarry and were sadly also murdered here. It's a 25 minute walk from Krakow's Jewish District to Podgorski Nowy Cemetery and from there you follow the south eastern wall of the graveyard and there is a walkway down to the site. Outside of the city you have the opportunity to join an excursion by train to visit the Wieliczka Salt Mines, which is yet another UNESCO World Heritage Site. At up to 300 metres underground you will see a 400 year old chapel, a subterranean salt lake and chambers large enough to hold the Eiffel Tower! The Chapel of Saint Kinga is the mines most spectacular feature and you'll no doubt be amazed by what can be sculpted from salt. Please note that there are 350 steps down into the mine at the beginning of the tour and then a further 450 on the route through the various corridors and 20 chambers visited. The temperature underground can be much cooler than on the surface, so be sure to bring a jumper. Alternatively you may choose to take the option to join a coach excursion to Oswiecim, the site of the Auschwitz-Birkenau concentration camp; an eerie and haunting place that drives home the terrible atrocities, which took place here during World War II. Later this evening we will drive to Krakow Railway Station and board the overnight train to Lviv, Ukraine. Our accommodation will be in four-berth compartments with bedding provided. You'll need to keep your passport handy for when we cross the border.



Accommodation: Overnight Train: Krakow to Lviv



Simple Overnight Train



Meals Provided: Breakfast

DAY 3 - Walking tour of Lviv including the old quarter; afternoon free

Our train arrives this morning in the beautiful city of Lviv. On arrival we head to a local restaurant where we will have breakfast before taking a guided walking tour. We discover the history and stunning architecture of the old quarter and along the way we will see the old market square of Ploshcha Rynok, the ornately carved exterior of Boyim Chapel, the Dominican Church and Monastery and the Citadel Inn. The inn was originally built in 1850 as a circular red fort that during World War II became a Nazi concentration camp and was known as the 'Tower of Death', but today it is now remarkably been turned into a five star hotel! We'll also see the Old Rus Quarter of the city and the High Castle, which affords great views over the city below. Lviv is home to not just one, but three different cathedrals; there's the Latin Cathedral, Armenian Cathedral and Saint George's Cathedral and they all vary greatly in style. This afternoon will be free for you to discover more at your own pace. You might like to go back to some of the places we saw on our tour this morning and venture inside or perhaps to visit Lychakiv Cemetery. This burial ground is a protected historical monument and believe it or not is one of the most popular attractions to visit in the city. Established in 1786 by the Austro-Hungarians, there are grave markers here written in Ukrainian, Russian, German, Polish, Armenian and Latin, which show how the city's rulers have changed throughout its history. In amongst the elaborately carved tombs there are also communal graves for soldiers and freedom fighters and simple communist graves. Sadly during the Soviet era the graveyard was used as a dumping ground and only reopened in 2005 after being restored. Lviv is the perfect spot for relaxing. In amongst the cobbled streets with their pretty red roofed buildings and tucked away courtyards you will find a variety of good cafes, bars and restaurants. Ukraine also is well known for its dumplings, which are called 'varenyky' and come with a range of different fillings such as cabbage or cheese or sweeter varieties like cherry. One dining option is the Dim Legend Restaurant that is spread over seven small floors and a roof terrace and each floor is decorated with a different theme telling the city's history through the ages. Whilst in Ukraine you should try 'nastoyanka', which is a local liqueur made from honey and herbs and comes in a selection of fruit flavours and even horse radish!



