

# EXPLORE!



## Cycle Jordan

9 days

Jordan - Trip code CJP

## Cycle Jordan

Join us on a cycle journey that uncovers the wild beauty and cultural heritage of Jordan. After the crusader castle of Shobak and a float in the Dead Sea, we follow the King's Highway to the rock-hewn 'lost city' of Petra. We ride down to the southern desert and spend a memorable night under the stars in Wadi Rum at a Bedouin camp. Ending our journey on the Red Sea with the chance to snorkel, swim or just relax.

## Trip highlights

- ★ **Petra** - Cycle to discover the awe-inspiring 'Rose Red City'
- ★ **Dead Sea** - Float in saline waters at the lowest place on earth
- ★ **Wadi Rum desert camp** - A night under the stars in our Bedouin camp in a secluded spot
- ★ **Red Sea** - Relax on the beaches and swim among the coral and fish
- ★ **Madaba and Mount Nebo** - Discover Jordan's biblical heritage as we ride in the footsteps of Moses

### 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.

**CYCLING GRADE:****Moderate**

Medium length rides suitable for cyclists who are used to undulating routes with occasional energetic climbs. Mainly on trails and quiet roads and you should have a reasonable level of fitness.

**GROUP SIZE:****10 - 16**

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

## Itinerary

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

### DAY 1 - Join trip in Madaba

Arrive in Madaba and check into our first hotel.



**Accommodation: Mariam Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

### DAY 2 - Visit Madaba and cycle to Mt Nebo and descend to Dead Sea

This morning we visit the spectacular Byzantine and Umayyad mosaics of Madaba including the famous 6th century mosaic map of the Holy Land. We then start cycling toward Mt Nebo, reputedly the burial place of Moses and certainly the site for a spectacular view over the valley below. We will stop en route for our included picnic lunch. Freewheeling down the stunning series of switchbacks towards the unique setting of the saline waters of the Dead Sea, at nearly 400m below sea level the lowest point on earth is a great way to start this trip! Surrounded by barren hills, this unparalleled body of water has an amazingly high salt content (33%), resulting in the absence of any form of animal life and creating an almost impossible propensity to sink. We will have the opportunity to 'swim' in its buoyant waters and enjoy the therapeutic properties of its mineral rich mud before continuing on up to Shobak by bus for our overnight stop.

On all of the rides you will be provided with filtered water, tea and seasonal fruit and veg for snacks (included).

Our total cycling distance today is approximately 36 kilometres.



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



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

## DAY 3 - Cycle from Shobak Crusader Castle to Petra

This morning, we drive the short distance across the valley to Shobak Castle. The first of the series of Crusader Castles built in Jordan, it was constructed by Baldwin I in 1115 and only surrendered in 1189 to the Great Salahdin. After our visit to this isolated stronghold we will continue on our journey on the Kings Highway. An ancient road that once carried the treasure laden caravan's of Solomon, to the fabled Nabatean city of Petra, one of the highlights of our journey and surely one of the most spectacular archaeological sites on earth. We cycle the undulating landscape through the fabled land of the Edomites, once home to the largest of the three Transjordanian Iron Age kingdoms that inhabited these wild upland regions. Descendants of Lot's brother-in-law Esau, the Edomites went on to become rich from trade in copper and luxury goods, before making way to the emerging Nabatean kingdom that went on to create the majesty that is Petra. We will stop en route for our included picnic lunch before continuing southwards as our route takes us from an elevation of some 1700m down to about 1000m and we skirt the lower slopes of the mountains that lead the way to Petra. Tonight there is the opportunity to visit Petra lit by candlelight, a majestic experience.

