

# USA | New Jersey

CAPE MAY IN SPRING

LIMOSA HOLIDAYS | TOUR INFO PACK



*The beautiful Magnolia Warbler is one of many delightful 'warbler treats' in store on our Cape May tour © Brian Small, Limosa*

## **2017**      **Saturday 13th - Sunday 21st May (9 days)** **Single-centre, small group tour with Mike Crewe**

*Springtime at famous Cape May! A hotspot for bird migration in autumn, Cape May also has enormous appeal in spring as flocks of passage waders pause to feast on the annual Horseshoe Crab spawning, and colourful American warblers push on north or are settled on their New Jersey breeding grounds. Raptors will be moving too, and can include Mississippi and Swallow-tailed Kites, along with herons, terns and skimmers. Guide Mike Crewe recently spent six years working at Cape May Bird Observatory. Join him there for an exciting week of birding on North America's east coast, at a very special time for migration!*

- Superb spring birding at famous Cape May, on America's east coast!
- Special in May for its migrant shorebirds, colourful warblers and passerines
- American Redstart, Blue-winged, Yellow, Myrtle and Yellow-throated Warblers
- Indigo Bunting, Blue and Rose-breasted Grosbeaks - plus nesting Seaside Sparrows
- Northern Harriers, Broad-winged and Red-tailed Hawks among migrating birds of prey
- Chance to witness the spectacular mass spawning of Horseshoe Crabs
- Piping Plover, Red Knot and Semipalmated Sandpipers feasting on bayshore beaches
- Woods, marshes, meadows and shore - all within easy distance of our hotel
- Small group tour - maximum of only 8 participants
- Expertly led by Limosa's Mike Crewe, after 6 years working at Cape May Bird Observatory!

### **What's Included?**

- Limosa Tour Leader
- Flights - London Heathrow to Philadelphia, nonstop with British Airways
- 7 nights accommodation at a comfortable hotel in the quaint seaside resort of Cape May
- All main meals included - with water provided during the day
- All local travel, entry fees, tour based tips and taxes

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## Outline Itinerary

- Day 1:** Fly London-Philadelphia. Transfer south to Cape May. Night Cape May
- Days 2-7:** With no changes of hotel to worry about during the week, we spend our time visiting the best spots for migrants and breeding birds around Cape May, and north to Belleplain Forest for warblers and woodland birds. Six further nights Cape May
- Day 8:** A last look at Cape May today and return north to Philadelphia, birding as we go. Fly Philadelphia-London
- Day 9:** Morning arrival London

## Tour Overview

Cape May in springtime! ... There is something wonderful about watching bird migration, not just the thrill of seeing birds large and small that have travelled hundreds or thousands of miles (and with more to go), but also a hint of the world beyond and the time-scale over which they have evolved the practise of moving north and south during the seasons. Situated at the southernmost tip of the state of New Jersey, Cape May is rightly famous as a fantastic centre to study bird migration - and in spring it offers the chance to observe the passage of many fabulous species of bird, alongside others that have chosen to breed there.

Our spring birding tour to Cape May is based at a single seafront hotel - within easy distance of the surrounding woods, fields, beaches and marshes, and perfect for enjoying the amazing variety of birds that stream northwards through Cape May each spring. Many of northern US and Canadian songbirds pass this way, alongside raptors and waders, whilst most breeding species will be settled by mid-May and in full plumage.

Spring actually begins at Cape May in late winter and early March, when the continent's ducks and divers begin to move - but it's in May that things really begin to hot up! In May, the passage of a warm front can produce pulses of migrants, when the tree-lined streets can be filled with gaudy warblers and dainty song.

Taking our time, we will explore some of the special sites in the area, not just for birds but local plants, butterflies and dragonflies.

Our Cape May days might well begin with a visit to Higbee Beach. Famous for the autumn movement of birds, 'Higbees' on an early spring morning can also be excellent. If the weather conditions are right, on a good day, when the oaks are in full bloom and attractive to many insects, a fall of brightly coloured spring warblers, grosbeaks and buntings can make the trees sparkle like Christmas trees! As well as the immense Bald Eagles that are becoming a feature of the Cape May landscape, we can dream of perhaps striking lucky with wandering Mississippi or Swallow-tailed Kites – as we have done before! Breeding Prothonotary Warblers, with their amazing 'egg yolk' yellow heads, can also be found in the area, and the movement of migrants often brings Yellow-billed Cuckoos, too.

