

# MACLEAY VALLEY TRAVEL PTY. LTD.

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20 Day Conducted

## Inside Vietnam Tour

only **\$3,985** per person

with no single room supplement for solo travellers

This price includes airport taxes and levies

This is fantastic value for a conducted tour to Vietnam with no single supplement. Consider how much you get for this great price per person:

- ◆ Return air fares from Sydney, Melbourne & Brisbane into Saigon and out of Hanoi with Singapore Airlines, plus one flight within Vietnam.
- ◆ An 18 day coach and air tour of Vietnam from south to north, visiting many of the most interesting places in this fascinating and beautiful country.
- ◆ All entrance fees and all transport & transfers in Vietnam.
- ◆ An overnight cruise on Halong Bay.
- ◆ Quality accommodation, mainly 3 to 4 star.
- ◆ Many meals as stated in the itinerary.
- ◆ Services of a Vietnamese tour guide and if there are 12 or more passengers there will be an Australian tour escort.



With this tour, single travellers can have a single room without paying a single room supplement.

There is an optional 4 day extension to Angkor Wat for \$1095 per person, with no single supplement for solo travellers. The Australian tour escort will not accompany those doing the extension.

**Tour departs Australia 13<sup>th</sup> February and returns 3<sup>rd</sup> March 2020**

*We try harder to find you the best travel deal*

## **Itinerary for Inside Vietnam Tour**

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

### **13.02.20 Australia - Singapore - Saigon**

Depart Sydney at 9.05am on SQ 212, arriving in Singapore at 2.15pm.

Depart Brisbane at 9.10am on SQ 256, arriving in Singapore at 3.10pm.

Depart Melbourne at 10.35am on SQ 238, arriving in Singapore at 3.15pm.

All passengers depart Singapore at 5.30pm on SQ 186, arriving in Saigon at 6.40pm.

Upon arrival we will be met and transferred to our hotel.

Accommodation: Huong Sen Hotel

### **14.02.20 Saigon - Cu Chi Tunnels**

**(B/L)**

This morning there is a half day tour of Saigon which includes a short walking tour around downtown passing the Opera House, City Hall, Notre Dame Cathedral and the Central Post Office. There is a visit to the former Presidential Palace (Reunification Palace) and the War Remnants Museum. Pho (Traditional Vietnamese Noodle Soup) and spring rolls are for lunch.

After lunch we will drive through Chinatown and have a short walk through Cho Lon, the biggest wholesale market in Vietnam. Then we visit Thien Hau Temple, which is the oldest Chinese temple dedicated to the Sea Goddess.

In the afternoon we drive through rubber and tapioca plantations to visit the Cu Chi Tunnels, which are a fascinating tunnel network built by the Viet Cong in the Vietnam War.

Accommodation: Huong Sen Hotel

### **15.02.20 Saigon - My Tho - Can Tho (Mekong Delta)**

**(B/L/D)**

Today we depart Saigon for My Tho, which is a two hour drive from Ho Chi Minh City. My Tho is a prosperous town of 250,000 inhabitants in the Mekong Delta. It is famous for its extensive orchards and immense rice fields. Enjoy a boat ride on the Mekong Delta, a horse carriage ride which was the traditional transportation in the area and a visit to an orchard on an island. We also visit a coconut candy workshop and a bee keeping farm with lunch included at a farmer's house.

We then continue on our journey to Can Tho, the biggest city in the Mekong Delta. En route we cross an amazing bridge over the Mekong River. This bridge was built with help from the Australian Government in 2000.

Dinner tonight is at a local restaurant.

Accommodation: Muong Thanh Hotel

### **16.02.20 Can Tho - Floating Market - Saigon**

**(B/L)**

This morning enjoy a boat trip on the Mekong River to visit Cai Rang Floating Market, which is the largest wholesale fruit and vegetable market of the area. We then leave Can Tho for Saigon. We have lunch at a local restaurant.

The rest of the day is at leisure to explore and shop in this fascinating city.

Accommodation: Huong Sen Hotel

### **17.02.20 Saigon - Dalat**

**(B/L/D)**

Today we depart Saigon on a beautiful drive through rubber, coffee and tea plantations to Dalat. We drive past La Nga floating village and have lunch in Bao

Loc on the way. Dalat is a cool mountain resort built by the French in the 1920's as a hill station. Its lakes, waterfall, evergreen forest and gardens make Dalat one of the most enjoyable places in Vietnam. Upon arrival in Dalat we check in to our hotel. Dinner is at a local restaurant.  
Accommodation: Terra Cotta Resort or similar

