MACLEAY VALLEY TRAVEL PTY. LTD.

33 Smith Street, Kempsey
NSW 2440
Australia

Email: info@macleayvalleytravel.com
Website: www.macleayvalleytravel.com

Telephone (02) 6562·6699
Toll Free 1800 81·0809
Fax (02) 6562·6276

Sri Lanka (Ceylon)

16 Day Conducted Tour

for only **$5,785** per person, twin share

This price includes airport taxes and fuel levies

This price is good value for this fascinating country, as it includes:

- Return air fares from Sydney, Melbourne and Brisbane into Colombo with Singapore Airlines.
- A 14 day coach tour of Sri Lanka (Ceylon) visiting many major tourist attractions in this scenically beautiful country.
- A wildlife jeep safari in Yala National Park and a visit to an elephant orphanage.
- Nearly all meals.
- Very good accommodation, mainly 4 star.
- All entrance fees and all transfers and transport, including a one-way rail trip.
- Prepaid gratuities to the guide, driver and bus boy.
- Services of local English speaking tour guides in Sri Lanka and if there are 14 or more tour participants, there will be an Australian tour escort.

For a single room there is an additional cost of $1440.

The tour program has been designed to provide you with a great overview of Sri Lanka and also allow sufficient leisure time to enjoy the hotel facilities.

Tour departs Australia 2nd August and returns 17th August 2027

We try harder to find you the best travel deal

Itinerary for Sri Lanka Tour

Included meals are indicated as B = Breakfast, L = Lunch, D = Dinner

02.08.27 Australia - Singapore - Sri Lanka

Depart Brisbane at 2.45pm on SQ 236, arriving in Singapore at 8.45pm.
Depart Sydney at 3.00pm on SQ 222, arriving in Singapore at 9.20pm.
Depart Melbourne at 3.30pm on SQ 228, arriving in Singapore at 9.20pm.
All passengers depart Singapore at 10.20pm on flight SQ 468, arriving in Colombo at 11.35pm.
Upon arrival in Sri Lanka we will be transferred to our hotel in Negombo.
Accommodation: Jetwing Blue Negombo

03.08.27 Negombo

(B/L/D) This morning is at leisure to relax or explore Negombo. In the afternoon we have a tour of Negombo, which is located 37km north of Colombo and is well known as a classic fishing town. Its sandy beaches, lush tall coconut palm trees and gourmet seafood will send any visitor into instant tropical paradise. The highlights of this tour include the remnants of the Old Dutch Fort wall and the many churches built by the Portuguese and Dutch. We see some Toddy Tappers at work. A Toddy Tapper rope-walks quickly from treetop to treetop at 30 to 40 feet above the ground in order to harvest the sweet milky sap of the cut coconut blossom. Please note that Toddy Tapping is a seasonal event, and if we cannot do this in Negombo, we will instead do it in the south of the country later in the tour. Lunch today is included and dinner this evening is at the hotel.
Accommodation: Jetwing Blue Negombo

04.08.27 Negombo - Pinnawala - Anuradhapura

(B/L/D) This morning after breakfast we proceed to Anuradhapura. En route we visit Pinnawala Elephant Orphanage, which is situated approximately 90km from Colombo. The orphanage was originally founded in 1975 by the Sri Lanka Department of Wildlife Conservation. It is aimed at providing care and protection for many of the orphaned baby wild elephants found wandering in the forests of Sri Lanka. Pinnawala Elephant Orphanage also places an emphasis on breeding and ongoing research for these gentle giants. After lunch at a local restaurant we continue on our way to Anuradhapura. Upon arrival we check into the hotel, with the remainder of the afternoon at leisure.
Dinner this evening is at the hotel.
Accommodation: Lake Forest Hotel

05.08.27 Anuradhapura - Trincomalee

(B/L/D) After breakfast this morning we visit Anuradhapura Ancient Kingdom, which was the first kingdom and capital of Sri Lanka. We have some time to explore the ancient ruins of this UNESCO World Heritage listed site, including the most renowned relic of the Bodhi Tree (grown from a branch transported from India) under which Buddha was believed to have attained enlightenment. There are many other important shrines and monuments that give Anuradhapura its significant status as the first kingdom. We have an included lunch at a local restaurant and depart for Trincomalee. We check into the hotel for a two night stay.
The remainder of the day is at leisure. Dinner will be at the hotel.
Accommodation: Trinco Blu by Cinnamon

