

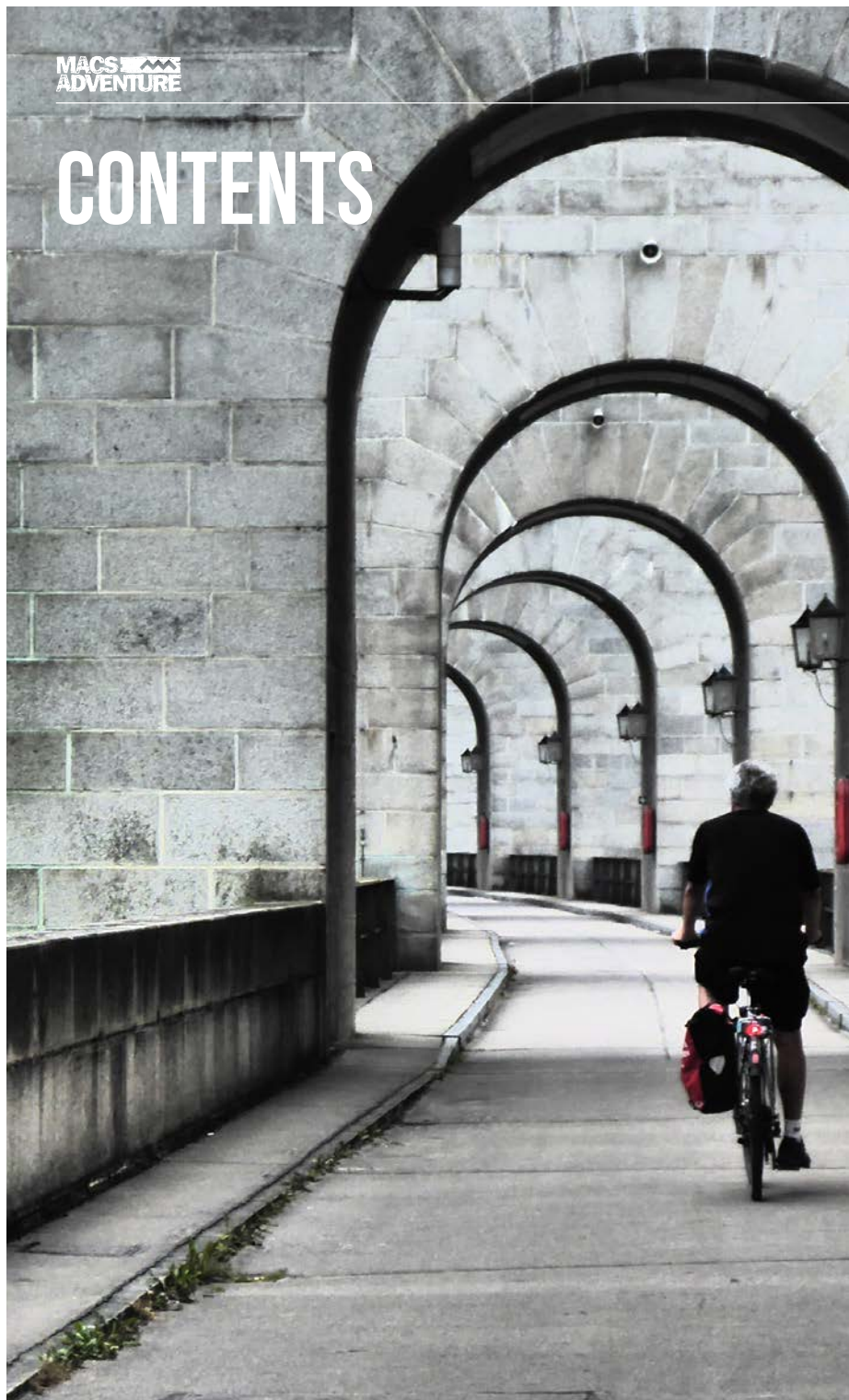
MACS 
ADVENTURE

THE BOOK OF ADVENTURE

Essential Information



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Inside your adventure

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WELCOME



A massive thank you
for choosing one
of our trips for your
next adventure

There is nothing quite like the feeling of anticipation once your travel plans are in the diary! I hope you are counting the sleeps, and preparing to enjoy some unforgettable moments.

This book is designed to equip you with everything you need to know before embarking on an active holiday. Perhaps you're an experienced cyclist, or perhaps a novice. Either way, we are sure our team's useful tips and personal advice will come in handy, so please read on.

