

contiki

—
TRAVEL WITH NO REGRETS

AUSTRALIA 2017 / 18



WELCOME TO CONTIKI

You're about to head out on the adventure of a lifetime & experience the way we travel. We can't wait to show you Australia, the Contiki way!

Like you, we're a bunch of passionate travellers, so we know all the top tips that you need to know before & during your trip.

We've put together this handy (& exclusive!) Traveller's Guide to set you out right.

Before you go...

From the big stuff, like where does my trip start & what should I pack, to the smaller stuff, like where's the best place to find free WiFi on tour – it's all here in our handy guide.

When you're on the road...

We've packed in a heap of awesome things to do in almost all the places we visit. It's the stuff the locals love – from the best places to shop, to where to try some authentic local food or just chill.

Getting Social...

We all know there's nothing better than posting pics from where you'd rather be to your friends & family back home. So make sure you're using your trip hashtag, #contiki & #NOREGRETSS so they can follow your epic story!

Keep this in your pocket or take the sharing is caring approach & pass it on to a friend when you're done.

Let the adventure begin...

Love,

Team Contiki

**LIVE WITH NO EXCUSES
TRAVEL WITH
#NOREGRETSS**

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BEFORE YOU GO

PACK YOUR BAGS

Packing for your trip can be niggly, so we make it easy with some handy tips.

On our trips, you can bring one bag or suitcase of 73cm x 50cm x 25cm (29" x 20" x 10"), with a max. weight of 20kg (44lbs) & one piece of hand luggage.

Here's an idea of what you could pack before you go. As well as all the standard stuff like jeans, jumpers, tee's, plus your iPod/iPad or tablet etc here are a couple of ideas about what else you might need on tour...

- Rainproof jacket
- Comfy walking shoes
- Travel alarm clock
- A watch
- Small beach towel
- Swimwear
- A diary (for writing down all your travel stories)
- Medical stuff & insect repellent
- Travel adaptor/s
- Spare camera memory cards
- Going out gear & shoes
- A couple of foldaway travel bags (for all that shopping, girls!)
- Some portable speakers

AND DON'T FORGET

- Your passport!
- Your Contiki trip documents & hotel vouchers
- Travel insurance details
- Visas (if applicable, see below)
- Credit cards & cash
- A spare printout of all your important details

HAND LUGGAGE

On some of our trips, it is necessary to use an overnight bag on the occasional nights when it's not possible to unload your bags from the coach. It's a good idea to bring an overnight bag, or hand luggage that's big enough to double up as an overnighter when needed.

VISAS

Depending on your nationality, you may need a visa to enter Australia. Check with your travel agent or go online to determine whether or not you need visas to travel.

KICK-START MEETINGS

On all our trips, a Kick-Start meeting with your Trip Manager will be held at the beginning of your trip – check your trip docs & the hotel noticeboard for details.

INSURANCE & SECURITY

It is essential that you are always security conscious.

Your most important possessions such as your passport, money & camera should be carefully guarded at all times. Loss of such items could ruin your holiday, so only bring your essential valuables along.

It is strongly recommended that all our travellers are adequately covered for Cancellation & Curtailment Insurance prior to your trip departure & we strongly advise insurance against loss of, or damage to baggage & loss of personal money too.

HEALTH/VACCINATIONS

It is strongly recommended that all our travellers are adequately covered by medical insurance prior to their trip departure.

Please purchase your insurance prior to your trip departure. You can purchase this online or through your travel agent before you depart.

If you suffer from any form of illness, be sure to have an adequate supply of medicines with you on tour. It's important to advise us through your travel agent of any important medical conditions you may have, before departure.

Vaccinations are not required unless a traveller has travelled through an infected area within 14 days of arrival in Australia.

EMBASSY CONTACT INFORMATION

Canadian Embassy Sydney

Consulate General of Canada,
Level 5, 111 Harrington Street,
Sydney, NSW 2000.
(P) 02 9364 3000.
www.international.gc.ca/australia

German Embassy Canberra

119 Empire Circuit,
Yarralumla,
ACT 2600,
(P) 6270 1911.
www.canberra.diplo.de

U.S. Consular Services Sydney

U.S. Consulate General,
MLC Centre, Level 59,
19-29 Martin Place, Sydney, NSW
2000.
(P) 02 9373 9200.
www.canberra.usembassy.gov/

South African High Commission

Corner of State Circle
& Rhodes Place,
Yarralumla,
ACT 2600.
(02) 6272 7300.
www.sahc.org.au

British High Commission Canberra

Commonwealth Avenue,
Yarralumla, ACT 2600,
(P) 02 6270 6666.
www.ukinaustralia.fco.gov.uk/

New Zealand High Commission Sydney

New Zealand Passport Office,
Level 10, 55 Hunter Street,
Sydney, NSW 2000.
www.nzembassy.com/australia

MONEY IN AUSTRALIA

In Australia there is one currency, the Australian dollar.

In paper notes you'll find \$100, \$50, \$20, \$10 & \$5. The coins available are \$2, \$1, \$.50, \$.20, \$.10 & \$.05.

ACCESS TO MONEY

We highly recommend that you carry money in a number of different ways (cash, pre-paid travel card & credit cards) so that you have access to money at all times while you're on tour.

It's a good idea to make sure you have approximately A\$200 cash on hand when you start your trip. Particularly on weekends it can be difficult to exchange currency.

CREDIT CARDS

Most credit cards such as American Express, Diners Club, Visa & Mastercard are accepted in Australia. ME Time activities can be paid by Visa, American Express & Mastercard or by debit card. Your Trip Manager can advise you.

Always remember to guard your card, even on holiday:

- Check the expiry date of your card when making travel plans.
- Ensure you know your P.I.N. number. Memorise it. Do not write it down.
- Ensure that your card is kept in view at all times when paying for goods & services.
- Ensure that the total amount of your purchase is entered on the sales voucher before you sign it.
- Retain all copies of sales vouchers/receipts until you have verified them against your statements.
- Insist that all 'spoiled' sales vouchers/receipts are destroyed in your presence.
- Always carry your card on you or in your hand luggage.
- Never leave your cards unattended in your hotel room, vehicle or any other place.
- Treat your cards as you would cash.
- Report immediately the loss or theft of your credit cards.

