

# EXPLORE!



## Why book this trip?

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This voyage offers you a rare chance to experience the wondrous islands of Franz Josef Land, crossing the Barents Sea to a world very few have seen. Enter the Russian Arctic National Park and keep watch for polar bears, whales, walrus and seals. Marvel at the spectacular birdlife, as we Zodiac-cruise beneath towering bird cliffs and enjoy extensive walks along the tundra, stopping off at fascinating explorer huts along the way.

- **Enjoy rare whale sightings** - as we search for rorqual and bowhead whales
- **Visit Nansen's winter camp** - at Cape Norway
- **Set foot on the frozen landscape of Franz Josef Land** - 85% of which is glaciated



**INCLUDED MEALS**  
 Breakfast: 15  
 Lunch: 14  
 Dinner: 15



**TRIP STAFF**  
 Expedition Crew  
 Naturalist(s)



**TRANSPORT**  
 M/V Greg Mortimer  
 Zodiac



**ACCOMMODATION**  
 15 nights premium boat



**TRIP PACE:**  
 Relaxed

## Itinerary

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

### DAY 1 - Arrive Kirkenes and board the M/V Greg Mortimer

Arrive in Kirkenes, on the northern coast of Norway and board the M/V Greg Mortimer in the late afternoon. You'll have time to settle into your cabin before our important safety briefings. Sail the scenic Bokfjord to reach the Barents Sea, on our way to Murmansk in neighbouring Russia.



**ACCOMMODATION:**  
 M/V Greg Mortimer (or similar)

**Grade: Premium Boat**



**MEALS PROVIDED: DINNER**

### DAY 2 - Murmansk

After sailing overnight, we stop in Murmansk to clear security for entering Russia. While the ship undergoes its security clearance procedures, you may have the opportunity to go on a city tour of Murmansk, visiting the monument to the soldier of WW2 and also, the first nuclear icebreaker - Lenin.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 3 - At Sea

The next two days are spent at sea, allowing you the opportunity to get to know your fellow expeditioners and to settle into ship life.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 4 - At Sea

Enjoy informative on-board lectures from the expedition crew, preparing you for your forthcoming landings. Depending on weather conditions, we may attempt a landing or Zodiac cruise in front of our first glacier.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 5 - Novaya Zemlya

The Novaya Zemlya archipelago was once an important nuclear research site during the cold war and

today, only a few places in the north are accessible to visitors. These islands offer stunning rugged Arctic landscapes - enormous extinct volcanoes, jagged cliffs and the most isolated mountain range in the Baltic Sea. For wildlife lovers, Novaya Zemlya boasts a great variety of flora and fauna, many of which are on the brink of extinction.

We hope to visit Inostrantseva Bay, which has one of the most picturesque glaciers in the entire archipelago, offering breathtaking panoramic views of Arctic wilderness. The fog can be quite thick here and the swell can be high, but we will attempt to launch our Zodiacs to explore the bay and photograph the stunning icy landscape. If we're able to land, we will enjoy hiking along the coastline and observe some of the endemic species of Arctic flora and fauna.

Just north of the northern tip of the Novaya Zemlya Archipelago is Oransky, a group of several small inshore islands, established in 20019 and located within the Russian Arctic National Park. The islands aren't inhabited by humans, but remnants of early hunting activity are visible here. At nearby Zhelania Cape, situated at the northeastern-most tip of Northern Island, a manned weather station and a military base were in operation, but both were closed in the 1990s. On Oransky Islands, Brünnich's guillemots, black-legged kittiwakes, glaucous gulls, black guillemots, Atlantic puffins and great skuas can be found breeding. You may get a chance to see a massive walrus rookery, various whale species and the Novaya Zemlya reindeer. If you're very fortunate, you may also be able to see polar bear and the ones found at Novaya Zemlya, are considered to be a genetically unique sub-species.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 6 - At sea, arrive Franz Josef Land in the afternoon

We set sail in the morning, enjoying more informative lectures at sea, before arriving into Frans Josef Land in the afternoon.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 7 - Franz Josef Land

Franz Josef Land is a stark yet beautiful world of glaciers, mosses and lichens. Approximately five million sea birds nest on the archipelago every year, with the thick-billed guillemot accounting for approximately a fifth of the birdlife. Other seabirds such as fulmar, kittiwake, Brünnich's guillemot, black guillemot and little auk are common throughout the archipelago. On the flat tundra, nest other species such as common eider, purple sandpiper, Arctic skua, glaucous gull, ivory gull, Arctic tern and snow bunting. In addition to its prolific birdlife, Franz Josef Land is also home to two Arctic giants - the Polar bear and the walrus and there is also a population of Arctic fox, which typically have their territories near seabird habitats. The waters of Franz Josef Land are visited by whales, including humpback, bowhead, narwhal, and white beluga whale. Walrus, ringed seals, bearded seals and an amazing species of mammals, choose Franz Josef Land, and the water areas around it, as their home.

