

ENGLAND: THE COTSWOLDS

Guest Handbook

A Self-Guided Walking Adventure





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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

Often called the “walking capital of England,” the Cotswolds are graced with ancient footpaths walked by pilgrims and kings. Gently undulating hills, stone villages in hues of honey and cream, lovely country gardens, and handsome old market towns converge into enchanting landscapes torn from a storybook. This truly is English country walking at its most sublime and our detailed maps help you witness it all. From the Regency city of Cheltenham, follow ancient routes to a 500-year-old castle and its gardens, the ghostly ruins of an abbey, the folly tower of a countess, England’s oldest deer course, and more. Stroll the quaint medieval lanes of stone-carved storybook towns, from Broadway to Broad Campden, Blockley to Lower Slaughter. Walk in the footsteps of the wool and silk traders who brought wealth to hamlets like Chipping Campden, Stow-on-the-Wold, and Northleach. Along the way, indulge in stellar accommodations where every evening invites relaxation. Savor farm-to-fork cuisine from traditional pubs to upscale dining establishments where every meal is a seduction. And immerse yourself in the famously slow and bucolic pace of the Cotswolds, where every step is a revelation.





Daily Itinerary

DAY 1

Arrival in Cheltenham, England. Orientation meeting at 6:00 p.m.

Upon arrival in England, you make your way to Cheltenham in the County of Gloucestershire. This cultural capital of the fabled Cotswolds exudes an air of refinement, adorned with neatly tended green spaces and gracious Regency architecture dressed in ironwork, balconies, and verandahs. In the 18th century, aristocrats, including Jane Austen, flocked here with the same fervor with which they retreated to Bath—to “take the waters” of its many spas. You may arrive at your hotel at any time and spend the afternoon as you wish, perhaps warming up for your walking days with a stroll along the leafy promenade or browsing the fine-art collections of The Wilson Museum & Art Gallery. You meet your local Country Walkers representative this evening at 6:00 p.m. for an orientation meeting and welcome drink at the hotel. Dinner is on your own tonight at one of Cheltenham’s many fine restaurants.

Overnight in Cheltenham

DAY 2

Winchcombe to Broadway; 9.3 miles, moderate, 650-ft. elevation gain and loss

After breakfast, you transfer about a half-hour to the 10th-century Sudeley Castle & Gardens, gracefully set against the quiet dignity of the Cotswolds hills on the outskirts of the ancient Saxon capital of Winchcombe. One of

England's most enchanting old estates, this is the final resting place of Queen Katherine Parr, sixth wife of Henry VIII. There'll be time to visit the property and stroll among its ten award-winning gardens (we've already paid your entrance fee). Perhaps stop by the Pheasantry to admire its collection of 16 rare bird species, all bred and conserved here. Later, set off on the day's walk to your next hotel.

You follow the Cotswolds Way and an ancient pilgrims' route to the eerie ruined arches of Hailes Abbey, once a sprawling complex that lured pilgrims by falsely claiming it held a vial of Holy Blood. From here, 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, perhaps 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. You can seek out St. Eadburgha's Church, hidden away on Snowhill Road. The village's 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. After time to explore, you transfer about ten minutes to your hotel for the next two nights, nestled among the hills on a country lane.

This evening, savor a five-course tasting menu in the open, flower-scented air. Throughout your Country Walkers Self-Guided Adventure, you can forget everything you've heard about English cuisine. Far from the bland traditions of old, you will enjoy an exciting blend of fresh garden flavors and meats from local farms, infused with international flair, bright color, and the creativity of modern chefs.





Overnight in Broadway

DAY 3

Hidcote Gardens to Dormy House via Chipping Campden and Broadway Tower; 9.7 miles, moderate, 700-ft. elevation gain and 450-ft. elevation loss

Enjoy a hearty breakfast this morning of eggs, kippers, poached haddock, juices

and continental favorites. On your way out, retrieve your included hamper lunch of Farncombe ploughman's cooked ham, cheddar, smoked salmon, chicory, walnut and goat cheese salad, strawberries and cake of the day, and much more to keep you fueled. You begin the day's invigorating walk at Hidcote Gardens, which you may visit at your own expense if you wish (approximately £13 per person). Its maze of paved pathways leads to outdoor "rooms," splendid panoramas, and endless surprises, all designed by American horticulturalist Major Lawrence Johnston.

