

contiki

—
TRAVEL WITH NO REGRETS

AUSTRALIA 2018 / 19



TRAVEL CREATES

you.

Each of us is on a journey. Where that journey first started we have no say in, but where that journey leads is entirely up to us. The decisions we choose to make, the paths we choose to go down, the risks we think are worth taking - these are the things that truly define us. At Contiki, we live passionately by one philosophy - to travel with no regrets. Why? Because life, real life, doesn't happen when you colour inside the lines. It's only when you break free, trust your instincts, and intentionally live with your eyes wide open, that you become the person you're meant to be. So ask yourself this - do you want to live life in the shadows, or do you want to live life with no regrets?

CONTIKI CARES

Powered by **TREADRIGHT**

Contiki Cares is our mission to protect and preserve the places we go to and the people we meet, so that the generations who follow us can see the world with the same wide-eyed wonder as we do. It's our dedication to treading lightly, acting with respect, and recognising when to speak for the planet when it can't speak for itself.

Advising us on our journey is the TreadRight Foundation, our older, wiser sister on all things sustainable and our guiding force in seeking to make the world a better, more interconnected place. Together with TreadRight, we're on a journey – to seek out the causes that need support, and the traditions and communities that need protection in our ever changing world.



TREADRIGHT
FOUNDATION

TreadRight.org

CONTIKI LOVES THE PLANET

Contiki is proud to be using 100% recycled LEIPA paper for the body of our brochures. By doing so, we proudly save 41,000 trees per year. It is just part of The Travel Corporation way.

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 cities we visit. It's the stuff the locals love – from the best places to shop, 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 use your trip hashtag, #contiki & #NOREGRETSSO 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

WHAT'S INSIDE?

Travel creates you	2
Contiki cares	3
Contiki welcome	4
Before you go	6-9
<ul style="list-style-type: none"> • Check in online • Packing • Overnight bag • Flying hints • Kick-Start meeting • Travel documents • Passports & visas • Embassy contact details • Insurance & security • Currency • Access to money • Credit cards • Budgeting 	
Deep Vein Thrombosis (DVT)	10-11
Where we take you	12-13
Contiki on the road	14-16
<ul style="list-style-type: none"> • Your Contiki Team • Where you stay • How we travel • Health & Hygiene • Photography • Tipping • Laundry on tour • Winter Departures • Free Time Add-Ons • Calling home • Shopping 	
Where your trip starts	17-25
<ul style="list-style-type: none"> • Departure points • Sydney • Darwin • Alice Springs • Cairns • Surfers Paradise • The Whitsundays • If you miss the coach 	
More Aussie	26-29
<ul style="list-style-type: none"> • Northern Territory • Queensland • New South Wales • Australian Capital Territory • South Australia • Tasmania 	
Keen to join our team?	30
Keep travelling with Contiki	31
Contiki worldwide	32

BEFORE YOU GO

CHECK IN ONLINE

Save time on Day 1 & check in online before you leave home. It's easy. Just give us your details & tell us what you're interested in before you start your trip & you're done! It'll save you time, so you can get on with having fun as soon as you arrive. Visit contiki.com/checkin for details.

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) plus one piece of hand luggage suitable as a carry-on for flights.

Note: Contiki is not responsible for any costs incurred by overweight luggage.

Here's an idea of what you could pack before you go. As well as all the standard stuff like jeans, jumpers, T-shirts, plus your iPod etc here are a couple of ideas about what else you might need on tour...

- Rainproof jacket
- Comfy walking shoes
- A watch
- 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 fold away 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 p.7)
- Credit cards & cash
- A spare print out of all your important details, just in case...

For more, head to contiki.com/m/travel-resources for all our suggestions.

OVERNIGHT BAG

On some of our trips, it is necessary to use an overnight bag on the occasional nights when it's not possible to access your luggage (like overnight trains etc). 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.