Slightly further afield, the stands of large oaks at Cox Hall Creek can hold many warblers, with sizeable mixed flocks possible, plus the chance of the stunning Red-headed Woodpecker. Within 30 miles, a visit (or two!) to the Belleplain State Forest should reward us with an array of breeding woodland birds, including Louisiana Waterthrush, while Yellow-throated, Hooded and Worm-eating Warblers declare their territories with their distinctive songs. Flocks of Carolina Chickadees, "Disneysque" Tufted Titmice and other small birds can abound here.

A spring visit to Cape May is not all about passerines, however. The shores of Delaware Bay are world famous for the congregations of shorebirds that arrive here to 'participate' in the spawning of the breeding Horseshoe Crabs in May. Red Knot are currently threatened by rapidly declining numbers, but there are many Sanderling, Ruddy Turnstones, Dunlin, Short-billed Dowitchers and Semipalmated Sandpipers to enjoy – the latter three species can number in thousands. In the nearby creeks and saltmarsh we may find breeding Marsh Wrens, Boat-tailed Grackles and Seaside Sparrows, whilst Northern Harriers float across the swathes of green.

Rarely driving more than 25 miles in a day, our spring birdwatching tour to Cape May offers the chance to explore the wonderful and varied habitats of the region, as well as to witness and enjoy the migration of some really special and colourful eastern North American birds. And if our spring 2017 tour proves to be anywhere near as good as our May 2016 visit, you will not be disappointed!

Guide Mike Crewe recently returned to the Limosa fold after six years living in Cape May and working at the bird observatory there. Join him for the inside track and a week of great birding at one of North America's premier migration hotspots.

## Daily Itinerary

### Day 1

#### TO PHILADELPHIA & CAPE MAY

Our spring birdwatching tour to Cape May begins with British Airways morning flight from London Heathrow to Philadelphia, arriving in the afternoon. A southerly drive of about two hours through pleasant rural landscapes will bring us to the quaint Victorian seaside town of Cape May. For more than a century, this pretty resort has been attracting both beach-goers and birders - though originally the visitors were more interested in shooting the birds than watching them! *Night at Cape May*

### Days 2 - 7

#### BIRDING IN & AROUND CAPE MAY

The area around Cape May is quite 'self-contained' and with most of the best sites within a 40-mile radius, we will not have to travel far. During our stay we will visit all of the main reserves (some perhaps more than once), focusing on the specialities and passage migrants, and aiming to get great views of birds at all times. Our itinerary will remain flexible however, so that we can act upon local information as to what is around at the time, and go where migration is at its best. But an outline itinerary might proceed as follows:

Most days will begin with an early start, and a visit to Wawas to pick up a picnic breakfast,

which we often eat at the tables at the State Park or Higbees, as this allows us to be where "the action is". Although many locally breeding passerines, like Hooded Warbler or Louisiana Waterthrush, are already "on territory", many more will still be heading north. Given the right weather conditions there can be significant movements of birds early morning and getting out early will allow us the best chance to see and enjoy them.

While small groups of warblers can occur throughout Cape May county, 'Higbees' makes a great place to start. At the Beanery or in the wet woods of Hidden Valley, grassland and scrub is attractive to hungry sparrows and Bobolinks, and we will discover that blue is most definitely the colour when it comes to watching the lovely Blue Grosbeaks and Indigo Buntings!

Not far away, Cape May Point State Park is another site we will make a number of visits to. As migrant songbirds move through the bushes and trees here, the range of species and number of birds changes constantly. A walk along one of the several trails can produce exciting species such as Yellow and Yellow-throated Warblers, while Bunker Pond attracts waterbirds and waders such as Least and American Bitterns, and delicate Solitary Sandpipers. A view from the beach here, out towards 'The Rips', is likely to produce large numbers of feeding gulls and terns, including Forster's Tern, and is a good place to search for Roseate Tern and passing pelicans. In fine weather, butterflies and dragonflies can be a real delight around the park.