06.08.27 Trincomalee

(B/L/D) After breakfast we visit a local school and hand out pre-arranged gift packs to the children as our way of contributing to this Corporate Social Responsibility (CSR) project. We then have a tour of Trincomalee, which is 165 miles from Colombo and one of the largest and safest natural harbours in the world. Trincomalee is connected by rail and road. It has sunny weather throughout the year, with white sandy beaches, calm, placid and warm waters ideal for underwater activities and for whale watching. We visit Koneswaram Temple. According to an inscription found on the doorway to the fortress, the temple was destroyed by the Portuguese in the 16th century AD. They threw all the columns down to the sea below. Three bronze statues, found among the columns in the sea, were brought up by divers and are now kept in the modern temple at the same site which is located within the Dutch Fort in Trincomalee. In the evening we visit a rural Buddhist temple where the monk will chant holy blessings and share the "pirith" threads to each and every one as an instrument of the blessings.
Lunch and dinner will be at the hotel.
Accommodation: Trinco Blu by Cinnamon

07.08.27 Trincomalee – Dambulla - Habarana

(B/L/D) This morning we proceed to Dambulla to visit Dambulla Cave Temple. Dambulla Cave Temple is part of the Golden Triangle of Sri Lanka and is encrusted into a magnificently large rock. It sits more than 160 metres above the surrounding land and measures more than 1.5km around the base. Also known as the "Golden Temple", it was listed as a UNESCO World Heritage Site in 1991. This ancient complex was initially established in the 3rd century B.C. and is truly a wonder as it is the largest and best preserved of the cave temples in Sri Lanka. The cave temples are home to numerous religious and cultural paintings and sculptures. Then we travel to Habarana and have lunch at a local restaurant. The remainder of the day is at leisure. Dinner this evening is at the hotel.
Accommodation: Habarana Village by Cinnamon

08.08.27 Habarana – Sigiriya - Habarana

(B/L/D) This morning there is an opportunity to climb Sigiriya Rock Fortress. Sigiriya Rock Fortress is one of Sri Lanka's major attractions. It was built by King Kashyapa from 477 - 495 AD for the purpose of protecting him from his rivals. It is a UNESCO World Heritage Site and is also known as the 'Fortress in the Sky'. There is so much to discover during your stair climb up to the fortress, including water gardens, artistic frescoes, a mirror wall and the lion gate. When you reach the top you are rewarded with breathtaking views. Please note that the climb to Sigiriya Rock consists of 600 steps with flat areas of interest in between. The climb is quite strenuous and as such it is not suitable for everyone. If you do not wish to do the climb, you can instead explore the surrounding area or have a rest in the shade. We have an included lunch at a local restaurant, followed by some time at leisure at the hotel. Please note that depending on the weather, the order of today's program may be moved around to better suit the Sigiriya Rock climb. Later we see a cultural show, which displays a combination of up country and low country dance performances. Dinner this evening is at the hotel.
Accommodation: Habarana Village by Cinnamon

09.08.27 Habarana - Kandy

(B/L/D) This morning we depart for Kandy, which is known as the charming hill capital of Sri Lanka and lies picturesquely surrounded by mountains. Kandy is also the last kingdom of Sri Lanka and is today a bustling city. Upon arrival we have an included lunch at a local restaurant. We then have a sightseeing tour of the area, including Upper Lake Drive and visits to a wood carving shop and a batik factory. Next, we visit the Temple

of the Tooth Relic, or "Dalada Maligawa" as it is known to the locals. This sacred temple is located in Kandy and is also home to the palm-leaf transcripts. Its history dates back to 1687. This stunning piece of architecture is instantly recognised by its octagonal shape and golden roof. Although we are not able to view the actual tooth itself, the casket within which it is held is displayed twice a day.
Dinner tonight is at the hotel.
Accommodation: Kandy Myst by Cinnamon

10.08.27 **Kandy**
(B/L/D) After breakfast a tea factory, where we observe the process of manufacturing tea. We will also learn how tea is graded and taste a cup of pure Ceylon tea in the factory. Afterwards we visit Peradeniya Botanical Gardens. This beautiful garden is located 6km from Kandy and was first built as a pleasure garden by a Sinhala king and was expanded by the British. It covers approximately 147 acres and is a stroller's paradise with extensive well-kept lawns, pavillions, an octagon conservatory, fernery, a giant Javan fig tree and numerous flower beds. The best attraction is the orchid house, where we can see more than 1000 plants. Lunch is at a local restaurant, followed by a lovely drive through the university grounds. Dinner tonight is at the hotel.
Accommodation: Kandy Myst by Cinnamon