**18.02.20 Dalat**

**(B/L/D)** This morning we have a 15 minute cable car ride over Dalat, with beautiful views of forests, vegetable gardens and the city of Dalat. Then we experience a dry luge slide and visit Datanla Waterfall. We then have a short train ride through vegetable and flower farms. Lunch is at a local restaurant.  
In the late afternoon we leave the hotel for Lat village (12 km from town) to visit the local ethnic minorities and enjoy an interesting 1 hour dance and gong show.  
Dinner tonight is at a local restaurant.  
Accommodation: Terra Cotta Resort or similar

**19.02.20 Dalat - Nha Trang**

**(B/L)** Today we leave Dalat for a scenic 4 hour drive to Nha Trang, the most popular beach resort area of Vietnam. We have lunch overlooking the beach at the excellent Sailing Club restaurant. Afterwards we visit an art centre with beautiful hand-made silk embroidery. The rest of the day is at leisure to enjoy a swim or explore the city.  
Accommodation: Sunrise Hotel

**20.02.20 Nha Trang**

**(B/L)** This morning enjoy a boat trip to visit Mieu Island with an interesting walk through a fishing village and a chance to go on a coracle (bamboo basket boat). Then we have an opportunity for swimming and snorkelling on a nearby beach. Lunch will be at a local BBQ seafood restaurant. The remainder of the day is at leisure.  
Accommodation: Sunrise Hotel

**21.02.20 Nha Trang - Sa Huynh**

**(B/L/D)** Today we leave Nha Trang for Sa Huynh, a long and beautiful drive through prawn and crab farms, sugar cane plantations and rice paddies. Lunch is at a local restaurant on the way.  
We arrive in Sa Huynh in the late afternoon, with dinner at the hotel.  
Accommodation: Sa Huynh Resort or similar

**22.02.20 Sa Huynh - Hoi An**

**(B/L)** This morning we depart for Hoi An, arriving in the early afternoon. Upon arrival we have lunch at the excellent 'LY' cafe. After lunch we check into the hotel and then have a short walking tour to orient yourself with the town. The remainder of the day is at leisure to discover the historical town of Hoi An, which was a prosperous seaport city during the 16th to 18th centuries. Its community of foreign merchants resulted in a unique architectural style with Vietnamese, Chinese, Japanese and French influences. It is a very laid back town and a good place for shopping, especially tailoring.  
Accommodation: Hoi An Hotel

- 23.02.20 Hoi An**  
**(B/D)** This morning is at leisure in Hoi An. In the mid afternoon we will have a one hour cruise on the Thu Bon River before a beautiful dinner with a cooking demonstration in a local restaurant 'Market Place'.  
Accommodation: Hoi An Hotel
- 24.02.20 Hoi An – Hanoi - Sapa**  
**(B/L/D)** We have a morning transfer to the airport for our flight to Hanoi. Upon arrival in Hanoi we commence a scenic drive to Sapa with lunch on the way.  
Sapa is a hill station built in 1922. The whole area is spectacular, as Sapa lies in a valley surrounded by paddy fields in a variety of shades of green and is overlooked by Vietnam's highest mountain, Mount Fansipan. You will see the local minority groups, the H'mong, Dzay and the Dzao People, who are the largest and the most colourful ethnic groups in the region.  
On arrival in Sapa, we check into the hotel. Dinner this evening is at a local restaurant.  
Accommodation: Amazing Hotel
- 25.02.20 Sapa**  
**(B/L)** After breakfast we take a 4km drive to the rim of a deep valley. Along the road we'll see H'Mong, Dzay and Dzao minority people dressed in their traditional costumes. There is a two hour walk around Ta Van and Lao Chai, which is home to all three minorities. Observe their daily lives for a rare glimpse into their culture and costumes. Lunch is at a local restaurant, with the remainder of the day at leisure.  
Accommodation: Amazing Hotel
- 26.02.20 Sapa - Hanoi**  
**(B/L/D)** This morning we leave Sapa for Hanoi, arriving in the early afternoon. Lunch will be at a local restaurant in Hanoi. After lunch we enjoy a cyclo ride around the Old and the French Quarters of Hanoi. Dinner this evening is at a local restaurant.  
Accommodation: Muong Thanh Hanoi Centre
- 27.02.20 Hanoi**  
**(B/L/D)** This morning we visit Ho Chi Minh's Mausoleum & Residence. We then visit the excellent Ethnology Museum. We have an included lunch at KOTO restaurant, whose owner employs and trains disadvantaged Vietnamese in the hospitality industry. After lunch we visit the Temple of Literature, which was built in the 11<sup>th</sup> century and known as Vietnam's first university. This evening we enjoy a Water Puppet Show, which is the unique art of the Vietnamese since the 11<sup>th</sup> century. This is followed by dinner at a local restaurant.  
Accommodation: Muong Thanh Hanoi Centre Hotel
- 28.02.20 Hanoi - Halong Bay**  
**(B/L/D)** Today we have a scenic drive to Halong Bay, which is listed as a world heritage area of outstanding natural beauty. "Dragon Descending to the Sea" as it is known in Vietnamese, picturesque Halong Bay has more than 1,969 limestone islets rising from the clear emerald water, many of them containing beautiful grottoes. Upon arrival in Halong Bay we board the Golden Cruise and have lunch on board. We enjoy a fantastic cruise in Halong Bay with a visit to Sung Sot Cave and a swim on Titov beach. Enjoy dinner on board while watching the sunset (depending on the

