

contiki

—
TRAVEL WITH NO REGRETS

EUROPE 2018 / 19
AUTUMN, WINTER, SPRING



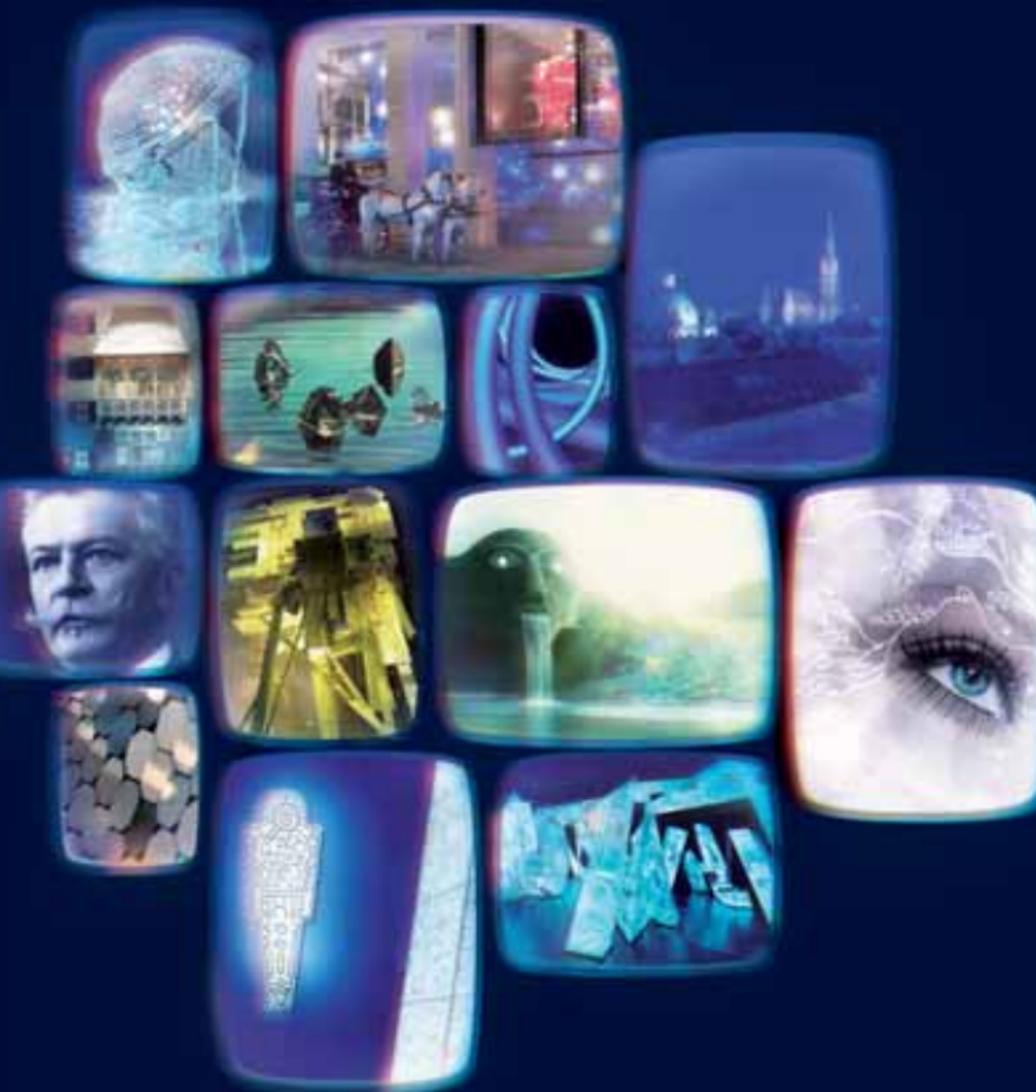
SWAROVSKI

MOMENTS OF WONDER SPARKLING SHOPPING EXPERIENCES

Swarovski Kristallwelten **Wattens**

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WELCOME TO CONTIKI

You're about to head out on the adventure of a lifetime & experience the way we travel. We can't wait to show you Europe, the Contiki way!

Like you, we're a bunch of passionate travellers, so we know all the top tips that you need to know before & during your trip.

We've put together this handy (& exclusive!) Traveller's Guide to set you out right.

Before you go...

From the big stuff, like where does my trip start & what should I pack, to the smaller stuff, like where's the best place to find free WiFi on your trip – it's all here in our handy guide.

When you're on the road...

We've packed in a heap of awesome things to do in almost all the cities we visit. It's the stuff the locals love – from the best places to shop, where to try some authentic local food or just chill.

Getting Social...

We all know there's nothing better than posting pics from where you'd rather be to your friends & family back home.

So make sure to use your trip hashtag, #contiki & #NOREGRETSS so everyone can follow your epic story!

Keep this in your pocket or take the sharing is caring approach & pass it on to a friend when you're done.

Let the adventure begin

Love,

Team Contiki

**LIVE WITH NO EXCUSES
TRAVEL WITH
#NOREGRETSS**

YOU ONLY GET TO LIVE IT ONCE

Way back in '62 one guy had a dream: to show young travellers the world and change their lives in doing so. 55 years later and we've perfected the secret formula. One of the most important things we've learnt along the way is to do things with passion or not at all.

Most companies provide good service. But at Contiki, we go further than that, making sure that every second is one to remember, every trip is one that will change your life and alter your perception of the world. That's what we live for and what keeps us up at night. Are you ready to become part of the story?

BUT IF YOU DO IT
RIGHT, ONCE IS
ENOUGH
#NOREGRET

CONTIKI CARES

Powered by **TREADRIGHT**

Contiki Cares is our mission to protecting and preserving the places we go to and the people we meet, so that the generations who follow us can see the world with the same wide-eyed wonder as we do. It's our dedication to treading lightly, acting with respect, and recognising when to speak for the planet when it can't speak for itself.

Advising us on our journey is the TreadRight Foundation, our older, wiser sister on all things sustainable and our guiding force in seeking to make the world a better, more interconnected place. Together with TreadRight, we're on a journey – to seek out the causes that need support, and the traditions and communities that need protection in our ever changing world.



TREADRIGHT
FOUNDATION

TreadRight.org

CONTIKI LOVES THE PLANET

Contiki is proud to be using 100% recycled LEIPA paper for the body of our brochures. By doing so, we proudly save 41,000 trees per year. It is just part of The Travel Corporation way.

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BEFORE YOU GO

PACK YOUR BAGS

Packing for your trip can be niggly, so we make it easy with some handy tips.

On our trips, you can bring one bag or suitcase of 73cm x 50cm x 25cm (29" x 20" x 10"), with a max weight of 20kg (44lbs) & one piece of hand luggage.

Here's an idea of what you could pack before you go. As well as all the standard stuff to keep you snug like jeans & jumpers plus your iPod etc. Here are a couple of ideas about what else you might need on your trip...

- Warm, rainproof jacket, gloves & a scarf or two
- Comfy walking shoes
- Travel alarm clock
- A watch!
- Swimwear
- A diary (for writing down all your travel stories)
- Medical stuff
- Travel adaptor/s
- Spare camera memory cards
- Going out clothes & shoes
- A couple of fold-away travel bags (for all that shopping)

AND DON'T FORGET

- Your passport!
- Your Contiki trip documents & hotel vouchers
- Travel insurance details
- Visas (if applicable, see below)
- Credit cards & cash
- A spare print out of all your important details, just in case...

CLOTHING FOR SKI & SNOWBOARD HOLIDAYS

For skiing and snowboarding, warmth is essential, but try to avoid the bulk that is usually associated with keeping the cold out. It is far better to have a few layers of thin, warm clothing rather than one thick jumper. This means that you can peel off a layer at a time as you get hot from skiing/snowboarding (or falling over!)

Before you go it's essential that you have the following gear with you.

- **Ski jacket:** Should be snow and windproof, warm, yet lightweight with enough room for two thin sweaters.
- **Ski pants/overpants:** Should be warm & water resistant.
- **Gloves or mittens:** It is essential to have a good pair of gloves or mittens. The best protection is provided by fleece-lined, waterproof, leather or Gore-Tex gloves/mittens.

- **Sunglasses or goggles:** Sunglasses or goggles are a definite must. If you choose sunglasses, it is essential that they are shatterproof.
- **Socks:** A thin pair worn underneath a thicker pair or double layer of socks are usually the most comfortable when you're up the mountain.
- **Sweaters:** Two thin sweaters are warmer than one thick one. Cotton turtle necks are good to wear under wool sweaters to provide protection for your neck.
- **Après-ski boots:** Take rubber-soled boots, preferably warm and waterproof.
- **Hats:** A hat is essential for warmth as you lose a lot of body heat through your head. It's also a good idea to buy one that protects your cheeks.
- **Sun screen:** A waterproof, high protection factor sun screen will protect skin both from the sun and wind.
- **Lip balm:** To provide protection from chapped lips.

Please note: Ski clothing can also be hired in Hopfgarten at an additional cost. See p.51 for details.

HAND LUGGAGE

On some of our trips, it is necessary to use an overnight bag on the occasional nights when it's not possible to unload your bags from the coach (like overnight ferries etc). It's a good idea to bring an overnight bag, or hand luggage that's big enough to double up as an overnighter when needed.

VISAS

Depending on your nationality, you may need visas to enter some of the countries included on your trip. Check with your travel agent or go online to determine whether or not you need visas to travel.

KICK-START MEETINGS

On all our trips, a Kick-Start meeting with your Trip Manager will be held at the beginning of your trip – check your trip docs and the hotel notice board for details.



COME FLY WITH ME...

Here are some of our top flying hints before you leave home.

- Carry your travel documentation, camera & books/magazines in your hand luggage
- Double (or triple!) check that you've got your passport
- Don't forget that most airlines have 50ml liquid restrictions that must fit in one plastic bag – so make sure yours fits
- Buying Duty Free is great, but double check your Duty Free limits
- Travelling can dry you out, especially on long haul flights. We love taking an empty drink bottle on board & asking for it to be filled with water, to avoid jumping up & down for re-fills...
- Stay up as long as you can when you arrive to help adjust to local time, fast.

MONEY

The main currencies you'll encounter in Europe are the Euro € & British Pound Sterling £.

On our trips, if you're visiting countries like Switzerland you may come across other currencies. Your On-road Team will explain all about the currencies & where the best places are to find cash when you're on a trip.

ACCESS TO CASH ON YOUR TRIP

It's a good idea to carry your cash in a number of different ways, so you're never caught short. It's a good idea to have some cash, a credit card & debit card when you travel.

Debit cards mean you can access money at cash machines throughout Europe, or you can get a pre-loaded cash card (like Travelex) & load it up before you leave home. Your Trip Manager will let you know the best places to find cash. Just make sure you have a PIN linked to the card before you leave home.

CURRENCY CONVERSION TABLE

It's always good to keep track of your money as you travel, so currency conversions can help when you're out exploring. Here's a little helpful guide on exchange rates (as at April 26th, 2017).

Note: Exchange rates can vary, this info is only a guide. We love apps, so if you've got a smart phone, then we recommend you download the free XE travel app, for up-to-date currency info wherever you travel.

	USD	CAD	AUD	NZD	ZAR	GBP	EUR
GBP	0.78	0.57	0.58	0.54	0.06	1.00	0.85
SFR	0.99	0.73	0.75	0.69	0.08	1.28	1.08
CZK	24.66	18.17	18.49	17.02	1.87	31.63	26.88
EGP	18.14	13.37	13.60	12.52	1.38	23.27	19.77
EUR	0.92	0.68	0.69	0.63	0.07	1.18	1.00
USD	1.00	0.74	0.75	0.69	0.08	1.28	1.09

BUDGETING ON YOUR TRIP

Budgeting for your trip is one of the hardest things to do before you leave home. Everyone is different, so it's hard to know how much money to bring with you. On our trips, we include loads – like breakfast every day & lots of evening meals – so to help plan your budget on your trip, check out contiki.com/travel-resources & click on or look for the spending money tab for more.

TIPPING

In all areas of the service industry in Europe, from restaurants, bars, hotels & taxis, it is common practice to tip if you feel that the service received has been excellent.

