

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



COSTA RICA, PANAMA & GUATEMALA TOUR

24 Day Conducted Tour
for **\$8,675** per person twin share
This price includes airport taxes & levies

This is great value for 24 days away, visiting these off the beaten track destinations. The price includes:

- Economy Class airfares with Qantas and American Airlines from Sydney, Melbourne and Brisbane into San Jose, Costa Rica and out of Guatemala City, plus four flights within Central America.
- A 20 day tour of Costa Rica, Panama and Guatemala, taking in some of the greatest highlights of Central America, including the wildlife hotspot of Tortuguero National Park, the stunning Lake Atitlan, a partial transit of the Panama Canal, the beautiful colonial town of Antigua and the ultimate Mayan site of Tikal.
- An overnight stopover in Dallas, Texas in each direction, with touring in Dallas on the way home.
- Good accommodation, mainly 2 to 4 star, with private facilities.
- Many meals, as per the itinerary.
- All transfers and transport, and entrance fees to many attractions.
- Prepaid gratuities to the main tour guides and drivers.
- Services of local tour guides in each country and if there are 15 or more participants there will be an Australian tour escort.



If you don't have anyone to share with but wish to travel at twin share rates, we will try and assign you with another person, but this is not guaranteed. For a single room there is an extra cost of \$1495.

The itinerary has a good mix of nature, wildlife, history and culture, enabling you to experience some of the best of what Central America has to offer.

Tour departs Australia on the 30th October and 22nd November 2019

We try harder to find you the best travel deal

Itinerary for Costa Rica, Panama & Guatemala Tour

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

30.10.19 Australia – Dallas, USA

Depart Brisbane at 11.05am on QF 525, arriving in Sydney at 1.40pm.

Depart Melbourne at 12.00 noon on QF 430, arriving in Sydney at 1.25pm.

All passengers depart Sydney at 3.40pm on QF 7, arriving in Dallas at 3.00pm the same day (you cross the International Date Line).

Upon arrival in Dallas we have a shuttle transfer to an airport hotel for an overnight stay.

Accommodation: Best Western or similar

31.10.19 Dallas – San Jose, Costa Rica

We have a leisurely start today, before a late morning shuttle transfer back to Dallas Airport for our flight to Costa Rica.

Depart Dallas at 2.40pm on American Airlines flight AA 986, arriving in San Jose at 5.50pm.

Upon arrival at the airport we will be met and transferred to our hotel for an overnight stay.

Accommodation: Rincon del Valle, San Jose or similar

01.11.19 San Jose – Tortuguero National Park

(B/L/D)

We have an early shared transfer this morning from San Jose to the canals of Tortuguero National Park, passing by banana plantations and lush forests. As we approach the coast we will notice a change in the climate as the weather becomes warmer and more humid. We have a two hour boat ride to our lodge, taking us through the canals that are surrounded by lush rainforest.

Upon arrival, there will be a short briefing of the lodge and the activities included during our stay followed by an included lunch. This afternoon you have a choice of included wildlife excursions in Tortuguero National Park. Dinner this evening is included.

Accommodation: Mawamba Lodge, Tortuguero National Park

02.11.19 Tortuguero National Park

(B/L/D)

Better known as Tortuguero, the park is mainly a network of navigable channels and lagoons that run parallel to the Caribbean Sea. This area has the greatest biological diversity in the country and the largest population of green turtles that come to nest every year from July to September.

This morning we will take a boat tour through the canals of the park, keeping an eye out for the many varying species that call Tortuguero home. The park consists of 19,000 hectares and protects the nesting beach of the green and leatherback turtle, the offshore waters and the wetland forest. This is one of the most biologically diverse places in Costa Rica with eleven ecological habitats, from high rainforest to herbaceous marsh communities. The park shelters a fabulous array of wildlife, including more than 300 bird species, 3 species of marine turtles, 60 species of mammals, 57 species of amphibians and 111 species of reptiles. Among the mammals there are 13 endangered species like the jaguar, tapir, ocelot, cougar and manatee. Lunch and dinner today are included.

Accommodation: Mawamba Lodge, Tortuguero National Park

03.11.19 Tortuguero National Park – Arenal Volcano

(B) Our journey continues this morning with a shared boat transfer back to the local dock and transportation to the area of Guapiles. Afterwards, we'll continue towards Arenal while enjoying beautiful mountain scenery and crops of pineapple, bananas and sugar cane. Set on the northern plains of Costa Rica, Arenal Volcano sits on the shore of Lake Arenal. Separating the two mountain ranges of Guanacaste and Tilaran, the lake was created by a hydroelectric dam. The volcano, once quite active, has been dormant since the beginning of 2011 but still is a dramatic backdrop to the town of la Fortuna. During the day, its reflection on Lake Arenal is truly enchanting. This evening is at leisure.

