



BEST SELLER

Family Viva Cuba!
15 days

Cuba - Trip code FCLT

Family Viva Cuba!

An action-packed holiday for adventurous families. We swim in jungle pools, shower in waterfalls and hike along forest trails. We camp out at traditional haciendas in the mountains and have the opportunity to experience the thrill of zip-wiring through the tree tops. From cruising around the vibrant capital city of Havana in a 1950s American car to snorkelling in the warm waters in the Caribbean, Cuba is the ideal destination for a fun-filled family holiday.

Now is undoubtedly a fantastic time to visit Cuba to see and experience the island. Visiting Cuba is like stepping back in time as little has changed over the past 50 years. To fully enjoy the Cuban experience you should travel with a willingness to expect the unexpected and, above all, an adventurous spirit. In our opinion go now and experience this unique destination before it changes.

Trip highlights

- ★ **Havana by classic car** - Cruise round Cuba's captivating capital in a 1950s American car
- ★ **Las Terrazes** - Discover the UNESCO Biosphere Reserve - and a chance to zip-wire through the treetops
- ★ **Viva la Revolution!** - Visit the most iconic reminders of the Cuban Revolution, including the Che Guevara Memorial and the Bay of Pigs
- ★ **Topes de Collantes** - Wildlife walks and swimming in jungle pools in the Escambray Mountains
- ★ **Golden sand beaches** - Relax and swim on Playa Ancon

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:

14 - 20

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 - Arrive Havana

Built around a deep natural harbour, Havana is one of the most impressive cities in the Americas. It's also one of the most exciting: the modern city is a fascinating mix of old and new, with crumbling tenement blocks and 1950s American Cadillacs rubbing shoulders with grand colonial buildings and monuments to the revolution. Wherever you go there is music - the hypnotic rhythms of salsa, trova and son can be heard in every bar, street corner or 'casa de la musica'. Founded in 1519 the city became the gateway for the Spanish conquests of Mexico and Peru, when its strategic location at the mouth of the Gulf of Mexico saw it eclipse Santiago as the country's capital. American influence in the 20th century came to an abrupt end in 1959, when Fidel Castro and his fellow revolutionaries expelled the Americans and set the country on its socialist course into the history books. Today we arrive and check into our city centre hotel.



Accommodation: Sevilla Hotel (or similar)



Standard Hotel



Meals Provided: None

DAY 2 - In Havana; tour the city in 1950s American cars and take a salsa lesson

What better way to get a feel for this vibrant and fascinating city than to cruise the streets in classic 1950s American cars, a colourful legacy of pre-revolutionary days? Our route takes in the beautiful, neoclassical architecture of Havana's Vieja (Old) district and the art deco buildings along the waterfront (Malecon) as well as driving through the Vedado and Miramar suburbs, where kids play baseball below rusting street lights. In the afternoon we get active with a salsa dance lesson: a chance to learn the basics of Cuba's most characteristic dance style.



Accommodation: Sevilla Hotel (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 3 - Drive to Vinales to discover this World Heritage Site

Leaving Havana we head west to the beautiful Vinales valley, a UNESCO World Heritage Site and home to some of the most famous tobacco fields in the world. The valley sits in the Sierra de los Organos mountains, where millions of years ago underground rivers cut tunnels through the soft limestone hills leaving behind strange hills or 'mogotes' that rise like cliffs from the rich, red soil of the valley floor. We take a short guided walk through this remarkable landscape, passing immaculate tobacco fields and beautifully tended fruit and vegetable gardens, pausing to visit local farmers and see for ourselves the intricate process of harvesting, drying and finally rolling the classic Cuban cigars (tobacco growing season is between Oct-April). The valley floor is dotted with simple, colourful farmhouses, each with its characteristic thatched-roof tobacco drying barn. Most of the farming is still very traditional and you can expect to see the fertile soil still being ploughed by oxen.



Accommodation: La Ermita (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 4 - Relax on the white sand beaches of Cayo Levisa

Today we journey by ferry to the beautiful white sand beaches of the island of Cayo Levisa on the north coast of Cuba. Here, mangroves and pristine white sand welcome us for a day's relaxation on the beach. The more active among us may choose to take an optional snorkelling trip to explore the colourful marine flora and fauna on the reef. As there is little civilization on the island, you may like to bring your own snorkel and mask although they are often available for hire locally



Accommodation: La Ermita (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Lunch

DAY 5 - Drive to Soroa visiting an orchid garden including a flower that smells of chocolate

Today we head east into the Sierra del Rosario at Soroa. We visit the beautifully tended orchid garden here, located on a steep hillside with views over the surrounding mountains. More than 700 orchid species are grown here (including one that smells of chocolate!) along with many other quite fascinating plants. This afternoon you may wish to take a walk to a beautiful nearby waterfall surrounded by dense, green forest which is rich in birdlife and home to many butterflies or you may wish to just relax by the pool



