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Moscow to Astrakhan

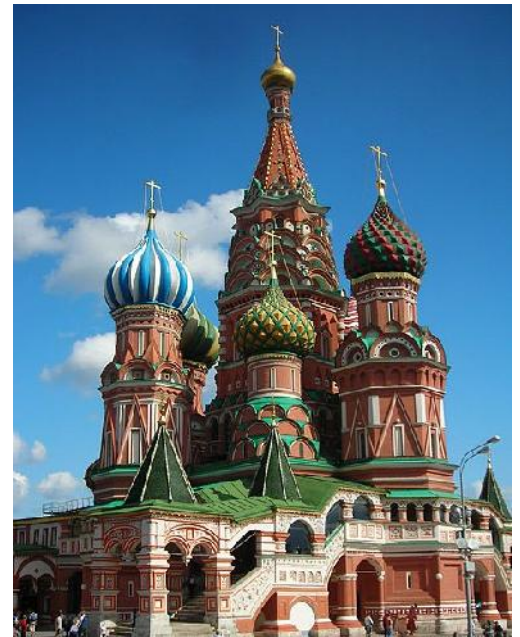
19 Day Conducted Tour

for \$5,845 per person twin share

This price includes airport taxes and fuel levies

This is great value for a tour of this nature because all the following are included:

- Return air fares with Singapore Airlines from Sydney, Brisbane and Melbourne to Moscow, plus a domestic flight within Russia.
- A 14 day river cruise between Moscow and Astrakhan on the MS Alexander Pushkin, visiting Uglich, Kostroma, Nizhny Novgorod, Volgograd and more.
- A 2 day Singapore stopover.
- One night in Moscow at the end of the cruise.
- Good accommodation, mainly 3 – 4 star.
- All transfers and transport, entrance fees and most meals.
- Prepaid gratuities to the guides and drivers.
- Services of local tour guides and if there are 12 or more participants there will be an Australian tour escort.



This is an amazing opportunity to visit several cities in Southern European Russia which are seldom visited by Australian tourists.

For people without a travel partner wishing 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 \$865.

It may be possible to upgrade your cabins on the cruise ship. Additional prices are below:

Junior Suite - \$760 per person twin share
Suite - \$1075 per person twin share

Tour departs Australia 5th September and returns 23rd September 2018

We try harder to find you the best travel deal

Itinerary for Moscow to Astrakhan Tour

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

05.09.18 Australia - Singapore

Depart Brisbane at 9.10am on SQ 256, arriving in Singapore at 3.30pm.
Depart Melbourne at 10.30am on SQ 238, arriving in Singapore at 4.20pm.
Depart Sydney at 11.00am on SQ 232, arriving in Singapore at 5.30pm.
Upon arrival we are transferred to our hotel for a two night stay.
Accommodation: Furama City Centre

06.09.18 Singapore

(B)

This morning we have a Singapore city tour. First we explore the city by driving around the Civic District, passing by the Padang, Cricket Club, historic Parliament House, Supreme Court and City Hall. Next we stop at the Merlion Park and enjoy the impressive views of Marina Bay. There is an opportunity to have some photos taken with the Merlion, a mythological creature that is part lion and part fish. We visit Thian Hock Keng Temple, which is one of Singapore's oldest Buddhist-Taoist temples, before driving past Chinatown. Next we proceed to the National Orchid Garden, located within Singapore Botanic Gardens, which boasts a sprawling display of 60,000 orchid plants. Our final stop is at Little India to experience the scent of joss sticks, jasmine and spices. Afterwards we are returned to the hotel. The remainder of the afternoon is at leisure.

Accommodation: Furama City Centre

07.09.18 Singapore

(B/D)

Today is at leisure in Singapore. We have a 6pm late checkout from our hotel rooms. This evening we enjoy an included dinner in a local restaurant near the river. After dinner we hop onto a bumboat for a cruise along the Singapore River to see Singapore lit up at night, showcasing beautifully restored shop houses, modern skyscrapers, colonial buildings and the iconic Merlion statue. Afterwards we are transferred to the airport for our flight to Russia.

08.09.18 Singapore – Moscow, Russia

(D)

All passengers depart Singapore at 00.20am on Singapore Airlines flight SQ 362, arriving in Moscow at 6.00am.

Upon arrival in Moscow we are transferred to the city centre for some free time to stroll along Arbat Street, a pedestrian street in Moscow with shops, cafes, artists etc. During this time our luggage will remain securely on the bus.

