

Holiday Information

Lindblad Expeditions are a company boasting a proud and pioneering history of responsible travel to the world's wildernesses. Documentation, travel wallets and cabin tags will feature the Lindblad logo.

PASSPORTS & VISAS

The following information applies only to British citizens. A standard ten-year passport is required for all holidays, which must be valid for at least six months beyond your planned date of return travel. If your passport expires earlier, it may still be acceptable, but you should contact your local passport office or the consulate/embassy of the country to be visited for detailed advice. Clients applying for a new passport should allow a minimum of six weeks for the application to be processed or, to renew an expired one, three weeks. Lost, stolen and new passports will take a minimum of one week to replace. It is essential that you check whether you are in possession of a valid passport before you make your holiday booking.

Passport endorsements: If your passport is endorsed in any way, you should check immigration requirements with the relevant consulate/embassy of the country to be visited.

Passport stamps: You should be aware that, if your passport contains previous entry or visa stamps of certain countries, you might encounter problems when visiting other countries (eg a passport indicating that you have previously travelled to Israel may not be accepted by a number of Arab countries).

Holders of British Subject Passports and non-British citizens: We can only advise on immigration requirements and offer the Titan visa service if your passport was issued in the UK and endorsed 'British Citizen'. Holders of a British Subject Passport and non-British citizens should check immigration requirements with the relevant consulate/embassy of the country to be visited, as should clients with Dual Nationality/Renounced Citizenship.

All consular fees are correct at time of printing, but are subject to change.

Where appropriate, visa forms and guidelines for the relevant country will be sent with confirmation invoices.

NOTE: For all tours where a passport is required to be sent to an embassy, it should be noted that, once your passport has been lodged with the embassy eight weeks prior to departure, we are unable to retrieve it until the visa has been issued. It is therefore important that you do not require your passport during this period. Titan Travel will not be liable if any delay occurs within the embassy and cannot guarantee any specific date for passports to be returned. If you have already made other travel arrangements, please contact us prior to making your reservation.

Argentina (for Antarctica): British citizens do not need a visa to enter Argentina as a visitor.

Ecuador (Galapagos): British citizens do not need a visa to enter Ecuador as a visitor. Travellers leaving Ecuador are required to pay a departure tax of \$27.15 in cash only, at the airport prior to immigration clearing.

European Union: British citizens do not need a visa to enter any countries of the European Union as a visitor.

Norway: British citizens do not need a visa to enter Norway as a visitor.

Panama / Costa Rica: British citizens do not need a visa to enter Panama or Costa Rica as a visitor.

Russia: Visas can be arranged through TLCs Global Visa Services, our recommended visa procurement provider. Application forms can also be downloaded from the internet - please see www.tlcvisas.com/titancourts. Please note you will be dealing with TLCs direct and whilst we recommend TLCs we cannot be held liable for any delays or problems that may occur. In the event of cancellations or alterations to your holiday our Booking Conditions apply and we regret we cannot be held liable for any costs you may incur as a result. You will also be responsible for advising TLCs of any changes or cancellations.

USA: The USA Visa Waiver Programme (VWP) allows most British Citizen passport holders to enter and visit the US without the need to gain a visa by applying online using Electronic System for Travel Authorisation (ESTA) in advance. We recommend you apply for this yourself however for clients without online facilities we are able to apply on your behalf at a cost of £25 per person. Please note that once applied, this charge is non-refundable as it is valid for a period of two years or the validity of the travellers passport (whichever is shorter). If you do not require us to obtain an ESTA you must make your own arrangements, as you will not be able to travel without one. Further information on how to complete your ESTA application either yourself or through Titan Travel will be sent with your confirmation invoice.

You must also ensure that you adhere to the passport rules under the VWP. Your passport must contain a machine readable zone (MRZ), identified as the 2 lines of text as letters, numbers and chevrons (>>>) found at the foot of the photo page. If your passport does not meet this requirement you will need to apply for a visa.

This information has been issued for general guidance only, if you have any doubt about travel to the US or require any further information we strongly recommend that you contact the US Embassy's Live Operator Information Service on 0904 2450100 (calls cost £1.20 per minute at the time of going to print) or visit the US Embassy website on www.usembassy.org.uk for further information.

HEALTH: Recommendations and requirements for vaccinations are provided by NaTHNaC. However, requirements can change without notice and some inoculations or precautions, although not compulsory, may be advisable. Local conditions are also subject to change. We strongly recommend that you consult your GP or one of the specialist vaccination centres. The Department of Health leaflet 'Health Advice for Travellers' may be obtained from GP surgeries or downloaded from www.dh.gov.uk. The Department of Health also offers travellers health advice, including information about travel-related deep vein thrombosis (DVT) on www.nathnac.org/travel/index.htm, www.fitfortravel.scot.nhs.uk or www.dh.gov.uk/travellers.