A massive thank you for choosing one of our trips for your next adventure, and if you need any more information to ensure you're fully prepared, don't hesitate to get in touch on info@macsadventure.com to speak to the UK office, or hello@macsadventure.com to speak to our US team.

Happy travels!

Neil Lapping

Neil Lapping - Chief Adventure Officer

TAKE BETTER TRAVEL PHOTOS



Change Your Perspective

Before you snap a landscape, landmark, or subject, think about the position of the camera. Go high, crouch down, or angle in from the side. Changing your viewpoint makes for a much more interesting image than simply picking up the camera and pointing.

Three is the Magic Number

Don't always put a subject in the centre of the frame. Think in thirds. Imagine your photo frame with a grid splitting it into 3 vertical and 3 horizontal sections. Place the subject at the intersection of these lines. This is a common composition trick by artists and photographers, and it really does please the eye!

Use the Light

Think about the light, and use it to create interesting photos. Time of day is important too - early morning or later in the afternoon are great times to get warm, low light which highlights and shadows to add depth.

In the Picture

Don't forget pictures of yourself and your companions! These are the ones which will make you smile in years to come. Take photos of your friends when they don't know you are taking them and they aren't "posing", as you'll capture genuine emotion. Don't get too hung up on "proper" photography - you may not put a selfie on your wall, but it might be fun to share online with friends back home.

A person wearing a teal shirt, dark shorts, and a white helmet is riding a bicycle away from the camera on a gravel path. The path is flanked by dense green foliage and ferns. In the background, a large blue lake stretches across the middle ground, with rolling green hills and mountains under a bright blue sky with scattered white clouds. The overall scene is a scenic outdoor adventure setting.

WHAT IS AN INDEPENDENT, SELF- GUIDED ADVENTURE?

We believe that independent travel is the best way for adventurers to make the very most of their travel experiences.

Most of our trips are self-guided, and even those with guidance retain an independent ethos, with smaller, low key and low impact groups, and as much flexibility as possible. We arrange everything you need to achieve something great, under your own steam.

Why is self-guided or independent travel so great?

Better memories

Travel is all about making memories, and the memories you make when you discover things for yourself, not to someone else's agenda, are the ones you'll treasure.

You'll interact with the locals, you'll taste new foods, you'll visit the sights you choose to.

The experiences you will have will be truly unique to you.

Go at your own pace

You spot a rustic sign by the path which reads "vineyard tours this way". Tempted? Take a break and do the tour.

Your legs are tired? Stop and rest!

You want to go for a swim in that lake? Well do it then.

It's that simple. This is your adventure, and yours alone, and you can do whatever you like.

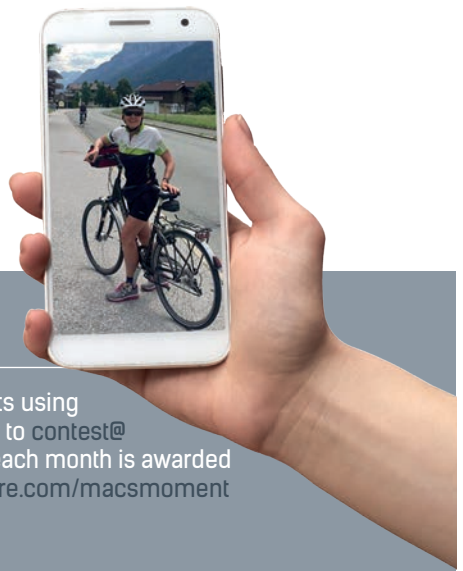
Sense of achievement

You did it.

You got to the end of the trail, you covered all those miles, you overcame that hill, you did it all by yourself. Go you!

Of course, we've got your back, so don't worry about a thing. We've armed you with all you need to find your way, we've selected the best routes, let you know how hard or easy it is, and you can ask us any further questions at any time.

You're ready to head out on the trail and make those memories!



#MACSMOMENT PHOTO CONTEST

You can share your favourite trip moments using **#MacsMoment** on Instagram or Twitter, or to **contest@macsadventure.com**. The winning photo each month is awarded a great bit of outdoor gear! **macsadventure.com/macsmoment**

PREPARING FOR YOUR ADVENTURE

A CYCLIST'S KIT LIST

It's important to be prepared, but not to burden yourself with too much. Jo's kit list should help you pack perfectly.