Accommodation: Reikartz Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Free day in Lviv; chance to join a chocolate making master class

Today is free for you to further explore this picturesque city. Lviv is well known for both its beer and chocolate, so today you may choose to visit the Brewery Museum or join a chocolate making masterclass. The Brewery Museum takes you on a journey through Ukraine and the World's beer making history and explains the differences. There will of course be the chance to try an assortment

of locally brewed beers too. Next to the museum is the Robert Doms Beer House, which is a large Medieval style beer hall and restaurant where you can sample more of the local brew and perhaps their speciality dish of pork ribs in beer marinade. At the chocolate making masterclass you can learn all about how chocolate is made and try your hand at making your own chocolate master pieces with advice from a professional chocolatier. Apparently chocolate has been produced in the city since the Middle Ages and in the 19th century it was exported to aristocracy throughout Europe. Today there is a huge variety of different flavoured chocolates, ice cream, milkshakes, cakes and more to tempt you.



Accommodation: Reikartz Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Drive to Zhytomyr via the pretty town of Lutsk and the Tunnel of Love

This morning we will begin our drive to our overnight stop in Zhytomyr. Along the way we visit the town of Lutsk and our Explore Leader will take us on a walking tour of the main highlights. Competing with Lviv, on the beauty front, Lutsk is definitely worth exploring. The Soviet architecture of the modern town actually works here with its large squares and wide avenues, but of course the main attraction is the town's conserved historic centre. The maze of cobbled streets are lined with carved churches and town houses showcasing Lutsk's Polish, Russian and Lithuanian architectural history. Here we'll also see Lutsk's very well preserved 14th century castle. After spending a few hours here we will drive on to Klevan to visit the 'Tunnel of Love'. Along a three kilometre stretch of railway track leading to a factory the trees have all grown up around it forming a green corridor that has gained the name of the 'Tunnel of Love' due to the lovers that come here and make a wish for their future that is said to then come true. We drive on to Zhytomyr, where our Explore Leader will take us on an orientation tour. The city is in touch with its Soviet past with monuments to Lenin and Marx still in place and rickety old trolley bus rattling past war memorials. It lies on the banks of the Teterev River and is surrounded by rocky hills and dense ancient forests. It is an old city and it retains some of its older historic buildings.



Accommodation: Reikartz Zhytomyr (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Visit the fascinating Museum of Astronautics; walking tour Kiev

This morning before leaving Zhytomyr we will visit its most famous attraction, the Sergei Korolev Museum of Astronautics. Sergei Korolev was a scientist and engineer who helped founder the Soviet space and rocket programme and he was born here in Zhytomyr. The museum is in two sections, the first of which is a memorial to Sergei and tells the story of his life and work. The main section of the museum tracks the history of the cosmonautics development and it has a number of exhibits about space travel, including a capsule that was donated by NASA that has soil on it from where it landed on the moon. We then drive to Kiev, Ukraine's capital city, which is situated on the banks of the River Dnipro. This afternoon we will go on a guided walking tour of this ancient city, which has been inhabited for almost 2000 years and was once the capital of the Kievan Rus State, from which all later Russian states were descended. Although Ukrainian nationalism is stronger than ever, you will still hear Russian spoken here today. During our tour we will see the onion domed exterior of Santa Sophia Cathedral, the Golden Gate which was once the main entrance to the city, Saint Andrews Baroque Church and Mother Motherland, an over 100 metre high statue to honour the heroes of the Soviet Union.



Accommodation: Hotel Rus (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Metro to Lavra Cultural Reserve and free afternoon in Kiev

Today we will begin by taking the metro to Arsenalna, which is the deepest station in the world. We continue by metro to the Lavra Historical and Cultural Reserve and visit the remarkable 'Monastery of the Caves' founded in AD 1051, where the labyrinths provide all the natural conditions needed for mummification. We take a guided tour of the caves and Belfry Tower and have time in either the Museum of Miniatures or the Museum Of Historical Treasures and the Holy Trinity Church. This afternoon is free for you to further explore Kiev. A short distance from the Cultural Reserve you might like to visit the Museum of the Great Patriotic War, which is one of the largest museums in Ukraine and tells the story of the German-Soviet War in iconic and Brutalist style. It has over 300,000 items on display and the memorials here are spread over 25 acres. Or for something a little lighter, you may choose to take a relaxing boat trip along the Dnieper River or visit Mezhyhirya, which consists of a very large park and houses that all formerly belonged to President Viktor Yanukovich. After the revolution this park was opened to the public, so that now you can witness how luxurious his life was when he was in power. Outside the city you could join an excursion to Pirogov Open-Air Museum of Wooden Architecture, which is about 40 minutes' drive from the city. Set on the banks of Lake Myachino you will be able see a variety of old Russian wooden village houses, chapels and churches that have been preserved to display how the Russian people used to live.