The following are Australian credit card contact details:

MasterCard: 1800 120 113

Visa: 1800 125 440

American Express: 1300 132 639

Diners: 1300 360 060

TRAVELEX CASH PASSPORT

Cash Passport will change the way you think about your money when travelling. Providing all the security of travellers' cheques with the convenience of plastic, it allows you to pre-load your travel money for safe & convenient use at 1.4 million ATMs as well as shops & restaurants worldwide. www.cashpassport.com

ATMS

Automatic Teller Machines can be found everywhere throughout Australia providing easy access to cash. Prior to leaving home check your bank's credit/debit card will work in Australian ATMs.

BUDGETING ON YOUR TRIP

This is a difficult subject to give advice on because the amount varies from person to person & a lot depends on how much you spend on shopping, entertainment, drinks & ME Time optional activities.

To cover extra expenses such as ME Time activities, lunch, nights out, drinks & souvenirs, we suggest you allow around (or up to) A\$80.00 per day. This amount will obviously vary depending on individual tastes & spending habits.

ME TIME OPTIONAL ACTIVITIES

An Australian trip with Contiki is all about experiencing 'once in a lifetime' adventures. Lots of these are included in the trip price. However, there is also lots of other exciting activities both on trip & in the gateway cities before & after your trip, and we leave you plenty of ME Time to get your fix of what you're into.

To assist you with planning your budget, you will be sent (with your final documents) a comprehensive day by day itinerary including full details & costs of the awesome ME Time optional activities available on your trip. Most optional activities can be paid by credit/debit card or Travelex Cash Passport. Your Trip Manager can advise you.

Note: Contiki does not operate nor has any liability for any listed activities on your trip. All are the responsibility of third party operators.

Please remember that all adventure activities are undertaken at your own risk. For any that you choose, your Trip Manager will make firm bookings in advance & you will be liable for the cost.

CALLING HOME

When you want to call home we recommend that you use Skype or FaceTime on WiFi, but if you want to call home using a phone we recommend that you get yourself a calling card once you arrive in Australia. Your Trip Manager will be able to suggest the best calling cards and places to purchase. We recommend that you don't use the phone in your hotel room as the prices can be very expensive.

DEEP VEIN THROMBOSIS (DVT)

Although DVT is rare, we love our travellers & keeping healthy before, during & after your trip is important. If you are flying to &/or from your trip, please read the DVT info below for our hints on what to look for & how to minimise any risks.

WHAT IS DVT?

DVT is when blood clots develop in the veins of the legs, the groin & sometimes the arms. For some people, the risk of DVT can significantly increase after a flight of 4 hours plus, & it's important to note that it can take a few days before the side effects of DVT become known. If you're on tour & you feel any symptoms below then let your Trip Manager know.

FACTORS CONTRIBUTING TO DVT INCLUDE

- Immobility or cramped seating positions
- Flying
- Recent major surgery
- Personal or family history of DVT, heart disease or Pulmonary Embolism
- Cancer, pregnancy, obesity, or if you're taking contraceptive pills

THE SIGNS & SYMPTOMS

- Redness or skin discoloration, warmth, hardening & swelling in the ankles, calves or thighs
- Tenderness &/or pain on walking, raising or flexing the foot

HOW CAN YOU LOWER THE RISK?

- Make more leg room (pop your hand luggage in the overhead lockers)
- Try not to sit with your legs crossed
- Try some of the exercises listed on the right
- Elevate your legs whenever you can
- Wear your favourite comfy threads when travelling
- Take a short walk every 2-3 hours
- Drink plenty of fluids & keep hydrated
- Avoid too much alcohol & taking sleeping tablets
- If you think you're at risk – throw on some compression stockings for your flight

OUR TOP EXERCISES TO KEEP YOU MOVING...

- Bend & straighten your legs, feet & toes regularly
- Press the balls of your feet down hard on the floor
- Take a short walk

DVT TOP EXERCISES



Take advantage of any breaks by getting off the coach & stretch your legs.

You can also exercise whilst seated. Use the following movements to keep your circulation moving & to avoid getting stiff:



Bend & straighten your legs, feet & toes.



Press the balls of your feet downhard against the floor.



Perform regular upper body movements & breathing to relax the back & shoulders.