About 1.30pm we are transferred to the cruise terminal to board the MS Pushkin. The MS Alexander Pushkin is a comfortable four deck vessel built in Austria in 1974 and refurbished in 2011. The ship is equipped with modern navigational facilities and exceeds the speed of 22 Km per hour. It is 100 metres long and 14.5 metres wide. The vessel features a restaurant, medical room, souvenir store, conference hall, ironing room, lounge, 3 bars and more. All of the cabins are outside with large scenic windows, air conditioning, radio and 220 volt sockets.

This afternoon there will be an information briefing. Dinner is onboard the ship, followed by live music in the bar for this evenings entertainment.

This evening there is an information briefing and dinner on board. Afterwards we can relax with some music in the bar.

Accommodation: onboard

09.09.18 Moscow**(B/L/D)**

Breakfast on board. This morning there is a Moscow city tour to Leningradsky Avenue, Tverskaya Street, Theatralny Passage, Lubyanka, KGB building, Manez Square and Red Square. On our sightseeing tour we will also see GUM (large department store), the Historical Museum, Resurrection Gate, Kazan Church, Intercession Cathedral and the Kremlin Towers. After an included lunch we have a tour of the Kremlin, visiting the Palace of Congresses, Senate Square (Arsenal & Senate buildings). We will see the residence of the President of the Russian Federation, as well as the Tsar Bell & Tsar Cannon. Afterwards we will see the Assumption Cathedral, Archangel Cathedral and Annunciation Cathedral, with a visit to one of them.

Tonight you might like to take part in some of the optional tours available such as Moscow by Night or the National Folk Show Kostroma.

Please note that the optional tours will be presented to the passengers once on board the ship and are subject to change.

Accommodation: onboard

10.09.18 Moscow - Uglich**(B/L/D)**

This morning is at leisure to relax or take some optional excursions available. Lunch is on board. In the afternoon the ship departs Moscow for Uglich.

Tonight there is a presentation of the crew and staff with the Captains Welcome Cocktail. It is preferred that you are elegantly dressed for this evening. Afterwards there is live music in the bar with an onboard concert.

Accommodation: onboard

11.09.18 Uglich**(B/L/D)**

Today there is an information presentation on Uglich, Yaroslavl and Kostroma, followed by a Russian language class and other on board activities. Lunch will be on board the ship. Later this afternoon there will be a walking city tour of Uglich, with stops at the Kremlin, Dimitry on the Blood Church and the Transfiguration Cathedral. Afterwards we return to the ship for an evening departure for Yaroslavl.

Accommodation: onboard

12.09.18 Yaroslavl - Kostroma**(B/L/D)**

This morning there is a bus city tour of Yaroslavl, with free time at the local market. There is an outside visit to the Church of St Elijah the Prophet. There is an inside visit to the Church of St Nicholas the Wonderworker and an interactive tour of the former Governor's House (art gallery). Around midday the ship departs Yaroslavl for Kostroma. After lunch there is a Russian song class on board the ship. In the late afternoon we arrive in Kostroma and have a bus city tour to see the Ipatiev Monastery and Trinity Cathedral. This evening we depart Kostroma for Nizhny Novgorod.

Accommodation: onboard

13.09.18 Nizhny Novgorod**(B/L/D)**

This morning there is an information presentation on Nizhny Novgorod and Cheboksary, followed by a film documentary on board the cruise ship. In the afternoon we have a city tour of Nizhny Novgorod by bus, with a visit to the Kremlin grounds. Nizhny Novgorod is the 5th largest city in Russia. The city is an important economic, transport and cultural centre for the Russian Federation. From 1932 to

1990 the city was known as Gorky, after the writer Maxim Gorky who was born there in 1868 as Alexei Maximovich Peshkov.

Tonight we leave Nizhny Novgorod for Cheboksary.

Accommodation: onboard

14.09.18 Cheboksary

(B/L/D)

Today we have a bus tour of Cheboksary. In 1555, the Russians built a fortress and established a settlement here. In 1625, there were 458 soldiers quartered in Cheboksary. At the end of the 17 century, Cheboksary was regarded as a major commercial city of the Volga region and in 1781 it received the status of a city of the Kazan province. In the beginning of the 19th century the population was about 5500, the town had a sawmill and several small manufacturers. In the beginning of the 20th century, 5,100 people lived in Cheboksary. In 1965, the population was 163,000 and the current population is now over 450,000. In the afternoon there is free time. This evening we leave Cheboksary for Kazan.

