

Morocco

AUTUMN IN AGADIR

LIMOSA HOLIDAYS | TOUR INFO PACK



The Moroccan coast is one of the last places on Earth to see the endangered Northern Bald Ibis © robinchittenden.co.uk

2019 **Saturday 9th – Saturday 16th November (8 days)** **Small group tour with Arnoud van den Berg**

Travel from Atlantic shore to Sahara's edge on this bird-filled tour to Southern Morocco. Five nights at Agadir on the country's sunny Atlantic coast, plus two nights at Goulimime in the south, in search of larks, wheatears and other desert species. Bald Ibis, Barbary Partridge, Black-crowned Tchagra, Moussier's Redstart, Streaked Scrub Warbler and Fulvous Babbler among North African specialities to watch for. Additional highlights include an easy pelagic boat trip that's been productive for seabirds on previous tours, and visits to the Oueds Sous and Massa - Morocco's premier wetland birding sites.

- Exciting birding from Atlantic shore to Sahara's edge
- Superb range of Northwest African specialities
- Bald Ibis, Moussier's Redstart, Tristram's Warbler, Common Bulbul, House Bunting
- Pelagic boat trip off Agadir, 'chumming' for shearwaters, petrels and other seabirds
- Includes a two-night 'desert stopover' in Goulimime, 'Gateway to the Sahara'
- Cream-coloured Courser, Fulvous Babbler, Streaked Scrub Warbler, Trumpeter Finch
- Always a chance of turning up something unexpected on the coast!
- Expertly led by Limosa's Arnoud van den Berg, a foremost authority on Morocco's birds

What's Included?

- Limosa Tour Leader
- Return flights - from London Gatwick to Agadir, nonstop with Easyjet
- 7 nights accommodation in Morocco, at comfortable hotels in Agadir and Goulimime
- All main meals - with drinking water provided during the day
- Minibus transport
- Pelagic boat trip off Agadir
- All excursions, entry fees, tour based tips and taxes

LIMOSA HOLIDAYS, West End Farmhouse, Chapelfield, Stalham, Norfolk NR12 9EJ (UK)

TEL: +44 (0) 1692 580623 | 580624 • EMAIL: info@limosaholidays.co.uk • WEB: limosaholidays.co.uk

Outline Itinerary

- Day 1:** Fly London Gatwick-Agadir.
Transfer to hotel in Agadir (3 nts)
- Days 2-3:** We search for Bald Ibis, explore the coast and 'chum' for seabirds on a pelagic boat trip off Agadir
- Days 4-5:** We travel south to Oued Massa, then continue over the Anti-Atlas Mountains to reach Goulimime - 'Gateway to the Sahara' - for desert birding. Goulimime (2 nts)
- Day 6:** We leave Goulimime and pay a return visit to Oued Massa on our way back north. Agadir (2 nts)
- Day 7:** Atlas Mountains at Immouzer
- Day 8:** Shorebirds at Oued Sous. Fly Agadir-London Gatwick

Please note: for logistical or other reasons, it may sometimes be necessary to vary the running order of the above itinerary but the places visited will remain as described.

Tour Overview

If the dank days of autumn are getting you down at home, then this two-centre birdwatching tour to the sunny Atlantic coast of southern Morocco offers the perfect panacea. With its warm, Mediterranean-type climate and fine diversity of habitats - from arid coastal scrub to dramatic mountains - the Agadir region not only attracts good numbers of wintering European migrants but is also home to a fascinating resident bird population that has a distinctly African flavour.

Barbary Partridge, Plain Martin, Moussier's Redstart, Black-crowned Tchagra and the sought-after Northern Bald Ibis are among many specialities we should see on this trip, while the cheery calls of Common Bulbuls enliven the hotel gardens and Spotless Starlings and House Buntings sing from the rooftops.

Two of Morocco's very best birding spots - the estuaries of the Oued (river) Sous and the Oued Massa - lie within an easy drive of our comfortable Agadir hotel. Shorebirds abound, with herons, Eurasian Spoonbill, Greater Flamingo, waders, gulls and terns being numerous on the Sous, and the likes of Marbled

Duck, Black-winged Kite, Laughing Dove and Maghreb Magpie among more exotic species to look for beside the Massa.