Our total cycling distance today is approximately 42 kilometres



**Accommodation: Petra Palace Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Lunch

## DAY 4 - Exploring Petra

Abandoned centuries ago Petra was the rock cut stronghold of the Nabateans, a fortress city built to protect the lucrative levies its citizens imposed on the rich caravans heading north. Surrounded by imposing mountains and approached through a deep, narrow cleft in the rocks, known as the Siq, it is a unique and unforgettable place and, enhanced by the play of light and shadow, an altogether overwhelming experience. Approaching on horseback this morning, we then enter the Siq on foot, following its towering sandstone walls towards the site of the captivating and iconic splendour of the beautiful Khazneh (The famous Treasury). A guided walking tour will take us to some of the key parts of this remarkable and ancient site, one of the most impressive and exciting anywhere in the world. We'll take in the Colonnaded Street and the Royal Tombs, enjoy the site of its amazing theatre, with its 8,000 seats carved from the solid rock. A free afternoon affords the possibility of climbing the steep track up to the magnificent sacrificial 'High Places' (altars) and the top of Jebel Harin (1396m) for a stunning view over Wadi Araba and the Negev Desert. Here we find the Monastery, the largest of Petra's monuments and certainly a highlight to any visit to the city. Towering to a height of 40m its doorway alone measures 8m in height, dwarfing anyone framed within it and it is certainly worth the steep climb up to it. This evening you have the opportunity to enjoy a Bedouin cookery demonstration and meal at a nearby restaurant, learning how to

make a traditional Makloubah (upside down) dish, with meat, rice and fried vegetables, followed by Um Ali, a creamy Arabic dessert with croissant pieces, raisins and nuts (No cycling today).



**Accommodation: Petra Palace Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 5 - Free time in Petra. Cycle to Little Petra and El Beidha

We have a free morning to revisit the Petra site, relax or shop in Wadi Musa. After a traditional Bedouin meal for lunch we take to our bicycles again and ride to Little Petra - a satellite of the main site. We can also visit the important Neolithic site at nearby El Beidha to view an excavated Stone Age village where the remains of houses, fireplaces and workshops that date back to around 6000 BC have been excavated, providing visitors with access to one of oldest excavated Neolithic sites on earth. On return to Wadi Musa what better way to relax this evening than with a traditional Ottoman Bath (optional).

Our total cycling distance today is approximately 20 kilometres



**Accommodation: Petra Palace Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Lunch

## DAY 6 - Cycle to Wadi Rum and overnight in desert camp

Returning to the Kings Highway we pedal south over undulating upland pastures including a few long but gentle ascents and finally, the five-mile freewheel down to the southern desert. Today's picnic lunch spot offers views over Arava and Israel beyond. Cycling along the Old Desert Highway and negotiating sand drifts across the road, we then transfer by bus the remaining kilometres to Wadi Rum. A place that seems more akin to the surface of a distant planet than to anything on earth. The combination of its immensity, colour and awe-inspiring shapes creates an atmosphere that is almost supernatural. Lawrence of Arabia, who held Wadi Rum in high esteem, wrote: 'Our little caravan grew quite self-conscious, and fell dead quiet, afraid and ashamed to flaunt it's smallness in the presence of the stupendous hills. Landscapes in childhood's dreams were so vast and silent'. We have the opportunity this afternoon for an optional camel ride to enjoy the stunning sunset as we ride or walk through a landscape of sandstone mountains and white and pink coloured sands. The private campsite we use is intimate and for Explore's exclusive use. The camp is located away from the main road and tourist centre and within the Wadi Rum protected area with great views over the desert. This evening presents the opportunity to experience traditional Bedouin living arrangements in a large communal style goat hair tent, which provides the best protection against typical desert extremes of hot and cold weather. The tent is laid out with rugs, mattresses,

pillows and sleeping bags and is where each tribe would commune to eat, sleep and socialise. Another Explore group may be at the campsite this evening if the itineraries coincide. After time to settle in and have dinner, we learn to prepare Bedouin coffee in the traditional way. Coffee beans and cardamom pods are roasted over an open fire, before brewing the coffee and enjoying its flavour. The rest of the evening is normally spent around a campfire, with spectacular desert stars overhead. A toilet and wash block with limited washing facilities is also available during our stay.

Our total cycling distance today is approximately 58 kilometres



**Accommodation: Muhammed Mutlak Wadi Rum Camp** (or similar)



Simple Tented Camp



Meals Provided: Breakfast, Lunch & Dinner

## DAY 7 - Cycle from Wadi Rum and continue on to Aqaba by bus

On our final day of cycling, we cross the Hejaz railway line and tour the desolate parts of Wadi Rum riding on the 'Jelada' the hard dried mud left from the rare rains. Few other visitors venture to these areas but for cyclists it is an easy riding surface and perfectly flat! A strange world of bleached bones and mirages turn the surrounding hills into towering islands. We will stop for a picnic lunch in a remote shady spot before making our way out of the desert and by afternoon transfer by bus to take us to Aqaba and Jordan's only seaport. As we take our last views out across the Jordan Valley we reach Jordan's southern borders, leaving behind the desert and entering a landscape of palm groves and coral reefs, warm glistening waters and the impressive backdrop of the Jordanian Heights.