The same goes for your Contiki Team. If you feel that your Trip Manager & Driver's service has been exceptional, then feel free to tip them if you feel they've done a great job. If you choose to tip, we recommend around €2 per person per day, however whether or not you choose to tip (& how much) is completely up to you.

ELECTRICITY & VOLTAGE

Most locations where Contiki travel in Europe operate on alternating current (AC) which varies between 220-240v. Travellers from North America should note that due to the difference in voltage (120v in USA and Canada) you will require a power converter to enable electrical equipment to work in Europe and Britain.

Throughout Europe you will require an adaptor which allows you to plug into a 2-pin European power socket. In Great Britain and Ireland you will require an adaptor which allows you to plug into a 3-pin British power socket.



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WE'LL HAVE THE PACK OFF YOUR BACK BUT NEVER THE SHIRT

FREEPHONE 0800 328 2382

OR VISIT US AT THE CONTIKI CLIENT INFORMATION CENTRE



Anglo Pacific International Plc, 5/9 Willen Field Road,
Park Royal, London, NW10 7BQ

Email: buggage@anglo-pacific.co.uk

Hours: Mon-Fri 8.30am - 6.00pm Sat 9am-1pm

DEEP VEIN THROMBOSIS (DVT)

Although DVT is rare, we love our travellers & keeping healthy before, during & after your trip is important. If you are flying to &/or from your trip, please read the DVT info below for our hints on what to look for & how to minimise any risks.

WHAT IS DVT?

DVT is when blood clots develop in the veins of the legs, the groin & sometimes the arms. For some people, the risk of DVT can significantly increase after a flight of 4+ hours, & it's important to note that it can take a few days before the side effects of DVT become known. If you're on a trip & you feel any symptoms below then let your Trip Manager know.

FACTORS CONTRIBUTING TO DVT INCLUDE

- Immobility or cramped seating positions
- Flying
- Recent major surgery
- Personal or family history of DVT, heart disease or Pulmonary Embolism
- Cancer, pregnancy, obesity, or if you're taking contraceptive pills

THE SIGNS & SYMPTOMS

- Redness or skin discolouration, warmth, hardening & swelling in the ankles, calves or thighs
- Tenderness &/or pain on walking, raising or flexing the foot

HOW CAN YOU LOWER THE RISK?

- Make more leg room (pop your hand luggage in the overhead lockers)
- Try not to sit with your legs crossed
- Try some of the exercises listed on the right
- Elevate your legs whenever you can
- Wear your favourite comfy threads when travelling
- Take a short walk every 2-3 hours
- Drink plenty of fluids & keep hydrated
- Avoid too much alcohol & taking sleeping tablets
- If you think you're at risk – throw on some compression stockings for your flight

OUR TOP EXERCISES TO KEEP YOU MOVING

- Bend & straighten your legs, feet & toes regularly
- Press the balls of your feet down hard on the floor
- Take a short walk

DVT TOP EXERCISES



Take advantage of any breaks by getting off the coach & stretch your legs.

You can also exercise whilst seated. Use the following movements to keep your circulation moving & to avoid getting stiff:



Bend & straighten your legs, feet & toes.



Press the balls of your feet down hard against the floor.



Perform regular upper body movements & breathing to relax the back & shoulders.



Make sure you drink water regularly to avoid becoming dehydrated.

WHERE WE TAKE YOU



REYKJAVIK



ESCAPE INTO LIMITLESS LANDSCAPES AND MAGICAL SKYLINES

4 DAYS

[#contikiiceland](#)



SCOTTISH HIGHLANDS

SCOTLAND

WEST HIGHLANDS

GLASGOW

EDINBURGH

LONDONDERRY

NORTHERN IRELAND

DONEGAL

BELFAST

IRELAND

DUBLIN

GALWAY

Cliffs of Moher

Kilkenny

Blarney

CORK

Isle of Skye

Loch Ness

Stirling

St. Andrews

Gretna Green

LAKE DISTRICT

YORK

Holyhead

LIVERPOOL

WALES

ENGLAND

LONDON

Dover

Calais

PARIS

Versailles

FRANCE

BORDEAUX

BILBAO

SAN SEBASTIAN

PAMPLONA

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Zaragoza

MADRID

BARCELONA

Toledo

VALENCIA

PORTUGAL

LISBON

SEVILLE

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Gibraltar

TANGIER

FEZ

Rabat

Casablanca

MOROCCO

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GET LOST IN THE ROMANTIC SETTINGS & STUNNING SIGHTS OF THIS ENCHANTING CITY

7 DAYS

[#londonandparis](#)

24 countries, 52 unique itineraries and countless No Regrets travel experiences. Want a taste?
We've got the crème de la crème.



CONTIKI ON THE ROAD

ON-ROAD TEAM

YOUR TRIP MANAGER & DRIVER

People are at the heart of everything we do, and our team is what make our trips the best. Our worldwide On-road Team, locally based staff & network of Local Guides are all extensively trained & travelled & are the best in the business. But we know it's not just about training, it's about passion & our team have it in their blood. Their passion for getting you in the know on every single detail of each destination is what makes our travellers walk away from their experience knowing that they made every moment count.

WHERE YOU STAY...

HOTELS

Central locations, WiFi, en-suites and even gyms and pools at some – that's our tasty hotel offering. Sleep soundly after a hard day's exploring in same sex twin-share rooms that put comfort centre stage, or upgrade to your own room for a few extra ££ if privacy is more your jam. Available on our Discoverer & In-Depth Explorer trips.

HOSTELS

Budget friendly and bursting with unique extras, our hostels are all about location, cleanliness and sweet little touches. And don't for a second think you'll be bunking down with 9 other bodies in your room. Our hostels sleep quad or twin-share only, so no goodnight chorus to your multiple roomies on our Discoverer trips.

SKI & BOARD TRIPS IN THE AUSTRIAN TYROL

Our Contiki Gasthof in the Austrian Tyrol is a year-round Special Stopover with exclusive use by Contiki Ski & boarding guests in Winter.

Our Contiki Team live and work there so they're great for local knowledge & a chat after a day on the slopes. Accommodation is a maximum of quad-share (with single, twin and triple-share options) almost all with private facilities.

YOUR COACH

The coach is all about socialising! Chill, take in the views, chat to your mates & hang out as you make your way from one spot to another. They're environmentally friendly, plus you get panoramic windows, powerpoints for charging on the go, pumping sound systems, DVD players & reclining seats. They're the perfect way to get around.

We also make lots of stops along the way, so you can grab a drink, a snack & have some time to stretch your legs.

HOW ELSE?

On some of our trips, we include flights, boat rides & even trains. Check out your trip documents for more, & get ready for a taste of what you can experience!

LAUNDRY ON YOUR TRIP

As a guide it's always a good idea to start your trip with a reasonable amount of clothes so you're not caught out. Your Trip Manager is the best person to advise on the best places to do your washing while you're on a trip.

Note: All laundry services are at an additional cost.

LOVE TO SHOP?

If you love shopping as much as us, you're going to love the shopping on tap in Europe so get your shopping list written & ready... From well known brands like Zara, H&M & Mango to unique boutique & vintage stuff you can't get at home, get ready to splash some cash on new threads!

FASHION WITH CONTIKI

When you're on the road, you can ask your Trip Manager about the best places to shop for what you're into, and we've put together a list of some of our favourite spots in some of the cities we visit so check out the start city info further on.

Tip: You can also claim back VAT (tax) on some items when you head home, so make sure you ask before you purchase!

INTERNATIONAL COUNTRY CODES

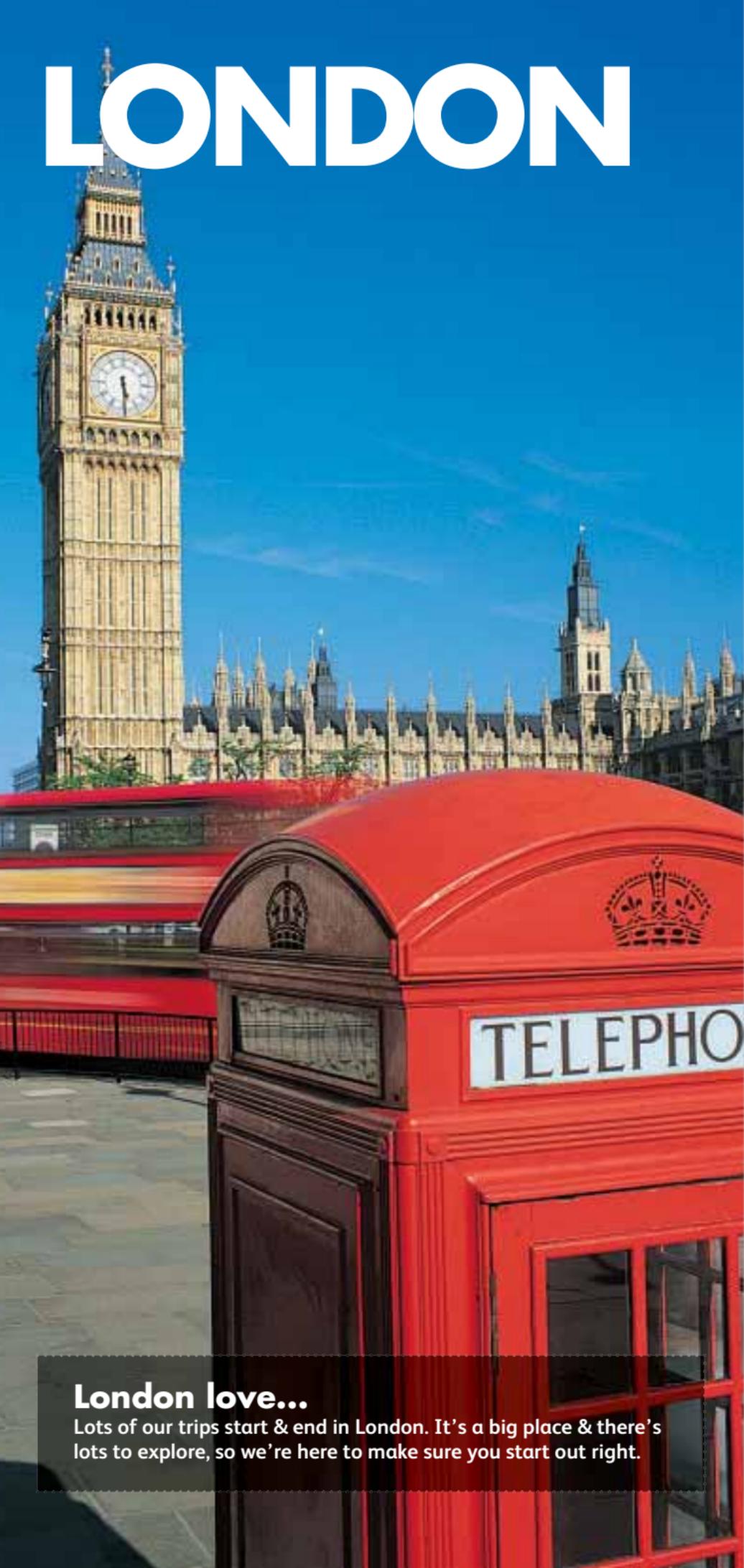
When calling home you will need to ensure you use the correct country code – below are a few for your reference.

Australia	61	Canada	1
Great Britain	44	USA	1
New Zealand	64	South Africa	27
Japan	81	Indonesia	6
Singapore	65	Malaysia	60
Israel	972	Brazil	55
Mexico	52		

Your Trip Manager can recommend the most convenient places to call home.



LONDON



London love...

Lots of our trips start & end in London. It's a big place & there's lots to explore, so we're here to make sure you start out right.

LONDON, ENGLAND

Country code: +44

Currency: Pound Sterling £

All our London trips start at the Contiki Basement – it's THE place to get your travels started out right. It's in the centre of London at the Royal National Hotel in Russell Square, so you're right where the action is at.

Our Basement Team is here to help. They'll help you book gig tickets, day trips, or just tell you where you need to go for what you're into. You can use the Basement to store your luggage, check your emails, or simply find out the fastest way to get to the airport. And with FREE WiFi it's a great place to head to get in touch with your friends & family when you arrive.

