

ENGLAND

The Cotswolds

A Self-Guided Walking Adventure





Table of Contents

Daily Itinerary	4
Itinerary Overview	9
Tour Facts at a Glance.....	11
Traveling To and From Your Tour	13
Information & Policies	15
England & Wales at a Glance.....	17
Packing List	22

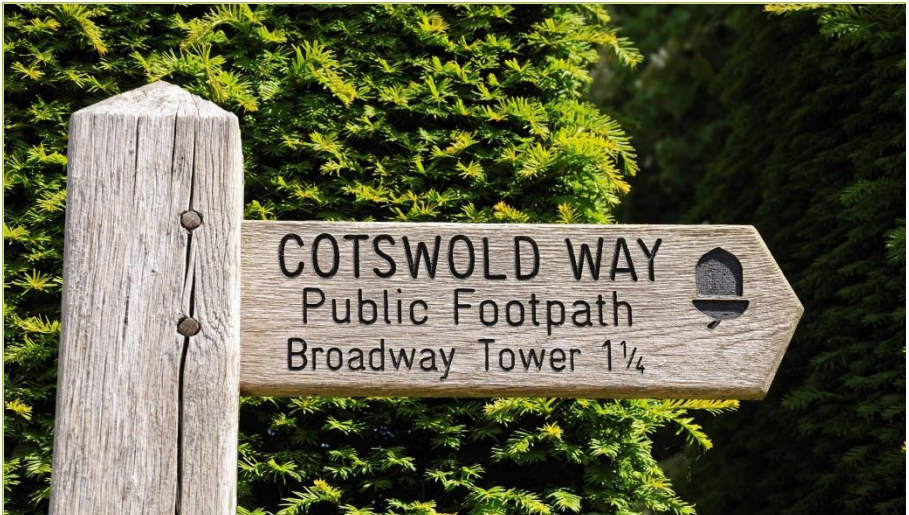
Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive route notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that matter to you—no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.



Overview

The Cotswolds Hills form the spine of rural England—and are its heart and soul. It is the unique Cotswold limestone that gives each hamlet its characteristic color, from warm brown to gold to cream. This spectacular circuit begins in 12th-century Moreton-in-Marsh along the old Roman Fosse Way and heads toward the River Windrush in Bourton-on-the-Water, known as the “Venice of the Cotswolds.” Your next stop is the ancient Saxon capital of Winchcombe, famous for the 10th-century Sudeley Castle, which boasts award-winning gardens. A steep trail with fantastic valley views leads to the world-famous coaching village of Broadway. From here, you continue up to Broadway Tower, a tiny hilltop castle, before descending to Chipping Campden. A final trail returns you to your starting point in Moreton-in-Marsh. You’ll spend your days walking through fields that stretch into the distance, listening to the thunder of prize racehorses being exercised for Ascot, and visiting Iron Age forts standing sentinel on ancient hilltops and historic viewpoints. Welcoming village pubs serving authentic fare provide the perfect break and recharge you for your explorations. Nights are spent at country inns and historical hotels with quintessential charm and character, and with a choice of restaurants within easy access.



Daily Itinerary

DAY 1

Arrival in Moreton-in-Marsh

You may arrive at any time to the thriving market town of Moreton-in-Marsh, which has welcomed travelers for at least 1,700 years.

The Manor House Hotel, Moreton-in-Marsh

On the main street of Moreton-in-Marsh, a 16th-century golden-stone manor converted into a classic country-house luxury hotel. Bedrooms are stylishly decorated with modern furnishings and warm colors, and feature views of the surrounding town and countryside. Common rooms include a library, inviting sofas, striking artwork, and an open terrace on the ground floor onto a tranquil garden with herbaceous borders, pathways, and a 300-year-old mulberry tree. Moreton-in-Marsh has been a market town since the 1,200s and a travelers' stop for 1,700 years; its main street has many 18th-century inns and houses.

DAY 2

Broadwell Crossroads to Lower Slaughter; 5.1 miles, easy to moderate, 1,030-ft. elevation gain and 1,013-ft. elevation loss

Today takes you through a bucolic landscape of green pastures, farms, and lovely Cotswolds villages. You follow paths through wheat fields and copses of

hawksbeard and buttercups, and descend to the antique-filled village of Stow-on-the-Wold, where you may stop for an early lunch overlooking the stocks on the village green. At the height of the Cotswold wool industry, this town was famous for its huge annual fairs where as many as 20,000 sheep were sold at one time. Listen for woodpeckers in oak woods on the way to your home for the next two nights in the tiny hamlet of Lower Slaughter.