Our total cycling distance today is approximately 35 kilometres



**Accommodation: My Hotel** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

## DAY 8 - Free day to relax by the Red Sea before returning to Amman

We have a free day to relax or perhaps enjoy some more of the 17km of sandy beaches, splendid coral reefs and clear warm waters for which Aqaba is famed. Aqaba has numerous watersports activities, including snorkelling, diving and glass bottom boats for hire, so there should be something for everyone. Late afternoon we depart the coast and return to Amman.



**Accommodation: Ream Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 9 - Trip ends

Our trip ends after breakfast.



Meals Provided: Breakfast

# Cycling information

## DAILY DISTANCE



### General cycling information

On this trip we cycle 191 km over five days (an average of 38 km per day). We travel mainly on good tarmac roads (80% tarmac, 20% cycle paths) except for a section of day 7 on hard-packed mud or 'jelada'. The terrain is generally flat or gently undulating with some ascents and long descents. A support vehicle accompanies all rides, providing transfers between cycling points. We have graded the route as moderate.

### Bike included

24 gear Trek 3700 mountain bike with front suspension

### Bike information

Your included bike is a 24 gear Trek 3700 mountain bike with front suspension and will be the correct frame size for your height. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour and can transport your day bag if you prefer to cycle without this. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

### Cycling grade

Moderate



## Why book this trip

On this trip we use locally-graded and centrally-located 3 star hotels that are close to restaurants, shops and main sites of interest. Our desert camp lends for a better experience as it is a private camp in the heart of Wadi Rum, 20 km deep inside the desert rather than a shared camp by the main road. You can spend a breath-taking night under a blanket of stars amid sand dunes and desert scenery. Unlike many other operators we visit the Crusader castle of Shobak with stunning views over the Jordan valley. Our fantastic back up crew look after you while cycling and the major highlight of Petra is brought to life by an expert local guide.

## What's included?



### Included meals

Breakfast: 8  
Lunch: 4  
Dinner: 1



### Transport

Bus  
Bicycle



### Trip staff

Explore Tour Leader / Cycle guide  
Driver(s)  
Local Guide(s)



### Accommodation

7 nights standard hotel  
1 nights simple tented camp

## Trip information

### Country information

#### Jordan

##### Climate

During April to November days are generally sunny and hot without rain with temperatures around 32°C. In spring and autumn evenings can be cool and night temperatures can drop suddenly especially in the desert. Expect cold nights in winter (December to February) when temperatures can drop to around 0 degrees. Some rain should also be expected at this time of year.

##### Time difference to GMT

+2

##### Plugs

2 Pin Round

**Religion**

Islam

**Language**

Arabic

## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Petra - Petra by night JD17.00 pp; Ottoman bath JD25.00 pp; Cookery demonstration and meal JD25.00 pp

Wadi Rum - Camel trek JD20.00 pp.

Aqaba - Snorkelling on coral reef including lunch and snorkelling kit JD35.00 pp; Snorkelling from Boat (snorkelling equipment included) JD35.00 pp

### Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and water proof jacket and warmer breathable layers where local conditions require.

General: Pack essentially for hot, cold or mild weather depending on the time of the year.

### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

### Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike. Hotel porters are not always available, so don't overload yourself. Please note you will only carry what you need to the camp in Wadi Rum and main luggage will be transported directly from Petra to Aqaba.

### Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

### 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 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 Explore Leader may



organise a group's tips kitty and if this is the case, they will account for it throughout the trip. Accordingly, you should allow JD20.00 pp (Jordanian Dinar) for tipping.

### **International Departure Taxes**

The Jordanian government levies on all travellers a departure tax of JD8.00 per person. For travellers departing by air this is usually included in the taxes on the airline ticket and thus nothing will be collected from you at the point of departure. For those travellers departing by land, this will be collected by the immigration authorities at the port of departure from Jordan.