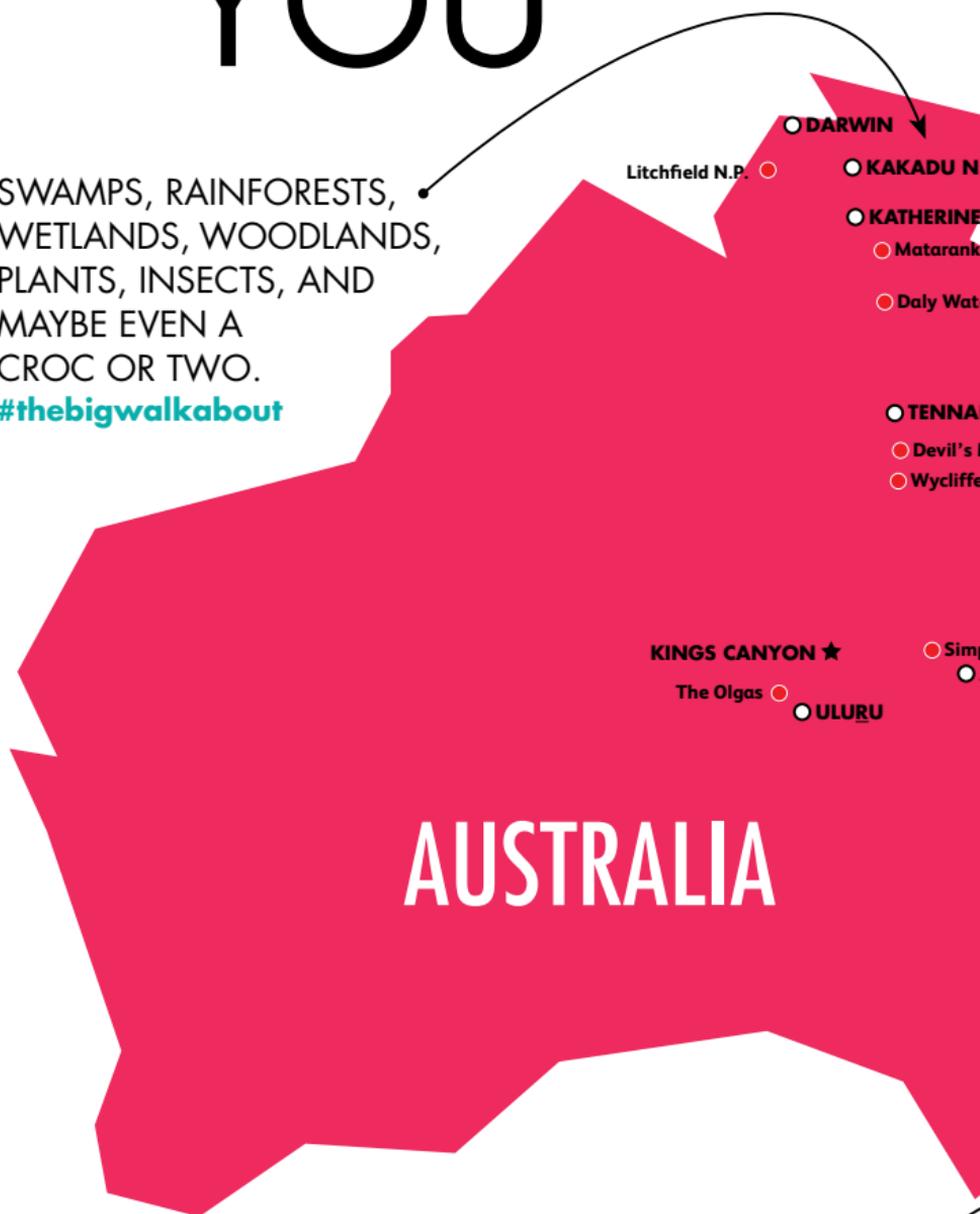


Make sure you drink water regularly to avoid becoming dehydrated.

WHERE WE TAKE YOU

SWAMPS, RAINFORESTS, WETLANDS, WOODLANDS, PLANTS, INSECTS, AND MAYBE EVEN A CROC OR TWO.

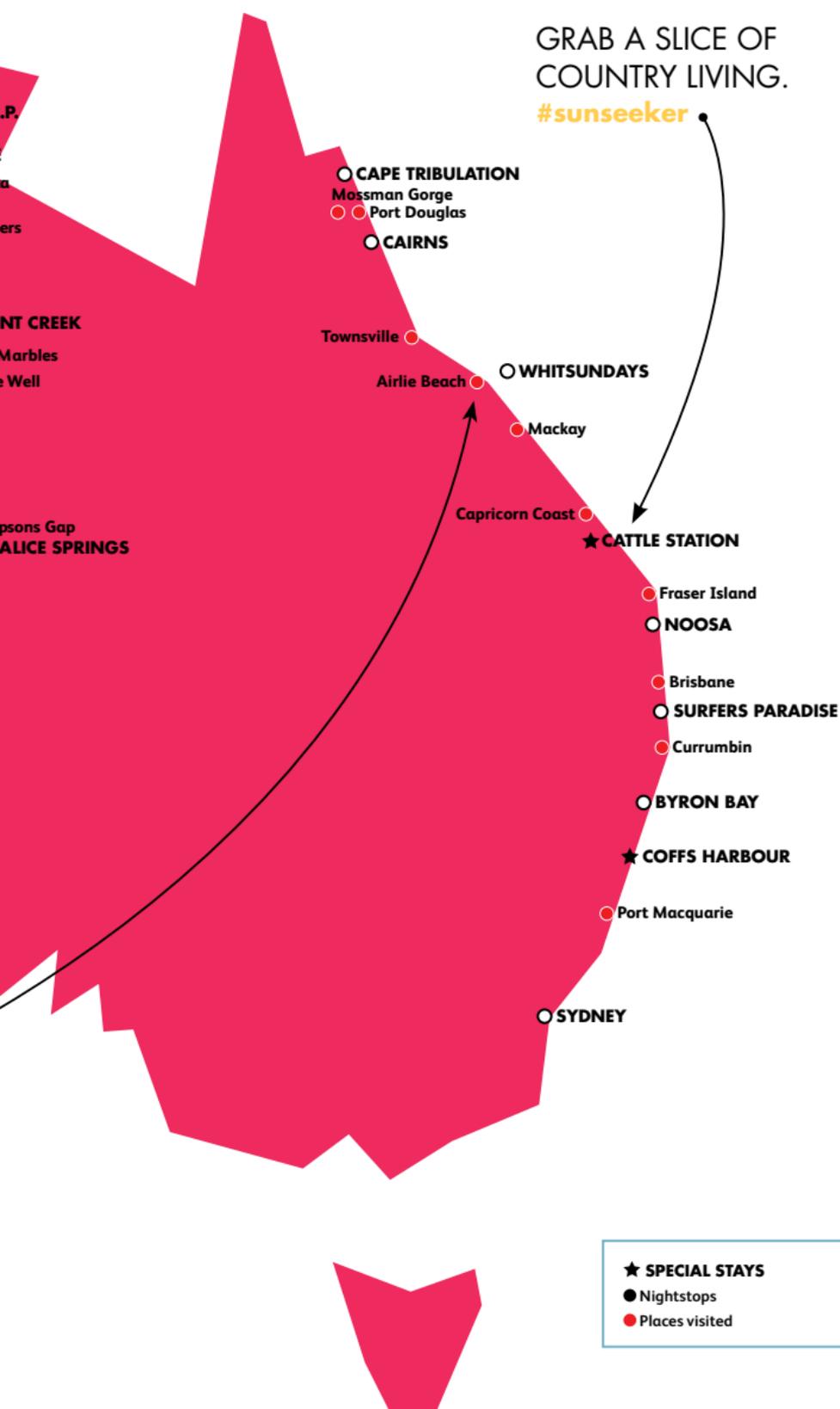
[#thebigwalkabout](#)



SPOILER ALERT – PROBABLY THE BEST BEACHES YOU'LL EVER LAY EYES ON, EVER.

[#beachesandreefs](#)

1 country, 14 unique itineraries and countless No Regrets travel experiences.
Want a taste? We've got the crème de la crème.



CONTIKI ON THE ROAD

ON-ROAD TEAM

YOUR TRIP MANAGER

Our Trip Managers are like your walking, talking guidebook – just for you. Because they know everything about where you're going, you will too! They really know their stuff & they take care of all the niggly details – so you don't have to.

YOUR DRIVER

Your Drivers are the experts on getting you from A to B in Australia. They know their way around like the back of their hands & they'll drop you at your door & unload your bags – too easy!