From the gardens, set off on foot below the Worcestershire Hills to Chipping Campden, a charming old market town once famous for its wool trade, putting the Cotswolds on the map of merchants from London to Florence as they sought material for their clothing, tapestries, and more. The Grevel House, home to a renowned wool merchant, is on High Street. Today, Chipping Campden remains a thriving market town, home to fine buildings of every style from the 14th to the 17th centuries, a covered market, the "wool church" of St. James, and a silversmith. Take time to drink in this handsome little village with its long, gently curving main street.

Continue along the Cotswold Way on a gentle ascent toward the hotel. A short detour leads to Broadway's Tower, the 18th-century folly inspired by Capability Brown, where you're rewarded with stunning, unspoiled views (entrance at your own expense; approximately £5 per person). 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 was later the home of William Morris, a 19th-century poet, painter, and social reformer. Return to your hotel for another unforgettable evening in luxury, sampling more of the restaurants' fare on your own. You

might use the spa facilities, included in your stay, or indulge in one of its soothing treatments at your own expense. (Be sure to reserve in advance.)

Overnight in Broadway

DAY 4

Chipping Campden to Moreton-in-Marsh; 7 miles, easy to moderate, 800-ft. elevation gain and 850-ft. elevation loss



Transfer to Chipping Campden after another glorious breakfast. Then follow the farm fields and dirt tracks of the Heart of England Way, the celebrated trail that traverses the midlands of the country. Your first destination is Broad Campden, a quiet picturesque village of thatched cottages nestled in the rolling countryside. You're sure to pass grazing sheep and babbling streams as you approach the charming hamlet. Its cottages along High Street and its parish church are built from the lovely and distinctive golden Cotswold stone. The Quaker Meeting House is the oldest in the country, constructed in 1663.

Continue to the pretty village of Blockley, called a “best kept secret” of the Cotswolds. This stunning little town prospered not on wool—like so many other villages in the region—but more so on silk. The eight mills that once produced the material are now private homes. During your visit, stroll among a rich canvas of Norman, Early English, medieval, and 17th- and 18th-century architecture. Later, descend to Batsford and its namesake Arboretum, a beautiful garden where spectacular coral bark maple and russet-berried mountain ash trees thrive. You may wander its inviting pathways on your own if you wish. Then enjoy an easy stroll to the edge of the splendid Evenlode Valley and its bustling market town of Moreton-in-Marsh, which has welcomed travelers for at least 1,700 years.

Overnight in Moreton-in-Marsh

DAY 5

Broadwell Crossroads to Lower Slaughter; 4.6 miles, easy to moderate, 350-ft. elevation gain and 400-ft. elevation loss. Afternoon option: Lower Slaughter to Bourton-on-the-Water and return; 2.5 miles, easy, no elevation gain or loss



After breakfast, you transfer to the tiny village of Broadwell Crossroads to begin another day of glorious walking over gently undulating landscapes. Set out through a bucolic landscape of green pastures, farms, and lovely Cotswolds villages. You follow grassy and dirt 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. This pretty town was founded by Norman lords at the crossroads of several trade routes. Its market square is brimming with history: Fairs have been held here since 1330. At the height of the Cotswold wool industry, as many as 20,000 sheep were sold at one time.

Listen for woodpeckers in oak woods on the way to your next lodging in the tiny hamlet of Lower Slaughter. A delightful stroll from town leads to the neighboring hamlet of Bourton-on-the-Water, regularly voted the prettiest village in England. Its tidy streets are lined with tiny shops, Tudor houses, and gourmet restaurants.

Overnight in Lower Slaughter

DAY 6

Great Rissington to Northleach; 8.5 miles, easy to moderate, 550-ft. elevation gain and 500-ft. elevation loss

After a morning transfer to Great Rissington, a beautiful hillside village graced with pretty cottages and farmhouses, you begin the day's leisurely sojourn among fields and dirt pathways, setting out for the more sparsely populated reaches of the southern Cotswolds. As you progress, you may notice a creamier hue to the stone here. Pass through the pretty village of Sherborne, where you might linger for a spell in the Village Shop & Tea Room, stocked with lots of English treats. For a time, your footpath traverses the Sherborne Estate, part of which is a National Trust property and England's last surviving 17th-century enclosed deer course. Today, this tranquil patch of land is home to badgers, foxes, and deer.

You continue through the diminutive hamlet of Farmington before connecting with the Monarch's Way, a pastoral path that approximates the route taken by King Charles II after his defeat in the 1651 Battle of Worcester. Your walk, and your Country Walkers journey, concludes in Northleach, an old wool-trading town adorned with half-timbered buildings and merchant houses from the 15th and 16th centuries. Be sure to explore the town center, looking much as it has since 1500.