My Top Tip

In addition to padded shorts or long tights, I would suggest investing in chamois cream. It's for the "derriere" and helps to keep things extra comfortable on back to back cycling days!

Jo Payne Cycling Tour Development Specialist

Jo's kit list is our suggestion for a leisure cycling trip, but do check your trip information pack for any suggested items specific to your trip. We recommend preparing for every weather eventuality, as even a completely clear forecast can change!

BRINGING YOUR OWN BIKE (NOT RENTING)

If you are bringing your own bike, we suggest getting it serviced prior to travel.

The ideal solution to carry kit on your daily rides is a rear pannier and handlebar bag with map case. Alternatively, bring a day backpack.

For your own bike you will need to supply your own bike lock and maintenance kit. We suggest: 2/3 spare tubes, puncture repair kit, pump, tyre levers, multi-tool, chain breaker. If you are hiring a bike, a basic maintenance kit is provided as part of the hire.

HELMETS & SAFETY

Always wear a helmet when cycling. Most (but not all) hire bikes come with a helmet, but taking your own can be more hygienic and is likely to be a better fit.

We would also suggest a small set of bike lights in case of poor visibility.

WATER

Hire bikes often come fitted with bottle cages, but you will need to bring your own cycling/sports bottles. These are usually a universal fit for cages.

ESSENTIAL

Cycling helmet
Shoes/trainers for cycling
Socks
Cycling shorts (with padding is best!)
Long cycling tights (for colder seasons)
Quick drying top(s)/base layer(s)
Lightweight insulated jacket for cycling
Waterproof jacket (lightweight, high

visibility colour)
Waterproof trousers or tights
High visibility vest
Cycling gloves
Personal snacks (energy bars etc)
Mobile phone & charger (have you downloaded our app? See page 11)
Basic first aid kit
Personal medication (carry at all times)
Personal wash kit
Sun glasses / glasses for cycling
Insect repellent
Sun cream (don't forget to cover the ears!)
Toilet tissue (& nappy sacks)
Casual clothes & footwear for evenings
Personal credit cards / currency
Passport / visas if required
Travel insurance documentation

OPTIONAL

Camera
GPS Device
Swimwear
Hat/Headband (able to fit under helmet)
Zip loc bags
Small knife (useful for picnic!)
Wet wipes
Chamois cream for saddle comfort
A small set of bike lights
Battery pack for your mobile phone*
Handlebar phone mount e.g. Quad Lock*
**Essential if using our app to navigate*

HOW TO FIND YOUR WAY!

NAVIGATION ON YOUR CYCLING ADVENTURE

Whilst sometimes the odd wrong turn can result in the best adventures, we do want you to stay safely on the right path! These tips could help...



Tips to help you navigate your route

Brush Up On The Basics

It makes sense to brush up on some basic map-reading and compass skills (and if you are to be using a GPS device or our app, make sure you try it out before you go).

Most of our routes are easy to follow with either well signed and clear paths, or detailed turn by turn instructions, so you won't need specialist skills, but as any good scout will tell you it pays to be prepared!

Use the Free Macs Adventure Smartphone App

On some of our tours, your route notes will be delivered on our app, but even if your tour is not, you can still use the app to track & record your ride. Search for the Macs Adventure app on your Android or iOS device, or head to macsadventure.com/app.

Know Before You Go

Before setting out for each day's cycling make sure you have read through all the cycling notes and looked over any maps for the day. If there is anything that concerns you, investigate it a bit further before you go until you are confident in your route.

Use the evening or morning before each ride to browse the following day's guidance and plan where you might stop for lunch, or to make notes of anything you want to remember while cycling. Doing this will help you absorb and understand the route.

Have Back Up

Take a mobile phone, and make sure it is charged. Extra battery charge packs are affordable and easy to find these days, and when you need them, they can become the best thing you ever bought! Take your paper maps in your day pack, even if your path is so well way-marked you don't think you need a map. Finally, if you're using a GPS device, take spare batteries.

Take a Step Back

If the signs aren't making sense (or aren't there) or you suspect you might be on the wrong road, go back to the last junction or route instruction you were confident was correct.

It is much better to re-trace your route than to attempt to find an alternative route of your own, as there could be hidden obstacles or dangers (or you might get even more lost!)

Trust Your Gut, And Have Confidence!

Listen to your gut instincts, if you feel like you're making a wrong turn, take a moment to investigate.

