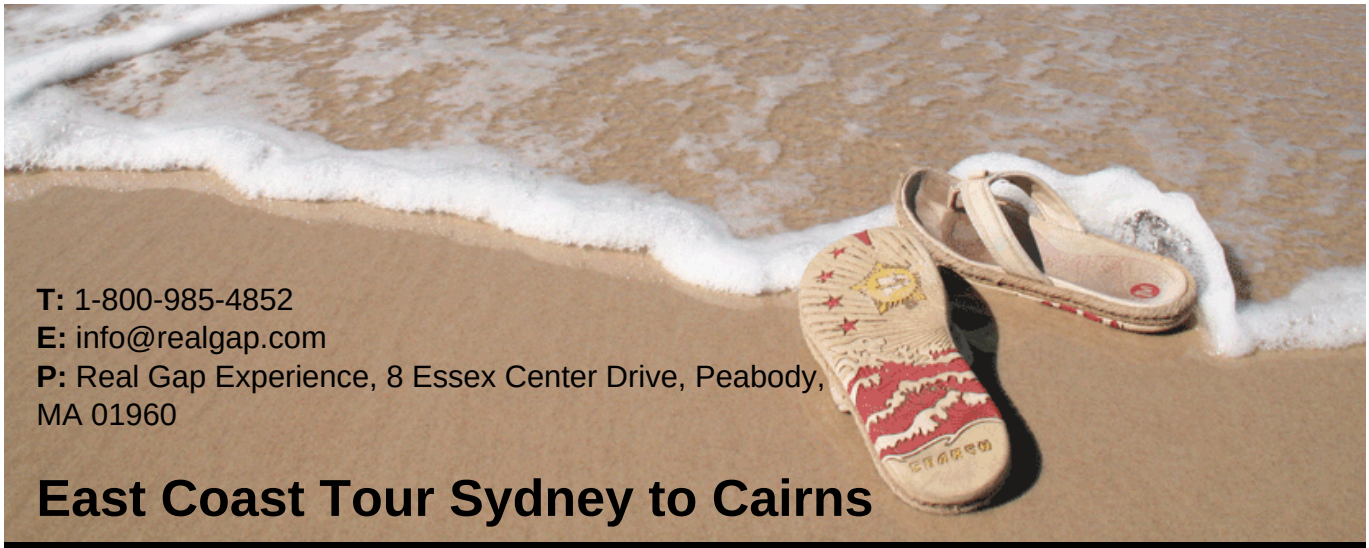

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East Coast Tour Sydney to Cairns

Adventure Relaxation Culture

Trip Name: East Coast Tour Sydney to Cairns **Trip Code:** OZET **Duration:** From 14 days

Trip Highlights

- Learn to **Surf** with professional instructors
- Spend 2 nights at Bohemia **Byron Bay**
- Party the night away at **Surfers Paradise** on the Gold Coast
- Sail around the beautiful **Whitsunday Islands**
- Feel the sand between your toes on **Fraser Island** on a group 4WD safari
- Enjoy a real a **Aussie outback ranch cattle station** experience

Overview

Starting in cosmopolitan Sydney and finishing in tropical Cairns, this adventure tour of Australia travels up the east coast. It takes you to some of the most popular and beautiful places along the East Coast of Australia and to places you will never get to driving yourself or on a bus pass.

Travelling in a group of like-minded people and professional, experienced guides you will get to experience the 'real' Australia and meet some true Aussie locals.

Want to read more information on Australia and the East Coast Tour? Click HERE!

Destination Info

The East Coast of Australia is an astounding 18,000km long. Eastern Australia is the epitome of beach life and water sports. Other than the stunning ocean, you'll find there are other treasures to discover: mountain ranges, rainforest, the outback and three buzzing capital cities; Cairns, Brisbane and Sydney.

Itinerary

Day 1 - Sydney to Surf Camp
Our journey will start bright and early Real Gappers, as we depart Sydney via the Harbour Bridge and begin our trek northwards along the Pacific Highway. On the way to the surf camp we head into the Australian wine region of the Hunter Valley. Experience pressing grapes by foot (seasonal) and wine tasting before we head for our surf retreat at Crescent Head, to surf to our heart's content!

