

Sydney Rock & Reef 5* - 2026/27 9 Day Australian Itinerary



(as at 08 Jan 26)

Sydney, Rock & Reef 5* 9 Day Australian Itinerary

Day 1 Arrive Sydney/Warrane

Soak in the beauty and spirit of **Sydney/Warrane**, a city defined by its iconic harbour, relaxed outdoor lifestyle, and natural charm. Cruise beneath the Sydney Harbour Bridge or catch a ferry to Manly, passing the world-renowned Sydney Opera House along the way. Learn to surf at Bondi Beach, explore the Bondi to Bronte Coastal Walk, or enjoy a peaceful swim at Coogee. Wander through the cobblestone lanes of The Rocks or explore the markets, boutiques, cafés, and pubs of Paddington. With more than 70 sparkling beaches, a vibrant food scene, lively festivals, and round-the-clock energy, Sydney/Warrane offers something for everyone. This stunning city sits on the traditional lands of the Gadigal people of the Eora Nation, who have cared for this Country for tens of thousands of years. Their deep spiritual connection to the harbour and surrounding landscape continues to shape the identity and cultural fabric of Sydney/Warrane today.



Private Car/Driver Sydney International Airport to Sydney City Hotel Operated by InStyle Chauffeured Limousines

Includes:
After hours surcharge.

Accommodation at Four Seasons Hotel Sydney Deluxe Full Harbour King Room for 3 Nights

Includes: 3 x Full Breakfast per person

This property is a short walking distance to Circular Quay and the historic Rocks district. The hotel is vibrant and elegant, and all rooms have been carefully designed and subtly furnished with the highest quality amenities. The guest rooms decor is inspired by the soothing blues and crisp whites of the

surrounding harbour, with wood details and spacious marble bathrooms, starting from 26 sq. metres to 53 sq. metres and offers city, partial harbour or harbour views.



This afternoon is at leisure to relax and explore on your own.

Sydney/Warrane

Summit at Twilight

Operated by BridgeClimb Sydney

Additional Information: All climbers must pass an alcohol breath test with a blood alcohol reading below 0.05%.

Includes:

Climb, Printed Climb Group Photo, BridgeClimb Cap, Bridge and Sydney history commentary.

Your 3 hour tour commences with a comprehensive briefing and safety demonstration, before you are led by one of BridgeClimb's Climb Leaders, on a guided journey (including preparation and briefing), to the top of the Sydney Harbour Bridge. The tour takes you along the top arch of the Bridge on catwalks and ladders all the way to the summit, 134 metres above Sydney Harbour. The steady incline to the summit leaves you free to focus your attention on the surroundings, with the opportunity to witness 360-degree views of Sydney including east to the Sydney Opera House, west to the Blue Mountains and the Harbour City surrounds. Upon conclusion, make your own way to your Sydney accommodation.

What to bring: *Wear enclosed rubber soled shoes such as runners or hiking shoes. Photo ID is required by each adult at Climb check-in, a passport photocopy or photo of the ID on a smartphone is acceptable.*

Note: *A reasonable level of fitness is required, climbers must be able to walk and climb independently. You must have a blood-alcohol reading of below 0.05 in order to climb. Cameras, mobile phones and personal belongings can be stored at the BridgeClimb office during the climb. Pregnant climbers under 24 weeks only, or guests aged over 75 years, may climb by presenting BridgeClimb with a Certification of Fitness from their doctor.*



Operates:

Duration: 3 hours | **Months:** Year Round | **Days:** Daily

First Departure: 2.35pm - 5.35pm | **Last Departure:** 3.35pm - 6.45pm

** Times vary according to Sunset.*

Does not operate: New Year's Eve (30-31 Dec)

Restricted Operations on the following days: Christmas Day (25 Dec), New Year Period (29 Dec, 01 Jan)

Day 2
Sydney/Warrane

Private Sydney Opera House Tour

Operated by Sydney Opera House

Includes:

1 hour guided tour (English Language).