Accommodation: onboard

15.09.18 Kazan

(B/L/D)

This morning we have a bus tour of Kazan with a visit to the Kremlin grounds. Kazan is the capital and largest city of the Republic of Tatarstan, Russia. With a population of over one million people, it is the 8th most populous city in Russia. It lies at the confluence of the Volga and Kazanka Rivers in European Russia. In April 2009, the Russian Patent Office granted Kazan the right to brand itself as the "Third Capital" of Russia. In 2009 it was chosen as the sports capital of Russia and is still referred to as this. The Kazan Kremlin is a World Heritage Site. In the afternoon we leave Kazan for Samara. There is a selection of on board activities to choose from, including a Captain's Bridge Tour. Tonight there is a music concert, followed by dancing and music in the bar.

Accommodation: onboard

16.09.18 Samara

(B/L/D)

This morning we have a bus city tour of Samara, including a visit to an art gallery. Samara is located on the east bank of the Volga River, which acts as its western boundary. Across the river are the Zhiguli Mountains after which the local beer (Zhigulyovskoye) is named. Its northern boundary is formed by the Sokolyi Hills. Samara is the administrative centre of the Samara Oblast. Formerly a closed city, Samara is now a large and important social, political, economic, industrial and cultural centre of European Russia which in May 2007 hosted the European Union Russia Summit.

In the afternoon we depart Samara for Saratov with a late lunch onboard.

Later we will see a movie presentation on the history of Russia, followed by a Russian Tea Ceremony, where we can enjoy the Russian tea culture and learn its history.

Accommodation: onboard

17.09.18 Saratov

(B/L/D)

This morning is at leisure on board the ship, with a presentation about Saratov & Volgograd. After lunch there is a bus tour of Saratov. Saratov is a major city in southern Russia and a major port on the Volga River. Until the end of the Soviet Union in 1991, Saratov was designated a closed city, that is strictly off limits to all foreigners due to its military importance. This was due to the presence of a vital

military aircraft manufacturing facility in the city. In the afternoon the ship departs Saratov for Volgograd. This evening enjoy a Russian dance class and live music in the bar.

Accommodation: onboard

18.09.18 Volgograd

(B/L/D)

Today we have a city tour of Volgograd, including Mamayev Mound. Volgograd was formerly known as Tsaritsyn and Stalingrad. It is 80kms long from north to south and situated on the western bank of the Volga River. The city was made famous for its resistance, extensive damage and loss of life during the Battle of Stalingrad during World War II. Mamayev Mound was originally a burial mound 102 metres high. The current formation is dominated by a memorial complex commemorating the Battle of Stalingrad (August 1942 to February 1943). The battle was a decisive Soviet victory over Axis forces on the eastern front of World War II and arguably the bloodiest battle in human history.

Later we depart for Astrakhan, and have a remembrance ceremony devoted to the soldiers of World War II.

Accommodation: onboard

19.09.18 Onboard

(B/L/D)

Today is spent onboard the ship. We will have route information about Astrakhan, as well as many activities on board. We will also have a round table discussion, where the onboard guides are happy to answer any questions you have about everyday life in past and present Russia.

In the afternoon there is a vodka and blini tasting party.

This evening we have the Captain's Dinner. It is preferred that you are elegantly dressed for this occasion. Afterwards we have a talent show, performed by the guests on board. This is followed by music and dancing in the bar.

Accommodation: onboard

20.09.18 Astrakhan

(B/L/D)

This morning there is a city tour of Astrakhan, including the Kremlin grounds. Astrakhan is a major city in southern Russia, located on the left bank of the Volga River and close to the Caspian Sea. The Kremlin was built from the 1580s to the 1620s from bricks pillaged at the site of Sarai Berke. Its two impressive cathedrals were consecrated in 1700 and 1710 respectively. Built by masters from Yaroslavl, they retain many traditional features of Russian church architecture, while their exterior decoration is definitely baroque.

The afternoon is at leisure to relax or further explore Astrakhan with some optional excursions.

Accommodation: onboard

21.09.18 Astrakhan - Moscow

(B)

This morning we say farewell to the MS Pushkin and are transferred to Astrakhan Airport for our flight to Moscow with Aeroflot Russian Airlines.

Upon arrival in Moscow we are transferred to our hotel for an overnight stay.

This evening we enjoy an included visit to the Moscow Circus.

Please note that the specific dates for the Moscow Circus has not yet been released.

We expect the Circus to be operating on this date, however in the event it is not, a substitute tour will be offered.

Accommodation: Moscow Marriott Grand Hotel

22.09.18 Moscow - Singapore

(B) After a leisurely breakfast, we have a late morning transfer to the airport for our flights home. Depart Moscow at 3.05pm on Singapore Airlines flight SQ 361, arriving in Singapore at 6.20am the next morning (23.09.18).