Accommodation: Hotel Rus (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends in Kiev

Trip ends at our hotel in Kiev after breakfast.



Meals Provided: Breakfast



Why book this trip

In 2017 we're returning to Ukraine on this new highlights trip to the magnificent cities of Lviv and Kiev along with Krakow in Poland. It's a great introduction to the history, culture and scenery in a region that has seen many changes throughout its past. This trip can be combined with our 'Highlights of Kiev, Minsk and Vilnius' (trip code: KLV) or 'Highlights of Poland' (trip code: KWK) to make a two week holiday. Or alternatively you can combine it with both to make a three week adventure (trip code: KWR).

What's included?



Included meals

Breakfast: 7



Transport

Bus
Train



Trip staff

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



Accommodation

6 nights standard hotel
1 nights simple overnight train

Trip information

Country information

Poland Holidays & Tours

Climate

Poland has a temperate, changeable climate. September and October are cooler and gradually become damper until late November when temperatures fall below freezing with snowfall, particularly in mountainous areas. Cold temperatures last through to March, but are tolerable. Snow can lie for up to three months in the mountains.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Polish

Ukraine Holidays & Tours

Climate

Ukraine has a temperate continental climate. Summers in are generally hot, sunny and less humid than in Central Europe, with temperatures normally between 18 to 25°C. In fact, the early autumn period is often compared with an Indian summer, dry and sunny. Winters are cold and snowy with temperatures averaging between -8 to -12°C. The wettest area in Ukraine is the Carpathian Mountains where it can rain at any time of year.

Time difference to GMT

+2

Plugs

2 Pin Round

Religion

Orthodox Christian

Budgeting and packing

Optional activities

Krakow: Wieliczka Salt Mines €35; Visit to Auschwitz approximately £32.00. Please note a visit to Auschwitz will take up most of the day. It is subject to availability so we recommend booking a ticket before leaving the UK. You can do this online directly with any of the following companies; Discover Cracow <https://discovercracow.com/tours-and-trips/auschwitz-birkenau/>, See Krakow <http://www.seekrakow.com/auschwitz-birkenau/>, Info Tours <http://www.infotours.pl/tour/auschwitz-birkenau/>. Please ensure you book your ticket for the correct day. Lviv: Chocolate Master Class €10.00 per person (must have 5 participants to run). Kiev: Pirogov Open-Air Museum of Wooden Architecture €2.00 per person, €10.00 per museum guide; Museum of the Great Patriotic War €1.50 per person, €10.00 per museum guide; Boat trip on Dnieper River €6.00; Mezhygorie €2.00 to enter territory, €7.00 to enter Presidents House.

Clothing

July and August are the hottest months and lightweight cotton clothing is best. During spring and autumn temperatures can be lower or drop during the evenings and there is also a stronger possibility of rain, although light rainwear may be needed at any time of year. A warm fleece/jacket is recommended for cooler evenings.

Footwear

We recommend taking comfortable walking shoes for exploring and trainers or sandals for relaxing.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a day pack. Remember you are expected to carry your own luggage so don't overload yourself. This trip is at a busy pace, including train journeys with shorts walks and/or stairs between platforms, stations and accommodation, so for this reason please take care to make sure you can comfortably carry your own luggage throughout the trip.

