

# MACLEAY VALLEY TRAVEL PTY. LTD.

33 Smith Street, Kempsey  
NSW 2440  
Australia

Email: [info@macleayvalleytravel.com](mailto:info@macleayvalleytravel.com)  
Website: [www.macleayvalleytravel.com](http://www.macleayvalleytravel.com)

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



## 20 Day Conducted Inside Vietnam Tour

only **\$4,075** 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, transport and 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 \$1185 per person, with no single supplement for solo travellers. The Australian tour escort will not accompany those doing the extension.

**Tour departs Australia 2<sup>nd</sup> November and returns 21<sup>st</sup> November 2023**

*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

### **02.11.23 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

### **03.11.23 Saigon**

**(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, with a short walk through Cho Lon, the biggest wholesale market in Vietnam. Then visit the Thien Hau Temple, which is the oldest Chinese temple dedicated to the Sea Goddess.

The remainder of the day is at leisure.

Accommodation: Huong Sen Hotel

### **04.11.23 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 boat rides 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 Luxury Can Tho Hotel

### **05.11.23 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 have lunch at a local restaurant and then return to Saigon.

Accommodation: Huong Sen Hotel

### **06.11.23 Saigon – Cu Chi Tunnels**

**(B/L)**

In the morning 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. This is followed by a late lunch.

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

Accommodation: Huong Sen Hotel

**07.11.23 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: Saigon Dalat Hotel

**08.11.23 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, 12kms from town, to visit the local ethnic groups and enjoy an interesting dance and gong show.  
Dinner this evening is at a local restaurant.  
Accommodation: Saigon Dalat Hotel

**09.11.23 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 an included lunch at the fabulous 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

**10.11.23 Nha Trang****(B/L)**

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

**11.11.23 Nha Trang – Hoi An****(B/L/D)**

Today is a travel day. We leave Nha Trang in the morning on a long and scenic drive through prawn and crab farms, sugar cane plantations and rice paddies. Lunch is at a local restaurant on the way.  
We arrive in Hoi An in the evening, with dinner at the hotel.  
Accommodation: Hoi An Historic Hotel

**12.11.23 Hoi An****(B/L/D)**

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.  
In the morning we have a one hour walking tour to orient ourselves with the town, followed by a one hour cruise on the Thu Bon River. Lunch is at the excellent 'LY' cafe. In the late afternoon we enjoy a cooking demonstration and included dinner at a local restaurant 'Market Place'.  
Accommodation: Hoi An Historic Hotel

- 13.11.23 Hoi An**  
**(B)** Today is at leisure in Hoi An, to relax, shop, visit the beach or explore the city.  
Accommodation: Hoi An Historic Hotel
- 14.11.23 Hoi An – Hanoi Airport - Sapa**  
**(B/L/D)** This morning we transfer to the airport for our flight to Hanoi. Upon arrival in Hanoi we have a scenic drive to Sapa, with lunch en route.  
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. Dinner this evening is at a local restaurant.  
Accommodation: Amazing Hotel
- 15.11.23 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. The rest of the day is at leisure.  
Accommodation: Amazing Hotel
- 16.11.23 Sapa – Hanoi**  
**(B/L/D)** This morning we leave Sapa on an interesting five hour drive to Hanoi, arriving in the early afternoon. Lunch is at a local restaurant in Hanoi. After lunch we have an included cyclo ride around the Old & French Quarters of Hanoi.  
Dinner this evening is at a local restaurant.  
Accommodation: Tirant Hotel
- 17.11.23 Hanoi**  
**(B/L/D)** This morning we visit Ho Chi Minh's Mausoleum & Residence, followed by a visit to the Temple of Literature, which was built in the 11<sup>th</sup> century and known as Vietnam's first university. Lunch is at a local restaurant. 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 KOTO restaurant, whose owner employs and trains disadvantaged Vietnamese in the hospitality industry.  
Accommodation: Tirant Hotel
- 18.11.23 Hanoi**  
**(B/D)** Today is at leisure to explore this interesting city, named by the French 'Paris of the East.' This evening we have an included dinner at the excellent Jackson restaurant.  
Accommodation: Tirant Hotel
- 19.11.23 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

**20.11.23 Halong Bay – Hanoi - Singapore**

**(B/L)**

We have a few more hours on the ship. In this time we will have a morning cruise to see Man's Head Island, Tortoise Island, Luon Cave by a small bamboo boat, Bai Tu Long Bay, Toad Island and Bai Tho Mountain. Later we disembark and have an included lunch at a local restaurant. Following this we make our way to Hanoi Airport for our flights home.