Don't worry, we have provided you with everything you need to safely navigate without specialist skills so it shouldn't be hard.

Have confidence in your ability, take all the time you need to check your routes and map, and you'll get to the end of the trail with a renewed confidence and a great sense of achievement!

TOUR GRADES EXPLAINED

Easy



Relaxed cycling, ideal for beginners and families looking for an adventure. Plenty of time to relax en-route with short cycling days and not many hills.

Easy to Moderate



A more energetic holiday, perfect for occasional riders. Longer days so a better level of bike fitness is required.

Moderate



Leisure cycling:

You can expect longer distances and some challenging days on a *moderate* holiday. Great for regular cyclists or anyone who leads a fit and active lifestyle.

Road cycling:

Moderate road bike tours are perfect for road cyclists who enjoy a shorter but challenging ride.

Moderate to Strenuous



Leisure cycling:

A challenging cycling holiday perfect for those looking to test their abilities. Daily distances will be long and demanding and there may be some big climbs.

Road cycling:

These road cycling trips take on some longer, testing climbs and long descents, so familiarity of such would be required.

Strenuous



Leisure cycling:

Long days or hills make for a challenging trip. Great for keen cyclists with previous long distance experience over multiple days.

Road cycling:

Expect to spend a full day in the saddle. Perfect for riders who love long leg-burning climbs, and lengthy descent.

If you're not sure which type of tour you are on, check the trip description online or in your information pack leaflet, or get in touch with your specialist. It's good to challenge yourself, but if you are at all worried about fitness, we're happy to discuss any concerns.



TRAINING TIPS

YOU'VE BOOKED AN ACTIVE ADVENTURE, SO WE KNOW YOU ARE AN ACTIVE AND ADVENTUROUS PERSON, UP FOR A CHALLENGE! THERE'S ALWAYS ROOM TO IMPROVE YOUR FITNESS, AND THE MORE PREPARED YOU ARE THE BETTER YOU WILL ENJOY YOUR TRAVELS.

Squeeze in extra cycling day to day

Before making any journey, whether it is the commute to work, a trip to the shops, or a drive to see a friend, ask yourself if it would be possible to use your bike instead.

There are many "A to B" mapping tools out there which offer local cycling ideas. Google maps, Strava, and cyclestreets.net (in the UK) to name a few.

Don't like going out in the rain? Join a gym and sign up to a few spin classes, try cross-training, or use the static bikes. You can even buy a bit of kit called a "turbo" to turn your bike into a static indoor bike to get some miles in, should you feel inclined!

Set monthly goals

Six months is a great length of time to train (but if you don't have that long don't panic).

Set up regular goals, and work towards them. For example in one month, complete a 40km round trip from your home. In two months, enjoy a full weekend of back to back days out cycling with the family.

The trick is to put these things in your diary now and hold yourself to it! Make it fun, and treat them as "mini-adventures" to look forward to.

Left it a bit late?

Don't worry too much, but make sure you use the tips to squeeze daily cycles into your routine.

Plan a day to do at least one cycle which is similar to the daily distances you will complete on your trip, and work towards that. You can always join your local gym and get on the static bikes.

Training should be fun, so embrace it and enjoy it! The more activity you can fit into your daily life, the more benefits you'll feel to mind & body.

My Top Tip

Make training social. Active days are the best days, so spend some time catching up with family or friends by going for a bike ride & having a picnic.



Richard Turnbull
Head of Sales

ADVENTURE SAFE

Reading this important information in advance will mean you can relax and feel prepared to enjoy a safe & happy adventure.



If You Need Help...

Macs Adventure's out of hours team are here to help with any urgent assistance you need:

Office Hours: +44 (0) 141 530 8886

Out of Hours: +44 (0) 7500 718 081

In a medical, police, mountain rescue, or fire emergency, check the country guide for local emergency services, or in most countries dialling **112** will connect you to the local emergency services.

We want you to have an enjoyable time when you travel with us but please remember that when you are travelling you should exercise more care than you do at home.

Part of the enjoyment of travelling is experiencing a different way of life and culture, and that may mean experiencing different safety and hygiene standards than those you may be used to in everyday life.

We are continually working with our accommodation, activity and transport providers to endeavour to raise safety standards as much as possible, and we will do our best to ensure that your stay is safe and trouble free, but we do ask that you take that little bit of extra care whilst you are away.

We hope that you will find the following hints, tips and handy information useful whilst travelling with us.