(Dinner included)

Day 2 - Surf Camp to Byron Bay
This morning we hit the beach again for an early morning surfing sesh, and then we'll carry on up the coast. We'll check out Coffs Harbour, the Banana growing capital- before heading up to Byron Bay, Australia's most easterly point. Renowned for its awesome surfing beaches, beautiful rainforests and eclectic lifestyle, Byron Bay oozes a relaxed vibe and is really popular with travellers.
(Breakfast and Lunch included)

Day 3 - Byron Bay
A full day ahead to enjoy what Byron Bay has to offer. Famous for its great beaches and counter culture, there are plenty of optional activities on offer (at own expense) - try surfing, diving, sea kayaking or just chill out on the beach. The galleries and craft shops are also sure to fascinate, as are the many cafes and alternate cuisines that are available here. Take a great scenic walk to the lighthouse at Cape Byron where the views are breathtaking. So much choice!
(Breakfast included)

Day 4 - Byron Bay to Gold Coast
Today we check out Springbrook National Park before we enter the sunshine state, Queensland. On the way we'll stop off at 'Natural Arch', a spectacular waterfall, and drive through Numinbah Valley and Nerang. We'll hit Surfers Paradise this evening- somewhere known not only for it's epic surfing vibe, but for it's great nights out too.

(Breakfast included)

Day 5 - Gold Coast to Fraser Island

We'll head off along the Bruce Highway bound for Fraser Island, the world's largest sand island! Watch the sunset as we enjoy dinner before resting up at our accommodation, set in a peaceful eucalypt forest.

(Breakfast and Dinner included)

Day 6 - Fraser Island

Home to the Badtjala Aboriginal people for some 5000 years, this special place supports and extraordinarily diverse rainforest, wildflower heath, mangroves, birds and a now small population of dingoes. The island has dunes that reach 240m in height and about 40 dune lakes, around half the total number of dune lakes in the world. The best way to see this vast national park is with our included 4WD trip. We travel along Seventy-Five Mile Beach, so get your camera finger ready for the iconic Pinnacles' coloured sands and Maheno Shipwreck. We learn about the rich logging history amongst the ancient rainforest at the Central Station, and float our troubles away at the picturesque Eli Creek. There's an opportunity to try your hand at stand-up paddle boarding on the calm crystal clear waters of Lake McKenzie too!

(Breakfast and Lunch included)

Day 7 - Myella Farm
Today you'll be trading the beach for the outback, enjoying an authentic outback experience. You'll get to chill out

in the pool, fill up on a home cooked farm style meal before learning about lassoing.
(Breakfast and Dinner included)

Day 8 - Myella Farm to Emu Park

Motor biking, horse riding and cow milking are just a few of the activities available this morning before we say bye! We make a stop in the beef capital of QLD – Rockhampton “Rocky” before making our way to our overnight accommodation - Emu’s Beach Resort, nestled in the casual stress-free coastal town of Emu Park. A perfect place to sit back, relax and take it easy. Maybe a walk on the beach is more your style or a dip in the resort pool. Tonight enjoy some local hospitality as we enjoy a seaside ‘Reef & Beef Dinner’!
(Breakfast, Lunch and Dinner included)

Day 9 - Emu Park to the Whitsundays
Today we head off for the awe-inspiring Whitsundays- you're in for a real treat! We'll arrive in Airlie Beach, the heart of this thriving tropical paradise. The town overlooks the beautiful Whitsunday Passage and the 74 nearby tropical islands. If there’s a heaven on earth, it’s definitely in the Whitsundays so prepare to enjoy! The best way by far to experience this gorgeous region is onboard our yacht – your home for the next night!
(Breakfast and Dinner included)

Day 10 - The Whitsunday Islands
Wake up in one of the many sheltered coves that make up the Whitsundays. You’ll set sail for golden sandy beaches, snorkel over island coral reefs and soak up the sun in this beautiful part of the world. Tonight we'll stay on a stunning tropical island.
(Breakfast, Lunch and Dinner included)

Day 11- The Whitsunday Islands

Today you'll have a full day to explore the Whitsundays. You could go for a hike along the scenic routes, kick back and relax on the beach/by the pool, or just take it easy- it's down to you. In the evening we'll have cocktails and canapes too!

(Breakfast included)

Day 12 - The Whitsundays to Cairns
Early this morning we'll set sail for the mainland and the busy resort town of Airlie Beach. Bidding farewell to our new favourite part of the world, we'll head north via Townsville to Cairns. The final stretch of the Bruce Highway unfolds before us on our way to colourful Cairns.
(Breakfast included)

Day 13 - Cairns (Great Barrier Reef)
Another highlight of the trip for sure, as today we'll explore the phenomenal Great Barrier Reef. We'll take the 'Passions of Paradise' catarmaran cruise (optional) so we can get a closer look; you'll be able to snorkel here. We'll have a freshly cooked meal on board, and when we're back on mainland we'll head out for the evening!
(Breakfast and Lunch)

Day 14 - Cairns
We'll end with a day to explore Cairns. There are optional activities you could do (white-water wafting, sky diving etc) or you could just chill out in the cafes or go shopping. Unfortunately it is time to say goodbye now though- time to take down the Facebook details of your new mates!
(Breakfast included)

Please note: Itineraries may vary and/or attractions be substituted due to seasonal conditions, weather extremes.