WHERE YOU STAY

Whether you're travelling along the coast or across the Outback, you'll stay in some amazing spots especially chosen for you to experience the real Australia. Overnight stays are as varied as the places that you'll visit, and range from resorts that offer lodge-style accommodation to hostels and hotels in the centre of town.

Accommodation is based on multi-share. On the Outback Adventure, Rock & Red & The Big Walkabout trips, we spend a night in an outback bushcamp. Here we sleep under the stars in a traditional Aussie 'swag'. All equipment & sleeping bags are supplied.

Your trip includes breakfast & dinner as per the itinerary. Some lunches are also provided (eg. on the Whitsundays Sailing Adventure).

HOW WE TRAVEL

YOUR COACH

Our modern air-conditioned coaches are some of the best in the South Pacific & we update our fleet regularly to make sure they're environmentally friendly. Then there are the Contiki extras like panoramic windows, a stereo sound system, reclining seats, a toilet, power points for 'charging on the go', & WiFi on all coaches.

Since you'll spend a bit of time on the coach travelling from place to place, your Trip Manager will explain the best ways of enjoying your time & keeping the coach comfortable for everybody on board.

Your comfort is our top concern & the toilet on the coach is for everyone to use. We do make frequent stops every few hours where you will have the opportunity to stretch your legs, buy a drink or snack & use other toilets.

We do not have set seating on our trips; however, out of consideration for others, front & window seats should not be monopolised, which is perfect for mixing it up with your new travel buddies.

SMOKING

Smoking is not permitted on Australian touring coaches. However, during each journey frequent stops are made, where you can smoke if you wish. In Australia, smoking is not permitted inside.

MUSIC

All our coaches are fitted with state-of-the-art audio & DVD systems. We have a supply of music but we invite our travellers to bring their iPods to play on board. You'll be able to take it in turns to choose the music. A guitar is welcome too – but it is your own responsibility.

HEALTH & HYGIENE

Life on a Contiki trip can get quite hectic with early morning starts & late nights which makes it easy for you to catch a common cold or flu. Also, different air, water, food & lifestyle can reduce your resistance to sickness & you may find a course of vitamins will help you. Please keep these points in mind while travelling – sickness can spoil a holiday. If you feel unwell, do not hesitate to let your Trip Manager know & they will assist you in contacting a doctor for consultation if necessary.

If you are on a regular course of medicine/contraception, it is a good idea to bring a supply sufficient for the whole time you are away from home, as your particular medicine and/or brand may not be readily available. Everyday medications e.g. band aids & aspirin are not carried on the coach & are your own responsibility.

Note: Any traveller found using illegal drugs will immediately be required to leave the trip.

PHOTOGRAPHY

Ensure you have plenty of memory cards. Your Trip Manager will try to allow as much time as possible for the taking of photographs, but on occasions, particularly when travelling in the coach, this can be difficult & impractical. Please be aware that Aboriginal people are sensitive about their image or specific sites being captured on camera – ask your Contiki Team if a situation involving Aboriginal people is appropriate to photograph if you are unsure.



NO COMPULSORY TIPPING - REWARD ONLY EXCELLENCE!

Every country in the world has different tipping customs & in Australia, within service industries, tipping is common practice. Tipping is totally optional & only given if you feel the service has exceeded your expectations.

If you think your Contiki Team have done an exceptional job then you may wish to tip them.

**This is entirely discretionary – it's completely up to you.
No compulsory tipping – reward only excellence!**

LAUNDRY FACILITIES

Depending on the length of your trip, it's a good idea to start the trip with enough clothes to keep you going for at least a week, so if it does take you a while to get the opportunity to do washing, you won't be caught out. Laundry services are available at extra cost, so ask your Trip Manager for any info on accommodation where laundry facilities are available.



PLACES WE TRAVEL TO

YOUR PRE TRIP KICK-START MEETINGS

A Kick-Start meeting is generally organised for trips commencing in Sydney, Cairns, Darwin & Alice Springs the evening prior to the trip departure. The venue & timings for this meeting will be posted on the Contiki notice board of the start hotel lobby. This meeting is organised by your Contiki Trip Manager & is a great opportunity to meet your fellow travellers before you start your Aussie adventure.

IF YOU MISS THE COACH

Clients should contact Reception staff at the departure hotel as soon as possible. All possible assistance will be given to help clients catch up with their trip.

On some trips, the actual departure day is spent sightseeing in the gateway city & its surrounds. Therefore if you do miss the coach, please check into the hotel & you will be able to catch up with your trip when they return in the afternoon.

N.B: Any cost incurred if you miss the coach will be at your own expense.

THE WHITSUNDAYS

WHITSUNDAYS SAILING ADVENTURE

If you are joining a trip in the Whitsundays & have booked & paid for the Whitsundays Sailing Adventure, please check in at the Pro Sail office, shop 1, 4 The Esplanade, Airlie Beach.

Tel: 1800 810 116 or (07) 4946 7533.

The Sailing Adventure starts at 4.00pm (please check in from 3.00pm).

Please note that once the yachts depart the mainland, there is no opportunity to purchase supplies. Therefore it is important that you are prepared & prior to departure have with you all you need for the two nights sailing including a small overnight bag (larger pieces of luggage can't be taken on-board). What you take is up to you, but may we suggest items such as bottled drinking water, snacks & soft drinks, sufficient sun screen & any items that you'll require on-board. Please also note that alcohol is not sold on the yachts.

SYDNEY

HOW TO GET THERE

Contiki's Sydney start hotels are approximately 11km (7 miles) from Sydney International Airport. The airport link rail service is a fast and effective way of reaching the city and costs A\$19.50. Alternatively there are shuttle services from A\$20 and the Taxi Fare from the airport to Sydney is approx. A\$40.

USEFUL INFORMATION

Shopping: Normal shopping hours in Sydney are generally 9.00am to 5.30pm Monday to Friday & 9.00am to 4.00pm on weekends. There is late night shopping till 9.00pm on Thursday nights & most tourist shops & department stores are open on Sunday.

The main shopping area in Sydney is bounded by George & Elizabeth Streets & Martin Place & Park Street.

Banks: Open 9.00am to 4.00pm Monday to Thursday & 9.00am to 5.00pm Friday.