More than 60 years ago, Jorn Utzon designed what is now considered one of the greatest buildings of all time. But for Utzon, the Sydney Opera House story was no fairy tale. The 1 hour tour brings to life the saga behind the making of the world's most famous house. Your guide will take you on an emotional journey inside this modern masterpiece, putting Jorn Utzon on centre stage and is a tribute to his creative genius. You will discover why Utzon was more than an architect: he was an architect of change. And how, against a landslide of political and public criticism, he created the youngest building ever to be World Heritage listed. An immersive digital sight and sound experience provides unforgettable moments from past Concert Hall performances and guides you through the history and future of this performance space. You will be taken inside **one** of the working venues to experience the magic behind the world's most extraordinary opera, ballet, symphony and dramatic performances.

Note: *The Sydney Opera House Tour includes up to 200 stairs. Flat, enclosed rubber soled shoes must be worn. While on a tour, all bags larger than an A4 size will need to be cloaked. A complimentary, secure cloaking facility is available near the tour desk.*



Operates:

Duration: 1 hour | **Months:** Year Round | **Days:** Daily

First Departure: 9.00am | **Last Departure:** 5.00pm

Does not operate: Valid 01 April 2026 to 31 March 2027

Inhouse Event (13 Sep), Christmas Day (25 Dec), New Year's Eve and preparation (30-31 Dec), New Years Day (01 Jan available from 1.00pm), Inhouse Event (06-07 Mar)

Note: Additional Event block out dates and time may be added at the discretion of the Sydney Opera House without notice.

Private Sydney Harbour Long Lunch Cruise

Operated by Sydney Princess Cruises

Includes:

Progressive 3 course lunch and beverages

Enjoy a 4 hour cruise on iconic Sydney harbour on board a luxury cruiser. Cruise past the world famous landmarks of the Harbour Bridge and the Sydney Opera House as your crew will be on hand to tell you about the past and modern day history of the harbour. Start with entree at Watsons Bay and then cruise onto Middle Head and into Middle Harbour. Discover the beauty of the harbour and then stop at Balmoral for lunch at a world famous iconic harbour side restaurant.

Depart Balmoral and cruise past the Spit Bridge while you indulge on your dessert and cheese platter & wines to match before the return to the main harbour where you will have an opportunity to stop for a swim if you choose (*time & weather permitting*).

Operates:

Duration: 4 hours and 30 minutes | **Months:** Year Round | **Days:** Daily

Starts: 11.00am | **Ends:** 3.30pm

Does not operate: Valid 01 April 2026 to 31 March 2027

Good Friday (3 Apr 2026), Easter Monday (6 Apr 2026), ANZAC Day (25 Apr), Mother's Day (10 May), Father's Day (06 Sep), Christmas Day (25 Dec), Boxing Day (26 Dec), New Year's Eve (31 Dec), New Year's Day (01 Jan), Australia Day (26 Jan), Good Friday (26 Mar 2027), Easter Monday (27 Mar 2027)



Day 3 **Blue Mountains**

Full Day Private Blue Mountains Luxury Diamond Day

Operated by AEA Luxury Tours

Includes:

Hotel pick up and drop off, morning tea, lunch with a glass of beverage, Calmsley Hill Farm admission, National Park fee, bottled water.

This 9 hour tour travels to the Blue Mountains. Stop at Calmsley Hill, a working farm also home to Kangaroo, Emu, Wombat and Koala. Enjoy morning tea and time to wander at leisure. Visit one of a range of stunning outlooks of the Jamison Valley seeing beautiful vistas and enjoy a stress and hurry free environment. Arrive at Eaglehawk Lookout, a remote lookout point away from the crowds for views of the famous Three Sisters. The character of the Three Sisters changes throughout the day as the sunlight brings out the magnificent colours. Enjoy lunch at Echoes Restaurant, perched at the absolute edge of the Blue Mountains, with views of mountains, cliff edges and lush rainforest valleys. After lunch, visit Govetts Leap, one of the most famous lookouts in Australia. Your last stop at the Blue Mountains Botanic Gardens where there is time for a short inspection of the flora including the ancient Wollemi Pine. Return to Sydney, where you will be transferred to your Sydney city accommodation.