The Slaughters Country Inn, Lower Slaughter

A rural manor converted into a stylish boutique hotel, blending traditional architecture and furniture with strategically placed modern art. Plush guest rooms incorporate vintage and handmade furnishings and luxurious linens. Occupying manicured gardens on the bank of the River Eye, the inn is just a 15-minute stroll along country paths to Bourton-on-the-Water, the Cotswolds' best-known village for its picturesque streets, series of bridges over the Windrush River, and bird habitat.

DAY 3

Layover day in Lower Slaughter or optional walk to Winchcombe; 12.5 miles, moderate, 1,049-ft. elevation gain and 1,197-ft. elevation loss, or 8.3 miles, easy to moderate

Located under two miles from Lower Slaughter and regularly voted the prettiest village in England, Bourton-on-the-Water is one of the showpieces of the region, and its hidden streets are full of tiny shops, Tudor houses, and gourmet restaurants to explore on your rest day. Or you may choose to walk to Winchcombe alongside the Windrush River, passing through the beautifully timeless villages of Naunton and Guiting Power (requires taxi transfers, at your own expense). The route crosses shady woodland before descending to the ancient Saxon capital of Winchcombe and nearby Sudeley Castle, one of England's most enchanting old estates, set against the quiet dignity of the Cotswold hills. It is the final resting place of Queen Katherine Parr, Henry VIII's sixth wife. There is an option to shorten the walk by taking a taxi to Naunton (at your own expense) to start the walk to Sudeley Castle.

The Slaughters Country Inn, Lower Slaughter



DAY 4

Winchcombe to Broadway; 12.3 miles, moderate, 1,476-ft. elevation gain and loss or 9 miles, moderate, 1,040-ft. elevation gain and 1,010-ft. elevation loss

Today a transfer is provided to the start of your walk in Winchcombe and you follow the Cotswolds Way and an ancient pilgrims' route to the eerie ruined arches of Hailes Abbey. It's a gentle climb up to the Iron Age Fortress at Beckbury Camp for superb valley views. After passing Stanway House's magnificent gatehouse and tithe barn, enjoy a pub lunch in Stanton, and then amble through open meadows to charming Broadway, referred to as the "Jewel in the Cotswold Crown," with its picturesque tree-lined High Street.

Broadway Hotel, Broadway

A 16th-century coaching inn on the main street of the "Jewel of the Cotswolds" features tastefully appointed rooms surrounding a small central courtyard. Guestrooms, located in a converted wing, are luxuriously furnished and decorated in light colors. Bar, restaurant, and lounge areas on the ground floor have low beams, open fires, warm colors, and paneled walls. The honey-colored limestone buildings and garden-lined streets were an inspiration to many artists and writers, such as J.M. Barrie and John Singer Sargent.

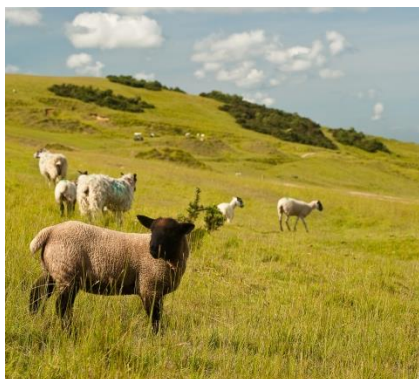
DAY 5

Broadway to Chipping Campden; 6 miles, easy to moderate, 853-ft. elevation gain and 688-ft. elevation loss

Walking beneath the Worcestershire Hills, your first stop is at Broadway's Tower, the 18th-century folly inspired by Capability Brown, where you're rewarded with stunning, unspoiled views. Located 1,024 feet atop Fish Hill, the tower is the second-highest point in the Cotswolds; it is said that in good weather 13 counties can be seen from here. The tower was built to satisfy a countess's whim, and later was the home of William Morris, a 19th-century poet, painter, and social reformer. It's a gentle descent to Chipping Campden, a charming town once famous for its wool trade, with many fine 14th-century buildings, a covered market, almshouses, and silversmith.

Cotswold House Hotel & Spa, Chipping Campden

In addition to its award-winning spa, fine food, and exemplary service, the Cotswold House boasts an idyllic location in the heart of the beautiful market town of Chipping Campden at the start of the Cotswold Way walking route. Spacious and comfortable guest rooms offer views over either the dazzling two-acre gardens or Chipping Campden's historic High Street. The town that was once the center of Europe's wool trade contains the region's most beautiful "wool church" and rows of historical stone houses.