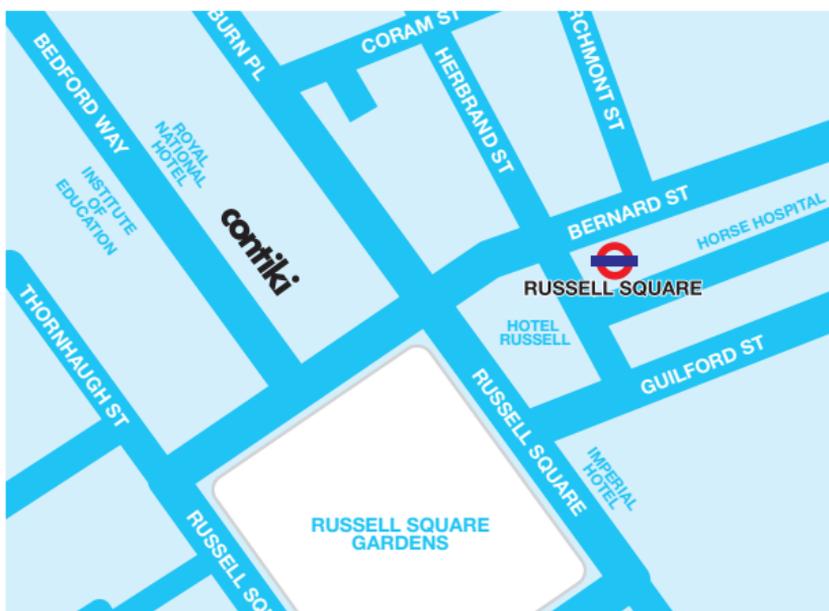
ROYAL NATIONAL HOTEL, BEDFORD WAY

London, WC1H 0DG

Tel: +44 (0)20 7637 0802

Fax: +44 (0)20 7637 2121

email: basement.rep1@contiki.co.uk



THERE'S LOADS GOING ON AT THE CONTIKI BASEMENT HOTEL CHECK-IN

If you're staying at the Royal National Hotel you can head directly to the Contiki Basement to check in to the hotel. (If you are staying at the Imperial Hotel, you'll need to head directly to the hotel to check in.)

LUGGAGE STORAGE

You can store your luggage at the Basement for £1 per bag per day. If you're hitting the shops, or have luggage over 20kg (44lbs), you can store items at the Contiki Basement for the duration of your trip for £5 per bag per week.

MAIL PICKUP POINT

You can have your mail sent to the Contiki Basement (see p.19), which you can pick up when you arrive. Just make sure you have your name written clearly on the mail, with the date you are due to arrive, & if possible a booking reference number.

You can buy stamps & post them at the Basement; all to save you time... just make sure your postcard arrives home before you do.

DAY SIGHTSEEING TRIPS OUT OF LONDON

Through Evan Evans Sightseeing Tours, we can offer you day trips to Bath, Stonehenge, Windsor, Hampton Court, Salisbury, the Cotswolds, Althorp, Warwick Castle, Canterbury, Leeds Castle & many more. Just ask us for more information.

LUGGAGE WEIGHING SCALES

You can come into the Basement during opening hours to check that your luggage is no heavier than the maximum 20kg (44 lbs) weight limit. Hand luggage must weigh no more than 4kg (8lbs).

Note: The Basement won't be open before your coach departs in the morning, so please see our Basement Team for all your requirements the day before your trip departs. The Basement is open 7 days a week:

1 May – 30 September 9:00am – 8:00pm

1 October – 31 March 11:00am – 7:00pm

1 April – 30 April 11:00am – 8:00pm

Or visit contiki.com/basement for more information.

ARRIVING IN LONDON

FROM LONDON HEATHROW AIRPORT

By Underground: Catch the Piccadilly Line from London Heathrow Airport directly to Russell Square Station, a few minutes walk from the Royal National Hotel & Imperial Hotel. Cost approx. £6.00 single.

Heathrow Express train: This train runs from London Heathrow Airport to Paddington Station & departs every 15 minutes from 5:07am to 11:58pm, seven days a week. Cost £25 per person. A taxi from Paddington Station to the Contiki Basement, the Royal National Hotel & Imperial Hotel will cost approx. £10.

By taxi: Taxis from Heathrow to London City Airport are expensive, & can cost approx. £70 for the journey.

FROM LONDON GATWICK AIRPORT

Gatwick Express train: This runs from London Gatwick Airport to Victoria Station from 5:51am to 00:20am, seven days a week. The journey takes approx. 30 minutes & costs around £19. A taxi from Victoria Station to the Contiki Basement, the Royal National & Imperial hotels will be about £15. Alternatively, take the London Underground Victoria Line from Victoria station to Green Park, change to the Piccadilly Line & go straight to Russell Square, which is a few minutes walk from the Contiki Basement, Royal National & Imperial hotels.

By taxi: Taxis from Gatwick Airport to the city centre are expensive & will cost approx. £80.

NEED ACCOMMODATION IN LONDON?

Lots of our trips start & finish in London. So if you need accommodation, we can help. We have great rates at two hotels (Royal National or Imperial hotels). Both are in central London right next to Soho's theatres, bars & shops.

BOOKING TIPS:

- Plan ahead & book your trip.
- Want to share with a friend? You need to book at the same time.
- Going solo? We'll get you a room-mate (same sex) for a twin or triple-share.
- We can't book double beds.
- Check-in available from 2:00pm.
- For our cancellation policy & more details visit contiki.com.

ROYAL NATIONAL HOTEL (2 STARS)

Bedford Way (enter from Woburn Place), London WC1H 0DG
Reception: +44 (0)20 7637 2488

We offer discounted rates for Contiki travellers (twin & triple-share). This is also the departure point for all Contiki trips that start in London (except for our London & Paris trips that depart from the Imperial Hotel). The Contiki Basement is located on the lower ground floor of the south wing of the hotel, where you'll need to check in on arrival.

IMPERIAL HOTEL (3 STARS)

Russell Square, London WC1B 5BB
Telephone Reception: +44 (0)20 7837 3655

We offer discounted rates for Contiki travellers (single & twin-share). Both hotels are within a few minutes from Russell Square Underground Station. All rooms have colour TV with tea & coffee making facilities. There is a wide range of restaurants, cafés, bars, pubs & coffee shops either in the hotels or in the area.

Note: Check-in at these hotels is at 2:00pm & check-out is at 11:00am.

WHEN IN LONDON – GETTING AROUND & TRANSPORT UNDERGROUND

Live like the locals & get around fast on the Underground ("The Tube"). There are over 250 stations, easily recognisable by an illuminated red & blue symbol. The Tube runs every few minutes between 5:30am & midnight on weekdays & Saturday, & between 7:00am & 11.30pm on Sundays. Some lines run 24 hours at the weekend. Single &/or return tickets are available from the ticket machines at stations. You can also purchase an Oyster travel card – a pre-paid card that ensures the cheapest single fares on the Underground or buses. Alternatively, you can purchase discounted travel cards after 9.30am weekdays or at any time on weekends. These give you unlimited travel on buses & tubes for one day.

BUSES

The iconic red London buses operate in central London & generally run 5-15 minutes apart, from 5:30am to around midnight. After midnight the night buses become less regular but run all night & are marked with an N before the bus number. You can't use cash to pay for your fare when you board a bus, or from a roadside ticket machine. Instead of cash you can use an Oyster travel card or contactless payment card to pay as you go.

TAXIS/CABS

Unique to London is the 'cabbie' & his traditional black cab. When taxis are free to pick up a fare, the words 'Taxi' or 'For Hire' are lit up in yellow on the top of the cab. Taxi drivers are not obliged to accept a fare which may take them out of the six-mile radius of central London.

Taxi drivers do expect a tip of 10% of the fare, & when they have helped with luggage or taken a special fare out of the six-mile radius a larger tip is expected. Do not take rides in unmarked taxis!

Most of our trips starting in London don't spend any time in the city – so it's a good idea to suss out the sights before or after your trip.

BORN TO SHOP?

From Oxford & Regent streets, to places like High Street Kensington or Kings Road, Chelsea, packed with the current trends, there are plenty of places in London to do some serious damage to your credit card.

Or, if you're wanting a more local vibe & something different you could head to London's iconic Portobello Road & pick up some unique vintage finds like cool winter boots & jewellery that you won't spot on anyone else. When you're done, you could hot foot it up to Camden, grab some bang bang chicken & enjoy it on the banks of the canal, or chill with a drink at Proud Galleries.

FEELING ARTY?

London's art scene is incredible, & what tops it off, is that there are loads of places to get your fix for free. Try the Serpentine Gallery for contemporary art in Kensington Gardens, it's great for an afternoon of wandering the gallery, followed up with some people watching in Hyde Park. Other places to head to are the Tate Modern (it's free admission too), or download the 'Banksy Locations' app on your iPhone before you leave home & hit the streets to scout out the works of Britain's most famous street artist.

HUNGRY?

Head to the famous Brick Lane for a curry, followed up with some beers at the Big Chill bar for some cool East London vibes. You could head to Borough Market for some delicious local food – from raclette to chocolate brownies, it won't disappoint. If you want to head further afield & markets are your vibe, you could try Broadway Market near London Fields. Packed with cool books, great places for coffee & a truly local feel, it's the perfect place to get away from the tourist trail. Or, if you're looking for somewhere central for a drink, head to Graphic Bar in Soho, it's constantly updating its interior with the works of urban artists, so it's cool for getting amongst something different.

OTHER PLACES TO HEAD...

- Tower of London
- British Museum
- London Eye
- National Gallery
- Original Bus Tour

Tip: Pick up your tickets from the Contiki Basement to get a discount.

LONDON DEPARTURES

All our London trips depart from the Royal National Hotel, Bedford Way, London WC1 0DG. Check out your trip documents for your departure times!

Note: Please make sure you allow enough time to reach the Royal National Hotel as all bags will be weighed before being loaded on to the coach. If your trip is starting early on a Sunday, please note that the Underground does not start until 7:00am on Sunday mornings.

LONDON KICK-START MEETINGS:

It is strongly recommended that you attend these meetings. You can meet your Trip Manager, Trip Driver and your fellow travellers, as well as complete any necessary paperwork if you haven't already checked in online. Bring your passport, travel insurance details & 'Tickets to Ride' voucher booklet with you. The Contiki Basement will not be open before the coaches depart in the morning, so please see our On-site Team for all your requirements the day or evening before during opening hours.

01 OCTOBER - 30 APRIL: All pre-departure meetings will be held in the Contiki Basement at 6:00pm.

MORNING OF DEPARTURE: Please meet in the courtyard of the Royal National Hotel to have your luggage weighed and be directed to your Trip Manager by our On-site Team.

01 OCTOBER TO 31 MARCH: All winter trips meet at 06:45am for a 07:30am departure (except Ski Austria & festival trips).

ARRIVAL OF TRIPS IN LONDON: Most trips arrive in London any time between 4:00pm and 8:00pm depending on weather, traffic, and other external factors out of our control.

ALL TRIPS DEPARTING LONDON LEAVE FROM:

The Royal National Hotel Bedford Way, London WC1 ODG
Telephone: +44 (0)20 7637 2488
Contiki's reception: +44 (0)20 7637 0802

SKI OR BOARDING IN AUSTRIA

SKI & BOARD HOLIDAYS (SKI PLUS) DEPARTURE/RETURN TIME

Our overnight coach departs on Friday from the Royal National Hotel, Bedford Way, London WC1. Tel: +44 (0)20 7637 2488 at 7:00pm.

It arrives into Hopfgarten approx. 3.00pm the following day and returns on Saturday at around 11.00pm.

Please note the last trains from Russell Square:

- Southbound is at approximately 00:15am
- Northbound is at approximately 00:43am

EN ROUTE TO HOPFGARTEN

In order to give you the most time for you to hit the mountain, we drive straight to the ski village. The drive is mostly on motorways with stops at restaurants and coffee bar facilities en route.

Because part of the journey is overnight you might like to bring a small inflatable pillow with you. It's also a good idea to bring some of your favourite snacks or treats for the journey.

