



## Regent Walking Holidays

# IMPORTANT INFORMATION

Walks on this holiday are graded **moderate** by local tourist authorities and our local guides.

Our walks are both a social and scenic experience and not a route march – after all, **you are on holiday!**

The walks should suit anyone of reasonable fitness and stamina, used to weekend or social leisurely country walking. On average, a full day walk will have approximately 3-5 hours of actual walking time, with half days of walking involving around 2-3 hours of walking.

We generally walk on well-defined paths and tracks, however, some sections may be hilly upland areas or rugged coastal paths with steeper terrain, particularly in mountainous regions.

We recommend that you pack walking boots or trainers, which have a good sturdy sole and sufficient support for your feet. Clothing should suit the destination, environment and time of year, but we generally suggest that you pack layers, including a warm and waterproof outer layer in case weather conditions turn.

A small rucksack for the daytime would also be useful, so that you can take drinking water, a snack, and any personal items you may wish for during your walk.

Daily itineraries may require taking a packed lunch, or some days we may stop at a local café or taverna en route. Wherever possible, we will make stops for morning coffee or afternoon tea, especially if there is a chance for cake or an ice cream!

The walking program is entirely optional, and if you decide not to participate in a walk on any given day please inform your Regent tour manager in plenty of time.

Finally, the safety of our group is paramount, and so walking schedules and final route decisions are determined by our local guides. Guides reserve the right to refuse to accept any guest who, in their opinion, is inadequately equipped or have insufficient fitness to participate in the walk.

*With many years of leading walking tours, we are positive that you will have a fantastic time.*

### **Please note:**

In general, an 8-day walking holiday will include four full day walks and a half-day walk. Each will offer a variety of sights and scenery, and both local and cultural flavour. Full details of walks will be sent to you near your departure time. On your free day, we may offer optional excursions to explore the area further, or you can choose to spend your day at leisure.

**FOR FURTHER INFORMATION, PLEASE CALL US ON 01785 818852.**