GENERAL HEALTH & FITNESS

Most of our trips are activity based and you should choose a tour of a grade suitable for your health, fitness and experience. Should you need advice, please contact our team.

Always build up your fitness gradually prior to travel.

Consult your doctor prior to starting an exercise program and prior to this trip if you have any specific health concerns or medical conditions that may affect your ability to exercise or complete this trip.

You must consult your doctor prior to embarking on your trip if you answer yes to any of the following questions:

- Has your doctor ever told you that you have a heart condition?
- Have you had any pains in your chest or heart?
- Do you frequently lose your balance, feel faint or have spells of severe dizziness?
- Has your doctor ever said that your blood pressure is too high?
- Do you have a bone or joint problem

that could be made worse by a change in your physical activity?

- Are you taking any prescription medications, such as those for heart problems, high blood pressure, high cholesterol or diabetes?
- Do you know of any other reason why you should not engage in physical activity?
- Are you pregnant?

MEDICINES & FIRST AID

Ensure you have a sufficient supply of any prescriptions you need during your travels.

In addition to a small personal first aid kit we would recommend carrying: anti-bacterial hand wash, lip balm, sun block, headache tablets such as Ibuprofen, cold/flu remedies such as paracetamol, diarrhoea remedies such as Imodium, nausea remedies such as motilium, antiseptic cream/wipes for cuts. Be sure to carry medicines and first aid kit in your day bags.

If you are using medication, ask your doctor if you need a 'medical passport', which details your condition and what medicines

you require. This prevents possible issues with customs and 'controlled substances'.

CYCLING SAFETY

Our cycling holidays use quiet roads or cycle paths where possible but may on occasion use busier roads. We recommend that you are comfortable with map reading, referring to route notes and that you have a good sense of direction.

Hints & Tips

There is a certain level of the unknown that comes with self-guided trips, and we do expect you to be self-reliant and fix minor mechanical problems. If you've never been on a self-guided trip, you will get the hang of it after the first couple of days and discover why the freedom and excitement is addictive.

Always wear a helmet that meets EU/ANSI standards, fits correctly and is securely fastened.

Wear bright (ideally high visibility) clothing.

Check your bike thoroughly before setting off. Make sure everything is secure, in good condition and working properly. Pay special attention to the brakes and gears. (Note that the brake levers may be on a side you are not used to). Make sure it fits you properly and adjust the saddle to the correct height.

Always carry a basic repair kit including spare tubes, pump, puncture repair kit and multi-tool.

Obeys the rules of the road at all times.

Don't take unnecessary risks by tackling long or difficult routes that are beyond your level of fitness or experience. Have an escape plan for longer routes.

Know where you are at all times by paying attention to the route notes & map. Carry a map, compass, phone with the Macs Adventure App, or odometer/GPS and know how to use them.

Obtain a weather forecast before setting out and dress appropriately for the conditions. In mountain regions you should always carry spare warm clothing including hats and gloves

and extra food.

Take plenty to eat and drink for the length of time you will be out, and consider extra provisions.

Do not cycle after dark or in poor light without lights and reflectors.

Familiarise yourself with the "M-Check". britishcycling.org.uk has a video to explain.

Safe Riding

- Pay attention at all times when riding.
- Ride defensively and be aware of traffic at all times.
- Signal in good time when making a manoeuvre.
- Always obey all local traffic laws and ride in single file on roads.
- Remember you may be on the opposite side of the road to what you are used to!
- Don't ride too close to parked cars.
- **Always** wear a helmet.
- Be aware of farm or wild animals. Some properties keep loose dogs. If threatened avoid eye contact and back away slowly.

TRANSPORT SAFETY

In vehicles always wear a seat belt if one is provided. Unfortunately, we cannot guarantee that vehicles will be fitted with seat belts in all destinations.

Remain seated on board at all times when the vehicle is in motion.

In vehicles never place luggage in the aisles or foot-wells. Ensure you know where your nearest emergency exit is located. Check the location of the fire extinguisher, first aid kit and break glass hammer.

Follow any safety instructions provided by your driver/guide/local representative.

Crossing Roads

Traffic in some countries travels on the opposite side of the road to what you are used

to, therefore ensure you look both ways before crossing the road.

In some countries vehicles do not automatically stop at crossings—be aware of this at all times.

If walking on a road without a side-walk/pavement, face the direction of oncoming traffic, unless there is a blind bend.