Operates:

Duration: 9 hours | **Months:** Year Round | **Days:** Daily

Starts: 7.30am | **Ends:** 4.30pm

Does not operate: Valid 01 April 2026 to 31 March 2027:

Staff Event (04 May), Christmas Day (25 Dec), New Year's Day (01 Jan)



Day 4 **Sydney/Warrane to Ayers Rock/Uluru**

Private Car/Driver Sydney City Hotel to Sydney Domestic Airport
Operated by InStyle Chauffeured Limousines

Includes:
After hours surcharge.

Depart Sydney
Arrive Ayers Rock/Uluru

Your flight today is not included in your Southern World arrangements.

Ayers Rock/Uluru

Uluru, the true Aboriginal name for what many people know as **Ayers Rock**, rises from the broad desert plain in the deep centre of Australia, and it is one of the country's most recognisable natural cultural sites. The famous "Rock" stands 348 metres high and is located 440 kilometres south-west of Alice Springs in the Uluru-Kata Tjuta National Park. It is often a place where indigenous communities from around the nation meet to discuss matters of national importance. Forty kilometres to the west of Uluru is Kata Tjuta. This massive pile of rock domes dates back 500 million years. Both Uluru and Kata Tjuta have great Aboriginal cultural significance for the Anangu traditional landowners. Anangu have one of the world's oldest continuous living cultures, and you are about to immerse yourself in the rich culture and traditions of the Anangu. Anangu are the people of the central desert region of Australia, spanning over 200,000 kms in Western Australia, South Australia and the Northern Territory. Anangu welcome you to Pitjantjatjara Yankunytjatjara Country to learn about their culture including the local flora and fauna, bush foods and the Dreamtime stories of the area.



Private Car/Driver Private Airport to Hotel Transfer

Operated by SEIT Outback Australia

Accommodation at Sails in the Desert Hotel

Terrace Room for 2 Nights

Additional Information: Strict check-in and check-out times apply at Ayers Rock. Check-in is 3:00pm and check-out is 10:00am.

Includes:

Full Breakfast daily

Named after the soaring white sails that crown its roof, this is Ayers Rock Resort's premium hotel. The hotel's interior decor focuses on Aboriginal heritage and culture, with a gallery in the lobby and significant artworks featured throughout the public areas and private rooms. The property also features an expansive gumtree lined swimming pool and a range of dining options.



This afternoon is at leisure to relax and explore on your own.

Day 5 **Ayers Rock/Uluru**

Morning Private SEIT Uluru Highlights (3 hour)

Operated by SEIT Outback Australia

Includes:

Hotel pick up and drop off from Ayers Rock Resort (except Lost Camel), picnic breakfast.

Your 3 hour tour commences with a transfer from your hotel, where you will travel towards Uluru. Its vast shape rises from the sand dunes in the early dawn light highlighting its presence in this country. Your guide will take you to a special location to watch the sun rise over this amazing monolith. You will learn the creation stories of Liru (poisonous snake) and Kuniya (python) and hear about the Mala people. After breakfast you will visit Mutitjulu Waterhole and then drive around the base of the Uluru. Return to Ayers Rock Resort, where you will be transferred to your accommodation.

What to bring: Hat and sunscreen, refillable water bottle.

Operates:

Duration: 3 hours | **Months:** Year Round | **Days:** Daily

Departs: between 4.45am-6.15am (vary depending on Sunrise)



Afternoon Private SEIT Kata Tjuta Domes (3 hour)

Operated by SEIT Outback Australia

Includes:

Hotel pick up and drop off from Ayers Rock Resort (except Lost Camel).

This 3 hour tour travels to Uluru-Kata Tjuta National Park, to a place where unique flora and fauna thrive – Kata Tjuta (The Olgas). Your guide will reveal the many attributes of this diverse environment and describe the cultural significance of Kata Tjuta as a sacred Aboriginal men’s ceremonial site. Arriving at Walpa Gorge, walk between the mighty conglomerate domes and hear how these 36 domes that make up Kata Tjuta have evolved over millions of years. Take time to listen to the wind (Walpa) far above and view the scale of the rock walls that surround you. The spirituality of this amazing location embraces everyone who ventures here. Your guide will return you to your hotel in time for those people joining the Sounds of Silence dinner, Tali Wiru dinner or Field of Light.