IF YOU MISS THE COACH

Should you miss the coach, please contact the Contiki Representative immediately at the Contiki Basement at the Royal National Hotel on +44 (0)20 7637 0802. They will give you detailed information on how to catch up with your trip.

Note: For more info about ski & board trips (Ski Only) and details of your stay in Hopfgarten, see p.47-52.

CONSULATES AND EMBASSIES

AUSTRALIA

Australian High Commission
Strand
London WC2B 4LA
(corner of the Aldwych and the Strand.)
Tel: +44 (0)20 7379 4334
Fax: +44 (0)20 7240 5333
Email: consular.lh1h@dfat.gov.au
Web: <http://www.uk.embassy.gov.au/lh1h/home.html>

CANADA

Canadian High Commission
Macdonald House
1 Grosvenor Square
London, W1K 4AB
Tel: +44 (0)20 7258 6600
Fax: +44 (0)20 7258 6333
Email: ldn.consular@international.gc.ca
Web: http://www.canadainternational.gc.ca/united_kingdom-royaume_uni

NEW ZEALAND

New Zealand High Commission
New Zealand House
80 Haymarket
London SW1Y 4TQ
United Kingdom
Tel: +44 (0)20 7930 8422
Fax: +44 (0)20 7839 4580
Email: aboutnz@newzealandhc.org.uk
Web: www.nzembassy.com/uk

SOUTH AFRICA

South African High Commission
South Africa House
Trafalgar Square
London WC2N 5DP
Tel: +44 (0)20 7451 7299
(except Consular Section)
Fax: +44 (0)20 7839 5670
(except Consular Section)
Web: <http://southafricahouseuk.com/>

SOUTH AFRICAN HIGH COMMISSION

Home Affairs
Consular Section
15 Whitehall
London SW1A 2DD
Tel: +44 (0)20 7925 8900
Fax: +44 (0) 7839 5198
Web: <http://southafricahouseuk.com/>

UNITED STATES OF AMERICA

U.S. Embassy
24 Grosvenor Square
London, W1A 2LQ
United Kingdom
Tel: +44 (0)20 7499 9000
Fax: +44 (0)20 7495 5012
Email: SCSLondon@state.gov
Web: <http://london.usembassy.gov/index.html>



AMSTERDAM



Widely known as one of Europe's most laid-back cities, get ready to explore the one & only Amsterdam...

AMSTERDAM, THE NETHERLANDS

Currency: Euro €

Language: Dutch

Country Code: +31

To get you started...

Hello (Hallo)

Goodbye (Tot ziens)

Please (Alstublieft)

Thank you (Dank u)

ARRIVING IN AMSTERDAM & TRANSPORT

By air: The easiest way to your hotel in Amsterdam is to take a taxi directly from Schiphol International Airport for approx. €35-50. Or, if you're feeling up for it, it's easy to catch the train from the airport to Amsterdam's Centraal station, approx. €5. There are up to five trains an hour during the day and one an hour between 1.00am and 5.00am with the journey taking approx. 25 mins. From Centraal station it is best to catch a taxi directly to your hotel for approx. €20-30.

By train: Trains from Schiphol Airport run 24hrs a day; after midnight to 6:00am there is one train per hour. 15-20 mins to city centre.

By taxi: Taxis to the city centre cost €40-50, not a cheap option.

IN THE 'DAM - GETTING AROUND & PUBLIC TRANSPORT

The central city and main sights of Amsterdam are very compact – walking is one of the best ways to get around.

If you're not so keen on walking, Amsterdam's tram system is also very easy to use with numbered lines and a single trip costing €2.90. There is also a day pass for €7.50 which provides unlimited travel for 24hrs. Tickets are available on the trams at either the front or the back of the carriage, or from supermarkets, ticket offices and ticket vending machines throughout the city.

Or alternatively, hire a bike (for a small cost) grab a map & go local!

THE 'DAM'S DON'T MISS

Anne Frank Huis: The former hiding place where Anne Frank wrote her diary, is now a well-known museum. Anne Frank's diary is among the original objects on display. Reservations required, pre-booking highly advised. Open daily.

Rijksmuseum: The beautiful 19th century Rijksmuseum is home to some of the Netherlands' greatest artists works including Rembrandt's famous 'The Night Watch'. Open daily.

The Van Gogh Museum: The museum contains the world's largest collection of paintings by Vincent van Gogh, as well as exhibitions on various subjects from 19th century art history. Open daily.

The Heineken Experience: Amsterdam's most famous beer, Heineken, has been brewed in the city since 1867. Take a tour then sample a drop or two at the end. Yum! Open daily.

TOURIST INFORMATION

Stationsquare (across from Central Station)

Tel: 0900 400 40 40 Monday - Sunday 9:00am - 6:00pm

www.iamsterdam.com

BORN TO SHOP?

Flower Market Amsterdam: Located on the Singel canal between the Koningsplein and the Muntplein, this is the only floating flower market in the world, where you can check out the Netherlands' famous tulips & other bulbs! Open daily.

Waterlooplein flea markets: There are hundreds of market stalls full of vintage bags, brooches as well as classic trash & treasure items. From cheap guitars, to random CDs, books & paintings, take time to chat to the laid back locals & pick up some unique local gems from your trip to Amsterdam.

Don't leave without buying: Stroopwaffles. Delicious caramel between waffle biscuits is delectable. Buying some cute clogs or a windmill keyring is a must too.

HUNGRY?

We love the Pancakes at the Upstairs Pannenkoekenhuis (the upstairs pancake house!) Find the small entrance & be ready to walk up a very steep flight of stairs to find it, but it's worth it! The owner lives upstairs & does most of the cooking – our favourites are apple & bacon, or the bacon & cheese.



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PARIS, FRANCE

Currency: Euro €

Language: French

Country Code: +33

To get you started...

Hello (Bonjour)

Goodbye (Au revoir)

Please (S'il vous plaît)

Thank you (Merci)

ARRIVING IN PARIS

By air: Paris has two international airports, the Roissy Charles de Gaulle CDG (about 25 km [15 miles] northeast of Paris) & Orly (14 km [9 miles] south of Paris). Both public and private ground transport is available to easily take you to central Paris from either airport.

CHARLES DE GAULLE AIRPORT ARRIVAL

By taxi: Taxis from Roissy Charles de Gaulle to Paris city centre take around an hour & are about €50-70, with taxi stands located outside the terminal exits. Legitimate taxis have yellow lights on the roof. Peak hour and overnight is between 5:00pm-7:00am. Raising the price by an extra €10.

By bus: The 'Roissybus' leaves every 15-20 minutes from 6:00am to 11:00pm daily & travels to Opéra metro station. The fare is approx. €10 and is payable on board. Travel time is approx. 1 hour.

By train: RER Line B leaves every 15 minutes from 5:00am to 00:00 on week days, and 7:00am to 9:00pm on weekends. A single ticket costs approx. €9.50 and travel time to Gare du Nord (Paris' main station) is approx. 35 minutes. Be aware that the RER and Métro can be difficult with luggage. There are three terminals at CDG-free shuttle from Terminal 1 to Terminal 3 for the train.

ORLY AIRPORT ARRIVAL

By taxi: Taxi fares from Orly to Paris city centre take approx. 45 minutes & are approx. €30-40. Rising to an extra €10 in peak and overnight (5:00pm-7:00am).

By bus: OrlyBus travels to Place Denfert-Rochereau from 6:30am to 11:00pm with a departure every 12 minutes. The ticket costs approx. €7.20 and the journey takes approx. 45 minutes.

By train: Orlyval is an automatic metro line linking Orly airport and the RER station Antony. Trains run every 4 to 8 minutes from 6:00am to 11:00pm, with an average total travel time of 35 mins to Châtelet and 45 mins between Orly and Charles de Gaulle-Étoile stations. A single ticket costs approx €11.30.

IN PARIS - GETTING AROUND & PUBLIC TRANSPORT

Paris is a great city to explore on foot & you'll often discover hidden gems along the way. If you're keen to maximise your time then you can go local & use the Paris Métro system.

Métro lines are numbered from 1 to 15 with the direction of trains being indicated by the name of the last station on the line. For example, eastbound Line 1 trains are identified Château de Vincennes, while westbound Line 1 trains are identified La Défense.

To enter the Métro system, buy a ticket at the ticket booth, then head through the turnstile taking the stamped ticket. You can change lines as needed to reach your destination without needing to purchase new tickets.

You can buy a full day ticket, or purchase a ticket for a single journey. Métro trains begin running at about 5:30am and continue until about 00:30am. Free maps of the Métro system are available at stations.

PARIS' DON'T MISS...

Eiffel Tower: Long recognised as a symbol of the city, it is stunning by night and the view is breathtaking by day.

Musée du Louvre: Visit the home of one of the world's most important art collections including Leonardo da Vinci's Mona Lisa. Closed Tuesdays.

Arc de Triomphe: Visit the world's most famous arch & head to the top to take in the view of twelve avenues radiating from the arch at the centre. Magic! Open daily.

Musée d'Orsay: Explore the world's largest collection of Impressionist Art, featuring work by the likes of Pierre-August Renoir, Edgar Degas and Vincent Van Gogh. Closed on Mondays.

BORN TO SHOP?

Browse through the stores of the Rue de Rivoli and Boulevard Haussmann, or if you're keen to splash the cash head to one of the world's most famous shopping streets, the Champs-Élysées. For high end designer threads hit up Rue St Honoré & the home of haute couture, home to Colette, Chanel, Dior – it's perfect for people watching.

Unleash your inner vintage lover in Paris. Gorgeous old scarves from places like Free P Star in Bastille is a favourite place to head for some pre-loved gear that you can give a new home.

Picking up old photographs & prints from the street sellers or little art shops that dot the length of the Seine are other favourites of ours when in Paris. They are cool little unique finds that no one else will have – perfect as a gift to take back home (for yourself or a friend).

Top tip: Most shops are closed on Sundays.

HUNGRY?

Paris is home to thousands of amazing places to eat. BUT, if you're feeling like going local & getting your serious people watch on, then a picnic in the park is a must. Arm yourself with a bottle of red (Beaujolais is our favourite), a selection of cheeses (there's no limit to choice), a baguette or two & head to the Champs du Mars. With the city's best views of the Eiffel Tower, plus locals strolling past it's a great way to get that truly Parisian experience.

TOURIST INFORMATION:

Paris Convention and Visitors Bureau - 25 rue des Pyramides - 75001 Paris. Tel: +33 (0)8 92 68 30 00 (0,34 /min) www.parisinfo.com



OUR OTHER START CITIES

BERLIN, GERMANY

Berlin goes off! With one of the world's coolest party scenes, a seriously historical past & loads of monuments & great shopping to boot, Berlin is one of the coolest places to head in Europe right now.

Currency: Euro €

Language: German

Country code: +49

To get you started...

Hello (Hallo)

Goodbye (Auf wiedersehen)

Please (Bitte)

Thank you (Danke)

ARRIVING IN BERLIN

By air: Berlin has two airports, Tegel (TXL) & Schönefeld (SXF)

TEGEL AIRPORT (TXL)

Tegel Airport is approx. 8 km northwest of Berlin city centre. The easiest way to your hotel from the airport is via taxi – the journey will take approx. 45 minutes and cost approx. €30.

Alternatively, there are easy to use buses – 109, 128 or the JetExpressBus TXL – which travel from the airport to the city and stop at the main train station, Hauptbahnhof. From there it's easy to catch the S-Bahn (Suburban Train) or U-Bahn (Underground) or a taxi to your hotel. The journey from the airport to the city takes approx. 20 minutes and costs €2.40 (plus the cost of transport from the train station to your hotel).

SCHÖNEFELD AIRPORT (SXF)

Schönefeld is in the southeast of Berlin, approx. 18 km from the city centre. The easiest way from the airport to your hotel is via taxi – the journey will take approx. 50 minutes and cost approx. €35.

Or, go local & jump on a direct train from the airport to Alexanderplatz station which is in the centre of the city. From there it's easy to catch the S-Bahn or U-Bahn or a taxi to your hotel. The journey from the airport to the city takes approx. 1 hour and costs €3.10 (plus the cost of transport from the train station to your hotel).

