

HEALTH REGULATIONS

You must be in possession of an International Certificate of Vaccination against Smallpox and Cholera - a combined Cholera/TAB (Typhoid) vaccination is strongly recommended. We also suggest a Tetanus Injection and Polio booster. As late as possible before departure we also suggest a Gamma-globulin injection as a measure of protection against hepatitis. Anti-malaria tablets (Paludrine, Daraprim or similar) should be taken.

We cannot carry passengers without the correct vaccination certificates.

CLIMATIC CONDITIONS & CLOTHING

Consult your Supplementary Area Information for general weather conditions and Temperature Chart.

SPECIAL NOTE

Passengers originally booked on the Arabian Nomad tour should bring a good quality sleeping bag and air mattress.

ITINERARY NOTES

While it is normally our intention to adhere to the tour route as printed, you will appreciate that a certain degree of flexibility must necessarily be built into any itinerary. Overnight stops may therefore vary from those suggested below. Space is allowed for you to note arrival day and date. The approximate total distance of this tour is 12,000 miles (19,200 kms).

Pennworld Souvenir Booklet: This contains a more detailed description of some of the major places of cultural and historic interest on your route. This should be read in conjunction with the 'Supplementary Area Information' sheet.

Days

1 London - Ghent (125 miles)
Date .21. September. 1980...

From Pennworld's London Terminus at Mayfair Place, through the midway towns to Dover - ENGLAND/BELGIAN - (cross English Channel 3 1/2 hrs voyage). Belgian port of Ostend and cross Plain of Flanders to Ghent (embroidery centre, medieval architecture).

2 Ghent - Heidelberg (330 miles)
Date .22. September. 1980...

Ghent, Brussels (Capital) liege, - BELGIAN/GERMAN border - Aachen, Cologne (gothic cathedral), River Rhine, enter Heidelberg on the Neckar River (13th century castle, university, student inns).

3 Heidelberg - Innsbruck (320 miles)
Date .23. September. 1980...

Heidelberg, rejoin Autobahn to Karlsruhe, Stuttgart, pass Castle of

Days

Teck, Swabian Alps, Ulm (River Danube, Cathedral), Munich (beer festival, arts and industrial centre), Bavarian Alps, Kiefersfelden - GERMAN/AUSTRIAN border - Kufstein, fortress village of Rattenburg, Karwendel Mountains, Innsbruck (Capital of Tiro) province, old centre of the Hapsburgs).

4 Innsbruck - Venice (260 miles)
Date .24. September. 1980.....

Innsbruck, sweeping mountain motorway crossing Europa Bridge (Europe's highest) to the Brenner Pass -AUSTRIAN/ITALIAN border - spectacular scenery, Isarco Valley (several medieval castles), Fortezza, Dolomites (10,000 ft), autostrada across fertile plains to Mestre (industrial centre) and cross Causeway to Venice.

5 In Venice
Date .25. September. 1980.....

Former Maritime Republic; St Mark's Square, Ducal Palace, Bridge of Sighs, Campanile Tower, St Mark's Basilica, Rialto Bridge, shopping, canal trips.

6 Venice - Beograd (300 miles)
Date .26. September. 1980.....

Venice, cross the fertile plains of the Tagliamento and Piave Rivers, Trieste - ITALIAN/YUGOSLAVIAN border - Kozina, Rijeka (major port, export and industrial centre), coastal route by the impressive fiord - like Bay of Bakar, and resort towns of Kraljevica and Novi Vinodolski, Senj (16th century fortress), Karlobag, Podgoriski Canal, Zadar (port, industry) to the small fishing village of Beograd-na-Maru.

7 Beograd - Dubrovnik (240 miles)
Date .27. September. 1980.....

Beograd, south past Sibenik, views of Zlarin Island, Trogir, Split (Emperor Diocletian's Palace and walled medieval town, modern port), coastal highway along cliffs and bays - spectacular views, Neretva Delta (unusual local boats), walled Dubrovnik.

8 In Dubrovnik
Date .28. September. 1980.....

A fascinating city; once an ancient independant Republic, the walled city is completely preserved. Churches, Rectors Palace and fortifications to explore. Boat trips out to nearby islands available.