What to bring: Hat and sunscreen

Note:

Itinerary subject to change based on conditions. Due to the intense heat experienced in the Outback during the summer season (December - March) the Walpa Gorge Walk will not go ahead. If temperatures are safe and suitable for the walk as determined by the Guide and Operations on the day, then the walk will be included.

Operates:

Duration: 3 hours | **Months:** Year Round | **Days:** Daily

Starts: between 1.30pm-3.00pm (vary depending on Sunset)

Does not operate: Christmas Day (25 Dec)



Day 6
Ayers Rock/Uluru to Port Douglas (via Cairns/Gimuy)

Private Car/Driver Private Hotel to Airport Transfer
Operated by SEIT Outback Australia

Depart Ayers Rock/Uluru
Arrive Cairns

Your flight today is not included in your Southern World arrangements.

Cairns /Gimuy

Private Car/Driver Domestic Airport to Port Douglas
Operated by Exemplar Coaches and Limousines

Port Douglas

Located just north of Cairns, **Port Douglas** offers a sophisticated and low-key escape for travellers in an unpretentious and relaxed tropical environment. Shop in the boutique clothing stores, dine in the exquisite alfresco restaurants and enjoy the islands and coral cays of the nearby Great Barrier Reef. A visit to Four Mile Beach is essential where you can laze away the day on the pristine sand. Port Douglas is also a popular base from which to explore the rainforests of the Wet Tropics, Daintree and Cape Tribulation. Flagstaff Hill Walking Trail is an easily accessible summit that serves as Port Douglas' ultimate viewing point, providing majestic, sweeping views of the sandy Four Mile Beach below as well as the surrounding mountain and sea panorama. The lookout is accessed via steps at 4 Mile Beach's north end.



Accommodation at Peninsula Boutique Hotel

Ocean View Suite for 3 Nights

Includes:

Full breakfast daily.

This adult only boutique property is located directly opposite Four Mile Beach and is at the quiet end of Macrossan Street. The hotel offers spacious contemporary guest rooms which have been designed with the tropics in mind. All rooms have a discreet kitchenette and a large private balcony or terrace.



This afternoon is at leisure to relax and explore on your own.

Day 7 **Outer Barrier Reef**

Full Day Outer Reef Mackay Coral Cay (from Port Douglas HTL)

Operated by Sailaway

Includes:

Hotel pick up and drop off, morning and afternoon tea, buffet lunch, snorkelling equipment, optical mask, seasonal lycra snorkelling suits, wet suits & floating devices, instruction and in-water assistance, guided snorkel tour, glass bottom boat viewing and reef interpretation and Environmental Management Charge (EMC).

Your 9 hour tour commences with a transfer from your hotel to the Crystalbrook Superyacht Marina, where you will board your vessel. You can sit back and relax on the beautiful yacht and set sail to the Coral Cays of Mackay or Undine Reefs. You will enjoy an authentic sailing experience, following the coastline and views of the Daintree mountains. Once at the protected sites at the Coral Cays, nature activities will include snorkelling over the pristine coral reef with a qualified marine biologist offering reef interpretation on a guided snorkel tour. A glass bottom boat coral viewing tour is also on offer. Premium reef sites showcase abundant marine life, including encounters with turtles and an amazing display of giant clam gardens, beautiful corals and a wide variety of fish. Exploring the white sands of the coral cays will relax the mind. Soak up the sun, peace and tranquility and swim in turquoise clear waters. Small numbers of guests ensure personal interactive communication with our experience guides. A tropical buffet lunch, morning and afternoon teas & coffees, supplied by local plantations, will compliment a day of adventure and relaxation. Expert guiding and 1st class services are all included from helpful, friendly crew.

