

# EXPLORE!



BEST SELLER

DISCOUNTED

## Historic Baltic Republics

ESTONIA, LATVIA, LITHUANIA - TRIP CODE HB

DISCOVERY

### Why book this trip?

---

Discover the Baltic States on this comprehensive highlights trip. Explore the three capital cities, and see wooden windmills on Estonia's largest island, the opulent Rundale Palace, and the rolling sand dunes on the Curonian Spit.

- **Three Baltic Capitals** - Explore the historic medieval centres of Tallinn, Riga and Vilnius on foot
- **Saaremaa** - Discover timeworn windmills, medieval churches and juniper groves on Estonia's largest island
- **Curonian Spit National Park** - Search for birdlife amongst the twisted forest trees and walk amid the golden sand dunes.



**INCLUDED MEALS**  
Breakfast: 14



**TRIP STAFF**  
Explore Tour  
Leader  
Driver(s)  
Local Guide(s)



**TRANSPORT**  
Bus  
Ferry



**ACCOMMODATION**  
14 nights  
comfortable hotel



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
12 - 18

## Itinerary

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

### DAY 1 - Join trip in Tallinn (Estonia)

Our trip starts in Estonia's enchanting capital of Tallinn. After checking in to our hotel and meeting the rest of the group, there may be time to explore some of the city at our leisure. With just half a million citizens, Tallinn is not a sprawling metropolis. This adds to its charm, as it is easy to explore on foot, with minimal traffic. Famed for its medieval architecture, the Old Town is one of the best preserved Hanseatic town centres in the world and a UNESCO World Heritage Site. The city also boasts a vibrant cafe, restaurant and nightlife culture, which you may choose to experience this evening.

The majority of visitors to the Baltic States will be surprised by the quality, variety and value of food and drink on offer. The majority of food is locally sourced and part of the regions heritage is being able to forage for food and make local brews. Walking through the forests you will see locals passing the time picking mushrooms and gathering berries. There are a lot of traditional restaurants, with influences from Germany and Russia, serving locally produced dishes. There's a wide variety on the menu including soups, casseroles, salads, meat and fish dishes. Beer is locally brewed and you can find light and dark beers, filtered or unfiltered all for a reasonable price. You can also find flavoured wines such as raspberry and cherry wine and each country has its own herbal liquor which is a popular after dinner tippie.



**ACCOMMODATION:**  
Hotel Go Shnelli (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



MEALS PROVIDED: NONE

---

## DAY 2 - Morning walking tour of Tallinn with a free afternoon

Only 57 miles across the water from Helsinki and midway between St Petersburg and Stockholm, Tallinn has come under several different cultural influences since the first stronghold was built in the 10th century. Linguistically and economically, Estonia's closest ties are to Finland, despite the best efforts of other nations. In 1561, as a coveted trading port, it was seized by the Swedes and held for 150 years until the Russians took over and industrialised much of the medieval town. Perched on a hill overlooking the sea, we'll explore the cobbled Old Town on foot this morning. The colourful houses of the crooked streets reflect the German, Scandinavian and Russian periods of Tallinn's history. We'll walk through the quarter where merchants once traded and take in the historical and architectural highlights. The busy town square is a hectic mix of pavement cafes and shops, dominated by the 14th century gothic Town Hall. The pink Parliament buildings and Toompea Castle lie near the imposing deep yellow Alexander Nevsky Cathedral, which is topped with 11 bells. This afternoon has been left free for you to explore further at your own pace. Estonia is well known for its traditional handicrafts. Keen shoppers might enjoy browsing for knitted mittens and lacy woollen shawls, along with colourful hand embroidered linen products.



