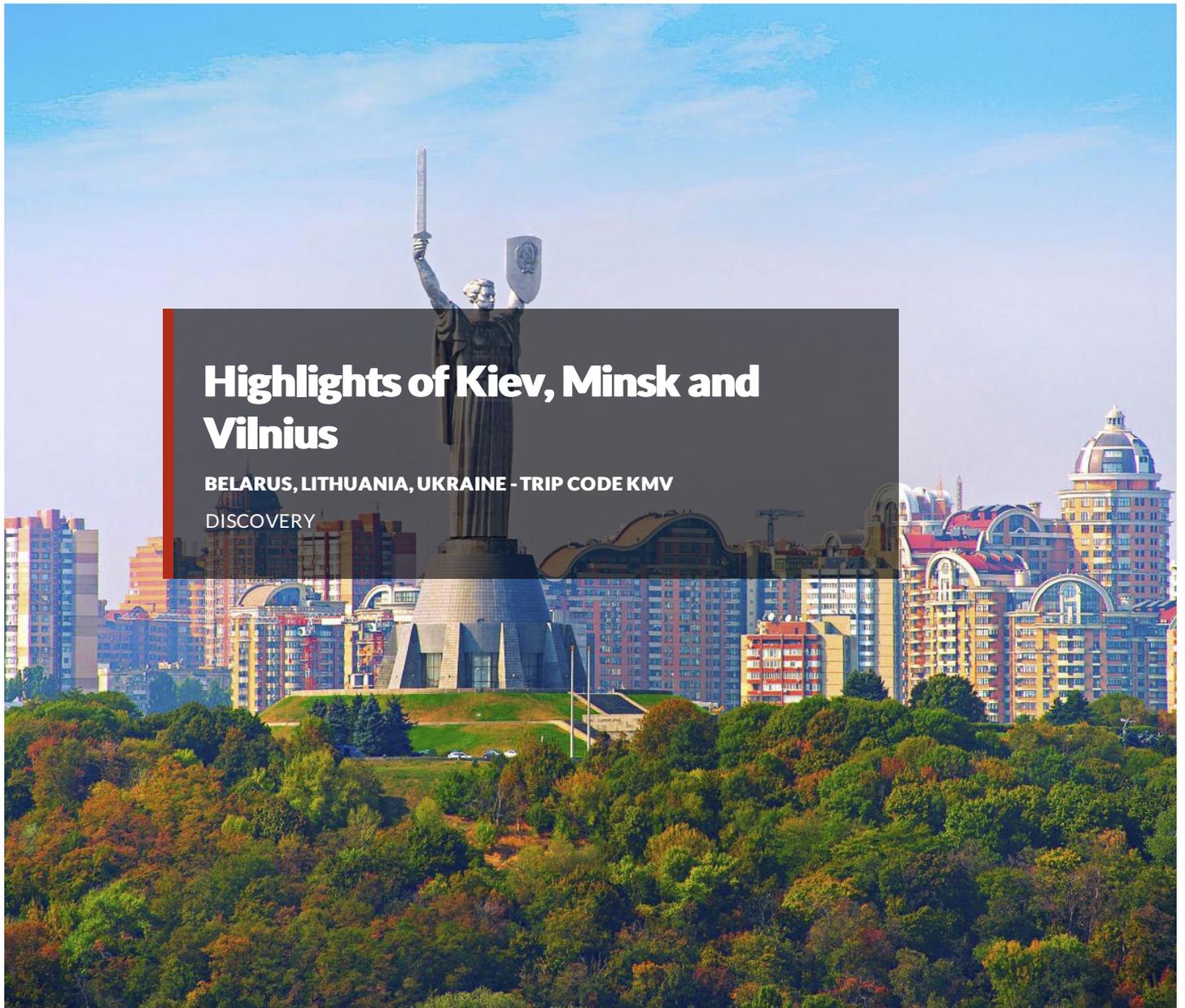


EXPLORE!



Highlights of Kiev, Minsk and Vilnius

BELARUS, LITHUANIA, UKRAINE - TRIP CODE KMV

DISCOVERY

Why book this trip?

On this fast paced holiday journey from Kiev in Ukraine through to Minsk in Belarus, finishing up in Lithuania's capital city, Vilnius. Along the way visit the UNESCO-Listed Nesvizh and Mir Castles and have the chance to learn about the areas Soviet history in the KGB Museum.

- **Historic cities** - Discover the characterful capital cities of Kiev, Minsk and Vilnius on foot
- **Antanas Cesnulis Sculpture Park** - Take a guided tour of wooden folk art carvings led by the sculptor and his wife
- **Druskininkai** - In this relaxing health resort there's the option to go on lakeside walks or visit one of the many bath houses
- **Why Not Extend Your Trip?** - This trip can be combined with our 'Highlights of Krakow, Lviv and Kiev' (trip code: KLV) to make a two week holiday or alternatively combine it with this and also the 'Highlights of Poland' to make a three week adventure (trip code: KWR)



INCLUDED MEALS
Breakfast: 7



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



TRANSPORT
Bus
Funicular
Train



ACCOMMODATION
6 nights
comfortable hotel
1 nights simple
overnight train



TRIP PACE:
Full on



GROUP SIZE:
12 - 18

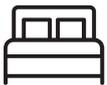
Itinerary

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

DAY 1 - Join trip in Ukraine's capital Kiev

Our eight day adventure through three unique countries begins in Kiev, Ukraine's capital city, which is situated on the banks of the Dnipro River. The city has been inhabited for almost 2000 years and was once the capital of the Kievan Rus State, from which all later Russian states were descended. Although Ukrainian nationalism is stronger than ever, you will still hear Russian spoken here today.

You'll find a selection of good restaurants and bars to choose from this evening. Ukraine is well known for its dumplings, called 'varenyky' that come with a range of different fillings such as cabbage or cheese or sweeter varieties like cherry. You should also try 'nastoyanka', which is a Ukrainian liqueur made from honey and herbs and comes in a selection of fruit flavours and even horse radish! Potential dining spots include Spotykach Restaurant, which is a retro Soviet style canteen cellar or for something quicker you could try the local fast food at Kyivska Perepichka, which specialises in fried dough incased sausages.



ACCOMMODATION:
Hotel Rus (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Orientation walking tour of Kiev; night train to Minsk, Belarus

This morning our Explore Leader will take us on an orientation walking tour to familiarise us with the main sights. During our tour we will see the onion domed exterior of Santa Sophia Cathedral, the Golden Gate which was once the main entrance to the city, Saint Andrews Baroque Church and Mother Motherland, an over 100 metre high statue to honour the heroes of the Soviet Union.

This afternoon is free to further explore the city. You might choose to take the metro to the Lavra Historical and Cultural Reserve. Here you can discover a monastic city of gold onion domed churches and visit the remarkable 'Monastery of the Caves' where the labyrinth of catacombs provide all the natural conditions needed for mummification. Here you can also visit the Belfry Tower, Museum of Miniatures and the Museum Of Historical Treasures and the Holy Trinity Church.

A short distance from the Cultural Reserve you may want to go to the Museum of the Great Patriotic War, which is one of the largest museums in Ukraine and tells the story of the German-Soviet War in iconic and Brutalist style. It has over 300,000 items on display and the memorials here are spread over 25 acres.

Later this evening we will transfer to Kiev Railway Station and board the overnight train to Minsk, Belarus. Our accommodation will be in four-berth compartments with bedding provided. You will be woken at border crossings to show your passport to emigration officers. The overnight train we plan to use for this holiday departs at 22.28 and arrives to Minsk at 08.38 the following day.



ACCOMMODATION:

Overnight Train from Kiev to Minsk

Grade: Simple Overnight Train



MEALS PROVIDED: BREAKFAST

DAY 3 - Walking tour of Minsk; chance to visit Stalin Line Military Museum

Our train arrives this morning in Belarus's capital city of Minsk. On arrival we head to a local restaurant where we have breakfast before taking a guided walking tour. Set on the banks of the Svislach River, the city was first settled by the Early East Slavs back in the 9th century AD. Trinity Suburb is one of oldest and most picturesque areas, which is perfect for strolling in, and Victory Square is the most famous part of the city and features a memorial to the fallen heroes of World War II. During our tour we will see the oldest building in the city, the Orthodox Cathedral of the Holy Spirit, the Catholic Cathedral, and Trinity Suburb before heading to the more modern part. Here we stroll down Independence Avenue and the Avenue Winners and see Minsk's unusual Central Library building. There'll be the option for you to go inside, as it's the tallest building in the city, it affords good views.

This afternoon is free for you to further explore the city or you might like to join an excursion to the Stalin Line Open-Air Military Museum, which is a short drive from the city. The Stalin Line was a chain of fortified defences consisting of over 4,000 pill boxes that covered around 1,200 kilometres to form a barrier against the Germans during World War II. The idea behind the museum is to absorb the visitor into the history of the times and as well as displaying many of the pill boxes there is a range of military equipment dating from World War II up to the start of the 1990's.

This evening you are free for dinner and popular dishes in Belarus include 'machanka' a hearty pork stew and 'draniki' which are thick potato pancakes. 'Krambambula' is a traditional Belarusian liquor, which is similar to mead and flavoured with spices and honey. At the Food Republic Restaurant Complex in Minsk's old town you'll find food shops and 10 different restaurants to choose from or there a number of Stolle Restaurants in the city, which are famous for their variety of savoury and sweet pies that you can either eat in or take away. Pie fillings include meat and egg, salmon, lemon, cabbage and many more.

Our hotel in Minsk is conveniently located just a few minutes' walk from the Partyzanskaya Metro Station and it's then a 15-20 minutes journey into the very centre of the city. Close to our hotel is the Belarus Department Store where you may like to browse for local products such as textiles. The area around the hotel is dominated by locals including a very large tractor manufacturing base which employs an astonishing 17,000 people. The hotel and the surrounding area have a very Soviet layout and give us a glimpse into what normal local life is like in the city. The hotel is tall and offers great views from the higher floors.



ACCOMMODATION:
Hotel Tourist (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Excursion to the beautiful UNESCO listed Nesvizh and Mir Castles

Today we drive out of the city and head for two of Belarus's best known attractions. Firstly we visit the impressive UNESCO World Heritage Site of Nesvizh Castle, which has been home to the Radswill Family for over 400 years. The fortresses construction began in 1584, but it's been extended and changed over the years and now features a mix of Renaissance, Baroque, Rococo, Classicism and Neo-Gothic architecture. The estate also contains the largest landscape gardens in Europe and a number of ornamental lakes.

After some free time to have lunch and explore Nesvizh we drive on to the beautiful Mir Castle, which is also UNESCO-Listed. Creation of the fort began at the end of the 15th century and again a number of different architectural styles can be seen. The castle is one of the most splendid in Europe and was reopened to the public in 2010 after being extensively restored to its former glories.

Later this afternoon we return to Minsk where you have the evening free.



ACCOMMODATION:
Hotel Tourist (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Visit Hrodna en route to the Lithuanian spa town of Druskininkai

This morning we leave Minsk and start our journey towards the border with Lithuania. Along the way we will visit Hrodna, which is home to one of the largest Catholic populations in Belarus. The city is filled with a wonderful collection of Medieval and Baroque architecture, including the impressive Cathedral of Saint Francis Xavier and the unique Church of Saints Boris and Gleb; the only surviving example of Black Ruthenian architecture left in the area. Our Explore Leader will take us on a walking tour to see these sights and also the Corpus Christi Church, Choral Synagogue, German Lutheran Church, old and new castles and the Soviet area.

Following our visit we drive on to Druskininkai where we have the rest of the day free. Druskininkai is a spa town on the Nemunas River in the south of Lithuania. It's been a popular spa resort since the 19th century and this afternoon you have the chance to visit the Druskininku Gydykla Spa where there are a number of mud and herbal baths and mineral water treatments available to try. Or you may prefer to enjoy one of the lakeside walks or hire a bike to discover more. The town is also home to a cable car and an aqua park where you can experience 20 different bath houses, which are each equipped according to different worldwide traditions, such as Russian and Japanese baths.



ACCOMMODATION:
Best Baltic Druskininkai Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE





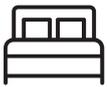
MEALS PROVIDED: BREAKFAST

DAY 6 - See unique wooden carvings at Antanas Cesnulis Sculpture Park; arrive in Vilnius

We have some free time this morning to enjoy the facilities at Druskininkai, before we begin our drive at around 11am to Lithuania's capital city, Vilnius. Our first stop along the way is at the Antanas Cesnulis Sculpture Park where the sculptor himself and his wife will take us on a guided tour to see his unique wood-carved creations set within a park that runs alongside the Ratnycele River. We'll see a traditional Lithuanian windmill, carved crucifixes and among many others his sculptures of the Life of a Man and Tree, Egle - the Queen of Grass Snakes and the Most Important Moment in Life.

Our next stop will be in Trakai where we can admire the view of the red brick Trakai Castle set on an island in Lake Galve. Trakai is the former capital of the Grand Duchy of Lithuania and this splendid castle dates back to the 14th century. Whilst here there'll be time for you to buy lunch at a Kibinai restaurant. Kibinai is a traditional type of Lithuania pastry which were created by the Karaite ethnic minority that made Trakai their home. They're very tasty and usually filled with mutton and onion.

We drive on to Vilnius where we have the rest of the evening free to relax.



ACCOMMODATION:
Ecotel Vilnius (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

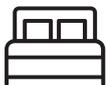


MEALS PROVIDED: BREAKFAST

DAY 7 - Walking tour of Vilnius; chance to visit the KGB Museum

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, at the end of World War II, it had been completely decimated. During our morning guided walking tour 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 also see the cathedral and Church of the Dawn. In the newer part of Vilnius lies the main shopping street with the opera, cafes and parliament building. We will visit the self-proclaimed Republic of Uzupis which is a unique bohemian and artistic district in the city. It's one of the oldest areas, dating back to the 16th century and used to be one of the poorest. During Soviet times it quickly gained notoriety as the roughest part of the city, but when Lithuania became independent again in 1991 the artists moved in and now it regularly hosts fashion festivals, poetry readings, art exhibits and concerts. Lastly we will take a short drive up the Hill of Three Crosses to admire the view. Whilst here you will also have the opportunity to visit the Gediminas Castle Tower.

This afternoon is free for you to relax and further explore the city or perhaps to visit the KGB Museum. The museum is located in the former KGB Headquarters and features exhibits documenting the crimes that were planned and committed from this very spot during Soviet rule. The displays also show you how the Lithuanians fought back to re-claim their independence. You'll be able to see the inner prison cells and solitary confinement rooms that were kept hidden by the KGB offices that surround them. They have been preserved in the same condition as when the headquarters closed in 1991.



ACCOMMODATION:
Ecotel Vilnius (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends in Vilnius, Lithuania

Trip ends at our hotel in Vilnius after breakfast.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Belarus

Climate

Belarusian climate is moderately continental, a transitional form from maritime to continental climate with mild and humid winters, warm summers and damp autumns. Average July temperatures range from +17 C to +18.5 C, January temperatures vary from -8 C to -4.5 C. In the Naliboki Forest area temperatures in winter can fall as low as -25 C.

Time difference to GMT	Plugs	Religion	Language
+3	2 Pin Round	Orthodox	Belarusian

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

Ukraine

Climate

Ukraine has a temperate continental climate. Summers in are generally hot, sunny and less humid than in Central Europe, with temperatures normally between 18 to 25°C. In fact, the early autumn period is often compared with an Indian summer, dry and sunny. Winters are cold and snowy with temperatures averaging between -8 to -12°C. The wettest area in Ukraine is the Carpathian Mountains where it can rain at any time of year.

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

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.

A selection of optional activities are listed below to help you budget for your holiday. Whilst the trip price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for you.

Kiev:

Lavra Monastery Complex visit operates on day 2 and entry is €5.00 per person and €60.00 per group for a guide. At the complex you can also visit the Miniature Museum for €4.00 per person and/or Museum of Historical Treasure for €4.00 per person.

Museum of the Great Patriotic War operates on day 2 and entry is €5.00 per person.

Minsk:

Central Library visit operates on day 3 and entry is €5.00 per person.

Stalin Line Open-Air Military Museum excursion operates on day 3 and is €9.00 per person.

Druskininkai:

At the Drudkininku Gydykla Spa on day 5 prices will be dependent on which treatments are available. Your Explore Leader will be able to advise of the treatment options and prices.

On day 5 you can take the cable car for €3.00 per person one way or €5.00 per person return.

The Aqua Park operates on day 5 and entry is between €10-23.00 per person.

On day 5 you can hire a bike to cycle around the lake. Your Explore Leader will be able to advise of the options and prices available locally. Bike helmets are not provided so we would recommend bringing your own with you.

Vilnius:

KGB Museum operates on day 7 and entry is €6.00 per person.

Gediminas Castle Tower operates on day 7 and entry is €5.00 per person.

Please note that all optional excursions listed above are subject to change and availability and they may not all be possible to offer on every departure date.

Clothing

July and August are the hottest months and lightweight cotton clothing is best. During spring and autumn temperatures can be lower or drop during the evenings and there is also a stronger possibility of rain, although light rainwear may be needed at any time of year. A warm fleece/jacket is recommended for cooler evenings.

Footwear

We recommend taking comfortable walking shoes for exploring and trainers or sandals for relaxing.

Luggage

20kg

Luggage: On tour

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

This trip is at a busy pace, including train journeys with short walks and/or stairs between platforms, stations and accommodation, so for this reason please take care to make sure you can comfortably carry your own luggage throughout the trip.

Equipment

We advise taking a water bottle for our included walks, sun glasses, sunscreen and a sun hat are all essential. You may find it useful to carry an umbrella in case of showers, especially if you're travelling in spring or autumn. In case of emergency we also recommend that you carry a torch with spare batteries and sufficient medical supplies including a first aid kit and several days extra supply of any specific prescription medications that you require. You may find a head torch handy for on the overnight train journey. 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 please allow £15.00 for tipping.

In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Belarus

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
£6	£11	£2.00 - 4.00	£0.4

Foreign Exchange

Local currency	Recommended Currency For Exchange
Ruble	USD or Euro

Where To Exchange

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

ATM Availability

You might find it difficult to obtain money from some ATM machines using Maestro and Visa cards due to difficulties in reading the card.

Credit Card Acceptance

Restaurants and shops in major towns.

Travellers Cheques

Are 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	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.

Ukraine

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
£5.5	£10-15	£1.3	£0.8

Foreign Exchange

Local currency

Hryvnia

Recommended Currency For Exchange

Pound Sterling, US Dollars (USD) and Euro cash can all be exchanged for the local currency. You can only leave Ukraine with a maximum of USD 10,000. Anything over this amount will be confiscated. If you are taking Pound Sterling, please note that currency exchange offices in Ukraine will only accept the new plastic notes. Banks will still accept the paper notes but typically provide a lower exchange rate.

Where To Exchange

Most major towns and cities - your Explore Leader will advise you on arrival. Only exchange money at reputable places like banks, ATM's and official Forex Offices.

ATM Availability

Major towns and cities have ATM's for cash withdrawal.

Credit Card Acceptance

In the main towns and cities credit cards are accepted in most restaurants, hotels and larger shops.

Travellers Cheques

Travellers cheques are very difficult to change in the Ukraine.

Transport, Accommodation & Meals**Transport Information**

Bus, Funicular, Train

Accommodation notes

For the overnight train journey we will use sleeper carriages with four bunk beds with bedding provided (two beds on floor level and two above) per compartment and with a shared toilet and wash basin in each carriage. There are no shower facilities on board. Luggage is stored under the bottom bunk beds and above the cabin door for the top bunks. There is the possibility that you will be sharing with non-Explore clients in the same cabin. There is no air-conditioning on board and it's not always possible to open the windows, so we recommend light weight bed clothes. You can experience authentic rail travel with the local people and it's a great way of getting from place to place during the night, so you maximise on the amount of time you have in each city during the day to explore. Take snacks, drinks, toilet roll, hand sanitiser and an open mind with you for maximum enjoyment.

Our hotel in Minsk is conveniently located just a few minutes' walk from the Partyzanskaya Metro Station and it's a 15-20 minute journey into the very centre of the city. Close to our hotel is the Belarus Department Store where you may like to browse for local products such as textiles. The area around the hotel is dominated by locals including a large tractor manufacturing base which employs an astonishing 17,000 people. They are extremely proud of their tractor production and so there are monuments to the tractor and even children's parks with tractor shaped toys. The hotel and the surrounding area have a very Soviet layout and give us a glimpse into what normal life is like in the city. The hotel is tall and offers

great views from the higher floors.

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

Ukraine: UK, Canadian and US citizens do not require a visa. In addition you will be required to carry a photocopy of your passport with you at all times in Ukraine for ID purposes.

Belarus: Entry visas are required for UK citizens and need to be applied for in advance. A tourist voucher is required as part of your application and Explore will request this on your behalf. This is received and sent to you from 4- 6 weeks before departure.

Lithuania: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens.

Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant embassy prior to departure.

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 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.

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 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.

Included activities

This trip is designed to show you the highlights of three amazing countries in just 8 days, so the pace is busy. We will be using a range of public transport as well as charter buses to get around and will do most of our exploring on foot in each place visited. Please therefore pack light to ensure you can lift and store your bag on the overnight train and bring comfy walking shoes.

Ability to swim

No

Belarus

Vaccinations

Nothing compulsory, we recommend protection against Diphtheria, Hepatitis A, Hepatitis B, Rabies, Tetanus, Tick-borne encephalitis, Tuberculosis and Typhoid. 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.

Ukraine

Vaccinations

Nothing compulsory, but we recommend protection against hepatitis A and diphtheria. Check that your polio and tetanus vaccinations are up-to-date before travel. The UK Foreign Office currently recommends that you should consider whether to immunise against tickborne encephalitis and rabies. Consult your travel clinic for further advice. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Additional Information



Why book this trip

Visit three distinctive countries in just eight days. Explore each capital city on foot as well as discovering more of the culture and scenery in each country; making it the perfect introduction to this ex-Soviet region.

This trip can be combined with our 'Highlights of Krakow, Lviv and Kiev' (trip code: KLV) to make a two week holiday or alternatively combine it with this and also the 'Highlights of Poland' to make a three week adventure (trip code: KWR)



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