9 Dubrovnik - Titograd (100 miles)
Date .29. September. 1980.....

Dubrovnik, Konavli Valley, Herceg Novi (castles), ferry across Bay of Kotor to Tivat, Budva (walled town of Greco, phoenician origin), Sveti Stefan (fortified island 'restored' as a hotel town), ascend 2,200 ft hairpin bends, views of Adriatic Coastline, Virpaza, Lake Skadorska Causeway, Titograd (formerly Podgorica, industrial centre of Montenegro).

Days

10 Titograd - Skopje (240 miles)
Date .30. September. 1980.....

Titograd, follow Moraca River Valley, ascend to top of Crkvice Pass via 30-odd road tunnels through wooded mountains, Kolašin, Ivograd (wood pulp plant, cellulose), Kosovska, Mitrovic, Pristina (metallurgical industries, old town, modern suburbs). Skopje (Capital of Macedonia, university city, earthquake prone, rebuilt suburbs).

11 Skopje - Sofia (190 miles)
Date .1. October. 1980.....

Skopje, Kumanovo, Famous for Serbian Victory over the Turks in 1912 (timber and tobacco industries), east to Kriva Palanka - YUGOSLAV/BULGARIAN border - Gjuzevo, Kjustendil (thermal resort and commercial centre for apples, cherries, plum brandy and tobacco), Stanke Dimitrov, Kocermovo (tobacco) Rila Monastery (3760 ft), historic centre of Bulgarian culture, Sofia.

12 In Sofia
Date .2. October. 1980.....

Capital, main economic and cultural centre, at the foot of Mount Vitosa; Lenin Square, Church of St Petka, Mosque of the Baths, central market, former Royal palaces now Gallery of Art and Ethnographic museum, Russian Church of St Nicholas, the magnificent Aleksandar Nevski Cathedral and 900 acre Freedom Park.

13 Sofia - Edirne (212 miles)
Date .3. October. 1980.....

Sofia, Constantinople road, Ihtiman (beautiful scenery), Kostenev (match and paper factories), Pazardzik (fruit, early vegetables), to Plovdiv second city in Bulgaria and one of the oldest towns in the Balkan Peninsula. Haskovo, an important centre of tobacco growing, also large textile works and canning factories, Harmanli (silkworm-breeding), Svilengrad -BULGARIAN/TURKISH border - Edirne (ancient Adrianople, ottoman mosques).

14 Edirne - Istanbul (150 miles)
Date .4. October. 1980.....

Edirne, Luleburgaz (16th century mosque by Sinan), Turkish Thrace, Siliiri, follow shores of sea of Marmara to Istanbul on the bosphorus.

15/16 In Istanbul
Dates .5/6. October. 1980.....

Ancient Capital of Eastern Roman/ Byzantine Empire, formerly Constantinople: Aya Sofia, Sultan Ahmet mosque, Yerebatan Seral (underground water cisterns), Archaeological Museum, Galata tower, cruise on Bosphorus grand covered bazaar.

17 Istanbul - Ankara (275 miles)
Date .7. October. 1980.....

Leave Europe by crossing the Bosphorus to Asia Minor. Continue round Sea of Marmara to Izmit (ancient Nicomedia). Cross plain of Adapazari (cotton), climb through pine forests to Bolu and

Days

Kizilcahaman to the Anatolian plateau and the Capital of Ankara.

18 Ankara - Urgup (205 miles)

Date .8. October. 1980.....

Before leaving Ankara we visit the Mausoleum of Kemal Ataturk and the excellent little Hittite museum. Then cross open steppe country, east Tuz Golu to Aksaray, Nevsehir (regional capital, Seljuk-Ottoman fortress, vineyards) and through fantastic erosion area to Urgup, a small village by the Goreme Valley.

19 In Urgup (Goreme Valley)(50miles)

Date .9. October. 1980.....

Urgup (fruit, wine, carpets). Rock dwellings in cliffs above town. Excursion to Goreme Valley, centre of Capadocian region famed for strange landscapes of "tufa", "fairy chimneys" and decorated rock-cut churches hollowed from the soft tufa formed by eruptions of Erciyes Dag volcano.

20 Urgup - Adana (185 miles)

Date .10. October. 1980.....