ACCOMMODATION:  
Hotel Go Shnelli (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

## DAY 3 - Tour of Saaremaa Island including Kaali Meteorite Crater

Today we drive towards the Gulf of Riga, heading for the largest of the offshore islands, Saaremaa, reached by a short ferry ride from the mainland. The island remained isolated during the years of Soviet domination as it was a strategic military outpost and was perceived to be a possible escape route to the west. It therefore retains its own culture, traditions and simple way of life. En route, we'll break our journey on Muhu Island, where you will have the option to visit Koguva Museum - a fascinating ethnographical open air museum, providing a great insight into the old way of life. Once we arrive on Saaremaa we will stop at the Karja Church, with its rich medieval stone sculptured decoration, as well as the photogenic wooden Angla Windmills. Lastly we view the 4000-year old Kaali Crater - created by a meteorite with an impact comparable to the Hiroshima bomb, incinerating forests around it. Later this

afternoon we arrive in Kuressaare and check-in to our hotel.



ACCOMMODATION:  
Staadioni Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 4 - Explore Kuressaare including Saint Laurentius Church**

Highly regarded by Estonians for its reputation as a crime free society, Saaremaa naturally attracts many summer visitors from the mainland. We plan to spend the day on this relaxed and fertile island, where long-standing windmills, solid churches and juniper groves provide an appealing landscape. Kuressaare is the main town, with a fine 14th century castle and picturesque centre. During our time on the island, we'll visit the Town Hall and St Laurentius Church. In your free time, you have the option to visit Bishop's Palace - one of the best preserved medieval castles in Europe.



ACCOMMODATION:  
Staadioni Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

#### **DAY 5 - Travelling to Tartu, the oldest town in Estonia**

Today we take a short ferry ride to Tartu, the oldest town in Estonia and the country's second city. On the way, we will stop at the old town of Parnu for a lunch break and a chance to stretch our legs. Our free evening in Tartu allows us to explore this vibrant and leafy university city.



ACCOMMODATION:  
Tartu Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 6 - Morning walking tour of Tartu including Toomemagi Hill

A walking tour allows us to explore the 18th century classical architecture of this cultural city, including the town square of Raekoja Plats, with its now famous 'kissing students' statue. We'll also visit Toomemagi Cathedral Hill, an Estonian stronghold in the 5th and 6th centuries and now the site of several university buildings alongside a beautiful park. Later you will have some free time to explore further. You may choose to return to Raekoja Plats, with its many shops and restaurants.



ACCOMMODATION:  
Tartu Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 7 - See Cesis and Sigulda en route to Riga (Latvia)

On our journey into Latvia, we pass through an area which has many protestant links - one of the legacies of its German connections from the days of the Crusaders. On their return from the 13th century Holy Wars in North Africa, the Knights of the Sword were sent to convert the pagan Baltic people. Northwest Latvia provides some of the most attractive scenery in the country. This area is rich in archaeological

sites, agricultural land and tranquil villages, dotted with rivers, forests and lakes. We will stop off at Cesis in the Gauja National Park where you have the chance to visit the ruins of the 13th century Order of Knight's Castle, as well as the soaring gothic tower of the 13th century Church of St. John. We will also have the opportunity to take in the evocative ruins of Sigulda Castle, once a formidable knight's stronghold. Before arriving in the capital, Riga, our base for the next two nights we visit Turaida Castle. The medieval castle is on the opposite bank of the Gauja River from Sigulda and the red brick structure is an imposing sight amidst the trees.



ACCOMMODATION:  
Hanza Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

## **DAY 8 - Walking tour of Riga's historic old town**

Although one-third of Latvia's population live in Riga, most of the important sites are concentrated in a small area and so a walking tour is the most effective way to explore. The old Hanseatic city on the banks of the Daugava River is arguably the most beautiful in the Baltics. Its skyline is pierced with spires, towers and weather vanes, making the streets a joy to amble through. We will take in the Freedom Monument, Gunpowder Tower, St. Jacob's Church and the city's cathedral. Buildings have been painstakingly restored over the last twenty years and solemn gothic buildings are juxtaposed with baroque architecture. Art nouveau from the turn of the century reflects that period's affluence, with decorative architecture making every corner a delight. Riga also has a lively market, which sells traditional produce, such as smoked fish, sauerkraut, pickled garlic and crusty cheeses.