weather conditions).  
Accommodation: Golden Cruise

**29.02.20 Halong Bay – Hanoi**

**(B/L/D)** We enjoy a few more hours on the ship, before disembarking. In this time we will have a morning cruise to see Man's Head Island, Tortoise Island and visit Luon Cave by a small bamboo boat. We also cruise past Bai Tu Long Bay, Toad Island and Bai Tho Mountain. We disembark the ship about 11am and have an included lunch at Cua Vang restaurant at the pier. We then make our way back to Hanoi, arriving in the mid afternoon. We check into our hotel for a two night stay.  
Dinner this evening is at a local restaurant.  
Accommodation: Tirant Hotel

**01.03.20 Hanoi**

**(B/D)** Today is at leisure to explore this interesting city, named by the French 'Paris of the East.' This evening we have a farewell dinner at 'Jackson' restaurant.  
Accommodation: Tirant Hotel

**02.03.20 Hanoi - Australia**

**(B)** This morning we transfer to the airport for our flights home. All passengers depart Hanoi at 12.35pm on SQ 175, arriving in Singapore at 5.15pm.  
Sydney passengers depart Singapore at 8.40pm on SQ 221, arriving in Sydney at 7.40am the next day (03.03.20).  
Brisbane passengers depart Singapore at 9.15pm on SQ 235, arriving in Brisbane at 7.15am the next day (03.03.20).  
Melbourne passengers depart Singapore at 9.50pm on SQ 227, arriving in Melbourne at 8.15am the next day (03.03.20).



### 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
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### **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, boarding trains quickly with your luggage, walking distances of up to 500 metres at a time over possible uneven ground and/or cobblestone streets. Please note there are some occasions on this tour where you may be required to walk in excess of the above amount, however you are free not to participate on these activities if you prefer. Walking tours of considerable distances should be expected on tours with this rating as well as early departures.

## **Itinerary for Angkor Wat Extension**

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

### **02.03.20 Hanoi - Siem Reap**

**(B/D)**

Today we transfer to Hanoi Airport, departing at 3.30pm on Vietnam Airlines flight VN837, arriving in Siem Reap at 5.10pm. We are met and transferred to the hotel for check in. Dinner is at the hotel.

Accommodation: Treasure Oasis Hotel

### **03.03.20 Siem Reap**

**(B/L/D)**

Breakfast at the hotel. Begin our exploration of the Angkorian temples this morning by visiting the ancient city of Angkor Thom. Surrounded by walls with a height of 8 metres and length of 12 kms, this city was the last capital of the Khmer Empire. Five huge gates with huge stone faces provide access. Angkor Thom holds many important monuments, which we will visit, including the Bayon Temple, located in the exact centre, the Baphoun, Terrace of the Elephants and Terrace of the Leper King. We continue to Ta Prohm, a unique temple that has been left to nature with trees and vines growing amongst the structures. This is one of the most photogenic temples in the Angkor area and gained fame as the 'Tomb Raider' temple, after featuring in the Angelina Jolie movie. Enjoy walking along the sandy paths and under huge banyan trees as we explore this 12th century temple. Afterwards we return to the town of Siem Reap and enjoy an asian fusion set lunch at Mahob. Combining the talents of the chef/owner with the freshest local ingredients, the restaurant offers a peaceful location to experiment with tantalising Khmer and fusion offerings. Mahob is set in a carefully restored Khmer wooden house.

After lunch we are returned to the hotel, with the remainder of the afternoon at leisure.

This evening we enjoy dinner whilst watching a show of Apsara dancing, first performed in the court of kings at Angkor. A set menu of Khmer cuisine will be served as we enjoy the show.

Accommodation: Treasure Oasis Hotel

### **04.03.20 Siem Reap - Angkor Wat**

**(B/L)**

This morning take a remork (similar to the Thai tuk tuk) to continue our exploration of the Temples of Angkor, by visiting Angkor Wat, the largest religious building in the world. Angkor Wat is a temple complex built for King Suryavarman II in the early 12th century as his state temple and capital city. Angkor Wat is the most significant and best preserved temple in the area. It is the only one to have remained a significant religious centre since its foundation, first Hindu and then Buddhist. A magnificent moat surrounds the temple on all sides, with a long causeway providing access.