FLYING HINTS

- Ensure you carry all your travel documentation, your camera & any items to keep you occupied on your flight in your hand luggage.
- Most airports have restrictions on the amount of liquids that can be in your hand luggage. Check this before you pack.
- Take advantage of duty free shopping but check the current limits that apply in the country of your destination.
- Don't carry articles packed by others & never accept articles to carry from people not known to you.
- Adjust immediately into local time on arrival by staying awake until the evening before sleeping. This will help you recover from jet-lag.

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 and the hotel notice board for details.

TRAVEL DOCUMENTS

You should bring a money-belt (or similar) to safely carry your travel documents & cash & ensure that your luggage has a lock. Bring photocopies of your passport & visa, plus some extra passport photos if you're applying for on-arrival visas.

PASSPORTS & VISAS

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

EMBASSY CONTACT INFORMATION

Canadian Embassy Sydney

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

U.S. Consular Services Sydney

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

British High Commission Canberra

Commonwealth Avenue, Yarralumla, ACT 2600. Tel: 02 6270 6666.
www.ukinaustralia.fco.gov.uk/

German Embassy Canberra

119 Empire Circuit, Yarralumla, ACT 2600. Tel: 6270 1911.
www.canberra.diplo.de

South African High Commission

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

New Zealand High Commission Sydney

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

INSURANCE & SECURITY

It is essential that you are always security conscious. In case the worst happens and your passport is lost or stolen, it is a good idea to have a photocopy or scan of your passport in another bag or saved to your emails, it will make it much easier for you to get a new one.

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.

Cancellation, unexpected medical expenses, injuries, theft, lost luggage or money can significantly disrupt your holiday. It is compulsory that you take out comprehensive travel insurance before you travel. Contiki has the right to refuse travellers without the required insurance cover to join our trips. Your insurance must cover personal injury, death, medical expenses, repatriation expenses and evacuation expenses. We strongly recommend your insurance also covers cancellation, personal liability and loss of personal property. If you intend to participate in adventure sports and activities when travelling then please ensure your policy covers such. Some policies exclude certain adventure activities.

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. 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.

MONEY IN AUSTRALIA

In Australia there is one currency, the Australian dollar, A\$.

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.

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.

PRE-PAID DEBIT CARDS

These cards can be purchased via a company such as Travelex or through most major retail banks. They operate like a regular debit card & provide a safe & portable way to carry your money. Simply use a cash machine in Australia to withdraw A\$ from your pre-paid account. Travelex or your bank will provide advice as to what currency is best to initially load on to your card.

CREDIT CARDS

Most credit cards such as American Express, Diners Club, Visa & Mastercard are accepted in Australia. Free Time Add-Ons 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. 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

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 & Free Time Add-Ons.

To cover extra expenses such as Free Time optional activities, lunch, nights out, drinks & souvenirs, we suggest you allow approx. A\$80 per day. This amount will obviously vary depending on individual tastes & spending habits.



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 four 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 discolouration, 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 down hard 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



Insurance

Travel Insurance is not only a good idea, it's compulsory when you travel with us. Buy it online before you travel at contiki.com/insurance.

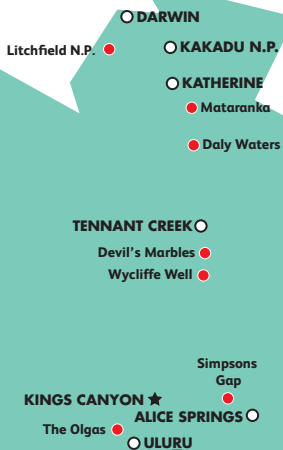
AUSTRALIA



3

Special Stays

Special for a reason. Like the sound of a surf village on the Aussie East Coast, or a cosy swag under the stars at a real life cattle station?



Get Around in Comfort

For transport, we keep it classic - our sleek, efficient and damn comfortable coaches make the journey half the fun. Think reclining seats, WiFi, movies, and prime napping opportunities.