We strongly recommend that if you are concerned about DVT or any other health issue you should consult your GP.

FLIGHTS: Although every effort is made to secure seating on the aircraft to satisfy requests, we cannot guarantee that your choice of seats will be available or that seats together can always be obtained. Where the term 'Direct Flight' is applied, this refers to a flight involving no change of aircraft, however the aircraft may make stops en-route.

NOT INCLUDED: Voyages are designed to be comprehensive in their inclusions: only meals other than those detailed in the tour pages, alcoholic beverages, laundry and expenses of a personal nature are not included.

SPECIAL REQUESTS: These should be advised at the time of booking. Although we endeavour to meet special requests, we cannot always guarantee that your requirements will be met. We cannot accept any booking that is conditional upon a special request being met. Requests for extra legroom on aircraft are so frequently requested that it is unlikely to be available. Special meal requests are rarely available on short haul flights.

DISABILITIES AND MEDICAL CONDITIONS: Many of our holidays require a fair degree of physical fitness and regrettably are not suitable for the disabled traveller. You must let us know if you or anyone in your party suffers from a serious medical condition or disability before a booking is made. We cannot provide individual assistance with boarding coaches or other forms of transport, baggage handling, walking or other personal requirements, etc. and clients should be confident that they can do these tasks unaided. We are happy to give advice and assistance with the choice of your holiday, which will be dependent upon the nature of the disability. In order to ensure your enjoyment of the holiday, we ask all clients to provide full details of any disability or special requirements at the time of booking. Some suppliers such as airlines and cruise lines may request certification from your GP to confirm that you are fit to travel. We regret that we cannot be held liable for any costs you may incur as a result. Walking: Due to the historic nature and layout of some towns together with current transport regulations, access to places visited and hotels by coach may be limited. Clients are therefore advised that a significant amount of walking may be involved. Many of the places visited are extremely old and there are often uneven steps and uneven terraces. It is important that you take extra care when walking and wear appropriate footwear. You are urged to contact our Sales department for further information if you have any difficulty in walking or mobility problems; and they will be pleased to advise you on the suitability of any particular holiday. Should your travel needs change from the time of making your booking, you must advise us as soon as possible.

SAFETY: Your safety and security is our first consideration. In the event of the Foreign Office advising against travel to a certain country, we would act on this advice. However, we do recommend that you check Foreign Office Travel Advice before you make a booking and this can be found on the internet at www.fco.gov.uk/travel. Although we take every precaution in looking after you on tour, the responsibility for your personal safety and welfare and the care of your possessions is yours alone.

PRIVACY AND DATA: We want all our clients to enjoy completely successful holidays. However, any client with a medical condition or disability or a dietary/religious requirement must be aware that information supplied to us will be passed to other companies who supply the various parts of our travel arrangements. The suppliers may be based where controls on data protection may not be as stringent as in the UK. We will not, however, pass this information to any party that is not responsible for your travel arrangements.

AIRPORT ASSISTANCE AND TOUR MANAGERS: The voyages outlined in this brochure are sold on an individual basis. This means that they do not include airport representation or an accompanying tour manager. A representative will meet you on arrival at your destination, and a dedicated expedition team is available 24 hours a day for requests and requirements on board.

EXPERTS AND GUIDING: A National Geographic photographer will accompany all voyages on the *National Geographic Explorer*. Voyages on all other ships are accompanied by an Expedition Team; the Expedition Team comprises the experts – naturalists, photographers and historians – who remain on board throughout. Nightly presentations are provided for the benefit of all travellers on board.

SHIP INFORMATION

Air-conditioning and heating: Ships are air-conditioned and heated when appropriate throughout your voyage. Each cabin has its own thermostat, allowing you to control the temperature level.

Communications: Ships are equipped with satellite communications for internet access, telephone, and fax. E-mail access via satellite internet is available 24 hours a day through the purchase of pre-paid internet access debit cards onboard. Once purchased, the debit cards can be used to access the internet on your personal laptop using the cable in your cabin, on your personal laptop at select wireless access points onboard, or at the internet kiosks located next to reception.

Currency / Shipboard expenses: The currency on board all ships is the US dollar. The ship is equipped with a computerised point-of-sale system that will track your daily shipboard expenses. You may be asked to sign for certain items, and you will be presented with an itemised ship's bill at the conclusion of your voyage. Personal cheques issued by US banks, travellers' cheques, US dollars, American Express, Discover, MasterCard and Visa are accepted to settle accounts on board. Due to currency regulations, re-exchange to dollars or from one local currency to another is not permitted. It is not possible to change personal cheques or travellers' cheques for cash on board, though this may be possible during certain shore excursions.