Agadir lies far enough south that, even in November, we might also encounter a wide range of European migrants, pausing to refuel before continuing their way south to spend the winter in sub-Saharan Africa. Our autumn 2014 group even found a vagrant Great Knot here - only the second record for Morocco - and in autumn 2012 we saw two Olive-backed Pipits - only the second and third records for Morocco!

As special features of this late autumn tour, we include two very different excursions. The first is a pelagic boat trip out of Agadir, 'chumming' for shearwaters, petrels and other seabirds wintering off the little-known south Moroccan coast. The second - a trip that we've made many times over the past 34 years - will carry us south for an extended two-night stay at Goulimime, where the creeping fringes of the Sahara Desert provide a true flavour of this ancient kingdom.

Famed for its camel market and as a historic meeting place of the Sahara's nomadic 'blue men' (or Tuareg), the arid Goulimime region is home to a splendid range of desert birds that are rarely found near Agadir. Atlas Long-legged Buzzard, Lanner, Cream-coloured Courser, Bar-tailed Desert, Thick-billed and Hoopoe Larks, Streaked Scrub Warbler, Red-rumped and White-crowned Black Wheatears, Fulvous Babbler and Trumpeter Finch are all possible.

Limosa first operated this tour in the 1980s - in fact, it was our first overseas trip in the days before we even had a brochure! Our guide Arnoud van den Berg has led more than thirty Limosa tours to Morocco over the past 25 years, as well as escorting many Dutch birding groups and undertaking numerous research visits there. His network of local contacts and extensive knowledge of Morocco's birds and where to find them is second to none.

Daily Itinerary

Day 1

FLY AGADIR

Our autumn birdwatching tour to Morocco begins with an Easyjet flight from London Gatwick nonstop to Agadir. Depending on flight schedules (which change every year), we may arrive in time to settle in and enjoy some initial birding this afternoon. *Night Agadir*

Days 2 - 3

BALD IBIS, ATLANTIC COAST & PELAGIC BOAT TRIP OFF AGADIR

Early risers will relish the chance to check out the environs of the hotel, where 'strangers' such as Spotless Starling, House Bunting and cheery Common Bulbuls mingle with the likes of Blackcap, Chiffchaff and other more familiar 'British' birds.

The coastal cliffs that rise up to the north of Agadir are the haunt of Thekla Lark, Black Wheatear, Blue Rock Thrush and the dazzling Moussier's Redstart, the latter the most striking of all the region's endemic birds. We'll watch for the wary Barbary Partridge in the cliff-top scrublands, while the narrow threads of sand along the Atlantic shore are well worth checking in winter for flocks of Yellow-legged and Audouin's Gulls, and perhaps a Lesser Crested Tern or two.

However, our main aim here will be to find one of the world's rarest - and weirdest-looking - birds, the Northern Bald Ibis. Once a widespread and numerous species with a range that extended north to the Alps and east into Turkey and the Arabian Peninsula, this enigmatic bird is now critically endangered - and all but confined to this tiny corner of Morocco. The stretch of arid coastline that lies immediately to the north and south of Agadir is its final stronghold, where fewer than 500 wild birds remain.

Hot on the heels of our search for Bald Ibis, a pelagic boat trip out of Agadir promises to be another highlight. So far as seabirds go, the coast of southern Morocco is still largely an unknown quantity, so our trip offshore will be something of a "voyage of discovery" - but with all the excitement and anticipation that brings. Recent trips have produced super views of Cory's, Scopoli's, Great, Manx and Balearic Shearwaters

- and in 2017, we added Sooty Shearwater, too. European Storm Petrel, Northern Gannet, gulls, terns and up to three species of skua may also be about, all looking for an easy meal behind the boats of Agadir's fishing fleet. We will be out for the morning and take lunch on board the boat before returning to Agadir again in the afternoon.

Anyone who prefers to skip the boat trip may spend the day relaxing at the hotel or on the beach, shopping in the *souks* or looking around town - just let our leader know on the day. *Two nights Agadir*

Days 4 - 5

OUED MASSA, GOULIMIME & THE SOUTHERN DESERT

Setting off early from Agadir on the morning of day four, we travel south for a two-night stay at a good hotel in the desert town of Goulimime, 'Gateway to the Sahara'.