11.08.27 **Kandy - Nuwara Eliya**
(B/L/D) This morning we proceed to Nuwara Eliya. Along the way we have a train ride from Peradeniya to Nanu Oya. Our train ride gives us unparalleled views and penetrating glimpses both of the scenic beauty and culture of the hill country as we travel along. Lunch today is included and dinner this evening is at the hotel.
Please note that the train ride is controlled by the local authorities and as such we cannot guarantee seats on the train. When unavailable, alternative arrangements will be made.
Accommodation: Araliya Green Hills Hotel

12.08.27 **Nuwara Eliya - Ella – Yala**
(B/L/D) Today we travel on to Yala. En-route we visit Ella Gap. Ella is situated 230km from the capital city of Colombo and overlooks a spectacular gap in the southern mountains where the land falls to a dizzying drop of 3000 feet into the Southern Sea. The small town is used as a base for many trekking expeditions to the surrounding areas. This is a great place to stop for a tea break. From Ella Gap we can get a breathtaking view of the south-east part of Sri Lanka. It is a great place for photography. Enroute we visit Ravana Falls. We continue on to Yala and have lunch at the hotel.
This afternoon we enjoy a Yala National Park Wildlife Jeep Safari! Yala National Park is the second largest national park in Sri Lanka. It is home to a wide variety of wildlife. Leopards are the stars here, but the park is also home to herds of elephants, spotted deer, wild boar, buffalos and many species of birds. The vegetation ranges from open parkland to dense jungle. There is also an abundance of water supply for animals and birds, ranging from waterholes, streams and small lakes to lagoons.
Dinner this evening is at the hotel.
Accommodation: Doubletree by Hilton

13.08.27 **Yala - Galle**
(B/L/D) After breakfast we travel to Galle. Along the way we will pass an area famous for Stilt Fishermen. We may see the local fishermen going about their daily routines as they fish in chest-deep water just a few metres off shore and perched on a cross bar off a single pole planted into the sea bed. This is a traditional method of fishing amongst the

locals in the southern part of Sri Lanka. Afterwards we have a tour of Galle, which is recognized as the southern capital of Sri Lanka. It is 116km from Colombo and home to the popular fort called "Santa Cruz", which is listed as a World Heritage Site by UNESCO. The fort, which was initially built by the Portuguese in 1619, was expanded and further developed by the Dutch and the British. Galle was the main seaport of Sri Lanka before Colombo and to this day is still an active sea port. During the tour of Galle, we will have the opportunity to visit Galle Fort, Old Dutch Church and walk along the Rampart. Lunch will be at a local restaurant and dinner is at the hotel.
Accommodation: Radisson Blu Galle

14.08.27 Galle

(B/L/D) Today is at leisure to enjoy our resort hotel or further explore Galle.
The included meals today will be at the hotel.
Accommodation: Radisson Blu Galle

15.08.27 Galle - Colombo

(B/L/D) This morning we commence our trip to the nation's capital Colombo. En route we enjoy a boat ride on the Madu River, which is a complex coastal ecosystem of mangroves and islands. A boat tour is an ideal way to experience hundreds of species of plants and animals in their natural habitat. There are around 64 islands in the river and lagoon. Lunch is at a local restaurant.
During today's touring we will also visit a turtle hatchery and the Tsunami Museum, where we can learn the devastating effects that the 2004 tsunami had on this part of Sri Lanka. Afterwards we continue to Colombo and have dinner at the hotel.
Accommodation: Hilton Colombo

16.08.27 Colombo

(B/L/D) This morning we commence a sightseeing tour of Colombo, Sri Lanka's largest city. We drive through the busy commercial areas as well as the tree-lined residential suburb of Cinnamon Gardens. Visit Fort, the former British administrative centre and military garrison. Then onto Sea Street, which is the Goldsmith's quarters in the heart of Pettah. Also see the Bazaar area, a Hindu Temple with elaborate stone carvings and the Dutch Church of Wolfendhal dating back to 1749. If time permits, we may also see the replica of Avukana Buddha and the Independence Square. Afterwards we visit the Colombo National Museum, which was established in 1877. It is best known for its collection of antiques and objects d'art. Over 500,000 publications of Sri Lanka with more than 4,000 palm leaf manuscripts are found in the library of the museum. Among the exhibits are the regalia of the King of Kandy, ancient and medieval jewellery, a rare collection of traditional demon masks, wood and ivory carvings, an exquisite collection of Buddhist and Hindu bronzes, specially from the Polonnaruwa Period, reproductions of temple frescoes, Chinaware including VOC plates of the Dutch period, antique furniture, numismatics from the earliest period to modern times, lacquered objects, stone sculpture and stone inscriptions. Afterwards we have a chance for some last minute shopping in Colombo, for people who enjoy a good bargain on quality clothes and fashion accessories. We then return to the hotel with some time to relax. We have a 5pm late checkout and a farewell dinner before transferring to the airport for our flights home.