Accommodation

A total of 13 night's multi share accommodation with shared facilities is included. Accommodation will vary throughout the tour and will include hostels, motels, cattle stations and wilderness lodges – many of which are often exclusive to adventure tour travellers.

Programme Services and Facilities

Internet

Most larger towns and cities along the way will have cyber cafes so you can keep in touch by email. Prices vary from around $1-$3 per hour. Some hostels may offer free access.

Telephone

The international telephone access code for Australia is +61.

To place an outgoing, direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164 / +49 69 222226 475.

As with the net, all towns and cities will have pay phones, so you will need to get yourself an international phone card. You can buy one when you arrive, or get one before you go, such as the one Real Gap offers.

Another good option would be to take your mobile and purchase a pay-as-you-go SIM in Australia, or get a Real Gap SIM before you depart, to allow you to text and call cheaply, and keep track of your spending. Before you depart, please ensure that your mobile is set up with international roaming and unlocked, so you may use a pay-as-you-go SIM while you are away.

Laundry

You will find launderettes in large towns and cities. Some hostels also offer laundry facilities. It is advisable to take some travel wash with you so that you can wash essentials, like underwear and swimwear, by hand as you go.

Meals

Meals are included as detailed in the trip itinerary.

What's Included

- 13 nights multi share accommodation
- 13 breakfasts, 4 lunches, 7 dinners
- Escorted services of a fully trained Trip Leader and Driver
- Modern air-conditioned coach with Wi-Fi
- Surf lesson
- 2 night Whitsunday sailing
- 4WD Fraser Island group tour
- Brisbane River city cruise
- Rainforest walk in Springbrook NP
- Outback ranch cattle station experience
- Full staff support
- Access to 24 emergency assistance in the UK

What's Not Included

- All flights
- Travel insurance
- Visas
- Some meals as indicated
- Transport during free time
- Some National Park Entry Fees

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore, you may not need all of the listed items on your travels nor is it exhaustive.

Personal Admin

- Visa documents
- Passport
- Driving Licence
- NHS card or a National Insurance card or proof of entitlement to your National Health Service, or the German Krankenversicherungskarte
- Insurance policy document or card
- Credit card, for emergencies and booking internal flights

General

- Journal or diary
- Towel
- Toiletries (shampoo, soap, toothbrush etc)
- Alarm clock
- Torch/ batteries (necessary for bush camp and caving)
- Sleeping bag
- Sun block
- Small padlock to secure luggage
- Pillow
- Water bottle

Clothing

- Clothing suitable for all weather conditions
- Raincoat and/or waterproof clothing (expect some rainy days)
- Sturdy walking boots/shoes and thick socks
- Wide brim hat
- Sunglasses
- Shorts
- T-shirts
- Swimming costume

Medical Kit

- Medication
- First Aid Kit
- Insect repellent

Minimum Age

Minimum age is 18 years old. Maximum age is 39 years old.

Flights

Your flight to Australia should arrive at Sydney Airport the day before your programme start date, and your return flight should be arranged for the day after your programme end date from Cairns.

To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

Please note: If you are flying to Australia via the USA you will need to obtain Travel Authorisation by registering online through the Electronic System for Travel Authorisation (ESTA) no later than 72 hours before departure. This is compulsory and will cost USD$14 to register. To register, please visit: www.esta.cbp.dhs.gov

It is important that once you have booked your flights you add these details to your Online account, or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. **Can I specify my dietary requirments as the food is included?**
   Please do! You will eat fresh food wherever possible, if you are vegetarian or gluten intolerant, you may be required to provide some of your own food.

2. **If I have booked an open dated tour, how do I confirm a date?**
   You will be provided with a voucher with booking details included. You will need to either email or phone the tour provider to choose a date or reconfirm.

3. **Do I need a sleeping bag?**
   No sleeping bag is required as the tour includes 13 nights in shared accommodation with linen provided.

4. **Where do I meet the tour?**
   When you reconfirm your tour booking (all tours must be reconfirmed 48 hours prior to departure) you will be advised of a pick up time and place.

5. **Is there a luggage limit?**
   Yes - there is a STRICT 20kg weight limit per person.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The unit of currency is the Australian Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout Australia or at licensed moneychangers.