USEFUL TELEPHONE NUMBERS:

Emergency Police, Ambulance, Fire	000
Flight arrivals & departures	13 1223
Qantas	13 1313
Virgin Australia	13 6789
Jetstar	13 1538
Air New Zealand	13 2476
Singapore Airlines	13 1011
British Airways	13 00 767 177
Cathay Pacific	13 1747
United Airlines	13 1777
Thai Airlines	13 00 651 960
Canadian Consulate	(02) 9364 3000
British Consulate	(02) 9247 7521
American Consulate	(02) 9373 9200
New Zealand Consulate	(02) 9247 1344
Sydney Entertainment Centre	(02) 9320 4200
Australia Directory Assistance	12456

SYDNEY'S DON'T MISS

In one of the most beautiful cities in the world it's hard to limit our suggestions of what to do. Probably the best thing we can recommend is doubling the amount of time you were going to spend here!

Bondi Beach: You can't do Sydney without a visit to Bondi Beach. Whether you're into swimming, surfing or having a cold beer by the water, Bondi Beach is the place to be. There's a ton of surfwear shops for those in need of retail therapy, & the people watching is out of this world. If you're in Sydney for the weekend, schedule your Bondi visit for a Sunday – the Bondi Markets run on this day & are great for picking up cheap jewellery & clothes. A taxi from the city to Bondi Beach will cost around A\$35, or you can take a train from Central Station to the Bondi Junction transport interchange & then a 381 or 333 bus to Bondi Beach.

Bondi – Coogee walk: Feeling energetic? Then do the walk from Bondi to Coogee – it takes a couple of hours but is well worth it. Pretty much the entire walk is along the cliff face of the Pacific Ocean & you'll pass great Sydney beaches along the way including Tamarama, Bronte & Clovelly – each with its own distinct personality. And here's a tip, if you can pick up a cheap snorkel & mask, do! Clovelly Beach is a marine reserve & the true beauty of the beach is underwater.



Kings Cross: Ahh... what visit to Sydney would be complete without a peek at Sydney's underbelly? Kings Cross is a colourful mix of street workers, the eccentric & strip clubs. Ironically it is also home to some of Sydney's 'uber cool' bars including Hugos Lounge & Soho and has some fantastic places to eat.

Paddington: The area for serious shoppers. Paddington's golden mile of Oxford Street features some of Australia's great designer stores including Wayne Cooper, Marcs & Morrissey. Arthurs Pizza is an institution amongst the locals & if you are after a piece of Australian art, make sure you pop into Dinosaur Design where handcrafted resin homeware & jewellery are on offer. It would be worth your while to plan your visit to Paddington on a Saturday – that's when the Paddington Markets take place. The Markets are about a 1.5km walk from the city or a cab costs under A\$10.

Paddys Market: Not to be confused with the Paddington Market, Paddys Market runs Friday, Saturdays & Sundays near Darling Harbour. If you're after cheap sheepskins, Ugg boots, cellphone covers or bags, this market was made for you.

Watsons Bay: Another thing we can't talk up enough is Sydney's Harbour. We'd recommend catching the Watson's Bay ferry – the trip takes about 40 minutes from Circular Quay (area where the Sydney Opera House is located) & ends up at Watsons Bay. Here you can visit Watsons Bay Hotel for a bbq meal & cold beer by the water's edge.

Circular Quay, The Rocks & Sydney Opera House: OK, this is about as touristy as it gets, but well worth the visit if you're new to Sydney. Circular Quay is located at the bottom of the CBD & can be reached by walking in a straight line towards the water down any of Sydney's main CBD streets. When you get there grab a gelato from Gelatissimo & head towards the Opera House. Take in this Aussie icon under your own steam, or join a 60 minute trip for A\$37. To the left of Circular Quay is the famous Rocks area.

Avoid the markets here unless you are looking for overpriced trinkets. Instead explore the back streets, grab some lunch, then walk over the Sydney Harbour Bridge. The walk will take about 30 minutes each way & best of all it's free!

Chinatown: Hay St & Dixon St offer over 30 different restaurants serving hundreds of different oriental dishes.

Taronga Park Zoo: Taronga Park Zoo is situated on one of the most amazing sites overlooking Sydney Harbour. Not only is it home to a collection of rare animals from around the world, it also has a huge selection of Australian wildlife with almost 4000 animals. The largest selection of the zoo is devoted to Australian animals such as kangaroos, platypus, echidnas and, of course koalas! You'll need to catch a ferry from Circular Quay to the zoo, & you can save a bit of cash if you purchase a Zoo Pass from the ferry terminal covering your ferry ride & zoo entry.

Sydney Observatory: The Observatory comes into its own at night. View the 'Southern Skies' through a high-powered telescope in the copper dome. Bookings essential. Tel: 9217 0485.

Sydney Aquarium: One of the largest & most spectacular aquariums in the world is at Darling Harbour. Experience the sharks, rays & fish of all shapes from tunnels under the harbour, & if you have never experienced the Great Barrier Reef.... then this is your chance to see the magic of the reef & its brilliant colours of live coral & tropical fish! Other special features are crocodiles, a touch pool & micro aquariums, platypus & penguins.
Open 7 days from 9.30am to 10pm.

AAT Kings: If you have a half or full day spare, AAT Kings has some great day trips to the Hunter Valley. Bookings can be made by calling (02) 9700 0133.

The Australian Museum: The Australian Museum houses examples of everything that is unique to Australia – the oldest continent on earth. Check out the best collection of South Pacific ethnography in the world - the traditional culture of Australian Aborigines, the people of Papua New Guinea & Pacific Islands. Located on the corner of William & College Sts (see map on page 33). Open 7 days from 9.30am – 5.00pm.

Powerhouse Museum: The Powerhouse is created from the shell of a former power station & isn't like your run of the mill museum. Over 25 exhibitions give you an insight into human achievement, science & technology, the decorative arts, & everyday lives of Australians. From a NASA space station to a 1930s cinema, the Boulton & Watt rotative steam engine, to Sandra Rhodes ball gown, all can be found amongst the museum's diverse displays. Located at 100 Harris St, Ultimo (see map on page 19). Open 7 days from 10.00am – 5.00pm.

Hyde Park Barracks: Designed & built in 1819 by convicts for convicts. Now it is a museum, & a spooky one at that! Located in Queens Square, Macquarie Street, the Barracks are open 7 days from 10.00am to 5.00pm.

Museum of Sydney: A multi-media experience on the site of the first Government House. The museum tells the many stories of the colony's first days. Located on the corner of Phillip & Bridge Streets, the Museum is open 7 days from 10.00am to 5.00pm.