We'll pause along the way to pay a first visit to the bird-rich estuary of the Oued (river) Massa, which lies about an hour's drive south of Agadir. This shallow, reed-fringed river is arguably Morocco's premier birding spot, combining a mosaic of freshwater habitats protected from the ingress of tidal saltwater by a sandbar thrown up by the Atlantic Ocean. Periodically (typically, once in around every seven years or so), the sea breaches the sandbar and inundates the river behind, dramatically changing the character of the Massa - and with it, the range of birds to be found there. But no matter what the current state of the wetland - be it fresh, brackish or intensely saline - the Massa River and its environs remain an outstanding spot for birds.

Delicate Plain Martins flutter bat-like over the baked-mud houses and date palms that are so characteristic of the villages here. Southern (Desert) Grey Shrike, Zitting Cisticola, Cetti's and Sardinian Warblers, and Serin should all be about with Purple and Squacco Herons, Osprey, Marbled Duck, Laughing Dove, Bluethroat and the secretive Black-crowned Tchagra also likely closer to the river itself. With luck, we may encounter the puzzling "Moroccan" or African Reed Warbler - presently an undescribed taxon, as Arnoud will explain.

Small numbers of Common Cranes winter in the dunes that line the far side of the estuary and we might also be lucky to spot a flight of thirsty Black-bellied Sandgrouse coming to the water's edge to drink. Barbary Partridge, Little Owl and Desert Wheatear frequent the low arid hills that border the northern shore of the river and there's usually one or two white-breasted 'Moroccan' Cormorants about.

As the heat starts to build late morning, we will continue our journey south to Goulimime. We'll spend the remainder of this first afternoon and all of the following day searching the arid landscapes that surround this "frontier town", as well as those to either side of the road that runs south towards the 'nowhere town' of Tan-tan, in what was formerly Spanish Sahara. Here we'll be seeking an exciting range of nomadic desert birds that generally don't occur around Agadir.

Although we may not find them all in a single visit, careful searching at choice spots we've discovered over the years should reveal an excellent cross-section of desert species: Cream-coloured Courser, Black-bellied Sandgrouse, Desert, Bar-tailed Desert and Temminck's Horned Larks, White-crowned Black and Desert Wheatears, Streaked Scrub Warbler, Fulvous Babbler and the comical Trumpeter Finch are among many enjoyed by our groups in the past.

As we check the roadside wires and power lines for perched raptors such as Bonelli's Eagle, Barbary Falcon, Lanner and Atlas Long-legged Buzzard, we also might be lucky to come across a party of bruising Thick-billed Larks, witness the amazing 'kamikaze' display flights of the incredible Hoopoe Lark or to hear a Red-rumped Wheatear's classic rendition of a whistling kettle coming to the boil! *Two nights Goulimime*

Days 6 - 7

GOULIMIME, OUED MASSA & AGADIR

After a last look at the desert habitats around Goulimime on the morning of day 6, we travel back north to Agadir. It's a fascinating journey across a range of semi-desert habitats, where we'll be keeping our eyes peeled for more dry country birds beside the road.

We will break our journey with a return visit to the superb Oued Massa complex, exploring a different part of the river this time - but with the

same exciting prospects for birding! Bonelli's Eagle, Maghreb Magpie, Moussier's Redstart and even Bald Ibis are among a wealth of possible species to look for at this amazing spot before we arrive back at our hotel in Agadir, where we spend the last two nights of our tour.

Next day, we will enjoy a scenic drive inland, climbing high into the foothills of the Atlas Mountains as they tumble west towards the sea. Over a refreshing beer or glass of mint tea in the lush terraced water gardens at Imouzzer, we can scan for passing Golden Eagle and watch for residents such as African Blue Tit and the distinctive North African race of Chaffinch, with its moss green back. Crag Martin, Firecrest and Atlas Common Crossbill are also possible in the hills today, but we shall be hoping especially to find the scarce and elusive Tristram's Warbler, yet another of this remarkable region's endemic specialities!

Birding in Morocco can be full of surprises...

Our autumn 2017 group encountered no fewer than six species of shearwater on the boat trip and was also lucky enough to find the endemic Levaillant's Woodpecker, this being an area of Morocco where the species has only once been recorded before - by Limosa's autumn 2012 group! *Two nights Agadir*

Day 8

OUED SOUS, FLY LONDON

Exiting into the sea at Agadir, the wide sandy estuary of the Oued Sous is outstanding for birds. In autumn, with migration in full flow, there is a considerable turnover of species and one never quite knows what might turn up next.