ACCOMMODATION:  
Hanza Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE





MEALS PROVIDED: BREAKFAST

---

### DAY 9 - Free day in Riga or the chance to visit Jurmala

Today has been left free for you to enjoy Riga at your own pace. You may choose to relax and enjoy a long lunch at one of the many restaurants. Latvian cooking, as in other Baltic states, is wholesome, making use of the abundant dairy products, such as sour cream and yoghurt. Caraway seeds are often used, but otherwise food is hardly spiced. Cheese and meat filled pastries served with wild berry preserves are popular, especially when washed down with the local beer, which is sold from the tanker to the jar, bucket or bottle! Later in the day, we suggest a drink at one of Riga's lively street cafes. Alternatively, you may decide to visit Jurmala - a series of coastal villages with long sandy beaches and pretty cottages. The fascinating ethnographic museum of wooden architecture is also worth a visit.



ACCOMMODATION:  
Hanza Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 10 - Rundale Palace and the Hill of Crosses en route to Klaipeda (Lithuania)

Heading south, we'll visit Rundale Palace, built in the 18th century by Anna, Empress of Russia, for her lover, Count Biron, later Duke of Courland. The architect, Bartholomeo Rastrelli, also built the Hermitage in St Petersburg. The 138 room palace is richly decorated with some fine paintings and exquisite furniture and represents a classic example of the fusion of German and Russian society. The over ambitious Duke had to wait more than two decades to see the completion of the palace, as he was banished to Siberia on the Empress' death. We then cross into Lithuania, the largest of the three republics and distinguishable from its neighbours by its Catholicism, which acted as the mainstay of Lithuanian nationalism. Although Lithuania converted to Christianity almost 200 years later than its northern neighbours, the Church retained its power and today most people are devoutly religious. On our travels, we are likely to see many wooden shrines and lavish churches. We visit the 'Hill of Crosses' near Siauliai where a vast number of rosaries and crosses adorn a small hill. In more modern times, German and Soviet troops tried to crush this symbol of national and religious fervour, but images of the Virgin and literally thousands of crosses always reappeared. We continue to Klaipeda, a major port and the third largest city in Lithuania, where we will spend the night.





ACCOMMODATION:  
Amberton Klaipeda (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 11 - Visit Curonian Spit National Park with time on the beach

We spend the morning exploring the area around Curonian Spit National Park, where the forests are inhabited by moose, wild boar and many bird species. We visit the wooden sculptures at the 'Hill of Witches' and the little fishing town of Nida, situated on drifting sand dunes. Its constant movement has meant that the community has had to move with nature over the centuries. Walking along the beaches, you may be lucky enough to find a piece of amber, especially after a storm. Depending on the weather, we can either spend more time at the beach or drive back to Klaipeda to explore more of the city.



ACCOMMODATION:  
Amberton Klaipeda (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 12 - Walking tour of Kaunas including the castle ruins

Today we journey to Kaunas - the country's temporary capital between 1920 and 1939 when Vilnius was forcibly annexed by the Poles. Situated in the heart of Lithuania, it is often regarded as the most typical city in the country. Many of its buildings date back to the 17th century, when the Jesuits bought tracts of land here and built a large monastery. Some buildings are older, with impressive examples of gothic architecture. After a tour of the town, the rest of the day will be free to relax and enjoy our surroundings.





ACCOMMODATION:  
Magnus Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 13 - Vilnius via Pazaislis Monastery and Trakai Castle

Our drive to the capital of Vilnius takes us via Pazaislis Monastery, the largest monastic complex in the country and a fine example of baroque architecture. We will also visit Trakai, the former capital of the Grand Duchy of Lithuania. Set on an island in a lake, the splendid red brick castle dates back to the 14th century. The castle houses some interesting museums, including an exhibition on pre-war Lithuania. After checking in to our accommodation in Vilnius, the rest of the evening is free to start exploring the city.