In spring, the 'bayshore area' of Delaware Bay is famous for its Horseshoe Crab spectacle, when hundreds of thousands of these primitive sea creatures gather to beach and spawn. The mass spawning of crabs attracts many migrant shorebirds and, although the number of birds has declined in recent years, it is still a major event in the Cape May birding calendar.

Once, Red Knot were the main species, with numbers estimated at around 100,000 birds during the 1980s; sadly, numbers have fallen precipitously to fewer than 20,000 birds today. Fortunately, other key species involved in the spectacle - Semipalmated Sandpiper, Dunlin,

Sanderling and Ruddy Turnstone - have not experienced such a drastic decline, and many thousands could be present when we visit in May. The timing of the crab spectacle is governed by the tide and the moon, but takes place annually around mid-May. We will make a number of visits to the bayshore area during our stay.

There are a number of good woodland areas to visit in and around Cape May, the best known of which is perhaps Belleplain State Forest. In May, a morning visit finds the woods echoing with the songs of forest birds: it is said that 16 species of warbler regularly breed within the varied habitats of the park. Northern Parula, Worm-eating, Blue-winged, Prothonotary, Hooded and Kentucky Warblers, Louisiana Waterthrush, Yellow-throated Vireo and Summer Tanager are just some of the species we shall be looking for. The list is large - and so is the area - so we will perhaps make a couple of trips here!

To the north of Cape May is a large tidal system of creeks and islands, attractive to a host of migrant wader and heron species. At Nummy's Island (named after Chief Nummy of the Leni Lenape tribe), Clapper Rails may be seen on a rising or falling tide, and furtive Marsh Wrens and Seaside Sparrows will do their best to elude us. Here we have chances of seeing Great Blue, Little Blue and Tricoloured Herons, and both Yellow-crowned and Black-crowned Night Herons. Migrant and breeding waders also enjoy the mudflats, which in May hold American Oystercatcher and Eastern Willet, as well as transient Greater Yellowlegs, Short-billed Dowitchers and Grey Plover. Nearby, Stone Harbor Point offers our best chance of the dapper and declining Piping Plover.

At Brigantine, there are not only huge numbers of waders, but the creeks and marshes hold Black Duck, Glossy Ibis and large numbers of breeding Ospreys. We may come across a tardy pale-bellied Brent Goose, or a pair of Peregrine Falcons, which often hang around all year.

At Cape May Point itself, in the State Park and Meadows, and at Cove Pool, in spring there should be a mix of yet more passage and

breeding birds. Most important are the American Oystercatchers and Least Terns that nest on the beach, offering super views as they display – often at close range. And if the fancy takes us, seawatching from the beach can produce some great congregations of birds feeding in the rich waters at the mouth of Delaware Bay.

However, we will not just be looking down for our birds, as there are several species to be seen in the sky! Purple Martins breed commonly in the county, using nest boxes provided for them, and we will listen for their chuckling call. The martin 'condominiums' at Cape May State Park look especially spacious! Alongside the local American Black and Turkey Vultures and Bald Eagles (in the past we have seen 15 on one day!), raptors pass through on their way to their northern breeding grounds; May can produce small numbers of Broad-winged Hawks and, if we are lucky, maybe an overshooting Swallow-tailed Kite or Mississippi Kite will turn up and linger long enough for us to catch up with it! *Six further nights at Cape May*

### **Day 8 CAPE MAY, RETURN TO PHILADELPHIA, FLY LONDON**

One of the great joys of bird migration is that one never knows what will turn up next - or when! There may be time this morning to 'do the rounds' at Cape May for one last time, or perhaps to drop in again at Belleplain Forest.

Returning north to Philadelphia, we catch a British Airways overnight flight back to London.

### **Day 9 ARRIVAL LONDON**

Morning arrival at London Heathrow, where our spring birding tour to Cape May concludes.

## **Trip Information**

**Group Size** 8 participants & 1 leader

**Birds** 145-190 species

**Butterflies/Dragonflies** We usually see 20-40 species of butterflies and dragons, with Black, Spicebush and Eastern Tiger Swallowtails,

Clouded, Cloudless and Orange Sulphurs, Carolina Saddlebags, Common Sanddragon and Ebony Jewelwing among those we have recorded before.

**Accommodation** 7 nights accommodation at a comfortable good quality hotel in the 'upmarket' seaside resort of Cape May, New Jersey. All rooms have private facilities.