Accommodation: Volcano Lodge, Arenal Volcano

04.11.19 Arenal Volcano and Hot Springs

(B/D) This morning is at leisure. This beautiful and diverse region holds an abundance of incredible experiences for all to enjoy, from adrenalin adventure activities to more relaxed, leisurely walks and hot springs. In the afternoon we will enjoy a visit to the Arenal Volcano, where we can observe the natural beauty of flowers, lush vegetation, howler monkeys and exotic birds as we walk along the beautiful trails. Later we will have the chance to unwind in the natural hot springs with views of the majestic Arenal Volcano. This experience finishes with a delicious meal before we transfer back to our hotel.

Accommodation: Volcano Lodge, Arenal Volcano

05.11.19 Arenal Volcano – Monteverde Cloud Forest

(B) This morning we depart from Arenal Volcano to the Monteverde Cloud Forest. The first part of the trip is adorned with the beautiful scenery of Arenal Lake, which we cross by boat, before driving through the Tilaran Mountain Range and arriving in Monteverde. We arrive to our hotel in the late afternoon, with the evening at leisure.

Accommodation: Monteverde Country Lodge, Monteverde

06.11.19 Monteverde Cloud Forest

(B) We commence on a morning tour of the Monteverde Cloud Forest, a habitat for rare flora and fauna such as the quetzal. We visit the Tree Top Walkway which is the ideal way to explore the beauty of the canopy and appreciate the incredible array of vegetation and exotic bird life that the region has to offer. This afternoon is at leisure. You may wish to take one of the optional excursions that should be on offer, including the Santa Elena Reserve.

Accommodation: Monteverde Country Lodge, Monteverde

07.11.19 Monteverde - San Jose –Panama City, Panama

(B/D) Today we will be transferred to the airport for our flight to Panama City. Upon arrival at the airport we will be transferred to our hotel for a three night stay. Panama City is the most cosmopolitan capital city in Central America with it's vibrant citylife, chic clubs, underground bars and cobblestoned streets not to mention its ease of access to tropical destinations. Dinner this evening is included.

Accommodation: Tryp Panama Centro, Panama City

08.11.19 Panama City – Miraflores Locks Tour – Panama City
(B/L) Today we have an included tour of Panama City and Miraflores Locks. In the morning we visit the Miraflores Locks to see the huge boats that pass through the Panama Canal. We enjoy the view of the locks from a protected terrace and listen to the explanations of our guide. To complete the visit of the Canal, we will visit the Museum and the Miraflores Visitor Centre, which gives us a good idea about the construction of the Canal, a masterpiece of engineering. We continue to Casco Viejo, the colonial neighbourhood of Panama City. In Casco Viejo we will feel like are back in time, admiring the charming colonial houses, the narrow roads and the impressive churches. In the afternoon we will visit Old Panama or Panama Viejo. It was the first European settlement on the Pacific Coast of the Americas. This first city of Panama was sacked and destroyed by the notorious English buccaneer Henry Morgan in 1671 and therefore abandoned. Lunch today is included.
Accommodation: Tryp Panama Centro, Panama City

09.11.19 Panama Partial Transit – Panama Canal
(B/L) After breakfast we will transfer to the Panama Canal for a partial transit. Navigate through the Canal and enjoy a unique experience following the same route as the vessels that cross the Panama Canal. Witness the opening and closing of floodgates of the Canal locks from the comfort of the boat. A partial transit includes passage through two sets of locks, Amador Little Beach, the Bridge of the Americas, Miraflores Locks, Centenario Bridge, Pedro Miguel Locks, Culebra Court and Gamboa. The Transit lasts approximately 5-6 hours. Afterwards we are returned to the hotel. Lunch today is included.
Accommodation: Tryp Panama Centro, Panama City

10.11.19 Panama City – Guatemala City – Antigua, Guatemala
(B) Today we are transferred to the airport for our flight to Guatemala City. Upon arrival in Guatemala City we will be met and transferred to our hotel in Antigua for a two night stay. Antigua was once the third largest city in all of Spanish America and served as Guatemala's capital city for more than two hundred years until it was destroyed by an earthquake in 1773. Antigua today is a peaceful, partially restored colonial city that is a pleasure to explore.
Accommodation: Hotel La Ermita, Antigua