### **Country Information**

## **Jordan**

### **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**

£15

#### **Beer price**

£4

#### **Water price**

£1.5

### **Foreign Exchange**

#### **Local currency**

Jordanian Dinar

#### **Recommended Currency For Exchange**

Sterling and US\$ are widely accepted though exchange rates tend to favour the US\$. It is worth taking some money in cash. You may be able to order Dinars from your bank although the rate will usually be lower than purchasing currency in country.

#### **Where To Exchange**

Banks or 'Forex' offices in main towns/cities.

#### **ATM Availability**

ATMs are widely available, but do not always work.

#### **Credit Card Acceptance**

In hotels and some larger shops/restaurants.

#### **Travellers Cheques**

Travellers Cheques, although still the safest way of carrying money, are difficult to cash in Jordan. There are high commission charges on Travellers Cheques on a per cheque basis so if using them we suggest you take high denomination cheques. Proof of purchase may be necessary for encashment of Travellers Cheques.

## **Transport, Accommodation & Meals**

### **Transport Information**

Bus, Bicycle

### **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.

Standard - Our 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.

Simple - We stay one night in a simple Beduin campsite, private for Explore travellers. The large communal tent is laid out with rugs, mattresses, pillows and sleeping bags. There are limited washing facilities and separate WC tents.

Jordan's tourism infrastructure is well developed and standards are generally good. However, due to the recent considerable rise in tourism in Jordan, hotels are experiencing very high demand for rooms', particularly in and around Petra. This high demand can lead to lower levels of service and quality, as well as occurrences of overbookings, which are often notified to us at a late stage. For this reason, we would like to emphasise that hotel accommodation, including the standard of, is subject to change and facilities are often simple. However, we are confident that these issues are vastly outweighed by our close proximity to historical Petra perfect for exploring.

Please note that some hotel swimming pools in Jordan may operate separate timetables for men and women.

## 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.

### Price Guarantee

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 and Passport Information

Jordan: The Jordanian government have announced that from 01 June 2015, all visa fees will be waived for tourists of British, American, Australian, New Zealand and Canadian nationalities on arrival at an international Jordanian airport. There are however, certain conditions that each tourist of these nationalities must meet in order to gain the free visa. Most of these are already met by Explore trips; however flight information, passport details and arrival date into Jordan all have an effect on qualifying for the free visa. Please see below for the category that is applicable to your flight arrangements:

The following information relates to the above nationalities travelling on flights to Jordan arranged by Explore arriving on the first day of the tour: In order to qualify for the free visa, the above nationalities must advise their passport details at least 14 days prior to your departure date to Explore and must be met by a representative who will assist with the visa process, this is already arranged by Explore as part of the transfer arrangements from the airport to the start of the tour.

The following information relates to the above nationalities with Land Only arrangements arriving on the first day of the tour: In order to qualify for the free visa, these tourists must advise their passport details at least 14 days prior to your departure date to Explore and must be met by a representative who will assist with the visa process. Land Only customers of the above nationalities arranging their own flights to arrive in Jordan on the first day of the tour must advise their full flight details to Explore at least 7 days prior to your departure date. We will then arrange for the representative to meet you as part of the transfer arrangements from the airport to the start of the tour.

The following information relates to the above nationalities arriving in Jordan prior or after the first day of the tour: In order to qualify for the free visa, tourists of the above nationalities must advise their passport details at least 14 days prior to your departure date to Explore and must be met by a representative who will assist with the visa process. To qualify for the free visa, you must contact Explore at least 7 days prior to your departure date to arrange and purchase a private transfer. We will then arrange for the representative to meet you as part of the transfer arrangements.

Please Note: For all tourists of the above nationalities that do not advise their passport details and for all above nationalities that arrange their own travel arrangements and do not advise their flight details to Explore within the above specified timelines, the Jordanian visa fee of JD40.00 (approximately £45) will be applicable. This must be paid on arrival at an international Jordanian airport in order for individuals to gain a visa to enter the country.

All other nationalities should consult the relevant consulate to determine if they are applicable for the above free visa on arrival or must gain a visa prior to departure.

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

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## 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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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

## Jordan

### Vaccinations

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria. 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 [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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