

EXPLORE!



BEST SELLER

Contrasts of Mexico
15 days

Belize, Guatemala, Mexico - Trip code MX

Contrasts of Mexico

This exciting journey explores the mysterious land of the Aztecs, Zapotecs and the Maya. From the valleys of Oaxaca in Mexico to the jungles of Guatemala, we tour colonial cities and discover ancient sites. We visit the impressive Maya sites of Tikal and Palenque, as well as lesser known sites of Monte Alban, Bonampak and Yaxchilan, and the pyramids at Teotihuacan. We also take a boat trip through the impressive Sumidero Canyon and visit the Mayan towns of San Cristobal and San Juan Chamula.

Trip highlights

- ★ **Palenque** - Arguably the most enchanting of the ancient Maya ruins, set in dense jungle
- ★ **Oaxaca** - Explore the streets and markets of this delightful UNESCO World Heritage city
- ★ **Tikal (Guatemala)** - Discover this Mayan metropolis, where temples scattered over a vast area stand tall above the surrounding jungle
- ★ **Mexico City Anthropological Museum** - An impressive collection of precolonial artefacts
- ★ **San Cristobal de las Casas** - A beautiful highland colonial market town, surrounded by modern day Maya villages

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 tour in Mexico City

Check-in at hotel in Mexico City. Modern day Mexico City was built on top of the Aztec capital Tenochtitlan by the Spaniards, after their conquest of the city. Today this busy, lively city boasts a wealth of historical buildings, museums and markets.



Accommodation: Hotel Fontan (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Mexico City tour including the Museum of Anthropology

On our first day in Mexico City we visit the Zocalo (main square) area. The Cathedral and National Palace with many of Diego Rivera's remarkable murals on the history of Mexico are all built on top of Tenochtitlan the old Aztec capital. Afterwards we will visit the museum of Anthropology, one of the finest museums in the world, its exhibits offer a taste of the history ahead of us.



Accommodation: Hotel Fontan (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 3 - Visit the Teotihuacan Pyramids and the Basilica de Guadalupe

The next day we will drive out to the mysterious pyramids of Teotihuacan. Although abandoned thirteen centuries ago, they are still an unbelievable sight. Once the largest city in the Americas with perhaps 100,000 inhabitants, its influence continued through Middle America, and Maya craftsmen borrowed its decorative motifs and building designs. Centuries later the Aztecs revered Teotihuacan as 'the Place of the Gods'. Returning downtown we visit the Basilica de Guadalupe.



Accommodation: Hotel Fontan (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 4 - Journey to Oaxaca; free to explore the colonial city

Leaving the capital we drive south through cactus country to Oaxaca, one of the most charming colonial cities in Mexico. Arriving in the afternoon, we will have some free time to explore the city on foot. The colonnaded Zocalo comes alive at night as families come to stroll in the shade, while street vendors and entertainers vie for their attention. Oaxaca also has several colourful markets.



Accommodation: Casantica Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 5 - Visit the ancient complex of pyramids of Monte Alban

Colonial Oaxaca was built with stones taken from ancient temples a few miles away. We explore the complex of temples, pyramids and enigmatic rock carvings at Monte Alban, a high spur that looms over the fertile valley. This mystical site was created by Zapotec Indians, who flourished here a thousand years ago. On our return we will visit the Mixtec/ Zapotec site of Mitla on route. This afternoon there may be the chance to see some of the exquisite treasures of Monte Alban in the Regional Museum (known as the Louvre of Oaxaca) in town (optional).



Accommodation: Casantica Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 6 - Journey to Chiapa del Corzo via Mitla

Today is a full day's journey through the mountainous Sierra Madre range, through the hot and windy isthmus of Tehuantepec and on to our hotel in Chiapa del Corzo, the provincial capital of Chiapas state, which we will explore over the next few days. There are plenty of stops to stretch our legs, eat and drink during the 10 hour car journey.