11.11.19 Antigua – Pacaya Volcano - Antigua
(B) About 7am this morning we depart the hotel on a one hour drive to the town of San Vicente Pacaya for a Pacaya Volcano Tour. Depending on your physical ability, we have about a two hour hike to the summit of the volcano. It is not a challenging climb and is well worth the experience, as there are not many places on Earth where one can get so close to a lava flow. The volcano is very active and most of the time it is possible to observe the lava boiling in the crater. On some occasions the volcano will even throw lava and ashes. It is a brilliant experience.
This afternoon we tour the city of Antigua. Volcan de Fuego rises to the roof of the world high above the streets of Antigua. Antigua resembles a living ruin. Mammoth churches and palaces tell the story of Antigua's past glory and restored facades speak of a bright future for this wonderful city.
Accommodation: Hotel La Ermita

12.11.19 Antigua – Lake Atitlan

(B) This morning we will travel through the highlands to the magical Lake Atitlan. This beautiful area is a small pocket where Mayan culture (predominately Tz'utujil and Kaqchikel) still thrives. Many people who live in the villages that surround the lake still wear traditional dress and speak traditional languages.
Accommodation: Hotel Regis

13.11.19 San Pedro Volcano, Lake Atitlan

(B) At 6.30am this morning we take a boat to San Pedro la Laguna. From here we will start our moderate hike/climb up San Pedro Volcano. We are led on tranquil paths through the jungle and past coffee plantations. Vegetation and animals are abundant in this area, making it possible to spot endemic species such as the Chub Turkey. Upon reaching the top of the volcano we are rewarded with an incredible view of the lake and the surrounding volcanoes. The tour takes approximately six hours. At the conclusion we are returned to our hotel. For those that find that today's touring is a bit much, you are most welcome to relax at the hotel.
Accommodation: Hotel Regis

14.11.19 Lake Atitlan - Chichicastenango Markets – Lake Atitlan

(B) A visit to Guatemala would not be complete without a visit to the famous market of Chichicastenango. This beautiful town, surrounded by valleys and shadowed by mountains, has many shamanistic and ceremonial overtones. Its large market brings villagers from throughout the region who often arrive the night before and sleep on blankets in the market square. Rising early, they set out their colourful fruit, vegetable and handicraft stalls. As the market disperses in the early afternoon we will set off back to Lake Atitlan where we will spend the night.
Accommodation: Hotel Regis

15.11.19 Santiago Atitlan - Antigua

(B) Today we will take a small passenger boat across the azure-coloured waters of the lake to the charming village of Santiago Atitlan. Get ready for spectacular views of the surrounding volcanoes and insight into a thriving Mayan community. Villagers in Santiago Atitlan still adhere to the traditional lifestyle of the Tzutuhil Maya and on our walk we will see the many people cloaked in bright coloured, hand woven clothing. Art galleries filled with oil paintings line Santiago's main street, depicting busy market scenes and typical life in the highlands. We may also visit Maximon and leave an offering to this curious and revered deity before returning back across the lake to our hotel. Later this afternoon we are transferred to Antigua for an overnight stay.
Accommodation: Hotel La Ermita

16.11.19 Antigua – Flores - Tikal

(B) Today we will be transferred to the airport for our flight to Flores. Upon arrival we drive to our hotel in Tikal for a two night stay. The remainder of the day is at leisure.
Accommodation: Tikal Inn

17.11.19 Tikal Archaeological Site Tour

(B/L)

We have a very early start this morning with a wake up at approximately 4am. Enjoy a cup of coffee before commencing the walk to Temple IV to see the sun rise on top of the highest pyramid in the park, which is 64 metres high. If the weather cooperates and the thick fog lifts we will enjoy a beautiful sunrise over the area. As time passes, howler monkey calls are echoed across the thick forest with growing intensity. Try to imagine what an unknowing explorer might have thought of such sounds when trekking through this terrain hundreds of years ago. As light arrives we can finally see the distant temples, a wonderful chance to experience it with such a mystical feeling and magic setting. After sunrise we will go back to our lodge for breakfast. Following this we visit another complex by walking through paths surrounded by the Mayan jungle. Lunch today is included.

Accommodation: Tikal Inn

18.11.19 Tikal – Flores - Guatemala City

(B)

Today we will be transferred back to Flores airport for our flight to Guatemala City. Upon arrival in Guatemala City we will be transferred to our hotel for an overnight stay.