Up to twenty species of wader are regularly present in late autumn, along with small flocks of Greater Flamingos, an array of herons and usually a few White Storks and Spoonbills - the latter sometimes sporting Dutch rings on their legs. Gulls and terns are numerous and regularly include scarcities such as Royal and White-winged Black Terns, and Slender-billed and Mediterranean Gulls. Eurasian Stone-curlews doze in their shady daytime hideaways beneath the scrub and Serins jangle from the tall eucalyptus groves beside the river, where other species to watch for include Maghreb Magpie, Southern (Desert) Grey Shrike and the endemic Moroccan White Wagtail.

Our birding over, we make the short return to Agadir Airport for our nonstop Easyjet flight back to London Gatwick, where our autumn tour to Morocco concludes.

Itinerary Note: If the outbound flight timings don't allow any time for birding on Day 1 of our tour, this will usually be compensated for by a correspondingly later return flight at the end of the trip, with time to go birding in Morocco on the last day instead - as outlined above.

Trip Information

Group Size Max 10 participants & 1 leader

Birds 110-150 species

Accommodation 7 nights at comfortable tourist hotels in Morocco (5 nights (3+ 2) at a good, modern 4-star hotel in Agadir and 2 nights at the Hotel Adir Moussafir in Goulimime). All rooms have private facilities.

Meals All main meals are included in the price, commencing (based on 2018 flight schedules) with dinner in Agadir on the evening of Day 1 and concluding with lunch in Morocco on Day 8. Food in Morocco is tasty and good, with dinner and most breakfasts taken at the hotels.

Lunches (and the occasional breakfast on this trip) may either be picnics or taken at convenient restaurants along the way.

Coffee, tea, beer, wine, soft drinks etc can be purchased at the hotel in Agadir, but please note alcoholic drinks are not available at the hotel in Goulimime.

Walking The walking effort is easy, with short walks over mostly flat terrain. To make the best of the birding on this tour, however, and to beat the heat of the day at times, you should be prepared for some early starts. Comfy walking shoes or lightweight boots recommended to protect against sharp stones in the desert areas and mountains. Depending on access allowed, walking beside the Sous can sometimes be wet and muddy in places - take a pair of old trainers or flip-flops (or welly boots) that you don't mind messing up.

Weather Agadir enjoys a Mediterranean-type climate. In **January/February**, the weather is usually pleasantly warm and sunny, with average daily temperatures typically in the range of 8-20°C (46-68°F) and 9 hours of sunshine. It can be hotter in the south around Goulimime.

The weather in **late October/November** is similar but averaging slightly warmer at Agadir, 12-23C (54-73F). Rainfall is low (averaging less than two inches) at both seasons, but possible at anytime. It can sometimes rather feel cool along the coast, especially if a brisk onshore breeze is blowing.

Flights We use the only direct scheduled flights currently available on this route, these with Easyjet from London Gatwick to Agadir.

Ground Transport Minibus with local driver.

Boat trip Our tour price includes a pelagic boat trip off Agadir in search of seabirds. We usually sail from Agadir around 08.30am and head up to 10kms or so out to sea to 'chum' for seabirds. Our boat is a small but modern twin-engined vessel licenced to carry a maximum of 22 passengers and 3 crew and equipped with ship-to-shore radio, radar and GPS, an open area of deck for viewing and an enclosed cabin area with toilet. Life jackets are provided for all passengers. Lunch is included in the cost and served on board, often featuring fish freshly caught. We return to port in the afternoon.

Please note that it can feel quite chilly, even cold at times, on the boat so we recommend you take some warm and waterproof clothing, just in case the wind gets up.

As with all boat trips, this is weather dependent and we won't go if conditions are unsuitable.

Anyone preferring to stay ashore on the day rather than take the boat trip is welcome to do so (although no refund can be given in lieu of the boat trip, which is integral to the tour).

Photos Good incidental opportunities on this tour for photos of birds, some great landscapes and everyday Moroccan life.

Tour Cost

2019 (8 days): £1695 (inc flights from London)

Land only cost: £1495

Deposit: £300

Single Supp: £145

Cost includes

- Limosa Tour Leader
- Return flights London Gatwick-Agadir
- 7 nights accommodation at hotels in Morocco
- All main meals (with drinking water provided)
- Minibus transport
- Pelagic boat trip for seabirds off Agadir
- All excursions, entry fees, tour based tips and taxes
- Map & Limosa checklist of birds

Cost excludes

Insurance, drinks, airport/in-flight meals and snacks & other items of a personal nature.