There are a host of landing sites to choose from over the next 7 days, weather, wind, and sea-ice conditions will determine our final itinerary and the order in which we visit these sites, but our expert crew will ensure that no opportunity is missed along the way.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 8 - Franz Josef Land

We hope to stop on Bell Island, where the remains of an empty cabin, built in 1880 by British explorer Benjamin Leigh Smith, can be found. Moving onto Mabel island, you will have the opportunity to get close to a little auk colony, as the birds nest between the rocks on the slope above the beach where the Zodiacs land. Located in an unglaciated area in the Southwest of Northbrook Island, Cape Flora is one of the most famous historical sites in Franz Josef Land, because it is one of the most accessible locations in the archipelago and often served as a base for polar expeditions in the late 19th and early 20th centuries. Cape Flora features some of the most beautiful tundra in Franz Josef Land, but landings on the rocky beach, which is prone to swell from the Barents Sea, can often be tricky. Cape Flora is where Benjamin Leigh Smith's vessel Eira was shipwrecked in 1881, after being trapped in pack ice.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)

Grade: Premium Boat





MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 9 - Franz Josef Land

Prince George is the largest and longest island of the Franz Josef Archipelago. Most of the island is covered in large glaciers and ice domes, such as the Brusilov Ice Dome - the highest point of the island. A landing at Geographers Bay allows for a hike up one of the ice domes to stretch our legs and to enjoy the wonderful views over the archipelago, as Prince George Island is not fully glaciated. It's also a great spot for enjoying the typical flowers of the north Arctic tundra.

Tikhaya Bay was a major base for polar expeditions, and where a team of meteorologists from the Russian Sedov station were marooned at the beginning of the Second World War. It was also the location of a meteorological station between 1929 and 1963. The remains of the old Russian station is worth a visit and after thousands of rusting barrels were found and cleared here in recent years, the station now resembles a ghost town or a living museum. Here, you will also find the world's northernmost Russian post office.



ACCOMMODATION:  
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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 10 - Franz Josef Land

At Rubini Rock on Hooker Island, the impressive basalt cliffs create the best bird cliffs in the archipelago, housing more than 100,000 birds comprising mostly of Brünnich guillemot but also kittiwake and little auks. The bird cliff lies just off of Calm Bay and is perfect for Zodiac cruises. The island is a volcanic plug, the central remains of a conical volcano. At Cape Tegethoff, the first landing point of Austro-Hungarian expeditioners Julius Von Payer and Karl Weyprecht in 1873, you will find beautiful basalt rocks and bird cliff rookeries full of guillemot, gulls, kittiwake and little auks.



ACCOMMODATION:  
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Grade: Premium Boat





MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 11 - Franz Josef Land

Champ Island is famous for the incredible stone spheres or geodes, commonly called Devils Marbles, with sizes ranging from tennis balls to boulders that are three metres in diameter. These rocks are a unique geological feature that can be found only in the Arctic regions. Keep a look out for walrus in the water, or hauled out on the beach, during our wet landing.

At Cape Norway on Jackson Island, explore the site where the famous Norwegian explorers Fritjoj Nansen and Hjalmar Johansen spent the winter of 1895-96, after returning from their attempt to reach the North Pole. You can see the remains of the stone hut built by the men, including a big log that was used as a makeshift roof. A commemorative plaque marks this event, where the men survived the winter until the following summer, before resuming their journey southwards.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 12 - Franz Josef Land

Cape Fligely on Prince Rudolf Island is situated at 81° 51'N, this is the northernmost point of Eurasia, where we can cruise along the ice edge and perhaps get a glimpse to the North Pole, in very clear weather conditions. A visit to Teplitz Bay, will allow you to witness an abandoned Russian meteorological station, once the northernmost weather station in the world. The bay is often full of ice, but provides a marvellous opportunity to enjoy the northernmost Zodiac cruise.



