

WALKINGWOMEN - IMPORTANT INFORMATION AS YOU PREPARE FOR YOUR HOLIDAY

Flights	<p>Arrival: Please book flights to arrive by 14.00. at the latest. Your group transfer from your arrival airport will be at 15.00. <i>Occasionally times vary and we will make it clear in the holiday summary on the website.</i></p> <p>Departure: Your group transfer will arrive at your departure airport by 12 noon – so please book flights to depart from 14.00</p> <p>If you would like help booking flights or extending your trip we work in partnership with a travel concierge service. Let us know and we can connect you with Helen.</p> <p>For those arriving outside of the group transfer times, we can advise on travel to and from your final holiday destination at your own expense.</p>
Trains	<p>If you would like to travel by train, we can advise on routes. A very good website is https://www.seat61.com/</p>
What to bring	<p>Please check out our kit list and packing check list on the WalkingWomen website https://www.walkingwomen.com/news/the-ultimate-hiking-kit-list-for-women/</p> <p>To ensure you get the best out of your holiday we recommend good walking boots or shoes and layers to cope with changing weather.</p>
Being Goat Fit!	<p>Being fit will help you get the most out of your holiday. Please see our goat guide to remind you of what you can expect on your walks https://www.walkingwomen.com/walking-grades</p> <p>Our Get Goat Fit guide may be useful if you would like to step up your fitness https://www.walkingwomen.com/news/get-goat-fit-with-our-8-week-plan/</p> <p>Take a look at the Walking Women exercise videos on our YouTube Channel – simply search for @walkingwomen4978 and you can join Anita and her get goat fit exercise routines.</p> <p><i>We do run Get Goat fit day walks and weekends so do keep an eye on our website and join if you can.</i></p>
Keeping in touch	<p>Just before departure, we will set up a WhatsApp group with your fellow travelers so that you can share travel plans prior to meeting each other, Your guides will be on the group – so if there are any delays on your onward journey you can keep everyone informed.</p> <p>You will be able to use this WA group during your holiday to share information and plans - and of course after the holiday you will want to share photos! (If you do not want to be included in the group, please let us know as soon as possible)</p>
What next?	<p>A few weeks before departure we will send you your final holiday information pack and set up a WhatsApp group so you can chat to your fellow travelers and your guide.</p>
Questions?	<p>Call us on 01784 664063 or email on contactus@walkingwomen.com <u>We are happy to help!</u></p>



WalkingWomen.com | 01784 664063 | contactus@walkingwomen.com

The Annex, 143 - 145 Stanwell Road, Ashford, Middlesex TW15 3QN