

Explore Australia - OAXNG

12 days: Sydney to Melbourne

What's Included

- Cruise in Sydney Harbour and city orientation walk
- Aboriginal dreamtime walk through the Daintree Rainforest at Mossman Gorge
- Visit James Cook University Aquarium
- Cultural excursion with the Jirrbal Rainforest people
- Sunrise interpretive walk at Uluru
- Walk through the Valley of the Winds in Kata Tjuta
- Melbourne orientation walk
- Internal flights
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- All transport between destinations and to/from included activities

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2016 - December 20th, 2018

Itinerary



Itinerary

Day 1 Sydney

Arrive at any time.

Please make your own way to the joining hotel.

If you arrive early enough, you'll have time to head into the city to visit the Botanical Gardens or the famous Opera House.

Arrival Day and Welcome Meeting

1h19:00

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Accommodation

The Larmont Sydney (or similar)

Hotel

This accommodation or similar

Day 2 Sydney

Explore Sydney Harbour and walk to the iconic Opera House and the Rocks area. In the afternoon, board a private yacht and enjoy a sunset cruise with dinner. Navigating the bays and coves, our captain shares the rich history of Sydney and its famed harbour. Opt to swim, fish or kayak – or sit back, on the sunbed and relax. Enjoy the sunset over the Harbour Bridge and Opera House and be dazzled as the vivid lights come alive on these two Sydney Icons.

Orientation Walk

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Metro

Sydney

Get around underground via public transit.

Sydney Harbour Sunset Dinner Cruise

Sydney3h30m-4h

Board Sydney Harbour's most sensational sunset dinner cruise. Step aboard a private 52-foot motor yacht and enjoy a luxurious four-hour cruise. Whilst navigating the bays and coves of Sydney Harbour our captain and host will share the rich history of Sydney and its famed harbour. Enjoy all the activities that a private vessel offers including, swimming, fishing and kayaking – or sit back, on the expansive sunbed and relax. Have dinner onboard then be mesmerized as the sun sets over the Harbour Bridge and Opera House and be dazzled as the vivid lights come alive on these two Sydney Icons.

Accommodation

The Larmont Sydney (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast | Dinner

Day 3 Sydney/Port Douglas

Fly to Cairns then travel up the coastal road to Mossman Gorge. Take an interpretive walk with a local Aboriginal guide and learn about traditional ways of life and survival techniques in the Daintree Rainforest.

Transfer to our resort in Port Douglas, our home for the next two nights.

Taxicab

Sydney30m-1h

Jump in the back and tell the driver to step on it, just like they do in the movies.

Plane

Sydney – Cairns3h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Cairns – Port Douglas1h

Stretch out and scan the scenery from the comfort of a private ride.

Aboriginal Interpretive Walk

Mossman Gorge2h-3h

Take an interpretive walk through the Daintree Rainforest. Follow the Aboriginal guide and learn about bush food, medicinal plants and the lasting relationship of the Kuku Yalanji people with their natural environment. Find out how to make bush soap, watch an ochre painting demonstration and sample some bush tea.

Accommodation

Mantra PortSea (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast

Day 4 Port Douglas

Enjoy the colourful resort town of Port Douglas. Take time to stroll the main streets, enjoy the beach or opt to go snorkelling on the Great Barrier Reef.

Free Time

Port Douglas Full Day

Today is a free day, but we recommend going on an optional snorkelling trip of the Great Barrier Reef, the largest coral reef system in the world.

Optional Activities

Great Barrier Reef Snorkelling

Great Barrier Reef 8h-9h

159AUD per person

Don a mask and snorkel the largest coral reef in the world, the Great Barrier Reef. Say g'day to Nemo, the clown fish, and some of the 1,500 other species of tropical fish that thrive in the warm waters off Australia's east coast.

Accommodation

Mantra PortSea (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast

Day 5 Port Douglas/Cairns

Return to the tropical city of Cairns. Take an exclusive behind the scenes tour of the James Cook University research aquarium, founded by marine biologist and National Geographic grant recipient Dr. Jamie Seymour. Enjoy a private tour of the facility and get an up close look at some of these marvelous creatures, and we'll hear about the latest research from Jamie or one of his colleagues.