Urgup village, travel south across fertile plains of central plateau to Nigde, Pozanti, pass through the Cilician Gate (old strategic Pass), and descend through the Taurus Mountains, Tarsus (home of St Paul) to Adana (cotton).

21 Adana - Latakia (170 miles)

Date .11. October. 1980.....

Adana, Toprakkale (Frankish/Armenian fortress), Iskenderun, Antakya (ancient Antioch, one of the three great cities of the world after Rome and Alexandria), -TURKISH/SYRIAN border - Kessab, to Latakia (Syria's main port, centre for figs, olives and tobacco).

22 Latakia - Damascus (225 miles)

Date .12. October. 1980.....

South along the Mediterranean Coast to Banias and Tartus (Templar's Castle), turn inland to Tell Kalakh (Krak des Chevaliers - 12th Century Crusader Castle), then continue east to Homs (Syria's third largest City) and south to Nebek, Qtaife and Damascus, the Capital of Syria.

23 In Damascus

Date .13. October. 1980.....

Damascus was a political, religious and cultural centre of Islam under the Omayad Caliphs; visit the Great Omayad Mosque containing the Tomb of Saladin and the head of John the Baptist, the citadel and labyrinth of souks under the old walls, El Azam Palace, the Street called Straight, the National and Folklore Museum.

24 Damascus - Amman (130 miles)

Date .14. October. 1980.....

Damascus, south via Heskin, Deraa - SYRIAN/JORDANIAN border - Ramatha, Jerash (ancient Gerasa, ruined Graeco-Roman city, fine colonnaded

Days

avenue and semi-elliptical Forum), Amman (capital city, Roman Theatre).

25 Amman - Petra (168 miles)

Date .15. October. 1980.....

Amman, south via the desert highway, Quatrans, Maan, Wadi Musa, Petra "The Rose Pink City" (ancient rock-caves, capital of the Nabataen Empire, Roman ruins, magnificent Treasury, tombs, temples, cave dwellings).

26 Petra - Aqaba (85 miles)

Date .16. October. 1980.....

Morning to explore Petra, then return to main Desert Highway, Ras en Naqb (panoramic view of Wadi Rum area) descend to Aqaba on the Gulf.

27 In Aqaba

Date .17. October. 1980.....

Full day in Aqaba situated at the head of the Gulf of Aqaba from where you can look across the Israeli Border to the Port of Eliat, small modern town, beaches, coral reefs, swimming.

28 Aqaba - Amman (210 miles)

Date .18. October. 1980.....

Return north on same Highway via Maan to Amman, built on seven rough hills, old and modern districts, bazaars.

29 Amman - Damascus (130 miles)

Date .19. October. 1980.....

Amman, Sweileh, Jerash, Ramatha - JORDANIAN/SYRIAN border - Deraa, Damascus.

30 Damascus - Palmyra (205 miles)

Date .20. October. 1980.....

North from Damascus to Homs (industrial town, ancient Emesa) and cross open desert road to Palmyra, ancient city and capital of the anti-Roman Queen Zenobia, deserted in the sandy desert (Temple of Baal Shamin, Roman theatre, colonnades, tombs, Arab castle).

31 Palmyra - Aleppo (220 miles)

Date .21. October. 1980.....

Palmyra, Homs, Hama, on the Orontes River, ancient waterwheels "Norias" turn day and night, steel industry, citizens noted for their piety. Drive along red-earth uplands to Maarat ann-Numan (Arab fortress on the site of a former Graeco-Roman Castle), Saraqueb to Aleppo.

32 In Aleppo

Date .22. October. 1980.....

Old caravan city, impressive ramparts, magnificent citadel, covered souks (markets), the Great Mosque, Armenian churches and Archaeological Museum, modern quarters with fine buildings, fountains and university.

33 Aleppo - Mersin (218 miles)

Date .23. October. 1980.....

Aleppo; Bab-el-Hawa - SYRIAN/TURKISH

Days

border - Iskenderun, Toprakkale (Frankish/Armenian fortress), Adana (cotton), Tarsus (home of St Paul), Mersin.

34 Mersin - Alanya (232 miles)

Date .24. October. 1980.....

Mersin, Kiz Kalesi (land and sea castles), Silifke, Anamur (13th century castle and curtain-wall), Gazipasa (fishing village), banana plantations, Alanya; old harbour, Red Tower, promontory citadel with crenellated walls, towers, excellent views.