ACCOMMODATION:  
Ecotel Vilnius (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 14 - Tour of Vilnius including the Chapel of the Dawn

The Catholic influence on Vilnius is very evident from the numerous baroque churches. By the turn of the last century, Vilnius also had an 80,000-strong Jewish community. However, by the end of World War II it was completely decimated. During our morning sightseeing of the capital, we visit the ancient university founded by the Jesuits - a centre of the Counter Reformation and a source of Lithuanian culture. We will also see the cathedral and the Chapel of the Dawn, which is home to the Black Madonna. In the newer part of Vilnius lies the main shopping street with the opera, cafes and parliament building.

This afternoon has been left free to explore at your own pace.



ACCOMMODATION:  
Ecotel Vilnius (or similar)

---

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

---

### DAY 15 - Trip ends in Vilnius

Our trip ends in Vilnius this morning, after breakfast.



MEALS PROVIDED: BREAKFAST

---

## Trip information

---

### Country information

#### Estonia

##### Climate

Summer days in Estonia are warm though changeable with the occasional thunderstorm. Temperatures are commonly around 20-25°C, but can reach 30°C or more especially in July. At night temperatures are cooler. Winters can be harsh with very low temperatures, especially in January. Sometimes it drops as low -30°C, but more commonly it'll be around -5°C. Snowfall usually starts in November and lasting through to March. Being a maritime climate it can rain at any time of the year and it can be foggy in the autumn.

Time difference to GMT	Plugs	Religion	Language
+2	2 Pin Round	Evangelical Lutheranism	Estonian

---

## Latvia

### Climate

Summers in Latvia are generally hot and sunny and less humid than in Central Europe, with temperatures commonly around 18-22°C, but can reach 30°C. Summer is normally the rainiest time of year on a count of the afternoon thunderstorms that occur on some days. It can be windy on the coast at any time of year. Temperatures begin to drop in autumn and September can quite cold with temperatures between 8-15°C. Winters are normally below freezing with the first snows starting in November and lasting to the end of February. Temperatures regularly reach as low as -5°C, but can go down as far as -35°C.

Time difference to GMT	Plugs	Religion	Language
+2	2 Pin Round	Christian	Latvian

---

## Lithuania

### Climate

Summer days in Lithuania are warm though changeable. Temperatures on the coast are usually around 19°C and between 22-23°C further inland, but they can reach over 30°C. At night temperatures are cooler. Winters are cold, with temperatures regularly below freezing, so be prepared for snowy and icy conditions. Temperatures regularly reach as low as -5°C, but can go down as far as -35°C. Snowfall usually starts in November and lasting through to March. Being a maritime climate it can rain at any time of the year.

Time difference to GMT	Plugs	Religion	Language
+2	2 Pin Round	Roman Catholic	Lithuanian

---

## 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.

Tallinn: Maritime Museum Seaplane Harbour €15.00 per person plus €85.00 for a local guide per group; Bastion Tunnels €7.00 including local guide

Kuressaare: Bishop's Palace €5.00; visit to a local farmhouse with food tasting €40.00.

Tartu: Estonia National Museum of History €12.00.

Riga: Castle Complex €6.00; observation deck at the Academy of Science €4.00; KGB Museum free admission and from €3.50 for a guided tour; Riga Canal Boat Tour €18.00 for one hour including audio guide; excursion by local train to Jurmala €15.00 for 10 participates or more including a guide and train

tickets.

Kaunas: Holocaust Memorial €3.00 with local guide; Sugihara House €3.00.

Vilnius: Amber Museum free entrance; TV Tower €10.00 including audio guide; KGB Museum €5.00 or €20.00 for a guided tour.

In Tallinn, Riga and Vilnius, it may be possible to attend an evening performance at the ballet, opera or a concert (except during July and August when the majority of the companies are on tour abroad); please check with your Explore Leader on arrival and allow €60.00 per performance.