Daily Programme: Each evening, a copy of the following day's programme will be placed in your cabin. In remote areas, or where weather conditions play an important role, the day's events and timing may be altered. Flexibility is a must.

If plans must be changed, you will be notified via the public address system. Such changes will not amount to a major change in the holiday.

Electricity: There is both a 110-volt outlet (standard US) and a 220-volt outlet (standard European) in each cabin. These are appropriate for laptops, battery chargers, digital cameras, video cameras, hair dryers and most other uses.

Gratuities: Tips are not included in your holiday price, and are entirely optional. As a tipping guideline, we recommend \$140 per guest per week on board the ship. All tips are divided among the naturalist guides and crewmembers on board. Gratuities can also be given using travellers' cheques, a personal cheque (only if issued by a US bank), or American Express, Discover, Visa or MasterCard.

Luggage: Plan to travel light. On certain flights (eg mainland Ecuador to the Galápagos), your checked baggage may be weighed and cannot exceed 40lb (18kg) per person. Also, carry on luggage may be weighed; it may not exceed 12lb (5.5kg) per person. Your camera is not included in this restriction. Your cabin has been designed so that luggage can be stored under your bed. There is space to hang and store clothing. Due to space limitations, luggage cannot be stored in other areas on board the ship.

Meals / Restaurant: Shipboard chefs prepare international cuisine. Breakfast and lunch will be served buffet style, with different cold and hot options to choose from daily. Each evening, you will have the opportunity to choose between three dinner entrees – meat, fish, or vegetarian. Dinner choices will change on a nightly basis. Dietary restrictions or allergies may be advised in advance. There will be open seating

for all meals, with tables unassigned. The meal hours will be posted in the daily programme.

Photo kiosk: There is a digital photo kiosk available which will enable you to download various types of digital media to CD-ROM. CD-ROM media for the kiosk may be purchased in the gift shop.

SCUBA diving / Snorkelling: SCUBA diving is available in some destinations, and may be arranged independently. There are excellent opportunities to swim and snorkel during the voyage. Snorkelling gear (mask, fins and snorkel) is available on board in many sizes but to ensure a perfect fit, you may want to bring your own mask and snorkel. If you are nearsighted and do not wear contact lenses, we recommend investigating a prescription mask, available at most dive shops and online. For those who do not wish to snorkel, a glass bottom boat is available on *National Geographic Explorer* for use when conditions permit.

Smoking: Smoking is allowed only in designated outdoor areas. Smoking is not permitted in guest cabins.

Valuables: Ships are not equipped with safety deposit boxes. Guests are asked to see the Purser if they have something that must be kept in the ship's safe. All passports are kept throughout the duration of the voyage by the Purser.

Video chronicler: With cameras at-the-ready 24 hours a day and seven days a week, videographers capture the essence of each expedition for you. A Voyage DVD will be available for purchase at the end of your expedition.



WHAT TO PACK
Lindblad Expeditions' ships are casual environments. There is no need to dress formally, so our recommendations for your 'travel wardrobe' are all about comfort, practicality and the likely conditions of the the region you are exploring. We suggest packing the following in addition to your 'usual' travel clothing. Please note, this is a general packing list only; a detailed packing list will be included in your pre-tour documentation.

Item	Galápagos	Panama / Costa Rica	Alaska	Baltics	Ice Bears	European Odyssey	Antarctica
T-shirts and casual, mild weather clothes	•	•		•		•	
Two or three different weights of sweater			•		•		•
Fleece or sweatshirt for cool interiors	•	•		•		•	
Thermal underwear			•		•		•
Warm jacket			•				
Parka					•		•
Light rain jacket or rain poncho	•	•		•		•	
Waterproof jacket			•	•	•		
Waterproof trousers			•		•		•
Waterproof ski mittens or gloves			•		•		•
Warm hat/sun hat	•	•	•	•	•	•	•
Bathing suit	•	•		•		•	
Warm, sturdy woollen socks							•
Comfortable walking shoes with rubber soles	•	•	•	•	•	•	•
Waterproof boots with good traction			•		•		•
Old tennis or deck shoes					•		•
Suncream / wind protection	•	•	•	•		•	
Sunglasses with good UV protection	•	•	•	•		•	•
Insect repellent	•	•	•	•			
Camera, plenty of film and extra batteries	•	•	•	•	•	•	•
A good pair of binoculars	•	•	•	•	•	•	•
Small, water-resistant backpack	•	•	•	•	•	•	•
Collapsible walking stick (if required)	•	•	•	•	•	•	•
Travel alarm clock	•	•	•	•	•	•	•
Zip-lock plastic bags to protect camera etc	•	•	•	•	•	•	•

The National Geographic Online Store at www.nationalgeographic.co.uk is a convenient place to shop for your expedition.