Accommodation: Hotel la Ceiba (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 7 - Sumidero Canyon boat trip then head to San Cristobal

This morning we visit the spectacular Sumidero Canyon, a unique rift 41km long and up to 1000mts deep, cut by the Rio Grijalva. This is the spot where, in the 16th century, some 1000 Chiapa Indians committed suicide rather than submit to Spanish rule. We take a trip on a speed boat to fully appreciate the towering gorge, before driving up a scenic mountain road to San Cristóbal de las Casas. On route we will visit San Juan Chamula where they practice an interesting blend of Catholicism and traditional Maya beliefs' before continuing to San Cristobal. At 2210m above sea level, it can get quite cold at night!



Accommodation: Hotel Rincon del Arco (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 8 - Free Day to explore San Cristobal de las Casas

There is a unique atmosphere to this small colonial and Indian town, high in the scenic Chiapas range. The indigenous groups from the surrounding hills fill the town and marketplace with their colourful dress including the distinctive Tzotzil Indians who still retain much of their Mayan customs and language. They are noted for their bright textiles and weavings in bold designs and this is the place to bargain for some colourful souvenirs. Today is left free for you to explore the area. You may wish to visit the Na Bolom, the House of the Jaguar, which is dedicated to the preservation of the Lacandón tribe and displays many of their artefacts or the Kakaw museum where you can learn about the history and production of chocolate in the area.



Accommodation: Hotel Rincon del Arco (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 9 - Travel to Palenque via the Agua Azul Waterfall

Leaving the highlands, the road is slow and winding, but there are scenic views as we descend from the highlands to the jungles of Palenque. We plan to bathe at the waterfalls of Agua Azul before driving onto our hotel. The river tumbles over a series of limestone travertine's, forming natural jacuzzis, and is a popular Sunday picnic spot for Mexicans and travellers alike.



Accommodation: Hotel Maya Tulipanes (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 10 - Discover the important Mayan site of Palenque

One of the highlights of our tour is today's guided visit to the famous jungle ruins of Palenque, a fascinating and important Mayan site. Once the choking forest was cleared, the ruins revealed the tomb of the high priest Pakal, his body adorned with a marvellous jade death mask - one of the most prized relics of the Maya culture, discovered only in 1952. The entire site, shrouded by the steamy rainforest, has an aura of deep mystery. During the afternoon you can continue to explore the site, or take a bus back to the waterfall of Misol Ha for a refreshing swim (optional). The stunning 30m high waterfall was featured in the titles of the movie 'Predator'.



Accommodation: Hotel Maya Tulipanes (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 11 - Drive to Frontera Corozal; travel by boat to Yaxchilan

Today we head into the Lacandon area to the ruins of Bonampak. The discovery of the well preserved murals at this site had a profound impact on our understanding of the Mayans. Continuing to Frontera, we board our lancha (river boat) on the Ucumacinta river and head for the remote site of Yaxchilan, famous for its stelae and roof combs. We continue back up the river through the rainforest to our overnight lodge near where we boarded our boat earlier today.



Accommodation: Escudo Jaguar (or similar)



Simple Lodge



Meals Provided: Dinner

DAY 12 - Head to Flores, optional boat trip on Lake Peten Itza

Our Mayan rainforest experience continues up river by boat to the small settlement of Bethel on the Guatemalan side before progressing by road to Flores, on Lake Peten Itza. The afternoon can be spent enjoying a leisurely boat trip on the blue waters of the lake (optional).



Accommodation: Hotel Casona de la Isla (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 13 - Explore the great Mayan metropolis of Tikal (Guatemala)

Today we visit Tikal, the great Maya metropolis set in the midst of the rainforest, which can justly be compared with the celebrated ancient cities of Egypt and Greece. Initially settled in about 600BC, Tikal was abandoned by its rulers around 890AD 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 been excavated. The site is extensive, so we include a guided tour in the morning with the afternoon free to let you explore. We can appreciate the prolific birdlife in the surrounding rainforest and take in amazing views of the forest canopy from the tops of the pyramids.



Accommodation: Hotel Casona de la Isla (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 14 - Travel to San Ignacio (Belize)

Today we drive over the border to San Ignacio in Belize. You may like to visit one of the nearby and little visited Mayan sites of Cahal Pech or Xunantunich.