WHEN IN BERLIN - GETTING AROUND & PUBLIC TRANSPORT

Do it like the Berliners & jump on the train (U-Bahn and S-Bahn), or use the bus and tram network. There are nine MetroTram lines which run 24 hours a day. Trains run overnight on Fri/Sat, Sat/Sun and before bank holidays. On other nights, the U-Bahns are replaced by buses, which follow the course of the U-Bahn lines as far as possible. These lines are called N1 to N9. So the N1 replaces the U1 during the day.

You can purchase day tickets (€7.00) or single tickets (€2.80) at the station before your journey (correct change is handy!)

Tip: you must validate your train ticket at the station before you travel, on buses, but on trams it's possible to validate once on board.

BERLIN'S DON'T MISS...

Reichstag: The Reichstag is the seat of the German Bundestag (government) and, with its new dome, one of Berlin's biggest crowd-draws. It's free to climb to the top for excellent views over the city but you'll need to book in advance.

Tip: You'll pass a security check at the entrance so leave any sharp items at the hotel. Open daily. You must book in advance (no longer open to the public without pre-booking). www.bundestag.de

Museumsinsel: The Museumsinsel is a unique set of five museum buildings on the River Spree. The south of the island, near the Schlossbrücke bridge and the Berlin Cathedral, is the Alte Museum (Old Museum), with the greenery of the Lustgarten stretching out in front of it. To the north, there is the Neues Museum (New Museum) and the Alte Nationalgalerie (Old National Gallery). On the Kupfergraben side stands what is most people's favourite, the Pergamon Museum, with the Bode Museum completing the ensemble.

The Fernsehturm: As the highest building in the city, the Television Tower is one of Berlin's biggest attractions. Built from 1965-69 to impress the democratic West with the achievements of the communist East, its total height is 368m, with a viewing platform at 203m. Open daily.

Potsdamer Platz: With its mix of restaurants, shops, theatre and cinemas, it's the perfect place to mingle with the locals & tourists. The former Potsdamer Platz was once one of the busiest junctions in Europe. It was badly damaged in the Second World War and has now been completely re-built, with only a small part of the original site now bearing its name.

BORN TO SHOP?

Berlin has some of the best shopping in the world, with the Kurfürstendamm (Ku-damm) & Hackescher Markt offering some of the world's biggest brands. Berlin is brimming with creative people – so it's easy to pick up some totally unique clothes, accessories and jewellery, partially hand-made.

Tip: Most stores are closed on Sundays.

For a true treasure hunter, no visit to Berlin is complete without a rummage through RAW markets on a Sunday. You can bargain for anything here too & the friendly locals are always up for teaching you some German. Enjoy live music, whilst indulging on a strong coffee & some local treats like waffles & currywurst.

HUNGRY?

Indulge in a true Berlin currywurst at Konnopke Imbiss. Since 1930 it has been selling Berlin's favourite snack – it's the oldest imbiss (snack stand) in the city & still the best.

Or, if your Asian taste buds are calling, then try Good Morning Viet Nam for some of the best Vietnamese this side of Asia! It's at Bergnamstrasser 102 & well worth the trip.

Treat yourself to an afternoon cocktail or two with a view to die for at the top of the Fernsehturm (TV Tower). It's the tallest structure in Germany & the perfect place to enjoy a drink with 360° views of the city.

TOURIST INFO

Hauptbahnhof (Main Station), Ground floor, entrance Europaplatz
Or look for Red Berlin Infostore signs around the city.
+49 (0)30 25 00 25. www.visitberlin.de

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www.berlinwalks.com



CAIRO, EGYPT

Egypt is one of the hottest places to head...literally! With the buzz of Cairo beckoning – here are some of our favourite spots & must-sees in the capital.

Currency: The main currency is the Egyptian Pound. However, the Euro, British Pound and U.S. Dollar are also widely accepted when paying for large purchases.

Language: Arabic, although there are various dialects of Bedouin and Nubian.

Country code: +20

To get you started...

Hello (As-salam alaykum)

Goodbye (Alla ysalmak)

Please (Min fadhlik)

Thank you (Shukran)

ARRIVING IN CAIRO

By plane: If you've provided us with your flight arrival details at least 14 days in advance, our local representative will be in the arrivals hall holding a Contiki sign to meet you for your complimentary transfer. Due to different flight arrival times, you may need to wait in the airport for up to one hour for a transfer. If you miss our representative, or if arriving in Cairo at any other time, please make your own way to the hotel. The approximate cost of a taxi is US\$25.

IN CAIRO - GETTING AROUND & PUBLIC TRANSPORT:

Taxis are the safest and easiest form of transport & there are always lots about. Taxis will have a fare meter but are generally not used – fares vary and should be negotiated up front. **Tip:** Taxis from hotels generally cost double that of taxis hailed from the street.

Or, if you're keen to try a slice of the local life, you can try the Metro. Cairo's Metro connects Helwan (south of the city) to Heliopolis (north) with various branches to Shubra, Ataba and Abdin. There is also a subway line between Giza and Shubra. Trains run from 5.30am to midnight.

Tip: The first carriage of each train is reserved for women only.

Travellers tip: Walking is a good option for taking in the atmosphere of Cairo, but streets are not marked and maps not much help, so it can be easy to lose direction. If in doubt, ask a local for where to head.

THE IMPORTANT STUFF...

Trips starting in Cairo will include a visit to the Egyptian Museum, a guided tour of the great Pyramids and Sphinx in Giza, the Citadel, the Alabaster Mosque, Sultan Husan Mosque and time to shop in the Khan El Khalili bazaar. As part of the trip there is also the choice of attending the optional activities in Cairo, like a Nile cruise with buffet dinner.

DON'T MISS IN CAIRO...

The Manial Palace: This palace was built for Prince Mohammad Ali between 1899 - 1929, and was taken over by the Egyptian government in 1955. The palace has remarkable architecture and represents a blend of many cultures like Ottoman, Moorish, European Rococo and Persian. The palace now serves as a museum where sculptures and medieval artifacts are displayed.

Pharaonic Village: The Pharaonic village took approx. 20 years to build and is designed as a tourist attraction which will take visitors back to the days of the Pharaoh. Sail along canals on a motorised barge and view the recreations of the buildings, clothing and traditions of the ancient times which are brought to life by actors.

The Hanging Church: Known in Arabic as al-Muallaqah (“The Suspended”), the Hanging Church is the most famous church in Cairo. Dedicated to the Virgin Mary, the Hanging Church is named for its location above a gatehouse of the Roman fortress in Old Cairo; its nave is suspended over a passage. The church is approached by 29 steps; early travellers to Cairo dubbed it “the Staircase Church.” Open daily except during services.

Cairo Tower: The Cairo Tower is a concrete television tower on Gezira Island in the Nile, close to the city centre. It’s 187m (610ft) high and is one of the city’s most famous landmarks. You can ascend the tower and visit the circular observation deck for amazing city views.

TOURIST INFO

New Airport

Tel: +20 22694195

Old Airport

Tel: +20 22695475

Fax: +20 22695475

Pyramids

Tel: +20 33838823

Fax: +20 33853526

Location: In front of Mena House hotel

Muslim festivals are timed according to local sightings of various phases of the moon and the dates given below are approximations only. During the lunar month of Ramadan (Saturday 27th May - Sunday 25th June) that precedes the Bairam Feast, Muslims fast during the day and feast at night and normal business patterns may be interrupted. Some restaurants are closed during the day but most tourist attractions and hotels are not affected. Some disruption may continue into the three-day Grand Feast itself.



DUBLIN, IRELAND

Currency: Euro €

Language: English and Gaelic

Country code: +353

ARRIVING IN DUBLIN

By plane: Dublin airport is about 10km north of the city. AirlinK operates a regular 24hr bus service from Dublin Airport to the city (one way €6, return €10) & Aircoach operates a similar service (one way €7, return €12). Or, take a taxi to the city centre for approx. €20.

WHEN IN DUBLIN - GETTING AROUND & PUBLIC TRANSPORT

Dublin is easy to explore on foot, but for sights that are slightly further afield, it's easy to catch a bus. See www.dublinbus.ie (exact change needed).

THE IMPORTANT STUFF

Your Trip Manager and Driver will introduce you to your fellow travellers and take you for a coach tour of Dublin to give you a taste of what's to come. You'll see O'Connell Street, the GPO, Trinity College, Grafton Street and the Clarence Hotel.

As part of the trip there's also the chance to attend ME Time optional activities including a visit to the Guinness Storehouse and a night out where you'll enjoy Irish food, music and dance at a great local restaurant.

DUBLIN'S DON'T MISS...

Temple Bar: Temple Bar is one of the most famous parts of Dublin, an area of preserved medieval streets on the south bank of the River Liffey. What it's most famous for though is being full of bars & restaurants and, although expensive – it's a must-visit & what's even better is that it's popular with tourists & locals alike.

Dublin Castle: Until 1922 Dublin Castle was the fortified seat of British rule in Ireland, and is now a major Irish government complex. Most of it dates from the 18th century, although a castle has stood on the site since the days of King John, the first Lord of Ireland. If you're keen for a look around there are regular guided tours of the castle.



Trinity College and the Book of Kells: Trinity College was founded in 1592 on the order of Queen Elizabeth I & is the best university in Ireland.

Museum junkies: Between Kildare Street and Merrion Square you'll find all of Dublin's most prestigious museums, including the National Museum, Natural History Museum and the National Gallery of Ireland.

BORN TO SHOP?

Shopaholics can get their fix at O'Connell or Grafton streets. There's a good mix of well known brands & local boutiques side by side, as well as lots of places to pick up Irish souvenirs.

HUNGRY?

Try Solas on Wexford Street, it's rooftop bar is perfect for those long summer nights & great beats from their resident DJs who spin some great tunes on the deck. Our tip: Get there early on the weekends – it's a popular spot & it can get crowded!

Bite of life is also great for a delicious treat on a budget. It's right by St Patrick's Park on St Patrick's Street, so head in, grab a smoothie or coffee & a ciabatta or toastie to go & head to the park to lap up some rays.

TOURIST INFO:

Dublin Tourism Centre, Suffolk Street, Dublin 2.

Tel: +353 1 6057700. www.visitdublin.com



EDINBURGH, SCOTLAND

Haggis, shortbread, whisky & William Wallace spring to mind, but there's so much more. Get a feel for how the Scots do it in Edinburgh!

Currency: Scottish Pound (you can use English Pounds as they are worth the same amount, but the Scots print their own banknotes.)

Language: English

Country Code: +44

ARRIVING IN EDINBURGH

By plane: On arrival, head out the main exit where there are taxis directly from the airport to your hotel for approx. £20 – the journey takes approx. 25 minutes.

By bus: To Waverley (central Edinburgh) is easy too, and costs £3.50 for a short 30 minute ride. The Scottish are a friendly bunch too, so ask them for directions. Once you arrive in town, it will be a short taxi ride to your hotel.

By train: Most people arriving by train will arrive at Edinburgh's main station, Waverley. The easiest way to your hotel from the station is by taxi.

WHEN IN EDINBURGH - GETTING AROUND & PUBLIC TRANSPORT

When in Edinburgh, the locals roll by bus. For latest info, contact Lothian Buses www.lothianbuses.com. A single journey (within Edinburgh) costs £1.50, with a day pass costing £4.

Tip: you can purchase tickets on the bus, but you'll need correct change. The day pass is valid all day; night buses run from midnight until 5:00am and require a separate ticket.

THE IMPORTANT STUFF...

Your Kick-Start meeting will be held on the night your trip starts – check your trip documents and the hotel notice board for details.

Your Trip Manager and Driver will introduce you to your fellow travellers and take you on a coach tour of Edinburgh to give you a taste of what's to come. You'll see Edinburgh Castle, Princes Street, Calton Hill, Arthur's Seat, the Palace of Holyroodhouse and the Royal Mile. You'll have a full free day to explore the city and will also have a chance to join a ME Time optional excursion "Scottish Evening" where you can enjoy a hearty Scottish meal and listen to a traditional bag-piper.

EDINBURGH'S DON'T MISS...

Edinburgh Castle: The crowning glory sitting atop of the city, Edinburgh Castle's turbulent past and rustic charm makes this top of the must-do's in Scotland. Available as a ME Time optional excursion, even if you don't go in to the castle, the view over the city and bay from the Castle forecourt is awesome. Open daily.