ACCOMMODATION:  
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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 13 - Franz Josef Land

Walrus can be found everywhere on the sea ice in the Franz Josef archipelago. We hope to visit one of the established haul out sites at Stolichky, to observe walrus on land. Polar bears can be seen almost everywhere on, or between the islands. We may see some on land but we hope to find them in their natural habitat, on the pack ice. Seeing polar bears is a highlight on any voyage to Franz Josef Land and can happen at any moment. We will change the itinerary in case we encounter one or more polar bears, maximising every opportunity and spending time observing the king of the Arctic.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 14 - At Sea

On leaving Franz Josef Land, there is an opportunity to see whales - possibly the elusive bowhead whale - as we set sail across the Barents Sea.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 15 - At Sea

Enjoy time on deck, with a variety of seabirds following in our wake.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)





**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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**DAY 16 - Disembark Murmansk**

Arrive in Murmansk in the morning and bid farewell to your expedition team and fellow expeditioners, before continuing on your onward journey. A transfer to downtown Murmansk or to the airport will be provided.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Arctic

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#### Russia

##### Climate

In European Russia snows usually start in November and stay till late March/early April, when a great thaw occurs with temperatures ranging from about 5°C in October and April to -15°C in January.

##### Time difference to GMT

+3

##### Plugs

2 Pin Round

##### Religion

Orthodox Christianit, Islam, Buddhism, Judaism

##### Language

Russian

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### 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.

Whilst landings are included in the cost of your trip as per the outline itinerary, some departures aboard the MV Greg Mortimer have additional optional excursions which can be pre-booked with the ship operator directly. These will be charged at an additional fee, depending on the excursion and we recommend booking these in advance to ensure availability. Please speak to a member of our Polar team who will advise you on the booking process.

## Clothing

### Parkas

A complimentary parka is provided for you on board the ship and is yours to keep after the voyage. It has a comfortable wind-resistant inner jacket, which is detachable from the waterproof outer shell, and is designed to be worn over your essential base layers.

### Gloves

Keeping your hands warm and dry can be a challenge. Thin polypropylene gloves can be worn underneath warm outergloves. This allows you some protection from the cold when removing your gloves to operate your camera etc. We strongly recommend that you bring more than one pair of gloves, in case one gets wet (or lost).

### Hat/Cap

Warm, woollen hat/cap to protect your ears, as well as a scarf, neck gaiter or other face protection, such as a balaclava.

### Trousers

Water-resistant trousers of coated nylon or, even better, Gore-Tex® are essential for your comfort. They can be worn over your regular clothes to keep you warm and dry. We suggest that you purchase trousers a few sizes larger than you normally wear as you will be wearing them over other clothing. Gore-Tex® or similar fabrics are excellent for keeping out wind and water without trapping excess heat. Rain gear and Gore-Tex® products can be found in any outdoor sport clothing store. In addition to your waterproof trousers, warm ski pants are suggested if you have them. Warm trousers such as jeans, corduroys etc are also good.

### Socks

Warm wool socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring several pairs of socks, since you will inevitably get your feet wet.

Outer Clothing Woollen, knit or cotton sweaters/tops, polar fleece tops (medium weight), several cotton turtlenecks and T-shirts for layering on and off the ship.

### Underclothing

Thermal underwear is highly recommended as it will keep you warm without adding bulk. Most polar travellers prefer a lightweight version.

## Footwear

Complimentary waterproof boots will be supplied on-board. However, if you have extra small or large feet, you are advised to bring your own. Also ensure you take good walking boots and trainers for relaxing.

## Luggage

20kg

### Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

## Equipment

Sunglasses and sun cream

Insect repellent

Personal toiletries

A refillable water bottle

Books/reading material

Camera and memory cards

Seasickness remedy

## Tipping

### Local crew

Tipping is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction. The suggested amount is USD \$15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline.

## Arctic

### 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.

### Foreign Exchange

## Russia

### 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.

<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£12.00 - 16.00	£2.00 - 4.00	£1

## Foreign Exchange

### Local currency

Rouble.

### Recommended Currency For Exchange

We recommend that you take your money in Euros or US Dollars cash. For US Dollars notes should be in good condition (not torn or marked), issued after 1990 (pre-1990 are often refused) and ideally in small denominations. Euros and Dollars are easily transferable into the local currency, Roubles.

### Where To Exchange

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

### ATM Availability

Cash can be withdrawn both in Moscow and St. Petersburg

### Credit Card Acceptance

Local currency (Russian Roubles) can also be drawn on credit cards from ATM's in both Moscow and St Petersburg.

### Travellers Cheques

Travellers cheques are accepted in Moscow and St Petersburg but are very time-consuming to change and attract unfavourable exchange rates

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## Transport, Accommodation & Meals

### Transport Information

M/V Greg Mortimer, Zodiac

### Ship description

The MV Greg Mortimer is a 104-metre ship, purpose-built in 2019 for expedition travel. Capable of negotiating the strongest winds and waves, the vessel is being built to world-class polar standards and has been designed in close consultation with expedition specialists. The MV Greg Mortimer is limited to just 120 passengers and guests can enjoy some added comforts such as spacious stateroom cabins, a large mud room with easy boarding access and a hydraulic viewing platform, offering unobstructed views of the wildlife. Other features include a library, Wellness Centre with a gym, sauna and spa and a multimedia room for keen photographers wishing to edit their photos after a day of exploration. As a modern and custom-designed ship, this vessel is at the cutting edge of nautical technology and will ensure a comfortable and safe passage through polar waters.