Accommodation: Midas Resort (or similar)



Standard Hotel



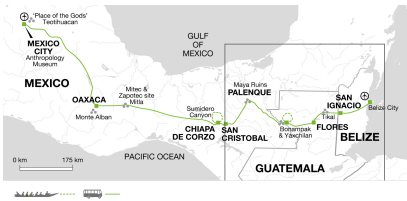
Meals Provided: None

DAY 15 - Drive to Belize City Airport where the tour ends

This morning we drive to Belize City where the tour ends.



Meals Provided: None



What's included?



Included meals

Breakfast: 1

Dinner: 1



Transport

Bus

Boat



Trip staff

Explore Tour Leader

Boat Crew

Driver(s)

Local Guide(s)



Accommodation

13 nights standard hotel

1 nights simple 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

Holidays to Mexico

Climate

Mexico is a country whose weather is very much determined by its geological make-up. Whatever time of year you visit the weather produces a range of diverse contrasts. The summer months (June to October) are generally the wettest, with the areas around Mexico City and Guadalajara averaging some 6 inches of rain in July, whilst the coastal areas like La Paz only get at most an inch. Temperatures at this time of year can also vary greatly, from the mid 70s F in Mexico City, to the high 90s at La Paz. Winter is generally the busiest period, when rainfall is at a minimum and the daytime temperatures average a pleasant 72° across the region. Do bear in mind that at altitude the temperatures can drop considerably at night and sudden changes can occur at anytime.

Time difference to GMT

-6

Plugs

2 Pin Flat

Religion

Roman Catholic, Protestant

Language

Spanish is the official language, but around 50 languages/dialects are also spoken by the indigenous peoples of Mexico.

Budgeting and packing

Optional activities

Mexico City - Ballet Folklorico - US\$80-120; Coyoacan Frida Kahlo Museum US\$12 (plus transport) Oaxaca - Regional Museum US\$ 5 San Cristobal - Na Bolom US\$5 ; Kakaw Museum US\$2 ; Kakaw Chocolate workshop US\$20; Folkloric dancing US\$25 Palenque - Misol Ha waterfall US\$2 entry plus transport US\$70 (up to 4) Flores - Boat trip on Lake Peten Itza US\$ 20; Tikal Canopy - US\$50 San Ignacio - Iguana Farm US\$12; Cahal Pech site US\$15; Xunantunich site US\$30; Yaxha US\$30

Clothing

From Nov-Apr warmer clothing is needed in the highlands (San Cristobal and Mexico City), which are mostly mild, but

temperatures can drop dramatically at night. Pack a fleece and some long sleeved clothing for protection from sun and insects. Lightweight rainwear is essential. In general, winter is dry and summer wet. Casual clothes are acceptable. Shorts are acceptable everywhere except in churches.

Footwear

Bring walking boots if you have them, otherwise comfortable shoes/trainers with a good grip and sandals.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a daysac. Remember - you are expected to carry your own luggage so don't overload yourself. Please note that in the Yucatan luggage is stored on a roof rack and you must be able to lift it.

Equipment

An umbrella is useful for tropical downpours. A torch and waterbottle are recommended. Bring insect repellent, sunscreen and a sunhat.

Tipping

Explore leader

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

Local crew

Local Crew: Although entirely voluntary, tipping is a recognized 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. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow US\$ 60 for group tipping if on MX, 15% is expected in restaurants.

International Departure Taxes

Mexico: there is a 500 Pesos (approx. US\$30) departure tax payable pre entry to Guatemala. Guatemala: there is an entry tax of US\$2 / exit tax US\$2

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

Holidays to Mexico

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.

Breakfast price

£5

Lunch price

£7

Dinner price

£13

Beer price

£2

Water price

£0.7

Foreign Exchange

Local currency

Mexican New Peso

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

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

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

Mexico: Citizens from UK, New Zealand, Australia, New Zealand, US and Canada require a Mexican Tourist Card to enter. This is obtained from the consular office or at the check-in desk of the airline you are travelling with and will need to be kept until exit. Guatemala: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Belize: 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 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.

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 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 Mexico

Vaccinations

Nothing compulsory, but we recommend protection against typhoid, tetanus, 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.