Guatemala City is where culture and history meet. The city has an energy unlike anywhere else in Guatemala and is home to the country's best museums and galleries.

Accommodation: Mercure Guatemala Casa Veranda

19.11.19 Guatemala City – Dallas, USA

We have an early morning transfer to the airport for our flight to Dallas.

Depart Guatemala City at 8.25am on flight AA 1188, arriving in Dallas at 11.55am.

Upon arrival we are met and transferred to our hotel for an overnight stay.

The remainder of the day is at leisure.

Accommodation: Sheraton Dallas Downtown Hotel

20.11.19 Dallas - Sydney

(B)

This morning is at leisure in Dallas. Check out time at the hotel is 12 noon, after which you can store your bags in the lobby while you get lunch at your own expense. At 1pm we will be met by our guide and taken on a sightseeing tour of Dallas, which is ranked as the 9th largest U.S. city. Dallas is home to many unique modernist and post modernist buildings including I.M. Pei's City Hall and the JPMorgan Chase Tower. We visit Pioneer Plaza, which honours Dallas' cowboy past by celebrating the trails that brought settlers to Dallas. Pioneer Plaza features native landscaping with a flowing stream and waterfall with a re-creation of a cattle drive in the form of bronze statues of longhorns being driven by three horse riding cowboys. We continue to the West End Historic and Entertainment District and the Dallas Arts District, which has significant cultural landmarks such as the Morton H. Meyerson Symphony Centre. Afterwards we are transferred to the airport for our flights home. Depart Dallas Fort Worth Airport at 7.55pm on Qantas flight QF 8, arriving in Sydney at 6.05am two days later (22.11.19 - we recross the International Date Line).

21.11.19 In flight

22.11.19 Sydney - Melbourne & Brisbane

Brisbane passengers depart Sydney at 8.30am on flight QF 510, arriving in Brisbane at 9.00am.

Melbourne passengers depart Sydney at 8.30am on flight QF 417, arriving in Melbourne at 10.05am.

Note: This itinerary is to be used as a guide only and is subject to changes due to unforeseen weather conditions, permits etc or other matters outside our control.