Arthur's Seat: Grab your shoes & get active with a walk up Arthur's Seat. It's free, so there's no dent in the pocket & the views over the city are awesome. It's easy too, simply head to the Palace of Holyroodhouse & and follow the trail, or ask a local who'll point you in the right direction. Open every day.

The Palace of Holyroodhouse: For the Royalists at heart, you could visit the Queen's official Scottish residence while you're in the city. It's right at the bottom of the Royal Mile, so it's easy to get to, with a short stroll taking you right from the castle down to the palace itself. The audio guides will set you right as you explore at your own pace.

BORN TO SHOP?

Take a stroll down Princes Street for the best vantage point of Edinburgh Castle and for some great shopping. Make sure you stop in Jenner's, Scotland's most famous department store. Stores generally open Monday - Saturday around 9:30am - 6:00pm and on Sundays from 11:00am - 6:00pm.

If jewellery is your thing, then head to Argento on Frederick Street for some treats that won't break your budget. Edinburgh is known for its cool music scene, so we recommend a visit to Avalanche on Cockburn Street for your fix – it's the best independent music shop in town.

Bohemia is one of our favourite spots to pick up some threads when in the city. From labels like Paul & Joe & American Vintage to cute cosmetics, there are loads of gems to discover.

HUNGRY?

For a delicious treat on a budget, jet to Always Sunday on High Street. It's a little gem is perfect for a snack, soup or salad.

For drinks, Dragonfly is our tried & tested favourite place to head for a late night cocktail. Just off Grassmarket, this place is renowned for its drinks & it's cool, intimate interior is great for a quiet drink with a few of your mates.

Don't leave Edinburgh without channelling your inner Scotch whisky connoisseur! With the best drops in the world coming from this part of the world, doing a tasting & picking up some for a gift is a must.

TOURIST INFO

3 Princes St, Edinburgh, EH2 2QP

Phone: +44 (0) 845 225 5121

www.edinburgh.org



MADRID, SPAIN

Viva Espanol! Paella, sangria, beaches, cities, flamenco & passion. Spain is hotter than hot, with Madrid serving up some of its best.

Currency: Euro €

Language: Spanish (Castilian)

Country Code: +34

To get you started...

Hello (Hola)

Goodbye (Despedida/Adios)

Please (Por favor)

Thank you (Gracias)

ARRIVING IN MADRID

By plane: The easiest way to your hotel in Madrid is to take a taxi directly from the airport for approx. €30. Alternatively, catch the Madrid Metro line number 8 (Pink) from the airport to the city for €4.50 and then a taxi to your hotel.

By train: Take a taxi from Atocha, Madrid's main train station, to the trip start hotel for approx. €10-15.

WHEN IN MADRID - GETTING AROUND & PUBLIC TRANSPORT

The city centre and sights of Madrid are very compact and walking is the best way to explore. The Madrid metro system is also very easy to use with numbered and coloured lines with a single trip costing €1.70 and a one day travel pass costing €5.40. Tickets are available at metro stations before travelling.

MADRID'S DON'T MISS...

Trips starting in Madrid will include an orientation tour of the city and included entry to the Royal Palace with a Local Guide.

This may be substituted for a trip of the Prado Museum if the Royal Palace is closed for an official state function. As part of the tour there is also the choice of ME Time optional activities, including a traditional Spanish dinner in the heart of the city.

La Puerta del Sol: Madrid's most famous and most central square is located just a short walk from the Plaza Mayor. Originally it was the site of one of the city's gates but now is the hub for shopping in the city.

Plaza Toros Las Ventas: The home of bullfighting in Spain is at Plaza Toros Las Ventas. The massive bullring can be found in the Guindalera quarter of Madrid's Salamanca district to the northeast of the city centre. Guided tours are run throughout the year and usually take place in the morning.

Prado Museum: One of the world's greatest art galleries, displaying works by the great European masters such as Velázquez, Goya, Raphael, and Rubens. Closed Mondays.

Reina Sofia Art Museum: Madrid's 18th century hospital was beautifully remodelled and converted into a museum of contemporary and modern art. Highlights include Picasso's 'Woman in Blue' and Guernica paintings, as well as works by Miró and Dalí. Closed Tuesdays and various other days.

El Parque de Retiro: Not far from the main sights like the Prado, this park is the perfect place to chill. Home to several sculptures, monuments, and a boating lake, it's perfect to getting into the local vibe.

TOURIST INFORMATION

Municipal Office of Tourist Information

Plaza Mayor, 3

Madrid

Tel: +34 91 366 54 77

Open: Mon - Fri 10:00am - 8:00pm; Sat 10:00am - 2:00pm, closed Sun.

BORN TO SHOP?

El Rastro is the place to head for bargains in Madrid. As the home to Europe's biggest outdoor market, getting amongst the madness here is essential. Located in the Barrio La Latina area, from clothes, Spanish souvenirs & artwork to anything & everything in-between, you'll find it here. Even if you're just keen for a peruse it is definitely worth a visit.

Spain is known for many of the world's biggest brands, like Zara & Berksha so picking up some threads here is a must. Channel your inner fashionista at El Corte Inglés department stores (they're dotted around the city) or the shops that dot the Gran Via are a must-visit.

Tip: If you're saving your shopping for a Sunday – don't! Madrid is known to shut its shop doors on Sundays, so make sure you plan with this in mind!

HUNGRY?

It goes without saying that trying traditional favourites like sangria, paella & tapas treats are essential. For cool young vibes try Albur on C/Manuela Malasana 15 or Cervecería Santa Bárbara at C/Goya 70 for tapas treats anytime of the day.

Treat that sweet tooth with some churros – we love to get some chocolate on the side for dipping – it always fixes our sugar cravings after a long day of exploring.

Try Platea Food Hall, a modern food market and the biggest gastronomic and leisure centre in Europe. www.plateamadrid.com/en



HOPFGARTEN, AUSTRIA

Home to some of the world's best skiing and boarding conditions, get ready for on & off-piste action.

Currency: Euro €

Language: German

Country code: +43

To get you started...

Hello (Hallo)

Goodbye (Auf wiedersehen)

Please (Bitte)

Thank you (Danke)

WHERE YOU STAY:

Haus Lukas, Brixentaler Strn 20, 6361 Hopfgarten, Austria.

Tel: +49 660 673 9882.

HAUS LUKAS FACILITIES:

Haus Lukas offers free WiFi and a lively bar.

MEALS

Ski & board holidays in Hopfgarten are on a bed and breakfast basis. For real value for money you can opt for a half board option which entitles you to 5 three-course (or 10 for our 2 week options) evening meals at a fraction of the cost of equivalent meals in town. You will still have two free nights per week stay to sample the many great places to eat in the village.

If you choose to stay on a bed and breakfast basis you should allow €20 for a meal and drink in town. Lunches are not provided in the trip price. You should allow approximately €10 per day for lunch in addition to your après ski costs and other spending money.

SKI VILLAGE FACILITIES

Hopfgarten has all the facilities you'd expect to ensure you have an amazing holiday. The village has a post office, banks, supermarkets, doctors and a pharmacy. There are lots of restaurants and bars for you to enjoy off the slopes too.

BUDGETING ON YOUR SKI HOLIDAY

If travelling to Hopfgarten on our ski plus package, we recommend you have some cash handy to cover refreshment stops on the coach journey. We would also suggest carrying some Pound Sterling (£) for the cross-channel ferry. Also remember if you are staying in Hopfgarten on a bed and breakfast basis you need to allow money for lunch and dinners during your stay.

PISTE MAP



There are 45 snow cannons producing artificial snow to cover a total of 28km of piste just in the Hohe Salve area alone.

INNSBRUCK AIRPORT TO HOPFGARTEN BERGLIFT:

(Innsbruck is the easiest and quickest place to fly into).

- From the airport take a shuttle bus to the central train station (Bahnhof). Shuttle buses depart every 15 minutes.
- Catch the train from Innsbruck to Wörgl train station – approx. 40 mins journey.

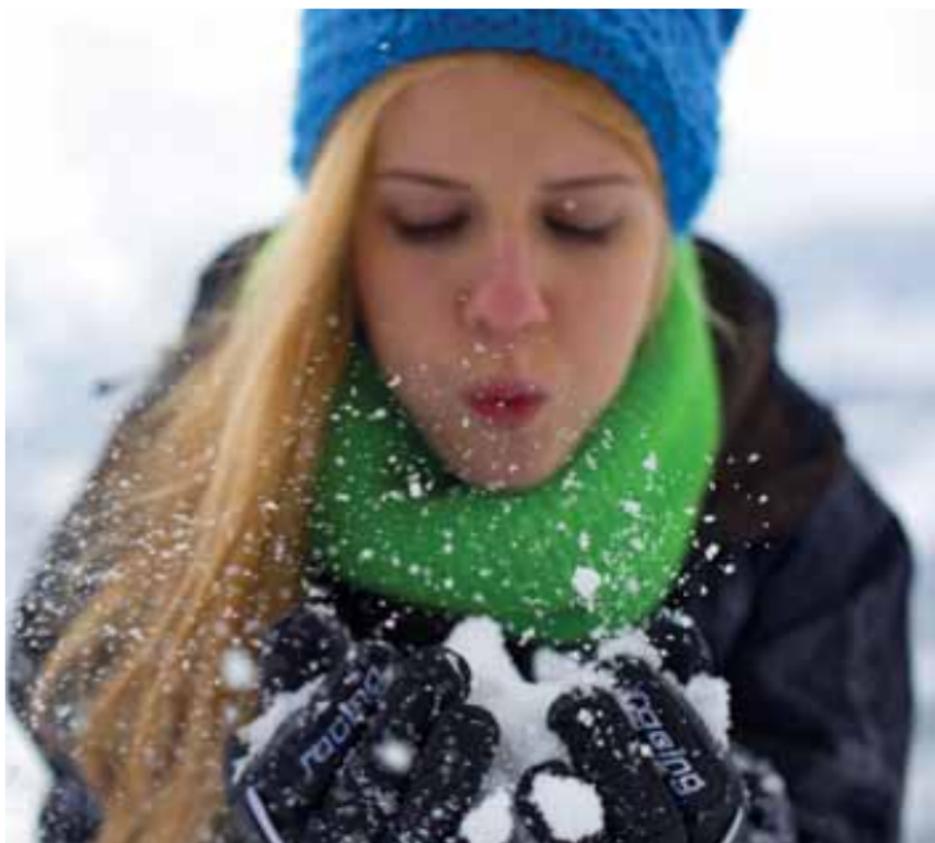
Trains leave every 45 minutes. Make sure you catch the fast train and not the regional train that stops at every station. Then change at Wörgl and catch a train from Wörgl to Hopfgarten Berglift – a 12-min journey approx.

These trains run every hour, however it is difficult to get a train after 10pm at night.

Please be aware that the station to disembark at is Hopfgarten Berglift and not Hopfgarten (there are two stops in Hopfgarten).

From Hopfgarten Berglift you can walk to Haus Lukas.

Alternatively, a taxi from Wörgl straight to Haus Lukas costs approx. €25.



MUNICH AIRPORT (MUNCHEN FLUGHAFEN) TO HOPFGARTEN BERGLIFT:

- When you have landed make your way to: Zentral Bereich
- Central Area.

Purchase your ticket at the Train Counter direct to Hopfgarten Berglift.

Then catch the S-Bahn (subway) to Munchen Ost – journey takes approximately 15mins. At Munchen Ost change platforms (usually to the platform directly opposite).

Wait for the fast train which comes approximately every 40 minutes.

Then catch the train from Munchen Ost direct to Wörgl - approximately 1hr 20min journey. Then change at Wörgl and catch a train from Wörgl to Hopfgarten Berglift – approximately 12 min journey.

These trains run every hour, however it is difficult to get a train after 10pm at night.

Please be aware that the station to disembark at is Hopfgarten Berglift and not Hopfgarten (there are two stops in Hopfgarten).

From Hopfgarten Berglift you can walk to Haus Lukas

A taxi from Wörgl straight to Haus Lukas costs approx. €25.