Private Vehicle

Port Douglas – Cairns 1h

Stretch out and scan the scenery from the comfort of a private vehicle.

James Cook University Research Aquarium

Cairns

Take a behind-the-scenes tour of the James Cook University research aquarium, founded by marine biologist and National Geographic grant recipient Dr. Jamie Seymour. Jamie has studied Australia's venomous marine creatures for over 20 years. We'll enjoy an exclusive tour of the facility (not normally open to the public), get an up-close look at some of these marvellous creatures, and hear about the latest research from Jamie or one of his colleagues.

Free Time

Cairns Full Day

Free time to explore the famed city of Cairns.

Accommodation

Pacific Hotel Cairns (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast

Day 6 Cairns

Travel to Tully for an authentic and interactive, Indigenous experience, supported by G Adventures. Enjoy a private lecture about the history and culture of the Janbanbarra Jirrbal Rainforest people. Learn about their deep connection to the land and how they have continued for thousands of years, to live in harmony with nature. Our cultural immersion continues with a traditional lunch and visit to the Ingan Cultural Museum and to participate in a painting class with Jirrbal Aboriginal Artists.

Private Vehicle

Cairns – Tully 1h30m-2h140km

Stretch out and scan the scenery from the comfort of a private vehicle.

Janbanbarra Jirrbal Rainforest Cultural Experience

Tully

Travel to Tully for an authentic and interactive indigenous experience, supported by G Adventures. Upon arrival, enjoy a private lecture about the history and culture of the Janbanbarra Jirrbal Rainforest people. Learn about their deep connection to the land and how they have continued for thousands of years to live in harmony with nature. Our cultural immersion continues with a traditional lunch including barramundi wrapped in ngurgi leaf (rainforest ginger) with sweet potato chips or jacket potato and salad. Finish off

with miniature dampers served with muyginy jam (rainforest berries). After lunch, visit the Ingan Cultural Museum and participate in a painting class with Jirrbal aboriginal artists.

Private Vehicle

Tully – Cairns 1h30m-2h140km

Stretch out and scan the scenery from the comfort of a private vehicle.

Accommodation

Pacific Hotel Cairns (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast | Lunch

Day 7 Cairns/Uluru

Catch a flight to Uluru and witness the incredible sunset with a glass of bubbly.

Plane

Cairns – Uluru 3h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Taxicab

Uluru 30m

Jump in the back and tell the driver to step on it, just like they do in the movies.

Free Time

Uluru Full Day

Relax and watch the sunset over Uluru

Sunset at Uluru

Uluru 1h-1h30m

Enjoy a glass of sparkling wine while watching the sunset over Uluru. Marvel at the changing colours over the desert and keep reminding yourself that yes, you really are there.

Accommodation

Outback Pioneer Hotel & Lodge (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast

Day 8 Uluru

Awake before sunrise to watch the colours change over Uluru. Continue on with a guided Mala walk around the base of Uluru gaining insight into its significance to the local Aboriginal people. Visit the cultural centre and learn about ancient beliefs and traditions portrayed in art, food, and music. The afternoon is at your leisure.

Uluru Mala Walk

Uluru 1h-1h30m 2km

Walk along the northwest side of Uluru with your CEO to learn about the history of the area, stories of the Anangu people and these awe-inspiring uplifted sandstone rock formations.

Aboriginal Cultural Centre Visit

Learn about the Aboriginal culture in the area to get a better perspective of the history, beliefs and present-day life of the Anangu people. Discover the wild world of bush tucker (indigenous food), find out which plants are used in bush medicine, and hear stories

from the Dreaming.

Free Time

Uluru

Enjoy some time at leisure.