ACCOMMODATION SAFETY

Fire Safety

Ensure you know where the nearest fire exit is.

Check the location of the nearest fire extinguisher.

Study the fire instructions in your room.

Identify how to raise the alarm if a fire occurs.

Do not smoke in bed.

If a fire occurs, leave immediately, do not stop to collect your personal effects.

Proceed to an assembly point well away from the building and follow the fire warden's instructions.

Glass Safety

Glass doors and windows may not be toughened glass—take care.

Take care in bright sunlight, as it may not be obvious when doors/windows are closed.

Check to see if anti-collision stickers are in place at both adult & child height.

Balcony Safety

Never lean over, sit or climb on the balcony.

Do not climb or stand on balcony furniture.

Keep all furniture away from the wall/railings.

Supervise children on balconies at all times.

Balconies and alcohol do not mix!

Pool Safety

Familiarise yourself with any pool and its



layout, deep and shallow ends. Make note of the depth markings and any hazards.

Most pools do not have life guards, so please take care.

- Shower before entering the pool.
- Do not swim if suffering from an upset stomach.
- Observe pool rules and information signs at all times.
- Do not swim at night, even if the area it is lit.
- Do not swim immediately after a meal or when drinking alcohol.
- Pool surrounds can be slippery; don't run.
- Observe no diving signs at all times.
- Never jump or dive from raised pool features.
- In the event of an emergency, ensure you know how to raise help.

Food Safety

In order to avoid the possibility of stomach upsets:

- Make sure your food has been thoroughly cooked.
- Hot food should be hot, cold food should be cold.
- Avoid any uncooked food, except fruit and vegetables (notably those you can peel or shell yourself).
- In some countries you should only drink bottled water and ensure the seal is intact when purchasing.
- In some countries tap water can be used for brushing your teeth, unless advised otherwise.
- Avoid ice in drinks as this can cause upset stomachs in hot climates.
- If you have any allergies, please speak directly to the chef to explain your needs.

PERSONAL SAFETY

You can find more information about safety and security in your country guide, however these general tips should be adhered to.

- Avoid walking in poorly lit areas.
- Be aware and stay away from situations where you do not feel comfortable.
- Avoid carrying too much money and/or valuables.
- Using a money belt is encouraged at all times.
- Ensure your room is left secure when you go out.
- Place all valuables in a safety deposit box, where available or securely with reception.
- Never leave windows/balcony doors open.
- Ensure your main luggage can be locked when left unattended in rooms, luggage rooms etc.
- Do not take valuable jewellery with you.
- If you lose something or have it stolen and you wish to claim for it from your insurance company when you return home, you must report it to the local police. The Police will ask you to fill out a report form and give you a copy. The vast majority of insurance companies ask for this when you claim an item lost or stolen. If you lose your passport you must report it to the police and contact your embassy.
- Please listen to any specific advice from your local agent/representative/supplier.

WEATHER & CLIMATE

For detailed climate information please visit <http://www.weather2travel.com>.

We recommend that you check local weather reports before setting out each day. These are available on local TV & radio news or online. A useful website is www.yr.no. For UK refer to www.mwis.org.uk for mountain forecasts.

SUN CARE

- Ensure you have adequate protection for your type of skin; high factor sunscreens should be utilised initially.
- Re-apply sunscreen frequently.
- Stay out of the sun during the hottest time of the day.
- Drink plenty of water to avoid dehydration.
- At the first sign of burning, cover up and get out of the sun.
- Carry a sun hat, sunglasses and lip salve.
- Beware, you can still burn, dehydrate and get sunstroke in the shade, when cloudy or in the water.

Symptoms of heatstroke/exhaustion include very hot skin, heavy sweating (which can stop suddenly), dizziness, extreme tiredness, rapid breathing, nausea or vomiting, rapid heartbeat, confusion, urinating less often and much darker urine than usual.

If you suspect someone has heatstroke/exhaustion, seek immediate medical attention, move the person somewhere cool or in the shade, get them to drink fluids, use cool (not cold) water on their skin, loosen clothing and ensure the person gets plenty of ventilation.

COLD WEATHER

Make sure you have appropriate clothing for the wind and cold—wear multiple layers to trap warm air, put on a hat, ear warmers, neck gaiter/scarf and gloves.

Carry waterproof clothing with you (jacket and trousers) and put these on as soon as weather starts turning inclement—avoid getting damp!

When taking a break, put on a layer straight away to stop you from cooling down too quickly.