SALZBURG AIRPORT TO HOPFGARTEN BERGLIFT:

- From airport take shuttle bus to central train station (Bahnhof).

Shuttle buses depart every 15 minutes.

Catch train from Salzburg train station to Wörgl train station – approximately 1.5 hour journey.

Trains leave every hour – make sure you catch the fast train and not the one that stops at every station. After that change at Wörgl and catch train from Wörgl to Hopfgarten Berglift – approx. 12 min journey.

These trains go every hour, however it is difficult to get a train after 10pm at night.

Please be aware that the station to disembark at is Hopfgarten Berglift and not Hopfgarten (there are two stops in Hopfgarten).

From Hopfgarten Berglift you can walk to Haus Lukas.

An alternative is a taxi from Wörgl straight to Haus Lukas which costs approx €25.

SKI EXTRAS

If you have not taken advantage of the ski/snowboard equipment offers available at the time of booking, no problem. You can still purchase a lift pass, hire equipment and book ski lessons to suit your needs when you arrive in Hopfgarten through the Contiki Team, at the following approximate costs:

	No. of days	Cost per Person in €
SkiWelt Pass	6 days 13 days	Available to purchase in resort
Equipment hire (Skis, Boots, Poles, Board, Boots)	6 days 13 days	Available to purchase in resort

Lessons Ski & Snowboard		
Ski lessons: 5 days x 4 hours per day (inc. certificate) 3 days x 4 hours per day		Available to purchase in resort
Snowboard lessons: 5 days x 2 hours per day 3 days x 2 hours per day		Available to purchase in resort
Combined lessons: 3 days x 4 hours skiing 3 days x 2 hours boarding		Available to purchase in resort

Ski Clothing Hire		Cost per Person in €
Hopfgarten Jacket/Pants - Ski Suit		Available to purchase in resort

Note: These prices will be made available closer to Winter, please check the web.

Note: Please bring your own gloves & sunglasses/goggles as they cannot be hired in Hopfgarten.

Please Note: i) Prices shown are approximate and may be subject to change. ii) Bigfoot, carving and cross-country skis may also be hired. Please speak to the Gasthof Manager.

The SkiWelt ski pass provides access to 279 km (172 miles) of marked pistes, served by 91 lifts.

OTHER ACTIVITIES

Hopfgarten not only offers downhill skiing, but a whole range of winter sports activities eg. tobogganing, cross-country skiing (langlauf) and walking tracks. You can even take a ride in a horse-drawn sleigh by moonlight. (See “Optional ski activities in Hopfgarten” below.)

If you are an intermediate or advanced skier/snowboarder and would prefer not to take group lessons, you can take advantage of private lessons or half-day guided tours designed to familiarise you with the area. Please speak to the On-site Manager or Contiki Team for more details.

YOUR CONTIKI TEAM

The On-site Manager and Team members will always be on hand to help you enjoy your holiday. On arrival in Hopfgarten, they will be able to provide you with full details of Hopfgarten après-ski & other off-piste activities for the ultimate ski holiday.

Please note: Cash is only available from an ATM in the the village. You will need a PIN number to withdraw cash. Credit cards cannot be used in the village, but may be used to pay for extras at Haus Lukas.

OPTIONAL ACTIVITIES IN HOPFGARTEN

You'll find loads of specially chosen ME Time optional activities available in Hopfgarten. We call them 'optional' because it is up to you whether you take part or not. To help you budget your holiday, we have listed some of the most popular below.

Scenic Sleigh Ride: €20 approx: A romantic evening aboard a 'two-horse open sleigh'. Through mountainous forests, we stop in a cosy Gasthof to warm up to the tunes of a local musician before our return journey to Hopfgarten.

Tandem Paragliding: €128 approx: Experience the thrill and beauty of paragliding through the crisp mountain air from the top of the Hohe Solve mountain to the Hopfgarten valley below. You'll be accompanied by a qualified pilot who knows 'the ropes' on this amazing experience.

Note: These activities are weather dependent.



ROME, ITALY

Ancient history, incredible food & amazing locals. Spoil yourself in legendary Rome.

Currency: Euro €

Language: Italian

Country Code: +39

To get you started...

Hello (Ciao)

Goodbye (Ciao)

Please (Per favore)

Thank you (Grazie)

ARRIVING IN ROME

Rome has two international airports Leonardo da Vinci Airport, also known as Fiumicino (FCO), and Ciampino (CIA).

LEONARDO DA VINCI AIRPORT

By train: From Leonardo da Vinci Airport, follow the signs to Stazione FS/Railway Station. Buy a ticket "Per Termini" at the FS ticket counter or from one of the machines in the station. A ticket costs €14. You must validate your ticket by inserting it in the validation machine before you board the train. Trains depart every 30 minutes & take half an hour.

By taxi: A taxi from the airport to the city costs approx. €40.

CIAMPINO AIRPORT

Rail or bus: Terravision Express Shuttle Bus rides to the city centre in approx. 40 minutes. A single fare costs approx. €4. Alternatively, there is a bus available to take passengers to the nearby train station from where it's possible to take a train into Rome. Travel time into the city centre is about half an hour, but traffic can be terrible in Rome!

By taxi: The official taxis are white and identified by the illuminated Taxi sign on the roof. Ensure the meter is running, and check the approximate price of the journey beforehand. The fare will be approx. €35.

WHEN IN ROME - GETTING AROUND & PUBLIC TRANSPORT

Walking is by far the best way to get around Rome, but there are easy to use metro facilities to take you longer distances. A one way journey (called a BIT) costs €1.50 and lasts for one journey of any distance, and a day pass costs (called a BIG) €7 and is valid all day on the metro, buses and trams. Tickets can be purchased from tabacs or newsagents.

ROME'S DON'T MISS...

Pantheon: The Pantheon is one of Rome's most famous sights & is definitely not to be missed. Make sure you get there early, lines can get long. Open daily.

Castel St Angelo: This fortress was built in 139 A.D. by Emperor Hadrian and owes its name to the statues of angels placed on the top. Inside you can enjoy Raphael's frescoes as well as the Pope's apartments. Outside you can enjoy the amazing views over the Vatican from the top. Closed Mondays.

Capitoline Hill Museums: Based upon an architectural sketch by Michelangelo, this 17th century museum showcases a prominent collection of artifacts, art and archaeological finds. Items range from the first century B.C. to the 17th century A.D., including the famous fragments of a massive sculpture of Constantine & it's considered to be the oldest national museum in the world. Closed Mondays.

BORN TO SHOP?

Rome is a haven for the shopaholic & there are plenty of places to head. From Italian threads from the likes of Benetton, to high end fashion, there is shopping everywhere you look. Head down the Via del Corso (known as the Il Corso by the locals) for a window shop at the amazing Italian fashion houses, and check out their equally fashionable clientele!

HUNGRY?

The best food in the city is at Restaurant '34'. The unbeatable caprese salad, freshly caught seafood & rustic atmosphere make this hidden gem a must-visit every time you're in Rome.

The best place to party with the locals is in Trastevere. Start with dinner at Taverna della Scala, then head to Nylon Bar. Its modern vibe attracts the young local crowd, with great drinks, good wine & great DJs on the decks. Beige Bar is another favourite with its cool interior, chilled vibe & great music.

If you're looking for a bit of bang for your buck & looking for a break from the sights, head to Villa Borghese. You can hire a golf cart for an hour to cruise around the park, or grab a drink & snacks & just lay in the sun. There is also free WiFi so you can jump online & boast about your adventures to your mates.

Don't leave Rome without buying a sketch of Rome's icons from one of the local artists at the top of the Spanish Steps. These paintings & sketches will transport you back in time to your visit to Rome & are the perfect travel souvenir from your trip, so get your barter on! We also love the Piazza Navona for picking up some unique pieces too.





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Fax:+43 1 813 28 65

mail: konzert@residenzorchester.at

web: www.wro.at

VIENNA, AUSTRIA

Home to strudel, schnaps & delicious Viennese coffee – this city will send your cravings through the roof. Mix it up with palaces, music & cathedrals, Vienna serves up loads to see & do.

Currency: Euro €

Language: German

Country code: +43

To get you started...

Hello (Hallo)

Goodbye (Auf Wiedersehen)

Please (Bitte)

Thank you (Danke)

ARRIVING IN VIENNA

TRAIN FROM AIRPORT TO CITY

The City Airport Train (CAT) leaves every half hour from the airport. Travel time is 16 minutes to the city centre. A single ticket costs approx. €12. Alternatively, catch the S-Bahn to Wien Mitte. Journey time is 25 minutes, and costs €4.40. Trains run from 6:00pm-11:00pm, every 30 minutes at 6 and 36 minutes past the hour.

BUS FROM AIRPORT TO CITY

The Airport Express Bus travels from the airport to Morzinplatz in the city centre. The journey takes approx. 20 minutes and costs approx. €8.

WHEN IN VIENNA – GETTING AROUND & PUBLIC TRANSPORT

The majority of sites in Vienna are close to the city centre and easily walkable. Public transport options include trams and an underground system. Single tickets cost €2.10, or a 24-hour ticket is €7.10.

VIENNA'S DON'T MISS...

Horse and Buggy tour: Take a horse and buggy ride around the city centre. It's the best place in Europe to take advantage of this mode of transport with liveried drivers, shining coaches and immaculate gleaming horses.

Sisi Museum: Beautiful and celebrated Empress Elisabeth, also known as Sisi, has long since become a cult figure. Open daily.

Museums Quartier: The Museums Quartier Wien is one of the ten largest cultural complexes in the world. But above all, it's a forward-looking, inner-city cultural district that will have an enormous impact on future trends. The Museums Quartier unites Baroque buildings, new architecture, cultural institutions of all sizes, various disciplines of art, and recreational facilities in a single spot. Open daily.

Old Vienna Schnaps Museum: Since 1875 the Fischer family has been producing schnaps and liqueurs including their famous "Schönbrunner-Goldlikör" containing 23-carat gold leaf. Since that time nothing has changed... not the interior of the house, nor the method of production, nor the incredible taste!

MORE EUROPE

We travel to over 30 countries in Europe. We've put together a bit of info about where you're going, or if you're not headed there this time, this might give you an idea of what you can get ready to experience next time you travel with us.

CZECH REPUBLIC

Capital: Prague

Currency: Czech Koruna (CZK)

Population: 10,190,300

Time difference: GMT + 1 hr

- **See...** the postcard perfect capital of Prague
- **Try...** the locals' favourite foods like sauerkraut, dumplings, goulash, 'bramborake' (a kind of potato pancake) and many delicious cream cakes.
- **Drink...** beer. It's the country's most popular drink and Pilsner was invented in the Czech Republic.
- **Fact...** their culture includes considerable folklore, film and music festivals and trade fairs and the Czechs are known for their progressive and vibrant arts scene

EGYPT

Capital: Cairo

Currency: Egyptian Pound (EGP)

Population: 82,079,600

Time difference: GMT + 2 hrs

Our tips... Egyptians are very religious, warm and hospitable. It is a great honour for them to act as host to foreign travellers and they have a good sense of humour. Ramadan is the most important Islamic festival where devout Muslims fast from dawn till dusk for a month. Learn to relax and slow down in Egypt – time is not a priority. 'Baksheesh' is a tip for service and sometimes used wrongly as a bribe or to beg from tourists.

FRANCE

Capital: Paris

Currency: Euro €

Population: 65,312,300

Time difference: GMT + 1 hr

- **See...** the iconic Eiffel Tower
- **Fact...** the Champagne region produces an iconic style of sparkling white wine & it can only be genuine champagne if it comes from this region.
- **Taste...** cheese! The French have a different type of cheese for every day of the year – bon appetit!
- **Shop...** everywhere you can. It's the fashion capital of the world.
- **Star spot...** if you're in Nice or the French Riviera during the Cannes Film Festival.

Our tips...

Try & flex your lingo skills when you're in France. The locals will appreciate you making an effort in trying to speak a little French.