About Your Guide

Arnoud van den Berg Arnoud is a principal *Limosa* guide living in the Netherlands, where he is chief editor and founder of *Dutch Birding* magazine, and one of the three core members of the ground-breaking *Sound Approach* team. Well known for his top notch bird photography, Arnoud is also a prolific author and has been recording bird sounds since the days when this involved lugging a tape recorder the size of a microwave oven around the world with him!

An integral part of the *Limosa* team since 1991, when he masterminded our first ever Dutch *Wild Goose Chase*, Arnoud's relaxed and cheery disposition fit perfectly the *Limosa* style. Backing up his many talents in the field and his considerable linguistic skills (he is fluent in Dutch, English and French), Arnoud somehow manages to carry a cavernous rucksack that's crammed with state-of-the-art birding gadgetry, the mysterious contents of which help to ensure a great time (or a hernia!) is had by all.

His many tours for *Limosa* over the years have taken him across Europe, Africa, Asia and the Americas, including seventeen tours to France

and thirty or so to both the Netherlands and Morocco. Indeed, Arnoud has led the majority of *Limosa*'s tours to Morocco over the past 25 years as well as guiding many visiting Dutch birding groups and numerous research visits there. His network of local contacts and extensive knowledge of Morocco, its special birds and where to find them is second to none.

What You Say

"Boat trip outstanding - brilliant views of birds - magic holiday... One of the best trips I have had with Limosa - thank you so much, look forward to next year!"

SY, Morocco tour

"We would like to thank you both for our lovely holiday to Morocco. Arnoud, as you know, is a brilliant guide, quite the most knowledgeable we have ever travelled with in many wildlife trips. He is also such a nice person, as is his wife Cecilia - a welcome companion.

We really enjoyed the pelagic boat trip and had excellent sightings of Storm Petrels. The overnight stay in Goulmime was also a great success... We had excellent sightings of sandgrouse near there and it was lovely to do the trip over the Anti-Atlas Mountains. Every day provided variety and plenty of different birds. As well as many lifers, we had excellent views of birds seen on a previous trip to Morocco and other African countries. Arnoud knew/knows all of the sites so well plus his use of photography to help with identification was excellent.

This was our first trip with Limosa and we will certainly be looking at your brochure again. Thank you once again."

A&DL, Morocco tour

Financial Security

Limosa Holidays is a fully bonded Tour Operator and a member of the Association of Independent Tour Operators (AITO). We hold an ATOL (Air Tour Operators Licence) granted by the CAA, providing for your protection in the event of Limosa Holidays' insolvency. Our ATOL licence number is ATOL 2950.

For tours not including the cost of a flight from the UK or for holidays booked by you as 'Land Only', all payments made to us are fully bonded through the Association of Bonded Travel Organisers Trust Limited (ABTOT). Our ABTOT membership number is 5230. For details please see our brochure or website: <http://www.limosaholidays.co.uk/financial-protection>

Limosa Loyalty Discount

We are proud of the number of loyal customers who travel regularly with us. As our way of saying 'thank you', we offer a **Frequent Travel Discount**. Under the scheme, everyone who takes four trips with us is entitled to claim a 5% discount on their 5th trip. ^{*1}

^{*1} **Conditions:** *This offer applies to the basic tour cost only and excludes certain commission-based trips, extra costs such as additional flights or accommodation, private extensions and cancellations. • Discounts cannot be given in lieu of tour deposits or off the cost of single room supplements. • Please note discount must be requested at time of booking!*

How To Book

Check availability on our website or with our office. We are happy to hold Provisional Reservations for up to 7 days. After this, we do require a Booking Form and deposit to confirm your place on tour. Any unconfirmed space will be released.

Book Online, by Phone or by Post

You can book and pay the deposit simply and securely **Online** via our website, using the '**Book This Tour**' button on the relevant tour page or the **Booking** tab at the top of the page. Telephone bookings must be confirmed in writing by completion of a Booking Form

(there's one tucked inside every brochure or as a PDF download from our website), which can be mailed to us in the time honoured way.

Be sure to read our **Booking Conditions** and **General Information** (found at the back of our brochure, on our website or available from our office on request) prior to booking.

When to Book

Early booking is advised since flights and accommodation are much more easily secured well in advance. To encourage early booking, we are pleased to offer an **Early Bird Discount** - see our current brochure or website for details.