Overnight in Northleach or Moreton-in-Marsh

DAY 7

Departure from Moreton-in-Marsh

After a sumptuous breakfast, you transfer about 25 minutes to Moreton-in-Marsh Railway Station, where your tour concludes.

If staying in Moreton-in-Marsh on Night 6 (please refer to your Hotel Itinerary), an afternoon transfer will be provided from Northleach to your hotel in Moreton-in-Marsh following the Day 6 walk. Your departure on Day 7 is at your leisure; it's just a short walk to the train station.

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 at countrywalkers.com/sustainable-travel.

Here is an example that highlights our sustainable practices:

Area of Outstanding Natural Beauty

The Cotswolds, stretching over 790 square miles, is the largest recognized Area of Outstanding Natural Beauty in England due to its breathtaking scenery and rolling hills. Receiving this designation adds the Cotswolds to a family of protected natural parks and landscapes. Country Walkers is delighted to support the effort to keep this area well-preserved on behalf of every Cotswolds guest. By joining this tour, you will be able to experience the impact you are making by walking through these renowned trails. Each donation goes toward maintaining character, such as repairing historic limestone walls, and ensuring that the Cotswolds' stunning qualities will be enjoyed by visitors for centuries to come.

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Tour Facts at a Glance

TOUR LENGTH

7 days, 6 nights

DEPARTURES

This tour is available starting Sunday through Thursday, on request, from May 1 through October 31, 2019. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table. Please also note that the tour price includes one departure transfer from Northleach to Moreton-in-Marsh on Day 7 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers. *All prices are per person, based on double occupancy.*

TOUR PRICE

2019 departures	Per person 2-5 guests	Per person 6+ guests	Single +	Solo Surcharge
May 1–Oct 31	\$3,148	\$3,048	\$1,165	\$385

STARTING POINT

Night 1 Hotel, Cheltenham, England

6:00 p.m.

ENDING POINT

Moreton-in-Marsh Railway Station, Moreton-in-Marsh, England

Based on individual departure times

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 7 to 10 miles per day. While walks typically are not able to be shortened, it is possible to transfer with your luggage to your next accommodation on any given day (included in the price of the tour). There are daily ascents and descents, with a maximum elevation gain of 850 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 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 many walks bring you through open pastures (muddy when wet!) and constantly evolving farmland, it's important to be comfortable around livestock (sheep, cows, horses) and helpful to remain attentive; some navigation skills and a sense of adventure may come in handy as well. **Remember: preparation is the key to ensuring your tour readiness; the more you walk or participate in aerobic exercise prior to your trip, the more you will enjoy your experience!**

INCLUSIONS

- » Breakfast daily, one lunch (day 3), and three dinners (days 2, 4, and 5); beverages not included
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Orientation meeting with a Country Walkers representative
- » Luggage transfers between the hotels (Please note: It is possible to transfer with your luggage from one accommodation to the next at no additional charge)
- » Detailed water- and tear-resistant Route Notes and maps
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour travel-related support provided by 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:

Within 24 hours of reservation confirmation:

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).
- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

One day following reservation confirmation:

An Online Participation Agreement Form to sign and submit (emailed).

Within one week of reservation confirmation:

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

Approximately one month prior to departure:

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions and maps; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics; restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).
- b. Printed Travel Documents (your specific dated Hotel Itinerary, Daily Itinerary Overview, and—if included—Arrival & Departure Transfers Overview).
- c. Luggage tags.

At your orientation meeting:

- a. Maps.

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 welcomed, especially by your driver(s). 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

Night 1 Hotel, Cheltenham, England

6:00 p.m.

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 and your room is not yet ready, you may store your luggage at reception and set out to explore the lovely town of Cheltenham).

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 non-stop 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 heathrow.com/transport-and-directions/trains/heathrow-express.

There is direct train service to Cheltenham (choose Cheltenham Spa) from London's Paddington train station. The journey takes approximately 2¼-2½ hours.

Cheltenham Spa Railway Station is located approximately one mile (a five-minute taxi ride) from Cheltenham town center and your first hotel. Taxis are readily available just outside the station entrance to transfer you from the station to your first hotel.