Optional Activities

Sound of Silence Dinner

Uluru

195AUD per person

Enjoy a decadent three-course buffet while watching the sunset over Uluru. Try traditional bush tucker inspired food, including crocodile, kangaroo and barramundi, while listening to a didgeridoo performance as day turns to night. After dinner, learn more about the southern night sky during an astronomy tour with a local expert.

Uluru Helicopter Flight

Uluru

150-285AUD per person

See some of the highlights of the red centre from a bird's-eye view. Take to the air and choose between a 15-minute loop around Uluru, or opt to also see Kata Tjuta on a 30-minute flight.

Outback Astronomy Tour

Uluru

42AUD per person

Enjoy a tour of the night sky, learning how Aboriginals used the stars for mythology and seasonal predictions while getting a chance to stargaze through telescopes and binoculars. The Outback is one of the best places to stargaze, with low humidity and surrounding light - take a peek and see whats out there!

Accommodation

Outback Pioneer Hotel & Lodge (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast

Day 9Uluru/Alice Springs

Enjoy another sunrise over Uluru, then take a walk in Kata Tjuta National Park and view the beautiful red-domed rock formations. Continue to Alice Springs for the night.

Kata Tjuta National Park

Kata Tjuta / Mount Olga1h30m-2h

Take a walk in Kata Tjuta National Park to explore the beautiful, red, domed rocks that comprise the site. While Uluru is the most famous landmark in the park, we explore a bit further afield to enjoy this stunning landscape.

Minibus

Uluru – Alice Springs6h470km

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Accommodation

Aurora Alice Springs (or similar)

Hotel

This accommodation or similar

Meals included: Breakfast

Day 10Alice Springs/Melbourne

Catch a flight and arrive in the afternoon. Enjoy a free evening to explore the city.

Taxicab

Alice Springs – Alice Springs Airport 30m

Jump in the back and tell the driver to step on it, just like they do in the movies.

Plane

Alice Springs – Melbourne 2h45m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Taxicab

Melbourne 30m-1h

Jump in the back and tell the driver to step on it, just like they do in the movies.

Accommodation**Oaks on Collins (or similar)**

Hotel

This accommodation or similar

Meals included: Breakfast**Day 11 Melbourne**

Enjoy a free day with option to explore the Great Ocean Road or the many wineries in the area. This evening, enjoy a discussion on Australian wines with a three-plate tasting menu and wine pairings at the Mill House chef's table.

Free Time

Melbourne Full Day

Free time to explore the city or take an excursion.

Mill House Food and Wine Experience

Melbourne 1h30m

Enjoy a discussion on Australian wines with a tasting menu with matching wines at the chef's table of a popular Melbourne restaurant. Tasting dishes can include: King fish Cerviche, Beef Empanada with Chimichurri sauce, Chicken Parfait with flat bread, Brisket, cous cous and Red wine Jus and Apple and Rhubarb desert.

Optional Activities**Great Ocean Road Day excursion**

Great Ocean Road 12h-13h

150-195AUD per person

Enjoy an excursion along the Great Ocean Road showcasing some of Australia's most scenic coastal views.

Accommodation**Oaks on Collins (or similar)**

Hotel

This accommodation or similar

Meals included: Breakfast | Dinner**Day 12 Melbourne**

Depart at any time.

If you want more time to explore Melbourne, we recommend booking post nights with your agent

Departure Day (Activities)

Depart on arrival to your final destination. Your CEO can help with any onward travel arrangements you require.

Meals included: Breakfast**What's Included**

Cruise in Sydney Harbour and city orientation walk. Aboriginal dreamtime walk through the Daintree Rainforest at Mossman Gorge. Visit James Cook University Aquarium. Cultural excursion with the Jirrbal Rainforest people. Sunrise interpretive walk at Uluru. Walk through the Valley of the Winds in Kata Tjuta. Melbourne orientation walk. Internal flights. Interesting articles, helpful tips, and photography advice from National Geographic before you depart. All transport between destinations and to/from included activities.

Highlights

From its coastal sites (like the Sydney Opera House) to its red centre (Uluru), this is iconic Australia. Book here with National Geographic Journeys.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Group Leader Description

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The CEO will be the group manager, leader and driver - this person is experienced in the routes travelled and will organize and lead the meal preparations and has experience in cooking a variety of local and international dishes for large groups.

