



- **Exodus FAQ General notes**

- 1} Average Exodus Group size 12 people with a usual Minimum of 4.
- 2} Average age 45 years old and 52 on biking trips
- 3} Exodus sold internationally in 17 countries mainly so Canadians Americans Australians and Kiwis travelling with you.
- 4} 95% of our leaders are Local no one knows there country better than a local leader

5] Do we also care about the communities and environments we go to visit? Exodus has always been and will always be a responsible tour operator. It is in our DNA to work hard to look after what we so prize. We work closely with all our overseas partners to run our tours in the best possible ways, we train our leaders, we actively seek out specific projects so that we can make a real practical difference on the ground. But please do not just take our word for it. We have won several awards and we ask you, our clients, to check what we do on the ground so that we can make improvements where needed.



Biking FAQ

On the exodus website www.exodus.co.uk you will find FAQ's for every trip

<http://www.exodus.co.uk/holidays/mik/faq>

1] Can I bring my own bike? Yes you can but we cannot guarantee we will have the spares for it, we recommend hiring our own bikes. We have fleets of bikes all over the world and Use Trek/Specialized and other recognised brands.

2] We do not hire helmets please bring your own, if you want to bring your own SPD pedals we will fit them for you, we can also fit your seat mount on most bikes.

3] I personally recommend a Gel saddle which can be fitted on all seats universally

4] Am I fit enough check out this guide <http://www.exodus.co.uk/activities-experiences/cycling/cycling-fitness-guide> . All our road trips are fully vehicle supported so if you get tired put the bike in the boot and take a rest.

Grading A-E 1-5 Grade A 20-40KM Grade B 30-50 Grade C 40-80 Grade D 60-120 Grade E 60-150. Same grading 1-5 used on walking product.

5] Largest range of Self-guided holidays in Europe. All Guaranteed within 48 hours.

Trekking FAQ

1] Can I hire equipment from you ? Yes we have supplies of sleeping bags and duvet jackets For Kilimanjaro Peru and all our Nepal treks and they need to be ordered at time of booking due to limited supply. They are great quality Mountain coop and Rab jackets.

2] We recommend walking poles for any Trek over a grade B level 2 trek.

3] Grading for Biking and walking same 1-5 used to be A-E

4] Expertise 880 Staff on Kilimanjaro highest success rate.



5] meal plans , on most eUropean walking holidays we include nearly all the meals and on full service camping trips everything is included. On Kilimanjaro you would probably need \$200 for the entire trip inc visas tips and beer !!

5] Nepal Valerie Parkinson 28 years first British woman to climb Manaslu and multiple Stok Kangri, many leaders with over a decade of experience

Exodus Discover Trips

1] Cultural discovery with a difference, small coaches/ trains and some local transport used.

2] Some early starts

3] Longer in destination than other operators i.e. Petra 2 full days and also free days on our trips for your own personal time. Use of local guides at sites for more specific information.

4] Accommodation varies on most trips 2-3 * and on the premium departures 3-4* We use a number of our won farmhouses in Europe that Exodus have exclusive use of.

5] On most Exodus holidays there are fantastic opportunities to get behind the lens of your camera and take those dream shots. Our style of travel means that you're up early, enjoying the best light of the day as the sun rises and sets. We have award-winning photographers in the office to provide advice pre trip, and also run a number of specialist dedicated travel photography holidays.

6] New Extended range of the best wildlife on the planet led by some of the best guides in the business, currently 98 clients on a charter in Antarctica with the BBC wildlife unit.