In modern Cambodia today, there are many projects helping to revive lost art, music and culture. One such example is Artisan d'Angkor. Visit the workshop and see stone carvings, wooden sculptures, lacquer work and paintings, all being produced and many of which can be purchased.

Following this we return to Siem Reap for lunch at Haven, a training restaurant for underprivileged Cambodian young adults. Lunch will be a set western menu.

Afterwards we take a break at the hotel.

This evening we enjoy some modern Khmer theatre at a performance of Phare, the Cambodian Circus, by professional artists from Phare Ponleu Selpak. Originally a project set up in refugee camps as a way to encourage young people to express themselves using art, the Phare Circus is slowly becoming a world wide name and a good example of responsible tourism that has been a success story. Enjoy an hour long show, which is a great example of modern Cambodia and mixes theatre, dance, music, juggling and contortion.

Accommodation: Treasure Oasis Hotel

### **05.03.20 Siem Reap - Singapore - Australia**

**(B/L)**

After breakfast this morning we travel out into the Cambodian countryside to visit the temple of Banteay Srei, dedicated to the Hindu God, Shiva. This is one of the most picturesque temples and a morning visit provides a great opportunity to appreciate one of the most stunning achievements of Angkorian artisanship. Small in size, the carvings are exquisite in this temple, one of the best preserved in Cambodia. Following this we visit the Landmine Museum, located near Banteay Srei. The museum was founded by Mr Aki Ra, who was once a child soldier for the Khmer Rouge, before changing allegiance, to work as a de-miner, first for the Cambodian Army and later for the United Nations. Aki Ra won an award from CNN as one of the Top Ten Heroes in 2010. Along with his Cambodian Self Help De-mining Group, they have helped clear approximately 50,000 mines and weapons, many of which can be seen at the museum today. Our entry fee helps support Cambodian Self Help De-mining village school projects and the relief facility that cares for children who suffer from a variety of physical, emotional and family difficulties.

Afterwards we enjoy lunch at one of the very best restaurants serving traditional Khmer food, in a lush contemporary setting. Located on the Riverside, the restaurant has a relaxing tropical garden and smaller indoor dining area. The menu will take us on an exploration of many recipes, almost lost from the Kingdom. We are transferred to the airport for our flights home.

Depart Siem Reap at 3.45pm on Silk Air flight MI 615, arriving in Singapore at 7.15pm.

Sydney passengers depart Singapore at 8.40pm on SQ 221, arriving in Sydney at 7.40am the next morning (06.03.20).

Brisbane passengers depart Singapore at 9.15pm on SQ 235, arriving in Brisbane at 7.15am the next morning (06.03.20).

Melbourne passengers depart Singapore at 9.50pm on SQ 227, arriving in Melbourne at 8.15am the next morning (06.03.20).

**COST:** The cost for the Angkor Wat extension is \$1095 per person in a twin or single room.

## Conditions for Macleay Valley Travel's Inside Vietnam Tour

**Deposits and Payments** - A non-refundable deposit of \$200 per person is payable within 7 days of booking. If you are doing the Cambodian extension, an additional deposit of \$200 is required. These deposits are 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.

**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.

**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. Visas are required for all passport holders to Vietnam. Visa fee for an Australian passport holder is \$95 and we charge \$30 for processing. If you are doing the Cambodian extension, an E-visa is required and can be obtained online at <https://www.evisa.gov.kh/>

The current cost for the Cambodian E-visa is USD \$36 per visa. Please note: Visa fees are subject to any increases imposed by the Vietnamese and Cambodian governments. We do not recommend that you apply for your Vietnamese visa online, as this can result in delays at the airport when you arrive. There are also certain risks associated with this process which we hold no responsibility for. Please note that if you intend to get a visa online/arrival, you do so at your own risk. The tour group will not wait for any time spent obtaining visas at the airport and you may need to arrange a separate transfer at your own expense.

**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, visas and all items of a personal nature such as telephone calls, drinks, excess baggage, tips, meals (except those specified in the itinerary), etc. are not included in the cost. 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 \$55 per person, plus any applicable fare difference. Please inquire with our office for 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.

**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: \_\_\_\_\_

Preferred Name: \_\_\_\_\_

**Passenger 2** (as written in passport) \_\_\_\_\_

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

Preferred Name: \_\_\_\_\_

**Postal Address:** \_\_\_\_\_

\_\_\_\_\_ **PostCode** \_\_\_\_\_ **Email** \_\_\_\_\_

**Telephone / Fax Number:** \_\_\_\_\_ **Mobile** \_\_\_\_\_

Passport Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Nationality: \_\_\_\_\_

Passport Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Nationality: \_\_\_\_\_

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 \$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: \_\_\_\_\_

**HEALTH & FITNESS QUESTIONNAIRE**

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