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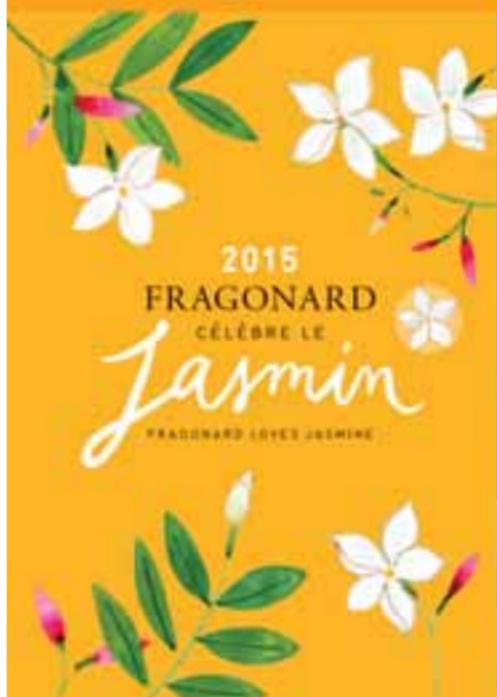
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GERMANY

Capital: Berlin

Currency: Euro €

Population: 81,471,900

Time difference: GMT + 1 hr

- **Taste...** Rhine Valley wines and dance in the Munich beerhalls
- **Visit...** festivals such as Fasching and Oktoberfest – both in Munich
- **See...** the famous Old Town Hall in Munich

HUNGARY

Capital: Budapest

Currency: Forint (HUF)

Population: 9,976,100

Time difference: GMT + 1 hr

- **Fact...** the biro pen was invented by Hungarian Lazlo Biro.
- **Don't miss...** Hungarian goulash & Hungary's amazing food. Other specialities include fish soup, Ujhazy chicken soup, and strudel pastries filled with sour cherries, cottage cheese or poppy seeds.
- **Relax...** at the many spas and thermal baths, especially in the capital, Budapest.

ICELAND

Capital: Reykjavik

Currency: Krona (ISK)

Population: 332,529

Time difference: GMT

See... the remarkable Northern Lights (aurora borealis)

Fact... beer remained illegal in Iceland until 1989.

Taste... Fish! Head to the 'Lobster Hut' food cart to sample inexpensive local seafood.

Shop... for traditional woollen jumpers (Lopapeysa) at the Hand knitting Association of Iceland for hand knitted locally produced jumpers with the profits going directly to the knitters themselves.

Star Spot... the following popular Icelandic bands such as Of Monsters and Men, Sigur Ros, and Bjork to name a few.

Our Tips... amuse the locals by trying to pronounce the street names. Good Luck!

Visit... the Blue Lagoon and float in geothermal water.

Check Out... Reykjavik Roasters to warm up for what some say is the best coffee on the island.

Explore... some of the best known natural phenomena in Iceland including Gulfloss Waterfall, Thingvellir, & the geothermal area of Lake Thingvallavatn.

ITALY

Capital: Rome

Currency: Euro €

Population: 61,016,800

Time difference: GMT + 1 hr

- **Taste...** amazing feasts of fine foods and wines from local regions.
- **Get arty...** Italy is famous for its Renaissance masters such as Michelangelo, Rafael and Leonardo.
- **See...** spectacular coastlines along the Cinque Terre and Amalfi Coast.
- **Famous for...** Roman remains of Pompeii – the city covered in ash by erupting Mt. Vesuvius.
- **Visit...** iconic buildings such as the Colosseum and the Pantheon in Rome.

Hit the shops... Italian fashion is amazing... from the cobblestone streets of famous leather and gold stores.

Don't leave Italy without...

Chatting with at least three locals, trying some Chianti wine & eating a caprese salad with fresh mozzarella.

Note: When visiting places of a religious significance in Italy, it is necessary to dress appropriately. Your Trip Manager will advise you further.



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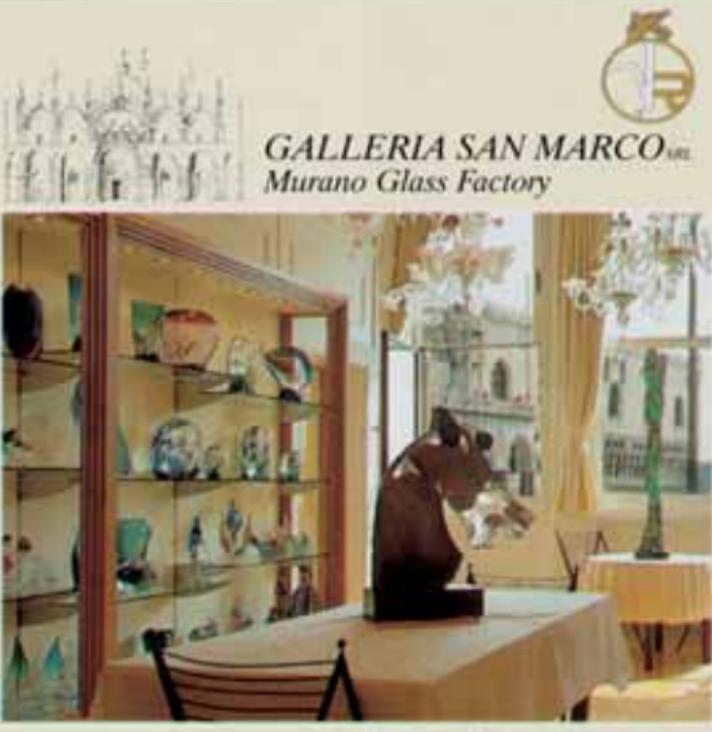
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LIECHTENSTEIN

Capital: Vaduz

Currency: Swiss Franc (CHF)

Population: 33,440

Time difference: GMT + 1 hr

Famous for:

- Private banks and the financial sector.
- Stamps! A mecca for anyone who has a stamp collection stash.
- With an area of 160 sq. km (61.8 sq miles) Liechtenstein is the fourth smallest state in Europe.

Our tips...

People in the principality tend to be far more formal than most other cultures. They are generally on time for appointments, both business and social, and expect you to show the same courtesy.

Tipping is 10-15% as well as service charges.

PRINCIPALITY OF MONACO

Capital: Monaco Ville

Currency: Euro €

Population: 30,550

Time difference: GMT + 1 hr

- **Spot...** some celebrities. It's a hot-spot for the extremely rich and famous & its own Royal Family, the Grimaldis.

- **Fact...** being one of the smallest states in Europe, it's a country in its own right.

- **Know...** that Monaco is actually a narrow coastal strip just over 4km in length, on the Mediterranean sea shore and at the foot of the southern French Alps.

Don't leave Monaco without... seeing the amazing luxury cars that pull up outside the Grand Casino in the centre of Monaco.

Our tip...

Take the "when in Rome" approach & dress to impress! The Monegasques are proud of the country's history and residents strive to maintain the quality of life that exists there. The principality attracts people from a variety of nationalities who are nevertheless united by a high level of personal wealth.



U CAVAGNETU

SPECIALITÉS MONÉGASQUES
MONACO



MOROCCO

Capital: Rabat

Currency: Moroccan Dirham (MAD)

Population: 33,848,242

Time difference: GMT + 1 hr

See... Koutoubia Mosque! While the mosque serves a spiritual purpose, its minaret is also a point of reference for international architecture. The 12th century 70m-high tower is the prototype for Seville's La Giralda and Rabat's Le Tour Hassan.

Fact... it is considered impolite to handle food with the left hand and to say no to meat if it is offered at a meal.

Taste... Moroccan tea! The drink is actually green tea from China that has had Moroccan mint (plus around a dozen sugar cubes!) added to each tiny pot! Taking Moroccan tea is not something to be rushed. It's a social occasion, a time to slow down, to connect and find peace.

Shop... for brightly coloured spices, shining copper bowls, richly woven Moroccan carpets, and steaming kefta tagines at the Medina in Fez.

Visit... Djemaa El-Fna, Marrakech's main square and open-air theatre. The hoopla and halqa (street theatre) has been here non-stop ever since this plaza was the site of public executions around AD 1050 – hence its name, which means 'assembly of the dead'.

Our tip...

Always barter when shopping at Morocco's medinas. Whatever price is named, aim for at least 50%!

THE NETHERLANDS

Political capital: Den Haag (The Hague)

Official capital: Amsterdam

Currency: Euro €

Population: 16,847,000

Time difference: GMT + 1 hr

- **Know...** that Amsterdam has more canals than Venice, containing over 100km (60 miles) of waterways, spanned by 1000 bridges.
- **Walk through...** the famous Red Light District
- **Hire a bike...** the Dutch are a nation of cyclists and in Amsterdam alone 540,000 people have bicycles
- **Taste...** Indonesian cuisine, it's famous in the Netherlands

Don't leave the Netherlands without... trying the incredible cheese here, and the incredible stroopwaffles.

Perfect gift... pick up a set of clogs, a small windmill & some Dutch cookies. It may sound a little cliché, but people genuinely do love these traditional treats!

Our tip...

Hire a bike & hit the streets to explore the way the locals do – you'll come across hidden gems you might not otherwise find.

SPAIN

Capital: Madrid

Currency: Euro €

Population: 46,754,800

Time difference: GMT + 1 hr

- **See...** the Sagrada Família in all its glory.
- **Dance...** the Spanish flamenco, which includes the song, the dance and the guitar. It's an iconic form of dance first known in the region of Andalusia.
- **Try...** the seafood. Many of the specialities of Spanish cuisine are based on eels, bream and squid. Paella's bright saffron colour is a must-try too.

Don't leave Spain without... checking out as much of Gaudí's architecture in Barcelona as you can. Take in as many markets as you can. From fresh food to tasty treats & cute souvenirs, it's the best way to get into a truly local vibe.

Our tip...

The Spanish love a good siesta, and you will too! The concept is gradually disappearing in some parts and department stores now stay open through the traditional 3-hour siesta.



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SWITZERLAND

Capital: Bern

Currency: Swiss Franc (CHF)

Population: 7,640,000

Time difference: GMT + 1 hr

- **Try...** cheese and chocolate. They are a must in the Swiss diet.
- **Fact...** there are over 100 glaciers in the country.
- **Famous for...** with Italy to the south, France to the west, Germany to the north and Liechtenstein and Austria to the east, Switzerland is completely land-locked.
- **Buy...** Swiss watches or a famous Swiss Army knife. Considered the best quality in the world, watches available in Switzerland are cheaper than elsewhere.

Don't leave Switzerland without...

Tasting the cheese Raclette, cheese fondue & chocolate & making your way up at least one mountain.

Our tip...

Hit the mountains for a walk and take in the fresh air if you get a chance. Prices are high in Switzerland, 12.5% is considered normal. Etiquette and social customs are very formal.

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UNITED KINGDOM OF GREAT BRITAIN & NORTHERN IRELAND

Capital: London

Currency: Pound Sterling £

Population: 62,698,400

Time difference: GMT

- **Famous for...** Kate, Wills & the Royal Family.
- **Get cultural...** writers and poets such as Shakespeare, Robert Burns and Walter Scott were all British.
- **We love...** Scotland & its bagpipes, kilts, haggis and whisky.
- **Taste...** the food. English are known for their high tea and full breakfasts of bacon, sausage, eggs and beans and their love of football (soccer).
- **Fact...** Northern Ireland is best known for the spectacular Giant's Causeway, being the place the Titanic was built and the country's turbulent recent history.

Don't leave Britain without... trying at least one pint of beer, fish & chips & a pork pie.

Perfect gift... head to Liberty of London for a seriously gorgeous shopping experience. Make sure you explore London's East End & Brick Lane for a truly local feel. British fashion is amazing & you can pick up some incredible threads to suit your budget.

Our tip... the Brits are a nation of eccentrics and are known for their sense of humour. Never push in front of someone who is waiting in a line and never dodge your turn to buy a round of drinks at the pub.

VATICAN CITY (HOLY SEE)

Capital: Vatican City

Currency: Euro €

Population: 832

Time difference: GMT + 1hr

Fact... the Vatican City is home to the head of the Roman Catholic Church, the Pope.

See... the Michelangelo designed St Peter's Basilica. It is spectacular and his painted Sistine Chapel ceiling in the Vatican Museums is amazing.

Our tips... it is important that you dress appropriately for a visit to the Vatican City. This means that you need to have your shoulders and knees covered as a sign of respect. There are also conventions to follow – such as silence and no photographs being allowed in the Sistine Chapel.

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