**Meals** All main meals are included in the tour price, commencing with dinner at Cape May on Day 1 and concluding with lunch in New Jersey on Day 8. Our meal plan will remain flexible to take best advantage of the migration opportunities at Cape May. With fresh falls of migrants overnight, on some days we may take a picnic breakfast or have 'coffee and donuts' to get us started, followed by a cooked breakfast after we've checked the Cape for migrants. Lunches may be a corresponding mix of picnics or sit-down meals, according to the morning's events. As is the norm in the USA (where hotels often lack 'in-house' restaurant facilities), we'll dine out in the evenings at one or two of Cape May's better restaurants.

**Walking** Easy. Short walks over flat terrain. Stout water-resistant walking shoes or lightweight boots recommended, perhaps with a pair of old trainers or flip-flops (the American term for these, "thongs", might result in inappropriate dress!) for birding along the beach.

**Flights** We fly from London Heathrow to Philadelphia nonstop with British Airways.

**Ground Transport** By comfortable minibus

**Weather** Cape May lies on the eastern seaboard of the USA, at the southernmost tip of New Jersey. The weather here in May is predominantly warm, with highs in the mid-20sC (80+F) and averaging 11-16°C (52-62°F). The passage of fronts bring spells of more unsettled weather resulting in warm, cloudy and windy conditions at times, and possibly some rainfall - but with them come the falls of migrants for which Cape May is so famous!

At the time of our visit in mid-May, sunrise at Cape May is at ca. 5.45am and sunset at 8.00pm.

## Tour Cost

**2017 (9 days):** £2595 (inc flights from London)

Land only cost: £2095

Deposit: £400

Single Supp: £350

### Cost includes

Services of our expert guide; flights London-Philadelphia; 7 nights hotel accommodation at Cape May; all main meals (including gratuities for restaurant service, 15-20% expected in the US) and with water provided; minibus transport; all entry fees, tour based tips and airport taxes; map and checklist of birds for the tour.

### Cost excludes

Insurance, ESTA (US \$14; see page 8 below), drinks, airport meals/snacks & other items of a personal nature. [Visa not required by UK passport holders eligible under the USA's current Visa Waiver Programme - see below.]

## About Your Guide

**Mike Crewe** Born and raised in Oxford, Mike first joined Limosa in 1997 having spent 15 years working in horticulture - his love and knowledge of which subject still shines through. In 2009, Mike emigrated to New Jersey with his American wife Megan (who works for our trans-Atlantic friends *Field Guides*), to begin a new career at the Cape May Bird Observatory. Tour leading has always been his first love however, and it appears he'd been missing his old job - so he returned to the Limosa fold early in 2016, to resume his tour leading duties with us!

Aside from birds, Megan of course and a fondness for blackcurrant ice cream, Mike claims his other real passion is for plants. Those who have travelled with him on tour will know that this isn't strictly true however, for one quickly comes to realise that he's a highly accomplished all-round naturalist who takes great pleasure in sharing his discoveries with others. When he's not away from home guiding our groups across Europe, Asia, Africa or the Americas, Mike's is also one of the voices that may greet you when phoning the *Limosa* office.

Having originally devised and led a fair few Limosa tours to Cape May in the early 'noughties', and subsequently spending six years living in Cape May and working at the famous bird observatory there, we could have no finer guide for this tour.

Our Cape May tour is limited to a maximum of 8 participants and 1 leader.

## What You Say

*"I was impressed with the way Brian organised the days so that some could start later or finish earlier but without preventing the others from birding the whole day. Very extensive choice of food in the evening, room very spacious."*

**PML, Cape May tour**

*"This was our first Limosa trip and we enjoyed it all. Even the breakfast buying trips to Wawa's became part of the general experience. We appreciated Brian's deep knowledge of plumage detail in the variable warblers, and the fact that he had good local contacts."*

**D&JR, Cape May 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 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<sup>\*1</sup>. Remember to request your discount at time of booking!

<sup>\*1</sup> **Please note:** This offer applies to the basic tour cost only and excludes certain commission-based trips, extras such as additional flights, private extensions and cancellations. Discounts cannot be given in lieu of tour deposits or off the cost of single room supplements.