Queen Victoria Building: To call the QVB a shopping arcade is a major understatement. Over 200 boutiques & galleries including major chains & unique speciality shops. Just window shopping is a treat. Open 7 days.

Sydney Harbour Bridge: If you really want to get to know the bridge, walk over it, either by way of the free public walkway on the eastern side of the bridge or over the arch, with the help of BridgeClimb. BridgeClimb offers those with a sense of adventure the chance to climb to the top. Operating 7 days & evenings a week, bookings are essential. Call (02) 8274 7777 for further information or for those on a trip in Sydney ask your Trip Manager to make your booking for this unmissable ME Time option.



1 Australian Museum

2 Australia Square

3 Conservatorium of Music

4 Government House

5 Town Hall

6 Observatory

7 Opera House

8 Parliament

9 Pier One

10 Powerhouse Museum

11 Sydney Harbour Bridge

12 Sydney Tower

13 The Wharf Theatre

14 Mrs Macquarie's Chair

15 Chinatown

16 Queen Victoria Building

17 Museum of Sydney

18 Central Station

DARWIN

HOW TO GET THERE

Contiki's Darwin hotel is centrally located in the heart of Darwin, 12km (7 miles) from Darwin International Airport. Darwin Airport Shuttle Service meets all incoming flights & will drop off at the hotel on request (approx. A\$15). A taxi fare is approx. A\$35.

USEFUL INFORMATION

Shopping: Monday to Saturday 9.00am to 5.00pm, with late night hours on Thursday at the Smith Street Mall & Friday at Casuarina. Most tourist shops are open on Sunday.

Banks: Open between 9.30am & 4.00pm Monday to Thursday & 9.30am to 5.00pm Friday.

DARWIN'S DON'T MISS...

The top of the Northern Territory is warm & tropical year round, with the bustling cosmopolitan city of Darwin as its focal point. Darwin boasts a casino & offers a variety of unique attractions, most of which are visited on your coach sightseeing trip. Don't forget to buy one or two of the famous Darwin Stubbies, the largest bottles of beer in the world. They contain 2 litres of locally brewed Northern Territory Draught Beer.

Doctor's Gully: Watch & participate in the feeding of fish at Doctor's Gully on the high tides.

Indo Pacific Marine: This exhibition allows you to view the live coral, tropical fish & marine animals, without getting your feet wet!

ALICE SPRINGS

HOW TO GET THERE

Contiki's Alice Springs hotel is 12 km (7 miles) from Alice Springs Airport. The Airport Shuttle Service meets all incoming flights & will drop off at the hotel on request (approx. A\$18). A taxi to the hotel costs approx. A\$40.

USEFUL INFORMATION

Shopping: Normal shopping hours are 9.00am to 5.30pm Monday to Friday & 9.00am to 12 noon on Saturday.

However, some shops are open until 9.00pm on Friday & K-Mart & Coles are open Saturday & Sunday from 9.00am to 5.30pm.

Banks: Monday to Thursday 9.30am to 4.00pm & Friday 9.30am to 5.00pm.

DON'T MISS... Located in what is almost the geographic centre of this vast continent is Alice Springs, the Northern Territory's second largest town. Not surprisingly, the area around Alice Springs is known simply as 'The Centre'. Alice Springs boasts a casino & offers a variety of unique attractions, most of which are visited on your coach sightseeing trip.

Diarama Village: This brilliant attraction traces the myths & legends of the Australian Aboriginal people. An excellent selection of art is also on display.

One-day Palm Valley 4-wheel drive trip: Take the opportunity to experience a unique part of Central Australia, accessible only by 4-wheel drive. Travel through Hermannsburg, then down the Finke River, one of the oldest watercourses in the world. See spectacular rock forms, white sands & an oasis of rock pools & palm trees. Visit the nearby spectacular rock formation known as the Amphitheatre & relax by a waterhole shaded by numerous tall palms. The full day excursion includes morning tea, picnic lunch & afternoon tea. For bookings call AAT Kings on 1300 556 100.

Old Gaol: Situated between the courthouse & the police station is Alice Springs' first gaol, one of the original buildings of the town. It was preserved at the request of the National Trust when the new courthouse was built.

Panorama Guth: Panorama 'Guth' – 360°, 6 metres high & 60 metres in circumference, a painted landscape of the best known beauty spots of the centre. Painted by Dutch born Alice Springs artist, Henck Guth.

CAIRNS

HOW TO GET THERE

Contiki's Cairns start hotels are about 6km (4 miles) from Cairns International Airport. A taxi to the hotel is approx. A\$25, or you can book a transfer at the 'Sun Palm' transfer desk in the baggage hall of Cairns International Airport for approx. A\$15.

USEFUL INFORMATION

Shopping: Shops are open Monday to Saturday 9.00am to 5.30pm with late night shopping Thursday night till 9.00pm.

Banks: Hours 9.00am to 4.00pm Monday to Thursday & 9.00am to 5.00pm Friday.

CAIRNS' DON'T MISS...

Cairns in Northern Queensland is a relaxed tropical city of over 120,000 people, close to the Great Barrier Reef, Cape York & the beautiful tablelands of the north. Marlin fishing & scuba diving are big attractions in the area. The city & surroundings offer a variety of unique attractions, some of which are offered on your coach sightseeing trip, including the optional Outer Barrier Reef cruise. If you have extra time, visit the village of Kuranda by Skyrail or the Scenic Train.

Atherton Tableland: West of Cairns, an area of great scenic beauty, endowed with crystal, sparkling waterfalls, tropical vegetation & mysterious crater lakes.

Green Island: You can spend a pleasant relaxing day on this small coral cay, with its inviting white beaches & tropical environment. Take a Great Adventures fast catamaran.

Port Douglas: This once sleepy village is now the playground of millionaires, tourists & locals, who come to enjoy its casual but spectacular sights. Laze on the beach, walk through the markets or drink coffee in one of the chic cafés.

SURFERS PARADISE

HOW TO GET THERE

There are two airports servicing Surfers Paradise. Gold Coast airport is approx. 22 km (14 miles) or 30 minutes drive south, & transfer shuttles cost approx. A\$18 one way. Brisbane airport is approx. 90 km (56 miles) or one & a half hours north, & transfer shuttles cost approx. A\$39 one way.

There is also an airport train from Brisbane to the Gold Coast, costing A\$30. Alight at Nerang Station then it's a 12 km taxi ride into Surfers Paradise.