Accommodation: Soroa Hotel (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 6 - Guided walk in Las Terrazas with an option to try out a zipwire

We start our day with a drive to Las Terrazas a small village in the heart of the Sierra del Rosario, a UNESCO biosphere reserve. The region used to be severely deforested so in 1968 an ambitious regeneration project was started. The hillsides were terraced (to reduce rain erosion) and millions of trees were planted. Now the area is covered in thick tropical vegetation, with the distinctive tall, white trunks of the majestic royal palm standing out against its rolling green hillsides. We set out this morning with a local naturalist guide to walk through the rich flora and fauna of Las Terrazas, finishing two or three hours later at a small waterfall with rock-pools, perfect for a refreshing swim (water-shoes are useful as there can be lots of scrambling over rocks). The rest of the day is left free to enjoy this beautiful area. A popular option is to do the exhilarating zip-wire course: three long wires take you flying over the tree-tops, the lake and even over the red-tiled rooftops of Las Terrazas village (it is easy to sit out the zip-wire course if not all family members want to participate). We will return to Soroa for the night.



Accommodation: Soroa Hotel (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Lunch

DAY 7 - Drive to Cienfuegos via the Bay of Pigs

Heading east across Cuba, we drive through giant citrus and sugar plantations and out into the flat marshlands of the Zapata Peninsula. We stop at the Cueva de los Peces (Cave of the Fish), a 70 metre deep flooded natural pool with subterranean tunnels connect it with the nearby sea. We stop for lunch here and a swim and snorkel before continuing to the infamous Playa Giron - the Bay of Pigs. This seemingly quiet, rural area propelled Cuba onto the world stage when the CIA backed an abortive coup attempt by Cuban exiles that resulted in humiliation for the Kennedy administration, the death and capture of some 1400 soldiers and the immediate elevation of Fidel Castro to hero status. We visit the museum here to learn how a 20th century superpower was humbled by a supposedly ragtag army of disorganised rebels, an event that practically threw Cuba into the waiting arms of the Soviet Union. We then drive to Cienfuegos, another beautifully preserved colonial city with UNESCO World Heritage status.



Accommodation: Hotel Jagua (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 8 - In Cienfuegos with optional boat cruise

This morning we will start the day with a short city tour around the colonial heart of Cienfuegos. This city is often referred to as the 'Pearl of the South', originally founded by the French it boasts the impressive Terry Theatre where they host operas and ballet. This afternoon has been left free either to relax by the hotel pool or you may wish to take an optional boat excursion out to one of the local bays.



Accommodation: Hotel Jagua (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 9 - Drive to Topes; Walk and swim in the nature reserve

This morning we skirt the edge of the wooded Escambray Mountains with the turquoise waters of the Caribbean on our right, we then take a short drive on steep, switch-back roads which leads us into the densely wooded Escambray Mountains, to the Topes de Collantes nature reserve. We transfer onto an open-sided 4WD truck which takes us deeper into the reserve, then set off on foot through the forests with our naturalist guide. Our trail takes us along a ridge with panoramic views on all sides, then into a valley cut deep by the Guayanara River. Our guide will point out the rich and varied flora and fauna along the way, including the rare Cuban trogon, Cuba's national bird, whose red, white and blue plumage mirrors the national flag. After a walk of around 3 to 4 hours we arrive at our 'hacienda', set in a beautiful valley. Lying alongside a river with bathing pools, Hacienda de Gallega is a converted farmstead with a dining area, a bar, simple toilet and shower facilities and some flat terraces where our tents will be set up. Surrounded by beautifully tended flowerbeds and the forests of Topes de Collantes, this is a wonderfully relaxing and peaceful place to stay. After lunch there's the chance to walk along the river to the Salto de Rocio waterfall, a 3 hour round trip, through an area rich with trogons, hummingbirds and woodpeckers.

Close to the waterfall there are rockpools where we can swim and - for the intrepid - swing out Tarzan-style on a liana overhanging the deepest pool. In the evening we eat a wholesome dinner at the hacienda then settle down to sleep overnight in our tents. Generous 2-man tents are provided along with foam mattresses and blankets, but we recommend you bring your own sleeping bag (or at least a sleeping sheet) in addition. If you prefer you can sleep out on the verandahs at the hacienda, under the eaves, rather than in a tent. Please note you can travel by truck to the hacienda if you prefer not to walk today.