What to bring:

Swimwear and towel, sunshirt, hat, sunglasses, sunscreen, camera and cash/credit card for additional purchases.

Note:

- *Any passengers intending to snorkel must complete a Medical Declaration Form onboard the vessel.*
- *At Risk or High Risk snorkellers may be deemed not suitable to participate in the activity of snorkelling due to a combination of factors i.e. Age (any person over 70 years), Physical health (any person with health issues identified particularly heart issues, Epilepsy, overweight), swimming ability, mobility.*
- *If guests are unsure if they may be HIGH RISK and not suitable to snorkel, then we suggest a recent medical certificate would be acceptable if they are a capable swimmer.*

Operates:

Duration: 9 hours | **Months:** Year Round | **Days:** Daily

Starts: 8.00am | **Ends:** 5.00pm

Does not operate: Christmas Day (25 Dec)



Day 8 Daintree

Full Day Private Ngana Julaymba Dungay (Daintree)

Operated by Walkabout Cultural Adventures

Includes:

Hotel pick up and drop off, Professional Aboriginal Guide, Bush Tucker Tasting (seasonal & tidal), lunch.

On this 7.5 hour tour you will spend the day with a local Aboriginal tour guide, learning about culturally significant areas and the relationships the Kuku Yalanji still have with their land. Learn the history, culture and traditions of the local Aboriginal people and the area. Enjoy a guided walk through the rainforest and coastal habitats learning about the environment, different foods and medicines utilized from nature, sample some bush tucker, collect shellfish and try traditional Aboriginal hunting practices, have a go at spear throwing and if you are lucky, catch a mud crab. To complete the adventure cool off in a pristine freshwater stream. At the completion of the tour, you will be transferred back to your Port Douglas accommodation.

What to bring: Hat, sunscreen, camera, swimwear & towel, water bottle, insect repellent, comfortable walking shoes that can get wet.

Operates:

Duration: 7 hours and 30 minutes | **Months:** Year Round | **Days:** Mon, Tue, Wed, Thu, Fri, Sat

Starts: 9.00am | **Ends:** 4.30pm to 5.30pm

Does not operate: Valid 01 April 2026 to 31 March 2027

Easter (03-06 Apr 2026), ANZAC Day (25 Apr), Labour Day (04 May), King's Birthday (05 Oct), Christmas Day (25 Dec), Boxing Day (26 Dec), Boxing Day observed (28 Dec), New Year's Day (01 Jan), Australia Day (26 Jan), Easter (26-29 Mar 2027), and culturally significant days



Day 9
Depart Port Douglas (via Cairns/Gimuy)

Private Car/Driver Port Douglas to International Airport
Operated by Exemplar Coaches and Limousines

End of your arrangements

Sydney, Rock & Reef 5* - 2026/27 9 Day Australian Itinerary

Travel Validity Dates: 04 April 2026 to 31 March 2027

Child Policy

- Children under 18 years not catered for.

Validity:

All rates are in nett Australian dollars (AUD\$) and are valid for travel during the seasonality dates shown above. Should existing Government charges change or new charges be introduced prior to travel, we reserve the right to requote. Rates are not valid over special event periods when surcharged rates and/or minimum stays may apply. All tours must be started and completed within the validity dates of the rates shown for the specific rate to be applicable. Travel that crosses between rate validity, or where there is a seasonality note, will be subject to a special quotation. All prices are subject to availability of the specified services and contracted rates at the time of booking.

Special Events:

Four Seasons Hotel Sydney

Valid 01 April 2026 to 31 March 2027

In-house Event: 21 to 22 June 2026 - Blockout

In-house Event: 19 to 23 October 2026 - Blockout

New Year's Eve: 29 December 2026 to 01 January 2027 – Minimum 3-5 night stay (varies by room category) when includes 31Dec, includes surcharge