17.08.27 Colombo - Singapore - Australia

Depart Colombo at 00.50am on SQ 469, arriving in Singapore at 7.20am.
Brisbane passengers depart Singapore at 9.55am on SQ 245, arriving at 7.30pm.

Sydney passengers depart Singapore at 9.35am on SQ 211, arriving in Sydney at 7.15pm.
Melbourne passengers depart Singapore at 11.10am on SQ 217, arriving in Melbourne at 8.35pm.

Tour Difficulty Ratings & Advice

To ensure that you select the right tour for you, Macleay Valley Travel has provided a clear set of tour difficulty and fitness recommendations for our tours. The ratings, from 1, being the easiest, to 5 the most strenuous, will give you a good idea of what is reasonably required for you to be able to participate on each tour.

1	2	3	4	5

Tour Difficulty Level 3

This tour rating typically involves a good level of physical activity, such as ascending stairs, getting into a bathtub shower, being responsible for your own luggage at airports and hotels, walking distances of up to and sometimes over 500 metres at a time over possible uneven ground and/or cobblestone streets. Walking tours of considerable distances should be expected on tours with this rating as well as some early departures.

Conditions for Macleay Valley Travel's Sri Lanka Tour

Deposits and Payments - A non-refundable deposit of $200 per person is payable within 7 days of booking. This deposit is not refundable should you later cancel. The balance is payable in full 8 weeks prior to departure. Macleay Valley Travel often has to adhere to strict payment deadlines and your booking on the tour may be cancelled if final payment is not received by the due date, with no refund applicable.

Refunds and Cancellations - Cancellations after final payment will result in a refund limited to whatever we can recoup from the airline. Any refund for a cancelled booking will not be paid until the airline(s) provide the refund to Macleay Valley Travel.

Limitation of Liability concerning Covid-19 - It is possible that there may be outbreak(s) of Covid-19 during this tour. Whilst we take necessary safety precautions, Macleay Valley Travel cannot be held responsible for any quarantines or other associated costs brought about by quarantines, border closures and/or travel delays. You are aware that Covid-19 is a highly contagious and potentially dangerous disease that may result in significant personal illness and even death. You acknowledge that you are voluntarily participating in the tour with knowledge of the inherent risks of Covid-19, and you agree to assume all risks.

Insurance - Adequate travel insurance that includes medical coverage for Covid-19 is required. We do not currently provide insurance. Please contact your preferred travel insurance provider. The responsibility to obtain adequate travel insurance rests with the passenger. Proof of your travel insurance is required to be presented to us on or before the final payment date of the tour.

Airline Tickets - Please note that any changes made to airline tickets once they have been issued will likely incur high cancellation and/or reissue fees. These fees are typically set by the airline and are outside of our control.

Passports - All travellers require a current passport with at least 6 months left on it at the end of the tour. Non-Australian passport holders require a re-entry visa for Australia. All passengers visiting Sri Lanka are required to have an Electronic Travel Authorisation (ETA), which can be completed at https://eta.gov.lk The usual cost for this authorisation is USD $50 p.p. however at present it is free of charge. We will advise closer to the departure date of the specific ETA cost.

Basic Tour Price and Taxes - Air taxes and fuel levies are included in the basic tour price if the tour is paid in full on or before the due date on the final invoice. Macleay Valley Travel reserves the right to charge for any increase in air taxes and fuel levies if the tour is not paid in full by the due date.

Not Included in the Cost - Travel insurance and all items of a personal nature such as telephone calls, drinks, excess baggage, tips, meals, (except those specified in the itinerary), covid-19 tests etc are not included in the cost. Similarly, credit card payments (Visa/MasterCard) can only be accepted if 1.2% is added to the price to help defray the merchant fees charged to us by the credit card companies. There is a 2% surcharge for American Express.