USEFUL INFORMATION

Shopping: Monday to Saturday 9.00am to 5.00pm with late night shopping on Thursday. Most tourist shops in Surfers Paradise are open till late every night & all weekend.

Banks: Open between 9.30am & 4.00pm Monday to Thursday & 9.30am to 5.00pm Friday.

SURFERS PARADISE'S DON'T MISS...

Beaches: The name says it all, as some of the best & most famous surf beaches in the world are in close proximity to Surfers Paradise. Long stretches of golden sand make for the perfect mix of relaxation & action – you can do as much or as little as you like!

Cavill Avenue: The main walking mall is the shopping hub & nightlife centre. Plenty of tourist shops & arcades for the day, and many places to dance the night away later on.

Attractions: With many theme parks, adventure activities & guided trips, there is never a lack of options in Surfers Paradise.

THE WHITSUNDAYS

The Whitsundays are a group of 74 beautiful islands located about 1,200 km from Queensland's capital, Brisbane.

HOW TO GET THERE

By Air: There are two airports that service the Whitsundays. To get to Airlie Beach you can fly into either Hamilton Island Airport (HTI) or the Whitsunday Coast Airport (PPP) at Proserpine. From Hamilton Island Airport catch the ferry to Port of Airlie (approx. cost is A\$55) and from Whitsundays Coast Airport catch a shuttle service to Airlie Beach (approx. cost is A\$25).

WHITSUNDAY SAILING ADVENTURE

If you have booked & paid for the Whitsunday Sailing Adventure, check in is at the Pro Sail office, shop 1, 4 The Esplanade, Airlie Beach. From Hamilton Island Airport (HTI) on Hamilton Island, Cruise Whitsundays meet flights for a 30 minute catamaran cruise to the Port of Airlie Marina, Airlie Beach, departing from the jetty located directly at the airport. The cost of this transfer is not included in the trip price but may be ticketed in conjunction with flights (approx. cost A\$55). From Whitsunday Coast Airport (PPP) at Proserpine, Whitsunday Transit Coaches meet all flights for a transfer to Airlie Beach (approx. cost A\$25). Clients should call Pro Sail on 1800 810 116 or 07 4946 7533 if they require assistance. Our Whitsundays Sailing Option departs at 4.00pm. Please check in by 3.00pm.

MORE AUSSIE...

AUSTRALIA IS A BIG PLACE WITH LOADS TO EXPLORE, SO GET IN THE KNOW BEFORE YOU GO.

NORTHERN TERRITORY

Alice Springs: Located in almost the geographical centre of Australia & 1,000 kilometres from the nearest capital city, Alice Springs is the gateway to the Northern Territory's biggest tourist attraction, Uluru & is a modern oasis in the MacDonnell Ranges. Alice Springs was discovered by William Whitfield Mills in 1871 while surveying a route for Overland Telegraph lines between Adelaide & Darwin and was named in honour of Lady Alice Todd, wife of the Superintendent of Telegraphs.

Uluru (Ayers Rock): Uluru is known as the most famous landmark of the Australian Outback. This monolith is of great spiritual significance to the Aboriginal people & its name translates to a place of shade. Uluru is a spectacular sight at any time of day, but particularly amazing at sunrise and sunset when the colours change. Rising dramatically out of the vast plain, Uluru is 3.6 km long (2.2 miles) & 348 metres high (1141 ft).

Darwin: The capital of the Northern Territory & principal port of entry from Europe & Asia. Port Darwin was discovered in 1839 & named after Charles Darwin. It was not chosen as a town site until 1866 & not permanently populated until 1869.

The new town was originally named Palmerston until 1911 when the name was officially changed to Darwin. In early days, Darwin's growth was slow, however, the mineral & pastoral wealth in the Northern Territory has made Darwin into the prosperous city it is today.

Karlu Karlu (Devils Marbles): 96 km south of Tennant Creek giant boulders, many almost spherical, pile perilously upon each other. They are huge, red, black & sand-coloured boulders looking like old-fashioned cottage loaves. Their formation has been the result of erosion of a great granite outcrop cracking & weathering.

Kakadu National Park: Kakadu, one of the most scenic parks in Australia, contains two kinds of wilderness: the black soil flood plains & paperbark lagoons of the Alligator River system, & the rugged walls of the Arnhem Land escarpment which is deeply indented with gorges, streams & waterfalls. At the northern end of Kakadu is a series of shallow lagoons & billabongs which attract thousands of water birds. Also in this area is Cannon Hill, the Aboriginal 'art gallery' of Arnhem Land.

Katherine: Along the Stuart Highway known as 'the track', 354 kilometres south of Darwin is the town of Katherine and the spectacular Katherine Gorge National Park. Here the clear river flows between towering, brilliantly coloured walls to form one of the most fascinating river canyons in Australia. The Katherine River was named after the daughter of one of the sponsors of John McDougall Stuart, who was the first man to find it in 1862.

Kings Canyon: The spectacular Kings Canyon, 100 kilometres to the south west of Alice Springs. A climb to the rim of the Canyon will be rewarded with a view of the 'Lost City' weathered rock which resembles the ruins of an ancient city; & the 'Garden of Eden', a valley where permanent waterholes are overgrown with ancient cycad palms.

Litchfield National Park: Litchfield Park, west of Batchelor in the Tabletop Range, is a huge sandstone plateau cloaked with dry woodlands & forests. Close to the edge of the escarpment, springs bubble into creeks that have their ultimate destination within the rainforest valleys below, making spectacular waterfalls which flow throughout the year. Parts of the park are accessible in the dry season by two-wheel drive tracks, while Sandy Creek Falls & the Lost City, an area of fantastic sandstone formations - are at the end of four-wheel drive tracks.

Mataranka: Further south from Katherine is the Mataranka Pool Reserve, near the Mataranka Homestead. Thermal springs are surrounded by lush tropical forest & the water is always at body temperature.

QUEENSLAND

Brisbane: With a population of over 1 million people, Brisbane is the capital city of the State of Queensland. The centre of Brisbane is situated on the Brisbane River, 34 kms upstream from Moreton Bay. A penal colony was the first settlement here in 1824, but those 'days of old' are now days of gold. Brisbane has a tropical climate, and was the Host City for World Expo in 1988. Make sure to visit Queen Street Mall, the shopping hub of the city, or South Bank, the extensively redeveloped site of Expo '88'.