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 16, Avg 12.

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the M/S Expedition or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Mini-bus, plane, boat, walking.

About our Transportation

Our vans in the red centre are mini-coaches. Occasionally with smaller group sizes we will use smaller, equally comfortable 13-seater vehicles. All mini-coaches tow a trailer for luggage and camping equipment (when needed). All groups have one CEO/Driver.

The vehicles are factory built with comfortable seats and air-conditioning. It is mandatory to wear a seatbelt while riding in our vehicles.

Local Flights

All internal flights are included in this trip - Your CEO will give you your ticket on the day of flight.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (11 nts).

Joining Hotel

The Larmont Sydney
2-14 Kings Cross Rd, Sydney, NSW 2011
Sydney, Australia
Tel: (02) 9295 8888

Joining Instructions

An arrival transfer is not included on this trip. Please make your own way to the joining hotel. A group meeting will be held by your CEO this evening. Please check the notice board in the hotel lobby for the time and details.

It is very easy to make your way from the airport to the hotel. Options are as follows:

By Taxi: \$40-50, approximately 15km and shouldn't take more than 30 minutes.

By Shuttle Bus: \$16 pp. Buy tickets at the 'Sydney Airporter' bus desk between exit gates B & C. Alternatively, there is the "Airport Connect" service in the same location. Book tickets online at www.airportconnect.com.au/

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact G Adventures during a situation of dire need, it is best to first call our local office in Melbourne. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Melbourne)
During office hours, 9am-5pm Local Time
From outside Australia: +61 3 9413 5820
From within Australia: 03 9413 5820

IF YOUR TRIP IS STARTING IN AUSTRALIA

After office hours emergency number
From outside Australia: +61 432 705 621
From within Australia: 0432 705 621

If you are unable for any reason to contact our local operations manager, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

The max luggage allowance on domestic flights within Australia is 20 kgs, 1 checked bag and 1 carry on per person.

You will be on the move a lot, so our advice is to pack as lightly as possible. We recommend the use of a well-labeled duffel bag, soft bag or backpack (whichever you find easiest to carry). Suitcases or heavy luggage are not recommended for the health of the CEO! A good size day-pack (20-35L) is also essential as you will have the chance to walk and hike in different national parks during these trips. This daypack will be used to carry your personal gear for the day, your lunch and a water bottle.

For days in the outdoors, we recommend the use of lightweight, breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for days spent hiking as it does not allow for heat or moisture to enter or escape, and it will not dry easily once wet.

Checklist

-Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- AUD & NZD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required

-Weather-appropriate clothing

- Light fleece top
- Light windproof/waterproof jacket
- Towel
- Swimwear
- Sun hat
- Sturdy walking shoes
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Money belt
- Flashlight or headlamp

- Camera, memory card(s) and charger
- Electricity plug adapter
- First-aid kit
- Insect repellent

- Day pack
- Camera with extra memory cards and batteries
- Personal Entertainment
- Binoculars
- Waterproof backpack cover

Laundry

Laundry can be done at least once a week while on tour - most cities have laundromats where you can buy soap and wash your laundry in coin-operated machines. Your CEO will advise you along the trip where you will be able to do your laundry.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements as some nationalities need to show proof of an onward travel from New Zealand at the time entry.

A valid passport and visa is required. For some nationalities, the visa can be issued by your Travel Agency or the Australian Embassy via Electronic Travel Authority (ETA).

To apply for an ETA online, travellers must hold a passport from one of the following countries:

- Brunei - Darussalam
- Canada
- Hong Kong
- Japan
- Malaysia
- Singapore
- South Korea
- United States

More information about the ETA and how to apply can be found here:

<https://www.eta.immi.gov.au/ETA/etas.jsp>

If you do not hold a passport from any of the above countries, you cannot apply for an ETA online. You may be eligible to apply for an ETA through a travel agent, airline or an Australian visa office. Alternatively, you may be eligible to apply for other types of electronic visitor visas. See: www.immi.gov.au

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The Australian currency is the Australian Dollar (AUD) and currency in New Zealand is the New Zealand Dollar (NZD).