DAY 6

Chipping Campden to Moreton-in-Marsh; 6.8 miles, easy to moderate, 1,007-ft. elevation gain and 1,062-ft. elevation loss

Today's route takes you to Blockley, an ideal stop for lunch, then you descend to Batsford, where you'll discover an arboretum filled with spectacular coral bark maple and russet-berried mountain ash trees. The final stretch is an easy stroll to Moreton-in-Marsh, at the head of the beautiful Evenlode Valley, where your wonderful walking journey in the Cotswolds began six days ago.

The Manor House Hotel, Moreton-in-Marsh

DAY 7

Departure from Moreton-in-Marsh

After breakfast, you transfer on your own for connections home or to your next destination.

ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Itinerary Overview

PLEASE NOTE: your detailed route notes will be mailed to you approximately one month prior to your departure. While these route notes may list a number of accommodation options, **your specific accommodations are listed below.** Please make sure to bring this Itinerary Overview with you.

STARTING POINT

The Manor House Hotel, Moreton-in-Marsh, England

NIGHTS 1 & 6

The Manor House Hotel

High St.

Moreton-in-Marsh, England

Tel 011 44 1608 650 501

Email info@manorhousehotel.info

cotswold-inns-hotels.co.uk/property/the_manor_house_hotel

Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHTS 2 & 3

The Slaughters Country Inn

Lower Slaughter, England

Tel 011 44 1451 822 143

Email info@theslaughtersinn.co.uk

theslaughtersinn.co.uk

Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHT 4

Broadway Hotel

The Green

Broadway, England

Tel 011 44 1386 852 401

Email info@cotswold-inns-hotels.co.uk

cotswold-inns-hotels.co.uk/property/the_broadway_hotel

Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHT 5

Cotswold House Hotel & Spa

The Square

Chipping Campden, England

Tel 011 44 1386 840 330

Email reservations@cotswoldhouse.com

bespokehotels.com/cotswoldhouse

Wireless Internet and hair dryers available. Laundry service unavailable.

ENDING POINT

The Manor House Hotel, Moreton-in-Marsh, England

Tour Facts at a Glance

TOUR LENGTH

7 days, 6 nights

DEPARTURES

This tour is available daily, on request, from April 1 through October 31, 2016.

TOUR PRICE

2016 departures	Per person	Single +	Solo Surcharge
April 1- May 31	\$1,898	\$645	\$145
June 1 – September 30	\$2,098	\$645	\$145
October 1-31	\$1,898	\$645	\$145

STARTING POINT

The Manor House Hotel, Moreton-in-Marsh, England

ENDING POINT

The Manor House Hotel, Moreton-in-Marsh, England

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 6 to 12 miles per day. Some walks can be shortened with short taxi transfers (at your own expense). There are daily ascents and descents, with a maximum elevation gain of 1,476 feet. Most of the hills are gradual as opposed to short and steep. The terrain includes narrow gravel roads, springy turf, packed dirt trails, and a few stretches of loose gravel. This loop itinerary offers full days of walking through quintessential English countryside of quaint villages, with cream-colored cottages and beautiful gardens, as well as historic castles, a Roman road, and medieval churches. As some walks bring you through open pastures and constantly evolving farmland, it's helpful to remain attentive; some navigation skills and a sense of adventure may come in handy as well.

INCLUSIONS

- » Breakfast daily; beverages not included
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Orientation with a Country Walkers representative
- » Luggage transfers between the hotels
- » Detailed route notes and maps (mailed to you approximately one month prior to your departure)
- » 24-hour tour-related support provided by Country Walkers' local partner, Macs Adventure
- » 24-hour One Call International Emergency Hotline and Travel Assistance
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will receive:

- » Guest Information and Acknowledgment of Risk Forms to complete and return at least 45 days prior to your tour
- » Luggage tags
- » Route notes and maps
- » Your trip invoice

GRATUITIES

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however additional tips are always welcome. Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency is preferred.

Traveling To and From Your Tour

STARTING POINT

The Manor House Hotel, Moreton-in-Marsh, England

You may check into the hotel at any time on the first day of the tour (however, if you arrive prior to the hotel's check-in time of 2:30 p.m. (The Manor House Hotel) or 3:00 p.m. (The White Hart Royal and Redesdale Arms), and your room is not yet ready, you may store your luggage at reception and set out to explore the lovely town).