## **Clothing**

In spring and summer, lightweight clothing is best during the day plus warmer clothing for colder nights. We also recommend taking a lightweight raincoat and an umbrella, as rainfall is possible at any time of year. During autumn and winter layers work best. We recommend taking a hat, gloves, scarf and a fleece/jumper. In winter a thick waterproof and windproof jacket is required and you may also find thermals useful. There are plenty of chances for a swim in the sea, so you may like to bring a swim suit and towel.

Ladies should take a headscarf to cover their head when entering religious sites.

## **Footwear**

Comfortable shoes and sandals for relaxing and walking shoes for walking tours and optional walks.

## **Luggage**

20kg

### **Luggage: On tour**

One main piece of baggage and a daypack for personal items. Remember that you'll have to carry your own luggage so don't overload yourself.

## **Equipment**

We recommend taking insect repellent (especially if travelling in summer), a water bottle, sunscreen, sunglasses, a personal first aid kit and a torch in case of emergencies. An eye masks may also be useful for sleeping during the white nights (midnight sun). Most importantly don't forget your camera.

## **Tipping**

### **Explore leader**

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

### **Local crew**

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately £20.00 for tips.

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.

## International Departure Taxes

Airport Embarkation Tax

Local Departure Tax is levied on all passengers from Vilnius Airport: €18.00.

## Estonia

### 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	Dinner price	Beer price	Water price
£10	£15	£2.4	£0.5

### Foreign Exchange

Local currency	Recommended Currency For Exchange
Euros.	EUR, GBP or USD

### Where To Exchange

US Dollars, GBP Sterling and Euros can be changed in most places.

### ATM Availability

Cash can be drawn from ATM's in most cities.

### Credit Card Acceptance

Credit cards are generally accepted only in the larger hotels and restaurants.

### Travellers Cheques

Travellers cheques are not always easy to exchange.

## Latvia

### 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	Dinner price	Beer price	Water price
£10	£15	£3	£0.5

## Foreign Exchange

### Local currency

Euro

### Recommended Currency For Exchange

We suggest you take most of your spending money in cash (in small denominations). US Dollars and Euros are more easily converted than Pounds Sterling. N.B. US\$ notes should be in good condition (not torn or marked). Notes prior to 1990 (of any currency) are often not accepted.

### Where To Exchange

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

### ATM Availability

Cash can be drawn from ATM's in all major towns.

### Credit Card Acceptance

In major restaurants and shops.

### Travellers Cheques

Are very difficult to cash on this tour.

## Lithuania

### 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	Dinner price	Beer price	Water price
£10	£15	£1.5	£0.5

## Foreign Exchange

### Local currency

Euros

### Recommended Currency For Exchange

EUR, GBP or USD

### Where To Exchange

US Dollars, GBP Sterling and Euros can be changed in most places.

### ATM Availability

Cash can be drawn from ATM's in most cities.

### Credit Card Acceptance

Credit cards are generally accepted only in the larger hotels and restaurants.

### Travellers Cheques

Travellers cheques are not always easy to exchange.

## Transport Information

Bus, Ferry

## Accommodation notes

Please note that the majority of hotels in the Baltics don't have air-conditioning.

---

### 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

Lithuania, Latvia and Estonia: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

Visa regulations in the Baltics are often subject to frequent change so ensure you check before you travel.

If you do require assistance in obtaining a visa then you may be able to apply 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.

## **Ability to swim**

No

## **Estonia**

### **Vaccinations**

Nothing compulsory, but we recommend protection against tetanus and hepatitis A. 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.

---

## **Latvia**

### **Vaccinations**

Nothing compulsory, but we recommend protection against tetanus, typhoid, hepatitis A, polio and diphtheria. Consult your travel clinic for further advice. 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.

---

## **Lithuania**

### **Vaccinations**

Nothing compulsory, but we recommend protection against tetanus and hepatitis A. 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.

## Additional Information



AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS