



AMALFI COAST HIKING ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID TRAVEL**

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Zanna Van Dijk Private Tour to Amalfi Coast 08 days/ 07 nights

About Your Trip

Start Location/Finish Location

Naples / Amalfi

Accommodation

07 nights x Hotel

Rooming Requirements

Twin Share

Included Meals

Breakfast (07)

Dinner (02)

Transport

Per Daily Itinerary

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and Departure Transfers are
Included on a Group Basis

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.

On the 29th July 2021 we introduced new safety measures that apply on all of our trips, except for tours in Australia and New Zealand. Travellers are required to produce:

- Proof of COVID-19 vaccination

In all cases, you must be fully inoculated. This means you must receive the full dosage of the COVID-19 vaccine and allow enough time for immunity to take effect. Each COVID-19 vaccine has different dosages and timeframes for inoculation, so please check the relevant medical advice associated with your vaccine.

These new safety measures that apply on all of our trips, except for tours in Australia, New Zealand and the Cook Islands. From the 1st December 2021 travellers are required to produce proof of COVID-19 vaccination on all of our trips.

If you are unable to be vaccinated for medical reasons, you may apply for an exemption. Exemptions will be assessed on a case-by-case basis. To apply, you must provide a medical certificate from a medical professional.

Children under 18 are exempt. Children aged between 5 and 17 years old must provide proof of either vaccination, recovery or a negative COVID-19 test. Please see the below section on children for further details. .



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Local Guide & Tour Leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible. Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

In addition to your tour leader, for certain inclusions you will be accompanied by a local guide. A local guide has specialised knowledge of a site or location you are visiting. If there is a local guide provided for a particular activity, this will be listed in your day by day itinerary.

Group leader

On this trip you will be accompanied by one of our tour leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Zanna Van Dijk Private Tour to Amalfi Coast Itinerary

Day 1 / Date: 30th June 2022 Naples

Meals included: dinner

Welcome to Naples, the capital of the region of Campania. Please make your own way to the joining hotel, which is located in the historic centre of the city.

No activities are planned before this evening's group meeting, so you may arrive at any time.

If you arrive early, use your free time during the day to discover some of Naples' impressive architecture and grandiose monuments, many of which date back to the Spanish rule of the 16th and 17th centuries. Maybe check out the Royal Palace of Naples or head through a grand plaza to Museo di Capodimonte. Naples is a major European cultural capital since the time of the Greeks. After the group meeting, enjoy an included welcome dinner in a local restaurant.

Special Information In the evening you will meet your trip leader and fellow travellers at a welcome meeting. This is usually at 6 pm, but you will be advised as to the exact time and place in a notice near the reception at your hotel. Please look for a note in the hotel lobby or ask reception where it will take place. We'll be collecting insurance details and next of kin information at this meeting, so ensure you bring these details to provide to your leader. If you're going to be late, please inform hotel reception. In this meeting, your leader will give you a brief description of what lies ahead on the trip. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend. We'll be happy to book additional accommodation for you (subject to availability).

Group Arrival Transfer

- Included

Included Activities

- Welcome meeting with Tour Leader
- Welcome dinner

Accommodation Hotel Chiaja de Charme (Standard room)

Day 2 / Date: 01st July 2022 Pompeii / Vesuvius / Agerola

Meals included: breakfast

After a leisurely breakfast, board your private minibus to the Pompeii archaeological site. Here, without question, lie some of the world's most fascinating and preeminent ruins. Finely preserved, they give you an extraordinarily real image of daily life in a Roman city with villas, temples, theatres and bustling markets. Walk along the chariot-marked streets that were nestled under the shadow of Vesuvius until the fatal eruption in 79 AD. Visit the magnificent amphitheatre and the 'Villa of Mysteries'. You can also visit the Roman Forum and basilica, temples, public baths, and the tiny Odeon created for music recitals. After lunch your private minibus will pick you up for our next destination: Vesuvius. Take a walk around the very rim of Vesuvius' crater, with sulphuric gases and steam still emerging from the gravel. A scenic drive (approximately 1 hour) will then take you to the Agerola high plain. Along the way, you'll be dazzled by views over the Bay of Naples and the Amalfi Coast.

Included Activities

- Pompeii - Archaeological Site visit with local guide
- Guided Hike along Vesuvius' Crater Rim and Summit

Accommodation Nido Degli Dei (Standard room)

Day 3 / Date: 02nd July 2022 Agerola

Meals included: breakfast

Walk to the viewpoint of 'Punto Panoramico' for great views of the Amalfi Coast. From here descend through a spectacular landscape, which overlooks the Isle of Capri and the densely forested mountains of Cilento National Park. Your path leads you

through an archetypical Mediterranean landscape with vineyards, chestnut trees, oaks and pretty sections of shrubs and flowers. You will spot many old ruins speckling the hillsides. In spring, you can smell the Italian herbs and you will walk past steeples of limestone rocks, through lush vineyards, chestnut trees and aromatic flora, and beside ruins speckled on the hillsides.

Included Activities:

- Punto Panoramico Hike

Accommodation Nido Degli Dei (Standard room)

Day 4 / Date: 03rd July 2022 Sentiero degli Dei / Positano / Amalfi

Meals included: breakfast

This morning perhaps enjoy a coffee before embarking on what has become one of Italy's most famous hiking trails, the 'Sentiero degli Dei' (Footpath of the Gods) which will bring you all the way to Positano. This path winds its way through unique scenery and boasts unrivalled views along the coast. Walk through forests and fields of wildflowers, past ancient stone huts and beside sheer walls of granite. Glimpse local farmers tending their crops by hoe and elbow grease, herds of goats feeding beside the trail beside their shepherds, and teams of workmen commuting by mule. By late morning you will reach Vallone di Grabelle, then continue to the hamlet of Nocelle, a picturesque village situated above Positano. A walk through the village leads to what's known as the Montepertuso Crossing – a deep gorge with limestone walls. From Montepertuso it's just a short walk down the old steps, through olive groves and vineyards, to beautiful Positano (though you can take a bus instead if you like). From Positano continue to Amalfi by boat and enjoy the scenery from a different view point.

Special Information Walking time: approximately 5-6 hours (7-10 km).

Your luggage will be transferred for you between Agerola and Amalfi, so all you need to take with you today is your day pack.

Included Activities

- Sentiero degli Dei (Footpath of the Gods)
- Ferry Cruise Positano to Amalfi

Accommodation Hotel Amalfi (Mixed rooms)

Day 5 / Date: 04th July 2022 Capri / Amalfi

Meals included: breakfast

Today is dedicated to the rightly famous Isle of Capri, a place where Roman emperors used to come as tourists. You will take a ferry from Amalfi to Capri, following the beautiful coastline and passing the islands of the mythical sirens that were mentioned in Homer's Iliad and Odyssey. As you approach, witness Capri's coastline in all its glory: mighty cliffs, shard-like rock formations, crashing blue seas. Have your camera at the ready on this short cruise. When you arrive in Capri, you will see the popular sights, then take a beautiful circuit walk. During this walk you will pass Villa Jovis (the ruins of the most impressive Roman villa on the island, once home to Emperor Tiberius), see a historic monastery and explore the winding alleyways of the village of Capri. Part of your walk follows untouched coastline and passes many impressive grottoes, and there's time to dip your feet in the water. Your walk can be extended or shortened in many ways today, depending on the wishes of the group. Late in the afternoon you will travel by boat back to Amalfi.

Included Activities

- Villa Jovis Archaeological Site
- Boat Ride to Isle of Capri
- Capri Coastal Walk

Accommodation Hotel Amalfi (Mixed rooms)

Day 6 / Date: 05th July 2022 Amalfi

Meals included: breakfast

Get ready for a magical day of walking. Start in the quiet backstreets of Amalfi, heading up to the village of Pontone. Walk on the narrow ridge and then beneath shady pine trees and through fields of wildflowers. This brings you to a viewpoint from which you can see across the Valle del Dragone (Valley of the Dragon) and the luxurious gardens and villas of Ravello. A series of ups and downs takes you to the ruins of the famous watchtower (Torre dello Zirro). After retracing your steps to pretty Pontone, you can enjoy a drink under the shade of lemon trees and gaze down upon the town of Amalfi. Then walk down into the shaded Valle dei Mulini (Valley of the Watermills). Here you will find remnants of Europe's earliest paper mills, strewn among thick foliage fed by the valley's streams. You may pass locals collecting wild mushrooms and stout men carrying half their body weight in lemons on their heads. The path takes you deep into the valley and the entrance of the nature reserve 'Valle delle Ferriere'. This is one of the most interesting nature reserves of the area and an ideal place for lunch. From here it's an hour back down to Amalfi, past the Museo della Carta (paper museum). We then gather on the beach of Amalfi for another unique experience: paddling along the stunning coastline. After a brief introduction, we will outfit everyone with paddle and offer some basic kayaking instruction (if needed!), and then embark on our trip along the coast towards the amazing small little beach of Santacroce. Upon arrival why not have a relaxed 'aperitivo' on the beach and then slowly paddle back to Amalfi.

Special Information Walking time: approximately 4 hours (10 km).

Please note that the kayaking activity today is weather dependent and may be cancelled in adverse weather conditions.

Included Activities

- Valle delle Ferriere (Iron Mill Valley)
- Valle dei Mulini (Valley of the Watermills)
- Kayaking to Santacroce Beach

Accommodation Hotel Amalfi (Mixed rooms)

Day 7 / Date: 06th July 2022 Ravello / Amalfi

Meals included: Breakfast, Dinner

From your hotel you will follow the Valley of the Dragon up to Ravello – another highlight of the coast. The French novelist André Gide once described this town as being 'closer to the sky than the seashore'. For centuries, its lofty position and sunny, dry climate has made it an appealing place for writers, artists, musicians and travellers. Ravello also boasts two magnificent villas – the superb 11th Century Villa Rufolo which was once a papal residence and later the home of Wagner, and Villa Cimbrone, a sumptuous 19th Century mansion with fabulous gardens and unequalled views over the Gulf of Salerno. Retrace your steps along a rather steep mule track down again to Amalfi. Sweeping panoramas will reward your efforts.

Enjoy a farewell dinner in a special restaurant on your last evening to share your trip stories!

Special Information Walking time: approximately 4-5 hours (9-12 km)

Included Activities

- Villa Cimbrone
- Valley of the Dragon Nature Hike
- Farewell dinner

Accommodation Hotel Amalfi (Mixed rooms)

Day 8 / Date: 07th July 2022

Departure day

Meals included: breakfast

After breakfast this morning, your 'Walking the Amalfi Coast' adventure comes to an end. There are no more activities planned for today and you're able to depart at any time. A group transfer to Naples airport is included.

Group Departure Transfer

- Include

Package Price

All costs are per person based on indicated number of passengers travelling together as one movement. No arrangements are being held at this point and the costing is subject to availability at time of booking. In order to proceed, a deposit of 200.00 per person is required and the remaining balance will need to be supplied at 56 days prior to departure.

Emergency Contact | Travel Insurance

UK Residents:

For UK residents we have partnered with [InsureFor](#) to provide you with a travel insurance policy that includes Covid-19 cover. Please call our reservation team on 0808 274 5111 for an exclusive discount on your policy.

Emergency Contact Details

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the number below:

In the case of a genuine crisis or emergency please call our Italian operator on the below number:

Intrepid's Local Operator: +39 089 79 1896, +39 393 9375299 or +39 328 64 81 735

Essential Information

1. This trip requires a good level of fitness and health, due to the varied terrain and potentially hot temperatures. Many of the hiking days involve steep hills and lots of steps that you'll need to be able to walk up and down. Walking times vary between three and six hours a day, but the rewards are worth every step.
2. Since the start of Covid-19 access to Mt Vesuvius has become more and more limited due to Covid restrictions. There may be times when it is impossible to secure entry to the hike. If this occurs the activity will be replaced by a "Pasta Experience", at a local "Pastificio" (pasta factory).

Passports, visas and entry requirements

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the passport details you provide are accurate. Any errors provided may result in extra fees for making corrections in bookings. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate. Below you will find general visa advice about the destinations on your trip.

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for most up to date information.

Visas for Italy are not required for passport holders of the European Union, Australia, New Zealand, USA and Canada. All other nationalities should check with the relevant authorities.

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority

as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements. At the group meeting, you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19. If you are displaying any symptoms or have any health concerns at this time, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required. It's quite possible that the destination country may have different or more strict protocols in place in relations to a Covid-19 case from your home country. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

MANDATORY VACCINATION POLICY

All travellers on Intrepid trips (outside Australia, New Zealand and the Cook Islands) are required to produce proof of full vaccination against COVID-19. From 1 December 2021, all travellers on Intrepid trips, including in Australia, New Zealand and the Cook Islands, are required to produce proof of full vaccination against COVID-19.

This policy is in addition to any specific testing or vaccination requirements for entry or exit to a destination or required by your airline. For more information, including a detailed FAQ about this policy, please visit

<https://www.intrepidtravel.com/covid19>

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

BREAKFASTS

There are some continental breakfasts included on this trip which may simply include bread/toast or pastries, butter, jam, coffee/tea/juice (or similar).

Transport

Private minibus, Public bus, Boat, On foot, Kayak

TRANSPORT IN EUROPE

Half the fun of travel is the travelling itself, that's why we like to travel the local way – whether that means mingling with commuters on a local train, watching the scenery roll by from the window of a long distance bus, arriving on a high speed train in the city centre of your next destination, or navigating each city's public transport system. In Europe, you are guaranteed to travel by genuine local public transport wherever possible, which puts you right in the centre of the action.

Money matters

CURRENCY

The Euro (EUR) is the official currency in the following destinations: Andorra, Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Kosovo, Latvia, Lithuania, Luxembourg, Malta, Montenegro, the Netherlands, Portugal, Slovakia, Slovenia and Spain. All other European countries still have their own national currencies.

CASH

The most convenient and cheapest way to acquire money in Europe is via an Automated Teller Machine (ATM) or

Bancomat as they are often referred to. Check with your bank in advance concerning the suitability of your account / card overseas and any international fees that will be applied. You can withdraw local currencies easily at airports, major train stations and most city centres, but be sure to bring some extra emergency cash in a major currency that can be exchanged if the ATMs are not functioning. When leaving home don't forget your PIN and make sure you know the telephone number for cancelling your card if it is stolen. Keep this in a safe place. Credit cards are not always accepted in stores and restaurants. We recommend you carry some cash to pay for restaurant bills and other services.

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

BUDGET

Please budget for additional meals and expenses while on your trip. We suggest EUR 525.00 for meals not included on this trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. The following amounts are per person suggestions based on local considerations and feedback from our past travellers: In local markets and basic restaurants and cafes - round your bill up to the nearest €1. In more up-market restaurants we suggest 5% to 10% of your bill. Throughout your trip you may at times have a local guide in addition to your tour leader. We suggest €2-€3 per day for local guides. You may also have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group, however we suggest €1-€2 per day for drivers. You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline €4-€5 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service. In total, we recommend you budget approx €5-€10 per day of your trip to cover tipping.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the reliability of universal travellers, however, local currency may be needed once in the country to cover these costs.

Packing

PACKING

On this trip you must pack as lightly as possible because you will be expected to carry your own bag and although you won't be required to walk long distances with your luggage (max 30 minutes), we strongly recommend keeping the weight under 10kg / 22lb. Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps to accommodate the cobbled streets, uneven surfaces, stairs and steps you are likely to encounter while carrying your luggage. You'll also need a day pack/bag to carry water and a camera etc for day trips. You can find Intrepid's Ultimate Packing List on our website. It should be used as a guide only and isn't intended to be a complete packing list.

WALKING EQUIPMENT

In addition to your 'normal' daily clothes, you will need the following essential items:

- Walking boots with good ankle support and tread
- Good quality waterproof/windproof jacket and trousers
- Sun hat, sun cream and sunglasses
- A warm sweater or fleece
- Day pack

WATER BOTTLE

Please bring your own water bottle to refill along the way. Although it can be difficult to avoid bottled water when travelling, please use the water dispensers which are provided on some of our vehicles and at some of our accommodation. Your leader will advise whether tap water is safe to drink in your destination, if it is you can simply refill with tap water. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day.

Climate and seasonal information

SUMMER

Summer temperatures can be extreme in many of the regions visited (over 40°C), which can be uncomfortable. It's important to use sun protection and drink plenty of water. Please carefully consider the time of the year you wish to travel and your suitability to that season.

SHOULDER SEASON

In contrast, weather in shoulder season can be unpredictable, and snow is not unheard of at higher altitudes. If you travel at the start or towards the end of the European season please pack accordingly with warm and/or waterproof clothes (preferably layers). The advantage of travelling during this time is that there are less tourists around.

Group Leader

All Intrepid group trips in Europe are accompanied by one of our local European group leaders. 'Local' in this context means a leader who is European or lives in Europe. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders. Your leader takes care of logistics, will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

At Intrepid we also aim to support local guides in the individual cities or locations we travel to. If you are interested in delving deeper into the local culture at a specific site or location then your leader can recommend an optional

local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol

consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

DRESS CODE

In general, there are few dress restrictions in Europe. Note when visiting churches, monasteries or other religious

sites modest dress is required - shorts or skimpy tops may not be permitted, for both men and women.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>