Make sure you keep your energy levels up with snacks and keep hydrated.

Symptoms of hypothermia can include constant shivering, tiredness, low energy, cold

or pale skin, fast breathing (hyperventilation), confusion, loss of judgement and coordination and slurred speech.

If you suspect that someone has hypothermia, seek immediate medical attention, move the person somewhere warm and dry, wrap them in blankets and give them a warm drink and high-energy food if they are able to swallow.

ALTITUDE SICKNESS

High altitudes on some of our trips can affect customers—be aware and take it easy.

AMS (Acute Mountain Sickness) can affect people at above 3000m. Symptoms include dizziness, fatigue, nausea, loss of appetite, breathlessness or headache.

They usually develop in the first 36 hours and not immediately on arrival.

The symptoms can affect people of all ages and level of fitness.

Symptoms will usually subside on their own after 24/48hrs; if they persist, you should let someone know and consult a doctor.

Drink lots of water and/or non-alcoholic, non-caffeinated drinks. Avoid any exertion over 3000m.

ILLNESS OR INJURY

If, due to illness, injury or the weather, you are unable to reach your next accommodation as planned, contact them as soon as possible and also let our office (and/or local partners) know. If you are unable to walk you can of course use public transport or local taxis to reach the next overnight stop.

If you wish to spend an additional night in your current location, find out whether it is possible to stay one or more extra nights at your present lodgings, and keep in mind that such an extension or extra transportation expenses are not included in the package price and you will have to pay for it directly.

In some cases, your travel insurance may cover unforeseen expenses. Check your policy

whether this is the case.

Please note, a European EHC / E111 card may not cover all medical eventualities and you should always have travel insurance.

Once you call mountain rescue or the emergency services, you become responsible for all costs incurred. Please make sure you have adequate travel insurance for rescue and subsequent medical treatment.

INSURANCE

It is a condition of your contract with us that you must take out adequate travel insurance before you travel to cover yourself for cancellation, curtailment, injury or illness during your trip with Macs Adventure. We do not check insurance policies for suitability, but reserve the right to request a copy.

- Ensure you have adequate and appropriate insurance for your destination and that it covers any activity you intend to undertake.
- Check when participating in any activities not provided by us that they have public liability insurance and have good safety standards.
- Any accident or injury should be reported immediately to ourselves and the supplier and a report obtained for insurance purposes.
- You are responsible for indemnifying us in full in the event that we incur any losses or expenses arising out of your failure to take out adequate insurance cover. We do not sell travel insurance and suggest you purchase travel insurance in your country of residence.
- UK-based clients, if you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, Campbell Irvine Ltd for a quote via a link on our website or tel: 0844 826 2722.

DRIVING

If your trip involves you driving a vehicle

(whether your own or a hire car), you should check first as to whether you need to carry an international driving licence together with your national driving licence. Paper and card copies may be needed.

When renting a vehicle, please check that you are happy with insurance arrangements and are aware of what is and what is not covered by the insurance, together with the damage excess amount. Excess waiver insurance is often available through brokers in advance, or locally upon collection of your vehicle, and it is up to you as to whether you choose to take out additional cover.

Please ensure that you are fully aware of the rules of the road in the country in which you are driving; road signs and vehicle priorities may be different. Obey all local road traffic rules and laws.

Ensure you drive on the correct side of the road!

On a UK driving licence, from 2015 you may need to issue your hire provider with a code to check your licence. Details are at <https://www.gov.uk/government/news/hiring-a-vehicle>.

GOVERNMENT ADVICE

We recommend you check the latest government advice for the country you are travelling to prior to departure. Visit www.fco.gov.uk or www.travel.state.gov or www.smartraveller.gov.au or your country's own government advice website.

Check out the Know Before You Go programme on the UK's FCO website www.gov.uk/knowbeforeyougo. The website also offers a guide about support for UK citizens travelling abroad.

We will advise you of any significant changes in advice before travel or whilst you are on tour.

Be aware of and respect local customs—if in doubt, please check with your accommodation provider or our local partners as appropriate, and read the information in your country guide.

TRAVEL HEALTH ADVICE

EU citizens should consider carrying an EHIC card www.europeanhealthcard.org.uk.

We recommend you check out any specific health advice for the country you are travelling to either via your GP or the following websites: www.nathnac.org, www.fitfortravel.nhs.uk or www.cdc.gov/travel, www.smarttraveller.gov.au.