A tour representative will then meet you in the lobby of the hotel at 6:00 p.m. on the first day of the tour (unless other arrangements have been made with our office) to provide an orientation meeting, ensure you are comfortably settled, and answer any questions you may have.

MOST CONVENIENT AIRPORT

London Heathrow (LHR), London, England

heathrowairport.com

GETTING TO THE STARTING POINT

Upon arrival at Heathrow Airport, follow the signs to the train station or Heathrow Express, the fastest nonstop service between the airport and central London. The Heathrow Express departs for London's Paddington train station every 15 minutes, and the journey takes 15 minutes. For further information, including schedules and fares, please visit the airport website listed above and click on the tab "To and from Heathrow."

There is direct train service to Moreton-in-Marsh from London's Paddington train station. The journey takes approximately 90 minutes. For further rail information, including reservations, schedules, and up-to-date fares, please call Rail Europe at 877.257.2887 or consult their website: raileurope.com. Or you may consult one of the British rail websites: nationalrail.co.uk or britrail.com. We recommend making train reservations in advance for major train routes.

PRE- AND POST-TOUR ACCOMMODATIONS

We recommend spending at least one day prior to and/or following the tour to explore the city of London. For hotel and restaurant suggestions, please visit the following website: visitlondon.com.

Should you wish to spend a pre- or post-tour night in Moreton-in-Marsh, you may wish to stay at the Manor House Hotel where you spend the first and last nights of the tour. Country Walkers would be happy to make a reservation on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost, \$330.00 for single or double/twin room, including tax and breakfast, is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the night on tour (Country Walkers uses standard rooms).

ENDING POINT

The Manor House Hotel, Moreton-in-Marsh, England

There are no walks scheduled for the last day of the tour. You may depart the final hotel after breakfast and prior to the hotel's check-out time of 11:00 a.m. The hotel staff can assist with any taxi transfers you may require. Depending upon your destination, it may not be possible to depart the UK on the last day of the tour. Please check airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements.

LEAVING THE TOUR

Please refer to "Getting to the Starting Point" section above for assistance with travel arrangements.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, self-guided experience. For best availability, reserve your trip today!

**except in cases of force majeure*

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. A \$350 per person deposit is required at the time of the reservation request. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost*. Please notify us in writing.

**One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

TRAVEL ARRANGEMENTS

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com), for any additional air, hotel, rail, or transfer arrangements you may need.

England & Wales at a Glance

ENTRY REQUIREMENTS



U.S. citizens: Passports are required and must be valid for at least three months beyond the dates of travel. Visas are not required for stays of up to 90 days.

For more information, see travel.state.gov.

CURRENCY

The United Kingdom uses the pound (GBP). For current exchange rates, visit oanda.com.

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card company for details on fees and card use when traveling.

Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some pounds in small denominations.

TIME ZONE

The United Kingdom is in the Greenwich Mean Time Zone, Eastern Standard Time plus five hours. For more information on worldwide time zones, see worldtimezone.com.

PHONE & INTERNET

The United Kingdom country code: +44

Cell phone coverage throughout England & Wales is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to countrywalkers.com/phones.



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Itinerary Overview.

Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

ELECTRICITY

Alternating current of 230V and 50Hz is used in the United Kingdom. Plugs have three flat blades arranged in a triangular formation. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

WEATHER

The British Isles, lying between the Atlantic Ocean and the North Sea, have an oceanic climate with cool summers and mild winters. Average daytime temperatures, May through October, range from the upper 50s to mid-70s. In summer, the prevailing westerly and northwesterly winds have a cooling effect. Although the United Kingdom is known for its rainy weather, most of the rain falls between late October and January. During the drier months, England &

Wales often enjoy fine weather. The pleasant summer days are long, with daylight lasting until 10:00 p.m.

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

FOOD & DRINK



High-quality local cuisine is something many restaurants and pubs in Great Britain pride themselves on. Many towns hold farmers' markets on specific days, and many restaurants use excellent local ingredients. Cuisine ranges from international, to local specialties, to basic pub fare.

Dinner menus feature seafood, chicken, beef or lamb, and even venison or duck. Desserts can be lavish and imaginative, and often feature local clotted cream (a very dense cream with the consistency of whipped butter). Typical pub lunches are fish and chips, a wide selection of sandwiches (many vegetarian), and of course, a plethora of tasty brews. From local bakeries, you may enjoy baked products such as sausage rolls, pork pies, or Cornish pasties, plus a range of delicious cakes and scones. England has experienced growth in its domestic wine industry, such as on the Isle of Anglesey.