### Cabins

The lead-in prices on our website are based on triple outward facing, Stateroom cabins. All staterooms

have private bathrooms, ample storage, with twin beds. Many of the stateroom categories, have floor to ceiling windows that offer prime observation opportunities around the clock. Additionally, there are private balconies in most of the staterooms, allowing you to watch the world float past and take in the salty air of the open ocean. A full layout of the deck plan can be found under the Polar Ships section on our website. Your confirmed cabin type will appear on your Booking Confirmation, which will be sent on receipt of your deposit payment.

## Ship dining

Meals are served in the large, spacious dining room with an open seating arrangement, perfect for swapping stories with your extended expedition family. A range of courses is offered at each meal time and you can enjoy a variety of house wines, beers and soft drinks which are included with your evening meal. Complimentary coffee, tea and snacks are available throughout the day and any additional drinks can be purchased at the fully-stocked bar.

On the last day of your trip, the team on the MV Greg Mortimer will provide a special farewell four-course

## Food and drink

Here are the average costs of drinks, in USD, on board - please bear in mind, they are subject to change:

Bottle of wine - from \$12

Bottle of beer - from \$3

Spirits (gin, whisky, vodka, port, rum) - from \$5

Cocktails - from \$5.50

Soft drinks (fizzy, fruit juice and water) - from \$2.50

There is no internet access on board our ships, however you can pay to send and receive emails (no attachments). On the Polar Pioneer, the prices start from approximately 20 US cents per one kilobyte.

Wi-fi access is available for laptops, with an email account set up for US\$5, with the same downloadending fees.

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## 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

Norway: Entry visas NOT required by UK, AUS, NZ, USA, CAN Citizens. Other nationalities should consult the relevant consulate.

Russia: All nationalities require a single entry visa in order to enter Russia. As part of the visa requirements you will need to obtain a Russian Travel Voucher and Authorisation from the local Russian authorities. Explore will request this on your behalf approximately 8 weeks prior to departure. Please allow a minimum of 5 working days for the travel voucher and authorisation to be processed. Due to the visa processing times, Explore are unable to accept bookings within one month of travel.

For British passport holders: All applicants must present themselves in person to the Russia Visa Processing Centre in London, Manchester or Edinburgh, on the day of application, to provide biometric information (fingerprints). There is currently no appointment system in place for this new process, so applicants will be seen on a first come, first serve basis. It is likely this will mean lengthy queues and waiting times. The biometric process is not optional, and any applicant who refuses to provide their fingerprints will automatically be refused a visa. This information is not stored and applicants will therefore need to travel to the Processing Centre each time a visa is required. In the event an application is rejected due to inaccurate or incomplete information, fingerprints must be resubmitted as part of the revised application. For more information regarding this process - we recommend contacting the Russian Embassy direct, their website is <http://rusemb.org.uk/visa/>

It is essential that you provide Explore with the correct passport information at the time of booking, as this will be required in order to request the travel voucher and letter of invite, as well as pre-book any applicable train tickets. Corrections and amendments will incur additional charges, so please double check that the information we have for you is up to date and correct, this includes your passport number, full name as per passport (including middle names), date of birth and place of birth; if customers renew or reissue their passports from the details initially given to Explore, train tickets must be cancelled and purchased again, which involves extra costs and may result in customers being in differing train carriages to the rest of the group. If you intend to renew your passport please let Explore know at the point of booking and please ensure that you have the new passport no later than 8 weeks prior to travel.

You will be required to enter a reference number and a confirmation number on your visa application. These can be found at the top of your authorisation letter under the heading 'Voucher Number'. The 6 digit long number is the reference and the 4 digit number is the confirmation number.

In order for Explore to provide the necessary documentation to support your visa application (i.e. your visa authorisation), all pre and post tour accommodation must be booked through Explore and not booked independently.

Please ensure that your passport has a minimum of 6 months validity from the date of return to your home country.

All visa information is subject to change regularly, so please check with your local consulate for the most

up to date advice for the countries you are visiting. All other nationalities should check with the Russian embassy.

For nationalities that require proof of their travel insurance through Explore as part of their visa application, please contact us for a copy of this.

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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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.

## Arctic

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## Russia

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, hepatitis A, polio and diphtheria. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Eastern Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at 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. The Russian government advises that certain medications must be declared upon entry into the country, and you may also be required to carry a prescription with you. You should consult your local consulate for up to date information prior to travel.



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## **Polar information**

### **Ship information**

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