Accommodation: Hacienda Gallega (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 10 - In Topes de Collantes nature reserve

A full day in the Escambray Mountains, exploring more of the Topes de Collantes nature reserve. In the morning we drive by truck to the start of our 3 to 4 hour walk. We follow a trail through forests and valleys, past streams and glades with flowers, butterflies

and darting hummingbirds. Further on we reach La Batata, a cave through which an underground river gurgles, gently carving out rock pools. The water rarely exceeds 20°C so the swimming is exhilarating here! We walk on until we reach the beautiful, isolated Hacienda Codina, set in a green valley with manicured gardens all around. The traditional hacienda has a pleasant bar and verandah, with rocking chairs to sit back and enjoy the view. We enjoy a leisurely lunch in the dining area, surrounded by colourful flowers and birds, then rest through the heat of the day. Later in the afternoon we explore a short nature trail close to the hacienda, with rare orchids and unusual medicinal plants. At one point the trail actually passes through a cave (Cueva del Altar), emerging on the other side of the hill to beautiful views over the distant Caribbean. Later we have dinner, enjoying another traditional home-cooked meal, before settling down for the night in our tents (or, like last night, you can choose to sleep on the verandahs of the hacienda). Once again you can skip the walk today and travel to the hacienda by truck if you prefer.



Accommodation: Hacienda Codina (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 11 - Visit Trinidad in the morning, with a free afternoon



Accommodation: Las Brisas (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Dinner

DAY 12 - Time to relax at Playa Ancon (near Trinidad)

These two days have been left free to make the most of the idyllic beaches near Trinidad, and the surrounding area. Relax on the beach and enjoy the facilities of the hotel which has an entertainment programme, traditional music band, aerobics classes, beach sports or just relax on the beach. Catamaran, wind-surfing, kayaking, and scuba diving are all possible.



Accommodation: Las Brisas (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 13 - Time to relax at Playa Ancon (near Trinidad)

There are various options available during our time here, giving you the chance to be as active or relaxed as you like. You may wish to head into the Escambray mountains for a 4 hour trek (approx 8km) up through an unspoilt land of forest and water-eroded

valleys. The trek is to an isolated hacienda where we would have lunch, before returning to Trinidad.



Accommodation: Las Brisas (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 14 - Drive to Havana via Santa Clara

In the morning we drive west back to Havana. We will stop on route at the historically important city of Santa Clara. Here we visit the Che Guevara Mausoleum and Museum, the final resting place of one of the world's most iconic and recognisable revolutionary figures. We will then continue onto Havana where the rest of the day is free either to enjoy exploring more, perhaps wandering through some of the artisan markets looking for souvenirs to take home, or relax around the lovely pool at our hotel.



Accommodation: Sevilla Hotel (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 15 - Trip ends Havana

Our trip ends today in Havana after breakfast. Those on the group flight will have more free time to Explore before they are transferred to the airport in the afternoon.



Meals Provided: Breakfast

Family information

Average Age: As a guide we have identified the actual average age of the children who have travelled on this trip over the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 15 years old; this trip is suitable for children of all ages.

Minimum age

7



Explore staff love Cuba!

Read about their experiences and what you can expect from your trip.

Why book this trip

This adventure is designed for families who want to discover one of the most unique countries in the world and a must do before the culture and ethos of the nation changes. You will travel to iconic reminders of the Cuban Revolution including the Che Guevara Memorial and the Bay of Pigs, enjoy Havana with its salsa dancing, music and colour and relax on the golden beaches of Playa Ancon and the Caribbean Island of Cayo Levisa. An adventure where we explore, learn and discover with time on the beach.

What's included?



Included meals

Breakfast: 14
Lunch: 7
Dinner: 6



Transport

Bus
4WD
Car



Trip staff

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



Accommodation

2 nights simple camping
12 nights standard hotel

Trip information

Country information

Cuba

Climate

The dry season is from November to April. Average temperatures are 22-26C. Though the sky is often cloudless during the dry season, cold wet snaps do come in from North America especially in Dec and Jan, when the temperatures can drop to as low as 5C at night. From May to October there are normally fine mornings and clear evenings, afternoon rains tend to be short & heavy. Temperatures are hot and humid.

Time difference to GMT

-5

Plugs

2 Pin Flat and 2 Pin Round

Religion

60% Catholic

Language

Spanish

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.

Havana - Museo de la Ciudad CUC3, CUC8 with guide; Museo de la Revolucion & Arte Colonial CUC7 each, plus CUC2 with guide; Colonial Art Museum CUC5, CUC7 with guide
Cienfuegos - Boat excursion inc. transport CUC20 (lunch additional CUC10) - minimum 7 people
Viñales - Cueva del Indio CUC8; Laguna de la Piedra walk CUC8;
Soroa - Waterfall visit CUC3, Orchid garden CUC3
Las Terrazas - Zip-wire course CUC25 for three wires or CUC35 for all 6
Trinidad - Cayo Las Iguanas Boat Excursion CUC60 plus transport 10CUC per taxi each way;

Clothing

Include light cotton clothing plus something warmer for the evenings in the hills when it can get cool. A light fleece and waterproof are also recommended, except during Dec-Jan when you will need a heavier fleece and waterproof.