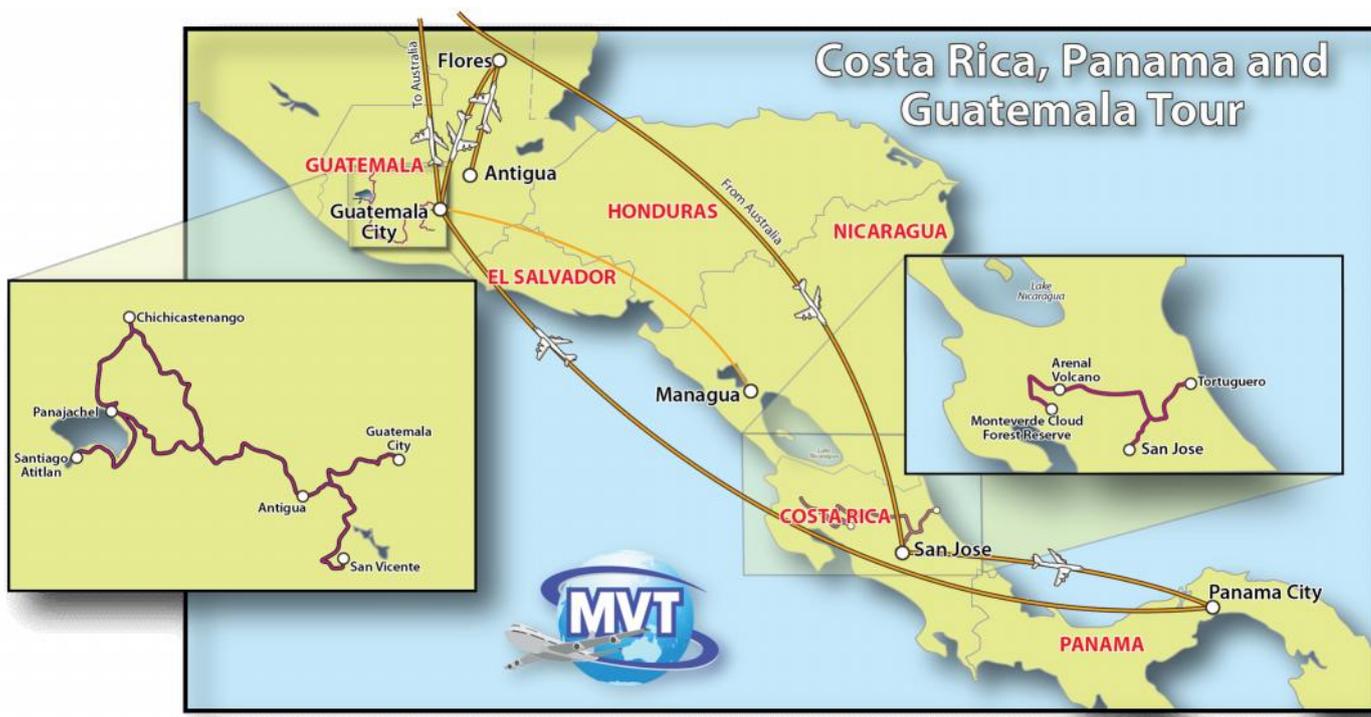
Tour Difficulty Ratings & Advice

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. Most tours require a moderate to good level of fitness, however there are others that are quite challenging. For your enjoyment of the tour, and also the enjoyment of your fellow travellers, please consider whether or not the suggested difficulty level for the tour you are interested in is compatible with your health and fitness.

1	2	3	4	5
---	---	---	---	---

Tour Difficulty Level 5

This tour rating typically involves a very active level of physical participation and requires a high level of physical activity to fully enjoy the touring experience. A tour level of this rating assumes you would be able to ascend several flights of stairs with ease, get into a bathtub shower, being responsible for your own luggage at airports and hotels, walking distances of up to and over 3 kilometres at a time over possible uneven ground and/or cobblestone streets. Walking and uphill hiking tours of considerable distances should be expected on tours with this rating. The itinerary is usually significantly more strenuous than the other ratings and can involve high altitudes, rough terrain and isolated areas. Unfortunately this tour rating is not suitable for individuals who cannot walk unaided.



Conditions for Macleay Valley Travel's Costa Rica, Panama & Guatemala Tour

Deposits and Payments: A non-refundable deposit of \$600 per person is payable within 7 days of booking. This deposit is not refundable should you later cancel. The balance is payable 10 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.

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.

Insurance: Adequate travel insurance is essential. We can arrange this for you if desired. Macleay Valley Travel offers Suresave Travel Insurance. Please note that we can only process your travel insurance when we have received full payment for the insurance and the signed Suresave Travel Insurance application form, located on the last page of the Suresave Travel Insurance information booklet. Until this time the travel insurance cannot be processed and will not be valid. Macleay Valley Travel will bear no responsibility for any consequences that may occur as a result of an incomplete insurance application.

Passports - All travellers require a current passport with at least 6 months left on it at the end of the tour. Some Non-Australian passport holders require a re-entry visa for Australia. A visa waiver is required for travel to the United States of America for all Australian passport holders. The cost of the visa waiver is USD \$14 per person. Please note that Australians who have travelled to Iran, Iraq, Syria, Sudan, North Korea or Venezuela since the 1st March 2011 or Australians who are dual citizens of these countries will no longer be eligible to apply for US visa waiver and will instead need to apply for a non-immigrant visa at a US Embassy or Consulate. Please note that these prices are subject to change. No other visas are required for this program if you are travelling on an Australian passport.

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: All items of a personal nature such as telephone calls, drinks, excess baggage, tips, meals, (except those specified in the itinerary), etc. Also travel insurance. Similarly, credit card payments (Visa / MasterCard) can only be accepted if 1% is added to the price to help defray the heavy merchant fees charged to us by the credit card companies. There is a 2.75% surcharge for American Express.

Breakaway Fee - All fully inclusive prices are based on group travel and any deviation from the set itinerary will incur a breakaway fee. The breakaway fee for most deviations on this tour is \$105 per person. Please inquire with our office for specific prices on any extensions.

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. We are happy for any prospective traveller with us to check us out with your local Consumer Affairs (Fair Trading) department.

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 traveller 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 etc. There are risks with sharing a room with a person you do not know, and Macleay Valley Travel accepts no responsibility if you are incompatible with your assigned room mate. 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 another twin share passenger, if one is available.

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. Macleay Valley Travel is not permitted to provide medical advice as to vaccinations/injections which you may require for this tour and advise you to consult your local medical practitioner for specific medical advice. There are no compulsory injections required for this tour.

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, 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: _____

Would you like to receive details of our travel insurance?: YES / NO (Please Circle)

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 \$600 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: _____

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: _____