

Lace up your boots and explore the world's untouched corners

Fancy a walk? Exodus has more than 150 journeys to choose from - so whether you're after a gentle stroll in Italy, a lengthy trek through beautiful Eastern European lakes and valleys or a challenging climb on one of the world's highest peaks, you'll find that Exodus has the walk for you.

All-new trips for 2009 include Californian Walking & Wine, a relaxing itinerary exploring the magnificent landscape and wonderful wines of California, including Yosemite, with excellent hotels and lodges along the way. If you love plant life, you'll love the Wild Flowers and Walks in the Bernese Oberland itinerary, which showcases the mountain scenery of one of Switzerland's most spectacular areas. Culture vultures and historians can join the intriguing Cyprus Crusader Castles Walk to explore the rich history, rugged mountains and spectacular

coastline of Northern Cyprus and follow parts of the Kyrenia Mountain Trail.

If you're looking to get further into peak condition, you'll want to look east with the new Exodus trip to the region around Annapurna Chitwan and Everest - a combination of action, adventure and wildlife that lets you visit the elephants of the Chitwan National Park and trek through valleys, along rivers and into local villages. There is also the eight-day Slovakian Tatras itinerary: a journey across a network of footpaths through the High Tatras - the range separating Slovakia and Poland.

All trips are run by seasoned guides who know the lay of the land - so, no matter how adventurous your trip, you'll always be in a safe pair of hands. And, whether you book alone, with a partner or with a group, you'll meet people from all walks of life and get to make new friends.

• **For further info Visit www.exodus.co.uk**