Breakaway - All fully inclusive prices are based on group travel and any deviation from the set itinerary can be permitted under certain circumstances. Please contact our office for prices.

Health and Fitness - Macleay Valley Travel recommends that the passenger is reasonably healthy and/or fit to participate in this tour. Persons with a disability requiring special assistance must be accompanied by a companion. Macleay Valley Travel and their representatives cannot provide this service. The Health & Fitness Questionnaire located on the last page of this itinerary needs to be completed in full by each passenger and accompany your booking form. Macleay Valley Travel reserves the right to accept/decline or terminate a passenger's participation in the tour under certain circumstances. It is strongly recommended that you are fully vaccinated against Covid-19, but this is not mandatory. Passengers must comply with any specific Covid-19 requirements that may be imposed by airlines and/or authorities of the destinations visited.

Accreditation - Macleay Valley Travel is a fully accredited travel agency under the AFTA (Australian Federation of Travel Agents) ATAS - AFTA Travel Accreditation Scheme. As such, you are assured of a consumer focused and quality assured business, ensuring professional conduct and ethical business practices.

Disclosure of fees or commissions received from third parties - Macleay Valley Travel Pty Ltd may receive fees, commissions, gifts or financial incentives from third parties under this contract.

Airline Seating – All seating requests will be passed onto the airline, however please note that Macleay Valley Travel has no direct control over group seating and requests are not guaranteed.

Twin Share Bookings - If you do not have a travel partner, but wish to travel at twin share rates, we will try and assign you with another person but this is not guaranteed. We assign passengers by their gender, on a first come, first served basis and do not assign twin share passengers according to their age, profession, interests. Macleay Valley Travel accepts no responsibility if you are incompatible with your assigned roommate. Additionally, if you are assigned a travelling companion to share with and they cancel off the tour prior to making the final payment, then you will either be required to pay the single room supplement or we will try our best to assign you with a twin share passenger, if one is available.

Limitation of Liability - As Macleay Valley Travel acts only as agent for the Airlines, Hotels, Coach Companies etc., providing accommodation, transportation and other services, Macleay Valley Travel shall not be liable or responsible for death or injury to any person or loss or damage to any property including baggage arising out of or connection with any transportation, accommodation or other services, or resulting directly or indirectly from acts of God, fire, breakdown in machinery or equipment, acts of Government or other authorities, de jure or defacto wars, whether declared or not, hostilities, civil disturbances, strikes, riots, thefts, epidemics, pandemics, endemics, quarantines, medical or customs regulations, delays or cancellations caused by changes in schedules or itinerary, or over bookings or defaults or for any causes beyond Macleay Valley Travel's control or any loss or damage resulting from improper or insufficient passports, visas or other documents and neither Macleay Valley Travel, and its servants or employees shall be or become liable or responsible for any additional expenses or liability sustained or incurred by the tour member as a result of the foregoing causes. Additionally you must meet the entry requirements for each country you visit. Macleay Valley Travel will not be liable if you are denied entry to a country for any reason, including a past criminal history. Macleay Valley Travel reserves the right to decline bookings made for any group tour. Any tour booking confirmation is conditional, contingent on our view of the ability of a person to be able to participate in a tour without the likelihood of conflict between members of a tour whether perceived or actual. Macleay Valley Travel reserves the right to modify the itinerary or the accommodation if circumstances make this necessary, provided that the amended itinerary is of equal value or greater value than that of the original program.

MACLEAY VALLEY TRAVEL - BOOKING FORM

PLEASE PRINT DETAILS CLEARLY IN BLOCK LETTERS AND ALSO

A PHOTOCOPY OF YOUR PASSPORT MUST BE SENT WITH BOOKING FORM

Name of Tour :_____ Departure Date:_____

Passenger 1 (as written in passport)_____

Title: **Mr. Mrs. Ms. Miss. Dr.** _____ Age: _____ Date of Birth:_____

Passenger 2 (as written in passport)_____

Title: **Mr. Mrs. Ms. Miss. Dr.** _____ Age:_____ Date of Birth:_____

Postal Address: _____

_____**PostCode**_____**Email**_____

Telephone / Fax Number:_____**Mobile**_____

Passport Number:_____Expiry Date:_____

Passport Number:_____Expiry Date:_____

Passport Nationality:_____Preferred Name:_____

Passport Nationality_____ Preferred Name:_____

(Passport must have 6 months validity from the time of tour completion)

Single room / Twin beds / Double bed: (Room type is subject to availability)

Circle which airport you wish to depart from: SYDNEY / MELBOURNE / BRISBANE

Special Dietary Requests – Passenger 1:_____ Passenger 2:_____

Optional Extensions:_____

Any existing medical conditions? Passenger 1:_____ Passenger 2:_____

In case of emergency, please notify :

Name:_____Relationship:_____

Address:_____

Phone Number:_____

Please return this sheet with your non-refundable deposit of $200 per person and the health & fitness form.