Note: *No arrivals or departures are permitted on 31 December 2026.*

Sails in the Desert Hotel

N/A

Peninsula Boutique Hotel

Valid 01 April 2026 to 31 March 2027

Festive Season: 24 December 2026 to 02 January 2027 - Blockout

Cost Includes

- 8 breakfasts (Day 2, 3, 4, 5, 6, 7, 8, 9), 4 lunches (Day 2, 3, 7, 8)
- InStyle Chauffeured Limousines - Sydney International Airport to Sydney City Hotel
- 3 Nights at Four Seasons Hotel Sydney - Deluxe Full Harbour King Room Includes Full Breakfast
- BridgeClimb Sydney - Summit at Twilight
- Sydney Opera House - Private Sydney Opera House Tour
- Sydney Princess Cruises - Private Sydney Harbour Long Lunch Cruise
- AEA Luxury Tours - Full Day Private Blue Mountains Luxury Diamond Day
- InStyle Chauffeured Limousines - Sydney City Hotel to Sydney Domestic Airport
- SEIT Outback Australia - Private Airport to Hotel Transfer
- 2 Nights at Sails in the Desert Hotel - Terrace Room Includes Full Breakfast
- SEIT Outback Australia - Morning Private SEIT Uluru Highlights (3 hour)
- SEIT Outback Australia - Afternoon Private SEIT Kata Tjuta Domes (3 hour)
- SEIT Outback Australia - Private Hotel to Airport Transfer
- Exemplar Coaches and Limousines - Domestic Airport to Port Douglas
- 3 Nights at Peninsula Boutique Hotel - Ocean View Suite Includes Full Breakfast
- Sailaway - Full Day Outer Reef Mackay Coral Cay (from Port Douglas HTL)
- Walkabout Cultural Adventures - Full Day Private Ngana Julaymba Dungay (Daintree)
- Exemplar Coaches and Limousines - Port Douglas to International Airport
- Government Goods and Services Tax of 10% (GST)
- Travel Wallet

Cost Excludes

- Supplier surcharges when date/time of service required occurs on a public holiday or outside of standard hours
- Both international and internal Australian flights (unless otherwise specified)
- Optional tours and services
- Meals other than those specified above
- Beverages
- Gratuities
- Items of a personal nature (e.g. telephone calls, mini bar, laundry, etc.)
- Travel insurance (cancellations, loss of deposits, delays, etc.)

Important Notes

- All itinerary components are subject to change without notice
- All inclusions are subject to availability at the time of booking
- The itinerary is subject to the operation of individual touring components. Certain tours may need to be alternated

Travel Tips

From the Outback to the Reef, Australia is a land of great diversity. It offers stunning scenery, spectacular white sand beaches and a wide range of interesting and unique animals. Take a journey with us through this magnificent land.

Business Hours

General retail trading hours throughout Australia are Monday to Friday 9.00am – 5.00pm. Saturday is either 9.00am - 12 noon or through to 5.00pm. Sunday shopping is available in most city centres and suburban malls. Please check with your Hotel Concierge for local information on trading hours.

Currency

The Australian dollar is the basic unit, divided into 100 cents; coins are 5c, 10c, 20c, 50c, \$1, \$2 and notes are \$5, \$10, \$20, \$50 and \$100. Due to the discontinuation of 1c, 2c pieces, purchases made in Australia are subject to "rounding" of amounts either up or down. Most retailers have adopted the 'Swedish Rounding System' whereby prices ending in 1 to 4 cents will be rounded down and prices ending in 6 to 9 cents will be rounded up.

Banking/Travellers' Cheques

Banks open Monday-Friday (except public holidays), 9.30am-4.30pm. Automatic teller machines operate on a card/PIN number system. Cash can be withdrawn 24 hours a day. Use of EFTPOS (Electronic Funds Transfer at Point of Sale) is common. All international credit cards (American Express, Diners, VISA, and MasterCard) are accepted. Travellers' cheques may be changed at banks and hotels.

Goods & Services Tax (GST)

Goods and Services are taxed 10%. This tax is usually included in the advertised price.

Tipping Guidelines

In Australia tipping is generally not customary and is only exercised as a genuine thank you for receiving great service. There is no obligation to tip, although the practice is common within the restaurant and tourism transport industries.