VISA & ENTRY REQUIREMENTS

Do check your country guide for specific advice. It is your responsibility to ensure that you have the adequate requirements to enter your destination (such as visas, return tickets or remaining passport validity). Check with the relevant embassy; most require that your passport is valid at least 6 months after you exit the country.

Entry requirements for UK citizens can be found at www.gov.uk/foreign-travel-advice, for US citizens at www.travel.state.gov, for Australian citizens www.smarttraveller.gov.au.

We have partners who specialise in visa processing and info on the latest requirements. Visit www.macsadventure.com/visas.

IN CASE OF EMERGENCY

In the event of an emergency try and follow the following procedures:

1. Assess the situation and make sure all involved are safe.
2. Get Help - If you have mobile/cell phone reception, call the emergency services on **112** (see your country guide for specific emergency contacts). If there is no coverage: where possible try to stay with the casualty if you feel that the path is a relatively busy route and if you are confident that someone should come along to assist you. Send them to get help/call the emergency services.

The majority of our destinations have a superb network of Mountain Rescue Teams that deal

with mountain emergencies. Please ensure that you really are facing an emergency situation before calling them, as they are a last resort. On arrival they will deal with the casualty and instruct you accordingly. Always remember that prevention is better than cure and if you think you are getting into a potentially dangerous situation: Stop! Think! And return to a safe position.

WE ARE HERE TO HELP!

Please inform Macs Adventure (and/or our local partners) as soon as possible of any problem or emergency you may have, as we can't help unless we know about it. Contact Macs Adventure on **+44 (0) 141 530 8886** or out of hours in an emergency dial **+44 (0) 7500 718 081**. We will try and do our best to solve the problem at the time. Please do not wait until the trip is completed before bringing any matter to our attention as 99% of problems are easily and quickly resolved locally without affecting your enjoyment.

ARRIVING AT ACCOMMODATIONS LATE

ARRIVE BY 19:00 / 7PM

Please check into your accommodation by 19:00 (7PM) or let your accommodation provider know if you are going to be late.

If you do not arrive by 19:00 (7PM), your accommodation will usually alert us on our emergency number. As you are participating in an active tour we like to ensure our clients safely arrive at their destination each evening.

Thank you, and we are sure you'll have a safe & happy adventure.

MAKING A DIFFERENCE RESPONSIBLE TRAVEL IS AT THE HEART OF ANY SELF-GUIDED ADVENTURE



An independent adventure is by its very nature a type of travel that cares. If you're exploring the outdoors on foot or by bike, chances are you care about the world around you, and the impact you have on it. Of course any form of travel has positive and negative impacts. Here's how **Macs Adventure** try to address the balance, and how you can help.

Macs Adventure's Impact What You Can Do

Environment

Activity based travel uses people power to get you from A to B. Fewer vehicles!

Encouraging small groups and independent travellers means less impact on communities, the countryside, and other trail users.

Business and office policies include recycling, using sustainable supplies, and not bulk printing brochures and marketing material. We sell our tours online.

Action & Advocacy

We have a number of procedures & process in place to ensure we are actively making positive impact. We are members of the John Muir Trust, and encourage all of our clients to make a donation on booking.

Engaging our team, suppliers and our clients can make a difference! In 2017 we launched our Impact team, with exciting new projects on the horizon.

Communities

On an independent adventure we try to use small, family run accommodation suppliers. Your itinerary is yours to make the most of, so we encourage you to try local restaurants, stop in at local shops and attractions, and engage with communities as positive contributors to their economy.

Be responsible in everything you do: Stick to the path to prevent erosion, never leave litter, never start fires, and take only photographs and memories away with you.

Carbon

We offer public transport advice with most of our information packs. Use public transport where you can, and where flights are necessary, most airlines offer a carbon offset option.

#MACSMOMENT PHOTO CONTEST

Share your best trip moments using #MacsMoment on social media, or to contest@macsadventure.com. The winning photo each month is awarded a great bit of outdoor gear! macsadventure.com/macsmoment





MACS
ADVENTURE

Glasgow Office, UK:

Skypark 5, 45 Finnieston Street,
Glasgow G3 8JU

UK: +44 (0)141 530 8886
info@macsadventure.com

Boulder Office, CO, USA:

305 S Arthur Ave, Louisville, CO 80027
USA: 720 487 9898
hello@macsadventure.com

www.macsadventure.com