All our tours are limited to small group sizes. So they can fill up quickly - sometimes even before our new brochure comes out! Single rooms in particular can often be in short supply and among the first to go, so do try to plan well ahead if you definitely require one of these.

Last-minute Bookings: We inevitably receive a few unexpected cancellations over the course of a season so it is always worth enquiring about vacancies on any tour - even for those departing in just a few weeks!

Payments

Deposit: The amount of **booking deposit** per person is shown alongside every tour. We accept deposit payments by **electronic bank transfer** (please ask for our bank details), **UK debit card** and **cheque** (made payable to *Limosa Holidays* and drawn on a UK bank in GBPounds Sterling).

For payment of **booking deposits** only we also accept Visa and MasterCard credit cards.

Balance: Full payment of the **tour balance** is due not later than 12 weeks prior to departure (20 weeks in the case of certain tours such as cruises or those involving rail travel). We will send you an invoice before the balance is due.

We accept balance payments and any additional payments (e.g. interim flight deposits, flight upgrades, extra hotels etc) by **electronic bank transfer (BACS)**, **UK debit card** or **cheque**.

Payment by overseas customers must be in GB Pounds Sterling and may be made by electronic transfer direct to our bank (*please ask for our bank details*).

We do **not** accept cheques on US Banks in US Dollars, or cheques in Euros or Eurocheques.

Credit cards - please note:

(i) We do **NOT accept** credit cards or overseas debit cards for balance payments (including any additional or interim payments) from customers living within the UK or European Economic Area (the EEA is the EU countries plus Iceland, Liechtenstein and Norway).

(ii) For customers living in North America, Australia and all other areas outside of the UK and the European Economic Area **we are able to accept payment by Visa and MasterCard credit cards or overseas debit card but with a charge of 2.5% of the transaction amount to help offset card company charges.**

Late Booking Payments: In order for us to guarantee your airline seats, hotels etc., full payment is required at time of booking for all late bookings (*i.e. bookings made within 12 weeks of departure*).

Other Things You Need To Know

Passports & Visas

All participants must be in possession of a valid **passport**. Your passport should be valid for the proposed duration of your stay in Morocco.

No additional period of validity beyond this is required, but when travelling anywhere overseas we **always recommend** your passport has a minimum of 6 months left to run after your intended date of return home, in case of unforeseen delay.

Before travelling, make sure your passport isn't damaged. Some travellers have been refused entry when travelling on damaged passports.

- When entering Morocco, make sure your passport is stamped by immigration. Some

tourists have experienced difficulties leaving the country because their passport bears no entry stamp.

- **VISA NOT REQUIRED** by UK passport holders for this tour.

Holders of non-UK passports should contact the nearest Moroccan embassy or consulate to check whether or not they require a visa/s. If a visa/s is required, you will need to apply locally. If the embassy or consulate requires you to provide a letter confirming that you are booked on an all-inclusive tour, please contact our office and we will be happy to provide one.

Health & Vaccinations

Visit your health professional at least 4 to 6 weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the **National Travel Health Network and Centre (NaTHNaC)**, visit: travelhealthpro.org.uk/country-information/ and by **NHS (Scotland)**, visit: <http://www.fitfortravel.nhs.uk/destinations.aspx>

Useful information and advice about healthcare abroad is also available at NHS Choices website: <http://www.nhs.uk/NHSEngland/Healthcareabroad/Pages/Healthcareabroad.aspx>

Compulsory vaccinations: None.

Recommended vaccinations: For travel everywhere (even within the UK) however, we recommend you check you are up-to-date with protection against tetanus, polio and hepatitis A. For travel to Morocco, check with your doctor for current advice regarding the possible need for precautions against diphtheria, hepatitis B and TB.

There is no malaria risk on this tour. Mosquitoes may be present locally and in low numbers beside the rivers Sous and Massa, chiefly at dusk. A little repellent should do the trick.

The above information, together with that contained within our Travel Information sheets (sent to everyone who books), outlines health requirements for this tour. **Please note that these details are given for guidance only -**

and are only for certain diseases - and you must consult your doctor in good time prior to travel as to what immunisations (if any) are needed for your chosen holiday.

For full and latest health information we urge everyone to consult **The National Travel Health Network and Centre (NaTHNaC) website www.fitfortravel.nhs.uk prior to booking any overseas holiday.** NaTHNaC is funded by the UK Government's Health Protection Agency and provides health information for both health professionals and travellers, with information compiled by its own clinical and scientific team. You can search for individual country requirements.