Footwear

Comfortable walking boots or shoes are recommended, although the walking trails can be tackled in trainers.

Luggage

20kg

Luggage: On tour

One main piece of luggage and a shoulder bag or daysac. Remember you will be expected to carry your own luggage, so don't overload yourself.

Equipment

A torch (with spare batteries and bulb), filter water bottle, travel pillow, towel, sunblock, pocket knife, insect repellent, sunglasses, sun hat and swimgear. You may wish to bring a walking pole.

A mosquito net is strongly recommended.

A 2-season (temperature 0°C to 5°C) sleeping bag is recommended for the two night stay in the haciendas (mattresses are provided) if you feel the cold, alternatively a sleeping bag sheet. Due to the limited availability of bedding (and other goods) in Cuba, the bedding provided in Topes may not be up to the standards you are used to. Accordingly, we strongly recommend you take your own sleeping bag for these night's stay.

You may also wish to bring your own mask and snorkel (see day 4). Camera equipment is not available to buy in Cuba.

Tissues, hand sanitizers and repellent sprays as these are all difficult to come by in Cuba.

Tipping

Explore leader

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

Please note tipping is also customary for musicians and for public conveniences so small notes and coins are always handy

Local crew

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest CUC30 per family member.

For all non-included services and meals on your trip please tip independently at your discretion. 10% is expected in restaurants and it is usual to tip musicians at restaurants and bars.

Cuba

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

£12.00-15.00

Beer price

£2

Water price

£1.5

Foreign Exchange

Local currency

Cuban Convertible Peso (CUC).

Recommended Currency For Exchange

US dollars are no longer accepted in shops and other businesses, tourists and Cubans exchanging dollars will have to pay a 20% commission. We recommend you take clean Euro, Canadian dollars or Sterling cash as these are easier to exchange. Please note that Scottish Pounds are not accepted in Cuba.

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

Please note credit and debit cards associated with American Banks are not accepted. 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. Amex Travellers Cheques are not accepted.

Transport, Accommodation & Meals

Transport Information

Bus, 4WD, Car

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.

Accommodation and service levels in Cuba have improved in recent years but there is an ongoing trade embargo and lack of investment in infrastructure. Accommodation can be basic, particularly in some rural areas, occasionally with unreliable water and electricity supply. Service levels in government hotels, shops and restaurants are generally poor as this is not a service-oriented western culture. Of course, this is all part of seeing the 'real Cuba' and while we think you'll be pleasantly surprised by most of the hotels we use, you should be prepared for simply furnished rooms, some out-dated furniture and varying levels of service. Most of the hotels do have air conditioning and en-suite facilities.

Casas particulares (Trinidad) - This is a Spanish term meaning private accommodation or homestay in Cuba. Staying in a casa offers

the visitor a unique opportunity to experience Cuban hospitality in local accommodation adapted for tourism. The number of rooms, quality, facilities and access to other areas of the house such as the living room varies massively but as a general rule the majority of Casas are clean, basic, centrally located and can host only a handful of guests. Casas are generally run by the owner and members of the family that live there and the standard of English spoken will vary from zero to fluent, which is a good opportunity for you to practice your Spanish. Virtually all of the rooms have private facilities but on rare occasions it may be necessary to share. Your Explore Leader will coordinate accommodation arrangements on the trip.

Family swimming

Some of the hotels have pools. There are also opportunities to swim in the sea and at the jungle pools at Las Terrazas.

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

Cuba: Visas or Tourist cards are required by all nationalities travelling to Cuba. Explore can only supply the Cuban Tourist Cards to citizens of the EU, Canada, Australia and New Zealand who are resident in the UK. This currently costs £15. Please contact Explore or your Travel Agent to arrange this service and we will send your tourist card with your final documentation.

Alternatively they can be obtained directly through Cuban embassies and consulates. Other nationalities should consult the relevant consulate.

Due to US Treasury Department Regulations we are unable to accept bookings from US passport holders. These Regulations set out different categories under which it is possible for US citizens to travel to Cuba; our trips do not fall under any of the permissible categories. As a tour operator we have an obligation to follow legal procedures, and as such we are unable to sell our trips to US passport holders.

Travelling for tourism reasons directly from the USA to Cuba isn't allowed under US law. The law applies to US nationals and all foreign nationals who are either resident in the USA, or travelling through the USA en route to Cuba. Those travelling on direct flights between the UK and Cuba, or via other countries excluding the USA, are unaffected by this US legislation.

You should confirm all visa related questions with the relevant Embassy prior to departure.

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.

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

Cuba

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. 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.