35 Alanya - Antalya (95 miles)

Date .25. October. 1980.....

Alanya, Manavgat, Side (Roman and Hellenistic ruins), Aspendos (famous for its Roman theatre in an excellent state of preservation, acropolis and aqueducts), Antalya (Hadrians Gate, Roman walls).

36 Antalya - Pamukkale (195 miles)

Date .26. October. 1980.....

Antalya, climb onto Anatolian plateau to Burdur on lake Burdur (2,770 ft); Dinar (ancient Apamea, carpet making) Cardak (13th century Caravanserai), Denizli, ascend to Pamukkale, "Cotton fortress".

37 In Pamukkale

Date .27. October. 1980.....

Pamukkale lies on a plateau of Travertine formed by the Calcaeresus deposits of fast flowing hot springs, cliff-face natural basins and pools, swimming. Explore ancient Roman Hieropolis - theatre, monumental Gate, Martyrium of St Philip the Evangelist.

38 Pamukkale - Kusadasi (140 miles)

Date .28. October. 1980.....

Descend from the central plateau via the Menderes Valley, Saraykoy, (wheat), Aydin, Selcuk - visit ancient Ephesus, Graeco - Roman City, visited by St Paul, major trade and cultural centre of the ancient world, an outstanding site, continue to Kusadasi, picturesque fishing village.

39 Kusadasi - Canakkale (280 miles)

Date .29. October. 1980.....

Return to Selcuk, Izmir (large port, old Smyrna, now major Turkish export and industrial centre), round Gulf of Izmir to fertile plain of Gedes (cotton, tobacco), Bergama, (ancient Pergamum, visit Aesclepiion). Ayralik, olive groves, Edremit, through hilly country to Truva (ancient Troy), Canakkale.

40 Canakkale - Thassos (235 miles)

Date .30. October. 1980.....

Ferry from Canakkale across the Dardanelles to Eceabat on the Gallipoli peninsular, visit area of the 1915 - 1916 Gallipoli Campaign, war cemeteries, Anzac Core, winding hill roads up the peninsular to Kesän (military base), Ipsala

Days

- TURKISH/GREEK border - Meric River, Alexandroupolis (port), view Samothrace Island, cross Greek Thrace to Komotini and Kavalla, ferry to Thasos.

41 In Thasos

Date .31 October 1980.....

Thasos is a hilly and pretty island colonised by Ionian emigres around the 8th century BC, which became a kind of outpost of Hellenic civilisation in the barbarian world. (Sanctuary of Poseidon and Dionysos, Agora, museum, theatre, acropolis, and beaches).

42 Thasos - Salonika (100 miles)

Date .1 November 1980.....

Ferry back to Kavalla, (second largest town of Macedonia, port, fishing harbour, ottoman aqueduct and castle dominating town), plains of Philippi (where Mark Anthony defeated Brutus 42 BC), cross Strymon River, drive across neck of Chalkidiki peninsular, lake Volvo, Salonika (second city of Greece, industrial centre, port, Arch of Galerius, Byzantine churches).

43 Salonika - Meteora (175 miles)

Date .2 November 1980.....

Salonika, motorway round head of Thermaic Gulf, cross Atiakon River, pass near Pella (birthplace of Alexander) Katernini, Mount Olympus (home of the Gods, Highest mountain in Greece), Larisa, Trikkala, Kalambaka.

44 Meteora - Delphi (175 miles)

Date .3 November 1980.....

Visit Meteora (sight of several 14th century monasteries amidst intriguing landscapes), then south to Karditsa, on to plain of Thessaly, over Furka Pass, descend into Lamia (regional capital, agricultural/market centre), climb through Parnassos and Kallidromon mountains, via Plain of Itea (largest olive groves in Greece), Amphissa, Delphi, perched on side of Mount Parnassos (Delphic oracle site, museum). Impressive views of Pleistos valley and Gulf of Corinth.

45 Delphi - Athens (105 miles)

Date .4 November 1980.....

Free morning in Delphi, Arakhova village (honey, carpets), old Turkish town of Levadia, winding hilly country road to Thebes (site of famous city-state and setting for part of the Oedipus story), Bay of Elefsis (sanctuary of Earth-Mother Demeter), Daphne, Athens.