Travel Tip

The English Pub

The much-written-about English pub or “public house,” described in the past as the heart of England, is apparently experiencing a decline in numbers. That being said, much of English social life still revolves around the pub, especially one’s “local.” Like so many things in travel, there are many unwritten rules governing pub etiquette. Catching the bar tender’s eye without wild gesticulation, respecting the invisible line (queue!), and paying immediately in cash for your drinks are just a few. A range of alcoholic and nonalcoholic drinks are available at a pub. When ordering beer, the key information for the bar tender is whether you want a pint or a half-pint, and a lager, bitter, or another type of beer (for example a bottle, usually displayed on the shelves behind the bar). If the bar tender is not too busy, he or she may have time to provide some explanation about local or regional brews.

Pub hours

Monday-Saturday: 11:00 a.m.-11:00 p.m.*

Sunday: 11:00 a.m.-10:30 p.m.*

*Some pubs may have a 24-hour drinking license and be open after 11:00 p.m.!

LIFE IN ENGLAND & WALES

Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:30 a.m. and 5:30 p.m. and on Sundays from 11:00 a.m. to 5:00 p.m. Most department stores and some supermarkets are open all day, every day of the week, from 9:30 a.m. to 10:00 p.m.



Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday (with some branches open on Saturday mornings).

Meal times

Breakfast (“brekkie”) is served at hotels from 7:30 a.m. to 10:00 a.m. In restaurants and pubs, lunch is served from noon to 2:00 p.m. and dinner is usually served from 6:00 a.m. to 10:30 p.m. (but verify locally). “Elevenses” is a late-morning coffee or tea break, and Afternoon Tea is usually taken around 4:00 p.m.

TIPPING

In restaurants and pubs, if service is not included (check your bill), it is customary to leave 10 to 20 percent of the total. Taxi drivers receive 10 to 15

percent of the fare. For luggage assistance, a small tip is appropriate, at your discretion.

TRAVEL RESOURCES

National tourist board official sites

visitbritain.com and visitengland.com

Public holidays

To assist in travel planning, it may be helpful to be aware of public holidays, festivals, or calendars of events. Visit the tourist board's website, visitbritain.com, and click on "Travel tips," then "Traveler tips" for a list of public holidays. A list of festivals and an event finder by region is available at visitbritain.com/en/Festivals.



Travel Tip

If you rent a car in the United Kingdom, remember to drive on the left side of the road and to pass on the outside right lane—also important to keep in mind when crossing busy city streets! Here are the official rules of the road: direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm.

TRAVEL IN ENGLAND & WALES

A wealth of travel information is available at visitbritain.com.

Airports

The majority of international flights arrive at London's Heathrow Airport (heathrowairport.com) or Gatwick Airport (gatwickairport.com).

Information on domestic flights is also available through these sites.

Trains

BritRail: britrail.net, the national railway company site with schedules, fares, and pass options. Another resource is nationalrail.co.uk.

Raileurope: raileurope.com or 800.622.8600: a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel).

OTHER LOCAL TRANSPORTATION

In addition to rail and airlines, the United Kingdom also has an extensive bus (or “coach”) network that, for some towns and cities, may be more convenient and affordable than the train, see nationalexpress.com. Most major car rental agencies are available at airports and train stations. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance). For more information go to visitbritain.com, and then to the “Transport” tab.

Travel Tip

London’s famous black taxis still exist, although they now come in a variety of colors. Black cabs can also be found in most towns and cities throughout Britain.

Packing List

PACKING TIPS

Pack light! Keep in mind most hotels are small and family-run and may not provide luggage assistance from the reception area to the room so there will be times you may have to carry your own luggage short distances. Due to space constraints on pre-arranged transfers, we require you to limit your luggage to one backpack (that you carry with you on the trail) and one piece not exceeding 44 lbs (20 kg) per person. Additional charges will apply should you exceed this limit; please contact Country Walkers in advance if this is necessary. Please also note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 44 lbs (20 kg). We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 6-12 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants

- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual
- » Light jacket or sweater for evening strolls

OUTERWEAR

- » Waterproof (not only water resistant) rain gear: jacket, pants, hat, or hood.
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

EQUIPMENT

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

OPTIONAL

- » Telescopic walking sticks (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit for optional swimming in hotel pools or spas
- » Flip flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)

- » Small notebook and pen
- » Field guides (see enclosed reading list)
- » Folding umbrella
- » Bandana
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus, car or boat rides
- » Alarm clock
- » International cell phone