All passengers depart Hanoi at 6.25pm on SQ 193, arriving in Singapore at 11.05pm.

**21.11.23 Singapore – Australia**

Melbourne passengers depart Singapore at 00.25am on SQ 237, arriving in Melbourne at 10.50am.

Sydney passengers depart Singapore at 00.45am on SQ 231, arriving in Sydney at 11.50am.

Brisbane passengers depart Singapore at 00.55am on SQ 255, arriving in Brisbane at 10.45am.

## 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. 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.

### Tour Difficulty Level 3

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

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, walking distances of 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. 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.



## **Itinerary for Angkor Wat Extension**

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

### **20.11.23 Hanoi - Siem Reap**

**(B/D)**

Depart Hanoi at 6.05pm on Vietnam Airlines flight VN 843, arriving in Siem Reap at 7.50pm. We are met and transferred to the hotel for check in. Dinner this evening is at the hotel.

Accommodation: Tara Angkor Hotel

### **21.11.23 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 have an Asian fusion set lunch at Mahob restaurant. Following lunch we visit Senteurs d'Angkor, which has supported Cambodian handicrafts since 1999. We visit the workshop to learn about the authentic natural ingredients used in their products and see handmade produce, including soaps, natural cosmetics etc. During the visit we will make our way through a small botanical garden. We then take a break at the hotel.

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: Tara Angkor Hotel

### **22.11.23 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. Following this we return to Siem Reap and enjoy lunch at Haven, which is a training restaurant for disadvantaged young adults. Lunch will consist of a set western menu. After lunch 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: Tara Angkor Hotel

**23.11.23 Siem Reap – Singapore**

**(B/L)**

This morning we travel to Tonle Sap Lake, the largest freshwater lake in South East Asia. The lake and its waters are the lifeblood of the country and millions of people depend on it. Officially a UNESCO Biosphere Reserve, observing life on the lake makes for an interesting half day visit. We board a traditional wooden boat to visit Kompong Khleang, one of the lesser visited villages on the lake. Following this we return to the hotel to freshen up and check out. We then head for an included farewell lunch at one of the very best restaurants on the Riverside serving traditional Khmer food in a lush, contemporary setting.

After lunch we transfer to Siem Reap Airport for our flights home.

Depart Siem Reap at 4.40pm on flight SQ 165, arriving in Singapore at 8.05pm.

**24.11.23 Singapore – Sydney**

Depart Singapore at 00.45am on flight SQ 231, arriving in Sydney at 11.50am.

**COST:** The cost for the Angkor Wat extension is \$1185 per person in a twin or single room.



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

**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. 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.

**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 non-refundable 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 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.

**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. Visas are required for all passport holders to Vietnam. For Vietnam, an Evisa can be obtained online at <https://evisa.xuatnhapcanh.gov.vn/trang-chu-ttdt> The current cost is USD \$25 per person. We do not recommend that you apply for a Visa on arrival, 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 on 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. 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: All visa fees are subject to any increases imposed by the Vietnamese and Cambodian governments.

**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 1.2% 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 is discouraged, but can be permitted under certain circumstances. Please contact our office to discuss your specific request.

**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.

**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 a requirement that you are fully vaccinated against Covid-19 and can show verification of this. Depending on the requirements at the time of travel, you may have to undertake pre-departure Covid PCR test 72 hours before arriving in Vietnam. You acknowledge that Macleay Valley Travel is not liable for any associated costs brought about by these requirements or any future requirements of a similar nature.

**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.

**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

Any existing medical conditions – Passenger 1: \_\_\_\_\_ Passenger 2: \_\_\_\_\_

Special Dietary Requests – Passenger 1: \_\_\_\_\_ Passenger 2: \_\_\_\_\_

Optional Extensions: \_\_\_\_\_

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**

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: \_\_\_\_\_