Equipment

We advise taking a water bottle for our included walks, sun glasses, sunscreen and a sun hat are all essential. In case of emergency we also recommend that you carry a torch with spare batteries and sufficient medical supplies including a first aid kit and several days extra supply of any specific prescription medications that you require. You may find a head torch handy for on the overnight train journey. Most importantly don't forget your camera.

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 please allow £15.00 for tipping. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Country Information

Poland 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

£8

Dinner price

£18.00 - 22.00

Beer price

£1.50 - 3.00

Water price

£0.8

Foreign Exchange

Local currency

Polish Zloty2

Recommended Currency For Exchange

British Pounds Sterling, US Dollars and Euros are all accepted at exchange offices and banks2

Where To Exchange

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

ATM Availability

Available in all major cities

Credit Card Acceptance

Credit cards are widely accepted in all major cities

Travellers Cheques

Easily exchanged

Ukraine 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

£7.5

Dinner price

£15

Beer price

£1.3

Water price

£0.8

Foreign Exchange

Local currency

Hryvnia

Recommended Currency For Exchange

Pound Sterling, US Dollars (USD) and Euro cash can all be exchanged for the local currency. You can only leave Ukraine with a maximum of USD 3,000. Anything over this amount will be confiscated.

Where To Exchange

Most major towns and cities - your Explore Leader will advise you on arrival. Only exchange money at reputable places like banks, ATM's and official Forex Offices.

ATM Availability

Major towns and cities have ATM's for cash withdrawal.

Credit Card Acceptance

In the main towns and cities credit cards are accepted in most restaurants, hotels and larger shops.

Travellers Cheques

Travellers cheques are very difficult to change in the Ukraine.

Transport, Accommodation & Meals

Transport Information

Bus, Train

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.

Please note that the majority of hotels in Poland don't have air-conditioning. For the overnight train journey we will use sleeper carriages with four bunk beds with bedding provided (two beds on floor level and two above) per compartment and with a shared toilet and wash basin in each carriage. There are no shower facilities on board. Luggage is stored under the bottom bunk beds and above the cabin door for the top bunks. There is the possibility that you will be sharing with non-Explore clients in the same cabin. There is no air-conditioning on board and it's not always possible to open the windows, so we recommend light weight bed clothes. You can experience authentic rail travel with the local people and it's a great way of getting from place to place during the night, so you maximise on the amount of time you have in each city during the day to explore. Take snacks, drinks, toilet roll, hand sanitiser and an open mind with you for maximum enjoyment.

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

Poland: Visas not required by citizens of the UK, Australian, New Zealand, US and Canadian. Other nationalities should consult the relevant consulate. Ukraine: UK, Canadian and US citizens do not require a visa. Other nationalities should consult their local embassy or consular office. In addition you will be required to carry a photocopy of your passport with you at all times in Ukraine for ID purposes. It is essential that you provide Explore with the correct passport information at the time of booking, as this will be required in order to pre-book any applicable train tickets. Corrections and amendments will incur additional charges, so please double check that the information we have for you is up to date and correct, this includes your passport number, full name as per passport (including middle names), date of birth and place of birth; if customers renew or reissue their passports from the details initially given to Explore, train tickets must be cancelled and purchased again, which involves extra costs and may result in customers being in differing train carriages to the rest of the group. If you intend to renew your passport please let Explore know at the point of booking and please ensure that you have the new passport no later than 8 weeks prior to travel.

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.

Included activities

This trip is designed to show you the highlights of three amazing cities in just 8 days, so the pace is busy. We'll be using a range of public transport as well as charter buses to get around and we will do most of our exploring on foot in each place visited. Please therefore pack light to ensure you can lift and store your bag on the overnight train and bring comfy walking shoes.

Non refundable permits

Poland Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tickborne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. 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.

Ukraine Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against hepatitis A and diphtheria. Check that your polio and tetanus vaccinations are up-to-date before travel. The UK Foreign Office currently recommends that you should consider whether to immunise against tickborne encephalitis and rabies. Consult your travel clinic for further advice. 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.