Your Safety & Travel Advice

An unavoidable aspect of travelling abroad nowadays is the threat it may pose to your safety and security. The UK's Foreign and Commonwealth Office (FCO) encourages British nationals to be better prepared for their overseas trips with a view to avoiding common travelling traumas, risks and dangers. In order for you to assess and protect against any risks in your chosen destination it is **strongly recommended** that you refer to the relevant FCO Travel Advice - www.gov.uk/foreign-travel-advice - both prior to booking and regularly before you travel.

It is standard Limosa policy for our office to send a copy of the relevant FCO Travel Advice about the tour to all participants along with their Final Letter (ca. 2-3 weeks prior to the trip).

'**Travel Aware**' - staying safe and healthy abroad - is a travel safety campaign run by the FCO, and another useful resource. Go to: <https://www.gov.uk/travelaware>

Travel Insurance

Good travel insurance is **essential** before setting off on any overseas trip. In common with all responsible tour operators, **it is a condition of booking** that all clients are fully and adequately insured before travelling overseas with us.

Be aware that some destinations may require you to produce proof of comprehensive travel insurance (e.g. valid insurance certificate) at

immigration on arrival in the country, so you should carry your documentation with you.

Your travel insurance should cover against cancellation, curtailment, missed departure, delay, personal accident, death, loss of baggage and valuables (see note below), personal liability and legal expenses. Most importantly, your insurance must cover you fully in respect of medical care and repatriation should you become too ill to continue with the tour, including the cost of emergency evacuation by helicopter or air ambulance should this be necessary. Note that passenger liability insurance covering the transportation that we hire, particularly in Third World countries, may be inadequate; it is therefore important that your insurance cover includes sufficient provision for your dependents in the event of an accident.

We recommend that you obtain travel insurance as soon as possible after booking your holiday to ensure you are protected right from the word go in the event of unexpected cancellation prior to departure due to accident or illness. You must inform your insurers of any pre-existing medical conditions (including those of persons not necessarily travelling but upon whom your holiday may depend) that may require treatment during a period of overseas travel or might cause you to cancel the trip.

Once you have arranged your insurance, please be sure to send us the following essential details: name and contact details of your insurance provider, your policy number, expiry date and your insurers 24hr Emergency Assistance number.

Important Things to Note about Insurance

- Travel Insurance does **not** normally provide sufficient cover for valuable optical equipment, which is often best protected under your own household insurance policy. If in doubt ask your insurers for advice prior to travel.
- Most travel insurance policies limit the amount of cover, typically up to a maximum tour cost of £5000 per person. If the tour you are booking exceeds this

amount, additional cover can usually be provided upon payment of additional premium. **We recommend all travellers** check their individual policy limit to ensure the full cost of their holiday is covered.

unable to take your call, please leave a message on our answerphone (24 hrs) and our office will contact you as soon as we can.

***Thank you for your interest in our tours.
We do hope that you will be able to join us
- and we look forward to hearing from you
again!***

Arranging Your Insurance: due to UK Government legislation, under Financial Services Authority (FSA) regulations, we are not allowed to offer or recommend travel related insurance to customers. Premiums can vary widely according to your age, needs, health, choice of destination and other factors, while many people nowadays have Annual Travel Insurance cover. For these reasons, we leave you free to shop around and pick your own policy, one best suited to your own individual needs.

CK231118

General Information

www.limosaholidays.co.uk

Our website gives easy access to detailed tour itineraries (Tour Info Packs), trip reports, trip photos and the latest Limosa News.

Special Diets & Other Requests

We pass on all such requests to the airlines, hotels and other suppliers, and do our best to ensure (but of course cannot guarantee) that your needs will be met. Please be sure to tell us about these (in as much detail as possible) at the time of booking, to allow good time to make the necessary arrangements.

Smoking

Almost all of our clients prefer a smoke-free environment. For the enjoyment and comfort of all, we ask that smokers refrain from smoking in proximity to the group and respect our NO SMOKING policy in the vehicle, at meal times and when watching wildlife.

Any Questions?

If you have any questions at any time, you'll find our office staff friendly, efficient, approachable - and just a phone call away, eager to assist you in every way.

Our office is open 09.00-17.00 hrs Mon-Fri, and can also be reached by email. In the event we are