46/47 In Athens

Date .5/6 November 1980..

Greek Capital; 5th century Acropolis (Parthenon, Erechtheum, Temple of Athena Nike), National Archaeological Museum, shopping, day cruises to islands, Plaka old quarter.

Days

48 Athens - Karachi Flight

Date .7 November 1980.....

Airport transfer, Alia Flight Athens/Amman/Karachi - Pakistan. Transfer to hotel.

49/50 In Karachi

Date .8/9 November 1980....

Karachi, first capital of Pakistan, principal Commercial Centre of Pakistan and busy shipping port; old Government House, Trinity Church, Empress Market, swimming at Sandspit, Hawkes Bay and Two Mile Beach.

51 Karachi - Sukkur (290 miles)

Date .10 November 1980.....

Follow the irrigated Indus River Valley through the Sind to Hyderabad, Ranipur, Khairpur and Sukkur.

52 Sukkur - Multan (280 miles)

Date .11 November 1980.....

Sukkur, Rohri, travel north along the Indus Valley to Rahim yar Khan, cross the Chenab River, to Multan (fort, Mausoleum of Rukn-ud-din).

53 Multan - Lahore (210 miles)

Date .12 November 1980.....

Multan, Khanawal, Sahiwal (formerly Montgomery), short diversion to the ruins of Harappa (early Indus River civilisation contemporary with Sumeria, 2,500 - 1,500 BC), Changa Manga forest, north along the Ravi River to Lahore, former capital of Pakistan, busy vital city of modern Pakistan.

54 In Lahore

Date .13 November 1980.....

Lahore, an old Moghul capital; Lahore Fort, Pearl Mosque (1627), Badshahi Mosque (one of the world's largest), Shalimar Gardens, Kim's Gun from Kipling's days, central museum, old bazaar quarter.

55 Lahore - Amritsar (30 miles)

Date .14 November 1980.....

Lahore, cross State of Punjab to Wagah - INDIAN/PAKISTAN border - Amritsar (manufacture of Pashmina, silk and carpets) religious capital of the Sikhs, ceremonies focus on the great Golden Temple in the centre of a pool approached by a white marble causeway.

56 Amritsar - Jammu (140 miles)

Date .15 November 1980.....

Amritsar, Dariwal (wheat), cross Ravi River to enter Jammu and Kashmir district, Pathankot, Jammu city (winter capital of Kashmir's rulers).

57 Jammu - Srinagar (180 miles)

Date .16 November 1980.....

Jammu, climb to 7,000 ft, Patnitop, village of Batote, descend to Chenab River (controlled by India, vital to Pakistan), Ramban (2,250 ft), Banihal Pass (9,000 ft), Kashmiri capital, Srinagar. Day of spectacular mountain

Days

scenery.

58/59/60 In Srinagar

Dates 17/18/19 November 1980

Srinagar (average height 5,200 ft), stay on houseboats. Boating trips, walking, explore markets, gardens (Nisbat Bagh - Garden of Pleasure, or Shalimar Bagh), Friday Mosque, Sri Pata Singh Museum. Take trip to Gulmarg (ski resort - 8,500 ft) walking, horse riding. Views of Nanga Parbat over 26,000 ft.

61 Srinagar - Jammu (180 miles)

Date .20 November 1980.....

Srinagar, return through the vale of Kashmir, Banihal, Ramban, cross Chenab River, Batote, over Patnitop, descend to Jammu.

62 Jammu - Delhi (300 miles)

Date .21 November 1980.....

Jammu, Pathankot, ancient capital of Jullunder, cross Sutlej River, Ludhiana (hosiery centre), Ambala (grain, sugar), cross Plain of Panipat (scene of 3 great battles), continue on Grand Trunk Road to Delhi.

63/64 In Delhi

Dates .22/23 November 1980.....

New Delhi; capital of India; Secretariat, Government House, Parliament, India Gate, Connaught Circus (business centre), Old Delhi; Chadni Chowk (bazaar area) Great Mosque, National Museum, Red Fort (see son et lumiere), Qutb Minar, Government Handicraft Emporiums (fixed prices).

65 Delhi - Jaipur (207 miles)

Date .24 November 1980.....