Stay Longer

For exclusive hotel rates before and after your trip visit contiki.com/staylonger

○ CAPE TRIBULATION

● Port Douglas

○ CAIRNS

Townsville ●

Airlie Beach ●

○ WHITSUNDAYS

● Mackay

● Capricorn Coast

★ CATTLE STATION

● Fraser Island

○ NOOSA

● Brisbane

○ SURFERS PARADISE

● Currumbin

○ BYRON BAY

★ COFFS HARBOUR

● Port Macquarie

○ SYDNEY



EVERY ONE OF OUR TRIPS HAS A UNIQUE HASHTAG

Check the hashtag on the trip page and let the alumni of 2017 inspire your 2018 Australia and New Zealand adventures.



wifi

Available at most accommodation across Australia & New Zealand.

★ SPECIAL STAYS

● Nightstops

● Places visited

CONTIKI ON THE ROAD

ON-ROAD TEAM

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 respect 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.

VIDEO & 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.

SHOPPING

During your trip, you will be given the opportunity to see various demonstrations of local craft making where you may also decide to purchase items. The various shops are selected for their standard of demonstration, service & because they guarantee their products. These shops, however, are private businesses & have no connection with Contiki Holidays. Any decision to purchase goods from them is, therefore, entirely up to you. Often, various shops will provide a mail service, but please be aware that it can take a long time for the goods to arrive home & when they arrive they may be liable to customs & excise duty. Customs & excise regulations are different in every country & we recommend you obtain a copy of these before you leave home.



TIPPING

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.

FREE TIME ADD-ONS

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 Free 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 Free Time Add-Ons available on your trip. Most of these optional activities can be paid by credit/debit card or Travelex Cash Passport. Your Trip Manager can advise you.

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.

Note: Contiki does not operate, nor has any liability for, any listed activities on your trip. All Free Time Add-Ons are the responsibility of third party operators and may be subject to change or cancellation at short notice.

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.



WHERE YOUR TRIP STARTS

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 & timing 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 in to 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.

SYDNEY

HOW TO GET THERE

Contiki's Sydney start hotels are approx. 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: The main shopping area in Sydney is bounded by George & Elizabeth Streets & Martin Place & Park Street. 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.

Banks: Open 9:00am to 4:00pm Monday to Thursday & 9:00am to 5:00pm Friday.

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.

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. Arthur's 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 1½ km walk from the city or a cab costs under A\$10.

Paddy's Market: not to be confused with the Paddington Market, Paddy's Market runs from Wednesday to Sunday near Darling Harbour. If you're after cheap sheepskins, Ugg boots, cellphone covers or bags, this market was made for you.

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 0111.

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.

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) 9028 5182.

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



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.

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!

Watson's 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 Watson's Bay Hotel for a bbq meal & cold beer by the water's edge.

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.

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 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 10:00am to 6:00pm (last entry at 5:00pm.)

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 Streets (see street map opposite). 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 1930's 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 opposite). Open 7 days from 10:00am – 5:00pm.

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 Free Time Add-On.

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
Australia Directory Assistance	12456



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.

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 two 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.

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 formations, 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 228 546.

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.

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 1½ 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 in to 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 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).

WHITSUNDAYS SAILING ADVENTURE

If you are joining a trip in the Whitsundays & have booked & paid for the Whitsundays Sailing Adventure, please check in at:

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.



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 precariously on top of each other. They are huge, red, black & sand-coloured boulders looking like old-fashioned cottage loaves. Their formation has been the result of cracking, weathering and erosion of a great granite outcrop.

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.

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.

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.

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.

QUEENSLAND

Brisbane: with a population of over 1 million people, Brisbane is the state capital 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.

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.



Fraser Island: this is the largest sand island in the world and 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 1970s, 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.

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 estuaries 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 nine 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 developments that exploded in the late 1950s & 1960s. 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 3rd 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 sea port.

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