23.09.18 Singapore - Australia

Sydney passengers depart Singapore at 7.10am on SQ 241, arriving in Sydney at 4.50pm.

Melbourne passengers depart Singapore at 7.45am on SQ 207, arriving in Melbourne at 5.10pm.

Brisbane passengers depart Singapore at 9.40am on SQ 245, arriving in Brisbane at 7.30pm.

Note: The tour itinerary in Russia is subject to changes due to weather or other time constraints. As such a definite program will be provided once on board the ship. Also note that the cabins on the cruise ship are quite small, especially the single cabins.

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. Walking tours of considerable distances should be expected on tours with this rating as well as early departures.



Figures on the scheme stand for number of places in a cabin. The figure in the circle is the number of places in a cabin where there is one bed above the other.





TWIN CABINS

Dimensions: L = 3.52m, W = 2.06m

- Furnished in practical style twin beds
- Opening scenic window
- Wardrobe
- Private facilities, hair dryer
- Radio, 220 volt socket
- Heating and ventilation system



SINGLE CABINS

Dimensions: L = 4.46m, W = 2.5m

- Furnished in practical style, one bed
- Opening scenic window
- Wardrobe
- Private facilities, hair dryer
- Radio, 220 volt socket
- Heating and ventilation system

JUNIOR SUITE



DIMENSIONS: L= 4.3m, W= 3.6m

Twin beds (can be put together)

Two armchairs

Private facilities, hair dryer,
refrigerator

wardrobe

TV/Video, radio

heating and ventilation system

220 volt sockets

SUITE



DIMENSIONS:

Bedroom = L = 4.46m, W = 2.5m

Lounge = L = 4.46m, W = 3.93m

Spacious cabin with separate
bedroom and lounge area, King-size
bed, Lounge area with wardrobe,
cushioned furniture, TV/video,
refrigerator, private facilities, heating
and ventilation system.

Conditions for Macleay Valley Travel's Moscow to Astrakhan Tour

Deposits and Payments - A non-refundable deposit of \$400 per person is payable within 7 days of booking. This deposit is not refundable should you later cancel. The balance is payable in full 10 weeks prior to departure.

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 bare 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. Non-Australian passport holders require a re-entry visa for Australia. Visas are required for Russia and the current cost is \$135 plus \$30 processing. Please note that this cost is subject to any changes made by the Russian Consulate. No other visas are required on this tour 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.

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 including a post-tour extension on this tour is \$55 per person. Please inquire with our office for prices on any pre-tour extensions.

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% surcharge for American Express.

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.

Booking through other Agents - As we keep the cost of our tours as low as possible, there is insufficient margin for us to be able to pay commission to other travel agents, so some bookings can only be accepted if the client pays the other agent's commission.

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.

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: _____

Passport Nationality _____

(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: _____

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

In case of emergency, please notify :

Name: _____ Relationship: _____

Address: _____

Phone Number: _____

Please return this sheet with your non-refundable deposit of \$400 per person and the health & fitness form.

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

Signature: _____ Date: _____

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

HEALTH & FITNESS QUESTIONNAIRE

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

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

1. Do you have any allergies? Yes / No
If yes, please provide details and severity: _____
2. Can you walk 500 metres to 1km in distance comfortably and unaided? Yes / No
3. Can you negotiate uneven, undulating and sometimes challenging terrain? Yes / No
If no, please provide details about these limitations: _____
4. Do you use a mobility aid? Yes / No
If yes, please provide details: _____
5. Are you travelling with a companion or carer who is able to provide all the assistance you need to enter buildings, disembark and embark ships, aircraft, coaches, small boats and assist you on excursions? Yes / No
If yes, please provide the name of your carer/companion and your relationship to them: _____
6. Are you taking any medical equipment to assist you? Yes / No
If yes, please provide details: _____
7. Do you suffer from any condition which may cause you to experience memory loss or become disoriented? Yes / No
If yes, please provide details: _____
8. Are you asthmatic or do you have other breathing difficulties? Yes / No
If yes, please provide details (travelling to high altitudes is not recommended): _____
9. Do you require supplementary oxygen? Yes / No
10. Are you currently taking medication? Yes / No
If yes, are you able to administer your own medication? Yes / No
11. If you have any other medical information that is not covered in the previous questions, please provide a description here: _____

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

DISCLAIMER

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

Name: _____

Signature: _____

Date: _____

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If yes, please provide details: _____
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If yes, please provide the name of your carer/companion and your relationship to them: _____
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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: _____
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If yes, please provide details (travelling to high altitudes is not recommended): _____
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Name: _____

Signature: _____

Date: _____