## 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.

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! However, late bookings are dependent upon availability of flights and accommodation.

## Payments

The amount of **booking deposit** per person is shown alongside every tour. We accept deposit payments by **debit card, cheque** (payable to Limosa Holidays and drawn on a UK bank in GB Pounds Sterling) and **BACS** (please ask for our bank details). We also accept Visa and MasterCard **credit cards**, with no transaction charge on payment of tour deposits.

Full payment of the **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 payment for balances (and interim payments) by **cheque, BACS or UK debit card**. We also accept balances (and interim payments) by **credit card or overseas debit card** but with a charge of 2.5% of the transaction amount to help offset card company charges. [Note that we do not retain your card details, which are destroyed once used. This means we may need to phone you again for details for subsequent payments.]

Payment by **overseas customers** must be in GB Pounds Sterling and may be made by transfer to our bank (please ask for our bank details), or by overseas debit or credit card with a 2.5% transaction charge. Please note we do not accept cheques on US Banks in US Dollars, or cheques in Euros or Eurocheques.

**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

For UK passport holders, your passport must be valid for the proposed duration of your stay.

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

**IMPORTANT! Please be sure to supply our office with your full passport details at time of booking or as soon as possible afterwards**, including your full names exactly as they appear in your passport, nationality, date of birth, place of birth, gender, passport number, place of issue, date of issue and date of expiry.

The US authorities require all those booking flights to provide the airline concerned with **Secure Flight Data (advance passenger information)** for all passengers at the time of booking. Please note that without this information our office will be unable to ticket your flights so be sure to provide us with it in good time.

• **VISA NOT REQUIRED by UK passport holders eligible under the current US Visa Waiver Programme (VWP)**, which allows most British Citizen passport holders to visit the US for up to 90 days. With effect from 1 April 2016 all travellers wishing to enter the US under the VWP will need to hold a passport with an integrated chip.

*All others should contact the nearest US embassy or consulate to check whether or not they require a visa. If a visa 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.*

**ESTA:** The US requires all those travelling under the Visa Waiver Programme to provide details online at least 72 hours prior to travel. This is known as an **Electronic System for Travel Authorisation (ESTA)**, and is mandatory.

The latest information about entry requirements including ESTA can be found on the **UK's Foreign & Commonwealth Office website** at [www.fco.gov.uk](http://www.fco.gov.uk) - click on the *Travel & Living Abroad* header and follow the *Travel Advice by Country* link to find the US page. For more information, and to apply online, please visit the official ESTA website at [esta.cbp.dhs.gov](http://esta.cbp.dhs.gov)

Getting an ESTA is a separate process to providing your airline with secure flight data / advance passenger information (details of your passport, country of residence, address of your first night's accommodation in the US, etc.).

**New regulations require the ESTA applicant to include details of first accommodation and contact in the US.** Our **Travel Information sheets** (sent to all participants) contain further details and our office can supply the hotel address and will do its best to help with your ESTA application.

If you have any doubts about whether you are eligible to enter (or transit) the US under the VWP, or about visa matters generally, you are advised to check online or contact the US Embassy in London before your travel. The Visa Information line is 0904 245 0100 (calls are charged at £1.20 per minute).

## Health & Vaccinations

**Compulsory vaccinations:** None.

**Recommended vaccinations:** For travel everywhere (even within the UK), we recommend you check you are up-to-date with protection against tetanus, polio and hepatitis A.

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 up-to-date health information we **urge everyone to consult The National Travel Health Network and Centre (NaTHNaC)** [www.fitfortravel.nhs.uk/destinations.aspx](http://www.fitfortravel.nhs.uk/destinations.aspx) 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, which are updated regularly.

## Your Safety & Travel Advice

An unavoidable aspect of travelling abroad nowadays is the risk it may pose to your safety and security. The best advice on current risks is provided by the UK Foreign & Commonwealth Office (FCO). In order to assess and protect against any risks in your chosen destination we **strongly recommended** that you refer to the relevant FCO Travel Advice - both prior to booking and regularly before you travel. See [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

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.

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.

**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.

## General Information

[www.limosaholidays.co.uk](http://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 fax and email. In the event we are unable to take your call, please leave a message on our answerphone (24hrs) 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!***

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