Australia is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.37 $

Domestic Beer (0.5 litre draught) 5.04 $
Coke/Pepsi (0.33 litre bottle) 2.40 $
Water (0.33 litre bottle) 2.14 $

(Prices quoted in US Dollar)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with

that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All visitors to Australia need a visa – only New Zealand nationals are exempt, however you will receive a 'special category' visa on arrival.

For entry into Australia you will require an eVisitor visa. UK passport holders can apply for a 90-day tourist visa online at www.immi.gov.au All other nationalities should consult the relevant embassy.

If you intend to look for work in Australia you will be required to apply for a working holiday visa.

Working Holiday Visa
The working holiday visa is available to anyone age 18-30. The emphasis is on casual employment: you are meant to work for no more than six months at any one job. If you want to stay in Australia for up to 24 months, this is now possible for some nationalities. Speak to one of our sales advisors for more information.

To be eligible for a Working Holiday Visa, you must:

- Be aged between 18 and 30 years at the time of application
- Have a valid passport for one of the countries listed at Australian Immigration, www.immi.gov.au
- Have no dependant children
- Have not previously entered Australia on a working holiday visa
- Meet health and character requirements
- Be outside Australia at the time of visa grant

To be granted a working holiday visa you must also agree that:

- Your main reason for coming to Australia is to holiday
- You must not undertake studies or training for more than 4 months
- You will leave Australia at the end of your authorized stay
- You must have sufficient funds to support yourself for the initial part of your stay. AUD$5000 minimum is regarded as sufficient. You may have to provide evidence of this in the form of a bank statement.

For the most up to date information on visa requirements, please visit http://www.immi.gov.au/

If you are from the UK we can help you apply for your Working Holiday Visa, just ask a sales advisor for more information.

Cultural Considerations

Australia is a melting pot of different cultures. It has a population of over 21 million people with most of the population living on the east coast between Adelaide and Cairns. High waves of immigration from England, Ireland, Italy, Greece, Malta and Eastern Europe have occurred during Australia's brief history, particularly after World War

II, and the later waves from the Middle-East, East, and South-East Asia, as well as the Indian subcontinent, have created a truly diverse population.

Although Australia has no official language, English is spoken by 80% of the population. Chinese, Italian and Greek are respectively the next most common languages, reflecting Australia's cultural diversity and concentration of nationalities. Australians have very strong attitudes and belief systems which are reflected in their culture. Australians traditionally have a very ironic sense of humour.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitchhikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

We advise that you check your government's advice before travelling abroad. For UK and American customers please see the relevant links below;

UK: www.fco.gov.uk
USA: www.travel.state.gov

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Here are some Australian terms and phrases that you might find useful:

Bottle Shop - *Off-licence/Liquor store*
Bonzer - *Good*
Bush - *Unsettled country area*
Dag - *Nerd*
Esky - *Portable insulated box to keep food/drink cold*
Fair Dinkum - *Honestly, truly*
Pokies - *Gambling machines*
Pom - *Person of English descent*
Singlet - *Sleeveless cotton vest*
Smoko - *Tea break*
Thongs - *Flip flops/Sandals*
Ute - *Utility vehicle/pick-up truck*

Food & Drink

You will find food in Australia to suit all taste buds, with the larger cities in particular offering a great range of places to eat. Due to the large amount of British settlers, Australian food is reasonably similar to that in Western Europe, but if you are feeling particularly adventurous get involved in some bush tucker (kangaroo, emus) or the infamous vegemite. For less scary Aussie food, look out for fresh seafood and of course, a typical Aussie barbecue!

Please let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Australia, please see the link below:

www.timeanddate.com/holidays/australia/

Weather

Australia is located in the southern hemisphere, where seasons are the opposite of those in the northern hemisphere.

The summer months in Australia (November to March) can get very hot. Up north, in Queensland for example, the summer period brings the rainy season and the weather can be very hot and humid with lots of rainfall. The winter months (June to August) in Queensland bring much dryer weather but still heat. The further south you go the colder and wetter winter becomes and in some mountainous areas of New South Wales, Victoria and Tasmania skiing is

possible.

Time

Australia is such a big country that it has three time zones:

Eastern Standard Time (Queensland) – 10 hours ahead of GMT depending on Daylight Savings
Central Time – 9.5 hours ahead of GMT
Western Time - 8 hours ahead of GMT

Electricity

Electricity in Australia is 240 Volts, alternating at 50 cycles per second.

Sockets in Australia are V-shaped flat prongs.

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of reommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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