Cairns: Undoubtedly Queensland's most casual, exciting & colourful city, 'capital' of the tropical north. The city was more or less founded in 1876, with a settlement which grew on Trinity Bay to service gold & tin fields up-country. Sugar cane growing was established in the 1880's. Cairns was proclaimed a town in 1903, & a city in 1923.

Fraser Island: This is the largest sand island in the world. The island takes its name as a consequence of a shipwreck in May 1836; a passenger, Mrs Eliza Fraser, reached the island & her subsequent tales of her days spent there with the Aborigines meant that her name was applied to the area.

In the 1970's, a battle between sandminers & conservationists, led by John Sinclair, resulted in a federal government ban on the mining of its sand. A successful crusade saw logging banned in 1991 & in 1993 Fraser Island was added to the World Heritage list. The island is known for its dunes, freshwater lakes, crystal creeks, wetlands & rainforests.

Kuranda: The railway line from Cairns climbs through 15 tunnels & superb scenery to Kuranda, at the top of the Macalister Range, 34 kms from Cairns. Kuranda's picture postcard railway station, decked out in tropical flowers & ferns, is justly famous. Other attractions of this quaint village on the edge of the Atherton Tableland include the colourful morning markets, with produce & coral arts & crafts on display – there's quite a large 'alternative' establishment living in Kuranda.

Noosa Heads: Noosa Heads is the most northerly of the Sunshine Coast resorts, & is unique in terms of its natural scenery & atmosphere. A combination of the Noosa National Park, a protected main beach facing north, & a fashionable resort town without Gold Coast-style high-rise development.

Port Douglas: In the early days of the far north's development, Port Douglas was actually a rival for Cairns. It eventually became a quiet, little fishing town, until people began to realise what a delightful, laid back little place it was. Now it's quite a busy tourist centre. It's 67 kms north of Cairns, along the Cook Highway.

Sunshine Coast: The Sunshine Coast is a 48 kilometre long series of magnificent beaches, punctuated by rocky headlands & river mouths that stretch north from Caloundra to Noosa Heads, one or two hours drive from Brisbane. Following the coastal highway from Caloundra the main beaches are Currimundi, Mooloolaba, Alexandra Headland, Maroochydore, Mudjimba, Marcoola, Coolum, Peregian, Sunshine Beach & Noosa Heads. Surfing is excellent almost anywhere, but the resorts themselves vary from being very casual to quite sophisticated.

The Sunshine Coast, often called the North Coast by Brisbane people, tends to be quieter & more natural than the more highly developed Gold (or South) Coast strip, with interesting & varied scenery in the Hinterland.

Surfers Paradise: Surfers Paradise is undoubtedly the brightest star along the 30 odd kilometres of beaches, relaxation & development that makes up the Gold Coast. In 1936, Mr Jim Cavill built a hotel at a quiet spot 9 kilometres south of Southport, at a place called Umbi-Gumbi by the Aborigines, meaning 'the place of the ant'. Mr Cavill called his establishment the Surfers Paradise Hotel & it still stands today, although somewhat lost among the spectacular high-rise development that exploded in the late 1950's & 1960's. Surfers Paradise is famous for its surfing beaches & great weather.

Townsville: In 1864, a progressive sea captain named Robert Towns commissioned James Melton Black to build a wharf & established a settlement on Cleveland Bay to service the new cattle industry inland. Townsville was gazetted in 1865, & declared a city in 1903. Today, Townsville is Queensland's third largest city & still rapidly expanding.

Whitsunday Islands: The Whitsunday group of islands off the coast of central Queensland (Mackay to Proserpine), enjoy the same latitude as Tahiti & Samoa. It is a cluster of 74 islands, (including Daydream Island where we stay) six of which are resorts & the remaining 68 uninhabited. They were discovered by Captain Cook on Whitsunday, June 3, 1770.



NEW SOUTH WALES

Byron Bay: Surfers from near & far gravitate to Watego's Beach, on Cape Byron. It is one of the best beaches for surfboard riding on the east coast. Australia's most powerful lighthouse is situated nearby at Cape Byron, the most easterly point of the Australian mainland.

Sydney: The capital of New South Wales & Australia's oldest & largest city. Sydney was discovered by Captain Cook in 1770 & first settled by Europeans in 1788 as a penal colony. The city grew in chaos for many years until 1810 when Governor Macquarie set about restoring order & improving roads & communications. The city soon became a major shipping & trading centre for the south west Pacific. Today, Sydney has the world's best natural harbour with 55 sq kilometres of water catering for 4,000 vessels each year.

Newcastle: With a population of 260,000, Newcastle is NSW's second largest city & one of the largest in Australia. Situated 167 kms north of Sydney at the mouth of the Hunter River, it's a major industrial & commercial centre.

Coffs Harbour: Capital of the NSW 'Banana Republic', Coffs Harbour with its population of 66,000 is one of the most popular northern coastal resort towns. The main industries are tourism, bananas, avocados & tropical fruits.

AUSTRALIAN CAPITAL TERRITORY

Canberra: In 1927, Federal Parliament transferred from its temporary seat in Melbourne to Canberra & in 1988 (Australia's bicentennial year), Parliament made its last move from the famous old Parliament House to the quite radically designed 'new' & permanent building, opened by Her Majesty, Queen Elizabeth II.

SOUTH AUSTRALIA

Adelaide: The city of Adelaide was named by Colonel William Light in 1836, after Queen Adelaide, the wife of King William IV of England. The capital of South Australia, Adelaide is situated on the Torrens River & is Australia's fourth largest city.

VICTORIA

Melbourne: The first permanent settlement on the Yarra River was established in 1836 & in 1837 was named Melbourne, in honour of the British Prime Minister, Lord Melbourne. From Federation in 1901 until the establishment of a national capital at Canberra in 1927, Melbourne was the seat of Federal Government. Today Melbourne is the capital of the state of Victoria.

TASMANIA

Hobart: Hobart is an enchanting little city built around a beautiful yacht-studded harbour in the shadow of majestic Mt Wellington. A strong sea-faring flavour & sense of the past gives Hobart an almost European air. This feeling is heightened in summer when Hobart gets plenty of sparkling blue days but temperatures rarely exceed 25°C. Many of Hobart's beautiful early colonial sandstone buildings were erected by the sweat & blood of the unfortunate convicts who formed the majority of the first settlers in 1803. Hobart's deepwater harbour on the estuary of the Derwent River is a thriving seaport.

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