We recommend making train reservations in advance for major train routes. The earlier you buy, the cheaper the ticket. Train companies release their cheapest

fixed-time Advance tickets, which are limited in number, around 12 weeks before departure. See National Rail's chart (nationalrail.co.uk) for exactly how far in advance you can book with each company. For further rail information, including reservations, up-to-date schedules, and fares, please visit one of the following websites:

National Rail: nationalrail.co.uk. Since 1995, Britain's rail network has been run by over 20 private train companies. But they work together as National Rail, with coordinated fares, ticketing, and information. You can find train times and fares for all train operators on National Rail's website. This website doesn't sell tickets itself, but after answering your enquiry it will offer you a choice of all the ticket selling websites, including the train companies' own sites, and the operator most relevant to your journey will be offered at the top of the list.

Trainline: thetrainline.com. This sharply designed independent online rail ticket retailer is a staff favorite for buying train tickets in Europe—and you get practically the same prices as when booking directly from private train companies. Trainline is super easy to use: The site is in English, it accepts foreign credit cards, is smooth and functional, and offers quality customer support, easy cancellations on refundable or changeable tickets, and preference of seats and class for long-distance trains. Depending upon train type, tickets are either emailed immediately upon purchase or they must be printed out upon arrival at the train station.

RailEurope: raileurope.com. This U.S.-based retailer with award-winning localized customer care also offers an easy, user-friendly way for North Americans to purchase tickets for train travel in Europe. With RailEurope, you can have physical tickets mailed to you before your trip but you also have the option (in some, *but not all* cases) to print your own tickets, print an e-ticket at the self-service kiosk in the train station, or have an e-ticket sent to your phone. Please note; however, that RailEurope charges steep fees and doesn't always list all the available rail journeys.

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-tour night in Cheltenham, you may wish to stay at our standard hotel for the first night 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 (on request) 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. We do not recommend spending a post-tour night in Northleach as it is too small of a village.

ENDING POINT

Moreton-in-Marsh Railway Station, Moreton-in-Marsh, England **Based on individual departure times**

A complimentary 25-minute private transfer will be provided from your last hotel to the Moreton-in-Marsh Railway Station for onward travels (based on individual departure times and prior to the hotel's check-out time of 11:00 a.m.).

If staying in Moreton-in-Marsh on Night 6 (please refer to your Hotel Itinerary), an afternoon transfer will be provided from Northleach to your hotel in Moreton-in-Marsh following the Day 6 walk. Your departure on Day 7 is at your leisure; it's just a short walk to the train station.

In order to arrange your departure transfer, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

Please note that the tour price includes one departure transfer from Northleach to Moreton-in-Marsh on Day 7 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

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

There is direct train service to London from Moreton-in-Marsh. The journey takes approximately 1½ hours. The Moreton-in-Marsh Railway Station has a small staffed ticket hall (open weekdays from 5:35 a.m.–6:20 p.m. and Saturdays from 6:45 a.m.–12:30 p.m.; closed Sundays), with toilets just outside on platform 1. Additional side entrances lead straight on to the platform. Access to platform 2 is via a footbridge with stairs and ramps—the ramps aren't steep but are quite long. Be aware that London trains can use either platform.

Please refer to “Getting to the Starting Point” section above for more assistance with travel arrangements.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which gives peace of mind for every guest. From the moment your reservation is confirmed, 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 early.

**except in cases of force majeure*

RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If possible, we recommend you provide a range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact

you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

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. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

CHANGES IN PLANS

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

CANCELLATIONS AND REFUNDS

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

Self-Guided Adventures

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price
- » Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price

TRAVEL PROTECTION PLAN

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

SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com).

England & Wales at a Glance

ENTRY REQUIREMENTS



U.S. citizens: Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. 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 medium piece (approximately 18x15x29 inches or 8,000 cu. in.) not exceeding 44 lbs (20 kg) per person. Additional charges may apply should you exceed this limit; please contact Country Walkers in advance if this is necessary so that we may reserve an appropriate-sized vehicle.**

Please also note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 44 pounds (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. Make a copy of your passport (and any other important documents) and keep it 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

- » **WATERPROOF** 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. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 7–10 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.
- » 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

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Travel adapter/s (connectors that change the plug shape to match the electrical outlet, thereby allowing a dual-voltage appliance or a converter from one country to be plugged into the wall outlet of another country) and converter/s (only if bringing electric appliances, such as a hair dryer, iron, or any appliance that has a mechanical motor. If the appliance is electronic, which contains a computer chip, a converter is usually not required.)
- » 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
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » 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

ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our

Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest. Visit the CW Travel Shop at cw.newheadings.com.