Credit cards are accepted almost everywhere in both countries and can be used to purchase small and large items. When purchasing products or services with a foreign credit card you may be charged additional fees by your credit card company for foreign purchases.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Both

Visa and Master Cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work check with your bank before you travel. A visit to an ATM can be arranged on Day 1 and other days of the trip.

Do not rely on credit or debit cards as your only source of money. A combination of local currency (preferably smaller bills, 5's, 10's and 20's) and credit cards is best. Currency exchange is best obtained prior to travel or at the airport, currency exchange is easy to find in New Zealand in the gateway cities and most banks do accommodate.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is not customary in New Zealand or Australia to tip service providers, but if you do experience outstanding service it is good to do so. Such service would only usually be in places like quality restaurants and it would be very rare that you would tip more than 10%. Unless specifically asked to do so at the time (by your CEO) - do not tip your local guides. Also at the end of each trip if you felt your G Adventures Chief Experience Officer did an outstanding job, you may consider a small tip - but it certainly isn't expected.

Optional Activities

OPTIONAL ACTIVITIES ON TOUR

All prices are per person, in NZD amounts and are subject to change as services are provided by third party operators. Please note there may be weight restrictions on certain activities (eg skydiving 100 - 110 kg).

SYDNEY

MyMulti Pass (public transport pass) \$11
Harbour Bridge Climb - \$198
Taronga Zoo - \$44

CAIRNS

Whitewater Rafting \$195 (Tully Full-day) \$225 (Xtreme Tully Full-day)
Bungee jumping \$169 (includes certificate and t-shirt)
Minjin Swing \$99
Combo Bungee and Minjin Swing \$319

PORT DOUGLAS

Great Barrier Reef Tour - \$230
Great Barrier Reef with diving - (Approx \$375)
Kite Surfing Lesson - \$50-\$75
Daintree Forest Tour - Half Day \$95/ Full Day \$185

ULURU

Sound of Silence Dinner \$189
Camel Ride 1hr \$120
Helicopter Ride From \$189
Fixed Wing Flight - From \$120

MELBOURNE

Yarra Valley Wine Tour \$110-130
Phillip Island Day Tour \$110-140
Myki Visitor Pack (public transport pass) \$14

Please note: Usually there is time for one activity in each location (except Queenstown where there are two free days for activities).

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical ratings for trip specific information.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. Read more about travel safety for ways to further enhance your personal safety while traveling.

Trip Specific Safety

Heed the caution signs at all times in National Parks and other remote areas in New Zealand and Australia.

Between November and March, there is extreme heat with temperatures averaging between 43-46°C in the middle of Australia, especially around Uluru. This can lead to heat exhaustion and potentially become very dangerous. Be sure to drink plenty of water and replenish electrolytes by drinking sports drinks, coconut water or water mixed with electrolyte powder packets. Our CEOs have been trained in first aid and are well-versed in the risks associated with this heat.

As a result of this heat some included walks may be closed in the interests of travellers health. Certain walks around central Australia including Uluru and Kata Tjuta are closed when weather is forecast to exceed 36°C. During these hot months, we will endeavour to offer all walks early in the day to avoid the heat. Our CEOs will monitor the weather conditions to gauge the safety of any included walks and may need to call off a given day's walk due to extreme heat.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEO has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Our commitment to responsible tourism inspired us to establish the Planeterra Foundation in 2003, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of local organizations and community projects in the places that we visit on our tours. G Adventures pays all of Planeterra's administration costs, which means that 100% of each donation goes directly to support our projects. We also match all donations up to \$30,000 per year to double the impact! For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Donate when you book your trip!

We offer travellers the opportunity to help us give back to the people and places visited on our tours by donating \$3 at the time of booking. Of course any amount above \$3 is welcome! 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to donate to Planeterra, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at