Delhi, cross into the state of Rajasthan, Alwar, Sariska Game Reserve, Shahpura, Rajput Amber Palace (high on rocky outcrop), to Jaipur.

66 In Jaipur

Date .25 November 1980.....

Jaipur, known as "Pink City" due to sandstone used in construction of many of its buildings, such as Chandra Mahal Palace, house of the winds, Observatory of Jai Singh, capital of Rajasthan, jewellery working centre.

67 Jaipur - Agra (158 miles)

Date .26 November 1980.....

Jaipur, Dasau, Bharatpur bird sanctuary, set amidst lakes. Fatehpur Sikri (city built in red sandstone by Emperor Akbar, deserted after brief period), Agra.

68 In Agra

Date .27 November 1980.....

City of the Taj Maha! (built 1630 - 1652 by Moghul Emperor Shah Jahan), Agra Red Fort (one of the best), Sikandra (Akbar's Tomb) on banks of Jumna River.

Days

69 Agra - Khajuraho (255 miles)

Date ..28.November.1980.....

Agra, cross Chambal River at construction site of new bridge. Gwalior (classical Indian Fortress towering over town), cross Betwa and Dhasan Rivers, Nowgong, cross Kan River, small village of Khajuraho, famous 1,000 year old complex of temples (south Indian style) intricately carved exteriors.

70 Khajuraho - Benares (260 miles)

Date ..29.November.1980.....

Travel through wooded Vindhya hills to scrub country, Panna (diamond mines), Rewa (first white tiger captured), cross northern extremities of Deccan Plateau. Descend abruptly from the Plateau to the Ganges Valley, Mirzapur (carpets, brasswork), cross massive bridge over the Ganges River to Benares.

71 In Benares

Date ..30.November.1980.....

Holy city to Hindus, early morning boat ride along temple lined Ganges River, see devotees bathing, cremations. Sarnath, holy site to Buddhists, where Buddha preached his first sermon. Maharajah's Palace.

72 Benares - Bhairawa

Date ..1.December.1980.....

Leave Benares (also known as Varanasi), Ghazipur, cross Ganges River, Gorakhpur, cross Indian State of Bihar (one of India's poorest states), - INDIAN/NEPALESE border - Bhairawa.

73 Bhairawa - Pokhara (115 miles)

- Date ..2.December.1980.....

Bhairawa, cross low Terai region which is intensively cultivated, Butwal, ascend to the Siwalik Ranges, to high Pokhara valley, Pokhara.

74 In Pokhara

Date ..3.December.1980.....

A beautiful valley (3,000 ft) subtropical vegetation, bananas etc., Phewa Lake, views of 18,000 ft Machupachare (Fishtail Peak). Hill walks, Tibetan Refugee Centre.

75 Pokhara - Kathmandu (128 miles)

Date ..4.December.1980.....

From Pokhara follow the Valley of River Seti, Damauli, Mugling, beautiful mountain scenery. Follow River Trisuli (terraced rice paddies) Naubise, through western Kathmandu Valley, to Pennworld Terminus at the Blue Star Hotel, Kathmandu.

76/77 In Kathmandu

Dates ..5/6.December.1980.

Time to wander through the markets and Durbar Square - flanked by the old palace and "Temple of the Living Goddess", visit the National Museum, the pagoda like Temple of Machendra Baha! and Singha Durba, palace of

Days

the Rana family.

Kathmandu is also an ideal centre for exploring the other towns and places of interest in the Valley. Like Patan (Tibetan Refugee Centre, Medieval Durbar Square, Krishna Mandir), Bhadgdon (Durbar Square, the Golden Gate, palace of 55 windows and Nyatapola Temple), Bodnath Stupa, Pashupatinath (the most sacred Shaivite Temple in Nepa!), and Swayambhundh (2,000 year old Stupa) only 2 miles from Kathmandu.

Dhulikhel is an ideal spot from which to view the sunrise over the northeastern ranges of the Himalayas.

A one hour flight along the Himalayas to Mount Everest is operated daily by Royal Nepalese Airlines if weather conditions permit.

There is also a full day excursion to Kodari on the Nepalese/Chinese border offered by most local tour operators.

Your Pennworld Courier can assist with all local sightseeing arrangements.

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