DECLARATION. I have read and understand fully the booking conditions and I accept them.

Signature:_____ Date:_____

A copy of passport is required to verify spelling of name. If this is not provided and the information we have for the airline is incorrect and ticket is issued, then the airline will charge a reissue fee.

HEALTH & FITNESS QUESTIONNAIRE

Macleay Valley Travel strives to make our tours enjoyable experiences for all passengers, however some countries and tour services lack the standards that you can typically expect in Australia.

To help ensure your personal safety and enjoyment on tour, please answer the following questions. The information you provide will be treated confidentially and will be used to check that the transportation, accommodation and facilities on tour are suitable for you:

1. Do you have any allergies? Yes / No
If yes, please provide details and severity:_____

2. Can you walk 500 metres to 1km in distance comfortably and unaided? Yes / No

3. Can you negotiate uneven, undulating and sometimes challenging terrain? Yes / No
If no, please provide details about these limitations:_____

4. Do you use a mobility aid? Yes / No
If yes, please provide details:_____
_____

5. Are you travelling with a companion or carer who is able to provide all the assistance you need to enter buildings, disembark and embark ships, aircraft, coaches, small boats and assist you on excursions? Yes / No
If yes, please provide the name of your carer/companion and your relationship to them:_____

6. Are you taking any medical equipment to assist you? Yes / No
If yes, please provide details:_____

7. Do you suffer from any condition which may cause you to experience memory loss or become disoriented? Yes / No
If yes, please provide details:_____
_____

8. Are you asthmatic or do you have other breathing difficulties? Yes / No
If yes, please provide details (travelling to high altitudes is not recommended):_____

9. Do you require supplementary oxygen? Yes / No

10. Are you currently taking medication? Yes / No
If yes, are you able to administer your own medication? Yes / No

11. If you have any other medical information that is not covered in the previous questions, please provide a description here:_____

The information you supply us will be passed onto relevant travel suppliers who will do their best accommodate you. However, it is very important to remember that meeting your needs cannot be guaranteed, especially when travelling to third world countries.

DISCLAIMER

I confirm that the information provided on this questionnaire is both true and correct and I understand that there is no guarantee that all these needs will or can be met. I agree that Macleay Valley Travel may offer a recommendation with regard to fitness to travel, based on the information I have provided. I also understand that this information may be passed onto those responsible for supplying the land arrangements for my travel, and that my information will not be communicated to any party which is not directly responsible or otherwise associated with my travel arrangements. I further confirm and agree that should I choose not to disclose information which subsequently requires me to return or be returned home from a tour or cruise, Macleay Valley Travel is not responsible for any costs associated with cancellation penalties, airfares, land transportation or any other related hardship. Please note that a refund for lost touring cannot be claimed. I acknowledge that it is my responsibility to update the information I provided to Macleay Valley Travel immediately should my circumstances change.

Name:_____

Signature:_____

Date:_____

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3. Can you negotiate uneven, undulating and sometimes challenging terrain? Yes / No
If no, please provide details about these limitations:_____

4. Do you use a mobility aid? Yes / No
If yes, please provide details:_____
_____

5. Are you travelling with a companion or carer who is able to provide all the assistance you need to enter buildings, disembark and embark ships, aircraft, coaches, small boats and assist you on excursions? Yes / No
If yes, please provide the name of your carer/companion and your relationship to them:_____

6. Are you taking any medical equipment to assist you? Yes / No
If yes, please provide details:_____

7. Do you suffer from any condition which may cause you to experience memory loss or become disoriented? Yes / No
If yes, please provide details:_____
_____

8. Are you asthmatic or do you have other breathing difficulties? Yes / No
If yes, please provide details (travelling to high altitudes is not recommended):_____

9. Do you require supplementary oxygen? Yes / No

10. Are you currently taking medication? Yes / No
If yes, are you able to administer your own medication? Yes / No

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Name:_____

Signature:_____

Date:_____