Tips for good service:

1. Restaurants, a tip of about 10% is generally sufficient for good service with 15% for exceptional service.
2. Luggage Porters AU\$2.00 per piece.
3. Coach drivers and guides receive for touring (not transfers) around the AU\$5.00 per person per day, however tips should not be given for average or below average service/driving or commentary.
4. Private Drivers for transfers should be only tipped for excellent service (around AU\$10-20 total). The same applies for touring with a Driver/Guide, with tips for excellent service being anywhere from AU\$40-100 depending on the level of service.
5. Small group touring should be only tipped for excellent service (around AU\$20 per person).

Electricity Supply

Australia's electrical current is 220/240 volts accepting 3-pin plugs. An adaptor can be used but it is important to note that they do not convert voltage. Universal outlets for 240v or 110v shavers are usually found in leading hotels.

Emergencies

Dial 000 for police, fire or ambulance services.

Telephone Local Area Codes

Australia uses 8-digit local phone numbers preceded by a 2-digit STD area code.

02 Central east region (NSW) New South Wales, (ACT) Australian Capital Territory

03 South east region (VIC) Victoria and (TAS) Tasmania

04 Mobile telephones Australia-wide

07 North east region (QLD) Queensland

08 Central and west region (WA) Western Australia, (SA) South Australia and (NT) Northern Territory

For example, if you are calling Canberra in the ACT from interstate, first dial the STD area code 02, then dial the local phone number.

Health Services

Public and private health facilities have a high standard of treatment and care. Larger hotels often have a local doctor on call; otherwise, doctors and other medical services are listed in the front of the local telephone directory.

Pharmaceuticals and Medicines

These are available from chemists/pharmacies during normal shopping hours. Most cities have urgent dispensaries open outside these hours and your Hotel Concierge will have a list of these. Chemists also sell cosmetics, insect repellent and sun protections.

Climate

The southern parts of Australia have four distinct seasons, the opposite of those in the northern hemisphere. When it is winter in Europe and North America, it is summer in Australia. You will hardly see snow, apart from the mountainous regions in eastern Victoria and southern New South Wales. Australia's north is in the tropics which has two seasons, the dry and the wet; both have high temperatures year round. The centre has a typical desert climate, hot days and cool , which can be very cold in winter.

Sun Protection

Due to Australia's high level of ultraviolet radiation it is highly advisable to wear sun protection such as sunglasses and/or a sun hat and to apply sunblock (SPF 30+) even when the day is overcast.

Water Supply

Tap (faucet) water is safe to drink. City water is chlorinated; most water is fluoridated. Water sourced from rivers and lakes should be boiled or treated before drinking.

Time Differences, Time Zones and Daylight Saving

Australia's East Coast is 10 hours ahead of GMT (Greenwich Mean Time) during the months of April to September (Standard Time) each year. With a land mass close to 7.7 million square kilometres, Australia is the world's sixth largest country and during Standard Time it is divided into three separate time zones.

Time Zones:

Australian Eastern Standard Time (AEST)

Covers the eastern states of Queensland, New South Wales (with the exception of the town of Broken Hill), Victoria, Tasmania and the Australian Capital Territory.

AEST is equal to Coordinated Universal Time plus 10 hours (UTC +10).

Australian Central Standard Time (ACST)

Covers the state of South Australia, the town of Broken Hill in western New South Wales and the Northern Territory.

ACST is equal to Coordinated Universal Time plus 9.5 hours (UTC +9.5).

Australian Western Standard Time (AWST)

Covers Western Australia.

AWST is equal to Coordinated Universal Time plus 8 hours (UTC +8).

Daylight Saving:

Daylight Saving Time (DST) is the practice of advancing clocks one hour during the warmer months of the year. In Australia, Daylight saving is observed in New South Wales, Victoria, South Australia, Tasmania and the Australian Capital Territory.

Daylight Saving Time begins at 2.00am on the first Sunday in October, when clocks are put forward one hour. It ends at 2.00am (which is 3.00am Daylight Saving Time) on the first Sunday in April, when clocks are put back one hour.